2016 Cumbria County Championships and Age Groups

Session 1 results – Friday 29th January

EVENT 1 Girls 12 Yrs/Over 800m Freestyle

Full Results

Place	Name	AaD	Club	Time
1.	Amy Heard	17	Carlisle Aq	9:22.86

50m 32.40	100m 1:06.83	150m 1:42.04	200m 2:16.39	250m 2:51.77	300m 3:27.38	350m 4:03.70	400m 4:38.73
32.40	34.43	35.21	34.35	35.38	35.61	36.32	35.03
450m 5:14.95	500m 5:51.11	550m 6:27.45	600m 7:03.29	650m 7:39.18	700m 8:15.33	750m 8:49.92	800m 9:22.86
36.22	36.16	36.34	35.84	35.89	36.15	34.59	32.94

Place	Name	AaD	Club	Time
2.	Elizabeth Airey	15	Cockermouth	9:23.04

50m 32.12	100m 1:06.75	150m 1:42.08	200m 2:17.26	250m 2:52.54	300m 3:27.88	350m 4:03.55	400m 4:39.27
32.12	34.63	35.33	35.18	35.28	35.34	35.67	35.72
450m 5:15.20	500m 5:50.91	550m 6:27.09	600m 7:03.06	650m 7:39.50	700m 8:15.21	750m 8:49.85	800m 9:23.04
35.93	35.71	36.18	35.97	36.44	35.71	34.64	33.19

Place	Name	AaD	Club	Time
3.	Louisa Sinclair	16	Carlisle Aq	9:51.33

50m 33.02	100m 1:08.88	150m 1:45.80	200m 2:22.43	250m 2:59.29	300m 3:36.59	350m 4:13.16	400m 4:50.49
33.02	35.86	36.92	36.63	36.86	37.30	36.57	37.33
450m 5:28.05	500m 6:04.86	550m 6:42.56	600m 7:20.73	650m 7:59.42	700m 8:37.16	750m 9:14.93	800m 9:51.33
37.56	36.81	37.70	38.17	38.69	37.74	37.77	36.40

Place	Name	AaD	Club	Time
4.	Eleanor Nanson	17	Cockermouth	10:02.03

50m 33.23	100m 1:09.57	150m 1:47.34	200m 2:25.23	250m 3:02.86	300m 3:41.02	350m 4:19.05	400m 4:57.49
33.23	36.34	37.77	37.89	37.63	38.16	38.03	38.44
450m 5:35.65	500m 6:13.79	550m 6:51.80	600m 7:29.96	650m 8:08.60	700m 8:47.06	750m 9:25.49	800m 10:02.03
38.16	38.14	38.01	38.16	38.64	38.46	38.43	36.54

Place	Name	AaD	Club	Time
5.	Eve Dootson	14	Cockermouth	10:06.35

50m 33.16	100m 1:09.51	150m 1:47.11	200m 2:24.77	250m 3:02.54	300m 3:40.22	350m 4:19.09	400m 4:57.49
33.16	36.35	37.60	37.66	37.77	37.68	38.87	38.40
450m 5:36.00	500m 6:14.51	550m 6:53.13	600m 7:31.84	650m 8:11.20	700m 8:50.74	750m 9:29.54	800m 10:06.35
38.51	38.51	38.62	38.71	39.36	39.54	38.80	36.81

Place	Name	AaD	Club	Time
6.	Caitlin Poulson	17	Penrith	10:11.63

50m 21.00	100m -	150m -	200m -	250m -	300m -	350m -	400m -
21.00	-	-	-	-	-	-	-
450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m 10:11.63
-	-	-	-	-	-	-	9:50.63

