

**Improvement Report**  
**Dartford & DSC & Erith & DSC F**  
**Meet Date: 04/11/2023**  
**Location: Crook Log LC,**  
**Report Date: 30/11/2023**

<b>Athlete Name</b>	<b>Age</b>	<b>Gen</b>	<b>Event</b>	<b>P/F/T</b>	<b>Place</b>	<b>Points</b>	<b>Time</b>	<b>Base Line</b>	<b>Improvement</b>	<b>New Best Cut</b>	<b>Time Standard</b>
Abhyankar, Uma	11	F	Open 100 Back	F			1:39.25S	1:39.03S	0.22		
Abhyankar, Uma			Open 100 IM	F			1:47.51S	1:48.11S	-0.60		
Antonova, Mia	12	F	Open 100 Breast	F			1:48.54S	1:51.03S	-2.49		
Antonova, Mia			Open 100 Free	F			1:23.40S	1:22.25S	1.15		
Antonova, Mia			Open 200 IM	F			3:26.12S	3:35.60S	-9.48		
Ballard, Max	16	M	Open 100 Breast	F			1:29.67S	1:22.92S	6.75		
Ballard, Max			Open 100 Free	F			1:06.54S	1:03.08S	3.46		
Ballard, Max			Open 50 Breast	F			38.84S	38.53S	0.31		
Ballard, Max			Open 50 Free	F			29.46S	28.21S	1.25		
Barker, Finola	14	F	Open 100 Fly	F			1:21.14S	1:17.28S	3.86		
Barker, Finola			Open 100 Free	F			1:08.74S	1:07.52S	1.22		
Barker, Finola			Open 50 Back	F			36.42S	34.36S	2.06		
Barker, Finola			Open 50 Fly	F			34.40S	34.10S	0.30		
Barker, Finola			Open 50 Free	F			31.49S	30.45S	1.04		
Birchmore, Billy	27	M	Open 100 Breast	F			1:39.16S	1:35.89S	3.27		
Birchmore, Billy			Open 100 Free	F			1:12.22S	1:07.27S	4.95		
Birchmore, Billy			Open 200 Back	F			2:50.71S	2:46.26S	4.45		
Birchmore, Billy			Open 50 Free	F			31.90S	30.41S	1.49		
Bloodworth, Emilia	12	F	Open 100 Free	F			1:28.77S	1:23.45S	5.32		
Bloodworth, Emilia			Open 200 Back	F			3:25.24S	3:20.32S	4.92		
Bloodworth, Emilia			Open 200 Free	F			3:13.58S	3:03.68S	9.90		
Bloodworth, Emilia			Open 50 Fly	F			45.50S	45.31S	0.19		
Bloodworth, Emilia			Open 50 Free	F			39.11S	37.17S	1.94		
Bond, Carys	14	F	Open 100 Breast	F			1:26.49S	1:24.99S	1.50		
Bond, Carys			Open 100 Free	F			1:11.27S	1:10.96S	0.31		
Bond, Carys			Open 100 IM	F			1:19.28S	1:17.27S	2.01		
Bond, Carys			Open 200 Breast	F			3:09.81S	3:04.67S	5.14		
Bond, Carys			Open 200 Free	F			2:36.58S	2:37.45S	-0.87		
Bond, Carys			Open 200 IM	F			2:53.66S	2:51.70S	1.96		

Bond, Carys			Open 50 Breast	F	39.20S	38.74S	0.46
Bond, Carys			Open 50 Fly	F	37.79S	35.25S	2.54
Bond, Lauren	16	F	Open 100 Free	F	1:06.08S	1:05.32S	0.76
Bond, Lauren			Open 100 IM	F	1:18.65S	1:16.13S	2.52
Bond, Lauren			Open 200 Free	F	2:24.44S	2:21.32S	3.12
Bond, Lauren			Open 50 Back	F	35.69S	34.44S	1.25
Bond, Lauren			Open 50 Breast	F	41.23S	40.49S	0.74
