

9th Workington President's Gala

(Under ASA Laws & ASA Technical Rules)

Friday 21st September 2018

Licensed Meet - No. 3NW181077

EVENT 1 Girls 09 Yrs/Over 800m Freestyle

11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Rhianna Foster	11	South Holder	10:35.17					
	50m 35.01	100m 1:13.78	150m 1:53.84	200m 2:33.44	250m 3:12.96	300m 3:53.21	350m 4:33.55	400m 5:13.97	
	35.01	38.77	40.06	39.60	39.52	40.25	40.34	40.42	
	450m 5:54.38	500m 6:34.68	550m 7:15.02	600m 7:55.91	650m 8:36.58	700m 9:17.40	750m 9:57.83	800m 10:35.17	
	40.41	40.30	40.34	40.89	40.67	40.82	40.43	37.34	
2.	Eleanor Cross	11	Howe Bridge	10:55.06					
	50m 35.28	100m 1:16.48	150m 1:57.17	200m 2:37.99	250m 3:19.39	300m 4:00.80	350m 4:42.47	400m 5:24.69	
	35.28	41.20	40.69	40.82	41.40	41.41	41.67	42.22	
	450m 6:06.43	500m 6:48.12	550m 7:30.07	600m 8:12.04	650m 8:53.45	700m 9:35.09	750m 10:15.80	800m 10:55.06	
	41.74	41.69	41.95	41.97	41.41	41.64	40.71	39.26	
3.	Chloe Ridge	11	Ather & Leig	11:19.34					
	50m 38.03	100m 1:21.04	150m 2:04.33	200m 2:47.80	250m 3:31.30	300m 4:15.19	350m 4:58.53	400m 5:41.79	
	38.03	43.01	43.29	43.47	43.50	43.89	43.34	43.26	
	450m 6:25.58	500m 7:08.26	550m 7:51.10	600m 8:34.31	650m 9:17.41	700m 9:59.87	750m 10:41.36	800m 11:19.34	
	43.79	42.68	42.84	43.21	43.10	42.46	41.49	37.98	
4.	Jaya Sparshott	11	Copeland	12:04.77					
	50m 42.16	100m 1:28.52	150m 2:15.23	200m 3:01.59	250m 3:47.86	300m 4:33.65	350m 5:19.96	400m 6:07.25	
	42.16	46.36	46.71	46.36	46.27	45.79	46.31	47.29	
	450m 6:53.88	500m 7:40.14	550m 8:26.33	600m 9:11.69	650m 9:57.17	700m 10:41.50	750m 11:25.41	800m 12:04.77	
	46.63	46.26	46.19	45.36	45.48	44.33	43.91	39.36	
5.	Amara Rose	11	Penrith	13:26.17					
	50m 41.34	100m 1:29.88	150m 2:19.95	200m 3:11.41	250m 4:04.49	300m 4:56.53	350m 5:46.41	400m 6:35.59	
	41.34	48.54	50.07	51.46	53.08	52.04	49.88	49.18	
	450m 7:27.06	500m 8:19.90	550m 9:13.91	600m 10:06.51	650m 10:58.71	700m 11:49.94	750m 12:39.48	800m 13:26.17	
	51.47	52.84	54.01	52.60	52.20	51.23	49.54	46.69	

