



2015 Cumbria County Championships and Age Groups

Session 11 results - Saturday 21st March

EVENT 125 Girls 09/10 Yrs 200m Medley Team

Full Results

Place	Name	A.G	Club	Time
1.	Carlisle Aquatics A		Carlisle Aq	2:39.49
			Naomi Ward	40.42
			Anya Storey	45.09
			Faye Milburn	38.60
			Jessica Prokas	35.38
2.	Kendal A		Kendal	2:55.16
			Caitlin Deegan	42.26
			Lucy Sargeant	45.45
			Freya Capstick	49.66
			Megan Bascombe	37.79
3.	Ulverston		Ulverston	2:55.40
			Rebecca Salton	42.74
			Maisie Allonby	49.84
			Amelia Mardel	44.79
			Ellie Spencer	38.03
4.	Workington		Workington	2:56.71
			Macy Dootson	42.73
			Mia Sandham	49.73
			Megan Sibbald	45.99
			Anna Dootson	38.26
5.	Carlisle Aquatics B		Carlisle Aq	2:58.85
			Millie Bell	42.46
			Medini Varma	53.29
			Hannah Rome	41.86
			Paige Bassett	41.24
6.	Copeland A		Copeland	3:00.05
			Keira Telford	43.46
			Grace Houghton	52.98
			Ava Gill	47.73
			Keisha Pettigrew	35.88
7.	Cockermouth		Cockermouth	3:04.96
			Eve Nelson	50.88
			Harriet Lory	47.04
			Kate Wren	47.24
			Sophie McLeod	39.80
8.	Penrith		Penrith	3:06.99
			Emily Airey	
			Ellie Lloyds	
			Lucy Oliver	
			Aimee Fowles	3:06.99
9.	Kendal B		Kendal	3:08.82
			Sophie Gibson	43.53
			Emma Foster	52.78
			Lucie Bulman	48.94
			Natalie Pinder	43.57
10.	Barrow A		Barrow	3:19.72
			Fleur Wood	46.51
			Leah Ralph	1:00.81
			Lily Smith	41.10
			Summer Garret	51.30
	Copeland B		Copeland	DQ SA 6L
			Phoebe Coward	52.64
			Emma Wilkinson	1:03.46
			Zara Newby	
			Phoebe Reid	

EVENT 126 Boys 09/10 Yrs 200m Medley Team

Full Results

Place	Name	A.G	Club	Time
1.	Barrow A		Barrow	2:55.09
			Ashton Pharoah	47.67
			William Mason	51.37
			Sam Gallagher	38.32
			Ryan Nunn	37.73
2.	Carlisle Aquatics A		Carlisle Aq	3:08.82
			Sam Glover	
			Charlie Glover	
			Myles Kasiera	
			Pawel Sopala	3:08.82
3.	Kendal		Kendal	3:09.25
			Alex Tallon	47.80
			Elliot Woodburn	47.45
			Jacob Klijn	51.45
			Finlay Lawson	42.55
4.	Copeland A		Copeland	3:25.39
			Finley Quayle	49.82
			James Jennings	52.24
			Quin Pirie	58.57
			Ethan Bird	44.76
5.	Barrow B		Barrow	3:33.22
			Daniel Jesson	55.54
			Finlay Steele	1:08.36
			Casey Turner	51.79
			Joshua Riley	37.53



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6. Copeland B	Copeland	3:53.44	
	Kacey Blackwell		48.97
	Kaiden Meloy		
	Michael Conery		214.01
	Ethan Smith		50.46
Carlisle Aquatics B	Carlisle Aq	DNC	
	Ortlen Lo		
	Austin Sinclair		
	Louis Gresswell		
Ulverston	Ulverston	DQ T 1L	
	Adrian Lee Chong		
	Rowan Bartlett		
	Brodie Scales		
	Adam Jones		
Cockermouth	Cockermouth	DQ T 2L	
	Reggie Steele		
	Jude Davison		
	Dylan Hind		
	Rhys Jackson		