Bond, Lauren			Open 50 Free	F	30.62S	29.35S	1.27
Bond, Lucas	12	M	Open 100 Back	F	1:18.64S	1:21.11S	-2.47
Bond, Lucas			Open 100 Breast	F	1:29.75S	1:28.63S	1.12
Bond, Lucas			Open 100 Fly	F	1:19.39S	1:19.31S	0.08
Bond, Lucas			Open 100 Free	F	1:10.29S	1:08.90S	1.39
Bond, Lucas			Open 100 IM	F	1:18.77S	1:19.83S	-1.06
Bond, Lucas			Open 50 Breast	F	40.23S	40.87S	-0.64
Bond, Lucas			Open 50 Free	F	31.55S	31.04S	0.51
Botten-Vanacore, Eliot	14	M	Open 100 Back	F	1:10.47S	1:10.94S	-0.47
Botten-Vanacore, Eliot			Open 100 Breast	F	1:21.27S	1:22.05S	-0.78
Botten-Vanacore, Eliot			Open 100 Free	F	1:07.78S	1:07.84S	-0.06
Botten-Vanacore, Eliot			Open 100 IM	F	1:13.61S	1:17.90S	-4.29
Botten-Vanacore, Eliot			Open 50 Back	F	32.61S	31.72S	0.89
Botten-Vanacore, Eliot			Open 50 Breast	F	37.80S	38.04S	-0.24
Bowen, Roslyn	10	F	Open 100 Breast	F	1:54.79S	1:57.36S	-2.57
Bowen, Roslyn			Open 100 Fly	F	1:55.40S		
Bowen, Roslyn			Open 100 Free	F	1:36.37S	1:36.27S	0.10
Bowen, Roslyn			Open 100 IM	F	1:45.99S		
Bowen, Roslyn			Open 200 Breast	F	4:06.87S	4:10.69S	-3.82
Bowen, Roslyn			Open 200 Free	F	3:29.58S		
Bowen, Roslyn			Open 50 Back	F	48.74S	50.50S	-1.76
Bowen, Roslyn			Open 50 Breast	F	54.46S	51.91S	2.55
Bowen, Roslyn			Open 50 Fly	F	47.64S	47.57S	0.07
Bowen, Roslyn			Open 50 Free	F	43.08S	42.84S	0.24
Bradbury, Neve	14	F	Open 100 Fly	F	1:21.32S	1:18.35S	2.97
Bradbury, Neve			Open 200 Fly	F	3:08.00S	3:06.90S	1.10
Bradbury, Neve			Open 200 Free	F	2:33.75S	2:53.68S	-19.93
Bradbury, Neve			Open 50 Back	F	37.12S	38.23S	-1.11
Bradbury, Neve			Open 50 Breast	F	44.95S	44.20S	0.75

Bradbury, Neve			Open 50 Fly	F	35.80S	35.29S	0.51
Bridle, Felicity	13	F	Open 50 Breast	F	46.43S	45.44S	0.99
Cannell, Alice	12	F	Open 100 Breast	F	1:49.99S	1:52.60S	-2.61
Cannell, Alice			Open 50 Fly	F	48.52S	48.71S	-0.19
Cannell, Alice			Open 50 Free	F	40.61S	43.37S	-2.76
Cannell, James	10	M	Open 100 Breast	F	1:51.55S	1:55.62S	-4.07
Cannell, James			Open 50 Free	F	38.80S	42.59S	-3.79
Coote, Emily	13	F	Open 100 Breast	F	1:40.80S	1:39.96S	0.84
Coote, Emily			Open 100 Fly	F	1:29.69S		
Coote, Emily			Open 100 Free	F	1:12.98S	1:13.45S	-0.47
Coote, Emily			Open 200 Free	F	2:46.65S	2:58.85S	-12.20
Coote, Emily			Open 50 Back	F	39.77S	43.08S	-3.31
Coote, Emily			Open 50 Fly	F	38.22S	37.12S	1.10
Coote, Emily			Open 50 Free	F	32.33S	32.30S	0.03
Crawford, Alice	11	F	Open 100 Back	F	1:37.35S	1:38.05S	-0.70
