

Improvements Report

Improvement Report
Summer in Dagenham 2018
Meet Date: 13/07/2018
Location: Dagenham, ES
Report Date: 24/07/2018

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
AHMED, Ilyas	14	M	14-14 100 Breast	F	2	17.00	1:18.91S	1:22.42S	-3.51
			14-14 100 Fly	F	1	20.00	1:02.30S	1:04.45S	-2.15
			14-14 200 Breast	F	2	17.00	2:53.31S		
			14-14 200 Fly	F	1	20.00	2:20.05S	2:31.02S	-10.97
			14-14 200 Free	F	1	20.00	2:05.03S	2:10.58S	-5.55
			14-14 400 IM	F	2	17.00	5:05.42S		
			14-14 50 Fly	F	1	20.00	28.27S	29.61S	-1.34
AHMED, Khalid	10	M	10-10 50 Free	F	11	6.00	49.52S	46.92S	2.60
AHMED, Yasir	12	M	12-12 100 Fly	F	7	12.00	1:32.24S	1:43.90S	-11.66
			12-12 100 Free	F	12	5.00	1:17.00S	1:18.72S	-1.72
			12-12 200 Free	F	7	12.00	2:45.14S	2:54.71S	-9.57
			12-12 200 IM	F	7	12.00	3:11.14S	3:22.47S	-11.33
			12-12 400 Free	F	7	12.00	5:47.26S		
			12-12 50 Fly	F	10	7.00	40.54S	41.32S	-0.78
			12-12 50 Free	F	14	2.00	35.22S	35.20S	0.02
Adams, Sam	11	M	11-11 100 Fly	F	5	14.00	1:29.65S	1:30.09S	-0.44
			11-11 100 Free	F	2	17.00	1:10.87S	1:13.29S	-2.42
			11-11 200 Back	F	2	17.00	2:53.15S	3:02.76S	-9.61
			11-11 200 Free	F	2	17.00	2:37.36S	2:50.30S	-12.94
			11-11 200 IM	F	3	16.00	3:03.69S	3:22.73S	-19.04
			11-11 400 Free	F	2	17.00	5:33.65S	6:19.65S	-46.00
			11-11 50 Fly	F	5	14.00	38.17S	42.19S	-4.02
Ali, Lana	11	F	11-11 50 Free	F	4	15.00	32.28S	33.62S	-1.34
			11-11 100 Breast	F	10	7.00	1:49.05S		
			11-11 100 Free	F	13	4.00	1:23.80S	1:28.12S	-4.32
			11-11 50 Breast	F	15	2.00	50.99S	54.37S	-3.38
			11-11 50 Fly	F	11	6.00	46.17S	59.19S	-13.02
			14-14 100 Breast	F	4	15.00	1:20.56S	1:22.85S	-2.29
			14-14 200 Back	F	1	20.00	2:22.71S	2:30.14S	-7.43
Archer, Thomas	14	M	14-14 200 Free	F	2	17.00	2:15.97S	2:21.83S	-5.86
			14-14 50 Fly	F	4	15.00	30.28S	30.99S	-0.71
			11-11 100 Free	F	9	9.00	1:19.07S	1:17.47S	1.60
			11-11 200 Free	F	4	15.00	2:50.82S	3:14.74S	-23.92
Boukdir, Chaimaa	11	F	11-11 200 IM	F	7	12.00	3:16.53S	3:16.45S	0.08
			11-11 50 Breast	F	16	1.00	52.04S	51.80S	0.24
			11-11 50 Fly	F	7	12.00	41.37S	42.61S	-1.24

Cudmore, Kaia	15	F	15 & Over 100 Breast	F	3	16.00	1:18.82S	1:21.29S	-2.47
			15 & Over 100 Free	F	4	15.00	1:01.85S	1:03.43S	-1.58
			15 & Over 200 Breast	F	3	16.00	2:54.38S	2:57.14S	-2.76
			15 & Over 200 Free	F	3	16.00	2:12.11S	2:14.05S	-1.94
			15 & Over 50 Breast	F	4	15.00	37.24S	36.95S	0.29
			15 & Over 50 Fly	F	3	16.00	31.02S	44.67S	-13.65
			15 & Over 50 Free	F	1	20.00	28.20S	29.50S	-1.30
Dahlen, Lottie	16	F	15 & Over 100 Free	F	5	14.00	1:03.73S	1:03.95S	-0.22
