

Individual Best Times (All Time)

Niamh McDonagh - (359750) - Rushmoor Royals SC - 50 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
27.82	611		05/05/12	British Gas South East Youth Championship	Crawley	Lboro Uni	1
28.00	599		05/05/12	British Gas South East Youth Championship	Crawley	Lboro Uni	1
28.02	598	H	21/07/12	BG ASA National Youth Championships 2012	Sheffield	Lboro Uni	1
28.05	596		17/03/12	Hampshire County Championships	Portsmouth	Lboro Uni	1
28.06	595	H	28/01/12	ASA South Zonal Meet	Millfield	Lboro Uni	1
28.09	593	H	25/01/14	Central Zonal Meet 2014	Corby	Lboro Uni	1
28.10	593	F	25/01/14	Central Zonal Meet 2014	Corby	Lboro Uni	1
28.15	590	H	10/02/13	Derventio February Festival	Sheffield	Lboro Uni	1
28.20	586	H	09/02/14	Derventio Excel February Festival	Sheffield	Lboro Uni	1
28.21	586	H	02/04/15	11th Swim Cup 2015	Eindhoven		1
28.23	584		04/05/13	BG South East Region Youth Champs	Crawley	Lboro Uni	1
28.24	584		03/12/11	South East Region Open & Junior Champs	Aldershot	Lboro Uni	1
28.30	580		12/03/11	Hampshire County Championships	Portsmouth	Lboro Uni	1
28.30	580	H	08/04/12	Portsmouth Northsea Easter Festival	Portsmouth	Lboro Uni	1
28.35	577		17/03/12	Hampshire County Championships	Portsmouth	Lboro Uni	1
28.43	572		30/04/11	BG South East Region Youth Championships	Crawley	Lboro Uni	1
28.43	572		16/03/13	Hampshire County Championships	Portsmouth	Lboro Uni	1
28.49	569		16/03/13	Hampshire County Championships	Portsmouth	Lboro Uni	1
28.52	567	H	30/10/11	Rushmoor Royals 9th Autumn Open Meet	Aldershot	Lboro Uni	1
28.54	566		03/12/11	South East Region Open & Junior Champs	Aldershot	Lboro Uni	1
28.58	563	H	28/10/12	Rushmoor Royals SC 10th Autumn Open Meet	Aldershot	Lboro Uni	1
28.60	562		30/04/11	BG South East Region Youth Championships	Crawley	Lboro Uni	1
28.64	560	H	21/05/11	Bracknell & Wokingham Open Meet	Aldershot	Lboro Uni	1
28.78	552	H	02/04/11	Derventio Excel Open Meet	Sheffield	Lboro Uni	1
28.85	548		12/03/11	Hampshire County Championships	Portsmouth	Lboro Uni	1
28.95	542	F	07/01/11	Swim Wales New Year Dragon Meet	Swansea	Lboro Uni	1
28.97	541	H	07/01/11	Swim Wales New Year Dragon Meet	Swansea	Lboro Uni	1

28.97	541	H	07/01/11	Swim Wales New Year Dragon Meet	Swansea	Lboro Uni	1
29.59	507	H	31/10/10	Rushmoor Royals Open	Aldershot	Lboro Uni	1
30.16	479	H	22/05/10	Bracknell & Wokingham Meet	Aldershot	Lboro Uni	1
30.19	478		02/04/10	Portsmouth Northsea Easter Meet	Portsmouth	Lboro Uni	1
30.44	466		09/05/10	ASA SE Region Youth Champs	Portsmouth	Lboro Uni	1
31.08	438	H	17/01/10	Rushmoor Royals New Year Meet	Aldershot	Lboro Uni	3
34.11	331	H	18/01/09	Rushmoor Royals New Yr Mt	Aldershot	Lboro Uni	3

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