

Improvement Report
Bexley's Summer Sizzler 2023
Meet Date: 15/07/2023
Location: Bexleyheath,
Report Date: 30/11/2023

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement	New Best Cut	Time Standard
Antonova, Mia	12	F	Open 100 Free	F			1:25.07S	1:22.25S	2.82		
Antonova, Mia			Open 100 IM	F			1:38.12S	1:32.96S	5.16		
Antonova, Mia			Open 50 Back	F			46.00S	44.73S	1.27		
Ballard, Max	16	M	Open 100 Back	F			1:14.67S	1:16.16S	-1.49		
Ballard, Max			Open 100 Free	F			1:04.86S	1:03.08S	1.78		
Ballard, Max			Open 100 IM	F			1:16.26S	1:13.78S	2.48		
Ballard, Max			Open 50 Back	F			35.33S	34.44S	0.89		
Ballard, Max			Open 50 Free	F			29.28S	28.21S	1.07		
Barker, Finola	14	F	Open 100 Fly	F			1:22.24S	1:17.28S	4.96		
Barker, Finola			Open 100 Free	F			1:07.52S	1:08.09S	-0.57		
Barker, Finola			Open 50 Back	F			34.36S	35.10S	-0.74		
Barker, Finola			Open 50 Breast	F			44.23S	43.54S	0.69		
Barker, Finola			Open 50 Fly	F			34.16S	34.10S	0.06		
Barker, Finola			Open 50 Free	F			30.95S	30.45S	0.50		
Bhardwaj, Aarya	13	M	Open 100 Breast	F			1:31.44S	1:29.89S	1.55		
Bhardwaj, Aarya			Open 100 Free	F			1:14.56S	1:16.67S	-2.11		
Bhardwaj, Aarya			Open 200 Breast	F			3:17.67S	3:17.89S	-0.22		
Bhardwaj, Aarya			Open 200 Free	F			2:47.63S	3:04.30S	-16.67		
Bhardwaj, Aarya			Open 50 Back	F			38.74S	44.25S	-5.51		
Bhardwaj, Aarya			Open 50 Breast	F			41.42S	40.83S	0.59		
Bhardwaj, Aarya			Open 50 Free	F			33.79S	35.19S	-1.40		
Birchmore, Billy	27	M	Open 100 Back	F			1:22.31S	1:15.70S	6.61		
Birchmore, Billy			Open 100 Free	F			1:12.16S	1:07.27S	4.89		
Birchmore, Billy			Open 100 IM	F			1:22.27S	1:20.40S	1.87		
Birchmore, Billy			Open 50 Free	F			32.10S	30.41S	1.69		
Bloodworth, Emilia	12	F	Open 100 Back	F			1:39.18S	1:33.46S	5.72		
Bloodworth, Emilia			Open 200 Back	F			3:20.50S	3:20.32S	0.18		
Bloodworth, Emilia			Open 200 Free	F			3:05.31S	3:03.68S	1.63		
Bloodworth, Emilia			Open 50 Back	F			45.62S	43.20S	2.42		
Bloodworth, Emilia			Open 50 Fly	F			47.44S	45.31S	2.13		

Bloodworth, Emilia			Open 50 Free	F	37.94S	37.17S	0.77
Bond, Carys	14	F	Open 100 Breast	F	1:28.62S	1:24.99S	3.63
Bond, Carys			Open 100 IM	F	1:19.38S	1:17.27S	2.11
Bond, Carys			Open 200 Breast	F	3:11.73S	3:04.67S	7.06
Bond, Carys			Open 200 Free	F	2:37.71S	2:36.58S	1.13
Bond, Carys			Open 50 Back	F	37.37S	37.39S	-0.02
