

Individual Best Times (All Time)

Niamh Allen - (559671) - Braunstone SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.96	31.30	403	02/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
100 Freestyle	1:07.01	1:05.70	459	01/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
200 Freestyle	2:27.23	2:24.90	450	15/06/14	Midland Age Group Championships 2014	Coventry	WMR415	1
400 Freestyle	5:08.48	5:03.90	444	17/05/14	Northampton SC Spring Festival Open Meet	Corby	EM4052	1
50 Breaststroke	40.52	39.70	372	01/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
100 Breaststroke	1:22.71	1:21.20	466	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
200 Breaststroke	3:03.75	3:00.90	419	11/01/14	City of Derby Long Course L1 Meet	Sheffield	EM4033	1
50 Butterfly	35.28	34.70	332	14/07/13	The Leicester Long Course Sprint Meet	Loughborough	EM3322	3
100 Butterfly	1:18.09	1:17.10	358	13/12/14	NASL West Midlands Regional Final	Coventry	WM14656	3
50 Backstroke	38.03	37.50	352	02/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
100 Backstroke	1:18.23	1:17.20	393	31/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
200 Backstroke	2:43.01	2:40.90	431	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
200 Individual Medley	2:41.32	2:38.90	477	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
400 Individual Medley	5:42.90	5:37.70	466	14/06/14	Midland Age Group Championships 2014	Coventry	WMR415	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.08	31.70	401	16/03/13	Leicestershire County Championships	Braunstone	CC3060	2
100 Freestyle	1:06.63	1:07.90	428	12/04/14	2014 Leicester Age Group Meet	Leicester	EM4056	2
200 Freestyle	2:19.49	2:22.00	494	08/03/14	Leicestershire County Age Groups & Champs	Braunstone	CC4072	2
400 Freestyle	4:55.57	5:00.30	479	11/04/14	2014 Leicester Age Group Meet	Leicester	EM4056	2
50 Breaststroke	39.30	40.10	376	29/03/14	Nuneaton & Bedworth Spring "Qualifying" Open	Nuneaton	WM4272	2
100 Breaststroke	1:21.27	1:22.80	451	15/11/14	City Of Leicester Winter Short Course Meet	Leicester	EM14411	2
200 Breaststroke	2:53.37	2:56.40	467	16/11/14	City Of Leicester Winter Short Course Meet	Leicester	EM14411	2
50 Butterfly	33.52	34.10	384	14/11/14	City Of Leicester Winter Short Course Meet	Leicester	EM14411	2
100 Butterfly	1:20.45	1:21.40	303	20/04/13	The 2013 Leicester Age Group Meet	Braunstone	EM3100	2
200 Butterfly	2:45.94	2:47.80	374	20/12/14	Thanet Swim Club Festive County Qualifier	Hartdown	SE14273	3
50 Backstroke	35.05	35.60	373	20/12/14	Thanet Swim Club Festive County Qualifier	Hartdown	SE14273	3
100 Backstroke	1:13.16	1:14.30	422	13/04/14	2014 Leicester Age Group Meet	Leicester	EM4056	2
200 Backstroke	2:37.70	2:39.80	429	15/03/14	Leicestershire County Championships	Braunstone	CC4073	2
200 Individual Medley	2:34.80	2:37.30	487	14/11/14	City Of Leicester Winter Short Course Meet	Leicester	EM14411	2
400 Individual Medley	5:32.57	5:37.80	472	15/11/13	2013 Leicester Distance Meet	Braunstone	EM3775	2
100 Individual Medley	1:14.81	1:14.80	431	16/03/14	Leicestershire County Championships	Braunstone	CC4073	2