Kendal ASC Long Distance Gala 3 Results 2026

(Under ASA Laws and ASA Technical Rules of Swimming)
License 4NW262604

EVENT 1 Female 400m IM

Full Results

Place	Name	AaD	Club	Time				
1.	Ava DIXON	14	Kendal	5:34.90				
	50m 35.90	100m 1:18.63	150m 2:02.53	200m 2:47.38	250m 3:33.11	300m 4:19.70	350m 4:57.33	400m 5:34.90
2.	Orlaith TREACY	13	Carnforth	5:39.69				
	50m 36.13	100m 1:19.18	150m 2:02.57	200m 2:45.73	250m 3:35.43	300m 4:25.54	350m 5:03.31	400m 5:39.69
3.	Esmay DART	13	Kendal	5:39.70				
	50m 39.44	100m 1:24.05	150m 2:07.99	200m 2:50.71	250m 3:39.07	300m 4:27.17	350m 5:04.38	400m 5:39.70
4.	Hannah CARRADICE	16	Kendal	5:45.07				
	50m 35.57	100m 1:20.99	150m 2:07.05	200m 2:53.87	250m 3:41.67	300m 4:27.37	350m 5:07.51	400m 5:45.07
5.	Harriet STAINER	14	Kendal	5:52.40				
	50m 37.37	100m 1:20.99	150m 2:08.83	200m 2:55.18	250m 3:45.24	300m 4:34.88	350m 5:14.52	400m 5:52.40
6.	Emma ANDERSON BICKLEY	15	Kendal	5:59.03				
	50m 38.63	100m 1:23.20	150m 2:08.70	200m 2:53.51	250m 3:44.00	300m 4:36.26	350m 5:17.58	400m 5:59.03
7.	Maisey WILSON	14	Kendal	6:00.53				
	50m 37.07	100m 1:22.10	150m 2:08.45	200m 2:55.32	250m 3:47.74	300m 4:39.82	350m 5:21.36	400m 6:00.53
8.	Islay ATKINSON	14	Kendal	6:00.63				
	50m 39.51	100m 1:24.80	150m 2:11.57	200m 2:58.90	250m 3:46.21	300m 4:35.55	350m 5:19.17	400m 6:00.63
9.	Megan TURNER	13	Kendal	6:11.87				
	50m 40.46	100m 1:33.34	150m 2:17.27	200m 3:01.98	250m 3:54.63	300m 4:47.35	350m 5:30.80	400m 6:11.87
10.	Lua SWAMI	15	Kendal	6:21.91				
	50m 39.07	100m 1:29.82	150m 2:18.54	200m 3:08.70	250m 4:02.86	300m 4:55.41	350m 5:39.26	400m 6:21.91
11.	Donna BLACKBURN	45	Kendal	6:26.17				
	50m 38.68	100m 1:23.94	150m 2:15.66	200m 3:09.06	250m 4:03.93	300m 4:59.88	350m 5:44.12	400m 6:26.17
12.	Jessica SMITH	13	Kendal	6:30.87				
	50m 47.19	100m 1:42.63	150m 2:28.47	200m 3:18.85	250m 4:12.36	300m 5:05.65	350m 5:48.82	400m 6:30.87
13.	Jessica BEAL	13	Kendal	6:38.66				
	50m 40.26	100m 1:36.28	150m 2:24.90	200m 3:14.60	250m 4:14.57	300m 5:16.59	350m 5:58.82	400m 6:38.66
14.	Josie WILSON	12	Kendal	6:48.05				
	50m 49.57	100m 1:43.41	150m 2:32.57	200m 3:22.56	250m 4:19.74	300m 5:16.91	350m 6:03.48	400m 6:48.05
15.	Anya HENLEY	12	Kendal	6:49.01				
	50m 45.66	100m 1:43.07	150m 2:31.30	200m 3:19.70	250m 4:18.54	300m 5:17.56	350m 6:03.40	400m 6:49.01
16.	Evie FOTHERGILL	12	Kendal	6:49.65				
	50m 46.87	100m 1:42.27	150m 2:35.33	200m 3:26.90	250m 4:23.23	300m 5:19.29	350m 6:06.85	400m 6:49.65
17.	Sophie ANNAND	12	Kendal	6:57.22				
	50m 47.42	100m 1:43.69	150m 2:38.62	200m 3:33.15	250m 4:31.47	300m 5:29.86	350m 6:13.55	400m 6:57.22
18.	Halle NICHOLSON	12	Kendal	7:02.23				
	50m 49.35	100m 1:47.45	150m 2:38.08	200m 3:29.66	250m 4:29.62	300m 5:29.43	350m 6:17.40	400m 7:02.23
19.	Mhairi HELME	48	Kendal	7:24.57				
	50m 47.38	100m 1:45.02	150m 2:41.56	200m 3:37.15	250m 4:38.80	300m 5:41.33	350m 6:33.03	400m 7:24.57
20.	Eleanor SKINNER	13	Kendal	7:38.34				
	50m 48.11	100m 1:49.28	150m 2:49.07	200m 3:50.82	250m 4:50.37	300m 5:52.44	350m 6:46.25	400m 7:38.34
21.	Ava GRANDISON	10	Kendal	8:26.49				
	50m 1:01.29	100m 2:17.84	150m 3:20.06	200m 4:22.16	250m 5:27.20	300m 6:32.16	350m 7:30.06	400m 8:26.49
	Elsie BEAL	11	Kendal	DQ 10 .2L				
	Lyla BELL	13	Kendal	DQ 8. 4				

