Performance Report for:

http://insideedgesport.co.uk/

Report generated: Thu, Mar 7, 2024 6:34 PM -0800
Test Server Location: London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0

A	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	99%	84%	793ms	75ms	0.01

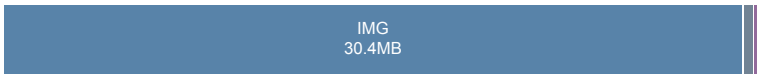
Top Issues

High	**Avoid enormous network payloads** LCP	Total size was 31.3MB
Med	**Serve static assets with an efficient cache policy**	Potential savings of 12.3MB
Med-Low	**Properly size images**	Potential savings of 28.5MB
Low	**Serve images in next-gen formats**	Potential savings of 26.1MB
Low	**Avoid long main-thread tasks** TBT	5 long tasks found

Page Details

2.2s
Fully Loaded Time

Total Page Size - 31.3MB



Total Page Requests - 42

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.**

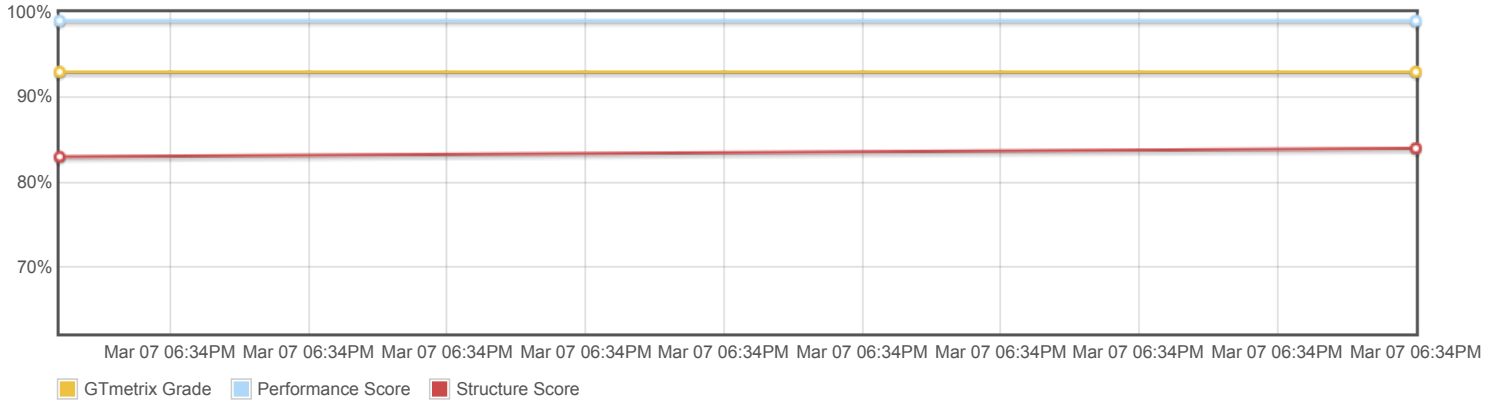
About GTmetrix

CARBON 60
THE MANAGED CLOUD COMPANY

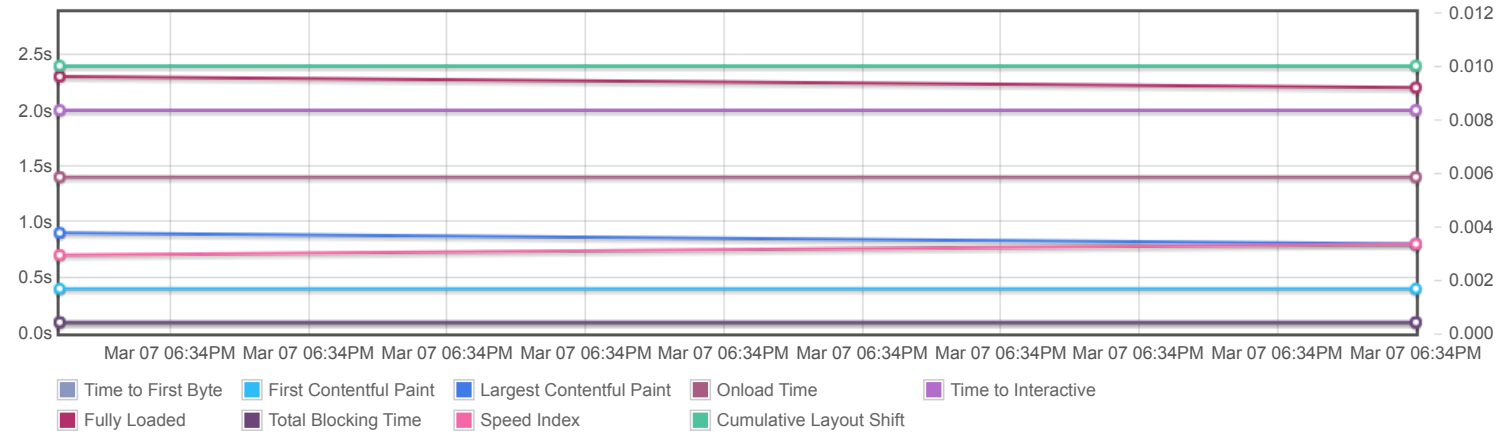
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