Place	Name	AaD	Club	Time
7.	Sophie Huggon	13	Carlisle Aq	10:12.51

50m 33.35	100m 1:10.16	150m 1:48.47	200m 2:26.30	250m 3:04.01	300m 3:42.64	350m 4:20.58	400m 4:59.43
33.35	36.81	38.31	37.83	37.71	38.63	37.94	38.85
450m 5:38.06	500m 6:17.11	550m 6:55.21	600m 7:33.29	650m 8:12.27	700m 8:52.42	750m 9:32.92	800m 10:12.51
38.63	39.05	38.10	38.08	38.98	40.15	40.50	39.59

Place	Name	AaD	Club	Time
8.	Abbie Winstanley	14	Workington	10:17.41

50m 36.79	100m -	150m -	200m -	250m -	300m -	350m -	400m -
36.79	-	-	-	-	-	-	-
450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m 10:17.41
-	-	-	-	-	-	-	9:40.62

Place	Name	AaD	Club	Time
9.	Elizabeth Adams	14	Cockermouth	10:46.41

50m 22.74	100m -	150m -	200m -	250m -	300m -	350m -	400m -
22.74	-	-	-	-	-	-	-
450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m 10:46.41
-	-	-	-	-	-	-	10:23.67

Place	Name	AaD	Club	Time
10.	Megan Jones	13	Kendal	10:48.37

50m 38.08	100m -	150m -	200m -	250m -	300m -	350m -	400m -
38.08	-	-	-	-	-	-	-
450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m 10:48.37
-	-	-	-	-	-	-	10:10.29

Place	Name	AaD	Club	Time
11.	Lucy Stephenson	14	Copeland	10:54.48

50m 18.76	100m -	150m -	200m -	250m -	300m -	350m -	400m -
18.76	-	-	-	-	-	-	-
450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m 10:54.48
-	-	-	-	-	-	-	10:35.72

Place	Name	AaD	Club	Time
12.	Naomi Peers	13	Cockermouth	10:55.85

50m 34.61	100m 1:13.76	150m 1:54.57	200m 2:35.93	250m 3:17.73	300m 3:59.31	350m 4:41.53	400m 5:23.95
34.61	39.15	40.81	41.36	41.80	41.58	42.22	42.42
450m 6:05.76	500m 6:48.46	550m 7:30.44	600m 8:12.01	650m 8:53.46	700m 9:35.12	750m 10:15.99	800m 10:55.85
41.81	42.70	41.98	41.57	41.45	41.66	40.87	39.86

Place	Name	AaD	Club	Time
13.	Sydney Atkinson	14	Barrow	11:11.19

50m 36.12	100m -	150m -	200m -	250m -	300m -	350m -	400m -
36.12	-	-	-	-	-	-	-
450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m 11:11.19
-	-	-	-	-	-	-	10:35.07

Place	Name	AaD	Club	Time
14.	Anna Morrison	13	Ulverston	11:13.33

50m 36.86	100m 1:18.58	150m 2:01.51	200m 2:45.51	250m 3:30.00	300m 4:14.49	350m 4:59.11	400m 5:44.00
36.86	41.72	42.93	44.00	44.49	44.49	44.62	44.89
450m 6:28.91	500m 7:13.35	550m 7:58.82	600m 8:43.05	650m 9:26.91	700m 10:11.34	750m 10:52.68	800m 11:13.33
44.91	44.44	45.47	44.23	43.86	44.43	41.34	20.65

Place	Name	AaD	Club	Time
15.	Maddison Tuer	12	Workington	11:21.41

50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -
-	-	-	-	-	-	-	-
450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m 11:21.41
-	-	-	-	-	-	-	11:21.41

Place	Name	AaD	Club	Time
16.	Hannah Wren	12	Copeland	11:23.15

50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -
-	-	-	-	-	-	-	-
450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m 11:23.15
-	-	-	-	-	-	-	11:23.15

Place	Name	AaD	Club	Time
17.	Naomi Ward	12	Carlisle Aq	11:42.94

50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -
-	-	-	-	-	-	-	-
450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m 11:42.94
-	-	-	-	-	-	-	11:42.94