Bond, Carys			Open 50 Breast	F	41.00S	38.74S	2.26
Bond, Carys			Open 50 Fly	F	35.88S	35.25S	0.63
Bond, Lauren	16	F	Open 100 Free	F	1:05.47S	1:05.32S	0.15
Bond, Lauren			Open 200 Free	F	2:25.91S	2:21.32S	4.59
Bond, Lauren			Open 200 IM	F	2:51.27S	2:48.03S	3.24
Bond, Lauren			Open 50 Back	F	35.36S	34.44S	0.92
Bond, Lauren			Open 50 Free	F	29.57S	29.35S	0.22
Bond, Lucas	12	M	Open 100 Breast	F	1:31.94S	1:28.63S	3.31
Bond, Lucas			Open 100 Free	F	1:13.74S	1:08.90S	4.84
Bond, Lucas			Open 100 IM	F	1:24.74S	1:18.77S	5.97
Bond, Lucas			Open 200 Breast	F	3:23.38S	3:13.23S	10.15
Bond, Lucas			Open 50 Back	F	34.97S	36.88S	-1.91
Bond, Lucas			Open 50 Breast	F	42.02S	40.23S	1.79
Bond, Lucas			Open 50 Fly	F	37.54S	36.11S	1.43
Bond, Lucas			Open 50 Free	F	32.19S	31.04S	1.15
Bradbury, Neve	14	F	Open 100 Breast	F	1:33.32S	1:34.16S	-0.84
Bradbury, Neve			Open 100 Fly	F	1:18.42S	1:18.35S	0.07
Bradbury, Neve			Open 100 IM	F	1:22.24S	1:22.20S	0.04
Bradbury, Neve			Open 200 Breast	F	3:19.75S	3:21.88S	-2.13
Bradbury, Neve			Open 200 IM	F	2:58.97S	2:53.02S	5.95
Bradbury, Neve			Open 50 Back	F	38.77S	37.12S	1.65
Bradbury, Neve			Open 50 Fly	F	35.29S	35.80S	-0.51
Bradbury, Neve			Open 50 Free	F	32.76S	32.55S	0.21
Cannell, Alice	12	F	Open 100 Breast	F	1:53.09S	1:49.99S	3.10
Cannell, Alice			Open 50 Fly	F	53.69S	48.52S	5.17
Cannell, Alice			Open 50 Free	F	43.37S	40.61S	2.76
Cannell, James	10	M	Open 100 Breast	F	1:55.62S	1:51.55S	4.07
Cannell, James			Open 50 Free	F	44.22S	38.80S	5.42
Chen, Isabelle	11	F	Open 100 Back	F	1:38.40S	1:44.19S	-5.79
Chen, Isabelle			Open 100 Breast	F	1:54.26S	1:57.28S	-3.02
Chen, Isabelle			Open 50 Fly	F	41.76S	51.15S	-9.39
Chen, Isabelle			Open 50 Free	F	38.31S	42.57S	-4.26

Coote, Emily	13	F	Open 100 Free	F	1:15.43S	1:12.98S	2.45
Coote, Emily			Open 50 Fly	F	37.76S	37.12S	0.64
Coote, Emily			Open 50 Free	F	32.31S	32.30S	0.01
Cosgrove, Dylan	15	M	Open 100 Breast	F	1:26.53S	1:28.72S	-2.19
Cosgrove, Dylan			Open 50 Breast	F	39.44S	42.29S	-2.85
Cosgrove, Dylan			Open 50 Fly	F	37.46S	42.72S	-5.26
Cosgrove, Rohan	17	M	Open 100 Breast	F	1:25.72S	1:25.62S	0.10
Cosgrove, Rohan			Open 100 Free	F	1:07.25S	1:04.34S	2.91
Cosgrove, Rohan			Open 100 IM	F	1:19.14S	1:20.19S	-1.05
Cosgrove, Rohan			Open 50 Fly	F	36.34S	38.62S	-2.28
Cosgrove, Rohan			Open 50 Free	F	29.25S	30.46S	-1.21
Dartford, Emilia	13	F	Open 100 Back	F	1:25.10S	1:22.33S	2.77
