

Individual Best Times (All Time)

Jack Ford - (489167) - Tynemouth SC - 400 Freestyle - Short 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
4:57.70	362	H	19/01/14	Newburn New Year Graded Meet	Stanley	Tynemouth	3
5:01.85	347	F	19/10/13	Tynemouth ASC Autumn Gala	Tynemouth	Tynemouth	3
5:02.42	345	F	10/11/13	Tynemouth ASC Club Championships	Tynemouth	Tynemouth	4
5:08.08	327	H	20/04/13	South Tyneside SC April Spring Meet	Hebburn	Tynemouth	3
5:15.12	305	F	12/05/13	Tynemouth ASC Time Trials	Tynemouth	Tynemouth	4
5:20.25	291	H	28/10/12	Middlesbrough Halloween Meet	Middlesbrough	Tynemouth	2
5:26.12	275	F	16/10/11	Tynemouth Autumn Gala	Tynemouth	Tynemouth	3
5:26.28	275	H	21/04/12	South Tyneside ASC Open Meet	Hebburn	Tynemouth	4
5:26.89	273	H	12/02/12	Middlesbrough AA Grade Gala	Middlesbrough	Tynemouth	4
5:30.87	263	H	29/10/11	Chester le Street Junior Meet	Chester-le-Street	Tynemouth	4
5:38.43	246	H	09/04/11	South Tyneside Spring Graded Meet	Hebburn	Tynemouth	4
5:55.84	212	H	17/04/10	South Tyneside Graded	Hebburn	Tynemouth	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:57.70	362	H	19/01/14	Newburn New Year Graded Meet	Stanley	Tynemouth	3
5:02.42	345	F	10/11/13	Tynemouth ASC Club Championships	Tynemouth	Tynemouth	4
5:01.85	347	F	19/10/13	Tynemouth ASC Autumn Gala	Tynemouth	Tynemouth	3
5:15.12	305	F	12/05/13	Tynemouth ASC Time Trials	Tynemouth	Tynemouth	4
5:08.08	327	H	20/04/13	South Tyneside SC April Spring Meet	Hebburn	Tynemouth	3
5:20.25	291	H	28/10/12	Middlesbrough Halloween Meet	Middlesbrough	Tynemouth	2
5:26.28	275	H	21/04/12	South Tyneside ASC Open Meet	Hebburn	Tynemouth	4
5:26.89	273	H	12/02/12	Middlesbrough AA Grade Gala	Middlesbrough	Tynemouth	4
5:30.87	263	H	29/10/11	Chester le Street Junior Meet	Chester-le-Street	Tynemouth	4
5:26.12	275	F	16/10/11	Tynemouth Autumn Gala	Tynemouth	Tynemouth	3
5:38.43	246	H	09/04/11	South Tyneside Spring Graded Meet	Hebburn	Tynemouth	4

5:55.84 212 H 17/04/10 South Tyneside Graded

Hebburn

Tynemouth

3