

# Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 200 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
2:12.17	607	F	30/07/17	British Summer Championships	Sheffield	Basildon Ph	1
2:12.45	603	H	30/07/17	British Summer Championships	Sheffield	Basildon Ph	1
2:12.61	601	F	31/07/16	British Summer Championships	Sheffield	Basildon Ph	1
2:12.86	597	H	04/08/19	Swim England National Summer Meet	Sheffield	Basildon Ph	1
2:13.04	595	F	04/08/18	Swim England National Summer Meet	Sheffield	Basildon Ph	1
2:13.08	594	H	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	Basildon Ph	1
2:13.44	590	H	31/07/16	British Summer Championships	Sheffield	Basildon Ph	1
2:13.72	586	H	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Basildon Ph	1
2:13.86	584	H	30/04/17	ASA East Long Course Championships	Luton	Basildon Ph	1
2:14.16	580	H	26/03/17	City of Sheffield Premier Meet	Sheffield	Basildon Ph	1
2:14.62	574	F	05/08/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1
2:14.91	570	F	30/04/17	ASA East Long Course Championships	Luton	Basildon Ph	1
2:15.14	568	H	06/05/18	East Swimming Long Course Championships 2018	Norwich	Basildon Ph	1
2:15.24	566	H	14/04/18	N&EL L1 National Qualifying Meet	London	Basildon Ph	1
2:15.39	564	F	04/08/19	Swim England National Summer Meet	Sheffield	Basildon Ph	1
2:15.42	564	H	17/12/17	Swim England Winter Championships 2017	Sheffield	Basildon Ph	1
2:15.77	560	H	22/01/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
2:15.77	560	H	22/01/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
2:15.77	560	H	22/01/17	Essex Age Group Championships	London	Basildon Ph	1
2:16.04	556	H	12/03/17	Edinburgh International Meet 2017	Edinburgh	East Region	1
2:16.29	553	H	04/08/18	Swim England National Summer Meet	Sheffield	Basildon Ph	1
2:16.74	548	H	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Romford Town	1
2:16.97	545	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Basildon Ph	1
2:17.45	539	F	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Basildon Ph	1
2:17.71	536	F	17/04/16	London Schools SA Championships	Crystal Palace		1
2:18.95	522	F	26/05/19	2019 London Swimming National Qualifier	London	Basildon Ph	1
2:19.03	521	F	01/08/14	BC ASA National Age Group Champs 2014	Sheffield	Romford Town	1

2:19.02	521	F	01/08/14	BG ASA National Age Groups Champs 2014	Sheffield	Romford Town	1
2:19.03	521	F	13/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Romford Town	1
2:19.16	520	H	16/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
2:19.41	517	H	05/08/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1
2:19.74	513	H	24/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
2:19.74	513	H	24/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
2:19.81	512	H	21/01/18	Essex Age Group Championships 2018	Basildon	Basildon Ph	1
2:21.61	493	H	12/04/15	Killerwhales Mid Qualifying Meet	Basildon	Romford Town	1
2:21.66	493	H	27/06/15	ESSA Inter-Divisional Championships	Sunderland		1
2:22.82	481	H	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	Romford Town	1
2:23.47	474	F	03/05/15	London Region Summer Championships	Crystal Palace	Romford Town	1
2:23.75	471	H	01/08/14	BG ASA National Age Groups Champs 2014	Sheffield	Romford Town	1
2:24.10	468	H	03/05/15	London Region Summer Championships	Crystal Palace	Romford Town	1
2:25.46	455	H	21/04/19	BPSC Easter Meet 2019	Basildon	Basildon Ph	1
2:27.44	437	H	21/12/14	Northampton Winter Festival Meet	Corby	Romford Town	1
2:29.87	416	F	15/03/15	London Schools Championships 2015	Crystal Palace		1
2:31.05	406	H	20/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Romford Town	1
2:32.60	394	H	24/11/13	Essex Winter Long Course Competition	Basildon	Romford Town	1
2:32.80	392	H	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Romford Town	1
2:32.83	392	H	09/02/14	Derventio Excel February Festival	Sheffield	Romford Town	1
2:33.30	389	F	07/06/14	London Region Age Group Championships	Stratford	Romford Town	1
2:35.67	371	H	13/04/14	LSSA Championships	Crystal Palace	Romford Town	1
2:35.79	370	F	01/06/13	ASA London Region Age Groups 2013	London	Romford Town	1
2:36.54	365	H	07/06/14	London Region Age Group Championships	Stratford	Romford Town	1
2:39.13	347	H	01/06/13	ASA London Region Age Groups 2013	London	Romford Town	1
2:42.11	329	H	14/04/13	Bexley SC Long Course Open Meet	London	Romford Town	1
2:46.91	301	F	15/12/12	Hillingdon SC Level 1 Winter Open Meet	Hillingdon	Romford Town	1
2:47.31	299	H	25/11/12	Essex Winter Long Course Championships	Basildon	Romford Town	1
2:50.46	283	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Romford Town	1
2:54.98	261	H	02/06/12	British Gas ASA London Region AG Champs	Crystal Palace	Romford Town	1
2:55.95	257	H	15/04/12	Bexley SC Open Long Course Meet	London	Romford Town	1
2:57.89	249	H	17/12/11	Killerwhales Winter Open	Basildon	Romford Town	1

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