



Kendal ASC Long Distance Gala 2 Results 2025

(Under ASA Laws and ASA Technical Rules of Swimming)

License 4NW252375

EVENT 1 Female 400m Freestyle

Full Results

Place	Name	AaD	Club	Time	WA Pts			
1.	Ava DIXON	13	Kendal	5:03.38	443			
	50m 32.76	100m 1:09.41	150m 1:47.54	200m 2:26.59	250m 3:06.28	300m 3:45.75	350m 4:25.06	400m 5:03.38
2.	Harriet STAINER	13	Kendal	5:03.46	442			
	50m 34.43	100m 1:13.01	150m 1:52.22	200m 2:31.16	250m 3:09.51	300m 3:48.35	350m 4:26.90	400m 5:03.46
3.	Esmay DART	12	Kendal	5:09.27	418			
	50m 35.03	100m 1:14.29	150m 1:54.19	200m 2:34.60	250m 3:14.40	300m 3:52.98	350m 4:31.70	400m 5:09.27
4.	Ruby DUXBURY	16	Kendal	5:10.62	412			
	50m 33.72	100m 1:11.48	150m 1:50.44	200m 2:31.14	250m 3:10.69	300m 3:50.19	350m 4:30.75	400m 5:10.62
5.	Hannah CARRADICE	15	Kendal	5:11.20	410			
	50m 34.17	100m 1:12.73	150m 1:52.54	200m 2:32.41	250m 3:12.36	300m 3:52.48	350m 4:32.52	400m 5:11.20
6.	Orlaith TREACY	12	Kendal	5:12.29	406			
	50m 34.88	100m 1:14.64	150m 1:54.52	200m 2:34.69	250m 3:14.43	300m 3:53.52	350m 4:33.45	400m 5:12.29
7.	Kate COLLIN	17	Kendal	5:17.44	386			
	50m 33.15	100m 1:11.14	150m 1:50.61	200m 2:31.23	250m 3:12.72	300m 3:54.10	350m 4:35.86	400m 5:17.44
8.	Emma ANDERSON BICKLEY	14	Kendal	5:22.73	368			
	50m 34.76	100m 1:14.87	150m 1:56.66	200m 2:38.57	250m 3:19.64	300m 4:01.69	350m 4:43.78	400m 5:22.73
9.	Islay ATKINSON	13	Kendal	5:28.40	349			
	50m 36.16	100m 1:17.44	150m 2:00.15	200m 2:42.92	250m 3:25.57	300m 4:08.23	350m 4:49.78	400m 5:28.40
10.	Jessica ATKINSON	13	Kendal	5:30.14	343			
	50m 37.31	100m 1:17.24	150m 1:58.37	200m 2:40.80	250m 3:23.72	300m 4:06.46	350m 4:49.15	400m 5:30.14
11.	Evelyn KINNEAR	16	Kendal	5:36.47	324			
	50m 34.95	100m 1:15.18	150m 1:57.97	200m 2:41.94	250m 3:25.31	300m 4:09.68	350m 4:54.05	400m 5:36.47
12.	Megan TURNER	12	Kendal	5:45.63	299			
	50m 37.37	100m 1:18.60	150m 2:01.95	200m 2:46.18	250m 3:30.78	300m 4:15.67	350m 5:00.54	400m 5:45.63
13.	Lucy WILLIAMS	13	Kendal	5:45.99	298			
	50m 37.29	100m 1:22.45	150m 2:08.21	200m 2:52.58	250m 3:38.16	300m 4:23.46	350m 5:07.45	400m 5:45.99
14.	Maisey WILSON	13	Kendal	5:48.27	292			
	50m 37.50	100m 1:20.70	150m 2:05.21	200m 2:50.43	250m 3:36.07	300m 4:21.39	350m 5:06.44	400m 5:48.27
15.	Jessica SMITH	12	Kendal	5:53.63	279			
	50m 39.50	100m 1:24.95	150m 2:10.64	200m 2:57.38	250m 3:42.87	300m 4:28.37	350m 5:12.99	400m 5:53.63
16.	Mollie THOMAS	13	Kendal	5:53.79	279			
	50m 40.00	100m 1:24.98	150m 2:10.83	200m 2:57.28	250m 3:43.01	300m 4:28.48	350m 5:13.90	400m 5:53.79
17.	Lua SWAMI	14	Kendal	5:56.48	273			
	50m 37.57	100m 1:21.76	150m 2:08.06	200m 2:54.78	250m 3:41.44	300m 4:27.71	350m 5:13.37	400m 5:56.48
18.	Evie MCAVOY	12	Kendal	5:59.07	267			
