



# Kendal ASC Long Distance 2024 Gala 2 Results

(Under ASA Laws and ASA Technical Rules of Swimming)

License 4NW242066

## EVENT 1 Female 400m Freestyle

### Full Results

Place	Name	AaD Club	Time	WA Pts			
1.	Kara VAN DER MERWE	14 Kendal	4:59.76	459			
	50m 32.97	100m 1:09.89	150m 1:47.92200m 2:26.04	250m 3:04.44	300m 3:43.26	350m 4:21.76	400m
4:59.76							
2.	Emma DUXBURY	17 Kendal	5:11.23	410			
	50m 34.21	100m 1:12.14	150m 1:51.30200m 2:31.13	250m 3:11.33	300m 3:51.83	350m 4:31.89	400m
5:11.23							
3.	Ruby DUXBURY	15 Kendal	5:12.27	406			
	50m 35.09	100m 1:13.37	150m 1:53.10200m 2:33.01	250m 3:13.05	300m 3:53.61	350m 4:33.77	400m
5:12.27							
4.	Kate COLLIN	16 Kendal	5:12.74	404			
	50m 33.74	100m 1:11.61	150m 1:50.57200m 2:30.49	250m 3:11.21	300m 3:52.32	350m 4:33.86	400m
5:12.74							
5.	Evelyn KINNEAR	15 Kendal	5:13.46	401			
	50m 34.34	100m 1:14.22	150m 1:55.01200m 2:35.88	250m 3:15.89	300m 3:55.98	350m 4:36.63	400m
5:13.46							
6.	Annie BOTTOMLEY	16 Kendal	5:15.26	394			
	50m 34.82	100m 1:14.55	150m 1:55.37200m 2:36.24	250m 3:17.06	300m 3:57.87	350m 4:37.33	400m
5:15.26							
7.	Charlotte STAINER	17 Kendal	5:20.72	375			
	50m 35.92	100m 1:15.52	150m 1:56.28200m 2:37.79	250m 3:18.86	300m 3:59.96	350m 4:40.75	400m
5:20.72							
8.	Harriet STAINER	12 Kendal	5:22.79	367			
	50m 35.66	100m 1:16.22	150m 1:57.34200m 2:38.84	250m 3:20.10	300m 4:02.15	350m 4:42.88	400m
5:22.79							
9.	Ava DIXON	12 Kendal	5:24.80	361			
	50m 36.06	100m 1:16.05	150m 1:58.41200m 2:40.58	250m 3:22.73	300m 4:04.76	350m 4:45.95	400m
5:24.80							
10.	Hannah CARRADICE	14 Kendal	5:25.71	358			
	50m 36.99	100m 1:17.80	150m 1:59.38200m 2:42.06	250m 3:24.50	300m 4:06.28	350m 4:46.98	400m
5:25.71							
11.	Indie BROOKES	12 Kendal	5:26.35	356			
	50m 35.83	100m 1:16.04	150m 1:57.95200m 2:40.91	250m 3:24.06	300m 4:06.07	350m 4:47.92	400m
5:26.35							
12.	Iona BUXTON	16 Kendal	5:29.16	346			
	50m 35.21	100m 1:14.68	150m 1:56.65200m 2:38.80	250m 3:21.07	300m 4:04.20	350m 4:47.15	400m
5:29.16							
13.	Jessica ATKINSON	12 Kendal	5:55.31	275			
	50m 39.70	100m 1:23.55	150m 2:08.86200m 2:54.30	250m 3:41.13	300m 4:27.94	350m 5:13.64	400m
5:55.31							
14.	Lua SWAMI	13 Kendal	6:00.95	263			
	50m 39.95	100m 1:25.20	150m 2:12.05200m 2:59.08	250m 3:46.24	300m 4:33.09	350m 5:19.58	400m
6:00.95							
15.	Maisey WILSON	12 Kendal	6:06.91	250			
	50m 40.06	100m 1:25.97	150m 2:12.48200m 2:59.98	250m 3:47.54	300m 4:35.06	350m 5:22.03	400m
6:06.91							
16.	Esmay DART	11 Kendal	6:11.05	242			
	50m 39.57	100m 1:26.31	150m 2:13.62200m 3:00.15	250m 3:48.31	300m 4:37.07	350m 5:24.55	400m
6:11.05							
17.	Mollie THOMAS	12 Kendal	6:11.16	242			
	50m 40.36	100m 1:27.10	150m 2:15.51200m 3:04.13	250m 3:53.17	300m 4:41.33	350m 5:28.31	400m
6:11.16							
18.	Megan TURNER	11 Kendal	6:16.52	231			
	50m 40.65	100m 1:28.60	150m 2:16.97200m 3:06.22	250m 3:54.91	300m 4:44.21	350m 5:33.56	400m
6:16.52							
19.	Jessica SMITH	11 Kendal	6:20.38	224			
	50m 41.60	100m 1:29.67	150m 2:16.72200m 3:06.58	250m 3:56.61	300m 4:44.43	350m 5:34.67	400m
6:20.38							
20.	Estela HRISTOVA	13 Kendal	6:22.31	221			
	50m 41.48	100m 1:28.70	150m 2:16.44200m 3:05.58	250m 3:55.53	300m 4:44.12	350m 5:30.48	400m
6:22.31							
21.	Orlaith TREACY	11 Kendal	6:24.22	218			
	50m 43.35	100m 1:34.06	150m 2:25.25200m 3:15.67	250m 4:04.64	300m 4:53.82	350m 5:41.12	400m
6:24.22							
22.	Sian MACDONALD	62 Kendal	6:28.92	210			
	50m 42.32	100m 1:29.23	150m 2:17.71200m 3:07.08	250m 3:56.67	300m 4:47.71	350m 5:38.83	400m
6:28.92							
23.	Lucy WILLIAMS	12 Kendal	6:29.29	209			
	50m 40.27	100m 1:29.56	150m 2:20.23200m 3:09.68	250m 4:01.37	300m 4:50.60	350m 5:42.34	400m
6:29.29							
24.	Anna SAMUS	12 Kendal	7:16.18	149			
	50m 46.90	100m 1:40.90	150m 2:37.08200m 3:32.90	250m 4:31.47	300m 5:24.96	350m 6:22.16	400m
7:16.18							
25.	Joanna WOJTACKA	11 Kendal	7:27.62	137			
	50m 48.74	100m 1:44.99	150m 2:44.40200m 3:42.31	250m 4:40.26	300m 5:39.53	350m 6:36.84	400m
7:27.62							



