

CUMBRIA
AMATEUR SWIMMING
ASSOCIATION

www.swimcumbria.org.uk



HANDBOOK and RULES

2016

Contents

Past Presidents		2
Officers		3
Club Secretaries		4
Rules:	Rules of Cumbria Amateur Swimming Association (on website)	5
	Championships and Age Groups Competitions	6
	Records	9
	Diddy League	10
Entry conditions, meet procedures, programme of events and qualifying times for 2016 Cumbria Championships and Age Groups		15
Trophy Holders:	Life Vice Presidents Trophy	23
	Cumbria Trophy	23
	Tommy Hatch	23
	Diddy League	24
Record Holders at 31st December 2015:	County – Long Course	25
	County – Short Course	27
	Age Group – SC and LC	29
2015 Results:	Age Group winners	41
	- Tommy Hatch Trophy & Cumbria Trophy Points	44
	Championship Results	45
	Diddy League	48
Programme of Events for 2016:		
	Diddy League	49
Officials:	Swimming	50
Calendar of Events 2016		52

PAST PRESIDENTS

The Earl of Lonsdale	1923/1935
F W Tassell	1936/38
Dr J Dolan	1939/1943
J Moore	1944
The Rev. J B Wood	1945
Miss M Whitley	1946
The Rev. J B Wood	1947/1948
J H Porterhouse	1949/1953
T Simpson	1954 (Part)
C Sutcliffe	1954 (Part)
E N Meakin	1955/1975
W Smith	1976
J C Curran	1977-1978
R D J Wheeler	1979-1980
C W Griffin	1981-1982
A Hannah	1983-1984
Mrs W Scott	1985-1986
W Scott	1987-1988
J Huggon	1989-1990
J J Hill	1991-1992
G H Hetherington	1993-1994
Mrs S H Wilson	1995-1996
T S Messenger	1997-1998
C Hayton	1999-2000
Mrs E Walsh	2001-2002
Mrs G D Whiteley	2003-2004
I Powley	2005-2006
Mrs T L Lambert	2007-2008
B Bowe	2009-2010
Mrs M Moffet	2011-2012
R Watson	2013-2014
J A Messenger	2015-2016

OFFICERS

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Championship Secretary

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County Volunteer Coordinator

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<u>Penrith</u>	Mrs M Powell-Currie, 27 Salkeld Road, Penrith CA11 8RA e-mail: marinap.mpc@gmail.com	07771621574
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Constitutional Rules of Cumbria Amateur Swimming Association

(Adopted on 24th November 2015 and displayed on the Cumbria ASA website)

CONTENTS

	Page
1. Name	2
2. Definition	2
3. Aims	2
4. Objectives	2
5. Powers and Responsibilities of the Association	3
6. Affiliation and Membership	5
7. Suspension and Resignation	5
8. Finance	6
9. Governance	6
10. Officers	7
11. Council	7
12. Responsibilities of Council	7
13. Meetings of Council	9
14. Honorary Trustees	14
15. Executive Committee	14
16. Independent Financial Examiner	17
17. Standing Committees	17
18. Representing the Association	19
19. Award of Association Badge	19
20. Competition Conditions	20
21. Expulsion and Other Disciplinary Action	20
22. Dissolution	20
Appendix A Standing Orders	21
Appendix B ASA Laws and Regulations	22
Appendix C Championships and Age Group Swimming	
Competition Rules	26
Appendix D Records	29
Appendix E Cumbria Diddy League Rules	30

APPENDIX C

CHAMPIONSHIPS and AGE GROUP SWIMMING COMPETITION RULES

Change of rule is noted by • in the margin. Underscore indicates actual change where appropriate.

1. OBJECTIVES

- 1.1 To provide the opportunity for swimmers to achieve National Qualifying Times in licensed meets in Cumbria.
- 1.2 To provide competitive swimming for 9, 10, 11, 12, 13, 14, 15 year olds and 16 years and over in a combined Championships and Age Group format within the county of Cumbria.
- 1.3 To find the best swimmers for each stroke in each Age Group noted above and the overall best Men and Junior Men, Women and Junior Women swimmers in the County each year.
- 1.4 To present the 'Tommy Hatch Trophy' to the club accruing most points in the Age Group Competition.
- 1.5 To allocate Swimming Championships points towards the presentation of the 'Cumbria Trophy'.

2. SCOPE

- 2.1 The Championships will comprise an appropriate number of galas of individual events plus an Age Group team gala and a Championship team gala.
- 2.2 All events will be held within the ASA Calendar Plan for licensed meets, that is, weeks 6 to 13.
- 2.3 The Association will allocate gala sessions and member clubs will provide organisational support to the Gala MC.
- 2.4 'Tommy Hatch Trophy' points will accrue for the 9 year to 16 years and over Age Groups in individual events and for 9/10 year, 11/12 year, 13/14 year, and 15/16 year Age Groups in relay events."
- 2.5 'Cumbria Trophy' points will accrue from Championship events.
- 2.6 The competition will be held in pools of at least 25m length with at least 6 lanes.

3. ENTRY CONDITIONS

- 3.1 Championships and Competitions shall be open to all ASA registered members of Clubs affiliated to the Association who have resided in the County of Cumbria from January 1st in the year of Competition or who were born in the County of Cumbria.
- 3.2 A dispensation may be granted, on an individual basis, by the Executive Committee to members of clubs affiliated to the Association who live outside the county boundary. This will depend upon individual circumstances. Applications for dispensation shall be in writing and shall reach the Secretary prior to the first executive meeting of the calendar year so that they shall be included in the agenda.
- 3.3 Entries to individual events and relays shall reach the competition organiser on a date to be decided annually by the Executive Committee but no later than 28 days before the date of the first gala accompanied by the appropriate fee. Late, poolside, or improved entries will not be accepted.
- 3.4 Competitors must be 'Eligible Swimmers' as defined by ASA Law and nationally registered members of the club represented. This shall be the club with the longest unbroken membership on the closing date of the competition.
- 3.6 The fastest swimmers in the heats of Championship events will qualify for Championships finals.
- 3.7 Finalists and reserve finalists (individuals and teams) shall declare to the recorders, after the posting of the results or notification that the event would be swum as a final, if they intend to withdraw from the event. Failure to do so will result in suspension from future events in the current Championships.
- 3.8 Ages will be as at midnight on the last day of the competition.

4. SCORING

- 4.1 Competitors shall score points which shall accrue to clubs of which the participants have been in longest unbroken membership on the closing date for entries to the competition.
- 4.2 Swimmers who resign from a club after the closing date shall continue to represent that club for the purposes of scoring trophy points. An exception to this rule may be applied for swimmers in relay teams providing the participants have not entered any individual events
- 4.3 Points will be awarded 6, 5, 4, 3, 2, 1 for the final of each individual and team Age Group swimming event towards the 'Tommy Hatch Trophy'.
- 4.4 Points will be awarded 6, 5, 4, 3, 2, 1 for the final of each Open age and Junior Mens and Womens individual and team swimming events towards the 'Cumbria Trophy'.
- 4.5 The 800m and 1500m freestyle events are designated as being County Championship events only.
- 4.6 In the event of dead heats or equal positions the points for the two or more positions affected shall be shared between the teams involved.

5. TROPHIES AND AWARDS

- 5.1 Trophies shall be presented to the winners of Championships. A trophy winner shall sign for its receipt and the winner's Club shall be responsible for the cost of engraving it appropriately, maintaining it and returning it the following year to the Championship Secretary prior to the staging of the event.
- 5.2 The 'Cumbria Trophy' will be competed for annually and will be awarded to the Club gaining the most points in Swimming, Water Polo and Synchronised Swimming Championships.
- 5.3 The 'Tommy Hatch Trophy' will be competed for annually and will be awarded to the Club gaining the most points in the Cumbria Association Age Group Competitions.
- 5.4 In the event of a tie, the trophy will be held jointly.

6. TEAM MANAGEMENT

- 6.1 A management team will be allowed on poolside with each team. The maximum number of management team members per team is as follows:

Team Numbers		Number of
management team members permitted		
Up to 32	4	
33 to 40	5	
41 to 48	6	

No more than one of which shall be placed at each end of the lane.

7. GALA OFFICIALS

- 7.1 The Championships Secretary shall appoint the officials as required by ASA Law.
- 7.2 The host club shall be responsible for the appointment of check rope stewards, competitors stewards and an announcer.
- 7.3 The host club shall be responsible for the appointment of a chief warm-up steward who shall be experienced members of a club affiliated to Cumbria ASA. The stewards shall be responsible for the application of local rules on pool safety, and lifeguarding. Competing clubs shall be responsible for the supervision of their swimmers during the warm-up period.

8. GALA STARTING TIMES

8.1 All galas will start promptly at the times notified by the Age Group Secretary. A session shall not start before the stated time without the consent of all the competitors.

9. FINANCIAL

9.1 Each swimmer and club shall be responsible for its own expenses in attending galas.

9.2 Cumbria ASA shall reimburse the Age Group and Championship Secretaries, or their deputies, necessary expenses incurred in administering the competition.

9.3 Cumbria ASA is responsible for the cost of pool hire.

9.4 The admission charge for spectators attending galas shall include the price of a programme and shall be determined annually at the Annual General Meeting of Cumbria ASA.

9.5 All monies received by the host clubs in respect of spectator entrance and raffles are the property of Cumbria ASA and must be sent to the County Treasurer together with a statement of account of the gala, within 7 days of the competition.

10. RESULTS

10.1 The Age Group Secretary will provide a result service to clubs on a gala basis.

10.2 The running total of points accruing towards the 'Tommy Hatch Trophy' and the 'Cumbria Trophy' will be announced at the end of each gala and prior to the start of the subsequent gala.

APPENDIX D

RECORDS

- 1 Members of clubs affiliated to the Association who have either resided in the County of Cumbria from 1st January of that year, or who were born in the County of Cumbria, or who have been currently given dispensation to swim in the Cumbria Age Group/County Championship competitions shall be eligible to set a record for any event for which a Cumbria Swimming Championship exists.
- 2 For Junior Championship events a swimmer must be under 17 years of age on the day the record is set.
- 3 Until July 2002 records could be set in any length of pool and converted to a 50m pool length equivalent time using the ASA equivalent performance tables. In July 2002 all existing records were converted to both 25m and 50m pool length equivalent times and classified as Short Course and Long Course County Records. From that same date Short Course Records may only be set in pools of 25m length and Long Course Records may only be set in pools of 50m length.
- 4 Records will be recognised if established in a Cumbria Championship or Age Group Competition, or whilst representing Cumbria in an Inter-County event, or in any event organised by the ASA, the North West Region of the Amateur Swimming Association or the Inter Association Age Group Committee, or in any international event recognised by the ASA, or in a special record attempt, or in any other competition licensed for National Qualifying Times, or, at the discretion of the Executive Committee, in any Open Competition where the technical requirements for licensing are considered to have been met.
- 5 An application for the recognition of any record time to be established shall be submitted in writing, together with supporting information, to the Championships Secretary. The application must include confirmation in the form of official results sheets, or similar, as well as details of the swimmers date of birth, the date and venue of the swim, and the length of the pool.
- 6 The Championship Secretary shall keep a progressive record of all Short Course and Long Course County Records set, including Junior County Records, shall award a certificate for each new record set, and shall provide a complete list of current County Records to the Annual Council Meeting.
- 7 The Championship Secretary shall keep particulars of the best times achieved for each event by eligible swimmers in each Age Group. These will be known as 'Age Group Records' and will have the same general technical requirements for County Records. These will be Short Course Records only, although Long Course times will be allowable and will be converted using the ASA Equivalent Performance Tables. They will be based on the principle of 'Actual Age on the day of the Swim'. A list of current Age Group Records shall be provided to the Annual Council Meeting.

APPENDIX E

CUMBRIA DIDDY LEAGUE RULES

Change of rule is noted by • in the margin. Underscore indicates actual change where appropriate.

1. OBJECTIVES

- 1.1 To provide league competitive swimming for 9, 10 and 11 year olds.
- 1.2 To find the best Team in the League each year.

2. JOINING and MEMBERSHIP

- 2.1 Clubs wishing to join the League must make application to Cumbria A.S.A which shall determine such applications at the Annual General Meeting. New entrants to the League will have preference over clubs wishing to enter a second or third team.
- 2.2 A joining fee shall be paid by all teams joining the League for the first time or after a period of absence.
- 2.3 An annual membership fee shall be paid by all participating teams for the year of competition.
- 2.4 The joining fee and membership fee shall be determined at an Annual General Meeting of Cumbria ASA.
- 2.5 A dispensation may be granted at each Annual Council Meeting to enable clubs not affiliated to the Cumbria ASA to participate in league events. Application for dispensation shall be in writing and shall reach the secretary 21 days prior to the Annual Council Meeting. The fee for such dispensations shall be determined at the Annual Council Meeting.

3. SCOPE

- 3.1 The competition will comprise a maximum of twelve teams competing in three league rounds, with the six teams leading teams after these rounds competing in the Grand Final. The leading team after the three league rounds will be awarded the 'Karen Bowes Cumbria Diddy League Trophy'. The winners of the Grand Final will be awarded the 'Hoad Memorial Shield'.
- 3.2 Where more than 6 teams enter the League, the rounds will be divided into 2 galas with as near equal as possible number of teams in each gala.
- 3.3 The rounds will be swum in 25 metre pools.
- 3.4 Where two galas are held, the allocation of teams in Round 1 will be on a geographical basis and a draw for lanes, in spearhead formation, at each venue will be made at the Annual Council Meeting of the Cumbria ASA
- 3.5 Where two galas are held, teams will be allocated to venues in Round 2 based on their league position after Round 1 (c.f. Rule 3 - Scoring). The odd placed clubs will be allocated to one venue and the even placed clubs allocated to the other venue. Lanes will be spearheaded according to league position.
- 3.6 Round 3 will consist of 'A' and 'B' finals. The teams in final 'A' will consist of the teams from the top half of the league after Round 2. The lower half of the league will be allocated to final 'B'. When an odd number of teams participate in the league, final 'A' will contain the 'extra' team. Lanes will be spearheaded according to league position.
- 3.7 The venues for Rounds 2 and 3 will be allocated by the Diddy League Secretary, taking into account the teams involved in each gala.

4. SCORING

- 4.1 Individual Galas: Preliminary rounds will be scored to determine the winner of the gala. Where 6 teams compete, gala points will be awarded 6, 5, 4, 3, 2, 1 for each event. If 5 teams compete points will be awarded 5, 4, 3, 2, 1 and so on. This scoring will have no bearing on determining the winner of the round

or on League positions.

- 4.2 Rounds will be scored by ranking the times achieved across all teams and in all galas competing in the round.

Where 12 teams compete in a round the points for each event will be scored 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Where 11 teams compete the points will be 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 and so on.

Where 2 or more teams have equal times in an event:

- a) At the same gala, the points shall be in accordance with the official placings in that event at that gala.
- b) At separate galas in the same round, the points shall be added and divided by the number of teams involved in the tie, with each team being awarded the same number of points notwithstanding the placings awarded at one of the galas where 2 or more teams have recorded equal times.

- 4.3 League Points will be awarded for each round based on the total points scored by each team and the number of teams competing.

Where 12 teams compete league points will be awarded 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Where 11 teams compete 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 points shall be awarded and so on. Where 2 or more teams have equal points in a round they shall not be awarded equal League points but shall be ranked by the number of first places achieved in the round. If this does not resolve the tie then second, third, fourth, etc placings shall be used.

Where teams have an equal number of League points after one, two or three rounds they shall be ranked by the number of first placings in all previous rounds added together. If this does not resolve the tie then second, third, etc placings from all previous rounds shall be used. The team with the highest number of League points after all 3 rounds will be awarded the 'Karen Bowes Cumbria Diddy League Trophy'.

- 4.4 Grand Final: The leading 6 teams in the League table after the three rounds will qualify to compete in the final gala where lanes will be allocated in spearhead formation according to the final League positions. Where 6 teams compete, points scored will be 6, 5, 4, 3, 2, 1. If 5 teams 5, 4, 3, 2, 1 and so on. The 'Hoad Memorial Trophy' will be awarded to the team scoring most points in the gala.

5. TEAM MANAGEMENT

- 5.1 A management team will be allowed on poolside with each team. The maximum number of management team members per team is as follows:

Team Numbers	Number of management team members permitted
Up to 32	4
33 to 40	5
41 to 48	6

No more than one of which shall be placed at each end of the lane.

