

Individual Best Times (All Time)

Alison Binns - (152236) - Bushey Amateur Swimming Club - 50 Butterfly - 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
29.48	565	H	02/11/19	Swim England East Region Short Course Champs 2019	Basildon	Bushey	2
29.57	560	H	05/11/22	SE East Region Short Course Championships 2022	Luton	Bushey	2
29.59	559	F	25/06/22	Watford SC Terry Davies Alternative Nationals	Garston		3
29.68	554	F	23/06/18	The Terry Davies Alternative Nationals	Woodside LC	Bushey	3
29.79	548	F	22/06/19	The Terry Davies Alternative Nationals	Woodside	Bushey	3
29.94	539	H	13/11/16	BUCS Short Course Swimming Championships	Sheffield		2
30.01	536	F	23/03/13	Hertfordshire County Championships	Borehamwood	Watford SC	2
30.06	533	F	25/06/13	Watford SC Club Championships Sprints	Watford	Watford SC	4
30.08	532	F	23/03/13	Hertfordshire County Championships	Borehamwood	Watford SC	2
30.10	531	F	15/03/14	Hertfordshire County Championships	Borehamwood	Watford SC	2
30.13	529	F	19/03/11	Hertfordshire County Championships	Borehamwood	Watford SC	2
30.16	528	F	19/03/11	Hertfordshire County Championships	Borehamwood	Watford SC	2
30.19	526	F	13/10/12	Watford SC Club Championships 2012	Watford	Watford SC	4
30.23	524	F	24/03/12	Hertfordshire ASA County Championships	Borehamwood	Watford SC	2
30.26	522	H	16/11/14	BUCS Short Course 2014	Sheffield		2
30.31	520	F	15/03/14	Hertfordshire County Championships	Borehamwood	Watford SC	2
30.34	518	F	03/12/11	BG East Region Winter Championships	Norwich	Watford SC	2
30.35	518	F	04/11/11	Watford Club Championships	Watford	Watford SC	4
30.40	515	F	09/07/11	Watford SC Alternative Nationals Open	Watford	Watford SC	3
30.43	514	H	03/12/11	BG East Region Winter Championships	Norwich	Watford SC	2
30.45	513	F	24/03/12	Hertfordshire ASA County Championships	Borehamwood	Watford SC	2
30.49	511	F	25/11/12	Watford SC Middle Distance & 50m Sprint	Watford	Watford SC	3
30.58	506	F	18/06/14	Watford SC Club Championships Sprints 2014	Watford	Watford SC	4
30.75	498	F	13/03/10	Hertfordshire Champs	Borehamwood	Watford SC	2
31.05	484	C	06/11/10	East Region Winter Champs	Norwich	Watford SC	2
31.07	483		23/01/10	Maxwell January Meet	Aylesbury	Watford SC	2
31.08	482		12/10/10	Watford Club Champs	Watford	Watford SC	4

