

Individual Best Times (All Time)

Alison Binns - (152236) - Bushey Amateur Swimming Club - 50 Butterfly - 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
29.80	550	F	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	Watford SC	1
29.99	540	H	04/05/13	ASA East Region Youth Championships	Luton	Watford SC	1
30.22	528	H	30/04/11	BG East Region Championships	Norwich	Watford SC	1
30.23	527	H	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	Bushey	1
30.27	525	F	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Watford SC	1
30.31	523	H	25/11/17	Romford Town Early County Qualifier	London Aquatics	Bushey	3
30.35	521	H	07/05/18	East Swimming Long Course Championships 2018	Norwich	Bushey	1
30.38	520	F	04/05/13	ASA East Region Youth Championships	Luton	Watford SC	1
30.39	519	F	07/12/13	ASA East Regionals Winter Championships	Norwich	Watford SC	1
30.48	514	H	07/12/13	ASA East Regionals Winter Championships	Norwich	Watford SC	1
30.49	514	H	17/11/12	Team Luton Inaugural Long Course Meet	Luton	Watford SC	1
30.53	512	F	05/05/12	ASA East Region Youth Championships	Basildon	Watford SC	1
30.54	511	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	Watford SC	1
30.56	510	H	24/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Watford SC	1
30.57	510	F	30/04/11	BG East Region Championships	Norwich	Watford SC	1
30.59	509	H	11/04/15	Team Luton April Long Course Meet	Luton		1
30.60	508	H	25/01/14	Central Zonal Meet 2014	Corby	Watford SC	1
30.61	508	H	07/06/13	Cardiff International Open Meet	Cardiff	Watford SC	1
30.64	506	H	19/02/17	BUCS Long Course Swimming Championships	Sheffield		1
30.65	506	H	21/02/16	BUCS Long Course Championships	Sheffield		1
30.70	503	H	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Bushey	1
30.74	501	F	26/01/13	ASA Central Region Zonal Competition	Corby	Watford SC	1
30.78	499	H	26/01/13	ASA Central Region Zonal Competition	Corby	Watford SC	1
30.82	498	H	04/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
30.83	497	F	25/01/14	Central Zonal Meet 2014	Corby	Watford SC	1
30.86	496	H	05/05/12	ASA East Region Youth Championships	Basildon	Watford SC	1
30.88	494	F	02/05/10	East Region Youth Champs	Norwich	Watford SC	1

30.89	494	F	02/05/10	East Region Youth Champs	Norwich	Watford SC	1
30.98	490	F	19/12/10	Hillingdon Winter Meet	Hillingdon	Watford SC	1
31.04	487	F	18/12/11	Hillingdon Winter Open Meet	Hillingdon	Watford SC	1
31.04	487	H	02/05/16	ASA East Region Long Course Championships	Norwich	Bushey	1
31.06	486	H	03/05/14	ASA East Region Youth Championships	Luton	Watford SC	1
31.18	480	F	20/11/11	Crawley Not So Early Bird Meet	Crawley	Watford SC	1
31.19	480	F	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Bushey	1
31.25	477	H	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Watford SC	1
31.65	459	H	02/05/10	East Region Youth Champs	Norwich	Watford SC	1
32.32	431	F	22/11/09	Crawley Not So Early Bird	Crawley	Watford SC	1

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30.35	521	H	07/05/18	East Swimming Long Course Championships 2018	Norwich	Bushey	1
30.31	523	H	25/11/17	Romford Town Early County Qualifier	London Aquatics	Bushey	3
30.64	506	H	19/02/17	BUCS Long Course Swimming Championships	Sheffield		1
31.04	487	H	02/05/16	ASA East Region Long Course Championships	Norwich	Bushey	1
30.65	506	H	21/02/16	BUCS Long Course Championships	Sheffield		1
30.82	498	H	04/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
30.59	509	H	11/04/15	Team Luton April Long Course Meet	Luton		1
31.19	480	F	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Bushey	1
30.70	503	H	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Bushey	1
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