	50m 38.68	100m 1:21.86	150m 2:07.09	200m 2:53.55	250m 3:40.26	300m 4:27.73	350m 5:14.49	400m 5:59.07
19.	Cecily KINLOCH	11	Kendal	6:22.29	221			
	50m 40.99	100m 1:28.97	150m 2:18.46	200m 3:08.47	250m 3:57.92	300m 4:47.54	350m 5:36.89	400m 6:22.29
20.	Jessica BEAL	12	Kendal	6:23.79	218			
	50m 41.64	100m 1:30.84	150m 2:20.30	200m 3:10.94	250m 3:59.80	300m 4:49.44	350m 5:39.05	400m 6:23.79
21.	Lyla BELL	12	Kendal	6:24.17	218			
	50m 40.02	100m 1:27.79	150m 2:16.84	200m 3:07.12	250m 3:57.05	300m 4:47.53	350m 5:38.16	400m 6:24.17
22.	Josie WILSON	11	Kendal	6:32.02	205			
	50m 41.98	100m 1:29.24	150m 2:18.95	200m 3:08.59	250m 3:58.91	300m 4:51.04	350m 5:42.94	400m 6:32.02
23.	Halle NICHOLSON	11	Kendal	6:38.26	195			
	50m 43.04	100m 1:31.25	150m 2:22.17	200m 3:14.85	250m 4:07.35	300m 5:00.30	350m 5:51.02	400m 6:38.26
24.	Mhairi HELME	47	Kendal	6:48.68	181			
	50m 40.94	100m 1:28.86	150m 2:19.96	200m 3:12.66	250m 4:05.92	300m 5:00.72	350m 5:54.86	400m 6:48.68
25.	Sophie ANNAND	11	Kendal	7:00.99	165			
	50m 44.28	100m 1:34.96	150m 2:27.93	200m 3:22.76	250m 4:18.67	300m 5:13.85	350m 6:09.79	400m 7:00.99
26.	Anyia HENLEY	11	Kendal	7:01.53	165			
	50m 46.17	100m 1:37.93	150m 2:31.66	200m 3:26.86	250m 4:22.03	300m 5:17.57	350m 6:12.96	400m 7:01.53
27.	Paula MURESAN	13	Kendal	7:01.54	165			
	50m 44.17	100m 1:36.56	150m 2:31.19	200m 3:27.57	250m 4:23.39	300m 5:18.26	350m 6:12.51	400m 7:01.54
28.	Joanna WOJTACKA	12	Kendal	7:09.15	156			
	50m 44.37	100m 1:37.57	150m 2:32.85	200m 3:27.99	250m 4:24.88	300m 5:22.55	350m 6:19.28	400m 7:09.15
29.	Clara JONES	12	Kendal	7:10.36	155			
	50m 46.05	100m 1:38.33	150m 2:33.47	200m 3:28.91	250m 4:25.03	300m 5:19.93	350m 6:15.01	400m 7:10.36
30.	Clara CAULFIELD	12	Kendal	7:29.07	136			
	50m 47.61	100m 1:42.29	150m 2:39.46	200m 3:38.15	250m 4:36.81	300m 5:35.81	350m -	400m 7:29.07
31.	Elsie BEAL	10	Kendal	7:30.35	135			
	50m 45.65	100m 1:39.97	150m 2:40.60	200m 3:39.94	250m 4:37.29	300m 5:34.95	350m 6:34.60	400m 7:30.35
32.	Emily SOLENDER	10	Kendal	7:33.44	132			
	50m 49.99	100m 1:47.17	150m 2:45.36	200m 3:42.85	250m 4:42.35	300m 5:42.02	350m 6:41.85	400m 7:33.44
33.	Bethan CAULFIELD	9	Kendal	7:34.83	131			
	50m 48.30	100m 1:47.54	150m 2:46.35	200m 3:46.62	250m 4:45.29	300m 5:43.53	350m 6:41.67	400m 7:34.83
34.	Jessica ANNAND	9	Kendal	7:46.58	121			
	50m 50.38	100m 1:47.71	150m 2:49.42	200m 3:50.17	250m 4:53.12	300m 5:50.98	350m 6:51.80	400m 7:46.58
35.	Poppy CARLTON	12	Kendal	7:50.28	118			
	50m 49.28	100m 1:49.33	150m 2:50.57	200m 3:51.94	250m 4:53.38	300m 5:54.66	350m 6:54.62	400m 7:50.28
36.	Ava GRANDISON	9	Kendal	8:09.74	105			
	50m 51.82	100m 1:52.81	150m 2:54.52	200m 3:59.25	250m 5:01.26	300m 6:07.06	350m 7:10.75	400m 8:09.74

