



2010 Cumbria Age Groups  
ws & ASA Technical Rules of Swimming  
Session - 2

**EVENT 17 Girls 09 Yrs/Over 200m Freestyle**

09 Yrs/Over Age Group

| Place | Name                 | AaD Club       | Time    | Points | 50    | 100     | 150     |
|-------|----------------------|----------------|---------|--------|-------|---------|---------|
| 1     | Lucy McKenzie        | 12 Cockermouth | 2:09.95 | 666    | 31.14 | 1:04.01 | 1:37.29 |
| 2     | Ashleigh Dale        | 15 Barrow      | 2:10.37 | 660    | 30.06 | 1:02.85 | 1:36.85 |
| 3     | Karlie Stockdale     | 14 Barrow      | 2:10.97 | 651    | 30.72 | 1:03.58 | 1:37.51 |
| 4     | Laura Huggon         | 18 Penrith     | 2:11.75 | 639    | 30.94 | 1:04.12 | 1:38.25 |
| 5     | Georgia Denney       | 14 Kendal      | 2:13.31 | 617    | 30.26 | 1:03.86 | 1:38.66 |
| 6     | Charlotte Hill       | 13 Ulverston   | 2:14.28 | 604    | 31.01 | 1:05.70 | 1:40.56 |
| 7     | Becky Walley         | 13 Copeland    | 2:15.89 | 583    | 31.71 | 1:06.41 | 1:41.61 |
| 8     | Grace Newlands       | 15 Copeland    | 2:16.91 | 570    | 32.63 | 1:07.10 | 1:42.40 |
| 9     | Anna Broadbent       | 14 Cockermouth | 2:18.31 | 552    | 32.07 | 1:07.07 | 1:43.02 |
| 10    | Anna Newlands        | 12 Copeland    | 2:18.60 | 549    | 33.33 | 1:08.59 | 1:44.36 |
| 11    | Lorna Hughes         | 16 Workington  | 2:18.81 | 547    | 31.95 | 1:06.56 | 1:42.46 |
| 12    | Charlotte Horner     | 16 Copeland    | 2:21.14 | 520    | 31.92 | 1:07.18 | 1:44.56 |
| 13    | Kirkby Kavanagh      | 14 Barrow      | 2:21.27 | 518    | 32.15 | 1:07.92 | 1:44.67 |
| 14    | Katie Louise Gunson  | 14 Ulverston   | 2:21.28 | 518    | 33.15 | 1:08.94 | 1:46.16 |
| 15    | Victoria Hevey       | 17 Ulverston   | 2:21.63 | 515    | 33.23 | 1:10.06 | 1:46.68 |
| 16    | Katrina MacColl      | 17 Co Carlisle | 2:22.23 | 508    | 32.57 | 1:08.54 | 1:45.48 |
| 17    | Joanna Yates         | 14 Barrow      | 2:22.72 | 503    | 32.25 | 1:08.43 | 1:46.11 |
| 18    | Laura Marr           | 14 Copeland    | 2:23.21 | 498    | 34.06 | 1:10.00 | 1:47.08 |
| 19    | Ashleigh Backhouse   | 12 Co Carlisle | 2:23.34 | 496    | 33.46 | 1:09.82 | 1:46.56 |
| 20    | Courtney Watson      | 13 Cockermouth | 2:23.39 | 496    | 33.74 | 1:10.28 | 1:47.73 |
| 21    | Carla McWilliams     | 15 Co Carlisle | 2:25.10 | 478    | 33.60 | 1:10.31 | 1:48.22 |
| 22    | Zarina Wilson        | 12 Ulverston   | 2:26.82 | 462    | 34.45 | 1:12.17 | 1:50.06 |
| 23    | Sophie McMillan      | 14 Carlisle WP | 2:27.65 | 454    | 33.98 | 1:12.11 | 1:51.14 |
| 24    | Kim Berry            | 16 Penrith     | 2:28.77 | 444    | 33.58 | 1:11.51 | 1:50.84 |
| 25    | Bethany Titterington | 15 Penrith     | 2:28.83 | 443    | 33.68 | 1:11.13 | 1:51.24 |
| 26    | Ella Chester         | 12 Barrow      | 2:28.87 | 443    | 33.14 | 1:11.28 | 1:51.47 |
| 27    | Paige Jackson        | 13 Workington  | 2:29.09 | 441    | 34.87 | 1:12.64 | 1:51.56 |
| 28    | Molly Kenwright      | 13 Co Carlisle | 2:30.90 | 425    | 33.92 | 1:12.57 | 1:52.92 |

|                         |                 |         |     |       |         |         |
|-------------------------|-----------------|---------|-----|-------|---------|---------|
| 29 Clara Minnican       | 13 Barrow       | 2:30.99 | 425 | 35.08 | 1:14.05 | 1:54.01 |
| 30 Rebecca Clark        | 11 Cockermouth  | 2:32.79 | 410 | 35.37 | 1:14.78 | 1:53.79 |
| 31 Shannon Mossop       | 14 Copeland     | 2:34.19 | 399 | 34.93 | 1:13.95 | 1:54.09 |
| 32 Lisa Foy             | 14 Ulverston    | 2:34.28 | 398 | 34.37 | 1:14.00 | 1:55.68 |
| 33 Courtney Mossop      | 17 Copeland     | 2:35.75 | 387 | 35.82 | 1:16.00 | 1:56.08 |
| 34 Laura Garrick        | 13 Troutbeck Br | 2:35.86 | 386 | 36.97 | 1:17.54 | 1:58.03 |
| 35 Niamh Johnson        | 13 Barrow       | 2:36.72 | 380 | 35.28 | 1:14.42 | 1:56.18 |
| 36 Lauren Watson        | 13 Co Carlisle  | 2:37.69 | 373 | 37.30 | 1:17.91 | 1:59.47 |
| 37 Amy Richardson       | 12 Troutbeck Br | 2:39.10 | 363 | 38.82 | 1:21.20 | 2:04.08 |
| 38 Emily Wild           | 12 Troutbeck Br | 2:40.25 | 355 | 38.03 | 1:19.64 | 2:01.96 |
| 39 Louise Bell          | 14 Carlisle WP  | 2:42.07 | 343 | 36.81 | 1:18.33 | 2:01.39 |
| 40 Ruth McEwen          | 11 Barrow       | 2:42.56 | 340 | 38.52 | 1:21.57 | 2:04.71 |
| 41 Ellen Jones          | 12 Penrith      | 2:43.84 | 332 | 37.61 | 1:19.54 | 2:03.43 |
| 42 Chloe Carr           | 11 Copeland     | 2:44.01 | 331 | 38.29 | 1:21.04 | 2:03.07 |
| 43 Charlotte Williamson | 12 Workington   | 2:45.00 | 325 | 37.34 | 1:20.15 | 2:03.67 |
| 44 Rebecca Lightowler   | 12 Carlisle WP  | 2:46.30 | 318 | 39.27 | 1:23.07 | 2:06.59 |
| 45 Connie Bowman        | 11 Co Carlisle  | 2:46.47 | 317 | 39.09 | 1:22.17 | 2:06.74 |
| 46 Laura Davison        | 10 Co Carlisle  | 2:47.01 | 314 | 38.62 | 1:22.32 | 2:06.03 |
| 47 Zara McKnight        | 10 Co Carlisle  | 2:47.49 | 311 | 38.45 | 1:21.38 | 2:05.67 |
| 48 Caitlin McNaughton   | 12 Co Carlisle  | 2:47.79 | 309 | 39.37 | 1:22.54 | 2:06.38 |
| 49 Jessica Rose         | 12 Carlisle WP  | 2:47.95 | 309 | 38.53 | 1:21.84 | 2:05.76 |
| 50 Phoebe Wilson        | 10 Co Carlisle  | 2:48.06 | 308 | 16.39 | 38.19   | 2:06.71 |
| 51 Danielle Lancaster   | 11 Co Carlisle  | 2:49.11 | 302 | 39.46 | 1:23.08 | 2:06.92 |
| 52 Caitlin Wren         | 11 Barrow       | 2:49.37 | 301 | 38.85 | 1:22.60 | 2:07.28 |
| 53 Isabel Postlethwaite | 10 Copeland     | 2:49.38 | 301 | 40.15 | 1:24.38 | 2:08.11 |
| 54 Amie Ivison          | 11 Workington   | 2:52.39 | 285 | 40.49 | 1:25.44 | 2:10.50 |
| 55 Sarah Lightowler     | 10 Carlisle WP  | 2:52.93 | 283 | 39.97 | 1:25.51 | 2:12.07 |
| 56 Laura Moore          | 11 Copeland     | 2:53.14 | 282 | 39.42 | 1:23.77 | 2:09.82 |
| 57 Rebecca McMinn       | 10 Workington   | 2:53.77 | 279 | 40.52 | 1:25.58 | 2:10.78 |
| 58 Rhiannon Ellis       | 10 Barrow       | 2:54.65 | 274 | 39.98 | 1:24.69 | 2:11.58 |
| 59 Wendy Winter         | 10 Kendal       | 2:55.41 | 271 | 39.50 | 1:24.46 | 2:10.83 |
| 60 Sophie Dodd          | 10 Co Carlisle  | 2:57.60 | 261 | 42.63 | 1:29.37 | 2:15.69 |
| 61 Eve White            | 10 Co Carlisle  | 3:01.56 | 244 | 41.80 | 1:29.50 | 2:19.23 |
| 62 Rebecca Fell         | 9 Ulverston     | 3:03.68 | 236 | 43.94 | 1:32.20 | 2:21.32 |
| 63 Sophie Little        | 10 Workington   | 3:04.06 | 234 | 44.44 | 1:32.43 | 2:21.87 |
| 64 Katie Suitor         | 10 Workington   | 3:05.71 | 228 | 42.80 | 1:31.83 | 2:20.45 |
| 65 Hannah Messenger     | 10 Co Carlisle  | 3:06.48 | 225 | 44.31 | 1:32.66 | 2:21.28 |
| 66 Megan Roper          | 9 Ulverston     | 3:06.49 | 225 | 42.81 | 1:31.55 | 2:22.04 |
| 67 Victoria Swan        | 9 Ulverston     | 3:06.97 | 224 | 43.98 | 1:33.84 | 2:22.84 |

