

Individual Best Times (All Time)

Niamh Cogley-Rock - (469806) - Armthorpe & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.09	34.50	304	20/03/10	Yorkshire County Champs	Sheffield	CC0040	1
100 Freestyle	1:11.04	1:09.90	385	03/07/11	Borough of Barnsley SC Summer Sizzler	Sheffield	NE1374	3
50 Breaststroke	46.83	46.20	241	20/03/10	Yorkshire County Champs	Sheffield	CC0040	1
100 Breaststroke	1:38.59	1:37.30	275	03/07/11	Borough of Barnsley SC Summer Sizzler	Sheffield	NE1374	3
50 Butterfly	37.35	36.80	279	17/03/12	Yorkshire County Championships	Sheffield	CC2043	1
100 Butterfly	1:30.40	1:29.60	231	03/07/11	Borough of Barnsley SC Summer Sizzler	Sheffield	NE1374	3
50 Backstroke	35.57	35.00	430	16/03/13	Yorkshire County Championships	Sheffield	CC3100	1
100 Backstroke	1:18.52	1:17.50	389	03/07/11	Borough of Barnsley SC Summer Sizzler	Sheffield	NE1374	3
200 Individual Medley	3:11.64	3:09.60	285	20/02/10	Yorkshire Champs	Sheffield	CC0038	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.70	32.40	378	24/11/12	Armthorpe SC Schofield Home Champs	Armthorpe	NE2562	4
100 Freestyle	1:09.22	1:10.40	382	02/10/11	Doncaster Metropolitan Championships	Doncaster	NE1662	4
200 Freestyle	2:38.74	2:40.90	335	14/04/12	City of Derby 29th Short Course Meet	Derby	EM2052	3
50 Breaststroke	43.66	44.40	274	17/11/12	Armthorpe SC Schofield Home Champs	Armthorpe	NE2562	4
100 Breaststroke	1:32.99	1:34.30	301	02/10/11	Doncaster Metropolitan Championships	Doncaster	NE1662	4
50 Butterfly	34.99	35.50	338	17/09/11	Rotherham Metro A & B Grade Gala	Sheffield	NE1162	3
100 Butterfly	1:23.67	1:24.60	269	02/10/11	Doncaster Metropolitan Championships	Doncaster	NE1662	4
50 Backstroke	34.91	35.50	378	24/11/12	Armthorpe SC Schofield Home Champs	Armthorpe	NE2562	4
100 Backstroke	1:15.73	1:16.80	380	08/10/11	Yorkshire Winter Competition	Sheffield	NE1438	2
200 Backstroke	2:55.96	2:57.80	308	14/04/12	City of Derby 29th Short Course Meet	Derby	EM2052	3
200 Individual Medley	2:53.16	2:55.40	348	09/10/11	Yorkshire Winter Competition	Sheffield	NE1438	2
100 Individual Medley	1:17.65	1:17.70	385	17/11/12	Armthorpe SC Schofield Home Champs	Armthorpe	NE2562	4