Crawford, Alice			Open 100 Fly	F	1:55.37S	1:41.98S	13.39
Crawford, Alice			Open 100 IM	F	1:35.27S	1:50.22S	-14.95
Crawford, Alice			Open 200 Free	F	3:12.25S	3:39.51S	-27.26
Crawford, Alice			Open 50 Back	F	47.93S	42.99S	4.94
Crawford, Alice			Open 50 Fly	F	45.45S	40.95S	4.50
Davey, Emma	16	F	Open 200 Free	F	2:39.02S	2:45.20S	-6.18
Davey, Emma			Open 50 Fly	F	38.42S	39.40S	-0.98
Davey, Jack	13	M	Open 200 IM	F	3:13.20S	3:09.69S	3.51
Davey, Jack			Open 50 Free	F	32.43S	35.03S	-2.60
Dimarucut, Jake	13	M	Open 100 Breast	F	1:41.56S	1:40.70S	0.86
Dimarucut, Jake			Open 100 Free	F	1:21.63S	1:23.81S	-2.18
Dimarucut, Jake			Open 50 Breast	F	43.03S	46.32S	-3.29
Dimarucut, Jake			Open 50 Free	F	35.73S	34.80S	0.93
Dinu, Alexandru	10	M	Open 100 Back	F	1:47.54S	1:44.41S	3.13
Dinu, Alexandru			Open 100 Breast	F	2:06.57S		
Dinu, Alexandru			Open 100 Free	F	1:40.37S		
Dinu, Alexandru			Open 100 IM	F	1:54.01S		
Dinu, Alexandru			Open 200 Back	F	3:38.74S	3:45.87S	-7.13
Dinu, Alexandru			Open 200 Breast	F	4:22.94S	4:28.69S	-5.75
Dinu, Alexandru			Open 50 Back	F	48.38S	57.72S	-9.34

Dinu, Alexandru			Open 50 Breast	F	59.25S	1:05.44S	-6.19
Dinu, Alexandru			Open 50 Free	F	43.36S	52.31S	-8.95
Dixon, Isla	12	F	Open 100 Breast	F	1:55.19S		
Dixon, Isla			Open 50 Free	F	37.88S	38.70S	-0.82
Edmunds, Sofia	11	F	Open 100 Fly	F	1:57.35S	1:53.76S	3.59
Edmunds, Sofia			Open 100 Free	F	1:31.10S	1:30.03S	1.07
Edmunds, Sofia			Open 50 Fly	F	45.38S	45.60S	-0.22
Edmunds, Sofia			Open 50 Free	F	38.71S	39.91S	-1.20
Farthing, Benjamin	12	M	Open 100 Back	F	1:20.98S	1:22.53S	-1.55
Farthing, Benjamin			Open 100 Fly	F	1:43.62S	1:42.59S	1.03
Farthing, Benjamin			Open 100 IM	F	1:24.77S	1:24.70S	0.07
Farthing, Benjamin			Open 200 Free	F	2:39.88S	2:52.86S	-12.98
Farthing, Benjamin			Open 50 Back	F	37.55S	38.39S	-0.84
Farthing, Benjamin			Open 50 Fly	F	39.56S	46.86S	-7.30
Farthing, Benjamin			Open 50 Free	F	32.74S	31.63S	1.11
Fraser, Abigail	13	F	Open 100 Back	F	1:21.51S	1:21.50S	0.01
Fraser, Abigail			Open 50 Back	F	36.47S	36.64S	-0.17
Fraser, Abigail			Open 50 Fly	F	38.74S	37.63S	1.11
Gibbs, Ellie	11	F	Open 100 Back	F	1:22.86S	1:22.04S	0.82
Gibbs, Ellie			Open 100 Fly	F	1:27.63S	1:24.36S	3.27
Gibbs, Ellie			Open 200 IM	F	3:08.56S	3:10.56S	-2.00
Gibbs, Ellie			Open 50 Back	F	38.07S	37.01S	1.06
Gibbs, Ellie			Open 50 Free	F	34.01S	33.68S	0.33
Goel, Prisha	14	F	Open 100 Fly	F	1:46.31S	1:50.05S	-3.74
Goel, Prisha			Open 100 IM	F	1:44.30S	1:44.00S	0.30
