

Improvements Report

Improvement Report

HAC Development Meet

Meet Date: 17/06/2018

Location: London, LO

Report Date: 19/06/2018

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
AHMED, Khalid	10	M	10-10 50 Free	F	6	13.00	47.52S	46.92S	0.60 (1.28%)
AHMED, Yasir	11	M	11-12 100 Back	F	5	14.00	1:30.08S	1:32.18S	-2.10 (-2.28%)
			11-12 100 Free	F	5	14.00	1:18.72S	1:21.23S	-2.51 (-3.09%)
			11-12 100 IM	F	8	11.00	1:32.42S	1:37.08S	-4.66 (-4.80%)
			11-12 50 Fly	F	4	15.00	41.47S	41.32S	0.15 (0.36%)
			11-12 50 Free	F	6	13.00	35.20S	37.44S	-2.24 (-5.98%)
Adams, Sam	11	M	11-12 100 Back	F	3	16.00	1:26.32S	1:24.88S	1.44 (1.70%)
			11-12 100 Breast	F	10	7.00	1:50.68S	1:55.97S	-5.29 (-4.56%)
			11-12 100 Fly	F	1	20.00	1:30.09S		
			11-12 100 Free	F	2	17.00	1:13.29S	1:16.47S	-3.18 (-4.16%)
			11-12 100 IM	F	2	17.00	1:26.70S	1:30.55S	-3.85 (-4.25%)
Akinola, Maria	11	F	11-12 100 Breast	F	17		2:00.02S		
			11-12 50 Free	F	17		44.15S	43.70S	0.45 (1.03%)
Akinola, Rebecca	10	F	10-10 50 Free	F	6	13.00	55.32S	53.26S	2.06 (3.87%)
Ali, Lana	11	F	11-12 100 Fly	F	6	13.00	1:47.66S		
			11-12 100 Free	F	12	5.00	1:28.12S	1:29.79S	-1.67 (-1.86%)
			11-12 100 IM	F	8	11.00	1:38.11S		
Anthony, Maya	11	F	11-12 100 Breast	F	18		2:05.91S	2:10.03S	-4.12 (-3.17%)
			11-12 100 Free	F	18		1:43.35S	1:54.52S	-11.17 (-9.75%)
			11-12 50 Back	F	10	7.00	49.51S	47.85S	1.66 (3.47%)
			11-12 50 Breast	F	14	3.00	58.15S	58.98S	-0.83 (-1.41%)
			11-12 50 Fly	F	5	14.00	48.43S	51.57S	-3.14 (-6.09%)
			11-12 50 Free	F	16	1.00	43.69S	43.06S	0.63 (1.46%)
Arpesani, Emma	10	F	10-10 100 Breast	F	5	14.00	2:01.44S	1:57.93S	3.51 (2.98%)
			10-10 100 Free	F	5	14.00	1:43.90S		
			10-10 100 IM	F	3	16.00	2:01.46S	2:08.95S	-7.49 (-5.81%)
			10-10 50 Back	F	4	15.00	53.68S	52.58S	1.10 (2.09%)
			10-10 50 Breast	F	2	17.00	54.23S	58.34S	-4.11 (-7.04%)
			10-10 50 Fly	F	4	15.00	55.68S	59.78S	-4.10 (-6.86%)
			10-10 50 Free	F	5	14.00	46.69S	45.18S	1.51 (3.34%)
Blackmore-Peirce, Theda	9	F	9-9 50 Back	F	6	13.00	54.95S	53.36S	1.59 (2.98%)
			9-9 50 Breast	F	6	13.00	1:00.48S	1:05.87S	-5.39 (-8.18%)
			9-9 50 Free	F	7	12.00	47.07S	47.25S	-0.18 (-0.38%)
Boukdir, Chaimaa	11	F	11-12 100 Back	F	9	9.00	1:31.47S	1:30.63S	0.84 (0.93%)
			11-12 100 Breast	F	4	15.00	1:45.24S	1:54.39S	-9.15 (-8.00%)

