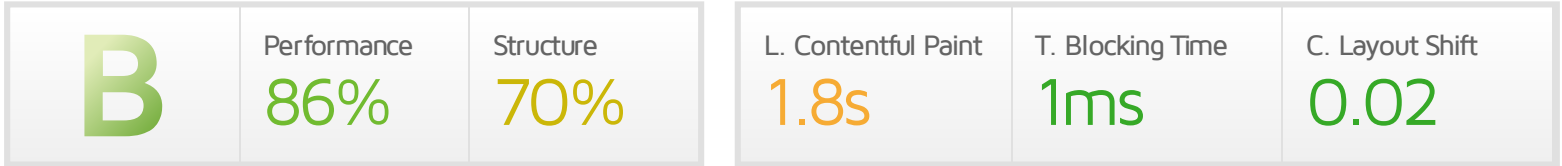


# Performance Report for: <http://sport-excellence.co.uk/>

Report generated: Thu, Mar 7, 2024 6:46 PM -0800  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0



## Top Issues

High	Reduce initial server response time <small>FCP LCP</small>	Root document took 943ms
Med-High	Combine images using CSS sprites <small>FCP LCP</small>	7 images found
Med	Use explicit width and height on image elements <small>CLS</small>	2 images found
Med	Use a Content Delivery Network (CDN)	81 resources found
Med	Enable text compression <small>FCP LCP</small>	Potential savings of 1.47MB

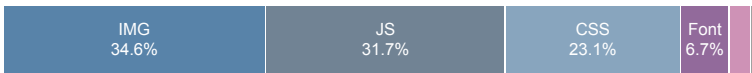
## Page Details



Total Page Size - 3.10MB



Total Page Requests - 104



### 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.**

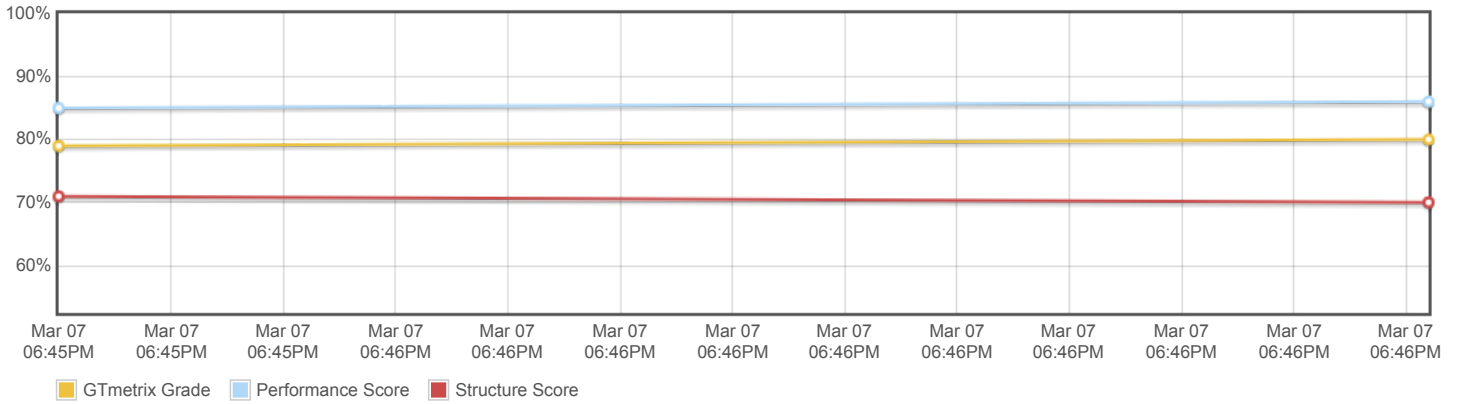
### About GTmetrix



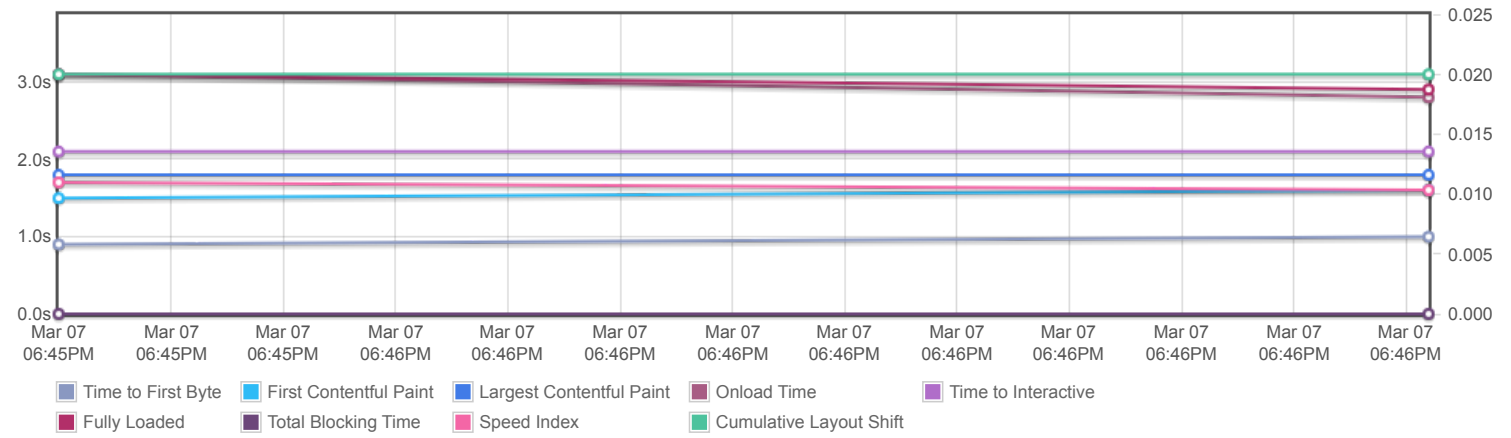
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

