

2016 Workington President's Gala

Session 3 results

EVENT 011 Girls 09 Yrs/Over 400m IM

11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Jessica Prokas	11	Carlisle Aquatics	6:05.54					
	50m 41.43	100m 1:30.05	150m 2:16.09	200m 3:02.76	250m 3:51.90	300m 4:42.37	350m 5:23.71	400m 6:05.54	
2.	Lily Smith	11	Barrow ASC	6:16.44					
	50m 41.36	100m 1:28.73	150m 2:15.54	200m 3:02.79	250m 3:56.82	300m 4:52.42	350m 5:35.37	400m 6:16.44	
3.	Leah Ralph	11	Barrow ASC	7:08.47					
	50m 51.01	100m 1:52.30	150m 2:43.80	200m 3:37.06	250m 4:36.01	300m 5:35.49	350m 6:22.66	400m 7:08.47	

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Rebecca Amor	12	Copeland ASC	5:42.82					
	50m 37.25	100m 1:21.24	150m 2:04.79	200m 2:48.24	250m 3:39.24	300m 4:28.47	350m 5:06.98	400m 5:42.82	
2.	Shannon Parker	12	Ulverston SC	5:57.81					
	50m 38.05	100m 1:20.87	150m 2:06.47	200m 2:51.40	250m 3:42.73	300m 4:35.27	350m 5:17.02	400m 5:57.81	
3.	Bethan Rowley	12	Kendal SC	6:14.57					
	50m 39.88	100m 1:27.48	150m 2:15.22	200m 3:03.74	250m 3:56.69	300m 4:47.49	350m 5:31.97	400m 6:14.57	

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Olivia Fearon	13	Cockermouth SC	6:39.85					
	50m 47.69	100m 1:43.11	150m 2:31.16	200m 3:19.09	250m 4:12.68	300m 5:07.19	350m 5:54.50	400m 6:39.85	
2.	Daniele Browne	13	Barrow ASC	7:25.59					
	50m 51.99	100m 1:55.76	150m 2:47.55	200m 3:42.02	250m 4:43.66	300m 5:49.65	350m 6:39.14	400m 7:25.59	

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
	Eleshia-Paige Wolstenc	14	City of Salford SC	DNC

15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Molly Hale	16	Penrith SC	6:01.19					
	50m 42.31	100m 1:32.34	150m 2:18.15	200m 3:03.24	250m 3:53.34	300m 4:42.45	350m 5:22.85	400m 6:01.19	

EVENT 012 Boys 09 Yrs/Over 100m IM

09 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Adie Todd	9	Penrith SC	1:39.16
2.	Jake Gibson	9	Kendal SC	1:42.75
3.	Kian Strickland	9	Copeland ASC	1:52.74
4.	Kayden Thompson	9	Penrith SC	1:53.42

10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Reggie Steele	10	Cockermouth SC	1:25.44
2.	James Escolme	10	Kendal SC	1:34.31
3.	Jamie Carney	10	Copeland ASC	1:34.96
4.	Ashton Pharoah	10	Barrow ASC	1:39.49
5.	Charlie Gallagher	10	Barrow ASC	1:39.72
6.	Ethan Allpress	10	Ulverston SC	1:40.02
7.	Max Ainsworth	10	Kendal SC	1:40.72
8.	Daniel Jesson	10	Barrow ASC	1:40.97
9.	Joseph Turner	10	Barrow ASC	1:44.82
10.	Thomas Horton	10	Cockermouth SC	1:46.02
11.	Quin Pirie	10	Copeland ASC	1:48.37
12.	Adam Varey	10	Cockermouth SC	1:49.57
13.	Andrew Hudson	10	Workington SC	1:55.53
	Ronan Smeaton	10	Workington SC	DNC
	Joshua Brown	10	Cockermouth SC	DQ

11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Dylan Hind	11	Cockermouth SC	1:17.77
2.	Daniel Hodgson	11	Cockermouth SC	1:26.51
3.	Toby Patton	11	Workington SC	1:31.71
4.	Luke Atkinson	11	Kendal SC	1:35.01
5.	Louis Gresswell	11	Carlisle Aquatics	1:36.38
6.	Matthew Hall	11	Workington SC	1:36.69
7.	Austin Sinclair	11	Carlisle Aquatics	1:36.95
8.	Casey Turner	11	Barrow ASC	1:37.85
9.	Adam Jones	11	Ulverston SC	1:38.42
10.	Jude Davison	11	Cockermouth SC	1:45.51
11.	Matthew Reed	11	Workington SC	1:55.79
12.	Matthew Hemsley	11	Workington SC	1:57.29
	Jack Todhunter	11	Workington SC	DQ

