

Scottish Indoor Rowing Championships 2016

Split Info - 1000m Events

	Total Time	Distance(m)	Av_Pace	Stroke Rate
Robert Strachan - Aberdeen BC - M30 Hwt 1k	3:01.3	500	1:29.8	31
		1000	1:31.5	30
Barry Greig - Sub 7 - M40 Hwt 1k	3:05.1	500	1:30.8	33
		1000	1:34.3	32
Guy Blackburn - Free Spirits - M40 Lwt 1k	3:09.7	500	1:33.8	39
		1000	1:35.9	39
Philip Dyer - DW Preston - M50 Hwt 1k	3:14.4	500	1:38.5	33
		1000	1:35.9	36
Ken Lake - Lakes Fitness - M60 Hwt 1k	3:18.3	500	1:37.7	39
		1000	1:40.6	38
Guy Chatfield - Clydesdale ARC - M40 Hwt 1k	3:18.6	500	1:34.5	34
		1000	1:44.1	33
Mike Forder - - M60 Hwt 1k	3:24.5	500	1:39.8	32
		1000	1:44.7	33
James Dickinson - - M50 Hwt 1k	3:24.9	500	1:40.7	36
		1000	1:44.2	35
Adrian Walker - - M50 Lwt 1k	3:25.8	500	1:45.4	32
		1000	1:40.4	37
Roger Stainforth - Durham ARC - M70 Hwt 1k	3:28.2	500	1:44.0	32
		1000	1:44.2	32
Julian Kennedy - - M60 Lwt 1k	3:33.7	500	1:46.1	38
		1000	1:47.6	37
Thomas Yule - WCRC - M70 Hwt 1k	3:34.9	500	1:47.3	29
		1000	1:47.6	30
Stewart Fleming - Tay RC - M60 Lwt 1k	3:37.5	500	1:48.5	32
		1000	1:49.0	34
Clare Rainbow - Castle Semple RC - W50 Lwt 1k	3:41.3	500	1:50.6	33
		1000	1:50.7	34
Fiona Davidson - Loch Lomond RC - W30 Hwt 1k	4:05.5	500	1:56.6	36
		1000	2:08.9	32
Caroline Parker - Castle Semple RC - W50 Lwt 1k	4:09.5	500	2:00.4	37
		1000	2:09.1	34
Heather Yule - WCRC - W60 Hwt 1k	4:10.9	500	2:07.2	30
		1000	2:03.7	31
Gel Forder - - W60 Hwt 1k	4:17.7	500	2:07.1	31
		1000	2:10.6	31
Heather Allan - - W40 Hwt 1k	4:21.8	500	2:06.9	39
		1000	2:14.9	36
Andrea Slow - - W50 Hwt 1k	4:26.7	500	2:08.6	33
		1000	2:18.1	29
	Total Time	Distance(m)	Av_Pace	Stroke Rate
Tom Giles - Edinburgh Uni - M Fresh 1k	3:00.5	500	1:28.1	32
		1000	1:32.4	31
Michael Ratcliffe - Glasgow Uni - M Fresh 1k	3:01.5	500	1:29.2	33

		1000	1:32.3	33
Alex Owens - Edinburgh Uni - M Fresh 1k	3:05.4	500	1:29.2	38
		1000	1:36.2	35
Eddie McDiarmid - Edinburgh Uni - M Fresh 1k	3:06.9	500	1:32.1	31
		1000	1:34.8	30
Daragh Doyle - Edinburgh Uni - M Fresh 1k	3:09.8	500	1:30.0	47
		1000	1:39.8	39
Matt Jackson - Glasgow Uni - M Fresh 1k	3:12.0	500	1:29.6	36
		1000	1:42.4	31
Mike Simpson - Strathclyde Uni - M Fresh 1k	3:13.1	500	1:32.7	36
		1000	1:40.4	33
Angus Preston - Edinburgh Uni - M Fresh 1k	3:14.1	500	1:34.3	36
		1000	1:39.8	34
Pedro Pei - Edinburgh Uni - M Fresh 1k	3:14.5	500	1:35.9	34
		1000	1:38.6	33
Jack Hughes - Dundee Uni - M Fresh 1k	3:14.6	500	1:35.4	35
		1000	1:39.2	33
