



**2010 Cumbria Age Groups
Under ASA Laws & ASA Technical Rules of Swimming
Session 9**

EVENT 125 Womens 09/10 Yrs 200m Medley Team

Place	Name	Club	Time	
1	City of Carlisle		2:45.82	
		Zara McKnight	40.81	
		Phoebe Wilson	47.17	
		Eve White	42.47	
		Laura Davison	35.37	
2	Workington		2:49.28	
		Katie Sutor	40.68	
		Rebecca McMinn	48.73	
		Hannah McGarry	42.71	
		Sophie Little	37.16	
3	Ulverston A		2:52.60	
		Katrina Mc Meekin	45.95	
		Rebecca Fell		
		Megan Roper	1.28.14	
		Victoria Swan	38.51	
4	Copeland		2:59.61	
		Charlotte Stamper	45.03	
		Alex Messenger	53.76	
		Isabel Postlethwaite	42.25	
		Mai Kitchen	38.57	
5	Kendal B		3:02.50	
		Brodie Swallow	47.65	
		Imogen Burrow	54.14	
		Emily Reay	45.55	
		Wendy Winter	35.16	
6	Penrith		3:04.08	
		Kayleigh Egglestone	46.16	
		Maia Johl	51.43	
		Emily Budd	49.88	
		Lois Turner	36.61	
7	City of Carlisle B		3:04.54	
		Sophie Dodd	43.40	
		Alyshia Gill	55.42	
		Hannah Messenger	45.31	
		Molly Barton	40.41	

8 Carlisle WP		3:09.21	
	Rebecca Robertshaw		
	Morwenna Johnston		1.33.67
	Sarah Lightowler		42.87
	Georgia Easden		52.67
9 Troutbeck Bridge		3:12.80	
	Megan Nicholson		
	Katie Richardson		1.49.45
	Abbie Wild		44.00
	Lucy Bradbury		39.35
10 Cockermonth		3:19.01	
	Eleanor Nanson		45.27
	Rebecca Semple		56.51
	Lauren Cooley		50.90
	Niamh Hunter		46.33
Carlisle WP B		DQ O-3L	
	Frances Nutley		49.82
	Amelia Wilson		
	Laura Robinson		
	Sarah Brookes		

EVENT 126 Mens 09/10 Yrs 200m Medley Team

Place	Name	Club	Time	
1	Barrow A		2:50.80	
		Maxwell Hutchason		40.76
		Jacob Holmes		47.84
		Jamie Warriner		44.80
		Adam Ellis		37.40
2	Workington		2:53.02	
		Nathan Watson		45.23
		Josh Millburn		49.56
		Ben Gilmore		42.21
		Daniel Cooper		36.02
3	Copeland		3:02.49	
		Jack Fulton		45.98
		Jack Todhunter		49.67
		Isaac Hinde		45.23
		Joe Graham		41.61
4	Kendal		3:03.97	
		Luke Dalzell		43.22
		Gregor Rothwell		49.72
		James Williams		46.81
		Scott Womack		44.22

5 City of Carlisle B	3:17.28	Adam Brown	51.14
		Theo Tindall	50.18
		Conner Bulman	48.44
		Luke Cogan	47.52
6 Cockermouth	3:29.37	Christopher Elliot	48.80
		Adam Bainbridge	
		Alastair Thomas	
		Callum Dunlop	2.40.57
Penrith	DQ SA-5L	Oliver May	56.30
		Elliott Bulman	
		Luke Brown	
		Owen Jones	
Troutbeck Bridge	DQ SL-3L	Brandon Brookes	52.55
		James Marsh	
		Daniel Booth	
		Luke Chapman	
Ulverston	DQ T-1L	Samuel Wicks	
		Christopher Gunson	
		Thomas Unwin	
		Tom Robinson	
City of Carlisle	DQ T-3L	Campbell McNaughton	42.20
		Dylan Phipps	
		Robert McSkeane	
		Angus Clifford	

EVENT 127 Girls 11 Yrs/Over 800m Freestyle

11 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1	Ashleigh Dale	15	Barrow	9:16.78	679				
		50m 31.37	100m 1:04.86	150m 1:39.08	200m 2:13.64	250m 2:48.41	300m 3:22.85	350m 3:57.76	400m 4:32.75
		31.37	33.49	34.22	34.56	34.77	34.44	34.91	34.99
		450m 5:05.97	500m 5:40.41	550m 6:15.32	600m 6:50.92	650m 7:26.84	700m 8:03.45	750m 8:40.36	800m 9:16.78
		33.22	34.44	34.91	35.6	35.92	36.61	36.91	36.42
2	Karlie Stockdale	14	Barrow	9:22.27	659				
		50m 31.65	100m 1:05.63	150m 1:39.90	200m 2:14.32	250m 2:48.98	300m 3:23.25	350m 3:58.33	400m 4:33.33
		31.65	33.98	34.27	34.42	34.66	34.27	35.08	35
		450m 5:08.45	500m 5:44.62	550m 6:21.99	600m 6:58.69	650m 7:36.15	700m 8:12.09	750m 8:48.26	800m 9:22.27
		35.12	36.17	37.37	36.7	37.46	35.94	36.17	34.01

