

Individual Best Times (All Time)

Alison Binns - (152236) - Bushey Amateur Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.05	27.30	596	04/05/13	ASA East Region Youth Championships	Luton	ERX312	1
100 Freestyle	1:01.19	59.80	603	05/05/13	ASA East Region Youth Championships	Luton	ERX312	1
200 Freestyle	2:15.26	2:12.70	580	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
800 Freestyle	9:47.95	9:38.00	560	01/03/14	Hertfordshire ASA County Championships	Luton	CC4079	1
50 Butterfly	29.80	29.20	550	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
100 Butterfly	1:07.87	1:06.70	546	05/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
50 Backstroke	32.92	32.30	543	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
100 Backstroke	1:09.82	1:08.70	553	29/06/14	ESSA SW Division National Inter Divisional	Bristol	SW4311	1
200 Backstroke	2:30.07	2:27.80	552	28/06/14	ESSA SW Division National Inter Divisional	Bristol	SW4311	1
200 Individual Medley	2:28.81	2:26.10	608	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	ER4086	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.41	28.20	585	15/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
100 Freestyle	59.51	1:00.90	602	18/06/14	Watford SC Club Championships Sprints 2014	Watford	ER4865	4
200 Freestyle	2:08.82	2:11.50	627	29/06/13	Watford SC Alternative Nationals Open Meet	Watford	ER3389	3
400 Freestyle	4:36.45	4:41.50	585	03/10/13	Watford SC Club Champs Middle Distance	Watford	ER3900	4
50 Breaststroke	36.60	37.40	465	24/06/13	Watford SC Club Championships Sprints	Watford	ER3539	4
100 Breaststroke	1:18.75	1:20.30	496	25/06/13	Watford SC Club Championships Sprints	Watford	ER3539	4
200 Breaststroke	2:49.85	2:52.90	497	19/01/14	Watford County Qualifier Open Meet	Watford	ER4172	3
50 Butterfly	29.48	30.10	565	02/11/19	Swim England East Region Short Course Champs 2019	Basildon	ER192086	2
100 Butterfly	1:05.69	1:06.80	557	15/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
200 Butterfly	2:32.09	2:34.20	486	17/03/12	Hertfordshire County Championships	Borehamwood	CC2104	2
50 Backstroke	31.75	32.40	502	22/06/19	The Terry Davies Alternative Nationals	Woodside	ER190152	3
100 Backstroke	1:06.11	1:07.30	572	06/07/14	Watford Club Championships	Watford	ER4866	4
200 Backstroke	2:23.52	2:25.80	569	09/03/14	Hertfordshire ASA County Championships	Borehamwood	CC4080	2
200 Individual Medley	2:23.64	2:26.40	610	16/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
400 Individual Medley	5:16.23	5:21.70	549	10/10/12	Watford SC Club Championships 2012	Watford	ER2566	4
100 Individual Medley	1:07.47	1:07.50	587	23/06/19	The Terry Davies Alternative Nationals	Woodside	ER190152	3