

# Individual Best Times (All Time)

Mark Ford - (932142) - Lanark - 100 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

| Time    | WA Pts | Round | Date     | Meet   | Venue         | Club Swam Under | Level |
|---------|--------|-------|----------|--|---------------|-----------------|-------|
| 53.78   | 661    | H     | 01/07/22 | Scottish National Open Championships 2022        | Aberdeen      |                 | 1     |
| 53.88   | 657    | R     | 27/03/19 | Scottish National Age Group Championships        | Tollcross     | Co Glasgow      | 1     |
| 54.22   | 645    | F     | 31/03/19 | Scottish National Age Group Championships        | Tollcross     | Co Glasgow      | 1     |
| 54.41   | 638    | H     | 29/05/22 | Glasgow International Swim Meet                  | Glasgow       |                 | 1     |
| 54.56   | 633    | H     | 27/06/19 | Scottish National Open Championships             | Aberdeen      | Co Glasgow      | 1     |
| 55.15   | 613    | F     | 24/02/22 | McCullagh International Meet                     | Bangor        |                 | 1     |
| 56.01   | 585    | F     | 14/07/18 | Scottish Summer Meet 2018                        | Aberdeen      | Co Glasgow      | 1     |
| 56.05   | 584    | H     | 31/03/19 | Scottish National Age Group Championships        | Tollcross     | Co Glasgow      | 1     |
| 56.14   | 581    | H     | 26/05/19 | Glasgow International Swim Meet                  | Tollcross     | Co Glasgow      | 1     |
| 56.44   | 572    | F     | 01/04/18 | Scottish National Age Group Championships        | Tollcross     | Co Glasgow      | 1     |
| 56.49   | 570    | F     | 29/04/18 | University of Aberdeen International Open        | Aberdeen      | Co Glasgow      | 1     |
| 56.65   | 565    | H     | 14/07/18 | Scottish Summer Meet 2018                        | Aberdeen      | Co Glasgow      | 1     |
| 56.81   | 561    | F     | 08/07/17 | Scottish Summer Meet                             | Edinburgh     | Co Glasgow      | 1     |
| 57.16   | 550    | H     | 01/04/18 | Scottish National Age Group Championships        | Tollcross     | Co Glasgow      | 1     |
| 57.54   | 540    | H     | 08/07/17 | Scottish Summer Meet                             | Edinburgh     | Co Glasgow      | 1     |
| 57.73   | 534    | F     | 04/02/18 | 2018 SS West District LC Age Group Championships | East Kilbride | Co Glasgow      | 1     |
| 57.89   | 530    | H     | 04/02/18 | 2018 SS West District LC Age Group Championships | East Kilbride | Co Glasgow      | 1     |
| 58.01   | 527    | H     | 29/04/18 | University of Aberdeen International Open        | Aberdeen      | Co Glasgow      | 1     |
| 58.59   | 511    | H     | 27/05/17 | East District Long Course Open Meet              | Edinburgh     | Co Glasgow      | 1     |
| 58.60   | 511    | F     | 15/01/17 | 2017 SASA West District LC AG R1 Championship    | East Kilbride | Lanark          | 1     |
| 59.09   | 498    | H     | 15/01/17 | 2017 SASA West District LC AG R1 Championship    | East Kilbride | Lanark          | 1     |
| 59.82   | 480    | F     | 16/07/16 | Scottish Summer Meet                             | Aberdeen      | Lanark          | 1     |
| 1:00.67 | 460    | H     | 16/07/16 | Scottish Summer Meet                             | Aberdeen      | Lanark          | 1     |
| 1:00.72 | 459    | F     | 04/06/16 | East Kilbride Long Course Open Age Group Meet    | East Kilbride | Lanark          | 2     |
| 1:02.18 | 428    | F     | 03/04/16 | Scottish National Age Group Championships        | Glasgow       | SLanarkshire    | 1     |
| 1:02.68 | 417    | H     | 03/04/16 | Scottish National Age Group Championships        | Glasgow       | SLanarkshire    | 1     |
| 1:05.17 | 388    | F     | 20/02/16 | Scottish National Age Group Championships        | Glasgow       | Lanark          | 1     |