EVENT 127 Girls 11 Yrs/Over 800m Freestyle

Full Results

Place	Name	AaD Club	Time						
1.	Kimberly Hind	14 Cockermouth	9:16.52						
	50m 31.61	100m 1:05.98	150m 1:40.84	200m 2:15.92	250m 2:51.09	300m 3:26.30	350m 4:01.79	400m 4:37.21	
	31.61	34.37	34.86	35.08	35.17	35.21	35.49	35.42	
	450m 5:12.44	500m 5:47.96	550m 6:23.03	600m 6:58.42	650m 7:33.39	700m 8:09.13	750m 8:44.47	800m 9:16.52	
	35.23	35.52	35.07	35.39	34.97	35.74	35.34	32.05	
2.	Alix Knagg	16 Ulverston	9:16.69						
	50m 31.48	100m 1:05.59	150m 1:40.24	200m 2:15.59	250m 2:50.81	300m 3:26.18	350m 4:01.78	400m 4:37.32	
	31.48	34.11	34.65	35.35	35.22	35.37	35.60	35.54	
	450m 5:12.77	500m 5:48.16	550m 6:23.31	600m 6:58.62	650m 7:33.79	700m 8:09.06	750m 8:44.46	800m 9:16.69	
	35.45	35.39	35.15	35.31	35.17	35.27	35.40	32.23	
3.	Amy Heard	15 Carlisle Aq	9:17.94						
	50m 31.44	100m 1:06.12	150m 1:41.48	200m 2:16.62	250m 2:51.86	300m 3:27.33	350m 4:02.20	400m 4:37.88	
	31.44	34.68	35.36	35.14	35.24	35.47	34.87	35.68	
	450m 5:12.80	500m 5:47.84	550m 6:23.25	600m 6:58.83	650m 7:34.78	700m 8:10.05	750m 8:45.84	800m 9:17.94	
	34.92	35.04	35.41	35.58	35.95	35.27	35.79	32.10	
4.	Elizabeth Airey	13 Cockermouth	9:19.72						
	50m 32.02	100m 1:06.72	150m 1:41.43	200m 2:16.61	250m 2:51.47	300m 3:26.71	350m 4:02.12	400m 4:37.54	
	32.02	34.70	34.71	35.18	34.86	35.24	35.41	35.42	
	450m 5:12.77	500m 5:48.33	550m 6:23.58	600m 6:59.02	650m 7:34.08	700m 8:09.86	750m 8:45.02	800m 9:19.72	
	35.23	35.56	35.25	35.44	35.06	35.78	35.16	34.70	
5.	Louisa Sinclair	14 Carlisle Aq	9:35.09						
	50m 32.66	100m 1:08.01	150m 1:43.79	200m 2:19.63	250m 2:55.91	300m 3:31.92	350m 4:08.35	400m 4:44.63	
	32.66	35.35	35.78	35.84	36.28	36.01	36.43	36.28	
	450m 5:21.19	500m 5:57.47	550m 6:34.16	600m 7:10.66	650m 7:46.98	700m 8:23.49	750m 8:59.60	800m 9:35.09	
	36.56	36.28	36.69	36.50	36.32	36.51	36.11	35.49	
6.	Rachael Vatter	17 Cockermouth	10:11.33						
	50m 33.70	100m 1:10.69	150m 1:48.61	200m 2:26.69	250m 3:05.20	300m 3:44.04	350m 4:22.55	400m 5:01.38	
	33.70	36.99	37.92	38.08	38.51	38.84	38.51	38.83	
	450m 5:40.12	500m 6:18.92	550m 6:57.54	600m 7:36.54	650m 8:15.30	700m 8:54.65	750m 9:33.07	800m 10:11.33	
	38.74	38.80	38.62	39.00	38.76	39.35	38.42	38.26	
7.	Chloe Carr	16 Copeland	10:19.65						
	50m 33.40	100m 1:10.37	150m 1:49.07	200m 2:27.83	250m 3:06.89	300m 3:46.45	350m 4:25.37	400m 5:05.35	
	33.40	36.97	38.70	38.76	39.06	39.56	38.92	39.98	
	450m 5:44.90	500m 6:24.55	550m 7:04.67	600m 7:44.69	650m 8:24.08	700m 9:03.50	750m 9:42.53	800m 10:19.65	
	39.55	39.65	40.12	40.02	39.39	39.42	39.03	37.12	
8.	Eve Dootson	12 Workington	10:29.86						
	50m 34.54	100m 1:12.44	150m 1:51.74	200m 2:31.50	250m 3:11.71	300m 3:51.87	350m 4:31.90	400m 5:12.15	
	34.54	37.90	39.30	39.76	40.21	40.16	40.03	40.25	
	450m 5:53.08	500m 6:33.68	550m 7:13.76	600m 7:53.89	650m 8:32.83	700m 9:12.61	750m 9:51.93	800m 10:29.86	
	40.93	40.60	40.08	40.13	38.94	39.78	39.32	37.93	
9.	Hannah Kurzyk O'Donnell	12 Workington	10:35.64						
	50m 35.34	100m 1:15.06	150m 1:55.62	200m 2:35.17	250m 3:15.27	300m 3:55.58	350m 4:35.89	400m 5:17.17	
	35.34	39.72	40.56	39.55	40.10	40.31	40.31	41.28	
	450m 5:57.22	500m 6:37.06	550m 7:17.26	600m 7:59.07	650m 8:39.91	700m 9:19.61	750m 9:59.67	800m 10:35.64	
	40.05	39.84	40.20	41.81	40.84	39.70	40.06	35.97	
10.	Sophie Huggon	12 Carlisle Aq	10:35.79						
	50m 34.44	100m 1:14.02	150m 1:54.39	200m 2:34.74	250m 3:15.68	300m 3:55.83	350m 4:36.42	400m 5:17.27	
	34.44	39.58	40.37	40.35	40.94	40.15	40.59	40.85	
	450m 5:57.83	500m 6:36.74	550m 7:17.28	600m 7:58.44	650m 8:39.72	700m 9:19.98	750m 9:59.81	800m 10:35.79	
	40.56	38.91	40.54	41.16	41.28	40.26	39.83	35.98	
11.	Lucy Stephenson	12 Copeland	10:46.17						
	50m 38.23	100m 1:17.33	150m 1:57.92	200m 2:38.84	250m 3:19.43	300m 4:00.01	350m 4:40.78	400m 5:21.35	
	38.23	39.10	40.59	40.92	40.59	40.58	40.77	40.57	
	450m 6:02.05	500m 6:43.13	550m 7:24.98	600m 8:05.69	650m 8:45.87	700m 9:27.28	750m 10:07.88	800m 10:46.17	
	40.70	41.08	41.85	40.71	40.18	41.41	40.60	38.29	
12.	Elizabeth Adams	13 Copeland	10:49.95						
	50m 35.54	100m 1:15.06	150m 1:55.36	200m 2:36.16	250m 3:17.53	300m 3:59.07	350m 4:40.92	400m 5:22.49	
	35.54	39.52	40.30	40.80	41.37	41.54	41.85	41.57	
	450m 6:03.40	500m 6:44.73	550m 7:25.91	600m 8:07.09	650m 8:47.92	700m 9:29.12	750m 10:10.34	800m 10:49.95	
	40.91	41.33	41.18	41.18	40.83	41.20	41.22	39.61	



