

# Individual Best Times (All Time)

Bethan Cooke - (887673) - City of Birmingham SC - 50 Backstroke - 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 |
|-------|--------|-------|----------|--|---------------|-----------------|-------|
| 29.48 | 628    | H     | 14/12/23 | Swim England Winter Championships 2023           | Sheffield     | Co Birm'ham     | 2     |
| 30.00 | 596    | H     | 02/12/22 | National Winter Championships 2022               | Sheffield     | Chase           | 2     |
| 30.40 | 573    | H     | 21/10/23 | City of Birmingham Winter Open Meet 2023         | Birmingham    | Co Birm'ham     | 2     |
| 30.61 | 561    | H     | 06/11/22 | SE West Midlands Winter Short Course Champs 2022 | Coventry      | Chase           | 2     |
| 30.67 | 558    | F     | 05/11/22 | SE West Midlands Winter Short Course Champs 2022 | Coventry      | Chase           | 2     |
| 30.78 | 552    | H     | 15/10/22 | City of Birmingham Winter Open Meet              | Birmingham    | Chase           | 2     |
| 30.92 | 544    | H     | 21/01/23 | Staffordshire ASA Championships 2023             | Stafford      | Chase           | 2     |
| 31.03 | 538    | F     | 21/01/23 | Staffordshire ASA Championships 2023             | Stafford      | Chase           | 2     |
| 31.14 | 533    | F     | 21/01/23 | Staffordshire ASA Championships 2023             | Stafford      | Chase           | 2     |
| 31.15 | 532    | H     | 07/11/21 | Swim England West Midlands Regional              | Coventry      | Chase           | 2     |
| 31.54 | 513    | H     | 13/02/22 | Staffordshire ASA County Championships 2022      | Stafford      | Chase           | 2     |
| 31.65 | 507    | F     | 13/02/22 | Staffordshire ASA County Championships 2022      | Stafford      | Chase           | 2     |
| 31.69 | 505    | H     | 01/10/22 | Chase Roebuck Level 3 Open Meet 2022             | Walsall       | Chase           | 3     |
| 32.51 | 468    | H     | 27/11/21 | Nuneaton & Bedworth Winter Open Meet             | Nuneaton      | Chase           | 3     |
| 32.64 | 462    | H     | 16/10/21 | Chase Roebuck Level 3 Open Meet 2021             | Walsall       | Chase           | 3     |
| 32.98 | 448    | R     | 06/10/19 | Swim England National County Team Champs 2019 D2 | Sheffield     | Staffs          | 2     |
| 33.15 | 441    | H     | 26/09/21 | Boldmere Open                                    | Birmingham    | Chase           | 3     |
| 33.72 | 419    | H     | 13/07/19 | Wolverhampton SC Summer Open Meet                | Wolverhampton | Chase           | 3     |
| 33.84 | 415    | H     | 28/09/19 | The Roebuck Open Meet 2019                       | Stafford      | Chase           | 3     |
| 33.90 | 413    | F     | 01/02/20 | Staffordshire ASA County Swimming                | Stafford      | Chase           | 2     |
| 33.99 | 409    | H     | 29/09/18 | The Roebuck Open Meet 2018                       | Walsall       | Chase           | 3     |
| 34.11 | 405    | H     | 01/02/20 | Staffordshire ASA County Swimming                | Stafford      | Chase           | 2     |
| 34.70 | 385    | H     | 23/06/18 | Chase Club Championships                         | Walsall       | Chase           | 4     |
| 34.71 | 384    | H     | 01/07/18 | Worcester County Three Counties Competition      | Wolverhampton |                 | 2     |
| 34.91 | 378    | F     | 10/02/19 | Staffordshire ASA County Swimming Championships  | Stafford      | Chase           | 2     |
| 34.98 | 376    | F     | 11/02/18 | Staffordshire ASA Championships                  | Stafford      | Chase           | 2     |
| 35.18 | 360    | H     | 11/02/18 | Staffordshire ASA Championships                  | Stafford      | Chase           | 2     |

