

Individual Best Times (All Time)

Harold Cocking - (969321) - Rotherham Metro SC - 200 Breaststroke - 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
2:42.27	462	H	04/05/19	Swim England North East Region Championships (50)	Sheffield	Rotherham Mo	1
2:44.40	444	H	10/02/19	Yorkshire County Championships	Leeds	Rotherham Mo	1
2:46.03	431	H	09/02/20	Yorkshire County Championships Level of Meet	Leeds	Rotherham Mo	1
2:46.30	429	H	13/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	Rotherham Mo	3
2:48.21	415	F	10/02/19	Yorkshire County Championships	Leeds	Rotherham Mo	1
2:49.82	403	H	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	Rotherham Mo	1
2:50.33	399	H	08/04/18	Derventio Excel 12th Long Course Open Meet	Sheffield	Rotherham Mo	1
2:52.33	386	H	15/04/17	City of Leeds National Qualifier 2017	Leeds	Rotherham Mo	1
2:52.45	385	H	13/05/17	City of Sheffield No Frills Meet	Sheffield	Rotherham Mo	1
2:55.13	367	H	20/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	Rotherham Mo	3
2:55.31	366	H	28/05/17	ASA North East Region Championships	Sunderland	Rotherham Mo	1
2:57.17	355	F	15/04/17	City of Leeds National Qualifier 2017	Leeds	Rotherham Mo	1
3:00.13	338	H	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	Rotherham Mo	3
3:01.45	330	H	26/02/17	Yorkshire SA County Championships	Leeds	Rotherham Mo	1
3:20.53	245	H	14/02/16	Yorkshire County Championships	Leeds	Rotherham Mo	1
3:21.70	240	H	29/11/15	City of Sheffield Snow Frills Meet	Sheffield		3
3:22.68	237	H	23/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	Rotherham Mo	3
3:32.47	205	H	22/02/15	Yorkshire County Championships	Leeds		1
3:33.85	202	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
3:34.82	199	H	23/11/14	City of Sheffield Snow Frills Meet	Sheffield		3
3:54.37	153	H	18/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Rotherham Mo	3
4:15.60	118	H	03/02/13	Sheffield & District ASA Championships	Sheffield	Rotherham Mo	4

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