

Individual Best Times (Masters)

Gail Henry - (18872) - Portsmouth Northsea SC - 50 Freestyle - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
29.36	520	H	04/06/05	GB Masters Championships 2005	Glasgow	ASA052	0
29.54	510		28/01/06	London Masters Champs 2006	Crystal Palace	MAS005	0
29.56	509		05/03/04	Welsh 5th Open Masters 2004	Swansea	WAL049	0
29.65	504		30/04/05	Welsh Open Masters 2005	Swansea	WAL074	0
29.79	497		23/04/04	GB Masters Championship 2004	Manchester	ASA041	0
30.37	469	F	16/06/07	British Masters 2007	Manchester	MAS037	0
30.70	454		20/06/09	British Gas Masters 2009	Cardiff	MAS150	0
30.81	450		15/06/19	British Masters Champs 2019	Swansea	MAS853	0
31.06	439		14/06/15	GB Masters 2015	Manchester	MAS537	0
31.64	415		10/03/24	AP Race Masters 50m Grand Prix 2024	Sunderland	MAS1129	0
31.69	413	H	29/05/16	European Masters Championships	London	MAS615	0
32.05	399	H	03/06/23	British Masters Championships	Sheffield	MAS1046	0
32.22	393	F	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0
32.52	382	H	21/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
33.50	350	H	01/06/02	Great Britain Masters Champs	Crystal Palace	ASA022	0

Swim Order

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32.22	393	F	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0
31.64	415	H	10/03/24	AP Race Masters 50m Grand Prix 2024	Sunderland	MAS1129	0
32.52	382	H	21/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
32.05	399	H	03/06/23	British Masters Championships	Sheffield	MAS1046	0
30.81	450	F	15/06/19	British Masters Champs 2019	Swansea	MAS853	0
31.69	413	H	29/05/16	European Masters Championships	London	MAS615	0
31.06	439	H	14/06/15	GB Masters 2015	Manchester	MAS537	0
30.70	454	H	20/06/09	British Gas Masters 2009	Cardiff	MAS150	0
30.37	469		16/06/07	British Masters 2007	Manchester	MAS037	0
29.54	510		28/01/06	London Masters Champs 2006	Crystal Palace	MAS005	0
29.36	520		04/06/05	GB Masters Championships 2005	Glasgow	ASA052	0
29.65	504		30/04/05	Welsh Open Masters 2005	Swansea	WAL074	0
29.79	497	H	23/04/04	GB Masters Championship 2004	Manchester	ASA041	0
29.56	509		05/03/04	Welsh 5th Open Masters 2004	Swansea	WAL049	0
33.50	350		01/06/02	Great Britain Masters Champs	Crystal Palace	ASA022	0