

Individual Best Times (Masters)

Stephanie Baron - (1505417) - South Downs Trojan Swimming Club

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	34.48	321	21/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0
200 Freestyle	2:34.22	391	02/06/23	British Masters Championships	Sheffield	MAS1046	0
400 Freestyle	5:29.45	364	02/03/24	Swim Wales Open Masters 2024	Swansea	MAS1126	0
50 Breaststroke	45.39	265	05/03/22	Swim Wales Open Masters 2022	Swansea	MAS943	0
100 Breaststroke	1:38.45	276	05/03/22	Swim Wales Open Masters 2022	Swansea	MAS943	0
100 Backstroke	1:23.95	318	02/06/23	British Masters Championships	Sheffield	MAS1046	0
200 Backstroke	2:54.19	353	19/04/24	British Masters Championships 2024	Swansea	MAS1147	0
200 Individual Medley	3:03.57	324	05/03/22	Swim Wales Open Masters 2022	Swansea	MAS943	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	33.15	330	24/06/23	Hampshire ASA Masters Championships	Portsmouth	MAS1051	0
100 Freestyle	1:10.12	368	28/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
200 Freestyle	2:32.89	375	29/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
400 Freestyle	5:29.02	347	25/11/23	AP Race Masters Grand Prix 2023	Derby	MAS1103	0
50 Breaststroke	43.33	280	18/09/21	Hampshire Masters County Championships	Portsmouth	MAS918	0
100 Breaststroke	1:33.97	292	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
50 Butterfly	37.38	277	24/06/23	Hampshire ASA Masters Championships	Portsmouth	MAS1051	0
50 Backstroke	40.09	249	25/06/22	Hampshire Masters County Championship	Hampshire	MAS964	0
100 Backstroke	1:21.22	308	27/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
200 Backstroke	2:55.39	311	26/11/23	AP Race Masters Grand Prix 2023	Derby	MAS1103	0
200 Individual Medley	2:59.89	310	21/05/23	Erith Masters Meet & Kent Long Distance Champ	Bexleyheath	MAS1040	0
100 Individual Medley	1:22.94	316	23/03/24	Reflex Masters Meet 2024	Swindon	MAS1137	0