



Kendal ASC Long Distance Gala 3 Results 2024

(Under ASA Laws and ASA Technical Rules of Swimming)

License 4NW242074

EVENT 1 Mixed 1500m Freestyle

		OPEN/MALE - Full Results							
Place	Name	AaD	Club	Time	WA Pts				
1.	Ben ROWLEY	16	Kendal	18:50.68	420				
	50m 31.84	100m 1:07.93	150m 1:44.32	200m 2:20.93	250m 2:57.70	300m 3:34.75	350m 4:12.80	400m 4:50.92	
	450m 5:28.66	500m 6:07.51	550m 6:46.35	600m 7:25.16	650m 8:03.98	700m 8:42.75	750m 9:21.73	800m 9:58.53	
	850m 10:36.35	900m 11:14.39	950m 11:53.12	1000m 12:33.81	1050m 13:13.80	1100m 13:54.22	1150m 14:33.75	1200m 15:11.36	
	1250m 15:49.81	1300m 16:27.62	1350m 17:05.61	1400m 17:43.21	1450m 18:18.92	1500m 18:50.68			
2.	Finlay WOOD	15	Kendal	19:16.99	392				
	50m 31.88	100m 1:08.65	150m 1:46.04	200m 2:23.90	250m 3:02.74	300m 3:41.62	350m 4:20.35	400m 4:59.68	
	450m 5:39.00	500m 6:18.06	550m 6:56.02	600m 7:35.40	650m 8:14.14	700m 8:52.89	750m 9:31.86	800m 10:11.15	
	850m 10:49.77	900m 11:28.37	950m 12:07.42	1000m 12:47.42	1050m 13:26.95	1100m 14:06.80	1150m 14:45.80	1200m 15:25.96	
	1250m 16:05.82	1300m 16:45.51	1350m 17:25.08	1400m 18:04.60	1450m 18:42.78	1500m 19:16.99			
3.	Adam STANSFIELD	19	Kendal	19:18.68	390				
	50m 31.58	100m 1:07.70	150m 1:44.09	200m 2:20.80	250m 2:57.53	300m 3:34.75	350m 4:12.40	400m 4:50.82	
	450m 5:28.46	500m 6:07.14	550m 6:46.01	600m 7:25.07	650m 8:03.71	700m 8:42.81	750m 9:20.96	800m 9:58.52	
	850m 10:42.58	900m 11:25.06	950m 12:04.00	1000m 12:43.73	1050m 13:22.66	1100m 14:02.22	1150m 14:41.58	1200m 15:20.91	
	1250m 16:01.63	1300m 16:42.62	1350m 17:22.19	1400m 18:02.27	1450m 18:41.27	1500m 19:18.68			
4.	Jamo STANDER	15	Kendal	19:22.29	386				
	50m 33.92	100m 1:11.22	150m 1:50.40	200m 2:29.64	250m 3:08.00	300m 3:48.24	350m 4:27.42	400m 5:07.35	
	450m 5:46.84	500m 6:25.90	550m 7:05.42	600m 7:45.48	650m 8:25.25	700m 9:04.02	750m 9:44.35	800m 10:23.47	
	850m 11:03.14	900m 11:42.55	950m 12:21.90	1000m 13:01.27	1050m 13:41.45	1100m 14:20.81	1150m 15:00.94	1200m 15:39.22	
	1250m 16:17.45	1300m 16:56.13	1350m 17:34.15	1400m 18:12.15	1450m 18:49.05	1500m 19:22.29			
5.	Elliott DART	13	Kendal	19:26.77	382				
	50m 33.66	100m 1:11.15	150m 1:49.97	200m 2:29.59	250m 3:10.02	300m 3:49.17	350m 4:28.37	400m 5:08.34	
	450m 5:47.88	500m 6:28.12	550m 7:08.48	600m 7:48.50	650m 8:28.28	700m 9:08.14	750m 9:47.98	800m 10:27.01	
	850m 11:06.72	900m 11:45.97	950m 12:25.29	1000m 13:04.68	1050m 13:43.79	1100m 14:22.79	1150m 15:00.44	1200m 15:39.39	
	1250m 16:18.08	1300m 16:56.74	1350m 17:35.43	1400m 18:14.09	1450m 18:50.57	1500m 19:26.77			
6.	Jack CARRADICE	14	Kendal	20:14.59	338				