			15 & Over 200 Back	F	3	16.00	2:28.79S	2:28.86S	-0.07
			15 & Over 200 Free	F	6	13.00	2:17.83S	2:17.83S	0.00
Drew, Lauren	11	F	11-11 100 Fly	F	3	16.00	1:44.11S		
			11-11 100 IM	F	9	9.00	1:35.75S		
			11-11 200 IM	F	8	11.00	3:19.93S	3:16.30S	3.63
			11-11 50 Back	F	8	11.00	43.15S	48.07S	-4.92
			11-11 50 Breast	F	8	11.00	46.41S	50.93S	-4.52
			11-11 50 Free	F	6	13.00	35.40S	38.84S	-3.44
Drew, Thomas	13	M	13-13 100 Breast	F	5	14.00	1:23.88S		
			13-13 100 Free	F	5	14.00	1:06.37S	1:06.50S	-0.13
			13-13 200 Breast	F	2	17.00	2:55.36S	2:57.80S	-2.44
			13-13 200 IM	F	3	16.00	2:40.80S	2:38.67S	2.13
			13-13 50 Breast	F	5	14.00	38.36S	40.08S	-1.72
			13-13 50 Fly	F	6	13.00	33.46S		
			13-13 50 Free	F	6	13.00	30.32S	32.95S	-2.63
Duckworth, Asher	10	M	10-10 100 Back	F	4	15.00	1:27.28S	1:28.51S	-1.23
			10-10 100 Breast	F	2	17.00	1:41.12S	1:45.39S	-4.27
			10-10 100 IM	F	3	16.00	1:32.92S	1:32.37S	0.55
			10-10 200 Back	F	3	16.00	3:04.99S	3:03.90S	1.09
			10-10 200 Breast	F	2	17.00	3:36.34S	3:37.48S	-1.14
			10-10 200 IM	F	5	14.00	3:14.97S	3:21.28S	-6.31
			10-10 50 Back	F	5	14.00	41.73S	41.23S	0.50
			10-10 50 Breast	F	2	17.00	45.05S	47.91S	-2.86
			10-10 50 Fly	F	6	13.00	42.30S	45.28S	-2.98
Duckworth, Ella (Freya)	12	F	12-12 100 Back	F	10	7.00	1:25.54S	1:29.16S	-3.62
			12-12 100 Breast	F	3	16.00	1:29.82S	1:28.41S	1.41
			12-12 100 Free	F	12	5.00	1:17.21S	1:21.63S	-4.42
			12-12 100 IM	F	4	15.00	1:23.84S	1:26.00S	-2.16
			12-12 200 Breast	F	4	15.00	3:06.80S	3:12.57S	-5.77
			12-12 50 Back	F	6	13.00	39.61S	39.95S	-0.34
			12-12 50 Breast	F	4	15.00	40.67S	40.22S	0.45
			12-12 50 Free	F	14	3.00	35.21S	35.37S	-0.16
Eloidin, Melissa	15	F	15 & Over 100 Breast	F	5	14.00	1:22.35S		
			15 & Over 100 IM	F	5	14.00	1:14.78S		
			15 & Over 50 Breast	F	5	14.00	37.75S		
			15 & Over 50 Free	F	4	15.00	30.15S		
Eloidin, Sean	12	M	12-12 100 Fly	F	5	14.00	1:19.37S	1:19.33S	0.04
			12-12 100 IM	F	4	15.00	1:18.35S	1:20.54S	-2.19

Evans, Marnie	11	F	12-12 200 Back	F	4	15.00	2:47.99S	2:46.30S	1.69
			12-12 200 Free	F	3	16.00	2:24.46S	2:28.49S	-4.03
			12-12 50 Breast	F	8	11.00	43.30S	42.88S	0.42
			12-12 50 Fly	F	6	13.00	34.51S	35.40S	-0.89
			12-12 50 Free	F	2	17.00	30.15S	30.86S	-0.71
			11-11 100 Back	F	1	20.00	1:20.91S	1:26.39S	-5.48
			11-11 100 Free	F	5	14.00	1:15.98S	1:17.77S	-1.79
			11-11 100 IM	F	5	14.00	1:26.70S	1:29.23S	-2.53
			11-11 200 Back	F	5	14.00	3:05.46S	3:15.76S	-10.30
			11-11 50 Back	F	2	17.00	36.92S	39.56S	-2.64
Giffin, Fred	12	M	11-11 50 Breast	F	13	4.00	48.61S	51.19S	-2.58
