

# Individual Best Times (Masters)

Nia Westlake - (56778) - Cinderford & District SC - 400 Individual Medley - Long Course

Time Order

| Time    | FINA Pts | Round | Swim Date | Meet                               | Venue               | Licence | Level |
|---------|----------|-------|-----------|------------------------------------|---------------------|---------|-------|
| 5:24.60 | 549      | H     | 02/06/23  | British Masters Championships      | Sheffield           | MAS1046 | 0     |
| 5:29.84 | 523      | F     | 20/04/24  | British Masters Championships 2024 | Swansea             | MAS1147 | 0     |
| 5:32.47 | 511      | F     | 17/06/22  | British Masters Championships      | Aberdeen Aquatics   | MAS966  | 0     |
| 5:33.79 | 505      | F     | 05/03/23  | Swim Wales Open Masters 2023       | Swansea             | MAS1078 | 0     |
| 5:46.62 | 451      | F     | 01/03/20  | Swim Wales Open Masters 2020       | Wales National Pool | MAS907  | 0     |

Swim Order

| Time    | FINA Pts | Round | Swim Date | Meet                               | Venue               | Licence | Level |
|---------|----------|-------|-----------|------------------------------------|---------------------|---------|-------|
| 5:29.84 | 523      | F     | 20/04/24  | British Masters Championships 2024 | Swansea             | MAS1147 | 0     |
| 5:24.60 | 549      | H     | 02/06/23  | British Masters Championships      | Sheffield           | MAS1046 | 0     |
| 5:33.79 | 505      | F     | 05/03/23  | Swim Wales Open Masters 2023       | Swansea             | MAS1078 | 0     |
| 5:32.47 | 511      | F     | 17/06/22  | British Masters Championships      | Aberdeen Aquatics   | MAS966  | 0     |
| 5:46.62 | 451      | F     | 01/03/20  | Swim Wales Open Masters 2020       | Wales National Pool | MAS907  | 0     |