

Individual Best Times (All Time)

Harold Cocking - (969321) - Rotherham Metro 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
2:24.49	464	H	02/02/20	Yorkshire County Championships Level of Meet	Leeds	Rotherham Mo	1
2:25.04	459	F	02/02/20	Yorkshire County Championships Level of Meet	Leeds	Rotherham Mo	1
2:27.19	439	H	19/01/20	Rotherham Metro A & B Grade Long Course Meet	Sheffield	Rotherham Mo	3
2:27.66	435	H	03/02/19	Yorkshire County Championships	Leeds	Rotherham Mo	1
2:28.76	425	H	07/04/18	Derventio Excel 12th Long Course Open Meet	Sheffield	Rotherham Mo	1
2:31.20	405	H	05/05/19	Swim England North East Region Championships (50)	Sheffield	Rotherham Mo	1
2:31.22	405	H	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	Rotherham Mo	3
2:32.92	392	H	21/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	Rotherham Mo	3
2:35.36	373	H	14/05/17	City of Sheffield No Frills Meet	Sheffield	Rotherham Mo	1
2:35.98	369	F	16/04/17	City of Leeds National Qualifier 2017	Leeds	Rotherham Mo	1
2:36.43	366	H	16/04/17	City of Leeds National Qualifier 2017	Leeds	Rotherham Mo	1
2:37.75	357	H	05/02/17	Yorkshire SA County Championships	Leeds	Rotherham Mo	1
2:38.32	353	H	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	Rotherham Mo	3
2:38.53	351	H	27/05/17	ASA North East Region Championships	Sunderland	Rotherham Mo	1
2:42.42	327	H	22/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	Rotherham Mo	3
2:44.00	317	H	28/05/16	ASANER Regional Championships 2016	Sheffield	Rotherham Mo	1
2:44.89	312	H	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	Rotherham Mo	1
2:46.25	305	H	24/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	Rotherham Mo	3
2:46.26	305	H	07/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Rotherham Mo	1
2:46.60	303	H	07/02/16	Yorkshire County Championships	Leeds	Rotherham Mo	1
2:46.71	302	H	29/11/15	City of Sheffield Snow Frills Meet	Sheffield		3
2:51.45	278	F	21/02/15	Yorkshire County Championships	Leeds		1
2:53.24	269	H	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
2:53.97	266	H	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield		1
2:55.49	259	H	21/02/15	Yorkshire County Championships	Leeds		1
2:58.40	246	H	14/06/14	ASA North East Region BG Regional AG Champs	Sheffield	Rotherham Mo	1
2:59.49	242	H	22/11/14	City of Sheffield Snow Frills Meet	Sheffield		2

2:39.42	242	F	23/11/14	City of Sheffield Snow Frills Meet	Sheffield		
3:04.23	224	H	22/02/14	Yorkshire SA County Championships	Leeds	Rotherham Mo	1
3:04.53	223	H	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	Rotherham Mo	1
3:13.64	193	H	19/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Rotherham Mo	3
3:36.28	138	H	03/02/13	Sheffield & District ASA Championships	Sheffield	Rotherham Mo	4

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