EVENT 2 Open/Male 400m Freestyle

Full Results

Place	Name	AaD	Club	Time				
1.	Elliott DART	15	Kendal	4:27.39				
	50m 29.84	100m 1:02.31	150m 1:36.35	200m 2:10.94	250m 2:45.28	300m 3:19.70	350m 3:54.28	400m 4:27.39
2.	Jacob WILSON	14	Kendal	4:30.58				
	50m 30.21	100m 1:03.72	150m 1:37.85	200m 2:12.56	250m 2:47.85	300m 3:23.80	350m 3:58.23	400m 4:30.58
3.	Benjamin ROWLEY	18	Kendal	4:33.64				
	50m 31.15	100m 1:04.94	150m 1:39.15	200m 2:14.83	250m 2:50.27	300m 3:25.86	350m 4:00.89	400m 4:33.64
4.	Finlay WOOD	17	Kendal	4:39.83				
	50m 31.54	100m 1:06.89	150m 1:42.26	200m 2:17.94	250m 2:53.48	300m 3:29.27	350m 4:05.45	400m 4:39.83
5.	George KINNEAR	15	Kendal	4:44.47				
	50m 30.29	100m 1:04.36	150m 1:40.60	200m 2:17.48	250m 2:54.74	300m 3:32.42	350m 4:09.50	400m 4:44.47
6.	Lochlan HEDDLE	15	Kendal	4:48.82				
	50m 32.09	100m 1:08.63	150m 1:46.66	200m 2:24.20	250m 3:02.54	300m 3:39.57	350m 4:15.93	400m 4:48.82
7.	Jarno STANDER	17	Kendal	4:49.94				
	50m 31.67	100m 1:06.77	150m 1:42.99	200m 2:19.87	250m 2:56.85	300m 3:34.78	350m 4:13.09	400m 4:49.94
8.	Jack CARRADICE	16	Kendal	4:51.66				
	50m 31.92	100m 1:07.60	150m 1:44.38	200m 2:21.56	250m 2:59.57	300m 3:37.69	350m 4:15.98	400m 4:51.66
9.	Milo WILLIAMS	14	Kendal	4:57.95				
	50m 32.25	100m 1:08.60	150m 1:46.23	200m 2:24.14	250m 3:02.74	300m 3:41.72	350m 4:20.57	400m 4:57.95
10.	Harry ATKINSON	12	Kendal	5:10.38				
	50m 34.97	100m 1:14.94	150m 1:55.02	200m 2:34.82	250m 3:14.33	300m 3:54.08	350m 4:33.51	400m 5:10.38
11.	Kai STANDER	13	Kendal	5:13.31				
	50m 34.71	100m 1:14.18	150m 1:54.31	200m 2:35.33	250m 3:16.31	300m 3:56.32	350m 4:36.16	400m 5:13.31
12.	Kit GRANDISON	13	Kendal	5:15.92				
	50m 35.54	100m 1:15.97	150m 1:56.26	200m 2:35.97	250m 3:17.00	300m 3:57.39	350m 4:37.70	400m 5:15.92
13.	Michael CATON	42	Kendal	5:24.37				
	50m 34.70	100m 1:13.28	150m 1:53.75	200m 2:35.38	250m 3:17.81	300m 4:00.59	350m 4:42.84	400m 5:24.37
14.	Keir WHITELEY	13	Kendal	5:35.03				
	50m 36.01	100m 1:17.47	150m 1:59.83	200m 2:42.69	250m 3:26.49	300m 4:11.23	350m 4:55.69	400m 5:35.03
15.	Isaac HELME	12	Kendal	5:43.92				
	50m 37.81	100m 1:21.51	150m 2:06.30	200m 2:51.12	250m 3:35.25	300m 4:19.58	350m 5:03.28	400m 5:43.92
16.	Jake DIXON	11	Kendal	5:46.16				
	50m 37.21	100m 1:20.04	150m 2:03.79	200m 2:49.30	250m 3:34.83	300m 4:19.54	350m 5:03.36	400m 5:46.16
17.	Matt CARR	45	Kendal	5:47.12				
	50m 34.71	100m 1:16.23	150m 2:00.12	200m 2:45.02	250m 3:31.55	300m 4:18.22	350m 5:04.25	400m 5:47.12

