Kendal ASC Long Distance Gala 1 Results 2026

(Under ASA Laws and ASA Technical Rules of Swimming)

License 4NW261055

EVENT 1 Mixed 1500m Freestyle

OPEN/MALE - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Elliott DART	15	Kendal	17:38.76	511
	50m 31.37	100m 1:05.35	150m 1:40.38	200m 2:14.95	250m 2:50.20	300m 3:25.64	350m 4:01.53	400m 4:37.21
	450m 5:13.21	500m 5:49.05	550m 6:24.47	600m 7:00.55	650m 7:37.07	700m 8:12.84	750m 8:48.93	800m 9:24.78
	850m 10:00.74	900m 10:36.54	950m 11:12.67	1000m 11:48.93	1050m 12:24.87	1100m 13:00.70	1150m 13:35.79	1200m 14:11.79
	1250m 14:47.59	1300m 15:21.96	1350m 15:57.08	1400m 16:31.95	1450m 17:06.20	1500m 17:38.76		
2.	Jacob WILSON	14	Kendal	18:02.79	478
	50m 30.90	100m 1:05.20	150m 1:40.31	200m 2:15.92	250m 2:51.51	300m 3:27.54	350m 4:03.92	400m 4:40.69
	450m 5:17.50	500m 5:54.20	550m 6:30.50	600m 7:07.07	650m 7:42.97	700m 8:19.79	750m 8:57.13	800m 9:33.74
	850m 10:10.96	900m 10:47.92	950m 11:24.78	1000m 12:01.75	1050m 12:38.61	1100m 13:15.30	1150m 13:51.53	1200m 14:28.07
	1250m 15:05.04	1300m 15:41.10	1350m 16:17.61	1400m 16:53.93	1450m 17:28.67	1500m 18:02.79		
3.	Ben ROWLEY	18	Kendal	18:35.81	437
	50m 32.16	100m 1:06.67	150m 1:41.74	200m 2:17.08	250m 2:52.64	300m 3:28.35	350m 4:03.96	400m 4:40.17
	450m 5:16.52	500m 5:53.50	550m 6:29.47	600m 7:06.97	650m 7:46.32	700m 8:23.52	750m 9:01.30	800m 9:39.17
	850m 10:19.45	900m 10:58.37	950m 11:37.90	1000m 12:18.45	1050m 12:58.44	1100m 13:35.80	1150m 14:14.12	1200m 14:53.05
	1250m 15:32.16	1300m 16:08.50	1350m 16:46.55	1400m 17:24.26	1450m 18:01.15	1500m 18:35.81		
4.	Finlay WOOD	17	Kendal	18:38.55	434
	50m 31.60	100m 1:06.27	150m 1:41.69	200m 2:17.30	250m 2:53.40	300m 3:29.93	350m 4:06.55	400m 4:43.65
	450m 5:21.65	500m 6:00.31	550m 6:38.50	600m 7:17.11	650m 7:55.31	700m 8:33.26	750m 9:12.03	800m 9:49.89
	850m 10:27.85	900m 11:06.06	950m 11:44.59	1000m 12:22.73	1050m 13:01.26	1100m 13:39.28	1150m 14:17.47	1200m 14:55.21
	1250m 15:32.43	1300m 16:09.68	1350m 16:47.77	1400m 17:25.48	1450m 18:02.84	1500m 18:38.55		
5.	Jack CARRADICE	16	Kendal	19:11.40	397
	50m 31.34	100m 1:07.23	150m 1:44.79	200m 2:22.37	250m 2:59.52	300m 3:37.71	350m 4:16.19	400m 4:54.30
	450m 5:32.44	500m 6:11.26	550m 6:50.23	600m 7:29.19	650m 8:08.17	700m 8:46.91	750m 9:26.68	800m 10:05.97
	850m 10:44.71	900m 11:23.86	950m 12:03.04	1000m 12:41.88	1050m 13:21.57	1100m 14:01.03	1150m 14:40.36	1200m 15:19.72
	1250m 15:58.99	1300m 16:38.89	1350m 17:18.38	1400m 17:57.20	1450m 18:35.42	1500m 19:11.40		
6.	George KINNEAR	15	Kendal	19:41.24	368
	50m 32.33	100m 1:08.97	150m 1:46.66	200m 2:25.03	250m 3:03.93	300m 3:42.57	350m 4:21.63	400m 5:01.09