|       |     |   |          |   |               |       |   |
|-------|-----|---|----------|---|---------------|-------|---|
| 33.16 | 357 | H | 11/02/16 | Staffordshire ASA Championships                 | Stafford      | Chase | 2 |
| 35.43 | 361 | H | 10/02/19 | Staffordshire ASA County Swimming Championships | Stafford      | Chase | 2 |
| 36.74 | 324 | H | 16/07/17 | Wolverhampton Summer Open Meet                  | Wolverhampton | Chase | 3 |
| 36.98 | 318 | H | 18/11/17 | City of Hereford Open Meet 2017                 | Hereford      | Chase | 3 |
| 37.39 | 307 | H | 16/12/17 | Leicester Sharks Christmas County Qualifier     | Nuneaton      | Chase | 3 |
| 37.75 | 299 | H | 24/06/17 | Chase Club Level 4 Championships                | Walsall       | Chase | 4 |
| 38.17 | 289 | F | 12/02/17 | Staffordshire ASA Championships                 | Stafford      | Chase | 2 |
| 39.50 | 261 | H | 12/02/17 | Staffordshire ASA Championships                 | Stafford      | Chase | 2 |
| 39.91 | 253 | H | 17/12/16 | Leicester Sharks Christmas County Qualifier     | Nuneaton      | Chase | 3 |
| 40.02 | 251 | H | 29/01/17 | Long Eaton 2017                                 | Derby         | Chase | 3 |
| 40.28 | 246 | H | 04/12/16 | Wyre Forest County Qualifier                    | Wolverhampton | Chase | 3 |
| 41.33 | 228 | H | 02/10/16 | Stafford Apex 2016 Autumn Open Meet             | Stafford      | Chase | 3 |
| 41.41 | 226 | H | 19/11/16 | City of Hereford Open Meet                      | Hereford      | Chase | 3 |
| 41.86 | 219 | H | 17/07/16 | Wolverhampton Level 3 Sprint Meet               | Wolverhampton | Chase | 3 |
| 42.12 | 215 | H | 23/11/16 | Chase 50m All Strokes Time Trials               | Cannock       | Chase | 4 |
| 42.32 | 212 | H | 18/06/16 | Chase Club Championships                        | Cannock       | Chase | 4 |
| 43.84 | 191 | F | 11/07/15 | Torfaen Dolphins Spring Meet 2015               | Newport       | Chase | 3 |

