

Individual Best Times (All Time)

Niamh Venus-Knight - (1496265) - Witham Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	41.16	40.40	355	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Breaststroke	1:29.14	1:27.70	372	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Breaststroke	3:09.09	3:06.30	384	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Butterfly	43.98	43.50	171	05/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
100 Backstroke	1:22.64	1:21.70	333	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Backstroke	2:54.95	2:53.00	348	11/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
200 Individual Medley	2:55.02	2:52.70	374	06/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.92	32.60	370	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:10.73	1:11.90	358	23/06/24	Witham Dolphins Summer Festival of Swimming 2024	Witham	ER240997	4
50 Breaststroke	39.68	40.50	365	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Breaststroke	1:28.40	1:29.80	351	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Breaststroke	3:06.35	3:09.20	376	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	37.17	37.70	282	28/01/24	Braintree & Bocking Winter Sprints Open Meet 2023	Braintree	ER240083	3
50 Backstroke	39.78	40.30	255	02/07/23	Witham Invitational Summer Festival of Swimming	Witham	ER231144	4
100 Backstroke	1:19.32	1:20.30	331	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Backstroke	2:45.78	2:47.80	369	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Individual Medley	2:47.74	2:50.10	383	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
100 Individual Medley	1:20.62	1:20.60	344	23/06/24	Witham Dolphins Summer Festival of Swimming 2024	Witham	ER240997	4