

Individual Best Times (Masters)

Janice Appleton - (150109) - Banbury SC - 200 Freestyle - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
3:57.23	100	H	07/03/20	Staffordshire Masters Open 2020	Stafford	MAS909	0
3:59.94	97	F	23/02/20	Royal Navy Masters 17th Open	Millfield	MAS903	0
4:00.24	96	F	13/05/18	Royal Navy Masters 17th Open	Millfield	MAS761	0
4:01.13	95		01/10/16	Midland Masters Open Meet	Leamington	MAS635	0
4:01.72	95		22/04/18	Gloucester Masters 2018	Gloucester	MAS753	0
4:01.83	94		14/04/13	Gloucester Masters Open Meet	Gloucester	MAS418	0
4:02.19	94	H	27/05/18	Midland Masters 2018	Rugby	MAS763	0
4:04.63	91	H	22/09/19	RASA 2nd Masters	Braunstone	MAS873	0
4:04.71	91		15/04/12	Gloucester Open Masters	Gloucester	MAS339	0
4:05.33	90		23/04/17	Gloucesters Masters Meet	Gloucester	MAS687	0
4:06.24	89	H	23/09/18	Leicestershire ASA Masters	Leicester	MAS787	0
4:06.35	89	H	02/10/21	South East Short Course Masters 2021	Crawley	MAS926	0
4:06.48	89	H	17/05/14	Yorkshire SA Open Masters	Scarborough	MAS464	0
4:06.58	89	F	27/02/22	Royal Navy Masters 19th Open	Millfield	MAS939	0
4:08.09	87		14/04/18	27th G4S Masters Open Meet	Guernsey	MAS751	0
4:08.15	87	F	15/05/16	Royal Navy Masters Open	Millfield	MAS611	0
4:10.18	85	H	31/03/19	Gloucester Masters 2019	Gloucester	MAS834	0
4:10.54	85		27/03/11	Royal Navy 10th Masters Meet	Millfield	MAS297	0
4:10.85	85	F	03/05/15	Royal Navy Masters Open	Millfield	MAS530	0
4:12.13	83		19/04/15	Gloucester Masters Open Meet	Gloucester	MAS526	0
4:12.90	82	F	07/08/22	Gloucester Masters Open Meet	Gloucester	MAS974	0
4:13.43	82	F	22/07/21	Banbury	Spiceball Park	LEX3556	0

Swim Order

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4:12.90	82	F	07/08/22	Gloucester Masters Open Meet	Gloucester	MAS974	0
4:06.58	89	F	27/02/22	Royal Navy Masters 19th Open	Millfield	MAS939	0
4:06.35	89	H	02/10/21	South East Short Course Masters 2021	Crawley	MAS926	0
4:13.43	82	F	22/07/21	Banbury	Spiceball Park	LEX3556	0
3:57.23	100	H	07/03/20	Staffordshire Masters Open 2020	Stafford	MAS909	0
3:59.94	97	F	23/02/20	Royal Navy Masters 17th Open	Millfield	MAS903	0
4:04.63	91	H	22/09/19	RASA 2nd Masters	Braunstone	MAS873	0
4:10.18	85	H	31/03/19	Gloucester Masters 2019	Gloucester	MAS834	0
4:06.24	89	H	23/09/18	Leicestershire ASA Masters	Leicester	MAS787	0
4:02.19	94	H	27/05/18	Midland Masters 2018	Rugby	MAS763	0
4:00.24	96	F	13/05/18	Royal Navy Masters 17th Open	Millfield	MAS761	0
4:01.72	95		22/04/18	Gloucester Masters 2018	Gloucester	MAS753	0
4:08.09	87		14/04/18	27th G4S Masters Open Meet	Guernsey	MAS751	0
4:05.33	90		23/04/17	Gloucesters Masters Meet	Gloucester	MAS687	0
4:01.13	95		01/10/16	Midland Masters Open Meet	Leamington	MAS635	0
4:08.15	87	F	15/05/16	Royal Navy Masters Open	Millfield	MAS611	0
4:10.85	85	F	03/05/15	Royal Navy Masters Open	Millfield	MAS530	0
4:12.13	83		19/04/15	Gloucester Masters Open Meet	Gloucester	MAS526	0
4:06.48	89	H	17/05/14	Yorkshire SA Open Masters	Scarborough	MAS464	0
4:01.83	94		14/04/13	Gloucester Masters Open Meet	Gloucester	MAS418	0
4:04.71	91		15/04/12	Gloucester Open Masters	Gloucester	MAS339	0

4:10.54	85	27/03/11	Royal Navy 10th Masters Meet	Millfield	MAS297	0
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