

# Individual Best Times (Masters)

Michelle Ware - (852970) - Woking SC

Long Course

| Stroke                | Time    | FINA Pts | Swim Date | Meet                                             | Venue      | Licence | Level |
|-----------------------|---------|----------|-----------|--------------------------------------------------|------------|---------|-------|
| 50 Freestyle          | 27.66   | 621      | 17/06/17  | British Masters & Senior Age Group Champs        | Aberdeen   | MAS683  | 0     |
| 100 Freestyle         | 1:01.05 | 607      | 13/06/15  | GB Masters 2015                                  | Manchester | MAS537  | 0     |
| 200 Freestyle         | 2:21.72 | 504      | 05/03/17  | Swim Wales Open Masters & Senior Age Groups 2017 | Swansea    | MAS663  | 0     |
| 400 Freestyle         | 4:58.56 | 490      | 18/01/20  | SSE LC Masters 2020                              | Crawley    | MAS897  | 0     |
| 50 Butterfly          | 29.53   | 566      | 16/08/17  | FINA World Masters Championships                 | Budapest   | MAS698  | 0     |
| 100 Butterfly         | 1:08.17 | 539      | 05/08/23  | World Aquatics Masters Championships 2023        | Fukuoka    | MAS1061 | 0     |
| 50 Backstroke         | 31.58   | 615      | 18/08/17  | Masters Legacy                                   | England    | MAS1004 | 0     |
| 100 Backstroke        | 1:11.04 | 525      | 14/06/15  | GB Masters 2015                                  | Manchester | MAS537  | 0     |
| 200 Backstroke        | 2:38.02 | 473      | 12/06/15  | GB Masters 2015                                  | Manchester | MAS537  | 0     |
| 200 Individual Medley | 2:37.43 | 514      | 21/01/17  | SER Long Course Masters 2017                     | Crawley    | MAS658  | 0     |

Short Course

| Stroke                | Time    | FINA Pts | Swim Date | Meet                                        | Venue     | Licence | Level |
|-----------------------|---------|----------|-----------|---------------------------------------------|-----------|---------|-------|
| 50 Freestyle          | 27.28   | 593      | 25/10/14  | ASA Masters Short Course Meet 2014          | Sheffield | MAS494  | 0     |
| 100 Freestyle         | 59.67   | 597      | 24/10/15  | ASA National Masters 2015                   | Sheffield | MAS570  | 0     |
| 200 Freestyle         | 2:17.03 | 521      | 29/06/19  | Surrey County Masters Championships         | Surrey    | MAS860  | 0     |
| 400 Freestyle         | 5:01.40 | 451      | 01/10/17  | East Swimming Open Masters Meet             | Newmarket | MAS712  | 0     |
| 50 Breaststroke       | 37.07   | 448      | 25/06/22  | County Masters                              | Guildford | MAS965  | 0     |
| 100 Breaststroke      | 1:23.75 | 412      | 29/06/19  | Surrey County Masters Championships         | Surrey    | MAS860  | 0     |
| 50 Butterfly          | 29.06   | 590      | 28/10/17  | Swim England Masters National Championships | Sheffield | MAS718  | 0     |
| 100 Butterfly         | 1:06.17 | 545      | 27/10/17  | Swim England Masters National Championships | Sheffield | MAS718  | 0     |
| 50 Backstroke         | 30.82   | 549      | 26/10/18  | Masters Legacy                              | England   | MAS982  | 0     |
| 100 Backstroke        | 1:08.20 | 521      | 26/10/14  | ASA Masters Short Course Meet 2014          | Sheffield | MAS494  | 0     |
| 200 Backstroke        | 2:33.75 | 462      | 25/10/14  | ASA Masters Short Course Meet 2014          | Sheffield | MAS494  | 0     |
| 200 Individual Medley | 2:33.86 | 496      | 26/10/14  | ASA Masters Short Course Meet 2014          | Sheffield | MAS494  | 0     |
| 100 Individual Medley | 1:09.29 | 542      | 27/10/19  | Swim England National Masters               | Sheffield | MAS882  | 0     |