



# 2018 Cumbria County Championships

(Under ASA Laws & ASA Technical Rules)

Saturday 3rd February, Session 6

Licensed Meet - No. 2NW180377

## EVENT 701 Girls 12 Yrs/Over 800m Freestyle

### 16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Lois Postlethwaite	15	Barrow	9:59.05
	50m 33.62	100m 1:10.55	150m 1:48.67	200m 2:27.01
	33.62	36.93	38.12	38.34
	450m 5:38.65	500m 6:16.71	550m 6:54.56	600m 7:32.67
	37.85	38.06	37.85	38.11
2.	Jess Prokas	13	Carlisle Aq	10:05.55
	50m 33.35	100m 1:09.97	150m 1:47.54	200m 2:25.22
	33.35	36.62	37.57	37.68
	450m 5:36.55	500m 6:14.91	550m 6:53.50	600m 7:31.90
	38.69	38.36	38.59	38.40
3.	Amelia Bell	13	Carlisle Aq	10:10.13
	50m 33.88	100m 1:10.94	150m 1:48.93	200m 2:27.39
	33.88	37.06	37.99	38.46
	450m 5:41.31	500m 6:19.76	550m 6:58.30	600m 7:36.90
	38.73	38.45	38.54	38.60
4.	Elizabeth Bunter	14	Barrow	10:13.00
	50m 35.50	100m 1:14.09	150m 1:53.12	200m 2:32.39
	35.50	38.59	39.03	39.27
	450m 5:48.70	500m 6:27.15	550m 7:05.23	600m 7:42.73
	38.67	38.45	38.08	37.50
5.	Lily Smith	13	Barrow	10:15.02
	50m 33.86	100m 1:11.60	150m 1:50.82	200m 2:30.31
	33.86	37.74	39.22	39.49
	450m 5:45.75	500m 6:24.81	550m 7:03.27	600m 7:41.65
	38.96	39.06	38.46	38.38
6.	Naomi Ward	14	Carlisle Aq	10:17.22
	50m 33.80	100m 1:11.01	150m 1:49.17	200m 2:28.36
	33.80	37.21	38.16	39.19
	450m 5:44.13	500m 6:23.17	550m 7:02.69	600m 7:42.28
	37.90	39.04	39.52	39.59
7.	Megan Sibbald	14	Workington	10:20.30
	50m 36.31	100m 1:15.28	150m 1:54.60	200m 2:34.24
	36.31	38.97	39.32	39.64
	450m 5:51.92	500m 6:30.42	550m 7:09.16	600m 7:47.93
	39.13	38.50	38.74	38.77
8.	Shannon Parker	14	Ulverston	10:46.04
	50m 35.34	100m 1:14.00	150m 1:54.12	200m 2:34.35
	35.34	38.66	40.12	40.23
	450m 6:00.05	500m 6:41.30	550m 7:22.94	600m 8:04.50
	41.66	41.25	41.64	41.56
9.	Jamie-Leigh Tyson	12	Barrow	10:48.58
	50m 36.42	100m 1:16.87	150m 1:55.29	200m 2:39.67
	36.42	40.45	38.42	44.38
	450m 6:05.99	500m 6:43.63	550m 7:28.84	600m 8:09.52
	41.81	37.64	45.21	40.68
10.	Isobel Kelly	15	Kendal	10:55.41
	50m 35.43	100m 1:15.00	150m 1:55.39	200m 2:36.69
	35.43	39.57	40.39	41.30
	450m 6:05.68	500m 6:47.42	550m 7:28.87	600m 8:10.80
	41.98	41.74	41.45	41.93
11.	Keisha Pettigrew	14	Copeland	11:04.13
	50m 37.46	100m 1:19.77	150m 2:02.31	200m 2:44.71
	37.46	42.31	42.54	42.40
	450m 6:18.07	500m 7:00.35	550m 7:42.41	600m 8:23.98
	41.63	42.28	42.06	41.57
12.	Fleur Wood	14	Barrow	11:06.67
	50m 36.70	100m 1:17.87	150m 2:00.42	200m 2:43.02
	36.70	41.17	42.55	42.60
	450m 6:15.59	500m 6:58.17	550m 7:40.55	600m 8:22.77
	42.50	42.58	42.38	42.22
13.	Rosemary Swallow	15	Kendal	11:07.65
	50m 35.74	100m 1:16.15	150m 1:58.20	200m 2:40.52
	35.74	40.41	42.05	42.32
	450m 6:11.60	500m 6:54.96	550m 7:38.02	600m 8:20.12
	42.41	43.36	43.06	42.10
14.	Maisie Allonby	14	Ulverston	11:32.26
	50m 31.61	100m 1:20.29	150m 2:03.42	200m 2:46.70
	31.61	48.68	43.13	43.28
	450m 6:27.13	500m 7:11.25	550m 7:55.72	600m 8:40.30
	44.04	44.12	44.47	44.58
15.	Rebecca Turner	15	Ulverston	11:44.61
	50m 37.64	100m 1:19.98	150m 2:03.47	200m 2:47.51
	37.64	42.34	43.49	44.04
	450m 6:31.54	500m 7:16.44	550m 8:02.13	600m 8:47.13
	45.35	44.90	45.69	45.00
16.	Melissa McIntosh	13	Carlisle Aq	12:22.93
	50m 41.03	100m 1:26.37	150m 2:13.45	200m 3:00.99
	41.03	45.34	47.08	47.54
	450m 6:59.18	500m 7:45.88	550m 8:18.12	600m 8:33.87
	47.72	46.70	32.24	15.75

