

Individual Best Times (Masters)

Frances Baker - (374042) - Carrick Masters

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	36.03	281	31/01/15	SER Masters Long Course Meet	Crawley	MAS505	0
100 Freestyle	1:19.79	272	07/03/15	Swim Wales Masters Open Meet	Swansea	MAS523	0
200 Freestyle	2:44.29	324	02/04/16	British Masters & Senior Age Group Meet	Sheffield	MAS598	0
400 Freestyle	5:43.60	321	03/04/16	British Masters & Senior Age Group Meet	Sheffield	MAS598	0
800 Freestyle	11:42.42	328	04/01/16	British Masters & Senior Age Group Meet	Sheffield	MAS598	0
1500 Freestyle	22:32.02	315	16/06/17	British Masters & Senior Age Group Champs	Aberdeen	MAS683	0
50 Breaststroke	49.96	198	28/09/14	ASASWR Masters Meet 2014	Millfield	MAS490	0
100 Breaststroke	1:49.46	201	07/03/15	Swim Wales Masters Open Meet	Swansea	MAS523	0
200 Breaststroke	3:44.76	229	27/09/15	ASASWR Masters Long Course Meet	Millfield	MAS559	0
50 Butterfly	40.49	219	27/09/15	ASASWR Masters Long Course Meet	Millfield	MAS559	0
100 Butterfly	1:35.77	194	09/03/14	British Gas Swim Wales Masters Open Meet	Swansea	MAS449	0
200 Butterfly	3:33.26	186	27/05/16	European Masters Championships	London	MAS615	0
50 Backstroke	43.02	243	14/06/19	British Masters Champs 2019	Swansea	MAS853	0
100 Backstroke	1:30.88	251	14/06/15	GB Masters 2015	Manchester	MAS537	0
200 Backstroke	3:13.96	255	18/06/17	British Masters & Senior Age Group Champs	Aberdeen	MAS683	0
200 Individual Medley	3:11.79	284	09/06/18	British Masters Championships 2018	Plymouth	MAS769	0
400 Individual Medley	6:51.96	268	17/06/17	British Masters & Senior Age Group Champs	Aberdeen	MAS683	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	34.94	282	20/11/16	IC16 South West Region	Dorchester	MAS654	0
100 Freestyle	1:17.16	276	14/04/13	Gloucester Masters Open Meet	Gloucester	MAS418	0
200 Freestyle	2:45.62	295	23/01/16	Caradon Masters New Year Open Meet	Saltash	MAS587	0
400 Freestyle	5:39.13	317	07/05/16	Cornwall County Masters & Seniors Meet	Bodmin	MAS608	0
800 Freestyle	12:01.95	289	13/07/14	Barnet Cophall Masters Distance Meet	Barnet	MAS477	0
1500 Freestyle	21:53.09	330	27/10/17	Swim England Masters National Championships	Sheffield	MAS718	0
50 Breaststroke	47.81	208	15/11/15	ASA Inter County Competition South West Region	Weston Super Mare	MAS572	0
100 Breaststroke	1:42.35	226	23/01/16	Caradon Masters New Year Open Meet	Saltash	MAS587	0
200 Breaststroke	3:37.57	236	07/05/16	Cornwall County Masters & Seniors Meet	Bodmin	MAS608	0
50 Butterfly	39.26	239	08/05/16	Gloucester Masters Meet	Gloucester	MAS609	0
100 Butterfly	1:31.37	207	15/05/16	Royal Navy Masters Open	Millfield	MAS611	0
200 Butterfly	3:32.42	178	07/05/16	Cornwall County Masters & Seniors Meet	Bodmin	MAS608	0
50 Backstroke	39.95	252	20/11/16	IC16 South West Region	Dorchester	MAS654	0
100 Backstroke	1:28.14	241	12/03/17	16th Royal Navy Open Masters Meet 2017	Millfield	MAS668	0
200 Backstroke	3:05.85	262	28/10/17	Swim England Masters National Championships	Sheffield	MAS718	0
200 Individual Medley	3:10.41	262	26/10/18	Swim England Masters Meet 2018	Sheffield	MAS801	0
400 Individual Medley	6:40.06	271	28/10/17	Swim England Masters National Championships	Sheffield	MAS718	0
100 Individual Medley	1:29.97	247	19/04/15	Gloucester Masters Open Meet	Gloucester	MAS526	0