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Charlotte Grimshaw	12	Workington	10:11.70					
	50m 34.12	100m 1:12.73	150m 1:51.90	200m 2:31.19	250m 3:10.48	300m 3:49.53	350m 4:28.79	400m 5:08.14	
	34.12	38.61	39.17	39.29	39.29	39.05	39.26	39.35	
	450m 5:47.04	500m 6:26.15	550m 7:05.16	600m 7:42.89	650m 8:21.51	700m 9:00.03	750m 9:36.20	800m 10:11.70	
	38.90	39.11	39.01	37.73	38.62	38.52	36.17	35.50	
2.	Rhianna Archer	12	Howe Bridge	10:17.15					
	50m 33.85	100m 1:10.81	150m -	200m 1:48.51	250m 3:05.27	300m 3:44.17	350m 4:23.27	400m 5:02.38	
	33.85	36.96	-	37.70	1:16.76	38.90	39.10	39.11	
	450m 5:41.74	500m 6:21.08	550m 7:00.85	600m 7:40.56	650m 8:20.28	700m 8:59.77	750m 9:39.20	800m 10:17.15	
	39.36	39.34	39.77	39.71	39.32	39.49	39.43	37.95	
3.	Felicity Boyle	12	Ulverston	10:21.29					
	50m 34.89	100m 1:14.79	150m 1:53.99	200m 2:33.46	250m 3:12.68	300m 3:51.23	350m 4:30.61	400m 5:10.16	
	34.89	39.90	39.20	39.47	39.22	38.55	39.38	39.55	
	450m 5:49.35	500m 6:28.99	550m 7:08.35	600m 7:46.99	650m 8:26.36	700m 9:06.06	750m 9:45.12	800m 10:21.29	
	39.19	39.64	39.36	38.64	39.37	39.70	39.06	36.17	
4.	Abbie Myers	12	Leyland Barr	10:45.42					
	50m 32.94	100m 1:11.14	150m 1:50.89	200m 2:30.50	250m 3:11.71	300m 3:52.71	350m 4:33.86	400m 5:15.56	
	32.94	38.20	39.75	39.61	41.21	41.00	41.15	41.70	
	450m 5:57.18	500m 6:39.59	550m 7:21.08	600m 8:02.79	650m 8:45.29	700m 9:27.90	750m 10:09.85	800m 10:45.42	
	41.62	42.41	41.49	41.71	42.50	42.61	41.95	35.57	
5.	Adia Tieman	12	Hindley	10:50.55					
	50m 35.91	100m 1:15.09	150m 1:55.37	200m 2:36.27	250m 3:17.46	300m 3:58.88	350m 4:40.22	400m 5:21.65	
	35.91	39.18	40.28	40.90	41.19	41.42	41.34	41.43	
	450m 6:03.22	500m 6:44.94	550m 7:26.42	600m 8:07.98	650m 8:49.44	700m 9:31.45	750m 10:11.67	800m 10:50.55	
	41.57	41.72	41.48	41.56	41.46	42.01	40.22	38.88	
6.	Millie Sandham	12	Workington	11:08.60					
	50m 37.13	100m 1:18.53	150m 2:00.54	200m 2:43.23	250m 3:27.34	300m 4:10.74	350m 4:53.77	400m 5:36.50	
	37.13	41.40	42.01	42.69	44.11	43.40	43.03	42.73	
	450m 6:18.48	500m 7:00.26	550m 7:42.70	600m 8:24.34	650m 9:06.62	700m 9:49.30	750m 10:29.98	800m 11:08.60	
	41.98	41.78	42.44	41.64	42.28	42.68	40.68	38.62	
7.	Sophie May White	12	Workington	11:34.74					
	50m 36.87	100m 1:18.17	150m 2:01.24	200m 2:44.51	250m 3:28.88	300m 4:12.95	350m 4:57.45	400m 5:42.07	
	36.87	41.30	43.07	43.27	44.37	44.07	44.50	44.62	
	450m 6:27.52	500m 7:13.11	550m 7:57.62	600m 8:42.25	650m 9:26.51	700m 10:10.37	750m 10:52.21	800m 11:34.74	
	45.45	45.59	44.51	44.63	44.26	43.86	41.84	42.53	

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Amelia Mardel	13	Ulverston	10:02.54					
	50m 33.21	100m 1:09.94	150m 1:47.88	200m 2:25.94	250m 3:03.91	300m 3:42.25	350m 4:20.22	400m 4:58.59	
	33.21	36.73	37.94	38.06	37.97	38.34	37.97	38.37	
	450m 5:36.28	500m 6:14.27	550m 6:52.30	600m 7:30.54	650m 8:09.23	700m 8:47.44	750m 9:25.70	800m 10:02.54	
	37.69	37.99	38.03	38.24	38.69	38.21	38.26	36.84	
2.	Paige Evans	13	Carnforth	10:37.53					
	50m 35.89	100m 1:15.96	150m 1:57.24	200m 2:37.69	250m 3:18.47	300m 3:59.24	350m 4:39.97	400m 5:20.33	
	35.89	40.07	41.28	40.45	40.78	40.77	40.73	40.36	
	450m 6:00.80	500m 6:41.15	550m 7:21.43	600m 8:02.18	650m 8:42.57	700m 9:22.23	750m 10:01.43	800m 10:37.53	
	40.47	40.35	40.28	40.75	40.39	39.66	39.20	36.10	
3.	Maia Bishop	13	Carnforth	11:02.27					
	50m 36.37	100m 1:17.36	150m 1:59.43	200m 2:42.03	250m 3:24.98	300m 4:07.59	350m 4:50.53	400m 5:33.31	
	36.37	40.99	42.07	42.60	42.95	42.61	42.94	42.78	
	450m 6:15.33	500m 6:57.81	550m 7:39.52	600m 8:21.67	650m 9:03.19	700m 9:44.90	750m 10:25.26	800m 11:02.27	
	42.02	42.48	41.71	42.15	41.52	41.71	40.36	37.01	