https://carbon60.com/

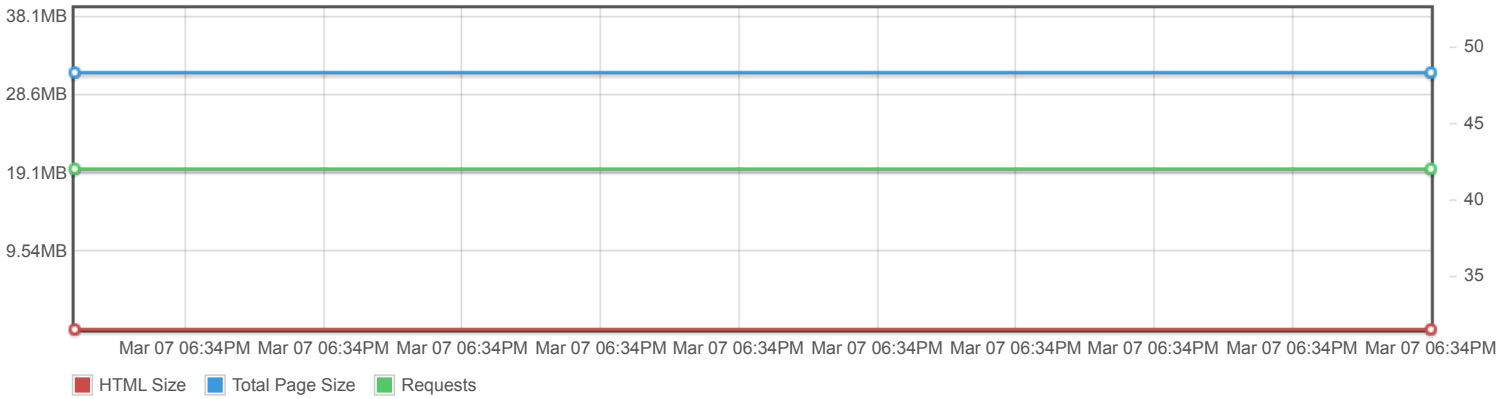
Page scores



Page metrics

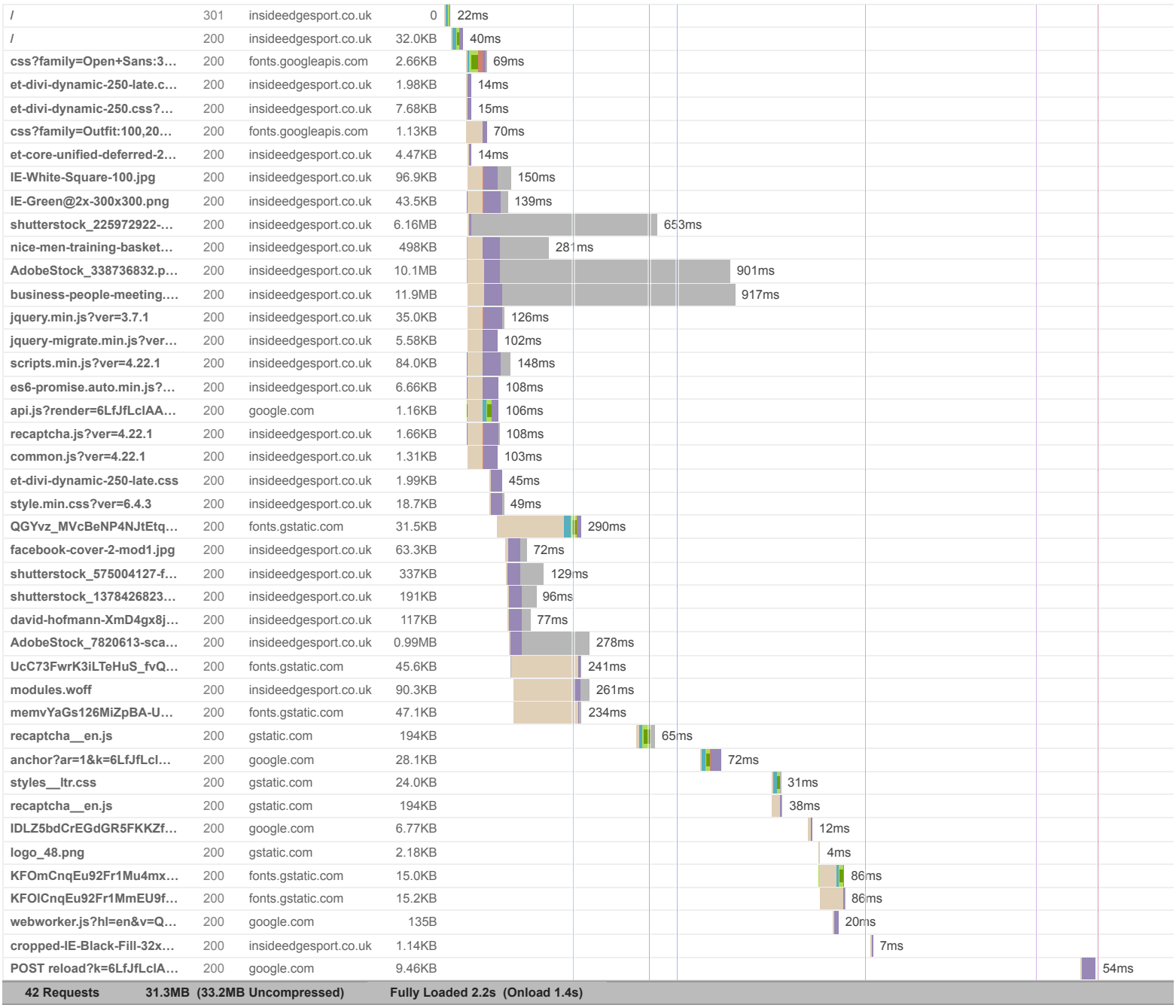


Page sizes and request counts



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 - Inside Edge Sport Psychology