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Bradley Fell	12	Barrow ASC	1:18.50
2.	Elliot Sinclair	12	Carlisle Aquatics	1:18.84
3.	Matthew Minnican	12	Barrow ASC	1:19.14
4.	Sam Gallagher	12	Barrow ASC	1:23.89
5.	Alex Tallon	12	Kendal SC	1:24.41
6.	Luke Watson	12	Workington SC	1:26.02
7.	Owen Cogan	12	Carlisle Aquatics	1:35.34

2016 Workington President's Gala

Session 3 results

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Pierce Greening	13	Cockermouth SC	1:06.61
2.	Ben Jenkinson	13	Cockermouth SC	1:12.00
3.	Samuel Greenbank	13	Cockermouth SC	1:12.50
4.	Matthew Jones	13	Carlisle Aquatics	1:21.37
5.	John Heard	13	Carlisle Aquatics	1:22.85
6.	Luke Pratt	13	Barrow ASC	1:25.41
	Charlie Cooksey	13	Barrow ASC	DNC

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	William Fidalgo-Hull	14	Cockermouth SC	1:07.95
2.	Roan Greening	14	Cockermouth SC	1:09.04
3.	Luke Jackson	14	Cockermouth SC	1:09.38
4.	Oliver Sargeant	14	Kendal SC	1:13.31
5.	Ross Hemsley	14	Workington SC	1:16.30

15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Daniel Armstrong	17	Kendal SC	1:05.97
2.	Michael Lynch	25	Workington SC	1:06.43
3.	Isaac Hinde	15	Copeland ASC	1:06.89
4.	Luke Reeson	28	Cockermouth SC	1:08.66
5.	Alexander Nicholson	15	Cockermouth SC	1:09.60
6.	James Amor	15	Copeland ASC	1:11.35
6.	Jack Edwards	15	Cockermouth SC	1:11.35

EVENT 13 Girls 09 Yrs/Over 200m Freestyle

09 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Ellie Wilson	9	Carlisle Aquatics	2:48.42	39.81	1:23.02	2:07.03
2.	Emily McDougall	9	Cockermouth SC	3:04.13	41.60	1:30.22	2:18.70
3.	Sophie Oliver	9	Barrow ASC	3:27.44	49.17	1:44.38	2:39.29
4.	Sophie Millidge	9	Penrith SC	3:28.39	48.99	1:42.82	2:37.44
5.	Jaya Sparshott	9	Copeland ASC	3:30.35	48.64	1:45.48	2:39.59
6.	Katelyn Smith-Naylor	9	Copeland ASC	4:00.23	54.14	1:56.92	3:00.26

10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Jamie-Leigh Tyson	10	Barrow ASC	2:48.09	36.86	1:19.78	2:04.31
2.	Charlotte Grimshaw	10	Workington SC	2:48.78	39.00	1:22.26	2:08.25
3.	Millie Sandham	10	Workington SC	2:54.38	39.30	1:24.44	2:10.82
4.	Sophie May White	10	Workington SC	3:14.57	45.67	1:36.34	2:28.70
5.	Annabel Crayston	10	Ulverston SC	3:20.30	45.95	1:37.85	2:30.47
6.	Maisie Enright	10	Copeland ASC	3:20.34	47.68	1:39.07	2:30.30
7.	Megan Gerrard	10	Cockermouth SC	3:22.06	45.04	1:37.84	2:32.47
8.	Elise Tallon	10	Kendal SC	3:24.19	46.24	1:39.72	2:34.05
9.	Emily Allison	10	Workington SC	3:26.36	50.74	1:41.35	2:34.30
10.	Emma Wilkinson	10	Cockermouth SC	3:37.76	48.00	1:42.66	2:41.71
11.	Maria Macfadden	10	Copeland ASC	4:02.06	51.67	1:52.33	2:57.12