Bowman, Agynes	9	F	11-12 100 Fly	F	2	17.00	1:36.29S	1:37.36S	-1.07 (-1.10%)
			11-12 100 Free	F	4	15.00	1:17.47S	1:19.92S	-2.45 (-3.07%)
			11-12 100 IM	F	7	12.00	1:33.12S	1:32.05S	1.07 (1.16%)
			9-9 100 Free	F	5	14.00	1:46.63S		
			9-9 50 Back	F	7	12.00	54.97S	54.53S	0.44 (0.81%)
Braybrooks, Astrid	9	F	9-9 50 Free	F	5	14.00	46.33S	49.62S	-3.29 (-6.63%)
			9-9 100 Back	F	3	16.00	1:51.43S		
			9-9 100 Breast	F	6	13.00	2:12.35S		
			9-9 100 IM	F	3	16.00	1:59.78S	2:06.29S	-6.51 (-5.15%)
			9-9 50 Back	F	3	16.00	50.37S	51.71S	-1.34 (-2.59%)
David, Elsie	12	F	9-9 50 Breast	F	7	12.00	1:00.55S	1:04.15S	-3.60 (-5.61%)
			9-9 50 Fly	F	6	13.00	1:01.72S	58.19S	3.53 (6.07%)
			9-9 50 Free	F	6	13.00	46.57S	48.85S	-2.28 (-4.67%)
			11-12 100 Breast	F	11	6.00	1:53.17S		
			11-12 50 Back	F	15	2.00	52.50S	50.18S	2.32 (4.62%)
Dias-Watson, Olivia	11	F	11-12 50 Breast	F	5	14.00	49.73S	52.30S	-2.57 (-4.91%)
			11-12 50 Free	F	18		44.36S	44.61S	-0.25 (-0.56%)
			11-12 50 Back	F	9	9.00	48.99S	50.98S	-1.99 (-3.90%)
			11-12 50 Breast	F	13	4.00	57.49S	1:01.21S	-3.72 (-6.08%)
			11-12 50 Fly	F	9	9.00	55.28S	59.21S	-3.93 (-6.64%)
Dickson, Logan	8	F	11-12 50 Free	F	19		45.55S	47.93S	-2.38 (-4.97%)
			8-8 100 Back	F	2	17.00	1:47.78S		
			8-8 100 Free	F	3	16.00	1:45.96S		
			8-8 100 IM	F	2	17.00	1:58.23S	2:07.26S	-9.03 (-7.10%)
			8-8 50 Back	F	2	17.00	54.55S	53.98S	0.57 (1.06%)
Dickson, Nevis	13	F	8-8 50 Breast	F	3	16.00	1:05.63S	1:04.61S	1.02 (1.58%)
			8-8 50 Fly	F	1	20.00	49.91S	53.65S	-3.74 (-6.97%)
			8-8 50 Free	F	2	17.00	48.00S	47.80S	0.20 (0.42%)
			13 & Over 100 Back	F	1	20.00	1:36.78S	1:35.68S	1.10 (1.15%)
			13 & Over 100 Free	F	1	20.00	1:25.12S	1:25.26S	-0.14 (-0.16%)
Dickson, Skye	11	F	13 & Over 50 Back	F	1	20.00	45.43S	44.32S	1.11 (2.50%)
			13 & Over 50 Fly	F	1	20.00	46.61S	45.76S	0.85 (1.86%)
			13 & Over 50 Free	F	1	20.00	37.21S	36.43S	0.78 (2.14%)
			11-12 100 Back	F	10	7.00	1:39.50S	1:39.88S	-0.38 (-0.38%)
			11-12 100 Breast	F	9	9.00	1:48.90S	1:48.59S	0.31 (0.29%)
Dincer, Sidelya	11	F	11-12 100 Free	F	14	3.00	1:29.91S	1:27.86S	2.05 (2.33%)
			11-12 100 IM	F	11	6.00	1:42.33S	1:42.25S	0.08 (0.08%)
			11-12 50 Back	F	8	11.00	48.21S	46.48S	1.73 (3.72%)
			11-12 50 Breast	F	6	13.00	50.35S	50.63S	-0.28 (-0.55%)
			11-12 50 Fly	F	7	12.00	50.79S	47.81S	2.98 (6.23%)
Dincer, Sidelya	11	F	11-12 50 Free	F	10	7.00	38.78S	38.33S	0.45 (1.17%)
			11-12 100 Back	F	6	13.00	1:28.84S	1:35.55S	-6.71 (-7.02%)
			11-12 100 Breast	F	3	16.00	1:44.94S		
			11-12 100 Fly	F	1	20.00	1:29.51S	1:35.09S	-5.58 (-5.87%)
			11-12 100 Free	F	6	13.00	1:18.28S	1:19.53S	-1.25 (-1.57%)
Dincer, Sidelya	11	F	11-12 100 IM	F	2	17.00	1:28.18S	1:31.51S	-3.33 (-3.64%)