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13. Emily Guthrie	14 Penrith	11:07.75							
50m 35.07	100m 1:15.88	150m 1:57.89	200m 2:40.81	250m 3:22.37	300m 4:05.20	350m 4:47.56	400m 5:30.21		
35.07	40.81	42.01	42.92	41.56	42.83	42.36	42.65		
450m 6:12.72	500m 6:54.90	550m 7:37.48	600m 8:20.56	650m 9:03.71	700m 9:46.39	750m 10:28.45	800m 11:07.75		
42.51	42.18	42.58	43.08	43.15	42.68	42.06	39.30		
14. Jasmine Gresswell	13 Carlisle Aq	11:11.91							
50m 35.78	100m 1:16.37	150m 1:58.61	200m 2:41.22	250m 3:23.09	300m 4:06.18	350m 4:48.91	400m 5:30.17		
35.78	40.59	42.24	42.61	41.87	43.09	42.73	41.26		
450m 6:13.31	500m 6:56.46	550m 7:40.46	600m 8:24.28	650m 9:07.11	700m 9:51.04	750m 10:32.98	800m 11:11.91		
43.14	43.15	44.00	43.82	42.83	43.93	41.94	38.93		
15. Alexandra Airey	11 Cockermonth	11:16.63							
50m 37.64	100m 1:19.63	150m 2:01.72	200m 2:44.33	250m 3:26.93	300m 4:09.37	350m 4:52.36	400m 5:35.36		
37.64	41.99	42.09	42.61	42.60	42.44	42.99	43.00		
450m 6:19.15	500m 7:02.48	550m 7:46.18	600m 8:29.45	650m 9:12.42	700m 9:54.82	750m 10:37.44	800m 11:16.63		
43.79	43.33	43.70	43.27	42.97	42.40	42.62	39.19		
16. Neve Richardson	13 Copeland	11:26.69							
50m 36.34	100m 1:16.76	150m 1:59.26	200m 2:42.38	250m 3:26.03	300m 4:10.23	350m 4:54.76	400m 5:38.95		
36.34	40.42	42.50	43.12	43.65	44.20	44.53	44.19		
450m 6:22.82	500m 7:06.79	550m 7:51.29	600m 8:35.84	650m 9:18.98	700m 10:03.12	750m 10:47.56	800m 11:26.69		
43.87	43.97	44.50	44.55	43.14	44.14	44.44	39.13		
17. Rhianne Owen	14 Workington	11:34.33							
50m 38.10	100m 1:19.82	150m 2:02.44	200m 2:45.14	250m 3:28.78	300m 4:13.62	350m 4:58.67	400m 5:44.08		
38.10	41.72	42.62	42.70	43.64	44.84	45.05	45.41		
450m 6:27.88	500m 7:12.55	550m 7:57.84	600m 8:44.23	650m 9:28.52	700m 10:11.98	750m 10:55.19	800m 11:34.33		
43.80	44.67	45.29	46.39	44.29	43.46	43.21	39.14		
18. Anna Morrison	11 Ulverston	11:45.36							
50m 39.78	100m 1:22.82	150m 2:07.86	200m 2:53.20	250m 3:38.38	300m 4:23.51	350m 5:08.62	400m 5:54.17		
39.78	43.04	45.04	45.34	45.18	45.13	45.11	45.55		
450m 6:39.99	500m 7:24.36	550m 8:09.99	600m 8:54.42	650m 9:38.80	700m 10:23.97	750m 11:06.61	800m 11:45.36		
45.82	44.37	45.63	44.43	44.38	45.17	42.64	38.75		
Abbie Winstanley	13 Workington	DNC							