Dartford, Emilia			Open 100 Free	F	1:15.21S	1:13.55S	1.66
Dartford, Emilia			Open 200 Back	F	3:00.37S	3:01.53S	-1.16
Dartford, Emilia			Open 200 Breast	F	3:27.82S	3:28.75S	-0.93
Dartford, Emilia			Open 50 Back	F	38.83S	38.16S	0.67
Dartford, Emilia			Open 50 Free	F	33.25S	33.99S	-0.74
Dimarucut, Jake	13	M	Open 100 Breast	F	1:45.81S	1:40.70S	5.11
Dimarucut, Jake			Open 50 Breast	F	46.32S	43.03S	3.29
Dixon, Isla	12	F	Open 50 Free	F	38.70S	37.88S	0.82
Doyle, Chloe	11	F	Open 50 Breast	F	49.69S	48.68S	1.01
Doyle, Chloe			Open 50 Fly	F	44.39S		
Draper, Daisy	14	F	Open 100 Breast	F	1:20.99S	1:20.42S	0.57
Draper, Daisy			Open 400 Free	F	4:57.33S	5:03.55S	-6.22
Edmunds, Sofia	11	F	Open 100 Back	F	1:39.88S	1:36.86S	3.02
Edmunds, Sofia			Open 100 Fly	F	1:59.58S	1:53.76S	5.82
Edmunds, Sofia			Open 100 Free	F	1:35.01S	1:30.03S	4.98
Edmunds, Sofia			Open 50 Back	F	44.41S	43.54S	0.87
Edmunds, Sofia			Open 50 Fly	F	52.62S	45.38S	7.24
Edmunds, Sofia			Open 50 Free	F	40.79S	38.71S	2.08
Fraser, Abigail	13	F	Open 100 Back	F	1:23.83S	1:21.50S	2.33
Fraser, Abigail			Open 100 Free	F	1:14.66S	1:12.08S	2.58

Fraser, Abigail			Open 200 Back	F	3:01.50S	2:59.32S	2.18
Fraser, Abigail			Open 50 Back	F	36.75S	36.47S	0.28
Fraser, Abigail			Open 50 Free	F	33.47S	32.75S	0.72
Gatward-Hallett, Emilie	12	F	Open 100 Back	F	1:39.11S	1:37.94S	1.17
Gatward-Hallett, Emilie			Open 100 Breast	F	1:41.92S	1:40.71S	1.21
Gatward-Hallett, Emilie			Open 100 Free	F	1:25.39S	1:19.48S	5.91
Gatward-Hallett, Emilie			Open 50 Back	F	44.58S	43.88S	0.70
Gatward-Hallett, Emilie			Open 50 Breast	F	47.94S	46.12S	1.82
Gatward-Hallett, Emilie			Open 50 Free	F	37.68S	38.59S	-0.91
Gibbs, Ellie	11	F	Open 100 Back	F	1:25.87S	1:22.04S	3.83
Gibbs, Ellie			Open 100 Fly	F	1:29.37S	1:24.36S	5.01
Gibbs, Ellie			Open 100 Free	F	1:15.32S	1:12.82S	2.50
Gibbs, Ellie			Open 200 IM	F	3:11.33S	3:08.56S	2.77
Gibbs, Ellie			Open 50 Back	F	37.47S	37.01S	0.46
Gibbs, Ellie			Open 50 Breast	F	46.41S	48.03S	-1.62
Gibbs, Ellie			Open 50 Fly	F	37.65S	35.84S	1.81
Gibbs, Ellie			Open 50 Free	F	34.49S	33.68S	0.81
Gilbert, Henry	12	M	Open 50 Free	F	53.21S	54.88S	-1.67
Goel, Pia	10	F	Open 100 Back	F	2:10.19S	2:08.93S	1.26
Goel, Pia			Open 100 Breast	F	2:10.75S	2:16.97S	-6.22
Goel, Pia			Open 50 Back	F	59.56S	56.12S	3.44
Goel, Pia			Open 50 Breast	F	1:00.45S	1:04.47S	-4.02
