

# Individual Best Times (All Time)

Luke Falkingham - (1150918) - Southport SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.56	26.80	436	31/07/21	North West Summer Festival of Swimming	Manchester	NW210293	1
100 Freestyle	1:00.45	59.10	465	25/07/21	North West Summer Festival of Swimming	Manchester	NW210291	1
200 Freestyle	2:15.80	2:13.20	423	14/03/20	Liverpool Spring Open Meet 2020	Liverpool	NW200058	1
400 Freestyle	4:49.47	4:44.60	439	26/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200179	1
100 Backstroke	1:31.90	1:31.00	177	17/01/15	City of Liverpool Level 1 Winter Meet Plus	Liverpool	NW150140	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.61	28.40	389	28/09/19	North Lancashire Level 2 Age Groups & Champs	Blackpool	NW191770	2
100 Freestyle	1:00.29	1:01.70	411	14/11/19	Southport Club Championships	Dunes LC	NW193170	4
200 Freestyle	2:11.02	2:13.60	436	19/11/19	Southport Club Championships	Dunes LC	NW193171	4
400 Freestyle	4:36.27	4:41.30	453	12/11/19	Southport Club Championships	Dunes LC	NW193169	4
1500 Freestyle	19:33.17	19:50.60	376	25/02/18	PSC DISTANCE MEET 2018 - L3 OPEN MEET	Preston	NW180654	3
50 Butterfly	37.81	38.30	190	03/12/16	Preston Christmas Countdown Open Meet	Darwen	NW161920	3
100 Butterfly	1:41.03	1:41.80	105	28/06/15	Preston Summer Spectacular - L3 Open	Darwen	NW150775	3
50 Backstroke	34.94	35.50	253	15/07/18	Southport End of Season 'Sprint Finale'	Knowsley	NW180434	3
100 Backstroke	1:14.25	1:15.30	275	20/10/18	Liverpool & District SWPA Age Group & Swim Champs	Knowsley	NW182012	2
200 Backstroke	2:42.29	2:44.30	275	14/11/17	Southport Club Championships	Southport	NW172454	4
200 Individual Medley	3:04.37	3:06.50	210	05/12/15	Preston Christmas Countdown 2015 L3 Open Meet	Darwen	NW151989	3
100 Individual Medley	1:28.04	1:28.00	175	27/06/15	Preston Summer Spectacular - L3 Open	Darwen	NW150775	3