3 Anna Newlands	12	Copeland	9:51.15				567			
	50m 33.31	100m 1:09.00	150m 1:45.65	200m 2:23.31	250m 2:59.92	300m 3:37.22	350m 4:14.63	400m 4:52.14		
	33.31	35.69	36.65	37.66	36.61	37.3	37.41	37.51		
	450m 5:29.41	500m 6:06.98	550m 6:44.57	600m 7:22.30	650m 8:00.24	700m 8:38.82	750m 9:15.78	800m 9:51.15		
	37.27	37.57	37.59	37.73	37.94	38.58	36.96	35.37		
4 Charlotte Horner	16	Copeland	10:00.1				542			
	50m 32.95	100m 1:08.91	150m 1:45.68	200m 2:23.35	250m 3:01.76	300m 3:40.04	350m 4:18.27	400m 4:56.74		
	32.95	35.96	36.77	37.67	38.41	38.28	38.23	38.47		
	450m 5:35.20	500m 6:13.11	550m 6:51.14	600m 7:29.51	650m 8:07.08	700m 8:45.59	750m 9:23.51	800m 10:00.14		
	38.46	37.91	38.03	38.37	37.57	38.51	37.92	36.63		
5 Becky Walley	13	Copeland	10:04.0				532			
	50m 33.18	100m 1:09.54	150m 1:47.27	200m 2:25.70	250m 3:03.80	300m 3:41.84	350m 4:20.70	400m 4:58.68		
	33.18	36.36	37.73	38.43	38.1	38.04	38.86	37.98		
	450m 5:37.46	500m 6:16.48	550m 6:55.13	600m 7:33.69	650m 8:12.45	700m 8:50.90	750m 9:28.79	800m 10:03.95		
	38.78	39.02	38.65	38.56	38.76	38.45	37.89	35.16		
6 Kirkby Kavanagh	14	Barrow	10:10.1				516			
	50m 32.92	100m 1:10.09	150m 1:47.12	200m 2:25.29	250m 3:03.67	300m 3:42.58	350m 4:20.78	400m 4:59.35		
	32.92	37.17	37.03	38.17	38.38	38.91	38.2	38.57		
	450m 5:38.31	500m 6:17.33	550m 6:56.49	600m 7:36.32	650m 8:15.75	700m 8:55.54	750m 9:33.87	800m 10:10.07		
	38.96	39.02	39.16	39.83	39.43	39.79	38.33	36.2		
7 Katie Louise Gunson	14	Ulverston	10:32.5				463			
	50m 35.56	100m 1:15.34	150m 1:55.21	200m 2:35.44	250m 3:15.51	300m 3:56.17	350m 4:36.30	400m 5:17.32		
	35.56	39.78	39.87	40.23	40.07	40.66	40.13	41.02		
	450m 5:57.74	500m 6:38.47	550m 7:18.89	600m 7:59.71	650m 8:40.14	700m 9:20.53	750m 9:58.38	800m 10:32.49		
	40.42	40.73	40.42	40.82	40.43	40.39	37.85	34.11		
8 Samantha E A Blundell	14	Ulverston	10:40.0				447			
	50m 37.21	100m 1:16.96	150m 1:57.48	200m 2:38.23	250m 3:19.21	300m 3:59.85	350m 4:40.16	400m 5:21.06		
	37.21	39.75	40.52	40.75	40.98	40.64	40.31	40.9		
	450m 6:02.80	500m 6:44.68	550m 7:25.09	600m 8:05.53	650m 8:45.63	700m 9:25.25	750m 10:04.55	800m 10:40.01		
	41.74	41.88	40.41	40.44	40.1	39.62	39.3	35.46		
9 Courtney Mossop	17	Copeland	10:42.4				442			
	50m 35.52	100m 1:14.71	150m 1:54.46	200m 2:34.93	250m 3:15.35	300m 3:55.71	350m 4:36.66	400m 5:18.25		
	35.52	39.19	39.75	40.47	40.42	40.36	40.95	41.59		
	450m 5:59.37	500m 6:40.05	550m 7:21.40	600m 8:02.56	650m 8:43.10	700m 9:24.12	750m 10:04.50	800m 10:42.39		
	41.12	40.68	41.35	41.16	40.54	41.02	40.38	37.89		

EVENT 128 Boys 12 Yrs/Over 800m Freestyle

12 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time				FINA Pt			
1	Curtis Corrie	14	Barrow	8:44.94				657			
		50m 29.39	100m 1:02.49	150m 1:37.04	200m 2:10.97	250m 2:44.05	300m 3:18.03	350m 3:51.61	400m 4:25.26		
		29.39	33.1	34.55	33.93	33.08	33.98	33.58	33.65		
		450m 4:57.89	500m 5:30.66	550m 6:03.03	600m 6:35.89	650m 7:08.62	700m 7:41.65	750m 8:13.47	800m 8:44.94		
		32.63	32.77	32.37	32.86	32.73	33.03	31.82	31.47		

