

# Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 200 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 |
|---------|--------|-------|----------|---|----------------------|-----------------|-------|
| 2:09.24 | 454    | H     | 29/09/19 | Team Luton September Open Meet              | Luton                | Co St Albans    | 3     |
| 2:11.94 | 427    | F     | 22/06/19 | The Terry Davies Alternative Nationals      | Woodside             | Co St Albans    | 3     |
| 2:13.12 | 415    | F     | 10/03/18 | CoStA Spring Open Meet 2018                 | St Albans            | Co St Albans    | 3     |
| 2:13.35 | 413    | F     | 16/03/19 | Watford Regional Qualifier 2019             | Garston              | Co St Albans    | 3     |
| 2:13.40 | 413    | F     | 07/03/20 | Watford March 2020 Regional Qualifier       | Garston              | Co St Albans    | 3     |
| 2:14.08 | 407    | F     | 18/11/18 | Watford November 2018 County Qualifier      | Garston              | Co St Albans    | 3     |
| 2:14.50 | 403    | F     | 24/06/17 | City of St Albans Club Championships 2017   | St Albans            | Co St Albans    | 4     |
| 2:14.53 | 403    | F     | 26/03/17 | City of St Albans Spring Open Meet          | St Albans            | Co St Albans    | 3     |
| 2:16.06 | 389    | F     | 17/06/17 | The Terry Davies Alternative Nationals      | Watford              | Co St Albans    | 3     |
| 2:16.09 | 389    | H     | 16/09/17 | 9th Hoddesdon Novice Meet                   | Harlow               | Co St Albans    | 3     |
| 2:16.73 | 383    | F     | 03/03/18 | Watford Regional Qualifier                  | Watford              | Co St Albans    | 3     |
| 2:17.87 | 374    | F     | 14/03/20 | City of St Albans Spring Open Meet          | St Albans            | Co St Albans    | 3     |
| 2:18.28 | 371    | H     | 15/09/18 | 9th Hoddesdon Novice Open Meet              | Borehamwood          | Co St Albans    | 3     |
| 2:19.07 | 364    | F     | 26/11/16 | St Albans Open Meet                         | St Albans            | Co St Albans    | 3     |
| 2:19.09 | 364    | F     | 26/11/17 | Watford November 2017 County Qualifier      | Garston              | Co St Albans    | 3     |
| 2:19.68 | 360    | F     | 28/01/17 | Herts County Champs & Age Group Champs      | Borehamwood          | Co St Albans    | 2     |
| 2:21.32 | 347    | F     | 17/06/18 | City of St Albans Club Championships 2018   | Westminster Lodge LC | Co St Albans    | 4     |
| 2:21.38 | 347    | F     | 25/06/16 | The Terry Davies Alternative Nationals 2016 | Watford              | Co St Albans    | 3     |
| 2:23.93 | 329    | H     | 24/09/16 | Team Luton September Short Course Meet      | Luton                | Co St Albans    | 2     |
| 2:25.21 | 320    | F     | 12/03/16 | Watford Regional Qualifier                  | Watford              | Co St Albans    | 3     |
| 2:26.99 | 308    | F     | 02/07/16 | City of St Albans Club Championships        | St Albans            | Co St Albans    | 4     |
| 2:27.29 | 307    | F     | 25/01/16 | Hertfordshire County Championships          | Borehamwood          | Co St Albans    | 2     |
| 2:27.76 | 304    | H     | 18/12/16 | Hatfield Christmas Gala                     | Hatfield             |                 | 3     |
| 2:30.31 | 288    | H     | 17/10/15 | Bishops Stortford 7th Autumn Open Meet      | Borehamwood          |                 | 2     |
| 2:30.37 | 288    | F     | 28/11/15 | City of St Albans Invitational Meet         | St Albans            | Co St Albans    | 4     |
| 2:32.06 | 279    | F     | 22/11/15 | Watford November County Qualifier Open Meet | Watford              | Co St Albans    | 3     |
| 2:35.73 | 250    | F     | 15/02/15 | Hertfordshire County Championships          | Borehamwood          | Co St Albans    | 2     |

|         |     |   |          |   |                 |              |   |
|---------|-----|---|----------|---|-----------------|--------------|---|
| 2:33.73 | 239 | F | 13/03/13 | Hertfordshire County Championships            | Borehamwood     | Co St Albans | 2 |
| 2:37.09 | 253 | F | 27/06/15 | The Terry Davies Alternative Nationals        | Watford         | Co St Albans | 3 |
| 2:43.14 | 225 | F | 22/11/14 | Hatfield Winter Gala                          | Hatfield        | Co St Albans | 3 |
| 2:43.77 | 223 | H | 16/11/14 | Team Luton Autumn Short Course Meet           | Luton           |              | 2 |
| 2:45.88 | 214 | F | 18/10/14 | Hemel Hempstead SC 101st Birthday Open        | Hemel Hempstead | Co St Albans | 3 |
| 2:48.65 | 204 | F | 18/01/15 | Watford County Qualifier Open Meet            | Watford         | Co St Albans | 3 |
| 2:49.81 | 200 | F | 09/03/14 | Hertfordshire ASA County Championships        | Borehamwood     | Co St Albans | 2 |
| 2:50.87 | 196 | F | 10/05/14 | Mid Beds Swim Squad L2 Open Meet              | Biggleswade     | Co St Albans | 2 |
| 2:51.64 | 194 | F | 24/01/15 | City of St Albans Club Championships          | St Albans       | Co St Albans | 4 |
| 2:58.57 | 172 | F | 06/07/14 | City of St Albans Open Meet                   | St Albans       | Co St Albans | 3 |
| 2:58.98 | 171 | F | 19/01/14 | City of St Albans Club Championships Round 1  | St Albans       | Co St Albans | 4 |
| 2:59.09 | 170 | F | 02/02/14 | Hertsmere Flyers Last Chance "No Frills" Gala | Barnet          | Co St Albans | 3 |
| 3:09.06 | 145 | F | 24/11/13 | Hitchin Open Meet 2013                        | Hitchin         | Co St Albans | 3 |
| 3:11.10 | 140 | F | 20/10/13 | Hemel Hempstead 100th Birthday Open Meet      | Hemel Hempstead | Co St Albans | 3 |
| 3:29.19 | 107 | F | 26/01/13 | City of St Albans ASC Club Championships      | St Albans       | Co St Albans | 4 |

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| Time    | WA Pts | Round | Date     | Meet  | Venue                | Club Swam Under | Level |
|---------|--------|-------|----------|---|----------------------|-----------------|-------|
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| 2:58.57 | 172    | F     | 06/07/14 | City of St Albans Open Meet                 | St Albans            | Co St Albans    | 3     |
| 2:50.87 | 196    | F     | 10/05/14 | Mid Beds Swim Squad L2 Open Meet            | Biggleswade          | Co St Albans    | 2     |

|         |     |   |          |   |                 |              | Page 3 / 3 |
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| 2:49.81 | 200 | F | 09/03/14 | Hertfordshire ASA County Championships        | Borehamwood     | Co St Albans | 2          |
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| 3:11.10 | 140 | F | 20/10/13 | Hemel Hempstead 100th Birthday Open Meet      | Hemel Hempstead | Co St Albans | 3          |
| 3:29.19 | 107 | F | 26/01/13 | City of St Albans ASC Club Championships      | St Albans       | Co St Albans | 4          |