9th Workington President's Gala

(Under ASA Laws & ASA Technical Rules)

Friday 21st September 2018

Licensed Meet - No. 3NW181077

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Megan Sibbald	14	Workington	10:10.60						
	50m 34.48	100m 1:12.16	150m 1:50.52	200m 2:29.37	250m 3:08.38	300m 3:47.46	350m 4:26.47	400m 5:05.26		
	34.48	37.68	38.36	38.85	39.01	39.08	39.01	38.79		
	450m 5:44.11	500m 6:22.42	550m 7:00.42	600m 7:38.92	650m 8:17.58	700m 8:56.12	750m 9:34.29	800m 10:10.60		
	38.85	38.31	38.00	38.50	38.66	38.54	38.17	36.31		
2.	Shannon Parker	14	Ulverston	10:39.89						
	50m 32.72	100m 1:09.54	150m 1:48.28	200m 2:27.82	250m 3:07.80	300m 3:48.29	350m 4:28.70	400m 5:08.78		
	32.72	36.82	38.74	39.54	39.98	40.49	40.41	40.08		
	450m 5:49.69	500m 6:31.80	550m 7:13.80	600m 7:55.85	650m 8:37.82	700m 9:19.25	750m -	800m 10:39.89		
	40.91	42.11	42.00	42.05	41.97	41.43	-	1:20.64		
3.	Keisha Pettigrew	14	Copeland	10:42.01						
	50m 34.64	100m 1:14.23	150m 1:53.64	200m 2:33.30	250m 3:13.56	300m 3:54.47	350m 4:35.53	400m 5:16.69		
	34.64	39.59	39.41	39.66	40.26	40.91	41.06	41.16		
	450m 5:57.57	500m 6:38.57	550m 7:19.35	600m 8:00.59	650m 8:41.99	700m 9:23.03	750m 10:03.58	800m 10:42.01		
	40.88	41.00	40.78	41.24	41.40	41.04	40.55	38.43		
4.	Mia Sandham	14	Workington	11:02.40						
	50m 36.72	100m 1:17.49	150m 1:59.46	200m 2:41.73	250m 3:24.13	300m 4:06.31	350m 4:49.23	400m 5:29.99		
	36.72	40.77	41.97	42.27	42.40	42.18	42.92	40.76		
	450m 6:12.16	500m 6:55.02	550m 7:35.91	600m 8:17.65	650m 9:00.03	700m 9:42.31	750m 10:24.84	800m 11:02.40		
	42.17	42.86	40.89	41.74	42.38	42.28	42.53	37.56		
5.	Maisie Allonby	14	Ulverston	11:31.61						
	50m 36.31	100m 1:17.13	150m 1:58.96	200m 2:41.65	250m 3:24.46	300m 4:07.42	350m 4:51.86	400m 5:36.47		
	36.31	40.82	41.83	42.69	42.81	42.96	44.44	44.61		
	450m 6:21.24	500m 7:05.64	550m 7:50.59	600m 8:35.43	650m 9:19.55	700m 10:04.42	750m 10:48.81	800m 11:31.61		
	44.77	44.40	44.95	44.84	44.12	44.87	44.39	42.80		

