



# 2011 Cumbria Age Groups and County Championships

(Under ASA Laws & ASA Technical Rules)

Saturday 26<sup>th</sup> February

Licensed Meet - No. CC1019

## EVENT 1 Girls 09/10 Yrs 200m Medley Team

Full Results

1.	Ulverston A	Ulverston	2:35.52	
		Megan Roper	40.10	
		Rebecca Fell	1:19.02	
		Eden Joy Light	36.56	
		Victoria Swann	59.84	
2.	Copeland	Copeland	2:44.11	
		Elinor Southward	38.66	
		Amy-Slee Cowan	52.00	
		Alex Messenger	45.26	
		Charlotte Stamper	28.19	
3.	Kendal A	Kendal	2:56.09	
		Brodie Swallow	25.08	
		Imogen Burrow	1:05.30	
		Emily Reay	45.02	
		Josie Bates	40.69	
4.	City of Carlisle	Co Carlisle	3:02.58	
		Alex Collins	46.81	
		Elizabeth Airey	51.92	
		Alyshia Gill	44.46	
		Simone Shaw	39.39	
5.	Workington	Workington	3:03.07	
		Rhianne Owen	45.59	
		Jasmin Pritt	44.09	
		Amber Murphy		
		Sadie Barnes	1:33.39	
6.	City of Carlisle B	Co Carlisle	3:10.93	
		Alex Whitfield	48.84	
		Lucy Hunter	56.98	
		Holly Howson	44.62	
		Lilli Noble	40.49	
7.	Ulverston B	Ulverston	3:20.18	
		Georgina Milburn	49.12	
		Ellie Simons	57.63	
		Maya Plishko	51.18	
		Imogen Duncalf	42.25	
8.	Barrow	Barrow	3:21.52	
		Evie Harrison	45.95	
		Emma Thexton	50.04	
		Meghann Ewing		
		Shauna Yates	1:45.53	
9.	Kendal B	Kendal	3:23.00	
		Isobel Abbatt	50.60	
		Zoe Webster	55.09	
		Ella Mounsey	57.87	
		Nicola Capstick	39.44	
10.	Troutbeck Bridge A	Troutbeck Br	3:35.33	
		Rachael Shaw	51.96	
		Katie Harrison	57.49	
		Sally Harrison	54.62	
		Abbey Bissland	51.26	
	Carlisle Water Polo A	Carlisle WP	DQ SA-5L	
		Hannah McGarr		
		Amelia Wilson		
		Emma Robinson		
		Frances Nutley		

## EVENT 2 Boys 09/10 Yrs 200m Medley Team

Straight Final

## EVENT 3 Girls 11 Yrs/Over 800m Freestyle

### 11 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Lucy McKenzie	13	Cockermouth	9:26.26					
	50m 30.44	100m 1:05.14	150m 1:40.33	200m 2:15.18	250m 2:50.78	300m 3:26.46	350m 4:02.56	400m 4:38.42	
	450m 5:14.54	500m 5:51.22	550m 6:27.15	600m 7:03.24	650m 7:39.46	700m 8:16.04	750m 8:51.45	800m 9:26.26	
2.	Becky Walley	14	Copeland	9:45.38					
	50m 31.43	100m 1:06.55	150m 1:42.62	200m 2:19.36	250m 2:56.28	300m 3:33.42	350m 4:10.50	400m 4:48.01	
	450m 5:25.23	500m 6:03.08	550m 6:41.03	600m 7:18.80	650m 7:55.95	700m 8:33.42	750m 9:11.06	800m 9:45.38	
3.	Courtney Watson	14	Cockermouth	9:48.92					
	50m 33.47	100m 1:09.78	150m 1:46.74	200m 2:24.21	250m 3:01.97	300m 3:39.39	350m 4:16.63	400m 4:53.04	
	450m 5:30.36	500m 6:08.27	550m 6:45.85	600m 7:23.18	650m 8:00.17	700m 8:37.23	750m 9:13.32	800m 9:48.92	
4.	Victoria Johnston	18	Eden Valley	9:56.88					
	50m 33.17	100m 1:08.90	150m 1:45.80	200m 2:23.20	250m 3:00.85	300m 3:38.36	350m 4:15.84	400m 4:53.55	
	450m 5:31.75	500m 6:09.79	550m 6:48.30	600m 7:26.55	650m 8:04.85	700m 8:43.09	750m 9:20.88	800m 9:56.88	
5.	Ashleigh Backhouse	13	Cockermouth	10:09.59					
	50m 32.67	100m 1:08.81	150m 1:46.03	200m 2:24.43	250m 3:02.74	300m 3:41.89	350m 4:21.20	400m 5:00.44	
	450m 5:39.72	500m 6:18.59	550m 6:57.46	600m 7:36.32	650m 8:15.38	700m 8:54.22	750m 9:32.83	800m 10:09.59	
6.	Rebecca Clark	12	Cockermouth	10:33.21					
	50m 33.27	100m 1:10.29	150m 1:49.37	200m 2:28.46	250m 3:08.23	300m 3:48.25	350m 4:28.38	400m 5:08.02	
	450m 5:49.90	500m 6:31.34	550m 7:12.55	600m 7:54.01	650m 8:35.33	700m 9:15.73	750m 9:56.38	800m 10:33.21	