|         |     |   |          |   |               |              |   |
|---------|-----|---|----------|---|---------------|--------------|---|
| 1:05.47 | 300 |   | 30/03/16 | Scottish National Age Group Championships | Glasgow       | Lanark       |   |
| 1:06.54 | 349 | F | 05/04/15 | Scottish National Age Group Championships | Aberdeen      | SLanarkshire | 1 |
| 1:06.91 | 343 | H | 07/02/15 | SASA West District JAG Championship       | East Kilbride | Lanark       | 1 |
| 1:07.51 | 334 | H | 05/04/15 | Scottish National Age Group Championships | Aberdeen      | SLanarkshire | 1 |
| 1:07.79 | 330 | F | 07/02/15 | SASA West District JAG Championship       | East Kilbride | Lanark       | 1 |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet   | Venue         | Club Swam Under | Level |
|---------|--------|-------|----------|--|---------------|-----------------|-------|
| 53.78   | 661    | H     | 01/07/22 | Scottish National Open Championships 2022        | Aberdeen      |                 | 1     |
| 54.41   | 638    | H     | 29/05/22 | Glasgow International Swim Meet                  | Glasgow       |                 | 1     |
| 55.15   | 613    | F     | 24/02/22 | McCullagh International Meet                     | Bangor        |                 | 1     |
| 54.56   | 633    | H     | 27/06/19 | Scottish National Open Championships             | Aberdeen      | Co Glasgow      | 1     |
| 56.14   | 581    | H     | 26/05/19 | Glasgow International Swim Meet                  | Tollcross     | Co Glasgow      | 1     |
| 54.22   | 645    | F     | 31/03/19 | Scottish National Age Group Championships        | Tollcross     | Co Glasgow      | 1     |
| 56.05   | 584    | H     | 31/03/19 | Scottish National Age Group Championships        | Tollcross     | Co Glasgow      | 1     |
| 53.88   | 657    | R     | 27/03/19 | Scottish National Age Group Championships        | Tollcross     | Co Glasgow      | 1     |
| 56.01   | 585    | F     | 14/07/18 | Scottish Summer Meet 2018                        | Aberdeen      | Co Glasgow      | 1     |
| 56.65   | 565    | H     | 14/07/18 | Scottish Summer Meet 2018                        | Aberdeen      | Co Glasgow      | 1     |
| 56.49   | 570    | F     | 29/04/18 | University of Aberdeen International Open        | Aberdeen      | Co Glasgow      | 1     |
| 58.01   | 527    | H     | 29/04/18 | University of Aberdeen International Open        | Aberdeen      | Co Glasgow      | 1     |
| 56.44   | 572    | F     | 01/04/18 | Scottish National Age Group Championships        | Tollcross     | Co Glasgow      | 1     |
| 57.16   | 550    | H     | 01/04/18 | Scottish National Age Group Championships        | Tollcross     | Co Glasgow      | 1     |
| 57.73   | 534    | F     | 04/02/18 | 2018 SS West District LC Age Group Championships | East Kilbride | Co Glasgow      | 1     |
| 57.89   | 530    | H     | 04/02/18 | 2018 SS West District LC Age Group Championships | East Kilbride | Co Glasgow      | 1     |
| 56.81   | 561    | F     | 08/07/17 | Scottish Summer Meet                             | Edinburgh     | Co Glasgow      | 1     |
| 57.54   | 540    | H     | 08/07/17 | Scottish Summer Meet                             | Edinburgh     | Co Glasgow      | 1     |
| 58.59   | 511    | H     | 27/05/17 | East District Long Course Open Meet              | Edinburgh     | Co Glasgow      | 1     |
| 58.60   | 511    | F     | 15/01/17 | 2017 SASA West District LC AG R1 Championship    | East Kilbride | Lanark          | 1     |
| 59.09   | 498    | H     | 15/01/17 | 2017 SASA West District LC AG R1 Championship    | East Kilbride | Lanark          | 1     |
| 59.82   | 480    | F     | 16/07/16 | Scottish Summer Meet                             | Aberdeen      | Lanark          | 1     |
| 1:00.67 | 460    | H     | 16/07/16 | Scottish Summer Meet                             | Aberdeen      | Lanark          | 1     |
| 1:00.72 | 459    | F     | 04/06/16 | East Kilbride Long Course Open Age Group Meet    | East Kilbride | Lanark          | 2     |
| 1:02.18 | 428    | F     | 03/04/16 | Scottish National Age Group Championships        | Glasgow       | SLanarkshire    | 1     |
| 1:02.68 | 417    | H     | 03/04/16 | Scottish National Age Group Championships        | Glasgow       | SLanarkshire    | 1     |
| 1:05.47 | 366    |       | 30/03/16 | Scottish National Age Group Championships        | Glasgow       | Lanark          | 1     |
| 1:06.54 | 349    | F     | 05/04/15 | Scottish National Age Group Championships        | Aberdeen      | SLanarkshire    | 1     |
| 1:07.51 | 334    | H     | 05/04/15 | Scottish National Age Group Championships        | Aberdeen      | SLanarkshire    | 1     |
| 1:07.79 | 330    | F     | 07/02/15 | SASA West District JAG Championship              | East Kilbride | Lanark          | 1     |
| 1:06.91 | 343    | H     | 07/02/15 | SASA West District JAG Championship              | East Kilbride | Lanark          | 1     |