2 John Blain	17	Barrow		9:07.59		578				
	50m 28.81	100m 1:01.08	150m 1:34.42	200m 2:08.43	250m 2:41.95	300m 3:15.30	350m 3:49.32	400m 4:23.39		
	28.81	32.27	33.34	34.01	33.52	33.35	34.02	34.07		
	450m 4:57.29	500m 5:31.10	550m 6:06.40	600m 6:41.52	650m 7:17.50	700m 7:54.69	750m 8:31.23	800m 9:07.59		
33.9	33.81	35.3	35.12	35.98	37.19	36.54	36.36			
3 Matthew Holmes	15	Barrow		9:38.99		489				
	50m 30.25	100m 1:03.87	150m 1:39.85	200m 2:16.49	250m 2:54.57	300m 3:32.40	350m 4:10.71	400m 4:47.44		
	30.25	33.62	35.98	36.64	38.08	37.83	38.31	36.73		
	450m 5:26.41	500m 6:03.67	550m 6:40.60	600m 7:17.81	650m 7:54.19	700m 8:30.57	750m 9:04.63	800m 9:38.99		
38.97	37.26	36.93	37.21	36.38	36.38	34.06	34.36			
4 Andrew Kerr	14	Barrow		9:41.00		484				
	50m 30.82	100m 1:06.04	150m 1:41.20	200m 2:16.90	250m 2:53.18	300m 3:30.41	350m 4:07.23	400m 4:44.65		
	30.82	35.22	35.16	35.7	36.28	37.23	36.82	37.42		
	450m 5:22.24	500m 5:59.36	550m 6:36.84	600m 7:14.48	650m 7:52.34	700m 8:29.76	750m 9:06.85	800m 9:41.00		
37.59	37.12	37.48	37.64	37.86	37.42	37.09	34.15			
5 Haydn Birkett	14	Copeland		9:49.22		464				
	50m 33.11	100m 1:11.07	150m 1:49.12	200m 2:26.35	250m 3:04.89	300m 3:42.58	350m 4:20.54	400m 4:58.40		
	33.11	37.96	38.05	37.23	38.54	37.69	37.96	37.86		
	450m 5:35.66	500m 6:12.60	550m 6:50.03	600m 7:26.91	650m 8:03.57	700m 8:40.26	750m 9:15.65	800m 9:49.22		
37.26	36.94	37.43	36.88	36.66	36.69	35.39	33.57			
6 Sam Routledge	13	Carlisle WP		9:51.28		460				
	50m 32.42	100m 1:09.22	150m 1:46.74	200m 2:24.53	250m 3:02.40	300m 3:40.47	350m 4:18.08	400m 4:56.06		
	32.42	36.8	37.52	37.79	37.87	38.07	37.61	37.98		
	450m 5:34.03	500m 6:11.54	550m 6:49.34	600m 7:27.65	650m 8:04.49	700m 8:41.27	750m 9:17.43	800m 9:51.28		
37.97	37.51	37.8	38.31	36.84	36.78	36.16	33.85			
7 Ryan Wilkie	15	Carlisle WP		9:59.27		441				
	50m 30.93	100m 1:05.34	150m 1:42.04	200m 2:19.32	250m 2:56.78	300m 3:34.96	350m 4:13.12	400m 4:51.35		
	30.93	34.41	36.7	37.28	37.46	38.18	38.16	38.23		
	450m 5:30.41	500m 6:09.13	550m 6:47.93	600m 7:27.79	650m 8:07.02	700m 8:46.84	750m 9:25.60	800m 9:59.27		
39.06	38.72	38.8	39.86	39.23	39.82	38.76	33.67			
8 Oliver Smith	13	Workington		10:02.2		435				
	50m 32.05	100m 1:08.26	150m 1:45.19	200m 2:22.96	250m 3:01.21	300m 3:39.91	350m 4:18.46	400m 4:56.91		
	32.05	36.21	36.93	37.77	38.25	38.7	38.55	38.45		
	450m 5:35.70	500m 6:14.66	550m 6:53.95	600m 7:32.34	650m 8:10.85	700m 8:49.72	750m 9:27.76	800m 10:02.21		
38.79	38.96	39.29	38.39	38.51	38.87	38.04	34.45			
9 Kieran Harrison	14	Carlisle WP		10:09.2		420				
	50m 33.89	100m 1:12.06	150m 1:51.07	200m 2:29.38	250m 3:08.35	300m 3:47.45	350m 4:26.20	400m 5:04.72		
	33.89	38.17	39.01	38.31	38.97	39.1	38.75	38.52		
	450m 5:43.64	500m 6:22.34	550m 7:01.16	600m 7:39.84	650m 8:18.04	700m 8:56.57	750m 9:33.90	800m 10:09.19		
38.92	38.7	38.82	38.68	38.2	38.53	37.33	35.29			
10 Jack Lee	14	Co Carlisle		10:11.6		415				
	50m 34.53	100m 1:12.41	150m 1:51.67	200m 2:31.18	250m 3:10.08	300m 3:49.09	350m 4:28.47	400m 5:07.25		
	34.53	37.88	39.26	39.51	38.9	39.01	39.38	38.78		
	450m 5:46.04	500m 6:24.96	550m 7:03.54	600m 7:42.28	650m 8:20.86	700m 8:58.47	750m 9:35.45	800m 10:11.64		
38.79	38.92	38.58	38.74	38.58	37.61	36.98	36.19			

