

2016 Workington President's Gala

Session 1 results

EVENT 001 Boys 09 Yrs/Over 1500m Freestyle

10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Andrew Hudson	10	Workington SC	28:00.82						
	50m 44.90	100m 1:38.80	150m 2:33.37	200m 3:29.00	250m 4:24.57	300m 5:21.07	350m 6:16.65	400m 7:14.26		
	44.90	53.90	54.57	55.63	55.57	56.50	55.58	57.61		
	450m 8:11.27	500m 9:08.65	550m 10:04.83	600m 11:02.80	650m 12:00.42	700m 12:58.04	750m 13:56.83	800m 14:55.95		
	57.01	57.38	56.18	57.97	57.62	57.62	58.79	59.12		
	850m 15:54.78	900m 16:54.49	950m 17:50.45	1000m 18:48.33	1050m 19:45.57	1100m 20:43.83	1150m 21:38.78	1200m 22:34.41		
	58.83	59.71	55.96	57.88	57.24	58.26	54.95	55.63		
	1250m 23:31.85	1300m 24:27.04	1350m 25:21.52	1400m 26:17.75	1450m 27:12.39	1500m 28:00.82				
	57.44	55.19	54.48	56.23	54.64	48.43				

11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Matthew Hall	11	Workington SC	24:00.74						
	50m 40.75	100m 1:27.00	150m 2:14.12	200m 3:02.89	250m 3:51.69	300m 4:39.92	350m 5:29.13	400m 6:17.69		
	40.75	46.25	47.12	48.77	48.80	48.23	49.21	48.56		
	450m 7:05.57	500m 7:53.46	550m 8:41.15	600m 9:29.78	650m 10:17.41	700m 11:06.33	750m 11:54.53	800m 12:43.54		
	47.88	47.89	47.69	48.63	47.63	48.92	48.20	49.01		
	850m 13:31.99	900m 14:21.16	950m 15:10.88	1000m 16:00.71	1050m 16:49.12	1100m 17:38.61	1150m 18:28.15	1200m 19:15.81		
	48.45	49.17	49.72	49.83	48.41	49.49	49.54	47.66		
	1250m 20:04.11	1300m 20:53.86	1350m 21:43.05	1400m 22:31.70	1450m 23:19.92	1500m 24:00.74				
	48.30	49.75	49.19	48.65	48.22	40.82				
2.	Toby Patton	11	Workington SC	24:16.92						
	50m 41.05	100m 1:27.22	150m 2:15.95	200m 3:05.04	250m 3:54.23	300m 4:44.63	350m 5:33.03	400m 6:22.96		
	41.05	46.17	48.73	49.09	49.19	50.40	48.40	49.93		
	450m 7:12.29	500m 8:01.64	550m 8:51.00	600m 9:41.08	650m 10:30.29	700m 11:19.79	750m 12:09.12	800m 12:58.06		
	49.33	49.35	49.36	50.08	49.21	49.50	49.33	48.94		
	850m 13:47.91	900m 14:36.20	950m 15:25.36	1000m 16:15.09	1050m 17:03.90	1100m 17:54.33	1150m 18:43.91	1200m 19:33.09		
	49.85	48.29	49.16	49.73	48.81	50.43	49.58	49.18		
	1250m 20:22.64	1300m 21:12.65	1350m 22:02.27	1400m 22:50.95	1450m 23:38.23	1500m 24:16.92				
	49.55	50.01	49.62	48.68	47.28	38.69				

