Performance Report for:

http://goforgoldperformance.co.uk/

Report generated: Thu, Mar 7, 2024 5:42 PM -0800
Test Server Location: 🇬🇧 London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0

B	Performance	Structure		L. Contentful Paint	T. Blocking Time	C. Layout Shift
	91%	76%		1.6s	0ms	0

Top Issues

High	Avoid enormous network payloads LCP	Total size was 17.5MB
Med	Serve static assets with an efficient cache policy	Potential savings of 17.5MB
Med	Properly size images	Potential savings of 16.9MB
Med-Low	Avoid CSS @import FCP LCP	1 resource found
Med-Low	Use a Content Delivery Network (CDN)	10 resources found

Page Details

1.6s
Fully Loaded Time

Total Page Size - 17.5MB

IMG 17.4MB

Total Page Requests - 18

JS 27.8%	CSS 22.2%	IMG 22.2%	HTML 11.1%	Other 11.1%	Font 5.6%

◼ HTML ◼ JS ◼ CSS ◼ IMG ◼ Video ◼ Font ◼ Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**
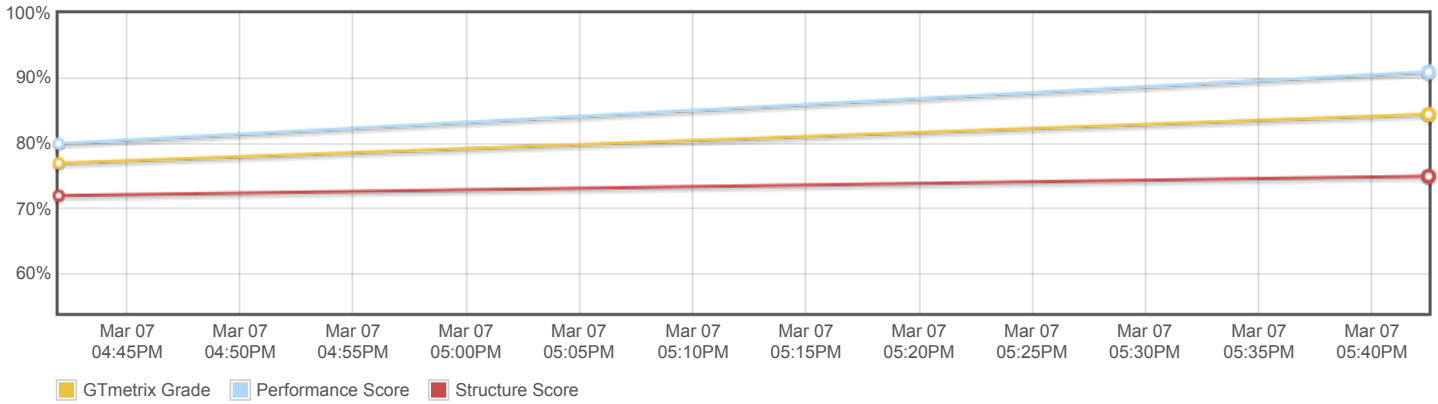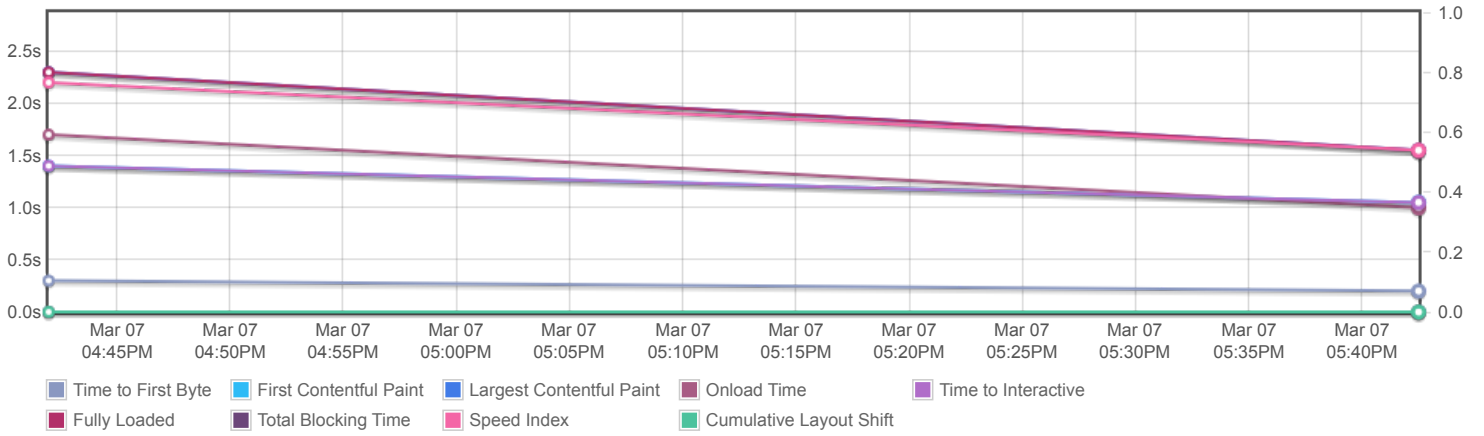
About GTmetrix

