



# Kendal ASC Long Distance Gala 3 Results 2025

(Under ASA Laws and ASA Technical Rules of Swimming)

License 4NW252376

## EVENT 1 Mixed 800m Freestyle

|       |                 | OPEN/MALE - Full Results |               |               |               |               |               |               |  |
|-------|-----------------|--------------------------|---------------|---------------|---------------|---------------|---------------|---------------|--|
| Place | Name            | AaD                      | Club          | Time          | WA Pts        |               |               |               |  |
| 1.    | Benjamin ROWLEY | 17                       | Kendal        | 9:26.32       | 470           |               |               |               |  |
|       | 50m 30.57       | 100m 1:06.39             | 150m 1:42.32  | 200m 2:18.34  | 250m 2:54.39  | 300m 3:31.02  | 350m 4:08.16  | 400m 4:44.38  |  |
|       | 450m 5:22.04    | 500m 5:58.76             | 550m 6:35.38  | 600m 7:11.12  | 650m 7:46.65  | 700m 8:21.22  | 750m 8:54.63  | 800m 9:26.32  |  |
| 2.    | Elliott DART    | 14                       | Kendal        | 9:33.62       | 452           |               |               |               |  |
|       | 50m 31.05       | 100m 1:06.60             | 150m 1:42.76  | 200m 2:19.24  | 250m 2:56.28  | 300m 3:33.17  | 350m 4:09.31  | 400m 4:46.17  |  |
|       | 450m 5:23.62    | 500m 6:00.49             | 550m 6:37.30  | 600m 7:12.63  | 650m 7:48.31  | 700m 8:23.61  | 750m 8:58.65  | 800m 9:33.62  |  |
| 3.    | Jamo STANDER    | 16                       | Kendal        | 9:50.34       | 415           |               |               |               |  |
|       | 50m 31.76       | 100m 1:07.23             | 150m 1:44.12  | 200m 2:21.01  | 250m 2:57.68  | 300m 3:35.41  | 350m 4:12.55  | 400m 4:50.44  |  |
|       | 450m 5:28.75    | 500m 6:07.08             | 550m 6:45.88  | 600m 7:23.52  | 650m 8:01.04  | 700m 8:39.15  | 750m 9:15.49  | 800m 9:50.34  |  |
| 4.    | Finlay WOOD     | 16                       | Kendal        | 9:57.10       | 401           |               |               |               |  |
|       | 50m 30.89       | 100m 1:06.80             | 150m 1:43.22  | 200m 2:20.31  | 250m 2:57.54  | 300m 3:35.63  | 350m 4:13.15  | 400m 4:51.71  |  |
|       | 450m 5:29.78    | 500m 6:08.52             | 550m 6:46.89  | 600m 7:25.80  | 650m 8:03.89  | 700m 8:41.88  | 750m 9:20.20  | 800m 9:57.10  |  |
| 5.    | Jack CARRADICE  | 15                       | Kendal        | 10:07.91      | 380           |               |               |               |  |
|       | 50m 32.72       | 100m 1:10.03             | 150m 1:47.80  | 200m 2:26.04  | 250m 3:04.32  | 300m 3:42.56  | 350m 4:21.10  | 400m 5:00.45  |  |
|       | 450m 5:39.44    | 500m 6:18.18             | 550m 6:57.08  | 600m 7:36.75  | 650m 8:16.01  | 700m 8:54.33  | 750m 9:33.04  | 800m 10:07.91 |  |
| 6.    | Jacob WILSON    | 13                       | Kendal        | 10:16.33      | 364           |               |               |               |  |
|       | 50m 34.40       | 100m 1:12.23             | 150m 1:51.25  | 200m 2:30.84  | 250m 3:10.46  | 300m 3:49.68  | 350m 4:29.46  | 400m 5:09.12  |  |
