

Individual Best Times (Masters)

Helen Andrews - (364652) - South Downs Trojan Swimming Club

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	36.34	274	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0
100 Freestyle	1:20.44	265	19/04/24	British Masters Championships 2024	Swansea	MAS1147	0
200 Freestyle	3:01.19	241	10/06/18	British Masters Championships 2018	Plymouth	MAS769	0
400 Freestyle	6:14.85	247	05/03/22	Swim Wales Open Masters 2022	Swansea	MAS943	0
800 Freestyle	12:54.18	245	06/03/22	Swim Wales Open Masters 2022	Swansea	MAS943	0
1500 Freestyle	24:38.97	241	26/03/22	South East - 1500m Masters Meets	Crawley	MAS947	0
50 Breaststroke	47.30	234	02/06/23	British Masters Championships	Sheffield	MAS1046	0
100 Breaststroke	1:46.21	220	19/04/24	British Masters Championships 2024	Swansea	MAS1147	0
200 Breaststroke	3:56.25	197	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0
50 Backstroke	51.22	144	21/01/17	SER Long Course Masters 2017	Crawley	MAS658	0
200 Individual Medley	3:42.69	181	21/07/18	Rushmoor Royals Masters 2018	Aldershot	MAS781	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	37.12	235	27/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
100 Freestyle	1:19.41	253	24/06/18	Hampshire Masters 2018	Portsmouth	MAS771	0
200 Freestyle	2:55.68	247	24/06/18	Hampshire Masters 2018	Portsmouth	MAS771	0
400 Freestyle	6:10.49	243	06/04/24	Guernsey 31st Masters Meet	Gueernsey	MAS1140	0
800 Freestyle	12:51.00	237	30/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
1500 Freestyle	24:24.67	238	25/10/19	Swim England National Masters	Sheffield	MAS882	0
50 Breaststroke	47.61	211	06/04/24	Guernsey 31st Masters Meet	Gueernsey	MAS1140	0
100 Breaststroke	1:43.00	221	27/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
200 Breaststroke	3:51.44	196	05/10/19	South East Region Short Course Masters	Guildford	MAS879	0
50 Butterfly	49.75	117	23/06/19	Hampshire Masters 2019	Portsmouth	MAS854	0
50 Backstroke	46.61	158	25/06/22	Hampshire Masters County Championship	Hampshire	MAS964	0
200 Individual Medley	3:39.74	170	06/10/18	SSE Short Course Masters 2018	Guildford	MAS796	0
100 Individual Medley	1:39.22	184	28/04/18	Masters Meet - April 2018	The Quays	MAS754	0