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7.	Ruth McEwen	12	Barrow	10:43.11					
	50m 34.76	100m 1:14.62	150m 1:56.08	200m 2:37.27	250m 3:18.03	300m 3:59.05	350m 4:40.05	400m 5:22.26	
	450m 6:02.86	500m 6:44.92	550m 7:24.52	600m 8:05.61	650m 8:47.61	700m 9:28.82	750m 10:08.70	800m 10:43.11	
8.	Chloe Carr	12	Copeland	10:46.80					
	50m 37.40	100m 1:17.95	150m 1:59.43	200m 2:41.50	250m 3:21.70	300m 4:02.91	350m 4:44.31	400m 5:25.04	
	450m 6:06.29	500m 6:46.77	550m 7:27.74	600m 8:08.04	650m 8:48.79	700m 9:29.46	750m 10:09.86	800m 10:46.80	
9.	Laura Davison	11	Co Carlisle	11:04.97					
	50m 39.49	100m 1:21.15	150m 2:03.03	200m 2:44.99	250m 3:26.37	300m 4:08.60	350m 4:50.45	400m 5:32.58	
	450m 6:14.50	500m 6:57.12	550m 7:39.04	600m 8:21.33	650m 9:03.40	700m 9:45.33	750m 10:27.12	800m 11:04.97	
10.	Laura Garrick	14	Troutbeck Br	11:05.59					
	50m 36.56	100m 1:15.97	150m 1:56.87	200m 2:38.25	250m 3:18.49	300m 4:01.71	350m 4:44.40	400m 5:27.45	
	450m 6:10.74	500m 6:53.58	550m 7:37.23	600m 8:19.38	650m 9:01.58	700m 9:46.62	750m 10:28.56	800m 11:05.59	
11.	Chelsea Atkinson	12	Cockermouth	11:08.50					
	50m 36.89	100m 1:18.48	150m 2:00.79	200m 2:43.65	250m 3:27.08	300m 4:10.51	350m 4:53.82	400m 5:36.66	
	450m 6:19.65	500m 7:02.83	550m 7:46.74	600m 8:28.79	650m 9:10.98	700m 9:51.56	750m 10:31.72	800m 11:08.50	
12.	Amie Ivison	12	Workington	11:09.47					
	50m 35.38	100m 1:16.66	150m 1:59.45	200m 2:41.85	250m 3:23.74	300m 4:06.42	350m 4:50.24	400m 5:33.49	
	450m 6:16.22	500m 6:58.97	550m 7:41.57	600m 8:24.60	650m 9:08.27	700m 9:50.30	750m 10:32.32	800m 11:09.47	
13.	Zara McKnight	11	Co Carlisle	11:12.34					
	50m 36.77	100m 1:18.03	150m 1:59.76	200m 2:42.33	250m 3:24.60	300m 4:07.49	350m 4:49.98	400m 5:32.82	
	450m 6:15.14	500m 6:58.33	550m 7:41.57	600m 8:23.90	650m 9:07.22	700m 9:49.92	750m 10:32.22	800m 11:12.34	
14.	Caitlin Wren	12	Barrow	11:12.94					
	50m 37.79	100m -	150m 2:02.47	200m 2:45.98	250m 3:28.78	300m 4:11.58	350m 4:53.84	400m 5:36.28	
	450m 6:19.04	500m 7:01.84	550m 7:44.85	600m 8:27.57	650m 9:10.89	700m -	750m 10:34.32	800m 11:12.94	
15.	Aisling McCracken	12	Barrow	11:21.19					
	50m 35.47	100m 1:16.33	150m 1:58.38	200m 2:41.94	250m 3:24.63	300m 4:06.19	350m 4:50.07	400m 5:34.47	
	450m 6:19.03	500m 7:03.45	550m 7:47.43	600m 8:30.81	650m 9:15.26	700m 9:59.80	750m 10:43.06	800m 11:21.19	
16.	Sophie Dodd	11	Co Carlisle	11:26.30					
	50m 38.05	100m 1:20.71	150m 2:04.51	200m 2:48.13	250m 3:31.00	300m 4:14.82	350m 4:57.87	400m 5:42.01	
	450m 6:26.69	500m 7:10.59	550m 7:54.43	600m 8:38.44	650m 9:22.09	700m 10:04.70	750m 10:47.05	800m 11:26.30	
17.	Lucy-Jane Wilson	12	Carlisle WP	11:36.64					
	50m 35.73	100m 1:16.38	150m 1:58.41	200m 2:41.82	250m 3:24.78	300m 4:07.92	350m 4:50.95	400m 5:36.43	
	450m 6:20.37	500m 7:05.68	550m 7:51.09	600m 8:37.06	650m 9:23.11	700m 10:08.06	750m 10:53.80	800m 11:36.64	
18.	Sarah Lightowler	11	Carlisle WP	11:54.71					
	50m 38.04	100m 1:21.78	150m 2:07.26	200m 2:53.07	250m 3:39.09	300m 4:25.91	350m 5:10.21	400m 5:56.15	
	450m 6:42.53	500m 7:27.42	550m 8:12.58	600m 8:57.72	650m 9:42.69	700m 10:28.37	750m 11:12.57	800m 11:54.71	
	Isabel Postlethwaite	11	Cockermouth	DNF					