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Joshua Howard-Hughes	12	Halton SC	19:16.17						
	50m 33.57	100m 1:11.53	150m 1:50.08	200m 2:28.27	250m 3:07.06	300m 3:45.71	350m 4:24.73	400m 5:04.13		
	33.57	37.96	38.55	38.19	38.79	38.65	39.02	39.40		
	450m 5:43.75	500m 6:23.38	550m 7:02.77	600m 7:41.08	650m 8:20.11	700m 8:58.95	750m 9:38.05	800m 10:17.04		
	39.62	39.63	39.39	38.31	39.03	38.84	39.10	38.99		
	850m 10:55.59	900m 11:34.98	950m 12:14.22	1000m 12:52.80	1050m 13:31.44	1100m 14:11.01	1150m 14:50.34	1200m 15:29.45		
	38.55	39.39	39.24	38.58	38.64	39.57	39.33	39.11		
	1250m 16:08.07	1300m 16:47.42	1350m 17:25.50	1400m 18:03.90	1450m 18:41.96	1500m 19:16.17				
	38.62	39.35	38.08	38.40	38.06	34.21				
2.	George Cookson	12	Carnforth & Dist Otters	19:25.39						
	50m 33.86	100m 1:11.86	150m 1:50.16	200m 2:28.67	250m 3:07.34	300m 3:46.45	350m 4:25.23	400m 5:04.41		
	33.86	38.00	38.30	38.51	38.67	39.11	38.78	39.18		
	450m 5:44.02	500m 6:23.71	550m 7:02.62	600m 7:41.13	650m 8:20.03	700m 8:59.20	750m 9:38.43	800m 10:16.70		
	39.61	39.69	38.91	38.51	38.90	39.17	39.23	38.27		
	850m 10:55.62	900m 11:34.58	950m 12:13.99	1000m 12:52.91	1050m 13:31.90	1100m 14:11.72	1150m 14:51.10	1200m 15:30.99		
	38.92	38.96	39.41	38.92	38.99	39.82	39.38	39.89		
	1250m 16:10.90	1300m 16:51.21	1350m 17:28.71	1400m 18:08.31	1450m 18:47.62	1500m 19:25.39				
	39.91	40.31	37.50	39.60	39.31	37.77				
3.	James Jennings	12	Copeland ASC	23:37.27						
	50m 33.97	100m 1:23.69	150m 2:11.73	200m 2:58.78	250m 3:46.08	300m 4:33.68	350m 5:20.90	400m 6:07.85		
	33.97	49.72	48.04	47.05	47.30	47.60	47.22	46.95		
	450m 6:55.97	500m 7:42.99	550m 8:31.09	600m 9:19.03	650m 10:06.52	700m 10:54.42	750m 11:43.15	800m 12:31.72		
	48.12	47.02	48.10	47.94	47.49	47.90	48.73	48.57		
	850m 13:20.88	900m 14:10.31	950m 14:58.81	1000m 15:46.59	1050m 16:33.59	1100m 17:22.56	1150m 18:07.64	1200m 18:55.23		
	48.96	49.63	48.50	47.78	47.00	48.97	45.08	47.59		
	1250m 19:44.11	1300m 20:30.41	1350m 21:18.58	1400m 22:07.60	1450m 22:55.40	1500m 23:37.27				
	48.88	46.30	48.17	49.02	47.80	41.87				

