

Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 50 Backstroke - 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
28.00	492	H	04/11/18	Swim England East Region Short Course Championship	Luton	Basildon Ph	2
28.07	488	H	21/10/18	Essex Senior Winter Champs 2018	Basildon	Basildon Ph	2
28.31	476	H	21/10/17	BPSC Sprint Event 2017	Basildon	Basildon Ph	3
28.48	467	F	21/10/18	Essex Senior Winter Champs 2018	Basildon	Basildon Ph	2
28.58	462	H	06/11/16	East Swimming 2016 SC Championships	Luton	Basildon Ph	2
28.74	455	H	30/10/16	Essex Senior Winter Championships 2016	Basildon	Basildon Ph	2
29.16	435	H	25/10/15	Essex Senior Short Course Championships 2015	Basildon	Romford Town	2
29.18	435	R	08/10/17	Swim England National County Team Div 1 Champs	Sheffield	Essex	2
30.16	393	H	25/11/16	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4
30.19	392	H	01/07/17	Basildon & Phoenix Novice Meet 2017	Basildon	Basildon Ph	3
30.36	386	H	24/11/17	BPSC Winter Club Champs 2017	Basildon	Basildon Ph	4
30.62	376	F	18/07/15	Romford Town Open Meet 2015	Braintree	Romford Town	3
31.23	354	F	17/01/15	Essex County Age Group Championships 2015	Basildon	Romford Town	2
31.63	341	H	29/11/14	Essex Senior Junior Championships	Basildon	Romford Town	2
31.98	330	H	17/01/15	Essex County Age Group Championships 2015	Basildon	Romford Town	2
32.40	317		27/09/14	Romford Town SC 4th David Jacobs Memorial Gala	Thurrock		3
32.46	316	F	15/02/14	Essex County Age Groups Championships	Basildon	Romford Town	2
33.33	291	H	15/02/14	Essex County Age Groups Championships	Basildon	Romford Town	2
34.05	273	F	12/10/13	The National Arena Swimming League London	Hertfordshire	Romford Town	2
34.48	263	F	09/11/13	The National Arena Swimming League London	Hatfield	Romford Town	2
34.72	258	F	23/02/13	Essex County Championships	Basildon	Romford Town	2
34.78	256		29/09/13	Romford Town SC 3rd David Jacobs Memorial	Romford	Romford Town	3
35.09	250	H	23/02/13	Essex County Championships	Basildon	Romford Town	2
38.31	192	F	23/09/12	Romford Town David Jacob Gala	Romford	Romford Town	3
38.42	190	F	18/02/12	Essex County Age Group Championships	Basildon	Romford Town	2
39.79	171	H	18/02/12	Essex County Age Group Championships	Basildon	Romford Town	2
44.44	155		15/10/11	Romford Town Open Meet	Essex	Romford Town	2

41.14	133		15/10/11	Romford Town Open Meet	Enfield	Romford Town	3
42.66	139		17/09/11	Romford Town David Jacobs Memorial Meet	Enfield	Romford Town	3
42.75	138	H	19/02/11	Essex County Championships	Southend	Romford Town	2
43.06	135	F	19/02/11	Essex County Championships	Southend	Romford Town	2
43.81	128		07/05/11	London Borough of Enfield Open Meet	Enfield	Romford Town	3
44.44	123		17/07/11	Borough of Waltham Forest End of Season Me	Waltham Forest	Romford Town	4

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