## EVENT 4 Boys 09/10 Yrs 200m Freestyle Team

### Straight Final

## EVENT 5 Girls 09/10 Yrs 200m Freestyle Team

Full Results

1.	Ulverston A	Ulverston	2:20.45	
		Victoria Swann		1:12.17
		Eden Joy Light		34.54
		Megan Roper		33.74
		Rebecca Fell		
2.	Copeland	Copeland	2:28.75	
		Alex Messenger		37.26
		Abbie Johnstone		38.17
		Charlotte Stamper		39.48
		Elinor Southward		33.84
3.	Kendal A	Kendal	2:33.10	
		Brodie Swallow		39.96
		Josie Bates		41.36
		Imogen Burrow		23.73
		Emily Reay		48.05
4.	City of Carlisle	Co Carlisle	2:38.77	
		Alyshia Gill		39.59
		Alex Collins		39.44
		Simone Shaw		38.76
		Elizabeth Airey		40.98
5.	Workington	Workington	2:44.15	
		Sadie Barnes		
		Amber Murphy		1:24.15
		Katie Edmondson		44.37
		Jasmin Pritt		35.63
6.	Barrow	Barrow	2:44.65	
		Evie Harrison		40.69
		Emma Thexton		41.66
		Meghann Ewing		41.28
		Shauna Yates		41.02
7.	Carlisle Water Polo A	Carlisle WP	2:47.02	
		Amelia Wilson		44.53
		Louisa Sinclair		40.38
		Frances Nutley		38.59
		Emma Robinson		43.52
8.	City of Carlisle B	Co Carlisle	2:48.94	
		Lilli Noble		40.97
		Alex Whitfield		42.24
		Samantha Clark		44.79
		Holly Howson		40.94



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9.	Ulverston B	Ulverston	2:51.16						
		Abbie Knowles							42.68
		Imogen Duncalf							48.91
		Georgina Milburn							38.39
		Maya Plishko							41.18
10.	Kendal B	Kendal	2:51.89						
		Isobel Abbatt							42.02
		Zoe Webster							43.92
		Ella Mounsey							43.74
		Nicola Capstick							42.21
11.	Troutbeck Bridge A	Troutbeck Br	3:31.61						
		Sally Harrison							48.59
		Abbey Bissland							48.51
		Rachael Shaw							57.88
		Katie Harrison							56.63

