

Individual Best Times (All Time)

Fraser Cooke - (859411) - Southport SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.40	23.50	629	20/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
100 Freestyle	55.08	53.50	615	21/05/23	Cardiff International Open Meet 2023	Cardiff	WL230294	1
200 Freestyle	2:05.50	2:02.70	536	05/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220241	1
400 Freestyle	4:32.64	4:27.40	525	26/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200179	1
1500 Freestyle	18:33.65	18:15.00	478	21/05/17	ASA North West Regions Summer Championships	Manchester	NW170271	1
50 Breaststroke	30.96	29.90	588	21/05/23	Cardiff International Open Meet 2023	Cardiff	WL230294	1
100 Breaststroke	1:08.41	1:06.60	574	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Breaststroke	2:30.61	2:27.10	578	08/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea	WL220093	1
50 Butterfly	27.67	27.00	521	19/03/22	City of Liverpool National Meet	Liverpool	NW220338	1
100 Butterfly	1:16.30	1:15.30	272	21/05/16	ASA North West Region Summer Championships	Liverpool	NW160338	1
50 Backstroke	43.35	42.90	160	15/03/14	Lancashire County Championships	Manchester	CC4087	1
100 Backstroke	1:22.54	1:21.60	244	28/02/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1
200 Backstroke	3:01.24	2:59.40	235	18/01/15	City of Liverpool Level 1 Winter Meet Plus	Liverpool	NW150140	1
200 Individual Medley	2:19.67	2:16.80	543	23/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220239	1
400 Individual Medley	5:22.46	5:17.00	425	28/05/17	ASA North West Region Summer Championships	Manchester	NW170272	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.93	25.80	528	06/03/22	Burnley Bobcats 'Racing for Regionals' 2022	Darwen	NW220335	3
100 Freestyle	54.42	55.90	559	06/03/22	Burnley Bobcats 'Racing for Regionals' 2022	Darwen	NW220335	3
200 Freestyle	2:03.82	2:06.60	516	09/11/21	Southport SC Club Championships	Dunes LC	NW211399	4
400 Freestyle	4:29.31	4:34.50	489	16/11/19	Wigan BEST Future Stars Open Meet	Wigan Life Centre	NW192346	2
1500 Freestyle	18:10.17	18:28.90	468	21/11/19	Southport Club Championships	Dunes LC	NW193172	4
50 Breaststroke	31.00	32.00	521	07/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	NW211011	2
100 Breaststroke	1:07.10	1:08.90	559	11/12/22	North West Arena Premier Division A - Final 2022	Blackpool	NW222515	3
200 Breaststroke	2:30.04	2:33.50	513	06/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	NW211011	2
50 Butterfly	27.38	28.10	501	05/03/22	Burnley Bobcats 'Racing for Regionals' 2022	Darwen	NW220335	3
100 Butterfly	1:05.08	1:06.20	395	12/11/19	Southport Club Championships	Dunes LC	NW193169	4
50 Backstroke	34.19	34.80	270	16/11/17	Southport Club Championships	Southport	NW172455	4
100 Backstroke	1:18.97	1:20.00	229	12/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	NW160469	3
200 Backstroke	2:53.66	2:55.60	225	15/11/14	Wigan BEST Future Stars Open Meet	Wigan	NW4377	2
200 Individual Medley	2:13.43	2:16.30	554	11/12/22	North West Arena Premier Division A - Final 2022	Blackpool	NW222515	3
400 Individual Medley	4:51.34	4:57.30	523	23/10/21	Liverpool & District Age Groups & Swimming Champs	Knowsley	NW210439	3
100 Individual Medley	1:30.66	1:30.70	160	12/07/14	Preston SC Guild Summer Spectacular	Darwen	NW4320	3