

Scottish Indoor Rowing Championships 2016

Split Info - 2000m Events

	Total Time	Distance(m)	Av_Pace	Stroke Rate
Anna Colley - Glasgow Academy - WJ16 2k	7:36.6	500	1:52.8	27
		1000	1:56.4	26
		1500	1:55.0	26
		2000	1:52.4	29
Colette Smith - Clydesdale ARC - WJ16 2k	7:39.0	500	1:54.1	30
		1000	1:55.7	29
		1500	1:56.7	28
		2000	1:52.5	29
Sara Johnston - Inverness RC - WJ16 2k	7:44.8	500	1:53.0	28
		1000	1:56.5	27
		1500	1:58.6	27
		2000	1:56.7	30
Robyn Paton - Clydesdale ARC - WJ16 2k	7:52.1	500	1:54.4	26
		1000	1:58.6	26
		1500	1:58.0	26
		2000	2:01.1	25
Natalie Smart - Glasgow Academy - WJ16 2k	8:02.7	500	1:52.2	30
		1000	2:03.4	29
		1500	2:06.2	28
		2000	2:00.9	28
Kirsty MacArthur - Castle Semple RC - WJ16 2k	8:07.3	500	1:56.9	32
		1000	2:02.6	30
		1500	2:06.2	29
		2000	2:01.6	30
Olivia McPherson - Strathclyde Park - WJ16 2k	8:43.5	500	2:05.0	26
		1000	2:11.7	24
		1500	2:13.7	24
		2000	2:13.1	26
Assia Djoudi - Glasgow Academy - WJ16 2k	9:07.8	500	2:05.2	26
		1000	2:18.0	25
		1500	2:22.4	25
		2000	2:22.2	25
Ruth McClure - Castle Semple RC - WJ16 2k	9:13.8	500	2:05.3	31
		1000	2:18.1	30
		1500	2:23.8	27
		2000	2:26.6	28
Carla Graham - Loch Lomond - WJ16 2k	10:17.9	500	2:19.9	33
		1000	2:43.2	29
		1500	2:32.5	29
		2000	2:42.3	30
Holly Allan - Glasgow Academy - WJ18 2k	7:35.1	500	1:47.4	30
		1000	1:54.7	28
		1500	1:55.9	28
		2000	1:57.1	27

Victoria Marshall - Clydesdale ARC - WJ18 2k	7:41.2	500	1:46.8	34
		1000	1:55.2	30
		1500	1:57.7	29
		2000	2:01.5	27
Jenny Olney - Glasgow Academy - WJ18 2k	7:43.4	500	1:52.6	28
		1000	1:56.0	27
		1500	1:57.1	28
		2000	1:57.7	28
Rhona McCalman - Clydesdale ARC - WJ18 2k	7:44.8	500	1:51.9	27
		1000	1:59.0	23
		1500	1:58.4	23
		2000	1:55.5	24
Elspeth Grant - Strathclyde Park RC - WJ18 2k	7:49.6	500	1:48.3	33
		1000	1:57.4	31
		1500	2:02.6	30
		2000	2:01.3	32
Eilish Murphy - Castle Semple RC - WJ18 2k	7:54.1	500	1:56.4	34
		1000	1:59.2	28
		1500	2:00.2	29
		2000	1:58.3	34
Rosie Payne - Strathclyde Park RC - WJ18 2k	7:59.1	500	1:55.8	28
		1000	1:55.8	28
		1500	2:09.6	26
		2000	1:57.9	29
Louise Miller - Glasgow Academy - WJ18 2k	8:03.4	500	1:56.6	29
		1000	2:01.1	27
		1500	2:02.9	27
		2000	2:02.8	28
Niamh McClure - Castle Semple RC - WJ18 2k	8:07.7	500	1:52.6	29
		1000	2:00.3	27
		1500	2:07.0	27
		2000	2:07.8	28
Katrina Bryce - Castle Semple RC - WJ18 2k	8:09.0	500	1:58.7	27
		1000	2:01.8	27
		1500	2:05.9	28
		2000	2:02.6	27
Freya Duncan - Glasgow Academy - WJ18 2k	8:10.5	500	1:51.9	31
		1000	1:57.4	28
		1500	2:13.7	26
		2000	2:07.5	25
Isabella Roper - Molesey BC - WJ18 2k	8:21.8	500	2:02.7	27
		1000	2:05.6	25
		1500	2:08.0	25
		2000	2:05.5	25
Abby Lawson - Strathclyde Park RC - WJ18 2k	8:22.4	500	2:01.3	32
		1000	2:06.5	29
		1500	2:07.7	29
		2000	2:06.9	30
Elspeth Omand - Glasgow Uni - WJ18 2k	8:24.2	500	1:59.3	29
		1000	2:10.9	26