Angus Reid - Edinburgh Uni - M Fresh 1k	3:14.8	500	1:33.8	38
		1000	1:41.0	37
Ryan Head - Glasgow Uni - M Fresh 1k	3:15.3	500	1:30.7	49
		1000	1:44.6	39
Rufus Lopes - Edinburgh Uni - M Fresh 1k	3:17.2	500	1:35.0	32
		1000	1:42.2	30
Toby Croft - Glasgow Uni - M Fresh 1k	3:18.5	500	1:32.1	37
		1000	1:46.4	33
Taliesin Renouf - Edinburgh Uni - M Fresh 1k	3:18.7	500	1:34.5	34
		1000	1:44.2	32
Columban Young-Smith - Glasgow Uni - M Fresh 1k	3:19.0	500	1:39.6	39
		1000	1:39.4	39
Euan Strachan - Strathclyde Uni - M Fresh 1k	3:19.4	500	1:35.9	36
		1000	1:43.5	34
Boris Wagner - Edinburgh Uni - M Fresh 1k	3:20.9	500	1:37.0	35
		1000	1:43.9	33
Jack Wilson - Stirling Uni - M Fresh 1k	3:21.2	500	1:37.4	39
		1000	1:43.8	36
Alex Scholz - Glasgow Uni - M Fresh 1k	3:21.6	500	1:35.4	34
		1000	1:46.2	31
Hector Inglis - Glasgow Uni - M Fresh 1k	3:21.9	500	1:35.8	41
		1000	1:46.1	32
Philippe Henricot - Edinburgh Uni - M Fresh 1k	3:22.6	500	1:34.6	32
		1000	1:48.0	29
Gordon McCauley - Glasgow Uni - M Fresh 1k	3:23.1	500	1:35.4	42
		1000	1:47.7	37
Will Lax - Edinburgh Uni - M Fresh 1k	3:23.3	500	1:36.2	34
		1000	1:47.1	33
Nicholas Watson - Strathclyde Uni - M Fresh 1k	3:23.3	500	1:38.1	35
		1000	1:45.2	33
Finley Dyer - Edinburgh Uni - M Fresh 1k	3:23.6	500	1:39.8	34
		1000	1:43.8	32
Oscar Zollerman-Thomas - Edinburgh Uni - M Fresh 1k	3:23.9	500	1:38.9	30

		1000	1:45.0	30
Matthew McInnes - Strathclyde Uni - M Fresh 1k	3:24.0	500	1:33.9	36
		1000	1:50.1	33
Ethan Katz - Strathclyde Uni - M Fresh 1k	3:24.3	500	1:37.4	35
		1000	1:46.9	34
Aaron Khan - Glasgow Uni - M Fresh 1k	3:24.3	500	1:35.7	41
		1000	1:48.6	34
Joss Lazenby - Glasgow Uni - M Fresh 1k	3:24.5	500	1:38.5	33
		1000	1:46.0	31
Ronan Welch - Strathclyde Uni - M Fresh 1k	3:24.7	500	1:36.6	41
		1000	1:48.1	39
Matthew Docherty - Glasgow Uni - M Fresh 1k	3:26.1	500	1:38.7	40
		1000	1:47.4	39
Struan Grant - Strathclyde Uni - M Fresh 1k	3:26.4	500	1:38.0	37
		1000	1:48.4	33
Stuart Rendall - Glasgow Uni - M Fresh 1k	3:26.4	500	1:36.4	42
		1000	1:50.0	34
Glen Urquhart - Glasgow Uni - M Fresh 1k	3:26.5	500	1:38.9	33
		1000	1:47.6	31
Jack Scott - Dundee Uni - M Fresh 1k	3:26.9	500	1:37.8	35
		1000	1:49.1	30
Christopher Martens - Glasgow Uni - M Fresh 1k	3:26.9	500	1:39.9	39
		1000	1:47.0	38
Elliot Tilling - Glasgow Uni - M Fresh 1k	3:26.9	500	1:41.9	35
		1000	1:45.0	34
Russell Bell - Strathclyde Uni - M Fresh 1k	3:27.8	500	1:38.2	38
		1000	1:49.6	35
Chris Van der Merwe - Glasgow Uni - M Fresh 1k	3:27.8	500	1:46.5	37