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Patrick Shimmin	13	Newcastle SwimTeam	18:27.35						
	50m 31.76	100m 1:07.61	150m 1:44.41	200m 2:21.09	250m 2:58.15	300m 3:35.03	350m 4:12.00	400m 4:48.94		
	31.76	35.85	36.80	36.68	37.06	36.88	36.97	36.94		
	450m 5:26.56	500m 6:03.58	550m 6:40.21	600m 7:17.32	650m 7:54.18	700m 8:31.27	750m 9:08.36	800m 9:45.79		
	37.62	37.02	36.63	37.11	36.86	37.09	37.09	37.43		
	850m 10:23.12	900m 11:00.26	950m 11:37.54	1000m 12:14.94	1050m 12:52.17	1100m 13:29.23	1150m 14:06.22	1200m 14:43.96		
	37.33	37.14	37.28	37.40	37.23	37.06	36.99	37.74		
	1250m 15:22.05	1300m 15:59.58	1350m 16:37.35	1400m 17:14.37	1450m 17:51.49	1500m 18:27.35				
	38.09	37.53	37.77	37.02	37.12	35.86				
2.	Sam Bailey	13	Workington SC	20:24.32						
	50m 34.70	100m 1:13.09	150m 1:52.43	200m 2:33.36	250m 3:14.67	300m 3:55.38	350m 4:36.17	400m 5:17.36		
	34.70	38.39	39.34	40.93	41.31	40.71	40.79	41.19		
	450m 5:58.91	500m 6:40.38	550m 7:21.43	600m 8:03.36	650m 8:45.17	700m 9:27.05	750m 10:09.10	800m 10:51.11		
	41.55	41.47	41.05	41.93	41.81	41.88	42.05	42.01		
	850m 11:32.13	900m 12:13.51	950m 12:53.21	1000m 13:33.16	1050m 14:15.12	1100m 14:57.06	1150m 15:39.09	1200m 16:21.14		
	41.02	41.38	39.70	39.95	41.96	41.94	42.03	42.05		
	1250m 17:03.24	1300m 17:45.17	1350m 18:25.77	1400m 19:05.30	1450m 19:44.63	1500m 20:24.32				
	42.10	41.93	40.60	39.53	39.33	39.69				
3.	Jack Bailey	13	Workington SC	21:09.49						
	50m 35.24	100m 1:15.43	150m 1:56.57	200m 2:39.09	250m 3:20.86	300m 4:03.01	350m 4:45.86	400m 5:27.83		
	35.24	40.19	41.14	42.52	41.77	42.15	42.85	41.97		
	450m 6:10.37	500m 6:52.45	550m 7:35.35	600m 8:17.19	650m 8:59.97	700m 9:42.82	750m 10:26.20	800m 11:09.60		
	42.54	42.08	42.90	41.84	42.78	42.85	43.38	43.40		
	850m 11:53.05	900m 12:35.96	950m 13:19.24	1000m 14:02.45	1050m 14:45.36	1100m 15:29.49	1150m 16:12.63	1200m 16:57.85		
	43.45	42.91	43.28	43.21	42.91	44.13	43.14	45.22		
	1250m 17:41.94	1300m 18:25.16	1350m 19:07.48	1400m 19:50.55	1450m 20:31.80	1500m 21:09.49				
	44.09	43.22	42.32	43.07	41.25	37.69				

2016 Workington President's Gala

Session 1 results

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Matthew Mackay	14	Burnley BOBCATS ADM SC	18:18.61
	50m 32.20	100m 1:07.91	150m 1:44.16	200m 2:20.73
	32.20	35.71	36.25	36.57
	450m 5:24.20	500m 6:00.91	550m 6:37.52	600m 7:15.34
	37.45	36.71	36.61	37.82
	850m 10:21.36	900m 10:58.95	950m 11:36.33	1000m 12:13.18
	37.62	37.59	37.38	36.85
	1250m 15:17.40	1300m 15:54.59	1350m 16:30.82	1400m 17:07.96
	36.78	37.19	36.23	37.14
2.	Kes Fountain	14	Penrith SC	18:37.93
	50m 32.79	100m 1:09.10	150m 1:46.00	200m 2:23.22
	32.79	36.31	36.90	37.22
	450m 5:30.69	500m 6:08.53	550m 6:46.29	600m 7:24.63
	37.49	37.84	37.76	38.34
	850m 10:34.73	900m 11:13.27	950m 11:51.36	1000m 12:28.82
	37.45	38.54	38.09	37.46
	1250m 15:36.48	1300m 16:14.09	1350m 16:50.30	1400m 17:26.81
	37.82	37.61	36.21	36.51

