

Individual Best Times (All Time)

Fraser Cooke - (859411) - Southport SC - 50 Breaststroke - 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
31.00	521	F	07/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	Southport	2
31.09	516	H	07/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	Southport	2
31.77	484	H	24/10/21	Liverpool & District Age Groups & Swimming Champs	Knowsley	Southport	3
31.78	483	H	04/11/21	Southport SC Club Championships	Dunes LC	Southport	4
32.19	465	H	16/11/19	Wigan BEST Future Stars Open Meet	Wigan Life Centre	Southport	2
32.31	460	H	14/11/19	Southport Club Championships	Dunes LC	Southport	4
32.70	444	H	29/09/19	North Lancashire Level 2 Age Groups & Champs	Blackpool	Southport	2
33.00	432	H	07/07/19	Southport End of Season Sprint Finale	Knowsley	Southport	3
33.13	427	F	29/09/19	North Lancashire Level 2 Age Groups & Champs	Blackpool	Southport	2
33.36	418	H	15/11/18	Southport Club Championships 2018	DUNES	Southport	4
34.17	389	H	21/10/18	Liverpool & District SWPA Age Group & Swim Champs	Knowsley	Southport	2
35.05	360	H	18/11/17	Wigan BEST Future Stars Open Meet	Wigan	Southport	2
35.42	349	H	16/11/17	Southport Club Championships	Southport	Southport	4
38.99	262	H	27/11/16	Wigan BEST Future Stars Open Meet	Wigan	Southport	2
39.00	261	H	10/11/16	Southport Club Championships	Southport	Southport	4
40.80	228	H	12/11/15	Southport Club Championships	Southport		4
43.76	185	H	13/11/14	Southport Club Championships	Southport		4
45.29	167	H	13/09/14	City of Liverpool Level 3 Tadpole Gala	Liverpool		3
47.41	145	H	08/02/14	Liverpool & District S & WPA Age Group Champs	Knowsley	Southport	2
47.55	144	H	12/07/14	Preston SC Guild Summer Spectacular	Darwen	Southport	3
49.05	131	F	17/11/13	Wigan BEST Future Stars Meet	Wigan	Southport	1
49.98	124	H	22/06/13	Preston Guild Summer Spectacular Meet	Darwen	Southport	3
50.97	117	H	14/09/13	City of Liverpool SC Level 3 Tadpole Gala	Everton	Southport	3
52.10	109	H	09/02/13	Liverpool & District SWA Age Group Champs	Everton	Southport	2

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