|       | 450m 5:49.27    | 500m 6:29.15             | 550m 7:09.05  | 600m 7:48.05  | 650m 8:27.23  | 700m 9:05.65  | 750m 9:42.61  | 800m 10:16.33 |  |
| 7.    | George KINNEAR  | 14                       | Kendal        | 10:20.36      | 357           |               |               |               |  |
|       | 50m 32.88       | 100m 1:10.33             | 150m 1:49.73  | 200m 2:29.01  | 250m 3:08.58  | 300m 3:48.43  | 350m 4:27.70  | 400m 5:07.80  |  |
|       | 450m 5:48.39    | 500m 6:28.09             | 550m 7:08.51  | 600m 7:49.15  | 650m 8:29.09  | 700m 9:08.32  | 750m 9:46.39  | 800m 10:20.36 |  |
| 8.    | Jacob KLIJN     | 21                       | Kendal        | 10:29.90      | 341           |               |               |               |  |
|       | 50m 31.60       | 100m 1:07.17             | 150m 1:43.67  | 200m 2:20.69  | 250m 2:58.03  | 300m 3:36.61  | 350m 4:15.71  | 400m 4:55.71  |  |
|       | 450m 5:35.48    | 500m 6:16.18             | 550m 6:57.58  | 600m 7:39.37  | 650m 8:21.86  | 700m 9:04.84  | 750m 9:48.12  | 800m 10:29.90 |  |
| 9.    | Milo WILLIAMS   | 13                       | Kendal        | 10:56.67      | 301           |               |               |               |  |
|       | 50m 34.17       | 100m 1:14.05             | 150m 1:55.27  | 200m 2:37.80  | 250m 3:20.04  | 300m 4:02.31  | 350m 4:44.45  | 400m 5:27.08  |  |
|       | 450m 6:09.16    | 500m 6:50.47             | 550m 7:32.65  | 600m 8:13.78  | 650m 8:55.03  | 700m 9:36.71  | 750m 10:16.02 | 800m 10:56.67 |  |
| 10.   | Tommy KLIJN     | 23                       | Kendal        | 11:05.13      | 290           |               |               |               |  |
|       | 50m 32.31       | 100m 1:09.36             | 150m 1:48.66  | 200m 2:28.84  | 250m 3:09.74  | 300m 3:51.64  | 350m 4:33.77  | 400m 5:16.49  |  |
|       | 450m 5:59.90    | 500m 6:43.69             | 550m 7:26.94  | 600m 8:10.97  | 650m 8:55.26  | 700m 9:40.32  | 750m 10:25.34 | 800m 11:05.13 |  |
| 11.   | Kit GRANDISON   | 12                       | Kendal        | 11:40.72      | 248           |               |               |               |  |
|       | 50m 39.11       | 100m 1:23.35             | 150m 2:06.60  | 200m 2:50.32  | 250m 3:35.93  | 300m 4:19.87  | 350m 5:04.59  | 400m 5:49.89  |  |
|       | 450m 6:33.13    | 500m 7:18.25             | 550m 8:02.47  | 600m 8:47.88  | 650m 9:31.94  | 700m 10:16.04 | 750m 11:00.61 | 800m 11:40.72 |  |
| 12.   | Kai STANDER     | 12                       | Kendal        | 11:41.80      | 247           |               |               |               |  |
|       | 50m 37.87       | 100m 1:20.87             | 150m 2:04.44  | 200m 2:48.84  | 250m 3:33.77  | 300m 4:19.24  | 350m 5:04.73  | 400m 5:50.67  |  |
|       | 450m 6:36.34    | 500m 7:21.91             | 550m 8:06.22  | 600m 8:50.69  | 650m 9:35.16  | 700m 10:19.18 | 750m 11:02.78 | 800m 11:41.80 |  |
| 13.   | Harry ATKINSON  | 11                       | Kendal        | 11:42.16      | 246           |               |               |               |  |
|       | 50m 39.32       | 100m 1:23.45             | 150m 2:08.94  | 200m 2:53.65  | 250m 3:38.64  | 300m 4:23.85  | 350m 5:09.09  | 400m 5:53.97  |  |
