

Individual Best Times (Masters)

Sally Norman - (7905) - Boston Amateur SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
800 Freestyle	11:27.83	350	02/06/23	British Masters Championships	Sheffield	MAS1046	0
50 Butterfly	35.71	320	04/06/23	British Masters Championships	Sheffield	MAS1046	0
50 Backstroke	37.89	356	03/06/23	British Masters Championships	Sheffield	MAS1046	0
100 Backstroke	1:25.06	306	18/12/22	Swim England East Midlands Masters Championships	Derby	MAS1003	0
200 Backstroke	3:01.16	314	03/06/23	British Masters Championships	Sheffield	MAS1046	0
400 Individual Medley	6:27.08	324	18/12/22	Swim England East Midlands Masters Championships	Derby	MAS1003	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	30.41	428	14/11/21	Masters Inter-County Meet 2021	Various	MAS987	0
100 Freestyle	1:09.35	380	26/02/23	West Suffolk Masters Meet 2023	Bury	MAS1015	0
200 Freestyle	2:32.34	379	26/02/23	West Suffolk Masters Meet 2023	Bury	MAS1015	0
400 Freestyle	5:12.07	407	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
800 Freestyle	10:41.11	412	31/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
1500 Freestyle	20:38.85	394	29/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
50 Breaststroke	40.35	347	29/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
100 Breaststroke	1:27.31	364	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
200 Breaststroke	3:05.95	379	31/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
50 Butterfly	33.45	387	05/05/19	East Midlands Region Challenge Cup Gala	Grantham	MAS844	0
100 Butterfly	1:20.45	303	29/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
200 Butterfly	3:10.78	246	29/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
50 Backstroke	35.77	351	05/05/19	East Midlands Region Challenge Cup Gala	Grantham	MAS844	0
100 Backstroke	1:25.81	261	14/08/21	Boston ASC	Geoff Moulder Leisur	LEX3762	0
200 Backstroke	2:50.72	338	30/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
200 Individual Medley	2:51.59	358	30/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
100 Individual Medley	1:18.70	370	13/10/19	Lincs ASA Masters Champs 2019	Louth	MAS881	0