	50m 35.40	100m 1:14.71	150m 1:55.37	200m 2:35.95	250m 3:16.66	300m 3:57.21	350m 4:38.06	400m 5:18.39	
	450m 5:59.27	500m 6:39.88	550m 7:20.21	600m 8:00.87	650m 8:40.86	700m 9:21.87	750m 10:02.46	800m 10:43.40	
	850m 11:24.40	900m 12:06.80	950m 12:48.30	1000m 13:29.80	1050m 14:11.76	1100m 14:53.79	1150m 15:36.01	1200m 16:17.61	
	1250m 16:58.17	1300m 17:39.47	1350m 18:19.63	1400m 19:00.61	1450m 19:39.17	1500m 20:14.59			
7.	Leo MURRAY	15	Kendal	20:14.79	338				
	50m 34.34	100m 1:12.81	150m 1:52.11	200m 2:32.16	250m 3:12.21	300m 3:52.02	350m 4:32.77	400m 5:13.53	
	450m 5:55.28	500m 6:36.63	550m 7:18.13	600m 7:59.82	650m 8:41.36	700m 9:22.82	750m 10:04.23	800m 10:46.12	
	850m 11:27.44	900m 12:08.17	950m 12:48.71	1000m 13:29.73	1050m 14:10.64	1100m 14:51.61	1150m 15:33.57	1200m 16:14.77	
	1250m 16:56.43	1300m 17:38.14	1350m 18:18.21	1400m 18:59.33	1450m 19:39.32	1500m 20:14.79			
8.	George KINNEAR	13	Kendal	21:23.80	287				
	50m 34.64	100m 1:14.43	150m 1:55.75	200m 2:37.91	250m 3:20.22	300m 4:03.05	350m 4:46.31	400m 5:29.61	
	450m 6:13.66	500m 6:57.06	550m 7:40.39	600m 8:24.61	650m 9:09.73	700m 9:54.41	750m 10:37.79	800m 11:19.22	
	850m 12:04.73	900m 12:48.92	950m 13:33.72	1000m 14:17.98	1050m 15:02.49	1100m 15:48.07	1150m 16:31.54	1200m 17:14.96	
	1250m 17:59.50	1300m 18:41.85	1350m 19:24.14	1400m 20:05.96	1450m 20:47.82	1500m 21:23.80			
9.	Michael CATON	40	Kendal	21:46.22	272				
	50m 37.46	100m 1:17.75	150m 1:59.36	200m 2:42.02	250m 3:25.21	300m 4:08.66	350m 4:52.29	400m 5:36.26	
	450m 6:19.90	500m 7:03.80	550m 7:48.07	600m 8:32.45	650m 9:16.77	700m 10:01.16	750m 10:45.12	800m 11:28.53	
	850m 12:12.27	900m 12:55.87	950m 13:39.67	1000m 14:23.93	1050m 15:07.59	1100m 15:51.86	1150m 16:36.12	1200m 17:19.90	
	1250m 18:03.90	1300m 18:48.44	1350m 19:33.93	1400m 20:19.03	1450m 21:04.55	1500m 21:46.22			
10.	Milo WILLIAMS	12	Kendal	22:33.49	244				
	50m 39.20	100m 1:23.30	150m 2:08.37	200m 2:53.85	250m 3:40.39	300m 4:26.56	350m 5:13.63	400m 6:00.67	
	450m 6:47.21	500m 7:34.37	550m 8:20.95	600m 9:06.92	650m 9:52.83	700m 10:39.28	750m 11:25.35	800m 12:10.55	
	850m 12:55.85	900m 13:42.15	950m 14:28.22	1000m 15:12.76	1050m 15:57.19	1100m 16:43.17	1150m 17:27.67	1200m 18:11.39	
	1250m 18:55.18	1300m 19:39.67	1350m 20:23.84	1400m 21:08.60	1450m 21:52.70	1500m 22:33.49			
11.	Jacob WILSON	12	Kendal	22:36.38	243				
	50m 39.78	100m 1:25.35	150m 2:09.87	200m 2:55.82	250m 3:42.03	300m 4:28.29	350m 5:15.08	400m 6:00.97	
	450m 6:46.84	500m 7:33.25	550m 8:19.32	600m 9:05.64	650m 9:52.24	700m 10:37.86	750m 11:24.15	800m 12:09.53	