15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time
1.	James Parker	15	Preston SC	17:16.56
	50m 29.44	100m 1:02.79	150m 1:37.60	200m 2:12.13
	29.44	33.35	34.81	34.53
	450m 5:06.96	500m 5:41.74	550m 6:16.84	600m 6:52.07
	35.07	34.78	35.10	35.23
	850m 9:46.44	900m 10:21.85	950m 10:57.01	1000m 11:32.13
	34.39	35.41	35.16	35.12
	1250m 14:26.59	1300m 15:01.55	1350m 15:36.43	1400m 16:11.49
	35.38	34.96	34.88	35.06
2.	Tom Robinson	16	Ulverston SC	17:16.63
	50m 31.59	100m 1:06.39	150m 1:42.20	200m 2:17.81
	31.59	34.80	35.81	35.61
	450m 5:15.50	500m 5:50.54	550m 6:25.21	600m 6:59.59
	34.98	35.04	34.67	34.38
	850m 9:51.02	900m 10:25.24	950m 11:00.48	1000m 11:35.67
	34.62	34.22	35.24	35.19
	1250m 14:29.91	1300m 15:03.54	1350m 15:37.95	1400m 16:12.93
	35.19	33.63	34.41	34.98
3.	Isaac Hinde	15	Copeland ASC	17:16.67
	50m 30.13	100m 1:04.54	150m 1:39.55	200m 2:14.73
	30.13	34.41	35.01	35.18
	450m 5:12.06	500m 5:47.84	550m 6:23.25	600m 6:57.92
	35.37	35.78	35.41	34.67
	850m 9:51.55	900m 10:25.64	950m 11:00.43	1000m 11:35.59
	34.56	34.09	34.79	35.16
	1250m 14:29.01	1300m 15:03.35	1350m 15:37.82	1400m 16:12.62
	34.73	34.34	34.47	34.80
4.	Benjamin Winterburn	15	Carnforth & Dist Otters	17:41.08
	50m 30.68	100m 1:04.48	150m 1:39.33	200m 2:14.67
	30.68	33.80	34.85	35.34
	450m 5:12.75	500m 5:48.09	550m 6:23.86	600m 6:59.04
	36.14	35.34	35.77	35.18
	850m 9:56.04	900m 10:32.28	950m 11:08.18	1000m 11:44.71
	36.19	36.24	35.90	36.53
	1250m 14:46.09	1300m 15:22.09	1350m 15:58.32	1400m 16:34.14
	36.37	36.00	36.23	35.82
5.	Jake Brassington	15	Crewe Flyers SC	17:53.90
	50m 29.85	100m 1:04.43	150m 1:40.04	200m 2:15.64
	29.85	34.58	35.61	35.60
	450m 5:17.45	500m 5:53.91	550m 6:30.39	600m 7:06.38
	36.08	36.46	36.48	35.99
	850m 10:07.89	900m 10:43.63	950m 11:20.00	1000m 11:56.20
	36.71	35.74	36.37	36.20
	1250m 14:56.61	1300m 15:32.86	1350m 16:09.00	1400m 16:45.06
	36.09	36.25	36.14	36.06

EVENT 002 Girls 09 Yrs/Over 800m Freestyle

10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Emily Allison	10	Workington SC	14:49.98
	50m 48.52	100m 1:41.26	150m 2:36.74	200m 3:31.11
	48.52	52.74	55.48	54.37
	450m 8:17.36	500m 9:15.18	550m 10:12.97	600m 11:11.52
	58.00	57.82	57.79	58.55

11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Lily Smith	11	Barrow ASC	11:07.18
	50m 36.21	100m 1:17.01	150m 1:59.18	200m 2:41.35
	36.21	40.80	42.17	42.17
	450m 6:14.01	500m 6:56.64	550m 7:39.60	600m 8:22.10
	42.75	42.63	42.96	42.50
2.	Alexa Atkinson	11	Workington SC	12:17.50
	50m 40.42	100m 1:26.67	150m 2:12.42	200m 2:59.45
	40.42	46.25	45.75	47.03
	450m 6:55.72	500m 7:46.01	550m 8:33.22	600m 9:20.15
	47.35	50.29	47.21	46.93

2016 Workington President's Gala

Session 1 results

3.	Leah Ralph	11	Barrow ASC	12:34.90					
	50m 40.97	100m 1:28.14	150m 2:15.38	200m 3:02.82	250m 3:50.80	300m 4:38.81	350m 5:26.79	400m 6:13.83	
	40.97	47.17	47.24	47.44	47.98	48.01	47.98	47.04	
	450m 7:02.10	500m 7:50.40	550m 8:38.98	600m 9:27.54	650m 10:15.50	700m 11:03.05	750m 11:50.81	800m 12:34.90	
	48.27	48.30	48.58	48.56	47.96	47.55	47.76	44.09	