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26.	Lyla BELL	11 Kendal	7:43.06				124	
	50m 48.54	100m 1:46.48	150m 2:46.15	200m 3:45.96	250m 4:47.69	300m 5:49.78	350m 6:52.38	400m
	7:43.06							
27.	Eleanor SKINNER	11 Kendal	7:44.03				123	
	50m 51.79	100m 1:51.20	150m 2:51.77	200m 3:52.53	250m 4:54.53	300m 5:54.75	350m 6:51.26	400m
	7:44.03							
28.	Josie WILSON	10 Kendal	7:44.71				123	
	50m 48.75	100m 1:46.15	150m 2:45.90	200m 3:46.12	250m 4:46.62	300m 5:50.11	350m 6:52.63	400m
	7:44.71							
29.	Poppy CARLTON	11 Kendal	8:08.82				105	
	50m 55.34	100m 1:56.56	150m 3:00.22	200m 4:04.45	250m 5:08.41	300m 6:10.58	350m 7:11.97	400m
	8:08.82							

## EVENT 2 Open/Male 400m IM

Full Results

Place	Name	AaD Club	Time				WA Pts	
1.	Benjamin ROWLEY	16 Kendal	5:09.60				436	
	50m 32.30	100m 1:08.70	150m 1:48.72	200m 2:28.00	250m 3:16.35	300m 4:01.19	350m 4:35.94	400m
	5:09.60							
2.	Adam STANSFIELD	19 Kendal	5:19.92				395	
	50m 31.07	100m 1:08.43	150m 1:46.93	200m 2:26.14	250m 3:13.41	300m 4:01.18	350m 4:39.60	400m
	5:19.92							
3.	Jarmo STANDER	15 Kendal	5:34.26				346	
	50m 34.43	100m 1:16.04	150m 1:59.80	200m 2:42.63	250m 3:29.91	300m 4:19.22	350m 4:57.78	400m
	5:34.26							
4.	Max WHITEHEAD	15 Kendal	5:39.22				331	
	50m 35.67	100m 1:19.81	150m 2:04.82	200m 2:49.02	250m 3:35.53	300m 4:20.83	350m 5:01.61	400m
	5:39.22							
5.	Leo MURRAY	15 Kendal	5:43.91				318	
	50m 36.86	100m 1:21.75	150m 2:07.22	200m 2:51.19	250m 3:41.96	300m 4:31.13	350m 5:08.05	400m
	5:43.91							
6.	Finlay WOOD	15 Kendal	5:55.45				288	
	50m 37.35	100m 1:22.84	150m 2:06.62	200m 2:50.27	250m 3:42.80	300m 4:36.49	350m 5:15.94	400m
	5:55.45							
7.	Elliott DART	13 Kendal	5:59.71				278	
	50m 41.83	100m 1:33.39	150m 2:17.52	200m 3:02.23	250m 3:53.21	300m 4:43.88	350m 5:21.87	400m
	5:59.71							
8.	Jack CARRADICE	14 Kendal	6:00.57				276	
	50m 42.62	100m 1:33.82	150m 2:21.00	200m 3:07.02	250m 3:56.39	300m 4:45.92	350m 5:23.78	400m
	6:00.57							
9.	George KINNEAR	13 Kendal	6:08.11				259	
	50m 39.70	100m 1:31.28	150m 2:18.19	200m 3:05.54	250m 3:58.08	300m 4:50.77	350m 5:30.23	400m
	6:08.11							
10.	Jacob WILSON	12 Kendal	6:17.64				240	
	50m 39.72	100m -	150m 2:15.87	200m 2:59.98	250m 3:58.48	300m 4:55.41	350m 5:37.79	400m
	6:17.64							
11.	Michael CATON	40 Kendal	6:19.16				237	
	50m 37.63	100m 1:21.79	150m 2:12.99	200m 3:03.82	250m 3:58.00	300m 4:52.18	350m 5:35.97	400m
	6:19.16							
12.	Milo WILLIAMS	12 Kendal	6:35.68				208	
	50m 48.12	100m 1:46.13	150m 2:32.40	200m 3:19.28	250m 4:12.64	300m 5:06.54	350m 5:51.13	400m
	6:35.68							
13.	Matt CARR	43 Kendal	6:47.33				191	
	50m 40.66	100m 1:31.36	150m 2:21.54	200m 3:15.79	250m 4:16.37	300m 5:18.91	350m 6:04.04	400m
	6:47.33							
14.	Logan PINDER	12 Kendal	6:52.13				184	
	50m 46.33	100m 1:42.27	150m 2:32.21	200m 3:22.06	250m 4:21.46	300m 5:20.62	350m 6:07.43	400m
	6:52.13							