		1500	2:08.6	25
		2000	2:05.4	27
Sophie Morris - Loch Lomond RC - WJ18 2k	8:40.0	500	1:58.5	30
		1000	2:11.0	27
		1500	2:15.8	29
		2000	2:14.7	29
Honor Dixon - Clydesdale ARC - WJ18 2k	8:42.6	500	2:01.6	30
		1000	2:12.7	29
		1500	2:16.5	29
		2000	2:11.8	29
Ellie Monachan - Clydesdale ARC - WJ18 2k	9:01.4	500	2:08.8	28
		1000	2:16.5	27
		1500	2:19.2	27
		2000	2:16.9	28
Callum Broad - Glasgow Academy - MJ18 2k	6:38.7	500	1:34.2	35
		1000	1:40.0	31
		1500	1:42.7	30
		2000	1:41.8	31
Alex Milne - Glasgow Academy - MJ16 2k	6:42.9	500	1:37.6	33
		1000	1:42.7	29
		1500	1:43.7	28
		2000	1:38.9	32
Ruairidh Smith - Glasgow Academy - MJ18 2k	6:48.7	500	1:38.0	38
		1000	1:43.8	32
		1500	1:44.4	29
		2000	1:42.5	30
Vincent Jozajtis - Clydesdale ARC - MJ18 2k	6:50.6	500	1:33.8	35
		1000	1:44.7	27
		1500	1:47.8	27
		2000	1:44.3	29
James Ray - Clydesdale ARC - MJ18 2k	6:51.6	500	1:39.1	35
		1000	1:42.0	29
		1500	1:44.8	28
		2000	1:45.7	29
Joseph Wright - Inverness RC - MJ16 2k	6:56.2	500	1:38.4	32
		1000	1:45.7	27
		1500	1:47.4	27
		2000	1:44.7	27
Michael Troy - Strathclyde Park RC - MJ18 2k	7:00.4	500	1:41.8	31
		1000	1:44.1	28
		1500	1:47.3	27
		2000	1:47.2	30
Mark Sullivan - Loch Lomond RC - MJ16 2k	7:06.7	500	1:43.3	30
		1000	1:46.9	29
		1500	1:49.1	28
		2000	1:47.4	31
Craig McFadzean - Castle Semple RC - MJ16 2k	7:06.8	500	1:42.0	32

		1000	1:48.3	29
		1500	1:48.9	28
		2000	1:47.6	28
Andrew Dunse - Strathclyde Park RC - MJ18 2k	7:07.1	500	1:38.2	35
		1000	1:46.8	30
		1500	1:51.0	29
		2000	1:51.1	30
Tristan Cashwell - Castle Semple RC - MJ16 2k	7:12.0	500	1:40.4	35
		1000	1:50.3	31
		1500	1:49.9	29
		2000	1:51.4	31
Alexander MacKinnon - Loch Lomond RC - MJ16 2k	7:19.1	500	1:42.1	33
		1000	1:49.3	29
		1500	1:53.7	28
		2000	1:54.0	29
Ewan Pringle - Clydesdale ARC - MJ16 2k	7:20.1	500	1:44.2	32
		1000	1:51.0	25
		1500	1:53.0	25
		2000	1:51.9	26
Aidan Telfer - Castle Semple RC - MJ18 2k	7:22.3	500	1:47.7	30
		1000	1:50.6	28
		1500	1:52.7	27
		2000	1:51.3	30
Daniel McQuaid - Strathclyde Park RC - MJ18 2k	7:37.9	500	1:44.5	37
		1000	1:57.6	30
		1500	1:57.3	29
		2000	1:58.5	29
Manu Clark - Castle Semple RC - MJ18 2k	7:40.1	500	1:49.5	35
		1000	1:57.6	31
		1500	1:58.2	30
		2000	1:54.8	31
Ross Flanagan - Castle Semple RC - MJ16 2k	7:44.6	500	1:48.0	32
		1000	1:58.3	27
		1500	1:59.5	29
		2000	1:58.8	30
Jamie MacDonald - Clydesdale ARC - MJ16 2k	7:45.2	500	1:51.0	31
		1000	1:55.9	29
		1500	1:58.2	28
		2000	2:00.1	28
Mark Connolly - Castle Semple RC - MJ16 2k	7:45.7	500	1:48.9	31
		1000	1:57.0	26
		1500	2:01.0	26
		2000	1:58.8	26
Thomas Smith - Loch Lomond RC - MJ18 2k	7:49.7	500	1:47.6	30
		1000	1:57.7	28
		1500	2:03.1	27
		2000	2:01.3	26
Alistair Stoddart - Clydesdale ARC - MJ16 2k	7:56.4	500	1:48.9	31
		1000	2:00.0	28
		1500	2:04.2	28

