

# Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 400 Individual Medley - 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
5:00.30	526	F	04/08/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1
5:01.43	520	H	23/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
5:01.43	520	H	23/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
5:02.25	516	H	04/08/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1
5:10.98	474	H	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Romford Town	1
5:11.84	470	H	02/05/15	London Region Summer Championships	Crystal Palace	Romford Town	1
5:14.80	457	H	11/04/15	Killerwhales Mid Qualifying Meet	Basildon	Romford Town	1
5:28.94	400	H	15/06/14	London Region Age Group Championships	Stratford	Romford Town	1
5:33.29	385	H	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	Romford Town	1
5:42.84	353	H	24/11/13	Essex Winter Long Course Competition	Basildon	Romford Town	1
5:56.24	315	H	14/04/13	Bexley SC Long Course Open Meet	London	Romford Town	1
5:56.87	313	H	09/06/13	ASA London Region Age Group Championship	London	Romford Town	1
6:33.74	233	H	10/06/12	British Gas ASA London Region AG Champs	Crystal Palace	Romford Town	1

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