	850m 12:56.26	900m 13:41.38	950m 14:27.44	1000m 15:13.28	1050m 15:58.68	1100m 16:45.30	1150m 17:30.47	1200m 18:17.00	
	1250m 19:02.81	1300m 19:48.82	1350m 20:33.77	1400m 21:18.20	1450m 21:59.32	1500m 22:36.38			
12.	Matt SMITH	44	Kendal	22:56.56	232				
	50m 36.78	100m 1:18.69	150m 2:01.93	200m 2:47.03	250m 3:32.42	300m 4:18.50	350m 5:05.13	400m 5:51.74	
	450m 6:38.28	500m 7:24.87	550m 8:11.45	600m 8:58.27	650m 9:45.18	700m 10:31.98	750m 11:18.78	800m 12:05.71	
	850m 12:52.84	900m 13:39.34	950m 14:26.06	1000m 15:12.90	1050m 16:01.11	1100m 16:48.71	1150m 17:34.03	1200m 18:21.40	
	1250m 19:08.47	1300m 19:57.04	1350m 20:43.96	1400m 21:31.51	1450m 22:19.56	1500m 22:56.56			
13.	Kai STANDER	11	Kendal	24:54.33	182				
	50m 43.49	100m 1:32.71	150m 2:23.04	200m 3:12.53	250m 4:03.05	300m 4:54.40	350m 5:45.99	400m 6:36.65	
	450m 7:29.34	500m 8:19.70	550m 9:10.54	600m 10:00.81	650m 10:51.56	700m 11:42.67	750m 12:33.49	800m 13:23.55	
	850m 14:13.96	900m 15:05.60	950m 15:56.15	1000m 16:46.80	1050m 17:36.57	1100m 18:27.09	1150m 19:16.74	1200m 20:04.95	
	1250m 20:54.38	1300m 21:42.47	1350m 22:34.07	1400m 23:21.91	1450m 24:05.55	1500m 24:54.33			
14.	Finlay FITZGERALD	12	Kendal	25:20.15	172				
	50m 38.99	100m 1:24.29	150m 2:13.20	200m 3:02.32	250m 3:52.02	300m 4:42.34	350m 5:34.16	400m 6:27.21	
	450m 7:20.28	500m 8:12.57	550m 9:04.56	600m 9:56.44	650m 10:49.34	700m 11:42.29	750m 12:35.33	800m 13:26.50	
	850m 14:19.11	900m 15:11.50	950m 16:04.39	1000m 16:57.28	1050m 17:50.59	1100m 18:45.20	1150m 19:34.58	1200m 20:24.11	
	1250m 21:14.05	1300m 22:05.04	1350m 22:56.88	1400m 23:45.43	1450m 24:35.43	1500m 25:20.15			
15.	Joss BROOKES	13	Kendal	25:21.39	172				
	50m 39.94	100m 1:26.39	150m 2:13.51	200m 3:01.36	250m 3:51.28	300m 4:42.22	350m 5:33.36	400m 6:23.44	
	450m 7:14.29	500m 8:05.54	550m 8:56.28	600m 9:48.84	650m 10:40.33	700m 11:30.83	750m -	800m 13:15.46	
	850m 14:08.15	900m 15:01.35	950m 15:52.39	1000m 16:43.71	1050m 17:36.41	1100m 18:29.26	1150m 19:22.92	1200m 20:16.47	
	1250m 21:08.64	1300m 22:00.66	1350m 22:51.53	1400m 23:42.09	1450m 24:34.03	1500m 25:21.39			
16.	Stuart MCGURK	63	Kendal	27:05.93	141				
	50m 49.49	100m 1:42.99	150m 2:38.15	200m 3:33.59	250m 4:28.63	300m 5:24.05	350m 6:19.54	400m 7:14.07	
	450m 8:08.83	500m 9:03.86	550m 9:59.06	600m 10:53.47	650m 11:49.57	700m 12:44.40	750m 13:38.63	800m 14:33.47	
	850m 15:28.11	900m 16:21.77	950m 17:16.30	1000m 18:10.74	1050m 19:04.36	1100m 19:58.75	1150m 20:52.58	1200m 21:46.67	
	1250m 22:41.12	1300m 23:35.80	1350m 24:29.40	1400m 25:23.26	1450m 26:16.16	1500m 27:05.93			
	Logan PINDER	12	Kendal	DNF					

