

# Individual Best Times (Masters)

Thomas Allen - (797449) - Flitwick Dolphins SC

Long Course

| Stroke                | Time     | FINA Pts | Swim Date | Meet                                               | Venue      | Licence | Level |
|-----------------------|----------|----------|-----------|----------------------------------------------------|------------|---------|-------|
| 50 Freestyle          | 30.27    | 329      | 04/06/22  | Yorkshire Open Masters and Senior Age Group Champs | Sheffield  | MAS961  | 0     |
| 100 Freestyle         | 1:05.08  | 373      | 19/04/24  | British Masters Championships 2024                 | Swansea    | MAS1147 | 0     |
| 200 Freestyle         | 2:21.09  | 377      | 10/03/24  | AP Race Masters 50m Grand Prix 2024                | Sunderland | MAS1129 | 0     |
| 400 Freestyle         | 4:53.01  | 423      | 21/04/24  | British Masters Championships 2024                 | Swansea    | MAS1147 | 0     |
| 800 Freestyle         | 10:05.68 | 415      | 20/04/24  | British Masters Championships 2024                 | Swansea    | MAS1147 | 0     |
| 1500 Freestyle        | 19:47.00 | 395      | 19/04/24  | British Masters Championships 2024                 | Swansea    | MAS1147 | 0     |
| 50 Breaststroke       | 41.29    | 248      | 04/06/22  | Yorkshire Open Masters and Senior Age Group Champs | Sheffield  | MAS961  | 0     |
| 100 Breaststroke      | 1:30.14  | 251      | 04/06/22  | Yorkshire Open Masters and Senior Age Group Champs | Sheffield  | MAS961  | 0     |
| 200 Breaststroke      | 3:05.84  | 307      | 09/03/24  | AP Race Masters 50m Grand Prix 2024                | Sunderland | MAS1129 | 0     |
| 50 Butterfly          | 31.36    | 358      | 09/03/24  | AP Race Masters 50m Grand Prix 2024                | Sunderland | MAS1129 | 0     |
| 100 Butterfly         | 1:19.11  | 244      | 04/06/22  | Yorkshire Open Masters and Senior Age Group Champs | Sheffield  | MAS961  | 0     |
| 200 Butterfly         | 2:45.24  | 297      | 09/03/24  | AP Race Masters 50m Grand Prix 2024                | Sunderland | MAS1129 | 0     |
| 50 Backstroke         | 38.62    | 226      | 04/06/22  | Yorkshire Open Masters and Senior Age Group Champs | Sheffield  | MAS961  | 0     |
| 100 Backstroke        | 1:13.28  | 349      | 02/06/23  | British Masters Championships                      | Sheffield  | MAS1046 | 0     |
| 200 Backstroke        | 2:37.62  | 358      | 10/03/24  | AP Race Masters 50m Grand Prix 2024                | Sunderland | MAS1129 | 0     |
| 200 Individual Medley | 2:36.67  | 385      | 19/04/24  | British Masters Championships 2024                 | Swansea    | MAS1147 | 0     |
| 400 Individual Medley | 5:31.19  | 392      | 20/04/24  | British Masters Championships 2024                 | Swansea    | MAS1147 | 0     |

Short Course

| Stroke                | Time     | FINA Pts | Swim Date | Meet                                             | Venue     | Licence | Level |
|-----------------------|----------|----------|-----------|--------------------------------------------------|-----------|---------|-------|
| 50 Freestyle          | 28.62    | 349      | 27/10/23  | Swim England Masters National Championships 2023 | Sheffield | MAS1090 | 0     |
| 100 Freestyle         | 1:00.18  | 413      | 30/10/22  | Swim England Masters National Championships 2022 | Sheffield | MAS992  | 0     |
| 200 Freestyle         | 2:13.88  | 408      | 25/03/23  | Essex Masters Championships 2023                 | Basildon  | MAS1026 | 0     |
| 400 Freestyle         | 4:42.83  | 422      | 25/11/23  | AP Race Masters Grand Prix 2023                  | Derby     | MAS1103 | 0     |
| 800 Freestyle         | 9:39.93  | 447      | 28/10/23  | Swim England Masters National Championships 2023 | Sheffield | MAS1090 | 0     |
| 1500 Freestyle        | 18:46.87 | 424      | 27/10/23  | Swim England Masters National Championships 2023 | Sheffield | MAS1090 | 0     |
| 50 Breaststroke       | 37.83    | 286      | 29/09/19  | Swim England East Region Seniors & Masters       | Newmarket | MAS877  | 0     |
| 100 Breaststroke      | 1:21.10  | 316      | 25/03/23  | Essex Masters Championships 2023                 | Basildon  | MAS1026 | 0     |
| 200 Breaststroke      | 2:56.24  | 316      | 01/10/23  | East Region Masters Championships                | Newmarket | MAS1081 | 0     |
| 50 Butterfly          | 32.55    | 298      | 12/03/22  | Essex Masters Championships                      | Basildon  | MAS948  | 0     |
| 100 Butterfly         | 1:11.73  | 295      | 01/10/23  | East Region Masters Championships                | Newmarket | MAS1081 | 0     |
| 200 Butterfly         | 2:38.71  | 305      | 27/10/23  | Swim England Masters National Championships 2023 | Sheffield | MAS1090 | 0     |
| 50 Backstroke         | 32.73    | 308      | 25/03/23  | Essex Masters Championships 2023                 | Basildon  | MAS1026 | 0     |
| 100 Backstroke        | 1:09.66  | 333      | 28/10/22  | Swim England Masters National Championships 2022 | Sheffield | MAS992  | 0     |
| 200 Backstroke        | 2:30.97  | 342      | 30/10/22  | Swim England Masters National Championships 2022 | Sheffield | MAS992  | 0     |
| 200 Individual Medley | 2:30.21  | 388      | 28/10/23  | Swim England Masters National Championships 2023 | Sheffield | MAS1090 | 0     |
| 400 Individual Medley | 5:16.49  | 408      | 28/10/22  | Swim England Masters National Championships 2022 | Sheffield | MAS992  | 0     |
| 100 Individual Medley | 1:11.70  | 324      | 29/09/19  | Swim England East Region Seniors & Masters       | Newmarket | MAS877  | 0     |