6. GALA OFFICIALS

- 6.1 The Referee, Starter, 2 Finish Judges and 2 Chief Timekeepers will be appointed by the League Secretary
- 6.2 Each participating team shall provide 1 Judge and 1 Timekeeper from the County list. The League Secretary may dispense with Timekeepers for the Grand Final.
- 6.3 The club who regularly use the pool where the gala is to be held shall be responsible for the appointment of recorders, check rope stewards and an announcer.
- 6.4 The club who regularly use the pool where the gala is to be held shall be responsible for the appointment of a chief warm-up steward who shall be experienced members of the club affiliated to Cumbria ASA. The stewards shall be responsible for the application of local rules on pool safety and lifeguarding. A competing club shall be responsible for the organisation of the warm-up in that club's lane.
- 6.5 A Gala Director may be appointed by the League Secretary to act as the promoter's representative. The person will be responsible for the conduct and management of each gala in association with the referee.

7. AGES AND LIMITATION OF SWIMS

- 7.1 The age groupings shall be 9 years, 10 years, and 11 years and all ages for the whole competition shall be as at the date of the Grand Final which shall be announced at the previous Annual Council Meeting of Cumbria ASA.
- 7.2 Swimmers are restricted to 2 individual events in own age group, and 9 and 10 year olds may swim in one individual event in the age group above. Nobody may swim individual events in an age group more than one above their own.
- 7.3 There is no limitation on the number of team events in which a swimmer may participate in his/her own or higher age group except for the Cannon, this must consist of 1 girl and 1 boy from each of the age groupings shown in rule 7.1 and be swum in that order.
- 7.4 A team sheet showing the full names of swimmers and dates of birth of swimmers competing in each event, signed by the Team Manager to show his/her acceptance of responsibility for the fact that all swimmers who intend to dive into the water, which may be as shallow as 0.9m, have the necessary expertise/qualification to do so, shall be handed in to the recorders at the start of each gala. Amendments to the swimmers participating in each race may be made during the course of the gala.
- 7.5 Where it is determined that an ineligible swimmer has competed in an individual or team event the swimmer or team shall be disqualified and no gala or round points will be awarded to the team of the offending swimmer for that event.

8. LEAGUE REGISTRATION OF SWIMMERS

- 8.1 This competition is an open competition within the meaning of ASA Law.
- 8.2 The term 'competition year' refers to the period from 14 days before the first round of the competition until the conclusion of the Grand Final.
- 8.3 A competing club is not required to register the details of swimmers taking part in the competition with the League Secretary, but competing clubs are reminded that they must comply with the current requirements of the ASA regarding registration of swimmers taking part in an open competition.
- 8.4 Swimmers of 9, 10 and 11 years may only swim in the Grand Final if they were eligible to swim for the same club in the third round of the league.
- 8.5 A club with more than one team in the League is not permitted to interchange swimmers between its teams during the competition year.
- 8.6 Competing swimmers must be members of the club they represent in the League.
- 8.7 Swimmers must be resident in the County of Cumbria during the competition year, or, in the case of residence outside the borders of the County of Cumbria, have longest unbroken membership with the club they represent in the League.
- 8.8 Swimmers may not represent more than one club in the League in any one competition year.
- 8.9 Clubs may only enter more than one team in the League if spaces are available.

9. GALA STARTING TIMES

- 9.1 All galas will start promptly at the times notified by the League Secretary. No points will be awarded for events missed.
- 9.2 Clubs failing to appear at a gala without prior notice to the League Secretary shall be fined £10.00.

10. FINANCIAL

- 10.1 Each club shall be responsible for its own expenses in attending galas.
- 10.2 Cumbria ASA shall reimburse the League Secretary, or representative, necessary expenses incurred in administering the League.

- 10.3 Cumbria ASA is responsible for the cost of pool hire.
- 10.4 The admission charge for spectators attending galas shall include the price of a programme and shall be determined annually at the Annual General Meeting of Cumbria ASA
- 10.5 All monies received by the organising clubs in respect of spectator entrance and raffles are the property of Cumbria ASA and must be sent to the County Treasurer together with a statement of account of the gala, within 7 days of the competition.

11. RESULTS

- 11.1 Organising clubs must forward details of results of the gala to the League Secretary by the Tuesday following each gala.

12. PROGRAMME OF EVENTS

- 12.1 Current programmes of events for the league rounds and for the Grand Final shall be attached to these rules and form part of them.
- 12.2 All events will be started at the deeper end of the pool where starting blocks will be provided for use unless the Referee decides that this is not in accordance with the current ASA safety recommendations.
- 12.3 Swimmers must be reminded that they are permitted to start from the poolside or in the water as well as from the starting blocks.
- 12.4 In Breaststroke, Butterfly, Freestyle and Medley team races, take-overs at the shallower end of the pool shall normally be effected by a shallow racing dive from the poolside or, in the case of a deck level pool only, from a starting block. Swimmers are permitted to use the starting blocks for take-overs at the deeper end of the pool. In Backstroke team races all take-overs shall be made in the water. In all team races, individual swimmers who do not fulfil current ASA requirements applicable to starting shall be permitted to effect a take-over in the water

PROGRAMMES of EVENTS

Diddy League Rounds and Grand Final		
1	Girls	11 year 4x25m Breaststroke relay
2	Boys	11 year 4x25m Breaststroke relay
3	Girls	10 year 4x25m Backstroke relay
4	Boys	10 year 4x25m Backstroke relay
5	2B/2G	9 year 4x25m Butterfly relay
6	Girls	11 year 50m Freestyle
7	Boys	11 year 50m Freestyle
8	Girls	10 year 50m Breaststroke
9	Boys	10 year 50m Breaststroke
10	Girls	9 year 4x25m Medley relay
11	Girls	11 year 4x25m Butterfly relay
12	Boys	11 year 4x25m Butterfly relay
13	Girls	10 year 4x25m Freestyle relay
14	Boys	10 year 4x25m Freestyle relay
15	Boys	9 year 4x25m Medley relay
16	Girls	11 year 50m Backstroke
17	Boys	11 year 50m Backstroke
18	Girls	10 year 50m Butterfly
19	Boys	10 year 50m Butterfly
20	Girls	9 year 4x25m Freestyle relay
21	Girls	11 year 4x25m Medley relay
22	Boys	11 year 4x25m Medley relay
23	Girls	10 year 4x25m Breaststroke relay
24	Boys	10 year 4x25m Breaststroke relay
25	Boys	9 year 4x25m Freestyle relay
26	Girls	11 year 50m Butterfly
27	Boys	11 year 50m Butterfly
28	Girls	10 year 50m Backstroke
29	Boys	10 year 50m Backstroke
30	2B/2G	9 year 4x25m Breaststroke relay
31	Girls	11 year 4x25m Freestyle relay
32	Boys	11 year 4x25m Freestyle relay
33	Girls	10 year 4x25m Butterfly relay
34	Boys	10 year 4x25m Butterfly relay
35	2B/2G	9 year 4x25m Backstroke relay
36	Girls	10 year 50m Freestyle
37	Boys	10 year 50m Freestyle
38	Girls	11 year 50m Breaststroke
39	Boys	11 year 50m Breaststroke
40	Girls	10 year 4x25m Medley relay
41	Boys	10 year 4x25m Medley relay
42	Girls	11 year 4x25m Backstroke relay
43	Boys	11 year 4x25m Backstroke relay
44	3B/3G	6x25m Freestyle relay Cannon with 1 girl and 1 boy from each age group in order 9yr/10yr/11yr

2016 Cumbria Age Group and County Championships entry conditions and meet procedures

1. General Conditions (to be read in conjunction with the Rules of Cumbria Amateur Swimming Association)

- 1.1 The combined Cumbria Age Group and County Championships (hereafter 'the Championships') shall be competed for annually in accordance with the Rules of the Association, ASA Laws and ASA Technical Rules.
- 1.2 The Age Group individual competition shall consist of the following age groups for each sex:
 - 10, 11, 12, 13, 14, 15 years and 16 years and over
- 1.3 Individual county championship events for each sex will comprise Open and Junior awards where there are Junior events. Juniors will be 16 years and under on December 31st 2016.
- 1.4 Age Group teams events for each sex will comprise the following age groupings which shall be swum as Heat Declared Winner events:
 - 10-12 year olds
 - 13/14 year olds

Teams must comprise swimmers of the appropriate Age Groups.
- 1.5 County championship teams events shall consist of Open and Junior categories for each sex; these shall be swum as Heat Declared Winner events. Juniors must be 16 years and under on December 31st 2016. It is permissible for Junior age swimmers to compete in the Open age category.
- 1.6 Qualifying times will be applied to all individual events. For the 2016 championships qualifying times must have been achieved between March 7th 2015 and January 4th 2016 and must have been achieved at a level 1, 2, 3 or 4 meet.
- 1.7 There will be no upper limit times or qualifying times for any team events.
- 1.8 There is no limit to the number of teams a club may enter in any particular event.
- 1.9 The entry fee for individual events is £4.50 and for team events £8.00.
- 1.10 Age on the day will be as of December 31st 2016.
- 1.11 The closing date for entries will be Monday January 18th 2016. Late entries may be accepted at the Competition Organiser's discretion. Poolside entries will not be accepted.
- 1.12 Refunds will only be given:
 - Where entrants are denied entry because the number of entries has been restricted in the interests of safety or to ensure the smooth running of the competition. Where this rule is invoked the swimmers with the fastest submitted times shall take precedence. Events chosen for restriction will be at the discretion of the Competition Organiser.
 - Where a competitor has to withdraw on proven medical grounds.
- 1.13 Any matters not covered in these conditions or any supplementary information will be at the discretion of the Competition Organiser.

2. The Events

2.1 Age Group individual events

10 and 11 years boys and girls

Backstroke: 50m, 100m, 200m
Breaststroke: 50m, 100m, 200m
Butterfly: 50m, 100m, 200m
Freestyle: 50m, 100m, 200m, 400m
Individual medley: 100m, 200m

12 years and over boys and girls

Backstroke: 50m, 100m, 200m
Breaststroke: 50m, 100m, 200m
Butterfly: 50m, 100m, 200m
Freestyle: 50m, 100m, 200m, 400m
Individual Medley: 100m, 200m, 400m

2.2 Age Group teams events (Girls and boys)

10-12 years	}	Freestyle:	4x50m
13/14 years	}	Medley:	4x50m

2.3 County Championship individual events (For both girls and boys)

Juniors

Backstroke: 100m
Breaststroke: 100m
Butterfly: 100m
Freestyle: 100m
Individual Medley: 200m

Open

Freestyle: 50m, 100m, 200m, 400m, 800m (12/over girls only), 1500m (12/over boys only)
Backstroke: 50m, 100m, 200m
Breaststroke: 50m, 100m, 200m
Butterfly: 50m, 100m, 200m
Individual Medley: 100m, 200m, 400m

2.4 County Championship teams events (Girls and boys)

Juniors

Freestyle: 4x50m
Medley: 4x50m

Open

Freestyle: 4x50m
Medley: 4x50m

3. Individual events to be swum

3.1	Backstroke, Breaststroke, Butterfly: 50m, 100m, 200m:	10 years and over boys and girls
	Freestyle: 50m, 100m, 200m, 400m:	10 years and over boys and girls
	800m:	12 years and over girls
	1500m:	12 years and over girls
	Individual 100m, 200m:	10 years and over boys and girls

Medley: 400m: 12 years and over boys and girls

- 3.2 Results of County Championship events for 50m, 100m and 200m events will be determined by finals. All other Championships will be determined on the HDW principle.
- 3.3 Results of Junior County Championships events will be determined from the heats times of the fastest junior age (16 years and under) swimmers.
- 3.4 All Age Group awards will be determined by HDW principles.

4. Entry conditions

- 4.1 Entries to individual events and relays shall reach the Competition Organiser no later than Monday January 18th 2016 accompanied by the appropriate fee.
- 4.2 The Sportsystems Entry Manager should be used for submitting entries to these championships. The necessary Sportsystems entry file will be available from the Competition Organiser.
- 4.3 Entries will only be accepted from a club's nominated entry/gala secretary.
- 4.4 Qualifying times must be achieved at a level 1, 2, 3 or 4 licensed meet.
- 4.5 Entries will be checked against British Swimming rankings times. If an entry time cannot be verified against the British Swimming Rankings the entry will be rejected and the entry fee will not be refunded.
- 4.6 It is the responsibility of clubs to ensure that their entries are correct.

5. Disability competitors

- 5.1 The general conditions for the Cumbria Age Group and County Championships shall apply to disability competitors except where varied by any of the following conditions.
- 5.2 Swimmers with the indicated classifications will be accepted for the following events:
 - Freestyle 50m, 100m, (S1 to S14); 200m (S1 to S5 and S14); 400m (S6 to S14)
 - Backstroke 50m (S1 to S5), 100m (S1, S2 and S6 to S14 for boys; S1 and S6 to 14 for girls)
 - Butterfly 50m (S2 to S7), 100m (S8 to S14)
 - Breaststroke 50m (SB1 to 3), 100m (SB4 to SB9 and SB11 to SB14)
 - Individual Medley 100m, 200m (SM5 to SM14)
- 5.3 Swimmers must indicate their disability classification OR provide a valid Certificate of Disability issued by the ASA at the time of entry.
- 5.4 Qualifying times for swimmers with a FAC have been set in accordance with British Swimming guidelines (see section 11 below). Qualifying times for swimmers with a Certificate of Disability are in accordance with section 10 below.
- 5.5 All coaches, chaperones and personal care attendants must conform with the ASA child protection procedures.
- 5.6 Competition format:
 - The competition format will be based on disability inclusion within the able bodied programme.
 - All swimmers will be seeded in the heats according to their entry times.
 - Disability competitors will be included within the results for their age group.
 - There will be no separate disability results.

6. Team Events

- 6.1 A swimmer entered in the name of one club in the individual events may not compete in the name of another club in the team events.
- 6.2 The names of the members of a relay team for each event shall be lodged with the recorders on a team sheet prior to the commencement of the warm-up of that session. An individual may only be nominated to swim for one team in any one event.

- 6.3 In the event of a faulty start the order of swimming may be changed so that another member of the same team swims the first leg.
- 6.4 Substitutions may only be made in the case of a documented medical emergency.
- 6.5 Any swimmer who competes in a relay event but who has not swum in an individual event in the Championships must be registered with the Competition Organiser no later than the start of the appropriate session.
- 6.6 Entry times may be provided by clubs to assist with seeding of heats.
- 6.7 Any team not complying with these requirements or swimming an ineligible person will be disqualified..

7. Meet Procedures

- 7.1 Entries must be received no later than Monday January 18th 2016. As soon as possible after this date draft programmes will be published on the Cumbria ASA website; these should be used to cross check the accuracy of the entries and to allow any necessary corrections to be made.
- 7.2 Withdrawals will be accepted until the start of the warm up for each session. There will be no refund of entry fees.
- 7.3 Any withdrawals after the closing deadline will result in heats being swum with empty lanes.
- 7.4 Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.
- 7.5 Heat Start Lists will be made available to clubs as soon as possible after the commencement of the warm-up of each session.
- 7.6 Events that culminate in a final shall be spearheaded with the last three heats being cyclically seeded. All heat declared winner events shall be spearheaded, except at the discretion of the Competition Organiser (for example where cyclic seeding could lead to an unfair situation for one or more competitors).
- 7.7 In the finals, the maximum number of places practicable (up to a maximum of six) shall be allocated. Two reserves will be declared for finals where possible.
- 7.8 Lanes for finals shall be allocated on the spearhead principle.
- 7.9 Finalists and reserve finalists (in individual events) must inform the Recorders, after the posting of the results, if they intend to withdraw from the event. Any competitor who withdraws from any final in such a manner as to prevent a reserve from taking part (except in the case of genuine illness or a proven emergency) shall be suspended from future events in the current Championships.
- 7.10 Where a reserve is brought in, the reserve shall occupy the vacant lane and there will be no amendments made to the allocation of other lanes.
- 7.11 Swimmers must present themselves to the Competitors Stewards one event prior to the one in which they are competing. **It is the swimmer's responsibility to be at the start in time for the race.** This applies to both heats and finals.

8. Trophies and Medals

- 8.1 Medals shall be awarded to competitors placed first, second and third in the individual County Championship and Junior County Championship events.
- 8.2 Medals shall be awarded to members of teams placed first, second and third in the County Championship teams events (see Para. 2.4 above).
- 8.3 Age group badges will be awarded to competitors placed first, second and third in each age group for each 50m, 100m, 200m and 400m event that is swum.
- 8.4 Age Group badges will not be presented for 800m and 1500m events since these are Championship events only.
- 8.5 Age group badges shall be awarded to members of teams placed first, second and third in the Age Group teams events (see Para. 2.2 above).