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Maddison Tuer	12	Workington SC	10:19.05					
	50m 34.26	100m 1:12.70	150m 1:52.17	200m 2:32.11	250m 3:11.20	300m 3:51.37	350m 4:31.17	400m 5:09.94	
	34.26	38.44	39.47	39.94	39.09	40.17	39.80	38.77	
	450m 5:49.78	500m 6:29.12	550m 7:08.05	600m 7:47.01	650m 8:25.98	700m 9:05.18	750m 9:43.60	800m 10:19.05	
	39.84	39.34	38.93	38.96	38.97	39.20	38.42	35.45	
2.	Hannah Wren	12	Copeland ASC	10:54.94					
	50m 34.50	100m 1:12.97	150m 1:52.57	200m 2:33.16	250m 3:14.50	300m 3:56.58	350m 4:38.99	400m 5:21.34	
	34.50	38.47	39.60	40.59	41.34	42.08	42.41	42.35	
	450m 6:03.86	500m 6:46.51	550m 7:28.12	600m 8:10.81	650m 8:52.56	700m 9:34.98	750m 10:16.01	800m 10:54.94	
	42.52	42.65	41.61	42.69	41.75	42.42	41.03	38.93	
3.	Gabrielle Parker	12	Preston SC	10:59.84					
	50m 34.67	100m 1:14.44	150m 1:55.65	200m 2:36.42	250m 3:17.87	300m 3:59.55	350m 4:41.66	400m 5:23.19	
	34.67	39.77	41.21	40.77	41.45	41.68	42.11	41.53	
	450m 6:06.27	500m 6:48.22	550m 7:30.85	600m 8:13.55	650m 8:56.00	700m 9:38.05	750m 10:20.19	800m 10:59.84	
	43.08	41.95	42.63	42.70	42.45	42.05	42.14	39.65	
4.	Keisha Pettigrew	12	Copeland ASC	11:40.66					
	50m 39.29	100m 1:22.89	150m 2:05.70	200m 2:48.81	250m 3:31.57	300m 4:17.40	350m 5:02.86	400m 5:48.64	
	39.29	43.60	42.81	43.11	42.76	45.83	45.46	45.78	
	450m 6:33.80	500m 7:19.16	550m 8:02.95	600m 8:47.94	650m 9:32.60	700m 10:16.61	750m 11:00.37	800m 11:40.66	
	45.16	45.36	43.79	44.99	44.66	44.01	43.76	40.29	
5.	Maisie Allonby	12	Ulverston SC	11:59.67					
	50m 36.71	100m 1:19.68	150m 2:04.26	200m 2:49.55	250m 3:35.40	300m 4:22.61	350m 5:09.13	400m 5:55.59	
	36.71	42.97	44.58	45.29	45.85	47.21	46.52	46.46	
	450m 6:43.16	500m 7:29.56	550m 8:14.63	600m 9:01.59	650m 9:46.58	700m 10:32.33	750m 11:18.01	800m 11:59.67	
	47.57	46.40	45.07	46.96	44.99	45.75	45.68	41.66	
6.	Rebecca Salton	12	Ulverston SC	12:56.77					
	50m 40.61	100m 1:26.39	150m 2:13.67	200m 3:03.06	250m 3:52.76	300m 4:42.12	350m 5:33.35	400m 6:22.96	
	40.61	45.78	47.28	49.39	49.70	49.36	51.23	49.61	
	450m 7:12.97	500m 8:03.60	550m -	600m 9:43.75	650m 10:32.81	700m 11:21.82	750m 12:10.13	800m 12:56.77	
	50.01	50.63	-	1:40.15	49.06	49.01	48.31	46.64	
7.	Keeley Thompson	12	Penrith SC	13:40.02					
	50m 41.61	100m 1:29.08	150m 2:20.21	200m 3:12.10	250m 4:05.21	300m 4:59.72	350m 5:53.51	400m 6:46.26	
	41.61	47.47	51.13	51.89	53.11	54.51	53.79	52.75	
	450m 7:38.52	500m 8:31.82	550m 9:25.09	600m 10:17.56	650m 11:10.18	700m 12:02.21	750m 12:52.56	800m 13:40.02	
	52.26	53.30	53.27	52.47	52.62	52.03	50.35	47.46	