				FEMALE - Full Results					
Place	Name	AaD	Club	Time	WA Pts				
1.	Kara VAN DER MERWE	14	Kendal	20:32.76	399				
	50m 33.90	100m 1:12.60	150m 1:52.49	200m 2:32.55	250m 3:12.77	300m 3:53.44	350m 4:34.18	400m 5:15.42	
	450m 5:57.03	500m 6:37.86	550m 7:18.86	600m 8:00.25	650m 8:41.68	700m 9:23.49	750m 10:05.59	800m 10:47.31	



Kendal ASC Long Distance Gala 3 Results 2024

(Under ASA Laws and ASA Technical Rules of Swimming)

License 4NW242074

	850m 11:28.99 1250m 17:07.22	900m 12:10.97 1300m 17:50.02	950m 12:53.48 1350m 18:32.11	1000m 13:35.76 1400m 19:14.69	1050m 14:17.93 1450m 19:54.99	1100m 15:00.13 1500m 20:32.76	1150m 15:42.63	1200m 16:24.95
2. Emma DUXBURY	17 Kendal	100m 1:15.18 500m 6:46.86 900m 12:21.47 1300m 17:54.17	150m 1:56.17 550m 7:28.37 950m 13:02.93 1350m 18:36.07	200m 2:37.55 600m 8:09.84 1000m 13:44.22 1400m 19:17.78	250m 3:19.16 650m 8:51.88 1050m 14:25.87 1450m 19:59.17	300m 4:00.91 700m 9:33.76 1100m 15:07.38 1500m 20:38.39	350m 4:42.09 750m 10:15.85 1150m 15:49.19	400m 5:23.85 800m 10:57.80 1200m 16:30.43
3. Kate COLLIN	16 Kendal	100m 1:13.38 500m 6:49.80 900m 12:31.76 1300m 18:10.99	150m 1:54.34 550m 7:33.31 950m 13:13.80 1350m 18:52.77	200m 2:35.78 600m 8:15.29 1000m 13:56.08 1400m 19:35.25	250m 3:17.37 650m 8:57.37 1050m 14:39.10 1450m 20:16.82	300m 3:59.08 700m 9:39.08 1100m 15:21.48 1500m 20:56.65	350m 4:41.43 750m 10:22.41 1150m 16:04.12	400m 5:24.50 800m 11:05.81 1200m 16:46.33
4. Ava DIXON	12 Kendal	100m 1:17.80 500m 6:59.30 900m 12:40.89 1300m 18:17.74	150m 2:00.19 550m 7:42.07 950m 13:24.28 1350m 18:59.56	200m 2:42.96 600m 8:23.98 1000m 14:05.35 1400m 19:41.96	250m 3:25.25 650m 9:06.93 1050m 14:46.74 1450m 20:23.31	300m 4:07.40 700m 9:49.53 1100m 15:28.97 1500m 21:00.04	350m 4:50.06 750m 10:32.95 1150m 16:11.02	400m 5:32.81 800m 11:16.07 1200m 16:53.52
5. Evelyn KINNEAR	15 Kendal	100m 1:13.75 500m 6:46.87 900m 12:32.02 1300m 18:19.46	150m 1:54.35 550m 7:29.69 950m 13:15.27 1350m 19:02.18	200m 2:34.76 600m 8:12.80 1000m 13:59.49 1400m 19:44.88	250m 3:15.33 650m 8:55.75 1050m 14:42.52 1450m 20:26.02	300m 3:56.85 700m 9:39.42 1100m 15:26.00 1500m 21:03.55	350m 4:38.72 750m 10:22.85 1150m 16:08.84	400m 5:21.46 800m 11:06.06 1200m 16:52.54
6. Annie BOTTOMLEY	16 Kendal	100m 1:15.87 500m 6:48.39 900m 12:32.89 1300m 18:19.73	150m 1:56.96 550m 7:31.48 950m 13:16.18 1350m 19:03.30	200m 2:37.87 600m 8:14.08 1000m 13:59.42 1400m 19:46.39	250m 3:19.11 650m 8:56.89 1050m 14:43.02 1450m 20:27.44	300m 4:00.53 700m 9:40.34 1100m 15:26.28 1500m 21:06.98	350m 4:42.12 750m 10:23.02 1150m 16:09.20	400m 5:24.03 800m 11:05.81 1200m 16:52.96
