



Kendal ASC Long Distance Gala 1 Results 2025

(Under ASA Laws and ASA Technical Rules of Swimming)

License 4NW252374

EVENT 1 Female 400m IM

Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Bethan ROWLEY	22	Kendal	5:42.16	433				
	50m 35.27	100m 1:16.87	150m 1:59.18	200m 2:42.62	250m 3:33.66	300m 4:24.53	350m 5:03.76	400m 5:42.16	
2.	Ava DIXON	13	Kendal	5:44.15	425				
	50m 36.64	100m 1:20.78	150m 2:06.94	200m 2:53.24	250m 3:39.64	300m 4:26.45	350m 5:05.97	400m 5:44.15	
3.	Hannah CARRADICE	15	Kendal	5:47.73	412				
	50m 38.52	100m 1:24.12	150m 2:09.40	200m 2:56.62	250m 3:44.33	300m 4:30.15	350m 5:09.78	400m 5:47.73	
4.	Kate COLLIN	17	Kendal	5:51.79	398				
	50m 36.34	100m 1:21.61	150m 2:07.36	200m 2:52.86	250m 3:39.75	300m 4:27.62	350m 5:09.75	400m 5:51.79	
5.	Harriet STAINER	13	Kendal	5:55.59	386				
	50m 36.78	100m 1:23.16	150m 2:09.80	200m 2:56.67	250m 3:47.23	300m 4:38.09	350m 5:17.94	400m 5:55.59	
6.	Orlaith TREACY	12	Kendal	5:56.09	384				
	50m 37.57	100m 1:23.15	150m 2:07.88	200m 2:54.21	250m 3:44.31	300m 4:36.20	350m 5:17.74	400m 5:56.09	
7.	Emma ANDERSON BICKLEY	14	Kendal	6:01.30	368				
	50m 37.70	100m 1:26.86	150m 2:12.58	200m 2:58.81	250m 3:49.09	300m 4:39.72	350m 5:22.57	400m 6:01.30	
8.	Esmay DART	12	Kendal	6:02.32	365				
	50m 40.69	100m 1:27.50	150m 2:13.66	200m 2:59.12	250m 3:51.40	300m 4:43.09	350m 5:24.00	400m 6:02.32	
9.	Islay ATKINSON	13	Kendal	6:09.87	343				
	50m 40.12	100m 1:27.58	150m 2:15.80	200m 3:03.50	250m 3:52.61	300m 4:41.33	350m 5:26.78	400m 6:09.87	
10.	Iona BUXTON	17	Kendal	6:09.89	343				
	50m 38.86	100m 1:23.47	150m 2:07.43	200m 2:51.75	250m 3:46.85	300m 4:42.26	350m 5:26.69	400m 6:09.89	
11.	Jessica ATKINSON	13	Kendal	6:10.75	340				
	50m 42.52	100m 1:30.28	150m 2:16.60	200m 3:03.76	250m 3:55.43	300m 4:47.80	350m 5:29.43	400m 6:10.75	
12.	Megan TURNER	12	Kendal	6:24.84	304				
	50m 43.24	100m 1:40.16	150m 2:25.87	200m 3:14.06	250m 4:04.88	300m 4:57.80	350m 5:42.27	400m 6:24.84	
13.	Maisey WILSON	13	Kendal	6:25.47	303				
	50m 41.66	100m 1:31.90	150m 2:19.80	200m 3:09.34	250m 4:03.91	300m 4:58.27	350m 5:41.86	400m 6:25.47	
14.	Mollie THOMAS	13	Kendal	6:34.01	283				
	50m 42.24	100m 1:37.16	150m 2:25.95	200m 3:14.06	250m 4:09.08	300m 5:03.81	350m 5:49.58	400m 6:34.01	
15.	Lua SWAMI	14	Kendal	6:34.51	282				
	50m 40.13	100m 1:31.84	150m 2:24.26	200m 3:17.35	250m 4:13.00	300m 5:07.15	350m 5:52.28	400m 6:34.51	
16.	Cecily KINLOCH	11	Kendal	6:57.00	239				
	50m 47.65	100m 1:44.84	150m 2:36.86	200m 3:30.33	250m 4:23.51	300m 5:18.43	350m 6:08.50	400m 6:57.00	
17.	Clara JONES	12	Kendal	7:28.87	191				
	50m 47.15	100m -	150m 2:43.89	200m 3:40.48	250m 4:40.09	300m 5:40.93	350m 6:35.11	400m 7:28.87	
18.	Anya HENLEY	11	Kendal	8:06.10	151				
	50m 56.42	100m 2:07.92	150m 2:59.44	200m 3:54.06	250m 5:05.45	300m 6:14.35	350m 7:12.54	400m 8:06.10	
	Indie BROOKES	13	Kendal	DQ 6.4					