Goel, Prisha			Open 50 Back	F	47.66S	47.13S	0.53
Goel, Prisha			Open 50 Free	F	40.12S	40.59S	-0.47
Hickey, Ava	15	F	Open 100 Back	F	1:14.44S	1:13.96S	0.48
Hickey, Ava			Open 100 Fly	F	1:15.51S	1:18.81S	-3.30
Hickey, Ava			Open 100 Free	F	1:10.10S	1:06.64S	3.46
Hickey, Ava			Open 200 Back	F	2:41.24S	2:39.52S	1.72
Hickey, Ava			Open 50 Back	F	35.41S	34.95S	0.46
Horn, Rosie	14	F	Open 100 Breast	F	1:38.75S	1:38.34S	0.41
Horn, Rosie			Open 100 Free	F	1:18.21S	1:14.86S	3.35
Horn, Rosie			Open 50 Free	F	33.98S	34.58S	-0.60

Iddiols-Bunclark, Scarlett	11	F	Open 100 Free	F	1:17.73S	1:17.35S	0.38
Iddiols-Bunclark, Scarlett			Open 200 Free	F	2:46.45S	2:44.43S	2.02
Iddiols-Bunclark, Scarlett			Open 200 IM	F	3:14.19S	3:10.66S	3.53
Lagasca, Eisen	15	F	Open 100 Back	F	1:22.70S	1:22.89S	-0.19
Lagasca, Eisen			Open 100 Free	F	1:11.17S	1:08.05S	3.12
Lagasca, Eisen			Open 100 IM	F	1:22.17S	1:20.70S	1.47
Lagasca, Eisen			Open 50 Back	F	38.93S	36.70S	2.23
Lagasca, Eisen			Open 50 Breast	F	43.56S	42.24S	1.32
Lagasca, Eisen			Open 50 Fly	F	35.68S	33.90S	1.78
Lagasca, Eisen			Open 50 Free	F	33.03S	31.36S	1.67
Lin, Alex	12	M	Open 100 Back	F	1:23.07S	1:20.00S	3.07
Lin, Alex			Open 100 IM	F	1:23.22S	1:26.44S	-3.22
Lin, Alex			Open 200 Free	F	2:40.88S		
Lin, Alex			Open 200 IM	F	3:05.29S	3:02.22S	3.07
Lin, Alex			Open 50 Back	F	38.73S	38.07S	0.66
Lin, Alex			Open 50 Free	F	33.13S	32.36S	0.77
Lin, Anyka	15	F	Open 100 Free	F	1:06.87S	1:05.59S	1.28
Lin, Anyka			Open 200 Back	F	2:46.73S	2:45.26S	1.47
Lin, Anyka			Open 200 IM	F	2:47.43S	2:46.23S	1.20
Lin, Anyka			Open 400 Free	F	5:16.34S	4:58.71S	17.63
Lin, Anyka			Open 50 Free	F	31.24S	30.34S	0.90
Madlener, Hannah	15	F	Open 100 Breast	F	1:35.79S	1:35.81S	-0.02
Madlener, Hannah			Open 100 Fly	F	1:25.84S	1:36.42S	-10.58
Madlener, Hannah			Open 100 Free	F	1:11.55S	1:11.69S	-0.14
Madlener, Hannah			Open 50 Back	F	39.15S	40.66S	-1.51
Madlener, Hannah			Open 50 Breast	F	43.70S	43.60S	0.10
Madlener, Hannah			Open 50 Fly	F	35.98S	35.53S	0.45
Mandava, Saahithi	14	F	Open 100 Breast	F	1:33.96S	1:32.08S	1.88
Mandava, Saahithi			Open 100 Free	F	1:16.41S	1:16.50S	-0.09
Mandava, Saahithi			Open 50 Breast	F	41.63S	42.84S	-1.21
Mandava, Saahithi			Open 50 Free	F	34.10S	34.50S	-0.40
Mandava, Saanvika	10	F	Open 50 Breast	F	53.99S	59.63S	-5.64
Mandava, Saanvika			Open 50 Free	F	43.77S	54.81S	-11.04
Maximova, Maria	10	F	Open 100 Back	F	1:34.72S	1:29.88S	4.84