|       | 450m 6:39.58    | 500m 7:24.46             | 550m 8:08.16  | 600m 8:51.85  | 650m 9:36.33  | 700m 10:20.20 | 750m 11:03.17 | 800m 11:42.16 |  |
| 14.   | Michael CATON   | 41                       | Kendal        | 11:42.49      | 246           |               |               |               |  |
|       | 50m 38.55       | 100m 1:19.28             | 150m 2:02.03  | 200m 2:45.44  | 250m 3:29.44  | 300m 4:13.32  | 350m 4:57.40  | 400m 5:41.79  |  |
|       | 450m 6:26.13    | 500m 7:10.67             | 550m 7:55.30  | 600m 8:41.57  | 650m 9:27.89  | 700m 10:14.28 | 750m 11:00.06 | 800m 11:42.49 |  |
| 15.   | Jake DIXON      | 10                       | Kendal        | 12:28.75      | 203           |               |               |               |  |
|       | 50m 40.48       | 100m 1:27.04             | 150m 2:15.16  | 200m 3:03.46  | 250m 3:50.58  | 300m 4:38.86  | 350m 5:26.36  | 400m 6:14.01  |  |
|       | 450m 7:01.56    | 500m 7:48.97             | 550m 8:36.13  | 600m 9:23.23  | 650m 10:11.21 | 700m 10:58.60 | 750m 11:45.43 | 800m 12:28.75 |  |
| 16.   | Guy FITZGERALD  | 49                       | Kendal        | 13:30.02      | 160           |               |               |               |  |
|       | 50m 41.92       | 100m 1:28.61             | 150m 2:17.36  | 200m 3:07.39  | 250m 3:58.13  | 300m 4:49.63  | 350m 5:42.54  | 400m 6:35.09  |  |
|       | 450m 7:27.71    | 500m 8:20.12             | 550m 9:12.55  | 600m 10:05.82 | 650m 10:57.88 | 700m 11:50.26 | 750m 12:42.07 | 800m 13:30.02 |  |
| 17.   | James MCALEESE  | 12                       | Kendal        | 13:30.13      | 160           |               |               |               |  |
|       | 50m 43.43       | 100m 1:34.67             | 150m 2:26.53  | 200m 3:19.01  | 250m 4:11.59  | 300m 5:03.86  | 350m 5:57.14  | 400m 6:48.37  |  |
|       | 450m 7:40.70    | 500m 8:32.30             | 550m 9:24.70  | 600m 10:16.33 | 650m 11:07.53 | 700m 11:56.72 | 750m 12:46.80 | 800m 13:30.13 |  |
| 18.   | Stuart MCGURK   | 64                       | Kendal        | 14:25.22      | 131           |               |               |               |  |
|       | 50m 47.39       | 100m 1:40.78             | 150m 2:35.42  | 200m 3:29.78  | 250m 4:25.05  | 300m 5:20.91  | 350m 6:17.30  | 400m 7:12.15  |  |
|       | 450m 8:06.39    | 500m 9:01.66             | 550m 9:56.64  | 600m 10:51.42 | 650m 11:45.86 | 700m 12:40.36 | 750m 13:33.45 | 800m 14:25.22 |  |
| 19.   | Lochlan TREACY  | 11                       | Kendal        | 14:39.27      | 125           |               |               |               |  |
|       | 50m 45.33       | 100m 1:40.18             | 150m 2:36.33  | 200m 3:32.48  | 250m 4:29.78  | 300m 5:26.88  | 350m 6:24.05  | 400m 7:21.58  |  |
|       | 450m 8:16.99    | 500m 9:13.38             | 550m 10:10.19 | 600m 11:06.94 | 650m 12:03.09 | 700m 12:57.71 | 750m 13:49.65 | 800m 14:39.27 |  |
|       | Keir WHITELEY   | 12                       | Kendal        | DQ 4. 4       |               |               |               |               |  |

|       |                       | FEMALE - Full Results |              |              |              |              |               |               |  |