CARBON 60
THE MANAGED CLOUD COMPANY

GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

https://carbon60.com/
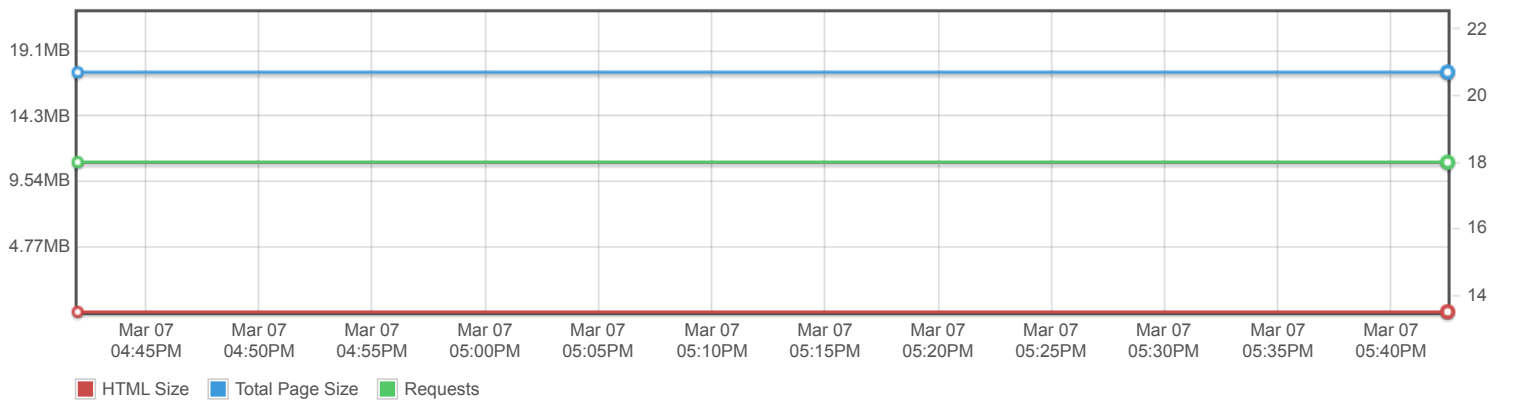
Page scores

Legend: GTmetrix Grade, Performance Score, Structure Score

Page metrics