	450m 5:41.06	500m 6:21.89	550m 7:02.23	600m 7:42.25	650m 8:22.65	700m 9:03.68	750m 9:44.67	800m 10:24.86
	850m 11:05.20	900m 11:46.03	950m 12:27.10	1000m 13:08.71	1050m 13:48.91	1100m 14:29.17	1150m 15:09.89	1200m 15:49.63
	1250m 16:29.25	1300m 17:08.94	1350m 17:48.80	1400m 18:27.60	1450m 19:06.38	1500m 19:41.24		
7.	Milo WILLIAMS	14	Kendal	20:41.05	317
	50m 33.71	100m 1:12.61	150m 1:53.26	200m 2:33.95	250m 3:14.63	300m 3:55.43	350m 4:37.19	400m 5:18.87
	450m 6:00.40	500m 6:43.02	550m 7:25.02	600m 8:07.36	650m 8:49.08	700m 9:31.70	750m 10:14.26	800m 10:56.16
	850m 11:38.55	900m 12:20.68	950m 13:02.51	1000m 13:43.78	1050m 14:25.69	1100m 15:07.65	1150m 15:50.50	1200m 16:32.93
	1250m 17:15.44	1300m 17:58.22	1350m 18:39.46	1400m 19:20.52	1450m 20:01.85	1500m 20:41.05		
8.	Harry ATKINSON	12	Kendal	20:50.32	310
	50m 37.98	100m 1:19.53	150m 2:01.61	200m 2:42.66	250m 3:24.34	300m 4:05.73	350m 4:46.49	400m 5:28.91
	450m 6:11.29	500m 6:53.57	550m 7:35.28	600m 8:18.23	650m 9:00.09	700m 9:42.99	750m 10:24.60	800m 11:07.53
	850m 11:50.02	900m 12:32.50	950m 13:14.87	1000m 13:58.13	1050m 14:40.51	1100m 15:23.47	1150m 16:05.39	1200m 16:46.63
	1250m 17:27.98	1300m 18:09.20	1350m 18:50.11	1400m 19:32.02	1450m 20:12.82	1500m 20:50.32		
9.	Kai STANDER	13	Kendal	21:22.04	288
	50m 36.15	100m 1:17.21	150m 1:58.54	200m 2:40.24	250m 3:22.36	300m 4:05.01	350m 4:47.53	400m 5:30.75
	450m 6:12.81	500m 6:55.34	550m 7:38.25	600m 8:20.70	650m 9:04.12	700m 9:48.87	750m 10:32.73	800m 11:16.07
	850m 11:59.76	900m 12:44.03	950m 13:28.32	1000m 14:13.75	1050m 14:57.24	1100m 15:41.31	1150m 16:25.54	1200m 17:08.80
	1250m 17:52.90	1300m 18:35.83	1350m 19:19.84	1400m 20:02.57	1450m 20:44.27	1500m 21:22.04		
10.	Kit GRANDISON	13	Kendal	21:52.13	268
	50m 38.58	100m 1:23.04	150m 2:06.80	200m 2:50.23	250m 3:33.98	300m 4:18.10	350m 5:02.01	400m 5:46.24
	450m 6:29.22	500m 7:13.42	550m 7:57.63	600m 8:41.93	650m 9:25.80	700m 10:10.41	750m 10:53.76	800m 11:38.45
	850m 12:22.05	900m 13:06.62	950m 13:51.27	1000m 14:36.94	1050m 15:20.18	1100m 16:05.14	1150m 16:49.83	1200m 17:34.65
	1250m 18:18.68	1300m 19:00.89	1350m 19:44.64	1400m 20:27.70	1450m 21:11.84	1500m 21:52.13		
11.	Michael CATON	42	Kendal	21:53.65	267
	50m 37.10	100m 1:18.21	150m 2:00.35	200m 2:43.18	250m 3:26.59	300m 4:09.65	350m 4:52.82	400m 5:37.01
	450m 6:20.86	500m 7:04.69	550m 7:48.47	600m 8:31.92	650m 9:15.88	700m 10:00.15	750m 10:44.01	800m 11:28.54
	850m 12:12.58	900m 12:57.18	950m 13:41.69	1000m 14:26.93	1050m 15:11.30	1100m 15:56.61	1150m 16:41.62	1200m 17:26.67
	1250m 18:12.04	1300m 18:57.36	1350m 19:42.06	1400m 20:27.07	1450m 21:11.40	1500m 21:53.65		