11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Lily Smith	11	Barrow ASC	2:34.15	35.26	1:15.77	1:56.25
2.	Naomi Ward	11	Carlisle Aquatics	2:34.32	35.13	1:15.07	1:55.63
3.	Amelia Mardel	11	Ulverston SC	2:34.40	35.62	1:14.47	1:55.31
4.	Eliza Nicholson	11	Cockermouth SC	2:34.78	35.41	1:15.57	1:56.39
5.	Harriet Lory	11	Cockermouth SC	2:40.74	34.78	1:16.42	1:59.64
6.	Alexa Atkinson	11	Workington SC	2:49.24	38.74	1:21.88	2:07.79
7.	Anya Storey	11	Carlisle Aquatics	2:49.47	38.76	1:21.98	2:07.81
8.	Zara Newby	11	Copeland ASC	2:54.62	41.36	1:27.34	2:14.34
9.	Scarlett Ashton	11	Cockermouth SC	2:57.25	41.50	1:26.46	2:13.87
10.	Leah Ralph	11	Barrow ASC	2:59.19	40.60	1:26.88	2:14.78
11.	Grace Houghton	11	Copeland ASC	3:08.26	42.82	1:30.76	2:20.75

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Maddison Tuer	12	Workington SC	2:22.56	32.90	1:08.98	1:46.23
2.	Megan Sibbald	12	Workington SC	2:28.75	34.53	1:12.59	1:51.44
3.	Shannon Parker	12	Ulverston SC	2:29.20	34.08	1:12.31	1:51.77
4.	Imarni Barker	12	Workington SC	2:31.33	35.47	1:14.08	1:53.70
5.	Hannah Wren	12	Copeland ASC	2:32.09	34.53	1:13.12	1:52.95
6.	Keisha Pettigrew	12	Copeland ASC	2:41.24	37.89	1:20.46	2:03.12
7.	Maisie Allonby	12	Ulverston SC	2:44.35	36.76	1:17.77	2:01.11
8.	Freya Capstick	12	Kendal SC	2:44.67	37.26	1:19.74	2:02.66
9.	Bethan Rowley	12	Kendal SC	2:46.91	36.56	1:19.95	2:04.03
10.	Mia Sandham	12	Workington SC	2:49.18	40.18	1:24.06	2:07.97
11.	Abby Hirst	12	Penrith SC	2:54.89	39.62	1:24.24	2:10.85
12.	Freya Connor	12	Cockermouth SC	3:01.35	41.10	1:26.67	2:14.50
13.	Eve Nelson	12	Cockermouth SC	3:08.95	42.66	1:31.79	2:22.23
14.	Emily Turner	12	Ulverston SC	3:14.57	46.06	1:37.92	2:29.32
15.	Courtney Bales-Riley	12	Workington SC	3:42.47	42.98	1:37.79	2:39.60
	Caitlin Deegan	12	Kendal SC	DQ			

2016 Workington President's Gala

Session 3 results

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Hannah Clifton	13	Workington SC	2:22.74	32.47	1:08.12	1:45.86
2.	Lois Postlethwaite	13	Barrow ASC	2:27.85	34.23	1:12.34	1:51.39
3.	Josie Johnson	13	Kendal SC	2:29.68	34.69	1:13.57	1:52.78
4.	Saskia Todd	13	Penrith SC	2:35.83	35.82	1:15.17	1:55.66
5.	Anna Morrison	13	Ulverston SC	2:39.94	35.06	1:16.07	1:58.44
6.	Rebecca Turner	13	Ulverston SC	2:45.37	37.63	1:19.88	2:03.09
7.	Elizabeth Nanson	13	Cockermouth SC	2:47.68	39.70	1:23.83	2:08.58
8.	Alice Eastwood	13	Kendal SC	2:49.09	37.04	1:17.98	2:03.39
9.	Niamh Brenan	13	Penrith SC	2:52.64	41.50	1:26.52	2:11.33
10.	Olivia Fearon	13	Cockermouth SC	2:56.81	38.62	1:24.06	2:10.94
11.	Evie Jonsson	13	Cockermouth SC	3:08.07	42.38	1:30.26	2:20.04

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Rebecca Wilson	14	Copeland ASC	2:19.12	31.70	1:06.97	1:44.01
2.	Molly Wren	14	Cockermouth SC	2:20.49	32.33	1:08.22	1:45.26
3.	Lucy Stephenson	14	Copeland ASC	2:32.43	35.13	1:14.67	1:54.40
4.	Sydney Atkinson	14	Barrow ASC	2:32.81	35.38	1:13.87	1:53.75
5.	Neve Richardson	14	Copeland ASC	2:37.79	35.67	1:15.37	1:56.82
6.	Grace Ridley	14	Cockermouth SC	2:49.29	39.90	1:23.27	2:07.34
7.	Lara Cogan	14	Carlisle Aquatics	2:49.62	39.01	1:22.92	2:08.06

