

Individual Best Times (All Time)

Niamh Parkin - (1432777) - West Dorset SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.42	30.70	424	10/03/24	Plymouth Leander March L1 National Qualifier 2024	Plymouth	SW240330	1
100 Freestyle	1:08.83	1:07.60	424	08/03/24	Plymouth Leander March L1 National Qualifier 2024	Plymouth	SW240330	1
200 Freestyle	2:34.56	2:32.30	389	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.51	32.20	385	07/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
100 Freestyle	1:07.14	1:08.40	419	02/03/24	Poole SC Regional Qualifier 2024 Level 3	Dorchester	SW240265	3
200 Freestyle	2:28.90	2:31.20	406	24/03/24	Seagulls Spring L3 Open Meet 2024	Dorchester	SW240317	3
400 Freestyle	5:16.86	5:21.30	388	01/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
50 Breaststroke	42.09	42.80	306	24/03/24	Seagulls Spring L3 Open Meet 2024	Dorchester	SW240317	3
100 Breaststroke	1:52.04	1:53.20	172	13/08/21	West Dorset	1610 Dorchester	LEX3773	0
200 Breaststroke	4:02.21	4:04.40	171	13/08/21	West Dorset	1610 Dorchester	LEX3773	0
50 Butterfly	34.64	35.20	348	16/03/24	Swim Bournemouth Regional Prep' L2 Open Meet	Bournemouth	SW240250	2
100 Butterfly	1:53.08	1:53.80	109	13/08/21	West Dorset	1610 Dorchester	LEX3773	0
50 Backstroke	37.44	38.00	306	02/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
100 Backstroke	1:19.51	1:20.50	329	02/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
200 Backstroke	3:14.97	3:16.70	227	04/12/21	West Dorset SC December 2021 Open Meet	Dorchester	SW210858	3
100 Individual Medley	1:19.55	1:19.60	358	24/03/24	Seagulls Spring L3 Open Meet 2024	Dorchester	SW240317	3