

Individual Best Times (Masters)

Judith Alden - (292) - Barnet Cophall SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	33.38	353	06/06/03	GB Masters Championship 2003	Swansea	ASA032	0
100 Freestyle	1:16.74	305	06/06/03	GB Masters Championship 2003	Swansea	ASA032	0
200 Freestyle	2:53.20	276	06/06/03	GB Masters Championship 2003	Swansea	ASA032	0
400 Freestyle	6:14.90	247	06/06/03	GB Masters Championship 2003	Swansea	ASA032	0
50 Breaststroke	42.57	321	06/06/03	GB Masters Championship 2003	Swansea	ASA032	0
100 Breaststroke	2:05.90	132	29/02/20	Swim Wales Open Masters 2020	Wales National Pool	MAS907	0
50 Backstroke	46.45	193	13/05/06	Wycombe Masters Meet 2006	Handy Cross	MAS006	0
100 Backstroke	1:38.89	194	13/05/06	Wycombe Masters Meet 2006	Handy Cross	MAS006	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	32.01	367	21/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0
100 Freestyle	1:13.38	321	30/10/04	ASA Masters Championship 2004	Sheffield	ASA049	0
200 Freestyle	2:46.07	293	03/11/02	ASA National Masters SC Champs	Sheffield	ASA030	0
400 Freestyle	6:22.05	221	21/07/07	Barnet Masters Distance Meet	Barnet	MAS082	0
50 Breaststroke	40.83	335	25/10/03	ASA Masters Championships 2003	Sheffield	ASA039	0
50 Backstroke	44.16	186	07/09/08	Barnet Cophall Sprint Meet	Barnet	MAS120	0
100 Individual Medley	1:26.04	283	20/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0