15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Louisa Sinclair	16	Carlisle Aquatics	2:17.13	32.26	1:07.38	1:42.80

EVENT 014 Boys 09 Yrs/Over 50m Freestyle

09 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Jake Gibson	9	Kendal SC	38.55
2.	Adie Todd	9	Penrith SC	40.54
3.	Kian Strickland	9	Copeland ASC	43.75
4.	Kayden Thompson	9	Penrith SC	44.51
5.	Blake Cooksey	9	Barrow ASC	52.17
6.	Thomas Bowe Adams	9	Cockermouth SC	53.70
7.	Ethan Riley	9	Copeland ASC	1:01.05

10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Rhys Jackson	10	Cockermouth SC	34.73
2.	James Escolme	10	Kendal SC	36.21
3.	Charlie Gallagher	10	Barrow ASC	36.65
4.	Jamie Carney	10	Copeland ASC	37.03
5.	Ashton Pharoah	10	Barrow ASC	37.78
6.	Joshua Brown	10	Cockermouth SC	38.09
7.	Daniel Jesson	10	Barrow ASC	38.66
8.	Max Ainsworth	10	Kendal SC	39.96
9.	Joseph Turner	10	Barrow ASC	40.58
10.	Thomas Horton	10	Cockermouth SC	42.50
11.	Andrew Hudson	10	Workington SC	44.42
12.	Adam Varey	10	Cockermouth SC	45.73
13.	Jenson Tuer	10	Workington SC	46.14
	Dylan Bradburn	10	Workington SC	DNC
	Ronan Smeaton	10	Workington SC	DNC

11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Dylan Hind	11	Cockermouth SC	30.81
2.	Daniel Hodgson	11	Cockermouth SC	34.95
3.	Matthew Hall	11	Workington SC	35.09
4.	Luke Atkinson	11	Kendal SC	36.35
5.	Adam Jones	11	Ulverston SC	37.52
6.	Casey Turner	11	Barrow ASC	37.58
7.	Louis Gresswell	11	Carlisle Aquatics	37.95
8.	Jack Todhunter	11	Workington SC	39.22
9.	Austin Sinclair	11	Carlisle Aquatics	39.57
10.	Jude Davison	11	Cockermouth SC	40.99
11.	Lloyd Sutton	11	Workington SC	42.25
12.	Matthew Reed	11	Workington SC	45.47
13.	Joseph Reed	11	Workington SC	47.10
14.	Alexander Shaw	11	Copeland ASC	47.15

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Matthew Minnican	12	Barrow ASC	30.60
2.	Bradley Fell	12	Barrow ASC	31.47
3.	Elliot Sinclair	12	Carlisle Aquatics	31.91
4.	Sam Gallagher	12	Barrow ASC	32.23
5.	Luke Watson	12	Workington SC	33.74
6.	Owen Cogan	12	Carlisle Aquatics	37.09

2016 Workington President's Gala

Session 3 results

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Pierce Greening	13	Cockermouth SC	27.59
2.	Rory Ward	13	Carlisle Aquatics	29.38
3.	Ben Jenkinson	13	Cockermouth SC	29.48
4.	Sam Bailey	13	Workington SC	31.30
5.	Luke Pratt	13	Barrow ASC	31.87
6.	Evan Holt	13	Cockermouth SC	32.20
7.	Matthew Jones	13	Carlisle Aquatics	32.82
8.	Jack Bailey	13	Workington SC	32.85
9.	Charlie Cooksey	13	Barrow ASC	32.95
	Declan Burney	13	Cockermouth SC	DQ

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Oliver Sargeant	14	Kendal SC	27.64
2.	Jack Ivison	14	Cockermouth SC	28.03
3.	Roan Greening	14	Cockermouth SC	28.05
4.	Luke Jackson	14	Cockermouth SC	28.09
5.	Ross Hemsley	14	Workington SC	28.32
6.	Kes Fountain	14	Penrith SC	29.58

