

# Individual Best Times (All Time)

Luke Poulton - (1178518) - Wycombe District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.74	24.90	536	24/09/23	2023 Wycombe District SC Club Championships LC L4	Wycombe	SE231695	4
100 Freestyle	55.91	54.40	588	13/01/24	Berkshire & South Bucks County Championships 2024	Wycombe	SE240001	1
200 Freestyle	1:58.20	1:55.20	642	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
400 Freestyle	4:21.05	4:15.60	599	21/05/22	Swim England Talent Team Prep the Pool	Birmingham	ENG021	1
800 Freestyle	9:36.16	9:26.00	483	25/05/19	Swim England South East 14 & U Championships 2019	Crawley	SE191559	1
1500 Freestyle	16:41.95	16:21.20	656	22/07/23	British Summer Championships	Sheffield	BSW025	1
50 Breaststroke	32.47	31.50	510	25/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	NE220037	1
100 Breaststroke	1:09.44	1:07.60	549	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
200 Breaststroke	2:27.93	2:24.30	610	06/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
50 Butterfly	27.40	26.70	536	15/04/22	Portsmouth Northsea SC Easter Meet 2022	Mountbatten Cen	SE220162	1
100 Butterfly	1:00.02	58.70	559	26/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	NE220037	1
200 Butterfly	2:31.12	2:29.00	389	12/01/20	BSBASA County Championships	Wycombe	SE200053	1
50 Backstroke	27.93	27.20	599	14/01/24	Berkshire & South Bucks County Championships 2024	Wycombe	SE240001	1
100 Backstroke	59.79	58.40	642	28/01/24	Berkshire & South Bucks County Championships 2024	Wycombe	SE240002	1
200 Backstroke	2:11.38	2:08.80	618	27/01/24	Berkshire & South Bucks County Championships 2024	Wycombe	SE240002	1
200 Individual Medley	2:06.76	2:03.60	727	06/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
400 Individual Medley	4:31.07	4:24.50	715	04/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.25	28.00	404	25/10/20	Wycombe District SC	Wycombe	LEX033	0
100 Freestyle	55.26	56.70	534	06/11/22	SE South East Regional Winter SC Champs 2022	Winchester	SE222021	2
200 Freestyle	2:00.73	2:03.60	557	21/11/21	Guildford City SC L2 Winter Open Meet	Surrey	SE210855	2
400 Freestyle	4:19.52	4:24.90	547	16/10/21	Team Bath AS TYR Super Series	Millfield	SW210423	2
800 Freestyle	8:50.27	9:01.00	584	14/10/22	Millfield & Team Bath AS Level 2 Short Course Meet	Millfield	SW221660	2
1500 Freestyle	15:45.71	16:07.20	718	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
50 Breaststroke	31.85	32.80	480	20/11/22	Guildford City SC Level 2 Winter Open	Guildford	SE220865	2
100 Breaststroke	1:09.17	1:11.00	510	20/11/22	Guildford City SC Level 2 Winter Open	Guildford	SE220865	2
200 Breaststroke	2:28.60	2:32.10	528	07/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
50 Butterfly	26.40	27.10	559	18/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
100 Butterfly	59.03	1:00.30	530	05/11/22	SE South East Regional Winter SC Champs 2022	Winchester	SE222021	2
200 Butterfly	2:27.01	2:29.10	383	24/11/19	2019 Wycombe County & Regional Qualifier	Wycombe	SE192906	3
50 Backstroke	27.22	27.90	535	18/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
100 Backstroke	58.59	59.90	561	11/12/21	National Arena Swimming League South Round 3	Wycombe	SE211571	2
200 Backstroke	2:05.30	2:07.90	599	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
200 Individual Medley	2:03.40	2:06.50	701	09/12/23	National Arena Swimming League South Round 3 Final	High Wycombe	SE232568	2
400 Individual Medley	4:29.79	4:36.20	659	25/06/23	Hatfield SC Summer Meet 2023	Hatfield	ER230407	2
100 Individual Medley	58.66	58.70	592	25/06/23	Hatfield SC Summer Meet 2023	Hatfield	ER230407	2