11 Scott Bailey	13	Copeland	10:17.9				403			
	50m 34.79	100m 1:14.13	150m 1:53.99	200m 2:33.31	250m 3:12.57	300m 3:52.29	350m 4:31.14	400m 5:10.84		
	34.79	39.34	39.86	39.32	39.26	39.72	38.85	39.7		
	450m 5:50.58	500m 6:29.55	550m 7:08.21	600m 7:47.35	650m 8:26.33	700m 9:04.29	750m 9:41.69	800m 10:17.86		
39.74	38.97	38.66	39.14	38.98	37.96	37.4	36.17			
12 Callum Bond	14	Ulverston	10:23.0				393			
	50m 33.42	100m 1:11.22	150m 1:50.10	200m 2:29.29	250m 3:09.04	300m 3:48.89	350m 4:28.63	400m 5:08.85		
	33.42	37.8	38.88	39.19	39.75	39.85	39.74	40.22		
	450m 5:48.48	500m 6:29.07	550m 7:08.82	600m 7:48.83	650m 8:28.66	700m 9:08.73	750m 9:47.26	800m 10:23.00		
39.63	40.59	39.75	40.01	39.83	40.07	38.53	35.74			
13 Charles McSkeane	12	Co Carlisle	10:27.1				385			
	50m 35.98	100m 1:14.72	150m 1:53.73	200m 2:33.22	250m 3:13.12	300m 3:53.63	350m 4:33.81	400m 5:14.37		
	35.98	38.74	39.01	39.49	39.9	40.51	40.18	40.56		
	450m 5:54.30	500m 6:32.17	550m 7:11.62	600m 7:50.80	650m 8:30.79	700m 9:11.11	750m 9:50.35	800m 10:27.12		
39.93	37.87	39.45	39.18	39.99	40.32	39.24	36.77			
14 Jack Kenwright	14	Co Carlisle	10:33.1				374			
	50m 32.91	100m 1:10.31	150m 1:49.67	200m 2:28.94	250m 3:08.82	300m 3:49.48	350m 4:30.81	400m 5:12.34		
	32.91	37.4	39.36	39.27	39.88	40.66	41.33	41.53		
	450m 5:51.70	500m 6:32.99	550m 7:14.16	600m 7:56.40	650m 8:34.14	700m 9:15.43	750m 9:54.64	800m 10:33.06		
39.36	41.29	41.17	42.24	37.74	41.29	39.21	38.42			
15 Matthew Ivison	12	Workington	10:49.4				347			
	50m 37.40	100m 1:19.20	150m 2:00.62	200m 2:42.53	250m 3:23.71	300m 4:04.79	350m 4:46.59	400m 5:27.74		
	37.4	41.8	41.42	41.91	41.18	41.08	41.8	41.15		
	450m 6:08.82	500m 6:50.01	550m 7:30.41	600m 8:11.32	650m 8:52.20	700m 9:32.68	750m 10:12.04	800m 10:49.43		
41.08	41.19	40.4	40.91	40.88	40.48	39.36	37.39			
16 Christian Balmer	12	Cockermouth	10:49.9				346			
	50m 36.64	100m 1:17.08	150m 1:58.24	200m 2:39.61	250m 3:20.54	300m 4:02.52	350m 4:44.20	400m 5:25.96		
	36.64	40.44	41.16	41.37	40.93	41.98	41.68	41.76		
	450m 6:07.68	500m 6:49.19	550m 7:30.80	600m 8:11.87	650m 8:52.47	700m 9:32.68	750m 10:12.36	800m 10:49.93		
41.72	41.51	41.61	41.07	40.6	40.21	39.68	37.57			
17 Vincent Sue	12	Barrow	11:01.3				328			
	50m 35.47	100m 1:15.83	150m 1:57.57	200m 2:39.53	250m 3:22.30	300m 4:03.72	350m 4:45.78	400m 5:28.43		
	35.47	40.36	41.74	41.96	42.77	41.42	42.06	42.65		
	450m 6:09.68	500m 6:52.14	550m 7:33.06	600m 8:14.46	650m 8:58.70	700m 9:41.55	750m 10:22.55	800m 11:01.33		
41.25	42.46	40.92	41.4	44.24	42.85	41	38.78			