Maximova, Maria			Open 100 Breast	F	1:50.60S	1:44.25S	6.35
Maximova, Maria			Open 100 Fly	F	1:41.24S	1:40.87S	0.37
Maximova, Maria			Open 100 IM	F	1:29.04S	1:30.24S	-1.20
Maximova, Maria			Open 200 Back	F	3:10.73S	3:42.03S	-31.30
Maximova, Maria			Open 200 Breast	F	3:44.37S	3:59.97S	-15.60
Maximova, Maria			Open 200 Fly	F	3:36.17S	3:54.28S	-18.11
Maximova, Maria			Open 200 Free	F	2:54.53S	2:57.74S	-3.21
Maximova, Maria			Open 200 IM	F	3:17.88S	3:20.92S	-3.04
Maximova, Maria			Open 50 Back	F	42.56S	41.01S	1.55
Maximova, Maria			Open 50 Breast	F	49.45S	48.07S	1.38
Maximova, Maria			Open 50 Fly	F	41.72S	41.00S	0.72
Maximova, Maria			Open 50 Free	F	35.01S	35.27S	-0.26
Mcavoy, Hana	10	F	Open 100 Fly	F	1:37.16S		
Mcavoy, Hana			Open 200 Free	F	3:06.57S		
Mcavoy, Hana			Open 50 Back	F	45.14S	43.42S	1.72
Mcavoy, Hana			Open 50 Fly	F	43.79S	41.25S	2.54
Nikolopoulos, Fotios	13	M	Open 100 Free	F	1:04.02S	1:03.18S	0.84
Nikolopoulos, Fotios			Open 200 Free	F	2:21.59S	2:25.05S	-3.46
Nikolopoulos, Fotios			Open 50 Back	F	34.25S	35.88S	-1.63
Nikolopoulos, Fotios			Open 50 Breast	F	39.64S	39.25S	0.39
Nikolopoulos, Fotios			Open 50 Free	F	29.43S	28.31S	1.12
O'Gorman, Grace	16	F	Open 100 Free	F	1:22.18S	1:16.92S	5.26
O'Gorman, Grace			Open 100 IM	F	1:33.74S	1:29.46S	4.28
O'Gorman, Grace			Open 50 Breast	F	46.50S	45.17S	1.33
O'Gorman, Grace			Open 50 Fly	F	40.30S	39.22S	1.08
Olatunji, Samuel	15	M	Open 100 Breast	F	1:26.45S	1:24.36S	2.09
Olatunji, Samuel			Open 100 Free	F	1:07.32S	1:04.59S	2.73
Olatunji, Samuel			Open 100 IM	F	1:17.69S	1:18.95S	-1.26

Olatunji, Samuel			Open 200 Free	F	2:31.39S	2:42.04S	-10.65
Olatunji, Samuel			Open 50 Back	F	39.75S	38.69S	1.06
Olatunji, Samuel			Open 50 Fly	F	32.44S	31.74S	0.70
Olatunji, Samuel			Open 50 Free	F	29.01S	28.42S	0.59
Olatunji, Shekinah	13	M	Open 100 Breast	F	1:28.66S	1:24.08S	4.58
Olatunji, Shekinah			Open 200 Breast	F	3:16.19S	3:15.91S	0.28
Olatunji, Shekinah			Open 50 Back	F	37.51S	38.30S	-0.79
Olatunji, Shekinah			Open 50 Fly	F	32.79S	33.17S	-0.38
Olatunji, Shekinah			Open 50 Free	F	29.49S	29.71S	-0.22
Pandey, Aadya	11	F	Open 100 Breast	F	2:04.19S	2:02.66S	1.53
Pandey, Aadya			Open 100 Free	F	1:35.96S	1:41.29S	-5.33
Pandey, Aadya			Open 50 Breast	F	55.83S	58.28S	-2.45
Pandey, Aadya			Open 50 Free	F	44.07S	46.30S	-2.23
Richardson, Chloe	11	F	Open 100 IM	F	1:53.97S	1:53.15S	0.82
Richardson, Chloe			Open 50 Back	F	53.87S	55.70S	-1.83