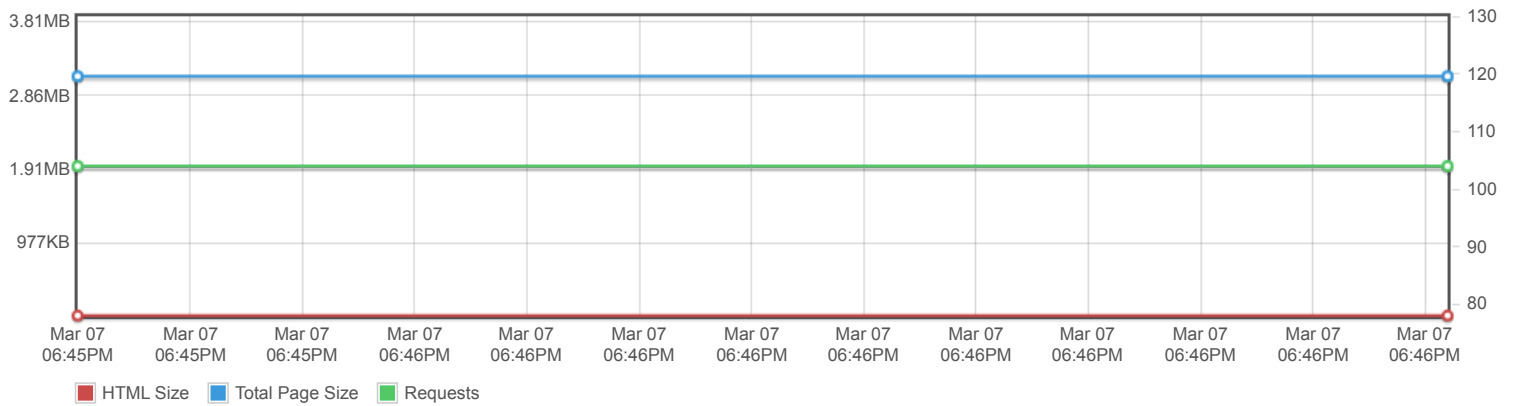
Page scores



Page metrics

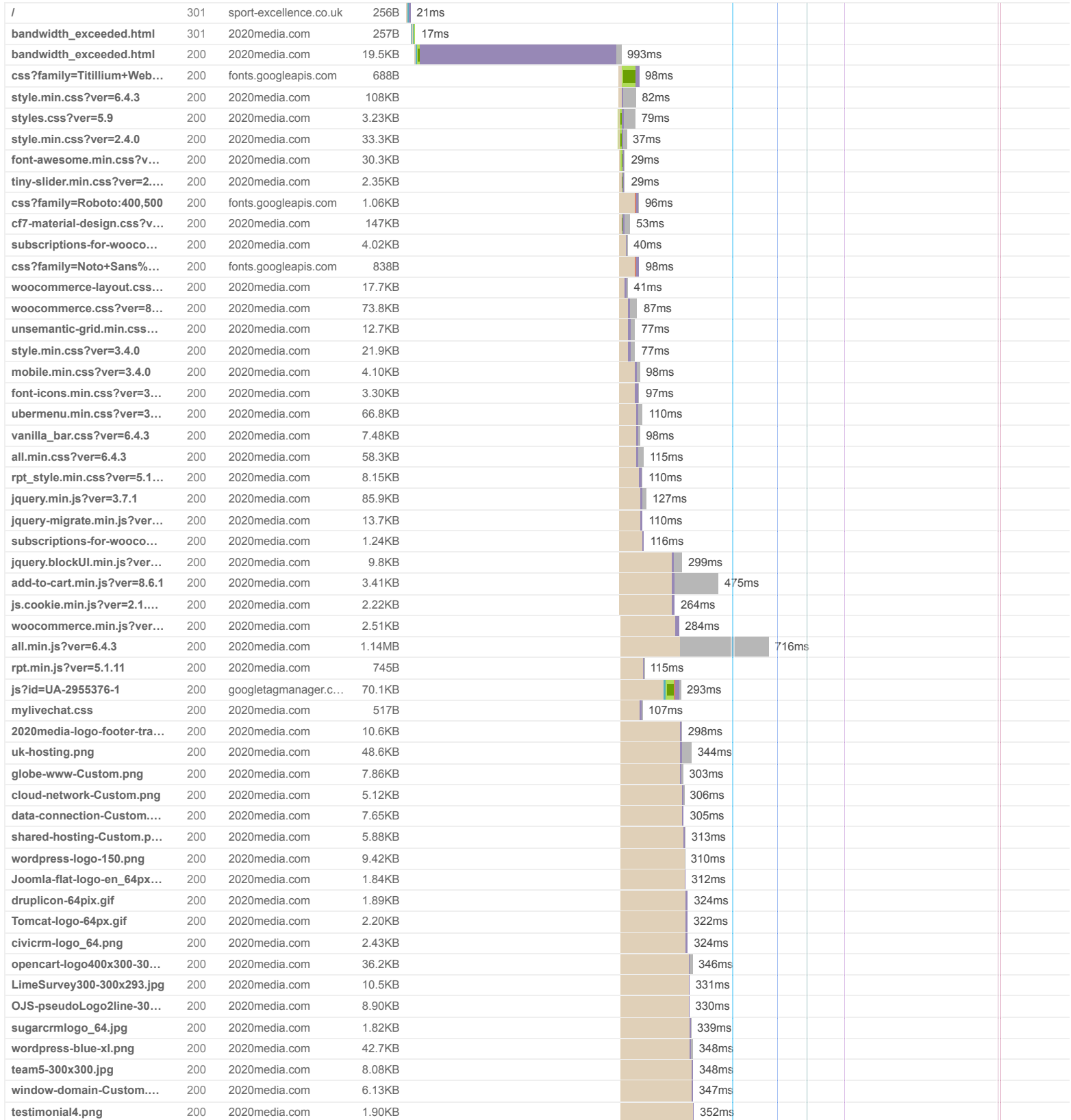


Page sizes and request counts

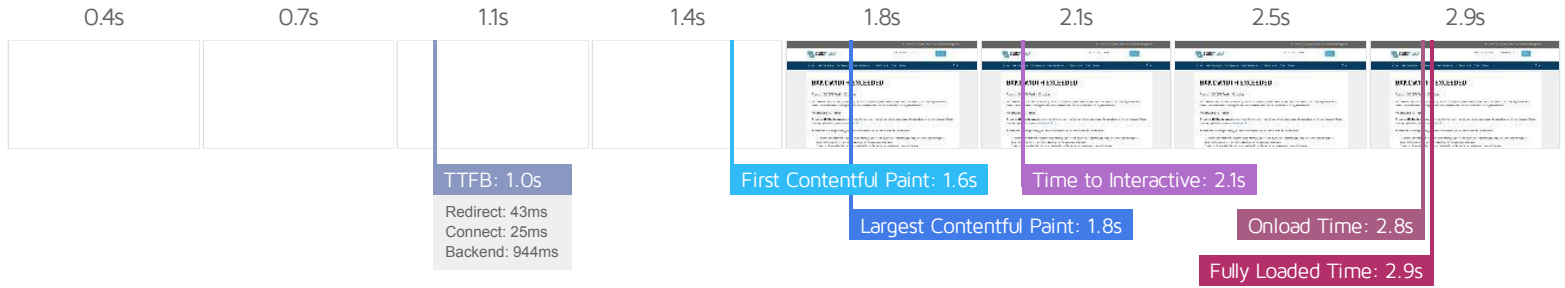


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Bandwidth Exceeded | 2020Media.com



