

Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:40.48	560	F	07/08/22	Gloucester Masters Open Meet	Gloucester	MAS974	0
4:45.26	533	H	13/04/14	Gloucester Masters Open Meet	Gloucester	MAS455	0
4:45.67	530	F	26/02/23	Royal Navy Masters 20th Open	Millfield	MAS1014	0
4:46.41	526	F	02/12/23	Swim Wales Masters SC Championships 2023	Newport	MAS1104	0
4:48.59	514	H	29/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
4:48.77	513	H	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
4:55.71	478	H	31/03/19	Gloucester Masters 2019	Gloucester	MAS834	0
4:56.98	472	H	26/10/19	Swim England National Masters	Sheffield	MAS882	0
4:59.81	459		22/04/18	Gloucester Masters 2018	Gloucester	MAS753	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:46.41	526	F	02/12/23	Swim Wales Masters SC Championships 2023	Newport	MAS1104	0
4:48.59	514	H	29/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
4:45.67	530	F	26/02/23	Royal Navy Masters 20th Open	Millfield	MAS1014	0
4:40.48	560	F	07/08/22	Gloucester Masters Open Meet	Gloucester	MAS974	0
4:48.77	513	H	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
4:56.98	472	H	26/10/19	Swim England National Masters	Sheffield	MAS882	0
4:55.71	478	H	31/03/19	Gloucester Masters 2019	Gloucester	MAS834	0
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4:45.26	533	H	13/04/14	Gloucester Masters Open Meet	Gloucester	MAS455	0