Evans, Marnie	11	F	11-12 100 Back	F	4	15.00	1:26.39S	1:31.93S	-5.54 (-6.03%)
			11-12 100 Breast	F	10	7.00	1:49.74S	1:46.31S	3.43 (3.23%)
			11-12 100 Free	F	5	14.00	1:17.77S	1:25.53S	-7.76 (-9.07%)
			11-12 100 IM	F	4	15.00	1:29.23S	1:44.02S	-14.79 (-14.22%)
			11-12 50 Back	F	1	20.00	39.56S	39.78S	-0.22 (-0.55%)
			11-12 50 Free	F	3	16.00	33.91S	33.87S	0.04 (0.12%)
Ford-Craik, Coco	12	F	11-12 50 Back	F	5	14.00	44.05S	44.83S	-0.78 (-1.74%)
			11-12 50 Free	F	6	13.00	37.41S	39.68S	-2.27 (-5.72%)
Girardet, Marie	11	F	11-12 100 Back	F	7	12.00	1:29.67S	1:29.69S	-0.02 (-0.02%)
			11-12 100 Breast	F	6	13.00	1:46.40S	2:00.63S	-14.23 (-11.80%)
			11-12 100 Free	F	11	6.00	1:27.19S	1:26.69S	0.50 (0.58%)
Guzy, Matthew	9	M	9-9 100 Back	F	5	14.00	1:56.52S		
			9-9 100 Breast	F	4	15.00	1:58.94S		
			9-9 100 Free	F	4	15.00	1:50.74S		
			9-9 50 Breast	F	4	15.00	1:02.66S	59.30S	3.36 (5.67%)
			9-9 50 Fly	F	4	15.00	1:00.06S	52.59S	7.47 (14.20%)
			9-9 50 Free	F	4	15.00	45.34S	46.56S	-1.22 (-2.62%)
Harrigan -Jones, Ruby	12	F	11-12 100 Breast	F	12	5.00	1:53.49S		
			11-12 100 Free	F	10	7.00	1:27.13S	1:30.44S	-3.31 (-3.66%)
			11-12 50 Breast	F	8	11.00	52.87S	52.17S	0.70 (1.34%)
			11-12 50 Free	F	9	9.00	38.43S	40.74S	-2.31 (-5.67%)
Harrison, Juni	8	F	8-8 100 Back	F	4	15.00	2:06.51S		
			8-8 100 Breast	F	3	16.00	2:35.19S		
			8-8 50 Breast	F	4	15.00	1:09.81S	1:14.27S	-4.46 (-6.01%)
			8-8 50 Free	F	4	15.00	56.83S	52.56S	4.27 (8.12%)
Hills, Daisy	11	F	11-12 50 Free	F	8	11.00	37.91S		
Iacobelli, Gaia	10	F	10-10 100 Breast	F	4	15.00	1:59.52S	2:03.72S	-4.20 (-3.39%)
			10-10 50 Back	F	2	17.00	51.20S	50.31S	0.89 (1.77%)
			10-10 50 Free	F	3	16.00	43.18S	43.95S	-0.77 (-1.75%)
Jackson, Dylan	11	M	11-12 100 Back	F	11	6.00	1:39.83S	1:43.98S	-4.15 (-3.99%)
			11-12 100 Breast	F	5	14.00	1:42.00S	1:49.84S	-7.84 (-7.14%)
			11-12 100 Fly	F	5	14.00	1:53.65S		
			11-12 100 Free	F	10	7.00	1:26.59S	1:32.35S	-5.76 (-6.24%)
			11-12 100 IM	F	9	9.00	1:35.85S	1:38.88S	-3.03 (-3.06%)
			11-12 50 Breast	F	5	14.00	48.26S	49.73S	-1.47 (-2.96%)
Jackson, Tess	9	F	9-9 100 Breast	F	4	15.00	2:00.65S		
			9-9 50 Back	F	4	15.00	51.36S	52.87S	-1.51 (-2.86%)
			9-9 50 Breast	F	4	15.00	56.06S	1:00.41S	-4.35 (-7.20%)
			9-9 50 Fly	F	2	17.00	50.59S	57.21S	-6.62 (-11.57%)
			9-9 50 Free	F	4	15.00	45.98S	46.25S	-0.27 (-0.58%)
Johnson, Ivy	12	F	11-12 100 Back	F	13	4.00	1:57.60S		
			11-12 50 Breast	F	15	2.00	1:02.10S		
KIMARO, DAVID	10	M	10-10 50 Breast	F	5	14.00	56.31S	58.06S	-1.75 (-3.01%)
			10-10 50 Fly	F	5	14.00	55.26S	55.68S	-0.42 (-0.75%)
Kallow, Jasmin	10	F	10-10 50 Back	F	3	16.00	52.70S	51.03S	1.67 (3.27%)
			10-10 50 Breast	F	4	15.00	58.94S	1:02.58S	-3.64 (-5.82%)