jetpack-logo-2017_64px.gif	200	2020media.com	1.49KB		356ms				
wifi-300x272.png	200	2020media.com	38.1KB		364ms				
wifi_2_64.png	200	2020media.com	4.00KB		356ms				
fun_fact_3-120x1201.png	200	2020media.com	2.29KB		362ms				
fast-food-300x300.png	200	2020media.com	12.5KB		364ms				
internet-speed_business....	200	2020media.com	7.84KB		365ms				
internet-speed_home.png	200	2020media.com	7.79KB		374ms				
James-Endersby-150x150...	200	2020media.com	4.16KB		374ms				
domain.png	200	2020media.com	6.78KB		374ms				
customer-service-Custom...	200	2020media.com	7.48KB		375ms				
live-chat-Custom.png	200	2020media.com	6.41KB		379ms				
shared-folder-Custom.png	200	2020media.com	4.61KB		383ms				
promo8.png	200	2020media.com	11.4KB		385ms				
globe-Custom.png	200	2020media.com	7.34KB		383ms				
4_300_200.jpg	200	2020media.com	17.2KB		389ms				
woocommerce-smallscree...	200	2020media.com	7.28KB		330ms				
index.js?ver=5.9	200	2020media.com	11.7KB		122ms				
index.js?ver=5.9	200	2020media.com	13.2KB		123ms				
tiny-slider.min.js?ver=2.9.3	200	2020media.com	32.2KB		178ms				
scripts.min.js?ver=2.4.0	200	2020media.com	2.29KB		155ms				
material-components-we...	200	2020media.com	95.8KB		215ms				
autosize.min.js?ver=1.0	200	2020media.com	3.91KB		170ms				
cf7-material-design.js?ve...	200	2020media.com	13.3KB		178ms				
sourcebuster.min.js?ver=...	200	2020media.com	14.6KB		176ms				
order-attribution.min.js?v...	200	2020media.com	1.89KB		177ms				
api.js?onload=renderInvi...	200	google.com	1.16KB		229ms				
menu.min.js?ver=3.4.0	200	2020media.com	7.21KB		216ms				
ubermenu.min.js?ver=3.8.1	200	2020media.com	40.9KB		217ms				
chatlink.aspx?hccid=753...	302	mylivechat.com	203B					511ms	
chatinline.aspx?hccid=75...	302	mylivechat.com	205B					517ms	
NaPecZTIAOhVxoMyOr9n...	200	fonts.gstatic.com	12.1KB		275ms				
fa-solid-900.woff2	200	2020media.com	76.8KB		288ms				
o-0blpQlx3QUIC5A4PNB6...	200	fonts.gstatic.com	38.5KB		287ms				
NaPdCZTIAOhVxoMyOr9...	200	fonts.gstatic.com	11.9KB		276ms				
NaPdCZTIAOhVxoMyOr9...	200	fonts.gstatic.com	12.1KB		285ms				
NaPdCZTIAOhVxoMyOr9...	200	fonts.gstatic.com	11.5KB		274ms				
rss.png	200	2020media.com	1.00KB		14ms				
piwik.js	200	pw.2020cdn.net	20.5KB		95ms				
livechat2.aspx?hccid=753...	200	s7.mylivechat.com	4.40KB					501ms	
livechat2.aspx?hccid=753...	200	s7.mylivechat.com	4.40KB					500ms	
js?id=G-WKNQGGJQKC&...	200	googletagmanager.c...	86.4KB					25ms	
analytics.js	200	google-analytics.com	20.5KB					52ms	
recaptcha_en.js	200	gstatic.com	194KB					63ms	
piwik.php?action_name=...	200	analytics.2020media...	341B					347ms	
wp-emoji-release.min.js?...	200	2020media.com	18.7KB					7ms	
css?family=Poppins:300,...	200	fonts.googleapis.com	654B					15ms	
chatinline.css?&culture=...	200	s7.mylivechat.com	6.28KB					117ms	
resources2.aspx?HCCID=...	200	s7.mylivechat.com	43.5KB					361ms	
pxiEyp8kv8JHgFVrJJfecg...	200	fonts.gstatic.com	7.70KB					12ms	
livechatinit2.js	200	s7.mylivechat.com	16.6KB					117ms	
cropped-2020media-site-i...	200	2020media.com	1.97KB					9ms	
<b>104 Requests</b>	<b>3.10MB</b>	<b>(3.97MB Uncompressed)</b>	<b>Fully Loaded 2.9s</b>	<b>(Onload 2.8s)</b>					



### Performance Metrics

<p><b>First Contentful Paint</b></p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Longer than recommended</p> <p><b>1.6s</b></p>	<p><b>Time to Interactive</b></p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p><b>2.1s</b></p>
<p><b>Speed Index</b></p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>OK, but consider improvement</p> <p><b>1.6s</b></p>	<p><b>Total Blocking Time</b></p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p><b>1ms</b></p>
<p><b>Largest Contentful Paint</b></p> <p>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.</p>	<p>Longer than recommended</p> <p><b>1.8s</b></p>	<p><b>Cumulative Layout Shift</b></p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p><b>0.02</b></p>

### Browser Timings

Redirect	43ms	Connect	25ms	Backend	944ms
TTFB	1.0s	First Paint	1.6s	DOM Int.	1.9s
DOM Loaded	1.9s	Onload	2.8s	Fully Loaded	2.9s

IMPACT    AUDIT

Med-Low

**Serve static assets with an efficient cache policy**

Potential savings of 284KB

A long cache lifetime can speed up repeat visits to your page.