Legend: Time to First Byte, First Contentful Paint, Largest Contentful Paint, Onload Time, Time to Interactive, Fully Loaded, Total Blocking Time, Speed Index, Cumulative Layout Shift
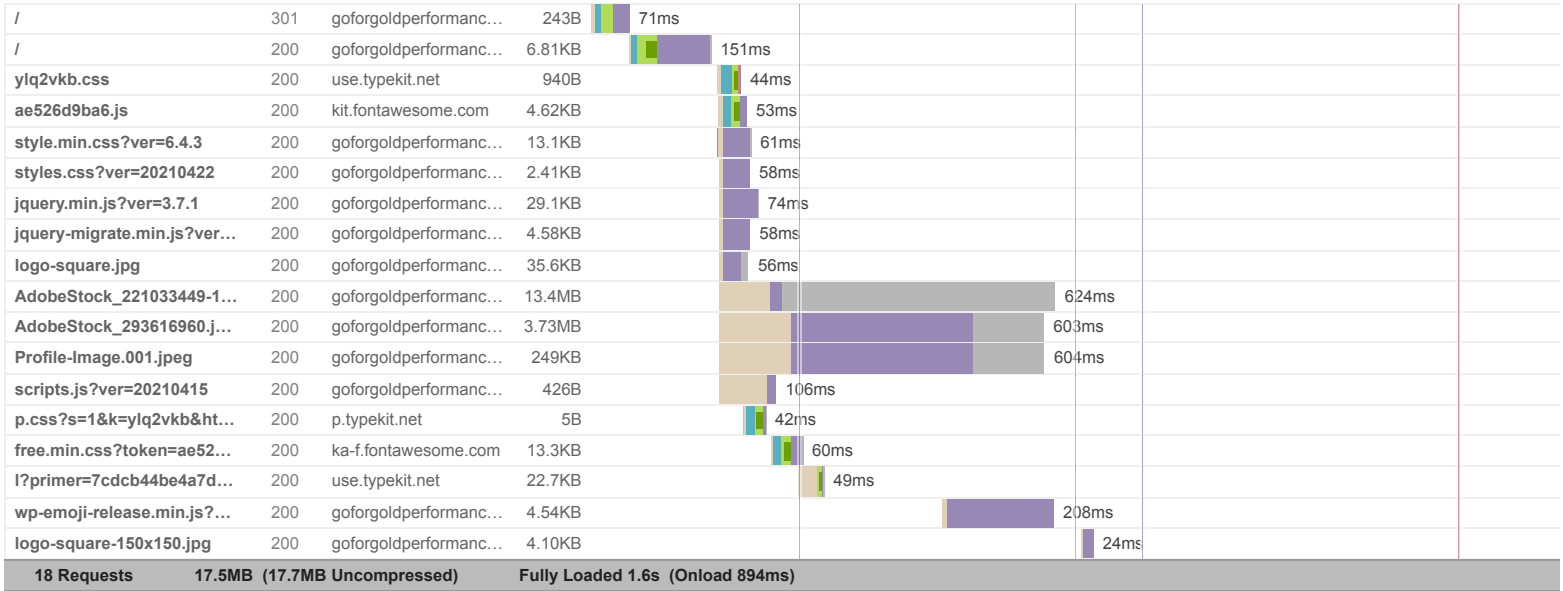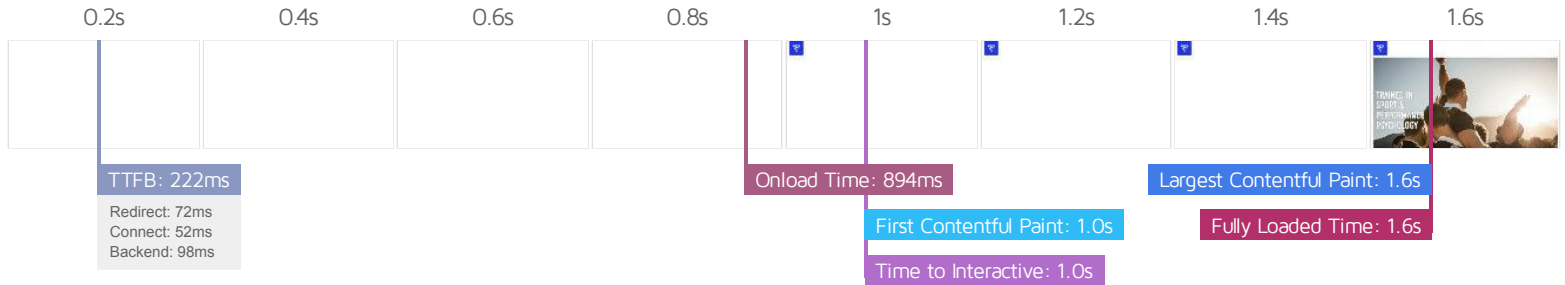
Page sizes and request counts

