

Individual Best Times (All Time)

Anna Cooper - (271320) - Denbighshire Development Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.91	29.20	491	25/06/11	City of Liverpool Summer Meet 2011	Liverpool	NW1026	1
100 Freestyle	1:05.20	1:03.90	498	04/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1
200 Freestyle	2:23.96	2:21.50	481	05/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1
100 Breaststroke	1:28.17	1:26.70	384	05/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1
50 Butterfly	33.66	33.10	382	20/12/09	Leeds Christmas Cracker	Leeds	NE9397	1
100 Butterfly	1:11.36	1:10.30	469	26/06/11	City of Liverpool Summer Meet 2011	Liverpool	NW1026	1
100 Backstroke	1:14.77	1:13.70	450	03/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1
200 Individual Medley	2:41.10	2:38.60	479	03/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.66	29.40	512	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
100 Freestyle	1:03.04	1:04.40	506	20/11/11	Stockport Metro November Open Meet	Stockport	NW1482	2
200 Freestyle	2:26.99	2:29.30	422	07/02/10	Swim Wales North Regional	Llandudno	WAL282	1
800 Freestyle	15:09.25	15:15.60	144	28/10/06	Holywell Geoff Drew Meet	Holywell	WAL123	3
50 Breaststroke	47.51	48.20	212	12/01/08	Holywell SC Valentine 08	Holywell	WAL176	3
100 Breaststroke	1:24.07	1:25.60	408	15/01/11	Holywell Valentine Meet	Holywell	WAL336	1
200 Breaststroke	3:06.72	3:09.50	374	07/02/10	Swim Wales North Regional	Llandudno	WAL282	1
50 Butterfly	30.89	31.50	491	19/11/11	Stockport Metro November Open Meet	Stockport	NW1482	2
100 Butterfly	1:09.70	1:10.80	466	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
200 Butterfly	2:55.85	2:57.60	314	06/02/10	Swim Wales North Regional	Llandudno	WAL282	1
50 Backstroke	41.55	42.00	224	12/01/08	Holywell SC Valentine 08	Holywell	WAL176	3
100 Backstroke	1:14.38	1:15.50	401	20/03/11	Wrexham Anniversary Meet AA Grade Gala	Wrexham	WAL347	3
200 Backstroke	3:02.46	3:04.30	277	18/01/09	Holywell Valentine Meet	Holywell	WAL216	1
200 Individual Medley	2:42.21	2:44.60	423	23/10/10	Geoff Drew Memorial	Holywell	WAL319	3
100 Individual Medley	1:12.79	1:12.80	467	20/03/11	Wrexham Anniversary Meet AA Grade Gala	Wrexham	WAL347	3