

Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 100 Butterfly - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:01.82	511	F	04/08/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1
1:02.19	502	H	04/08/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1
1:02.33	499	F	13/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Romford Town	1
1:02.51	495	F	24/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
1:02.51	495	F	24/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
1:02.54	494	H	10/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Romford Town	1
1:02.80	488	H	24/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
1:02.80	488	H	24/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
1:03.11	481	H	29/07/16	British Summer Championships	Sheffield	Basildon Ph	1
1:03.34	475	F	19/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
1:03.68	468	F	17/04/16	London Schools SA Championships	Crystal Palace		1
1:04.22	456	H	29/04/17	ASA East Long Course Championships	Luton	Basildon Ph	1
1:04.92	441	H	19/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
1:05.29	434	H	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	Romford Town	1
1:05.65	427	F	03/05/15	London Region Summer Championships	Crystal Palace	Romford Town	1
1:06.28	415	H	15/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
1:08.35	378	H	03/05/15	London Region Summer Championships	Crystal Palace	Romford Town	1
1:09.62	358	H	21/12/14	Northampton Winter Festival Meet	Corby	Romford Town	1
1:10.35	347	F	08/06/14	London Region Age Group Championships	Stratford	Romford Town	1
1:14.50	292	H	08/02/14	Derventio Excel February Festival	Sheffield	Romford Town	1
1:14.67	290	H	08/06/14	London Region Age Group Championships	Stratford	Romford Town	1
1:16.81	266	F	02/06/13	ASA London Region Age Groups 2013	London	Romford Town	1
1:17.48	259	H	20/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Romford Town	1
1:18.03	254	H	02/06/13	ASA London Region Age Groups 2013	London	Romford Town	1
1:18.93	245	H	23/11/13	Essex Winter Long Course Competition	Basildon	Romford Town	1
1:19.02	245	H	13/04/13	Bexley SC Long Course Open Meet	London	Romford Town	1

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