

Improvement Report
SPRING REGIONAL QUALIFIER 2018
Meet Date: 11/03/2018
Location: BASILDON SPORTING VI,
Report Date: 14/03/2018

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
AHMED, Ilyas	14	M	Open 100 Fly	F			1:04.45S	1:05.94S	-1.49
			Open 200 Free	F			2:10.58S	2:14.42S	-3.84
			Open 200 IM	F			2:25.66S	2:29.97S	-4.31
			Open 400 Free	F			4:29.88S	4:46.84S	-16.96
AHMED, Khalid	10	M	Open 100 IM	F			2:43.65S		
AHMED, Yasir	11	M	Open 50 Free	F			51.16S	49.33S	1.83
			Open 100 Back	F			1:32.18S	1:35.85S	-3.67
			Open 100 Fly	F			1:43.90S		
			Open 100 Free	F			1:21.23S	1:26.05S	-4.82
Adams, Sam	11	M	Open 100 IM	F			1:37.08S	1:38.67S	-1.59
			Open 200 Back	F			3:08.37S		
			Open 200 Free	F			2:54.71S	3:06.43S	-11.72
			Open 200 IM	F			3:22.47S	3:48.18S	-25.71
			Open 50 Back	F			42.61S	44.50S	-1.89
			Open 50 Breast	F			55.83S	53.59S	2.24
			Open 50 Fly	F			41.32S	42.77S	-1.45
			Open 50 Free	F			37.44S	37.86S	-0.42
			Open 100 Back	F			1:24.88S	1:27.57S	-2.69
			Open 100 Free	F			1:16.98S	1:16.47S	0.51
			Open 100 IM	F			1:30.55S	1:32.82S	-2.27
			Open 200 Back	F			3:02.76S		
Archer, Thomas	13	M	Open 200 IM	F			3:22.73S		
			Open 50 Fly	F			42.76S	42.19S	0.57
			Open 50 Free	F			33.62S	34.98S	-1.36
			Open 100 Free	F			1:03.96S	1:03.86S	0.10
Basyurt-Young, Lara	15	F	Open 50 Fly	F			30.99S	33.18S	-2.19
			Open 100 Free	F			1:07.16S	1:08.27S	-1.11
			Open 50 Back	F			34.21S	34.42S	-0.21
			Open 50 Breast	F			38.66S	39.58S	-0.92
Boukdir, Chaimaa	11	F	Open 50 Fly	F			34.93S	35.25S	-0.32
			Open 50 Free	F			30.57S	30.77S	-0.20
			Open 100 Back	F			1:32.44S	1:30.63S	1.81
			Open 100 Fly	F			1:37.36S		
Braybrooks, Heidi	11	F	Open 200 IM	F			3:16.45S	3:28.92S	-12.47
			Open 400 Free	F			6:03.01S		
			Open 100 Back	F			1:20.71S	1:19.06S	1.65
			Open 200 Back	F			2:47.56S	2:54.29S	-6.73
Celestine, Margot	14	F	Open 50 Back	F			38.02S	38.39S	-0.37
			Open 50 Breast	F			44.80S	49.07S	-4.27
			Open 100 Back	F			1:15.73S	1:12.83S	2.90