/	301	insideedgesport.co.uk	0	22ms
/	200	insideedgesport.co.uk	32.0KB	40ms
css?family=Open+Sans:3…	200	fonts.googleapis.com	2.66KB	69ms
et-divi-dynamic-250-late.c…	200	insideedgesport.co.uk	1.98KB	14ms
et-divi-dynamic-250.css?…	200	insideedgesport.co.uk	7.68KB	15ms
css?family=Outfit:100,20…	200	fonts.googleapis.com	1.13KB	70ms
et-core-unified-deferred-2…	200	insideedgesport.co.uk	4.47KB	14ms
IE-White-Square-100.jpg	200	insideedgesport.co.uk	96.9KB	150ms
IE-Green@2x-300x300.png	200	insideedgesport.co.uk	43.5KB	139ms
shutterstock_225972922-…	200	insideedgesport.co.uk	6.16MB	653ms
nice-men-training-basket…	200	insideedgesport.co.uk	498KB	281ms
AdobeStock_338736832.p…	200	insideedgesport.co.uk	10.1MB	901ms
business-people-meeting.…	200	insideedgesport.co.uk	11.9MB	917ms
jquery.min.js?ver=3.7.1	200	insideedgesport.co.uk	35.0KB	126ms
jquery-migrate.min.js?ver…	200	insideedgesport.co.uk	5.58KB	102ms
scripts.min.js?ver=4.22.1	200	insideedgesport.co.uk	84.0KB	148ms
es6-promise.auto.min.js?…	200	insideedgesport.co.uk	6.66KB	108ms
api.js?render=6LfJfLclAA…	200	google.com	1.16KB	106ms
recaptcha.js?ver=4.22.1	200	insideedgesport.co.uk	1.66KB	108ms
common.js?ver=4.22.1	200	insideedgesport.co.uk	1.31KB	103ms
et-divi-dynamic-250-late.css	200	insideedgesport.co.uk	1.99KB	45ms
style.min.css?ver=6.4.3	200	insideedgesport.co.uk	18.7KB	49ms
QGYvz_MVcBeNP4NJtEtq…	200	fonts.gstatic.com	31.5KB	290ms
facebook-cover-2-mod1.jpg	200	insideedgesport.co.uk	63.3KB	72ms
shutterstock_575004127-f…	200	insideedgesport.co.uk	337KB	129ms
shutterstock_1378426823…	200	insideedgesport.co.uk	191KB	96ms
david-hofmann-XmD4gx8j…	200	insideedgesport.co.uk	117KB	77ms
AdobeStock_7820613-sca…	200	insideedgesport.co.uk	0.99MB	278ms
UcC73FwrK3iLTeHuS_fvQ…	200	fonts.gstatic.com	45.6KB	241ms
modules.woff	200	insideedgesport.co.uk	90.3KB	261ms
memvYaGs126MiZpBA-U…	200	fonts.gstatic.com	47.1KB	234ms
recaptcha__en.js	200	gstatic.com	194KB	65ms
anchor?ar=1&k=6LfJfLcl…	200	google.com	28.1KB	72ms
styles__ltr.css	200	gstatic.com	24.0KB	31ms
recaptcha__en.js	200	gstatic.com	194KB	38ms
IDLZ5bdCrEGdGR5FKKZf…	200	google.com	6.77KB	12ms
logo_48.png	200	gstatic.com	2.18KB	4ms
KFOmCnqEu92Fr1Mu4mx…	200	fonts.gstatic.com	15.0KB	86ms
KFOlCnqEu92Fr1MmEU9f…	200	fonts.gstatic.com	15.2KB	86ms
webworker.js?hl=en&v=Q…	200	google.com	135B	20ms
cropped-IE-Black-Fill-32x…	200	insideedgesport.co.uk	1.14KB	7ms
POST reload?k=6LfJfLclA…	200	google.com	9.46KB	54ms

42 Requests **31.3MB (33.2MB Uncompressed)** **Fully Loaded 2.2s (Onload 1.4s)**

Performance Metrics

First Contentful Paint

Good - Nothing to do here

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

436ms

Time to Interactive

Good - Nothing to do here

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

2.0s

Speed Index

Good - Nothing to do here

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

812ms

Total Blocking Time

Good - Nothing to do here

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

75ms

Largest Contentful Paint

Good - Nothing to do here

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.