|                  |                      |          |             |         |        |       |         |         |
|------------------|----------------------|----------|-------------|---------|--------|-------|---------|---------|
| 68               | Charlotte Stamper    | 9        | Copeland    | 3:11.56 | 208    | 43.29 | 1:33.52 | 2:23.95 |
| 69               | Imogen Burrow        | 9        | Kendal      | 3:23.69 | 173    | 46.74 | 1:40.94 | 2:35.32 |
| 70               | Alex Messenger       | 9        | Copeland    | 3:32.44 | 152    | 47.96 | 1:44.46 | 2:38.94 |
|                  | Georgia Hevey        | 14       | Ulverston   | DQ ST-  |        |       |         |         |
| 09 Yrs Age Group |                      |          |             |         |        |       |         |         |
| Place            | Name                 | AaD Club |             | Time    | Points | 50    | 100     | 150     |
| 1                | Rebecca Fell         | 9        | Ulverston   | 3:03.68 | 236    | 43.94 | 1:32.20 | 2:21.32 |
|                  |                      |          |             |         |        | 43.94 | 48.26   | 49.12   |
| 2                | Megan Roper          | 9        | Ulverston   | 3:06.49 | 225    | 42.81 | 1:31.55 | 2:22.04 |
|                  |                      |          |             |         |        | 42.81 | 48.74   | 50.49   |
| 3                | Victoria Swan        | 9        | Ulverston   | 3:06.97 | 224    | 43.98 | 1:33.84 | 2:22.84 |
|                  |                      |          |             |         |        | 43.98 | 49.86   | 49.00   |
| 4                | Charlotte Stamper    | 9        | Copeland    | 3:11.56 | 208    | 43.29 | 1:33.52 | 2:23.95 |
|                  |                      |          |             |         |        | 43.29 | 50.23   | 50.43   |
| 5                | Imogen Burrow        | 9        | Kendal      | 3:23.69 | 173    | 46.74 | 1:40.94 | 2:35.32 |
|                  |                      |          |             |         |        | 46.74 | 54.20   | 54.38   |
| 6                | Alex Messenger       | 9        | Copeland    | 3:32.44 | 152    | 47.96 | 1:44.46 | 2:38.94 |
|                  |                      |          |             |         |        | 47.96 | 56.50   | 54.48   |
| 10 Yrs Age Group |                      |          |             |         |        |       |         |         |
| Place            | Name                 | AaD Club |             | Time    | Points | 50    | 100     | 150     |
| 1                | Laura Davison        | 10       | Co Carlisle | 2:47.01 | 314    | 38.62 | 1:22.32 | 2:06.03 |
|                  |                      |          |             |         |        | 38.62 | 43.70   | 43.71   |
| 2                | Zara McKnight        | 10       | Co Carlisle | 2:47.49 | 311    | 38.45 | 1:21.38 | 2:05.67 |
|                  |                      |          |             |         |        | 38.45 | 42.93   | 44.29   |
| 3                | Phoebe Wilson        | 10       | Co Carlisle | 2:48.06 | 308    | 16.39 | 38.19   | 2:06.71 |
|                  |                      |          |             |         |        | 16.39 | 21.80   | 1:28.52 |
| 4                | Isabel Postlethwaite | 10       | Copeland    | 2:49.38 | 301    | 40.15 | 1:24.38 | 2:08.11 |
|                  |                      |          |             |         |        | 40.15 | 44.23   | 43.73   |
| 5                | Sarah Lightowler     | 10       | Carlisle WP | 2:52.93 | 283    | 39.97 | 1:25.51 | 2:12.07 |
|                  |                      |          |             |         |        | 39.97 | 45.54   | 46.56   |
| 6                | Rebecca McMinn       | 10       | Workington  | 2:53.77 | 279    | 40.52 | 1:25.58 | 2:10.78 |
|                  |                      |          |             |         |        | 40.52 | 45.06   | 45.20   |
| 7                | Rhiannon Ellis       | 10       | Barrow      | 2:54.65 | 274    | 39.98 | 1:24.69 | 2:11.58 |
|                  |                      |          |             |         |        | 39.98 | 44.71   | 46.89   |
| 8                | Wendy Winter         | 10       | Kendal      | 2:55.41 | 271    | 39.50 | 1:24.46 | 2:10.83 |
|                  |                      |          |             |         |        | 39.50 | 44.96   | 46.37   |

|                     |                |         |     |       |         |         |
|---------------------|----------------|---------|-----|-------|---------|---------|
| 9 Sophie Dodd       | 10 Co Carlisle | 2:57.60 | 261 | 42.63 | 1:29.37 | 2:15.69 |
|                     |                |         |     | 42.63 | 46.74   | 46.32   |
| 10 Eve White        | 10 Co Carlisle | 3:01.56 | 244 | 41.80 | 1:29.50 | 2:19.23 |
|                     |                |         |     | 41.80 | 47.70   | 49.73   |
| 11 Sophie Little    | 10 Workington  | 3:04.06 | 234 | 44.44 | 1:32.43 | 2:21.87 |
|                     |                |         |     | 44.44 | 47.99   | 49.44   |
| 12 Katie Sutor      | 10 Workington  | 3:05.71 | 228 | 42.80 | 1:31.83 | 2:20.45 |
|                     |                |         |     | 42.80 | 49.03   | 48.62   |
| 13 Hannah Messenger | 10 Co Carlisle | 3:06.48 | 225 | 44.31 | 1:32.66 | 2:21.28 |
|                     |                |         |     | 44.31 | 48.35   | 48.62   |

#### 11 Yrs Age Group

| Place | Name               | AaD Club       | Time    | Points | 50    | 100     | 150     |
|-------|--------------------|----------------|---------|--------|-------|---------|---------|
| 1     | Rebecca Clark      | 11 Cockermouth | 2:32.79 | 410    | 35.37 | 1:14.78 | 1:53.79 |
|       |                    |                |         |        | 35.37 | 39.41   | 39.01   |
| 2     | Ruth McEwen        | 11 Barrow      | 2:42.56 | 340    | 38.52 | 1:21.57 | 2:04.71 |
|       |                    |                |         |        | 38.52 | 43.05   | 43.14   |
| 3     | Chloe Carr         | 11 Copeland    | 2:44.01 | 331    | 38.29 | 1:21.04 | 2:03.07 |
|       |                    |                |         |        | 38.29 | 42.75   | 42.03   |
| 4     | Connie Bowman      | 11 Co Carlisle | 2:46.47 | 317    | 39.09 | 1:22.17 | 2:06.74 |
|       |                    |                |         |        | 39.09 | 43.08   | 44.57   |
| 5     | Danielle Lancaster | 11 Co Carlisle | 2:49.11 | 302    | 39.46 | 1:23.08 | 2:06.92 |
|       |                    |                |         |        | 39.46 | 43.62   | 43.84   |
| 6     | Caitlin Wren       | 11 Barrow      | 2:49.37 | 301    | 38.85 | 1:22.60 | 2:07.28 |
|       |                    |                |         |        | 38.85 | 43.75   | 44.68   |
| 7     | Amie Ivison        | 11 Workington  | 2:52.39 | 285    | 40.49 | 1:25.44 | 2:10.50 |
|       |                    |                |         |        | 40.49 | 44.95   | 45.06   |
| 8     | Laura Moore        | 11 Copeland    | 2:53.14 | 282    | 39.42 | 1:23.77 | 2:09.82 |
|       |                    |                |         |        | 39.42 | 44.35   | 46.05   |

#### 12 Yrs Age Group

| Place | Name               | AaD Club       | Time    | Points | 50    | 100     | 150     |
|-------|--------------------|----------------|---------|--------|-------|---------|---------|
| 1     | Lucy McKenzie      | 12 Cockermouth | 2:09.95 | 666    | 31.14 | 1:04.01 | 1:37.29 |
|       |                    |                |         |        | 31.14 | 32.87   | 33.28   |
| 2     | Anna Newlands      | 12 Copeland    | 2:18.60 | 549    | 33.33 | 1:08.59 | 1:44.36 |
|       |                    |                |         |        | 33.33 | 35.26   | 35.77   |
| 3     | Ashleigh Backhouse | 12 Co Carlisle | 2:23.34 | 496    | 33.46 | 1:09.82 | 1:46.56 |
|       |                    |                |         |        | 33.46 | 36.36   | 36.74   |

|    |                      |    |              |         |     |       |         |         |
|----|----------------------|----|--------------|---------|-----|-------|---------|---------|
| 4  | Zarina Wilson        | 12 | Ulverston    | 2:26.82 | 462 | 34.45 | 1:12.17 | 1:50.06 |
|    |                      |    |              |         |     | 34.45 | 37.72   | 37.89   |
| 5  | Ella Chester         | 12 | Barrow       | 2:28.87 | 443 | 33.14 | 1:11.28 | 1:51.47 |
|    |                      |    |              |         |     | 33.14 | 38.14   | 40.19   |
| 6  | Amy Richardson       | 12 | Troutbeck Br | 2:39.10 | 363 | 38.82 | 1:21.20 | 2:04.08 |
|    |                      |    |              |         |     | 38.82 | 42.38   | 42.88   |
| 7  | Emily Wild           | 12 | Troutbeck Br | 2:40.25 | 355 | 38.03 | 1:19.64 | 2:01.96 |
|    |                      |    |              |         |     | 38.03 | 41.61   | 42.32   |
| 8  | Ellen Jones          | 12 | Penrith      | 2:43.84 | 332 | 37.61 | 1:19.54 | 2:03.43 |
|    |                      |    |              |         |     | 37.61 | 41.93   | 43.89   |
| 9  | Charlotte Williamson | 12 | Workington   | 2:45.00 | 325 | 37.34 | 1:20.15 | 2:03.67 |
|    |                      |    |              |         |     | 37.34 | 42.81   | 43.52   |
| 10 | Rebecca Lightowler   | 12 | Carlisle WP  | 2:46.30 | 318 | 39.27 | 1:23.07 | 2:06.59 |
|    |                      |    |              |         |     | 39.27 | 43.80   | 43.52   |
| 11 | Caitlin McNaughton   | 12 | Co Carlisle  | 2:47.79 | 309 | 39.37 | 1:22.54 | 2:06.38 |
|    |                      |    |              |         |     | 39.37 | 43.17   | 43.84   |
| 12 | Jessica Rose         | 12 | Carlisle WP  | 2:47.95 | 309 | 38.53 | 1:21.84 | 2:05.76 |
|    |                      |    |              |         |     | 38.53 | 43.31   | 43.92   |

### 13 Yrs Age Group

| Place | Name            | AaD Club | Time         | Points  | 50  | 100   | 150     |         |
|-------|-----------------|----------|--------------|---------|-----|-------|---------|---------|
| 1     | Charlotte Hill  | 13       | Ulverston    | 2:14.28 | 604 | 31.01 | 1:05.70 | 1:40.56 |
|       |                 |          |              |         |     | 31.01 | 34.69   | 34.86   |
| 2     | Becky Walley    | 13       | Copeland     | 2:15.89 | 583 | 31.71 | 1:06.41 | 1:41.61 |
|       |                 |          |              |         |     | 31.71 | 34.70   | 35.20   |
| 3     | Courtney Watson | 13       | Cockermouth  | 2:23.39 | 496 | 33.74 | 1:10.28 | 1:47.73 |
|       |                 |          |              |         |     | 33.74 | 36.54   | 37.45   |
| 4     | Paige Jackson   | 13       | Workington   | 2:29.09 | 441 | 34.87 | 1:12.64 | 1:51.56 |
|       |                 |          |              |         |     | 34.87 | 37.77   | 38.92   |
| 5     | Molly Kenwright | 13       | Co Carlisle  | 2:30.90 | 425 | 33.92 | 1:12.57 | 1:52.92 |
|       |                 |          |              |         |     | 33.92 | 38.65   | 40.35   |
| 6     | Clara Minnican  | 13       | Barrow       | 2:30.99 | 425 | 35.08 | 1:14.05 | 1:54.01 |
|       |                 |          |              |         |     | 35.08 | 38.97   | 39.96   |
| 7     | Laura Garrick   | 13       | Troutbeck Br | 2:35.86 | 386 | 36.97 | 1:17.54 | 1:58.03 |
|       |                 |          |              |         |     | 36.97 | 40.57   | 40.49   |
| 8     | Niamh Johnson   | 13       | Barrow       | 2:36.72 | 380 | 35.28 | 1:14.42 | 1:56.18 |
|       |                 |          |              |         |     | 35.28 | 39.14   | 41.76   |
| 9     | Lauren Watson   | 13       | Co Carlisle  | 2:37.69 | 373 | 37.30 | 1:17.91 | 1:59.47 |
|       |                 |          |              |         |     | 37.30 | 40.61   | 41.56   |