		1000	1:41.3	33
Johnny Apmann - Dundee Uni - M Fresh 1k	3:27.9	500	1:38.5	38
		1000	1:49.4	34
Guy Balogun - Edinburgh Uni - M Fresh 1k	3:28.2	500	1:37.7	34
		1000	1:50.5	32
Kasper Huse - Strathclyde Uni - M Fresh 1k	3:28.5	500	1:40.0	37
		1000	1:48.5	33
Harry McLachlan - Glasgow Uni - M Fresh 1k	3:28.5	500	1:39.8	33
		1000	1:48.7	29
Jake Hill - Edinburgh Uni - M Fresh 1k	3:29.0	500	1:39.2	33
		1000	1:49.8	31
Nico Schulze - Glasgow Uni - M Fresh 1k	3:29.2	500	1:33.8	44
		1000	1:55.4	37
Josh Lawson - Stirling Uni - M Fresh 1k	3:29.5	500	1:40.6	40
		1000	1:48.9	37
Daniel Barr - Strathclyde Uni - M Fresh 1k	3:29.6	500	1:35.6	36
		1000	1:54.0	29
Fraser Carter - Glasgow Uni - M Fresh 1k	3:29.8	500	1:40.5	39
		1000	1:49.3	35
Sam Wilson - Dundee Uni - M Fresh 1k	3:29.8	500	1:39.9	38
		1000	1:49.9	37
Cameron Jones - Edinburgh Uni - M Fresh 1k	3:30.1	500	1:41.9	32

		1000	1:48.2	31
James Cockburn - St Andrews Uni - M Fresh 1k	3:30.3	500	1:41.5	34
		1000	1:48.8	33
Robert Davies - Edinburgh Uni - M Fresh 1k	3:30.7	500	1:41.0	34
		1000	1:49.7	32
Marcus Robertson-Jones - Dundee Uni - M Fresh 1k	3:31.7	500	1:42.1	29
		1000	1:49.6	28
Stewart Wilson - Edinburgh Uni - M Fresh 1k	3:32.0	500	1:37.9	32
		1000	1:54.1	28
Tommy Field - Strathclyde Uni - M Fresh 1k	3:32.2	500	1:39.3	34
		1000	1:52.9	31
Robert McNutt - St Andrews Uni - M Fresh 1k	3:32.9	500	1:41.6	35
		1000	1:51.3	36
Ivan Mihajlovic - Glasgow Uni - M Fresh 1k	3:34.2	500	1:45.2	39
		1000	1:49.0	36
Alasdair Murphy - St Andrews Uni - M Fresh 1k	3:34.9	500	1:42.9	39
		1000	1:52.0	37
Niklas Wartha - Glasgow Uni - M Fresh 1k	3:35.0	500	1:43.0	34
		1000	1:52.0	32
Shaun Martin - Dundee Uni - M Fresh 1k	3:35.1	500	1:38.8	40
		1000	1:56.3	33
Elliot Collingwood-Smith - Edinburgh Uni - M Fresh 1k	3:35.5	500	1:43.8	32
		1000	1:51.7	30
Euan Lambert - Edinburgh Uni - M Fresh 1k	3:36.8	500	1:46.9	35
		1000	1:49.9	35
Ezra Dorsch - Strathclyde Uni - M Fresh 1k	3:37.4	500	1:44.1	33
		1000	1:53.3	33
Daniel Morris - Strathclyde Uni - M Fresh 1k	3:37.7	500	1:42.5	35
		1000	1:55.2	30
Zibo Ao - Edinburgh Uni - M Fresh 1k	3:37.8	500	1:44.7	33
		1000	1:53.1	33
James Fleming - Glasgow Uni - M Fresh 1k	3:37.9	500	1:46.4	39
		1000	1:51.5	36
Scott Christian - Glasgow Uni - M Fresh 1k	3:38.5	500	1:46.9	37
		1000	1:51.6	37
Cameron Grant - St Andrews Uni - M Fresh 1k	3:38.9	500	1:44.8	34
		1000	1:54.1	33
Ollie Logan - Edinburgh Uni - M Fresh 1k	3:40.1	500	1:43.6	37
		1000	1:56.5	33
