

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.80	26.00	474	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Freestyle	1:01.87	1:00.50	434	12/04/14	Sports Aid Open Meet 2014	Leeds	NE4126	1
200 Freestyle	2:18.35	2:15.80	400	15/02/14	Yorkshire SA County Championship	Leeds	CC4067	1
400 Freestyle	5:01.05	4:56.30	390	16/02/13	Yorkshire Age Groups Open Championships	Leeds	CC3098	1
1500 Freestyle	21:48.80	21:32.90	294	26/02/12	Yorkshire County Championships	Leeds	CC2042	1
50 Breaststroke	36.34	35.50	364	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Breaststroke	1:27.24	1:25.80	277	12/04/14	Sports Aid Open Meet 2014	Leeds	NE4126	1
200 Breaststroke	3:19.11	3:16.40	250	26/02/12	Yorkshire County Championships	Leeds	CC2042	1
50 Butterfly	30.01	29.40	408	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
50 Backstroke	33.23	32.60	355	28/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Backstroke	1:18.21	1:17.20	287	12/05/13	Sports Aid Long Course Meet	Leeds	NE3219	1
200 Individual Medley	3:03.32	3:01.20	240	04/12/11	City of Sheffield Snow Frill Gala	Sheffield	NE1120	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.17	27.00	457	20/06/15	Scarborough Annual A & B Graded Meet 2015	Scarborough	NE150643	3
100 Freestyle	58.69	1:00.10	445	10/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Freestyle	2:11.34	2:14.00	433	16/06/17	Scarborough Annual A & B Graded Meet	Scarborough	NE170491	3
400 Freestyle	4:49.97	4:54.80	392	20/06/14	Scarborough SC A & B Graded Meet	Scarborough	NE4111	3
50 Breaststroke	35.10	36.00	359	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Breaststroke	1:19.55	1:21.10	335	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Breaststroke	3:11.02	3:13.80	248	06/04/13	Kingston Upon Hull Easter A B Meet	Hull	NE3326	3
50 Butterfly	29.22	29.90	412	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Butterfly	1:35.46	1:36.30	125	09/05/10	Middlesbrough Open Meet	Middlesbrough	NE0041	2
50 Backstroke	31.84	32.50	334	21/06/15	Scarborough Annual A & B Graded Meet 2015	Scarborough	NE150643	3
100 Backstroke	1:10.93	1:12.10	316	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Backstroke	3:07.68	3:09.50	178	09/05/10	Middlesbrough Open Meet	Middlesbrough	NE0041	2
200 Individual Medley	2:34.70	2:37.20	355	16/06/18	Scarborough Annual A & B Graded Meet	Scarborough	NE180814	3
100 Individual Medley	1:09.30	1:09.30	359	18/06/17	Scarborough Annual A & B Graded Meet	Scarborough	NE170491	3