

EVENT 101 Mixed 18 Yrs/Over 400m Freestyle

OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	James Escolme	20	Kendal	4:21.98	531					
	50m 29.19	100m 1:01.54	150m 1:34.98	200m 2:08.99	250m 2:42.84	300m 3:17.16	350m 3:51.14	400m 4:21.98		
2.	Nathan Caine	20	Ulverston	5:09.73	321					
	50m 32.50	100m 1:10.00	150m 1:48.88	200m 2:28.85	250m 3:08.55	300m 3:49.28	350m 4:31.06	400m 5:09.73		

OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Dean Heaps	34	Preston	4:52.88	380					
	50m 32.06	100m 1:06.85	150m 1:43.29	200m 2:20.62	250m 2:58.49	300m 3:36.64	350m 4:14.88	400m 4:52.88		

OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Sean Peers	41	Trafford Met	4:36.57	451					
	50m 32.33	100m 1:07.23	150m 1:42.52	200m 2:18.14	250m 2:53.51	300m 3:28.81	350m 4:03.48	400m 4:36.57		
2.	Michael Caton	42	Kendal	5:30.87	263					
	50m 36.52	100m 1:16.32	150m 1:57.83	200m 2:40.18	250m 3:23.06	300m 4:06.26	350m 4:49.61	400m 5:30.87		
3.	Jonathan Rigg	41	Kendal	5:39.56	244					
	50m 37.39	100m 1:19.80	150m 2:03.29	200m 2:47.70	250m 3:32.42	300m 4:17.09	350m 5:01.50	400m 5:39.56		

OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Carl Shaw	46	NottmLeander	4:23.77	521					
	50m 29.38	100m 1:01.58	150m 1:34.95	200m 2:08.97	250m 2:42.89	300m 3:17.22	350m 3:51.24	400m 4:23.77		

OPEN/MALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Alastair Hughes	50	Harrogate	5:02.00	347					
	50m 34.01	100m 1:11.14	150m 1:49.41	200m 2:28.42	250m 3:07.12	300m 3:46.28	350m 4:25.52	400m 5:02.00		

OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Colin Ovington	57	Derwent&Gate	4:26.37	505					
	50m 30.92	100m 1:04.28	150m 1:37.96	200m 2:11.86	250m 2:45.69	300m 3:19.53	350m 3:53.40	400m 4:26.37		
2.	Justin Palfrey	55	Derby Excel	5:02.11	346					
	50m 33.91	100m 1:11.14	150m 1:49.18	200m 2:27.98	250m 3:06.60	300m 3:45.68	350m 4:24.74	400m 5:02.11		

OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Guy Hussey	62	Stretford	6:46.38	142					
	50m 42.86	100m 1:31.40	150m 2:23.36	200m 3:16.46	250m 4:08.17	300m 5:03.38	350m 5:57.14	400m 6:46.38		

OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Mark Jones	66	Warrington M	5:34.20	256					
	50m 38.24	100m 1:19.62	150m 2:01.84	200m 2:44.61	250m 3:27.12	300m 4:10.04	350m 4:52.89	400m 5:34.20		
2.	Chris Orchard	67	Deepings	6:26.76	165					
	50m 41.18	100m 1:25.80	150m 2:13.27	200m 3:02.43	250m 3:53.14	300m 4:44.68	350m 5:36.58	400m 6:26.76		
--.	Paul Bowman	65	Derwent&Gate	DNC						

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Maisie Allonby	22	Ulverston	5:50.52	283					
	50m 37.18	100m 1:19.40	150m 2:02.87	200m 2:47.42	250m 3:32.87	300m 4:19.28	350m 5:05.35	400m 5:50.52		

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Claire Thomson	25	Carnegie	4:49.41	503					
	50m 33.10	100m 1:08.52	150m 1:44.57	200m 2:21.68	250m 2:58.24	300m 3:35.80	350m 4:13.15	400m 4:49.41		

FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Zeynep Birke Toksoz El	32	Harrogate	6:06.85	247					
	50m 40.27	100m 1:24.99	150m 2:12.26	200m 2:58.67	250m 3:46.54	300m 4:33.91	350m 5:21.38	400m 6:06.85		

FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Emma Jones	39	Preston	5:30.38	338					
	50m 37.28	100m 1:19.38	150m 2:02.72	200m 2:46.04	250m 3:29.39	300m 4:12.42	350m 4:54.13	400m 5:30.38		

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Sophie Casson	41	lo Man	4:22.50	674					
	50m 29.96	100m 1:02.21	150m 1:35.38	200m 2:08.98	250m 2:42.90	300m 3:16.75	350m 3:50.33	400m 4:22.50		

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Donna Blackburn	45	Kendal	5:41.51	306					
	50m 35.63	100m 1:16.25	150m 1:59.24	200m 2:43.03	250m 3:27.55	300m 4:12.64	350m 4:57.87	400m 5:41.51		
2.	Sue Starr	48	East Leeds	6:22.60	217					
	50m 43.01	100m 1:29.77	150m 2:17.88	200m 3:06.55	250m 3:55.21	300m 4:44.74	350m 5:34.80	400m 6:22.60		
3.	Amy Hornby	48	Kendal	6:55.20	170					
	50m 44.94	100m 1:35.59	150m 2:28.08	200m 3:22.23	250m 4:16.14	300m 5:09.76	350m 6:03.87	400m 6:55.20		

FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Michelle Latham	51	Morpeth	6:14.60	232					
	50m 41.92	100m 1:27.80	150m 2:15.32	200m 3:03.13	250m 3:52.07	300m 4:40.22	350m 5:28.45	400m 6:14.60		
2.	Georgina Fuller	53	Hetton	7:45.96	120					
	50m 51.44	100m 1:47.52	150m 2:46.37	200m 3:45.83	250m 4:44.89	300m 5:46.48	350m 6:47.23	400m 7:45.96		

FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Claire Palfrey	57	Derby Excel	6:12.12	236					
	50m 42.16	100m 1:28.15	150m 2:14.80	200m 3:02.02	250m 3:49.49	300m 4:37.52	350m 5:25.57	400m 6:12.12		

FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Helen Smith-Ward	62	Ulverston	10:13.47	52					
	50m 1:18.47	100m 2:37.31	150m 3:55.31	200m 5:13.02	250m 6:30.36	300m 7:46.99	350m 9:02.67	400m 10:13.47		

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Joan Edwards	68	Derwent&Gate	5:42.02	305					
	50m 38.99	100m 1:21.42	150m 2:04.94	200m 2:48.44	250m 3:31.64	300m 4:15.50	350m 4:59.29	400m 5:42.02		

EVENT 103 Mixed 18 Yrs/Over 100m Butterfly

OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Adam Jones	21	Ulverston	1:04.47	405	30.18
2.	Jackson Jardine	19	Cockermouth	1:05.75	382	30.60

OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Anthony Simpson	33	Boldon	1:05.12	393	30.44

OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Jonathan Rigg	41	Kendal	1:18.27	226	37.16

OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Daniel Sutton	47	Lancaster	1:10.23	313	33.00

OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Stephen Hancock	59	Copeland	1:40.24	107	42.97

OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Kevin Smith	62	Newcastle	1:07.16	358	31.22

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Martha Smith	25	Clitheroe	1:10.55	417	33.20

FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Katie Turnbull	30	Lancaster	1:14.91	348	35.04
2.	Madeleine Hotchkiss	31	Harrogate	1:17.10	319	37.18

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Vanessa Holland	49	Burnley BOBC	1:14.96	347	35.68
2.	Victoria Green	48	Derwent&Gate	1:30.00	200	41.93

FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Janet McLean	53	Carnegie	1:13.73	365	35.67
2.	Georgina Fuller	53	Hetton	2:03.29	78	57.99

FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Joanna Waterworth	55	York City	1:27.22	220	40.44

EVENT 104 Female 18 Yrs/Over 50m Backstroke

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Caitlin Wilson	19	Clitheroe	33.25	436
2.	Shannon Parker	22	Ulverston	35.63	355
3.	Abigail Pantry	22	Carlisle Aq	38.52	280
4.	Emma Millar	18	Sth Ayrshire	59.85	74

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Leesha Bentley	25	Bromsgrove	34.86	379
2.	Sian Williams	29	Consett	35.69	353

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Hannah Robson	35	Boldon	41.33	227

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Katie Moore	44	Ulverston	33.20	438
2.	Bethany Syverson	44	Kendal	39.98	251