18. Neve Richardson	15 Copeland	11:48.42						
50m 36.93	100m 1:19.72	150m 2:03.49	200m 2:48.32	250m 3:33.07	300m 4:18.57	350m 5:04.22	400m 5:50.29	
36.93	42.79	43.77	44.83	44.75	45.50	45.65	46.07	
450m 6:35.78	500m 7:21.67	550m 8:07.64	600m 8:52.79	650m 9:38.37	700m 10:23.78	750m 11:08.08	800m 11:48.42	
45.49	45.89	45.97	45.15	45.58	45.41	44.30	40.34	
Alexandra Airey	13 Cockermouth	DQ						

EVENT 2 Boys 12 Yrs/Over 1500m Freestyle

Full Results

Place	Name	AaD	Club	Time
1.	Thomas Millburn	18	Cockermouth	16:12.93
2.	Nathan Watson	16	Cockermouth	16:52.95
3.	Daniel Tait	18	Carlisle Aq	17:13.65
4.	Joel Sinclair	14	Carlisle Aq	17:14.76
5.	Connor Joyce	16	Cockermouth	17:16.51
6.	Pierce Greening	13	Cockermouth	17:17.07
7.	Tom Robinson	16	Ulverston	17:31.46
8.	Isaac Hinde	15	Copeland	17:45.72
9.	Jack Ivison	15	Cockermouth	17:55.79