Goel, Pia			Open 50 Fly	F	1:15.04S		
Goel, Pia			Open 50 Free	F	53.71S	52.66S	1.05
Goel, Prisha	15	F	Open 100 IM	F	1:44.00S	1:44.30S	-0.30
Goel, Prisha			Open 200 IM	F	3:43.91S	3:43.63S	0.28
Goel, Prisha			Open 50 Back	F	47.13S	47.66S	-0.53
Goel, Prisha			Open 50 Breast	F	56.62S	57.30S	-0.68
Goel, Prisha			Open 50 Fly	F	47.70S	47.68S	0.02
Goyal, Aarya	12	F	Open 50 Fly	F	1:17.36S		
Iddiols-Bunclark, Scarlett	11	F	Open 100 Fly	F	1:42.58S		
Iddiols-Bunclark, Scarlett			Open 100 Free	F	1:19.72S	1:17.35S	2.37
Iddiols-Bunclark, Scarlett			Open 100 IM	F	1:35.83S	1:34.67S	1.16
Iddiols-Bunclark, Scarlett			Open 200 IM	F	3:21.27S	3:10.66S	10.61
Iddiols-Bunclark, Scarlett			Open 400 Free	F	5:52.09S	5:45.77S	6.32

Iddiols-Bunclark, Scarlett			Open 50 Back	F	44.30S	44.15S	0.15
Iddiols-Bunclark, Scarlett			Open 50 Free	F	36.33S	35.73S	0.60
Kozins, Philip	11	M	Open 100 Breast	F	1:41.34S	1:46.12S	-4.78
Kozins, Philip			Open 200 Breast	F	3:34.11S	3:38.72S	-4.61
Kozins, Philip			Open 50 Breast	F	46.86S	46.48S	0.38
Kozins, Philip			Open 50 Free	F	37.33S	37.07S	0.26
Lagasca, Eisen	15	F	Open 100 Breast	F	1:35.17S	1:36.36S	-1.19
Lagasca, Eisen			Open 100 Fly	F	1:25.20S	1:21.12S	4.08
Lagasca, Eisen			Open 100 Free	F	1:14.70S	1:08.05S	6.65
Lagasca, Eisen			Open 100 IM	F	1:21.45S	1:20.70S	0.75
Lagasca, Eisen			Open 50 Fly	F	34.92S	33.90S	1.02
Larkin, Ciar	10	F	Open 100 Breast	F	1:58.58S	1:58.87S	-0.29
Larkin, Ciar			Open 100 Free	F	1:37.56S	1:28.29S	9.27
Larkin, Ciar			Open 200 Breast	F	4:17.22S	4:10.08S	7.14
Larkin, Ciar			Open 50 Back	F	49.33S	48.38S	0.95
Larkin, Ciar			Open 50 Fly	F	52.07S	46.78S	5.29
Larkin, Ciar			Open 50 Free	F	42.64S	42.10S	0.54
Lorenz-Lin, Mia	10	F	Open 100 Breast	F	1:48.20S		
Lorenz-Lin, Mia			Open 200 Free	F	3:12.88S	3:34.31S	-21.43
Lorenz-Lin, Mia			Open 50 Breast	F	53.72S	55.28S	-1.56
Lorenz-Lin, Mia			Open 50 Fly	F	49.58S	53.40S	-3.82
Lyphout, Lori	12	F	Open 100 Back	F	1:41.35S	1:39.00S	2.35
Lyphout, Lori			Open 100 Free	F	1:33.56S	1:31.03S	2.53
Lyphout, Lori			Open 50 Back	F	47.58S	47.10S	0.48
Madlener, Hannah	15	F	Open 100 Free	F	1:11.69S	1:11.55S	0.14
Madlener, Hannah			Open 200 Back	F	3:08.68S		
Madlener, Hannah			Open 200 Fly	F	3:26.67S	3:36.78S	-10.11
Madlener, Hannah			Open 50 Fly	F	36.15S	35.53S	0.62
Madlener, Hannah			Open 50 Free	F	31.84S	31.59S	0.25
