

Individual Best Times (Masters)

Godfrey Admans - (4409) - Spencer Swim Team

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	32.08	276	28/01/06	London Masters Champs 2006	Crystal Palace	MAS005	0
100 Freestyle	1:12.48	270	28/01/06	London Masters Champs 2006	Crystal Palace	MAS005	0
200 Freestyle	2:45.85	232	25/01/09	South East Masters Long Course	Crawley	MAS148	0
50 Backstroke	37.55	246	25/03/07	South East Region Masters Meet	Crawley	MAS040	0
100 Backstroke	1:22.54	244	28/01/06	London Masters Champs 2006	Crystal Palace	MAS005	0
200 Backstroke	3:04.55	223	02/04/16	British Masters & Senior Age Group Meet	Sheffield	MAS598	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	31.92	251	26/10/18	Swim England Masters Meet 2018	Sheffield	MAS801	0
100 Freestyle	1:12.12	240	26/11/11	Berks & South Bucks Masters Mt	Maidenhead	MAS315	0
200 Freestyle	2:44.69	219	25/06/11	Surrey County Masters Champs	Guildford	MAS287	0
50 Butterfly	40.30	157	02/03/19	Bracknell Masters 2019	Bracknell	MAS821	0
50 Backstroke	36.90	215	25/06/11	Surrey County Masters Champs	Guildford	MAS287	0
100 Backstroke	1:21.03	212	29/10/16	ASA National Masters 2016	Sheffield	MAS639	0
200 Backstroke	3:01.62	196	24/10/15	ASA National Masters 2015	Sheffield	MAS570	0
200 Individual Medley	3:21.24	161	04/03/17	Bracknell Masters 2017	Bracknell	MAS665	0
100 Individual Medley	1:26.14	187	27/10/19	Swim England National Masters	Sheffield	MAS882	0