



**LONG TRACK RANKING LIST\***  
**2025-26**

Updated: 23 Mar 2026

Last	First	Category	500m Seconds		1000m Seconds		1500m Seconds		3000m Seconds		5000m Seconds	
<i>Bruce</i>	<i>Carter</i>	MN4	41.985	41.985	1:24.425	84.425	2:11.299	131.299	5:26.610	326.610		
<i>Dewar</i>	<i>Tiernan</i>	MB1	41.514	41.514	1:24.491	84.491	2:20.817	140.817	4:55.225	295.225	13:07.180	787.180
<i>Binns</i>	<i>Rob</i>	M50	44.480	44.480	1:27.670	87.670	2:12.910	132.910	4:43.040	283.040		
<i>Larter</i>	<i>Jenna</i>	LN4	38.056	38.056	1:18.000	78.000						
<i>de Haan</i>	<i>Mirthe</i>	LB1	47.200	47.200	1:32.945	92.945	2:27.059	147.059	5:25.076	325.076		

\* Including Olympic Style times only

  = outdoor time