Kendal ASC Long Distance Gala 2 Results 2026

(Under ASA Laws and ASA Technical Rules of Swimming)
License 4NW262605

EVENT 1 Female 400m Freestyle

Full Results

Place	Name	AaD	Club	Time
1.	Orlaith TREACY	13	Kendal	4:53.33
	50m 32.75	100m 1:09.04	150m 1:46.30	200m 2:24.14	250m 3:02.13	300m 3:40.45	350m 4:17.53	400m 4:53.33
2.	Esmay DART	13	Kendal	4:53.53
	50m 32.91	100m 1:08.88	150m 1:45.78	200m 2:23.41	250m 3:00.95	300m 3:39.03	350m 4:17.48	400m 4:53.53
3.	Ava DIXON	14	Kendal	4:58.27
	50m 33.20	100m 1:10.08	150m 1:48.07	200m 2:26.54	250m 3:05.05	300m 3:43.23	350m 4:21.57	400m 4:58.27
4.	Harriet STAINER	14	Kendal	5:02.88
	50m 33.56	100m 1:10.92	150m 1:49.38	200m 2:28.07	250m 3:07.11	300m 3:46.38	350m 4:25.95	400m 5:02.88
5.	Hannah CARRADICE	16	Kendal	5:04.81
	50m 33.71	100m 1:11.30	150m 1:50.32	200m 2:29.73	250m 3:08.90	300m 3:48.81	350m 4:27.98	400m 5:04.81
6.	Evelyn KINNEAR	17	Kendal	5:08.58
	50m 33.41	100m 1:11.69	150m 1:51.46	200m 2:31.21	250m 3:11.14	300m 3:51.73	350m 4:31.26	400m 5:08.58
7.	Bethan ROWLEY	23	Kendal	5:13.10
	50m 33.35	100m 1:09.96	150m 1:48.05	200m 2:28.04	250m 3:08.78	300m 3:49.94	350m 4:32.44	400m 5:13.10
8.	Emma ANDERSON BICKLEY	15	Kendal	5:17.75
	50m 35.23	100m 1:14.44	150m 1:55.57	200m 2:36.57	250m 3:17.90	300m 3:58.72	350m 4:39.30	400m 5:17.75
9.	Jessica ATKINSON	14	Kendal	5:24.30
	50m 34.90	100m 1:14.74	150m 1:55.25	200m 2:36.58	250m 3:17.62	300m 4:00.38	350m 4:43.23	400m 5:24.30
10.	Jessica BEAL	13	Kendal	5:28.87
	50m 36.74	100m 1:18.17	150m 2:01.32	200m 2:43.75	250m 3:26.06	300m 4:09.04	350m 4:51.14	400m 5:28.87
11.	Maisey WILSON	14	Kendal	5:29.57
	50m 35.02	100m 1:15.16	150m 1:57.20	200m 2:40.73	250m 3:23.92	300m 4:07.05	350m 4:49.56	400m 5:29.57
12.	Megan TURNER	13	Kendal	5:32.31
	50m 35.71	100m 1:16.71	150m 1:59.24	200m 2:42.49	250m 3:25.90	300m 4:09.35	350m 4:52.22	400m 5:32.31
13.	Donna BLACKBURN	45	Kendal	5:34.73
	50m 36.41	100m 1:17.23	150m 1:59.13	200m 2:41.90	250m 3:25.39	300m 4:09.71	350m 4:53.60	400m 5:34.73
14.	Islay ATKINSON	14	Kendal	5:36.16
	50m 36.21	100m 1:18.28	150m 2:00.95	200m 2:44.29	250m 3:27.33	300m 4:10.25	350m 4:53.59	400m 5:36.16
15.	Estela HRISTOVA	15	Kendal	5:36.20
	50m 36.55	100m 1:17.53	150m 1:59.48	200m 2:42.47	250m 3:25.76	300m 4:10.02	350m 4:54.09	400m 5:36.20
16.	Jessica SMITH	13	Kendal	5:36.58
	50m 36.59	100m 1:18.65	150m 2:01.85	200m 2:45.38	250m 3:28.84	300m 4:11.73	350m 4:55.47	400m 5:36.58
17.	Lua SWAMI	15	Kendal	5:41.08
	50m 36.75	100m 1:19.35	150m 2:03.75	200m 2:48.16	250m 3:32.76	300m 4:17.01	350m 5:01.15	400m 5:41.08
18.	Mollie THOMAS	14	Kendal	5:47.05