URL	CACHE TTL	TRANSFER SIZE
<a href="https://www.google-analytics.com/analytics.js">https://www.google-analytics.com/analytics.js</a>	2 hours	20.8KB
<a href="https://pw.2020cdn.net/piwik.js">https://pw.2020cdn.net/piwik.js</a>	24 hours	20.5KB
<a href="https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/webfonts/fa-solid-900.woff2">https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/webfonts/fa-solid-900.woff2</a>	2 days	76.8KB
<a href="https://s7.mylivechat.com/livechat2/script/livechatinit2.js">https://s7.mylivechat.com/livechat2/script/livechatinit2.js</a>	25 days	16.6KB
<a href="https://s7.mylivechat.com/livechat2/chatinline.css?&amp;culture=en-US&amp;mlcv=3017&amp;template=5">https://s7.mylivechat.com/livechat2/chatinline.css?&amp;culture=en-US&amp;mlcv=3017&amp;template=5</a>	25 days	6.28KB
<a href="https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/js/all.min.js?ver=6.4.3">https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/js/all.min.js?ver=6.4.3</a>	30 days	1.14MB
<a href="https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/css/cf7-material-design.css?ver=2.0">https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/css/cf7-material-design.css?ver=2.0</a>	30 days	147KB
<a href="https://www.2020media.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3">https://www.2020media.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3</a>	30 days	108KB
<a href="https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/lib/material-components-web.min.js?ver=1.0">https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/lib/material-components-web.min.js?ver=1.0</a>	30 days	95.8KB
<a href="https://www.2020media.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1">https://www.2020media.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1</a>	30 days	85.9KB
<a href="https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=8.6.1">https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=8.6.1</a>	30 days	73.8KB
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<a href="https://www.2020media.com/wp-content/uploads/2018/01/uk-hosting.png">https://www.2020media.com/wp-content/uploads/2018/01/uk-hosting.png</a>	30 days	48.6KB
<a href="https://www.2020media.com/wp-content/uploads/2015/03/wordpress-blue-xl.png">https://www.2020media.com/wp-content/uploads/2015/03/wordpress-blue-xl.png</a>	30 days	42.7KB
<a href="https://www.2020media.com/wp-content/plugins/ubermenu/assets/js/ubermenu.min.js?ver=3.8.1">https://www.2020media.com/wp-content/plugins/ubermenu/assets/js/ubermenu.min.js?ver=3.8.1</a>	30 days	40.9KB
<a href="https://www.2020media.com/wp-content/uploads/2017/05/wifi-300x272.png">https://www.2020media.com/wp-content/uploads/2017/05/wifi-300x272.png</a>	30 days	38.1KB
<a href="https://www.2020media.com/wp-content/uploads/2017/05/opencart-logo400x300-300x201.png">https://www.2020media.com/wp-content/uploads/2017/05/opencart-logo400x300-300x201.png</a>	30 days	36.2KB
<a href="https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/style.min.css?ver=2.4.0">https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/style.min.css?ver=2.4.0</a>	30 days	33.3KB
<a href="https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/vendor/tiny-slider/tiny-slider.min.js?ver=2.9.3">https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/vendor/tiny-slider/tiny-slider.min.js?ver=2.9.3</a>	30 days	32.2KB
<a href="https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/css/font-awesome.min.css?ver=4.7.0">https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/css/font-awesome.min.css?ver=4.7.0</a>	30 days	30.3KB
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<a href="https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce-layout.css?ver=8.6.1">https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce-layout.css?ver=8.6.1</a>	30 days	17.7KB
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<a href="https://www.2020media.com/wp-content/plugins/woocommerce/assets/js/sourcebuster/sourcebuster.min.js?ver=8.6.1">https://www.2020media.com/wp-content/plugins/woocommerce/assets/js/sourcebuster/sourcebuster.min.js?ver=8.6.1</a>	30 days	14.6KB
<a href="https://www.2020media.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1">https://www.2020media.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1</a>	30 days	13.7KB
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<a href="https://www.2020media.com/wp-content/uploads/2018/01/promo8.png">https://www.2020media.com/wp-content/uploads/2018/01/promo8.png</a>	30 days	11.4KB
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<a href="https://www.2020media.com/wp-content/uploads/2017/05/customer-service-Custom.png">https://www.2020media.com/wp-content/uploads/2017/05/customer-service-Custom.png</a>	30 days	7.48KB
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<a href="https://www.2020media.com/wp-content/uploads/2018/03/domain.png">https://www.2020media.com/wp-content/uploads/2018/03/domain.png</a>	30 days	6.78KB
<a href="https://www.2020media.com/wp-content/uploads/2017/05/live-chat-Custom.png">https://www.2020media.com/wp-content/uploads/2017/05/live-chat-Custom.png</a>	30 days	6.41KB

URL	CACHE TTL	TRANSFER SIZE
<a href="https://www.2020media.com/wp-content/uploads/2017/05/window-domain-Custom.png">https://www.2020media.com/wp-content/uploads/2017/05/window-domain-Custom.png</a>	30 days	6.13KB
<a href="https://www.2020media.com/wp-content/uploads/2017/05/shared-hosting-Custom.png">https://www.2020media.com/wp-content/uploads/2017/05/shared-hosting-Custom.png</a>	30 days	5.88KB
<a href="https://www.2020media.com/wp-content/uploads/2017/05/cloud-network-Custom.png">https://www.2020media.com/wp-content/uploads/2017/05/cloud-network-Custom.png</a>	30 days	5.12KB
<a href="https://www.2020media.com/wp-content/uploads/2017/05/shared-folder-Custom.png">https://www.2020media.com/wp-content/uploads/2017/05/shared-folder-Custom.png</a>	30 days	4.61KB
<a href="https://www.2020media.com/wp-content/uploads/2015/03/James-Endersby-150x150.jpg">https://www.2020media.com/wp-content/uploads/2015/03/James-Endersby-150x150.jpg</a>	30 days	4.16KB
<a href="https://www.2020media.com/wp-content/themes/generatepress/assets/css/mobile.min.css?ver=3.4.0">https://www.2020media.com/wp-content/themes/generatepress/assets/css/mobile.min.css?ver=3.4.0</a>	30 days	4.10KB
<a href="https://www.2020media.com/wp-content/plugins/subscriptions-for-woocommerce/public/css/subscriptions-for-woocommerce-public.css?ver=1.6.2">https://www.2020media.com/wp-content/plugins/subscriptions-for-woocommerce/public/css/subscriptions-for-woocommerce-public.css?ver=1.6.2</a>	30 days	4.02KB
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Med-Low

**Avoid enormous network payloads** LCP

Total size was 3.11MB

Large network payloads cost users real money and are highly correlated with long load times.

URL	TRANSFER SIZE
<a href="https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/js/all.min.js?ver=6.4.3">https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/js/all.min.js?ver=6.4.3</a>	1.14MB
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Low

**Use passive listeners to improve scrolling performance**

1 event listener not passive

Consider marking your touch and wheel event listeners as `passive` to improve your page's scroll performance.



## URL

## LOCATION

- <https://www.2020media.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1>

Line:1

Low

**Reduce unused CSS** FCP LCP

Potential savings of 548KB

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
• <a href="https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/css/cf7-material-design.css?ver=2.0">https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/css/cf7-material-design.css?ver=2.0</a>	147KB	147KB
• <a href="https://www.2020media.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3">https://www.2020media.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3</a>	108KB	108KB
• <a href="https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=8.6.1">https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=8.6.1</a>	73.8KB	73.4KB
• <a href="https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/css/all.min.css?ver=6.4.3">https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/css/all.min.css?ver=6.4.3</a>	58.3KB	58.1KB
• <a href="https://www.2020media.com/wp-content/plugins/ubermenu/pro/assets/css/ubermenu.min.css?ver=3.8.1">https://www.2020media.com/wp-content/plugins/ubermenu/pro/assets/css/ubermenu.min.css?ver=3.8.1</a>	66.8KB	56.1KB
• <a href="https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/style.min.css?ver=2.4.0">https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/style.min.css?ver=2.4.0</a>	33.3KB	32.2KB
• <a href="https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/css/font-awesome.min.css?ver=4.7.0">https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/css/font-awesome.min.css?ver=4.7.0</a>	30.3KB	30.1KB
• <a href="https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce-layout.css?ver=8.6.1">https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce-layout.css?ver=8.6.1</a>	17.7KB	17.4KB
• <a href="https://www.2020media.com/wp-content/themes/generatepress/assets/css/style.min.css?ver=3.4.0">https://www.2020media.com/wp-content/themes/generatepress/assets/css/style.min.css?ver=3.4.0</a>	21.9KB	16.0KB
• <a href="https://www.2020media.com/wp-content/themes/generatepress/assets/css/unsemantic-grid.min.css?ver=3.4.0">https://www.2020media.com/wp-content/themes/generatepress/assets/css/unsemantic-grid.min.css?ver=3.4.0</a>	12.7KB	10.4KB

Low

**Use HTTP/2 for all resources**

Potential savings of 300ms

HTTP/2 offers many benefits over HTTP/1.1, including binary headers and multiplexing.