9. Competition Programme

Session 1
Venue – Workington Friday 29/01/2016
Time – 6.30pm warm up for 7.00pm start
Event 1 Girls 12yrs/over 800m Freestyle
Event 2 Boys 12yrs/over 1500m Freestyle

Session 2	Session 3
Venue – Whitehaven Saturday 6/02/2016	Venue – Whitehaven Saturday 6/02/2016
Time – 9.00am warm up for 10.00am start	Time – 2.00pm warm up for 3.00pm start
Event 3 Boys 10yrs/over 100m IM	Event 10 Boys 10yrs/over 50m Butterfly
Event 4 Girls 10yrs/over 50m Breaststroke	Event 11 Girls 10yrs/over 50m Backstroke
Event 5 Boys 10yrs/over 200m Backstroke	Event 12 Boys 10yrs/over 200m Breaststroke
Event 6 Girls 10yrs/over 400m Freestyle (HDW)	Event 13 Girls 12yrs/over 400m IM (HDW)
Event 7 CC Final Boys 10yrs/over 100m IM	Event 14 CC Final Boys 10yrs/over 50m Butterfly
Event 8 CC Final Girls 10yrs/over 50m Breaststroke	Event 15 CC Final Girls 10yrs/over 50m Backstroke
Event 7 CC Final Boys 10yrs/over 200m Backstroke	Event 16 CC Final Boys 10yrs/over 200m Breaststroke
Event 8 Girls 10-12yrs 4x50m Freestyle Team	Event 17 Girls 13/14yrs 4x50m Medley Team
Event 9 Boys 10-12yrs 4x50m Medley Team	Event 18 Boys 13/14yrs 4x50m Freestyle Team

Session 4	Session 5
Venue – Whitehaven Sunday 7/02/2016	Venue – Whitehaven Sunday 7/02/2016
Time – 9.00am warm up for 10.00am start	Time – 2.00pm warm up for 3.00pm start
Event 19 Boys 10yrs/over 200m IM	Event 29 Boys 10yrs/over 200m Freestyle
Event 20 Girls 10yrs/over 100m Butterfly	Event 30 Girls 10yrs/over 50m Butterfly
Event 21 Boys 10yrs/over 100m Backstroke	Event 31 Boys 10yrs/over 50m Breaststroke
Event 22 Girls 10yrs/over 200m Freestyle	Event 32 Girls 10yrs/over 200m IM
Event 23 CC Final Boys 10yrs/over 200m IM	Event 33 CC Final Boys 10yrs/over 200m Freestyle
Event 24 CC Final Girls 10yrs/over 100m Butterfly	Event 34 CC Final Girls 10yrs/over 50m Butterfly
Event 25 CC Final Boys 10yrs/over 100m Backstroke	Event 35 CC Final Boys 10yrs/over 50m Breaststroke
Event 26 CC Final Girls 10yrs/over 200m Freestyle	Event 36 CC Final Girls 10yrs/over 200m IM
Event 27 Boys Junior CC 4x50m Freestyle Team	Event 37 Boys Open CC 4x50m Medley Team
Event 28 Girls Junior CC 4x50m Medley Team	Event 38 Girls Open CC 4x50m Medley Team

Session 6	Session 7
Venue – Kendal Saturday 27/02/2016	Venue – Kendal Saturday 27/02/2016
Time – 9.00am warm up for 10.00am start	Time – 2.00pm warm up for 3.00pm start
Event 39 Boys 10yrs/over 200m Butterfly	Event 49 Girls 10yrs/over 100m Breaststroke
Event 40 Girls 10yrs/over 100m Backstroke	Event 50 Boys 10yrs/over 50m Backstroke
Event 41 Boys 10yrs/over 100m Breaststroke	Event 51 Girls 10yrs/over 50m Freestyle
Event 42 Girls 10yrs/over 200m Breaststroke	Event 52 Boys 10yrs/over 400m Freestyle (HDW)
Event 43 CC Final Boys 10yrs/over 200m Butterfly	Event 53 CC Final Girls 10yrs/over 100m Breaststroke
Event 44 CC Final Girls 10yrs/over 100m Backstroke	Event 54 CC Final Boys 10yrs/over 50m Backstroke
Event 45 CC Final Boys 10yrs/over 100m Breaststroke	Event 55 CC Final Girls 10yrs/over 50m Freestyle
Event 46 CC Final Girls 10yrs/over 200m Breaststroke	Event 56 Boys 13/14yrs 4x50m Medley Team
Event 47 Boys 10-12yrs 4x50m Freestyle Team	Event 57 Girls 13/14yrs 4x50m Freestyle Team
Event 48 Girls 10-12yrs 4x50m Medley Team	

Session 8	Session 9
Venue – Kendal Sunday 28/02/2016	Venue Kendal Sunday 28/02/2016
Time 9.00am warm up for 10.00am start	Time – 2.00pm warm up for 3.00pm start
Event 49 Girls 10yrs/over 100m IM	Event 58 Boys 10yrs/over 100m Butterfly
Event 50 Boys 10yrs/over 50m Freestyle	Event 59 Girls 10yrs/over 100m Freestyle
Event 51 Girls 10yrs/over 200m Butterfly	Event 60 Boys 10yrs/over 100m Freestyle
Event 52 Boys 12yrs/over 400m IM (HDW)	Event 61 Girls 10yrs/over 200m Backstroke
Event 53 CC Final Girls 10yrs/over 100m IM	Event 62 CC Final Boys 10yrs/over 100m Butterfly
Event 54 CC Final Boys 10yrs/over 50m Freestyle	Event 63 CC Final Girls 10yrs/over 200m Backstroke
Event 55 CC Final Girls 10yrs/over 200m Butterfly	Event 64 CC Final Boys 10yrs/over 100m Freestyle
Event 56 Boys Junior CC 4x50m Medley Team	Event 65 CC Final Girls 10yrs/over 100m Freestyle
Event 57 Girls Junior CC 4x50m Freestyle Team	Event 66 Girls Open CC 4x50m Freestyle Team
	Event 67 Boys Open CC 4x50m Freestyle Team

	10 years		11 years		12 years		13 years		14 years		15 years		16 years and over	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
100m IM	01:37.8	01:38.5	01:31.9	01:32.4	01:26.7	01:28.3	01:22.4	01:25.2	01:17.5	01:23.0	01:14.6	01:21.6	01:13.3	01:21.4
200m IM	03:43.0	03:38.2	03:25.1	03:20.3	03:13.5	03:11.6	03:03.6	03:04.9	02:56.3	03:00.1	02:49.5	02:57.1	02:46.5	02:58.6
400m IM	N/A	N/A	N/A	N/A	06:49.2	06:47.8	06:28.7	06:33.7	06:12.9	06:21.8	05:58.1	06:15.9	05:51.8	06:14.9
50m Freestyle	36.8	39.5	33.7	37.2	31.5	35.5	30.4	33.9	28.7	33.7	28.0	33.1	27.4	32.9
100m Freestyle	01:30.6	01:25.5	01:22.9	01:19.9	01:18.0	01:16.3	01:14.8	01:14.2	01:11.9	01:12.7	01:09.8	01:12.4	01:08.2	01:11.2
200m Freestyle	03:08.3	03:09.8	02:53.4	02:57.6	02:43.4	02:49.2	02:35.5	02:42.7	02:29.8	02:39.8	02:24.7	02:36.9	02:22.6	02:35.7
400m Freestyle	06:48.6	06:54.7	06:12.2	06:14.4	05:53.3	05:56.1	05:36.5	05:44.1	05:25.3	05:36.0	05:14.9	05:30.6	05:08.4	05:29.8
800m Freestyle	N/A	N/A	N/A	N/A	N/A	12:00.9	N/A	11:40.2	N/A	11:32.6	N/A	11:27.5	N/A	11:21.0
1500m Freestyle	N/A	N/A	N/A	N/A	22:32.6	N/A	21:39.6	N/A	20:59.9	N/A	20:36.1	N/A	20:17.4	N/A
50m Backstroke	44.2	43.6	42.0	40.9	38.9	39.5	36.1	38.3	35.2	36.5	33.0	35.7	32.4	35.6
100m Backstroke	01:43.3	01:43.4	01:34.3	01:34.5	01:28.7	01:29.4	01:24.1	01:26.8	01:20.3	01:24.5	01:17.1	01:22.8	01:15.7	01:22.5
200m Backstroke	03:40.6	03:40.9	03:21.1	03:21.4	03:09.0	03:11.6	02:59.9	03:05.3	02:52.6	02:59.8	02:45.5	02:57.0	02:42.8	02:55.0
50m Breaststroke	53.9	53.0	50.1	49.7	46.0	47.1	42.3	45.4	40.6	43.9	39.0	43.3	38.2	43.2
100m Breaststroke	01:57.0	01:55.5	01:47.5	01:46.7	01:39.9	01:41.2	01:33.9	01:37.4	01:30.2	01:34.2	01:26.7	01:32.9	01:24.9	01:32.8
200m Breaststroke	04:13.3	04:11.8	03:53.1	03:51.7	03:38.3	03:39.4	03:25.4	03:31.0	03:16.0	03:24.5	03:10.0	03:22.5	03:06.6	03:18.1
50m Butterfly	46.8	45.0	43.2	42.3	41.1	40.1	37.9	38.5	36.3	36.7	34.7	36.2	34.3	36.1
100m Butterfly	01:45.2	01:44.0	01:39.0	01:34.6	01:32.2	01:29.7	01:27.3	01:26.3	01:23.7	01:23.9	01:20.2	01:22.8	01:19.3	01:22.6
200m Butterfly	03:56.8	03:54.9	03:30.2	03:30.4	03:15.0	03:17.3	03:04.1	03:08.7	02:55.4	03:02.4	02:48.0	02:59.3	02:45.3	02:58.3
	10 years		11 years		12 years		13 years		14 years		15 years		16 years and over	

11. Disability Qualifying Times

		Freestyle				Back		Fly			Breast			IM	
		50m	100m	200m	400m	50m	100m	50m	100m		50m	100m		100m	200m
S1	Girls	02:23.0	07:04.4	11:15.6		03:51.1	07:37.8			SB1	03:50.9				
	Boys	02:31.9	04:35.3	12:57.6		02:24.3	04:56.6				03:19.3				
S2	Girls	02:13.1	06:09.3	10:52.6		01:54.4	04:17.4	03:57.6		SB2	02:26.2				
	Boys	01:45.5	04:09.8	07:29.1		01:42.9	03:42.3	04:05.1			01:43.0				
S3	Girls	01:36.8	03:00.4	06:48.41		01:37.1		02:15.5		SB3	01:47.4				
	Boys	01:17.5	02:53.2	06:05.8		01:27.0		02:27.2			01:26.7				
S4	Girls	01:26.2	02:59.5	06:39.08		01:31.3		02:54.6		SB4		03:25.3			
	Boys	01:07.3	02:27.8	05:17.9		01:17.6		01:18.6				02:47.2			
S5	Girls	01:05.5	02:22.8	05:12.1		01:17.0		01:19.4		SB5		03:12.6	SM5	02:49.2	06:16.0
	Boys	00:59.3	02:10.4	04:40.2		01:07.4		01:02.2				02:40.4			02:42.0
S6	Girls	00:59.0	02:07.6		09:48.4		02:29.2	01:04.9		SB6		02:49.4	SM6	02:27.2	05:26.9
	Boys	00:51.3	01:55.3		08:49.1		02:07.4	00:53.1				02:21.3			02:03.8
S7	Girls	00:57.3	02:04.1		09:12.5		02:24.3	01:02.9		SB7		02:45.9	SM7	02:23.1	05:17.7
	Boys	00:48.3	01:47.6		08:27.6		02:05.8	00:54.9				02:14.0			02:02.9
S8	Girls	00:53.8	01:55.5		08:32.9		02:15.6		02:06.1	SB8		02:19.4	SM8	02:11.0	04:51.4
	Boys	00:46.4	01:39.4		07:45.8		01:52.1		01:47.4			02:03.0			01:52.5
S9	Girls	00:50.0	01:48.8		08:12.1		02:00.2		01:58.7	SB9		02:15.2	SM9	02:01.5	04:30.2
	Boys	00:44.8	01:37.2		07:26.2		01:50.9		01:43.3			01:57.3			01:48.0
S10	Girls	00:47.6	01:44.1		07:55.4		01:56.4		01:57.9				SM10	01:56.1	04:18.4
	Boys	00:40.2	01:30.4		07:10.2		01:44.7		01:37.8						01:41.3
S11	Girls	00:54.2	02:02.0		09:35.7		02:24.8		02:33.3	SB11		02:37.3	SM11	02:15.0	05:00.5
	Boys	00:45.6	01:41.9		08:05.3		01:58.3		01:47.4			02:07.0			01:55.7
S12	Girls	00:48.1	01:43.9		08:02.0		02:06.6		01:56.8	SB12		02:26.6	SM12	02:05.1	04:37.6
	Boys	00:41.3	01:30.6		07:11.4		01:44.3		01:39.1			01:56.4			01:43.5
S13	Girls	00:48.3	01:43.6		07:57.0		02:03.9		01:57.7	SB13		02:16.8	SM13	01:56.6	04:18.9
	Boys	00:41.2	01:30.4		07:11.2		01:43.9		01:39.3			01:56.0			01:43.4
S14	Girls	00:48.5	01:43.7	03:33.5	08:35.4		01:53.5		01:59.0	SB14		02:12.7	SM14	01:51.6	04:07.8
	Boys	00:43.2	01:34.4	03:19.0	07:23.5		01:42.7		01:43.0			01:55.6			01:43.9
		Freestyle				Back		Fly			Breast			IM	
		50m	100m	200m	400m	50m	100m	50m	100m		50m	100m		100m	200m

HOLDER of the CUMBRIA LIFE VICE PRESIDENTS TROPHY

2001 Mrs E Walsh	2002 Miss S Aitkin	2003 Mrs P Mayfield
2004 Dr K J Chisholm	2005 B Hawkrigg	2006 Mrs S Emmerson
2007	2008	2009 Dr K J Chisholm

‘CUMBRIA TROPHY’ WINNERS

1975 Carlisle Secondary	1987 Carlisle City	1999 Cockermouth	2011 Cockermouth
1976 Carlisle Secondary	1988 Cockermouth	2000 Cockermouth	2012 Cockermouth
1977 Barrow Beavers	1989 Cockermouth	2001 Cockermouth	2013 Cockermouth
1978 BarrowBeavers	1990 Cockermouth	2002 Cockermouth	2014 Cockermouth
1979 Whitehaven	1991 Cockermouth	2003 Cockermouth	2015 Cockermouth
1980 Whitehaven	1992 Cockermouth	2004 Cockermouth	
1981 Cockermouth	1993 Cockermouth	2005 Cockermouth	
1982 Border City	1994 Carlisle City	2006 Cockermouth	
1983 Cockermouth	1995 Cockermouth	2007 Cockermouth	
1984 Carlisle City	1996 Cockermouth	2008 City of Carlisle	
1985 Border City	1997 Cockermouth	2009 Barrow	
1986 Border City	1998 Cockermouth	2010 Barrow	

‘TOMMY HATCH TROPHY’ WINNERS

1973 Border City	1984 Border City	1995 Cockermouth	2005 Cockermouth
1974 Border City	1985 Barrow Beavers	1996 Cockermouth	2006 City of Carlisle
1975 Border City/Penrith	1986 Barrow Beavers	1997 Cockermouth	2007 Carlisle Water Polo
1976 Barrow Beavers	1987 Barrow Beavers	1998 Cockermouth	2008 City of Carlisle
1977 Barrow Beavers	1988 Kendal	1999 Cockermouth	2009 Barrow
1978 Barrow Beavers	1989 Kendal	2000 Cockermouth	2010 Barrow
1979 Barrow Beavers	1990 Cockermouth	2001 Cockermouth	2011 Cockermouth
1980 Barrow Beavers	1991 Cockermouth	2002 Cockermouth	2012 Cockermouth
1981 Barrow Beavers	1992 Cockermouth	2003 Cockermouth	2013 Cockermouth
1982 Barrow Beavers	1993 Cockermouth	2003 Cockermouth	2014 Cockermouth
1983 Barrow Beavers	1994 Cockermouth	2004 Cockermouth	2015 Cockermouth

DIDDY LEAGUE

<u>BNFL Trophy Holder</u> <u>Trophy Holder</u>	<u>Iggesund Paperboard</u> <u>Trophy Holder</u>	<u>Tommy Messenger</u> <u>Shield Holder</u>	<u>Alex Hannah Memorial</u> <u>Shield Holder</u>
(League winner)	(Grand final winner)		
1996 Carlisle City	Carlisle City	-	-
1997 Ulverston	Ulverston	-	-
1998 Ulverston	Ulverston	-	-
1999 Ulverston	City of Carlisle	-	-
2000 Ulverston	Ulverston	-	-
(League winner)	(Grand final winner)	(‘A’ Final winner)	(‘B’ final winner)
2001 Ulverston	Ulverston	-	Barrow
2002 Kendal	Cockermouth	Kendal	Carlisle Water Polo Club
2003 Kendal	Kendal	Kendal	Barrow
2004 Ulverston	Ulverston	Ulverston	Copeland
2005 Ulverston	Ulverston	Ulverston	Barrow
	<u>Hoad Monument</u>		
	<u>Shield Holder</u>		
2006 Ulverston	Ulverston	Kendal	Copeland
2007 Kendal	City of Carlisle	City of Carlisle	Workington
2008 Kendal	Barrow	Barrow	Workington
	<u>Karen Bowes Cumbria</u>		
	<u>Diddy League Trophy</u>		
2009 City of Carlisle	City of Carlisle	City of Carlisle	Copeland
2010 Ulverston	City of Carlisle	Ulverston	Copeland
2011 City of Carlisle	City of Carlisle	Ulverston	Kendal
2012 Carlisle Aquatics	Carlisle Aquatics	Carlisle Aquatics	Cockermouth
2013 Carlisle Aquatics	Carlisle Aquatics	Carlisle Aquatics	Workington
2014 Carlisle Aquatics	Carlisle Aquatics	Carlisle Aquatics	Kendal
2015 Barrow	Carlisle Aquatics	Barrow	Copeland

SPRINT LEAGUE

<u>League Champions</u>	<u>Alistair Low</u> <u>Trophy Holder</u>	<u>John Hill</u> <u>Trophy Holder</u>
	(Final winner)	
1999 Barrow	Cockermouth	-
2000 Cockermouth	Cockermouth	-
	(‘A’ final winner)	(‘B’ final winner)
2001 -	Cockermouth	Workington
2002 -	Cockermouth	Workington
2003 -	Cockermouth	Workington
2004 -	Cockermouth	Barrow
2005 -	Cockermouth	Ulverston
	(League Winner) (Winner of final gala)	
2006 -	City of Carlisle	Kendal
2007 -	Carlisle Water Polo	Carlisle Water Polo
2008 -	City of Carlisle	Carlisle Water Polo
2009 -	City of Carlisle	Barrow
2010 -	Ulverston	Ulverston
2011 -	Cockermouth	Cockermouth (Relay Winners)
2012 -	Cockermouth	Cockermouth (Relay Winners)

LONG COURSE COUNTY RECORD HOLDERS at 31st December 2015

(Records set prior to July 2002 may have been set in pools other than 50m in length and converted to long course times using ASA Equivalent Performance Tables).