	50m 35.53	100m 1:16.68	150m 2:01.54	200m 2:46.93	250m 3:33.21	300m 4:19.47	350m 5:04.66	400m 5:47.05
19.	Josie WILSON	12	Kendal	5:53.35
	50m 38.87	100m 1:22.59	150m 2:08.19	200m 2:53.99	250m 3:39.41	300m 4:25.67	350m 5:10.84	400m 5:53.35
20.	Cecily KINLOCH	12	Kendal	5:55.61
	50m 38.30	100m 1:22.62	150m 2:08.71	200m 2:54.33	250m 3:41.03	300m 4:26.72	350m 5:12.05	400m 5:55.61
21.	Sophie ANNAND	12	Kendal	6:04.81
	50m 40.72	100m 1:26.71	150m 2:14.41	200m 3:02.89	250m 3:50.26	300m 4:36.80	350m 5:22.14	400m 6:04.81
22.	Lyla BELL	13	Kendal	6:04.84
	50m 39.42	100m 1:25.07	150m 2:12.82	200m 2:59.96	250m 3:47.90	300m 4:36.23	350m 5:22.68	400m 6:04.84
23.	Halle NICHOLSON	12	Kendal	6:11.07
	50m 40.44	100m 1:25.76	150m 2:13.16	200m 3:01.31	250m 3:49.41	300m 4:37.45	350m 5:26.05	400m 6:11.07
24.	Anya HENLEY	12	Kendal	6:17.90
	50m 40.23	100m 1:25.72	150m 2:14.59	200m 3:04.07	250m 3:52.32	300m 4:41.63	350m 5:31.14	400m 6:17.90
25.	Evie FOTHERGILL	12	Kendal	6:19.56
	50m 42.15	100m 1:28.72	150m 2:17.08	200m 3:05.84	250m 3:55.20	300m 4:43.99	350m 5:33.52	400m 6:19.56
26.	Elsie BEAL	11	Kendal	6:28.44
	50m 42.63	100m 1:31.05	150m 2:20.61	200m 3:10.96	250m 4:01.71	300m 4:52.44	350m 5:43.70	400m 6:28.44
27.	Eleanor SKINNER	13	Kendal	6:34.69
	50m 42.11	100m 1:30.13	150m 2:21.32	200m 3:12.08	250m 4:03.05	300m 4:55.76	350m 5:47.23	400m 6:34.69
28.	Bethan CAULFIELD	10	Kendal	6:42.40
	50m 43.91	100m 1:34.22	150m 2:25.16	200m 3:17.30	250m 4:09.75	300m 5:02.50	350m 5:55.89	400m 6:42.40
29.	Paula MURE?AN	14	Kendal	6:45.46
	50m 44.22	100m 1:35.37	150m 2:27.85	200m 3:21.49	250m 4:15.34	300m 5:07.82	350m 6:01.10	400m 6:45.46
30.	Jessica ANNAND	10	Kendal	6:51.54
	50m 44.63	100m 1:36.12	150m 2:28.16	200m 3:21.40	250m 4:16.58	300m 5:11.46	350m 6:04.00	400m 6:51.54
31.	Amy HORNBY	48	Kendal	6:53.82
	50m 44.72	100m 1:34.83	150m 2:28.05	200m 3:21.52	250m 4:15.55	300m 5:09.64	350m 6:03.13	400m 6:53.82
32.	Emily SOLENDER	11	Kendal	6:59.34
	50m 44.06	100m 1:37.55	150m 2:32.09	200m 3:26.72	250m 4:20.71	300m 5:15.10	350m 6:09.62	400m 6:59.34
33.	Evie PRESCOTT	11	Kendal	7:06.89
	50m 48.96	100m 1:43.29	150m 2:37.99	200m 3:33.30	250m 4:27.82	300m 5:23.30	350m 6:17.66	400m 7:06.89
34.	Anna TAYLOR	11	Kendal	7:08.22
	50m 48.31	100m 1:43.29	150m 2:37.20	200m 3:31.38	250m 4:26.98	300m 5:21.68	350m 6:16.70	400m 7:08.22
35.	Erin STANFORD	10	Kendal	7:14.19
	50m 48.44	100m 1:42.68	150m 2:38.73	200m 3:33.82	250m 4:29.14	300m 5:25.13	350m 6:20.74	400m 7:14.19
36.	Ava GRADISON	10	Kendal	7:22.20
	50m 48.79	100m 1:44.31	150m 2:41.81	200m 3:39.68	250m 4:37.32	300m 5:35.58	350m 6:32.26	400m 7:22.20