Richardson, Isabel	9	F	Open 100 Back	F	1:53.31S	1:51.04S	2.27
Richardson, Isabel			Open 100 IM	F	2:10.98S		
Richardson, Isabel			Open 50 Back	F	53.50S	1:01.87S	-8.37
Robinson, Annabelle	15	F	Open 100 Back	F	1:27.16S	1:24.74S	2.42
Robinson, Annabelle			Open 200 Free	F	2:50.50S	2:47.56S	2.94
Robinson, Annabelle			Open 50 Back	F	40.57S	38.82S	1.75
Singh, Aryan	12	M	Open 100 Free	F	1:51.27S	1:39.87S	11.40
Singh, Aryan			Open 50 Breast	F	1:02.18S		
Singh, Aryan			Open 50 Free	F	46.06S		
Smith, Andrey	10	M	Open 100 Back	F	1:39.87S	1:39.27S	0.60
Smith, Andrey			Open 100 IM	F	1:46.13S		
Smith, Andrey			Open 200 Free	F	3:23.74S		
Smith, Andrey			Open 50 Back	F	47.75S	46.72S	1.03
Smith, Andrey			Open 50 Fly	F	49.01S	46.10S	2.91
Swan, Ethan	11	M	Open 100 Free	F	1:33.58S	1:37.19S	-3.61
Swan, Ethan			Open 50 Breast	F	52.13S		

Tume, Grace	17	F	Open 100 Fly	F	1:19.27S	1:15.06S	4.21
Tume, Grace			Open 100 Free	F	1:06.09S	1:05.35S	0.74
Tume, Grace			Open 100 IM	F	1:16.70S	1:15.05S	1.65
Tume, Grace			Open 50 Back	F	35.76S	34.21S	1.55
Tume, Grace			Open 50 Free	F	30.33S	29.99S	0.34
Tvardovska, Tetiana	16	F	Open 100 Free	F	1:06.20S	1:04.93S	1.27
Tvardovska, Tetiana			Open 100 IM	F	1:15.41S	1:14.47S	0.94
Tvardovska, Tetiana			Open 50 Fly	F	34.40S	33.55S	0.85
Tvardovska, Tetiana			Open 50 Free	F	30.76S	30.07S	0.69
Virdee, Lyla	11	F	Open 100 Free	F	1:44.71S		
Virdee, Lyla			Open 200 Back	F	3:50.06S		
Virdee, Lyla			Open 50 Free	F	43.28S	51.44S	-8.16
Vutukuri, Pragnya	13	F	Open 100 Fly	F	1:25.64S	1:24.72S	0.92
Vutukuri, Pragnya			Open 100 Free	F	1:14.72S	1:14.78S	-0.06
Vutukuri, Pragnya			Open 200 Free	F	2:44.85S	2:49.79S	-4.94
Vutukuri, Pragnya			Open 200 IM	F	3:03.27S	3:06.00S	-2.73
Vutukuri, Pragnya			Open 50 Fly	F	36.44S	35.36S	1.08
Vutukuri, Pragnya			Open 50 Free	F	33.75S	33.03S	0.72
Wellard, Faith	12	F	Open 100 Breast	F	1:35.03S	1:31.47S	3.56
Wellard, Faith			Open 100 Fly	F	1:29.40S	1:27.78S	1.62
Wellard, Faith			Open 100 Free	F	1:14.75S	1:14.12S	0.63
Wellard, Faith			Open 200 IM	F	3:01.54S	3:00.89S	0.65
Wellard, Faith			Open 50 Back	F	38.95S	42.34S	-3.39
Wellard, Faith			Open 50 Breast	F	43.95S	43.63S	0.32
Wellard, Faith			Open 50 Fly	F	38.40S	38.02S	0.38
Wellard, Faith			Open 50 Free	F	34.26S	32.97S	1.29
Yuen, James	18	M	Open 200 Free	F	2:11.23S	2:13.29S	-2.06
Yuen, James			Open 200 IM	F	2:34.63S	2:53.12S	-18.49
Yuen, James			Open 50 Fly	F	29.75S	29.44S	0.31
Yuen, James			Open 50 Free	F	27.77S	26.49S	1.28