### Open Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Caitlin Poulson	19	Penrith	9:51.95
	50m 31.18	100m 1:06.23	150m 1:43.52	200m 2:20.69
	31.18	35.05	37.29	37.17
	450m 5:29.47	500m 6:07.60	550m 6:45.32	600m 7:23.30
	37.72	38.13	37.72	37.98



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2.	Eleanor Nanson	19	Cockermouth	9:58.96								
	50m 33.49	100m 1:09.72	150m 1:47.91	200m 2:26.36	250m 3:05.19	300m 3:43.51	350m 4:21.45	400m 4:59.52				
	33.49	36.23	38.19	38.45	38.83	38.32	37.94	38.07				
	450m 5:37.63	500m 6:15.49	550m 6:53.25	600m 7:30.79	650m 8:08.42	700m 8:45.89	750m 9:23.11	800m 9:58.96				
	38.11	37.86	37.76	37.54	37.63	37.47	37.22	35.85				
3.	Lois Postlethwaite	15	Barrow	9:59.05								
	50m 33.62	100m 1:10.55	150m 1:48.67	200m 2:27.01	250m 3:05.76	300m 3:44.16	350m 4:22.71	400m 5:00.80				
	33.62	36.93	38.12	38.34	38.75	38.40	38.55	38.09				
	450m 5:38.65	500m 6:16.71	550m 6:54.56	600m 7:32.67	650m 8:10.59	700m 8:48.18	750m 9:25.06	800m 9:59.05				
	37.85	38.06	37.85	38.11	37.92	37.59	36.88	33.99				
4.	Jess Prokas	13	Carlisle Aq	10:05.55								
	50m 33.35	100m 1:09.97	150m 1:47.54	200m 2:25.22	250m 3:03.19	300m 3:41.27	350m 4:19.40	400m 4:57.86				
	33.35	36.62	37.57	37.68	37.97	38.08	38.13	38.46				
	450m 5:36.55	500m 6:14.91	550m 6:53.50	600m 7:31.90	650m 8:10.46	700m 8:49.41	750m 9:28.09	800m 10:05.55				
	38.69	38.36	38.59	38.40	38.56	38.95	38.68	37.46				
5.	Amelia Bell	13	Carlisle Aq	10:10.13								
	50m 33.88	100m 1:10.94	150m 1:48.93	200m 2:27.39	250m 3:06.22	300m 3:45.26	350m 4:24.01	400m 5:02.58				
	33.88	37.06	37.99	38.46	38.83	39.04	38.75	38.57				
	450m 5:41.31	500m 6:19.76	550m 6:58.30	600m 7:36.90	650m 8:15.60	700m 8:54.18	750m 9:33.26	800m 10:10.13				
	38.73	38.45	38.54	38.60	38.70	38.58	39.08	36.87				
6.	Elizabeth Bunter	14	Barrow	10:13.00								
	50m 35.50	100m 1:14.09	150m 1:53.12	200m 2:32.39	250m 3:11.77	300m 3:51.45	350m 4:30.83	400m 5:10.03				
	35.50	38.59	39.03	39.27	39.38	39.68	39.38	39.20				
	450m 5:48.70	500m 6:27.15	550m 7:05.23	600m 7:42.73	650m 8:20.65	700m 8:58.64	750m 9:36.96	800m 10:13.00				
	38.67	38.45	38.08	37.50	37.92	37.99	38.32	36.04				
7.	Lily Smith	13	Barrow	10:15.02								
