

Individual Best Times (All Time)

Harold Cocking - (969321) - Rotherham Metro SC - 50 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
30.04	481	H	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	Rotherham Mo	1
30.21	473	H	06/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Rotherham Mo	1
30.25	471	H	23/02/19	Yorkshire County Championships	Sheffield	Rotherham Mo	1
30.28	470	F	23/02/19	Yorkshire County Championships	Sheffield	Rotherham Mo	1
30.52	459	H	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Rotherham Mo	1
31.02	437	H	05/05/19	Swim England North East Region Championships (50)	Sheffield	Rotherham Mo	1
31.49	418	H	05/11/17	ASA North East Region Senior Junior Champs	Sheffield	Rotherham Mo	1
32.49	380	H	28/05/17	ASA North East Region Championships	Sunderland	Rotherham Mo	1
32.59	377	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Rotherham Mo	1
32.66	374	F	29/05/16	ASANER Regional Championships 2016	Sheffield	Rotherham Mo	1
33.03	362	H	24/02/18	Yorkshire County Championships	Sheffield	Rotherham Mo	1
33.20	356	H	27/02/16	Yorkshire County Championships	Sheffield	Rotherham Mo	1
33.46	348	H	11/02/17	Yorkshire SA County Championships	Sheffield	Rotherham Mo	1
33.56	345	F	27/02/16	Yorkshire County Championships	Sheffield	Rotherham Mo	1
33.75	339	H	29/05/16	ASANER Regional Championships 2016	Sheffield	Rotherham Mo	1
34.11	329	H	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Rotherham Mo	1
35.06	303	H	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Rotherham Mo	1
35.46	292	H	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	Rotherham Mo	1
36.36	271	H	23/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	Rotherham Mo	3
36.66	265	H	28/11/15	City of Sheffield Snow Frills Meet	Sheffield		3
36.80	262	H	31/01/15	Yorkshire County Championships	Sheffield		1
36.83	261	H	14/06/15	ASA North East Regional Age Group Championships	Sheffield		1
36.98	258	H	12/04/15	Derventio Excel 9th Open Meet	Sheffield		1
37.06	256	H	25/04/15	Stocksbridge Spring Open Meet	Sheffield		3
37.08	256	F	31/01/15	Yorkshire County Championships	Sheffield		1
37.54	246	H	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
37.66	244	H	01/02/15	Sheffield & District ASA Championships	Sheffield		4

37.88	244	H	01/02/13	Sheffield & District ASA Championships	Sheffield		
38.68	225	H	22/11/14	City of Sheffield Snow Frills Meet	Sheffield		3
39.09	218	H	26/04/14	Stocksbridge Pentaqua Spring Open Meet	Sheffield	Rotherham Mo	3
40.51	196	H	15/03/14	Yorkshire County Championships	Sheffield	Rotherham Mo	1
40.69	193	H	19/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Rotherham Mo	3
42.47	170	H	02/02/14	Sheffield & District ASA Championships	Sheffield	Rotherham Mo	4
43.80	155	H	20/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Rotherham Mo	3
44.38	149	H	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	Rotherham Mo	1
44.49	148	H	31/08/13	Worksop Dolphins SC The 29th Dukeries	Sheffield	Rotherham Mo	3
45.53	138	H	16/03/13	Yorkshire County Championships	Sheffield	Rotherham Mo	1

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