15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Hannah Edwards	17	Carnforth	9:47.78						
	50m 32.71	100m 1:08.36	150m 1:44.44	200m 2:20.83	250m 2:58.00	300m 3:35.17	350m 4:12.93	400m 4:50.64		
	32.71	35.65	36.08	36.39	37.17	37.17	37.76	37.71		
	450m 5:27.59	500m 6:05.19	550m 6:42.63	600m 7:20.23	650m 7:57.38	700m 8:34.63	750m 9:11.68	800m 9:47.78		
	36.95	37.60	37.44	37.60	37.15	37.25	37.05	36.10		
2.	Eve Dootson	15	Cockermouth	9:55.46						
	50m 33.59	100m 1:10.17	150m 1:47.66	200m 2:25.55	250m 3:03.25	300m 3:41.32	350m 4:19.02	400m 4:57.35		
	33.59	36.58	37.49	37.89	37.70	38.07	37.70	38.33		
	450m 5:35.37	500m 6:13.37	550m 6:50.70	600m 7:28.10	650m 8:05.88	700m 8:43.36	750m 9:20.78	800m 9:55.46		
	38.02	38.00	37.33	37.40	37.78	37.48	37.42	34.68		
3.	Lois Postlethwaite	15	Barrow	9:55.49						
	50m 32.87	100m 1:09.05	150m 1:46.18	200m 2:23.80	250m 3:02.08	300m 3:40.50	350m 4:18.75	400m 4:56.55		
	32.87	36.18	37.13	37.62	38.28	38.42	38.25	37.80		
	450m 5:34.60	500m 6:12.31	550m 6:49.71	600m 7:27.39	650m 8:04.90	700m 8:43.03	750m 9:20.79	800m 9:55.49		
	38.05	37.71	37.40	37.68	37.51	38.13	37.76	34.70		
4.	Saskia Todd	15	Penrith	10:50.45						
	50m 35.33	100m 1:14.35	150m 1:54.59	200m 2:34.60	250m 3:14.83	300m 3:56.08	350m 4:37.27	400m 5:18.79		
	35.33	39.02	40.24	40.01	40.23	41.25	41.19	41.52		
	450m 6:00.36	500m 6:42.47	550m 7:24.69	600m 8:06.28	650m 8:48.46	700m 9:30.70	750m 10:11.59	800m 10:50.45		
	41.57	42.11	42.22	41.59	42.18	42.24	40.89	38.86		
5.	Daniele Browne	15	Barrow	11:25.66						
	50m 37.25	100m 1:19.04	150m 2:02.82	200m 2:46.33	250m 3:29.86	300m 4:13.59	350m 4:57.75	400m 5:42.23		
	37.25	41.79	43.78	43.51	43.53	43.73	44.16	44.48		
	450m 6:26.04	500m 7:10.06	550m 7:53.74	600m 8:37.12	650m 9:19.88	700m 10:02.99	750m 10:46.08	800m 11:25.66		
	43.81	44.02	43.68	43.38	42.76	43.11	43.09	39.58		
6.	Emma Jennings	15	Copeland	12:03.41						
	50m 40.14	100m 1:23.78	150m 2:09.57	200m 2:55.62	250m 3:41.53	300m 4:27.68	350m 5:14.45	400m 6:00.61		
	40.14	43.64	45.79	46.05	45.91	46.15	46.77	46.16		
	450m 6:46.61	500m 7:33.86	550m 8:19.66	600m 9:06.11	650m 9:51.77	700m 10:37.36	750m 11:21.14	800m 12:03.41		
	46.00	47.25	45.80	46.45	45.66	45.59	43.78	42.27		