Alex Kinnerseley - Glasgow Uni - M Fresh 1k	3:40.5	500	1:40.6	38
		1000	1:59.9	35
Hamzah Mushtaq - Glasgow Uni - M Fresh 1k	3:41.2	500	1:46.4	35
		1000	1:54.8	32
Joerie Arkesteijn - Glasgow Uni - M Fresh 1k	3:41.4	500	1:45.1	35
		1000	1:56.3	33
Cameron Howard - Dundee Uni - M Fresh 1k	3:42.0	500	1:45.4	42
		1000	1:56.6	42
Campbell Finnie - Stirling Uni - M Fresh 1k	3:42.4	500	1:44.0	37
		1000	1:58.4	32
Robert Frod - St Andrews Uni - M Fresh 1k	3:42.4	500	1:47.5	35

		1000	1:54.9	32
Theodore Barrett-Marshall - Stirling Uni - M Fresh 1k	3:43.2	500	1:48.5	33
		1000	1:54.7	31
Benjamin Cooper - Strathclyde Uni - M Fresh 1k	3:44.0	500	1:41.4	36
		1000	2:02.6	28
Simon Goodman - Edinburgh Uni - M Fresh 1k	3:44.9	500	1:46.6	38
		1000	1:58.3	35
Nathan Burns - Edinburgh Uni - M Fresh 1k	3:46.4	500	1:47.9	37
		1000	1:58.5	36
Mark Wallace - Glasgow Uni - M Fresh 1k	3:46.8	500	1:50.4	34
		1000	1:56.4	31
Ian Ross - Glasgow Uni - M Fresh 1k	3:47.5	500	1:48.8	36
		1000	1:58.7	33
Lewis Shillinglaw - Dundee Uni - M Fresh 1k	3:47.6	500	1:49.2	42
		1000	1:58.4	39
Aaron Jamieson - Edinburgh Uni - M Fresh 1k	3:48.1	500	1:43.9	38
		1000	2:04.2	37
Domhnall O'Driscueil - Strathclyde Uni - M Fresh 1k	3:48.5	500	1:49.3	35
		1000	1:59.2	32
Ross Cassidy - Stirling Uni - M Fresh 1k	3:50.7	500	1:51.0	38
		1000	1:59.7	37
Andrew Lin - Edinburgh Uni - M Fresh 1k	3:50.9	500	1:53.1	32
		1000	1:57.8	32
Daniel Erskine - Glasgow Uni - M Fresh 1k	3:53.4	500	1:55.5	37
		1000	1:57.9	36
Matthew Simpson - Dundee Uni - M Fresh 1k	3:55.1	500	1:51.7	37
		1000	2:03.4	35
Sam Griffin - Edinburgh Uni - M Fresh 1k	3:56.1	500	1:50.5	30
		1000	2:05.6	29
James Parker - Dundee Uni - M Fresh 1k	3:56.8	500	1:49.7	33
		1000	2:07.1	32
Aidan Carlin - Strathclyde Uni - M Fresh 1k	3:57.5	500	1:48.3	38
		1000	2:09.2	32
Jack Tanner - Glasgow Uni - M Fresh 1k	4:01.5	500	1:57.2	29
		1000	2:04.3	29
Rory Ballantyne - Glasgow Uni - M Fresh 1k	4:02.1	500	1:54.3	37
		1000	2:07.8	34
David Tweedie - Strathclyde Uni - M Fresh 1k	4:02.2	500	1:53.7	39
		1000	2:08.5	35
	Total Time	Distance(m)	Av_Pace	Stroke Rate
Amy Tulloch - Glasgow Uni - W Fresh 1k	3:42.2	500	1:47.4	35
		1000	1:54.8	33
Tara Bishop - Edinburgh Uni - W Fresh 1k	3:43.6	500	1:47.3	31
		1000	1:56.3	29
Perri Mccluskey - Stirling Uni - W Fresh 1k	3:44.1	500	1:49.8	35
		1000	1:54.3	34
Aoife McCarthy - Edinburgh Uni - W Fresh 1k	3:44.9	500	1:49.2	34
		1000	1:55.7	31

Rebecca Perry - Glasgow Uni - W Fresh 1k	3:45.6	500	1:47.9	41