	50m 33.86	100m 1:11.60	150m 1:50.82	200m 2:30.31	250m 3:09.82	300m 3:49.15	350m 4:27.95	400m 5:06.79				
	33.86	37.74	39.22	39.49	39.51	39.33	38.80	38.84				
	450m 5:45.75	500m 6:24.81	550m 7:03.27	600m 7:41.65	650m 8:20.49	700m 9:00.12	750m 9:38.85	800m 10:15.02				
	38.96	39.06	38.46	38.38	38.84	39.63	38.73	36.17				
8.	Naomi Ward	14	Carlisle Aq	10:17.22								
	50m 33.80	100m 1:11.01	150m 1:49.17	200m 2:28.36	250m 3:07.47	300m 3:46.77	350m 4:26.37	400m 5:06.23				
	33.80	37.21	38.16	39.19	39.11	39.30	39.60	39.86				
	450m 5:44.13	500m 6:23.17	550m 7:02.69	600m 7:42.28	650m 8:21.79	700m 9:01.48	750m 9:40.07	800m 10:17.22				
	37.90	39.04	39.52	39.59	39.51	39.69	38.59	37.15				
9.	Megan Sibbald	14	Workington	10:20.30								
	50m 36.31	100m 1:15.28	150m 1:54.60	200m 2:34.24	250m 3:13.84	300m 3:53.54	350m 4:33.35	400m 5:12.79				
	36.31	38.97	39.32	39.64	39.60	39.70	39.81	39.44				
	450m 5:51.92	500m 6:30.42	550m 7:09.16	600m 7:47.93	650m 8:26.91	700m 9:05.58	750m 9:43.81	800m 10:20.30				
	39.13	38.50	38.74	38.77	38.98	38.67	38.23	36.49				
10.	Shannon Parker	14	Ulverston	10:46.04								
	50m 35.34	100m 1:14.00	150m 1:54.12	200m 2:34.35	250m 3:15.19	300m 3:56.01	350m 4:37.20	400m 5:18.39				
	35.34	38.66	40.12	40.23	40.84	40.82	41.19	41.19				
	450m 6:00.05	500m 6:41.30	550m 7:22.94	600m 8:04.50	650m 8:46.71	700m 9:27.92	750m 10:08.76	800m 10:46.04				
	41.66	41.25	41.64	41.56	42.21	41.21	40.84	37.28				
11.	Jamie-Leigh Tyson	12	Barrow	10:48.58								
	50m 36.42	100m 1:16.87	150m 1:55.29	200m 2:39.67	250m 3:20.69	300m 4:02.15	350m 4:43.01	400m 5:24.18				
	36.42	40.45	38.42	44.38	41.02	41.46	40.86	41.17				
	450m 6:05.99	500m 6:43.63	550m 7:28.84	600m 8:09.52	650m 8:49.86	700m 9:30.35	750m 10:10.26	800m 10:48.58				
	41.81	37.64	45.21	40.68	40.34	40.49	39.91	38.32				
12.	Isobel Kelly	15	Kendal	10:55.41								
	50m 35.43	100m 1:15.00	150m 1:55.39	200m 2:36.69	250m 3:18.62	300m 4:00.01	350m 4:42.30	400m 5:23.70				
	35.43	39.57	40.39	41.30	41.93	41.39	42.29	41.40				
	450m 6:05.68	500m 6:47.42	550m 7:28.87	600m 8:10.80	650m 8:53.14	700m 9:34.80	750m 10:16.60	800m 10:55.41				
	41.98	41.74	41.45	41.93	42.34	41.66	41.80	38.81				
13.	Keisha Pettigrew	14	Copeland	11:04.13								