			11-11 50 Fly	F	6	13.00	38.65S	46.76S	-8.11
			12-12 100 Back	F	5	14.00	1:18.54S	1:22.64S	-4.10
			12-12 100 Free	F	8	11.00	1:10.01S	1:15.66S	-5.65
			12-12 200 IM	F	5	14.00	2:58.47S	3:25.56S	-27.09
			12-12 50 Back	F	4	15.00	36.21S	37.67S	-1.46
			12-12 50 Breast	F	10	7.00	43.83S	49.00S	-5.17
			12-12 50 Free	F	5	14.00	31.09S	33.39S	-2.30
			12-12 100 Breast	F	17		1:48.52S	1:53.49S	-4.97
			12-12 100 Free	F	16	1.00	1:27.74S	1:27.13S	0.61
Harrigan -Jones, Ruby	12	F	12-12 50 Breast	F	16	1.00	51.40S	52.17S	-0.77
			10-10 200 Fly	F	2	17.00	3:09.94S	3:13.42S	-3.48
			10-10 400 IM	F	2	17.00	6:18.08S		
			10-10 50 Back	F	1	20.00	38.18S	37.45S	0.73
Hatzakis, Tasso	10	M	10-10 50 Fly	F	1	20.00	34.64S	35.47S	-0.83
			11-11 100 Back	F	8	11.00	1:33.89S	1:39.83S	-5.94
			11-11 100 Breast	F	3	16.00	1:41.29S	1:42.00S	-0.71
			11-11 100 Free	F	8	11.00	1:25.71S	1:26.59S	-0.88
Jackson, Dylan	11	M	11-11 100 IM	F	4	15.00	1:34.89S	1:35.85S	-0.96
			11-11 200 Breast	F	5	14.00	3:33.34S		
			11-11 50 Back	F	10	7.00	44.42S	48.36S	-3.94
			11-11 50 Breast	F	5	14.00	48.13S	48.26S	-0.13
Jackson, Tess	9	F	11-11 50 Fly	F	9	9.00	46.06S	52.10S	-6.04
			9-9 100 Breast	F	7	12.00	2:01.83S	2:00.65S	1.18
			9-9 100 Free	F	5	14.00	1:36.34S		
			9-9 100 IM	F	5	14.00	1:48.29S	2:02.12S	-13.83
			9-9 50 Back	F	9	9.00	50.86S	51.36S	-0.50
			9-9 50 Breast	F	6	13.00	56.78S	56.06S	0.72
			9-9 50 Fly	F	4	15.00	50.81S	50.59S	0.22
			9-9 50 Free	F	5	14.00	41.99S	45.98S	-3.99
Lawton-Hanlon, Gabriel	11	M	11-11 100 Back	F	6	13.00	1:31.83S	1:33.14S	-1.31
			11-11 100 Free	F	6	13.00	1:25.22S	1:25.98S	-0.76
			11-11 50 Back	F	7	12.00	43.58S	45.49S	-1.91
			11-11 50 Breast	F	6	13.00	50.54S	53.85S	-3.31
Lea, Thomas	12	M	12-12 100 Breast	F	6	13.00	1:31.76S	1:32.89S	-1.13
			12-12 100 Free	F	4	15.00	1:07.68S	1:11.06S	-3.38

Leggett, Kitty	13	F	12-12 200 IM	F	1	20.00	2:43.46S		
			12-12 50 Breast	F	7	12.00	42.62S	45.59S	-2.97
			12-12 50 Fly	F	2	17.00	33.08S		
			13-13 100 Breast	F	4	15.00	1:26.08S	1:28.24S	-2.16
			13-13 200 Free	F	10	7.00	2:31.78S	2:31.09S	0.69
Lipsey-Swarbrick, Leah	12	F	12-12 100 Breast	F	5	14.00	1:31.26S	1:29.77S	1.49
			12-12 100 IM	F	3	16.00	1:23.41S	1:28.20S	-4.79
			12-12 200 Breast	F	3	16.00	3:06.16S	3:08.30S	-2.14
			12-12 200 IM	F	4	15.00	2:57.60S	3:02.12S	-4.52
			12-12 50 Breast	F	6	13.00	41.73S	41.31S	0.42
Metson-Bailie, George	13	M	12-12 50 Fly	F	3	16.00	37.89S	37.29S	0.60
			12-12 50 Free	F	11	6.00	34.49S	36.08S	-1.59
			13-13 100 Free	F	13	4.00	1:32.72S	1:28.34S	4.38
			13-13 50 Breast	F	13	4.00	48.47S	47.14S	1.33