7. Hannah CARRADICE	14 Kendal	100m 1:16.97 500m 7:05.65 900m 12:57.88 1300m 18:49.83	150m 1:59.61 550m 7:49.95 950m 13:42.17 1350m 19:32.98	200m 2:42.58 600m 8:33.85 1000m 14:27.03 1400m 20:14.43	250m 3:25.95 650m 9:17.52 1050m 15:11.59 1450m 20:56.69	300m 4:09.16 700m 10:01.51 1100m 15:55.62 1500m 21:35.88	350m 4:53.48 750m 10:45.40 1150m 16:39.77	400m 5:37.55 800m 11:29.37 1200m 17:23.48
8. Indie BROOKES	12 Kendal	100m 1:18.58 500m 7:14.75 900m 13:18.58 1300m 19:22.87	150m 2:02.79 550m 8:00.01 950m 14:04.41 1350m 20:09.02	200m 2:46.82 600m 8:46.15 1000m 14:49.80 1400m 20:53.88	250m 3:31.27 650m 9:31.90 1050m 15:35.62 1450m 21:37.59	300m 4:15.76 700m 10:17.29 1100m 16:21.85 1500m 22:16.70	350m 5:00.31 750m 11:02.33 1150m 17:07.35	400m 5:44.81 800m 11:48.21 1200m 17:52.74
9. Islay ATKINSON	12 Kendal	100m 1:22.14 500m 7:33.39 900m 13:44.42 1300m 19:52.05	150m 2:07.81 550m 8:20.49 950m 14:30.26 1350m 20:37.43	200m 2:54.14 600m 9:06.82 1000m 15:17.16 1400m 21:24.42	250m 3:39.05 650m 9:51.18 1050m 16:02.86 1450m 22:08.84	300m 4:26.07 700m 10:37.62 1100m 16:48.48 1500m 22:51.09	350m 5:13.91 750m 11:24.63 1150m 17:35.45	400m 6:00.40 800m 12:11.13 1200m 18:20.84
10. Esmay DART	11 Kendal	100m 1:27.98 500m 7:50.58 900m 14:05.84 1300m 20:38.68	150m 2:13.82 550m 8:37.98 950m 14:55.32 1350m 21:25.87	200m 3:00.29 600m 9:25.25 1000m 15:44.50 1400m 22:14.62	250m 3:47.10 650m 10:10.27 1050m 16:33.37 1450m 23:00.82	300m 4:34.57 700m 10:54.06 1100m 17:22.29 1500m 23:43.20	350m 5:21.81 750m 11:41.82 1150m 18:12.70	400m 6:10.59 800m 12:29.49 1200m 19:00.09
11. Sian MACDONALD	62 Kendal	100m 1:29.99 500m 8:09.20 900m 14:54.02 1300m 21:36.07	150m 2:18.80 550m 8:59.84 950m 15:44.51 1350m 22:25.81	200m 3:08.36 600m 9:49.93 1000m 16:34.40 1400m 23:15.62	250m 3:58.55 650m 10:40.36 1050m 17:24.03 1450m 24:05.47	300m 4:48.60 700m 11:31.35 1100m 18:14.52 1500m 24:52.93	350m 5:39.06 750m 12:22.19 1150m 19:04.79	400m 6:29.27 800m 13:13.46 1200m 19:55.02
12. Jessica SMITH	11 Kendal	100m 1:34.21 500m 8:27.89 900m 15:26.92 1300m 22:23.75	150m 2:24.46 550m 9:19.82 950m 16:19.13 1350m 23:18.32	200m 3:16.82 600m 10:13.09 1000m 17:09.74 1400m 24:09.96	250m 4:08.49 650m 11:04.38 1050m 18:01.32 1450m 25:01.58	300m 5:00.92 700m 11:56.82 1100m 18:54.68 1500m 25:45.35	350m 5:52.30 750m 12:48.89 1150m 19:46.37	400m 6:44.85 800m 13:40.85 1200m 20:38.69