<u>MEN</u>				<u>Venue</u>	
50m Free	Matthew Bowe	Barrow	23.02	Sheffield	2008
100m Free	Matthew Bowe	Barrow	50.49	Sheffield	2007
200m Free	Fraser Minnican	Barrow	1,54.03	Sheffield	2013
400m Free	Fraser Minnican	Lough Uni/Barrow	4.03.11	Sheffield	2015
800m Free	Thomas Millburn	Cockermouth	8.34.42sp	Sheffield	2015
1500m Free	Thomas Millburn	Cockermouth	16,17.43	Sheffield	2014
50m Back	Joe Elwood	Ulverston	25.45	Sheffield	2014
100m Back	Luke Greenbank	GB/Cockermouth	54.64	Baku	2015
200m Back	Luke Greenbank	GB/Cockermouth	1,56.89	Baku	2015
50m Breast	Craig Elliot	Cockermouth	28.60	Glasgow	2009
100m Breast	Craig Elliot	Cockermouth	1,02.00	Sheffield	2008
200m Breast	Craig Elliot	Cockermouth	2,14.05	Sheffield	2008
50m Fly	Matthew Bowe	Barrow	24.56	Glasgow	2009
100m Fly	Matthew Bowe	Barrow	52.40	Glasgow	2009
200m Fly	Matthew Bowe	Barrow	1,59.21	Sheffield	2005
200m I.M.	Fraser Minnican	Barrow	2,03.97	Sheffield	2013
400m I.M.	Fraser Minnican	Barrow	4,22.22	Sheffield	2013

<u>WOMEN</u>				<u>Venue</u>	
50m Free	Emma Sandwith	Cockermouth	26.96	Sheffield	2003
100m Free	Anna Newlands	Stockport Met/Cockermouth	57.82	Sheffield	2015
200m Free	Lucy McKenzie	Stockport Met/Cockermouth	2,01.41r1	Sheffield	2015
400m Free	Lucy McKenzie	Stockport Met/Cockermouth	4,17.26	Sheffield	2015
800m Free	Claire Smith	Wigan Wasps/Kendal	9,03.0	Belfast	1989
1500m Free	Ashleigh Dale	Barrow	17,52.14	Liverpool	2010
50m Back	Victoria Hevey	Ulverston	30.28	Sheffield	2013
100m Back	Anna Newlands	Stockport Met/Cockermouth	1,04.30	Sheffield	2015
200m Back	Lucy McKenzie	Cockermouth	2,14.98	Sheffield	2013
50m Breast	Rebecca Fell	CoMan/Ulverston	33.53	Sheffield	2015
100m Breast	Kathryn Burke	Cockermouth	1,12.3	Georgia, USA	1997
200m Breast	Lucy McKenzie	Stockport Met/Cockermouth	2,34.99	Sheffield	2015
50m Fly	Catherine Pickthall	Kendal	28.62	Glasgow	2009
100m Fly	Anna Newlands	Cockermouth	1,01.73	Glasgow	2014
200m Fly	Anna Newlands	Cockermouth	2,14.83	Glasgow	2014
200m I.M.	Lucy McKenzie	Stockport Met/Cockermouth	2,14.79	Sheffield	2015
400m I.M.	Lucy McKenzie	Stockport Met/Cockermouth	4,45.22	Sheffield	2015

JUNIOR MEN

100m Free	Michael Stephenson	Cockermouth	51.97	Sheffield	2002
100m Back	Luke Greenbank	Cockermouth	55:38	Nanjing	2014
100m Breast	Edward Baxter	Cockermouth	1.04.43	London	2015
100m Fly	Luke Greenbank	Cockermouth	54.97	Sheffield	2014
200m I.M.	Fraser Minnican	Barrow	2,04.85	Sheffield	2012

JUNIOR WOMEN

100m Free	Emma Sandwith	Cockermouth	58.34	Sheffield	2002
100m Back	Lucy McKenzie	Cockermouth	1,05.03	Sheffield	2013
100m Breast	Kathryn Burke	Cockermouth	1,13.1	Aberdeen	1993
100m Fly	Anna Newlands	Cockermouth	1,01.73	Glasgow	2014
200m I.M.	Lucy McKenzie	Cockermouth	2,18.55	Sheffield	2013

SHORT COURSE COUNTY RECORD HOLDERS at 31st December 2015

(Records set prior to July 2002 may have been set in pools other than 25m in length and converted to short course times using ASA Equivalent Performance Tables).

<u>MEN</u>				<u>Venue</u>	
50m Free	Matthew Bowe	Barrow	22.6	Manchester	2002
100m Free	Matthew Bowe	Barrow	49.72	Stockport	2003
200m Free	Fraser Minnican	Lough Uni/Barrow	1,48.46	Swansea	2014
400m Free	Luke Greenbank	Cockermouth	3,57.07	Stockport	2014
800m Free	Thomas Millburn	Cockermouth	8,21:26	Edinburgh	2014
1500m Free	Thomas Millburn	Cockermouth	15:42:85	Edinburgh	2014
50m Back	Joe Elwood	Ulverston	24.34	Swansea	2014
100m Back	Joe Elwood	Lough Uni/Ulverston	52.22	Sheffield	2015
200m Back	Luke Greenbank	GB/Cockermouth	1,55.14	Netanya	2015
50m Breast	Craig Elliot	Cockermouth	28.21	Sheffield	2007
100m Breast	Craig Elliot	Cockermouth	1,01.03	Loughborough	2008
200m Breast	Edward Baxter	Cockermouth	2,10.73	Sheffield	2015
50m Fly	Matthew Bowe	Barrow	23.63	Manchester	2008
100m Fly	Matthew Bowe	Barrow	51.95	Manchester	2008
200m Fly	Matthew Bowe	Barrow	1,56.15	Trieste	2005
100m I.M.	Matthew Bowe	Barrow	56.23	Loughborough	2004
200m I.M.	Luke Greenbank	GB/Cockermouth	2,00.76	Netanya	2015
400m I.M.	Fraser Minnican	Lough Uni/Barrow	4,19.85	Sheffield	2014

<u>WOMEN</u>				<u>Venue</u>	
50m Free	Emma Sandwith	Cockermouth	26.41	Stockport	2003
100m Free	Anna Newlands	Stockport/Cockermouth	56.50	Sheffield	2015
200m Free	Lucy McKenzie	Cockermouth	2,01.20	Stockport	2015
400m Free	Lucy McKenzie	Cockermouth	4,08.89	Stockport	2015
800m Free	Lucy McKenzie	Stockport/Cockermouth	8,33.41	Stockport	2015
1500m Free	Ashleigh Dale	Barrow	17,26.43	Carlisle	2010
50m Back	Victoria Hevey	Ulverston	29.52	Sheffield	2013
100m Back	Anna Newlands	Stockport/Cockermouth	1,00.76	Sheffield	2015
200m Back	Anna Newlands	Stockport/Cockermouth	2,08.15	Sheffield	2015
50m Breast	Kathryn Burke	Cockermouth	32.86	Stockport	1993
100m Breast	Kathryn Burke	Cockermouth	1,10.5	Georgia, USA	1997
200m Breast	Kathryn Burke	Cockermouth	2,32.45	Aberdeen	1993
50m Fly	Anna Newlands	Stockport/Cockermouth	28.02	Sheffield	2015
100m Fly	Anna Newlands	Stockport/Cockermouth	1,00.55	Sheffield	2015
200m Fly	Anna Newlands	Stockport/Cockermouth	2,13.20	Stockport	2015
100m I.M.	Emma Sandwith	Cockermouth	1,05.47	Copeland	2003
200m I.M.	Lucy McKenzie	Cockermouth	2,14.05	Stockport	2015
400m I.M.	Lucy McKenzie	Cockermouth	4,46.46	Stockport	2014

JUNIOR MEN

100m Free	Michael Stephenson	Cockermouth	51.4	Glasgow	2002
100m Back	Luke Greenbank	Cockermouth	55.01	Stockport	2013
100m Breast	Edward Baxter	Cockermouth	1,03.11	Kendal	2015
100m Fly	Luke Greenbank	Cockermouth	55.53	Stockport	2013
200m I.M.	Luke Greenbank	Cockermouth	2,07.41	Kendal	2014

JUNIOR WOMEN

100m Free	Emma Sandwith	Cockermouth	57.0	Sheffield	2002
100m Back	Lucy McKenzie	Cockermouth	1,03.46	Stockport	2013
100m Breast	Kathryn Burke	Cockermouth	1,11.44	Aberdeen	1993
100m Fly	Anna Newlands	Cockermouth	1,01.47	Blackpool	2013
200m I.M.	Lucy McKenzie	Cockermouth	2,16.36	Blackpool	2013

FREESTYLE TEAMS

Men	4x50m	Cockermouth	1,35.49	Carlisle	2015
Women	4x50m	Ulverston	1,52.14	Carlisle	2014
Junior Men	4x50m	Cockermouth	1,40.35	Carlisle	2013
Junior Women	4x50m	Cockermouth	1,52.63	Carlisle	2013

MEDLEY TEAMS

Men	4x50m	Cockermouth	1,42.89	Carlisle	2015
Women	4x50m	Cockermouth	2,01.16	Blackpool	2013
Junior Men	4x50m	Cockermouth	1,49.78	Carlisle	2014
Junior Women	4x50m	Cockermouth	2,03.39	Carlisle	2012

AGE GROUP RECORD HOLDERS as at 31st DECEMBER 2015

9 year Boys - Short Course

50m Free	Harry Curtis	Copeland	32.99	Copeland	2013
100m Free	Dylan Hind	Cockermouth	1,14.76	Dunfermline	2014
200m Free	Dylan Hind	Cockermouth	2,38.70	Sunderland	2014
400m Free	Ben Jenkinson	Workington	5,26.31	Middlesbrough	2013
50m Back	Ben Jenkinson	Workington	37.29	Copeland	2013
100m Back	Dylan Hind	Cockermouth	1,24.45	Dunfermline	2014
200m Back	Ben Jenkinson	Workington	2,47.71	Copeland	2013
50m Breast	Jack Smith	Carlisle Aquatics	42.27	Dumfries	2013
100m Breast	Jack Smith	Carlisle Aquatics	1,32.71	Middlesbrough	2014
200m Breast	Jack Smith	Carlisle Aquatics	3,15.94	Dumfries	2013
50m Fly	Jack Smith	Carlisle Aquatics	35.8	Sunderland	2014
100m Fly	Dylan Hind	Cockermouth	1,27.23	Dunfermline	2014
200m Fly	Oliver Smith	Workington	3,15.30	Kendal	2006
100m IM	Jack Smith	Carlisle Aquatics	1,23.53	Ayr	2014
200m IM	Jack Smith	Carlisle Aquatics	2,56.22	Middlesbrough	2014

9 year Boys - Long Course

50m Free	Dylan Hind	Cockermouth	34.23	Sunderland	2014
100m Free	Ben Jenkinson	Workington	1,17.78	Leeds	2012
200m Free	Dylan Hind	Cockermouth	2,40.85	Sunderland	2014
400m Free	Adam Metcalf	Copeland	6,07.81	Sunderland	2011
50m Back	Ben Jenkinson	Workington	40.22	Sheffield	2012
100m Back	Ben Jenkinson	Workington	1,29.55	Leeds	2012
200m Back	Ben Jenkinson	Workington	2,58.99	Sunderland	2012
50m Breast	Adam Metcalf	Copeland	45.58	Sunderland	2011
100m Breast	Not claimed				
200m Breast	Jack Smith	Carlisle Aquatics	3,23.61	Sunderland	2014
50m Fly	Jack Smith	Carlisle Aquatics	36.3	Sunderland	2014
100m Fly	Not claimed				
200m Fly	Ben Jenkinson	Workington	3,38.07	Leeds	2013
200m IM	Jack Smith	Carlisle Aquatics	2,59.98	Sunderland	2014
400m IM	Ben Jenkinson	Workington	6,44.62	Sunderland	2012

10 year Boys - Short Course

50m Free	Adam Metcalf	Copeland	30.85	Kendal	2012
100m Free	Sam Gallagher	Barrow	1,09.85	Whitehaven	2015
200m Free	Ben Jenkinson	Workington	2,24.90	Blackpool	2013
400m Free	Ben Jenkinson	Workington	4,56.68	Blackpool	2013
50m Back	Ben Jenkinson	Workington	35.81	Copeland	2014
100m Back	Jack Smith	Carlisle Aquatics	1,19.44	Dumfries	2014
200m Back	Ben Jenkinson	Workington	2,38.70	Blackpool	2013
50m Breast	Adam Metcalf	Copeland	37.8	Sunderland	2012
100m Breast	Jack Smith	Carlisle Aquatics	1,31.11	Dumfries	2014
200m Breast	Jack Smith	Carlisle Aquatics	2,57.08	Knowsley	2014
50m Fly	Jack Smith	Carlisle Aquatics	32.81	Sheffield	2014

100m Fly	Jack Smith	Carlisle Aquatics	1,23.10	Salford	2014
200m Fly	Jack Smith	Carlisle Aquatics	2,52.31	Knowsley	2014
100m IM	Jack Smith	Carlisle Aquatics	1,17.36	Chester le Street	2014
200m IM	Jack Smith	Carlisle Aquatics	2,41.30	Sunderland	2014
400m IM	Jack Smith	Carlisle Aquatics	5,45.00	Sunderland	2014

10 year Boys - Long Course

50m Free	Adam Metcalf	Copeland	31.72	Sunderland	2012
100m Free	Harry Curtis	Copeland	1,11.40	Stockport	2014
200m Free	Pierce Greening	Cockermouth	2,32.27	Sunderland	2014
400m Free	Elliot Routledge	Workington	5,24.34	Manchester	2009
50m Back	Jack Smith	Carlisle Aquatics	37.28	Sheffield	2014
100m Back	Elliot Routledge	Workington	1,19.48	Manchester	2009
200m Back	Jack Smith	Carlisle Aquatics	2,46.88	Sunderland	2014
50m Breast	Adam Metcalf	Copeland	38.66	Sunderland	2012
100m Breast	Jack Smith	Carlisle Aquatics	1,26.01	Sheffield	2014
200m Breast	Jack Smith	Carlisle Aquatics	3,03.86	Sunderland	2014
50m Fly	Jack Smith	Carlisle Aquatics	33.41	Sheffield	2014
100m Fly	Jack Smith	Carlisle Aquatics	1,18.80	Sunderland	2014
200m Fly	Isaac Hinde	Copeland	3,06.05	Manchester	2011
200m IM	Jack Smith	Carlisle Aquatics	2,43.70	Sunderland	2014
400m IM	Jack Smith	Carlisle Aquatics	5,49.22	Sunderland	2015