Keenan Gray, Rory	11	M	10-10 50 Fly	F	2	17.00	46.99S	51.21S	-4.22 (-8.24%)
			10-10 50 Free	F	2	17.00	42.25S	44.48S	-2.23 (-5.01%)
			11-12 50 Back	F	11	6.00	49.65S		
			11-12 50 Breast	F	9	9.00	1:00.57S		
			11-12 50 Free	F	11	6.00	40.26S		
Kieskiewicz, Gabriel	12	M	11-12 100 Back	F	2	17.00	1:22.96S	1:22.82S	0.14 (0.17%)
			11-12 100 Breast	F	3	16.00	1:37.50S		
			11-12 100 IM	F	4	15.00	1:27.17S	1:33.40S	-6.23 (-6.67%)
			11-12 50 Back	F	1	20.00	38.48S	40.08S	-1.60 (-3.99%)
			11-12 50 Breast	F	4	15.00	47.21S	47.57S	-0.36 (-0.76%)
Lawton-Hanlon, Gabriel	11	M	11-12 50 Fly	F	3	16.00	40.81S	42.14S	-1.33 (-3.16%)
			11-12 50 Free	F	3	16.00	34.46S	35.85S	-1.39 (-3.88%)
			11-12 100 Back	F	7	12.00	1:33.14S	1:36.00S	-2.86 (-2.98%)
			11-12 100 Breast	F	8	11.00	1:47.25S		
			11-12 100 Free	F	9	9.00	1:25.98S		
Lessard, Aneirin	8	M	11-12 100 IM	F	10	7.00	1:36.12S	1:42.06S	-5.94 (-5.82%)
			8-8 100 Breast	F	3	16.00	2:43.06S		
			8-8 50 Back	F	5	14.00	1:03.18S	59.91S	3.27 (5.46%)
			8-8 50 Breast	F	5	14.00	1:14.82S	1:14.74S	0.08 (0.11%)
			8-8 50 Free	F	5	14.00	1:07.52S	1:00.95S	6.57 (10.78%)
Lessard, Gael	10	M	10-10 100 Breast	F	5	14.00	2:16.78S		
			10-10 50 Back	F	5	14.00	57.82S	56.06S	1.76 (3.14%)
			10-10 50 Breast	F	7	12.00	1:03.33S	1:04.59S	-1.26 (-1.95%)
			10-10 50 Free	F	5	14.00	46.76S	51.17S	-4.41 (-8.62%)
			11-12 100 Back	F	2	17.00	1:24.50S	1:29.67S	-5.17 (-5.77%)
Lowe, Dora	11	F	11-12 100 Breast	F	2	17.00	1:41.59S	2:03.49S	-21.90 (-17.73%)
			11-12 100 Fly	F	4	15.00	1:39.79S		
			11-12 100 Free	F	8	11.00	1:23.42S		
			11-12 100 IM	F	6	13.00	1:30.50S	1:36.32S	-5.82 (-6.04%)
			10-10 100 IM	F	4	15.00	2:06.20S		
Martin, Michaela	10	F	10-10 50 Back	F	5	14.00	54.54S	55.94S	-1.40 (-2.50%)
			10-10 50 Free	F	4	15.00	45.81S	47.30S	-1.49 (-3.15%)
			11-12 100 Back	F	11	6.00	1:41.04S		
			11-12 100 Breast	F	15	2.00	1:56.75S		
			11-12 100 Free	F	15	2.00	1:35.60S		
Nivelle, Amelie	11	F	11-12 50 Back	F	7	12.00	47.48S	47.12S	0.36 (0.76%)
			11-12 50 Breast	F	9	9.00	53.52S	56.25S	-2.73 (-4.85%)
			11-12 50 Fly	F	8	11.00	51.00S	1:01.41S	-10.41 (-16.95%)
			11-12 50 Free	F	11	6.00	40.37S	40.62S	-0.25 (-0.62%)
			11-12 100 Back	F	12	5.00	1:52.95S		
Nivelle, Juliette	12	F	11-12 100 Breast	F	16	1.00	1:59.24S		
			11-12 100 Free	F	17		1:40.44S		
			11-12 50 Back	F	13	4.00	51.36S	51.81S	-0.45 (-0.87%)
			11-12 50 Breast	F	12	5.00	56.86S	56.89S	-0.03 (-0.05%)
			11-12 50 Fly	F	11	6.00	1:00.29S	1:02.21S	-1.92 (-3.09%)
			11-12 50 Free	F	15	2.00	42.93S	43.47S	-0.54 (-1.24%)