## Swims in Date Order

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| 30.40 | 573    | H     | 21/10/23 | City of Birmingham Winter Open Meet 2023         | Birmingham    | Co Birm'ham     | 2     |
| 31.14 | 533    | F     | 21/01/23 | Staffordshire ASA Championships 2023             | Stafford      | Chase           | 2     |
| 31.03 | 538    | F     | 21/01/23 | Staffordshire ASA Championships 2023             | Stafford      | Chase           | 2     |
| 30.92 | 544    | H     | 21/01/23 | Staffordshire ASA Championships 2023             | Stafford      | Chase           | 2     |
| 30.00 | 596    | H     | 02/12/22 | National Winter Championships 2022               | Sheffield     | Chase           | 2     |
| 30.61 | 561    | H     | 06/11/22 | SE West Midlands Winter Short Course Champs 2022 | Coventry      | Chase           | 2     |
| 30.67 | 558    | F     | 05/11/22 | SE West Midlands Winter Short Course Champs 2022 | Coventry      | Chase           | 2     |
| 30.78 | 552    | H     | 15/10/22 | City of Birmingham Winter Open Meet              | Birmingham    | Chase           | 2     |
| 31.69 | 505    | H     | 01/10/22 | Chase Roebuck Level 3 Open Meet 2022             | Walsall       | Chase           | 3     |
| 31.65 | 507    | F     | 13/02/22 | Staffordshire ASA County Championships 2022      | Stafford      | Chase           | 2     |
| 31.54 | 513    | H     | 13/02/22 | Staffordshire ASA County Championships 2022      | Stafford      | Chase           | 2     |
| 32.51 | 468    | H     | 27/11/21 | Nuneaton & Bedworth Winter Open Meet             | Nuneaton      | Chase           | 3     |
| 31.15 | 532    | H     | 07/11/21 | Swim England West Midlands Regional              | Coventry      | Chase           | 2     |
| 32.64 | 462    | H     | 16/10/21 | Chase Roebuck Level 3 Open Meet 2021             | Walsall       | Chase           | 3     |
| 33.15 | 441    | H     | 26/09/21 | Boldmere Open                                    | Birmingham    | Chase           | 3     |
| 33.90 | 413    | F     | 01/02/20 | Staffordshire ASA County Swimming                | Stafford      | Chase           | 2     |
| 34.11 | 405    | H     | 01/02/20 | Staffordshire ASA County Swimming                | Stafford      | Chase           | 2     |
| 32.98 | 448    | R     | 06/10/19 | Swim England National County Team Champs 2019 D2 | Sheffield     | Staffs          | 2     |
| 33.84 | 415    | H     | 28/09/19 | The Roebuck Open Meet 2019                       | Stafford      | Chase           | 3     |
| 33.72 | 419    | H     | 13/07/19 | Wolverhampton SC Summer Open Meet                | Wolverhampton | Chase           | 3     |
| 34.91 | 378    | F     | 10/02/19 | Staffordshire ASA County Swimming Championships  | Stafford      | Chase           | 2     |
| 35.43 | 361    | H     | 10/02/19 | Staffordshire ASA County Swimming Championships  | Stafford      | Chase           | 2     |
| 33.99 | 409    | H     | 29/09/18 | The Roebuck Open Meet 2018                       | Walsall       | Chase           | 3     |
| 34.71 | 384    | H     | 01/07/18 | Worcester County Three Counties Competition      | Wolverhampton | Chase           | 2     |
| 34.70 | 385    | H     | 23/06/18 | Chase Club Championships                         | Walsall       | Chase           | 4     |
| 34.98 | 376    | F     | 11/02/18 | Staffordshire ASA Championships                  | Stafford      | Chase           | 2     |
| 35.18 | 369    | H     | 11/02/18 | Staffordshire ASA Championships                  | Stafford      | Chase           | 2     |
| 37.39 | 307    | H     | 16/12/17 | Leicester Sharks Christmas County Qualifier      | Nuneaton      | Chase           | 3     |
| 36.98 | 318    | H     | 18/11/17 | City of Hereford Open Meet 2017                  | Hereford      | Chase           | 3     |
| 36.74 | 324    | H     | 16/07/17 | Wolverhampton Summer Open Meet                   | Wolverhampton | Chase           | 3     |
| 37.75 | 299    | H     | 24/06/17 | Chase Club Level 4 Championships                 | Walsall       | Chase           | 4     |
| 38.17 | 289    | F     | 12/02/17 | Staffordshire ASA Championships                  | Stafford      | Chase           | 2     |

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| 39.50 | 261 | H | 12/02/17 | Staffordshire ASA Championships             | Stafford      | Chase | 2 |
| 40.02 | 251 | H | 29/01/17 | Long Eaton 2017                             | Derby         | Chase | 3 |
| 39.91 | 253 | H | 17/12/16 | Leicester Sharks Christmas County Qualifier | Nuneaton      | Chase | 3 |
| 40.28 | 246 | H | 04/12/16 | Wyre Forest County Qualifier                | Wolverhampton | Chase | 3 |
| 42.12 | 215 | H | 23/11/16 | Chase 50m All Strokes Time Trials           | Cannock       | Chase | 4 |
| 41.41 | 226 | H | 19/11/16 | City of Hereford Open Meet                  | Hereford      | Chase | 3 |
| 41.33 | 228 | H | 02/10/16 | Stafford Apex 2016 Autumn Open Meet         | Stafford      | Chase | 3 |
| 41.86 | 219 | H | 17/07/16 | Wolverhampton Level 3 Sprint Meet           | Wolverhampton | Chase | 3 |
| 42.32 | 212 | H | 18/06/16 | Chase Club Championships                    | Cannock       | Chase | 4 |
| 43.84 | 191 | F | 11/07/15 | Torfaen Dolphins Spring Meet 2015           | Newport       | Chase | 3 |