URL

PROTOCOL

<a href="https://www.2020media.com/bandwidth_exceeded.html">https://www.2020media.com/bandwidth_exceeded.html</a>	http/1.1
<a href="https://www.2020media.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3">https://www.2020media.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3</a>	http/1.1
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<a href="https://www.2020media.com/wp-content/uploads/2015/03/wordpress-blue-xl.png">https://www.2020media.com/wp-content/uploads/2015/03/wordpress-blue-xl.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2015/02/team5-300x300.jpg">https://www.2020media.com/wp-content/uploads/2015/02/team5-300x300.jpg</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2017/05/window-domain-Custom.png">https://www.2020media.com/wp-content/uploads/2017/05/window-domain-Custom.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2015/06/testimonial4.png">https://www.2020media.com/wp-content/uploads/2015/06/testimonial4.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2017/05/jetpack-logo-2017_64px.gif">https://www.2020media.com/wp-content/uploads/2017/05/jetpack-logo-2017_64px.gif</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2017/05/wifi-300x272.png">https://www.2020media.com/wp-content/uploads/2017/05/wifi-300x272.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2017/05/wifi_2_64.png">https://www.2020media.com/wp-content/uploads/2017/05/wifi_2_64.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2015/02/fun_fact_3-120x1201.png">https://www.2020media.com/wp-content/uploads/2015/02/fun_fact_3-120x1201.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2024/01/fast-food-300x300.png">https://www.2020media.com/wp-content/uploads/2024/01/fast-food-300x300.png</a>	http/1.1

URL	PROTOCOL
<a href="https://www.2020media.com/wp-content/uploads/2017/05/internet-speed_business.png">https://www.2020media.com/wp-content/uploads/2017/05/internet-speed_business.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2017/05/internet-speed_home.png">https://www.2020media.com/wp-content/uploads/2017/05/internet-speed_home.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2015/03/James-Endersby-150x150.jpg">https://www.2020media.com/wp-content/uploads/2015/03/James-Endersby-150x150.jpg</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2018/03/domain.png">https://www.2020media.com/wp-content/uploads/2018/03/domain.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2017/05/customer-service-Custom.png">https://www.2020media.com/wp-content/uploads/2017/05/customer-service-Custom.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2017/05/live-chat-Custom.png">https://www.2020media.com/wp-content/uploads/2017/05/live-chat-Custom.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2017/05/shared-folder-Custom.png">https://www.2020media.com/wp-content/uploads/2017/05/shared-folder-Custom.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2018/01/promo8.png">https://www.2020media.com/wp-content/uploads/2018/01/promo8.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2023/12/globe-Custom.png">https://www.2020media.com/wp-content/uploads/2023/12/globe-Custom.png</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2021/04/4_300_200.jpg">https://www.2020media.com/wp-content/uploads/2021/04/4_300_200.jpg</a>	http/1.1
<a href="https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce-smallscreen.css?ver=8.6.1">https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce-smallscreen.css?ver=8.6.1</a>	http/1.1
<a href="https://www.2020media.com/wp-content/plugins/contact-form-7/includes/swf/index.js?ver=5.9">https://www.2020media.com/wp-content/plugins/contact-form-7/includes/swf/index.js?ver=5.9</a>	http/1.1
<a href="https://www.2020media.com/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.9">https://www.2020media.com/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.9</a>	http/1.1
<a href="https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/vendor/tiny-slider/tiny-slider.min.js?ver=2.9.3">https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/vendor/tiny-slider/tiny-slider.min.js?ver=2.9.3</a>	http/1.1
<a href="https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/js/scripts.min.js?ver=2.4.0">https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/js/scripts.min.js?ver=2.4.0</a>	http/1.1
<a href="https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/lib/material-components-web.min.js?ver=1.0">https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/lib/material-components-web.min.js?ver=1.0</a>	http/1.1
<a href="https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/lib/autosize.min.js?ver=1.0">https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/lib/autosize.min.js?ver=1.0</a>	http/1.1
<a href="https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/cf7-material-design.js?ver=1.1">https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/cf7-material-design.js?ver=1.1</a>	http/1.1
<a href="https://www.2020media.com/wp-content/plugins/woocommerce/assets/js/sourcebuster/sourcebuster.min.js?ver=8.6.1">https://www.2020media.com/wp-content/plugins/woocommerce/assets/js/sourcebuster/sourcebuster.min.js?ver=8.6.1</a>	http/1.1
<a href="https://www.2020media.com/wp-content/plugins/woocommerce/assets/js/frontend/order-attribution.min.js?ver=8.6.1">https://www.2020media.com/wp-content/plugins/woocommerce/assets/js/frontend/order-attribution.min.js?ver=8.6.1</a>	http/1.1
<a href="https://www.2020media.com/wp-content/themes/generatepress/assets/js/menu.min.js?ver=3.4.0">https://www.2020media.com/wp-content/themes/generatepress/assets/js/menu.min.js?ver=3.4.0</a>	http/1.1
<a href="https://www.2020media.com/wp-content/plugins/ubermenu/assets/js/ubermenu.min.js?ver=3.8.1">https://www.2020media.com/wp-content/plugins/ubermenu/assets/js/ubermenu.min.js?ver=3.8.1</a>	http/1.1
<a href="https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/webfonts/fa-solid-900.woff2">https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/webfonts/fa-solid-900.woff2</a>	http/1.1
<a href="https://www.2020media.com/wp-includes/images/rss.png">https://www.2020media.com/wp-includes/images/rss.png</a>	http/1.1
<a href="https://www.2020media.com/wp-includes/js/wp-emoji-release.min.js?ver=6.4.3">https://www.2020media.com/wp-includes/js/wp-emoji-release.min.js?ver=6.4.3</a>	http/1.1
<a href="https://www.2020media.com/wp-content/uploads/2015/09/cropped-2020media-site-icon-512px-32x32.png">https://www.2020media.com/wp-content/uploads/2015/09/cropped-2020media-site-icon-512px-32x32.png</a>	http/1.1

**Low** Reduce unused JavaScript LCP Potential savings of 388KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js">https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js</a>	195KB	152KB
<a href="https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/lib/material-components-web.min.js?ver=1.0">https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/lib/material-components-web.min.js?ver=1.0</a>	95.8KB	66.0KB
<a href="https://www.2020media.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1">https://www.2020media.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1</a>	85.9KB	44.1KB
<a href="https://www.googletagmanager.com/gtag/js?id=G-WKNQGGJQKC&amp;l=dataLayer&amp;cx=c">https://www.googletagmanager.com/gtag/js?id=G-WKNQGGJQKC&amp;l=dataLayer&amp;cx=c</a>	86.5KB	37.7KB
<a href="https://www.googletagmanager.com/gtag/js?id=UA-2955376-1">https://www.googletagmanager.com/gtag/js?id=UA-2955376-1</a>	70.5KB	31.8KB
<a href="https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/vendor/tiny-slider/tiny-slider.min.js?ver=2.9.3">https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/vendor/tiny-slider/tiny-slider.min.js?ver=2.9.3</a>	32.2KB	31.6KB
<a href="https://www.2020media.com/wp-content/plugins/ubermenu/assets/js/ubermenu.min.js?ver=3.8.1">https://www.2020media.com/wp-content/plugins/ubermenu/assets/js/ubermenu.min.js?ver=3.8.1</a>	40.9KB	24.7KB