			13-13 50 Fly	F	14	3.00	50.25S	49.12S	1.13
Ogden, Mika	12	F	12-12 100 Breast	F	4	15.00	1:29.96S	1:35.65S	-5.69
			12-12 100 Fly	F	1	20.00	1:14.78S	1:15.01S	-0.23
			12-12 200 Back	F	1	20.00	2:31.52S	2:34.26S	-2.74
			12-12 200 Free	F	2	17.00	2:23.58S	2:32.74S	-9.16
			12-12 400 Free	F	1	20.00	5:00.17S	5:50.23S	-50.06
Pearson, Aoife	14	F	12-12 400 IM	F	2	17.00	5:42.18S	5:51.91S	-9.73
			12-12 50 Free	F	1	20.00	30.44S	30.53S	-0.09
			14-14 200 Breast	F	2	17.00	3:02.09S	3:01.41S	0.68
			14-14 200 Free	F	1	20.00	2:24.66S	2:29.40S	-4.74
			14-14 200 IM	F	2	17.00	2:45.32S	2:41.25S	4.07
Phillimore, Ronni	13	F	14-14 400 Free	F	2	17.00	5:09.41S	5:04.59S	4.82
			14-14 400 IM	F	1	20.00	5:47.16S		
			14-14 50 Back	F	7	12.00	37.84S	40.73S	-2.89
			14-14 50 Fly	F	2	17.00	33.54S	36.21S	-2.67
			14-14 50 Free	F	4	15.00	31.33S	32.71S	-1.38
Piedra Ojeda, Bryan	13	M	14-14 800 Free	F	1	20.00	10:14.52S		
			13-13 100 IM	F	5	14.00	1:18.27S	1:19.66S	-1.39
			13-13 200 Back	F	5	14.00	2:41.84S	2:50.56S	-8.72
			13-13 200 Fly	F	4	15.00	2:49.21S	2:58.36S	-9.15
			13-13 200 Free	F	8	11.00	2:28.71S	2:37.72S	-9.01
Porter, Llewellyn	10	M	13-13 400 Free	F	4	15.00	5:18.93S	5:36.18S	-17.25
			13-13 100 Fly	F	4	15.00	1:09.32S	1:17.94S	-8.62
			13-13 100 Free	F	2	17.00	1:00.18S	1:03.76S	-3.58
			13-13 100 IM	F	3	16.00	1:09.52S	1:13.07S	-3.55
			13-13 200 IM	F	2	17.00	2:32.89S	2:47.53S	-14.64
			13-13 400 IM	F	2	17.00	5:25.07S	5:50.20S	-25.13
			13-13 50 Breast	F	4	15.00	36.72S	40.09S	-3.37
			13-13 50 Fly	F	3	16.00	30.52S	32.12S	-1.60
			13-13 50 Free	F	3	16.00	27.84S	28.87S	-1.03
			10-10 100 Free	F	1	20.00	1:10.59S	1:15.21S	-4.62
			10-10 200 Back	F	2	17.00	2:54.67S	3:27.44S	-32.77

Reid, Tom	14	M	10-10 200 Free	F	3	16.00	2:40.16S	2:38.49S	1.67
			10-10 200 IM	F	2	17.00	2:52.08S	2:58.35S	-6.27
			14-14 100 IM	F	4	15.00	1:15.00S		
			14-14 200 Free	F	4	15.00	2:23.58S		
			14-14 400 Free	F	5	14.00	5:03.61S		
			14-14 50 Back	F	6	13.00	35.31S		
			14-14 50 Fly	F	8	11.00	34.19S		
			14-14 50 Free	F	8	11.00	30.31S		
			11-11 100 IM	F	2	17.00	1:17.90S		
			11-11 200 Back	F	2	17.00	2:46.69S	2:51.85S	-5.16
Richards, Aaliyah	11	F	11-11 200 Breast	F	1	20.00	3:00.05S	3:07.31S	-7.26
			11-11 200 Free	F	2	17.00	2:32.06S	2:32.90S	-0.84
			11-11 200 IM	F	2	17.00	2:46.75S	2:49.45S	-2.70
			11-11 400 IM	F	2	17.00	5:48.78S	5:55.22S	-6.44
			9-9 100 Back	F	5	14.00	1:40.86S	1:37.55S	3.31
			9-9 100 Breast	F	1	20.00	1:50.45S	1:50.08S	0.37
Rob, Humayun	9	M	9-9 100 Free	F	4	15.00	1:30.64S	1:29.63S	1.01
			9-9 100 IM	F	2	17.00	1:40.98S	1:40.64S	0.34