12.	Jake DIXON	11	Kendal	23:23.82	219
	50m 39.13	100m 1:23.26	150m 2:09.55	200m 2:55.96	250m 3:42.03	300m 4:30.54	350m 5:15.74	400m 6:02.44
	450m 6:49.65	500m 7:36.67	550m 8:23.47	600m 9:11.39	650m 10:00.31	700m 10:47.93	750m 11:36.61	800m 12:24.35
	850m 13:12.53	900m 14:00.57	950m 14:48.86	1000m 15:36.47	1050m 16:23.51	1100m 17:09.44	1150m 17:57.25	1200m 18:45.95
	1250m 19:33.66	1300m 20:21.13	1350m 21:07.55	1400m 21:55.70	1450m 22:42.19	1500m 23:23.82		
13.	Jonathan RIGG	41	Kendal	23:35.29	214
	50m 41.57	100m 1:27.40	150m 2:14.90	200m 3:02.26	250m 3:49.32	300m 4:36.43	350m 5:23.94	400m 6:10.95
	450m 6:58.41	500m 7:46.63	550m 8:34.42	600m 9:23.07	650m 10:11.42	700m 11:00.38	750m 11:48.68	800m 12:37.21
	850m 13:25.85	900m 14:14.10	950m 15:02.83	1000m 15:51.03	1050m 16:38.81	1100m 17:26.94	1150m 18:14.28	1200m 19:01.04
	1250m 19:48.78	1300m 20:35.54	1350m 21:22.80	1400m 22:10.30	1450m 22:54.67	1500m 23:35.29		
14.	Quinn GRANGER	12	Kendal	23:46.98	209
	50m 39.43	100m 1:25.94	150m 2:12.57	200m 2:59.72	250m 3:47.20	300m 4:34.50	350m 5:23.85	400m 6:11.94
	450m 7:01.85	500m 7:49.51	550m 8:38.32	600m 9:25.92	650m 10:14.26	700m 11:03.45	750m 11:51.98	800m 12:42.16
	850m 13:30.94	900m 14:20.56	950m 15:10.18	1000m 15:58.82	1050m 16:47.85	1100m 17:36.67	1150m 18:24.32	1200m 19:14.25
	1250m 20:01.79	1300m 20:49.67	1350m 21:36.55	1400m 22:22.81	1450m 23:05.61	1500m 23:46.98		
15.	Matt CARR	45	Kendal	23:52.09	206
	50m 37.41	100m 1:20.61	150m 2:06.52	200m 2:52.89	250m 3:39.71	300m 4:27.57	350m 5:15.20	400m 6:04.85
	450m 6:53.93	500m 7:43.73	550m 8:32.83	600m 9:22.56	650m 10:12.11	700m 11:00.53	750m 11:49.68	800m 12:38.51
	850m 13:28.00	900m 14:17.21	950m 15:07.13	1000m 15:56.30	1050m 16:44.95	1100m 17:32.49	1150m 18:21.27	1200m 19:09.67
	1250m 19:57.85	1300m 20:44.76	1350m 21:32.94	1400m 22:21.36	1450m 23:07.65	1500m 23:52.09		
16.	James MCALEESE	13	Kendal	24:37.35	188
	50m 43.14	100m 1:31.41	150m 2:21.34	200m 3:11.12	250m 4:00.81	300m 4:51.07	350m 5:40.95	400m 6:30.60
	450m 7:20.27	500m 8:09.79	550m 9:00.18	600m 9:50.79	650m 10:41.38	700m 11:32.10	750m 12:22.10	800m 13:12.41
	850m 14:02.23	900m 14:52.75	950m 15:41.83	1000m 16:30.87	1050m 17:20.07	1100m 18:09.60	1150m 18:59.44	1200m 19:49.28
	1250m 20:38.83	1300m 21:26.31	1350m 22:14.90	1400m 23:03.55	1450m 23:51.88	1500m 24:37.35		
17.	Louie BELL	12	Kendal	28:27.86	121
	50m 43.99	100m 1:35.90	150m 2:30.26	200m 3:26.15	250m 4:22.56	300m 5:17.51	350m 6:14.15	400m 7:11.65
	450m 8:10.87	500m 9:08.80	550m 10:07.77	600m 11:05.08	650m 12:05.69	700m 13:07.50	750m 14:07.77	800m 15:07.52