EVENT 2 Boys 09 Yrs/Over 1500m Freestyle

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time						
1.	Reggie Steele	12	Cockermouth	19:59.91						
	50m 33.65	100m 1:11.54	150m 1:50.96	200m 2:30.64	250m 3:10.59	300m 3:50.31	350m 4:30.54	400m 5:11.01		
	33.65	37.89	39.42	39.68	39.95	39.72	40.23	40.47		
	450m 5:51.16	500m 6:31.10	550m 7:11.60	600m 7:51.51	650m 8:32.44	700m 9:13.05	750m 9:53.69	800m 10:33.96		
	40.15	39.94	40.50	39.91	40.93	40.61	40.64	40.27		
	850m 11:14.72	900m 11:55.64	950m 12:36.13	1000m 13:16.75	1050m 13:57.98	1100m 14:39.41	1150m 15:20.25	1200m 16:01.55		
	40.76	40.92	40.49	40.62	41.23	41.43	40.84	41.30		
	1250m 16:41.97	1300m 17:22.91	1350m 18:03.69	1400m 18:44.32	1450m 19:24.03	1500m 19:59.91				
	40.42	40.94	40.78	40.63	39.71	35.88				
2.	Rhys Jackson	12	Cockermouth	20:15.80						
	50m 35.08	100m 1:13.51	150m 1:52.67	200m 2:32.63	250m 3:12.95	300m 3:53.18	350m 4:33.71	400m 5:14.11		
	35.08	38.43	39.16	39.96	40.32	40.23	40.53	40.40		
	450m 5:54.59	500m 6:34.91	550m 7:16.05	600m 7:57.09	650m 8:38.65	700m 9:20.10	750m 10:02.32	800m 10:42.79		
	40.48	40.32	41.14	41.04	41.56	41.45	42.22	40.47		
	850m 11:24.33	900m 12:05.74	950m 12:47.18	1000m 13:28.67	1050m 14:09.03	1100m 14:51.22	1150m 15:32.77	1200m 16:13.64		
	41.54	41.41	41.44	41.49	40.36	42.19	41.55	40.87		
	1250m 16:55.75	1300m 17:36.78	1350m 18:18.12	1400m 18:59.54	1450m 19:40.42	1500m 20:15.80				
	42.11	41.03	41.34	41.42	40.88	35.38				
3.	Joshua Brown	12	Cockermouth	21:04.88						
	50m 36.53	100m 1:16.93	150m 1:58.90	200m 2:40.75	250m 3:23.80	300m 4:05.48	350m 4:47.60	400m 5:30.46		
	36.53	40.40	41.97	41.85	43.05	41.68	42.12	42.86		
	450m 6:13.00	500m 6:55.54	550m 7:38.14	600m 8:20.40	650m 9:03.26	700m 9:45.60	750m 10:27.83	800m 11:10.42		
	42.54	42.54	42.60	42.26	42.86	42.34	42.23	42.59		
	850m 11:51.84	900m 12:34.73	950m 13:17.69	1000m 14:00.66	1050m 14:43.32	1100m 15:26.50	1150m 16:09.03	1200m 16:51.44		
	41.42	42.89	42.96	42.97	42.66	43.18	42.53	42.41		
	1250m 17:34.45	1300m 18:17.47	1350m 19:00.31	1400m 19:43.19	1450m 20:25.12	1500m 21:04.88				
	43.01	43.02	42.84	42.88	41.93	39.76				

9th Workington President's Gala

(Under ASA Laws & ASA Technical Rules)

Friday 21st September 2018

Licensed Meet - No. 3NW181077

4. Thomas Horton	12 Cockermouth	23:02.85							
50m 39.73	100m 1:24.26	150m 2:11.00	200m 2:58.55	250m 3:45.48	300m 4:32.37	350m 5:20.03	400m 6:06.97		
39.73	44.53	46.74	47.55	46.93	46.89	47.66	46.94		
450m 6:54.07	500m 7:39.48	550m 8:27.18	600m 9:13.77	650m 10:01.32	700m 10:48.26	750m 11:35.27	800m 12:21.15		
47.10	45.41	47.70	46.59	47.55	46.94	47.01	45.88		
850m 13:07.15	900m 13:53.22	950m 14:40.49	1000m 15:27.50	1050m 16:14.29	1100m 17:01.71	1150m 17:47.98	1200m 18:34.26		
46.00	46.07	47.27	47.01	46.79	47.42	46.27	46.28		
1250m 19:21.73	1300m 20:06.70	1350m 20:52.44	1400m 21:37.09	1450m 22:22.11	1500m 23:02.85				
47.47	44.97	45.74	44.65	45.02	40.74				
5. Adam Varey	12 Cockermouth	23:21.73							
50m 41.46	100m 1:27.26	150m 2:15.00	200m 3:02.97	250m 3:50.75	300m 4:39.23	350m 5:28.66	400m 6:16.19		
41.46	45.80	47.74	47.97	47.78	48.48	49.43	47.53		
450m 7:03.59	500m 7:53.06	550m 8:41.63	600m 9:30.28	650m 10:18.55	700m 11:06.34	750m 11:54.70	800m 12:42.37		
47.40	49.47	48.57	48.65	48.27	47.79	48.36	47.67		
850m 13:30.93	900m 14:19.19	950m 15:06.77	1000m 15:53.85	1050m 16:40.78	1100m 17:27.73	1150m 18:12.01	1200m 18:58.62		
48.56	48.26	47.58	47.08	46.93	46.95	44.28	46.61		
1250m 19:44.06	1300m 20:28.77	1350m 21:13.89	1400m 21:56.96	1450m 22:41.22	1500m 23:21.73				
45.44	44.71	45.12	43.07	44.26	40.51				

