

Individual Best Times (All Time)

Ruth Allen - (1497389) - Saxon Crown (Lewisham) SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.87	33.20	338	27/08/23	Sprint With The Stars 2023	London	LR231459	3
100 Freestyle	1:25.53	1:24.50	220	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3
800 Freestyle	11:23.09	11:14.60	357	27/01/24	Kent County Championships 2024	Crawley	LR240208	1
50 Breaststroke	40.15	39.40	383	10/02/24	Kent County Championships 2024	Stratford	LR240210	1
100 Breaststroke	1:30.54	1:29.10	355	10/02/24	Kent County Championships 2024	Stratford	LR240210	1
200 Breaststroke	3:17.53	3:14.80	337	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
50 Butterfly	34.47	33.90	355	05/05/24	SE London Region Summer Championships 2024	London	LR240711	1
100 Butterfly	1:19.19	1:18.20	343	27/04/24	SE London Region Summer Championships 2024	London	LR240710	1
200 Butterfly	3:01.06	2:59.30	304	06/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
50 Backstroke	41.54	41.10	270	27/08/23	Sprint With The Stars 2023	London	LR231459	3
100 Backstroke	1:37.39	1:36.60	203	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3
200 Backstroke	3:12.13	3:10.40	263	11/02/23	Kent Swimming Championships 2023	Stratford	LR230203	1
200 Individual Medley	2:51.38	2:49.10	398	10/02/24	Kent County Championships 2024	Stratford	LR240210	1
400 Individual Medley	6:17.19	6:12.50	350	09/03/24	Kent County Championships 2024	Stratford	LR240211	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.05	32.70	366	09/11/23	National Arena Swimming League - London 2023	Southbury	ER231471	3
100 Freestyle	1:11.83	1:13.00	342	19/11/23	Saxon Crown Club Championships 2023	Lewisham	LR231356	4
200 Freestyle	2:34.97	2:37.20	360	12/11/23	Saxon Crown Club Championships 2023	Lewisham	LR231355	4
400 Freestyle	5:40.17	5:44.30	314	25/09/23	Saxon Crown Club Championships 2023	Lewisham	LR231352	4
800 Freestyle	11:32.47	11:40.80	327	02/12/23	Bromley Swimming Club Distance Meet	Swanley	LR232288	3
1500 Freestyle	22:28.42	22:43.70	305	18/11/23	Bromley Swimming Club Distance Meet	Swanley	LR232287	3
50 Breaststroke	40.23	41.00	350	20/04/24	The White Horse League 2024	Bexleyheath	LR240581	3
100 Breaststroke	1:28.96	1:30.40	344	26/11/23	Black Lion SC Winter Open Meet 2023	Gillingham	SE230794	3
200 Breaststroke	3:10.15	3:12.90	354	15/10/23	Saxon Crown Club Championships 2023	Lewisham	LR231354	4
50 Butterfly	35.32	35.90	328	09/12/23	National Arena Swimming League - London 2023	Southbury	ER231472	3
100 Butterfly	1:17.79	1:18.80	335	23/03/24	Kent Junior League 2024 Round 1	Lewisham	SE240759	4
200 Butterfly	2:58.83	3:00.60	299	24/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
50 Backstroke	39.47	40.00	261	10/12/23	Saxon Crown Club Championships 2023	Lewisham	LR231357	4
100 Backstroke	1:27.92	1:28.80	243	18/06/23	Black Lion SC John Redding Gala 2023	Gillingham	SE230559	3
200 Backstroke	3:09.94	3:11.70	245	16/07/23	Bexley's Summer Sizzler 2023	Bexleyheath	LR230606	3
200 Individual Medley	2:46.94	2:49.30	388	26/11/23	Black Lion SC Winter Open Meet 2023	Gillingham	SE230794	3
400 Individual Medley	6:08.06	6:12.80	348	06/01/24	Saxon Crown & Greenwich Royals Winter Warmer 2024	Lewisham	LR240199	3
100 Individual Medley	1:19.92	1:19.90	353	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3