Legend: HTML Size, Total Page Size, Requests

The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Home | Go For Gold

/	301	goforgoldperformanc…	243B	71ms
/	200	goforgoldperformanc…	6.81KB	151ms
ylq2vkb.css	200	use.typekit.net	940B	44ms
ae526d9ba6.js	200	kit.fontawesome.com	4.62KB	53ms
style.min.css?ver=6.4.3	200	goforgoldperformanc…	13.1KB	61ms
styles.css?ver=20210422	200	goforgoldperformanc…	2.41KB	58ms
jquery.min.js?ver=3.7.1	200	goforgoldperformanc…	29.1KB	74ms
jquery-migrate.min.js?ver…	200	goforgoldperformanc…	4.58KB	58ms
logo-square.jpg	200	goforgoldperformanc…	35.6KB	56ms
AdobeStock_221033449-1…	200	goforgoldperformanc…	13.4MB	624ms
AdobeStock_293616960.j…	200	goforgoldperformanc…	3.73MB	603ms
Profile-Image.001.jpeg	200	goforgoldperformanc…	249KB	604ms
scripts.js?ver=20210415	200	goforgoldperformanc…	426B	106ms
p.css?s=1&k=ylq2vkb&ht…	200	p.typekit.net	5B	42ms
free.min.css?token=ae52…	200	ka-f.fontawesome.com	13.3KB	60ms
l?primer=7cdcb44be4a7d…	200	use.typekit.net	22.7KB	49ms
wp-emoji-release.min.js?…	200	goforgoldperformanc…	4.54KB	208ms
logo-square-150x150.jpg	200	goforgoldperformanc…	4.10KB	24ms
18 Requests		**17.5MB (17.7MB Uncompressed)**	**Fully Loaded 1.6s (Onload 894ms)**	

0.2s   0.4s   0.6s   0.8s   1s   1.2s   1.4s   1.6s

TTFB: 222ms
Redirect: 72ms
Connect: 52ms
Backend: 98ms

Onload Time: 894ms

First Contentful Paint: 1.0s

Time to Interactive: 1.0s

Largest Contentful Paint: 1.6s

Fully Loaded Time: 1.6s

Performance Metrics

First Contentful Paint

How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.

OK, but consider improvement

1.0s

Time to Interactive

How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.

Good - Nothing to do here

1.0s

Speed Index

How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.

OK, but consider improvement

1.6s

Total Blocking Time

How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.

Good - Nothing to do here

0ms

Largest Contentful Paint

How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.

OK, but consider improvement

1.6s

Cumulative Layout Shift

How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.

Good - Nothing to do here

0

Browser Timings

Redirect	72ms	Connect	52ms	Backend	98ms
TTFB	222ms	DOM Int.	380ms	DOM Loaded	383ms
Onload	894ms	First Paint	1.0s	Fully Loaded	1.6s

IMPACT   AUDIT

Low	Efficiently encode images	Potential savings of 6.83MB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://goforgoldperformance.co.uk/wp-content/uploads/AdobeStock_221033449-1.jpeg	13.4MB	6.66MB
https://goforgoldperformance.co.uk/wp-content/uploads/Profile-Image.001.jpeg	249KB	153KB
https://goforgoldperformance.co.uk/wp-content/uploads/logo-square.jpg	35.6KB	20.1KB

