

Individual Best Times (Masters)

Nia Westlake - (56778) - Cinderford & District SC - 200 Individual Medley - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
2:32.95	560	H	04/06/23	British Masters Championships	Sheffield	MAS1046	0
2:34.03	548	F	19/04/24	British Masters Championships 2024	Swansea	MAS1147	0
2:34.71	541	F	04/03/23	Swim Wales Open Masters 2023	Swansea	MAS1078	0
2:37.71	511	F	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
2:39.93	490	F	29/02/20	Swim Wales Open Masters 2020	Wales National Pool	MAS907	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
2:34.03	548	F	19/04/24	British Masters Championships 2024	Swansea	MAS1147	0
2:32.95	560	H	04/06/23	British Masters Championships	Sheffield	MAS1046	0
2:34.71	541	F	04/03/23	Swim Wales Open Masters 2023	Swansea	MAS1078	0
2:37.71	511	F	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
2:39.93	490	F	29/02/20	Swim Wales Open Masters 2020	Wales National Pool	MAS907	0