EVENT 128 Girls 09/10 Yrs 200m Freestyle Team

Full Results

Place	Name	A.G	Club	Time
1.	Carlisle Aquatics A		Carlisle Aq	2:22.12
			Jessica Prokas	
			Faye Milburn	
			Anya Storey	1:47.01
			Naomi Ward	35.11
2.	Workington		Workington	2:31.28
			Megan Sibbald	36.02
			Mia Sandham	39.04
			Anna Dootson	39.30
			Macy Dootson	36.92
3.	Ulverston		Ulverston	2:31.62
			Rebecca Salton	39.81
			Maisie Allonby	38.16
			Amelia Mardel	35.59
			Ellie Spencer	38.06
4.	Kendal A		Kendal	2:34.77
			Lucy Sargeant	38.03
			Freya Capstick	40.56
			Megan Bascombe	39.73
			Caitlin Deegan	36.45
5.	Copeland A		Copeland	2:37.39
			Keisha Pettigrew	37.59
			Zara Newby	42.81
			Keira Telford	38.03
			Ava Gill	38.96
6.	Penrith		Penrith	2:43.28
			Aimee Fowles	41.02
			Lucy Oliver	39.65
			Ellie Lloyds	38.65
			Emily Airey	43.96
7.	Carlisle Aquatics B		Carlisle Aq	2:43.37
			Hannah Rome	37.05
			Medini Varma	47.81
			Paige Bassett	43.79
			Millie Bell	34.72
8.	Kendal B		Kendal	2:45.09
			Emma Foster	41.35
			Natalie Pinder	44.08
			Lucie Bulman	42.24
			Sophie Gibson	37.42
9.	Barrow A		Barrow	2:54.17
			Fleur Wood	40.12
			Leah Ralph	42.58
			Summer Garret	55.46
			Lily Smith	36.01



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10. Copeland B	Copeland	2:56.98	
	Phoebe Coward		40.41
	Emma Wilkinson		50.84
	Grace Houghton		43.89
	Phoebe Reid		41.84
Cockermouth	Cockermouth	DQ O 4L	
	Kate Wren		37.52
	Eve Nelson		
	Sophie McLeod		
	Harriet Lory		

EVENT 129 Boys 09/10 Yrs 200m Freestyle Team

Full Results

Place	Name	A.G	Club	Time				
1.	Barrow A		Barrow	2:32.07				
			Ryan Nunn				40.07	
			William Mason				37.76	
			Ashton Pharoah				40.41	
			Sam Gallagher				33.83	
2.	Cockermouth		Cockermouth	2:35.86				
			Rhys Jackson				39.49	
			Reggie Steele				42.90	
			Daniel Hodgson				41.37	
			Dylan Hind				32.10	
3.	Ulverston		Ulverston	2:41.03				
			Brodie Scales				39.07	
			Rowan Bartlett				43.35	
			Louis Jones				41.18	
			Adrian Lee Chong				37.43	
4.	Kendal		Kendal	2:43.79				
			Alex Tallon				40.40	
			Finlay Lawson					
			Jacob Klijn					
			Elliot Woodburn				2:03.39	
5.	Carlisle Aquatics A		Carlisle Aq	2:45.76				
			Ollie Slee				41.01	
			Owen Cogan				40.68	
			Myles Kasiera				42.23	
			Pawel Sopala				41.84	
6.	Copeland A		Copeland	2:47.25				
			Finley Quayle				38.55	
			James Jennings				37.61	
			Michael Conery				45.76	
			Quin Pirie				45.33	
7.	Copeland B		Copeland	3:28.01				
			Ethan Bird				47.35	
			Ethan Smith				55.86	
			Kaiden Meloy				1:01.93	
			Kacey Blackwell				42.87	
Carlisle Aquatics B	Carlisle Aq			DNC				
			Louis Gresswell					
			Austin Sinclair					
			Ortlen Lo					
Barrow B	Barrow			DQ T 3L				
			Joshua Riley				38.74	
			Finlay Steele					
			Daniel Jesson					
			Casey Turner					