	850m 16:06.13	900m 17:06.18	950m 18:07.10	1000m 19:07.36	1050m 20:06.55	1100m 21:02.46	1150m 22:01.55	1200m 22:59.39
	1250m 23:53.05	1300m 24:46.92	1350m 25:43.04	1400m 26:39.47	1450m 27:34.12	1500m 28:27.86		

FEMALE - Full Results

Place	Name	AaD	Club	Time	WA Pts

Kendal ASC Long Distance Gala 1 Results 2026

(Under ASA Laws and ASA Technical Rules of Swimming)

License 4NW261055

1.	Esmay DART	13	Kendal	19:22.46		476		
	50m 33.30	100m 1:10.04	150m 1:48.37	200m 2:26.42	250m 3:04.33	300m 3:42.80	350m 4:21.68	400m 4:59.97
	450m 5:38.44	500m 6:16.78	550m 6:55.40	600m 7:34.48	650m 8:13.58	700m 8:51.94	750m 9:31.95	800m 10:11.38
	850m 10:50.98	900m 11:32.72	950m 12:13.50	1000m 12:54.88	1050m 13:34.46	1100m 14:14.57	1150m 14:54.02	1200m 15:32.77
	1250m 16:11.99	1300m 16:52.03	1350m 17:30.50	1400m 18:09.33	1450m 18:47.06	1500m 19:22.46		
2.	Ava DIXON	14	Kendal	19:54.29		439		
	50m 33.66	100m 1:10.53	150m 1:48.84	200m 2:27.15	250m 3:05.24	300m 3:43.68	350m 4:22.55	400m 5:01.53
	450m 5:41.05	500m 6:20.59	550m 7:01.08	600m 7:40.92	650m 8:21.69	700m 9:01.82	750m 9:42.16	800m 10:23.39
	850m 11:05.23	900m 11:45.63	950m 12:27.71	1000m 13:08.74	1050m 13:50.87	1100m 14:33.22	1150m 15:14.91	1200m 15:56.62
	1250m 16:37.81	1300m 17:18.85	1350m 17:58.01	1400m 18:39.01	1450m 19:18.64	1500m 19:54.29		
3.	?rlaith TREACY	13	Kendal	19:55.48		438		
	50m 33.54	100m 1:11.85	150m 1:50.97	200m 2:30.03	250m 3:09.29	300m 3:48.77	350m 4:28.29	400m 5:07.71
	450m 5:47.29	500m 6:27.64	550m 7:07.06	600m 7:47.21	650m 8:26.74	700m 9:07.07	750m 9:47.48	800m 10:27.68
	850m 11:08.37	900m 11:49.27	950m 12:30.09	1000m 13:10.78	1050m 13:51.59	1100m 14:33.02	1150m 15:13.42	1200m 15:54.50
	1250m 16:35.56	1300m 17:16.46	1350m 17:56.71	1400m 18:37.25	1450m 19:17.26	1500m 19:55.48		
4.	Hannah CARRADICE	16	Kendal	20:02.32		431		
	50m 33.90	100m 1:12.95	150m 1:53.14	200m 2:33.37	250m 3:13.67	300m 3:53.93	350m 4:34.68	400m 5:15.24
	450m 5:55.95	500m 6:35.82	550m 7:16.11	600m 7:57.14	650m 8:37.75	700m 9:18.20	750m 9:58.23	800m 10:38.46
	850m 11:18.57	900m 11:59.79	950m 12:40.94	1000m 13:21.96	1050m 14:01.88	1100m 14:42.86	1150m 15:23.82	1200m 16:04.25
	1250m 16:44.92	1300m 17:25.85	1350m 18:06.02	1400m 18:46.04	1450m 19:25.48	1500m 20:02.32		
5.	Ruby DUXBURY	17	Kendal	20:26.47		406		
	50m 35.69	100m 1:15.12	150m 1:55.57	200m 2:36.17	250m 3:17.49	300m 3:58.38	350m 4:40.40	400m 5:21.69
	450m 6:02.85	500m 6:43.73	550m 7:25.51	600m 8:06.21	650m 8:47.83	700m 9:29.61	750m 10:11.41	800m 10:53.51
	850m 11:35.34	900m 12:17.61	950m 12:59.95	1000m 13:40.47	1050m 14:21.69	1100m 15:02.18	1150m 15:42.90	1200m 16:23.67