793ms

Cumulative Layout Shift

Good - Nothing to do here

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

0.01

Browser Timings

Redirect	25ms	Connect	26ms	Backend	13ms
TTFB	64ms	First Paint	437ms	DOM Int.	663ms
DOM Loaded	696ms	Onload	1.4s	Fully Loaded	2.2s

IMPACT	AUDIT	
Low	**Reduce JavaScript execution time** TBT	615ms 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
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	513ms	442ms	14ms
Unattributable	388ms	8ms	0ms
https://insideedgesport.co.uk/	371ms	17ms	2ms
https://insideedgesport.co.uk/wp-content/themes/Divi/js/scripts.min.js?ver=4.22.1	108ms	60ms	4ms
https://insideedgesport.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	84ms	63ms	1ms

Low	**Avoid an excessive DOM size** TBT	286 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		286
Maximum DOM Depth	believe 	18
Maximum Child Elements	body.home <body class="home page-template-default page page-id-250 et_pb_button_helper_class et_n…" style="overflow-x: hidden;">	15

Low	**Enable text compression** FCP LCP	Potential savings of 7.67KB

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://insideedgesport.co.uk/wp-content/themes/Divi/core/admin/js/es6-promise.auto.min.js?ver=4.22.1	6.66KB	4.04KB
https://insideedgesport.co.uk/wp-content/et-cache/250/et-core-unified-deferred-250.min.css?ver=1708807451	4.47KB	3.64KB

Low	**Avoid multiple page redirects** FCP LCP	Potential savings of 28ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
http://insideedgesport.co.uk/	28ms
https://insideedgesport.co.uk/	0ms

Low	**Efficiently encode images**	Potential savings of 346KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://insideedgesport.co.uk/wp-content/uploads/2022/11/shutterstock_1378426823.jpg	191KB	136KB
https://insideedgesport.co.uk/wp-content/uploads/2022/12/AdobeStock_7820613-scaled.jpeg	0.99MB	101KB
https://insideedgesport.co.uk/wp-content/uploads/2022/11/IE-White-Square-100.jpg	96.9KB	80.4KB
https://insideedgesport.co.uk/wp-content/uploads/2023/02/facebook-cover-2-mod1.jpg	63.3KB	28.4KB

Low **Reduce unused CSS** FCP LCP — Potential savings of 29.1KB

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://insideedgesport.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	18.7KB	18.6KB
• @font-face{font-family:ETmodules;font-display:block;src:url(//insideedgesport.co.uk/wp-content/them…	12.6KB	10.5KB

Low **Avoid chaining critical requests** FCP LCP — 12 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: **496ms**

INITIAL NAVIGATION

- http://insideedgesport.co.uk/ 108B, 23ms
  - https://insideedgesport.co.uk/ 32.0KB, 35ms
    - https://insideedgesport.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1 5.58KB, 69ms
    - https://insideedgesport.co.uk/wp-content/themes/Divi/core/admin/js/recaptcha.js?ver=4.22.1 1.99KB, 75ms
    - https://insideedgesport.co.uk/wp-content/themes/Divi/js/scripts.min.js?ver=4.22.1 84.0KB, 115ms
    - https://insideedgesport.co.uk/wp-content/et-cache/250/et-divi-dynamic-250-late.css 1.99KB, 42ms
    - https://www.google.com/recaptcha/api.js?render=6LfJfLclAAAAAImcVgJMNUwHTEzGquyIGHjMyggz&ver=4.22.1 1.16KB, 73ms
    - https://insideedgesport.co.uk/wp-content/themes/Divi/core/admin/js/common.js?ver=4.22.1 1.65KB, 67ms
    - https://insideedgesport.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 35.0KB, 94ms
    - https://insideedgesport.co.uk/wp-content/themes/Divi/core/admin/fonts/modules/all/modules.woff 90.6KB, 59ms
    - https://insideedgesport.co.uk/wp-content/themes/Divi/core/admin/js/es6-promise.auto.min.js?ver=4.22.1 7.00KB, 75ms
    - https://fonts.googleapis.com/css?family=Open+Sans:300italic,400italic,600italic,700italic,800italic,400,300,600,700,800&subset=latin,latin-ext&display=swap 2.66KB, 68ms
      - https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2 47.6KB, 31ms
    - https://fonts.googleapis.com/css?family=Outfit:100,200,300,regular,500,600,700,800,900%7CInter:100,200,300,regular,500,600,700,800,900&subset=latin,latin-ext&display=swap 1.13KB, 68ms
      - https://fonts.gstatic.com/s/inter/v13/UcC73FwrK3iLTeHuS_fvQtMwCp50KnMa1ZL7.woff2 45.7KB, 31ms
      - https://fonts.gstatic.com/s/outfit/v11/QGYvz_MVcBeNP4NJtEtq.woff2 31.6KB, 61ms