## 14 Yrs Age Group

| Place | Name                | AaD Club       | Time    | Points | 50    | 100     | 150     |
|-------|---------------------|----------------|---------|--------|-------|---------|---------|
| 1     | Karlie Stockdale    | 14 Barrow      | 2:10.97 | 651    | 30.72 | 1:03.58 | 1:37.51 |
|       |                     |                |         |        | 30.72 | 32.86   | 33.93   |
| 2     | Georgia Denney      | 14 Kendal      | 2:13.31 | 617    | 30.26 | 1:03.86 | 1:38.66 |
|       |                     |                |         |        | 30.26 | 33.60   | 34.80   |
| 3     | Anna Broadbent      | 14 Cockermonth | 2:18.31 | 552    | 32.07 | 1:07.07 | 1:43.02 |
|       |                     |                |         |        | 32.07 | 35.00   | 35.95   |
| 4     | Kirkby Kavanagh     | 14 Barrow      | 2:21.27 | 518    | 32.15 | 1:07.92 | 1:44.67 |
|       |                     |                |         |        | 32.15 | 35.77   | 36.75   |
| 5     | Katie Louise Gunson | 14 Ulverston   | 2:21.28 | 518    | 33.15 | 1:08.94 | 1:46.16 |
|       |                     |                |         |        | 33.15 | 35.79   | 37.22   |
| 6     | Joanna Yates        | 14 Barrow      | 2:22.72 | 503    | 32.25 | 1:08.43 | 1:46.11 |
|       |                     |                |         |        | 32.25 | 36.18   | 37.68   |
| 7     | Laura Marr          | 14 Copeland    | 2:23.21 | 498    | 34.06 | 1:10.00 | 1:47.08 |
|       |                     |                |         |        | 34.06 | 35.94   | 37.08   |
| 8     | Sophie McMillan     | 14 Carlisle WP | 2:27.65 | 454    | 33.98 | 1:12.11 | 1:51.14 |
|       |                     |                |         |        | 33.98 | 38.13   | 39.03   |
| 9     | Shannon Mossop      | 14 Copeland    | 2:34.19 | 399    | 34.93 | 1:13.95 | 1:54.09 |
|       |                     |                |         |        | 34.93 | 39.02   | 40.14   |
| 10    | Lisa Foy            | 14 Ulverston   | 2:34.28 | 398    | 34.37 | 1:14.00 | 1:55.68 |
|       |                     |                |         |        | 34.37 | 39.63   | 41.68   |
| 11    | Louise Bell         | 14 Carlisle WP | 2:42.07 | 343    | 36.81 | 1:18.33 | 2:01.39 |
|       |                     |                |         |        | 36.81 | 41.52   | 43.06   |
|       | Georgia Hevey       | 14 Ulverston   | DQ ST-  |        |       |         |         |

## 15 Yrs Age Group

| Place | Name                 | AaD Club       | Time    | Points | 50    | 100     | 150     |
|-------|----------------------|----------------|---------|--------|-------|---------|---------|
| 1     | Ashleigh Dale        | 15 Barrow      | 2:10.37 | 660    | 30.06 | 1:02.85 | 1:36.85 |
|       |                      |                |         |        | 30.06 | 32.79   | 34.00   |
| 2     | Grace Newlands       | 15 Copeland    | 2:16.91 | 570    | 32.63 | 1:07.10 | 1:42.40 |
|       |                      |                |         |        | 32.63 | 34.47   | 35.30   |
| 3     | Carla McWilliams     | 15 Co Carlisle | 2:25.10 | 478    | 33.60 | 1:10.31 | 1:48.22 |
|       |                      |                |         |        | 33.60 | 36.71   | 37.91   |
| 4     | Bethany Titterington | 15 Penrith     | 2:28.83 | 443    | 33.68 | 1:11.13 | 1:51.24 |
|       |                      |                |         |        | 33.68 | 37.45   | 40.11   |

16 Yrs/Over Age Group

| Place | Name             | AaD Club       | Time    | Points | 50    | 100     | 150     |
|-------|------------------|----------------|---------|--------|-------|---------|---------|
| 1     | Laura Huggon     | 18 Penrith     | 2:11.75 | 639    | 30.94 | 1:04.12 | 1:38.25 |
|       |                  |                |         |        | 30.94 | 33.18   | 34.13   |
| 2     | Lorna Hughes     | 16 Workington  | 2:18.81 | 547    | 31.95 | 1:06.56 | 1:42.46 |
|       |                  |                |         |        | 31.95 | 34.61   | 35.90   |
| 3     | Charlotte Horner | 16 Copeland    | 2:21.14 | 520    | 31.92 | 1:07.18 | 1:44.56 |
|       |                  |                |         |        | 31.92 | 35.26   | 37.38   |
| 4     | Victoria Hevey   | 17 Ulverston   | 2:21.63 | 515    | 33.23 | 1:10.06 | 1:46.68 |
|       |                  |                |         |        | 33.23 | 36.83   | 36.62   |
| 5     | Katrina MacColl  | 17 Co Carlisle | 2:22.23 | 508    | 32.57 | 1:08.54 | 1:45.48 |
|       |                  |                |         |        | 32.57 | 35.97   | 36.94   |
| 6     | Kim Berry        | 16 Penrith     | 2:28.77 | 444    | 33.58 | 1:11.51 | 1:50.84 |
|       |                  |                |         |        | 33.58 | 37.93   | 39.33   |
| 7     | Courtney Mossop  | 17 Copeland    | 2:35.75 | 387    | 35.82 | 1:16.00 | 1:56.08 |
|       |                  |                |         |        | 35.82 | 40.18   | 40.08   |

**EVENT 18 Boys 09 Yrs/Over 200m IM**

09 Yrs/Over Age Group

| Place | Name            | AaD Club        | Time    | Points | 50    | 100     | 150     |
|-------|-----------------|-----------------|---------|--------|-------|---------|---------|
| 1     | Fraser Minnican | 14 Ulverston    | 2:09.01 | 674    | 27.85 | 59.93   | 1:38.48 |
| 2     | Joe Elwood      | 16 Ulverston    | 2:11.64 | 635    | 27.47 | 59.66   | 1:40.43 |
| 3     | John Blain      | 17 Barrow       | 2:12.57 | 622    | 28.55 | 1:01.74 | 1:40.78 |
| 4     | Craig Elliot    | 22 Cocker mouth | 2:13.61 | 607    | 28.68 | 1:05.12 | 1:40.18 |
| 5     | Curtis Corrie   | 14 Barrow       | 2:19.58 | 533    | 31.18 | 1:07.68 | 1:49.22 |
| 6     | David Thompson  | 17 Barrow       | 2:20.29 | 525    | 30.54 | 1:07.00 | 1:48.27 |
| 7     | Ben Clarke      | 15 Kendal       | 2:21.89 | 507    | 30.81 | 1:07.49 | 1:48.96 |
| 8     | Oliver Atkinson | 14 Barrow       | 2:24.02 | 485    | 30.63 | 1:06.07 | 1:51.13 |
| 9     | Jamie Warwick   | 18 Carlisle WP  | 2:25.27 | 472    | 31.18 | 1:09.56 | 1:51.58 |
| 10    | Jake Harrison   | 16 Carlisle WP  | 2:27.49 | 451    | 28.67 | 1:09.78 | 1:55.77 |
| 11    | Matthew Holmes  | 15 Barrow       | 2:27.71 | 449    | 30.98 | 1:08.80 | 1:54.37 |
| 12    | Jack Barker     | 15 Co Carlisle  | 2:27.74 | 449    | 32.44 | 1:10.90 | 1:52.80 |
| 13    | Alex Magill     | 16 Carlisle WP  | 2:28.08 | 446    | 30.69 | 1:08.66 | 1:54.02 |
| 14    | James Magill    | 18 Carlisle WP  | 2:28.28 | 444    | 30.53 | 1:07.39 | 1:53.97 |
| 15    | Austin Wilson   | 15 Ulverston    | 2:28.31 | 444    | 31.28 | 1:08.34 | 1:53.20 |
| 16    | Jack Glenholmes | 15 Carlisle WP  | 2:28.99 | 438    | 31.76 | 1:11.08 | 1:53.52 |
| 17    | Haydn Birkett   | 14 Copeland     | 2:29.42 | 434    | 33.08 | 1:11.07 | 1:55.12 |
| 18    | Anthony Ryan    | 14 Co Carlisle  | 2:30.32 | 426    | 33.14 | 1:12.26 | 1:57.39 |
| 19    | Oliver Smith    | 13 Workington   | 2:31.94 | 413    | 33.46 | 1:13.72 | 1:58.74 |

|                           |                 |         |     |       |         |         |
|---------------------------|-----------------|---------|-----|-------|---------|---------|
| 20 Noel Howson            | 15 Carlisle WP  | 2:32.06 | 412 | 31.99 | 1:10.66 | 1:59.20 |
| 21 Thomas Millburn        | 12 Workington   | 2:32.09 | 412 | 35.04 | 1:14.53 | 1:58.38 |
| 22 Alex Rose              | 16 Carlisle WP  | 2:33.67 | 399 | 31.67 | 1:10.91 | 1:58.45 |
| 23 Jack Kenwright         | 14 Co Carlisle  | 2:35.12 | 388 | 31.21 | 1:09.49 | 2:00.30 |
| 24 Luke Greenbank         | 12 Cocker mouth | 2:36.13 | 381 | 33.59 | 1:13.22 | 2:01.67 |
| 25 Gordon Belbin          | 47 Ulverston    | 2:36.33 | 379 | 33.01 | 1:13.74 | 1:58.26 |
| 26 Andrew Kerr            | 14 Barrow       | 2:36.38 | 379 | 34.27 | 1:12.44 | 1:59.57 |
| 27 Jason Bell             | 15 Carlisle WP  | 2:36.93 | 375 | 34.32 | 1:14.98 | 2:01.48 |
| 28 Michael James Cheetham | 13 Ulverston    | 2:37.14 | 373 | 32.84 | 1:13.70 | 2:02.09 |
| 29 Cameron Jeal           | 14 Penrith      | 2:41.44 | 344 | 36.35 | 1:14.90 | 2:01.51 |
| 30 Scott Bailey           | 13 Copeland     | 2:41.54 | 344 | 36.47 | 1:18.47 | 2:05.72 |
| 31 Jack Lee               | 14 Co Carlisle  | 2:42.55 | 337 | 36.27 | 1:16.88 | 2:06.81 |
| 32 Joseph Singleton       | 13 Barrow       | 2:43.17 | 333 | 35.63 | 1:17.52 | 2:07.70 |
| 33 Andrew Robinson        | 13 Carlisle WP  | 2:43.76 | 330 | 36.36 | 1:17.52 | 2:07.65 |
| 34 Kieran Harrison        | 14 Carlisle WP  | 2:44.45 | 326 | 36.88 | 1:20.71 | 2:09.74 |
| 35 Callum Bond            | 14 Ulverston    | 2:44.73 | 324 | 35.57 | 1:16.73 | 2:08.65 |
| 36 Charles McSkeane       | 12 Co Carlisle  | 2:45.73 | 318 | 35.54 | 1:17.23 | 2:09.78 |
| 37 Joel Bland             | 13 Barrow       | 2:47.03 | 311 | 38.14 | 1:24.46 | 2:09.30 |
| 38 Paul Baldueza          | 13 Copeland     | 2:47.25 | 310 | 38.35 | 1:20.40 | 2:10.41 |
| 39 Richard Stamper        | 12 Copeland     | 2:47.75 | 307 | 39.43 | 1:20.72 | 2:12.30 |
| 40 Scott Munro-Bennett    | 13 Troutbeck Br | 2:48.78 | 301 | 34.96 | 1:18.73 | 2:12.00 |
| 41 Alistair Campbell      | 13 Co Carlisle  | 2:50.40 | 293 | 36.71 | 1:19.27 | 2:12.16 |
| 42 Ben Leighton           | 11 Co Carlisle  | 2:51.72 | 286 | 37.17 | 1:19.41 | 2:14.22 |
| 43 Matthew Ivison         | 12 Workington   | 2:51.75 | 286 | 40.42 | 1:23.70 | 2:14.98 |
| 44 Edward Baxter          | 11 Cocker mouth | 2:53.21 | 279 | 41.41 | 1:29.03 | 2:15.01 |
| 45 Christian Balmer       | 12 Cocker mouth | 2:53.66 | 277 | 40.34 | 1:25.78 | 2:14.89 |
| 46 Andrew Mullins         | 12 Co Carlisle  | 2:54.49 | 273 | 38.80 | 1:21.50 | 2:17.50 |
| 47 Vincent Sue            | 12 Barrow       | 2:54.56 | 272 | 42.47 | 1:28.20 | 2:16.53 |
| 48 Nicholas Carlton       | 12 Troutbeck Br | 2:57.58 | 259 | 38.63 | 1:23.57 | 2:16.41 |
| 49 Joseph Sharpe          | 11 Barrow       | 3:04.34 | 231 | 41.46 | 1:29.50 | 2:24.56 |
| 50 Luke Reid              | 11 Barrow       | 3:04.58 | 230 | 41.75 | 1:27.89 | 2:25.58 |
| 51 Toby Gibson            | 11 Co Carlisle  | 3:05.40 | 227 | 41.24 | 1:27.19 | 2:25.31 |
| 52 Morgan Cookman         | 11 Copeland     | 3:07.35 | 220 | 42.26 | 1:26.02 | 2:27.82 |
| 53 Daniel Ryan            | 11 Co Carlisle  | 3:10.16 | 211 | 44.16 | 1:33.61 | 2:29.86 |
| 54 Benjamin Cornwall      | 11 Co Carlisle  | 3:11.56 | 206 | 43.34 | 1:32.34 | 2:29.98 |
| 55 Alistair Jeal          | 11 Penrith      | 3:13.64 | 199 | 42.87 | 1:30.93 | 2:28.42 |
| 56 Jordan Cooley          | 10 Cocker mouth | 3:14.74 | 196 | 47.10 | 1:33.95 | 2:34.83 |
| 57 Connor Joyce           | 10 Workington   | 3:16.00 | 192 | 45.87 | 1:34.62 | 2:33.59 |
| 58 Robert McSkeane        | 9 Co Carlisle   | 3:17.08 | 189 | 45.50 | 1:34.75 | 2:36.56 |



