

Individual Best Times (All Time)

James Cook - (724623) - Guildford City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.01	25.20	519	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
100 Freestyle	58.44	57.00	515	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
200 Freestyle	2:14.90	2:12.30	432	08/06/13	BGASA East Region Age Group Champs	Norwich	ERX313	1
50 Butterfly	29.94	29.30	411	07/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
100 Butterfly	1:09.04	1:07.90	367	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
50 Backstroke	31.08	30.40	435	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
100 Backstroke	1:03.68	1:02.40	532	16/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield	NE200500	1
200 Backstroke	2:21.76	2:19.40	492	16/02/19	BUCS Long Course Swimming Championships 2019	Sheffield	NE190155	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.48	25.30	558	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Freestyle	56.51	58.00	499	25/09/16	Team Luton September Short Course Meet	Luton	ER160086	2
200 Freestyle	2:06.24	2:09.00	487	03/12/16	Biggleswade 2016 Club Championships	Biggleswade	ER161712	4
400 Freestyle	5:31.76	5:36.00	261	20/03/11	Hertfordshire County Championships	Borehamwood	CC1117	2
50 Breaststroke	37.90	38.70	285	12/05/12	Stevenage SC May Open Meet	Stevenage	ER2299	3
100 Breaststroke	1:24.95	1:26.40	275	22/01/12	Biggleswade Open Meet	Biggleswade	ER2056	3
200 Breaststroke	3:04.95	3:07.80	274	21/01/12	Biggleswade Open Meet	Biggleswade	ER2056	3
50 Butterfly	29.48	30.10	401	25/09/16	Team Luton September Short Course Meet	Luton	ER160086	2
100 Butterfly	1:08.88	1:10.00	333	19/01/14	Biggleswade SC 15th Open Meet	Biggleswade	ER4051	3
50 Backstroke	28.56	29.30	463	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
100 Backstroke	1:01.46	1:02.80	486	14/12/19	NASL South Round 3	Bournemouth	SE193319	3
200 Backstroke	2:25.03	2:27.30	386	08/03/14	Hertfordshire ASA County Championships	Borehamwood	CC4080	2
200 Individual Medley	2:23.98	2:26.70	441	14/07/18	Biggleswade 19th Open Meet	Biggleswade	ER181325	3
100 Individual Medley	1:08.18	1:08.20	377	15/03/14	Hertfordshire County Championships	Borehamwood	CC4081	2