15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Oliver Smith	20	Cockermouth SC	24.14
2.	Daniel Armstrong	17	Kendal SC	25.52
3.	Elliot Routledge	17	Cockermouth SC	25.54
4.	Michael Lynch	25	Workington SC	25.63
5.	Jack Dixon	15	Workington SC	27.17
6.	Alexander Nicholson	15	Cockermouth SC	27.22
7.	Luke Reeson	28	Cockermouth SC	27.24
8.	James Amor	15	Copeland ASC	27.47
9.	Jack Edwards	15	Cockermouth SC	27.50
10.	Ben Gilmore	16	Cockermouth SC	28.81
11.	Stephen Davison	42	Cockermouth SC	29.14

EVENT 015 Girls 09 Yrs/Over 100m Backstroke

09 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Imogen Stoker	9	Ulverston SC	1:34.48	47.28
2.	Orienne Sharp	9	Ulverston SC	1:37.65	47.61
3.	Sophie Oliver	9	Barrow ASC	1:43.37	51.37
4.	Sophie Millidge	9	Penrith SC	1:43.81	-
	Grace Adams	9	Cockermouth SC	DNC	
	Emily McDougall	9	Cockermouth SC	DQ	

10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Charlotte Grimshaw	10	Workington SC	1:31.20	44.05
2.	Millie Sandham	10	Workington SC	1:32.77	44.44
3.	Joley Postlethwaite	10	Barrow ASC	1:39.97	48.98
4.	Sophie May White	10	Workington SC	1:40.30	49.55
5.	Erin Boyles	10	Workington SC	1:41.52	49.60
6.	Megan Gerrard	10	Cockermouth SC	1:43.94	49.24
7.	Emily Allison	10	Workington SC	1:45.21	52.57
8.	Emma Wilkinson	10	Cockermouth SC	1:47.40	52.44
9.	Maria Macfadden	10	Copeland ASC	1:59.38	57.14
	Maisie Enright	10	Copeland ASC	DQ	
	Jessica Mitchinson	10	Workington SC	DQ	

11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Naomi Ward	11	Carlisle Aquatics	1:21.16	39.32
2.	Eliza Nicholson	11	Cockermouth SC	1:27.02	42.21
3.	Alexa Atkinson	11	Workington SC	1:28.74	44.04
4.	Anya Storey	11	Carlisle Aquatics	1:29.96	43.63
5.	Keira Telford	11	Copeland ASC	1:34.56	46.27
6.	Scarlett Ashton	11	Cockermouth SC	1:35.32	46.49
7.	Lily Wilson	11	Barrow ASC	1:37.75	47.06
8.	Rishita Bhuvanagiri	11	Cockermouth SC	1:48.19	51.84
	Harriette Barber	11	Workington SC	DQ	
	Grace Houghton	11	Copeland ASC	DQ	

2016 Workington President's Gala

Session 3 results

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Maddison Tuer	12	Workington SC	1:13.29	35.92
2.	Indya Sharp	12	Ulverston SC	1:16.45	36.73
3.	Caitlin Deegan	12	Kendal SC	1:20.63	39.49
4.	Freya Capstick	12	Kendal SC	1:21.36	39.55
5.	Lucy Mooney	12	Workington SC	1:21.89	39.87
6.	Megan Sibbald	12	Workington SC	1:22.12	40.75
7.	Maisie Allonby	12	Ulverston SC	1:22.19	40.81
8.	Sophie Macleod	12	Cockermouth SC	1:23.06	40.36
8.	Hannah Wren	12	Copeland ASC	1:23.06	40.33
10.	Bethan Rowley	12	Kendal SC	1:25.50	41.84
11.	Lucy Sargeant	12	Kendal SC	1:26.91	42.58
12.	Keisha Pettigrew	12	Copeland ASC	1:29.34	44.13
13.	Alicia Fidalgo-Hull	12	Cockermouth SC	1:29.67	43.98
14.	Fleur Wood	12	Barrow ASC	1:31.66	44.20
15.	Abby Hirst	12	Penrith SC	1:34.92	46.39
16.	Alice Walton	12	Cockermouth SC	1:44.63	49.45
	Kate Wren	12	Cockermouth SC	DNC	
	Keeley Thompson	12	Penrith SC	DQ	
	Eve Nelson	12	Cockermouth SC	DQ	

