

Individual Best Times (All Time)

Liam Cosgrove - (37027) - Swim Bournemouth

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.26	23.40	640	01/08/08	National Youth Champs 2008	Sheffield	ASA082	1
100 Freestyle	53.07	51.50	688	30/07/08	National Youth Champs 2008	Sheffield	ASA082	1
200 Freestyle	2:01.71	1:58.80	588	27/05/07	Sheffield No Frills Meet	Sheffield	NE7055	1
400 Freestyle	4:32.69	4:27.50	525	28/01/07	Avalon Meet	Millfield	SW7065	2
50 Breaststroke	46.08	45.40	178	25/11/01	Taunton Deane Open Meet	Millfield	DMW030	1
50 Butterfly	40.95	40.50	160	25/11/01	Taunton Deane Open Meet	Millfield	DMW030	1
50 Backstroke	28.41	27.70	569	11/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	BUC005	1
100 Backstroke	1:04.12	1:02.90	521	28/06/07	Scottish National Open	Glasgow	SCO250	1
200 Backstroke	2:13.52	2:11.00	588	05/05/08	South West Youth Champs	Millfield	SWR805	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.87	24.70	602	14/11/09	BUCS Championship (25m)	Sheffield	BUC001	2
100 Freestyle	55.07	56.60	539	10/02/08	Devon County Champs	Plymouth	CC8092	2
200 Freestyle	2:02.37	2:05.20	535	03/02/07	Devon County Champs	Tiverton	CC7105	2
400 Freestyle	4:33.29	4:38.40	468	19/03/06	Dorset County Champs	Bournemouth	CC6072	2
50 Butterfly	28.60	29.30	439	03/02/08	Devon County Champs	Tiverton	CC8094	2
100 Butterfly	1:03.01	1:04.20	436	23/02/08	Devon County Champs	Tiverton	CC8093	2
200 Butterfly	2:19.15	2:21.40	452	03/02/08	Devon County Champs	Plymouth	CC8092	2
50 Backstroke	27.92	28.60	496	12/11/11	BUCS Swimming (25m) Championships 2011	Sheffield	BUC004	2
100 Backstroke	1:01.67	1:03.00	481	03/02/08	Devon County Champs	Tiverton	CC8094	2
200 Backstroke	2:15.96	2:18.40	468	23/02/08	Devon County Champs	Tiverton	CC8093	2
200 Individual Medley	2:20.15	2:22.90	478	03/02/08	Devon County Champs	Tiverton	CC8094	2
100 Individual Medley	1:04.81	1:04.80	439	09/02/08	Devon County Champs	Plymouth	CC8092	2