EVENT 2 Mixed 800m Freestyle

OPEN/MALE - Full Results									
Place	Name	AaD	Club	Time	WA Pts				
1.	Adam STANSFIELD	19	Kendal	9:58.52	406				
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m	9:58.52
2.	Ben ROWLEY	16	Kendal	9:58.53	406				
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m	9:58.53
3.	Finlay WOOD	15	Kendal	10:11.15	381				
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m	10:11.15
4.	Jarno STANDER	15	Kendal	10:23.47	359				
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m	10:23.47
5.	Elliott DART	13	Kendal	10:27.01	353				
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m	10:27.01
6.	Jack CARRADICE	14	Kendal	10:43.40	327				
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m	10:43.40
7.	Leo MURRAY	15	Kendal	10:46.12	323				
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m	10:46.12
8.	George KINNEAR	13	Kendal	11:19.22	278				
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m	11:19.22
9.	Michael CATON	40	Kendal	11:28.53	267				
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m	11:28.53
10.	Matt SMITH	44	Kendal	12:05.71	228				
	50m -	100m -	150m -	200m -	250m -	300m -	350m -	400m -	
	450m -	500m -	550m -	600m -	650m -	700m -	750m -	800m	12:05.71



Kendal ASC Long Distance Gala 3 Results 2024

(Under ASA Laws and ASA Technical Rules of Swimming)

License 4NW242074

11. Jacob WILSON	12 Kendal	12:09.53	224					
50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
12. Milo WILLIAMS	12 Kendal	12:10.55	223					
50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
13. Joss BROOKES	13 Kendal	13:15.46	173					
50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
14. Kai STANDER	11 Kendal	13:23.55	168					
50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
15. Finlay FITZGERALD	12 Kendal	13:26.50	166					
50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
16. Stuart MCGURK	63 Kendal	14:33.47	130					
50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
17. Yoan HRISTOV	11 Kendal	14:52.42	122					
50m 45.56	100m 1:39.06	150m 2:33.84	200m 3:29.34	250m 4:25.86	300m 5:21.93	350m 6:19.83	400m 7:15.90	
450m 8:14.37	500m 9:12.46	550m 10:11.00	600m 11:09.21	650m 12:06.36	700m 13:03.47	750m 14:01.29	800m 14:52.42	
Logan PINDER	12 Kendal	DNF						