EVENT 130 Boys 12 Yrs/Over 1500m Freestyle

Full Results

Place	Name	AaD	Club	Time						
1.	Luke Greenbank	17	Cockermouth	15:51.39						
	50m 28.22	100m 58.79	150m 1:30.26	200m 2:01.85	250m 2:33.93	300m 3:05.33	350m 3:37.31	400m 4:09.45		
	28.22	30.57	31.47	31.59	32.08	31.40	31.98	32.14		
	450m 4:41.74	500m 5:13.48	550m 5:45.76	600m 6:17.49	650m 6:49.16	700m 7:20.92	750m 7:52.92	800m 8:24.64		
	32.29	31.74	32.28	31.73	31.67	31.76	32.00	31.72		
	850m 8:56.05	900m 9:27.75	950m 9:59.69	1000m 10:31.46	1050m 11:03.20	1100m 11:35.26	1150m 12:07.78	1200m 12:39.89		
	31.41	31.70	31.94	31.77	31.74	32.06	32.52	32.11		
	1250m 13:11.74	1300m 13:43.71	1350m 14:15.92	1400m 14:48.12	1450m 15:20.09	1500m 15:51.39				
	31.85	31.97	32.21	32.20	31.97	31.30				
2.	Thomas Millburn	17	Cockermouth	15:55.97						
	50m 27.67	100m 58.39	150m 1:29.84	200m 2:01.34	250m 2:33.32	300m 3:04.82	350m 3:36.72	400m 4:08.97		
	27.67	30.72	31.45	31.50	31.98	31.50	31.90	32.25		
	450m 4:40.91	500m 5:12.93	550m 5:44.92	600m 6:16.96	650m 6:48.97	700m 7:20.99	750m 7:52.92	800m 8:25.19		
	31.94	32.02	31.99	32.04	32.01	32.02	31.93	32.27		
	850m 8:57.33	900m 9:29.43	950m 10:01.78	1000m 10:34.20	1050m 11:06.42	1100m 11:38.69	1150m 12:11.01	1200m 12:43.28		
	32.14	32.10	32.35	32.42	32.22	32.27	32.32	32.27		
	1250m 13:15.74	1300m 13:47.97	1350m 14:20.45	1400m 14:52.94	1450m 15:25.09	1500m 15:55.97				
	32.46	32.23	32.48	32.49	32.15	30.88				