	50m 37.46	100m 1:19.77	150m 2:02.31	200m 2:44.71	250m 3:27.32	300m 4:10.50	350m 4:53.35	400m 5:36.44				
	37.46	42.31	42.54	42.40	42.61	43.18	42.85	43.09				
	450m 6:18.07	500m 7:00.35	550m 7:42.41	600m 8:23.98	650m 9:05.96	700m 9:46.10	750m 10:27.23	800m 11:04.13				
	41.63	42.28	42.06	41.57	41.98	40.14	41.13	36.90				
14.	Fleur Wood	14	Barrow	11:06.67								
	50m 36.70	100m 1:17.87	150m 2:00.42	200m 2:43.02	250m 3:25.25	300m 4:07.62	350m 4:50.14	400m 5:33.09				
	36.70	41.17	42.55	42.60	42.23	42.37	42.52	42.95				
	450m 6:15.59	500m 6:58.17	550m 7:40.55	600m 8:22.77	650m 9:04.68	700m 9:47.27	750m 10:29.07	800m 11:06.67				
	42.50	42.58	42.38	42.22	41.91	42.59	41.80	37.60				
15.	Rosemary Swallow	15	Kendal	11:07.65								
	50m 35.74	100m 1:16.15	150m 1:58.20	200m 2:40.52	250m 3:21.99	300m 4:04.96	350m 4:47.50	400m 5:29.19				
	35.74	40.41	42.05	42.32	41.47	42.97	42.54	41.69				
	450m 6:11.60	500m 6:54.96	550m 7:38.02	600m 8:20.12	650m 9:02.86	700m 9:45.77	750m 10:27.97	800m 11:07.65				
	42.41	43.36	43.06	42.10	42.74	42.91	42.20	39.68				
16.	Maisie Allonby	14	Ulverston	11:32.26								
	50m 31.61	100m 1:20.29	150m 2:03.42	200m 2:46.70	250m 3:30.22	300m 4:14.61	350m 4:59.62	400m 5:43.09				
	31.61	48.68	43.13	43.28	43.52	44.39	45.01	43.47				
	450m 6:27.13	500m 7:11.25	550m 7:55.72	600m 8:40.30	650m 9:25.59	700m 10:10.36	750m 10:53.76	800m 11:32.26				
	44.04	44.12	44.47	44.58	45.29	44.77	43.40	38.50				
17.	Rebecca Turner	15	Ulverston	11:44.61								
	50m 37.64	100m 1:19.98	150m 2:03.47	200m 2:47.51	250m 3:32.44	300m 4:17.41	350m 5:01.92	400m 5:46.19				
	37.64	42.34	43.49	44.04	44.93	44.97	44.51	44.27				
	450m 6:31.54	500m 7:16.44	550m 8:02.13	600m 8:47.13	650m 9:32.70	700m 10:17.55	750m 11:01.98	800m 11:44.61				
	45.35	44.90	45.69	45.00	45.57	44.85	44.43	42.63				
18.	Melissa McIntosh	13	Carlisle Aq	12:22.93								
	50m 41.03	100m 1:26.37	150m 2:13.45	200m 3:00.99	250m 3:48.50	300m 4:36.08	350m 5:23.63	400m 6:11.46				
	41.03	45.34	47.08	47.54	47.51	47.58	47.55	47.83				
	450m 6:59.18	500m 7:45.88	550m 8:18.12	600m 8:33.87	650m 9:20.10	700m 10:51.58	750m 11:38.46	800m 12:22.93				
	47.72	46.70	32.24	15.75	46.23	1:31.48	46.88	44.47				