1.	50m 27.61	100m 58.59	150m 1:30.54	200m 2:02.78	250m 2:34.65	300m 3:07.26	350m 3:39.76	400m 4:12.42
	27.61	30.98	31.95	32.24	31.87	32.61	32.50	32.66
	450m 4:44.70	500m 5:17.32	550m 5:50.02	600m 6:22.68	650m 6:55.28	700m 7:28.15	750m 8:00.88	800m 8:33.65
	32.28	32.62	32.70	32.66	32.60	32.87	32.73	32.77
	850m 9:06.48	900m 9:39.08	950m 10:12.02	1000m 10:44.79	1050m 11:17.84	1100m 11:50.89	1150m 12:23.69	1200m 12:56.85
	32.83	32.60	32.94	32.77	33.05	33.05	32.80	33.16
	1250m 13:29.47	1300m 14:02.68	1350m 14:35.68	1400m 15:08.97	1450m 15:41.58	1500m 16:12.93		
	32.62	33.21	33.00	33.29	32.61	31.35		
2.	50m 30.42	100m 1:04.31	150m 1:38.23	200m 2:12.09	250m 2:46.07	300m 3:20.16	350m 3:53.87	400m 4:28.24
	30.42	33.89	33.92	33.86	33.98	34.09	33.71	34.37
	450m 5:02.31	500m 5:36.45	550m 6:10.42	600m 6:44.26	650m 7:18.12	700m 7:52.31	750m 8:26.05	800m 9:00.17
	34.07	34.14	33.97	33.84	33.86	34.19	33.74	34.12
	850m 9:33.79	900m 10:07.60	950m 10:41.80	1000m 11:16.29	1050m 11:50.18	1100m 12:24.12	1150m 12:57.81	1200m 13:31.76
	33.62	33.81	34.20	34.49	33.89	33.94	33.69	33.95
	1250m 14:05.58	1300m 14:39.71	1350m 15:13.87	1400m 15:47.69	1450m 16:20.93	1500m 16:52.95		
	33.82	34.13	34.16	33.82	33.24	32.02		
3.	50m 29.64	100m 1:02.60	150m 1:36.49	200m 2:10.60	250m 2:45.13	300m 3:19.39	350m 3:54.27	400m 4:28.99
	29.64	32.96	33.89	34.11	34.53	34.26	34.88	34.72
	450m 5:04.14	500m 5:39.66	550m 6:14.62	600m 6:49.72	650m 7:24.61	700m 7:59.70	750m 8:34.39	800m 9:09.22
	35.15	35.52	34.96	35.10	34.89	35.09	34.69	34.83
	850m 9:44.11	900m 10:19.07	950m 10:54.16	1000m 11:28.80	1050m 12:04.02	1100m 12:39.06	1150m 13:13.92	1200m 13:49.02
	34.89	34.96	35.09	34.64	35.22	35.04	34.86	35.10
	1250m 14:23.78	1300m 14:57.98	1350m 15:32.45	1400m 16:07.06	1450m 16:40.80	1500m 17:13.65		
	34.76	34.20	34.47	34.61	33.74	32.85		
4.	50m 29.89	100m 1:03.92	150m 1:38.45	200m 2:12.88	250m 2:47.43	300m 3:22.59	350m 3:57.83	400m 4:33.25
	29.89	34.03	34.53	34.43	34.55	35.16	35.24	35.42
	450m 5:08.49	500m 5:43.54	550m 6:18.99	600m 6:53.94	650m 7:28.46	700m 8:03.85	750m 8:38.59	800m 9:13.73
	35.24	35.05	35.45	34.95	34.52	35.39	34.74	35.14
	850m 9:49.18	900m 10:24.11	950m 10:58.75	1000m 11:33.67	1050m 12:07.94	1100m 12:42.28	1150m 13:16.44	1200m 13:51.08
	35.45	34.93	34.64	34.92	34.27	34.34	34.16	34.64
	1250m 14:25.66	1300m 14:59.69	1350m 15:34.29	1400m 16:09.11	1450m 16:42.54	1500m 17:14.76		
	34.58	34.03	34.60	34.82	33.43	32.22		
5.	50m 29.79	100m 1:02.70	150m 1:36.71	200m 2:10.95	250m 2:45.31	300m 3:19.72	350m 3:54.39	400m 4:29.28
	29.79	32.91	34.01	34.24	34.36	34.41	34.67	34.89
	450m 5:04.27	500m 5:39.92	550m 6:15.57	600m 6:51.30	650m 7:26.91	700m 8:02.28	750m 8:37.15	800m 9:11.71
	34.99	35.65	35.65	35.73	35.61	35.37	34.87	34.56