	1250m 17:05.43	1300m 17:45.32	1350m 18:25.40	1400m 19:06.11	1450m 19:46.68	1500m 20:26.47		
6.	Bethan ROWLEY	23	Kendal	20:26.83		405		
	50m 34.26	100m 1:12.08	150m 1:51.44	200m 2:31.66	250m 3:12.24	300m 3:52.88	350m 4:33.81	400m 5:15.08
	450m 5:56.11	500m 6:37.57	550m 7:19.23	600m 8:00.78	650m 8:42.15	700m 9:23.57	750m 10:05.07	800m 10:47.14
	850m 11:28.87	900m 12:10.71	950m 12:52.50	1000m 13:34.46	1050m 14:16.39	1100m 14:58.00	1150m 15:39.11	1200m 16:20.89
	1250m 17:03.08	1300m 17:44.61	1350m 18:26.37	1400m 19:08.17	1450m 19:48.97	1500m 20:26.83		
7.	Harriet STAINER	14	Kendal	21:07.80		367		
	50m 36.24	100m 1:16.33	150m 1:57.55	200m 2:38.84	250m 3:20.40	300m 4:01.61	350m 4:43.05	400m 5:24.62
	450m 6:06.35	500m 6:47.66	550m 7:29.45	600m 8:12.02	650m 8:54.21	700m 9:37.04	750m 10:20.03	800m 11:03.02
	850m 11:46.44	900m 12:29.38	950m 13:12.57	1000m 13:55.62	1050m 14:38.54	1100m 15:22.72	1150m 16:06.50	1200m 16:49.88
	1250m 17:33.58	1300m 18:17.34	1350m 19:00.85	1400m 19:44.30	1450m 20:27.18	1500m 21:07.80		
8.	Emma ANDERSON-BICKLEY	15	Kendal	21:10.93		364		
	50m 36.53	100m 1:17.94	150m 1:59.37	200m 2:41.11	250m 3:23.17	300m 4:06.28	350m 4:49.11	400m 5:32.72
	450m 6:15.65	500m 6:59.67	550m 7:43.95	600m 8:27.91	650m 9:11.16	700m 9:54.32	750m 10:37.10	800m 11:20.93
	850m 12:03.32	900m 12:45.76	950m 13:28.23	1000m 14:11.21	1050m 14:54.21	1100m 15:37.24	1150m 16:20.13	1200m 17:03.29
	1250m 17:46.14	1300m 18:29.37	1350m 19:10.68	1400m 19:52.48	1450m 20:33.68	1500m 21:10.93		
9.	Jessica ATKINSON	14	Kendal	21:23.33		354		
	50m 37.51	100m 1:17.74	150m 1:58.38	200m 2:40.77	250m 3:23.03	300m 4:06.02	350m 4:49.14	400m 5:32.75
	450m 6:16.15	500m 7:00.03	550m 7:44.55	600m 8:28.47	650m 9:12.62	700m 9:56.14	750m 10:38.83	800m 11:21.78
	850m 12:04.18	900m 12:46.87	950m 13:29.59	1000m 14:13.08	1050m 14:56.84	1100m 15:40.10	1150m 16:22.88	1200m 17:06.73
	1250m 17:50.49	1300m 18:33.81	1350m 19:16.83	1400m 20:00.44	1450m 20:42.39	1500m 21:23.33		
10.	Estela HRISTOVA	15	Kendal	21:33.32		346		
	50m 36.98	100m 1:19.03	150m 2:01.08	200m 2:43.33	250m 3:24.97	300m 4:07.71	350m 4:51.20	400m 5:34.61
	450m 6:18.41	500m 7:01.47	550m 7:45.20	600m 8:29.54	650m 9:13.35	700m 9:57.08	750m 10:40.53	800m 11:24.31
	850m 12:07.90	900m 12:51.97	950m 13:35.60	1000m 14:19.51	1050m 15:03.76	1100m 15:47.51	1150m 16:32.62	1200m 17:15.83
	1250m 17:59.34	1300m 18:44.26	1350m 19:27.66	1400m 20:10.95	1450m 20:53.46	1500m 21:33.32		
11.	Islay ATKINSON	14	Kendal	21:33.59		346		
	50m 36.64	100m 1:19.24	150m 2:02.79	200m 2:45.45	250m 3:29.14	300m 4:12.13	350m 4:55.50	400m 5:38.63
	450m 6:22.91	500m 7:06.53	550m 7:49.94	600m 8:33.54	650m 9:16.85	700m 10:01.22	750m 10:45.24	800m 11:29.16
