

# Individual Best Times (All Time)

Jessica Cockayne - (1177284) - Spenborough SC

## Long Course

| Stroke           | LC Time | Converted to SC | LC WA Pts | Date     | Meet   | Venue      | Licence  | Level |
|------------------|---------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle     | 35.02   | 34.40           | 306       | 08/07/17 | Summer Non National Qualifier Graded Meet    | Manchester | NW170108 | 3     |
| 100 Freestyle    | 1:23.22 | 1:22.20         | 239       | 25/06/16 | City of Leeds B Grade Meet 2016              | Leeds      | NE160163 | 3     |
| 200 Freestyle    | 2:51.16 | 2:49.10         | 286       | 15/12/18 | City of Manchester Snow'pen Sprint Meet 2018 | Manchester | NW180650 | 3     |
| 50 Breaststroke  | 48.90   | 48.20           | 212       | 15/12/18 | City of Manchester Snow'pen Sprint Meet 2018 | Manchester | NW180650 | 3     |
| 100 Breaststroke | 1:58.63 | 1:57.60         | 157       | 25/06/16 | City of Leeds B Grade Meet 2016              | Leeds      | NE160163 | 3     |
| 200 Breaststroke | 4:17.54 | 4:15.50         | 152       | 24/01/16 | Rotherham Metro A&B Grade LC Meet            | Sheffield  | NE160160 | 3     |
| 50 Butterfly     | 56.89   | 56.60           | 79        | 09/07/16 | Richmond Dales Summer Madness Gala           | Leeds      | NE160287 | 3     |
| 50 Backstroke    | 43.40   | 42.90           | 237       | 08/07/17 | Summer Non National Qualifier Graded Meet    | Manchester | NW170108 | 3     |
| 100 Backstroke   | 1:36.45 | 1:35.60         | 210       | 15/12/18 | City of Manchester Snow'pen Sprint Meet 2018 | Manchester | NW180650 | 3     |
| 200 Backstroke   | 3:29.57 | 3:28.00         | 202       | 25/06/16 | City of Leeds B Grade Meet 2016              | Leeds      | NE160163 | 3     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                    | Venue           | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|---|-----------------|----------|-------|
| 50 Freestyle          | 31.98    | 32.60           | 368       | 10/11/19 | Spenborough Bonfire Bash 2019           | Leeds           | NE192283 | 3     |
| 100 Freestyle         | 1:13.82  | 1:14.90         | 315       | 23/06/19 | BOK End of Season Meet                  | Huddersfield LC | NE192022 | 4     |
| 200 Freestyle         | 2:41.81  | 2:43.90         | 316       | 25/11/18 | BOK Grand Prix Internal Series          | Huddersfield    | NE182114 | 4     |
| 400 Freestyle         | 6:22.50  | 6:26.20         | 221       | 18/10/15 | Borough of Kirklees Championship Series | Huddersfield    | NE151543 | 4     |
| 800 Freestyle         | 12:32.69 | 12:40.40        | 255       | 30/10/16 | BOK Gran Prix Invitational Series       | Huddersfield    | NE162061 | 4     |
| 50 Breaststroke       | 44.39    | 45.10           | 261       | 25/11/18 | BOK Grand Prix Internal Series          | Huddersfield    | NE182114 | 4     |
| 100 Breaststroke      | 1:37.47  | 1:38.80         | 261       | 23/06/19 | BOK End of Season Meet                  | Huddersfield LC | NE192022 | 4     |
| 200 Breaststroke      | 3:59.47  | 4:01.70         | 177       | 13/11/16 | BOK Gran Prix Invitational Series       | Huddersfield    | NE162062 | 4     |
| 50 Butterfly          | 47.62    | 48.00           | 134       | 12/11/17 | Spenborough Bonfire Bash 2017           | Leeds           | NE170324 | 3     |
| 50 Backstroke         | 39.30    | 39.80           | 265       | 10/11/19 | Spenborough Bonfire Bash 2019           | Leeds           | NE192283 | 3     |
| 100 Backstroke        | 1:25.56  | 1:26.50         | 264       | 23/06/19 | BOK End of Season Meet                  | Huddersfield LC | NE192022 | 4     |
| 200 Backstroke        | 3:02.53  | 3:04.40         | 276       | 25/11/18 | BOK Grand Prix Internal Series          | Huddersfield    | NE182114 | 4     |
| 200 Individual Medley | 4:11.11  | 4:12.70         | 114       | 19/10/14 | Borough of Kirklees SC Championship     | Huddersfield    | NE4565   | 4     |
| 100 Individual Medley | 1:26.99  | 1:27.00         | 274       | 10/11/19 | Spenborough Bonfire Bash 2019           | Leeds           | NE192283 | 3     |