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(Under ASA Laws & ASA Technical Rules)

Saturday 3rd February, Session 6

Licensed Meet - No. 2NW180377

## EVENT 702 Boys 12 Yrs/Over 1500m Freestyle

### 16 Yrs/Under Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Pierce Greening	15	Cockermouth	16:18.02
	50m 28.97	100m 1:00.18	150m 1:32.02	200m 2:04.03
	28.97	31.21	31.84	32.01
	450m 4:45.85	500m 5:18.59	550m 5:51.27	600m 6:23.69
	32.64	32.74	32.68	32.42
	850m 9:07.25	900m 9:39.76	950m 10:12.41	1000m 10:45.17
	32.72	32.51	32.65	32.76
	1250m 13:31.37	1300m 14:04.84	1350m 14:38.29	1400m 15:11.87
	33.36	33.47	33.45	33.58
2.	Declan Burney	15	Cockermouth	17:15.85
	50m 29.87	100m 1:02.79	150m 1:37.02	200m 2:11.45
	29.87	32.92	34.23	34.43
	450m 5:05.85	500m 5:41.06	550m 6:16.55	600m 6:51.78
	35.24	35.21	35.49	35.23
	850m 9:46.32	900m 10:21.21	950m 10:55.44	1000m 11:29.95
	35.03	34.89	34.23	34.51
	1250m 14:24.69	1300m 14:59.59	1350m 15:34.85	1400m 16:09.58
	35.06	34.90	35.26	34.73
3.	Luke Jackson	16	Cockermouth	17:21.76
	50m 29.66	100m 1:02.14	150m 1:35.38	200m 2:09.23
	29.66	32.48	33.24	33.85
	450m 5:02.72	500m 5:37.70	550m 6:12.90	600m 6:48.30
	34.99	34.98	35.20	35.40
	850m 9:44.00	900m 10:19.39	950m 10:54.26	1000m 11:29.37
	35.12	35.39	34.87	35.11
	1250m 14:24.74	1300m 15:00.00	1350m 15:35.43	1400m 16:10.16
	35.11	35.26	35.43	34.73
4.	Rory Ward	16	Carlisle Aq	18:24.38
	50m 30.70	100m 1:05.26	150m 1:41.40	200m 2:18.14
	30.70	34.56	36.14	36.74
	450m 5:23.50	500m 6:00.13	550m 6:37.49	600m 7:15.08
	37.27	36.63	37.36	37.59
	850m 10:21.15	900m 10:58.78	950m 11:36.12	1000m 12:13.30
	36.71	37.63	37.34	37.18
	1250m 15:21.57	1300m 15:59.44	1350m 16:36.74	1400m 17:12.90
	38.28	37.87	37.30	36.16
5.	Matthew Jones	15	Carlisle Aq	18:52.68
	50m 32.19	100m 1:09.19	150m 1:47.32	200m 2:25.89
	32.19	37.00	38.13	38.57
	450m 5:38.93	500m 6:17.93	550m 6:55.28	600m 7:33.78
	38.62	39.00	37.35	38.50
	850m 10:44.81	900m 11:24.58	950m 12:02.97	1000m 12:40.96
	37.28	39.77	38.39	37.99
	1250m 15:51.31	1300m 16:28.90	1350m 17:06.33	1400m 17:43.21
	37.40	37.59	37.43	36.88
6.	Toby Patton	14	Workington	19:21.54
	50m 34.19	100m 1:12.97	150m 1:51.40	200m 2:30.91
	34.19	38.78	38.43	39.51
	450m 5:49.43	500m 6:28.49	550m 7:07.52	600m 7:46.24
	39.30	39.06	39.03	38.72
	850m 10:58.11	900m 11:35.46	950m 12:13.32	1000m 12:51.59
	38.09	37.35	37.86	38.27
	1250m 16:10.95	1300m 16:50.55	1350m 17:29.57	1400m 18:07.96
	40.67	39.60	39.02	38.39
7.	Thomas Klijn	16	Kendal	19:31.56
	50m 31.40	100m 1:07.26	150m 1:45.25	200m 2:23.49
	31.40	35.86	37.99	38.24
	450m 5:38.81	500m 6:18.36	550m 6:57.92	600m 7:37.49
	39.26	39.55	39.56	39.57
	850m 10:55.88	900m 11:35.15	950m 12:15.66	1000m 12:56.04
	39.91	39.27	40.51	40.38
	1250m 16:17.62	1300m 16:57.58	1350m 17:36.83	1400m 18:16.43
	40.66	39.96	39.25	39.60
8.	Finley Quayle	13	Copeland	19:49.64
	50m 33.22	100m 1:10.58	150m 1:49.56	200m 2:28.49
	33.22	37.36	38.98	38.93
	450m 5:47.74	500m 6:27.90	550m 7:07.40	600m 7:46.42
	40.22	40.16	39.50	39.02
	850m 11:07.39	900m 11:47.51	950m 12:27.65	1000m 13:08.08
	41.09	40.12	40.14	40.43
	1250m 16:30.40	1300m 17:10.97	1350m 17:51.71	1400m 18:32.21
	40.42	40.57	40.74	40.50