	850m 12:13.67	900m 12:57.41	950m 13:40.94	1000m 14:24.81	1050m 15:08.80	1100m 15:52.28	1150m 16:35.69	1200m 17:19.82
	1250m 18:04.76	1300m 18:47.65	1350m 19:30.43	1400m 20:12.15	1450m 20:53.79	1500m 21:33.59		
12.	Jessica SMITH	13	Kendal	22:25.69		307		
	50m 37.22	100m 1:21.62	150m 2:05.95	200m 2:50.50	250m 3:35.59	300m 4:21.48	350m 5:06.38	400m 5:52.56
	450m 6:37.40	500m 7:23.29	550m 8:09.93	600m 8:55.82	650m 9:41.19	700m 10:26.81	750m 11:12.69	800m 11:57.26
	850m 12:42.92	900m 13:27.66	950m 14:14.57	1000m 14:59.85	1050m 15:44.45	1100m 16:29.87	1150m 17:14.68	1200m 18:00.63
	1250m 18:45.00	1300m 19:29.66	1350m 20:16.09	1400m 21:01.19	1450m 21:44.44	1500m 22:25.69		
13.	Maisey WILSON	14	Kendal	22:48.38		292		
	50m 37.69	100m 1:21.04	150m 2:05.58	200m 2:50.78	250m 3:35.78	300m 4:21.56	350m 5:06.98	400m 5:52.05
	450m 6:37.56	500m 7:23.35	550m 8:09.48	600m 8:55.07	650m 9:41.10	700m 10:27.59	750m 11:13.92	800m 12:00.32
	850m 12:46.57	900m 13:33.30	950m 14:20.54	1000m 15:07.27	1050m 15:54.20	1100m 16:40.35	1150m 17:27.23	1200m 18:13.99
	1250m 19:00.71	1300m 19:47.20	1350m 20:33.12	1400m 21:19.73	1450m 22:05.47	1500m 22:48.38		
14.	Megan TURNER	13	Kendal	23:21.33		272		
	50m 38.28	100m 1:22.51	150m 2:07.13	200m 2:51.96	250m 3:37.68	300m 4:24.05	350m 5:10.04	400m 5:56.22
	450m 6:43.12	500m 7:30.16	550m 8:17.48	600m 9:04.67	650m 9:52.86	700m 10:41.11	750m 11:29.04	800m 12:17.64
	850m 13:06.38	900m 13:54.76	950m 14:42.97	1000m 15:31.61	1050m 16:21.18	1100m 17:10.58	1150m 17:59.83	1200m 18:49.45
	1250m 19:38.18	1300m 20:23.93	1350m 21:10.00	1400m 21:56.17	1450m 22:40.41	1500m 23:21.33		
15.	Jessica BEAL	13	Kendal	23:33.49		265		
	50m 40.24	100m 1:26.31	150m 2:13.50	200m 3:00.73	250m 3:48.52	300m 4:37.94	350m 5:25.04	400m 6:13.03
	450m 7:00.91	500m 7:49.44	550m 8:37.25	600m 9:25.07	650m 10:14.07	700m 11:01.69	750m 11:48.82	800m 12:37.18
	850m 13:24.71	900m 14:13.14	950m 15:01.83	1000m 15:49.09	1050m 16:36.39	1100m 17:24.44	1150m 18:11.52	1200m 18:58.86
	1250m 19:46.42	1300m 20:34.37	1350m 21:22.94	1400m 22:09.48	1450m 22:54.40	1500m 23:33.49		
16.	Cecily KINLOCH	12	Kendal	23:39.85		261		
	50m 39.46	100m 1:26.41	150m 2:14.58	200m 3:01.92	250m 3:49.38	300m 4:37.95	350m 5:26.42	400m 6:14.71
	450m 7:02.34	500m 7:51.14	550m 8:39.63	600m 9:28.05	650m 10:16.78	700m 11:04.09	750m 11:52.02	800m 12:40.63
	850m 13:28.29	900m 14:16.23	950m 15:03.25	1000m 15:50.96	1050m 16:38.39	1100m 17:25.34	1150m 18:13.38	1200m 19:00.44
	1250m 19:48.88	1300m 20:36.42	1350m 21:23.43	1400m 22:09.98	1450m 22:56.89	1500m 23:39.85		
17.	Summer SZEGI	13	Kendal	23:48.64		256		