		1000	1:57.7	36
Amy Mitchell - Edinburgh Uni - W Fresh 1k	3:46.6	500	1:52.5	31
		1000	1:54.1	30
Flo Savage - Edinburgh Uni - W Fresh 1k	3:47.6	500	1:49.3	33
		1000	1:58.3	32
Naomi Wood - St Andrews Uni - W Fresh 1k	3:47.7	500	1:50.6	34
		1000	1:57.1	31
Georgie Townsend - Edinburgh Uni - W Fresh 1k	3:49.8	500	1:52.4	32
		1000	1:57.4	30
Nina Gray - Glasgow Uni - W Fresh 1k	3:50.6	500	1:51.3	37
		1000	1:59.3	36
Julia Marache - St Andrews Uni - W Fresh 1k	3:50.8	500	1:51.4	33
		1000	1:59.4	32
Siobhan Wilson - Glasgow Uni - W Fresh 1k	3:51.8	500	1:52.3	33
		1000	1:59.5	30
Marlis Schmidt - Edinburgh Uni - W Fresh 1k	3:52.5	500	1:47.9	36
		1000	2:04.6	35
Meghan Feld - Strathclyde Uni - W Fresh 1k	3:52.6	500	1:55.1	37
		1000	1:57.5	35
Zara Francis - Glasgow Uni - W Fresh 1k	3:55.1	500	1:56.8	32
		1000	1:58.3	31
Aliese Steinhart - Glasgow Uni - W Fresh 1k	3:55.1	500	1:53.7	35
		1000	2:01.4	31
Christine Nikander - Edinburgh Uni - W Fresh 1k	3:55.3	500	1:49.9	35
		1000	2:05.4	32
Mollie Martin - Edinburgh Uni - W Fresh 1k	3:55.5	500	1:53.5	36
		1000	2:02.0	32
Elizabeth Barreiro - Glasgow Uni - W Fresh 1k	3:55.5	500	1:53.0	41
		1000	2:02.5	36
Hanah Duheric - Edinburgh Uni - W Fresh 1k	3:56.0	500	1:56.5	33
		1000	1:59.5	32
Philine Meyjohan - Edinburgh Uni - W Fresh 1k	3:56.1	500	1:52.5	34
		1000	2:03.6	31
Anna Forbes - Stirling Uni - W Fresh 1k	3:56.4	500	1:57.2	35
		1000	1:59.2	35
Ailsa Smith - Glasgow Uni - W Fresh 1k	3:56.8	500	1:55.9	34
		1000	2:00.9	31
Mary King - Edinburgh Uni - W Fresh 1k	3:57.4	500	1:53.4	33
		1000	2:04.0	31
Morgan Hartley - St Andrews Uni - W Fresh 1k	3:57.5	500	1:57.8	30
		1000	1:59.7	30
Izzy MacDonald - Glasgow Uni - W Fresh 1k	3:58.0	500	1:55.6	39
		1000	2:02.4	36
Tara Grimsley-Moore - Edinburgh Uni - W Fresh 1k	3:58.1	500	1:54.4	34
		1000	2:03.7	33
Robyn Barclay - St Andrews Uni - W Fresh 1k	3:58.6	500	1:56.9	34
		1000	2:01.7	32
Catherine Holland - Glasgow Uni - W Fresh 1k	3:59.2	500	1:55.7	37
		1000	2:03.5	34

Jessica Rowe - Glasgow Uni - W Fresh 1k	3:59.5	500	1:54.2	36
		1000	2:05.3	32
Hannah Garside - Edinburgh Uni - W Fresh 1k	3:59.5	500	1:51.8	34
		1000	2:07.7	30
Kirsty Naismith - Glasgow Uni - W Fresh 1k	3:59.7	500	1:59.1	33
		1000	2:00.6	33
Kirstin MacKay - Glasgow Uni - W Fresh 1k	3:59.8	500	1:53.7	37
		1000	2:06.1	35
Ciara Giblin - Glasgow Uni - W Fresh 1k	4:00.1	500	1:56.0	33
		1000	2:04.1	30
Victoria McCann - Edinburgh Uni - W Fresh 1k	4:00.3	500	1:53.5	40
		1000	2:06.8	38