### Open Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Pierce Greening	15	Cockermouth	16:18.02
	50m 28.97	100m 1:00.18	150m 1:32.02	200m 2:04.03
	28.97	31.21	31.84	32.01
	450m 4:45.85	500m 5:18.59	550m 5:51.27	600m 6:23.69
	32.64	32.74	32.68	32.42
	850m 9:07.25	900m 9:39.76	950m 10:12.41	1000m 10:45.17
	32.72	32.51	32.65	32.76
	1250m 13:31.37	1300m 14:04.84	1350m 14:38.29	1400m 15:11.87
	33.36	33.47	33.45	33.58
	250m 2:36.16	300m 3:08.21	350m 3:40.61	400m 4:13.21
	32.13	32.05	32.40	32.60
	650m 6:56.24	700m 7:29.22	750m 8:01.88	800m 8:34.53
	32.55	32.98	32.66	32.65
	1050m 11:18.09	1100m 11:51.17	1150m 12:24.42	1200m 12:58.01
	32.92	33.08	33.25	33.59
	1450m 15:45.36	1500m 16:18.02		
	33.49	32.66		



# 2018 Cumbria County Championships

(Under ASA Laws & ASA Technical Rules)

Saturday 3rd February, Session 6

Licensed Meet - No. 2NW180377

2.	Jake Fabi	19 Penrith	16:40.98						
	50m 29.29	100m 1:00.72	150m 1:32.44	200m 2:04.79	250m 2:36.59	300m 3:08.24	350m 3:40.76	400m 4:13.12	
	29.29	31.43	31.72	32.35	31.80	31.65	32.52	32.36	
	450m 4:45.92	500m 5:18.97	550m 5:52.01	600m 6:24.06	650m 6:57.14	700m 7:30.08	750m 8:03.83	800m 8:37.99	
	32.80	33.05	33.04	32.05	33.08	32.94	33.75	34.16	
	850m 9:12.23	900m 9:47.07	950m 10:21.65	1000m 10:57.04	1050m 11:31.91	1100m 12:07.32	1150m 12:43.09	1200m 13:18.15	
	34.24	34.84	34.58	35.39	34.87	35.41	35.77	35.06	
	1250m 13:53.01	1300m 14:27.77	1350m 15:02.80	1400m 15:38.57	1450m 16:10.77	1500m 16:40.98			
	34.86	34.76	35.03	35.77	32.20	30.21			
3.	Isaac Hinde	17 Copeland	17:15.20						
	50m 29.73	100m 1:02.16	150m 1:35.92	200m 2:10.66	250m 2:45.11	300m 3:20.49	350m 3:55.29	400m 4:29.82	
	29.73	32.43	33.76	34.74	34.45	35.38	34.80	34.53	
	450m 5:05.20	500m 5:40.22	550m 6:15.38	600m 6:50.27	650m 7:25.42	700m 8:00.28	750m 8:35.39	800m 9:10.12	
	35.38	35.02	35.16	34.89	35.15	34.86	35.11	34.73	
	850m 9:45.06	900m 10:20.06	950m 10:55.30	1000m 11:29.96	1050m 12:04.75	1100m 12:39.69	1150m 13:15.38	1200m 13:49.71	
	34.94	35.00	35.24	34.66	34.79	34.94	35.69	34.33	
	1250m 14:24.71	1300m 14:59.48	1350m 15:34.21	1400m 16:08.95	1450m 16:43.27	1500m 17:15.20			
	35.00	34.77	34.73	34.74	34.32	31.93			
4.	Declan Burney	15 Cockerthorpe	17:15.85						
