

Individual Best Times (Masters)

Jo Corben - (9690) - South Downs Trojan Swimming Club

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
100 Freestyle	1:08.38	432	29/02/20	Swim Wales Open Masters 2020	Wales National Pool	MAS907	0
200 Freestyle	2:25.82	463	20/01/18	Swim South East LC Masters 2018	Crawley	MAS733	0
400 Freestyle	4:47.91	546	24/03/07	South East Region Masters Meet	Crawley	MAS040	0
100 Breaststroke	1:31.85	340	02/03/24	Swim Wales Open Masters 2024	Swansea	MAS1126	0
50 Backstroke	32.34	572	05/06/05	GB Masters Championships 2005	Glasgow	ASA052	0
100 Backstroke	1:07.04	625	14/06/19	Masters Legacy	England	MAS1004	0
200 Backstroke	2:22.52	645	02/06/02	Great Britain Masters Champs	Crystal Palace	ASA022	0
200 Individual Medley	2:31.45	577	15/06/07	British Masters 2007	Manchester	MAS037	0
400 Individual Medley	5:25.33	545	04/06/05	GB Masters Championships 2005	Glasgow	ASA052	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	29.26	481	29/10/05	ASA National Masters Champs	Sheffield	ASA056	0
100 Freestyle	1:05.43	452	25/06/17	Hampshire County Masters 2017	Portsmouth	MAS689	0
200 Freestyle	2:13.96	558	27/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
400 Freestyle	4:44.63	536	28/10/17	Swim England Masters National Championships	Sheffield	MAS718	0
800 Freestyle	9:57.81	509	29/10/11	BG ASA National Masters Meet	Sheffield	MAS275	0
50 Breaststroke	39.98	357	23/06/19	Hampshire Masters 2019	Portsmouth	MAS854	0
100 Breaststroke	1:25.44	388	05/06/11	Hampshire Masters	Hampshire	MAS282	0
50 Butterfly	33.83	374	10/11/19	National Masters & Seniors Inter-County	Horsham	MAS883	0
100 Butterfly	1:16.25	356	05/06/11	Hampshire Masters	Hampshire	MAS282	0
200 Butterfly	2:57.24	307	24/09/11	South East Region Masters Meet	Aldershot	MAS293	0
50 Backstroke	31.67	506	20/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0
100 Backstroke	1:05.68	583	01/11/02	ASA National Masters SC Champs	Sheffield	ASA030	0
200 Backstroke	2:18.19	637	02/11/02	ASA National Masters SC Champs	Sheffield	ASA030	0
200 Individual Medley	2:29.17	545	29/10/04	ASA Masters Championship 2004	Sheffield	ASA049	0
400 Individual Medley	5:13.70	562	27/10/07	ASA National Masters 2007	Sheffield	MAS044	0
100 Individual Medley	1:10.09	524	27/10/07	ASA National Masters 2007	Sheffield	MAS044	0