|                        |    |             |          |     |       |         |         |
|------------------------|----|-------------|----------|-----|-------|---------|---------|
| 59 Daniel Cooper       | 10 | Workington  | 3:17.59  | 188 | 47.51 | 1:37.26 | 2:32.59 |
| 60 Matthew Swan        | 11 | Ulverston   | 3:17.73  | 187 | 47.19 | 1:35.19 | 2:34.54 |
| 61 Ben Gilmore         | 10 | Workington  | 3:18.71  | 185 | 45.00 | 1:37.64 | 2:35.87 |
| 62 Christopher Gunson  | 10 | Ulverston   | 3:19.23  | 183 | 47.83 | 1:36.16 | 2:34.78 |
| 63 Jack Phillips       | 11 | Co Carlisle | 3:20.19  | 181 | 47.32 | 1:37.12 | 2:35.74 |
| 64 Maxwell Hutchason   | 10 | Barrow      | 3:22.17  | 175 | 48.03 | 1:37.85 | 2:36.09 |
| 65 Thomas Unwin        | 10 | Ulverston   | 3:24.73  | 169 | 41.90 | 1:34.50 | 2:38.78 |
| 66 Jake Fabi           | 10 | Penrith     | 3:25.38  | 167 | 47.02 | 1:39.26 | 2:40.39 |
| 67 Nathan Watson       | 9  | Workington  | 3:27.53  | 162 | 48.79 | 1:39.88 | 2:39.49 |
| 68 Conner Bulman       | 9  | Co Carlisle | 3:33.64  | 149 | 49.01 | 1:40.58 | 2:44.54 |
| 69 Campbell McNaughton | 10 | Co Carlisle | 3:39.16  | 138 | 51.39 | 1:43.48 | 2:50.84 |
| Sam Routledge          | 13 | Carlisle WP | DQ SL-5L |     |       |         |         |
| Isaac Hinde            | 9  | Copeland    | DQ T-1L  |     |       |         |         |
| Alfie Murphy           | 9  | Barrow      | DQ T-1L  |     |       |         |         |
| Elliot Routledge       | 11 | Workington  | DQ T-3L  |     |       |         |         |
| Josh Russell           | 11 | Co Carlisle | DQ T-4L  |     |       |         |         |
| Thom Noonan            | 11 | Cockermouth | DQ T-4L  |     |       |         |         |

#### 09 Yrs Age Group

| Place | Name            | AaD Club      | Time    | Points | 50    | 100     | 150     |
|-------|-----------------|---------------|---------|--------|-------|---------|---------|
| 1     | Robert McSkeane | 9 Co Carlisle | 3:17.08 | 189    | 45.50 | 1:34.75 | 2:36.56 |
|       |                 |               |         |        | 45.50 | 49.25   | 1:01.81 |
| 2     | Nathan Watson   | 9 Workington  | 3:27.53 | 162    | 48.79 | 1:39.88 | 2:39.49 |
|       |                 |               |         |        | 48.79 | 51.09   | 59.61   |
| 3     | Conner Bulman   | 9 Co Carlisle | 3:33.64 | 149    | 49.01 | 1:40.58 | 2:44.54 |
|       |                 |               |         |        | 49.01 | 51.57   | 1:03.96 |
|       | Isaac Hinde     | 9 Copeland    | DQ T-1L |        |       |         |         |
|       | Alfie Murphy    | 9 Barrow      | DQ T-1L |        |       |         |         |

#### 10 Yrs Age Group

| Place | Name          | AaD Club       | Time    | Points | 50    | 100     | 150     |
|-------|---------------|----------------|---------|--------|-------|---------|---------|
| 1     | Jordan Cooley | 10 Cockermouth | 3:14.74 | 196    | 47.10 | 1:33.95 | 2:34.83 |
|       |               |                |         |        | 47.10 | 46.85   | 1:00.88 |
| 2     | Connor Joyce  | 10 Workington  | 3:16.00 | 192    | 45.87 | 1:34.62 | 2:33.59 |
|       |               |                |         |        | 45.87 | 48.75   | 58.97   |
| 3     | Daniel Cooper | 10 Workington  | 3:17.59 | 188    | 47.51 | 1:37.26 | 2:32.59 |
|       |               |                |         |        | 47.51 | 49.75   | 55.33   |
| 4     | Ben Gilmore   | 10 Workington  | 3:18.71 | 185    | 45.00 | 1:37.64 | 2:35.87 |
|       |               |                |         |        | 45.00 | 52.64   | 58.23   |

|   |                     |    |             |         |     |       |         |         |
|---|---------------------|----|-------------|---------|-----|-------|---------|---------|
| 5 | Christopher Gunson  | 10 | Ulverston   | 3:19.23 | 183 | 47.83 | 1:36.16 | 2:34.78 |
|   |                     |    |             |         |     | 47.83 | 48.33   | 58.62   |
| 6 | Maxwell Hutchason   | 10 | Barrow      | 3:22.17 | 175 | 48.03 | 1:37.85 | 2:36.09 |
|   |                     |    |             |         |     | 48.03 | 49.82   | 58.24   |
| 7 | Thomas Unwin        | 10 | Ulverston   | 3:24.73 | 169 | 41.90 | 1:34.50 | 2:38.78 |
|   |                     |    |             |         |     | 41.90 | 52.60   | 1:04.28 |
| 8 | Jake Fabi           | 10 | Penrith     | 3:25.38 | 167 | 47.02 | 1:39.26 | 2:40.39 |
|   |                     |    |             |         |     | 47.02 | 52.24   | 1:01.13 |
| 9 | Campbell McNaughton | 10 | Co Carlisle | 3:39.16 | 138 | 51.39 | 1:43.48 | 2:50.84 |
|   |                     |    |             |         |     | 51.39 | 52.09   | 1:07.36 |

### 11 Yrs Age Group

| Place | Name              | AaD | Club        | Time    | Points | 50    | 100     | 150     |
|-------|-------------------|-----|-------------|---------|--------|-------|---------|---------|
| 1     | Ben Leighton      | 11  | Co Carlisle | 2:51.72 | 286    | 37.17 | 1:19.41 | 2:14.22 |
|       |                   |     |             |         |        | 37.17 | 42.24   | 54.81   |
| 2     | Edward Baxter     | 11  | Cockermouth | 2:53.21 | 279    | 41.41 | 1:29.03 | 2:15.01 |
|       |                   |     |             |         |        | 41.41 | 47.62   | 45.98   |
| 3     | Joseph Sharpe     | 11  | Barrow      | 3:04.34 | 231    | 41.46 | 1:29.50 | 2:24.56 |
|       |                   |     |             |         |        | 41.46 | 48.04   | 55.06   |
| 4     | Luke Reid         | 11  | Barrow      | 3:04.58 | 230    | 41.75 | 1:27.89 | 2:25.58 |
|       |                   |     |             |         |        | 41.75 | 46.14   | 57.69   |
| 5     | Toby Gibson       | 11  | Co Carlisle | 3:05.40 | 227    | 41.24 | 1:27.19 | 2:25.31 |
|       |                   |     |             |         |        | 41.24 | 45.95   | 58.12   |
| 6     | Morgan Cookman    | 11  | Copeland    | 3:07.35 | 220    | 42.26 | 1:26.02 | 2:27.82 |
|       |                   |     |             |         |        | 42.26 | 43.76   | 1:01.80 |
| 7     | Daniel Ryan       | 11  | Co Carlisle | 3:10.16 | 211    | 44.16 | 1:33.61 | 2:29.86 |
|       |                   |     |             |         |        | 44.16 | 49.45   | 56.25   |
| 8     | Benjamin Cornwall | 11  | Co Carlisle | 3:11.56 | 206    | 43.34 | 1:32.34 | 2:29.98 |
|       |                   |     |             |         |        | 43.34 | 49.00   | 57.64   |
| 9     | Alistair Jeal     | 11  | Penrith     | 3:13.64 | 199    | 42.87 | 1:30.93 | 2:28.42 |
|       |                   |     |             |         |        | 42.87 | 48.06   | 57.49   |
| 10    | Matthew Swan      | 11  | Ulverston   | 3:17.73 | 187    | 47.19 | 1:35.19 | 2:34.54 |
|       |                   |     |             |         |        | 47.19 | 48.00   | 59.35   |
| 11    | Jack Phillips     | 11  | Co Carlisle | 3:20.19 | 181    | 47.32 | 1:37.12 | 2:35.74 |
|       |                   |     |             |         |        | 47.32 | 49.80   | 58.62   |
|       | Elliot Routledge  | 11  | Workington  | DQ T-3L |        |       |         |         |
|       | Josh Russell      | 11  | Co Carlisle | DQ T-4L |        |       |         |         |
|       | Thom Noonan       | 11  | Cockermouth | DQ T-4L |        |       |         |         |

## 12 Yrs Age Group

| Place | Name             | AaD Club        | Time    | Points | 50    | 100     | 150     |
|-------|------------------|-----------------|---------|--------|-------|---------|---------|
| 1     | Thomas Millburn  | 12 Workington   | 2:32.09 | 412    | 35.04 | 1:14.53 | 1:58.38 |
|       |                  |                 |         |        | 35.04 | 39.49   | 43.85   |
| 2     | Luke Greenbank   | 12 Cockermouth  | 2:36.13 | 381    | 33.59 | 1:13.22 | 2:01.67 |
|       |                  |                 |         |        | 33.59 | 39.63   | 48.45   |
| 3     | Charles McSkeane | 12 Co Carlisle  | 2:45.73 | 318    | 35.54 | 1:17.23 | 2:09.78 |
|       |                  |                 |         |        | 35.54 | 41.69   | 52.55   |
| 4     | Richard Stamper  | 12 Copeland     | 2:47.75 | 307    | 39.43 | 1:20.72 | 2:12.30 |
|       |                  |                 |         |        | 39.43 | 41.29   | 51.58   |
| 5     | Matthew Ivison   | 12 Workington   | 2:51.75 | 286    | 40.42 | 1:23.70 | 2:14.98 |
|       |                  |                 |         |        | 40.42 | 43.28   | 51.28   |
| 6     | Christian Balmer | 12 Cockermouth  | 2:53.66 | 277    | 40.34 | 1:25.78 | 2:14.89 |
|       |                  |                 |         |        | 40.34 | 45.44   | 49.11   |
| 7     | Andrew Mullins   | 12 Co Carlisle  | 2:54.49 | 273    | 38.80 | 1:21.50 | 2:17.50 |
|       |                  |                 |         |        | 38.80 | 42.70   | 56.00   |
| 8     | Vincent Sue      | 12 Barrow       | 2:54.56 | 272    | 42.47 | 1:28.20 | 2:16.53 |
|       |                  |                 |         |        | 42.47 | 45.73   | 48.33   |
| 9     | Nicholas Carlton | 12 Troutbeck Br | 2:57.58 | 259    | 38.63 | 1:23.57 | 2:16.41 |
|       |                  |                 |         |        | 38.63 | 44.94   | 52.84   |

