

# Individual Best Times (All Time)

Harold Cocking - (969321) - Rotherham Metro SC - 400 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
5:05.42	500	H	01/08/21	NER & Yorkshire Festival of Swimming	Sheffield	Rotherham Mo	1
5:07.61	489	F	08/02/20	Yorkshire County Championships Level of Meet	Leeds	Rotherham Mo	1
5:08.95	483	H	08/02/20	Yorkshire County Championships Level of Meet	Leeds	Rotherham Mo	1
5:09.95	478	H	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Rotherham Mo	1
5:19.77	436	H	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	Rotherham Mo	3
5:20.40	433	H	07/04/18	Derventio Excel 12th Long Course Open Meet	Sheffield	Rotherham Mo	1
5:23.50	421	H	21/05/17	ASA North East Region Championships	Sunderland	Rotherham Mo	1
5:27.81	404	H	14/05/17	City of Sheffield No Frills Meet	Sheffield	Rotherham Mo	1
5:32.76	387	H	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Rotherham Mo	1
5:59.15	307	H	22/05/16	ASANER Regional Championships 2016	Sheffield	Rotherham Mo	1
6:03.27	297	H	07/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Rotherham Mo	1
6:06.16	290	H	13/02/16	Yorkshire County Championships	Leeds	Rotherham Mo	1
6:21.60	256	H	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
6:29.28	241	H	21/02/15	Yorkshire County Championships	Leeds		1

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