

Individual Best Times (All Time)

Harold Cocking - (969321) - Rotherham Metro SC - 50 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
26.32	501	H	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	Rotherham Mo	1
26.55	488	H	06/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Rotherham Mo	1
26.55	488	H	05/05/19	Swim England North East Region Championships (50)	Sheffield	Rotherham Mo	1
26.83	473	H	23/02/19	Yorkshire County Championships	Sheffield	Rotherham Mo	1
28.18	408	H	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	Rotherham Mo	1
28.18	408	H	24/02/18	Yorkshire County Championships	Sheffield	Rotherham Mo	1
28.41	398	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Rotherham Mo	1
28.55	392	H	14/05/17	City of Sheffield No Frills Meet	Sheffield	Rotherham Mo	1
29.52	355	H	11/02/17	Yorkshire SA County Championships	Sheffield	Rotherham Mo	1
30.04	337	H	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Rotherham Mo	1
30.52	321	H	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Rotherham Mo	1
31.13	303	H	27/02/16	Yorkshire County Championships	Sheffield	Rotherham Mo	1
31.31	297	H	28/11/15	City of Sheffield Snow Frills Meet	Sheffield		3
31.31	297	H	24/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	Rotherham Mo	3
31.83	283	H	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
31.85	282	H	25/04/15	Stocksbridge Spring Open Meet	Sheffield		3
32.15	275	H	01/02/15	Sheffield & District ASA Championships	Sheffield		4
32.43	268	H	12/04/15	Derventio Excel 9th Open Meet	Sheffield		1
32.43	268	H	25/07/15	City of Sheffield Summer Meet	Sheffield		3
32.80	259	H	31/01/15	Yorkshire County Championships	Sheffield		1
34.25	227	H	26/04/14	Stocksbridge Pentaqua Spring Open Meet	Sheffield	Rotherham Mo	3
34.77	217	H	19/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Rotherham Mo	3
34.87	215	H	02/02/14	Sheffield & District ASA Championships	Sheffield	Rotherham Mo	4
35.17	210	H	15/03/14	Yorkshire County Championships	Sheffield	Rotherham Mo	1
37.01	180	H	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	Rotherham Mo	1
37.29	176	H	31/08/13	Worksop Dolphins SC The 29th Dukeries	Sheffield	Rotherham Mo	3
37.83	168	H	22/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Rotherham Mo	3

37.82	189	H	20/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Rotherham Mo	
38.86	155	H	16/03/13	Yorkshire County Championships	Sheffield	Rotherham Mo	1

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