## 13 Yrs Age Group

| Place | Name                   | AaD Club        | Time    | Points | 50    | 100     | 150     |
|-------|------------------------|-----------------|---------|--------|-------|---------|---------|
| 1     | Oliver Smith           | 13 Workington   | 2:31.94 | 413    | 33.46 | 1:13.72 | 1:58.74 |
|       |                        |                 |         |        | 33.46 | 40.26   | 45.02   |
| 2     | Michael James Cheetham | 13 Ulverston    | 2:37.14 | 373    | 32.84 | 1:13.70 | 2:02.09 |
|       |                        |                 |         |        | 32.84 | 40.86   | 48.39   |
| 3     | Scott Bailey           | 13 Copeland     | 2:41.54 | 344    | 36.47 | 1:18.47 | 2:05.72 |
|       |                        |                 |         |        | 36.47 | 42.00   | 47.25   |
| 4     | Joseph Singleton       | 13 Barrow       | 2:43.17 | 333    | 35.63 | 1:17.52 | 2:07.70 |
|       |                        |                 |         |        | 35.63 | 41.89   | 50.18   |
| 5     | Andrew Robinson        | 13 Carlisle WP  | 2:43.76 | 330    | 36.36 | 1:17.52 | 2:07.65 |
|       |                        |                 |         |        | 36.36 | 41.16   | 50.13   |
| 6     | Joel Bland             | 13 Barrow       | 2:47.03 | 311    | 38.14 | 1:24.46 | 2:09.30 |
|       |                        |                 |         |        | 38.14 | 46.32   | 44.84   |
| 7     | Paul Baldueza          | 13 Copeland     | 2:47.25 | 310    | 38.35 | 1:20.40 | 2:10.41 |
|       |                        |                 |         |        | 38.35 | 42.05   | 50.01   |
| 8     | Scott Munro-Bennett    | 13 Troutbeck Br | 2:48.78 | 301    | 34.96 | 1:18.73 | 2:12.00 |
|       |                        |                 |         |        | 34.96 | 43.77   | 53.27   |

|                  |                   |                |          |        |       |         |         |
|------------------|-------------------|----------------|----------|--------|-------|---------|---------|
| 9                | Alistair Campbell | 13 Co Carlisle | 2:50.40  | 293    | 36.71 | 1:19.27 | 2:12.16 |
|                  | Sam Routledge     | 13 Carlisle WP | DQ SL-5L |        | 36.71 | 42.56   | 52.89   |
| 14 Yrs Age Group |                   |                |          |        |       |         |         |
| Place            | Name              | AaD Club       | Time     | Points | 50    | 100     | 150     |
| 1                | Fraser Minnican   | 14 Ulverston   | 2:09.01  | 674    | 27.85 | 59.93   | 1:38.48 |
|                  |                   |                |          |        | 27.85 | 32.08   | 38.55   |
| 2                | Curtis Corrie     | 14 Barrow      | 2:19.58  | 533    | 31.18 | 1:07.68 | 1:49.22 |
|                  |                   |                |          |        | 31.18 | 36.50   | 41.54   |
| 3                | Oliver Atkinson   | 14 Barrow      | 2:24.02  | 485    | 30.63 | 1:06.07 | 1:51.13 |
|                  |                   |                |          |        | 30.63 | 35.44   | 45.06   |
| 4                | Haydn Birkett     | 14 Copeland    | 2:29.42  | 434    | 33.08 | 1:11.07 | 1:55.12 |
|                  |                   |                |          |        | 33.08 | 37.99   | 44.05   |
| 5                | Anthony Ryan      | 14 Co Carlisle | 2:30.32  | 426    | 33.14 | 1:12.26 | 1:57.39 |
|                  |                   |                |          |        | 33.14 | 39.12   | 45.13   |
| 6                | Jack Kenwright    | 14 Co Carlisle | 2:35.12  | 388    | 31.21 | 1:09.49 | 2:00.30 |
|                  |                   |                |          |        | 31.21 | 38.28   | 50.81   |
| 7                | Andrew Kerr       | 14 Barrow      | 2:36.38  | 379    | 34.27 | 1:12.44 | 1:59.57 |
|                  |                   |                |          |        | 34.27 | 38.17   | 47.13   |
| 8                | Cameron Jeal      | 14 Penrith     | 2:41.44  | 344    | 36.35 | 1:14.90 | 2:01.51 |
|                  |                   |                |          |        | 36.35 | 38.55   | 46.61   |
| 9                | Jack Lee          | 14 Co Carlisle | 2:42.55  | 337    | 36.27 | 1:16.88 | 2:06.81 |
|                  |                   |                |          |        | 36.27 | 40.61   | 49.93   |
| 10               | Kieran Harrison   | 14 Carlisle WP | 2:44.45  | 326    | 36.88 | 1:20.71 | 2:09.74 |
|                  |                   |                |          |        | 36.88 | 43.83   | 49.03   |
| 11               | Callum Bond       | 14 Ulverston   | 2:44.73  | 324    | 35.57 | 1:16.73 | 2:08.65 |
|                  |                   |                |          |        | 35.57 | 41.16   | 51.92   |
| 15 Yrs Age Group |                   |                |          |        |       |         |         |
| Place            | Name              | AaD Club       | Time     | Points | 50    | 100     | 150     |
| 1                | Ben Clarke        | 15 Kendal      | 2:21.89  | 507    | 30.81 | 1:07.49 | 1:48.96 |
|                  |                   |                |          |        | 30.81 | 36.68   | 41.47   |
| 2                | Matthew Holmes    | 15 Barrow      | 2:27.71  | 449    | 30.98 | 1:08.80 | 1:54.37 |
|                  |                   |                |          |        | 30.98 | 37.82   | 45.57   |
| 3                | Jack Barker       | 15 Co Carlisle | 2:27.74  | 449    | 32.44 | 1:10.90 | 1:52.80 |
|                  |                   |                |          |        | 32.44 | 38.46   | 41.90   |
| 4                | Austin Wilson     | 15 Ulverston   | 2:28.31  | 444    | 31.28 | 1:08.34 | 1:53.20 |
|                  |                   |                |          |        | 31.28 | 37.06   | 44.86   |

|   |                 |                |         |     |       |         |         |
|---|-----------------|----------------|---------|-----|-------|---------|---------|
| 5 | Jack Glenholmes | 15 Carlisle WP | 2:28.99 | 438 | 31.76 | 1:11.08 | 1:53.52 |
|   |                 |                |         |     | 31.76 | 39.32   | 42.44   |
| 6 | Noel Howson     | 15 Carlisle WP | 2:32.06 | 412 | 31.99 | 1:10.66 | 1:59.20 |
|   |                 |                |         |     | 31.99 | 38.67   | 48.54   |
| 7 | Jason Bell      | 15 Carlisle WP | 2:36.93 | 375 | 34.32 | 1:14.98 | 2:01.48 |
|   |                 |                |         |     | 34.32 | 40.66   | 46.50   |

#### 16 Yrs/Over Age Group

| Place | Name           | AaD Club       | Time    | Points | 50    | 100     | 150     |
|-------|----------------|----------------|---------|--------|-------|---------|---------|
| 1     | Joe Elwood     | 16 Ulverston   | 2:11.64 | 635    | 27.47 | 59.66   | 1:40.43 |
|       |                |                |         |        | 27.47 | 32.19   | 40.77   |
| 2     | John Blain     | 17 Barrow      | 2:12.57 | 622    | 28.55 | 1:01.74 | 1:40.78 |
|       |                |                |         |        | 28.55 | 33.19   | 39.04   |
| 3     | Craig Elliot   | 22 Cockermouth | 2:13.61 | 607    | 28.68 | 1:05.12 | 1:40.18 |
|       |                |                |         |        | 28.68 | 36.44   | 35.06   |
| 4     | David Thompson | 17 Barrow      | 2:20.29 | 525    | 30.54 | 1:07.00 | 1:48.27 |
|       |                |                |         |        | 30.54 | 36.46   | 41.27   |
| 5     | Jamie Warwick  | 18 Carlisle WP | 2:25.27 | 472    | 31.18 | 1:09.56 | 1:51.58 |
|       |                |                |         |        | 31.18 | 38.38   | 42.02   |
| 6     | Jake Harrison  | 16 Carlisle WP | 2:27.49 | 451    | 28.67 | 1:09.78 | 1:55.77 |
|       |                |                |         |        | 28.67 | 41.11   | 45.99   |
| 7     | Alex Magill    | 16 Carlisle WP | 2:28.08 | 446    | 30.69 | 1:08.66 | 1:54.02 |
|       |                |                |         |        | 30.69 | 37.97   | 45.36   |
| 8     | James Magill   | 18 Carlisle WP | 2:28.28 | 444    | 30.53 | 1:07.39 | 1:53.97 |
|       |                |                |         |        | 30.53 | 36.86   | 46.58   |
| 9     | Alex Rose      | 16 Carlisle WP | 2:33.67 | 399    | 31.67 | 1:10.91 | 1:58.45 |
|       |                |                |         |        | 31.67 | 39.24   | 47.54   |
| 10    | Gordon Belbin  | 47 Ulverston   | 2:36.33 | 379    | 33.01 | 1:13.74 | 1:58.26 |
|       |                |                |         |        | 33.01 | 40.73   | 44.52   |

#### EVENT 19 Girls 09 Yrs/Over 50m Backstroke

##### 09 Yrs Age Group

| Place | Name              | AaD Club      | Time  | Points |
|-------|-------------------|---------------|-------|--------|
| 1     | Megan Roper       | 9 Ulverston   | 41.16 | 271    |
| 2     | Rebecca Fell      | 9 Ulverston   | 44.12 | 220    |
| 3     | Emily Reay        | 9 Kendal      | 44.78 | 211    |
| 4     | Charlotte Stamper | 9 Copeland    | 45.66 | 199    |
| 5     | Victoria Swan     | 9 Ulverston   | 46.42 | 189    |
| 6     | Lauren Cooley     | 9 Cockermouth | 46.76 | 185    |

|                  |               |         |     |
|------------------|---------------|---------|-----|
| 7 Brodie Swallow | 9 Kendal      | 47.29   | 179 |
| 8 Laura Robinson | 9 Carlisle WP | 47.76   | 174 |
| 9 Jasmin Pritt   | 9 Workington  | 48.82   | 163 |
| Alex Messenger   | 9 Copeland    | DQ T-1L |     |

#### 10 Yrs Age Group

| Place | Name                 | AaD Club       | Time  | Points |
|-------|----------------------|----------------|-------|--------|
| 1     | Rebecca Robertshaw   | 10 Carlisle WP | 39.96 | 297    |
| 2     | Zara McKnight        | 10 Co Carlisle | 40.41 | 287    |
| 3     | Sophie Little        | 10 Workington  | 40.89 | 277    |
| 4     | Katie Sutor          | 10 Workington  | 41.43 | 266    |
| 5     | Rebecca McMinn       | 10 Workington  | 41.56 | 264    |
| 6     | Sarah Lightowler     | 10 Carlisle WP | 41.69 | 261    |
| 7     | Isabel Postlethwaite | 10 Copeland    | 42.11 | 253    |
| 8     | Laura Davison        | 10 Co Carlisle | 43.08 | 237    |
| 9     | Eleanor Nanson       | 10 Cockermouth | 43.14 | 236    |
| 10    | Maia Johl            | 10 Penrith     | 43.40 | 232    |
| 11    | Rhiannon Ellis       | 10 Barrow      | 43.49 | 230    |
| 12    | Sophie Dodd          | 10 Co Carlisle | 44.02 | 222    |
| 13    | Wendy Winter         | 10 Kendal      | 44.29 | 218    |
| 14    | Phoebe Wilson        | 10 Co Carlisle | 44.40 | 216    |
| 15    | Hannah Messenger     | 10 Co Carlisle | 44.99 | 208    |