	50m 29.87	100m 1:02.79	150m 1:37.02	200m 2:11.45	250m 2:46.03	300m 3:20.41	350m 3:55.66	400m 4:30.61	
	29.87	32.92	34.23	34.43	34.58	34.38	35.25	34.95	
	450m 5:05.85	500m 5:41.06	550m 6:16.55	600m 6:51.78	650m 7:26.80	700m 8:01.80	750m 8:36.92	800m 9:11.29	
	35.24	35.21	35.49	35.23	35.02	35.00	35.12	34.37	
	850m 9:46.32	900m 10:21.21	950m 10:55.44	1000m 11:29.95	1050m 12:04.10	1100m 12:39.05	1150m 13:14.32	1200m 13:49.63	
	35.03	34.89	34.23	34.51	34.15	34.95	35.27	35.31	
	1250m 14:24.69	1300m 14:59.59	1350m 15:34.85	1400m 16:09.58	1450m 16:42.95	1500m 17:15.85			
	35.06	34.90	35.26	34.73	33.37	32.90			
5.	Luke Jackson	16 Cockerthorpe	17:21.76						
	50m 29.66	100m 1:02.14	150m 1:35.38	200m 2:09.23	250m 2:43.69	300m 3:18.47	350m 3:52.91	400m 4:27.73	
	29.66	32.48	33.24	33.85	34.46	34.78	34.44	34.82	
	450m 5:02.72	500m 5:37.70	550m 6:12.90	600m 6:48.30	650m 7:23.49	700m 7:58.44	750m 8:33.90	800m 9:08.88	
	34.99	34.98	35.20	35.40	35.19	34.95	35.46	34.98	
	850m 9:44.00	900m 10:19.39	950m 10:54.26	1000m 11:29.37	1050m 12:04.96	1100m 12:39.62	1150m 13:14.45	1200m 13:49.63	
	35.12	35.39	34.87	35.11	35.59	34.66	34.83	35.18	
	1250m 14:24.74	1300m 15:00.00	1350m 15:35.43	1400m 16:10.16	1450m 16:46.44	1500m 17:21.76			
	35.11	35.26	35.43	34.73	36.28	35.32			
6.	Rory Ward	16 Carlisle Aq	18:24.38						
	50m 30.70	100m 1:05.26	150m 1:41.40	200m 2:18.14	250m 2:54.95	300m 3:31.91	350m 4:08.81	400m 4:46.23	
	30.70	34.56	36.14	36.74	36.81	36.96	36.90	37.42	
	450m 5:23.50	500m 6:00.13	550m 6:37.49	600m 7:15.08	650m 7:52.64	700m 8:29.78	750m 9:07.40	800m 9:44.44	
	37.27	36.63	37.36	37.59	37.56	37.14	37.62	37.04	
	850m 10:21.15	900m 10:58.78	950m 11:36.12	1000m 12:13.30	1050m 12:50.60	1100m 13:28.08	1150m 14:05.79	1200m 14:43.29	
	36.71	37.63	37.34	37.18	37.30	37.48	37.71	37.50	
	1250m 15:21.57	1300m 15:59.44	1350m 16:36.74	1400m 17:12.90	1450m 17:50.22	1500m 18:24.38			
	38.28	37.87	37.30	36.16	37.32	34.16			
7.	Matthew Jones	15 Carlisle Aq	18:52.68						
	50m 32.19	100m 1:09.19	150m 1:47.32	200m 2:25.89	250m 3:04.00	300m 3:42.57	350m 4:21.36	400m 5:00.31	
	32.19	37.00	38.13	38.57	38.11	38.57	38.79	38.95	
	450m 5:38.93	500m 6:17.93	550m 6:55.28	600m 7:33.78	650m 8:12.34	700m 8:50.75	750m 9:29.19	800m 10:07.53	
	38.62	39.00	37.35	38.50	38.56	38.41	38.44	38.34	