	50m 39.83	100m 1:25.05	150m 2:11.05	200m 2:59.17	250m 3:48.01	300m 4:34.66	350m 5:21.84	400m 6:09.91
	450m 6:59.24	500m 7:49.16	550m 8:36.90	600m 9:24.63	650m 10:13.72	700m 11:01.71	750m 11:51.10	800m 12:38.78
	850m 13:28.94	900m 14:17.81	950m 15:06.90	1000m 15:55.79	1050m 16:44.56	1100m 17:33.69	1150m 18:22.89	1200m 19:13.04
	1250m 20:00.84	1300m 20:49.75	1350m 21:38.28	1400m 22:25.21	1450m 23:09.64	1500m 23:48.64		
18.	Lyla BELL	13	Kendal	24:15.49		242		
	50m 39.88	100m 1:25.73	150m 2:12.90	200m 3:01.10	250m 3:49.46	300m 4:37.85	350m 5:26.74	400m 6:15.63
	450m 7:04.75	500m 7:53.85	550m 8:42.37	600m 9:31.31	650m 10:20.68	700m 11:09.67	750m 11:59.39	800m 12:48.05
	850m 13:38.26	900m 14:27.68	950m 15:18.25	1000m 16:07.65	1050m 16:57.60	1100m 17:47.70	1150m 18:38.43	1200m 19:28.81
	1250m 20:18.76	1300m 21:09.24	1350m 21:57.79	1400m 22:45.27	1450m 23:31.15	1500m 24:15.49		
19.	Josie WILSON	12	Kendal	24:31.91		234		
	50m 42.28	100m 1:29.44	150m 2:17.76	200m 3:06.57	250m 3:55.54	300m 4:45.13	350m 5:34.30	400m 6:22.71
	450m 7:11.28	500m 8:00.24	550m 8:49.90	600m 9:40.09	650m 10:29.66	700m 11:18.29	750m 12:08.53	800m 12:58.31
	850m 13:48.28	900m 14:37.49	950m 15:27.84	1000m 16:17.68	1050m 17:06.56	1100m 17:57.64	1150m 18:47.60	1200m 19:37.42
	1250m 20:27.33	1300m 21:17.15	1350m 22:07.53	1400m 22:58.14	1450m 23:47.12	1500m 24:31.91		

Kendal ASC Long Distance Gala 1 Results 2026

(Under ASA Laws and ASA Technical Rules of Swimming)

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20.	Anya HENLEY	12	Kendal	24:48.22		227		
	50m 42.92	100m 1:31.88	150m 2:21.08	200m 3:10.95	250m 4:00.98	300m 4:51.73	350m 5:41.36	400m 6:30.75
	450m 7:21.08	500m 8:12.10	550m 9:02.52	600m 9:53.40	650m 10:43.88	700m 11:35.01	750m 12:25.95	800m 13:16.20
	850m 14:06.93	900m 14:57.60	950m 15:47.60	1000m 16:38.48	1050m 17:29.07	1100m 18:19.86	1150m 19:10.17	1200m 20:00.52
	1250m 20:50.57	1300m 21:40.45	1350m 22:29.98	1400m 23:18.70	1450m 24:05.71	1500m 24:48.22		
21.	Evie FOTHERGILL	12	Kendal	25:25.27		211		
	50m 44.72	100m 1:33.59	150m 2:23.39	200m 3:14.86	250m 4:05.71	300m 4:56.79	350m 5:48.56	400m 6:40.48
	450m 7:32.44	500m 8:23.23	550m 9:15.51	600m 10:07.27	650m 10:59.27	700m 11:51.50	750m 12:43.47	800m 13:34.22
	850m 14:26.00	900m 15:17.48	950m 16:08.01	1000m 16:59.35	1050m 17:51.76	1100m 18:43.83	1150m 19:35.19	1200m 20:26.25
	1250m 21:17.84	1300m 22:08.76	1350m 22:58.48	1400m 23:49.02	1450m 24:38.12	1500m 25:25.27		
22.	Sophie ANNAND	12	Kendal	25:35.91		206		
	50m 44.61	100m 1:33.22	150m 2:23.86	200m 3:15.24	250m 4:06.85	300m 4:58.38	350m 5:50.81	400m 6:43.83
