

Individual Best Times (Masters)

Gail Henry - (18872) - Portsmouth Northsea SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	29.36	520	04/06/05	GB Masters Championships 2005	Glasgow	ASA052	0
100 Freestyle	1:04.75	509	28/01/06	London Masters Champs 2006	Crystal Palace	MAS005	0
200 Freestyle	2:23.74	483	18/06/06	British Masters Champs 2006	Manchester	MAS001	0
400 Freestyle	5:21.28	393	05/06/05	GB Masters Championships 2005	Glasgow	ASA052	0
50 Breaststroke	43.10	309	09/03/24	AP Race Masters 50m Grand Prix 2024	Sunderland	MAS1129	0
50 Butterfly	36.01	312	15/06/19	British Masters Champs 2019	Swansea	MAS853	0
50 Backstroke	35.10	448	18/06/10	British Gas Masters Champs	Glasgow	MAS210	0
100 Backstroke	1:16.56	419	02/02/08	London & SE Region Masters Mt	Crawley	MAS092	0
200 Backstroke	2:48.50	390	30/04/05	Welsh Open Masters 2005	Swansea	WAL074	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	28.37	528	29/10/05	ASA National Masters Champs	Sheffield	ASA056	0
100 Freestyle	1:01.95	533	29/10/05	ASA National Masters Champs	Sheffield	ASA056	0
200 Freestyle	2:18.04	510	26/10/07	ASA National Masters 2007	Sheffield	MAS044	0
50 Breaststroke	40.34	347	13/05/18	Royal Navy Masters 17th Open	Millfield	MAS761	0
50 Butterfly	33.95	370	28/10/17	Swim England Masters National Championships	Sheffield	MAS718	0
50 Backstroke	34.19	402	26/10/18	Swim England Masters Meet 2018	Sheffield	MAS801	0
100 Backstroke	1:11.52	452	28/10/05	ASA National Masters Champs	Sheffield	ASA056	0
200 Backstroke	2:43.28	386	24/10/03	ASA Masters Championships 2003	Sheffield	ASA039	0
200 Individual Medley	2:58.90	316	29/10/16	ASA National Masters 2016	Sheffield	MAS639	0
100 Individual Medley	1:12.94	465	30/10/05	ASA National Masters Champs	Sheffield	ASA056	0