EVENT 129 Womens 09/10 Yrs 200m Freestyle Team

Place	Name	Club	Time
1	City of Carlisle		2:23.91
		Zara McKnight	35.17
		Laura Davison	34.89
		Phoebe Wilson	36.13
		Eve White	37.72

2 Workington	2:28.84	Rebecca McMinn	37.69
		Katie Sutor	36.79
		Sophie Little	38.55
		Hannah McGarry	35.81
3 Ulverston A	2:32.03	Rebecca Fell	37.79
		Katrina Mc Meekin	39.78
		Victoria Swan	39.61
		Megan Roper	34.85
4 City of Carlisle B	2:36.98	Sophie Dodd	37.22
		Molly Barton	39.71
		Chloe Woollerton	40.88
		Hannah Messenger	39.17
5 Carlisle WP	2:37.56	Sarah Lightowler	37.64
		Georgia Easden	42.39
		Rebecca Robertshaw	37.45
		Morwenna Johnston	40.08
6 Copeland	2:39.42	Isabel Postlethwaite	35.43
		Charlotte Stamper	40.42
		Alex Messenger	44.09
		Mai Kitchen	39.48
7 Kendal B	2:39.61	Emily Reay	38.45
		Brodie Swallow	43.20
		Imogen Burrow	42.11
		Wendy Winter	35.85
8 Penrith	2:47.87	Kayleigh Egglestone	42.96
		Maia Johl	41.83
		Emily Budd	44.16
		Lois Turner	38.92
9 Cockermouth	2:53.47	Eleanor Nanson	38.98
		Niamh Hunter	50.02
		Rebecca Semple	41.68
		Lauren Cooley	42.79

10 Troutbeck Bridge		2:54.03	
	Abbie Wild		38.63
	Megan Nicholson		44.68
	Katie Richardson		
	Lucy Bradbury		1.30.72
11 Carlisle WP B		3:03.47	
	Laura Robinson		45.63
	Frances Nutley		43.17
	Amelia Wilson		51.98
	Sarah Brookes		42.69

EVENT 130 Mens 09/10 Yrs 200m Freestyle Team

Place	Name	Club	Time	
1	Ulverston		2:25.94	
		Tom Robinson		38.10
		Samuel Wicks		37.68
		Christopher Gunson		36.76
		Thomas Unwin		33.40
2	Workington		2:26.55	
		Ben Gilmore		37.64
		Connor Joyce		35.14
		Nathan Watson		38.42
		Daniel Cooper		35.35
3	Barrow A		2:34.19	
		Matthew Pearson		40.51
		Adam Ellis		38.37
		Jamie Warriner		39.32
		Maxwell Hutchason		35.99
4	City of Carlisle		2:34.92	
		Robert McSkeane		37.11
		Conner Bulman		39.65
		Angus Clifford		41.88
		Campbell McNaughton		36.28
5	Kendal		2:39.73	
		Luke Dalzell		37.83
		James Williams		41.09
		Gregor Rothwell		37.26
		Scott Womack		43.55
6	Copeland		2:43.71	
		Isaac Hinde		40.32
		Jack Todhunter		40.21
		Joe Graham		44.37
		Jack Fulton		38.81

7 Cockermonth 2:54.01
 Christopher Elliot 39.74
 Callum Dunlop 48.55
 Adam Bainbridge 45.62
 Alastair Thomas 40.10

8 Penrith 2:58.24
 Oliver May 45.86
 Elliott Bulman 43.73
 Luke Brown 44.99
 Owen Jones 43.66

City of Carlisle B DNF
 Dylan Phipps
 Adam Brown
 John Fraser
 Luke Cogan

Troutbeck Bridge DQ T-3L 45.27
 Daniel Booth
 James Marsh
 Brandon Brookes
 Luke Chapman