	450m 7:34.78	500m 8:26.80	550m 9:20.16	600m 10:12.34	650m 11:05.48	700m 11:58.20	750m 12:50.59	800m 13:42.11
	850m 14:34.46	900m 15:25.20	950m 16:16.52	1000m 17:07.30	1050m 17:58.51	1100m 18:50.77	1150m 19:41.53	1200m 20:31.86
	1250m 21:22.52	1300m 22:14.33	1350m 23:05.98	1400m 23:58.10	1450m 24:48.43	1500m 25:35.91		
23.	Halle NICHOLSON	12	Kendal	25:39.40		205		
	50m 43.58	100m 1:33.03	150m 2:23.31	200m 3:14.52	250m 4:05.42	300m 4:56.69	350m 5:48.94	400m 6:41.10
	450m 7:32.43	500m 8:23.87	550m 9:15.47	600m 10:07.25	650m 10:58.57	700m 11:50.53	750m 12:42.41	800m 13:33.85
	850m 14:25.64	900m 15:17.89	950m 16:09.28	1000m 17:00.34	1050m 17:52.35	1100m 18:43.95	1150m 19:37.19	1200m 20:30.07
	1250m 21:23.10	1300m 22:16.79	1350m 23:06.91	1400m 23:59.31	1450m 24:46.92	1500m 25:39.40		
24.	Elsie BEAL	11	Kendal	28:02.47		157		
	50m 49.44	100m 1:44.26	150m 2:40.37	200m 3:36.13	250m 4:31.42	300m 5:26.09	350m 6:21.02	400m 7:15.77
	450m 8:10.12	500m 9:06.28	550m 10:00.33	600m 10:55.04	650m 11:51.28	700m 12:47.48	750m 13:44.53	800m 14:41.14
	850m 15:38.42	900m 16:36.71	950m 17:35.66	1000m 18:35.42	1050m 19:34.92	1100m 20:33.43	1150m 21:31.53	1200m 22:30.07
	1250m 23:29.46	1300m 24:28.26	1350m 25:24.79	1400m 26:21.25	1450m 27:14.91	1500m 28:02.47		
25.	Jessica ANNAND	10	Kendal	28:33.62		148		
	50m 46.82	100m 1:40.94	150m 2:36.91	200m 3:34.18	250m 4:29.72	300m 5:25.47	350m 6:20.92	400m 7:15.76
	450m 8:10.43	500m 9:05.94	550m 10:01.71	600m 10:57.32	650m 11:54.75	700m 12:53.96	750m 13:52.12	800m 14:50.97
	850m 15:50.15	900m 16:48.83	950m 17:46.86	1000m 18:47.48	1050m 19:48.16	1100m 20:48.92	1150m 21:49.53	1200m 22:50.25
	1250m 23:48.85	1300m 24:48.53	1350m 25:46.90	1400m 26:45.71	1450m 27:41.98	1500m 28:33.62		
26.	Emily SOLENDER	11	Kendal	29:21.07		137		
	50m 47.78	100m 1:43.32	150m 2:40.98	200m 3:39.18	250m 4:36.00	300m 5:35.53	350m 6:35.26	400m 7:33.77
	450m 8:34.09	500m 9:32.82	550m 10:32.11	600m 11:31.66	650m 12:30.45	700m 13:30.25	750m 14:29.66	800m 15:29.53
	850m 16:29.92	900m 17:30.06	950m 18:30.89	1000m 19:32.08	1050m 20:32.71	1100m 21:33.52	1150m 22:34.34	1200m 23:35.45
	1250m 24:36.70	1300m 25:36.45	1350m 26:33.13	1400m 27:32.53	1450m 28:29.63	1500m 29:21.07		
27.	Ava GRANDISON	10	Kendal	30:34.38		121		
	50m 48.95	100m 1:46.22	150m 2:41.71	200m 3:42.10	250m 4:40.28	300m 5:41.83	350m 6:36.81	400m 7:36.54
	450m 8:37.56	500m 9:37.92	550m 10:41.95	600m 11:42.29	650m 12:45.22	700m 13:49.12	750m 14:52.01	800m 15:57.78
	850m 17:00.84	900m 18:05.46	950m 19:11.00	1000m 20:16.89	1050m 21:21.98	1100m 22:25.58	1150m 23:29.80	1200m 24:34.83
	1250m 25:31.30	1300m 26:35.24	1350m 27:39.73	1400m 28:39.42	1450m 29:42.14	1500m 30:34.38		