

Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 100 Backstroke - 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
1:00.50	620	F	26/07/17	British Summer Championships	Sheffield	Basildon Ph	1
1:00.61	617	H	26/07/17	British Summer Championships	Sheffield	Basildon Ph	1
1:01.35	594	H	13/12/17	Swim England Winter Championships 2017	Sheffield	Basildon Ph	1
1:01.36	594	F	03/08/18	Swim England National Summer Meet	Sheffield	Basildon Ph	1
1:01.41	593	F	27/07/16	British Summer Championships	Sheffield	Basildon Ph	1
1:01.66	586	H	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Basildon Ph	1
1:01.77	582	F	28/10/17	Essex Senior Winter Championships 2017	Basildon	Basildon Ph	1
1:01.80	582	H	03/08/19	Swim England National Summer Meet	Sheffield	Basildon Ph	1
1:01.85	580	H	28/10/17	Essex Senior Winter Championships 2017	Basildon	Basildon Ph	1
1:01.94	578	F	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Basildon Ph	1
1:02.13	572	H	03/08/18	Swim England National Summer Meet	Sheffield	Basildon Ph	1
1:02.22	570	H	25/03/17	City of Sheffield Premier Meet	Sheffield	Basildon Ph	1
1:02.44	564	H	01/05/17	ASA East Long Course Championships	Luton	Basildon Ph	1
1:02.48	563	H	07/05/18	East Swimming Long Course Championships 2018	Norwich	Basildon Ph	1
1:02.52	562	H	27/07/16	British Summer Championships	Sheffield	Basildon Ph	1
1:02.56	561	H	02/07/17	ASAER Inter County Competition	Luton	Essex	1
1:02.64	558	F	01/05/17	ASA East Long Course Championships	Luton	Basildon Ph	1
1:02.90	552	H	17/02/18	Essex Age Group Championships 2018	Basildon	Basildon Ph	1
1:02.94	551	H	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	Basildon Ph	1
1:02.95	550	F	17/02/18	Essex Age Group Championships 2018	Basildon	Basildon Ph	1
1:03.00	549	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Basildon Ph	1
1:03.05	548	F	18/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
1:03.22	543	H	15/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
1:03.33	540	H	20/04/19	BPSC Easter Meet 2019	Basildon	Basildon Ph	1
1:03.47	537	H	10/03/17	Edinburgh International Meet 2017	Edinburgh	East Region	1
1:03.52	536	H	10/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Romford Town	1
1:03.53	530	F	08/08/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1

1:03.00	529	F	06/06/13	ASA Summer Nationals 2013	Sheffield	Romford Town	1
1:03.80	529	H	12/05/18	BPSC Spring Long Course Event 2018	Basildon	Basildon Ph	1
1:04.08	522	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Romford Town	1
1:04.35	515	H	07/07/19	Swim England East Region Inter County Competition	UEA Sportspark	Essex	1
1:04.46	512	F	24/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
1:04.46	512	F	24/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
1:04.49	512	H	08/08/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1
1:04.51	511	F	07/05/18	East Swimming Long Course Championships 2018	Norwich	Basildon Ph	1
1:05.14	497	H	15/04/18	N&EL L1 National Qualifying Meet	London	Basildon Ph	1
1:05.40	491	H	18/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
1:06.07	476	F	30/07/14	BG ASA National Age Groups Champs 2014	Sheffield	Romford Town	1
1:06.31	471	H	30/07/14	BG ASA National Age Groups Champs 2014	Sheffield	Romford Town	1
1:06.47	467	F	17/04/16	London Schools SA Championships	Crystal Palace		1
1:07.00	456	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	Romford Town	1
1:07.57	445	F	02/05/15	London Region Summer Championships	Crystal Palace	Romford Town	1
1:08.28	431	H	11/04/15	Killerwhales Mid Qualifying Meet	Basildon	Romford Town	1
1:08.34	430	H	24/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
1:08.34	430	H	24/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
1:08.48	427	H	02/05/15	London Region Summer Championships	Crystal Palace	Romford Town	1
1:08.49	427	H	20/12/14	Northampton Winter Festival Meet	Corby	Romford Town	1
1:09.12	416	F	15/06/14	London Region Age Group Championships	Stratford	Romford Town	1
1:09.21	414	H	08/02/15	Bedfordshire ASA Junior Inter-County Competition	Luton	Essex	3
1:11.42	377	H	15/06/14	London Region Age Group Championships	Stratford	Romford Town	1
1:11.46	376	F	15/03/15	London Schools Championships 2015	Crystal Palace		1
1:11.96	368	H	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Romford Town	1
1:12.81	355	H	08/02/14	Derventio Excel February Festival	Sheffield	Romford Town	1
1:12.85	355	H	19/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Romford Town	1
1:13.59	344	H	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	Romford Town	1
1:14.95	326	H	23/11/13	Essex Winter Long Course Competition	Basildon	Romford Town	1
1:15.82	315	F	09/06/13	ASA London Region Age Group Championship	London	Romford Town	1
1:17.76	292	H	09/06/13	ASA London Region Age Group Championship	London	Romford Town	1
1:17.85	291	H	13/04/13	Bexley SC Long Course Open Meet	London	Romford Town	1
1:25.57	219	H	10/06/12	British Gas ASA London Region AG Champs	Crystal Palace	Romford Town	1

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