Parkes, Dureti	10	F	10-10 100 Back	F	2	17.00	1:32.06S	1:45.56S	-13.50 (-12.79%)
			10-10 100 Breast	F	3	16.00	1:47.35S	1:50.45S	-3.10 (-2.81%)
			10-10 100 Fly	F	3	16.00	1:44.29S		
			10-10 100 Free	F	3	16.00	1:22.83S	1:25.70S	-2.87 (-3.35%)
			10-10 100 IM	F	2	17.00	1:34.38S	1:34.77S	-0.39 (-0.41%)
Phillimore, Dory	11	M	11-12 100 Fly	F	6	13.00	2:08.90S		
			11-12 100 Free	F	11	6.00	1:47.18S	2:01.76S	-14.58 (-11.97%)
			11-12 50 Back	F	12	5.00	56.96S	54.52S	2.44 (4.48%)
			11-12 50 Breast	F	10	7.00	1:05.01S	1:03.58S	1.43 (2.25%)
			11-12 50 Fly	F	9	9.00	57.82S	53.79S	4.03 (7.49%)
Rob, Humayun	9	M	11-12 50 Free	F	12	5.00	45.25S	43.62S	1.63 (3.74%)
			9-9 100 Back	F	3	16.00	1:44.81S	1:37.55S	7.26 (7.44%)
			9-9 100 Breast	F	1	20.00	1:50.08S	1:57.89S	-7.81 (-6.62%)
			9-9 100 Fly	F	2	17.00	1:59.00S		
			9-9 100 Free	F	2	17.00	1:33.88S	1:29.63S	4.25 (4.74%)
Rohrer, William	11	M	9-9 100 IM	F	1	20.00	1:40.64S	1:42.12S	-1.48 (-1.45%)
			11-12 50 Back	F	10	7.00	48.50S	48.67S	-0.17 (-0.35%)
			11-12 50 Fly	F	7	12.00	43.56S	47.10S	-3.54 (-7.52%)
			11-12 50 Free	F	10	7.00	40.07S	40.07S	0.00 (0.00%)
			11-12 100 Free	F	16	1.00	1:39.33S		
Saygi, Diana Asmin	11	F	11-12 50 Back	F	14	3.00	51.65S	55.65S	-4.00 (-7.19%)
			11-12 50 Breast	F	11	6.00	55.80S	56.91S	-1.11 (-1.95%)
			11-12 50 Fly	F	10	7.00	59.20S	57.72S	1.48 (2.56%)
			11-12 50 Free	F	14	3.00	42.48S	44.13S	-1.65 (-3.74%)
			8-8 50 Back	F	3	16.00	59.57S	1:05.69S	-6.12 (-9.32%)
Shearman, Enzo	8	M	8-8 50 Breast	F	3	16.00	1:08.36S	1:14.42S	-6.06 (-8.14%)
			8-8 50 Fly	F	2	17.00	1:01.50S	1:03.30S	-1.80 (-2.84%)
			8-8 50 Free	F	3	16.00	48.24S	54.12S	-5.88 (-10.86%)
			11-12 100 Back	F	8	11.00	1:37.54S		
			11-12 100 Breast	F	9	9.00	1:50.09S		
Sprange, James	11	M	11-12 100 Fly	F	4	15.00	1:40.44S		
			11-12 100 Free	F	8	11.00	1:25.22S	1:32.15S	-6.93 (-7.52%)
			11-12 100 IM	F	11	6.00	1:36.62S		
			9-9 50 Free	F	6	13.00	52.05S	1:02.51S	-10.46 (-16.73%)
			13 & Over 100 Breast	F	1	20.00	1:36.84S	1:37.19S	-0.35 (-0.36%)
Taylor, Madison	13	F	13 & Over 50 Breast	F	1	20.00	42.79S	45.79S	-3.00 (-6.55%)
			11-12 100 Back	F	9	9.00	1:37.82S		
Thomas-Epstein, Aaron	11	M	11-12 50 Back	F	6	13.00	42.27S	45.44S	-3.17 (-6.98%)
			11-12 50 Breast	F	8	11.00	54.06S	52.95S	1.11 (2.10%)
			11-12 50 Fly	F	8	11.00	43.64S	48.72S	-5.08 (-10.43%)
			11-12 50 Free	F	7	12.00	35.77S	37.02S	-1.25 (-3.38%)
			11-12 100 Back	F	5	14.00	1:28.81S		
Trevelyan- Shipp, Naomi	11	F	11-12 100 Breast	F	5	14.00	1:45.75S		
			11-12 100 Fly	F	5	14.00	1:42.73S		
			11-12 100 Free	F	7	12.00	1:22.27S	1:29.07S	-6.80 (-7.63%)
			11-12 100 IM	F	5	14.00	1:29.36S	1:46.11S	-16.75 (-15.79%)