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Lois Postlethwaite	13	Barrow ASC	1:17.30	37.71
2.	Anna Morrison	13	Ulverston SC	1:19.01	37.86
3.	Scarlett Morland	13	Barrow ASC	1:23.16	39.15
4.	Saskia Todd	13	Penrith SC	1:26.06	42.33
5.	Niamh Shuttleworth	13	Cockermouth SC	1:26.50	42.10
6.	Alice Eastwood	13	Kendal SC	1:27.00	42.37
7.	Niamh Brenan	13	Penrith SC	1:29.80	44.02
8.	Daniele Browne	13	Barrow ASC	1:29.88	42.77
9.	Olivia Fearon	13	Cockermouth SC	1:31.54	43.51

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Rebecca Wilson	14	Copeland ASC	1:10.04	34.24
2.	Abbie Winstanley	14	Workington SC	1:15.31	35.76
3.	Molly Wren	14	Cockermouth SC	1:15.95	36.35
4.	Elizabeth Adams	14	Cockermouth SC	1:18.22	38.67
5.	Zara Postlethwaite	14	Cockermouth SC	1:18.26	37.83
6.	Lucy Stephenson	14	Copeland ASC	1:19.98	38.53
7.	Neve Richardson	14	Copeland ASC	1:24.15	41.61
8.	Grace Ridley	14	Cockermouth SC	1:30.03	43.36
9.	Lara Cogan	14	Carlisle Aquatics	1:33.88	44.56
	Eleshia-Paige Wolstenc	14	City of Salford SC	DNC	

15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Nicola Capstick	15	Ulverston SC	1:06.33	32.16
2.	Eleanor Nanson	17	Cockermouth SC	1:12.50	35.68
3.	Hannah Pantling	15	Workington SC	1:17.71	37.97

EVENT 016 Boys 09 Yrs/Over 200m Breaststroke

09 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Adie Todd	9	Penrith SC	3:51.66	55.53	1:53.85	2:54.65

10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Reggie Steele	10	Cockermouth SC	3:32.13	49.41	1:45.07	2:40.63
2.	Joshua Brown	10	Cockermouth SC	3:33.98	50.61	1:45.79	2:41.18
3.	Jamie Carney	10	Copeland ASC	3:49.97	55.02	1:55.27	2:55.16
4.	James Escolme	10	Kendal SC	3:50.51	53.27	1:53.47	2:53.00
5.	Joseph Turner	10	Barrow ASC	4:06.28	1:00.80	2:03.85	3:06.71
6.	Thomas Horton	10	Cockermouth SC	4:06.51	57.80	2:02.06	3:03.57
7.	Ashton Pharoah	10	Barrow ASC	4:17.26	57.91	2:04.68	3:12.69
8.	Adam Varey	10	Cockermouth SC	4:24.41	1:03.99	2:11.17	3:18.02
9.	Andrew Hudson	10	Workington SC	4:29.65	1:00.23	2:10.38	3:21.64
	Ronan Smeaton	10	Workington SC	DNC			

11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Dylan Hind	11	Cockermouth SC	3:06.46	43.13	1:29.19	2:19.21
2.	Daniel Hodgson	11	Cockermouth SC	3:19.29	46.95	1:36.53	2:30.36
3.	Finley Quayle	11	Copeland ASC	3:26.85	44.40	1:38.64	2:33.75
4.	Luke Atkinson	11	Kendal SC	3:50.54	55.34	1:56.22	2:54.54
5.	Austin Sinclair	11	Carlisle Aquatics	3:51.96	56.18	1:55.94	2:54.54
6.	Jude Davison	11	Cockermouth SC	3:53.71	53.95	1:53.39	2:54.37
7.	Casey Turner	11	Barrow ASC	4:01.19	54.44	2:00.08	3:03.33
8.	Adam Stansfield	11	Kendal SC	4:17.00	58.73	2:05.54	3:11.32

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Alex Tallon	12	Kendal SC	3:19.73	47.38	1:38.93	2:29.99
2.	Owen Cogan	12	Carlisle Aquatics	3:49.73	54.32	1:54.15	2:51.68

2016 Workington President's Gala

Session 3 results

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Rory Ward	13	Carlisle Aquatics	3:00.99	40.87	1:27.49	2:14.60
2.	Evan Holt	13	Cockermouth SC	3:07.07	44.80	1:32.90	2:21.12
3.	Charlie Cooksey	13	Barrow ASC	3:14.33	43.24	1:31.85	2:24.52
4.	Sam Bailey	13	Workington SC	3:15.09	43.98	1:34.84	2:25.68
5.	Jack Bailey	13	Workington SC	3:20.07	47.15	1:38.69	2:30.77
6.	Luke Pratt	13	Barrow ASC	3:38.82	48.80	1:45.51	2:42.26
	Declan Burney	13	Cockermouth SC	DQ			

