

Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 50 Freestyle - Short 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
24.76	539	H	03/11/18	Swim England East Region Short Course Championship	Luton	Basildon Ph	2
25.04	521	F	20/10/18	Essex Senior Winter Champs 2018	Basildon	Basildon Ph	2
25.09	518	H	01/07/17	Basildon & Phoenix Novice Meet 2017	Basildon	Basildon Ph	3
25.17	513	H	20/10/18	Essex Senior Winter Champs 2018	Basildon	Basildon Ph	2
25.51	493	H	05/11/16	East Swimming 2016 SC Championships	Luton	Basildon Ph	2
25.54	491	H	21/10/17	BPSC Sprint Event 2017	Basildon	Basildon Ph	3
25.74	480	H	29/10/16	Essex Senior Winter Championships 2016	Basildon	Basildon Ph	2
26.00	466		18/10/15	ASA National County Teams Division 2	Sheffield	Romford Town	2
26.00	466	H	25/11/16	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4
26.09	461	H	24/11/17	BPSC Winter Club Champs 2017	Basildon	Basildon Ph	4
26.13	459	H	07/11/15	ASA London Region Winter Short Course Championship	London	Romford Town	2
26.35	447	F	18/07/15	Romford Town Open Meet 2015	Braintree	Romford Town	3
26.68	431	H	24/10/15	Essex Senior Short Course Championships 2015	Basildon	Romford Town	2
27.17	408	F	15/02/15	Essex County Age Group Championships 2015	Basildon	Romford Town	2
28.12	368	H	15/02/15	Essex County Age Group Championships 2015	Basildon	Romford Town	2
28.58	350		27/09/14	Romford Town SC 4th David Jacobs Memorial Gala	Thurrock		3
28.84	341	F	30/03/14	Essex County Age Groups Championships	Basildon	Romford Town	2
29.17	330	H	30/03/14	Essex County Age Groups Championships	Basildon	Romford Town	2
30.04	302	H	01/02/14	Bedfordshire ASA Junior Inter-County Comp	Biggleswade	Romford Town	2
30.27	295		29/09/13	Romford Town SC 3rd David Jacobs Memorial	Romford	Romford Town	3
30.80	280	F	24/03/13	Essex County Age Group Championships	Basildon	Romford Town	2
31.88	252	H	24/03/13	Essex County Age Group Championships	Basildon	Romford Town	2
33.40	219	F	06/01/13	Redbridge Winter Meet 2013	Barkingside	Romford Town	3
33.78	212	F	23/09/12	Romford Town David Jacob Gala	Romford	Romford Town	3
34.54	198	F	01/04/12	Essex County Championships	Basildon	Romford Town	2
35.39	184		17/09/11	Romford Town David Jacobs Memorial Meet	Enfield	Romford Town	3
35.57	182	H	01/04/12	Essex County Championships	Basildon	Romford Town	2

33.37	102	H	01/04/12	Essex County Championships	Basildon	Romford Town	2
35.63	181		16/10/11	Romford Town Open Meet	Enfield	Romford Town	3
35.98	175		17/07/11	Borough of Waltham Forest End of Season Me	Waltham Forest	Romford Town	4
38.16	147		08/05/11	London Borough of Enfield Open Meet	Enfield	Romford Town	3
39.11	136	H	20/02/11	Essex County Championships	Southend	Romford Town	2

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