|-------|-----------------------|-----------------------|--------------|--------------|--------------|--------------|---------------|---------------|--|
| Place | Name                  | AaD                   | Club         | Time         | WA Pts       |              |               |               |  |
| 1.    | Ruby DUXBURY          | 16                    | Kendal       | 10:28.97     | 437          |              |               |               |  |
|       | 50m 34.68             | 100m 1:12.76          | 150m 1:51.80 | 200m 2:31.10 | 250m 3:10.21 | 300m 3:50.14 | 350m 4:30.47  | 400m 5:10.74  |  |
|       | 450m 5:50.61          | 500m 6:30.83          | 550m 7:10.97 | 600m 7:51.10 | 650m 8:30.94 | 700m 9:11.28 | 750m 9:50.89  | 800m 10:28.97 |  |
| 2.    | Harriet STAINER       | 13                    | Kendal       | 10:31.79     | 431          |              |               |               |  |
|       | 50m 34.62             | 100m 1:13.54          | 150m 1:52.93 | 200m 2:32.50 | 250m 3:12.41 | 300m 3:52.57 | 350m 4:33.01  | 400m 5:13.15  |  |
|       | 450m 5:53.75          | 500m 6:34.20          | 550m 7:14.71 | 600m 7:54.88 | 650m 8:35.25 | 700m 9:14.82 | 750m 9:54.50  | 800m 10:31.79 |  |
| 3.    | Ava DIXON             | 13                    | Kendal       | 10:31.97     | 431          |              |               |               |  |
|       | 50m 34.43             | 100m 1:12.93          | 150m 1:53.08 | 200m 2:33.29 | 250m 3:12.96 | 300m 3:53.32 | 350m 4:33.69  | 400m 5:14.37  |  |
|       | 450m 5:54.38          | 500m 6:34.81          | 550m 7:16.22 | 600m 7:56.67 | 650m 8:36.33 | 700m 9:16.30 | 750m 9:55.33  | 800m 10:31.97 |  |
| 4.    | Hannah CARRADICE      | 15                    | Kendal       | 10:35.34     | 424          |              |               |               |  |
|       | 50m 34.62             | 100m 1:14.23          | 150m 1:54.67 | 200m 2:35.31 | 250m 3:15.92 | 300m 3:56.65 | 350m 4:37.32  | 400m 5:18.36  |  |
|       | 450m 5:58.46          | 500m 6:39.13          | 550m 7:19.62 | 600m 7:59.64 | 650m 8:39.30 | 700m 9:18.96 | 750m 9:58.45  | 800m 10:35.34 |  |
| 5.    | Esmay DART            | 12                    | Kendal       | 10:39.25     | 416          |              |               |               |  |
|       | 50m 35.10             | 100m 1:14.69          | 150m 1:54.48 | 200m 2:35.35 | 250m 3:16.21 | 300m 3:56.68 | 350m 4:36.54  | 400m 5:17.10  |  |
|       | 450m 5:57.80          | 500m 6:37.11          | 550m 7:18.41 | 600m 7:59.51 | 650m 8:40.20 | 700m 9:20.67 | 750m 10:01.17 | 800m 10:39.25 |  |
| 6.    | Orlaith TREACY        | 12                    | Kendal       | 10:40.25     | 414          |              |               |               |  |
|       | 50m 34.70             | 100m 1:14.02          | 150m 1:53.85 | 200m 2:34.30 | 250m 3:14.53 | 300m 3:55.13 | 350m 4:36.40  | 400m 5:17.27  |  |
|       | 450m 5:57.66          | 500m 6:39.12          | 550m 7:20.09 | 600m 8:00.73 | 650m 8:41.41 | 700m 9:22.37 | 750m 10:03.35 | 800m 10:40.25 |  |
| 7.    | Evelyn KINNEAR        | 16                    | Kendal       | 11:04.55     | 370          |              |               |               |  |