Carmel Connelly - Glasgow Uni - W Fresh 1k	4:00.8	500	1:57.2	32
		1000	2:03.6	29
Elinor Tipper - Glasgow Uni - W Fresh 1k	4:01.6	500	1:57.1	32
		1000	2:04.5	28
Jane MacGregor - Glasgow Uni - W Fresh 1k	4:02.1	500	1:59.9	33
		1000	2:02.2	30
Beth Townsend - Stirling Uni - W Fresh 1k	4:02.6	500	1:51.1	35
		1000	2:11.5	29
Alanna Fockler - Glasgow Uni - W Fresh 1k	4:02.9	500	1:55.0	37
		1000	2:07.9	30
Leah Jackson - Dundee Uni - W Fresh 1k	4:03.3	500	1:52.5	35
		1000	2:10.8	32
Lucy Donaldson - Glasgow Uni - W Fresh 1k	4:04.9	500	1:59.2	34
		1000	2:05.7	33
Agharad Wood - Strathclyde Uni - W Fresh 1k	4:05.0	500	1:56.7	35
		1000	2:08.3	31
Katie Kennedy - Edinburgh Uni - W Fresh 1k	4:05.0	500	2:00.2	32
		1000	2:04.8	34
Sophie Anderson - Glasgow Uni - W Fresh 1k	4:05.3	500	1:57.3	35
		1000	2:08.0	32
Erica Buehlow - Dundee Uni - W Fresh 1k	4:05.4	500	1:55.8	45
		1000	2:09.6	42
Laura Greenwood - Glasgow Uni - W Fresh 1k	4:05.5	500	1:58.0	33
		1000	2:07.5	30
Emily Lees-Millais - Edinburgh Uni - W Fresh 1k	4:05.6	500	2:02.5	33
		1000	2:03.1	33
Anna Miller - Glasgow Uni - W Fresh 1k	4:06.1	500	1:58.8	34
		1000	2:07.3	29
Charlotte Higgins - Edinburgh Uni - W Fresh 1k	4:06.5	500	2:01.6	34
		1000	2:04.9	34
India Grant-Wood - Edinburgh Uni - W Fresh 1k	4:07.4	500	2:00.1	35
		1000	2:07.3	35
Freda Dub - Edinburgh Uni - W Fresh 1k	4:08.1	500	1:56.1	35
		1000	2:12.0	32
Skye Arnott - St Andrews Uni - W Fresh 1k	4:08.2	500	1:59.6	32
		1000	2:08.6	31
Catrin Stephen - Glasgow Uni - W Fresh 1k	4:08.4	500	2:00.5	35
		1000	2:07.9	34

Hannah Ford - Glasgow Uni - W Fresh 1k	4:08.5	500	2:00.5	36
		1000	2:08.0	33
Heidi White - Edinburgh Uni - W Fresh 1k	4:09.7	500	1:59.0	41
		1000	2:10.7	37
Rachel Irwin - Edinburgh Uni - W Fresh 1k	4:10.2	500	2:00.1	35
		1000	2:10.1	32
Sofiia Bairamukova - St Andrews Uni - W Fresh 1k	4:10.4	500	2:01.6	37
		1000	2:08.8	39
Johanna Stoye - Edinburgh Uni - W Fresh 1k	4:11.2	500	1:56.8	34
		1000	2:14.4	32
Katie Allison - Stirling Uni - W Fresh 1k	4:11.5	500	2:02.8	32
		1000	2:08.7	31
Louise Pearce - Glasgow Uni - W Fresh 1k	4:11.7	500	1:57.1	32
		1000	2:14.6	28
Claire Robertson - Dundee Uni - W Fresh 1k	4:12.8	500	1:58.0	32
		1000	2:14.8	27
Una Mackie - Edinburgh Uni - W Fresh 1k	4:14.2	500	1:58.6	37
		1000	2:15.6	33
Alison Maxwell - Strathclyde Uni - W Fresh 1k	4:16.1	500	2:07.4	31
		1000	2:08.7	28
Amelia Briggs-Morris - St Andrews Uni - W Fresh 1k	4:16.5	500	2:03.3	35
		1000	2:13.2	33