		2000	2:03.3	30
Matthew Fielding - Clydesdale ARC - MJ16 2k	8:07.1	500	1:55.6	28
		1000	2:01.9	25
		1500	2:06.6	25
		2000	2:03.0	26
Joe Tebbutt - Strathclyde Park RC - MJ18 2k	8:13.7	500	1:51.6	37
		1000	2:09.0	31
		1500	2:09.3	30
		2000	2:03.8	33
Greg Munro - Strathclyde Park RC - MJ16 2k	8:14.7	500	1:54.7	37
		1000	2:05.6	33
		1500	2:06.9	33
		2000	2:07.5	34
Ben Bryceland - Castle Semple RC - MJ18 2k	8:24.2	500	1:53.7	33
		1000	2:09.1	29
		1500	2:12.8	30
		2000	2:08.6	29
Fraser Sweeney - Strathclyde Park RC - MJ16 2k	8:25.7	500	1:57.6	37
		1000	2:08.5	35
		1500	2:13.0	34
		2000	2:06.6	37
Flora Wharton - Glasgow Uni - W Uni Lwt 2k	7:36.3	500	1:50.6	32
		1000	1:53.5	31
		1500	1:54.6	31
		2000	1:57.6	34
Jennifer McCormick - Glasgow Uni - W Uni Lwt 2k	7:38.8	500	1:50.6	37
		1000	1:55.0	32
		1500	1:56.0	32
		2000	1:57.2	33
Maggie Ulyatt - Glasgow Uni - W Uni Lwt 2k	7:50.0	500	1:55.7	34
		1000	1:59.4	30
		1500	1:59.9	30
		2000	1:55.0	32
Isabella Warren - Glasgow Uni - W Uni Lwt 2k	7:58.9	500	1:56.4	32
		1000	1:59.5	30
		1500	2:01.9	30
		2000	2:01.1	29
Amy Fraser - Glasgow Uni - W Uni Lwt 2k	8:04.0	500	1:58.6	35
		1000	2:00.7	31
		1500	2:01.7	31
		2000	2:03.0	31
Kelsey Collington - Glasgow Uni - W Uni Lwt 2k	8:07.8	500	1:58.8	26
		1000	2:02.0	24
		1500	2:02.1	26
		2000	2:04.9	28
Heather Clark - Strathclyde Uni - W Uni Lwt 2k	8:19.9	500	2:05.1	24
		1000	2:08.0	24
		1500	2:06.3	25

		2000	2:00.5	28
Katie Mclaughlin - Strathclyde Uni - W Uni Lwt 2k	8:23.2	500	1:56.2	38
		1000	2:06.4	32
		1500	2:10.5	32
		2000	2:10.1	36
Catherine Ellis - Glasgow Uni - W Uni Lwt 2k	8:30.1	500	2:01.0	31
		1000	2:07.9	29
		1500	2:10.4	29
		2000	2:10.8	28
Sally-anne Snowdon - Strathclyde Uni - W Uni Lwt 2k	8:30.1	500	1:59.0	34
		1000	2:10.7	29
		1500	2:12.0	27
		2000	2:08.4	29
Mollie Mcilwaine - Strathclyde Uni - W Uni Lwt 2k	8:38.9	500	1:56.9	35
		1000	2:12.4	32
		1500	2:18.0	32
		2000	2:11.6	32
Wei-Qing Tan - Strathclyde Uni - W Uni Lwt 2k	8:57.2	500	2:01.3	34
		1000	2:15.6	29
		1500	2:21.5	28
		2000	2:18.8	29
Amy Gilmour - Dundee Uni - W Uni Lwt 2k	9:11.8	500	2:08.6	34
		1000	2:18.5	32
		1500	2:24.1	32
		2000	2:20.6	34
Annie Isobel Craig - Strathclyde Uni - W Uni Lwt 2k	9:23.1	500	2:09.5	29
		1000	2:19.5	27
		1500	2:29.3	26
		2000	2:24.8	27
Ally Cooper - - M40 2k	6:18.0	500	1:36.1	32
		1000	1:34.0	34
		1500	1:34.6	34
		2000	1:33.3	35
Craig Williams - The Ergomaniacs - M40 2k	6:19.0	500	1:32.0	32
		1000	1:34.9	31
		1500	1:36.0	31
		2000	1:36.1	32
Morgan Serpell - Glasgow Uni - M Uni Lwt 2k	6:36.4	500	1:35.9	31
		1000	1:38.2	30
		1500	1:40.0	31
		2000	1:42.3	32
Barry Greig - Sub 7 - M40 2k	6:39.6	500	1:39.3	28
		1000	1:39.8	28
		1500	1:40.7	28
		2000	1:39.8	28
Kern Toussaint - Inverness RC - M30 2k	6:43.0	500	1:33.7	31
		1000	1:41.0	26
		1500	1:44.2	26