Turnham, Nancy	10	F	11-12 50 Back	F	3	16.00	42.53S	45.59S	-3.06 (-6.71%)
			11-12 50 Breast	F	3	16.00	48.57S	54.55S	-5.98 (-10.96%)
			11-12 50 Fly	F	4	15.00	43.08S	47.05S	-3.97 (-8.44%)
			11-12 50 Free	F	5	14.00	36.33S	39.18S	-2.85 (-7.27%)
			10-10 100 Back	F	5	14.00	2:44.87S		
			10-10 100 Free	F	6	13.00	2:15.98S		
			10-10 50 Breast	F	5	14.00	1:17.73S	1:14.82S	2.91 (3.89%)
			10-10 50 Free	F	7	12.00	1:03.89S	56.70S	7.19 (12.68%)
Westgate, Lena	10	F	10-10 100 Back	F	3	16.00	1:32.27S	1:41.64S	-9.37 (-9.22%)
			10-10 100 Breast	F	2	17.00	1:42.91S	1:46.53S	-3.62 (-3.40%)
			10-10 100 Fly	F	1	20.00	1:37.50S		
			10-10 100 Free	F	1	20.00	1:19.81S	1:22.89S	-3.08 (-3.72%)
			10-10 100 IM	F	1	20.00	1:30.50S	1:34.36S	-3.86 (-4.09%)
Weston, Elizaveta	12	F	11-12 50 Back	F	11	6.00	51.00S	53.90S	-2.90 (-5.38%)
			11-12 50 Free	F	13	4.00	42.40S	45.44S	-3.04 (-6.69%)
Wojcik, Matthew	11	M	11-12 50 Fly	F	10	7.00	59.45S	57.29S	2.16 (3.77%)
			11-12 50 Free	F	9	9.00	38.70S	41.43S	-2.73 (-6.59%)
van der Knaap, Kathryn	8	F	8-8 100 Back	F	5	14.00	2:09.82S		
			8-8 100 Free	F	2	17.00	1:41.43S		
			8-8 50 Breast	F	5	14.00	1:13.77S	1:17.22S	-3.45 (-4.47%)
			8-8 50 Fly	F	3	16.00	59.91S	1:06.58S	-6.67 (-10.02%)