

Individual Best Times (All Time)

Edward Cook - (1608032) - Durham City ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.45	29.80	323	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
100 Freestyle	1:07.46	1:06.20	335	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
200 Freestyle	2:35.69	2:33.40	281	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
400 Freestyle	5:28.57	5:24.30	300	29/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3
50 Breaststroke	43.59	42.90	210	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Breaststroke	1:32.20	1:30.80	234	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
200 Breaststroke	3:12.86	3:10.10	275	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Butterfly	40.13	39.70	170	29/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3
100 Butterfly	1:18.70	1:17.70	248	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
50 Backstroke	32.79	32.20	370	18/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
100 Backstroke	1:07.77	1:06.60	441	28/04/24	SE North East Regional Age Group Championships	Leeds	NE240251	1
200 Backstroke	2:30.41	2:28.20	411	13/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
200 Individual Medley	2:46.94	2:44.60	318	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
400 Individual Medley	6:20.27	6:15.60	259	30/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.21	29.90	328	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Freestyle	1:08.75	1:10.00	277	03/12/23	Derwentside ASC Christmas Cracker Meet 2023	Stanley	NE232206	3
200 Freestyle	2:27.18	2:29.50	307	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
400 Freestyle	5:10.66	5:15.20	318	09/06/24	Durham City Aquatics Summer Gala 2024	Durham	NE241416	4
800 Freestyle	12:34.22	12:41.90	203	08/01/23	Durham City Aquatics Winter Gala 2023	Durham	NE230293	4
1500 Freestyle	21:03.39	21:19.60	301	17/12/23	Durham City Aquatics Winter Gala 2023	Durham	NE232429	4
50 Breaststroke	40.19	41.00	239	22/07/23	Durham City Aquatics International Summer Meet	Durham	NE231411	3
100 Breaststroke	1:26.93	1:28.40	257	11/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
200 Breaststroke	3:14.03	3:16.70	237	23/07/23	Durham City Aquatics International Summer Meet	Durham	NE231411	3
50 Butterfly	34.30	34.80	254	17/12/23	Durham City Aquatics Winter Gala 2023	Durham	NE232429	4
100 Butterfly	1:21.00	1:21.90	205	18/11/23	Durham City Aquatics Medley Challenge 2023	Durham	NE232225	3
200 Butterfly	3:21.71	3:23.30	148	10/06/23	Middlesbrough ASC June 2023 Meet	Middlesbrough	NE230452	3
50 Backstroke	32.01	32.60	329	09/06/24	Durham City Aquatics Summer Gala 2024	Durham	NE241416	4
100 Backstroke	1:12.61	1:13.70	294	18/11/23	Durham City Aquatics Medley Challenge 2023	Durham	NE232225	3
200 Backstroke	2:34.84	2:37.00	317	05/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
200 Individual Medley	2:41.57	2:44.00	312	09/06/24	Durham City Aquatics Summer Gala 2024	Durham	NE241416	4
400 Individual Medley	5:55.84	6:00.80	287	11/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
100 Individual Medley	1:18.04	1:18.00	251	15/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2