Low	Eliminate render-blocking resources FCP LCP	Potential savings of 52ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
• https://use.typekit.net/ylq2vkb.css	1.14KB	751ms
• https://goforgoldperformance.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	13.2KB	164ms
• https://goforgoldperformance.co.uk/wp-content/themes/dg-starter-theme/assets/css/styles.css?ver=20210422	2.50KB	164ms
• https://kit.fontawesome.com/ae526d9ba6.js	4.62KB	763ms
• https://goforgoldperformance.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	29.2KB	327ms
• https://goforgoldperformance.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1	4.67KB	164ms

Low	Serve images in next-gen formats	Potential savings of 9.13MB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://goforgoldperformance.co.uk/wp-content/uploads/AdobeStock_221033449-1.jpeg	13.4MB	8.90MB
https://goforgoldperformance.co.uk/wp-content/uploads/Profile-Image.001.jpeg	249KB	212KB
https://goforgoldperformance.co.uk/wp-content/uploads/logo-square.jpg	35.6KB	29.6KB

Low	Avoid multiple page redirects FCP LCP	Potential savings of 68ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
• http://goforgoldperformance.co.uk/	68ms
• https://goforgoldperformance.co.uk/	0ms

Low	Ensure text remains visible during webfont load FCP LCP	1 font found

Leverage the `font-display` CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
• https://use.typekit.net/af/cfbead/0000000000000000000146b3/27/l?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n4&v=3	13ms

Low	**Reduce unused CSS** FCP LCP	Potential savings of 25.2KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

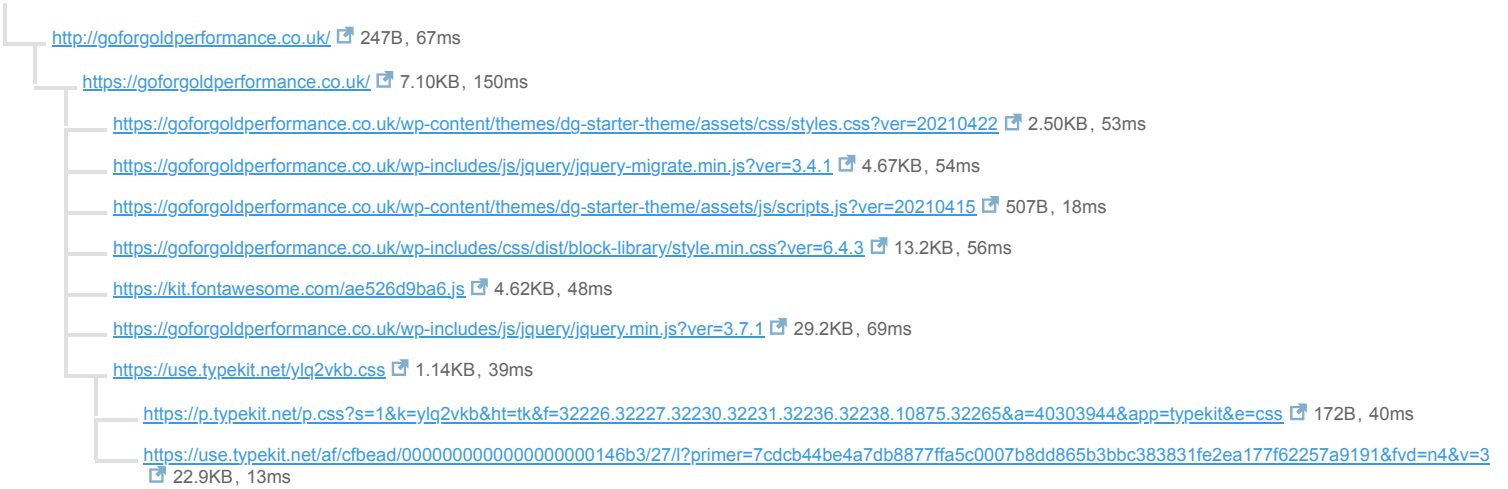| URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://goforgoldperformance.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	13.2KB	13.2KB
• /*! * Font Awesome Free 5.15.4 by @fontawesome - https://fontawesome.com * License - https://font…	12.0KB	12.0KB