## EVENT 6 Boys 12 Yrs/Over 1500m Freestyle

### 12 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Thomas Millburn	13	Cockermouth	17:14.13					
	50m 30.28	100m 1:04.09	150m 1:37.98	200m 2:12.23	250m 2:46.83	300m 3:21.00	350m 3:55.21	400m 4:29.81	
	450m 5:04.60	500m 5:39.37	550m 6:14.29	600m 6:48.85	650m 7:23.85	700m 7:59.05	750m 8:33.66	800m 9:08.85	
	850m 9:43.89	900m 10:19.11	950m 10:54.52	1000m 11:29.90	1050m 12:05.02	1100m 12:40.25	1150m 13:15.53	1200m 13:50.19	
	1250m 14:25.27	1300m 14:59.11	1350m 15:34.03	1400m 16:08.80	1450m 16:42.88	1500m 17:14.13			
2.	Luke Greenbank	13	Cockermouth	17:48.52					
	50m 30.76	100m 1:05.36	150m 1:40.58	200m 2:15.77	250m 2:51.48	300m 3:27.26	350m 4:03.61	400m 4:39.48	
	450m 5:15.84	500m 5:52.02	550m 6:28.74	600m 7:05.34	650m 7:41.80	700m 8:18.49	750m 8:54.61	800m 9:30.46	
	850m 10:06.32	900m 10:42.33	950m 11:17.66	1000m 11:54.07	1050m 12:30.02	1100m 13:05.83	1150m 13:42.01	1200m 14:17.64	
	1250m 15:28.29	1300m 15:28.66	1350m 16:04.66	1400m 16:39.87	1450m 17:13.63	1500m 17:48.52			
3.	Andrew Kerr	15	Barrow	18:37.61					
	50m 31.39	100m 1:05.96	150m 1:41.12	200m 2:16.88	250m 2:52.81	300m 3:28.75	350m 4:05.82	400m 4:42.20	
	450m 5:19.11	500m 5:56.13	550m 6:33.86	600m 7:11.50	650m 7:49.38	700m 8:26.91	750m 9:04.55	800m 9:41.90	
	850m 10:19.50	900m 10:56.92	950m 11:35.66	1000m 12:15.00	1050m 12:53.91	1100m 13:33.03	1150m 14:12.70	1200m 14:50.74	
	1250m 15:28.29	1300m 16:06.46	1350m 16:44.70	1400m 17:22.88	1450m 18:00.86	1500m 18:37.61			
4.	Charles McKean	13	Cockermouth	18:59.51					
	50m 33.47	100m 1:10.18	150m 1:47.47	200m 2:25.02	250m 3:02.81	300m 3:40.97	350m 4:19.40	400m 4:57.48	
	450m 5:35.59	500m 6:13.89	550m 6:52.48	600m 7:31.48	650m 8:10.70	700m 8:49.14	750m 9:28.67	800m 10:07.93	
	850m 10:46.60	900m 11:24.47	950m 12:03.37	1000m 12:42.29	1050m 13:20.27	1100m 13:58.16	1150m 14:36.21	1200m 15:14.17	
	1250m 15:51.47	1300m 16:29.80	1350m 17:07.65	1400m 17:45.55	1450m 18:23.34	1500m 18:59.51			
5.	Jordan Hull	13	Co Carlisle	19:04.29					
	50m 33.64	100m 1:11.34	150m 1:49.45	200m 2:28.19	250m 3:06.79	300m 3:45.22	350m 4:23.81	400m 5:02.27	
	450m 5:40.61	500m 6:19.29	550m 6:58.42	600m 7:37.28	650m 8:16.07	700m 8:54.77	750m 9:33.44	800m 10:11.56	
	850m 10:49.52	900m 11:27.93	950m 12:06.00	1000m 12:44.30	1050m 13:22.98	1100m 14:01.23	1150m 14:39.52	1200m 15:17.66	
	1250m 15:56.33	1300m 16:34.32	1350m 17:12.50	1400m 17:50.58	1450m 18:28.19	1500m 19:04.29			