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3. Edward Baxter															
16 Cockermonth															
16:39.68															
50m	29.48	100m	1:02.20	150m	1:36.01	200m	2:09.70	250m	2:43.23	300m	3:16.65	350m	3:50.36	400m	4:24.25
	29.48		32.72		33.81		33.69		33.53		33.42		33.71		33.89
450m	4:57.84	500m	5:31.94	550m	6:05.81	600m	6:39.93	650m	7:13.88	700m	7:47.59	750m	8:21.46	800m	8:55.56
	33.59		34.10		33.87		34.12		33.95		33.71		33.87		34.10
850m	9:28.97	900m	10:02.20	950m	10:35.11	1000m	11:08.40	1050m	11:42.13	1100m	12:15.81	1150m	12:49.31	1200m	13:22.80
	33.41		33.23		32.91		33.29		33.73		33.68		33.50		33.49
1250m	13:56.56	1300m	14:30.28	1350m	15:03.97	1400m	15:36.89	1450m	16:09.39	1500m	16:39.68				
	33.76		33.72		33.69		32.92		32.50		30.29				
4. Elliot Routledge															
16 Cockermonth															
17:02.56															
50m	29.61	100m	1:02.85	150m	1:37.38	200m	2:11.99	250m	2:46.10	300m	3:20.80	350m	3:55.28	400m	4:30.15
	29.61		33.24		34.53		34.61		34.11		34.70		34.48		34.87
450m	5:04.57	500m	5:39.41	550m	6:14.68	600m	6:49.49	650m	7:23.72	700m	7:57.90	750m	8:33.04	800m	9:07.91
	34.42		34.84		35.27		34.81		34.23		34.18		35.14		34.87
850m	9:42.39	900m	10:16.55	950m	10:51.52	1000m	11:25.68	1050m	11:59.76	1100m	12:33.67	1150m	13:07.36	1200m	13:41.42
	34.48		34.16		34.97		34.16		34.08		33.91		33.69		34.06
1250m	14:15.79	1300m	14:50.00	1350m	15:24.64	1400m	15:58.84	1450m	16:32.43	1500m	17:02.56				
	34.37		34.21		34.64		34.20		33.59		30.13				
5. Connor Joyce															
15 Cockermonth															
17:26.34															
50m	30.00	100m	1:03.85	150m	1:38.29	200m	2:12.99	250m	2:47.50	300m	3:22.20	350m	3:57.11	400m	4:31.78
	30.00		33.85		34.44		34.70		34.51		34.70		34.91		34.67
450m	5:06.91	500m	5:41.83	550m	6:16.97	600m	6:52.81	650m	7:28.14	700m	8:03.81	750m	8:38.83	800m	9:14.49
	35.13		34.92		35.14		35.84		35.33		35.67		35.02		35.66
850m	9:49.80	900m	10:25.11	950m	11:00.22	1000m	11:35.40	1050m	12:09.88	1100m	12:45.28	1150m	13:20.97	1200m	13:55.87
	35.31		35.31		35.11		35.18		34.48		35.40		35.69		34.90
1250m	14:31.01	1300m	15:06.24	1350m	15:41.81	1400m	16:17.66	1450m	16:52.64	1500m	17:26.34				
	35.14		35.23		35.57		35.85		34.98		33.70				
6. Jordan Cooley															
15 Copeland															
17:27.41															
50m	28.35	100m	1:00.10	150m	1:33.90	200m	2:08.70	250m	2:43.20	300m	3:18.02	350m	3:53.01	400m	4:28.06
	28.35		31.75		33.80		34.80		34.50		34.82		34.99		35.05
450m	5:03.46	500m	5:38.34	550m	6:13.68	600m	6:49.38	650m	7:25.24	700m	8:01.21	750m	8:36.77	800m	9:12.59
	35.40		34.88		35.34		35.70		35.86		35.97		35.56		35.82
850m	9:48.62	900m	10:24.18	950m	11:00.18	1000m	11:36.25	1050m	12:11.94	1100m	12:47.82	1150m	13:22.87	1200m	13:58.14
	36.03		35.56		36.00		36.07		35.69		35.88		35.05		35.27
1250m	14:33.75	1300m	15:08.95	1350m	15:44.09	1400m	16:19.54	1450m	16:54.29	1500m	17:27.41				
	35.61		35.20		35.14		35.45		34.75		33.12				
7. Joel Sinclair															
13 Carlisle Aq															
17:33.02															
50m	30.28	100m	1:04.99	150m	1:40.71	200m	2:16.33	250m	2:52.05	300m	3:27.57	350m	4:03.18	400m	4:38.68
	30.28		34.71		35.72		35.62		35.72		35.52		35.61		35.50
450m	5:14.67	500m	5:50.43	550m	6:25.39	600m	7:00.60	650m	7:35.67	700m	8:11.43	750m	8:47.09	800m	9:23.25
	35.99		35.76		34.96		35.21		35.07		35.76		35.66		36.16
850m	9:58.58	900m	10:34.25	950m	11:09.51	1000m	11:45.00	1050m	12:20.55	1100m	12:56.09	1150m	13:31.70	1200m	14:06.76
	35.33		35.67		35.26		35.49		35.55		35.54		35.61		35.06
1250m	14:41.17	1300m	15:15.63	1350m	15:50.47	1400m	16:25.24	1450m	17:00.46	1500m	17:33.02				
	34.41		34.46		34.84		34.77		35.22		32.56				
8. Tom Robinson															
14 Ulverston															
17:49.54															
50m	32.54	100m	1:08.33	150m	1:44.87	200m	2:21.43	250m	2:57.87	300m	3:34.27	350m	4:10.75	400m	4:47.78
	32.54		35.79		36.54		36.56		36.44		36.40		36.48		37.03
450m	5:24.06	500m	6:00.54	550m	6:36.75	600m	7:12.76	650m	7:47.34	700m	8:22.11	750m	8:58.09	800m	9:34.39
	36.28		36.48		36.21		36.01		34.58		34.77		35.98		36.30
850m	10:10.35	900m	10:45.64	950m	11:21.57	1000m	11:56.50	1050m	12:32.24	1100m	13:08.03	1150m	13:42.21	1200m	14:17.16
	35.96		35.29		35.93		34.93		35.74		35.79		34.18		34.95
1250m	14:52.99	1300m	15:28.46	1350m	16:04.00	1400m	16:39.70	1450m	17:15.30	1500m	17:49.54				
	35.83		35.47		35.54		35.70		35.60		34.24				
9. Isaac Hinde															
14 Copeland															
18:14.96															
50m	31.12	100m	1:07.17	150m	1:43.92	200m	2:19.83	250m	2:56.82	300m	3:33.23	350m	4:10.21	400m	4:47.17
	31.12		36.05		36.75		35.91		36.99		36.41		36.98		36.96
450m	5:23.71	500m	5:59.92	550m	6:36.24	600m	7:13.17	650m	7:49.12	700m	8:26.29	750m	9:03.17	800m	9:39.84
	36.54		36.21		36.32		36.93		35.95		37.17		36.88		36.67
850m	10:16.86	900m	10:53.96	950m	11:30.13	1000m	12:07.63	1050m	12:44.95	1100m	13:21.62	1150m	13:58.62	1200m	14:35.40
	37.02		37.10		36.17		37.50		37.32		36.67		37.00		36.78
1250m	15:13.26	1300m	15:49.58	1350m	16:25.78	1400m	17:03.77	1450m	17:41.00	1500m	18:14.96				
	37.86		36.32		36.20		37.99		37.23		33.96				
10. Luke Jackson															
12 Cockermonth															
18:23.74															
50m	31.94	100m	1:07.29	150m	1:43.22	200m	2:19.05	250m	2:55.56	300m	3:32.17	350m	4:09.28	400m	4:46.34
	31.94		35.35		35.93		35.83		36.51		36.61		37.11		37.06
450m	5:23.23	500m	6:00.28	550m	6:36.95	600m	7:13.99	650m	7:51.08	700m	8:28.03	750m	9:05.25	800m	9:42.38
	36.89		37.05		36.67		37.04		37.09		36.95		37.22		37.13
850m	10:19.48	900m	10:56.88	950m	11:33.78	1000m	12:11.64	1050m	12:48.36	1100m	13:25.94	1150m	14:03.22	1200m	14:40.54
	37.10		37.40		36.90		37.86		36.72		37.58		37.28		37.32
1250m	15:18.00	1300m	15:55.26	1350m	16:33.15	1400m	17:10.65	1450m	17:48.44	1500m	18:23.74				
	37.46		37.26		37.89		37.50		37.79		35.30				
11. Jack Ivison															
13 Cockermonth															
18:48.17															
50m	34.27	100m	1:10.97	150m	1:48.06	200m	2:24.89	250m	3:01.86	300m	3:38.80	350m	4:15.99	400m	4:53.26
	34.27		36.70		37.09		36.83		36.97		36.94		37.19		37.27
450m	5:30.69	500m	6:08.22	550m	6:45.48	600m	7:22.54	650m	8:00.24	700m	8:37.81	750m	9:15.83	800m	9:53.75
	37.43		37.53		37.26		37.06		37.70		37.57		38.02		37.92
850m	10:31.60	900m	11:09.27	950m	11:47.89	1000m	12:26.19	1050m	13:04.47	1100m	13:43.08	1150m	14:21.74	1200m	15:00.07
	37.85		37.67		38.62		38.30		38.28		38.61		38.66		38.33
1250m	15:39.26	1300m	16:17.24	1350m	16:55.78	1400m	17:34.09	1450m	18:11.38	1500m	18:48.17				
	39.19		37.98		38.54		38.31		37.29		3				