	850m 9:46.80	900m 10:21.82	950m 10:56.13	1000m 11:31.26	1050m 12:06.26	1100m 12:41.34	1150m 13:16.18	1200m 13:50.92
	35.09	35.02	34.31	35.13	35.00	35.08	34.84	34.74
	1250m 14:25.44	1300m 15:00.32	1350m 15:34.98	1400m 16:10.01	1450m 16:44.18	1500m 17:16.51		
	34.52	34.88	34.66	35.03	34.17	32.33		
6.	50m 31.17	100m 1:05.53	150m 1:40.64	200m 2:15.60	250m 2:50.92	300m 3:26.01	350m 4:01.33	400m 4:36.85
	31.17	34.36	35.11	34.96	35.32	35.09	35.32	35.52
	450m 5:11.81	500m 5:46.77	550m 6:21.82	600m 6:56.48	650m 7:31.36	700m 8:05.92	750m 8:41.09	800m 9:16.26
	34.96	34.96	35.05	34.66	34.88	34.56	35.17	35.17
	850m 9:50.90	900m 10:26.12	950m 11:00.11	1000m 11:34.63	1050m 12:09.16	1100m 12:44.13	1150m 13:18.64	1200m 13:53.64
	34.64	35.22	33.99	34.52	34.53	34.97	34.51	35.00
	1250m 14:28.10	1300m 15:02.62	1350m 15:37.74	1400m 16:11.72	1450m 16:45.17	1500m 17:17.07		
	34.46	34.52	35.12	33.98	33.45	31.90		
7.	50m 27.83	100m 59.88	150m 1:36.18	200m 2:12.51	250m 2:48.36	300m 3:23.06	350m 3:59.65	400m 4:34.06
	27.83	32.05	36.30	36.33	35.85	34.70	36.59	34.41
	450m 5:09.07	500m 5:44.90	550m 6:19.97	600m 6:55.28	650m 7:30.36	700m 8:05.48	750m 8:40.96	800m 9:15.98
	35.01	35.83	35.07	35.31	35.08	35.12	35.48	35.02
	850m 9:51.24	900m 10:26.70	950m 11:01.58	1000m 11:36.56	1050m 12:11.47	1100m 12:46.71	1150m 13:22.09	1200m 13:57.33
	35.26	35.46	34.88	34.98	34.91	35.24	35.38	35.24
	1250m 14:33.02	1300m 15:08.97	1350m 15:44.86	1400m 16:20.98	1450m 16:57.26	1500m 17:31.46		
	35.69	35.95	35.89	36.12	36.28	34.20		
8.	50m 30.67	100m 1:05.49	150m 1:41.72	200m 2:17.42	250m 2:53.06	300m 3:29.53	350m 4:05.39	400m 4:41.18
	30.67	34.82	36.23	35.70	35.64	36.47	35.86	35.79
	450m 5:16.83	500m 5:52.50	550m 6:28.87	600m 7:04.22	650m 7:40.37	700m 8:16.06	750m 8:51.74	800m 9:28.40
	35.65	35.67	36.37	35.35	36.15	35.69	35.68	36.66
	850m 10:04.04	900m 10:40.31	950m 11:15.99	1000m 11:51.37	1050m 12:27.40	1100m 13:03.02	1150m 13:39.10	1200m 14:14.82
	35.64	36.27	35.68	35.38	36.03	35.62	36.08	35.72
	1250m 14:50.22	1300m 15:26.33	1350m 16:02.38	1400m 16:37.47	1450m 17:12.08	1500m 17:45.72		
	35.40	36.11	36.05	35.09	34.61	33.64		
9.	50m 30.21	100m 1:04.75	150m 1:39.81	200m 2:15.02	250m 2:50.33	300m 3:25.83	350m 4:01.58	400m 4:37.15
	30.21	34.54	35.06	35.21	35.31	35.50	35.75	35.57
	450m 5:12.67	500m 5:48.84	550m 6:25.00	600m 7:01.00	650m 7:37.25	700m 8:13.33	750m 8:49.72	800m 9:26.39
	35.52	36.17	36.16	36.00	36.25	36.08	36.39	36.67
	850m 10:02.67	900m 10:39.06	950m 11:15.33	1000m 11:51.68	1050m 12:27.96	1100m 13:04.50	1150m 13:41.08	1200m 14:17.30
	36.28	36.39	36.27	36.35	36.28	36.54	36.58	36.22
	1250m 14:53.97	1300m 15:30.94	1350m 16:07.66	1400m 16:44.46	1450m 17:20.57	1500m 17:55.79		
	36.67	36.97	36.72	36.80	36.11	35.22		