EVENT 131 Girls 11 Yrs/Over 1500m Freestyle

11 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time						FINA Pt						
1	Ashleigh Dale	15	Barrow	17:26.4						739						
	50m	30.49	100m	1:04.29	150m	1:38.50	200m	2:13.11	250m	2:47.65	300m	3:22.46	350m	3:57.61	400m	4:32.58
		30.49		33.8		34.21		34.61		34.54		34.81		35.15		34.97
	450m	5:06.90	500m	5:41.73	550m	6:16.53	600m	6:51.61	650m	7:26.63	700m	8:01.64	750m	8:37.07	800m	9:12.66
		34.32		34.83		34.8		35.08		35.02		35.01		35.43		35.59
	850m	9:47.22	900m	10:22.49	950m	10:57.85	1000m	11:33.52	1050m	12:08.74	1100m	12:44.11	1150m	13:19.38	1200m	13:54.72
		34.56		35.27		35.36		35.67		35.22		35.37		35.27		35.34
	1250m	14:30.06	1300m	15:05.82	1350m	15:41.33	1400m	16:16.72	1450m	16:52.34	1500m	17:26.43				
		35.34		35.76		35.51		35.39		35.62		34.09				
2	Lucy McKenzie	12	Cockermonth	17:47.9						696						
	50m	31.63	100m	1:06.18	150m	1:41.88	200m	2:17.34	250m	2:53.13	300m	3:29.08	350m	4:05.11	400m	4:41.12
		31.63		34.55		35.7		35.46		35.79		35.95		36.03		36.01
	450m	5:17.91	500m	5:54.34	550m	6:30.70	600m	7:07.04	650m	7:43.44	700m	8:19.86	750m	8:56.12	800m	9:31.34
		36.79		36.43		36.36		36.34		36.4		36.42		36.26		35.22
	850m	10:06.89	900m	10:42.12	950m	11:17.12	1000m	11:52.63	1050m	12:28.52	1100m	13:03.80	1150m	13:39.71	1200m	14:15.93
		35.55		35.23		35		35.51		35.89		35.28		35.91		36.22
	1250m	14:51.87	1300m	15:28.14	1350m	16:03.49	1400m	16:39.56	1450m	17:15.00	1500m	17:47.85				
		35.94		36.27		35.35		36.07		35.44		32.85				

3 Karlie Stockdale	14	Barrow	17:56.1				680			
	50m 33.05	100m 1:08.95	150m 1:45.28	200m 2:21.43	250m 2:57.60	300m 3:33.57	350m 4:10.19	400m 4:46.73		
	33.05	35.9	36.33	36.15	36.17	35.97	36.62	36.54		
	450m 5:23.21	500m 5:59.87	550m 6:36.04	600m 7:12.00	650m 7:47.33	700m 8:22.61	750m 8:57.33	800m 9:32.41		
	36.48	36.66	36.17	35.96	35.33	35.28	34.72	35.08		
	850m 10:07.59	900m 10:42.77	950m 11:19.40	1000m 11:56.19	1050m 12:32.74	1100m 13:08.89	1150m 13:45.23	1200m 14:21.91		
	35.18	35.18	36.63	36.79	36.55	36.15	36.34	36.68		
	1250m 14:58.16	1300m 15:34.83	1350m 16:11.09	1400m 16:47.31	1450m 17:22.98	1500m 17:56.08				
36.25	36.67	36.26	36.22	35.67	33.1					
4 Charlotte Hill	13	Ulverston	18:55.3				579			
	50m 32.27	100m 1:08.20	150m 1:45.46	200m 2:22.02	250m 3:00.20	300m 3:38.49	350m 4:15.45	400m 4:53.00		
	32.27	35.93	37.26	36.56	38.18	38.29	36.96	37.55		
	450m 5:30.90	500m 6:09.54	550m 6:48.30	600m 7:26.61	650m 8:04.55	700m 8:43.49	750m 9:19.79	800m 9:57.99		
	37.9	38.64	38.76	38.31	37.94	38.94	36.3	38.2		
	850m 10:36.40	900m 11:14.95	950m 11:53.06	1000m 12:31.73	1050m 13:10.41	1100m 13:48.29	1150m 14:27.30	1200m 15:04.78		
	38.41	38.55	38.11	38.67	38.68	37.88	39.01	37.48		
	1250m 15:43.89	1300m 16:23.55	1350m 17:02.77	1400m 17:41.13	1450m 18:19.57	1500m 18:55.31				
39.11	39.66	39.22	38.36	38.44	35.74					
5 Courtney Watson	13	Cockermouth	19:01.8				569			
	50m 34.60	100m 1:12.09	150m 1:49.99	200m 2:28.06	250m 3:05.33	300m 3:42.70	350m 4:20.58	400m 4:58.72		
	34.6	37.49	37.9	38.07	37.27	37.37	37.88	38.14		
	450m 5:36.86	500m 6:14.71	550m 6:52.54	600m 7:29.98	650m 8:08.12	700m 8:46.75	750m 9:25.76	800m 10:04.51		
	38.14	37.85	37.83	37.44	38.14	38.63	39.01	38.75		
	850m 10:42.75	900m 11:21.43	950m 11:59.60	1000m 12:38.14	1050m 13:16.90	1100m 13:55.38	1150m 14:33.90	1200m 15:12.59		
	38.24	38.68	38.17	38.54	38.76	38.48	38.52	38.69		
	1250m 15:51.18	1300m 16:29.46	1350m 17:07.93	1400m 17:46.36	1450m 18:24.54	1500m 19:01.79				
38.59	38.28	38.47	38.43	38.18	37.25					
6 Ashleigh Backhouse	12	Co Carlisle	19:07.6				561			
	50m 34.00	100m 1:10.81	150m 1:48.68	200m 2:26.08	250m 3:04.01	300m 3:41.28	350m 4:19.35	400m 4:57.35		
	34	36.81	37.87	37.4	37.93	37.27	38.07	38		
	450m 5:35.72	500m 6:13.80	550m 6:52.22	600m 7:30.84	650m 8:09.55	700m 8:48.52	750m 9:27.29	800m 10:05.47		
	38.37	38.08	38.42	38.62	38.71	38.97	38.77	38.18		
	850m 10:44.18	900m 11:22.42	950m 12:00.87	1000m 12:39.86	1050m 13:18.83	1100m 13:58.14	1150m 14:36.70	1200m 15:15.75		
	38.71	38.24	38.45	38.99	38.97	39.31	38.56	39.05		
	1250m 15:55.07	1300m 16:34.45	1350m 17:13.82	1400m 17:52.60	1450m 18:31.91	1500m 19:07.55				
39.32	39.38	39.37	38.78	39.31	35.64					