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13. Theo Tindall	14 Carlisle Aq	19:16.22						
50m 33.79	100m 1:10.92	150m 1:48.70	200m 2:27.06	250m 3:05.15	300m 3:44.02	350m 4:22.62	400m 5:01.19	
33.79	37.13	37.78	38.36	38.09	38.87	38.60	38.57	
450m 5:39.93	500m 6:18.89	550m 6:57.68	600m 7:36.64	650m 8:15.76	700m 8:54.49	750m 9:33.39	800m 10:12.29	
38.74	38.96	38.79	38.96	39.12	38.73	38.90	38.90	
850m 10:51.29	900m 11:29.95	950m 12:08.67	1000m 12:47.58	1050m 13:26.49	1100m 14:05.84	1150m 14:44.75	1200m 15:23.92	
39.00	38.66	38.72	38.91	38.91	39.35	38.91	39.17	
1250m 16:03.14	1300m 16:42.68	1350m 17:21.90	1400m 18:00.93	1450m 18:39.59	1500m 19:16.22			
39.22	39.54	39.22	39.03	38.66	36.63			
14. Nathan Salkeld	13 Carlisle Aq	19:44.04						
50m 33.63	100m 1:10.71	150m 1:49.25	200m 2:28.03	250m 3:07.57	300m 3:46.95	350m 4:26.20	400m 5:05.78	
33.63	37.08	38.54	38.78	39.54	39.38	39.25	39.58	
450m 5:46.02	500m 6:25.52	550m 7:05.00	600m 7:44.77	650m 8:25.41	700m 9:05.94	750m 9:45.18	800m 10:26.66	
40.24	39.50	39.48	39.77	40.64	40.53	39.24	41.48	
850m 11:06.75	900m 11:46.46	950m 12:26.96	1000m 13:07.86	1050m 13:48.46	1100m 14:29.34	1150m 15:09.01	1200m 15:47.51	
40.09	39.71	40.50	40.90	40.60	40.88	39.67	38.50	
1250m 16:28.25	1300m 17:08.15	1350m 17:46.94	1400m 18:27.30	1450m 19:06.06	1500m 19:44.04			
40.74	39.90	38.79	40.36	38.76	37.98			
15. Kes Fountain	12 Penrith	19:54.03						
50m 34.32	100m 1:12.83	150m 1:52.56	200m 2:32.90	250m 3:13.18	300m 3:53.72	350m 4:33.40	400m 5:13.44	
34.32	38.51	39.73	40.34	40.28	40.54	39.68	40.04	
450m 5:53.75	500m 6:34.64	550m 7:15.00	600m 7:55.07	650m 8:34.95	700m 9:15.21	750m 9:55.32	800m 10:35.65	
40.31	40.89	40.36	40.07	39.88	40.26	40.11	40.33	
850m 11:15.50	900m 11:56.12	950m 12:36.32	1000m 13:16.27	1050m 13:56.16	1100m 14:36.22	1150m 15:17.11	1200m 15:57.71	
39.85	40.62	40.20	39.95	39.89	40.06	40.89	40.60	
1250m 16:35.66	1300m 17:14.19	1350m 17:54.21	1400m 18:35.49	1450m 19:15.76	1500m 19:54.03			
37.95	38.53	40.02	41.28	40.27	38.27			