	850m 10:44.81	900m 11:24.58	950m 12:02.97	1000m 12:40.96	1050m 13:19.35	1100m 13:57.81	1150m 14:35.12	1200m 15:13.91	
	37.28	39.77	38.39	37.99	38.39	38.46	37.31	38.79	
	1250m 15:51.31	1300m 16:28.90	1350m 17:06.33	1400m 17:43.21	1450m 18:20.21	1500m 18:52.68			
	37.40	37.59	37.43	36.88	37.00	32.47			
8.	Toby Patton	14 Workington	19:21.54						
	50m 34.19	100m 1:12.97	150m 1:51.40	200m 2:30.91	250m 3:11.30	300m 3:49.83	350m 4:30.73	400m 5:10.13	
	34.19	38.78	38.43	39.51	40.39	38.53	40.90	39.40	
	450m 5:49.43	500m 6:28.49	550m 7:07.52	600m 7:46.24	650m 8:24.19	700m 9:03.31	750m 9:43.13	800m 10:20.02	
	39.30	39.06	39.03	38.72	37.95	39.12	39.82	36.89	
	850m 10:58.11	900m 11:35.46	950m 12:13.32	1000m 12:51.59	1050m 13:32.78	1100m 14:12.72	1150m 14:51.20	1200m 15:30.28	
	38.09	37.35	37.86	38.27	41.19	39.94	38.48	39.08	
	1250m 16:10.95	1300m 16:50.55	1350m 17:29.57	1400m 18:07.96	1450m 18:47.72	1500m 19:21.54			
	40.67	39.60	39.02	38.39	39.76	33.82			
9.	Thomas Klijn	16 Kendal	19:31.56						
	50m 31.40	100m 1:07.26	150m 1:45.25	200m 2:23.49	250m 3:01.97	300m 3:40.99	350m 4:20.25	400m 4:59.55	
	31.40	35.86	37.99	38.24	38.48	39.02	39.26	39.30	
	450m 5:38.81	500m 6:18.36	550m 6:57.92	600m 7:37.49	650m 8:17.34	700m 8:56.82	750m 9:36.39	800m 10:15.97	
	39.26	39.55	39.56	39.57	39.85	39.48	39.57	39.58	
	850m 10:55.88	900m 11:35.15	950m 12:15.66	1000m 12:56.04	1050m 13:36.57	1100m 14:16.96	1150m 14:57.60	1200m 15:36.96	
	39.91	39.27	40.51	40.38	40.53	40.39	40.64	39.36	
	1250m 16:17.62	1300m 16:57.58	1350m 17:36.83	1400m 18:16.43	1450m 18:55.55	1500m 19:31.56			
	40.66	39.96	39.25	39.60	39.12	36.01			
10.	Finley Quayle	13 Copeland	19:49.64						
	50m 33.22	100m 1:10.58	150m 1:49.56	200m 2:28.49	250m 3:07.77	300m 3:47.31	350m 4:27.23	400m 5:07.52	
	33.22	37.36	38.98	38.93	39.28	39.54	39.92	40.29	
	450m 5:47.74	500m 6:27.90	550m 7:07.40	600m 7:46.42	650m 8:25.31	700m 9:05.01	750m 9:45.71	800m 10:26.30	
	40.22	40.16	39.50	39.02	38.89	39.70	40.70	40.59	
	850m 11:07.39	900m 11:47.51	950m 12:27.65	1000m 13:08.08	1050m 13:48.24	1100m 14:28.75	1150m 15:09.48	1200m 15:49.98	
	41.09	40.12	40.14	40.43	40.16	40.51	40.73	40.50	
	1250m 16:30.40	1300m 17:10.97	1350m 17:51.71	1400m 18:32.21	1450m 19:12.25	1500m 19:49.64			
	40.42	40.57	40.74	40.50	40.04	37.39			