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Toby Patton	13	Workington	18:23.92					
	50m 32.06	100m 1:08.12	150m 1:44.65	200m 2:20.60	250m 2:56.97	300m 3:34.80	350m 4:12.24	400m 4:50.26	
	32.06	36.06	36.53	35.95	36.37	37.83	37.44	38.02	
	450m 5:28.28	500m 6:05.58	550m 6:42.57	600m 7:18.61	650m 7:54.99	700m 8:33.25	750m 9:08.71	800m 9:47.76	
	38.02	37.30	36.99	36.04	36.38	38.26	35.46	39.05	
	850m 10:25.07	900m 11:04.56	950m 11:41.60	1000m 12:19.59	1050m 12:57.46	1100m 13:34.49	1150m 14:10.72	1200m 14:46.53	
	37.31	39.49	37.04	37.99	37.87	37.03	36.23	35.81	
	1250m 15:23.42	1300m 16:00.94	1350m 16:37.72	1400m 17:14.28	1450m 17:49.78	1500m 18:23.92			
	36.89	37.52	36.78	36.56	35.50	34.14			

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Jack Smith	14	Cockermouth	17:28.78					
	50m 29.79	100m 1:04.38	150m 1:39.30	200m 2:13.95	250m 2:48.58	300m 3:23.74	350m 3:58.97	400m 4:34.44	
	29.79	34.59	34.92	34.65	34.63	35.16	35.23	35.47	
	450m 5:10.20	500m 5:45.61	550m 6:20.60	600m 6:56.02	650m 7:31.26	700m 8:07.06	750m 8:42.95	800m 9:18.99	
	35.76	35.41	34.99	35.42	35.24	35.80	35.89	36.04	
	850m 9:54.74	900m 10:30.21	950m 11:05.79	1000m 11:41.22	1050m 12:16.87	1100m 12:52.80	1150m 13:27.94	1200m 14:02.80	
	35.75	35.47	35.58	35.43	35.65	35.93	35.14	34.86	
	1250m 14:37.98	1300m 15:12.82	1350m 15:47.27	1400m 16:21.34	1450m 16:56.00	1500m 17:28.78			
	35.18	34.84	34.45	34.07	34.66	32.78			
2.	Max Sharpe	14	Barrow	18:58.19					
	50m 31.68	100m 1:06.04	150m 1:42.39	200m 2:19.75	250m 2:57.42	300m 3:34.99	350m 4:12.86	400m 4:50.87	
	31.68	34.36	36.35	37.36	37.67	37.57	37.87	38.01	
	450m 5:29.27	500m 6:07.12	550m 6:45.63	600m 7:23.86	650m 8:03.13	700m 8:41.36	750m 9:20.08	800m 9:58.40	
	38.40	37.85	38.51	38.23	39.27	38.23	38.72	38.32	
	850m 10:37.13	900m 11:15.71	950m 11:55.62	1000m 12:34.38	1050m 13:14.59	1100m 13:53.77	1150m 14:32.51	1200m 15:11.32	
	38.73	38.58	39.91	38.76	40.21	39.18	38.74	38.81	
	1250m 15:49.30	1300m 16:28.80	1350m 17:07.82	1400m 17:45.44	1450m 18:23.22	1500m 18:58.19			
	37.98	39.50	39.02	37.62	37.78	34.97			
3.	Owen Cogan	14	Carlisle Aq	19:41.69					
	50m 36.15	100m 1:15.09	150m 1:54.24	200m 2:33.84	250m 3:12.95	300m 3:52.70	350m 4:31.83	400m 5:12.31	
	36.15	38.94	39.15	39.60	39.11	39.75	39.13	40.48	
	450m 5:51.91	500m 6:31.49	550m 7:11.52	600m 7:51.43	650m 8:30.90	700m 9:11.22	750m 9:51.96	800m 10:31.36	
	39.60	39.58	40.03	39.91	39.47	40.32	40.74	39.40	
	850m 11:11.28	900m 11:50.92	950m 12:30.57	1000m 13:11.40	1050m 13:52.66	1100m 14:32.86	1150m 15:13.19	1200m 15:52.73	
	39.92	39.64	39.65	40.83	41.26	40.20	40.33	39.54	
	1250m 16:32.44	1300m 17:11.40	1350m 17:51.11	1400m 18:30.04	1450m 19:07.83	1500m 19:41.69			
	39.71	38.96	39.71	38.93	37.79	33.86			
4.	James Jennings	14	Copeland	20:28.60					
	50m 32.50	100m 1:09.67	150m 1:49.61	200m 2:31.04	250m 3:12.64	300m 3:53.96	350m 4:35.73	400m 5:17.87	
	32.50	37.17	39.94	41.43	41.60	41.32	41.77	42.14	
	450m 6:00.03	500m 6:41.95	550m 7:24.44	600m 8:07.14	650m 8:48.95	700m 9:30.40	750m 10:11.91	800m 10:53.18	
	42.16	41.92	42.49	42.70	41.81	41.45	41.51	41.27	
	850m 11:34.08	900m 12:15.89	950m 12:57.85	1000m 13:39.93	1050m 14:22.68	1100m 15:04.71	1150m 15:45.55	1200m 16:27.76	
	40.90	41.81	41.96	42.08	42.75	42.03	40.84	42.21	
	1250m 17:09.17	1300m 17:49.62	1350m 18:30.93	1400m 19:10.44	1450m 19:50.90	1500m 20:28.60			
	41.41	40.45	41.31	39.51	40.46	37.70			