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Gabrielle Cooper	48	Douglas	34.80	381
2.	Sue Burnett	48	Preston	38.23	287
3.	Andrea Jackson	49	Kendal	40.22	246

EVENT 105 Open/Male 18 /Over 50m Backstroke

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Fergus Bell	18	Ulverston	27.96	494
2.	Jake Klijn	22	Kendal	30.85	368
3.	Adam Jones	21	Ulverston	32.93	302
4.	Evan Dart	20	Kendal	33.79	280
5.	Aaron Mills	19	Boldon	34.86	255
6.	Toby Patton	22	Copeland	35.75	236

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jared Armstrong	26	Stretford	34.29	268
1.	Scott Womack	26	Kendal	34.29	268

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Thomas Pope	33	Stretford	35.19	248

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ed Pickering	37	Stretford	35.61	239

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Chris Nicholson	44	Tynemouth	34.63	260
2.	David Humes	43	Hetton	42.71	138

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Matt Carr	45	Kendal	36.76	217

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Chris Dixon	52	Kendal	35.14	249

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Paul Griffiths	56	Nofio Cymru	32.10	326

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Chris Orchard	67	Deepings	51.70	78

70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
--.	Andrew Birkett	71	Carnforth	DQ 6.4L	

EVENT 106 Mixed 18 Yrs/Over 200m Breaststroke

OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Benson Cowsill	19	Ulverston	2:51.53	343	38.71	1:22.42	2:07.66

OPEN/MALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Matthew Seabrook	27	Preston	3:16.20	229	38.53	1:23.65	2:17.95

OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Dean Heaps	34	Preston	2:36.22	455	36.25	1:15.65	1:55.63

OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Paul Callis	48	Bev Barracud	2:26.74	549	34.05	1:11.75	1:49.77
2.	Russell Hynes	45	Hetton	3:40.73	161	47.50	1:41.58	2:39.86

OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Mark Jones	66	Warrington M	3:29.41	188	48.45	1:42.35	2:36.64

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Maisie Allonby	22	Ulverston	3:19.66	292	41.02	1:30.85	2:24.26

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Claire Thomson	25	Carnegie	2:57.82	413	41.42	1:26.57	2:12.12
--.	Louise Scupham	29	Blackpool Aq	DNC				

FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Siobhan Walshe	35	Douglas	3:17.73	300	45.81	1:35.36	2:26.87

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Eleanor Sutton	42	Copeland	3:32.42	242	47.50	1:41.99	2:37.70

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Kay Stephenson	48	Derwent&Gate	2:59.88	399	40.28	1:25.13	2:11.69

FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
--.	Claire Palfrey	57	Derby Excel	DQ 7.1L				

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
--.	Judith Pearson	66	Carlisle Aq	DNC				

EVENT 107 Mixed 18 Yrs/Over 100m Freestyle

OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Jackson Jardine	19	Cockermouth	58.96	439	28.94

OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Can Elvanlioglu	32	Harrogate	57.78	467	28.33
2.	Anthony Simpson	33	Boldon	1:00.75	402	29.05

OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Sean Peers	41	Trafford Met	1:00.31	410	29.65
2.	Duncan Rogers	40	Hetton	1:08.38	281	31.94

OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Carl Shaw	46	NottmLeander	58.10	459	28.27
2.	Matt Carr	45	Kendal	1:10.94	252	33.64

OPEN/MALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Alastair Hughes	50	Harrogate	1:03.66	349	30.80

OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Sean McLachlan	58	Douglas	1:05.71	317	30.67
2.	Justin Palfrey	55	Derby Excel	1:08.97	274	33.59
3.	Patrick Farmar	55	Preston	1:11.25	249	34.35
4.	Stephen Hancock	59	Copeland	1:19.53	179	-

OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Paul Gibson	61	Carlisle Aq	1:12.92	232	33.79
2.	Guy Hussey	62	Stretford	1:27.83	133	42.85

OPEN/MALE 70/74 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Andrew Birkett	71	Carnforth	1:31.01	119	43.28

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Shannon Parker	22	Ulverston	1:10.29	365	32.91
2.	Abigail Pantry	22	Carlisle Aq	1:12.52	332	34.50

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Alex Vayro	26	Kendal	1:04.52	472	31.39
--.	Louise Scupham	29	Blackpool Aq	DNC		

FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Victoria Cunningham	32	Trafford Met	59.98	588	29.08

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Victoria Green	48	Derwent&Gate	1:12.11	338	34.10
2.	Donna Blackburn	45	Kendal	1:12.25	336	34.16
3.	Andrea Jackson	49	Kendal	1:18.10	266	36.87
4.	Mhairi Helme	48	Kendal	1:21.80	231	37.18
5.	Amy Hornby	48	Kendal	1:31.74	164	43.80

FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Janet McLean	53	Carnegie	1:05.91	443	32.10
2.	Michelle Latham	51	Morpeth	1:24.33	211	40.57
3.	Louise Burton	50	Stretford	1:34.92	148	44.26
4.	Georgina Fuller	53	Hetton	1:39.63	128	48.97

FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Claire Palfrey	57	Derby Excel	1:24.34	211	40.50

FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Helen Smith-Ward	62	Ulverston	2:23.18	43	1:14.67

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Judith Pearson	66	Carlisle Aq	1:12.83	328	35.40
2.	Joan Edwards	68	Derwent&Gate	1:19.02	257	38.40
3.	Lindsey Grady	67	Lincoln Vulc	1:31.15	167	45.12

EVENT 108 Female 18 Yrs/Over 50m Butterfly

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Jamie-Leigh Tyson	20	Ulverston	30.41	487	
2.	Caitlin Wilson	19	Clitheroe	31.53	437	
3.	Evie McMullen	23	Ulverston	31.97	419	

4. Abigail Pantry	22 Carlisle Aq	35.84	298
5. Shannon Parker	22 Ulverston	36.52	281

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Martha Smith	25	Clitheroe	31.48	439
2.	Alex Vayro	26	Kendal	34.55	332
3.	Leesha Bentley	25	Bromsgrove	34.76	326
--.	Louise Scupham	29	Blackpool Aq	DNC	

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Zeynep Birke Toksoz El	32	Harrogate	39.18	228

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Hannah Robson	35	Boldon	40.30	209

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Katie Moore	44	Ulverston	34.18	343

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Vanessa Holland	49	Burnley BOBC	32.65	394
2.	Ruth Parker	45	Clitheroe	34.13	345
3.	Sue Burnett	48	Preston	34.35	338
4.	Donna Blackburn	45	Kendal	37.20	266
5.	Amy Hornby	48	Kendal	51.35	101

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Georgina Fuller	53	Hetton	53.25	90

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Joanna Waterworth	55	York City	36.71	277

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Verity Dobbie	67	Derwent&Gate	46.87	133
2.	Lindsey Grady	67	Lincoln Vulc	48.98	116

EVENT 109 Open/Male 18 Yrs/Over 50m Butterfly

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	James Escolme	20	Kendal	27.72	454
2.	Adam Jones	21	Ulverston	28.51	418
3.	Jake Klijn	22	Kendal	28.77	406
4.	Michael Conery	20	Copeland	29.76	367
5.	Jackson Jardine	19	Cockermouth	30.07	356
6.	Evan Dart	20	Kendal	32.13	292
7.	Nathan Caine	20	Ulverston	32.49	282
8.	Toby Patton	22	Copeland	32.81	274
9.	Aaron Mills	19	Boldon	33.05	268

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jared Armstrong	26	Stretford	28.74	408

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Thomas Pope	33	Stretford	29.67	371
2.	Anthony Simpson	33	Boldon	30.14	353
3.	Harry Sykes	31	Lancaster	31.52	309

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	James Doolan	36	Co Salford	28.55	416
2.	Ed Pickering	37	Stretford	31.65	305

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Sean Peers	41	Trafford Met	30.23	350
2.	Chris Nicholson	44	Tynemouth	31.70	304

3. Ross Anderson	44 Tynemouth	32.60	279
4. Jonathan Rigg	41 Kendal	33.01	269
5. Duncan Rogers	40 Hetton	33.29	262
6. Michael Caton	42 Kendal	33.99	246

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Daniel Sutton	47	Lancaster	31.09	322

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Chris Dixon	52	Kendal	33.55	256

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Patrick Farmer	55	Preston	34.07	245
--.	Kevin McMurray	57	Hamilton	DNC	