Magcanan, Aaron	14	M	Open 100 Fly	F	1:12.39S	1:09.81S	2.58
Magcanan, Aaron			Open 100 Free	F	1:01.06S	59.42S	1.64
Magcanan, Aaron			Open 200 Back	F	2:29.46S	2:30.57S	-1.11

Magcanan, Aaron			Open 200 Free	F	2:15.20S	2:18.89S	-3.69
Magcanan, Andrew	14	M	Open 100 Breast	F	1:20.46S	1:18.05S	2.41
Magcanan, Andrew			Open 100 Free	F	1:00.79S	1:00.35S	0.44
Magcanan, Andrew			Open 400 Free	F	4:51.31S	4:52.76S	-1.45
Magcanan, Andrew			Open 50 Back	F	34.00S	35.16S	-1.16
Magcanan, Andrew			Open 50 Fly	F	32.39S	32.26S	0.13
Mandava, Saahithi	14	F	Open 100 Breast	F	1:32.08S	1:33.96S	-1.88
Mandava, Saahithi			Open 100 Free	F	1:17.15S	1:16.41S	0.74
Mandava, Saahithi			Open 100 IM	F	1:29.40S	1:26.75S	2.65
Mandava, Saahithi			Open 200 Breast	F	3:33.71S	3:30.69S	3.02
Mandava, Saahithi			Open 200 Fly	F	3:26.32S	3:21.53S	4.79
Mandava, Saahithi			Open 50 Fly	F	36.83S	39.13S	-2.30
Mandava, Saahithi			Open 50 Free	F	34.50S	34.10S	0.40
Maximova, Maria	10	F	Open 100 Breast	F	1:50.23S	1:44.25S	5.98
Maximova, Maria			Open 100 Free	F	1:21.31S	1:17.08S	4.23
Maximova, Maria			Open 100 IM	F	1:33.62S	1:29.04S	4.58
Maximova, Maria			Open 50 Back	F	46.69S	41.01S	5.68
Maximova, Maria			Open 50 Fly	F	47.51S	41.00S	6.51
Maximova, Maria			Open 50 Free	F	38.14S	35.01S	3.13
Mcavoy, Hana	11	F	Open 100 Breast	F	1:59.01S	1:47.61S	11.40
Mcavoy, Hana			Open 200 IM	F	3:27.95S	3:35.79S	-7.84
Mcavoy, Hana			Open 50 Fly	F	43.85S	41.25S	2.60
Nikolopoulos, Fotios	13	M	Open 100 Free	F	1:04.33S	1:03.18S	1.15
Nikolopoulos, Fotios			Open 200 Free	F	2:29.88S	2:21.59S	8.29
Nikolopoulos, Fotios			Open 400 Free	F	5:15.75S	5:03.08S	12.67
Nikolopoulos, Fotios			Open 50 Back	F	36.79S	34.25S	2.54
Nikolopoulos, Fotios			Open 50 Breast	F	41.18S	39.25S	1.93

Nikolopoulos, Fotios			Open 50 Free	F	39.69S	28.31S	11.38
Olatunji, Samuel	15	M	Open 100 Breast	F	1:32.14S	1:24.36S	7.78
Olatunji, Samuel			Open 100 Fly	F	1:24.74S	1:20.57S	4.17
Olatunji, Samuel			Open 100 Free	F	1:05.94S	1:04.59S	1.35
Olatunji, Samuel			Open 100 IM	F	1:23.87S	1:17.69S	6.18
Olatunji, Samuel			Open 200 Breast	F	3:27.51S	3:16.98S	10.53
Olatunji, Samuel			Open 200 IM	F	3:02.95S	2:58.42S	4.53
Olatunji, Samuel			Open 50 Back	F	42.23S	38.69S	3.54
Olatunji, Samuel			Open 50 Breast	F	38.33S	38.27S	0.06
Olatunji, Samuel			Open 50 Fly	F	32.71S	31.74S	0.97
Olatunji, Samuel			Open 50 Free	F	29.18S	28.42S	0.76
