

# Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 400 Individual Medley - 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 |
|---------|--------|-------|----------|--|-------------|-----------------|-------|
| 4:51.16 | 524    | H     | 28/11/15 | Thanet Swim Club Advent County Qualifier           | Hartsdown   | Romford Town    | 3     |
| 5:09.12 | 438    | H     | 31/01/15 | Essex County Age Group Championships 2015          | Southend    | Romford Town    | 2     |
| 5:11.62 | 427    | H     | 08/11/15 | ASA London Region Winter Short Course Championship | London      | Romford Town    | 2     |
| 5:22.44 | 386    | H     | 16/03/14 | Essex County Championships                         | Basildon    | Romford Town    | 2     |
| 5:37.46 | 336    |       | 19/10/13 | Romford Town SC 7th SC Meet                        | Enfield     | Romford Town    | 3     |
| 5:40.30 | 328    | H     | 10/03/13 | Essex County Championships                         | Braintree   | Romford Town    | 2     |
| 5:58.02 | 282    | F     | 05/01/13 | Redbridge Winter Meet 2013                         | Barkingside | Romford Town    | 3     |
| 6:18.69 | 238    | H     | 11/03/12 | Essex County Championships Block B                 | Braintree   | Romford Town    | 2     |
| 6:27.12 | 223    | H     | 06/11/11 | Thurrock SC County Qualifier 2011                  | Grays       | Romford Town    | 3     |

## Swims in Date Order

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|---------|--------|-------|----------|--|-------------|-----------------|-------|
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