11 year Boys - Short Course

50m Free	Adam Metcalf	Copeland	29.36	Kendal	2013
100m Free	Adam Metcalf	Copeland	1,02.0	Sunderland	2013
200m Free	Pierce Greening	Cockermouth	2,18.55	Kendal	2015
400m Free	Adam Metcalf	Copeland	4,43.26	Carlisle	2013
50m Back	Ben Jenkinson	Cockermouth	33.12	Copeland	2015
100m Back	Owen Minnican	Barrow	1,12.42	Leeds	2013
200m Back	Ben Jenkinson	Cockermouth	2,27.24	Copeland	2015
50m Breast	Jack Smith	Carlisle Aquatics	35.87	Carlisle	2015
100m Breast	Jack Smith	ESSA/NWR Carlisle Aq	1,19.03	Leeds	2015
200m Breast	Jack Smith	Carlisle Aquatics	2,47.53	Wigan	2015
50m Fly	Adam Metcalf	Copeland	32.42	Kendal	2013
100m Fly	Rory Marshall	Barrow	1,12.89	Stockport	1998
200m Fly	Jack Smith	Carlisle Aquatics	2,35.40	Carlisle	2015
100m IM	Adam Metcalf	Copeland	1,11.53	Kendal	2013
200m IM	Jack Smith	Carlisle Aquatics	2,34.28	Carlisle	2015
400m IM	Jack Smith	Carlisle Aquatics	5,16.40	Carlisle	2015

11 year Boys - Long Course

50m Free	Pierce Greening	Cockermouth	30.06	Manchester	2015
100m Free	Adam Metcalf	Cockermouth	1,03.34	Sunderland	2013
200m Free	Pierce Greening	Cockermouth	2,14.59	Manchester	2015
400m Free	Adam Metcalf	Cockermouth	4,51.01	Sunderland	2013
50m Back	Pierce Greening	Cockermouth	35.12	Manchester	2015
100m Back	Pierce Greening	Cockermouth	1,13.29	Manchester	2015

200m Back	Pierce Greening	Cockermouth	2,33.89	Manchester	2015
50m Breast	Jack Smith	Carlisle	37.72	Manchester	2015
100m Breast	Jack Smith	Carlisle	1,21.79	Aberdeen	2015
200m Breast	Jack Smith	Carlisle	2,52.22	Manchester	2015
50m Fly	Jack Smith	Carlisle	33.44	Manchester	2015
100m Fly	Jack Smith	Carlisle	1,14.89	Aberdeen	2015
200m Fly	Elliot Routledge	Workington	2,49.24	Manchester	2010
200m IM	Pierce Greening	Cockermouth	2,33.87	Manchester	2015
400m IM	Jack Smith	Carlisle	5,36.47	Liverpool	2015

12 year Boys - Short Course

50m Free	Adam Metcalf	Cockermouth	26.40	Carlisle	2014
100m Free	Adam Metcalf	Cockermouth	58.66	Stafford	2014
200m Free	Pierce Greening	Cockermouth	2,07.61	Wigan	2015
400m Free	Pierce Greening	Cockermouth	4,25.92	Stockport	2015
50m Back	Thomas Millburn	Cockermouth	31.1	Sunderland	2010
100m Back	Owen Minnican	Barrow	1,06.94	Copeland	2014
200m Back	Pierce Greening	Cockermouth	2,20.12	Liverpool	2015
50m Breast	Adam Metcalf	Cockermouth	32:64	Carlisle	2014
100m Breast	Adam Metcalf	Cockermouth	1,13.76	Stafford	2014
200m Breast	Adam Metcalf	Cockermouth	2,37.50	Stafford	2014
50m Fly	Adam Metcalf	Cockermouth	29.18	Carlisle	2014
100m Fly	Luke Greenbank	Cockermouth	1,04.4	Sheffield	2010
200m Fly	Joel Sinclair	Carlisle Aquatics	2,24.40	Copeland	2015
100m IM	Adam Metcalf	Cockermouth	1,06.58	Stafford	2014
200m IM	Adam Metcalf	Cockermouth	2,22.88	Stafford	2014
400m IM	Joel Sinclair	Carlisle Aquatics	5,00.55	Copeland	2015

12 year Boys - Long Course

50m Free	Adam Metcalf	Cockermouth	28.44	Sheffield	2013
100m Free	Adam Metcalf	Cockermouth	1,00.73	Coventry	2014
200m Free	Adam Metcalf	Cockermouth	2,10.89	Coventry	2014
400m Free	Thomas Millburn	Cockermouth	4,38.51	Sunderland	2010
50m Back	Thomas Millburn	Cockermouth	31.86	Sunderland	2010
100m Back	Luke Greenbank	Cockermouth	1,08.54	Sheffield	2010
200m Back	Luke Greenbank	Cockermouth	2,27.35	Sheffield	2010
50m Breast	Thomas Millburn	Cockermouth	35.77	Sunderland	2010
100m Breast	Thomas Millburn	Cockermouth	1,16.13	Sunderland	2010
200m Breast	Thomas Millburn	Cockermouth	2,41.06	Sheffield	2010
50m Fly	Joel Sinclair	Carlisle Aquatics	31.16	Sunderland	2015
100m Fly	Luke Greenbank	Cockermouth	1,05.76	Sheffield	2010
200m Fly	Joel Sinclair	Carlisle Aquatics	2,30.18	Sheffield	2014
200m IM	Thomas Millburn	Cockermouth	2,28.28	Sunderland	2010
400m IM	Thomas Millburn	Cockermouth	5,10.92	Sunderland	2010

13 year Boys - Short Course

50m Free	Adam Metcalf	Ellesmere/Cockermouth	25.03	Carlisle	2015
100m Free	Adam Metcalf	ESSANWR/Cockermouth	54.97	Stockport	2015

200m Free	Fraser Minnican	Barrow	2,00.0	Sheffield	2009
400m Free	Fraser Minnican	Barrow	4,08.2	Sheffield	2009
50m Back	Owen Minnican	Barrow	28:28:00	Liverpool	2015
100m Back	Owen Minnican	Barrow	1,00.57	Liverpool	2015
200m Back	Owen Minnican	ESSANWR/Barrow	2,09.63	Leeds	2015
50m Breast	Adam Metcalf	Ellesmere/Cockermouth	31:00:00	Nottingham	2015
100m Breast	Adam Metcalf	Cockermouth	1,08.14	Sheffield	2015
200m Breast	Edward Baxter	Cockermouth	2,32.35	Kendal	2012
50m Fly	Adam Metcalf	Ellesmere/Cockermouth	26.95	Carlisle	2015
100m Fly	Luke Greenbank	Cockermouth	58.8	Sheffield	2011
200m Fly	Luke Greenbank	Cockermouth	2,12.7	Sheffield	2011
100m IM	Fraser Minnican	Barrow	1,03.33	Sheffield	2009
200m IM	Fraser Minnican	Barrow	2,11.9	Sheffield	2009
400m IM	Fraser Minnican	Barrow	4,41.0	Sheffield	2009

13 year Boys - Long Course

50m Free	Adam Metcalf	Ellesmere/Cockmth	25.46	Sheffield	2015
100m Free	Adam Metcalf	Ellesmere/Cockmth	56.59	Sheffield	2015
200m Free	Adam Metcalf	Ellesmere/Cockmth	2,06.48	Sunderland	2015
400m Free	Thomas Millburn	Cockermouth	4,24.52	Sunderland	2011
50m Back	Owen Minnican	CoLiverpool/Barrow	28.88	Sheffield	2015
100m Back	Owen Minnican	CoLiverpool/Barrow	1.00.80	Sheffield	2015
200m Back	Owen Minnican	CoLiverpool/Barrow	2,14.00	Sheffield	2015
50m Breast	Adam Metcalf	Ellesmere/Cockmth	32.92	Sheffield	2015
100m Breast	Edward Baxter	Cockermouth	1,13.57	Sunderland	2012
	Connor Joyce	Workington	1,13.57	Sheffield	2014
200m Breast	Thomas Millburn	Cockermouth	2,36.45	Sheffield	2011
50m Fly	Adam Metcalf	Ellesmere/Cockmth	27.63	Sheffield	2015
100m Fly	Luke Greenbank	Cockermouth	1,00.11	Sheffield	2011
200m Fly	Luke Greenbank	Cockermouth	2,13.18	Sheffield	2011
200m IM	Fraser Minnican	Barrow	2,14.80	Sheffield	2009
400m IM	Fraser Minnican	Barrow	4,47.25	Sheffield	2009

14 year Boys - Short Course

50m Free	Fraser Minnican	Ulverston	25.0	Sheffield	2010
100m Free	Michael Stephenson	Cockermouth	54.39	Harrogate	2000
200m Free	Fraser Minnican	Ulverston	1,55.98	Copeland	2010
400m Free	Fraser Minnican	Ulverston	4,04.48	Copeland	2010
50m Back	Luke Greenbank	Cockermouth	28.62	Kendal	2012
100m Back	Luke Greenbank	Cockermouth	57.5	Sheffield	2012
200m Back	Luke Greenbank	Cockermouth	2,03.9	Sheffield	2012
50m Breast	Edward Baxter	Cockermouth	31.5	Manchester	2013
100m Breast	Craig Elliot	Cockermouth	1,07.7	Glasgow	2002
200m Breast	Edward Baxter	Cockermouth	2,23.54	Kendal	2013
50m Fly	Luke Greenbank	Cockermouth	26.1	London	2012
100m Fly	Luke Greenbank	Cockermouth	56.0	Sheffield	2012
200m Fly	Luke Greenbank	Cockermouth	2,05.4	Sheffield	2012
100m IM	Fraser Minnican	Ulverston	1,01.22	Sheffield	2010

200m IM	Fraser Minnican	Ulverston	2,08.5	Sheffield	2010
400m IM	Fraser Minnican	Ulverston	4,30.43	Kendal	2010

14 year Boys - Long Course

50m Free	Connor Joyce	Cockermouth	25.99	Sheffield	2014
100m Free	Luke Greenbank	Cockermouth	55.91	Manchester	2012
200m Free	Luke Greenbank	Cockermouth	2,01.67	Manchester	2012
400m Free	Luke Greenbank	Cockermouth	4,15.36	Manchester	2012
50m Back	Tom Robinson	Ulverston	29.34	Manchester	2014
100m Back	Luke Greenbank	Cockermouth	58.93	Sheffield	2012
200m Back	Luke Greenbank	Cockermouth	2,06.64	Sheffield	2012
50m Breast	Craig Elliot	Cockermouth	32.51	Glasgow	2002
100m Breast	Craig Elliot	Cockermouth	1,09.55	Glasgow	2002
200m Breast	Edward Baxter	Cockermouth	2,27.71	Leeds	2013
50m Fly	Luke Greenbank	Cockermouth	28.28	Sunderland	2011
100m Fly	Luke Greenbank	Cockermouth	57.37	Sheffield	2012
200m Fly	Luke Greenbank	Cockermouth	2,07.87	Sheffield	2012
200m IM	Fraser Minnican	Barrow	2,11.52	Sheffield	2010
400m IM	Luke Greenbank	Cockermouth	4,38.47	Sheffield	2012

15 year Boys - Short Course

50m Free	Michael Stephenson	Cockermouth	23.8	Sheffield	2001
100m Free	Michael Stephenson	Cockermouth	51.9	Sheffield	2001
200m Free	Luke Greenbank	Cockermouth	1,55.3	Sheffield	2013
400m Free	Fraser Minnican	Ulverston	4,05.62	Kendal	2011
50m Back	Oliver Smith	Cockermouth	26.8	Sunderland	2012
100m Back	Luke Greenbank	Cockermouth	56.1	Sheffield	2013
200m Back	Luke Greenbank	Cockermouth	1,59.06	Copeland	2013
50m Breast	Edward Baxter	Cockermouth	30.2	Liverpool	2014
100m Breast	Edward Baxter	Cockermouth	1.05.3	Sheffield	2014
200m Breast	Edward Baxter	Cockermouth	2,18.2	Sheffield	2014
50m Fly	Luke Greenbank	Cockermouth	25.6	Sheffield	2013
100m Fly	Luke Greenbank	Cockermouth	54.7	Sheffield	2013
200m Fly	Luke Greenbank	Cockermouth	2,02.5	Manchester	2013
100m IM	Fraser Minnican	Ulverston	59.77	Copeland	2011
200m IM	Fraser Minnican	Ulverston	2,06.4	Sheffield	2011
400m IM	Fraser Minnican	Ulverston	4,27.8	Sheffield	2011

15 year Boys - Long Course

50m Free	Michael Stephenson	Cockermouth	24.78	Sheffield	2001
100m Free	Michael Stephenson	Cockermouth	53.51	Sheffield	2001
200m Free	Luke Greenbank	Cockermouth	2,00.16	Stockport	2013
400m Free	Thomas Millburn	Cockermouth	4,14.43	Manchester	2013
50m Back	Oliver Smith	Cockermouth	27.61	Sunderland	2012
100m Back	Luke Greenbank	Cockermouth	57.56	Sheffield	2013
200m Back	Luke Greenbank	Cockermouth	2,02.05	Sheffield	2013
50m Breast	Edward Baxter	Cockermouth	31.22	Liverpool	2014
100m Breast	Edward Baxter	Cockermouth	1,07.21	Sheffield	2014

200m Breast	Edward Baxter	Cockermouth	2,21.99	Sheffield	2014
50m Fly	Luke Greenbank	Cockermouth	26.88	Leeds	2013
100m Fly	Luke Greenbank	Cockermouth	56.14	Sheffield	2013
200m Fly	Luke Greenbank	Cockermouth	2,04.97	Manchester	2013
200m IM	Fraser Minnican	Ulverston	2,08.72	Sheffield	2011
400m IM	Fraser Minnican	Ulverston	4,35.35	Sheffield	2011

4 x 50m Freestyle Teams - Short Course

9/10 years	Cockermouth	2,15.02	2014
	Pierce Greening Dylan Hind	Declan Burney Sam Greenbank	
11/12 years	Carlisle Water Polo	1,58.7	2004
	Team members not available		
13/14 years	Carlisle Water Polo	1,46.7	2006
	Team members not available		
15/16 years	Cockermouth	1,40.35	2013
	Luke Greenbank Charles McSkeane	Thomas Millburn Oliver Smith	
15/18 years	Cockermouth	1,37.35	2013
	Luke Greenbank Elliot Routledge	Charlie McSkeane Oliver Smith	

4 x 50m Medley Teams - Short Course

9/10 years	City of Carlisle	2,29.59	2001
	Team members not available		
11/12 years	Cockermouth	2,13.76	2015
	Ben Jenkinson Pierce Greening	Samual Greenbank Luke Jackson	
13/14 years	Cockermouth	1,58.48	2012
	Thomas Millburn Edward Baxter	Luke Greenbank Christian Balmer	
15/16 years	Cockermouth	1,51.95	2013
	Oliver Smith Christian Balmer	Luke Greenbank Thomas Millburn	
15/18 years	Cockermouth	1,45.72	2014
	Luke Greenbank Edward Baxter	Oliver Smith Charlie McSkeane	

9 year Girls - Short Course

50m Free	Ellinor Southward	Copeland	33.1	Sunderland	2011
100m Free	Miranda Broadbent	Cockermouth	1,17.10	Gateshead	2004
200m Free	Anna Newlands	Copeland	2,38.07	Liverpool	2008
400m Free	Miranda Broadbent	Cockermouth	5,39.10	Gateshead	2004
50m Back	Ellinor Southward	Copeland	37.02	Copeland	2011
100m Back	Miranda Broadbent	Cockermouth	1,23.26	Gateshead	2004
200m Back	Anna Newlands	Copeland	2,51.96	Liverpool	2008
50m Breast	Rebecca Wilson	Copeland	43.1	Sunderland	2012
100m Breast	Faye Milburn	Carlisle Aquatics	1,38.82	Carlisle	2015
200m Breast	Rebecca Wilson	Copeland	3,27.30	Workington	2012
50m Fly	Faye Milburn	Carlisle Aquatics	37.09	Sunderland	2015
100m Fly	Faye Milburn	Carlisle Aquatics	1.29.99	Preston	2015
200m Fly	Anna Newlands	Copeland	3,09.44	Liverpool	2008
100m IM	Ellinor Southward	Copeland	1,23.72	Copeland	2011
200m IM	Anna Newlands	Copeland	2,59.24	Liverpool	2008