**Low** Avoid multiple page redirects FCP LCP Potential savings of 41ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
<a href="http://sport-excellence.co.uk/">http://sport-excellence.co.uk/</a>	24ms
<a href="http://www.2020media.com/bandwidth_exceeded.html">http://www.2020media.com/bandwidth_exceeded.html</a>	17ms
<a href="https://www.2020media.com/bandwidth_exceeded.html">https://www.2020media.com/bandwidth_exceeded.html</a>	0ms

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
<a href="https://fonts.googleapis.com/css?family=Titillium+Web:200,200italic,300,300italic,regular,italic,600,600italic,700,700italic,900">https://fonts.googleapis.com/css?family=Titillium+Web:200,200italic,300,300italic,regular,italic,600,600italic,700,700italic,900</a>	688B	763ms
<a href="https://www.2020media.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3">https://www.2020media.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3</a>	108KB	4.5s
<a href="https://www.2020media.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.9">https://www.2020media.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.9</a>	3.23KB	606ms
<a href="https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/style.min.css?ver=2.4.0">https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/style.min.css?ver=2.4.0</a>	33.3KB	2.1s
<a href="https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/css/font-awesome.min.css?ver=4.7.0">https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/css/font-awesome.min.css?ver=4.7.0</a>	30.3KB	2.0s
<a href="https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/vendor/tiny-slider/tiny-slider.min.css?ver=2.9.3">https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/vendor/tiny-slider/tiny-slider.min.css?ver=2.9.3</a>	2.35KB	455ms
<a href="https://fonts.googleapis.com/css?family=Roboto:400,500">https://fonts.googleapis.com/css?family=Roboto:400,500</a>	1.06KB	150ms
<a href="https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/css/cf7-material-design.css?ver=2.0">https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/css/cf7-material-design.css?ver=2.0</a>	147KB	5.0s
<a href="https://www.2020media.com/wp-content/plugins/subscriptions-for-woocommerce/public/css/subscriptions-for-woocommerce-public.css?ver=1.6.2">https://www.2020media.com/wp-content/plugins/subscriptions-for-woocommerce/public/css/subscriptions-for-woocommerce-public.css?ver=1.6.2</a>	4.02KB	606ms
<a href="https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce-layout.css?ver=8.6.1">https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce-layout.css?ver=8.6.1</a>	17.7KB	1.4s
<a href="https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=8.6.1">https://www.2020media.com/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=8.6.1</a>	73.8KB	3.8s
<a href="https://www.2020media.com/wp-content/themes/generatepress/assets/css/unsemantic-grid.min.css?ver=3.4.0">https://www.2020media.com/wp-content/themes/generatepress/assets/css/unsemantic-grid.min.css?ver=3.4.0</a>	12.7KB	1.1s
<a href="https://www.2020media.com/wp-content/themes/generatepress/assets/css/style.min.css?ver=3.4.0">https://www.2020media.com/wp-content/themes/generatepress/assets/css/style.min.css?ver=3.4.0</a>	21.9KB	1.5s
<a href="https://www.2020media.com/wp-content/themes/generatepress/assets/css/mobile.min.css?ver=3.4.0">https://www.2020media.com/wp-content/themes/generatepress/assets/css/mobile.min.css?ver=3.4.0</a>	4.10KB	606ms
<a href="https://www.2020media.com/wp-content/themes/generatepress/assets/css/components/font-icons.min.css?ver=3.4.0">https://www.2020media.com/wp-content/themes/generatepress/assets/css/components/font-icons.min.css?ver=3.4.0</a>	3.30KB	606ms
<a href="https://www.2020media.com/wp-content/plugins/ubermenu/pro/assets/css/ubermenu.min.css?ver=3.8.1">https://www.2020media.com/wp-content/plugins/ubermenu/pro/assets/css/ubermenu.min.css?ver=3.8.1</a>	66.8KB	3.0s
<a href="https://www.2020media.com/wp-content/plugins/ubermenu/assets/css/skins/vanilla_bar.css?ver=6.4.3">https://www.2020media.com/wp-content/plugins/ubermenu/assets/css/skins/vanilla_bar.css?ver=6.4.3</a>	7.48KB	756ms
<a href="https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/css/all.min.css?ver=6.4.3">https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/css/all.min.css?ver=6.4.3</a>	58.3KB	2.7s
<a href="https://www.2020media.com/wp-content/plugins/dk-pricr-responsive-pricing-table/inc/css/rpt_style.min.css?ver=5.1.11">https://www.2020media.com/wp-content/plugins/dk-pricr-responsive-pricing-table/inc/css/rpt_style.min.css?ver=5.1.11</a>	8.15KB	756ms
<a href="https://www.2020media.com/wp-content/plugins/my-live-chat-for-wp/plugin_files/css/mylivechat.css">https://www.2020media.com/wp-content/plugins/my-live-chat-for-wp/plugin_files/css/mylivechat.css</a>	517B	455ms
<a href="https://www.2020media.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1">https://www.2020media.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1</a>	85.9KB	2.7s
<a href="https://www.2020media.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1">https://www.2020media.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1</a>	13.7KB	1.1s
<a href="https://www.2020media.com/wp-content/plugins/subscriptions-for-woocommerce/public/js/subscriptions-for-woocommerce-public.js?ver=1.6.2">https://www.2020media.com/wp-content/plugins/subscriptions-for-woocommerce/public/js/subscriptions-for-woocommerce-public.js?ver=1.6.2</a>	1.24KB	455ms
<a href="https://www.2020media.com/wp-content/plugins/dk-pricr-responsive-pricing-table/inc/js/rpt.min.js?ver=5.1.11">https://www.2020media.com/wp-content/plugins/dk-pricr-responsive-pricing-table/inc/js/rpt.min.js?ver=5.1.11</a>	745B	455ms