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	William Fidalgo-Hull	14	Cockermouth SC	2:36.43	36.33	1:16.75	1:57.41
2.	Jack Ivison	14	Cockermouth SC	2:37.62	37.00	1:17.08	1:57.13

15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	50	100	150
1.	Ben Gilmore	16	Cockermouth SC	2:42.47	37.66	1:18.88	2:00.44
	Craig Heggie	54	Workington SC	DNC			

EVENT 017 Girls 09 Yrs/Over 50m Breaststroke

09 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Emily McDougall	9	Cockermouth SC	49.84
2.	Sophie Oliver	9	Barrow ASC	51.72
3.	Imogen Stoker	9	Ulverston SC	51.88
4.	Caitlin Padgett	9	Penrith SC	53.15
5.	Orianne Sharp	9	Ulverston SC	55.30
6.	Sophie Millidge	9	Penrith SC	58.48
7.	Evelyn Atkinson	9	Kendal SC	59.49
8.	Lily Carter	9	Workington SC	1:02.86
9.	Jaya Sparshott	9	Copeland ASC	1:03.67
10.	Katelyn Smith-Naylor	9	Copeland ASC	1:07.27
11.	Emily Sibbald	9	Workington SC	1:18.16
	Grace Adams	9	Cockermouth SC	DNC
	Aimee-Mai Lister	9	Workington SC	DQ
	Hannah White	9	Workington SC	DQ
	Leanne Myres	9	Workington SC	DQ
	Pippa Newby	9	Copeland ASC	DQ

10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Felicity Boyle	10	Ulverston SC	46.61
2.	Jamie-Leigh Tyson	10	Barrow ASC	49.30
3.	Ellie Turnbull	10	Cockermouth SC	50.67
4.	Annabel Crayston	10	Ulverston SC	52.03
5.	Erin Boyles	10	Workington SC	52.32
6.	Millie Sandham	10	Workington SC	53.62
7.	Emma Wilkinson	10	Cockermouth SC	53.80
8.	Maria Macfadden	10	Copeland ASC	54.78
9.	Poppy Oliver	10	Copeland ASC	55.04
10.	Fern McAleavey	10	Workington SC	57.21
11.	Maisie Enright	10	Copeland ASC	59.12
12.	Jessica Mitchinson	10	Workington SC	59.34
13.	Joley Postlethwaite	10	Barrow ASC	59.47
14.	Grace Simpson	10	Copeland ASC	59.75
	Megan Gerrard	10	Cockermouth SC	DQ

11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Eliza Nicholson	11	Cockermouth SC	39.66
2.	Anya Storey	11	Carlisle Aquatics	42.06
3.	Amelia Mardel	11	Ulverston SC	42.41
4.	Leah Hannaford	11	Nova Centurion SC	43.39
5.	Harriet Lory	11	Cockermouth SC	44.70
6.	Alexa Atkinson	11	Workington SC	45.92
7.	Lily Wilson	11	Barrow ASC	48.66
8.	Grace Houghton	11	Copeland ASC	49.46
9.	Emma Jones	11	Carlisle Aquatics	49.67
10.	Scarlett Ashton	11	Cockermouth SC	50.90
11.	Leah Ralph	11	Barrow ASC	51.83
12.	Keira Telford	11	Copeland ASC	51.84
13.	Kira Sooi	11	Workington SC	52.32
14.	Harriette Barber	11	Workington SC	54.02

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Rebecca Amor	12	Copeland ASC	39.00
2.	Maddison Tuer	12	Workington SC	39.11
3.	Indya Sharp	12	Ulverston SC	39.74
4.	Imami Barker	12	Workington SC	41.55
5.	Maisie Allonby	12	Ulverston SC	42.04
6.	Freya Capstick	12	Kendal SC	42.79
7.	Alicia Fidalgo-Hull	12	Cockermouth SC	43.07
8.	Lucy Sargeant	12	Kendal SC	44.46
9.	Freya Connor	12	Cockermouth SC	46.44
10.	Mia Sandham	12	Workington SC	46.53
11.	Hannah Wren	12	Copeland ASC	47.15
12.	Lucy Mooney	12	Workington SC	47.53
13.	Chloe Gibson	12	Kendal SC	48.61
14.	Jennifer Gillon	12	Cockermouth SC	51.34

