

Individual Best Times (All Time)

Mark Ford - (932142) - Lanark

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.75	23.90	603	27/05/22	Glasgow International Swim Meet	Glasgow	SCO1893	1
100 Freestyle	53.78	52.20	661	01/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
200 Freestyle	2:00.49	1:57.60	606	30/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
400 Freestyle	4:24.16	4:18.80	578	02/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
800 Freestyle	9:22.46	9:12.10	519	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
1500 Freestyle	17:34.97	17:15.30	562	03/02/19	2019 SS West District LC Senior Age Group Champs	Glasgow	SCO1590	1
50 Breaststroke	34.06	33.10	442	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Breaststroke	1:17.41	1:15.80	396	30/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
200 Breaststroke	2:46.46	2:43.30	428	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
50 Butterfly	25.51	24.80	665	10/04/22	British Championships 2022	Sheffield	BSW020	1
100 Butterfly	56.27	54.90	678	03/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
200 Butterfly	2:04.77	2:02.20	691	04/06/21	British Swimming Glasgow Meet 2021 Seniors	Glasgow	BSW017	1
50 Backstroke	26.53	25.80	699	12/03/22	Edinburgh International 2022	Edinburgh	SCO1859	1
100 Backstroke	56.00	54.60	782	06/06/21	British Swimming Glasgow Meet 2021 Seniors	Glasgow	BSW017	1
200 Backstroke	2:05.39	2:02.70	711	03/06/21	British Swimming Glasgow Meet 2021 Seniors	Glasgow	BSW017	1
200 Individual Medley	2:10.76	2:07.70	662	27/05/22	Glasgow International Swim Meet	Glasgow	SCO1893	1
400 Individual Medley	4:51.22	4:45.10	577	15/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.91	24.80	599	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Freestyle	50.90	52.50	683	26/06/21	Tighinn Comhla	Various	LXX011	0
200 Freestyle	1:53.35	1:56.40	673	26/06/21	Tighinn Comhla	Various	LXX011	0
400 Freestyle	4:13.41	4:18.90	587	06/10/18	Lincoln Vulcans Short Course Level 2 Meet	Sheffield	EM180707	2
800 Freestyle	8:57.10	9:07.70	562	15/02/20	North Ayrshire 200	Ayrshire	SCO1802	2
1500 Freestyle	16:54.74	17:14.80	581	17/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
50 Breaststroke	32.67	33.60	445	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
100 Breaststroke	1:11.79	1:13.50	456	06/10/18	Lincoln Vulcans Short Course Level 2 Meet	Sheffield	EM180707	2
200 Breaststroke	2:35.93	2:39.30	457	15/02/20	North Ayrshire 200	Ayrshire	SCO1802	2
50 Butterfly	24.81	25.60	673	10/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
100 Butterfly	54.84	56.20	661	12/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
200 Butterfly	2:01.42	2:04.00	681	19/02/22	2022 SS West District SC Champs	Glasgow, Scotland	SCO1852	2
50 Backstroke	24.49	25.30	735	11/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
100 Backstroke	52.99	54.50	758	12/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
200 Backstroke	1:58.03	2:00.80	716	10/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
200 Individual Medley	2:05.23	2:08.30	670	18/12/21	National Leagues	Glasgow	SCO1838	2
400 Individual Medley	4:37.72	4:44.00	604	16/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
100 Individual Medley	56.18	56.20	674	11/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2