EVENT 2 Open/Male 400m IM

Full Results

Place	Name	AaD	Club	Time	WA Pts			
1.	Benjamin ROWLEY	17	Kendal	5:01.51	472			
	50m 31.82	100m 1:08.34	150m 1:47.30	200m 2:27.15	250m 3:12.07	300m 3:56.65	350m 4:29.95	400m 5:01.51
2.	Jacob KLIJN	21	Kendal	5:19.31	397			
	50m 31.76	100m 1:09.17	150m 1:50.07	200m 2:30.18	250m 3:16.20	300m 4:02.88	350m 4:41.09	400m 5:19.31
3.	Jamo STANDER	16	Kendal	5:20.45	393			
	50m 31.36	100m 1:10.22	150m 1:52.85	200m 2:35.07	250m 3:21.86	300m 4:09.52	350m 4:46.11	400m 5:20.45



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4. Elliott DART	14 Kendal	5:20.88	391					
50m 35.70	100m 1:16.88	150m 1:58.89	200m 2:43.22	250m 3:26.70	300m 4:10.95	350m 4:46.11	400m 5:20.88	
5. Jacob WILSON	13 Kendal	5:30.82	357					
50m 35.92	100m 1:15.08	150m 1:55.39	200m 2:36.92	250m 3:27.14	300m 4:17.04	350m 4:54.57	400m 5:30.82	
6. Finlay WOOD	16 Kendal	5:37.88	335					
50m 32.29	100m 1:13.79	150m 1:56.86	200m 2:39.46	250m 3:30.06	300m 4:21.45	350m 5:00.24	400m 5:37.88	
7. Jack CARRADICE	15 Kendal	5:39.70	330					
50m 34.96	100m 1:19.57	150m 2:06.72	200m 2:52.49	250m 3:39.93	300m 4:27.53	350m 5:04.29	400m 5:39.70	
8. George KINNEAR	14 Kendal	5:40.24	328					
50m 35.00	100m 1:17.31	150m 2:00.97	200m 2:43.90	250m 3:33.81	300m 4:23.66	350m 5:03.50	400m 5:40.24	
9. Lochlan HEDDLE	14 Kendal	5:45.09	315					
50m 36.65	100m 1:20.96	150m 2:05.41	200m 2:48.80	250m 3:38.47	300m 4:29.35	350m 5:09.99	400m 5:45.09	
10. Milo WILLIAMS	13 Kendal	6:03.28	270					
50m 41.83	100m 1:33.92	150m 2:17.56	200m 3:01.75	250m 3:51.78	300m 4:42.44	350m 5:23.63	400m 6:03.28	
11. Harry ATKINSON	11 Kendal	6:13.52	248					
50m 39.73	100m 1:25.20	150m 2:12.54	200m 3:01.20	250m 3:57.05	300m 4:54.00	350m 5:34.28	400m 6:13.52	
12. Matt CARR	44 Kendal	6:36.83	207					
50m 40.61	100m 1:30.29	150m 2:20.71	200m 3:13.21	250m 4:11.46	300m 5:10.01	350m 5:54.30	400m 6:36.83	
13. Kit GRANDISON	12 Kendal	6:42.68	198					
50m 42.11	100m 1:35.16	150m 2:24.10	200m 3:13.22	250m 4:14.41	300m 5:14.49	350m 6:00.23	400m 6:42.68	
14. Keir WHITELEY	12 Kendal	7:26.21	145					
50m 49.64	100m 1:59.95	150m 2:53.82	200m 3:45.87	250m 4:49.97	300m 5:53.16	350m 6:41.90	400m 7:26.21	