

Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
28.37	528	H	29/10/05	ASA National Masters Champs	Sheffield	ASA056	0
28.81	504	H	31/10/04	ASA Masters Championship 2004	Sheffield	ASA049	0
28.85	502		28/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
28.88	500	H	24/10/03	ASA Masters Championships 2003	Sheffield	ASA039	0
29.42	473	H	26/10/19	Swim England National Masters	Sheffield	MAS882	0
29.44	472		28/10/07	ASA National Masters 2007	Sheffield	MAS044	0
29.79	456	F	13/05/18	Royal Navy Masters 17th Open	Millfield	MAS761	0
29.84	453	H	24/06/18	Hampshire Masters 2018	Portsmouth	MAS771	0
29.94	449	H	28/10/17	Swim England Masters National Championships	Sheffield	MAS718	0
29.96	448		01/03/08	Bracknell Open Masters 2008	Bracknell	MAS096	0
30.01	446	H	23/06/19	Hampshire Masters 2019	Portsmouth	MAS854	0
30.01	446		07/06/09	Hampshire Masters Meet	Waterlooville	MAS169	0
30.12	441	H	26/10/18	Swim England Masters Meet 2018	Sheffield	MAS801	0
30.36	430		28/03/10	Royal Navy Masters Meet	Millfield	MAS217	0
30.39	429	F	23/02/20	Royal Navy Masters 17th Open	Millfield	MAS903	0
30.43	427	F	28/04/18	Masters Meet - April 2018	The Quays	MAS754	0
30.48	425	H	19/06/16	Hampshire Masters Meet	Portsmouth	MAS623	0
30.65	418	H	20/06/15	Hampshire Masters Meet	Portsmouth	MAS544	0
30.65	418		20/06/15	Hampshire County Masters Meet	Portsmouth	MAS548	0
30.81	412	H	29/10/16	ASA National Masters 2016	Sheffield	MAS639	0
30.98	405	H	27/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
31.00	404	F	27/02/22	Royal Navy Masters 19th Open	Millfield	MAS939	0
31.15	398	H	02/10/21	South East Short Course Masters 2021	Crawley	MAS926	0
31.27	394	H	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
31.33	392	H	18/09/21	Hampshire Masters County Championships	Portsmouth	MAS918	0
31.45	387	H	30/09/23	South East SC Masters Meet 2023	Crawley	MAS1079	0
31.46	387	F	18/02/24	Royal Navy Masters 21st Open	Millfield	MAS1121	0
31.53	384	F	16/06/21	Portsmouth Northsea	Mountbatten	LEX3005	0
31.65	380	F	24/06/23	Hampshire ASA Masters Championships	Portsmouth	MAS1051	0

Swim Order

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31.46	387	F	18/02/24	Royal Navy Masters 21st Open	Millfield	MAS1121	0
30.98	405	H	27/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
31.45	387	H	30/09/23	South East SC Masters Meet 2023	Crawley	MAS1079	0
31.65	380	F	24/06/23	Hampshire ASA Masters Championships	Portsmouth	MAS1051	0
31.00	404	F	27/02/22	Royal Navy Masters 19th Open	Millfield	MAS939	0
31.27	394	H	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
31.15	398	H	02/10/21	South East Short Course Masters 2021	Crawley	MAS926	0
31.33	392	H	18/09/21	Hampshire Masters County Championships	Portsmouth	MAS918	0
31.53	384	F	16/06/21	Portsmouth Northsea	Mountbatten	LEX3005	0
30.39	429	F	23/02/20	Royal Navy Masters 17th Open	Millfield	MAS903	0
29.42	473	H	26/10/19	Swim England National Masters	Sheffield	MAS882	0
30.01	446	H	23/06/19	Hampshire Masters 2019	Portsmouth	MAS854	0
30.12	441	H	26/10/18	Swim England Masters Meet 2018	Sheffield	MAS801	0
29.84	453	H	24/06/18	Hampshire Masters 2018	Portsmouth	MAS771	0

29.79	456	F	13/05/18	Royal Navy Masters 17th Open	Millfield	MAS761	0
30.43	427	F	28/04/18	Masters Meet - April 2018	The Quays	MAS754	0
29.94	449	H	28/10/17	Swim England Masters National Championships	Sheffield	MAS718	0
30.81	412	H	29/10/16	ASA National Masters 2016	Sheffield	MAS639	0
30.48	425	H	19/06/16	Hampshire Masters Meet	Portsmouth	MAS623	0
30.65	418	H	20/06/15	Hampshire Masters Meet	Portsmouth	MAS544	0
30.65	418		20/06/15	Hampshire County Masters Meet	Portsmouth	MAS548	0
30.36	430		28/03/10	Royal Navy Masters Meet	Millfield	MAS217	0
30.01	446		07/06/09	Hampshire Masters Meet	Waterlooville	MAS169	0
29.96	448		01/03/08	Bracknell Open Masters 2008	Bracknell	MAS096	0
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28.85	502		28/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
28.37	528	H	29/10/05	ASA National Masters Champs	Sheffield	ASA056	0
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