EVENT 2 Open/Male 400m IM

Full Results

Place	Name	AaD	Club	Time
1.	Benjamin ROWLEY	18	Kendal	4:59.32
	50m 30.53	100m 1:05.74	150m 1:45.74	200m 2:26.08	250m 3:11.44	300m 3:55.38	350m 4:28.33	400m 4:59.32
2.	Elliott DART	15	Kendal	5:00.85
	50m 31.34	100m 1:09.20	150m 1:50.20	200m 2:32.75	250m 3:11.69	300m 3:54.30	350m 4:27.68	400m 5:00.85
3.	Jacob WILSON	14	Kendal	5:09.27
	50m 33.00	100m 1:09.81	150m 1:48.51	200m 2:26.95	250m 3:12.60	300m 3:58.76	350m 4:35.15	400m 5:09.27

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4.	Finlay WOOD	17	Kendal	5:23.74									
	50m 33.55	100m 1:11.63	150m 1:52.93	200m 2:34.80	250m 3:23.33	300m 4:10.99	350m 4:48.14	400m 5:23.74					
5.	George KINNEAR	15	Kendal	5:31.43									
	50m 34.36	100m 1:14.39	150m 1:57.15	200m 2:41.12	250m 3:29.34	300m 4:18.02	350m 4:55.46	400m 5:31.43					
6.	Lochlan HEDDLE	15	Kendal	5:32.86									
	50m 36.01	100m 1:19.13	150m 2:02.69	200m 2:45.21	250m 3:31.81	300m 4:20.26	350m 4:57.92	400m 5:32.86					
7.	Milo WILLIAMS	14	Kendal	5:39.23									
	50m 38.54	100m 1:26.92	150m 2:09.26	200m 2:50.76	250m 3:37.27	300m 4:22.54	350m 5:01.98	400m 5:39.23					
8.	Kai STANDER	13	Kendal	5:48.30									
	50m 39.21	100m 1:27.71	150m 2:10.61	200m 2:54.32	250m 3:42.65	300m 4:31.34	350m 5:10.60	400m 5:48.30					
9.	Harry ATKINSON	12	Kendal	5:51.24									
	50m 37.89	100m 1:23.26	150m 2:08.03	200m 2:54.52	250m 3:46.02	300m 4:38.45	350m 5:14.19	400m 5:51.24					
10.	Kit GRANDISON	13	Kendal	5:53.52									
	50m 38.52	100m 1:25.73	150m 2:10.54	200m 2:54.47	250m 3:44.40	300m 4:35.98	350m 5:15.69	400m 5:53.52					
11.	Michael CATON	42	Kendal	6:13.53									
	50m 37.68	100m 1:21.07	150m 2:10.98	200m 3:02.78	250m 3:55.94	300m 4:50.06	350m 5:33.70	400m 6:13.53					
12.	Keir WHITELEY	13	Kendal	6:23.91									
	50m 42.55	100m 1:32.24	150m 2:19.97	200m 3:07.41	250m 4:02.61	300m 4:57.51	350m 5:41.30	400m 6:23.91					
13.	Matt CARR	45	Kendal	6:38.26									
	50m 43.46	100m 1:35.21	150m 2:25.11	200m 3:16.80	250m 4:14.23	300m 5:13.13	350m 5:56.35	400m 6:38.26					
	Isaac HELME	12	Kendal	DQ 6. 4									
	Stuart MCGURK	65	Kendal	DQ 8. 3									