Low **Reduce unused JavaScript** LCP — Potential savings of 152KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	195KB	99KB
https://insideedgesport.co.uk/wp-content/themes/Divi/js/scripts.min.js?ver=4.22.1	84.0KB	52.9KB

N/A **Largest Contentful Paint element** LCP — 790 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Commit. Believe. Perform. Contact Us When performing, your mind is what makes …
`<div class="et_pb_section et_pb_section_0 et_pb_with_background et_section_regular">`

PHASE	% OF LCP	TIMING
TTFB	8%	64ms
Load Delay	19%	152ms
Load Time	8%	66ms
Render Delay	64%	509ms

N/A **Eliminate render-blocking resources** FCP LCP — Potential savings of 0 ms

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://fonts.googleapis.com/css?family=Open+Sans:300italic,400italic,600italic,700italic,800italic,400,300,600,700,800&subset=latin,latin-ext&display=swap	2.66KB	784ms
• https://fonts.googleapis.com/css?family=Outfit:100,200,300,regular,500,600,700,800,900|Inter:100,200,300,regular,500,600,700,800,900&subset=latin,latin-ext&display=swap	1.13KB	160ms

N/A **Reduce initial server response time** FCP LCP — Root document took 12ms

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

URL	TIME SPENT
• https://insideedgesport.co.uk/	12ms

N/A **Avoid large layout shifts** CLS — 5 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
Home About Services Bookings Contact Us `<div id="et-top-navigation" data-height="66" data-fixed-height="40" style="padding-left: 101px;">`	0.00
to your goals, believe in your potential, and `<span class="color_15">`	0.00
Inside Edge `<span class="color_15">`	0.00
Commit. Believe. Perform. `<span style="color: #ffff00;">`	0.00
Contact Us `<a class="et_pb_button et_pb_button_0 et_pb_bg_layout_light" href="https://insideedgesport.co.uk/contact-us/" data-icon="9">`	0.00

N/A **Minimize main-thread work** TBT — Main-thread busy for 1.5s

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

CATEGORY	TIME SPENT
Script Evaluation	602ms
Other	502ms
Style & Layout	270ms
Parse HTML & CSS	44ms
Garbage Collection	41ms
Script Parsing & Compilation	23ms
Rendering	15ms

N/A **Reduce the impact of third-party code** TBT — Third-party code blocked the main thread for 24ms

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
GOOGLE CDN	417KB	24ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	390KB	24ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/styles__ltr.css	24.6KB	0ms
GOOGLE FONTS	160KB	0ms
• https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2	47.6KB	0ms
• https://fonts.gstatic.com/s/inter/v13/UcC73FwrK3iLTeHuS_fvQtMwCp50KnMa1ZL7.woff2	45.7KB	0ms
• https://fonts.gstatic.com/s/outfit/v11/QGYvz_MVcBeNP4NJtEtq.woff2	31.6KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCnqEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOlCnqEu92Fr1MmEU9fBBc4.woff2	15.3KB	0ms
OTHER GOOGLE APIS/SDKS	46.0KB	0ms
• https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LfJfLclAAAAAImcVgJMNUwHTEzGquyIGHjMygqz&co=aHR0cHM6Ly9pbnNpZGVlZGdlc3BvcnQuY28udWs6NDQz&hl=en&v=QquE1_MNjnFHgZF4HPsEcf_2&size=invisible&cb=6t8nsxe0p3y8	28.1KB	0ms
• https://www.google.com/recaptcha/api2/reload?k=6LfJfLclAAAAAImcVgJMNUwHTEzGquyIGHjMygqz	9.46KB	0ms
• https://www.google.com/js/bg/IDLZ5bdCrEGdGR5FKKZfiIWvV7rMSIbAHUEzxUIOBQg.js	7.17KB	0ms

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

Nothing to do here, good job!

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

No user timings and/or marks found.