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
--.	Kevin Smith	62	Newcastle	DQ 1 0	

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Chris Orchard	67	Deepings	53.91	61

EVENT 110 Mixed 18 Yrs/Over 200m Backstroke

OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Fergus Bell	18	Ulverston	2:14.14	488	30.97	1:05.97	1:41.34
2.	Adam Jones	21	Ulverston	2:34.79	317	34.84	1:13.07	1:53.01

OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Can Elvanlioglu	32	Harrogate	2:26.75	372	35.41	1:12.45	1:49.85

OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Paul Callis	48	Bev Barracud	2:21.12	419	33.39	1:09.51	1:45.86

OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Paul Griffiths	56	Nofio Cymru	2:32.62	331	36.81	1:15.50	1:54.51
2.	Justin Palfrey	55	Derby Excel	2:55.61	217	42.94	1:27.67	2:12.54

OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Paul Gibson	61	Carlisle Aq	3:03.62	190	42.37	1:29.69	2:17.12

OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Mark Jones	66	Warrington M	3:13.14	163	46.68	1:36.12	2:25.36

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Abigail Pantry	22	Carlisle Aq	2:57.30	295	41.66	1:26.44	2:12.69

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Sian Williams	29	Consett	2:50.13	333	39.84	1:21.96	2:06.11

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Andrea Jackson	49	Kendal	3:12.06	232	45.64	1:33.43	2:23.93
2.	Mhairi Helme	48	Kendal	3:24.66	191	45.78	1:38.05	2:31.78
3.	Sue Starr	48	East Leeds	3:28.67	181	49.13	1:42.16	2:36.17

FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Helen Andrews	60	Portsmouth N	3:45.68	143	50.33	1:47.88	2:47.02

EVENT 201 Mixed 18 Yrs/Over 400m IM

OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Fergus Bell	18	Ulverston	5:04.52	458					
	50m 29.96	100m 1:08.14	150m 1:45.61	200m 2:24.92	250m 3:10.58	300m 3:57.09	350m 4:31.40	400m 5:04.52		

OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Dean Heaps	34	Preston	5:35.38	343					
	50m 34.23	100m 1:14.82	150m 2:00.51	200m 2:45.49	250m 3:29.21	300m 4:14.67	350m 4:55.80	400m 5:35.38		

OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Mark Jones	66	Warrington M	6:51.42	185					
	50m 48.24	100m 1:43.77	150m 2:39.69	200m 3:34.42	250m 4:28.64	300m 5:25.02	350m 6:08.68	400m 6:51.42		

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Claire Thomson	25	Carnegie	5:25.47	483					
	50m 35.51	100m 1:14.38	150m 1:56.10	200m 2:37.82	250m 3:24.23	300m 4:10.83	350m 4:48.91	400m 5:25.47		

FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Madeleine Hotchkiss	31	Harrogate	6:00.99	354					
	50m 37.99	100m 1:19.95	150m 2:08.84	200m 2:56.37	250m 3:47.50	300m 4:39.24	350m 5:20.89	400m 6:00.99		

FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Emma Jones	39	Preston	6:08.46	333					
	50m 37.78	100m 1:22.29	150m 2:08.76	200m 2:58.39	250m 3:50.70	300m 4:43.55	350m 5:27.81	400m 6:08.46		

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts					
1.	Mhairi Helme	48	Kendal	7:29.04	184					
	50m 48.95	100m 1:49.68	150m 2:45.68	200m 3:40.51	250m 4:43.26	300m 5:45.95	350m 6:38.04	400m 7:29.04		
2.	Sue Starr	48	East Leeds	7:42.30	168					
	50m 54.32	100m 1:55.46	150m 2:55.03	200m 3:54.19	250m 5:00.35	300m 6:06.48	350m 6:55.89	400m 7:42.30		

EVENT 202 Mixed 18 Yrs/Over 100m Breaststroke

OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Benson Cowsill	19	Ulverston	1:15.52	392	35.85

OPEN/MALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Sam Flint	28	Kendal	1:23.09	294	37.88

OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Dean Heaps	34	Preston	1:12.57	442	34.40
2.	Anthony Simpson	33	Boldon	1:18.35	351	37.15

OPEN/MALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Thomas Morgan	36	East Leeds	1:26.44	261	41.08

OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	David Humes	43	Hetton	1:32.95	210	44.29

OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	David Charlton	45	Boldon	1:30.90	224	42.41
2.	Russell Hynes	45	Hetton	1:39.17	173	47.45

OPEN/MALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Guy Fitzgerald	50	Kendal	1:34.38	200	44.73

OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Paul Gibson	61	Carlisle Aq	1:42.62	156	48.32

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
--	Louise Scupham	29	Blackpool Aq	DNC		50

FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Victoria Cunningham	32	Trafford Met	1:16.51	541	35.93

FEMALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Siobhan Walshe	35	Douglas	1:31.73	314	44.49
2.	Hannah Robson	35	Boldon	1:41.43	232	47.97

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Bethany Syverson	44	Kendal	1:32.49	306	44.15
2.	Eleanor Sutton	42	Copeland	1:37.80	259	45.18

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
--	Vanessa Holland	49	Burnley BOBC	DNC		50

FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Janet McLean	53	Carnegie	1:27.11	366	42.60

FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Helen Smith-Ward	62	Ulverston	2:46.75	52	1:24.38

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	
1.	Judith Pearson	66	Carlisle Aq	1:34.99	282	45.09
--	Verity Dobbie	67	Derwent&Gate	DNC		

EVENT 203 Female 18 Yrs/Over 50m Freestyle

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jamie-Leigh Tyson	20	Ulverston	27.82	552
2.	Evie McMullen	23	Ulverston	28.47	515
3.	Shannon Parker	22	Ulverston	31.33	386
4.	Maisie Allonby	22	Ulverston	31.75	371
5.	Emma Millar	18	Sth Ayrshire	48.91	101

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Alex Vayro	26	Kendal	29.74	452
2.	Martha Smith	25	Clitheroe	29.98	441
3.	Leesha Bentley	25	Bromsgrove	30.13	435
4.	Sian Williams	29	Consett	30.91	402

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Victoria Cunningham	32	Trafford Met	27.47	574

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Bethany Syverson	44	Kendal	34.53	289

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Gabrielle Cooper	48	Douglas	30.22	431
2.	Sue Burnett	48	Preston	30.34	426
3.	Ruth Parker	45	Clitheroe	31.56	378
4.	Andrea Jackson	49	Kendal	35.24	271
5.	Amy Hornby	48	Kendal	41.27	169
--	Claire Smith	48	N'wich Seals	DNC	
--	Vanessa Holland	49	Burnley BOBC	DNC	

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Michelle Latham	51	Morpeth	39.27	196
2.	Louise Burton	50	Stretford	43.17	147

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Joanna Waterworth	55	York City	33.82	307

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Helen Smith-Ward	62	Ulverston	1:07.19	39

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Verity Dobbie	67	Derwent&Gate	34.44	291
2.	Lindsey Grady	67	Lincoln Vulc	41.08	171

EVENT 204 Open/Male 18 Yrs/Over 50m Freestyle

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jackson Jardine	19	Cockermouth	27.03	399
2.	Michael Conery	20	Copeland	27.53	377
3.	Evan Dart	20	Kendal	29.07	320
4.	Aaron Mills	19	Boldon	29.19	316
5.	Toby Patton	22	Copeland	29.58	304

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Jared Armstrong	26	Stretford	26.29	433
2.	Scott Womack	26	Kendal	30.34	282
3.	Sam Flint	28	Kendal	31.23	258
--.	Johnny Proctor	25	Preston	DQ 4 .4L	

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Thomas Pope	33	Stretford	27.14	394
2.	Harry Sykes	31	Lancaster	27.95	360

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Thomas Morgan	36	East Leeds	34.14	198

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Chris Nicholson	44	Tynemouth	29.10	319
2.	Ross Anderson	44	Tynemouth	29.55	305
3.	Duncan Rogers	40	Hetton	30.37	281
4.	David Neal	42	Lancaster	30.72	271

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Paul Callis	48	Bev Barracud	25.59	470
2.	Carl Shaw	46	NottmLeander	26.58	419
3.	Matt Carr	45	Kendal	32.35	232
4.	David Charlton	45	Boldon	34.40	193

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Chris Dixon	52	Kendal	30.20	286
2.	Guy Fitzgerald	50	Kendal	33.68	206

