

Individual Best Times (Masters)

Janice Appleton - (150109) - Banbury SC - 400 Freestyle - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
8:15.85	101	F	23/02/20	Royal Navy Masters 17th Open	Millfield	MAS903	0
8:16.25	101		22/11/15	South Yorkshire Open Masters 2015	Sheffield	MAS583	0
8:19.20	99		15/04/12	Gloucester Open Masters	Gloucester	MAS339	0
8:21.95	97		26/04/13	Midland Open Masters Meet	Leamington Spa	MAS405	0
8:23.34	97		22/04/18	Gloucester Masters 2018	Gloucester	MAS753	0
8:25.82	95		13/04/18	27th G4S Masters Open Meet	Guernsey	MAS751	0
8:28.46	94	F	15/05/16	Royal Navy Masters Open	Millfield	MAS611	0
8:32.43	91		27/03/11	Royal Navy 10th Masters Meet	Millfield	MAS297	0
8:40.60	87		24/04/09	Midland Masters Championships	Leamington Spa	MAS178	0

Swim Order

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8:19.20	99		15/04/12	Gloucester Open Masters	Gloucester	MAS339	0
8:32.43	91		27/03/11	Royal Navy 10th Masters Meet	Millfield	MAS297	0
8:40.60	87		24/04/09	Midland Masters Championships	Leamington Spa	MAS178	0