EVENT 2 Open/Male 400m Freestyle

Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Benjamin ROWLEY	17	Kendal	4:31.46	477				
	50m 30.31	100m 1:04.40	150m 1:38.79	200m 2:13.68	250m 2:48.91	300m 3:24.22	350m 3:59.96	400m 4:31.46	
2.	Jamo STANDER	16	Kendal	4:35.18	458				
	50m 30.32	100m 1:04.26	150m 1:38.55	200m 2:13.87	250m 2:49.71	300m 3:25.46	350m 4:00.73	400m 4:35.18	
3.	Elliott DART	14	Kendal	4:37.66	446				
	50m 31.29	100m 1:05.66	150m 1:40.99	200m 2:16.36	250m 2:52.06	300m 3:27.59	350m 4:03.03	400m 4:37.66	
4.	Finlay WOOD	16	Kendal	4:44.35	415				
	50m 31.11	100m 1:05.83	150m 1:41.77	200m 2:18.72	250m 2:55.88	300m 3:33.05	350m 4:09.37	400m 4:44.35	
5.	Jack CARRADICE	15	Kendal	4:49.06	395				
	50m 32.29	100m 1:07.87	150m 1:44.40	200m 2:21.52	250m 2:58.68	300m 3:35.42	350m 4:12.68	400m 4:49.06	
6.	Leo MURRAY	16	Kendal	4:51.15	387				
	50m 31.82	100m 1:07.33	150m 1:44.62	200m 2:22.94	250m 3:01.47	300m 3:39.85	350m 4:16.70	400m 4:51.15	
7.	Jacob KLIJN	21	Kendal	4:52.54	381				
	50m 31.23	100m 1:06.11	150m 1:42.16	200m 2:19.47	250m 2:56.91	300m 3:35.13	350m 4:14.08	400m 4:52.54	
8.	George KINNEAR	14	Kendal	4:55.09	372				
	50m 33.03	100m 1:09.19	150m 1:47.28	200m 2:25.98	250m 3:04.65	300m 3:43.19	350m 4:20.44	400m 4:55.09	
9.	Jacob WILSON	13	Kendal	5:04.84	337				
	50m 33.92	100m 1:11.62	150m 1:50.54	200m 2:30.18	250m 3:09.80	300m 3:49.63	350m 4:29.37	400m 5:04.84	
10.	Tommy KLIJN	23	Kendal	5:14.06	308				
	50m 33.79	100m 1:11.95	150m 1:50.79	200m 2:30.97	250m 3:11.65	300m 3:52.87	350m 4:35.76	400m 5:14.06	
11.	Milo WILLIAMS	13	Kendal	5:28.27	270				
	50m 34.49	100m 1:13.92	150m 1:55.19	200m 2:37.46	250m 3:19.91	300m 4:03.00	350m 4:45.53	400m 5:28.27	
12.	Joss BROOKES	14	Kendal	5:33.43	257				
	50m 35.58	100m 1:16.15	150m 1:57.68	200m 2:40.83	250m 3:24.28	300m 4:08.79	350m 4:52.63	400m 5:33.43	
13.	Harry ATKINSON	11	Kendal	5:36.67	250				
	50m 38.22	100m 1:21.98	150m 2:06.07	200m 2:49.96	250m 3:34.46	300m 4:18.44	350m 4:56.96	400m 5:36.67	
14.	Kai STANDER	12	Kendal	5:41.91	239				
	50m 37.57	100m 1:20.40	150m 2:05.33	200m 2:49.82	250m 3:34.26	300m 4:18.24	350m 5:00.91	400m 5:41.91	
15.	Logan PINDER	13	Kendal	5:42.99	236				
	50m 37.35	100m 1:20.90	150m 2:05.33	200m 2:50.34	250m 3:34.79	300m 4:19.63	350m 5:02.64	400m 5:42.99	
16.	Matt CARR	44	Kendal	5:51.08	220				
	50m 37.11	100m 1:20.24	150m 2:05.08	200m 2:51.05	250m 3:36.48	300m 4:21.63	350m 5:07.40	400m 5:51.08	
17.	Kit GRANDISON	12	Kendal	5:56.11	211				
	50m 38.40	100m 1:23.48	150m 2:08.76	200m 2:54.42	250m 3:40.12	300m 4:26.75	350m 5:13.54	400m 5:56.11	
18.	Jake DIXON	10	Kendal	6:09.40	189				
	50m 39.77	100m 1:26.05	150m 2:12.13	200m 3:01.02	250m 3:49.37	300m 4:37.13	350m 5:24.17	400m 6:09.40	
19.	Guy FITZGERALD	49	Kendal	6:30.16	160				
	50m 40.81	100m 1:25.99	150m 2:13.55	200m 3:03.60	250m 3:54.71	300m 4:47.01	350m 5:39.91	400m 6:30.16	
20.	Keir WHITELEY	12	Kendal	6:33.60	156				
	50m 43.64	100m 1:34.06	150m 2:28.24	200m 3:20.92	250m 4:12.81	300m 5:03.31	350m 5:49.68	400m 6:33.60	
21.	James MCALEESE	12	Kendal	6:55.14	133				



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	50m 45.70	100m 1:38.12	150m 2:30.76	200m 3:24.76	250m 4:19.76	300m 5:14.38	350m 6:06.74	400m 6:55.14
22. Lochlan TREACY		11 Kendal		7:29.91	104			
	50m 49.90	100m 1:46.34	150m 2:44.17	200m 3:43.08	250m 4:42.24	300m 5:40.93	350m 6:39.76	400m 7:29.91
23. Brodie PINDER		11 Kendal		7:36.09	100			
	50m 46.64	100m 1:43.00	150m 2:42.16	200m 3:42.68	250m 4:42.72	300m 5:43.03	350m 6:42.31	400m 7:36.09
24. Louie BELL		11 Kendal		7:37.08	100			
	50m 47.52	100m 1:45.03	150m 2:43.95	200m 3:42.54	250m 4:42.55	300m 5:42.31	350m 6:42.87	400m 7:37.08
25. Gethin THOMAS		10 Kendal		7:46.83	93			
	50m 53.77	100m 1:52.13	150m 2:54.18	200m 3:54.71	250m 4:56.45	300m 5:56.70	350m 6:52.49	400m 7:46.83
26. Seth ATKINSON		10 Kendal		7:47.25	93			
	50m 52.85	100m 1:53.01	150m 2:53.72	200m 3:53.96	250m 4:55.85	300m 5:56.64	350m 6:51.04	400m 7:47.25