Dahlen, Lottie	16	F	Open 100 Fly	F	1:17.59S	1:13.62S	3.97
			Open 200 Back	F	2:34.26S	2:30.83S	3.43
			Open 200 IM	F	2:40.04S	2:38.23S	1.81
			Open 100 Back	F	1:09.62S	1:10.23S	-0.61
			Open 200 Back	F	2:28.86S	2:30.38S	-1.52
			Open 200 Free	F	2:17.83S	2:23.43S	-5.60
DePeza-Purvis, Marlow	15	M	Open 400 Free	F	4:51.63S		
			Open 100 Free	F	58.22S	58.50S	-0.28
			Open 100 IM	F	1:06.31S	1:10.57S	-4.26
			Open 200 Breast	F	2:38.49S	2:36.93S	1.56
Dincer, Sidelya	11	F	Open 400 IM	F	4:59.89S	5:22.53S	-22.64
			Open 100 Free	F	1:19.53S	1:22.59S	-3.06
			Open 100 IM	F	1:31.51S	1:33.88S	-2.37
			Open 200 Back	F	3:11.62S		
			Open 200 Free	F	3:00.44S	3:07.27S	-6.83
			Open 200 IM	F	3:14.54S	3:41.44S	-26.90
Duckworth, Asher	9	M	Open 50 Breast	F	48.68S	50.86S	-2.18
			Open 50 Fly	F	39.52S	39.43S	0.09
			Open 50 Free	F	34.98S	35.88S	-0.90
			Open 100 Back	F	1:29.63S	1:28.51S	1.12
			Open 100 Breast	F	1:45.39S	1:51.22S	-5.83
			Open 100 Free	F	1:24.64S	1:24.12S	0.52
			Open 100 IM	F	1:32.37S	1:32.71S	-0.34
			Open 200 Back	F	3:03.90S		
			Open 200 Breast	F	3:37.48S	3:42.99S	-5.51
			Open 200 IM	F	3:21.28S		
			Open 50 Back	F	42.22S	41.23S	0.99
			Open 50 Breast	F	47.91S	50.30S	-2.39
			Open 50 Fly	F	45.28S	47.07S	-1.79
			Open 50 Free	F	37.70S	38.86S	-1.16
Eloidin, Sean	12	M	Open 100 Back	F	1:18.76S	1:16.88S	1.88
			Open 100 Fly	F	1:19.33S		
			Open 200 Free	F	2:28.49S	2:28.75S	-0.26
			Open 50 Breast	F	42.88S	43.99S	-1.11
Endres, Milo	12	M	Open 200 IM	F	3:09.94S	3:04.50S	5.44
			Open 50 Back	F	41.16S	40.74S	0.42
			Open 50 Breast	F	46.02S	44.45S	1.57
Freeman, Joe	15	M	Open 100 Fly	F	1:07.42S	1:05.61S	1.81
			Open 50 Breast	F	37.41S	37.38S	0.03
Giffin, Freddie	12	M	Open 100 Back	F	1:23.59S	1:22.64S	0.95
			Open 100 Free	F	1:15.66S	1:17.78S	-2.12
			Open 100 IM	F	1:26.24S	1:43.28S	-17.04
			Open 200 Back	F	3:00.79S		

Goodwin, Ella	13	F	Open 400 Free	F	6:16.94S	6:25.15S	-8.21
			Open 50 Back	F	37.67S	37.70S	-0.03
			Open 50 Fly	F	38.51S	39.29S	-0.78
			Open 50 Free	F	33.39S	34.42S	-1.03
			Open 100 Breast	F	1:26.68S	1:32.61S	-5.93
			Open 100 Free	F	1:10.70S	1:10.54S	0.16
			Open 100 IM	F	1:20.23S	1:34.94S	-14.71
			Open 200 Breast	F	3:09.05S	3:13.18S	-4.13
Hatzakis, Tasso	10	M	Open 50 Fly	F	35.22S	44.55S	-9.33
			Open 50 Free	F	31.39S	31.97S	-0.58
			Open 100 Back	F	1:21.26S	1:19.55S	1.71
			Open 100 Fly	F	1:23.91S	1:24.64S	-0.73
			Open 200 Back	F	2:51.72S	3:00.26S	-8.54
Jones, Mia	12	F	Open 50 Back	F	37.45S	37.77S	-0.32
			Open 100 Back	F	1:21.13S	1:31.55S	-10.42
			Open 100 Breast	F	1:35.72S	1:41.64S	-5.92
			Open 100 Free	F	1:13.12S	1:23.04S	-9.92
			Open 100 IM	F	1:23.93S	1:32.44S	-8.51
Kieskiewicz, Gabriel	11	M	Open 50 Back	F	36.85S	42.56S	-5.71
			Open 50 Breast	F	41.98S	45.84S	-3.86
			Open 50 Fly	F	38.70S	44.56S	-5.86
			Open 50 Free	F	31.62S	33.66S	-2.04
			Open 100 Back	F	1:22.82S		
			Open 100 Free	F	1:21.05S		
			Open 200 Back	F	2:55.14S		
			Open 200 Breast	F	3:32.35S		
			Open 200 IM	F	3:03.17S		
			Open 50 Breast	F	47.70S	47.57S	0.13
Lipsey-Swarbrick, Leah	12	F	Open 100 Breast	F	1:30.68S	1:29.77S	0.91
			Open 100 Fly	F	1:26.53S	1:30.97S	-4.44
			Open 100 Free	F	1:23.40S	1:20.08S	3.32
			Open 200 Breast	F	3:08.30S	3:12.67S	-4.37
			Open 200 IM	F	3:02.12S	3:04.71S	-2.59
			Open 50 Back	F	43.07S	41.84S	1.23
			Open 50 Breast	F	41.31S	42.55S	-1.24
			Open 50 Fly	F	37.29S	38.98S	-1.69
O`Toole Douglas, Ruan	15	M	Open 50 Free	F	36.08S	36.37S	-0.29
			Open 100 Breast	F	1:17.42S	1:18.48S	-1.06
			Open 100 Free	F	1:01.34S	1:03.91S	-2.57
			Open 200 Breast	F	2:56.58S	2:57.10S	-0.52
			Open 50 Breast	F	34.02S	34.54S	-0.52
Ogden, Mika	12	F	Open 50 Free	F	28.09S	28.63S	-0.54
			Open 100 Free	F	1:08.17S	1:06.23S	1.94