2016 Cumbria County Championships and Age Groups

Session 1 results – Friday 29th January

10. Declan Burney 13 Cockermouth 18:30.32

50m 33.20	100m 1:10.36	150m 1:47.64	200m 2:25.09	250m 3:02.37	300m 3:39.51	350m 4:17.63	400m 4:55.20
33.20	37.16	37.28	37.45	37.28	37.14	38.12	37.57
450m 5:32.81	500m 6:10.85	550m 6:48.07	600m 7:25.29	650m 8:02.03	700m 8:39.13	750m 9:16.61	800m 9:53.37
37.61	38.04	37.22	37.22	36.74	37.10	37.48	36.76
850m 10:30.42	900m 11:07.86	950m 11:45.29	1000m 12:22.68	1050m 13:00.48	1100m 13:36.67	1150m 14:14.25	1200m 14:51.02
37.05	37.44	37.43	37.39	37.80	36.19	37.58	36.77
1250m 15:27.45	1300m 16:04.99	1350m 16:41.76	1400m 17:18.31	1450m 17:55.45	1500m 18:30.32		
36.43	37.54	36.77	36.55	37.14	34.87		

11. Matthew Whitehead 14 Carlisle Aq 18:32.48

50m 32.44	100m 1:08.10	150m 1:45.69	200m 2:23.60	250m 3:01.23	300m 3:38.66	350m 4:15.69	400m 4:53.01
32.44	35.66	37.59	37.91	37.63	37.43	37.03	37.32
450m 5:30.76	500m 6:08.49	550m 6:46.42	600m 7:24.09	650m 8:02.17	700m 8:39.43	750m 9:15.99	800m 9:52.42
37.75	37.73	37.93	37.67	38.08	37.26	36.56	36.43
850m 10:29.27	900m 11:06.63	950m 11:44.17	1000m 12:21.60	1050m 12:59.28	1100m 13:36.34	1150m 14:13.54	1200m 14:50.67
36.85	37.36	37.54	37.43	37.68	37.06	37.20	37.13
1250m 15:27.53	1300m 16:04.82	1350m 16:43.02	1400m 17:20.82	1450m 17:58.24	1500m 18:32.48		
36.86	37.29	38.20	37.80	37.42	34.24		

12. Ben Jenkinson 13 Cockermouth 19:03.74

50m 33.41	100m 1:10.85	150m 1:48.48	200m 2:25.94	250m 3:03.78	300m 3:41.50	350m 4:19.61	400m 4:57.49
33.41	37.44	37.63	37.46	37.84	37.72	38.11	37.88
450m 5:35.35	500m 6:13.75	550m 6:52.13	600m 7:30.36	650m 8:09.12	700m 8:47.70	750m 9:25.99	800m 10:04.47
37.86	38.40	38.38	38.23	38.76	38.58	38.29	38.48
850m 10:43.37	900m 11:22.07	950m 12:00.49	1000m 12:39.51	1050m 13:18.61	1100m 13:56.49	1150m 14:34.97	1200m 15:13.66
38.90	38.70	38.42	39.02	39.10	37.88	38.48	38.69
1250m 15:52.46	1300m 16:30.96	1350m 17:09.94	1400m 17:48.08	1450m 18:26.62	1500m 19:03.74		
38.80	38.50	38.98	38.14	38.54	37.12		

13. Samuel Greenbank 13 Cockermouth 19:16.65

50m 33.96	100m 1:12.10	150m 1:51.56	200m 2:29.46	250m 3:08.39	300m 3:46.11	350m 4:26.16	400m 5:05.12
33.96	38.14	39.46	37.90	38.93	37.72	40.05	38.96
450m 5:43.60	500m 6:23.44	550m 7:01.97	600m 7:40.93	650m 8:20.54	700m 8:58.80	750m 9:37.39	800m 10:17.01
38.48	39.84	38.53	38.96	39.61	38.26	38.59	39.62
850m 10:55.66	900m 11:33.64	950m 12:12.98	1000m 12:51.56	1050m 13:30.91	1100m 14:09.38	1150m 14:48.16	1200m 15:27.22
38.65	37.98	39.34	38.58	39.35	38.47	38.78	39.06
1250m 16:06.90	1300m 16:45.62	1350m 17:24.33	1400m 18:03.29	1450m 18:41.01	1500m 19:16.65		
39.68	38.72	38.71	38.96	37.72	35.64		

