

# Individual Best Times (All Time)

Luke Withers - (408263) - Maidenhead ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.63	26.90	433	27/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
100 Freestyle	59.63	58.20	485	05/04/14	Derventio Excel 8th LC Open Meet	Sheffield	EM4029	1
200 Freestyle	2:10.17	2:07.50	481	05/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
400 Freestyle	4:34.06	4:28.90	517	12/04/15	Rushmoor Royals Spring NQ Open Meet	Aldershot	SE150233	1
1500 Freestyle	18:59.50	18:41.20	446	17/05/14	Bracknell & Wokingham SC L1 Distance Meet	Aldershot	SE4048	1
50 Breaststroke	47.01	46.30	168	13/04/13	The Bracknell Spring Level 3 Open Meet	Aldershot	SE3131	3
200 Breaststroke	3:25.06	3:22.50	229	13/04/13	The Bracknell Spring Level 3 Open Meet	Aldershot	SE3131	3
50 Butterfly	31.69	31.10	347	15/11/14	Aquae Sulis Grand Prix	Bristol	SW4483	1
100 Butterfly	1:08.90	1:07.80	369	27/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
50 Backstroke	32.75	32.10	371	06/04/14	Derventio Excel 8th LC Open Meet	Sheffield	EM4029	1
100 Backstroke	1:12.06	1:10.90	367	03/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
200 Backstroke	2:36.56	2:34.40	365	16/11/14	Aquae Sulis Grand Prix	Bristol	SW4483	1
200 Individual Medley	2:34.13	2:31.60	404	19/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	SE160096	1
400 Individual Medley	5:40.57	5:35.40	361	14/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	SE3309	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.71	27.50	429	28/01/17	Berks & Sth Bucks ASA 2017 County Championships	Maidenhead	SE170069	2
100 Freestyle	57.06	58.50	485	15/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	SE170068	2
200 Freestyle	2:04.68	2:07.40	506	03/10/15	City of Southampton SC 15th James Moreno Open Meet	Southampton	SE150634	2
400 Freestyle	4:26.59	4:31.80	504	21/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidstone	CC150818	2
1500 Freestyle	19:58.41	20:15.50	352	22/09/13	Windsor SC Club Championships	Windsor	SE3836	4
50 Breaststroke	38.78	39.60	266	18/06/16	BHSC End of Season Open Meet 2016	Hendon	LR161077	3
100 Breaststroke	1:32.26	1:33.60	215	20/09/14	Maidenhead Marlins Level 4 Meet	Maidenhead	SE4366	4
200 Breaststroke	3:08.70	3:11.50	258	10/05/14	Maidenhead Marlins Level 4 Meet	Maidenhead	SE4366	4
50 Butterfly	29.66	30.30	394	02/10/16	16th James Moreno Open Meet	Southampton	SE160690	2
100 Butterfly	1:05.53	1:06.70	387	15/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	SE170068	2
200 Butterfly	2:39.40	2:41.40	301	20/09/14	Maidenhead Marlins Level 4 Meet	Maidenhead	SE4366	4
50 Backstroke	31.04	31.70	361	02/10/16	16th James Moreno Open Meet	Southampton	SE160690	2
100 Backstroke	1:07.11	1:08.30	373	18/06/16	BHSC End of Season Open Meet 2016	Hendon	LR161077	3
200 Backstroke	2:30.52	2:32.70	345	20/09/14	Maidenhead Marlins Level 4 Meet	Maidenhead	SE4366	4
200 Individual Medley	2:26.53	2:29.20	418	11/07/15	Black Swan Summer Open Meet 2015 (non nat qual)	Walton-on-Thames	SE151021	3
400 Individual Medley	5:19.53	5:25.00	396	21/05/16	Maidenhead Level 4 Series	Maidenhead	SE160886	4
100 Individual Medley	1:11.28	1:11.30	330	21/05/16	Maidenhead Level 4 Series	Maidenhead	SE160886	4