Pearson, Aoife	14	F	Open 200 Breast	F	3:06.81S		
			Open 200 Free	F	2:29.40S	2:29.86S	-0.46
			Open 200 IM	F	2:41.25S	2:45.22S	-3.97
			Open 400 Free	F	5:04.59S	5:15.41S	-10.82
			Open 50 Breast	F	40.86S		
Phillimore, Ronni	13	F	Open 100 Breast	F	1:26.33S	1:27.30S	-0.97
			Open 100 Free	F	1:10.58S	1:11.32S	-0.74
			Open 200 Breast	F	3:06.10S	3:06.99S	-0.89
Piedra Ojeda, Bryan	13	M	Open 100 Free	F	1:03.76S	1:04.53S	-0.77
			Open 100 IM	F	1:13.21S	1:13.07S	0.14
			Open 50 Fly	F	32.12S	33.10S	-0.98
Porter, Llewellyn	9	M	Open 50 Free	F	28.87S	29.05S	-0.18
			Open 100 Breast	F	1:42.07S	1:43.78S	-1.71
			Open 100 Fly	F	1:31.47S	1:49.65S	-18.18
			Open 100 Free	F	1:15.21S	1:15.91S	-0.70
			Open 100 IM	F	1:23.25S	1:23.96S	-0.71
			Open 200 Breast	F	3:31.14S	3:44.27S	-13.13
			Open 200 Free	F	2:38.49S	2:42.34S	-3.85
			Open 200 IM	F	2:58.82S	2:58.35S	0.47
			Open 400 Free	F	5:29.28S		
			Open 50 Back	F	40.71S	41.59S	-0.88
Rob, Humayun	9	M	Open 50 Breast	F	48.15S	50.73S	-2.58
			Open 50 Fly	F	36.83S	36.87S	-0.04
			Open 50 Free	F	33.09S	34.04S	-0.95
			Open 100 Back	F	1:37.55S		
			Open 100 Breast	F	1:57.89S	2:01.09S	-3.20
			Open 100 Free	F	1:29.63S	1:35.57S	-5.94
			Open 100 IM	F	1:42.12S	1:51.81S	-9.69
			Open 200 Breast	F	4:02.01S		
			Open 200 Free	F	3:05.25S		
			Open 50 Back	F	43.44S	49.76S	-6.32
Taggart, Cressida	11	F	Open 50 Breast	F	51.71S	53.03S	-1.32
			Open 50 Fly	F	51.22S	53.56S	-2.34
			Open 50 Free	F	37.76S	37.81S	-0.05
			Open 100 Fly	F	1:18.42S	1:34.44S	-16.02
			Open 200 Free	F	2:27.46S	2:28.47S	-1.01
Taggart, Ophelia	12	F	Open 200 IM	F	2:45.88S	2:46.39S	-0.51
			Open 100 Back	F	1:16.58S	1:16.25S	0.33
			Open 200 Back	F	2:42.11S	2:44.06S	-1.95
			Open 200 IM	F	2:47.80S	2:52.73S	-4.93
Tarnoky, Joe	18	M	Open 50 Back	F	35.38S	35.34S	0.04
			Open 100 Free	F	58.40S	1:02.38S	-3.98
			Open 100 IM	F	1:09.74S	1:14.85S	-5.11

Taylor, Madison	13	F	Open 50 Fly	F	28.27S	31.00S	-2.73
			Open 50 Free	F	26.20S	28.34S	-2.14
			Open 100 Back	F	1:12.64S	1:16.54S	-3.90
			Open 200 Back	F	2:36.88S		
			Open 400 Free	F	5:05.97S	5:18.79S	-12.82
Tobias-Tarsh, Lara	15	F	Open 50 Back	F	32.55S	36.52S	-3.97
			Open 100 Breast	F	1:22.12S	1:21.35S	0.77
			Open 200 Breast	F	2:57.68S	2:53.32S	4.36
Westgate, Lena	10	F	Open 50 Fly	F	33.99S	34.21S	-0.22
			Open 50 Free	F	33.18S	32.72S	0.46
			Open 100 Breast	F	1:46.53S	1:50.39S	-3.86
			Open 100 IM	F	1:34.36S	1:36.39S	-2.03
			Open 200 Breast	F	3:47.09S	3:51.08S	-3.99
			Open 200 Free	F	2:57.68S	3:00.42S	-2.74
			Open 200 IM	F	3:19.49S	3:33.52S	-14.03
			Open 400 Free	F	6:12.38S	6:32.50S	-20.12
			Open 50 Breast	F	47.91S	48.78S	-0.87
			Open 50 Fly	F	42.58S	46.28S	-3.70