

# Individual Best Times (Masters)

Duncan Lip - (977673) - City of Southampton SC

Long Course

| Stroke         | Time     | FINA Pts | Swim Date | Meet                                      | Venue      | Licence | Level |
|----------------|----------|----------|-----------|-------------------------------------------|------------|---------|-------|
| 50 Freestyle   | 32.19    | 274      | 02/04/16  | British Masters & Senior Age Group Meet   | Sheffield  | MAS598  | 0     |
| 100 Freestyle  | 1:12.66  | 268      | 09/06/18  | British Masters Championships 2018        | Plymouth   | MAS769  | 0     |
| 200 Freestyle  | 2:41.84  | 250      | 16/06/17  | British Masters & Senior Age Group Champs | Aberdeen   | MAS683  | 0     |
| 400 Freestyle  | 5:56.36  | 235      | 17/06/17  | British Masters & Senior Age Group Champs | Aberdeen   | MAS683  | 0     |
| 800 Freestyle  | 12:29.51 | 219      | 18/06/17  | British Masters & Senior Age Group Champs | Aberdeen   | MAS683  | 0     |
| 1500 Freestyle | 26:15.14 | 169      | 13/06/14  | British Gas Masters 50m 2014              | Swansea    | MAS469  | 0     |
| 50 Backstroke  | 40.67    | 194      | 13/06/15  | GB Masters 2015                           | Manchester | MAS537  | 0     |

Short Course

| Stroke                | Time     | FINA Pts | Swim Date | Meet                                           | Venue         | Licence | Level |
|-----------------------|----------|----------|-----------|------------------------------------------------|---------------|---------|-------|
| 50 Freestyle          | 31.75    | 256      | 28/10/17  | Swim England Masters National Championships    | Sheffield     | MAS718  | 0     |
| 100 Freestyle         | 1:09.83  | 264      | 07/10/17  | SE South East Region Masters Meet              | Guildford     | MAS715  | 0     |
| 200 Freestyle         | 2:36.51  | 255      | 27/10/17  | Swim England Masters National Championships    | Sheffield     | MAS718  | 0     |
| 400 Freestyle         | 5:42.05  | 238      | 14/05/17  | Midland Masters Meet 2017                      | Nuneaton      | MAS679  | 0     |
| 800 Freestyle         | 12:32.02 | 205      | 30/10/16  | ASA National Masters 2016                      | Sheffield     | MAS639  | 0     |
| 50 Butterfly          | 35.55    | 229      | 14/10/18  | Shropshire County Champs and Open Masters Meet | Wolverhampton | MAS799  | 0     |
| 50 Backstroke         | 39.17    | 179      | 13/05/17  | Midland Masters Meet 2017                      | Nuneaton      | MAS679  | 0     |
| 100 Backstroke        | 1:29.15  | 159      | 14/05/17  | Midland Masters Meet 2017                      | Nuneaton      | MAS679  | 0     |
| 200 Individual Medley | 3:02.88  | 215      | 24/09/17  | SWR Masters Meet                               | Bristol       | MAS710  | 0     |
| 100 Individual Medley | 1:22.18  | 215      | 24/09/17  | SWR Masters Meet                               | Bristol       | MAS710  | 0     |