6.	Christian Balmer	13	Cockermouth	19:04.77					
	50m 34.73	100m 1:12.35	150m 1:50.42	200m 2:28.79	250m 3:07.38	300m 3:46.16	350m 4:25.16	400m 5:03.94	
	450m 5:42.98	500m 6:21.83	550m 7:00.38	600m 7:39.29	650m 8:18.00	700m 8:56.84	750m 9:35.78	800m 10:14.80	
	850m 10:53.56	900m 11:32.11	950m 12:10.84	1000m 12:48.89	1050m 13:27.40	1100m 14:05.33	1150m 14:43.20	1200m 15:21.31	
	1250m 15:59.63	1300m 16:37.48	1350m 17:14.90	1400m 17:51.79	1450m 18:29.12	1500m 19:04.77			
7.	Elliot Routledge	12	Workington	19:21.34					
	50m 33.99	100m 1:12.57	150m 1:50.85	200m 2:29.51	250m 3:08.57	300m 3:47.86	350m 4:26.62	400m 5:05.30	
	450m 5:44.94	500m 6:24.82	550m 7:03.37	600m 7:42.46	650m 8:21.60	700m 9:01.19	750m 9:39.94	800m 10:18.64	
	850m 10:57.51	900m 11:37.46	950m 12:15.99	1000m 12:55.27	1050m 13:34.54	1100m 14:13.87	1150m 14:52.97	1200m 15:31.91	
	1250m 16:11.35	1300m 16:51.00	1350m 17:29.87	1400m 18:07.54	1450m 18:45.72	1500m 19:21.34			
8.	Matthew Ivison	13	Workington	19:46.59					
	50m 34.78	100m 1:13.58	150m 1:52.90	200m 2:31.89	250m 3:11.65	300m 3:50.87	350m 4:30.24	400m 5:10.05	
	450m 5:49.78	500m 6:30.07	550m 7:09.99	600m 7:49.50	650m 8:29.29	700m 9:09.16	750m 9:49.01	800m 10:29.26	
	850m 11:09.00	900m 11:49.06	950m 12:29.25	1000m 13:09.40	1050m 13:49.78	1100m 14:30.35	1150m 15:10.53	1200m 15:51.18	
	1250m 16:31.98	1300m 17:11.08	1350m 17:51.81	1400m 18:31.13	1450m 19:10.21	1500m 19:46.59			
9.	Ben Leighton	12	Co Carlisle	19:46.66					
	50m 34.61	100m 1:13.31	150m 1:52.49	200m 2:31.45	250m 3:10.76	300m 3:49.96	350m 4:29.25	400m 5:08.12	
	450m 5:48.38	500m 6:27.61	550m 7:07.20	600m 7:47.24	650m 8:26.61	700m 9:05.93	750m 9:46.66	800m 10:27.31	
	850m 11:07.34	900m 11:47.54	950m 12:28.23	1000m 13:08.92	1050m 13:49.40	1100m 14:27.43	1150m 15:08.95	1200m 15:49.02	
	1250m 16:30.62	1300m 17:10.63	1350m 17:51.61	1400m 18:32.19	1450m 19:11.88	1500m 19:46.66			
10.	Joseph Sharpe	12	Barrow	21:01.57					
	50m 38.07	100m 1:19.24	150m 2:01.01	200m 2:42.86	250m 3:24.99	300m 4:07.60	350m 4:50.08	400m 5:32.25	
	450m 6:15.04	500m 6:57.38	550m 7:39.91	600m 8:22.78	650m 9:04.24	700m 9:47.08	750m 10:28.26	800m 11:10.80	
	850m 11:53.71	900m 12:36.31	950m 13:17.93	1000m 14:00.63	1050m 14:42.59	1100m 15:25.18	1150m 16:08.15	1200m 16:51.59	
	1250m 17:34.17	1300m 18:16.70	1350m 18:58.61	1400m 19:40.52	1450m 20:20.86	1500m 21:01.57			

