

Individual Best Times (All Time)

Alison Binns - (152236) - Bushey Amateur Swimming Club - 200 Individual Medley - 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 |
|---------|--------|-------|----------|---------------------------------------------------|----------------------|-----------------|-------|
| 2:23.64 | 610 | H | 16/11/14 | BUCS Short Course 2014 | Sheffield | | 2 |
| 2:24.14 | 604 | F | 16/11/14 | BUCS Short Course 2014 | Sheffield | | 2 |
| 2:25.25 | 590 | F | 29/06/13 | Watford SC Alternative Nationals Open Meet | Watford | Watford SC | 3 |
| 2:25.86 | 583 | F | 11/11/17 | NASL - London Rounds 2017 - Division 1 & 2 | Braintree | Bushey | 3 |
| 2:26.22 | 578 | F | 08/03/14 | Hertfordshire ASA County Championships | Borehamwood | Watford SC | 2 |
| 2:26.26 | 578 | F | 13/12/14 | NASL London Rounds Premier Division | Hatfield | Watford SC | 2 |
| 2:26.69 | 573 | F | 14/12/13 | London National Arena Swimming League | Hertfordshire | Watford SC | 2 |
| 2:27.31 | 566 | F | 23/06/18 | The Terry Davies Alternative Nationals | Woodside LC | Bushey | 3 |
| 2:27.45 | 564 | F | 25/06/22 | Watford SC Terry Davies Alternative Nationals | Garston | | 3 |
| 2:27.74 | 561 | F | 10/11/18 | The NASL - London - Rounds 2018 - Div 1 & 2 | Herts Sports Village | Bushey | 3 |
| 2:27.83 | 560 | F | 12/10/13 | The National Arena Swimming League London | Hertfordshire | Watford SC | 2 |
| 2:27.91 | 559 | F | 16/03/13 | Hertfordshire County Championships | Borehamwood | Watford SC | 2 |
| 2:28.44 | 553 | F | 17/03/12 | Hertfordshire County Championships | Borehamwood | Watford SC | 2 |
| 2:28.53 | 552 | F | 13/10/18 | The NASL - London - Rounds 2018 - Div 1 & 2 | Braintree | Bushey | 3 |
| 2:28.86 | 548 | F | 09/11/13 | The National Arena Swimming League London | Harlow | Watford SC | 2 |
| 2:28.86 | 548 | H | 15/11/15 | BUCS Short Course Championships | Sheffield | | 2 |
| 2:29.11 | 545 | F | 12/10/19 | NASL London Round 1 | Braintree | Bushey | 3 |
| 2:29.25 | 544 | H | 08/11/15 | ASA East Region Winter Championships 2015 | Luton | | 2 |
| 2:29.44 | 542 | F | 25/11/12 | Watford SC Middle Distance & 50m Sprint | Watford | Watford SC | 3 |
| 2:30.25 | 533 | F | 09/11/19 | NASL London Round 2 | Braintree | Bushey | 3 |
| 2:30.49 | 530 | F | 14/10/17 | NASL - London Rounds 2017 - Division 1 & 2 | Watford | Bushey | 3 |
| 2:31.55 | 519 | F | 20/10/13 | Hemel Hempstead 100th Birthday Open Meet | Hemel Hempstead | Watford SC | 3 |
| 2:31.74 | 517 | F | 08/12/18 | The NASL - London - Rounds 2018 - Div 1 & 2 | Braintree | Bushey | 3 |
| 2:31.74 | 517 | F | 08/10/22 | National Arena Swimming League-London Rounds 2022 | Southbury | | 3 |
| 2:31.96 | 515 | F | 05/03/11 | Hertfordshire County Championships | Borehamwood | Watford SC | 2 |
| 2:32.02 | 515 | F | 14/12/19 | NASL London Round 3 | Southbury | Bushey | 3 |
| 2:32.78 | 507 | F | 10/10/15 | National Arena League London Div1 & 2 Rounds 1&2 | Braintree | Bushey | 3 |

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|---------|-----|---|----------|---------------------------------------------------|---------------|------------|---|
| 2:32.78 | 507 | F | 12/12/15 | National Arena League-London Div1&2 Rounds123 | Braintree | Bushey | 3 |
| 2:32.83 | 506 | F | 04/11/11 | Watford Club Championships | Watford | Watford SC | 4 |
| 2:32.90 | 506 | H | 14/05/11 | Hatfield UK Challenge 2011 | Hatfield | Watford SC | 2 |
| 2:33.78 | 497 | F | 12/11/22 | National Arena Swimming League-London Rounds 2022 | Southbury | | 3 |
| 2:34.06 | 494 | F | 09/12/17 | NASL - London Rounds 2017 - Division 1 & 2 | Woodside | Bushey | 3 |
| 2:34.57 | 490 | F | 09/07/11 | Watford SC Alternative Nationals Open | Watford | Watford SC | 3 |
| 2:34.63 | 489 | F | 24/09/23 | Bushey ASC Club Champs 200m IM 2023 | Bushey | | 4 |
| 2:36.83 | 469 | F | 20/03/10 | Hertfordshire Champs | Borehamwood | Watford SC | 2 |
| 2:37.26 | 465 | | 13/10/10 | Watford Club Champs | Watford | Watford SC | 4 |
| 2:37.68 | 461 | F | 10/12/22 | National Arena Swimming League-London Rounds 2022 | Hertfordshire | | 3 |
| 2:41.22 | 431 | | 28/11/09 | Watford Middle Distance | Watford | Watford SC | 2 |
| 2:42.92 | 418 | F | 05/10/13 | Watford SC Club Champs Middle Distance | Watford | Watford SC | 4 |
| 2:47.08 | 387 | | 12/04/09 | Watford 1st Easter Open | Watford | Watford SC | 2 |

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| 2:34.63 | 489 | F | 24/09/23 | Bushey ASC Club Champs 200m IM 2023 | Bushey | | 4 |
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| 2:32.02 | 515 | F | 14/12/19 | NASL London Round 3 | Southbury | Bushey | 3 |
| 2:30.25 | 533 | F | 09/11/19 | NASL London Round 2 | Braintree | Bushey | 3 |
| 2:29.11 | 545 | F | 12/10/19 | NASL London Round 1 | Braintree | Bushey | 3 |
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| 2:25.86 | 583 | F | 11/11/17 | NASL - London Rounds 2017 - Division 1 & 2 | Braintree | Bushey | 3 |
| 2:30.49 | 530 | F | 14/10/17 | NASL - London Rounds 2017 - Division 1 & 2 | Watford | Bushey | 3 |
| 2:32.78 | 507 | F | 12/12/15 | National Arena League-London Div1&2 Rounds123 | Braintree | Bushey | 3 |
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| 2:42.92 | 418 | F | 05/10/13 | Watford SC Club Champs Middle Distance | Watford | Watford SC | 4 |
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2:41.22 431
2:47.08 387

28/11/09 Watford Middle Distance
12/04/09 Watford 1st Easter Open

Watford
Watford

Watford SC
Watford SC