Laura Hannah - Glasgow Uni - W Fresh 1k	4:17.5	500	2:06.4	35
		1000	2:11.1	33
Megan Davies - Dundee Uni - W Fresh 1k	4:17.7	500	1:58.9	39
		1000	2:18.8	31
Ellen Cooper - Glasgow Uni - W Fresh 1k	4:18.6	500	2:05.5	36
		1000	2:13.1	32
Dominique Forson - Glasgow Uni - W Fresh 1k	4:18.9	500	1:59.4	36
		1000	2:19.5	35
Natalie Wood - Edinburgh Uni - W Fresh 1k	4:19.4	500	2:03.0	36
		1000	2:16.4	33
Olivia Tucker - Glasgow Uni - W Fresh 1k	4:19.8	500	2:05.0	37
		1000	2:14.8	34
Molly Faure - Glasgow Uni - W Fresh 1k	4:19.9	500	2:03.5	32
		1000	2:16.4	29
Guadalupe Carnicero-Fernandez - Edinburgh Uni - W Fresh 1k	4:20.1	500	2:06.6	31
		1000	2:13.5	29
Shiyu Rao - St Andrews Uni - W Fresh 1k	4:20.9	500	2:02.7	38
		1000	2:18.2	35
Olivia Steel - Strathclyde Uni - W Fresh 1k	4:21.3	500	2:05.8	35
		1000	2:15.5	31
Tanaya Jain - St Andrews Uni - W Fresh 1k	4:22.9	500	2:05.2	35
		1000	2:17.7	32
Caitlin Martin - Glasgow Uni - W Fresh 1k	4:23.1	500	2:08.6	35
		1000	2:14.5	31
Monica Kochar - Glasgow Uni - W Fresh 1k	4:23.6	500	2:05.8	34
		1000	2:17.8	30
Jen Reid - Glasgow Uni - W Fresh 1k	4:25.8	500	2:12.1	33
		1000	2:13.7	32

Ciara McDonnell - Edinburgh Uni - W Fresh 1k	4:30.1	500	2:10.4	37
		1000	2:19.7	37
Sarah Robbins - Stirling Uni - W Fresh 1k	4:33.2	500	2:10.0	33
		1000	2:23.2	29
Melanie Grandidge - Edinburgh Uni - W Fresh 1k	4:36.3	500	2:07.9	30
		1000	2:28.4	27
Danielle Nicholson - Glasgow Uni - W Fresh 1k	4:40.5	500	2:16.9	36
		1000	2:23.6	31
Hannah Fergie - Dundee Uni - W Fresh 1k	4:42.3	500	2:10.2	34
		1000	2:32.1	29
Nour Almesmari - Stirling Uni - W Fresh 1k	4:49.5	500	2:18.7	37
		1000	2:30.8	33
Siobhan Curran - Stirling Uni - W Fresh 1k	5:00.2	500	2:21.0	45
		1000	2:39.2	43
Fika Auliany - Stirling Uni - W Fresh 1k	5:03.8	500	2:20.8	35
		1000	2:43.0	29
Grace Cameron - Glasgow Uni - W Fresh 1k	5:06.5	500	2:29.5	32
		1000	2:37.0	31

	Total Time	Distance(m)	Av_Pace	Stroke Rate
Stuart Bowler - Scottish Rowing Centre - M Adapt LTA 1k	3:52.6	500	1:54.2	34
		1000	1:58.4	32
James Hamilton - Help4Heroes - M Adapt AS 1k	4:29.9	500	2:06.6	61
		1000	2:23.3	55
Mark Telford - Redneck Racing - M Adapt AS 1k	4:47.0	500	2:23.1	37
		1000	2:23.9	45
Pauline Gallagher - Greenock Crossfit - W Adapt LTA 1k	5:06.7	500	2:29.0	33
		1000	2:37.7	33
Dave Rhoney - Help4Heroes - M Adapt AS 1k	5:21.8	500	2:40.9	21
		1000	2:40.9	30
Sarah Baillie - - W Adapt AS 1k	5:42.6	500	2:43.4	44
		1000	2:59.2	47
Joanna Martin - Help4Heroes - W Adapt AS 1k	6:45.6	500	3:13.5	38
		1000	3:32.1	51