

# Individual Best Times (All Time)

Isabel Cockerham - (752450) - Pioneer 79 Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.50	27.80	568	29/04/17	ASA North West Region Summer Championships	Manchester	NW170270	1
100 Freestyle	1:01.77	1:00.40	586	28/01/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180031	1
200 Freestyle	2:16.39	2:13.80	566	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
400 Freestyle	4:44.76	4:39.80	564	09/04/16	Derwentio Excel 10th Open Meet 2016	Sheffield	EM160046	1
800 Freestyle	9:51.59	9:41.70	550	23/05/15	ASA 2015 North West Regional Championships	Liverpool	NW150542	1
50 Breaststroke	42.59	41.80	320	04/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Butterfly	30.96	30.30	491	12/03/17	Edinburgh International Meet 2017	Edinburgh	SCO1260	1
100 Butterfly	1:10.87	1:09.80	479	30/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
200 Butterfly	3:21.55	3:20.00	220	04/03/12	Lancashire County Championships	Liverpool	CC2015	1
50 Backstroke	31.79	31.20	603	12/05/18	Manchester Open Meet 2018	Manchester	NW180648	1
100 Backstroke	1:08.37	1:07.20	589	29/01/17	Lancashire County Championships	Manchester	NW170199	1
200 Backstroke	2:28.48	2:26.20	570	10/04/16	Derwentio Excel 10th Open Meet 2016	Sheffield	EM160046	1
200 Individual Medley	2:42.26	2:39.80	469	05/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.14	28.90	541	18/11/17	Stockport Metro November Meet 2017	Stockport	NW172023	2
100 Freestyle	1:01.25	1:02.60	552	24/10/15	Manchester International Meet 2015	Manchester	NW151667	2
200 Freestyle	2:12.93	2:15.50	571	22/10/17	North Lancashire L2 Age Group Champs 2017	Blackpool	NW171573	2
400 Freestyle	4:36.64	4:41.70	584	27/09/15	North Lancashire Level 2 Meet	Blackpool	NW151377	2
800 Freestyle	9:36.49	9:46.40	567	18/11/16	Stockport Metro November Open Meet	Stockport	NW160710	2
50 Breaststroke	39.84	40.60	361	24/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150128	2
50 Butterfly	30.42	31.00	514	15/10/16	North Lancs Level 2 Age Groups & Champs	Blackpool	NW161715	2
100 Butterfly	1:09.63	1:10.70	467	30/09/17	North Lancashire L2 Age Group Champs 2017	Blackpool	NW171572	2
200 Butterfly	2:37.77	2:39.80	435	11/06/16	Preston Summer Spectacular 2016 Open Meet	Darwen	NW160845	3
50 Backstroke	30.44	31.10	570	19/11/17	Stockport Metro November Meet 2017	Stockport	NW172023	2
100 Backstroke	1:05.83	1:07.00	579	17/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
200 Backstroke	2:22.60	2:24.90	580	07/11/15	ASA North West Region Winter Championships	Liverpool	NW151659	2
200 Individual Medley	2:36.31	2:38.80	473	18/07/15	City of Salford Summer Spectacular	Salford	NW150729	3
100 Individual Medley	1:09.50	1:09.50	537	25/11/16	Pioneer 79 Annual Club Championships	Accrington	NW162369	4