

Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 50 Butterfly - 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
27.23	509	H	03/11/18	Swim England East Region Short Course Championship	Luton	Basildon Ph	2
27.33	504	F	30/10/16	Essex Senior Winter Championships 2016	Basildon	Basildon Ph	2
27.40	500	H	21/10/17	BPSC Sprint Event 2017	Basildon	Basildon Ph	3
27.75	481	H	30/10/16	Essex Senior Winter Championships 2016	Basildon	Basildon Ph	2
28.28	454	H	01/07/17	Basildon & Phoenix Novice Meet 2017	Basildon	Basildon Ph	3
29.17	414	H	25/10/15	Essex Senior Short Course Championships 2015	Basildon	Romford Town	2
29.38	405	F	18/07/15	Romford Town Open Meet 2015	Braintree	Romford Town	3
30.28	370	F	18/01/15	Essex County Age Group Championships 2015	Basildon	Romford Town	2
30.60	359	H	18/01/15	Essex County Age Group Championships 2015	Basildon	Romford Town	2
30.79	352	H	30/11/14	Essex Senior Junior Championships	Basildon	Romford Town	2
31.92	316		27/09/14	Romford Town SC 4th David Jacobs Memorial Gala	Thurrock		3
32.42	301	F	16/02/14	Essex County Age Groups Championships	Basildon	Romford Town	2
32.83	290	H	16/02/14	Essex County Age Groups Championships	Basildon	Romford Town	2
33.19	281	F	09/11/13	The National Arena Swimming League London	Hatfield	Romford Town	2
33.78	266	F	12/10/13	The National Arena Swimming League London	Hertfordshire	Romford Town	2
34.78	244	F	24/02/13	Essex County Championships	Basildon	Romford Town	2
34.94	241		29/09/13	Romford Town SC 3rd David Jacobs Memorial	Romford	Romford Town	3
35.32	233	H	24/02/13	Essex County Championships	Basildon	Romford Town	2
37.32	197	F	23/09/12	Romford Town David Jacob Gala	Romford	Romford Town	3
38.39	181	F	19/02/12	Essex County Age Group Championships	Basildon	Romford Town	2
39.29	169	H	19/02/12	Essex County Age Group Championships	Basildon	Romford Town	2
40.29	157	F	12/03/11	Essex County Championships	Southend	Romford Town	2
41.00	149		16/10/11	Romford Town Open Meet	Enfield	Romford Town	3
41.66	142		17/09/11	Romford Town David Jacobs Memorial Meet	Enfield	Romford Town	3
41.96	139		17/07/11	Borough of Waltham Forest End of Season Me	Waltham Forest	Romford Town	4
42.44	134	H	12/03/11	Essex County Championships	Southend	Romford Town	2
43.06	131		09/05/11	London Borough of Enfield Open Meet	Enfield	Romford Town	3

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