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

URL	POTENTIAL SAVINGS
<a href="https://fonts.gstatic.com/s/titilliumweb/v17/NaPecZTIAOhVxoMyOr9n_E7fdMPmDQ.woff2">https://fonts.gstatic.com/s/titilliumweb/v17/NaPecZTIAOhVxoMyOr9n_E7fdMPmDQ.woff2</a>	66ms
<a href="https://fonts.gstatic.com/s/notosans/v36/o-0bIpQlx3QUIC5A4PNB6Ryti20_6n1iPHjc5a7duw.woff2">https://fonts.gstatic.com/s/notosans/v36/o-0bIpQlx3QUIC5A4PNB6Ryti20_6n1iPHjc5a7duw.woff2</a>	79ms
<a href="https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffBzCGItzYw.woff2">https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffBzCGItzYw.woff2</a>	69ms
<a href="https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffGjEGItzYw.woff2">https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffGjEGItzYw.woff2</a>	78ms
<a href="https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffHjDGItzYw.woff2">https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffHjDGItzYw.woff2</a>	59ms
<a href="https://fonts.gstatic.com/s/poppins/v20/pxiEyp8kv8JHqFVrJfJecg.woff2">https://fonts.gstatic.com/s/poppins/v20/pxiEyp8kv8JHqFVrJfJecg.woff2</a>	4ms

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
• <a href="https://www.2020media.com/bandwidth_exceeded.html">https://www.2020media.com/bandwidth_exceeded.html</a>	1.3s	182ms
• <a href="https://www.googletagmanager.com/gtag/js?id=G-WKNQGGJQKC&amp;l=dataLayer&amp;cx=c">https://www.googletagmanager.com/gtag/js?id=G-WKNQGGJQKC&amp;l=dataLayer&amp;cx=c</a>	2.1s	51ms

Low

**Avoid chaining critical requests** FCP LCP

39 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: **1.6s**

INITIAL NAVIGATION



- <https://www.2020media.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1> 13.7KB, 103ms
- <https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/css/all.min.css?ver=6.4.3> 58.3KB, 109ms
- <https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/webfonts/fa-solid-900.woff2> 76.8KB, 79ms
- <https://fonts.googleapis.com/css?family=Noto+Sans%3A%2C300%2C400%2C700&ver=6.4.3> 838B, 94ms
- [https://fonts.gstatic.com/s/notosans/v36/o-0blpQlx3QUIC5A4PNB6Ryti20\\_6n1iPHjc5a7duw.woff2](https://fonts.gstatic.com/s/notosans/v36/o-0blpQlx3QUIC5A4PNB6Ryti20_6n1iPHjc5a7duw.woff2) 38.6KB, 79ms
- <https://fonts.googleapis.com/css?family=Titillium+Web:200,200italic,300,300italic,regular,italic,600,600italic,700,700italic,900> 688B, 94ms
- [https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n\\_E7ffBzCGltzYw.woff2](https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffBzCGltzYw.woff2) 12.0KB, 69ms
- [https://fonts.gstatic.com/s/titilliumweb/v17/NaPecZTIAOhVxoMyOr9n\\_E7fdMPmDQ.woff2](https://fonts.gstatic.com/s/titilliumweb/v17/NaPecZTIAOhVxoMyOr9n_E7fdMPmDQ.woff2) 12.6KB, 66ms
- [https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n\\_E7ffGjEGltzYw.woff2](https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffGjEGltzYw.woff2) 12.2KB, 78ms
- [https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n\\_E7ffHjDGltzYw.woff2](https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffHjDGltzYw.woff2) 11.6KB, 59ms

**Low** **Avoid an excessive DOM size** TBT 474 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		474
Maximum DOM Depth	form.ubermenu-searchform > button.ubermenu-search-submit > svg.svg-inline--fa > title#svg-inline--fa-title-g9HcPw4hzT9P <title id="svg-inline--fa-title-g9HcPw4hzT9P">	14
Maximum Child Elements	body.page-template-default <body class="page-template-default page page-id-3318 page-child parent-pageid-1415 wp-e..." itemtype="https://schema.org/WebPage" itemscope="">	30

**Low** **Properly size images** Potential savings of 70.4KB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://www.2020media.com/wp-content/uploads/2017/05/opencart-logo400x300-300x201.png">https://www.2020media.com/wp-content/uploads/2017/05/opencart-logo400x300-300x201.png</a>	35.7KB	35.3KB
<a href="https://www.2020media.com/wp-content/uploads/2021/04/4_300_200.jpg">https://www.2020media.com/wp-content/uploads/2021/04/4_300_200.jpg</a>	16.8KB	16.6KB
<a href="https://www.2020media.com/wp-content/uploads/2018/01/promo8.png">https://www.2020media.com/wp-content/uploads/2018/01/promo8.png</a>	11.0KB	10.0KB
<a href="https://www.2020media.com/wp-content/uploads/2017/05/QJS-pseudoLogo2line-300x258.gif">https://www.2020media.com/wp-content/uploads/2017/05/QJS-pseudoLogo2line-300x258.gif</a>	8.50KB	8.40KB

**Low** **Reduce JavaScript execution time** TBT 215ms 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
• <a href="https://www.2020media.com/bandwidth_exceeded.html">https://www.2020media.com/bandwidth_exceeded.html</a>	480ms	51ms	3ms
• Unattributable	314ms	11ms	0ms
• <a href="https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/js/all.min.js?ver=6.4.3">https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/js/all.min.js?ver=6.4.3</a>	83ms	19ms	24ms
• <a href="https://s7_myilivechat.com/livechat2/script/livechatinit2.js">https://s7_myilivechat.com/livechat2/script/livechatinit2.js</a>	58ms	49ms	1ms
• <a href="https://www.googletagmanager.com/gtag/js?id=G-WKNQGGJQKC&amp;l=dataLayer&amp;cx=c">https://www.googletagmanager.com/gtag/js?id=G-WKNQGGJQKC&amp;l=dataLayer&amp;cx=c</a>	54ms	50ms	3ms

Low

### Serve images in next-gen formats

Potential savings of 146KB

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
<a href="https://www.2020media.com/wp-content/uploads/2018/01/uk-hosting.png">https://www.2020media.com/wp-content/uploads/2018/01/uk-hosting.png</a>	48.2KB	38.8KB
<a href="https://www.2020media.com/wp-content/uploads/2015/03/wordpress-blue-xl.png">https://www.2020media.com/wp-content/uploads/2015/03/wordpress-blue-xl.png</a>	42.3KB	33.1KB
<a href="https://www.2020media.com/wp-content/uploads/2017/05/opencart-logo400x300-300x201.png">https://www.2020media.com/wp-content/uploads/2017/05/opencart-logo400x300-300x201.png</a>	35.7KB	31.1KB
<a href="https://www.2020media.com/wp-content/uploads/2017/05/wifi-300x272.png">https://www.2020media.com/wp-content/uploads/2017/05/wifi-300x272.png</a>	37.6KB	25.8KB
<a href="https://www.2020media.com/wp-content/uploads/2021/04/4_300_200.jpg">https://www.2020media.com/wp-content/uploads/2021/04/4_300_200.jpg</a>	16.8KB	8.80KB
<a href="https://www.2020media.com/wp-content/uploads/2024/01/fast-food-300x300.png">https://www.2020media.com/wp-content/uploads/2024/01/fast-food-300x300.png</a>	12.0KB	8.35KB

Low

### Minify CSS FCP LCP

Potential savings of 36.7KB

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• <a href="https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/css/cf7-material-design.css?ver=2.0">https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/css/cf7-material-design.css?ver=2.0</a>	147KB	36.7KB

Low

### Minify JavaScript FCP LCP

Potential savings of 4.86KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• <a href="https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/cf7-material-design.js?ver=1.1">https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/cf7-material-design.js?ver=1.1</a>	13.3KB	4.86KB

N/A

### Largest Contentful Paint element LCP

1,780 ms

This is the largest contentful element painted within the viewport.