55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Patrick Farmar	55	Preston	31.34	256
--.	Kevin McMurray	57	Hamilton	DNC	

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Guy Hussey	62	Stretford	38.14	142

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Chris Orchard	67	Deepings	36.60	160

EVENT 205 Mixed 18 Yrs/Over 200m Butterfly

OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Michael Caton	42	Kendal	3:11.20	174	39.60	1:25.20	2:15.37

OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Daniel Sutton	47	Lancaster	2:47.80	258	34.83	1:16.14	2:01.86

OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Kevin Smith	62	Newcastle	2:35.96	321	37.49	1:18.30	1:59.06

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Mhairi Helme	48	Kendal	4:00.33	122	53.59	1:56.09	3:00.95

EVENT 206 Mixed 18 Yrs/Over 100m Backstroke

OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Fergus Bell	18	Ulverston	1:02.02	473	29.97
2.	Jake Klijn	22	Kendal	1:08.07	357	32.57
3.	Adam Jones	21	Ulverston	1:11.20	312	32.50
4.	Evan Dart	20	Kendal	1:16.82	249	37.33

OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Matt Carr	45	Kendal	1:24.91	184	41.55

OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Sean McLachlan	58	Douglas	1:13.79	280	35.75

OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Paul Gibson	61	Carlisle Aq	1:25.06	183	41.19

OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Mark Jones	66	Warrington M	1:32.88	140	45.69

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Jamie-Leigh Tyson	20	Ulverston	1:05.83	552	32.05
2.	Caitlin Wilson	19	Clitheroe	1:10.43	451	33.90
3.	Evie McMullen	23	Ulverston	1:12.72	409	34.65

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Claire Thomson	25	Carnegie	1:13.75	392	36.43
2.	Leesha Bentley	25	Bromsgrove	1:18.76	322	39.62
3.	Sian Williams	29	Consett	1:19.07	318	38.41

FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Janet McLean	53	Carnegie	1:16.81	347	37.65

FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50
1.	Helen Andrews	60	Portsmouth N	1:44.88	136	49.66

EVENT 207 Female 18 Yrs/Over 50m Breaststroke

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Caitlin Wilson	19	Clitheroe	37.11	446
2.	Maisie Allonby	22	Ulverston	40.27	349

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Martha Smith	25	Clitheroe	38.40	403

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Victoria Cunningham	32	Trafford Met	35.89	493

35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Hannah Robson	35	Boldon	46.27	230

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Bethany Syverson	44	Kendal	42.41	299
2.	Eleanor Sutton	42	Copeland	44.49	259

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ruth Parker	45	Clitheroe	40.95	332
2.	Andrea Jackson	49	Kendal	45.65	240
3.	Sue Starr	48	East Leeds	47.07	218
4.	Mhairi Helme	48	Kendal	47.51	212
--.	Claire Smith	48	N'wich Seals	DNC	

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Louise Burton	50	Stretford	52.34	159

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Helen Smith-Ward	62	Ulverston	1:18.76	46

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Verity Dobbie	67	Derwent&Gate	43.51	277

EVENT 208 Open/Male 18 /Over 50m Breaststroke

18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Benson Cowsill	19	Ulverston	34.20	388
2.	Michael Conery	20	Copeland	34.43	380
3.	Jake Klijn	22	Kendal	35.56	345
4.	Toby Patton	22	Copeland	38.64	269

25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Matthew Seabrook	27	Preston	34.46	379
2.	Jared Armstrong	26	Stretford	36.35	323
3.	Sam Flint	28	Kendal	38.05	281
4.	Scott Womack	26	Kendal	41.14	223

30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Dean Heaps	34	Preston	32.82	439
2.	Thomas Pope	33	Stretford	33.70	405

40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ross Anderson	44	Tynemouth	36.93	308
2.	David Humes	43	Hetton	40.77	229
3.	Michael Caton	42	Kendal	41.00	225

45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	David Charlton	45	Boldon	40.80	228
2.	Russell Hynes	45	Hetton	43.41	189

50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Chris Dixon	52	Kendal	39.99	242

60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Kevin Smith	62	Newcastle	37.28	299
2.	Guy Hussey	62	Stretford	49.28	129

65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Chris Orchard	67	Deepings	44.91	171

