

Individual Best Times (All Time)

Jack Ford - (489167) - Tynemouth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.06	32.40	253	20/05/12	City of Sunderland ASC May Open Meet	Sunderland	NE2186	1
100 Freestyle	1:10.96	1:09.80	287	18/05/13	City of Sunderland May Open Meet	Sunderland	NE3324	1
200 Freestyle	2:33.62	2:31.30	292	03/11/12	City of Sunderland 2012 Firecracker	Sunderland	NE2749	1
400 Freestyle	5:14.85	5:10.40	341	18/05/13	City of Sunderland May Open Meet	Sunderland	NE3324	1
1500 Freestyle	20:45.86	20:29.20	341	02/11/12	City of Sunderland 2012 Firecracker	Sunderland	NE2749	1
50 Breaststroke	49.04	48.40	148	26/03/11	City of Sunderland Spring Meet	Sunderland	NE1256	3
100 Breaststroke	1:38.74	1:37.50	191	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
200 Breaststroke	3:26.66	3:24.10	223	06/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
50 Butterfly	38.83	38.30	188	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
100 Butterfly	1:25.17	1:24.30	195	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
100 Backstroke	1:29.04	1:28.10	194	06/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
200 Individual Medley	3:04.04	3:01.90	237	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.04	31.70	273	19/01/14	Newburn New Year Graded Meet	Stanley	NE4304	3
100 Freestyle	1:07.48	1:08.70	293	18/01/14	Newburn New Year Graded Meet	Stanley	NE4304	3
200 Freestyle	2:25.37	2:27.70	319	19/01/14	Newburn New Year Graded Meet	Stanley	NE4304	3
400 Freestyle	4:57.70	5:02.40	362	19/01/14	Newburn New Year Graded Meet	Stanley	NE4304	3
800 Freestyle	13:16.05	13:23.30	172	24/10/10	Autumn Graded Series 2010	Stanley	NE0532	3
1500 Freestyle	20:56.10	21:12.40	306	30/06/13	Tynemouth ASC Time Trials	Tynemouth	NE3058	4
50 Breaststroke	44.06	44.80	181	06/07/13	Newburn ASC 7th Annual Summer Gala	Tynemouth	NE3544	3
100 Breaststroke	1:34.79	1:36.10	198	14/12/13	Tynemouth ASC Club Championships	Tynemouth	NE3816	4
200 Breaststroke	3:18.97	3:21.60	220	24/03/13	Tynemouth ASC Time Trials	Tynemouth	NE3058	4
50 Butterfly	38.31	38.80	182	22/09/13	Richmond Dales Level 3 Meet	Durham	NE3654	3
100 Butterfly	1:21.82	1:22.70	199	20/04/13	South Tyneside SC April Spring Meet	Hebburn	NE3335	3
200 Butterfly	2:51.34	2:53.20	242	09/02/14	Tynemouth ASC Club Championships	Tynemouth	NE4065	4
50 Backstroke	36.77	37.30	217	09/02/14	Tynemouth ASC Club Championships	Tynemouth	NE4065	4
100 Backstroke	1:22.29	1:23.30	202	14/12/13	Tynemouth ASC Club Championships	Tynemouth	NE3816	4
200 Backstroke	2:52.10	2:54.00	231	21/09/13	Richmond Dales Level 3 Meet	Durham	NE3654	3
200 Individual Medley	2:46.88	2:49.20	283	19/01/14	Newburn New Year Graded Meet	Stanley	NE4304	3
400 Individual Medley	5:48.26	5:53.30	306	18/01/14	Newburn New Year Graded Meet	Stanley	NE4304	3
100 Individual Medley	1:26.53	1:26.50	184	11/06/11	Derwentside Charity Meet	Stanley	NE1373	4