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Hannah Clifton	13	Workington SC	10:30.90					
	50m 33.79	100m 1:11.50	150m 1:50.52	200m 2:29.98	250m 3:09.62	300m 3:49.83	350m 4:29.95	400m 5:09.78	
	33.79	37.71	39.02	39.46	39.64	40.21	40.12	39.83	
	450m 5:49.49	500m 6:29.24	550m 7:09.13	600m 7:49.70	650m 8:30.50	700m 9:11.47	750m 9:51.61	800m 10:30.90	
	39.71	39.75	39.89	40.57	40.80	40.97	40.14	39.29	
2.	Saskia Todd	13	Penrith SC	11:12.06					
	50m 37.14	100m 1:18.06	150m 1:59.95	200m 2:42.83	250m 3:25.99	300m 4:08.24	350m 4:51.43	400m 5:34.70	
	37.14	40.92	41.89	42.88	43.16	42.25	43.19	43.27	
	450m 6:17.01	500m 6:59.84	550m 7:42.24	600m 8:25.30	650m 9:08.46	700m 9:51.10	750m 10:32.03	800m 11:12.06	
	42.31	42.83	42.40	43.06	43.16	42.64	40.93	40.03	
3.	Anna Morrison	13	Ulverston SC	11:17.44					
	50m 35.96	100m 1:16.56	150m 1:58.75	200m 2:41.32	250m 3:25.38	300m 4:09.04	350m 4:52.53	400m 5:35.75	
	35.96	40.60	42.19	42.57	44.06	43.66	43.49	43.22	
	450m 6:19.94	500m 7:03.32	550m 7:47.72	600m 8:31.71	650m 9:14.77	700m 9:57.65	750m 10:39.77	800m 11:17.44	
	44.19	43.38	44.40	43.99	43.06	42.88	42.12	37.67	
4.	Rebecca Turner	13	Ulverston SC	11:56.65					
	50m 36.69	100m 1:19.00	150m 2:04.34	200m 2:49.29	250m 3:35.26	300m 4:21.29	350m 5:08.05	400m 5:54.86	
	36.69	42.31	45.34	44.95	45.97	46.03	46.76	46.81	
	450m 6:41.37	500m 7:27.30	550m 8:13.63	600m 8:59.46	650m 9:45.05	700m 10:30.68	750m 11:14.89	800m 11:56.65	
	46.51	45.93	46.33	45.83	45.59	45.63	44.21	41.76	
5.	Daniele Browne	13	Barrow ASC	12:17.38					
	50m 40.00	100m 1:25.30	150m 2:11.94	200m 2:59.32	250m 3:46.11	300m 4:33.35	350m 5:20.23	400m 6:07.81	
	40.00	45.30	46.64	47.38	46.79	47.24	46.88	47.58	
	450m 6:55.17	500m 7:42.92	550m 8:28.57	600m 9:16.04	650m 10:03.20	700m 10:50.00	750m 11:36.10	800m 12:17.38	
	47.36	47.75	45.65	47.47	47.16	46.80	46.10	41.28	
6.	Emma Jennings	13	Copeland ASC	12:48.62					
	50m 43.04	100m 1:29.79	150m 2:18.69	200m 3:07.59	250m 3:57.18	300m 4:47.15	350m 5:37.13	400m 6:26.46	
	43.04	46.75	48.90	48.90	49.59	49.97	49.98	49.33	
	450m 7:15.73	500m 8:04.95	550m 8:54.96	600m 9:43.59	650m 10:32.28	700m 11:19.35	750m 12:05.75	800m 12:48.62	
	49.27	49.22	50.01	48.63	48.69	47.07	46.40	42.87	