EVENT 209 Mixed 18 Yrs/Over 200m Freestyle

OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Jackson Jardine	19	Cockermouth	2:04.94	491	29.93	1:01.61	1:33.43
2.	Nathan Caine	20	Ulverston	2:46.66	207	33.09	1:09.86	1:48.15

OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Can Elvanlioglu	32	Harrogate	2:10.85	427	30.88	1:03.39	1:37.45
2.	Anthony Simpson	33	Boldon	2:17.70	367	29.97	1:03.93	1:40.70
3.	Harry Sykes	31	Lancaster	2:30.39	281	32.40	1:09.16	1:49.97

OPEN/MALE 35/39 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Thomas Morgan	36	East Leeds	2:40.31	232	37.65	1:18.46	2:00.06

OPEN/MALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	David Neal	42	Lancaster	2:37.90	243	35.40	1:14.35	1:56.10
2.	Nicholas Hatton	41	Nofio Cymru	2:38.06	242	37.06	1:18.33	1:59.61

OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Carl Shaw	46	NottmLeander	2:03.60	507	29.08	59.98	1:32.01

OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Patrick Farmar	55	Preston	2:41.57	227	36.51	1:18.12	2:00.26

OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Mark Jones	66	Warrington M	2:46.82	206	39.02	1:21.71	2:04.89

FEMALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Leesha Bentley	25	Bromsgrove	2:44.84	299	38.27	1:19.92	2:02.28

FEMALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Katie Turnbull	30	Lancaster	2:19.53	494	32.51	1:07.55	1:43.56
2.	Zeynep Birke Toksoz El	32	Harrogate	2:54.71	251	39.10	1:23.28	2:09.08

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Sophie Casson	41	Io Man	2:06.88	657	29.66	1:02.06	1:34.69

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Gabrielle Cooper	48	Douglas	2:28.32	411	34.34	1:12.10	1:50.55
--.	Amy Hornby	48	Kendal	DNC				

FEMALE 50/54 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Michelle Latham	51	Morpeth	3:03.64	216	41.99	1:28.29	2:16.91
--.	Janet McLean	53	Carnegie	DNC				

FEMALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Helen Smith-Ward	62	Ulverston	5:03.35	48	1:16.63	2:34.52	3:51.57

FEMALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Joan Edwards	68	Derwent&Gate	2:44.33	302	38.59	1:20.97	2:03.28
2.	Judith Pearson	66	Carlisle Aq	2:47.49	285	38.90	1:22.00	2:04.84

EVENT 210 Mixed 18 Yrs/Over 200m IM

OPEN/MALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Aaron Mills	19	Boldon	2:41.49	306	34.14	1:16.42	2:05.73

OPEN/MALE 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Sam Flint	28	Kendal	2:53.83	245	37.70	1:23.89	2:10.64
--.	Johnny Proctor	25	Preston	DQ 6.4L				

OPEN/MALE 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Thomas Pope	33	Stretford	2:32.77	362	32.73	1:15.92	1:57.92

OPEN/MALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Paul Callis	48	Bev Barracud	2:18.28	488	30.29	1:06.02	1:45.77
2.	Matt Carr	45	Kendal	3:02.77	211	40.78	1:28.28	2:23.66

OPEN/MALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Stephen Hancock	59	Copeland	3:29.59	140	47.73	1:43.45	2:43.59
--.	Paul Griffiths	56	Nofio Cymru	DNC				

OPEN/MALE 60/64 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Paul Gibson	61	Carlisle Aq	3:16.10	171	41.16	1:30.25	2:31.89

OPEN/MALE 65/69 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Mark Jones	66	Warrington M	3:15.65	172	46.43	1:41.09	2:34.91

FEMALE 18/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Caitlin Wilson	19	Clitheroe	2:32.36	508	32.12	1:10.80	1:56.17

FEMALE 40/44 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Bethany Syverson	44	Kendal	3:10.76	259	41.86	1:35.09	2:28.30
2.	Eleanor Sutton	42	Copeland	3:24.08	211	45.30	1:39.30	2:35.02

FEMALE 45/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Mhairi Helme	48	Kendal	3:30.83	192	44.46	1:39.63	2:40.09

FEMALE 55/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts	50	100	150
1.	Joanna Waterworth	55	York City	3:01.66	300	39.56	1:29.42	2:21.08