

Individual Best Times (Masters)

Paul Smith-Shelton - (1157601) - Deepings SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	30.79	313	29/05/16	European Masters Championships	London	MAS615	0
200 Breaststroke	3:16.44	260	29/05/16	European Masters Championships	London	MAS615	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	29.41	322	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
100 Freestyle	1:12.12	240	20/03/22	Calverton & Bingham Masters	Nottingham	MAS945	0
200 Freestyle	2:58.96	171	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
50 Breaststroke	38.31	276	23/04/23	Newmarket Masters Meet 2023	Newmarket	MAS1034	0
100 Breaststroke	1:26.54	260	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
200 Breaststroke	3:21.56	211	29/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
50 Butterfly	35.82	223	05/05/19	East Midlands Region Challenge Cup Gala	Grantham	MAS844	0
50 Backstroke	44.42	123	01/11/20	Deepings SC	Market Deeping LC	LEX091	0
100 Backstroke	1:42.82	103	20/06/21	Deepings	Deepings LC	LEX2126	0
200 Individual Medley	3:12.60	184	24/03/19	8th CABSC Master Open Meet	Nottingham	MAS830	0
400 Individual Medley	7:43.35	130	21/06/21	Deepings Swimming Club	Deepings Leisure Cen	LEX2574	0
100 Individual Medley	1:19.47	238	13/10/19	Lincs ASA Masters Champs 2019	Louth	MAS881	0