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Abbie Winstanley	14	Workington SC	9:44.24					
	50m 32.63	100m 1:09.35	150m 1:46.43	200m 2:23.93	250m 3:01.18	300m 3:37.88	350m 4:15.16	400m 4:52.58	
	32.63	36.72	37.08	37.50	37.25	36.70	37.28	37.42	
	450m 5:29.50	500m 6:07.02	550m 6:44.08	600m 7:21.08	650m 7:57.75	700m 8:34.01	750m 9:09.92	800m 9:44.24	
	36.92	37.52	37.06	37.00	36.67	36.26	35.91	34.32	
2.	Sydney Atkinson	14	Barrow ASC	10:53.56					
	50m 35.42	100m 1:14.20	150m 1:53.89	200m 2:34.46	250m 3:15.79	300m 3:57.58	350m 4:38.91	400m 5:21.08	
	35.42	38.78	39.69	40.57	41.33	41.79	41.33	42.17	
	450m 6:03.08	500m 6:44.70	550m 7:26.67	600m 8:08.72	650m 8:50.35	700m 9:31.82	750m 10:13.36	800m 10:53.56	
	42.00	41.62	41.97	42.05	41.63	41.47	41.54	40.20	

15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Lauren Cooley	15	Cockermouth SC	9:35.62					
	50m 31.26	100m 1:06.66	150m 1:42.58	200m 2:19.08	250m 2:55.49	300m 3:32.08	350m 4:08.69	400m 4:45.20	
	31.26	35.40	35.92	36.50	36.41	36.59	36.61	36.51	
	450m 5:21.85	500m 5:58.52	550m 6:35.40	600m 7:11.99	650m 7:48.53	700m 8:24.87	750m 9:01.19	800m 9:35.62	

2016 Workington President's Gala

Session 1 results

	36.65	36.67	36.88	36.59	36.54	36.34	36.32	34.43							
2. Eleanor Nanson		17	Cockermouth SC	9:58.47											
50m	34.72	100m	1:12.70	150m	1:49.81	200m	2:27.57	250m	3:04.81	300m	3:42.82	350m	4:21.06	400m	4:59.42
	34.72		37.98		37.11		37.76		37.24		38.01		38.24		38.36
450m	5:37.92	500m	6:15.12	550m	6:52.81	600m	7:30.18	650m	8:07.82	700m	8:44.89	750m	9:22.43	800m	9:58.47
	38.50		37.20		37.69		37.37		37.64		37.07		37.54		36.04
3. Olivia Armes		15	Preston SC	10:06.35											
50m	34.96	100m	1:13.18	150m	1:51.35	200m	2:29.80	250m	3:08.58	300m	3:46.58	350m	4:25.06	400m	5:03.18
	34.96		38.22		38.17		38.45		38.78		38.00		38.48		38.12
450m	5:41.76	500m	6:20.05	550m	6:58.25	600m	7:36.78	650m	8:15.08	700m	8:53.19	750m	9:30.32	800m	10:06.35
	38.58		38.29		38.20		38.53		38.30		38.11		37.13		36.03
4. Molly Hale		16	Penrith SC	11:03.99											
50m	34.95	100m	1:13.92	150m	1:54.51	200m	2:35.22	250m	3:17.02	300m	3:59.53	350m	4:41.86	400m	5:24.54
	34.95		38.97		40.59		40.71		41.80		42.51		42.33		42.68
450m	6:07.45	500m	6:50.36	550m	7:33.51	600m	8:16.93	650m	9:00.37	700m	9:43.18	750m	10:25.29	800m	11:03.99
	42.91		42.91		43.15		43.42		43.44		42.81		42.11		38.70
5. Hanah Pantling		15	Workington SC	11:11.16											
50m	36.60	100m	1:16.81	150m	1:58.50	200m	2:42.42	250m	3:25.53	300m	4:08.43	350m	4:50.51	400m	5:33.42
	36.60		40.21		41.69		43.92		43.11		42.90		42.08		42.91
450m	6:16.19	500m	6:59.65	550m	7:43.88	600m	8:26.53	650m	9:09.60	700m	9:52.57	750m	10:34.71	800m	11:11.16
	42.77		43.46		44.23		42.65		43.07		42.97		42.14		36.45