|       | 50m 34.47             | 100m 1:14.15          | 150m 1:54.75 | 200m 2:36.44 | 250m 3:18.85 | 300m 4:01.14 | 350m 4:43.74  | 400m 5:27.26  |  |
|       | 450m 6:10.83          | 500m 6:53.50          | 550m 7:36.18 | 600m 8:19.03 | 650m 9:01.69 | 700m 9:43.65 | 750m 10:25.05 | 800m 11:04.55 |  |
| 8.    | Kate COLLIN           | 17                    | Kendal       | 11:11.43     | 359          |              |               |               |  |
|       | 50m 35.52             | 100m 1:15.59          | 150m 1:56.81 | 200m 2:38.86 | 250m 3:21.18 | 300m 4:04.12 | 350m 4:47.49  | 400m 5:30.82  |  |
|       | 450m 6:13.90          | 500m 6:56.95          | 550m 7:40.27 | 600m 8:22.76 | 650m 9:06.14 | 700m 9:48.54 | 750m 10:30.80 | 800m 11:11.43 |  |
| 9.    | Emma ANDERSON-BICKLEY | 14                    | Kendal       | 11:26.70     | 336          |              |               |               |  |



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|                      |              |              |               |               |               |               |               |               |
|----------------------|--------------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|
|                      | 50m 35.80    | 100m 1:17.44 | 150m 2:00.35  | 200m 2:44.39  | 250m 3:27.64  | 300m 4:11.94  | 350m 4:57.10  | 400m 5:42.14  |
|                      | 450m 6:26.54 | 500m 7:11.44 | 550m 7:55.63  | 600m 8:40.51  | 650m 9:23.82  | 700m 10:07.28 | 750m 10:49.13 | 800m 11:26.70 |
| 10. Jessica ATKINSON | 13 Kendal    |              |               | 11:29.72      | 331           |               |               |               |
|                      | 50m 37.59    | 100m 1:19.11 | 150m 2:01.38  | 200m 2:44.77  | 250m 3:28.17  | 300m 4:11.74  | 350m 4:56.30  | 400m 5:39.97  |
|                      | 450m 6:23.59 | 500m 7:08.56 | 550m 7:53.26  | 600m 8:38.38  | 650m 9:22.60  | 700m 10:06.10 | 750m 10:48.75 | 800m 11:29.72 |
| 11. Islay ATKINSON   | 13 Kendal    |              |               | 11:34.93      | 324           |               |               |               |
|                      | 50m 36.17    | 100m 1:18.39 | 150m 2:02.33  | 200m 2:46.66  | 250m 3:30.91  | 300m 4:15.33  | 350m 5:00.60  | 400m 5:44.54  |
|                      | 450m 6:29.32 | 500m 7:13.79 | 550m 7:58.51  | 600m 8:42.83  | 650m 9:27.27  | 700m 10:10.81 | 750m 10:53.66 | 800m 11:34.93 |
| 12. Megan TURNER     | 12 Kendal    |              |               | 11:36.40      | 322           |               |               |               |
|                      | 50m 36.33    | 100m 1:18.79 | 150m 2:02.24  | 200m 2:46.74  | 250m 3:30.68  | 300m 4:15.09  | 350m 4:58.72  | 400m 5:43.60  |
|                      | 450m 6:28.84 | 500m 7:14.00 | 550m 7:59.07  | 600m 8:43.73  | 650m 9:28.49  | 700m 10:12.81 | 750m 10:55.48 | 800m 11:36.40 |
| 13. Donna BLACKBURN  | 44 Kendal    |              |               | 12:03.05      | 287           |               |               |               |
|                      | 50m 38.20    | 100m 1:21.36 | 150m 2:05.77  | 200m 2:50.65  | 250m 3:36.02  | 300m 4:21.86  | 350m 5:07.74  | 400m 5:53.80  |