15 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time					
1.	Pierce Greening	15	Cockermouth	16:22.00					
	50m 29.21	100m 1:01.80	150m 1:34.94	200m 2:08.10	250m 2:41.47	300m 3:15.05	350m 3:48.45	400m 4:21.70	
	29.21	32.59	33.14	33.16	33.37	33.58	33.40	33.25	
	450m 4:54.46	500m 5:27.44	550m 6:00.48	600m 6:33.84	650m 7:06.82	700m 7:39.96	750m 8:12.27	800m 8:45.66	
	32.76	32.98	33.04	33.36	32.98	33.14	32.31	33.39	
	850m 9:18.26	900m 9:50.62	950m 10:23.45	1000m 10:56.46	1050m 11:29.29	1100m 12:01.86	1150m 12:34.38	1200m 13:06.89	
	32.60	32.36	32.83	33.01	32.83	32.57	32.52	32.51	
	1250m 13:39.71	1300m 14:12.45	1350m 14:44.99	1400m 15:17.72	1450m 15:50.47	1500m 16:22.00			
	32.82	32.74	32.54	32.73	32.75	31.53			
2.	Benjamin Winterburn	17	Carnforth	17:08.67					
	50m 29.48	100m 1:02.09	150m 1:35.42	200m 2:09.04	250m 2:42.56	300m 3:16.20	350m 3:50.08	400m 4:24.66	
	29.48	32.61	33.33	33.62	33.52	33.64	33.88	34.58	
	450m 4:59.39	500m 5:34.20	550m 6:09.23	600m 6:44.01	650m 7:19.84	700m 7:55.48	750m 8:30.61	800m 9:05.58	
	34.73	34.81	35.03	34.78	35.83	35.64	35.13	34.97	
	850m 9:40.47	900m 10:15.52	950m 10:50.63	1000m 11:25.43	1050m 12:00.31	1100m 12:35.31	1150m 13:10.17	1200m 13:45.16	
	34.89	35.05	35.11	34.80	34.88	35.00	34.86	34.99	
	1250m 14:19.60	1300m 14:54.09	1350m 15:28.48	1400m 16:03.07	1450m 16:37.09	1500m 17:08.67			
	34.44	34.49	34.39	34.59	34.02	31.58			

