

Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 100 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
1:05.81	419	F	18/07/15	Romford Town Open Meet 2015	Braintree	Romford Town	3
1:08.17	377	F	18/01/15	Essex County Age Group Championships 2015	Basildon	Romford Town	2
1:10.32	344	H	18/01/15	Essex County Age Group Championships 2015	Basildon	Romford Town	2
1:11.17	331		27/09/14	Romford Town SC 4th David Jacobs Memorial Gala	Thurrock		3
1:12.35	316	F	16/02/14	Essex County Age Groups Championships	Basildon	Romford Town	2
1:12.47	314	H	16/02/14	Essex County Age Groups Championships	Basildon	Romford Town	2
1:16.50	267		29/09/13	Romford Town SC 3rd David Jacobs Memorial	Romford	Romford Town	3
1:18.63	246	F	24/02/13	Essex County Championships	Basildon	Romford Town	2
1:19.54	237	H	24/02/13	Essex County Championships	Basildon	Romford Town	2
1:20.90	226	F	06/01/13	Redbridge Winter Meet 2013	Barkingside	Romford Town	3
1:25.24	193	F	19/02/12	Essex County Age Group Championships	Basildon	Romford Town	2
1:25.73	189	F	23/09/12	Romford Town David Jacob Gala	Romford	Romford Town	3
1:28.27	174	H	19/02/12	Essex County Age Group Championships	Basildon	Romford Town	2
1:32.99	148		17/09/11	Romford Town David Jacobs Memorial Meet	Enfield	Romford Town	3
1:35.67	136	F	13/03/11	Essex County Championships	Southend	Romford Town	2
1:36.33	133	H	13/03/11	Essex County Championships	Southend	Romford Town	2
1:36.33	133	F	13/03/11	Essex County Championships	Southend	Romford Town	2

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