|                      | 450m 6:40.33 | 500m 7:26.82 | 550m 8:13.83  | 600m 9:00.52  | 650m 9:46.89  | 700m 10:32.84 | 750m 11:18.85 | 800m 12:03.05 |
| 14. Jessica SMITH    | 12 Kendal    |              |               | 12:06.53      | 283           |               |               |               |
|                      | 50m 38.29    | 100m 1:22.41 | 150m 2:08.69  | 200m 2:54.82  | 250m 3:40.53  | 300m 4:26.53  | 350m 5:13.69  | 400m 6:01.03  |
|                      | 450m 6:46.70 | 500m 7:33.52 | 550m 8:19.49  | 600m 9:06.24  | 650m 9:52.60  | 700m 10:38.58 | 750m 11:24.41 | 800m 12:06.53 |
| 15. Estela HRISTOVA  | 14 Kendal    |              |               | 12:11.31      | 278           |               |               |               |
|                      | 50m 39.28    | 100m 1:22.31 | 150m 2:07.29  | 200m 2:52.22  | 250m 3:38.13  | 300m 4:25.08  | 350m 5:12.45  | 400m 5:59.51  |
|                      | 450m 6:46.60 | 500m 7:34.14 | 550m 8:21.77  | 600m 9:06.90  | 650m 9:54.06  | 700m 10:40.82 | 750m 11:26.71 | 800m 12:11.31 |
| 16. Maisey WILSON    | 13 Kendal    |              |               | 12:12.63      | 276           |               |               |               |
|                      | 50m 39.38    | 100m 1:23.61 | 150m 2:09.43  | 200m 2:56.11  | 250m 3:42.91  | 300m 4:30.01  | 350m 5:17.49  | 400m 6:04.91  |
|                      | 450m 6:51.65 | 500m 7:39.20 | 550m 8:26.38  | 600m 9:13.19  | 650m 9:59.42  | 700m 10:45.24 | 750m 11:30.15 | 800m 12:12.63 |
| 17. Mollie THOMAS    | 13 Kendal    |              |               | 12:23.36      | 264           |               |               |               |
|                      | 50m 39.27    | 100m 1:24.37 | 150m 2:10.81  | 200m 2:57.34  | 250m 3:44.11  | 300m 4:31.43  | 350m 5:18.46  | 400m 6:06.29  |
|                      | 450m 6:54.06 | 500m 7:41.17 | 550m 8:29.31  | 600m 9:18.18  | 650m 10:05.87 | 700m 10:54.02 | 750m 11:41.67 | 800m 12:23.36 |
| 18. Evie MCAVOY      | 12 Kendal    |              |               | 12:28.04      | 259           |               |               |               |
|                      | 50m 38.94    | 100m 1:24.12 | 150m 2:11.25  | 200m 2:59.31  | 250m 3:47.47  | 300m 4:35.83  | 350m 5:23.44  | 400m 6:11.76  |
|                      | 450m 6:59.66 | 500m 7:47.98 | 550m 8:36.31  | 600m 9:24.15  | 650m 10:11.76 | 700m 10:59.24 | 750m 11:45.62 | 800m 12:28.04 |
| 19. Cecily KINLOCH   | 11 Kendal    |              |               | 12:54.90      | 233           |               |               |               |
|                      | 50m 41.24    | 100m 1:29.63 | 150m 2:19.05  | 200m 3:08.06  | 250m 3:57.03  | 300m 4:46.55  | 350m 5:36.28  | 400m 6:25.66  |
|                      | 450m 7:15.05 | 500m 8:04.65 | 550m 8:53.91  | 600m 9:43.71  | 650m 10:32.96 | 700m 11:22.16 | 750m 12:10.31 | 800m 12:54.90 |
| 20. Jessica BEAL     | 12 Kendal    |              |               | 13:01.28      | 228           |               |               |               |
|                      | 50m 41.99    | 100m 1:29.71 | 150m 2:20.12  | 200m 3:10.84  | 250m 4:02.54  | 300m 4:54.07  | 350m 5:45.24  | 400m 6:36.00  |
|                      | 450m 7:26.93 | 500m 8:17.81 | 550m 9:07.32  | 600m 9:55.50  | 650m 10:44.58 | 700m 11:32.15 | 750m 12:20.63 | 800m 13:01.28 |
