

Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 100 Freestyle - 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
55.65	597	F	29/10/17	Essex Senior Winter Championships 2017	Basildon	Basildon Ph	1
55.82	591	H	05/05/18	East Swimming Long Course Championships 2018	Norwich	Basildon Ph	1
55.92	588	H	14/04/18	N&EL L1 National Qualifying Meet	London	Basildon Ph	1
56.03	584	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Basildon Ph	1
56.19	580	H	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	Basildon Ph	1
56.23	578	H	27/05/18	London Swimming 2018 Long Course Summer Open	London	Basildon Ph	1
56.33	575	H	29/10/17	Essex Senior Winter Championships 2017	Basildon	Basildon Ph	1
56.34	575	F	20/01/18	Essex Age Group Championships 2018	Basildon	Basildon Ph	1
56.48	571	H	21/04/19	BPSC Easter Meet 2019	Basildon	Basildon Ph	1
56.50	570	H	20/01/18	Essex Age Group Championships 2018	Basildon	Basildon Ph	1
56.52	569	H	03/02/19	Essex Age Group Champs 2019	Basildon	Basildon Ph	1
56.71	564	H	28/07/16	British Summer Championships	Sheffield	Basildon Ph	1
56.79	561	H	16/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
56.79	561	F	03/02/19	Essex Age Group Champs 2019	Basildon	Basildon Ph	1
56.92	557	F	21/01/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
56.92	557	F	21/01/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
56.92	557	F	21/01/17	Essex Age Group Championships	London	Basildon Ph	1
56.96	556	H	29/04/17	ASA East Long Course Championships	Luton	Basildon Ph	1
57.44	542	H	08/07/18	Swim England East Region Inter County Competition	UEA Sportspark	Essex	1
57.45	542	F	07/08/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1
57.56	539	F	17/04/16	London Schools SA Championships	Crystal Palace		1
57.62	537	H	21/01/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
57.62	537	H	21/01/17	Essex Age Group Championships	London	Basildon Ph	1
57.62	537	H	21/01/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
57.74	534	H	10/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Romford Town	1
57.85	531	H	25/03/17	City of Sheffield Premier Meet	Sheffield	Basildon Ph	1
57.87	530	H	07/08/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1

57.97	550	M	07/06/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1
57.96	528	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Romford Town	1
58.04	526	H	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Basildon Ph	1
58.31	519	F	23/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
58.31	519	F	23/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
58.38	517	H	23/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
58.38	517	H	23/01/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
58.93	502	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	Romford Town	1
59.55	487	F	09/05/15	London Region Summer Championships	London	Romford Town	1
1:00.34	468	H	09/05/15	London Region Summer Championships	London	Romford Town	1
1:00.68	460	H	11/04/15	Killerwhales Mid Qualifying Meet	Basildon	Romford Town	1
1:02.34	424	H	31/07/14	BG ASA National Age Groups Champs 2014	Sheffield	Romford Town	1
1:02.53	420	H	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	Romford Town	1
1:02.91	413	H	20/12/14	Northampton Winter Festival Meet	Corby	Romford Town	1
1:03.44	403	F	07/06/14	London Region Age Group Championships	Stratford	Romford Town	1
1:04.95	375	H	07/06/14	London Region Age Group Championships	Stratford	Romford Town	1
1:04.97	375	H	20/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Romford Town	1
1:06.67	347	H	13/04/14	LSSA Championships	Crystal Palace	Romford Town	1
1:07.25	338	H	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Romford Town	1
1:07.80	330	F	01/06/13	ASA London Region Age Groups 2013	London	Romford Town	1
1:08.16	324	H	01/06/13	ASA London Region Age Groups 2013	London	Romford Town	1
1:08.98	313	H	14/04/13	Bexley SC Long Course Open Meet	London	Romford Town	1
1:09.21	310	H	23/11/13	Essex Winter Long Course Competition	Basildon	Romford Town	1
1:18.92	209	H	15/04/12	Bexley SC Open Long Course Meet	London	Romford Town	1

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