#### 09 Yrs/Over Age Group

| Place | Name                 | AaD Club       | Time  | Points |
|-------|----------------------|----------------|-------|--------|
| 1     | Laura Huggon         | 18 Penrith     | 31.33 | 615    |
| 2     | Ashleigh Dale        | 15 Barrow      | 31.86 | 585    |
| 3     | Victoria Hevey       | 17 Ulverston   | 31.87 | 585    |
| 4     | Lucy McKenzie        | 12 Cockermouth | 32.15 | 570    |
| 5     | Katie Bell           | 17 Cockermouth | 32.24 | 565    |
| 6     | Anna Broadbent       | 14 Cockermouth | 32.78 | 537    |
| 7     | Katie Louise Gunson  | 14 Ulverston   | 33.09 | 522    |
| 8     | Katrina MacColl      | 17 Co Carlisle | 33.24 | 515    |
| 9     | Amy Richardson       | 15 Co Carlisle | 33.26 | 514    |
| 10    | Karlie Stockdale     | 14 Barrow      | 33.32 | 512    |
| 11    | Grace Newlands       | 15 Copeland    | 33.41 | 508    |
| 12    | Charlotte Hill       | 13 Ulverston   | 33.44 | 506    |
| 13    | Bethany Titterington | 15 Penrith     | 33.63 | 498    |
| 14    | Carla McWilliams     | 15 Co Carlisle | 33.67 | 496    |

|                           |                 |       |     |
|---------------------------|-----------------|-------|-----|
| 15 Emily Richardson       | 14 Co Carlisle  | 33.85 | 488 |
| 16 Sophie McMillan        | 14 Carlisle WP  | 33.93 | 485 |
| 17 Georgia Denney         | 14 Kendal       | 34.29 | 469 |
| 18 Catherine Trafford     | 14 Cockermouth  | 34.60 | 457 |
| 19 Georgia Hevey          | 14 Ulverston    | 34.82 | 448 |
| 20 Anna Newlands          | 12 Copeland     | 34.90 | 445 |
| 21 Justine Marshall       | 13 Kendal       | 34.96 | 443 |
| 22 Hannah Fowler          | 13 Workington   | 35.02 | 441 |
| 23 Zarina Wilson          | 12 Ulverston    | 35.04 | 440 |
| 24 Lorna Hughes           | 16 Workington   | 35.13 | 437 |
| 25 Faye Rawlinson         | 14 Kendal       | 35.28 | 431 |
| 26 Rosie Wicks            | 14 Ulverston    | 35.50 | 423 |
| 27 Joanna Yates           | 14 Barrow       | 35.51 | 423 |
| 28 Ashleigh Backhouse     | 12 Co Carlisle  | 35.55 | 421 |
| 29 Judith Hattle          | 49 Co Carlisle  | 35.67 | 417 |
| 30 Lisa Foy               | 14 Ulverston    | 35.76 | 414 |
| 31 Laura Garrick          | 13 Troutbeck Br | 35.80 | 413 |
| 32 Ella Chester           | 12 Barrow       | 35.86 | 410 |
| 33 Katie Higgins          | 13 Carlisle WP  | 35.91 | 409 |
| 34 Paige Jackson          | 13 Workington   | 36.03 | 405 |
| 35 Hazel Marsh            | 14 Troutbeck Br | 36.33 | 395 |
| 36 Alexandra Armstrong    | 15 Carlisle WP  | 36.36 | 394 |
| 37 Rebecca Clark          | 11 Cockermouth  | 36.50 | 389 |
| 37 Molly Kenwright        | 13 Co Carlisle  | 36.50 | 389 |
| 39 Lydia Elizabeth Howard | 14 Ulverston    | 36.53 | 388 |
| 40 Courtney Mossop        | 17 Copeland     | 36.57 | 387 |
| 41 Madeline Wilson        | 32 Barrow       | 36.66 | 384 |
| 42 Clara Minnican         | 13 Barrow       | 36.87 | 378 |
| 42 Lauren Munro-Bennett   | 15 Troutbeck Br | 36.87 | 378 |
| 44 Emily Wild             | 12 Troutbeck Br | 36.91 | 376 |
| 45 Hannah Noble           | 19 Troutbeck Br | 37.01 | 373 |
| 46 Kirkby Kavanagh        | 14 Barrow       | 37.03 | 373 |
| 47 Rebecca Reid           | 13 Barrow       | 37.34 | 364 |
| 48 Kim Berry              | 16 Penrith      | 37.43 | 361 |
| 49 Rachael Morrell        | 11 Ulverston    | 37.58 | 357 |
| 50 Caitlin Wren           | 11 Barrow       | 37.88 | 348 |
| 51 Olivia Williams        | 12 Kendal       | 37.89 | 348 |
| 52 Amy Richardson         | 12 Troutbeck Br | 37.98 | 345 |
| 53 Lauren Graham          | 13 Copeland     | 38.28 | 337 |

|                           |                 |       |     |
|---------------------------|-----------------|-------|-----|
| 54 Charlotte Williamson   | 12 Workington   | 38.52 | 331 |
| 55 Emily Truman           | 12 Barrow       | 38.61 | 329 |
| 56 Stephanie Booth        | 12 Troutbeck Br | 38.76 | 325 |
| 57 Lucy Mather            | 12 Penrith      | 38.84 | 323 |
| 58 Aisling McCracken      | 11 Barrow       | 38.87 | 322 |
| 59 Sarah Hurtley          | 11 Kendal       | 39.21 | 314 |
| 60 Lauren Watson          | 13 Co Carlisle  | 39.23 | 313 |
| 61 Courtney Watson        | 13 Cockermouth  | 39.32 | 311 |
| 61 Niamh Johnson          | 13 Barrow       | 39.32 | 311 |
| 63 Bethany Clark          | 12 Co Carlisle  | 39.46 | 308 |
| 64 Rebecca Titterington   | 12 Penrith      | 39.60 | 305 |
| 65 Chelsea Atkinson       | 11 Cockermouth  | 39.77 | 301 |
| 66 Rebecca Robertshaw     | 10 Carlisle WP  | 39.96 | 297 |
| 67 Connie Bowman          | 11 Co Carlisle  | 40.05 | 295 |
| 68 Zara McKnight          | 10 Co Carlisle  | 40.41 | 287 |
| 69 Chloe Carr             | 11 Copeland     | 40.43 | 286 |
| 70 Martina Taylor         | 13 Cockermouth  | 40.57 | 283 |
| 71 Rebecca Lightowler     | 12 Carlisle WP  | 40.59 | 283 |
| 72 Ruth McEwen            | 11 Barrow       | 40.84 | 278 |
| 72 Annabel Smith          | 11 Ulverston    | 40.84 | 278 |
| 74 Sophie Little          | 10 Workington   | 40.89 | 277 |
| 75 Lucy-Jane Wilson       | 11 Carlisle WP  | 41.08 | 273 |
| 76 Megan Roper            | 9 Ulverston     | 41.16 | 271 |
| 77 Jessica Rose           | 12 Carlisle WP  | 41.25 | 270 |
| 78 Katie Suitor           | 10 Workington   | 41.43 | 266 |
| 79 Rebecca McMinn         | 10 Workington   | 41.56 | 264 |
| 80 Sarah Lightowler       | 10 Carlisle WP  | 41.69 | 261 |
| 81 Ellen Jones            | 12 Penrith      | 41.70 | 261 |
| 82 Abbie Heseltine        | 11 Barrow       | 41.91 | 257 |
| 83 Alix Knagg             | 11 Ulverston    | 42.06 | 254 |
| 84 Isabel Postlethwaite   | 10 Copeland     | 42.11 | 253 |
| 85 Danielle Lancaster     | 11 Co Carlisle  | 42.19 | 252 |
| 86 Emily Cox              | 11 Barrow       | 42.35 | 249 |
| 87 Laura Davison          | 10 Co Carlisle  | 43.08 | 237 |
| 88 Eleanor Nanson         | 10 Cockermouth  | 43.14 | 236 |
| 89 Annalise Younghusband- | 11 Cockermouth  | 43.16 | 235 |
| 90 Maia Johl              | 10 Penrith      | 43.40 | 232 |
| 91 Victoria Stanwix       | 12 Co Carlisle  | 43.41 | 231 |
| 92 Rhiannon Ellis         | 10 Barrow       | 43.49 | 230 |



|                       |                |         |     |
|-----------------------|----------------|---------|-----|
| 93 Sophie Dodd        | 10 Co Carlisle | 44.02   | 222 |
| 94 Rebecca Telford    | 12 Copeland    | 44.06   | 221 |
| 95 Rebecca Fell       | 9 Ulverston    | 44.12   | 220 |
| 96 Wendy Winter       | 10 Kendal      | 44.29   | 218 |
| 97 Amie Ivison        | 11 Workington  | 44.31   | 218 |
| 98 Phoebe Wilson      | 10 Co Carlisle | 44.40   | 216 |
| 99 Emily Reay         | 9 Kendal       | 44.78   | 211 |
| 100 Hannah Messenger  | 10 Co Carlisle | 44.99   | 208 |
| 101 Charlotte Stamper | 9 Copeland     | 45.66   | 199 |
| 102 Victoria Swan     | 9 Ulverston    | 46.42   | 189 |
| 103 Lauren Cooley     | 9 Cockeremouth | 46.76   | 185 |
| 104 Brodie Swallow    | 9 Kendal       | 47.29   | 179 |
| 105 Laura Robinson    | 9 Carlisle WP  | 47.76   | 174 |
| 106 Jasmin Pritt      | 9 Workington   | 48.82   | 163 |
| Alex Messenger        | 9 Copeland     | DQ T-1L |     |

#### 11 Yrs Age Group

| Place | Name                   | AaD Club        | Time  | Points |
|-------|------------------------|-----------------|-------|--------|
| 1     | Rebecca Clark          | 11 Cockeremouth | 36.50 | 389    |
| 2     | Rachael Morrell        | 11 Ulverston    | 37.58 | 357    |
| 3     | Caitlin Wren           | 11 Barrow       | 37.88 | 348    |
| 4     | Aisling McCracken      | 11 Barrow       | 38.87 | 322    |
| 5     | Sarah Hurtley          | 11 Kendal       | 39.21 | 314    |
| 6     | Chelsea Atkinson       | 11 Cockeremouth | 39.77 | 301    |
| 7     | Connie Bowman          | 11 Co Carlisle  | 40.05 | 295    |
| 8     | Chloe Carr             | 11 Copeland     | 40.43 | 286    |
| 9     | Ruth McEwen            | 11 Barrow       | 40.84 | 278    |
| 9     | Annabel Smith          | 11 Ulverston    | 40.84 | 278    |
| 11    | Lucy-Jane Wilson       | 11 Carlisle WP  | 41.08 | 273    |
| 12    | Abbie Heseltine        | 11 Barrow       | 41.91 | 257    |
| 13    | Alix Knagg             | 11 Ulverston    | 42.06 | 254    |
| 14    | Danielle Lancaster     | 11 Co Carlisle  | 42.19 | 252    |
| 15    | Emily Cox              | 11 Barrow       | 42.35 | 249    |
| 16    | Annalise Younghusband- | 11 Cockeremouth | 43.16 | 235    |
| 17    | Amie Ivison            | 11 Workington   | 44.31 | 218    |

