

Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:53.59	515	F	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
4:55.64	504	F	02/03/24	Swim Wales Open Masters 2024	Swansea	MAS1126	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:55.64	504	F	02/03/24	Swim Wales Open Masters 2024	Swansea	MAS1126	0
4:53.59	515	F	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0