EVENT 132 Boys 12 Yrs/Over 1500m Freestyle

12 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time						FINA Pt	
1	Curtis Corrie	14	Barrow	16:40.9						645	
		50m 30.20	100m 1:04.22	150m 1:38.13	200m 2:12.80	250m 2:47.01	300m 3:20.60	350m 3:54.59	400m 4:27.91		
		30.2	34.02	33.91	34.67	34.21	33.59	33.99	33.32		
		450m 5:01.88	500m 5:35.15	550m 6:09.02	600m 6:42.76	650m 7:16.90	700m 7:50.38	750m 8:23.64	800m 8:56.73		
		33.97	33.27	33.87	33.74	34.14	33.48	33.26	33.09		
		850m 9:30.15	900m 10:03.44	950m 10:36.39	1000m 11:09.54	1050m 11:43.02	1100m 12:16.45	1150m 12:49.97	1200m 13:23.18		
		33.42	33.29	32.95	33.15	33.48	33.43	33.52	33.21		
		1250m 13:56.62	1300m 14:30.11	1350m 15:03.27	1400m 15:36.40	1450m 16:09.53	1500m 16:40.89				
		33.44	33.49	33.16	33.13	33.13	31.36				
2	John Blain	17	Barrow	17:58.2						516	
		50m 31.15	100m 1:05.73	150m 1:41.51	200m 2:17.21	250m 2:53.22	300m 3:29.12	350m 4:06.09	400m 4:41.96		
		31.15	34.58	35.78	35.7	36.01	35.9	36.97	35.87		
		450m 5:18.30	500m 5:54.70	550m 6:31.99	600m 7:08.44	650m 7:45.31	700m 8:20.79	750m 8:57.28	800m 9:33.88		
		36.34	36.4	37.29	36.45	36.87	35.48	36.49	36.6		
		850m 10:10.14	900m 10:46.36	950m 11:23.31	1000m 12:00.52	1050m 12:37.42	1100m 13:14.31	1150m 13:51.19	1200m 14:27.76		
		36.26	36.22	36.95	37.21	36.9	36.89	36.88	36.57		
		1250m 15:04.12	1300m 15:40.87	1350m 16:17.26	1400m 16:53.91	1450m 17:25.32	1500m 17:58.23				
		36.36	36.75	36.39	36.65	31.41	32.91				
3	Anthony Ryan	14	Co Carlisle	18:27.4						476	
		50m 30.48	100m 1:06.02	150m 1:42.51	200m 2:18.56	250m 2:54.75	300m 3:31.03	350m 4:07.00	400m 4:42.66		
		30.48	35.54	36.49	36.05	36.19	36.28	35.97	35.66		
		450m 5:18.60	500m 5:55.36	550m 6:32.05	600m 7:09.08	650m 7:45.45	700m 8:22.58	750m 9:00.17	800m 9:37.76		
		35.94	36.76	36.69	37.03	36.37	37.13	37.59	37.59		
		850m 10:15.84	900m 10:53.64	950m 11:32.41	1000m 12:09.21	1050m 12:47.64	1100m 13:26.17	1150m 14:04.87	1200m 14:43.34		
		38.08	37.8	38.77	36.8	38.43	38.53	38.7	38.47		
		1250m 15:21.80	1300m 15:59.57	1350m 16:37.60	1400m 17:15.68	1450m 17:52.74	1500m 18:27.35				
		38.46	37.77	38.03	38.08	37.06	34.61				
4	Jordan Hull	12	Co Carlisle	19:17.4						417	
		50m 35.51	100m 1:14.07	150m 1:53.45	200m 2:32.36	250m 3:11.27	300m 3:50.42	350m 4:29.20	400m 5:07.97		
		35.51	38.56	39.38	38.91	38.91	39.15	38.78	38.77		
		450m 5:46.59	500m 6:25.39	550m 7:04.32	600m 7:42.92	650m 8:21.86	700m 9:00.95	750m 9:39.55	800m 10:18.26		
		38.62	38.8	38.93	38.6	38.94	39.09	38.6	38.71		
		850m 10:56.72	900m 11:35.26	950m 12:14.31	1000m 12:53.25	1050m 13:31.85	1100m 14:10.78	1150m 14:49.92	1200m 15:28.82		
		38.46	38.54	39.05	38.94	38.6	38.93	39.14	38.9		
		1250m 16:07.37	1300m 16:45.82	1350m 17:24.43	1400m 18:02.48	1450m 18:40.52	1500m 19:17.35				
		38.55	38.45	38.61	38.05	38.04	36.83				

