

Individual Best Times (Masters)

Janice Appleton - (150109) - Banbury SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	52.04	93	13/05/06	Wycombe Masters Meet 2006	Handy Cross	MAS006	0
100 Freestyle	1:57.83	84	20/07/19	Rushmoor royals Masters 2019	Aldershot	MAS863	0
200 Freestyle	4:07.38	94	20/07/19	Rushmoor royals Masters 2019	Aldershot	MAS863	0
400 Freestyle	8:35.50	95	25/09/16	ASASW Regional Masters Meet	Millfield	MAS633	0
1500 Freestyle	34:44.98	86	21/06/09	British Gas Masters 2009	Cardiff	MAS150	0
50 Breaststroke	1:04.43	92	13/05/06	Wycombe Masters Meet 2006	Handy Cross	MAS006	0
100 Breaststroke	2:28.62	80	26/07/14	Rushmoor Royals Masters Meet	Aldershot Garrison	MAS479	0
50 Backstroke	1:00.14	89	13/05/06	Wycombe Masters Meet 2006	Handy Cross	MAS006	0
100 Backstroke	2:17.89	71	29/05/16	European Masters Championships	London	MAS615	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	50.00	96	07/12/19	15th Etwall Masters Open Meet	Alfreton	MAS893	0
100 Freestyle	1:51.46	91	07/12/19	15th Etwall Masters Open Meet	Alfreton	MAS893	0
200 Freestyle	3:57.23	100	07/03/20	Staffordshire Masters Open 2020	Stafford	MAS909	0
400 Freestyle	8:15.85	101	23/02/20	Royal Navy Masters 17th Open	Millfield	MAS903	0
50 Breaststroke	1:01.15	99	23/04/06	Gloucester Masters Meet 2006	Gloucester	MAS013	0
100 Breaststroke	2:26.90	76	31/03/19	Gloucester Masters 2019	Gloucester	MAS834	0
50 Backstroke	1:00.41	73	06/05/11	ASA Midland Masters Meet	Leamington Spa	MAS286	0
100 Backstroke	2:13.37	69	07/12/19	15th Etwall Masters Open Meet	Alfreton	MAS893	0
100 Individual Medley	2:19.63	66	27/11/21	Etwall Eagles Masters Gala	Alfreton	MAS930	0