9 year Girls - Long Course

50m Free	Ellinor Southward	Copeland	33.78	Sunderland	2011
100m Free	Faye Milburn	Carlisle Aquatics	1,20.76	Sheffield	2015
200m Free	Ellinor Southward	Copeland	2,42.12	Sunderland	2011
400m Free	Hannah Wren	Copeland	6,52.14	Sunderland	2013
50m Back	Ellinor Southward	Copeland	39.31	Sunderland	2011
100m Back	Faye Milburn	Carlisle Aquatics	1,33.60	Sheffield	2015
200m Back	Ellinor Southward	Copeland	2,59.36	Sunderland	2011
50m Breast	Ellinor Southward	Copeland	47.18	Sunderland	2011
100m Breast	Faye Milburn	Carlisle Aquatics	1.45.01	Sheffield	2015
200m Breast	Ellinor Southward	Copeland	3,31.66	Sunderland	2011
50m Fly	Rebecca Wilson	Copeland	38.32	Sunderland	2012
100m Fly	Faye Milburn	Carlisle Aquatics	1.36.25	Sheffield	2015
200m Fly	Faye Milburn	Carlisle Aquatics	3,35.68	Sheffield	2015
200m IM	Rebecca Wilson	Copeland	3,14.70	Sunderland	2012

10 year Girls - Short Course

50m Free	Rebecca Wilson	Copeland	30.9	Manchester	2013
100m Free	Lisa Tomlinson	Cockermouth	1,10.46	N/A	1999
200m Free	Miranda Broadbent	Cockermouth	2,24.0	Sheffield	2005
400m Free	Miranda Broadbent	Cockermouth	4,59.0	Sheffield	2005
50m Back	Miranda Broadbent	Cockermouth	35.0	Manchester	2005
100m Back	Miranda Broadbent	Cockermouth	1,18.03	Bishop Auc'nd	2004
200m Back	Miranda Broadbent	Cockermouth	2,36.50	Copeland	2005
50m Breast	Rebecca Wilson	Copeland	39.8	Manchester	2013
100m Breast	Lucy Johnson	Cockermouth	1,28.87	Bishop Auc'nd	2004
200m Breast	Lucy Johnson	Cockermouth	3,05.02	Harrogate	2005
50m Fly	Anna Newlands	Copeland	33.93	Kendal	2008
100m Fly	Laura Davison	Carlisle Aquatics	1,19.50	Kendal	2010
200m Fly	Anna Newlands	Copeland	2,50.52	Liverpool	2008

100m IM	Emily Crookall-Nixon	Cockermouth	1,19.20	Salford	1994
200m IM	Miranda Broadbent	Cockermouth	2,43.97	Copeland	2005
400m IM	Ellinor Southward	Copeland	5,52.6	Swansea	2012

10 year Girls - Long Course

50m Free	Rebecca Wilson	Copeland	31.65	Manchester	2013
100m Free	Miranda Broadbent	Cockermouth	1,09.45	Manchester	2005
200m Free	Miranda Broadbent	Cockermouth	2,26.45	Sheffield	2005
400m Free	Miranda Broadbent	Cockermouth	5,03.72	Sheffield	2005
50m Back	Miranda Broadbent	Cockermouth	35.61	Manchester	2005
100m Back	Miranda Broadbent	Cockermouth	1,15.42	Manchester	2005
200m Back	Miranda Broadbent	Cockermouth	2,39.40	Manchester	2005
50m Breast	Rebecca Wilson	Copeland	40.64	Manchester	2013
100m Breast	Rebecca Wilson	Copeland	1,31.03	Sunderland	2013
200m Breast	Grace Newlands	Copeland	3,16.28	Manchester	2005
50m Fly	Rebecca Wilson	Copeland	35.55	Manchester	2013
100m Fly	Rebecca Fell	Ulverston	1,20.58	Manchester	2011
200m Fly	Anna Newlands	Copeland	2,52.15	Liverpool	2009
200m IM	Miranda Broadbent	Cockermouth	2,48.24	Manchester	2005
400m IM	Miranda Broadbent	Cockermouth	5,57.77	Manchester	2005

11 year Girls - Short Course

50m Free	Lucy McKenzie	Cockermouth	29.24	Copeland	2009
100m Free	Lucy McKenzie	Cockermouth	1,02.72	Salford	2009
200m Free	Ellinor Southward	Cockermouth	2,15.5	Corby	2013
400m Free	Ellinor Southward	Cockermouth	4,43.5	Swansea	2013
50m Back	Charlotte Crookall-Nixon	Cockermouth	33.9	Sheffield	2001
100m Back	Ellinor Southward	Cockermouth	1,10.3	Corby	2013
200m Back	Ellinor Southward	Cockermouth	2,30.8	Swansea	2013
50m Breast	Lucy Johnson	Cockermouth	36.76	Harrogate	2006
100m Breast	Emily Crookall-Nixon	Cockermouth	1,21.40	Darlington	1995
200m Breast	Lucy Johnson	Cockermouth	2,52.79	Harrogate	2006
50m Fly	Ellinor Southward	Cockermouth	29.7	Corby	2013
100m Fly	Laura Davison	City of Carlisle	1,09.8	Sunderland	2012
200m Fly	Anna Newlands	Copeland	2,34.3	Sheffield	2009
100m IM	Ellinor Southward	Copeland	1,14.18	Wolverhampton	2013
200m IM	Ellinor Southward	Cockermouth	2,32.1	Corby	2013
400m IM	Ellinor Southward	Cockermouth	5,24.9	Swansea	2013

11 year Girls - Long Course

50m Free	Rebecca Wilson	Copeland	30.17	Sunderland	2014
100m Free	Ellinor Southward	Cockermouth	1,04.72	Swansea	2013
200m Free	Ellinor Southward	Cockermouth	2,18.03	Northampton	2013
400m Free	Ellinor Southward	Cockermouth	4,48.44	Swansea	2013
50m Back	Ellinor Southward	Copeland	34.88	Liverpool	2012
100m Back	Ellinor Southward	Cockermouth	1,11.48	Northampton	2013
200m Back	Ellinor Southward	Cockermouth	2,32.95	Swansea	2013
50m Breast	Rebecca Wilson	Copeland	38.65	Stockport	2014

100m Breast	Lucy Johnson	Cockermouth	1,23.03	Sheffield	2005
200m Breast	Lucy Johnson	Cockermouth	3,00.62	Sheffield	2005
50m Fly	Laura Davison	Carlisle Aquatics	33.64	Sunderland	2011
100m Fly	Laura Davison	Carlisle Aquatics	1,10.90	Sunderland	2012
200m Fly	Anna Newlands	Copeland	2,36.37	Sheffield	2009
200m IM	Ellinor Southward	Cockermouth	2,34.72	Northampton	2013
400m IM	Ellinor Southward	Cockermouth	5,30.33	Swansea	2013

12 year Girls - Short Course

50m Free	Lucy McKenzie	Cockermouth	28.18	Carlisle	2010
100m Free	Lucy McKenzie	Cockermouth	1,00.73	Copeland	2010
200m Free	Lucy McKenzie	Cockermouth	2,09.95	Kendal	2010
400m Free	Lucy McKenzie	Cockermouth	4,28.41	Kendal	2010
50m Back	Ellinor Southward	Cockermouth	31.57	Sheffield	2013
100m Back	Ellinor Southward	Cockermouth	1,05.7	Berlin, Ger.	2014
200m Back	Lucy McKenzie	Cockermouth	2,17.37	Copeland	2010
50m Breast	Rebecca Fell	Ulverston	35.4	Sheffield	2013
100m Breast	Rebecca Fell	Ulverston	1,15.91	Carlisle	2013
200m Breast	Rebecca Fell	Ulverston	2,43.54	Carlisle	2013
50m Fly	Charlotte Crookall-Nixon	Cockermouth	30.5	Glasgow	2002
100m Fly	Anna Newlands	Copeland	1,05.7	Sheffield	2010
200m Fly	Laura Davison	Carlisle Aquatics	2,25.86	Manchester	2012
100m IM	Lucy McKenzie	Cockermouth	1,08.28	Kendal	2010
200m IM	Rebecca Fell	Ulverston	2,25.27	Carlisle	2013
400m IM	Ellinor Southward	Cockermouth	5,11.5	Berlin, Ger.	2014

12 year Girls - Long Course

50m Free	Georgia Denny	Barrow	29.44	Sheffield	2009
100m Free	Rebecca Wilson	Copeland	1,02.48	Sheffield	2015
200m Free	Lucy McKenzie	Cockermouth	2,14.05	Glasgow	2010
400m Free	Lucy McKenzie	Cockermouth	4,36.93	Sunderland	2010
50m Back	Ellinor Southward	Cockermouth	32.92	Glasgow	2012
	Charlotte Crookall-Nixon	Copeland	32.92	Glasgow	2002
100m Back	Ellinor Southward	Cockermouth	1,06.85	Berlin, Ger.	2014
200m Back	Ellinor Southward	Cockermouth	2,23.80	Sheffield	2014
50m Breast	Rebecca Wilson	Copeland	36.18	Sheffield	2015
100m Breast	Rebecca Fell	Manchester Aqu/Ulverston	1,17.61	Sheffield	2013
200m Breast	Lucy Johnson	Cockermouth	2,48.37	Sheffield	2005
50m Fly	Charlotte Crookall-Nixon	Cockermouth	31.11	Glasgow	2002
100m Fly	Anna Newlands	Copeland	1,06.86	Sheffield	2010
200m Fly	Anna Newlands	Copeland	2,28.27	Sheffield	2010
200m IM	Ellinor Southward	Cockermouth	2,29.71	Berlin, Ger.	2014
400m IM	Ellinor Southward	Cockermouth	5,17.07	Sheffield	2014

13 year Girls - Short Course

50m Free	Georgia Denney	Kendal	27.71	Sheffield	2009
100m Free	Lucy McKenzie	Cockermouth	59.1	Glasgow	2011
	Rebecca Fell	Ulverston	59.1	Manchester	2014

200m Free	Lucy McKenzie	Cockermouth	2,06.9	Glasgow	2011
400m Free	Lucy McKenzie	Cockermouth	4,27.35	Copeland	2011
50m Back	Nicola Capstick	Ulverston	30.84	Kendal	2015
100m Back	Rebecca Clark	Cockermouth	1,05.74	Birkenhead	2012
200m Back	Lucy McKenzie	Cockermouth	2,19.59	Kendal	2011
50m Breast	Rebecca Fell	Ulverston	34.44	Sheffield	2014
100m Breast	Rebecca Fell	Ulverston	1,12.70	Sheffield	2014
200m Breast	Lucy Johnson	Cockermouth	2,40.75	Harrogate	2008
50m Fly	Anna Newlands	Cockermouth	29.7	Sunderland	2011
100m Fly	Anna Newlands	Cockermouth	1,03.4	Sheffield	2011
200m Fly	Anna Newlands	Cockermouth	2,19.5	Sheffield	2011
100m IM	Rebecca Fell	Ulverston	1,06.92	Kendal	2014
200m IM	Rebecca Fell	Ulverston	2,21.80	Sheffield	2014
400m IM	Lucy McKenzie	Cockermouth	5,00.22	Kendal	2011

13 year Girls - Long Course

50m Free	Leigh Thompson	Carlisle Aquatics	28.42	Sheffield	2009
100m Free	Ellinor Southward	Ellesmere/Cockmth	59.96	London	2015
200m Free	Ellinor Southward	West Mid./Cockermouth	2,08.70	Luxembourg	2015
400m Free	Lucy McKenzie	Cockermouth	4,38.67	Manchester	2011
50m Back	Ellinor Southward	Ellesmere/Cockermouth	30.68	Coventry	2015
100m Back	Ellinor Southward	England/Cockermouth	1,03.94	Lignano Italy	2015
200m Back	Ellinor Southward	Shropshire/Cockermouth	2,17.97	Sheffield	2014
50m Breast	Rebecca Fell	Manchester Aqu/Ulverston	35.34Spl	Sheffield	2014
100m Breast	Rebecca Fell	Manchester Aqu/Ulverston	1,14.42	Sheffield	2014
200m Breast	Lucy McKenzie	Cockermouth	2,45.48	Glasgow	2011
50m Fly	Anna Newlands	Cockermouth	30.33	Sunderland	2011
100m Fly	Ellinor Southward	Ellesmere/Cockmth	1,04.13	Coventry	2015
200m Fly	Anna Newlands	Cockermouth	2,21.71	Sheffield	2011
200m IM	Ellinor Southward	Ellesmere/Cockmth	2,23.74	Coventry	2015
400m IM	Ellinor Southward	Ellesmere/Cockmth	5,09.02	Coventry	2015

14 year Girls - Short Course

50m Free	Georgia Denney	Kendal	27.5	Sheffield	2010
100m Free	Anna Newlands	Cockermouth	58.7	Blackpool	2012
200m Free	Lucy McKenzie	Cockermouth	2,06.66	Copeland	2012
400m Free	Lucy McKenzie	Cockermouth	4,24.62	Copeland	2012
50m Back	Ellinor Southward	Ellesmere/Cockermouth	29.24	Sheffield	2015
100m Back	Ellinor Southward	Ellesmere/Cockermouth	1.01.52	Sheffield	2015
200m Back	Ellinor Southward	Ellesmere/Cockermouth	2.10.40	Sheffield	2015
50m Breast	Rebecca Fell	Ulverston	33.68	Kendal	2015
100m Breast	Rebecca Fell	Ulverston	1,13.14	Whitehaven	2015
200m Breast	Lucy Johnson	Cockermouth	2,39.37	Copeland	2008
50m Fly	Rebecca Fell	Ulverston	29.4	Kendal	2015
100m Fly	Anna Newlands	Cockermouth	1,03.50	Manchester	2012
200m Fly	Anna Newlands	Cockermouth	2,20.1	London	2012
100m IM	Rebecca Fell	Ulverston	1,06.42	Copeland	2015
200m IM	Ellinor Southward	Ellesmere/Cockermouth	2.19.19	Sheffield	2015

400m IM	Lucy McKenzie	Cockermouth	4,49.45	Manchester	2011
<u>14 year Girls - Long Course</u>					
50m Free	Georgia Denny	Barrow	27.51	Manchester	2011
100m Free	Georgia Denny	Barrow	59.07	Manchester	2011
200m Free	Lucy McKenzie	Cockermouth	2,10.53	Sunderland	2012
400m Free	Ashleigh Dale	Barrow	4,33.23	Stockport	2009
50m Back	Nicola Capstick	Ulverston	31.07	Sheffield	2015
100m Back	Lucy McKenzie	Cockermouth	1,05.66	Sheffield	2012
200m Back	Lucy McKenzie	Cockermouth	2,17.62	London	2012
50m Breast	Rebecca Fell	CoManchester/Ulverston	33:53:00	Sheffield	2015
100m Breast	Rebecca Fell	CoManchester /Ulverston	1,14.05	Manchester	2015
200m Breast	Lucy Johnson	Cockermouth	2,43.75	Sheffield	2008
50m Fly	Rebecca Fell	Manchester Aqu/Ulverston	28,82	Manchester	2015
100m Fly	Anna Newlands	Cockermouth	1,04.87	London	2012
200m Fly	Anna Newlands	Cockermouth	2,22.25	London	2012
200m IM	Rebecca Fell	Manchester Aqu/Ulverston	2,22.73	Manchester	2015
400m IM	Lucy McKenzie	Cockermouth	5,01.58	Sheffield	2012
<u>15 year Girls - Short Course</u>					
50m Free	Emma Sandwith	Cockermouth	26.3	Sheffield	2002
100m Free	Emma Sandwith	Cockermouth	56.9	Sheffield	2002
200m Free	Anna Newlands	Cockermouth	2,05.08	Blackpool	2013
400m Free	Emma Sandwith	Cockermouth	4,22.92	Whitehaven	2002
50m Back	Lucy McKenzie	Cockermouth	30.37	Carlisle	2013
100m Back	Lucy McKenzie	Cockermouth	1,03.60	Sheffield	2012
200m Back	Lucy McKenzie	Cockermouth	2,12.29	Manchester	2012
50m Breast	Emma Sandwith	Cockermouth	34.56	Workington	2002
100m Breast	Emma Sandwith	Cockermouth	1,11.7	Sheffield	2002
200m Breast	Emma Sandwith	Cockermouth	2,37.60	Liverpool	2001
50m Fly	Anna Newlands	Cockermouth	28.1	Sunderland	2013
100m Fly	Anna Newlands	Cockermouth	1,01.47	Blackpool	2013
200m Fly	Anna Newlands	Cockermouth	2,16.1	Sheffield	2013
100m IM	Ashleigh Backhouse	Cockermouth	1,08.77	Kendal	2013
200m IM	Lucy McKenzie	Cockermouth	2,16.3	Leeds	2013
400m IM	Lucy McKenzie	Cockermouth	4,51.30	Manchester	2012
<u>15 year Girls - Long Course</u>					
50m Free	Emma Sandwith	Cockermouth	27.10	Sheffield	2002
100m Free	Emma Sandwith	Cockermouth	58.34	Sheffield	2002
200m Free	Emma Sandwith	Cockermouth	2,08.57	Sheffield	2002
400m Free	Alix Knagg	Ulverston	4,35.08	Sheffield	2014
50m Back	Alix Knagg	Ulverston	31.19	Manchester	2013
100m Back	Lucy McKenzie	Cockermouth	1,05.66	Sheffield	2012
200m Back	Lucy McKenzie	Cockermouth	2,16.33	Leeds	2013
50m Breast	Emma Sandwith	Cockermouth	34.40	Sheffield	2002
100m Breast	Emma Sandwith	Cockermouth	1,13.48	Sheffield	2002
200m Breast	Kathryn Burke	Cockermouth	2,39.51	N/A	1993