EVENT 133 FINAL OF EVENT 125 Womens 09/10 Yrs 200m Medley Team

Place Name	Club	Time	
1 City of Carlisle		2:45.43	
	Zara McKnight		40.32
	Phoebe Wilson		47.78
	Eve White		42.48
	Laura Davison		34.85
2 Workington		2:47.42	
	Katie Sutor		40.46
	Rebecca McMinn		47.70
	Hannah McGarry		42.82
	Sophie Little		36.44
3 Ulverston A		2:53.64	
	Katrina Mc Meekin		46.79
	Rebecca Fell		
	Megan Roper		1.26.59
	Victoria Swan		40.26
4 Copeland		3:02.80	
	Charlotte Stamper		45.98
	Alex Messenger		54.68
	Isabel Postlethwaite		43.53
	Mai Kitchen		38.61
5 Penrith		3:03.17	
	Kayleigh Egglestone		47.50
	Maia Johl		51.04
	Emily Budd		48.84
	Lois Turner		35.79
6 Kendal B		3:06.43	
	Brodie Swallow		47.46
	Imogen Burrow		54.76
	Emily Reay		48.34
	Wendy Winter		35.87

EVENT 134 FINAL OF EVENT 126 Mens 09/10 Yrs 200m Medley Team

Place Name	Club	Time	
1 Barrow A		2:52.65	
	Maxwell Hutchason		41.88
	Jacob Holmes		49.12
	Jamie Warriner		44.29
	Adam Ellis		37.36
2 Copeland		3:03.55	
	Jack Fulton		45.94
	Jack Todhunter		49.50
	Isaac Hinde		47.65
	Joe Graham		40.46

3 City of Carlisle B		3:17.25	
	Adam Brown		47.25
	Theo Tindall		55.50
	Conner Bulman		30.40
	John Fraser		1.04.10
4 Cockermouth		3:32.82	
	Christopher Elliot		48.52
	Adam Bainbridge		58.68
	Alastair Thomas		54.18
	Callum Dunlop		51.44
Workington		DQ SA-1L	
	Nathan Watson		
	Josh Millburn		
	Ben Gilmore		
	Daniel Cooper		
Kendal		DQ T-7L	
	Luke Dalzell		42.68
	Gregor Rothwell		48.65
	James Williams		48.48
	Scott Womack		

EVENT 135 FINAL OF EVENT 129 Womens 09/10 Yrs 200m Freestyle Team

Place	Name	Club	Time	
1	City of Carlisle		2:22.95	
		Laura Davison		35.21
		Phoebe Wilson		36.01
		Eve White		37.83
		Zara McKnight		33.90
2	Workington		2:28.74	
		Rebecca McMinn		38.06
		Katie Suitor		37.15
		Sophie Little		37.53
		Hannah McGarry		36.00
3	Ulverston A		2:32.15	
		Rebecca Fell		37.45
		Katrina Mc Meekin		40.10
		Victoria Swan		40.22
		Megan Roper		34.38
4	Carlisle WP		2:34.55	
		Sarah Lightowler		36.36
		Georgia Easden		42.17
		Rebecca Robertshaw		36.71
		Morwenna Johnston		39.31

5 Copeland	2:35.20	
	Isabel Postlethwaite	34.35
	Charlotte Stamper	39.58
	Alex Messenger	43.52
	Mai Kitchen	37.75
6 City of Carlisle B	2:37.05	
	Sophie Dodd	37.02
	Molly Barton	41.28
	Chloe Woollerton	39.67
	Hannah Messenger	39.08

EVENT 136 FINAL OF EVENT 130 Mens 09/10 Yrs 200m Freestyle Team

Place	Name	Club	Time	
1	Ulverston		2:23.26	
		Tom Robinson	36.86	
		Samuel Wicks	36.74	
		Christopher Gunson	36.42	
		Thomas Unwin	33.24	
2	Workington		2:26.86	
		Ben Gilmore	37.39	
		Connor Joyce	34.92	
		Nathan Watson	38.95	
		Daniel Cooper	35.60	
3	Barrow A		2:34.45	
		Matthew Pearson	39.74	
		Adam Ellis	38.49	
		Jamie Warriner	39.38	
		Maxwell Hutchason	36.84	
4	City of Carlisle		2:35.47	
		Robert McSkeane	37.22	
		Conner Bulman	40.86	
		Angus Clifford	40.67	
		Campbell McNaughton	36.72	
5	Copeland		2:41.49	
		Isaac Hinde	39.36	
		Jack Todhunter	39.75	
		Joe Graham	43.44	
		Jack Fulton	38.94	
Kendal			DQ T-7L	
		Luke Dalzell	37.58	
		James Williams	42.90	
		Gregor Rothwell	38.71	
		Scott Womack		