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18.	Sam FLINT		28	Kendal		5:51.71									
	50m	35.47	100m	1:17.19	150m	2:01.49	200m	2:47.23	250m	3:33.61	300m	4:19.78	350m	5:06.84	400m 5:51.71
19.	Quinn GRANGER		12	Kendal		5:53.31									
	50m	38.63	100m	1:23.88	150m	2:10.65	200m	2:56.81	250m	3:43.24	300m	4:29.66	350m	5:13.33	400m 5:53.31
20.	James MCALEESE		13	Kendal		5:56.77									
	50m	38.01	100m	1:22.46	150m	2:08.23	200m	2:54.47	250m	3:40.85	300m	4:27.42	350m	5:14.69	400m 5:56.77
21.	Guy FITZGERALD		50	Kendal		6:25.52									
	50m	38.48	100m	1:22.82	150m	2:12.63	200m	3:01.78	250m	3:52.14	300m	4:43.11	350m	5:35.31	400m 6:25.52
22.	Louie BELL		12	Kendal		6:40.68									
	50m	43.27	100m	1:32.07	150m	2:22.87	200m	3:14.06	250m	4:06.25	300m	5:00.24	350m	5:48.53	400m 6:40.68
23.	Charlie SUMMERFIELD		10	Kendal		6:43.12									
	50m	42.20	100m	1:34.12	150m	2:27.18	200m	3:20.16	250m	4:13.67	300m	5:06.51	350m	5:56.97	400m 6:43.12
24.	Stuart MCGURK		65	Kendal		7:23.10									
	50m	48.29	100m	1:43.07	150m	2:39.09	200m	3:36.31	250m	4:33.91	300m	5:31.51	350m	6:28.48	400m 7:23.10
25.	Ted MCALEESE		11	Kendal		8:00.24									
	50m	48.72	100m	1:48.29	150m	2:49.58	200m	3:52.72	250m	4:56.96	300m	5:59.11	350m	7:01.90	400m 8:00.24