

Individual Best Times (All Time)

Fraser Cooke - (859411) - Southport SC - 200 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
2:30.04	513	H	06/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	Southport	2
2:30.70	506	H	23/10/21	Liverpool & District Age Groups & Swimming Champs	Knowsley	Southport	3
2:30.89	505	F	06/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	Southport	2
2:32.15	492	H	04/11/21	Southport SC Club Championships	Dunes LC	Southport	4
2:32.83	486	H	14/11/19	Southport Club Championships	Dunes LC	Southport	4
2:33.47	479	H	19/10/19	North Lancashire Level 2 Age Groups & Champs	Blackpool	Southport	2
2:35.48	461	H	15/11/18	Southport Club Championships 2018	DUNES	Southport	4
2:36.30	454	H	18/11/18	Wigan BEST Future Stars Open Meet	Wigan	Southport	2
2:38.45	436	H	20/10/18	Liverpool & District SWPA Age Group & Swim Champs	Knowsley	Southport	2
2:41.43	412	H	19/11/17	Wigan BEST Future Stars Open Meet	Wigan	Southport	2
2:43.93	393	H	16/11/17	Southport Club Championships	Southport	Southport	4
2:54.03	329	H	27/11/16	Wigan BEST Future Stars Open Meet	Wigan	Southport	2
2:55.61	320	H	10/11/16	Southport Club Championships	Southport	Southport	4
3:05.07	273	H	06/12/15	Preston Christmas Countdown 2015 L3 Open Meet	Darwen		3
3:05.32	272	H	17/10/15	Liverpool & District Age Group & Swimming Champs	Everton		2
3:05.37	272	H	12/11/15	Southport Club Championships	Southport		4
3:18.44	222	H	13/11/14	Southport Club Championships	Southport		4
3:19.79	217	H	22/11/14	Liverpool & Dist Inter Association Gala	Huyton		2
3:24.16	203	H	13/07/14	Preston SC Guild Summer Spectacular	Darwen	Southport	3
3:26.25	197	H	01/02/14	Liverpool & District S & WPA Age Group Champs	Knowsley	Southport	2
3:34.81	175	F	17/11/13	Wigan BEST Future Stars Meet	Wigan	Southport	1
3:49.06	144	H	23/06/13	Preston Guild Summer Spectacular Meet	Darwen	Southport	3
3:49.57	143	H	14/09/13	City of Liverpool SC Level 3 Tadpole Gala	Everton	Southport	3

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