

**Improvement Report**  
**Kent County ASA Junior Meet 20**  
**Meet Date: 21/10/2023**  
**Location: Gillingham,**  
**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>
Antonova, Mia	12	F	Open 100 Back	P			1:37.13S	1:35.00S	2.13		
Antonova, Mia			Open 100 Free	P			1:23.53S	1:22.25S	1.28		
Antonova, Mia			Open 50 Back	P			45.99S	44.73S	1.26		
Antonova, Mia			Open 50 Breast	P			51.59S	50.35S	1.24		
Bloodworth, Emilia	12	F	Open 50 Free	P			38.59S	37.17S	1.42		
Bowen, Roslyn	10	F	Open 100 Free	P			1:36.27S	1:36.37S	-0.10		
Bowen, Roslyn			Open 50 Back	P			50.50S	48.74S	1.76		
Bowen, Roslyn			Open 50 Breast	P			51.91S	53.03S	-1.12		
Bowen, Roslyn			Open 50 Fly	P			47.57S	47.64S	-0.07		
Bowen, Roslyn			Open 50 Free	P			45.29S	42.84S	2.45		
Cannell, Alice	12	F	Open 50 Breast	P			51.12S	1:01.22S	-10.10		
Cannell, Alice			Open 50 Fly	P			48.71S	48.52S	0.19		
Coote, Emily	13	F	Open 100 Free	P			1:13.45S	1:12.98S	0.47		
Coote, Emily			Open 50 Breast	P			44.96S	47.32S	-2.36		
Coote, Emily			Open 50 Free	P			32.30S	32.31S	-0.01		
Dartford, Emilia	13	F	Open 100 Back	P			1:24.15S	1:22.33S	1.82		
Dartford, Emilia			Open 100 Breast	P			1:36.24S	1:35.40S	0.84		
Dartford, Emilia			Open 100 Free	P			1:14.32S	1:13.55S	0.77		
Dartford, Emilia			Open 50 Back	P			38.38S	38.16S	0.22		
Dartford, Emilia			Open 50 Breast	P			45.27S	45.05S	0.22		
Larkin, Ciar	10	F	Open 100 Breast	P			2:00.70S	1:58.58S	2.12		
Larkin, Ciar			Open 100 Fly	P			1:53.10S	1:46.82S	6.28		
Larkin, Ciar			Open 100 Free	P			1:31.79S	1:28.29S	3.50		
Larkin, Ciar			Open 200 IM	P			3:46.41S	3:39.28S	7.13		
Larkin, Ciar			Open 50 Breast	P			55.83S	53.98S	1.85		
Larkin, Ciar			Open 50 Fly	P			48.56S	46.78S	1.78		
Larkin, Ciar			Open 50 Free	P			42.10S	42.64S	-0.54		
Lin, Alex	12	M	Open 100 Back	P			1:24.14S	1:20.00S	4.14		
Lin, Alex			Open 50 Free	P			33.31S	32.36S	0.95		
Mohamed, Louella	12	F	Open 100 Back	P			1:45.86S	1:42.78S	3.08		
Mohamed, Louella			Open 100 Free	P			1:32.83S	1:33.97S	-1.14		

Mohamed, Louella			Open 50 Back	P	48.03S	53.36S	-5.33
Mohamed, Louella			Open 50 Fly	P	49.47S		
Richardson, Chloe	12	F	Open 100 Free	P	1:42.11S	1:34.60S	7.51
Richardson, Chloe			Open 50 Back	P	55.70S	53.87S	1.83
Richardson, Chloe			Open 50 Breast	P	57.82S	51.71S	6.11
Richardson, Chloe			Open 50 Fly	P	56.19S		
Richardson, Chloe			Open 50 Free	P	42.75S	46.29S	-3.54
Smith, Andrey	10	M	Open 100 Free	P	1:32.05S	1:38.78S	-6.73
Smith, Andrey			Open 50 Fly	P	46.10S	47.62S	-1.52
Wellard, Faith	12	F	Open 100 Breast	P	1:34.08S	1:31.47S	2.61
Wellard, Faith			Open 100 Fly	P	1:32.28S	1:27.78S	4.50
Wellard, Faith			Open 100 Free	P	1:14.12S	1:14.75S	-0.63
Wellard, Faith			Open 200 IM	P	3:02.21S	3:00.89S	1.32
Wellard, Faith			Open 50 Breast	P	44.37S	43.63S	0.74
Wellard, Faith			Open 50 Fly	P	38.49S	38.02S	0.47
Wellard, Faith			Open 50 Free	P	33.91S	32.97S	0.94
Yeung, Natalie	14	F	Open 100 Back	P	1:43.79S	1:40.62S	3.17
Yeung, Natalie			Open 100 Free	P	1:31.65S	1:33.34S	-1.69
Yeung, Natalie			Open 200 IM	P	3:38.05S		
Yeung, Natalie			Open 50 Back	P	46.77S		
Yeung, Natalie			Open 50 Free	P	38.72S		