#### 12 Yrs Age Group

| Place | Name          | AaD Club        | Time  | Points |
|-------|---------------|-----------------|-------|--------|
| 1     | Lucy McKenzie | 12 Cockeremouth | 32.15 | 570    |

|                         |                 |       |     |
|-------------------------|-----------------|-------|-----|
| 2 Anna Newlands         | 12 Copeland     | 34.90 | 445 |
| 3 Zarina Wilson         | 12 Ulverston    | 35.04 | 440 |
| 4 Ashleigh Backhouse    | 12 Co Carlisle  | 35.55 | 421 |
| 5 Ella Chester          | 12 Barrow       | 35.86 | 410 |
| 6 Emily Wild            | 12 Troutbeck Br | 36.91 | 376 |
| 7 Olivia Williams       | 12 Kendal       | 37.89 | 348 |
| 8 Amy Richardson        | 12 Troutbeck Br | 37.98 | 345 |
| 9 Charlotte Williamson  | 12 Workington   | 38.52 | 331 |
| 10 Emily Truman         | 12 Barrow       | 38.61 | 329 |
| 11 Stephanie Booth      | 12 Troutbeck Br | 38.76 | 325 |
| 12 Lucy Mather          | 12 Penrith      | 38.84 | 323 |
| 13 Bethany Clark        | 12 Co Carlisle  | 39.46 | 308 |
| 14 Rebecca Titterington | 12 Penrith      | 39.60 | 305 |
| 15 Rebecca Lightowler   | 12 Carlisle WP  | 40.59 | 283 |
| 16 Jessica Rose         | 12 Carlisle WP  | 41.25 | 270 |
| 17 Ellen Jones          | 12 Penrith      | 41.70 | 261 |
| 18 Victoria Stanwix     | 12 Co Carlisle  | 43.41 | 231 |
| 19 Rebecca Telford      | 12 Copeland     | 44.06 | 221 |

#### 13 Yrs Age Group

| Place | Name             | AaD Club        | Time  | Points |
|-------|------------------|-----------------|-------|--------|
| 1     | Charlotte Hill   | 13 Ulverston    | 33.44 | 506    |
| 2     | Justine Marshall | 13 Kendal       | 34.96 | 443    |
| 3     | Hannah Fowler    | 13 Workington   | 35.02 | 441    |
| 4     | Laura Garrick    | 13 Troutbeck Br | 35.80 | 413    |
| 5     | Katie Higgins    | 13 Carlisle WP  | 35.91 | 409    |
| 6     | Paige Jackson    | 13 Workington   | 36.03 | 405    |
| 7     | Molly Kenwright  | 13 Co Carlisle  | 36.50 | 389    |
| 8     | Clara Minnican   | 13 Barrow       | 36.87 | 378    |
| 9     | Rebecca Reid     | 13 Barrow       | 37.34 | 364    |
| 10    | Lauren Graham    | 13 Copeland     | 38.28 | 337    |
| 11    | Lauren Watson    | 13 Co Carlisle  | 39.23 | 313    |
| 12    | Courtney Watson  | 13 Cockermonth  | 39.32 | 311    |
| 12    | Niamh Johnson    | 13 Barrow       | 39.32 | 311    |
| 14    | Martina Taylor   | 13 Cockermonth  | 40.57 | 283    |

#### 14 Yrs Age Group

| Place | Name           | AaD Club       | Time  | Points |
|-------|----------------|----------------|-------|--------|
| 1     | Anna Broadbent | 14 Cockermonth | 32.78 | 537    |

|    |                        |    |              |       |     |
|----|------------------------|----|--------------|-------|-----|
| 2  | Katie Louise Gunson    | 14 | Ulverston    | 33.09 | 522 |
| 3  | Karlie Stockdale       | 14 | Barrow       | 33.32 | 512 |
| 4  | Emily Richardson       | 14 | Co Carlisle  | 33.85 | 488 |
| 5  | Sophie McMillan        | 14 | Carlisle WP  | 33.93 | 485 |
| 6  | Georgia Denney         | 14 | Kendal       | 34.29 | 469 |
| 7  | Catherine Trafford     | 14 | Cockermouth  | 34.60 | 457 |
| 8  | Georgia Hevey          | 14 | Ulverston    | 34.82 | 448 |
| 9  | Faye Rawlinson         | 14 | Kendal       | 35.28 | 431 |
| 10 | Rosie Wicks            | 14 | Ulverston    | 35.50 | 423 |
| 11 | Joanna Yates           | 14 | Barrow       | 35.51 | 423 |
| 12 | Lisa Foy               | 14 | Ulverston    | 35.76 | 414 |
| 13 | Hazel Marsh            | 14 | Troutbeck Br | 36.33 | 395 |
| 14 | Lydia Elizabeth Howard | 14 | Ulverston    | 36.53 | 388 |
| 15 | Kirkby Kavanagh        | 14 | Barrow       | 37.03 | 373 |

#### 15 Yrs Age Group

| Place | Name                 | AaD | Club         | Time  | Points |
|-------|----------------------|-----|--------------|-------|--------|
| 1     | Ashleigh Dale        | 15  | Barrow       | 31.86 | 585    |
| 2     | Amy Richardson       | 15  | Co Carlisle  | 33.26 | 514    |
| 3     | Grace Newlands       | 15  | Copeland     | 33.41 | 508    |
| 4     | Bethany Titterington | 15  | Penrith      | 33.63 | 498    |
| 5     | Carla McWilliams     | 15  | Co Carlisle  | 33.67 | 496    |
| 6     | Alexandra Armstrong  | 15  | Carlisle WP  | 36.36 | 394    |
| 7     | Lauren Munro-Bennett | 15  | Troutbeck Br | 36.87 | 378    |

#### 16 Yrs/Over Age Group

| Place | Name            | AaD | Club         | Time  | Points |
|-------|-----------------|-----|--------------|-------|--------|
| 1     | Laura Huggon    | 18  | Penrith      | 31.33 | 615    |
| 2     | Victoria Hevey  | 17  | Ulverston    | 31.87 | 585    |
| 3     | Katie Bell      | 17  | Cockermouth  | 32.24 | 565    |
| 4     | Katrina MacColl | 17  | Co Carlisle  | 33.24 | 515    |
| 5     | Lorna Hughes    | 16  | Workington   | 35.13 | 437    |
| 6     | Judith Hattle   | 49  | Co Carlisle  | 35.67 | 417    |
| 7     | Courtney Mossop | 17  | Copeland     | 36.57 | 387    |
| 8     | Madeline Wilson | 32  | Barrow       | 36.66 | 384    |
| 9     | Hannah Noble    | 19  | Troutbeck Br | 37.01 | 373    |
| 10    | Kim Berry       | 16  | Penrith      | 37.43 | 361    |

**EVENT 20 Boys 12 Yrs/Over 100m Butterfly****16 Yrs/Over Age Group**

| Place | Name           | AaD Club        | Time    | Points | 50    |
|-------|----------------|-----------------|---------|--------|-------|
| 1     | Joe Elwood     | 16 Ulverston    | 59.15   | 597    | 27.70 |
| 2     | John Blain     | 17 Barrow       | 1:01.97 | 519    | 29.38 |
| 3     | Jake Harrison  | 16 Carlisle WP  | 1:02.95 | 495    | 30.50 |
| 4     | David Thompson | 17 Barrow       | 1:04.61 | 458    | 30.16 |
| 5     | Alex Magill    | 16 Carlisle WP  | 1:06.79 | 415    | 30.47 |
| 6     | James Magill   | 18 Carlisle WP  | 1:09.05 | 375    | 31.54 |
| 7     | Ben Davis      | 18 Troutbeck Br | 1:11.21 | 342    | 31.99 |
| 8     | Alex Rose      | 16 Carlisle WP  | 1:12.02 | 331    | 32.83 |

**15 Yrs Age Group**

| Place | Name           | AaD Club       | Time    | Points | 50    |
|-------|----------------|----------------|---------|--------|-------|
| 1     | Matthew Holmes | 15 Barrow      | 1:09.87 | 362    | 31.48 |
| 2     | Jack Barker    | 15 Co Carlisle | 1:10.14 | 358    | 31.89 |
| 3     | Ben Clarke     | 15 Kendal      | 1:11.48 | 338    | 32.47 |
| 4     | Noel Howson    | 15 Carlisle WP | 1:12.08 | 330    | 32.31 |
| 5     | Austin Wilson  | 15 Ulverston   | 1:12.48 | 325    | 33.95 |
| 6     | Jason Bell     | 15 Carlisle WP | 1:15.40 | 288    | 34.48 |

**14 Yrs Age Group**

| Place | Name            | AaD Club       | Time    | Points | 50    |
|-------|-----------------|----------------|---------|--------|-------|
| 1     | Fraser Minnican | 14 Ulverston   | 1:01.42 | 533    | 29.00 |
| 2     | Oliver Atkinson | 14 Barrow      | 1:04.77 | 455    | 29.30 |
| 3     | Curtis Corrie   | 14 Barrow      | 1:07.00 | 411    | 31.36 |
| 4     | Jack Kenwright  | 14 Co Carlisle | 1:08.09 | 391    | 31.60 |
| 5     | Haydn Birkett   | 14 Copeland    | 1:09.20 | 373    | 31.84 |
| 6     | Anthony Ryan    | 14 Co Carlisle | 1:11.79 | 334    | 33.13 |
| 7     | Andrew Kerr     | 14 Barrow      | 1:14.21 | 302    | 35.70 |

**13 Yrs Age Group**

| Place | Name                   | AaD Club        | Time    | Points | 50    |
|-------|------------------------|-----------------|---------|--------|-------|
| 1     | Sam Routledge          | 13 Carlisle WP  | 1:12.59 | 323    | 32.73 |
| 2     | Oliver Smith           | 13 Workington   | 1:14.44 | 300    | 34.10 |
| 3     | Michael James Cheetham | 13 Ulverston    | 1:15.16 | 291    | 34.46 |
| 4     | Joseph Singleton       | 13 Barrow       | 1:17.29 | 268    | 35.98 |
| 5     | Scott Munro-Bennett    | 13 Troutbeck Br | 1:17.62 | 264    | 36.75 |

|                       |                        |                 |         |        |
|-----------------------|------------------------|-----------------|---------|--------|
| 6 Paul Baldueza       | 13 Copeland            | 1:21.49         | 228     | 37.02  |
| 12 Yrs Age Group      |                        |                 |         |        |
| Place                 | Name                   | AaD Club        | Time    | Points |
|                       |                        |                 |         | 50     |
| 1                     | Luke Greenbank         | 12 Cockermonth  | 1:12.89 | 319    |
| 2                     | Charles McSkeane       | 12 Co Carlisle  | 1:17.94 | 261    |
| 12 Yrs/Over Age Group |                        |                 |         |        |
| Place                 | Name                   | AaD Club        | Time    | Points |
|                       |                        |                 |         | 50     |
| 1                     | Joe Elwood             | 16 Ulverston    | 59.15   | 597    |
| 2                     | Fraser Minnican        | 14 Ulverston    | 1:01.42 | 533    |
| 3                     | John Blain             | 17 Barrow       | 1:01.97 | 519    |
| 4                     | Jake Harrison          | 16 Carlisle WP  | 1:02.95 | 495    |
| 5                     | David Thompson         | 17 Barrow       | 1:04.61 | 458    |
| 6                     | Oliver Atkinson        | 14 Barrow       | 1:04.77 | 455    |
| 7                     | Alex Magill            | 16 Carlisle WP  | 1:06.79 | 415    |
| 8                     | Curtis Corrie          | 14 Barrow       | 1:07.00 | 411    |
| 9                     | Jack Kenwright         | 14 Co Carlisle  | 1:08.09 | 391    |
| 10                    | James Magill           | 18 Carlisle WP  | 1:09.05 | 375    |
| 11                    | Haydn Birkett          | 14 Copeland     | 1:09.20 | 373    |
| 12                    | Matthew Holmes         | 15 Barrow       | 1:09.87 | 362    |
| 13                    | Jack Barker            | 15 Co Carlisle  | 1:10.14 | 358    |
| 14                    | Ben Davis              | 18 Troutbeck Br | 1:11.21 | 342    |
| 15                    | Ben Clarke             | 15 Kendal       | 1:11.48 | 338    |
| 16                    | Anthony Ryan           | 14 Co Carlisle  | 1:11.79 | 334    |
| 17                    | Alex Rose              | 16 Carlisle WP  | 1:12.02 | 331    |
| 18                    | Noel Howson            | 15 Carlisle WP  | 1:12.08 | 330    |
| 19                    | Austin Wilson          | 15 Ulverston    | 1:12.48 | 325    |
| 20                    | Sam Routledge          | 13 Carlisle WP  | 1:12.59 | 323    |
| 21                    | Luke Greenbank         | 12 Cockermonth  | 1:12.89 | 319    |
| 22                    | Andrew Kerr            | 14 Barrow       | 1:14.21 | 302    |
| 23                    | Oliver Smith           | 13 Workington   | 1:14.44 | 300    |
| 24                    | Michael James Cheetham | 13 Ulverston    | 1:15.16 | 291    |
| 25                    | Jason Bell             | 15 Carlisle WP  | 1:15.40 | 288    |
| 26                    | Joseph Singleton       | 13 Barrow       | 1:17.29 | 268    |
| 27                    | Scott Munro-Bennett    | 13 Troutbeck Br | 1:17.62 | 264    |
| 28                    | Charles McSkeane       | 12 Co Carlisle  | 1:17.94 | 261    |
| 29                    | Paul Baldueza          | 13 Copeland     | 1:21.49 | 228    |