50m Fly	Anna Newlands	Cockermouth	28.82	Sunderland	2013
100m Fly	Anna Newlands	Cockermouth	1,02.73	Sheffield	2013
200m Fly	Anna Newlands	Cockermouth	2,18.38	Sheffield	2013
200m IM	Lucy McKenzie	Cockermouth	2,19.15	Leeds	2013
400m IM	Lucy McKenzie	Cockermouth	5.00.90	Manchester	2013
Freestyle Teams	(4 x 50m)				
9/10 years	Cockermouth	2,18.17	2001		
	Team members not available				
11/12 years	Copeland	2,03.39	2009		
	Anna Newlands	Lauren Graham			
	Hannah Fowler	Becky Walley			
13/14 years	Cockermouth	1,53.97	2012		
	Anna Newlands	Ashleigh Backhouse			
	Rebecca Clark	Lucy McKenzie			
15/16 years	Cockermouth	1,52.63	2013		
	Anna Newlands	Taylor Jade Kelsey			
	Ashleigh Backhouse	Lucy McKenzie			
15/18 years	Cockermouth	1,52.63	2013		
	Anna Newlands	Taylor Jade Kelsey			
	Ashleigh Backhouse	Lucy McKenzie			
Medley Teams	(4 x 50m)				
9/10 years	Ulverston	2,35.49	2011		
	Megan Roper	Eden Joy Light			
	Rebecca Fell	Victoria Swann			
11/12 years	Copeland	2,19.48	2015		
	Lucy Stephenson	Rebecca Amor			
	Rebecca Wilson	Zara Postlethwaite			
13/14 years	Cockermouth	2,04.84	2012		
	Rebecca Clark	Ashleigh Backhouse			
	Lucy McKenzie	Anna Newlands			
15/16 years	Cockermouth	2,03.67	2013		
	Lucy McKenzie	Ashleigh Backhouse			
	Taylor Jade Kelsey	Anna Newlands			
15/18 years	Cockermouth	2,03.67	2013		
	Lucy McKenzie	Ashleigh Backhouse			
	Taylor Jade Kelsey	Anna Newlands			

2015 AGE GROUP WINNERS

9 year Boys

50m	Back	Elliot Woodburn	Kendal	42.00
50m	Breast	Elliot Woodburn	Kendal	47.51
50m	Fly	N/A		
50m	Free	Elliot Woodburn	Kendal	36.20
100m	IM	Elliot Woodburn	Kendal	1.36.24
200m	Back	Matthew Hall	Workington	3.28.42
200m	Breast	Elliot Woodburn	Kendal	3.51.00
200m	Fly	N/A		
200m	Free	Elliot Woodburn	Kendal	3.11.52
200m	IM	Elliot Woodburn	Kendal	3.26.98

10 year Boys

50m	Back	Sam Gallagher	Barrow	37.57
50m	Breast	Dylan Hind	Cockermouth	43.88
50m	Fly	Dylan Hind	Cockermouth	35.89
50m	Free	Dylan Hind	Cockermouth	32.06
100m	IM	Dylan Hind	Cockermouth	1.22.11
200m	Back	Dylan Hind	Cockermouth	2.56.23
200m	Breast	Dylan Hind	Cockermouth	3.22.78
200m	Fly	Dylan Hind	Cockermouth	3.12.17
200m	Free	Sam Gallagher	Barrow	2.35.07
200m	IM	Sam Gallagher	Barrow	2.54.80
400m	Free	Dylan Hind	Cockermouth	5.27.13

11 year Boys

50m	Back	Ben Jenkinson	Cockermouth	33.12
50m	Breast	Jack Smith	Carlisle Aq	37.66
50m	Fly	Jack Smith	Carlisle Aq	32.44
50m	Free	Pierce Greening	Cockermouth	30.21
100m	Back	N/A		
100m	Breast	N/A		
100m	Fly	N/A		
100m	Free	N/A		
100m	IM	Pierce Greening	Cockermouth	1.14.49
200m	Back	Ben Jenkinson	Cockermouth	2.27.24
200m	Breast	Ben Jenkinson	Cockermouth	3.03.04
200m	Fly	Ben Jenkinson	Cockermouth	2.48.33
200m	Free	Pierce Greening	Cockermouth	2.18.55
200m	IM	Ben Jenkinson	Cockermouth	2.36.08
400m	Free	Ben Jenkinson	Cockermouth	4.47.04
400m	IM	Ben Jenkinson	Cockermouth	5.23.28

12 year Boys

50m	Back	Ethan Nunn	Barrow	33.84
50m	Breast	Ethan Nunn	Barrow	35.68
50m	Fly	Ethan Nunn	Barrow	33.59
50m	Free	Alex Thompson	Barrow	29.19
100m	Back	Luke Jackson	Cockermouth	1.10.50
100m	Breast	Ethan Nunn	Ulverston	1.19.60
100m	Fly	Luke Jackson	Cockermouth	1.13.67
100m	Free	Luke Jackson	Cockermouth	1.03.70
100m	IM	Ethan Nunn	Barrow	1.12.79
200m	Back	Luke Jackson	Cockermouth	2.28.90
200m	Breast	Ethan Nunn	Barrow	2.50.81
200m	Fly	Matthew Whitehead	Carlisle Aq	2.48.02
200m	Free	Luke Jackson	Cockermouth	2.17.68
200m	IM	Luke Jackson	Cockermouth	2.36.45
400m	Free	Luke Jackson	Cockermouth	4.44.03
400m	IM	Matthew Whitehead	Carlisle Aq	5.36.05

9 year Girls

Faye Milburn	Carlisle Aq	41.68
Amelia Mardel	Ulverston	47.01
Faye Milburn	Carlisle Aq	38.89
Amelia Mardel	Carlisle Aq	34.50
Amelia Mardel	Ulverston	1.31.75
N/A		
Amelia Mardel	Ulverston	3.39.35
N/A		
Amelia Mardel	Ulverston	2.56.04
N/A		

10 year Girls

Naomi Ward	Carlisle Aq	39.36
Jessica Prokas	Carlisle Aq	43.14
Jessica Prokas	Carlisle Aq	39.06
Jessica Prokas	Carlisle Aq	33.36
Jessica Prokas	Carlisle Aq	1.26.54
Elizabeth Bunter	Barrow	3.03.55
Naomi Ward	Carlisle Aq	3.25.33
Elizabeth Bunter	Barrow	3.34.57
Jessica Prokas	Carlisle Aq	2.45.98
Naomi Ward	Carlisle Aq	3.10.29
Elizabeth Bunter	Barrow	6.00.36

11 year Girls

Naomi Peers	Workington	37.06
Sophie Milburn	Carlisle Aq	40.47
Alex Airey	Cockermouth	35.49
Shannon Parker	Ulverston	32.03
Naomi Peers	Workington	1.18.18
Rebecca Amor	Copeland	1.32.49
Alex Airey	Cockermouth	1.21.13
Shannon Parker	Ulverston	1.09.46
Rebecca Amor	Copeland	1.19.62
Alex Airey	Cockermouth	2.49.39
Rebecca Amor	Copeland	3.14.47
Alex Airey	Cockermouth	2.56.56
Anna Morrison	Ulverston	2.34.95
Rebecca Amor	Copeland	2.52.15
Alex Airey	Cockermouth	5.30.10
Rebecca Amor	Copeland	6.01.82

12 year Girls

Rebecca Wilson	Copeland	33.62
Rebecca Wilson	Copeland	37.21
Rebecca Wilson	Copeland	33.17
Rebecca Wilson	Copeland	29.10
Rebecca Wilson	Copeland	1.11.51
Rebecca Wilson	Copeland	1.22.34
Leah Green	Barrow	1.13.57
Rebecca Wilson	Copeland	1.02.69
Rebecca Wilson	Copeland	1.15.13
H Kurzyk-O'Donnell	Workington	2.44.68
Rebecca Wilson	Copeland	2.57.57
Leah Green	Barrow	2.51.24
Rebecca Wilson	Copeland	2.21.92
Rebecca Wilson	Copeland	2.38.80
Leah Green	Barrow	5.03.49
Rebecca Wilson	Copeland	5.36.35

13 year Boys

50m	Back	Owen Minnican	Barrow	30.25
50m	Breast	Jack Ivison	Cockermouth	36.96
50m	Fly	Owen Minnican	Barrow	30.57
50m	Free	Joshua Turner	Ulverston	27.31
100m	Back	Owen Minnican	Barrow	1.03.93
100m	Breast	Jack Ivison	Cockermouth	1.18.26
100m	Fly	Joel Sinclair	Carlisle Aq	1.05.98
100m	Free	Owen Minnican	Barrow	59.15
100m	IM	Joel Sinclair	Carlisle Aq	1.10.87
200m	Back	Owen Minnican	Barrow	2.18.20
200m	Breast	Joel Sinclair	Carlisle Aq	2.41.44
200m	Fly	Joel Sinclair	Carlisle Aq	2.24.40
200m	Free	Joel Sinclair	Carlisle Aq	2.11.39
200m	IM	Joel Sinclair	Carlisle Aq	2.27.94
400m	Free	Joel Sinclair	Carlisle Aq	4.32.52
400m	IM	Joel Sinclair	Carlisle Aq	5.00.55

14 year Boys

50m	Back	Tom Robinson	Ulverston	28.84
50m	Breast	Tom Robinson	Ulverston	34.63
50m	Fly	Tom Robinson	Ulverston	28.66
50m	Free	Tom Robinson	Ulverston	26.88
100m	Back	Tom Robinson	Ulverston	1.08.37
100m	Breast	Tom Robinson	Ulverston	1.17.05
100m	Fly	Tom Robinson	Ulverston	1.02.90
100m	Free	Tom Robinson	Ulverston	59.12
100m	IM	Tom Robinson	Ulverston	1.05.63
200m	Back	Tom Robinson	Ulverston	2.24.07
200m	Breast	Theo Tindall	Carlisle Aq	2.50.33
200m	Fly	Tom Robinson	Ulverston	2.18.10
200m	Free	Tom Robinson	Ulverston	2.11.38
200m	IM	Tom Robinson	Ulverston	2.22.05
400m	Free	Tom Robinson	Ulverston	4.29.46
400m	IM	Tom Robinson	Ulverston	5.05.44

15 year Boys

50m	Back	Connor Joyce	Cockermouth	29.93
50m	Breast	Connor Joyce	Cockermouth	32.64
50m	Fly	Jake Fabi	Penrith	28.22
50m	Free	Jordan Cooley	Copeland	25.24
100m	Back	Connor Joyce	Cockermouth	1.02.67
100m	Breast	Connor Joyce	Cockermouth	1.09.24
100m	Fly	Jake Fabi	Penrith	1.02.63
100m	Free	Connor Joyce	Cockermouth	54.96
100m	IM	Connor Joyce	Cockermouth	1.03.75
200m	Back	Jake Fabi	Penrith	2.18.31
200m	Breast	Connor Joyce	Cockermouth	2.33.23
200m	Fly	Jake Fabi	Penrith	2.21.19
200m	Free	Jordan Cooley	Copeland	2.02.58
200m	IM	Jake Fabi	Penrith	2.18.68
400m	Free	Connor Joyce	Cockermouth	4.20.13
400m	IM	Jake Fabi	Penrith	4.50.50

16 year and over Boys

50m	Back	Oliver Smith	Cockermouth	25.98
50m	Breast	Edward Baxter	Cockermouth	30.65
50m	Fly	Luke Greenbank	Cockermouth	25.93
50m	Free	Oliver Smith	Cockermouth	24.04
100m	Back	Luke Greenbank	Cockermouth	59.94
100m	Breast	Edward Baxter	Cockermouth	1.03.11
100m	Fly	Luke Greenbank	Cockermouth	57.73
100m	Free	Luke Greenbank	Cockermouth	55.24
100m	IM	Luke Greenbank	Cockermouth	59.58

13 year Girls

Nicola Capstick	Ulverston	31.99
Hannah Edwards	Kendal	36.14
Elizabeth Airey	Cockermouth	31.72
Nicola Capstick	Ulverston	28.62
Elizabeth Airey	Cockermouth	1.07.98
Hannah Edwards	Kendal	1.16.11
Elizabeth Airey	Cockermouth	1.08.45
Elizabeth Airey	Cockermouth	1.00.96
Elizabeth Airey	Cockermouth	1.08.42
Elizabeth Airey	Cockermouth	2.27.20
Hannah Edwards	Kendal	2.44.97
Elizabeth Airey	Cockermouth	2.28.68
Elizabeth Airey	Cockermouth	2.11.57
Elizabeth Airey	Cockermouth	2.24.44
Elizabeth Airey	Cockermouth	4.37.46
Elizabeth Airey	Cockermouth	5.06.75

14 year Girls

Emily Reay	Kendal	32.71
Rebecca Fell	Ulverston	33.68
Rebecca Fell	Ulverston	30.16
Lauren Cooley	Cockermouth	28.27
Rebecca Fell	Ulverston	1.09.45
Rebecca Fell	Ulverston	1.18.09
Rebecca Fell	Ulverston	1.08.32
Lauren Cooley	Cockermouth	1.05.00
Rebecca Fell	Ulverston	1.08.63
Kimberley Hind	Cockermouth	2.28.05
Louisa Sinclair	Carlisle Aq	2.45.02
Kimberley Hind	Cockermouth	2.29.62
Rebecca Fell	Ulverston	2.10.40
Rebecca Fell	Ulverston	2.27.89
Kimberley Hind	Cockermouth	4.32.69
Rebecca Fell	Ulverston	5.01.09

15 year Girls

Zara McKnight	Carlisle Aq	32.78
Rhiannon Ellis	Ulverston	37.04
Amy Heard	Carlisle Aq	32.11
Zara McKnight	Carlisle Aq	29.64
Zara McKnight	Carlisle Aq	1.08.83
Zara McKnight	Carlisle Aq	1.21.93
Amy Heard	Carlisle Aq	1.08.36
Amy Heard	Carlisle Aq	1.02.79
Zara McKnight	Carlisle Aq	1.11.69
Amy Heard	Carlisle Aq	2.23.97
Zara McKnight	Carlisle Aq	2.52.39
Amy Heard	Carlisle Aq	2.26.32
Amy Heard	Carlisle Aq	2.13.64
Zara McKnight	Carlisle Aq	2.30.65
Amy Heard	Carlisle Aq	4.35.22
Amy Heard	Carlisle Aq	5.12.85

16 year and over Girls

Alix Knagg	Ulverston	31.49
Ruth McEwan	Barrow	36.89
Amy Richardson	Ulverston	30.36
Amy Richardson	Ulverston	28.46
Alix Knagg	Ulverston	1.06.46
Judy Hattle	Carlisle Aq	1.23.80
Ruth McEwan	Barrow	1.09.29
Amy Richardson	Ulverston	1.01.68
Alix Knagg	Ulverston	1.09.21

200m	Back	Luke Greenbank	Cockermouth	2.04.22	Alix Knagg	Ulverston	2.16.47
200m	Breast	Edward Baxter	Cockermouth	2.24.82	Annabelle McBratney	Barrow	3.01.48
200m	Fly	Luke Greenbank	Cockermouth	2.12.35	Ruth McEwan	Barrow	2.31.54
200m	Free	Thomas Millburn	Cockermouth	1.59.40	Ruth McEwan	Barrow	2.08.65
200m	IM	Luke Greenbank	Cockermouth	2.10.83	Ruth McEwan	Barrow	2.33.98
400m	Free	Luke Greenbank	Cockermouth	4.02.12	Alix Knagg	Ulverston	4.28.35
400m	IM	Luke Greenbank	Cockermouth	4.28.29	Alix Knagg	Ulverston	5.06.93

4x50m Relay Events

Freestyle

9/10 year Girls	Carlisle Aq 'A'	2.20.51	9/10 year Boys	Barrow 'A'	2.29.19
11/12 year Girls	Copeland 'A'	2.03.54	11/12 year Boys	Cockermouth	2.00.03
13/14 year Girls	Cockermouth	1.57.22	13/14 year Boys	Carlisle Aq 'A'	1.58.73
15/18 year Girls	Carlisle Aq 'A'	1.59.18	15/18 year Boys	Cockerm'th 'A'	1.38.00

