

Individual Best Times (All Time)

Fraser Cooke - (859411) - Southport SC - 50 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
24.93	528	H	06/03/22	Burnley Bobcats 'Racing for Regionals' 2022	Darwen	Southport	3
24.97	526	H	02/11/21	Southport SC Club Championships	Dunes LC	Southport	4
25.31	505	H	23/10/21	Liverpool & District Age Groups & Swimming Champs	Knowsley	Southport	3
26.12	459	H	28/09/19	North Lancashire Level 2 Age Groups & Champs	Blackpool	Southport	2
26.51	439	H	12/11/19	Southport Club Championships	Dunes LC	Southport	4
26.72	429	H	18/11/18	Wigan BEST Future Stars Open Meet	Wigan	Southport	2
27.38	399	H	20/10/18	Liverpool & District SWPA Age Group & Swim Champs	Knowsley	Southport	2
28.50	353	H	14/11/17	Southport Club Championships	Southport	Southport	4
28.59	350	H	19/11/17	Wigan BEST Future Stars Open Meet	Wigan	Southport	2
30.05	301	H	26/11/16	Wigan BEST Future Stars Open Meet	Wigan	Southport	2
30.33	293	H	08/11/16	Southport Club Championships	Southport	Southport	4
30.83	279	H	05/12/15	Preston Christmas Countdown 2015 L3 Open Meet	Darwen		3
31.21	269	H	12/03/16	Prescot SC & Everton SA Spring Meet Regional Qual	Knowsley	Southport	3
31.51	261	H	10/11/15	Southport SC Club Championships	Southport		4
32.09	247	H	17/10/15	Liverpool & District Age Group & Swimming Champs	Everton		2
32.22	244	F	15/11/14	Wigan BEST Future Stars Open Meet	Wigan	Southport	2
35.24	187	H	12/07/14	Preston SC Guild Summer Spectacular	Darwen	Southport	3
36.46	169	H	01/02/14	Liverpool & District S & WPA Age Group Champs	Knowsley	Southport	2
37.08	160	F	16/11/13	Wigan BEST Future Stars Meet	Wigan	Southport	1
39.10	137	H	22/06/13	Preston Guild Summer Spectacular Meet	Darwen	Southport	3
40.34	124	H	02/02/13	Liverpool & District SWA Age Group Champs	Everton	Southport	2

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