## EVENT 7 FINAL OF EVENT 1 Girls 09/10 Yrs 200m Medley Team

Full Results

1.	Ulverston A	Ulverston	2:35.49					
		Megan Roper						39.11
		Rebecca Fell						41.24
		Eden Joy Light						38.34
		Victoria Swann						36.80
2.	Copeland	Copeland	2:55.12					
		Elinor Southward						1:33.52
		Amy-Slee Cowan						43.33
		Alex Messenger						38.27
		Charlotte Stamper						



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3.	Kendal A	Kendal	2:56.96	
		Brodie Swallow		44.33
		Imogen Burrow		51.69
		Emily Reay		39.87
		Josie Bates		41.07
4.	City of Carlisle	Co Carlisle	3:05.02	
		Alex Collins		47.72
		Elizabeth Airey		52.61
		Alyshia Gill		44.86
		Simone Shaw		39.83
5.	Workington	Workington	3:07.41	
		Rhianne Owen		47.36
		Jasmin Pritt		43.85
		Amber Murphy		1.02.68
		Sadie Barnes		33.52
	City of Carlisle B	Co Carlisle	DQ T-1L	
		Alex Whitfield		
		Lucy Hunter		
		Holly Howson		
		Lilli Noble		

## EVENT 8 FINAL OF EVENT 2 Boys 09/10 Yrs 200m Medley Team

Full Results

1.	Ulverston	Ulverston	2:40.74	
		Sam Wicks		40.28
		Charlie Segger		47.11
		Tom Robinson		37.48
		Rueben Atherton		35.87
2.	Cockermouth	Cockermouth	2:44.24	
		Alistair Thomas		40.71
		Josh Millburn		47.28
		Robert McSkeane		37.32
		Matthew Allen		38.93
3.	City of Carlisle	Co Carlisle	2:59.06	
		Theo Tindall		43.28
		Rory Mills		50.01
		Conner Bulman		40.89
		John Fraser		44.88
4.	Barrow	Barrow	3:03.24	
		Henry Truman		47.14
		Frazer McCormick		50.29
		Owen Minnican		45.34
		Oliver Guest		40.47
5.	City of Carlisle B	Co Carlisle	3:06.24	
		Daniel Stanwix		46.71
		Conor Lancaster		50.80
		Luke Cogan		46.22
		Nathan Salkeld		42.51
	Copeland	Copeland	DQ SA-5L	
		Oscar Craig		48.43
		Adam Metcalf		
		Isaac Hinde		
		Jack Kellett		

## EVENT 9 FINAL OF EVENT 5 Girls 09/10 Yrs 200m Freestyle Team

Full Results

1.	Ulverston A	Ulverston	2:18.79	
		Victoria Swann		36.40
		Eden Joy Light		35.02
		Megan Roper		34.00
		Rebecca Fell		33.37
2.	Copeland	Copeland	2:31.69	
		Alex Messenger		36.35
		Abbie Johnstone		38.78
		Charlotte Stamper		40.62
		Elinor Southward		35.94
3.	Kendal A	Kendal	2:35.39	
		Brodie Swallow		40.20
		Josie Bates		42.54
		Imogen Burrow		39.23
		Emily Reay		33.42
4.	City of Carlisle	Co Carlisle	2:38.80	
		Alyshia Gill		43.61
		Alex Collins		35.20
		Simone Shaw		39.75
		Elizabeth Airey		40.24
5.	Barrow	Barrow	2:47.30	
		Evie Harrison		41.60
		Emma Thexton		40.18
		Meghann Ewing		41.81
		Shauna Yates		43.71
6.	Workington	Workington	2:49.93	
		Sadie Barnes		43.32
		Amber Murphy		45.03
		Katie Edmondson		43.50
		Jasmin Pritt		38.08

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# 2011 Cumbria Age Groups and County Championships

(Under ASA Laws & ASA Technical Rules)

Saturday 26<sup>th</sup> February

Licensed Meet - No. CC1019

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## EVENT 10 FINAL OF EVENT 4 Boys 09/10 Yrs 200m Freestyle Team

Full Results

1.	Ulverston	Ulverston	2:20.58	
		Sam Wicks		34.34
		Rueben Atherton		37.17
		Charlie Segger		35.25
		Tom Robinson		33.82
2.	Cockermouth	Cockermouth	2:21.79	
		Robert McSkeane		33.10
		Josh Millburn		37.31
		Matthew Allen		37.48
		Alistair Thomas		33.90
3.	Copeland	Copeland	2:33.69	
		Isaac Hinde		34.04
		Oscar Craig		44.88
		Jack Kellett		37.30
		Adam Metcalf		37.47
4.	City of Carlisle	Co Carlisle	2:36.87	
		Conner Bulman		35.69
		Theo Tindall		40.68
		Rory Mills		39.99
		John Fraser		40.51
5.	Barrow	Barrow	2:36.98	
		Frazer McCormick		39.86
		Oliver Guest		40.81
		Owen Minnican		39.46
		Henry Truman		36.85
6.	City of Carlisle B	Co Carlisle	2:49.77	
		Luke Cogan		41.64
		Daniel Stanwix		
		Nathan Salkeld		1:28.76
		Conor Lancaster		39.37

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