			9-9 200 Breast	F	1	20.00	4:00.54S	4:02.01S	-1.47
			9-9 200 Free	F	3	16.00	3:17.69S	3:05.25S	12.44
			9-9 50 Back	F	4	15.00	44.97S	43.44S	1.53
			9-9 50 Breast	F	2	17.00	52.21S	51.71S	0.50
			9-9 50 Fly	F	3	16.00	51.73S	51.22S	0.51
			11-11 100 Free	F	10	7.00	1:37.06S	1:38.68S	-1.62
			11-11 50 Back	F	13	4.00	48.37S	48.50S	-0.13
			11-11 50 Fly	F	8	11.00	44.03S	43.56S	0.47
Rohrer, William	11	M	11-11 50 Free	F	13	4.00	39.60S	40.07S	-0.47
			12-12 100 Breast	F	1	20.00	1:22.25S	1:21.50S	0.75
			12-12 100 Fly	F	2	17.00	1:17.39S	1:19.14S	-1.75
			12-12 100 IM	F	1	20.00	1:15.90S	1:14.86S	1.04
Silva, Isla	12	F	12-12 200 Breast	F	1	20.00	2:54.14S	2:57.55S	-3.41
			12-12 400 IM	F	1	20.00	5:32.17S	6:12.13S	-39.96
			12-12 50 Breast	F	1	20.00	38.13S	37.35S	0.78
			12-12 50 Fly	F	2	17.00	35.78S	34.40S	1.38
			12-12 100 Back	F	2	17.00	1:20.57S		
			12-12 100 IM	F	5	14.00	1:25.81S		
Staszewska, Claudia	12	F	12-12 50 Back	F	1	20.00	37.98S		
			12-12 50 Free	F	10	7.00	34.35S		
			11-11 200 Back	F	1	20.00	2:42.64S	2:37.10S	5.54
			11-11 400 Free	F	1	20.00	5:10.99S	5:27.45S	-16.46
Taggart, Cressida	11	F	11-11 400 IM	F	3	16.00	5:55.86S		
			11-11 50 Back	F	1	20.00	33.92S	33.89S	0.03
			11-11 50 Breast	F	6	13.00	43.14S	44.56S	-1.42
			13-13 100 Back	F	4	15.00	1:17.16S	1:16.25S	0.91
			13-13 100 Free	F	5	14.00	1:09.27S	1:12.65S	-3.38
Taggart, Ophelia	13	F	13-13 200 Free	F	11	6.00	2:38.45S		

Taylor, Madison	14	F	13-13 200 IM	F	7	12.00	2:50.74S	2:47.80S	2.94
			13-13 50 Back	F	3	16.00	35.56S	35.34S	0.22
			14-14 400 IM	F	2	17.00	6:09.48S	6:14.48S	-5.00
Westgate, Lena	10	F	14-14 800 Free	F	2	17.00	10:34.48S	10:50.44S	-15.96
			10-10 100 Free	F	4	15.00	1:18.48S	1:19.81S	-1.33
			10-10 200 Breast	F	3	16.00	3:36.48S	3:47.09S	-10.61
			10-10 200 Free	F	3	16.00	2:48.31S	2:57.68S	-9.37
			10-10 200 IM	F	3	16.00	3:12.81S	3:19.49S	-6.68
			10-10 400 Free	F	1	20.00	5:56.92S	6:12.38S	-15.46
			10-10 50 Back	F	6	13.00	42.04S	47.68S	-5.64
			10-10 50 Breast	F	6	13.00	48.42S	47.91S	0.51
			10-10 50 Fly	F	5	14.00	40.78S	42.58S	-1.80
Wojcik, Matthew	11	M	10-10 50 Free	F	3	16.00	34.83S	36.34S	-1.51
			11-11 100 Free	F	5	14.00	1:24.92S		
			11-11 100 IM	F	8	11.00	1:43.28S		
			11-11 400 Free	F	6	13.00	6:47.76S		
			11-11 50 Fly	F	11	6.00	51.90S	57.29S	-5.39
			11-11 50 Free	F	12	5.00	39.23S	38.70S	0.53
Young, Ava	12	F	12-12 100 Back	F	5	14.00	1:23.25S	1:23.98S	-0.73
			12-12 100 Fly	F	4	15.00	1:28.97S	1:32.37S	-3.40
			12-12 50 Back	F	4	15.00	39.32S	39.34S	-0.02
			12-12 50 Free	F	6	13.00	33.26S	33.76S	-0.50