

Individual Best Times (Masters)

Ruth Owens - (9503) - Saxon Crown (Lewisham) SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
100 Breaststroke	1:33.38	323	07/09/18	2018 European Masters Championships	Slovenia	MAS784	0
200 Breaststroke	3:21.47	318	29/05/16	European Masters Championships	London	MAS615	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Breaststroke	43.75	272	29/10/16	ASA National Masters 2016	Sheffield	MAS639	0
100 Breaststroke	1:32.81	303	28/06/15	Kent Masters Championships	Gillingham	MAS543	0
200 Breaststroke	3:16.37	321	30/10/16	ASA National Masters 2016	Sheffield	MAS639	0
100 Butterfly	1:29.68	218	30/10/16	ASA National Masters 2016	Sheffield	MAS639	0
200 Individual Medley	3:01.81	301	29/10/16	ASA National Masters 2016	Sheffield	MAS639	0
100 Individual Medley	1:24.97	294	28/06/15	Kent Masters Championships	Gillingham	MAS543	0