

Individual Best Times (All Time)

Luke Buckingham - (1239084) - Rushmoor Royals SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.39	26.60	444	23/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
100 Freestyle	1:01.09	59.70	451	24/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
200 Freestyle	2:20.91	2:18.40	379	18/12/22	Winchester Winter Sparkler Meet 2022	Winchester	SE222312	3
400 Freestyle	5:22.12	5:17.70	318	17/07/22	Rushmoor Royals End of Season Meet 2022	Aldershot	SE221425	3
50 Breaststroke	32.16	31.20	525	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
100 Breaststroke	1:10.32	1:08.50	529	29/04/23	SE South East Region Summer Championships 2023	Wycombe	SE230799	1
200 Breaststroke	2:32.53	2:29.00	556	06/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
50 Butterfly	30.93	30.30	373	17/12/22	Winchester Winter Sparkler Meet 2022	Winchester	SE222312	3
100 Butterfly	1:16.06	1:15.10	274	16/07/22	Rushmoor Royals End of Season Meet 2022	Aldershot	SE221425	3
50 Backstroke	31.26	30.60	427	26/02/23	Hampshire ASA County Championships 2023	Winchester	SE230251	1
100 Backstroke	1:07.81	1:06.60	440	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
200 Backstroke	2:40.66	2:38.60	338	26/02/22	Rushmoor Royals February Regional Qualifier	Aldershot Garrison	SE220362	3
200 Individual Medley	2:27.54	2:24.80	461	03/12/22	RRSC Last Chance County Qualifier 22	Aldershot	SE222310	3
400 Individual Medley	6:52.71	6:48.40	202	22/02/20	Rushmoor Royals L3 Spring Regional Qualifier	Aldershot	SE200611	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.79	27.60	426	22/06/24	Rushmoor Royals Summer L2 Short Course Open Meet	Aldershot	SE240423	2
100 Freestyle	59.70	1:01.10	423	19/11/22	Swim Bournemouth Winter Meet 2022	Littledown	SW221934	2
200 Freestyle	2:19.82	2:22.30	358	01/10/22	Rushmoor Royals SC Autumn Open Meet 2022	Aldershot	SE222022	3
50 Breaststroke	31.34	32.30	504	23/06/24	Rushmoor Royals Summer L2 Short Course Open Meet	Aldershot	SE240423	2
100 Breaststroke	1:08.49	1:10.30	525	22/06/24	Rushmoor Royals Summer L2 Short Course Open Meet	Aldershot	SE240423	2
200 Breaststroke	2:29.09	2:32.60	523	23/06/24	Rushmoor Royals Summer L2 Short Course Open Meet	Aldershot	SE240423	2
50 Butterfly	31.66	32.30	324	01/10/22	Rushmoor Royals SC Autumn Open Meet 2022	Aldershot	SE222022	3
100 Butterfly	1:42.39	1:43.10	101	15/12/19	Rushmoor Royals First Come First Serve Sprint Meet	Hart	SE192484	3
50 Backstroke	30.09	30.70	396	22/06/24	Rushmoor Royals Summer L2 Short Course Open Meet	Aldershot	SE240423	2
100 Backstroke	1:06.98	1:08.20	375	19/11/22	Swim Bournemouth Winter Meet 2022	Littledown	SW221934	2
200 Backstroke	2:42.27	2:44.30	275	07/11/21	Fareham Nomads Winter Meet 2021	Waterlooville	SE210594	3
200 Individual Medley	2:25.12	2:27.80	431	16/10/22	The Winchester Autumn Qualifier	Winchester	SE221723	2
100 Individual Medley	1:04.52	1:04.50	445	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2