| 21. Lyla BELL        | 12 Kendal    |              |               | 13:14.19      | 217           |               |               |               |
|                      | 50m 41.28    | 100m 1:28.21 | 150m 2:17.35  | 200m 3:07.15  | 250m 3:57.75  | 300m 4:49.30  | 350m 5:40.88  | 400m 6:32.07  |
|                      | 450m 7:23.74 | 500m 8:14.63 | 550m 9:06.31  | 600m 9:57.73  | 650m 10:50.51 | 700m 11:40.18 | 750m 12:28.89 | 800m 13:14.19 |
| 22. Evie FOTHERGILL  | 11 Kendal    |              |               | 13:45.11      | 193           |               |               |               |
|                      | 50m 46.32    | 100m 1:36.78 | 150m 2:27.75  | 200m 3:19.93  | 250m 4:12.73  | 300m 5:05.05  | 350m 5:58.37  | 400m 6:51.08  |
|                      | 450m 7:43.87 | 500m 8:38.00 | 550m 9:31.33  | 600m 10:23.75 | 650m 11:15.59 | 700m 12:05.56 | 750m 12:55.85 | 800m 13:45.11 |
| 23. Josie WILSON     | 11 Kendal    |              |               | 13:56.51      | 185           |               |               |               |
|                      | 50m 46.48    | 100m 1:39.29 | 150m 2:32.10  | 200m 3:26.14  | 250m 4:21.62  | 300m 5:14.97  | 350m 6:07.73  | 400m 6:59.10  |
|                      | 450m 7:51.05 | 500m 8:42.28 | 550m 9:34.80  | 600m 10:27.66 | 650m 11:21.46 | 700m 12:15.48 | 750m 13:10.17 | 800m 13:56.51 |
| 24. Anya HENLEY      | 11 Kendal    |              |               | 14:24.54      | 168           |               |               |               |
|                      | 50m 47.36    | 100m 1:39.86 | 150m 2:33.70  | 200m 3:28.42  | 250m 4:22.68  | 300m 5:18.36  | 350m 6:13.73  | 400m 7:09.29  |
|                      | 450m 8:06.01 | 500m 9:01.00 | 550m 9:56.81  | 600m 10:52.10 | 650m 11:47.99 | 700m 12:44.27 | 750m 13:38.77 | 800m 14:24.54 |
| 25. Mhairi HELME     | 47 Kendal    |              |               | 14:35.60      | 162           |               |               |               |
|                      | 50m 42.30    | 100m 1:32.27 | 150m 2:26.13  | 200m 3:21.08  | 250m 4:17.00  | 300m 5:14.37  | 350m 6:11.12  | 400m 7:08.58  |
|                      | 450m 8:06.47 | 500m 9:02.91 | 550m 9:59.83  | 600m 10:56.72 | 650m 11:52.92 | 700m 12:48.64 | 750m 13:44.66 | 800m 14:35.60 |
| 26. Sophie ANNAND    | 11 Kendal    |              |               | 14:38.09      | 160           |               |               |               |
|                      | 50m 48.89    | 100m 1:41.56 | 150m 2:36.41  | 200m 3:32.40  | 250m 4:28.84  | 300m 5:24.68  | 350m 6:20.44  | 400m 7:15.99  |
|                      | 450m 8:11.31 | 500m 9:08.22 | 550m 10:04.52 | 600m 10:59.79 | 650m 11:54.81 | 700m 12:49.74 | 750m 13:44.53 | 800m 14:38.09 |
| 27. Summer SZEGI     | 12 Kendal    |              |               | 14:47.45      | 155           |               |               |               |
|                      | 50m 45.54    | 100m 1:39.22 | 150m 2:35.69  | 200m 3:30.50  | 250m 4:26.25  | 300m 5:25.22  | 350m 6:22.50  | 400m 7:20.30  |
|                      | 450m 8:16.96 | 500m 9:14.97 | 550m 10:11.41 | 600m 11:08.63 | 650m 12:04.67 | 700m 13:00.85 | 750m 13:55.19 | 800m 14:47.45 |