

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans 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
30.84	368	F	17/11/19	Watford November 2019 County Qualifier	Garston	Co St Albans	3
30.86	367	F	10/03/19	CoStA Spring Open 2019	St Albans	Co St Albans	3
31.04	361	F	25/06/17	City of St Albans Club Championships 2017	St Albans	Co St Albans	4
31.04	361	H	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	Co St Albans	3
31.18	356	F	27/01/18	Hertfordshire County Championships	Borehamwood	Co St Albans	2
31.32	351	F	18/11/18	Watford November 2018 County Qualifier	Garston	Co St Albans	3
31.40	349	F	30/09/17	City of St Albans Club Sprint Night	St Albans	Co St Albans	4
31.59	342	F	29/09/18	CoStA Club Sprint Night 2018	St Albans	Co St Albans	4
31.67	340	F	08/03/20	Watford March 2020 Regional Qualifier	Garston	Co St Albans	3
31.69	339	F	17/06/17	The Terry Davies Alternative Nationals	Watford	Co St Albans	3
31.74	338	H	26/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	Co St Albans	2
31.84	334	F	04/03/18	Watford Regional Qualifier	Watford	Co St Albans	3
31.84	334	F	10/03/18	CoStA Spring Open Meet 2018	St Albans	Co St Albans	3
31.94	331	H	16/09/17	9th Hoddesdon Novice Meet	Harlow	Co St Albans	3
32.23	322	H	24/09/16	Team Luton September Short Course Meet	Luton	Co St Albans	2
32.29	321	F	26/03/17	City of St Albans Spring Open Meet	St Albans	Co St Albans	3
32.30	320	F	26/11/17	Watford November 2017 County Qualifier	Garston	Co St Albans	3
32.30	320	H	15/09/18	9th Hoddesdon Novice Open Meet	Borehamwood	Co St Albans	3
32.41	317	F	26/11/16	St Albans Open Meet	St Albans	Co St Albans	3
32.56	313	F	19/03/17	Watford Regional Qualifier	Watford	Co St Albans	3
32.81	306	F	16/06/18	City of St Albans Club Championships 2018	Westminster Lodge LC	Co St Albans	4
33.50	287	F	01/10/16	City of St Albans 2016 Sprint Night	St Albans	Co St Albans	4
33.89	277	H	28/01/17	Herts County Champs & Age Group Champs	Borehamwood	Co St Albans	2
34.17	270	F	27/10/20	City of St Albans Swimming Club	st Albans		0
34.89	254	H	25/01/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
35.00	252	F	25/01/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
35.10	240	F	10/10/20	City of St Albans	Westminster Lodge		0

35.10	249	F	19/12/20	City of St Albans	Westminster Lodge		
35.17	248	H	29/10/16	Cheshunt Open Meet	Harlow	Co St Albans	3
35.31	245	F	28/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4
35.39	243	F	13/03/16	Watford Regional Qualifier	Watford	Co St Albans	3
35.51	241	F	25/06/16	The Terry Davies Alternative Nationals 2016	Watford	Co St Albans	3
35.65	238	F	22/11/15	Watford November County Qualifier Open Meet	Watford	Co St Albans	3
36.85	215	F	19/09/15	City of St Albans ASC September Sprint Meet	St Albans	Co St Albans	4
37.33	207	H	31/10/15	Cheshunt Open Meet	Harlow		3
38.90	183	F	22/03/15	Hertfordshire County Championships	Borehamwood	Co St Albans	2
39.13	180	F	27/06/15	The Terry Davies Alternative Nationals	Watford	Co St Albans	3
40.44	163	H	01/11/14	Cheshunt 10th Annual Open Meet	Harlow		3
40.54	162	F	22/11/14	Hatfield Winter Gala	Hatfield	Co St Albans	3
40.65	160	F	24/01/15	City of St Albans Club Championships	St Albans	Co St Albans	4
43.02	135	F	26/04/14	St Albans District Primary Trials Gala 2014	St Albans	Co St Albans	4
43.16	134	F	02/02/14	Hertsmere Flyers Last Chance "No Frills" Gala	Barnet	Co St Albans	3
43.42	132	F	19/01/14	City of St Albans Club Championships Round 1	St Albans	Co St Albans	4
44.03	126	F	16/03/14	Hertfordshire County Championships	Borehamwood	Co St Albans	2
44.35	123	F	06/07/14	City of St Albans Open Meet	St Albans	Co St Albans	3
45.14	117	F	20/10/13	Hemel Hempstead 100th Birthday Open Meet	Hemel Hempstead	Co St Albans	3
54.61	66	F	19/01/13	City of St Albans ASC Club Championships	St Albans	Co St Albans	4
54.99	65	F	09/03/13	St Albans District Primary Trials Gala 2013	St Albans	Co St Albans	4
55.25	64	F	20/10/12	Hemel Hempstead SC 99th Birthday Meet	Hemel Hempstead	Co St Albans	3
1:08.95	32	F	21/01/12	City of St Albans Club Championships	Hatfield	Co St Albans	4

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