Low	**Avoid chaining critical requests** FCP LCP	8 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: **428ms**

INITIAL NAVIGATION

- http://goforgoldperformance.co.uk/ 247B, 67ms
  - https://goforgoldperformance.co.uk/ 7.10KB, 150ms
    - https://goforgoldperformance.co.uk/wp-content/themes/dg-starter-theme/assets/css/styles.css?ver=20210422 2.50KB, 53ms
    - https://goforgoldperformance.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1 4.67KB, 54ms
    - https://goforgoldperformance.co.uk/wp-content/themes/dg-starter-theme/assets/js/scripts.js?ver=20210415 507B, 18ms
    - https://goforgoldperformance.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3 13.2KB, 56ms
    - https://kit.fontawesome.com/ae526d9ba6.js 4.62KB, 48ms
    - https://goforgoldperformance.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 29.2KB, 69ms
    - https://use.typekit.net/ylq2vkb.css 1.14KB, 39ms
      - https://p.typekit.net/p.css?s=1&k=ylq2vkb&ht=tk&f=32226.32227.32230.32231.32236.32238.10875.32265&a=40303944&app=typekit&e=css 172B, 40ms
      - https://use.typekit.net/af/cfbead/0000000000000000000146b3/27/l?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n4&v=3 22.9KB, 13ms

Low	**Reduce unused JavaScript** LCP	Potential savings of 20.5KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://goforgoldperformance.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	29.2KB	20.5KB

N/A	**Avoid an excessive DOM size** TBT	78 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		78
Maximum DOM Depth	FREE INITIAL CONSULTATION `<span style="text-decoration: underline;">`	8
Maximum Child Elements	TRAINED IN SPORT & PERFORMANCE PSYCHOLOGY LETS CHAT GET IN TOUCH FOR FURTHER I… `<main>`	5

N/A	**Largest Contentful Paint element** LCP	1,610 ms

This is the largest contentful element painted within the viewport.

ELEMENT

body.home > main > div.relative > img.absolute

`<img src="https://goforgoldperformance.co.uk/wp-content/uploads/AdobeStock_221033449…" alt="" class="absolute w-full h-full object-cover">`

PHASE	% OF LCP	TIMING
TTFB	14%	223ms
Load Delay	7%	108ms
Load Time	33%	530ms
Render Delay	46%	743ms

N/A	**Reduce JavaScript execution time** TBT	17ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• Unattributable	207ms	6ms	0ms
• https://goforgoldperformance.co.uk/	92ms	8ms	2ms

N/A	**Reduce initial server response time** FCP LCP	Root document took 98ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
• https://goforgoldperformance.co.uk/	98ms

N/A	**Minimize main-thread work** TBT	Main-thread busy for 364ms

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Other	237ms
Script Evaluation	71ms
Style & Layout	37ms
Parse HTML & CSS	10ms
Script Parsing & Compilation	5ms
Rendering	3ms

N/A	**Reduce the impact of third-party code** TBT	Total size was 42.1KB

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
ADOBE TYPEKIT	24.2KB	0ms
• https://use.typekit.net/af/cfbead/000000000000000000000146b3/27/l?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n4&v=3	22.9KB	0ms
FONTAWESOME CDN	17.9KB	0ms
• https://ka-f.fontawesome.com/releases/v5.15.4/css/free.min.css?token=ae526d9ba6	13.3KB	0ms
• https://kit.fontawesome.com/ae526d9ba6.js	4.62KB	0ms

N/A	**Avoid serving legacy JavaScript to modern browsers** TBT

Nothing to do here, good job!

N/A	**Avoid large layout shifts** CLS

Nothing to do here, good job!

N/A	**User Timing marks and measures**

No user timings and/or marks found.