#### ELEMENT

If you are a 2020Media customer and seeing this message, your service with us h...

<p>

PHASE	% OF LCP	TIMING
TTFB	57%	1.0s
Load Delay	0%	0ms
Load Time	0%	0ms
Render Delay	43%	770ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 26.0KB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
<a href="https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/vendor/tiny-slider/tiny-slider.min.js?ver=2.9.3">https://www.2020media.com/wp-content/plugins/cssigniter-shortcodes/src/vendor/tiny-slider/tiny-slider.min.js?ver=2.9.3</a> Line:0 Column:5574	25.4KB
<a href="https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/lib/material-components-web.min.js?ver=1.0">https://www.2020media.com/wp-content/plugins/material-design-for-contact-form-7-premium/v1/assets/js/lib/material-components-web.min.js?ver=1.0</a> Line:5 Column:2033	492B
<a href="https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/js/all.min.js?ver=6.4.3">https://www.2020media.com/wp-content/plugins/ubermenu/assets/fontawesome/js/all.min.js?ver=6.4.3</a> Line:4 Column:1191683	167B

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

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

ELEMENT	CLS CONTRIBUTION
BANDWIDTH EXCEEDED About 2020Media Quotas Each account has a disk and bandwid... <code>&lt;div class="site grid-container container hfeed grid-parent" id="page"&gt;</code>	0.01
Home Web Hosting WordPress Internet Services About Us Email Latest <code>&lt;nav class="main-navigation sub-menu-right" id="site-navigation" aria-label="Primary" itemtype="https://schema.org/SiteNavigationElement" itemscope=""&gt;</code>	0.00
Key Features of 2020Media's Complete Online Restaurant Ordering Service <code>&lt;li&gt;</code>	0.00
Login <code>&lt;div class="second-line"&gt;</code>	0.00
Tel: 0370 321 2020 <code>&lt;div&gt;</code>	0.00



N/A

**Minimize main-thread work** TBT

Main-thread busy for 1.3s

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

CATEGORY	TIME SPENT
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Other	410ms
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Script Evaluation	379ms
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Style & Layout	358ms
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Script Parsing & Compilation	67ms
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Parse HTML & CSS	66ms
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Rendering	19ms
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Garbage Collection	1ms
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N/A

**Reduce the impact of third-party code** TBT

Total size was 569KB

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
<b>GOOGLE CDN</b>	195KB	0ms
• <a href="https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js">https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js</a>	195KB	0ms
<b>GOOGLE TAG MANAGER</b>	157KB	0ms
• <a href="https://www.googletagmanager.com/gtag/js?id=G-WKNQGGJQKC&amp;l=dataLayer&amp;cx=c">https://www.googletagmanager.com/gtag/js?id=G-WKNQGGJQKC&amp;l=dataLayer&amp;cx=c</a>	86.5KB	0ms
• <a href="https://www.googletagmanager.com/gtag/js?id=UA-2955376-1">https://www.googletagmanager.com/gtag/js?id=UA-2955376-1</a>	70.5KB	0ms
<b>GOOGLE FONTS</b>	98KB	0ms
• <a href="https://fonts.gstatic.com/s/notosans/v36/o-0bJpQlx3QUIC5A4PNB6Ryti20_6n1iPHjc5a7duw.woff2">https://fonts.gstatic.com/s/notosans/v36/o-0bJpQlx3QUIC5A4PNB6Ryti20_6n1iPHjc5a7duw.woff2</a>	38.6KB	0ms
• <a href="https://fonts.gstatic.com/s/titilliumweb/v17/NaPecZTIAOhVxoMyOr9n_E7fdMPmDQ.woff2">https://fonts.gstatic.com/s/titilliumweb/v17/NaPecZTIAOhVxoMyOr9n_E7fdMPmDQ.woff2</a>	12.6KB	0ms
• <a href="https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffGjEGItzYw.woff2">https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffGjEGItzYw.woff2</a>	12.2KB	0ms
• <a href="https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffbZcGltzYw.woff2">https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffbZcGltzYw.woff2</a>	12.0KB	0ms
• <a href="https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffHjDGltzYw.woff2">https://fonts.gstatic.com/s/titilliumweb/v17/NaPDcZTIAOhVxoMyOr9n_E7ffHjDGltzYw.woff2</a>	11.6KB	0ms
• Other resources	11.0KB	0ms
<b>MYLIVECHAT.COM</b>	75.9KB	0ms
• <a href="https://s7.mylivechat.com/livechat2/resources2.aspx?HCCID=75355023&amp;culture=en-US&amp;mlcv=3017&amp;template=5">https://s7.mylivechat.com/livechat2/resources2.aspx?HCCID=75355023&amp;culture=en-US&amp;mlcv=3017&amp;template=5</a>	43.5KB	0ms
• <a href="https://s7.mylivechat.com/livechat2/script/livechatinit2.js">https://s7.mylivechat.com/livechat2/script/livechatinit2.js</a>	16.6KB	0ms
• <a href="https://s7.mylivechat.com/livechat2/chatinline.css?&amp;culture=en-US&amp;mlcv=3017&amp;template=5">https://s7.mylivechat.com/livechat2/chatinline.css?&amp;culture=en-US&amp;mlcv=3017&amp;template=5</a>	6.28KB	0ms
• <a href="https://s7.mylivechat.com/livechat2/livechat2.aspx?hccid=75355023&amp;apimode=chatlink">https://s7.mylivechat.com/livechat2/livechat2.aspx?hccid=75355023&amp;apimode=chatlink</a>	4.40KB	0ms
• <a href="https://s7.mylivechat.com/livechat2/livechat2.aspx?hccid=75355023&amp;apimode=chatinline">https://s7.mylivechat.com/livechat2/livechat2.aspx?hccid=75355023&amp;apimode=chatinline</a>	4.40KB	0ms
<b>GOOGLE ANALYTICS</b>	20.8KB	0ms
• <a href="https://www.google-analytics.com/analytics.js">https://www.google-analytics.com/analytics.js</a>	20.8KB	0ms
<b>2020CDN.NET</b>	20.5KB	0ms
• <a href="https://pw.2020cdn.net/piwik.js">https://pw.2020cdn.net/piwik.js</a>	20.5KB	0ms
<b>OTHER GOOGLE APIS/SDKS</b>	1.16KB	0ms
<b>SPORT-EXCELLENCE.CO.UK</b>	382B	0ms
<b>2020MEDIA.NET.UK</b>	341B	0ms

N/A

### User Timing marks and measures

No user timings and/or marks found.