

Individual Best Times (Masters)

Nia Westlake - (56778) - Cinderford & District SC - 100 Backstroke - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
1:12.12	440	F	26/02/23	Royal Navy Masters 20th Open	Millfield	MAS1014	0
1:12.22	439	F	03/12/23	Swim Wales Masters SC Championships 2023	Newport	MAS1104	0
1:12.30	437	H	13/04/14	Gloucester Masters Open Meet	Gloucester	MAS455	0
1:12.43	435		01/12/12	Welsh Capital Masters Meet	Cardiff	MAS344	0
1:12.81	428		04/01/14	Shrewsbury Masters Meet	Shrewsbury	MAS440	0
1:13.09	423		05/01/13	Shrewsbury Open Masters Meet	Shrewsbury	MAS413	0
1:13.19	421	H	21/06/14	Cinderford Masters Birthday Bash	Ross-On-Wye	MAS471	0
1:14.30	403		13/09/15	Gloucester & Somerset Masters Meet	Bristol	MAS564	0
1:15.39	385	F	07/01/17	Shrewsbury Masters Gala 2017	Shrewsbury	MAS655	0
1:15.63	382	F	09/01/16	Shrewsbury Masters New Year Meet	Shrewsbury	MAS596	0
1:16.39	370		10/01/15	Shrewsbury Masters Gala	Shrewsbury	MAS509	0
1:16.62	367	H	31/03/19	Gloucester Masters 2019	Gloucester	MAS834	0
1:16.84	364		14/09/14	Gloucester & Somerset County Masters Championships	Bristol	MAS487	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
1:12.22	439	F	03/12/23	Swim Wales Masters SC Championships 2023	Newport	MAS1104	0
1:12.12	440	F	26/02/23	Royal Navy Masters 20th Open	Millfield	MAS1014	0
1:16.62	367	H	31/03/19	Gloucester Masters 2019	Gloucester	MAS834	0
1:15.39	385	F	07/01/17	Shrewsbury Masters Gala 2017	Shrewsbury	MAS655	0
1:15.63	382	F	09/01/16	Shrewsbury Masters New Year Meet	Shrewsbury	MAS596	0
1:14.30	403		13/09/15	Gloucester & Somerset Masters Meet	Bristol	MAS564	0
1:16.39	370		10/01/15	Shrewsbury Masters Gala	Shrewsbury	MAS509	0
1:16.84	364		14/09/14	Gloucester & Somerset County Masters Championships	Bristol	MAS487	0
1:13.19	421	H	21/06/14	Cinderford Masters Birthday Bash	Ross-On-Wye	MAS471	0
1:12.30	437	H	13/04/14	Gloucester Masters Open Meet	Gloucester	MAS455	0
1:12.81	428		04/01/14	Shrewsbury Masters Meet	Shrewsbury	MAS440	0
1:13.09	423		05/01/13	Shrewsbury Open Masters Meet	Shrewsbury	MAS413	0
1:12.43	435		01/12/12	Welsh Capital Masters Meet	Cardiff	MAS344	0