

Individual Best Times (Masters)

Sarah Adams - (53951) - Basingstoke Bluefins SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
100 Freestyle	1:09.29	415	19/06/11	British Gas Masters Champ 2011	Leeds	MAS268	0
200 Freestyle	2:29.10	433	25/07/15	Rushmoor Royals Masters Meet	Aldershot	MAS554	0
400 Freestyle	5:06.79	451	18/06/06	British Masters Champs 2006	Manchester	MAS001	0
800 Freestyle	10:48.72	417	16/06/13	British Gas GB Masters 2013	Plymouth	MAS382	0
50 Breaststroke	40.11	384	01/02/14	South East Region LC Masters	Crawley	MAS462	0
100 Backstroke	1:22.84	331	01/02/14	South East Region LC Masters	Crawley	MAS462	0
200 Individual Medley	2:47.32	428	06/05/12	British Gas Masters Meet	Sheffield	MAS328	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	30.35	431	27/03/11	Royal Navy 10th Masters Meet	Millfield	MAS297	0
100 Freestyle	1:03.00	507	29/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
200 Freestyle	2:17.82	512	13/05/06	Yorkshire Masters Championship	Scarborough	MAS011	0
400 Freestyle	4:51.50	499	28/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
800 Freestyle	10:17.64	461	26/10/14	ASA Masters Short Course Meet 2014	Sheffield	MAS494	0
1500 Freestyle	19:36.72	459	23/10/15	ASA National Masters 2015	Sheffield	MAS570	0
50 Breaststroke	39.11	381	15/05/16	Royal Navy Masters Open	Millfield	MAS611	0
100 Breaststroke	1:25.33	390	19/06/16	Hampshire Masters Meet	Portsmouth	MAS623	0
200 Breaststroke	3:04.22	389	05/10/13	SER Short Course Masters Meet	Guildford	MAS409	0
50 Butterfly	35.34	328	02/06/12	Hampshire County Masters Meet	Aldershot	MAS347	0
100 Butterfly	1:20.81	299	02/06/12	Hampshire County Masters Meet	Aldershot	MAS347	0
50 Backstroke	34.90	378	13/05/06	Yorkshire Masters Championship	Scarborough	MAS011	0
100 Backstroke	1:15.89	378	04/10/14	SER Short Course Masters Meet	Guildford	MAS495	0
200 Backstroke	2:42.51	392	29/10/05	ASA National Masters Champs	Sheffield	ASA056	0
200 Individual Medley	2:45.70	397	06/10/12	South East Region Masters Meet	Guildford	MAS346	0
400 Individual Medley	5:48.92	408	15/07/12	Barnet Copthall Distance Meet	Barnet	MAS377	0
100 Individual Medley	1:16.25	407	26/10/03	ASA Masters Championships 2003	Sheffield	ASA039	0