

Individual Best Times (All Time)

Kasey Allen-Ridge - (852842) - City Of Newport Swimming & Water

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|--------------------------------------|---------|----------|-------|
| 50 Freestyle | 26.55 | 25.80 | 488 | 29/07/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 100 Freestyle | 58.03 | 56.60 | 526 | 02/08/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 200 Freestyle | 2:07.43 | 2:04.70 | 512 | 01/08/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 400 Freestyle | 4:32.64 | 4:27.40 | 525 | 02/08/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 1500 Freestyle | 18:55.52 | 18:37.20 | 451 | 04/08/18 | Swim Wales Summer Nationals | Swansea | WL180091 | 1 |
| 50 Breaststroke | 33.30 | 32.30 | 473 | 30/07/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 100 Breaststroke | 1:14.85 | 1:13.20 | 438 | 31/07/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 200 Breaststroke | 2:53.50 | 2:50.40 | 378 | 21/04/19 | Swim Wales Long Course Championships | WNPS | WL190346 | 1 |
| 50 Butterfly | 30.45 | 29.80 | 391 | 31/07/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 50 Backstroke | 34.39 | 33.80 | 321 | 14/07/18 | Cardiff Bay Sprint Meet | Cardiff | WL181120 | 3 |
| 100 Backstroke | 1:18.62 | 1:17.60 | 282 | 05/08/17 | Swim Wales Summer Nationals | Swansea | WL170074 | 1 |
| 200 Individual Medley | 2:24.81 | 2:22.10 | 487 | 29/07/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|-------------|----------|-------|
| 50 Freestyle | 25.45 | 26.30 | 497 | 12/07/21 | Swim Wales Super Series 2021 - Round 3, Session 1 | Swansea | LYX016 | 0 |
| 100 Freestyle | 56.67 | 58.10 | 495 | 05/02/20 | Swim Wales South East Regional Championships | Newport | WL200035 | 2 |
| 200 Freestyle | 2:03.75 | 2:06.50 | 517 | 04/02/20 | Swim Wales South East Regional Championships | Newport | WL200035 | 2 |
| 400 Freestyle | 4:26.30 | 4:31.50 | 506 | 01/02/20 | Swim Wales South East Regional Championships | Newport | WL200034 | 2 |
| 800 Freestyle | 9:10.73 | 9:21.10 | 521 | 20/09/19 | City of Newport Chepstow Autumn Closed Meet | Newport | WL192380 | 3 |
| 1500 Freestyle | 17:53.77 | 18:12.80 | 490 | 22/11/19 | Swim Wales South East Sub Regional | Newport | WL190046 | 3 |
| 50 Breaststroke | 32.52 | 33.50 | 451 | 04/02/20 | Swim Wales South East Regional Championships | Newport | WL200035 | 2 |
| 100 Breaststroke | 1:12.56 | 1:14.30 | 442 | 21/09/19 | City of Newport Chepstow Autumn Closed Meet | Newport | WL192380 | 3 |
| 200 Breaststroke | 2:40.33 | 2:43.60 | 420 | 01/02/20 | Swim Wales South East Regional Championships | Newport | WL200034 | 2 |
| 50 Butterfly | 29.48 | 30.10 | 401 | 08/12/19 | City of Newport Christmas Cracker 2019 | Newport | WL192992 | 3 |
| 100 Butterfly | 1:11.19 | 1:12.20 | 302 | 19/01/19 | Abertillery Club Championships 2019 (MAIN) | Abertillery | SCO1583 | 3 |
| 50 Backstroke | 30.95 | 31.60 | 364 | 08/12/19 | City of Newport Christmas Cracker 2019 | Newport | WL192992 | 3 |
| 100 Backstroke | 1:11.58 | 1:12.70 | 307 | 20/10/18 | Greater Gwent Fastwater Open Meet | Newport | WL181448 | 2 |
| 200 Backstroke | 2:43.37 | 2:45.40 | 270 | 19/01/19 | Abertillery Club Championships 2019 (MAIN) | Abertillery | SCO1583 | 3 |
| 200 Individual Medley | 2:22.03 | 2:24.80 | 459 | 19/10/19 | Greater Gwent Fastwater Open Meet | Newport | WL191444 | 2 |
| 400 Individual Medley | 5:20.25 | 5:25.70 | 394 | 21/10/18 | Greater Gwent Fastwater Open Meet | Newport | WL181448 | 2 |
| 100 Individual Medley | 1:11.69 | 1:11.70 | 324 | 04/03/18 | Torfaen Dolphins St David's Day Meet | Pontypool | WL180733 | 3 |