**EVENT 21 FINAL OF EVENT 20 Boys 16 Yrs/Over 100m Butterfly**

| Place | Name           | AaD Club       | Time    | Points | 50    |
|-------|----------------|----------------|---------|--------|-------|
| 1     | Joe Elwood     | 16 Ulverston   | 1:00.49 | 558    | 28.09 |
| 2     | John Blain     | 17 Barrow      | 1:04.63 | 458    | 29.96 |
| 3     | David Thompson | 17 Barrow      | 1:05.83 | 433    | 31.19 |
| 4     | Jake Harrison  | 16 Carlisle WP | 1:06.24 | 425    | 30.70 |
| 5     | James Magill   | 18 Carlisle WP | 1:08.15 | 390    | 31.50 |
| 6     | Alex Magill    | 16 Carlisle WP | 1:08.19 | 390    | 31.42 |

**EVENT 22 FINAL OF EVENT 20 Boys 15 Yrs 100m Butterfly**

| Place | Name           | AaD Club       | Time    | Points | 50    |
|-------|----------------|----------------|---------|--------|-------|
| 1     | Matthew Holmes | 15 Barrow      | 1:04.60 | 458    | 29.96 |
| 2     | Ben Clarke     | 15 Kendal      | 1:05.54 | 439    | 31.27 |
| 3     | Austin Wilson  | 15 Ulverston   | 1:06.71 | 416    | 30.73 |
| 4     | Jack Barker    | 15 Co Carlisle | 1:09.86 | 362    | 32.12 |
| 5     | Noel Howson    | 15 Carlisle WP | 1:10.70 | 350    | 31.23 |
| 6     | Jason Bell     | 15 Carlisle WP | 1:13.74 | 308    | 33.06 |

**EVENT 23 FINAL OF EVENT 20 Boys 14 Yrs 100m Butterfly**

| Place | Name            | AaD Club       | Time    | Points | 50    |
|-------|-----------------|----------------|---------|--------|-------|
| 1     | Fraser Minnican | 14 Ulverston   | 1:00.64 | 554    | 28.53 |
| 2     | Oliver Atkinson | 14 Barrow      | 1:04.85 | 453    | 30.36 |
| 3     | Curtis Corrie   | 14 Barrow      | 1:06.96 | 412    | 31.53 |
| 4     | Haydn Birkett   | 14 Copeland    | 1:08.33 | 387    | 31.29 |
| 5     | Anthony Ryan    | 14 Co Carlisle | 1:09.02 | 376    | 31.97 |
| 6     | Jack Kenwright  | 14 Co Carlisle | 1:09.33 | 371    | 32.25 |

**EVENT 24 FINAL OF EVENT 20 Boys 13 Yrs 100m Butterfly**

| Place | Name                   | AaD Club        | Time    | Points | 50    |
|-------|------------------------|-----------------|---------|--------|-------|
| 1     | Sam Routledge          | 13 Carlisle WP  | 1:09.66 | 366    | 32.33 |
| 2     | Oliver Smith           | 13 Workington   | 1:09.68 | 365    | 32.67 |
| 3     | Michael James Cheetham | 13 Ulverston    | 1:12.53 | 324    | 33.51 |
| 4     | Joseph Singleton       | 13 Barrow       | 1:13.07 | 317    | 33.40 |
| 5     | Paul Baldueza          | 13 Copeland     | 1:20.30 | 239    | 37.17 |
| 6     | Scott Munro-Bennett    | 13 Troutbeck Br | 1:21.47 | 229    | 36.28 |

**EVENT 25 FINAL OF EVENT 20 Boys 12 Yrs 100m Butterfly**

| Place | Name           | AaD Club       | Time    | Points | 50    |
|-------|----------------|----------------|---------|--------|-------|
| 1     | Luke Greenbank | 12 Cockermouth | 1:10.75 | 349    | 33.65 |

|                    |                |         |     |       |
|--------------------|----------------|---------|-----|-------|
| 2 Charles McSkeane | 12 Co Carlisle | 1:16.74 | 273 | 36.13 |
|--------------------|----------------|---------|-----|-------|

**EVENT 26 FINAL OF EVENT 19 Girls 09 Yrs 50m Backstroke**

| Place | Name              | AaD Club      | Time  | Points |
|-------|-------------------|---------------|-------|--------|
| 1     | Megan Roper       | 9 Ulverston   | 41.26 | 269    |
| 2     | Rebecca Fell      | 9 Ulverston   | 42.80 | 241    |
| 3     | Charlotte Stamper | 9 Copeland    | 44.89 | 209    |
| 4     | Emily Reay        | 9 Kendal      | 45.38 | 203    |
| 5     | Lauren Cooley     | 9 Cockermouth | 45.83 | 197    |
| 6     | Victoria Swan     | 9 Ulverston   | 46.05 | 194    |

**EVENT 27 FINAL OF EVENT 19 Girls 10 Yrs 50m Backstroke**

Full Results

| Place | Name               | AaD Club       | Time  | Points |
|-------|--------------------|----------------|-------|--------|
| 1     | Rebecca Robertshaw | 10 Carlisle WP | 39.78 | 301    |
| 2     | Zara McKnight      | 10 Co Carlisle | 40.62 | 282    |
| 3     | Katie Suitor       | 10 Workington  | 40.74 | 280    |
| 4     | Sarah Lightowler   | 10 Carlisle WP | 41.37 | 267    |
| 5     | Sophie Little      | 10 Workington  | 42.01 | 255    |
| 6     | Rebecca McMinn     | 10 Workington  | 42.28 | 250    |

**EVENT 28 FINAL OF EVENT 19 Girls 09 Yrs/Over 50m Backstroke**

Full Results

| Place | Name           | AaD Club       | Time  | Points |
|-------|----------------|----------------|-------|--------|
| 1     | Laura Huggon   | 18 Penrith     | 30.16 | 690    |
| 2     | Victoria Hevey | 17 Ulverston   | 31.86 | 585    |
| 3     | Ashleigh Dale  | 15 Barrow      | 31.91 | 583    |
| 4     | Lucy McKenzie  | 12 Cockermouth | 31.94 | 581    |
| 5     | Katie Bell     | 17 Cockermouth | 32.63 | 545    |
| 6     | Anna Broadbent | 14 Cockermouth | 32.76 | 538    |

**EVENT 29 FINAL OF EVENT 20 Boys 12 Yrs/Over 100m Butterfly**

| Place | Name            | AaD Club       | Time    | Points | 50    |
|-------|-----------------|----------------|---------|--------|-------|
| 1     | Joe Elwood      | 16 Ulverston   | 58.1    | 630    | 27.72 |
| 2     | Fraser Minnican | 14 Ulverston   | 1:00.29 | 564    | 28.41 |
| 3     | Jake Harrison   | 16 Carlisle WP | 1:04.49 | 461    | 29.58 |
| 4     | John Blain      | 17 Barrow      | 1:05.54 | 439    | 30.07 |
| 5     | Oliver Atkinson | 14 Barrow      | 1:06.52 | 420    | 31.05 |
| 6     | David Thompson  | 17 Barrow      | 1:06.98 | 411    | 30.86 |

30.86

**EVENT 30 FINAL OF EVENT 17 Girls 09 Yrs/Over 200m Freestyle**

| Place | Name             | AaD Club       | Time    | Points | 50    | 100     | 150     |
|-------|------------------|----------------|---------|--------|-------|---------|---------|
| 1     | Laura Huggon     | 18 Penrith     | 2:07.37 | 707    | 29.67 | 1:01.34 | 1:34.01 |
|       |                  |                |         |        | 29.67 | 31.67   | 32.67   |
| 2     | Ashleigh Dale    | 15 Barrow      | 2:09.13 | 679    | 30.18 | 1:02.72 | 1:35.99 |
|       |                  |                |         |        | 30.18 | 32.54   | 33.27   |
| 3     | Lucy McKenzie    | 12 Cockermonth | 2:10.01 | 665    | 30.72 | 1:03.81 | 1:36.81 |
|       |                  |                |         |        | 30.72 | 33.09   | 33.00   |
| 4     | Karlie Stockdale | 14 Barrow      | 2:12.59 | 627    | 31.08 | 1:04.62 | 1:38.94 |
|       |                  |                |         |        | 31.08 | 33.54   | 34.32   |
| 5     | Georgia Denney   | 14 Kendal      | 2:15.33 | 590    | 30.73 | 1:04.96 | 1:40.27 |
|       |                  |                |         |        | 30.73 | 34.23   | 35.31   |
| 6     | Charlotte Hill   | 13 Ulverston   | 2:19.37 | 540    | 31.38 | 1:07.22 | 1:44.03 |

31.38

35.84

36.81

**EVENT 31 FINAL OF EVENT 18 Boys 09 Yrs/Over 200m IM**

| Place | Name            | AaD Club       | Time    | Points | 50    | 100     | 150     |
|-------|-----------------|----------------|---------|--------|-------|---------|---------|
| 1     | Craig Elliot    | 22 Cockermonth | 2:10.33 | 654    | 28.65 | 1:04.35 | 1:38.97 |
|       |                 |                |         |        | 28.65 | 35.70   | 34.62   |
| 2     | Fraser Minnican | 14 Ulverston   | 2:10.73 | 648    | 28.74 | 1:02.53 | 1:40.76 |
|       |                 |                |         |        | 28.74 | 33.79   | 38.23   |
| 3     | Joe Elwood      | 16 Ulverston   | 2:12.70 | 620    | 28.90 | 1:02.05 | 1:42.30 |
|       |                 |                |         |        | 28.90 | 33.15   | 40.25   |
| 4     | John Blain      | 17 Barrow      | 2:13.52 | 608    | 29.61 | 1:04.00 | 1:41.90 |
|       |                 |                |         |        | 29.61 | 34.39   | 37.90   |
| 5     | David Thompson  | 17 Barrow      | 2:23.98 | 485    | 31.39 | 1:09.19 | 1:52.58 |
|       |                 |                |         |        | 31.39 | 37.80   | 43.39   |
| 6     | Curtis Corrie   | 14 Barrow      | 2:24.15 | 484    | 32.57 | 1:10.61 | 1:54.26 |
|       |                 |                |         |        | 32.57 | 38.04   | 43.65   |