31.09	402		13/10/10	Watford Club Champs	Watford	Watford SC	
31.12	480	F	20/10/13	Hemel Hempstead 100th Birthday Open Meet	Hemel Hempstead	Watford SC	3
31.13	480	H	01/12/12	ASA East Region Winter Championships	Cambridge	Watford SC	2
31.13	480	F	01/12/12	ASA East Region Winter Championships	Cambridge	Watford SC	2
31.15	479	C	07/11/09	East Region Winter Champs	Norwich	Watford SC	2
31.15	479		28/03/10	Watford Easter Open Meet	Watford	Watford SC	2
31.15	479	H	06/11/10	East Region Winter Champs	Norwich	Watford SC	2
31.23	475		28/11/10	Watford Middle Distance	Watford	Watford SC	2
31.32	471	H	07/11/09	East Region Winter Champs	Norwich	Watford SC	2
31.32	471	F	13/03/10	Hertfordshire Champs	Borehamwood	Watford SC	2
32.07	439		08/03/09	Hertfordshire Champs	Borehamwood	Watford SC	2
32.42	425		21/10/09	Watford Club Champs	Watford	Watford SC	4
32.65	416		08/03/09	Hertfordshire Champs	Borehamwood	Watford SC	2
33.50	385		12/04/09	Watford 1st Easter Open	Watford	Watford SC	2
34.69	347		01/03/08	Hertfordshire Champs	Borehamwood	Watford SC	2
34.86	342		01/03/08	Hertfordshire Champs	Borehamwood	Watford SC	2
41.05	209		03/03/07	Hertfordshire Champs	Borehamwood	Watford SC	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
29.57	560	H	05/11/22	SE East Region Short Course Championships 2022	Luton	Bushey	2
29.59	559	F	25/06/22	Watford SC Terry Davies Alternative Nationals	Garston		3
29.48	565	H	02/11/19	Swim England East Region Short Course Champs 2019	Basildon	Bushey	2
29.79	548	F	22/06/19	The Terry Davies Alternative Nationals	Woodside	Bushey	3
29.68	554	F	23/06/18	The Terry Davies Alternative Nationals	Woodside LC	Bushey	3
29.94	539	H	13/11/16	BUCS Short Course Swimming Championships	Sheffield		2
30.26	522	H	16/11/14	BUCS Short Course 2014	Sheffield		2
30.58	506	F	18/06/14	Watford SC Club Championships Sprints 2014	Watford	Watford SC	4
30.10	531	F	15/03/14	Hertfordshire County Championships	Borehamwood	Watford SC	2
30.31	520	F	15/03/14	Hertfordshire County Championships	Borehamwood	Watford SC	2
31.12	480	F	20/10/13	Hemel Hempstead 100th Birthday Open Meet	Hemel Hempstead	Watford SC	3
30.06	533	F	25/06/13	Watford SC Club Championships Sprints	Watford	Watford SC	4
30.01	536	F	23/03/13	Hertfordshire County Championships	Borehamwood	Watford SC	2
30.08	532	F	23/03/13	Hertfordshire County Championships	Borehamwood	Watford SC	2
31.13	480	F	01/12/12	ASA East Region Winter Championships	Cambridge	Watford SC	2
31.13	480	H	01/12/12	ASA East Region Winter Championships	Cambridge	Watford SC	2
30.49	511	F	25/11/12	Watford SC Middle Distance & 50m Sprint	Watford	Watford SC	3
30.19	526	F	13/10/12	Watford SC Club Championships 2012	Watford	Watford SC	4
30.45	513	F	24/03/12	Hertfordshire ASA County Championships	Borehamwood	Watford SC	2
30.23	524	F	24/03/12	Hertfordshire ASA County Championships	Borehamwood	Watford SC	2
30.34	518	F	03/12/11	BG East Region Winter Championships	Norwich	Watford SC	2
30.43	514	H	03/12/11	BG East Region Winter Championships	Norwich	Watford SC	2
30.35	518	F	04/11/11	Watford Club Championships	Watford	Watford SC	4
30.40	515	F	09/07/11	Watford SC Alternative Nationals Open	Watford	Watford SC	3
30.16	528	F	19/03/11	Hertfordshire County Championships	Borehamwood	Watford SC	2
30.13	529	F	19/03/11	Hertfordshire County Championships	Borehamwood	Watford SC	2
31.23	475		28/11/10	Watford Middle Distance	Watford	Watford SC	2
31.05	484	C	06/11/10	East Region Winter Champs	Norwich	Watford SC	2
31.15	479	H	06/11/10	East Region Winter Champs	Norwich	Watford SC	2
31.09	482		13/10/10	Watford Club Champs	Watford	Watford SC	4
31.15	479		28/03/10	Watford Easter Open Meet	Watford	Watford SC	2
30.75	498	F	13/03/10	Hertfordshire Champs	Borehamwood	Watford SC	2
31.32	471	F	13/03/10	Hertfordshire Champs	Borehamwood	Watford SC	2

31.07	483		23/01/10	Maxwell January Meet	Aylesbury	Watford SC	2
31.15	479	C	07/11/09	East Region Winter Champs	Norwich	Watford SC	2
31.32	471	H	07/11/09	East Region Winter Champs	Norwich	Watford SC	2
32.42	425		21/10/09	Watford Club Champs	Watford	Watford SC	4
33.50	385		12/04/09	Watford 1st Easter Open	Watford	Watford SC	2
32.07	439		08/03/09	Hertfordshire Champs	Borehamwood	Watford SC	2
32.65	416		08/03/09	Hertfordshire Champs	Borehamwood	Watford SC	2
34.69	347		01/03/08	Hertfordshire Champs	Borehamwood	Watford SC	2
34.86	342		01/03/08	Hertfordshire Champs	Borehamwood	Watford SC	2
41.05	209		03/03/07	Hertfordshire Champs	Borehamwood	Watford SC	2