

Individual Best Times (All Time)

Harold Cocking - (969321) - Rotherham Metro SC - 200 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
2:18.76	554	H	31/07/21	NER & Yorkshire Festival of Swimming	Sheffield	Rotherham Mo	1
2:21.16	526	H	01/02/20	Yorkshire County Championships Level of Meet	Leeds	Rotherham Mo	1
2:21.91	518	H	19/01/20	Rotherham Metro A & B Grade Long Course Meet	Sheffield	Rotherham Mo	3
2:22.25	514	H	07/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Rotherham Mo	1
2:22.61	510	H	24/07/21	Derventio eXcel Welcome Back Long Course Open	Pond Forge	Rotherham Mo	3
2:23.38	502	H	12/05/19	Rotherham Metro Springtime Long Course Meet	Sheffield	Rotherham Mo	3
2:24.48	491	H	07/09/19	The Inaugural A B C Graded Open Meet	Sheffield	Rotherham Mo	3
2:24.87	487	H	02/02/19	Yorkshire County Championships	Leeds	Rotherham Mo	1
2:26.97	466	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Rotherham Mo	1
2:29.51	443	H	13/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	Rotherham Mo	3
2:29.96	439	H	08/04/18	Derventio Excel 12th Long Course Open Meet	Sheffield	Rotherham Mo	1
2:30.03	438	H	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	Rotherham Mo	1
2:30.87	431	H	21/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	Rotherham Mo	3
2:34.42	402	H	27/05/17	ASA North East Region Championships	Sunderland	Rotherham Mo	1
2:36.24	388	H	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Rotherham Mo	1
2:37.16	381	H	22/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	Rotherham Mo	3
2:37.50	379	H	04/02/17	Yorkshire SA County Championships	Leeds	Rotherham Mo	1
2:40.88	355	H	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	Rotherham Mo	3
2:45.82	324	H	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Rotherham Mo	1
2:48.02	312	H	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	Rotherham Mo	1
2:52.84	286	H	29/11/15	City of Sheffield Snow Frills Meet	Sheffield		3
2:59.28	257	H	25/04/15	Stocksbridge Spring Open Meet	Sheffield		3
2:59.68	255	H	14/02/15	Yorkshire County Championships	Leeds		1
3:03.17	241	H	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
3:03.71	238	H	23/11/14	City of Sheffield Snow Frills Meet	Sheffield		3
3:08.38	221	H	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	Rotherham Mo	1
3:08.60	220	H	10/04/14	City of Leeds National Qualifying Meet 2014	Leeds	Rotherham Mo	1

3:06.69	220	H	19/04/14	City of Leeds National Qualifying meet 2014	Leeds	Rotherham Mo	1
3:11.18	212	H	14/06/14	ASA North East Region BG Regional AG Champs	Sheffield	Rotherham Mo	1
3:13.11	205	H	26/04/14	Stocksbridge Pentaqua Spring Open Meet	Sheffield	Rotherham Mo	3

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