14. Jack Smith 12 Carlisle Aq 19:20.46

50m 33.37	100m 1:11.33	150m 1:50.23	200m 2:29.14	250m 3:07.88	300m 3:46.70	350m 4:25.66	400m 5:04.37
33.37	37.96	38.90	38.91	38.74	38.82	38.96	38.71
450m 5:43.19	500m 6:22.55	550m 7:01.06	600m 7:39.99	650m 8:19.24	700m 8:57.67	750m 9:36.42	800m 10:15.66
38.82	39.36	38.51	38.93	39.25	38.43	38.75	39.24
850m 10:54.78	900m 11:33.41	950m 12:12.69	1000m 12:51.71	1050m 13:30.90	1100m 14:10.30	1150m 14:50.19	1200m 15:28.81
39.12	38.63	39.28	39.02	39.19	39.40	39.89	38.62
1250m 16:08.40	1300m 16:47.45	1350m 17:27.02	1400m 18:06.67	1450m 18:44.30	1500m 19:20.46		
39.59	39.05	39.57	39.65	37.63	36.16		

15. Evan Holt 13 Cockermouth 20:05.17

50m 34.11	100m 1:13.11	150m 1:52.63	200m 2:32.21	250m 3:12.42	300m 3:52.84	350m 4:33.56	400m 5:14.10
34.11	39.00	39.52	39.58	40.21	40.42	40.72	40.54
450m 5:54.35	500m 6:35.09	550m 7:15.68	600m 7:55.96	650m 8:37.07	700m 9:17.53	750m 9:58.09	800m 10:38.79
40.25	40.74	40.59	40.28	41.11	40.46	40.56	40.70
850m 11:19.01	900m 12:00.09	950m 12:41.10	1000m 13:21.85	1050m 14:02.25	1100m 14:42.90	1150m 15:23.18	1200m 16:04.23
40.22	41.08	41.01	40.75	40.40	40.65	40.28	41.05
1250m 16:45.26	1300m 17:26.25	1350m 18:06.84	1400m 18:47.43	1450m 19:27.37	1500m 20:05.17		
41.03	40.99	40.59	40.59	39.94	37.80		

16. Ross Hemsley 14 Workington 20:45.88

50m 33.74	100m 1:12.99	150m 1:54.43	200m 2:35.16	250m 3:16.41	300m 3:57.96	350m 4:39.45	400m 5:20.86
33.74	39.25	41.44	40.73	41.25	41.55	41.49	41.41
450m 6:03.80	500m 6:47.50	550m 7:29.99	600m 8:12.09	650m 8:54.64	700m 9:36.55	750m 10:19.39	800m 11:02.51
42.94	43.70	42.49	42.10	42.55	41.91	42.84	43.12
850m 11:44.97	900m 12:27.32	950m 13:08.82	1000m 13:50.48	1050m 14:32.91	1100m 15:13.33	1150m 15:54.64	1200m 16:36.63
42.46	42.35	41.50	41.66	42.43	40.42	41.31	41.99
1250m 17:18.87	1300m 18:01.08	1350m 18:44.40	1400m 19:26.16	1450m 20:07.16	1500m 20:45.88		
42.24	42.21	43.32	41.76	41.00	38.72		

17. Scott Womack 16 Kendal 21:08.26

50m 33.25	100m 1:12.00	150m 1:52.23	200m 2:32.77	250m 3:15.39	300m 3:57.63	350m 4:41.57	400m 5:24.54
33.25	38.75	40.23	40.54	42.62	42.24	43.94	42.97
450m 6:07.07	500m 6:50.40	550m 7:33.84	600m 8:17.42	650m 9:01.57	700m 9:45.13	750m 10:28.64	800m 11:12.77
42.53	43.33	43.44	43.58	44.15	43.56	43.51	44.13
850m 11:56.08	900m 12:39.67	950m 13:23.42	1000m 14:07.28	1050m 14:50.23	1100m 15:35.41	1150m 16:18.13	1200m 17:01.02
43.31	43.59	43.75	43.86	42.95	45.18	42.72	42.89
1250m 17:44.70	1300m 18:27.29	1350m 19:08.37	1400m 19:51.02	1450m 20:32.55	1500m 21:08.26		
43.68	42.59	41.08	42.65	41.53	35.71		