Medley

9/10 year Girls	Carlisle Aq 'A'	2.38.35	9/10 year Boys	Barrow 'A'	2.53.88
11/12 year Girls	Carlisle Aq 'A'	2.20.42	11/12 year Boys	Cockermouth	2.13.76
13/14 year Girls	Cockermouth	2.07.76	13/14 year Boys	Carlisle Aq 'A'	2.11.71
15/18 year Girls	Carlisle Aq 'A'	2.11.10	15/18 year Boys	Cockerm'th 'A'	1.47.54

TOMMY HATCH TROPHY

Final Points

1	Cockermouth	1353
2	Carlisle Aquatics	794
3	Ulverston	650
4	Barrow	544
5	Kendal	408
6	Copeland	356
7	Workington	246
8	Penrith	136

CUMBRIA TROPHY

Final Points

1	Cockermouth	542
2	Ulverston	229
3	Carlisle Aquatics	140
4	Barrow	100
5	Copeland	28
6	Kendal	28
7	Penrith	23
8	Workington	2

CHAMPIONSHIP RESULTS 2015

(25m Pool Length)

	<u>MEN</u>		<u>WOMEN</u>	
50 Free	Oliver Smith (COK)	23.70	Amy Richardson (ULV)	28.32
	Luke Greenbank (COK)	23.92	Lauren Cooley (COK)	28.39
	Charles McSkeane (COK)	24.51	Ruth McEwan (BAR)	28.52
100 Free	Luke Greenbank (COK)	52.39	Rebecca Fell (ULV)	1.00.42
	Oliver Smith (COK)	52.97	Ruth McEwan (BAR)	1.00.88
	Charles McSkeane (COK)	54.42	Kimberley Hind (COK)	1.00.90
200 Free	Luke Greenbank (COK)	1.56.57	Ruth McEwan (BAR)	2.10.68
	Thomas Millburn (COK)	2.00.08	Rebecca Fell (ULV)	2.11.67
	Elliot Routledge (COK)	2.03.60	Alix Knagg (ULV)	2.13.62
400 Free	Luke Greenbank (COK)	4.02.12	Alix Knagg (ULV)	4.28.35
	Thomas Millburn (COK)	4.02.15	Kimberley Hind (COK)	4.32.69
	Elliot Routledge (COK)	4.13.55	Elizabeth Airey (COK)	4.35.05
800 Free			Kimberly Hind (COK)	9.16.52
			Alix Knagg (ULV)	9.16.69
			Amy Heard (CAQ)	9.17.94
1500 Free	Luke Greenbank (COK)	15.51.39		
	Thomas Millburn (COK)	15.55.97		
	Edward Baxter (COK)	16.39.68		
50 Back	Luke Greenbank (COK)	25.69	Nicola Capstick (ULV)	30.84
	Oliver Smith (COK)	25.83	Alix Knagg (ULV)	30.97
	Thomas Millburn (COK)	28.26	Amy Richardson (ULV)	32.07
100 Back	Luke Greenbank (COK)	55.42	Alix Knagg (ULV)	1.04.43
	Oliver Smith (COK)	56.42	Elizabeth Airey (COK)	1.07.28
	Elliot Routledge (COK)	59.40	Amy Richardson (ULV)	1.09.15
200 Back	Luke Greenbank (COK)	1.55.79	Alix Knagg (ULV)	2.19.40
	Thomas Millburn (COK)	2.08.42	Elizabeth Airey (COK)	2.24.41
	Elliot Routledge (COK)	2.11.20	Amy Heard (CAQ)	2.24.47
50 Breast	Edward Baxter (COK)	30.66	Rebecca Fell (ULV)	33.69
	Oliver Smith (COK)	30.91	Ruth McEwan (BAR)	36.68
	Luke Greenbank (COK)	31.39	Rhiannon Ellis (ULV)	36.90
100 Breast	Edward Baxter (COK)	1.03.46	Rebecca Fell (ULV)	1.13.14
	Luke Greenbank (COK)	1.06.42	Louisa Sinclair (CAQ)	1.20.12
	Oliver Smith (COK)	1.08.56	Zara McKnight (CAQ)	1.20.79
200 Breast	Edward Baxter (COK)	2.15.41	Rebecca Fell (ULV)	2.40.83
	Luke Greenbank (COK)	2.24.06	Louisa Sinclair (CAQ)	2.41.05
	Thomas Millburn (COK)	2.28.77	Rhiannon Ellis (ULV)	2.53.26

50 Fly	Luke Greenbank (COK)	24.93	Rebecca Fell (ULV)	29.40
	Oliver Smith (COK)	25.20	Amy Richardson (ULV)	30.49
	Charles McSkeane (COK)	26.97	Ruth McEwan (BAR)	30.53
100 Fly	Luke Greenbank (COK)	55.01	Rebecca Fell (ULV)	1.04.97
	Oliver Smith (COK)	56.75	Ruth McEwen (BAR)	1.07.96
	Elliot Routledge (COK)	59.27	Amy Heard (CAQ)	1.08.97
200 Fly	Luke Greenbank (COK)	2.08.45	Rebecca Fell (ULV)	2.26.78
	Elliot Routledge (COK)	2.13.87	Amy Heard (CAQ)	2.26.89
	Tom Robinson (ULV)	2.16.53	Ruth McEwan (BAR)	2.27.62
100 IM	Luke Greenbank (COK)	57.37	Rebecca Fell (ULV)	1.06.42
	Oliver Smith (COK)	58.09	Alix Knagg (ULV)	1.08.93
	Thomas Millburn (COK)	59.98	Kimberley Hind (COK)	1.09.64
200 IM	Luke Greenbank (COK)	2.09.52	Rebecca Fell (ULV)	2.21.80
	Edward Baxter (COK)	2.10.45	Kimberley Hind (COK)	2.28.57
	Thomas Millburn (COK)	2.11.78	Louisa Sinclair (CAQ)	2.28.92
400 IM	Luke Greenbank (COK)	4.28.29	Rebecca Fell (ULV)	5.01.09
	Edward Baxter (COK)	4.31.56	Alix Knagg (ULV)	5.06.93
	Elliot Routledge (COK)	4.45.57	Kimberley Hind (COK)	5.08.23

JUNIOR MEN

JUNIOR WOMEN

100 Free	Elliot Routledge (COK)	55.57	Rebecca Fell (ULV)	1.00.24
	Jordan Cooley (COP) (heats)	54.76	Ruth McEwan (BAR)	1.00.88
	Connor Joyce (COK)	55.70	Kimberley Hind (COK)	1.00.90
100 Back	Elliot Routledge (COK)	59.40	Alix Knagg (ULV)	1.04.43
	Tom Robinson (ULV)	1.03.38	Elizabeth Airey (COK)	1.07.28
	Edward Baxter (COK) (heats)	1.03.25	Rebecca Fell (ULV)	1.09.57
100 Breast	Edward Baxter (COK)	1.03.46	Rebecca Fell (ULV)	1.13.14
	Connor Joyce (COK)	1.10.12	Louisa Sinclair (CAQ)	1.20.12
	Elliot Routledge (COK)	1.11.73	Zara McKnight (CAQ)	1.20.79
100 Fly	Elliot Routledge (COK)	59.27	Rebecca Fell (ULV)	1.04.97
	Edward Baxter (COK)	1.01.66	Ruth McEwen (BAR)	1.07.96
	Jake Fabi (PEN)	1.02.74	Amy Heard (CAQ)	1.08.97
200 IM	Edward Baxter (COK)	2.10.45	Rebecca Fell (ULV)	2.21.80
	Elliot Routledge (COK)	2.19.22	Kimberley Hind (COK)	2.28.57
	Jake Fabi (PEN)	2.25.82	Louisa Sinclair (COK)	2.28.92

FREESTYLE TEAMS

MEN	4 x 50m	Cockermouth	1.35.49
WOMEN	4 x 50m	Ulverston	1.53.65
JUNIOR MEN	4 x 50m	Cockermouth	1.42.53
JUNIOR WOMEN	4 x 50m	Ulverston	1.53.90

MEDLEY TEAMS

MEN	4 x 50m	Cockermouth	1.42.89
WOMEN	4 x 50m	Ulverston	2.04.94
JUNIOR MEN	4 x 50m	Cockermouth	1.54.23
JUNIOR WOMEN	4 x 50m	Ulverston	2.03.96

2015 DIDDY LEAGUE RESULTS

League Table for the 'Karen Bowes Cumbria Diddy League Trophy'

	Points
1. Barrow	24
2. Carlisle Aquatics	21
3. Ulverston	17
4. Copeland	14
5. Kendal	12
6. Cockermouth	11
7. Workington	6
8. Penrith	3

Grand Final result for the 'Hoad Memorial Shield'

(Junior Speedo League programme)

	Points
1. Carlisle Aquatics	197
2. Barrow	186
3. Ulverston	145
4. Copeland	140
5. Cockermouth	132
6. Kendal	109

'A' Final result for 'Tommy Messenger Trophy'

(Diddy League programme)

	Points
1 Barrow	126
2 Carlisle Aquatics	108
3 Ulverston	93
4 Cockermouth	81

'B' Final result for the 'Alex Hannah Memorial Shield'

(Diddy League programme)

	Points
1 Copeland	132
2 Kendal	116
3 Workington	100
4 Penrith	66

DIDDY LEAGUE DATES FOR 2016

CUMBRIA DIDDY LEAGUE

Round 1, Saturday April 23

Carlisle

4.15pm for 4.45pm

2 Cockermouth

3 Copeland

4 Workington

5 Carlisle Aquatics

Penrith

4.15pm for 4.45pm

2 Penrith

3 Kendal

4 Barrow

5 Ulverston

Round 2, Saturday May 14

Carlisle

4.15pm for 4.45pm

Draw - See Rule 3.5

Kendal

5.00pm for 5.25pm

Round 3, Saturday June 18

'A' Final Penrith/Carlisle

4.15pm for 4.45pm

Draw: See Rule 3.6

'B' Final Carlisle/Penrith

4.15pm for 4.45pm

Diddy League GRAND FINAL

Workington - Sunday October 2

3.30pm for 4.00pm

Draw: See Rule 4.4

TECHNICAL SWIMMING OFFICIALS

R - Referee, **J2(S)** - Starter/Judge, **J2 & J1** - Judge, L - British Swimming Licensed Official

D - Disability Official

Bold, underscored - British Swimming Official

(based on the latest NWR database)

BARROW

Contact: A Sharpe, 105 Balmoral Avenue, Barrow-in-Furness 01229 812531
on R L Andy Sharpe
on R L Ray Browne
J2(S) L Andy Jolly
J1 Paul Douglas
J1 L Mrs Alison Kerr

CARLISLE AQUATICS

Contact M Tickner, 18 Grange View, Wigton 016973 42778
R D L Martin Tickner
R L Mrs Muriel Moffet
J2 (S) L (details restricted)
on J2 (S) L John Sinclair
J1 Claire Larsson

COCKERMOUTH

Contact D R Salmon, 13 Dale View, Cockermonth 01900 826302
R L Dave Salmon
J2 (S) Mrs Eleanor Walsh
J2 (S) L Chris Greenbank
J2 (S) L Mrs Elaine Hudson
J2 L Mrs Fiona McMinn
J2 L Miss Bethany Clark
J2 L Alistair Clark
J2 L Jordan Clifford
J2 L Ivan Dootson
J1 L Gary Watson
J1 L Louise Greening
J1 L Heidi Jackson

COPELAND

Contact Mrs N Stephenson, 88 Barfs Road, Distington 01946 833194
R L Keith Chisholm
R L John Freestone
J2(S) L Ian Richardson
J2(S) L Paul Messenger
J2 (S) L Michael Stephenson
on J2(S) L Matthew Hinde
J1 L Mark Amor
J1 L John Conery
J1 L Kia Shuttleworth
J1 L Rebecca McMinn

KENDAL

Contact Mrs J Johnson, 213 Windermere Road, Kendal

<u>J2</u>	L	Mrs Siobhan Stainton
<u>J2</u>	L	Mrs Sheila Reay
<u>on J2(S)</u>	L	Mrs Nicola Edwards
<u>on J2</u>	L	Mrs Julie Johnson
<u>J1</u>		Neil Carlton
<u>on J2</u>	L	Mike Jones
<u>J1</u>	L	Neil Westmorland
<u>J1</u>	L	Tim Fletcher
<u>J1</u>	L	Lou Sargeant
<u>J1</u>	L	(details restricted)

PENRITH

Contact		Mrs M Powell-Currie, 27 Salkeld Road, Penrith	07771621574
<u>J1</u>	L	(details restricted)	
<u>J1</u>	L	(details restricted)	
<u>J1</u>	L	(details restricted)	
<u>J1</u>	L	Seamus Brenan	

ULVERSTON

Contact		Mrs J Caldwell, Sayles Cottage, Spark Bridge, Ulverston	01229 885472
<u>R</u>		Mrs K Bowes	
<u>on R</u>	L	Mike Bond	
<u>J2(S)</u>	L	Lesley Capstick	
<u>on J2(S)</u>	L	Mrs Kathryn Athersmith	
<u>on J2(S)</u>	L	Russell Parker	
<u>J2</u>	L	Ms Helen Smith-Ward	
<u>J1</u>	L	(details restricted)	
<u>J1</u>		Gary O'Brien	
<u>J1</u>	L	(details restricted)	
<u>J1</u>	L	Jennifer Bond	

WORKINGTON

Contact		Shaun Winstanley	01900 823824
<u>R</u>	L	Chris Tatters	
<u>on R</u>	L	Julie Routledge	
<u>J2(S)</u>	L	Shaun Winstanley	
<u>J2(S)</u>	L	Mrs Jackie Pritt	
<u>J2 (S)</u>	L	Mrs Tracey Owen	
<u>on J2(S)</u>	L	Allison Milburn	
<u>J2</u>	L	Mark Jenkinson	
<u>J1</u>	L	Mrs Kath Mooney	
<u>J2</u>	L	David Sandham	
<u>on J2</u>	L	Mark Hemsley	
<u>J1</u>		Steve Wright	
<u>J1</u>	L	Helen Bailey	
<u>J1</u>	L	Dean Holliday	
<u>J1</u>	L	Matthew Ivison	

CALENDAR OF EVENTS 2016

January	Sun 17	Executive Meeting	10.30am	Wigton
	Sat 23	Carlisle Aquatics Masters Championships		Carlisle
February	Fri 29	Age Group & County Championships	6.30pm for 7.00pm	Workington
	Sat 6	Age Group & County Championships	9.00am for 10.00am	Whitehaven
	Sat 6	Age Group & County Championships	2.00pm for 3.00pm	Whitehaven
	Sun 7	Age Group & County Championships	9.00am for 10.00am	Whitehaven
	Sun 7	Age Group & County Championships	2.00pm for 3.00pm	Whitehaven
	Sat 20	NWR Masters Championships		Blackpool
	Sat 27	Age Group & County Championships	9.00am for 10.00am	Kendal
	Sat 27	Age Group & County Championships	2.00pm for 3.00pm	Kendal
	Sun 28	Age Group & County Championships	9.00am for 10.00am	Kendal
	Sun 28	Age Group & County Championships	2.00pm for 3.00pm	Kendal
April	1st-3rd	British Masters Long Course		Sheffield
	Sun 10	Executive Meeting	10.30am	Wigton
	12th-17th	British Championships (Olympic Trials)		Glasgow
	Sat 16	Copeland Griffin Gala		Whitehaven
	Sat 23	Diddy League Round 1	4.15pm for 4.45pm	Carlisle
May	Sat 23	Diddy League Round 1	4.15pm for 4.45pm	Penrith
	30th-1st	NWR Championships		Manchester
	Sat 14	Diddy League Round 2	4.15pm for 4.45pm	Carlisle
	Sat 14	Diddy League Round 2	5.00pm for 5.25pm	Kendal
	21st-22nd	NWR Championships		Liverpool
	16th-22nd	European Championships Long Course		London
	28th-29th	NWR Championships		Manchester
June	Sat 11	Copeland Graded Gala		Whitehaven
	Sun 12	Executive Meeting	10.30am	Wigton
	Sat 18	Diddy League Round 3	4.15pm for 4.45pm	Carlisle
	Sat 18	Diddy League Round 3	4.15pm for 4.45pm	Penrith
	Sun 26	Inter-Association Competition		Wigan
July		NWR Disability Championships		
	26th-31st	British Summer Championships		Sheffield
August	1st-5th	ASA Summer National Championships		Sheffield
September	TBC	WASC Presidents Gala		Workington
October	Sun 2	Executive Meeting	10.30am	Wigton
	Sun 2	Diddy League Grand Final	3.30pm for 4.00pm	Workington
	Sat 8	Arena National Swimming League Round 1		
	Sun 23	National County Team Championships		Sheffield
November	5th-6th	ASANWR Winter Championships (25m)		
	Sat 12	Arena National Swimming League Round 2		
	Sun 27	Cumbria ASA Annual Council Meeting	10.30am	Wigton
December	10th-11th	Arena National Swimming League Round 3		
	15th-18th	ASA Winter Meet		