

Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 100 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
53.75	580	F	09/12/17	NASL - London Rounds 2017 - Premier Division	Luton	Basildon Ph	2
53.84	577	H	04/11/18	Swim England East Region Short Course Championship	Luton	Basildon Ph	2
53.86	577	F	08/12/18	The NASL - London - Rounds 2018 - Premier Division	Luton	Basildon Ph	2
54.01	572	F	13/10/18	The NASL - London - Rounds 2018 - Premier Division	Watford	Basildon Ph	2
54.03	571	H	21/10/18	Essex Senior Winter Champs 2018	Basildon	Basildon Ph	2
54.07	570	F	14/10/17	NASL - London Rounds 2017 - Premier Division	Harlow	Basildon Ph	2
54.25	564	F	11/11/17	NASL - London Rounds 2017 - Premier Division	Harlow	Basildon Ph	2
54.73	549	F	10/11/18	The NASL - London - Rounds 2018 - Premier Division	Luton	Basildon Ph	2
55.08	539	H	23/10/16	ASA National County Teams Division 1	Sheffield	Essex	2
55.66	522	H	21/10/17	BPSC Sprint Event 2017	Basildon	Basildon Ph	3
55.71	521	F	10/12/16	NASL London	Luton	Basildon Ph	3
55.79	519	H	08/11/15	ASA London Region Winter Short Course Championship	London	Romford Town	2
55.80	518	H	30/10/16	Essex Senior Winter Championships 2016	Basildon	Basildon Ph	2
56.54	498	H	18/10/15	ASA National County Teams Division 2	Sheffield		2
56.57	498	H	25/10/15	Essex Senior Short Course Championships 2015	Basildon	Romford Town	2
56.70	494	H	06/11/16	East Swimming 2016 SC Championships	Luton	Basildon Ph	2
56.86	490	F	12/11/16	NASL London	Harlow	Basildon Ph	3
56.94	488	H	29/11/15	Thanet Swim Club Advent County Qualifier	Hartsdown	Romford Town	3
57.58	472	F	10/10/15	National Arena League-London Premier Div-Round123	Hatfield	Romford Town	2
1:00.00	417	F	31/01/15	Essex County Age Group Championships 2015	Southend	Romford Town	2
1:01.24	392	H	31/01/15	Essex County Age Group Championships 2015	Southend	Romford Town	2
1:01.67	384	F	11/10/14	National Arena League London Premier	Harlow	Romford Town	2
1:01.99	378	F	16/03/14	Essex County Championships	Basildon	Romford Town	2
1:02.05	377	F	12/12/15	National Arena League-London Premier Div-Round123	Harlow	Romford Town	2
1:04.77	331	H	16/03/14	Essex County Championships	Basildon	Romford Town	2
1:06.71	303		20/10/13	Romford Town SC 7th SC Meet	Enfield	Romford Town	3
1:11.50	245	F	05/01/13	Redbridge Winter Meet 2013	Redbridge	Romford Town	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
53.86	577	F	08/12/18	The NASL - London - Rounds 2018 - Premier Division	Luton	Basildon Ph	2
54.73	549	F	10/11/18	The NASL - London - Rounds 2018 - Premier Division	Luton	Basildon Ph	2
53.84	577	H	04/11/18	Swim England East Region Short Course Championship	Luton	Basildon Ph	2
54.03	571	H	21/10/18	Essex Senior Winter Champs 2018	Basildon	Basildon Ph	2
54.01	572	F	13/10/18	The NASL - London - Rounds 2018 - Premier Division	Watford	Basildon Ph	2
53.75	580	F	09/12/17	NASL - London Rounds 2017 - Premier Division	Luton	Basildon Ph	2
54.25	564	F	11/11/17	NASL - London Rounds 2017 - Premier Division	Harlow	Basildon Ph	2
55.66	522	H	21/10/17	BPSC Sprint Event 2017	Basildon	Basildon Ph	3
54.07	570	F	14/10/17	NASL - London Rounds 2017 - Premier Division	Harlow	Basildon Ph	2
55.71	521	F	10/12/16	NASL London	Luton	Basildon Ph	3
56.86	490	F	12/11/16	NASL London	Harlow	Basildon Ph	3
56.70	494	H	06/11/16	East Swimming 2016 SC Championships	Luton	Basildon Ph	2
55.80	518	H	30/10/16	Essex Senior Winter Championships 2016	Basildon	Basildon Ph	2
55.08	539	H	23/10/16	ASA National County Teams Division 1	Sheffield	Essex	2
1:02.05	377	F	12/12/15	National Arena League-London Premier Div-Round123	Harlow	Romford Town	2
56.94	488	H	29/11/15	Thanet Swim Club Advent County Qualifier	Hartdown	Romford Town	3
55.79	519	H	08/11/15	ASA London Region Winter Short Course Championship	London	Romford Town	2
56.57	498	H	25/10/15	Essex Senior Short Course Championships 2015	Basildon	Romford Town	2
56.54	498	H	18/10/15	ASA National County Teams Division 2	Sheffield		2
57.58	472	F	10/10/15	National Arena League-London Premier Div-Round123	Hatfield	Romford Town	2
1:00.00	417	F	31/01/15	Essex County Age Group Championships 2015	Southend	Romford Town	2
1:01.24	392	H	31/01/15	Essex County Age Group Championships 2015	Southend	Romford Town	2
1:01.67	384	F	11/10/14	National Arena League London Premier	Harlow	Romford Town	2
1:01.99	378	F	16/03/14	Essex County Championships	Basildon	Romford Town	2
1:04.77	331	H	16/03/14	Essex County Championships	Basildon	Romford Town	2
1:06.71	303		20/10/13	Romford Town SC 7th SC Meet	Enfield	Romford Town	3
1:11.59	245	F	05/01/13	Redbridge Winter Meet 2013	Barkingside	Romford Town	3