

# Individual Best Times (All Time)

Louisa Cocksedge - (400240) - Halifax SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.58	30.90	417	19/01/14	Co Leeds New Year Meet 2014	Leeds	NE4019	3
100 Freestyle	1:13.97	1:12.80	341	09/04/15	KLIKK International Swimming Competition	Malta	GBR131	1
200 Freestyle	3:00.36	2:58.40	244	23/01/11	Rotherham Metro A & B Grade Meet	Sheffield	NE1077	3
800 Freestyle	11:03.27	10:54.50	390	09/04/15	KLIKK International Swimming Competition	Malta	GBR131	1
50 Breaststroke	39.26	38.40	409	15/03/14	Yorkshire County Championships	Sheffield	CC4069	1
100 Breaststroke	1:35.02	1:33.70	307	17/11/12	Sheffield City 24th Annual B Grade Meet	Sheffield	NE2383	3
200 Breaststroke	3:11.73	3:09.00	369	20/04/14	City of Leeds National Qualifying Meet 2014	Leeds	NE4025	1
50 Butterfly	34.08	33.50	368	31/01/15	Yorkshire County Championships	Sheffield	NE150621	1
100 Butterfly	1:23.45	1:22.50	293	09/04/15	KLIKK International Swimming Competition	Malta	GBR131	1
50 Backstroke	36.49	35.90	398	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	NE4110	1
100 Backstroke	1:24.89	1:23.90	308	17/11/12	Sheffield City 24th Annual B Grade Meet	Sheffield	NE2383	3
200 Backstroke	2:47.71	2:45.70	395	16/02/14	Yorkshire SA County Championship	Leeds	CC4067	1
200 Individual Medley	2:43.10	2:40.70	462	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	NE4110	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.92	31.60	407	21/06/14	Team Jorvik Viking Sprints	Leeds	NE4419	3
100 Freestyle	1:06.67	1:07.90	428	11/10/14	Yorkshire Winter Championships	Sheffield	NE14602	2
200 Freestyle	2:23.78	2:26.20	451	26/04/14	Harrogate Spa Town Graded Meet	Harrogate	NE4181	3
400 Freestyle	5:05.50	5:10.10	434	25/07/14	Halifax 400IM Club Championships	Halifax	NE4440	4
800 Freestyle	11:45.33	11:53.50	310	16/10/11	Borough of Kirklees Club Championships	Huddersfield	NE1376	4
50 Breaststroke	39.72	40.50	364	21/06/14	Team Jorvik Viking Sprints	Leeds	NE4419	3
100 Breaststroke	1:25.72	1:27.20	385	26/02/15	Halifax Club Galas 1	Halifax	NE150698	4
200 Breaststroke	3:00.48	3:03.40	414	19/12/13	Halifax Club Gala	Halifax	NE3265	4
50 Butterfly	33.86	34.40	373	21/06/14	Team Jorvik Viking Sprints	Leeds	NE4419	3
100 Butterfly	1:15.97	1:17.00	360	26/10/14	City of Leeds Grand Prix	Leeds	NE4022	2
50 Backstroke	36.27	36.80	337	21/06/14	Team Jorvik Viking Sprints	Leeds	NE4419	3
100 Backstroke	1:14.28	1:15.40	403	01/05/14	Halifax Club Galas 1-6	Halifax	NE4431	4
200 Backstroke	2:38.98	2:41.10	418	23/10/14	Halifax Club Galas 1-6	Halifax	NE4431	4
200 Individual Medley	2:42.28	2:44.70	423	01/05/14	Halifax Club Galas 1-6	Halifax	NE4431	4
400 Individual Medley	5:40.00	5:45.10	441	01/08/14	Halifax 400IM Club Championships	Halifax	NE4440	4
100 Individual Medley	1:15.64	1:15.60	416	21/06/14	Team Jorvik Viking Sprints	Leeds	NE4419	3