FEMALE - Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Ruby DUXBURY	15	Kendal	10:30.21	434				
	50m 34.64	100m 1:13.51	150m 1:52.84	200m 2:32.70	250m 3:12.05	300m 3:52.14	350m 4:32.17	400m 5:11.99	
	450m 5:52.25	500m 6:32.66	550m 7:12.77	600m 7:53.10	650m 8:33.37	700m 9:13.38	750m 9:53.24	800m 10:30.21	
2.	Kara VAN DER MERWE	14	Kendal	10:47.31	401				
	50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
	450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
3.	Emma DUXBURY	17	Kendal	10:57.80	382				
	50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
	450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
4.	Annie BOTTOMLEY	16	Kendal	11:05.81	368				
	50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
	450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
4.	Kate COLLIN	16	Kendal	11:05.81	368				
	50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
	450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
6.	Evelyn KINNEAR	15	Kendal	11:06.06	368				
	50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
	450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
7.	Ava DIXON	12	Kendal	11:16.07	352				
	50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
	450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
8.	Harriet STAINER	12	Kendal	11:22.55	342				
	50m 37.59	100m 1:19.29	150m 2:01.95	200m 2:45.18	250m 3:28.36	300m 4:11.50	350m 4:54.64	400m 5:38.26	
	450m 6:21.80	500m 7:05.65	550m 7:48.43	600m 8:32.09	650m 9:15.44	700m 9:59.36	750m 10:42.42	800m 11:22.55	
9.	Indie BROOKES	12	Kendal	11:28.21	333				
	50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
	450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
10.	Hannah CARRADICE	14	Kendal	11:29.37	332				
	50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
	450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
11.	Islay ATKINSON	12	Kendal	12:11.13	278				
	50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
	450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
12.	Jessica ATKINSON	12	Kendal	12:22.62	265				
	50m 39.22	100m 1:23.79	150m 2:09.16	200m 2:55.75	250m 3:42.42	300m 4:29.79	350m 5:17.53	400m 6:05.07	
	450m 6:52.83	500m 7:40.56	550m 8:27.57	600m 9:14.73	650m 10:02.58	700m 10:50.64	750m 11:38.86	800m 12:22.62	
13.	Megan TURNER	11	Kendal	12:27.16	260				
	50m 38.61	100m 1:23.46	150m 2:08.83	200m 2:55.53	250m 3:43.03	300m 4:31.23	350m 5:18.42	400m 6:07.15	
	450m 6:54.65	500m 7:43.29	550m 8:31.80	600m 9:19.77	650m 10:08.58	700m 10:57.15	750m 11:45.03	800m 12:27.16	
14.	Esmay DART	11	Kendal	12:29.49	258				
	50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
	450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
15.	Lua SWAMI	13	Kendal	12:38.03	249				
	50m 39.29	100m 1:24.87	150m 2:11.86	200m 2:59.18	250m 3:47.57	300m 4:36.31	350m 5:25.72	400m 6:14.65	
	450m 7:03.53	500m 7:53.06	550m 8:42.48	600m 9:31.54	650m 10:19.98	700m 11:09.33	750m 11:55.27	800m 12:38.03	
16.	Orlaith TREACY	11	Kendal	12:46.08	242				
	50m 41.68	100m 1:30.27	150m 2:18.51	200m 3:07.29	250m 3:56.35	300m 4:44.45	350m 5:32.73	400m 6:21.41	
	450m 7:10.94	500m 8:00.05	550m 8:50.11	600m 9:38.87	650m 10:29.12	700m 11:18.20	750m 12:04.61	800m 12:46.08	
17.	Estela HRISTOVA	13	Kendal	12:52.01	236				
	50m 42.16	100m 1:28.92	150m 2:16.76	200m 3:04.83	250m 3:54.22	300m 4:44.66	350m 5:32.48	400m 6:22.21	
	450m 7:11.20	500m 8:01.08	550m 8:49.87	600m 9:38.65	650m 10:28.85	700m 11:17.63	750m 12:06.16	800m 12:52.01	
18.	Mollie THOMAS	12	Kendal	13:04.18	225				
	50m 42.30	100m 1:29.29	150m 2:18.73	200m 3:08.83	250m 3:58.85	300m 4:48.71	350m 5:39.05	400m 6:28.91	
	450m 7:19.89	500m 8:10.64	550m 9:01.85	600m 9:52.20	650m 10:41.94	700m 11:32.48	750m 12:21.18	800m 13:04.18	
19.	Sian MACDONALD	62	Kendal	13:13.46	217				
	50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
	450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
20.	Lucy WILLIAMS	12	Kendal	13:30.33	204				
	50m 40.34	100m 1:29.00	150m 2:20.55	200m 3:13.05	250m 4:05.27	300m 4:58.35	350m 5:49.69	400m 6:43.60	
	450m 7:35.43	500m 8:28.74	550m 9:22.00	600m 10:14.30	650m 11:06.69	700m 11:58.13	750m 12:48.14	800m 13:30.33	
21.	Jessica SMITH	11	Kendal	13:40.85	196				
	50m - 34.64	100m - 1:13.51	150m - 1:52.84	200m - 2:32.70	250m - 3:12.05	300m - 3:52.14	350m - 4:32.17	400m - 5:11.99	
	450m - 5:52.25	500m - 6:32.66	550m - 7:12.77	600m - 7:53.10	650m - 8:33.37	700m - 9:13.38	750m - 9:53.24	800m - 10:30.21	
22.	Paula MURESAN	12	Kendal	15:34.20	133				
	50m 47.08	100m 1:42.83	150m 2:41.18	200m 3:38.78	250m 4:38.88	300m 5:37.34	350m 6:37.03	400m 7:37.31	
	450m 8:36.78	500m 9:39.70	550m 10:41.73	600m 11:42.53	650m 12:44.84	700m 13:45.77	750m 14:41.48	800m 15:34.20	
23.	Lyla BELL	11	Kendal	15:34.74	133				
	50m 48.44	100m 1:44.59	150m 2:42.32	200m 3:40.95	250m 4:38.88	300m 5:38.51	350m 6:39.04	400m 7:40.26	
	450m 8:42.42	500m 9:44.44	550m 10:47.14	600m 11:48.53	650m 12:49.89	700m 13:47.16	750m 14:43.30	800m 15:34.74	