

Individual Best Times (Masters)

Nia Westlake - (56778) - Cinderford & District SC - 50 Backstroke - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
33.40	432	R	29/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
33.62	423		14/11/21	Masters Inter-County Meet 2021	Various	MAS987	0
33.69	420		18/11/18	Swim England Masters Inter County Competition	Various	MAS811	0
34.00	409	F	12/11/23	Masters Inter Counties SW Region 2023	Millfield	MAS1099	0
34.03	408	H	25/10/19	Swim England National Masters	Sheffield	MAS882	0
34.10	405	H	31/03/19	Gloucester Masters 2019	Gloucester	MAS834	0
34.12	405		15/11/15	ASA Inter County Competition South West Region	Weston Super Mare	MAS572	0
34.33	397		10/11/12	ASA Inter County Masters Meets	Various	MAS337	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
34.00	409	F	12/11/23	Masters Inter Counties SW Region 2023	Millfield	MAS1099	0
33.40	432	R	29/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
33.62	423		14/11/21	Masters Inter-County Meet 2021	Various	MAS987	0
34.03	408	H	25/10/19	Swim England National Masters	Sheffield	MAS882	0
34.10	405	H	31/03/19	Gloucester Masters 2019	Gloucester	MAS834	0
33.69	420		18/11/18	Swim England Masters Inter County Competition	Various	MAS811	0
34.12	405		15/11/15	ASA Inter County Competition South West Region	Weston Super Mare	MAS572	0
34.33	397		10/11/12	ASA Inter County Masters Meets	Various	MAS337	0