

Individual Best Times (Masters)

Guy Armstrong - (768273) - Medway Maritime Swimming Club

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	28.65	388	24/03/19	London Regional Masters Chmps 2019	London	MAS833	0
100 Freestyle	1:03.45	402	23/01/22	South East Open LC Masters	K2 Crawley	MAS937	0
200 Freestyle	2:18.21	401	02/06/23	British Masters Championships	Sheffield	MAS1046	0
400 Freestyle	4:54.58	416	03/06/23	British Masters Championships	Sheffield	MAS1046	0
800 Freestyle	10:11.20	404	19/01/20	SSE LC Masters 2020	Crawley	MAS897	0
1500 Freestyle	19:52.67	389	29/02/20	Swim Wales Open Masters 2020	Wales National Pool	MAS907	0
50 Breaststroke	38.81	298	01/02/15	SER Masters Long Course Meet	Crawley	MAS505	0
100 Breaststroke	1:30.70	246	19/01/19	Swim South East LC Masters 2019	Crawley	MAS813	0
200 Breaststroke	3:10.01	288	14/06/14	British Gas Masters 50m 2014	Swansea	MAS469	0
50 Butterfly	30.63	384	02/02/14	South East Region LC Masters	Crawley	MAS462	0
100 Butterfly	1:10.39	346	14/06/13	British Gas GB Masters 2013	Plymouth	MAS382	0
200 Butterfly	2:44.88	299	15/06/13	British Gas GB Masters 2013	Plymouth	MAS382	0
50 Backstroke	36.24	274	22/01/22	South East Open LC Masters	K2 Crawley	MAS937	0
100 Backstroke	1:18.97	278	21/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0
200 Backstroke	2:43.21	322	03/06/23	British Masters Championships	Sheffield	MAS1046	0
200 Individual Medley	2:43.70	337	18/05/13	team Luton LC Masters Meet	Luton	MAS383	0
400 Individual Medley	5:45.60	345	14/06/14	British Gas Masters 50m 2014	Swansea	MAS469	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	28.66	348	05/10/13	SER Short Course Masters Meet	Guildford	MAS409	0
100 Freestyle	1:01.14	394	07/07/13	Barnet Cophall Distance Meet	Barnet	MAS433	0
200 Freestyle	2:15.26	396	09/07/23	Masters Distance Meet Barnet Cophall	Barnet	MAS1055	0
400 Freestyle	4:49.03	396	21/05/23	Erith Masters Meet & Kent Long Distance Champ	Bexleyheath	MAS1040	0
800 Freestyle	10:04.71	394	08/07/23	Masters Distance Meet Barnet Cophall	Barnet	MAS1055	0
1500 Freestyle	19:28.47	380	24/11/13	Barnet Cophall 1500 Masters	Barnet	MAS438	0
100 Breaststroke	1:24.83	276	09/07/23	Masters Distance Meet Barnet Cophall	Barnet	MAS1055	0
200 Breaststroke	3:14.95	234	07/10/17	SE South East Region Masters Meet	Guildford	MAS715	0
50 Butterfly	30.35	368	26/10/13	BG ASA Masters Meet 2013	Sheffield	MAS388	0
100 Butterfly	1:10.18	315	07/07/13	Barnet Cophall Distance Meet	Barnet	MAS433	0
200 Butterfly	2:39.23	302	27/10/13	BG ASA Masters Meet 2013	Sheffield	MAS388	0
50 Backstroke	35.07	250	21/05/23	Erith Masters Meet & Kent Long Distance Champ	Bexleyheath	MAS1040	0
100 Backstroke	1:15.02	267	11/06/23	Kent Masters 2023 day 2	Medway	MAS1048	0
200 Backstroke	2:37.41	302	21/05/23	Erith Masters Meet & Kent Long Distance Champ	Bexleyheath	MAS1040	0
200 Individual Medley	2:41.09	315	26/10/19	Swim England National Masters	Sheffield	MAS882	0
400 Individual Medley	5:39.48	330	27/10/13	BG ASA Masters Meet 2013	Sheffield	MAS388	0
100 Individual Medley	1:13.90	296	11/06/23	Kent Masters 2023 day 2	Medway	MAS1048	0