

Individual Best Times (All Time)

Niamh Moss - (962123) - Kingston Royals SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.50	30.80	421	15/07/17	RTSC End of Season Meet 2017	London	LR170651	3
100 Freestyle	1:11.74	1:10.60	374	16/11/14	Bexley Distance & Sprint Open Meet	Crystal Palace	LR4571	1
200 Freestyle	2:39.64	2:37.40	353	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
50 Breaststroke	39.91	39.10	390	28/02/16	Surrey County ASA Age Group Championships 2016	Crystal Palace	LR160384	1
100 Breaststroke	1:27.07	1:25.60	399	06/02/16	Surrey County ASA Age Group Championships 2016	Guildford	LR160382	1
200 Breaststroke	3:18.83	3:16.20	331	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
50 Butterfly	34.83	34.30	345	28/02/16	Surrey County ASA Age Group Championships 2016	Crystal Palace	LR160384	1
400 Individual Medley	6:08.07	6:03.30	376	07/02/16	Surrey County ASA Age Group Championships 2016	Guildford	LR160382	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.21	31.90	396	30/10/15	Munster Short Course Championships	Munster	GBR226	2
100 Freestyle	1:08.69	1:09.90	391	17/01/16	Kingston Royals The Royals New Year Meet 2016	Walton-on-Thames	LR160282	3
200 Freestyle	2:27.14	2:29.50	421	11/07/15	Black Swan Summer Open Meet 2015 (non nat qual)	Walton-on-Thames	SE151021	3
400 Freestyle	5:02.50	5:07.10	447	11/12/15	Kingston Royals Closed Club Championships 2015	New Maldon	LR152364	4
800 Freestyle	10:49.65	10:58.50	396	31/10/15	Munster Short Course Championships	Munster	GBR226	2
50 Breaststroke	38.68	39.50	394	31/10/15	Munster Short Course Championships	Munster	GBR226	2
100 Breaststroke	1:24.57	1:26.00	400	14/10/17	NASLS - Round One	Waterlooville	SE172103	3
200 Breaststroke	3:01.33	3:04.20	408	22/11/15	Black Swan Winter Open Meet 2015	Walton-on-Thames	SE151636	3
50 Butterfly	33.35	33.90	390	01/10/17	The Royals Autumn Open Meet	Walton on Thames	LR171469	3
100 Butterfly	1:19.71	1:20.70	311	16/01/16	Kingston Royals The Royals New Year Meet 2016	Walton-on-Thames	LR160282	3
50 Backstroke	37.68	38.20	300	17/01/16	Kingston Royals The Royals New Year Meet 2016	Walton-on-Thames	LR160282	3
100 Backstroke	1:21.37	1:22.40	306	16/01/16	Kingston Royals The Royals New Year Meet 2016	Walton-on-Thames	LR160282	3
200 Backstroke	2:50.82	2:52.80	337	17/01/16	Kingston Royals The Royals New Year Meet 2016	Walton-on-Thames	LR160282	3
200 Individual Medley	2:43.58	2:46.00	413	13/02/16	Surrey County Age Group Championships 2016	Guildford	LR160383	2
400 Individual Medley	5:51.84	5:56.80	398	04/12/15	Kingston Royals Closed Club Championships 2015	New Malden	LR152333	4
100 Individual Medley	1:16.44	1:16.40	404	14/02/16	Surrey County Age Group Championships 2016	Guildford	LR160383	2