

Individual Best Times (All Time)

Luke Fowle - (967395) - Medway Maritime Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.50	25.70	491	02/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200207	1
100 Freestyle	58.82	57.40	505	21/07/19	BPSC End Of Season Meet 2019	Basildon	ER190187	3
200 Freestyle	2:09.97	2:07.30	483	04/02/18	Kent Swimming Championships 2018	Crystal Palace	SE180334	1
400 Freestyle	4:39.41	4:34.30	488	20/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180332	1
50 Breaststroke	31.67	30.70	550	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
100 Breaststroke	1:13.31	1:11.60	467	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
200 Breaststroke	2:45.24	2:42.00	437	03/02/19	Kent Swimming Championships 2019	Crystal Palace	SE190349	1
50 Butterfly	27.53	26.80	529	01/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200207	1
100 Butterfly	1:01.91	1:00.70	509	31/07/18	Swim Wales Summer Nationals	Swansea	WL180091	1
200 Butterfly	2:27.60	2:25.40	417	05/05/18	Swim England South East Championships 2018	Wycombe	SE181206	1
50 Backstroke	32.70	32.10	373	20/01/19	Kent Swimming Championships 2019	London	SE190347	1
100 Backstroke	1:14.00	1:12.90	339	04/02/17	Kent Swimming Championships	Crystal Palace	SE170173	1
200 Individual Medley	2:27.07	2:24.40	465	20/07/19	BPSC End Of Season Meet 2019	Basildon	ER190187	3
400 Individual Medley	5:23.21	5:17.70	422	21/01/17	Kent Swimming Championships	Crystal Palace	SE170171	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.32	26.10	504	23/11/19	Black Lion Level 3 Winter Open Meet	Gillingham	SE193232	3
100 Freestyle	56.93	58.40	488	23/11/19	Black Lion Level 3 Winter Open Meet	Gillingham	SE193232	3
200 Freestyle	2:05.78	2:08.50	493	08/07/18	Thanet Club Championships	Hartsdown	SE180925	4
400 Freestyle	4:32.35	4:37.50	473	17/12/17	Bromley Christmas Gold Open Meet 2017	Gillingham	LR171165	3
50 Breaststroke	31.55	32.50	494	02/03/24	Medway ASA Championships 2024	Maidstone	SE240444	3
100 Breaststroke	1:10.29	1:12.10	486	14/12/19	NASL South Round 3	Gillingham	SE193322	3
200 Breaststroke	2:35.96	2:39.30	457	24/11/19	Black Lion Level 3 Winter Open Meet	Gillingham	SE193232	3
50 Butterfly	27.29	28.00	506	24/11/19	Black Lion Level 3 Winter Open Meet	Gillingham	SE193232	3
100 Butterfly	1:00.74	1:02.00	486	24/11/19	Black Lion Level 3 Winter Open Meet	Gillingham	SE193232	3
200 Butterfly	2:22.69	2:24.90	419	17/12/17	Bromley Christmas Gold Open Meet 2017	Gillingham	LR171165	3
50 Backstroke	31.28	31.90	353	15/07/18	Thanet Club Championships	Hartsdown LC	SE180927	4
100 Backstroke	1:07.31	1:08.50	370	07/04/18	BLSC Regional Open Meet	Medway Park	SE180711	3
200 Backstroke	2:32.68	2:34.80	331	17/06/18	Thanet Club Championships	Hartsdown LC	SE180921	4
200 Individual Medley	2:22.05	2:24.80	459	16/12/18	TYR Festive Qualifier	Hartsdown	SE182427	3
400 Individual Medley	5:11.22	5:16.80	429	22/06/17	Thanet Club Championships	Margate	SE170662	4
100 Individual Medley	1:05.25	1:05.30	430	07/10/23	Medway ASA Championships 2023	Maidstone	SE230490	3