

Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 400 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
4:12.41	594	H	20/10/18	Essex Senior Winter Champs 2018	Basildon	Basildon Ph	2
4:13.65	585	H	24/10/15	Essex Senior Short Course Championships 2015	Basildon	Romford Town	2
4:14.49	580	H	29/10/16	Essex Senior Winter Championships 2016	Basildon	Basildon Ph	2
4:15.88	570	H	03/11/18	Swim England East Region Short Course Championship	Luton	Basildon Ph	2
4:15.93	570	H	05/11/16	East Swimming 2016 SC Championships	Luton	Basildon Ph	2
4:18.28	554	H	07/11/15	ASA London Region Winter Short Course Championship	London	Romford Town	2
4:18.30	554	H	29/11/15	Thanet Swim Club Advent County Qualifier	Hartsdown	Romford Town	3
4:19.94	544	H	27/11/17	BPSC Winter Club Champs 2017	Basildon	Basildon Ph	4
4:20.26	542	H	27/11/16	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4
4:30.50	483	H	31/01/15	Essex County Age Group Championships 2015	Southend	Romford Town	2
4:35.00	459	H	29/11/14	Essex Senior Junior Championships	Basildon	Romford Town	2
4:37.20	448	H	15/03/14	Essex County Championships	Basildon	Romford Town	2
4:55.87	369		20/10/13	Romford Town SC 7th SC Meet	Enfield	Romford Town	3
4:57.47	363	H	09/03/13	Essex County Championships	Braintree	Romford Town	2
5:08.28	326	F	06/01/13	Redbridge Winter Meet 2013	Barkingside	Romford Town	3
5:20.36	290		21/10/12	Romford Town SC 6th SC Open Meet	Romford	Romford Town	3
5:36.61	250	H	10/03/12	Essex County Championships Block B	Braintree	Romford Town	2
5:47.25	228	H	05/11/11	Thurrock SC County Qualifier 2011	Grays	Romford Town	3

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