Olatunji, Shekinah	13	M	Open 100 Breast	F	1:25.58S	1:24.08S	1.50
Olatunji, Shekinah			Open 200 Back	F	2:58.14S	3:03.09S	-4.95
Olatunji, Shekinah			Open 400 Free	F	5:20.36S	5:39.12S	-18.76
Olatunji, Shekinah			Open 50 Back	F	38.30S	37.51S	0.79
Olatunji, Shekinah			Open 50 Breast	F	38.27S	37.01S	1.26
Olatunji, Shekinah			Open 50 Fly	F	34.01S	32.79S	1.22
Olatunji, Shekinah			Open 50 Free	F	30.24S	29.49S	0.75
Pacey, Anamaria	15	F	Open 100 Breast	F	1:39.87S	1:42.14S	-2.27
Pacey, Anamaria			Open 200 Free	F	2:58.47S		
Pacey, Anamaria			Open 50 Fly	F	45.16S		
Pandey, Aadya	11	F	Open 100 Breast	F	2:02.66S	2:04.19S	-1.53
Pandey, Aadya			Open 50 Back	F	49.61S	48.12S	1.49
Pandey, Aadya			Open 50 Breast	F	58.28S	55.83S	2.45
Pandey, Aadya			Open 50 Free	F	46.30S	44.07S	2.23
Tinker, Caitlin	15	F	Open 200 Back	F	2:36.93S	2:37.46S	-0.53
Tinker, Caitlin			Open 200 Fly	F	2:51.90S	2:47.69S	4.21
Tinker, Caitlin			Open 200 IM	F	2:46.48S	2:41.23S	5.25
Tinker, Caitlin			Open 50 Back	F	35.49S	35.61S	-0.12

Tume, Grace	17	F	Open 100 Back	F	1:15.94S	1:14.06S	1.88
Tume, Grace			Open 100 Free	F	1:07.01S	1:05.35S	1.66
Tume, Grace			Open 100 IM	F	1:16.80S	1:15.05S	1.75
Tume, Grace			Open 50 Free	F	30.42S	29.99S	0.43
Vutukuri, Pragnya	13	F	Open 100 Back	F	1:29.27S	1:26.03S	3.24
Vutukuri, Pragnya			Open 100 Fly	F	1:26.45S	1:24.72S	1.73
Vutukuri, Pragnya			Open 100 Free	F	1:15.67S	1:14.72S	0.95
Vutukuri, Pragnya			Open 100 IM	F	1:26.04S	1:26.08S	-0.04
Vutukuri, Pragnya			Open 50 Breast	F	47.00S	45.53S	1.47
Vutukuri, Pragnya			Open 50 Fly	F	37.49S	35.36S	2.13
Vutukuri, Pragnya			Open 50 Free	F	34.20S	33.03S	1.17
Wellard, Faith	12	F	Open 100 Breast	F	1:39.56S	1:31.47S	8.09
Wellard, Faith			Open 100 Fly	F	1:29.17S	1:27.78S	1.39
Wellard, Faith			Open 100 Free	F	1:14.78S	1:14.12S	0.66
Wellard, Faith			Open 200 IM	F	3:04.79S	3:00.89S	3.90
Wellard, Faith			Open 50 Breast	F	44.67S	43.63S	1.04
Wellard, Faith			Open 50 Free	F	33.44S	32.97S	0.47
West, Thomas	11	M	Open 50 Back	F	50.96S	52.42S	-1.46
West, Thomas			Open 50 Free	F	50.58S	45.21S	5.37
Whiting, Anya	10	F	Open 50 Breast	F	1:00.68S		
Yakovleva, Alina	13	F	Open 200 IM	F	3:30.26S	3:28.63S	1.63
Yakovleva, Alina			Open 400 Free	F	6:45.41S	7:02.65S	-17.24
Yakovleva, Alina			Open 400 IM	F	7:46.31S		
Yeung, Natalie	14	F	Open 100 Free	F	1:33.34S	1:31.65S	1.69