2016 Workington President's Gala

Session 3 results

15. Fleur Wood	12	Barrow ASC	51.60
16. Eve Nelson	12	Cockermouth SC	51.89
17. Phoebe Reid	12	Copeland ASC	52.06
18. Emily Turner	12	Ulverston SC	55.18
19. Alice Walton	12	Cockermouth SC	1:00.27

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Hannah Clifton	13	Workington SC	40.94
2.	Josie Johnson	13	Kendal SC	42.26
3.	Alice Eastwood	13	Kendal SC	42.59
4.	Scarlett Morland	13	Barrow ASC	45.08
5.	Niamh Shuttleworth	13	Cockermouth SC	45.26
6.	Elizabeth Nanson	13	Cockermouth SC	45.68
7.	Saskia Todd	13	Penrith SC	46.08
8.	Rebecca Turner	13	Ulverston SC	48.46
9.	Evie Jonsson	13	Cockermouth SC	48.51
10.	Olivia Fearon	13	Cockermouth SC	49.02

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Rebecca Wilson	14	Copeland ASC	36.04
2.	Eve Dootson	14	Cockermouth SC	37.85
3.	Abbie Winstanley	14	Workington SC	37.86
4.	Sydney Atkinson	14	Barrow ASC	39.81
5.	Elizabeth Adams	14	Cockermouth SC	42.00
6.	Neve Richardson	14	Copeland ASC	43.37
7.	Lara Cogan	14	Carlisle Aquatics	45.68
8.	Grace Ridley	14	Cockermouth SC	49.31
	Zara Postlethwaite	14	Cockermouth SC	DNC

15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time
1.	Molly Hale	16	Penrith SC	40.37
2.	Eleanor Nanson	17	Cockermouth SC	43.14
3.	Hanah Pantling	15	Workington SC	43.71

EVENT 018 Boys 09 Yrs/Over 100m Butterfly

10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Joshua Brown	10	Cockermouth SC	1:40.19	45.46
2.	Adam Varey	10	Cockermouth SC	1:52.91	53.55
3.	Rhys Jackson	10	Cockermouth SC	1:55.73	49.56
4.	Joseph Turner	10	Barrow ASC	1:56.64	-

11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Finley Quayle	11	Copeland ASC	1:37.76	44.07
2.	Toby Patton	11	Workington SC	1:41.16	-
3.	Louis Gresswell	11	Carlisle Aquatics	1:50.40	51.73
4.	Casey Turner	11	Barrow ASC	1:50.83	50.57

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Elliot Sinclair	12	Carlisle Aquatics	1:17.82	38.18
2.	Bradley Fell	12	Barrow ASC	1:21.26	37.72

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Pierce Greening	13	Cockermouth SC	1:07.90	33.14
2.	Samuel Greenbank	13	Cockermouth SC	1:08.39	32.52
3.	Ben Jenkinson	13	Cockermouth SC	1:10.41	34.31
4.	John Heard	13	Carlisle Aquatics	1:23.57	-
5.	Sam Bailey	13	Workington SC	1:24.79	38.35

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Luke Jackson	14	Cockermouth SC	1:07.97	31.47
2.	William Fidalgo-Hull	14	Cockermouth SC	1:08.65	32.55
3.	Roan Greening	14	Cockermouth SC	1:09.89	33.23
4.	Kes Fountain	14	Penrith SC	1:11.07	34.12
5.	Oliver Sargeant	14	Kendal SC	1:12.27	33.42
6.	Ross Hemsley	14	Workington SC	1:15.79	32.97

15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	50
1.	Oliver Smith	20	Cockermouth SC	58.51	26.58
2.	Elliot Routledge	17	Cockermouth SC	1:00.85	29.02
3.	Jordan Cooley	17	Copeland ASC	1:01.93	28.57
4.	Isaac Hinde	15	Copeland ASC	1:06.60	31.17
5.	Jack Dixon	15	Workington SC	1:06.92	30.35
6.	James Amor	15	Copeland ASC	1:11.24	32.52
	Alexander Nicholson	15	Cockermouth SC	DQ	