EVENT 131 FINAL OF EVENT 125 Girls 09/10 Yrs 200m Medley Team

Full Results

Place	Name	A.G	Club	Time
1.	Carlisle Aquatics A		Carlisle Aq	2:38.35
			Naomi Ward	40.58
			Anya Storey	44.79
			Faye Milburn	38.69
			Jessica Prokas	34.29
2.	Kendal A		Kendal	2:53.54
			Caitlin Deegan	41.93
			Lucy Sargeant	44.33
			Freya Capstick	49.09
			Megan Bascombe	38.19
3.	Workington		Workington	2:57.67
			Macy Dootson	42.71
			Mia Sandham	50.86
			Megan Sibbald	45.29
			Anna Dootson	38.81
4.	Ulverston		Ulverston	2:57.89
			Rebecca Salton	42.91
			Maisie Allonby	51.21
			Amelia Mardel	45.57
			Ellie Spencer	38.20
5.	Copeland A		Copeland	2:58.84
			Keira Telford	
			Grace Houghton	
			Ava Gill	2:23.43
			Keisha Pettigrew	35.41
	Carlisle Aquatics B		Carlisle Aq	DQ SH 3L
			Millie Bell	42.62
			Medini Varma	
			Hannah Rome	
			Paige Bassett	

EVENT 132 FINAL OF EVENT 126 Boys 09/10 Yrs 200m Medley Team

Full Results

Place	Name	A.G	Club	Time
1.	Barrow A		Barrow	2:53.88
			Ashton Pharoah	47.48
			William Mason	51.12
			Sam Gallagher	38.27
			Ryan Nunn	37.01
2.	Kendal		Kendal	3:01.33
			Alex Tallon	46.24
			Elliot Woodburn	47.94
			Jacob Klijn	
			Finlay Lawson	1:27.15
3.	Copeland A		Copeland	3:18.49
			Finley Quayle	47.58
			James Jennings	52.75
			Quin Pirie	56.02
			Ethan Bird	42.14



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Session 11 results - Saturday 21st March

4. Copeland B	Copeland	3:51.69	
	Kacey Blackwell		47.26
	Kaiden Meloy		1:11.09
	Michael Conery		
	Ethan Smith		1:53.34
Carlisle Aquatics A	Carlisle Aq	DQ M	
	Sam Glover		
	Charlie Glover		
	Myles Kasiera		
	Pawel Sopala		
Barrow B	Barrow	DQ SA 3L	
	Daniel Jesson		52.93
	Finlay Steele		
	Casey Turner		
	Joshua Riley		

EVENT 133 FINAL OF EVENT 128 Girls 09/10 Yrs 200m Freestyle Team

Full Results

Place	Name	A.G	Club	Time	
1.	Carlisle Aquatics A		Carlisle Aq	2:20.51	
			Jessica Prokas		35.13
			Faye Milburn		36.10
			Anya Storey		35.47
			Naomi Ward		33.81
2.	Workington		Workington	2:30.17	
			Megan Sibbald		35.95
			Mia Sandham		38.49
			Anna Dootson		38.29
			Macy Dootson		37.44
3.	Ulverston		Ulverston	2:32.60	
			Rebecca Salton		39.62
			Maisie Allonby		37.59
			Amelia Mardel		36.30
			Ellie Spencer		39.09
4.	Copeland A		Copeland	2:34.64	
			Keisha Pettigrew		37.25
			Zara Newby		39.22
			Keira Telford		39.25
			Ava Gill		38.92
5.	Kendal A		Kendal	2:34.95	
			Lucy Sargeant		38.94
			Freya Capstick		40.80
			Megan Bascombe		39.29
			Caitlin Deegan		35.92
Penrith	Penrith	DQ O 3L			
			Aimee Fowles		42.96
			Lucy Oliver		
			Ellie Lloyds		
			Emily Airey		

EVENT 134 FINAL OF EVENT 129 Boys 09/10 Yrs 200m Freestyle Team

Full Results

Place	Name	A.G	Club	Time	
1.	Barrow A		Barrow	2:29.19	
			Ryan Nunn		39.29
			William Mason		38.02
			Ashton Pharoah		39.53
			Sam Gallagher		32.35
2.	Cockermouth		Cockermouth	2:34.98	
			Rhys Jackson		39.98
			Reggie Steele		40.91
			Daniel Hodgson		41.84
			Dylan Hind		32.25
3.	Kendal		Kendal	2:36.64	
			Alex Tallon		38.81
			Finlay Lawson		43.45
			Jacob Klijn		38.48
			Elliot Woodburn		35.90
4.	Carlisle Aquatics A		Carlisle Aq	2:40.10	
			Ollie Slee		41.64
			Owen Cogan		40.48
			Myles Kasiera		40.06
			Pawel Sopala		37.92
5.	Ulverston		Ulverston	2:40.40	
			Brodie Scales		39.85
			Rowan Bartlett		42.67
			Louis Jones		41.10
			Adrian Lee Chong		36.78
6.	Copeland A		Copeland	2:48.47	
			Finley Quayle		37.43
			James Jennings		37.52
			Michael Conery		49.09
			Quin Pirie		44.43