		2000	1:44.1	28
Mark Eglington - - M40 2k	6:51.3	500	1:38.8	33
		1000	1:42.4	31
		1500	1:43.9	32
		2000	1:46.2	32
Luka Melichar - Strathclyde Uni - M Uni Lwt 2k	6:52.2	500	1:39.3	31
		1000	1:42.0	29
		1500	1:44.6	30
		2000	1:46.3	28
Kenny O'Neill - Team McGowan - M Op Lwt 2k	6:56.1	500	1:41.9	32
		1000	1:44.6	30
		1500	1:45.1	31
		2000	1:44.5	34
David MacGregor - Edinburgh Uni - M Uni Lwt 2k	7:00.2	500	1:39.6	33
		1000	1:44.8	30
		1500	1:47.0	29
		2000	1:48.8	30
Chris Jensen - Stirling Uni - M Uni Lwt 2k	7:01.0	500	1:43.2	31
		1000	1:44.0	29
		1500	1:43.8	31
		2000	1:50.0	31
Lewis Semple - Strathclyde Uni - M Uni Lwt 2k	7:03.7	500	1:41.1	35
		1000	1:46.7	30
		1500	1:48.2	33
		2000	1:47.7	37
Kieran Kay - Glasgow Uni - M Uni Lwt 2k	7:04.2	500	1:36.4	33
		1000	1:44.7	30
		1500	1:49.0	30
		2000	1:54.1	29
Steffan Jones - Dundee Uni - M Uni Lwt 2k	7:08.2	500	1:41.8	34
		1000	1:46.1	32
		1500	1:49.7	31
		2000	1:50.6	31
Cormac Cunningham-Bell - Dundee Uni - M Uni Lwt 2k	7:20.2	500	1:41.4	31
		1000	1:53.5	27
		1500	1:55.9	27
		2000	1:49.4	29
Rafael Crespo - Glasgow Uni - M Uni Lwt 2k	7:21.1	500	1:44.7	33
		1000	1:54.1	30
		1500	1:54.1	31
		2000	1:48.2	28
Elijah Mtonga - Stirling Uni - M Uni Lwt 2k	7:22.8	500	1:48.5	33
		1000	1:49.6	32
		1500	1:52.9	33
		2000	1:51.8	32
Adam Campbell - Strathclyde Uni - M Uni Lwt 2k	7:24.6	500	1:48.3	34
		1000	1:51.9	32
		1500	1:52.9	32
		2000	1:51.5	30
Andrew Shipley - - M40 2k	7:25.6	500	1:49.5	32

		1000	1:51.9	31
		1500	1:51.7	32
		2000	1:52.5	32
Stewart Milne - - M50 2k	7:31.0	500	1:54.0	27
		1000	1:54.1	26
		1500	1:52.3	27
		2000	1:50.6	29
David Plunkett - Strathclyde Uni - M Uni Lwt 2k	7:49.0	500	1:51.5	37
		1000	1:57.0	33
		1500	1:59.9	33
		2000	2:00.6	37
Aiman Azman - Edinburgh Uni - M Uni Lwt 2k	8:16.9	500	1:50.4	37
		1000	2:05.8	33
		1500	2:10.8	33
		2000	2:09.9	35
Robert Strachan - Aberdeen BC - M30 2k	9:35.3	500	1:33.2	28
		1000	4:33.1	9
		1500	1:36.5	28
		2000	1:52.5	22
Robyn Gillies - Glasgow Uni - W Uni Hwt 2k	7:19.4	500	1:48.3	29
		1000	1:49.6	29
		1500	1:50.6	31
		2000	1:50.9	32
Emilly Colley - Glasgow Uni - W Uni Hwt 2k	7:23.2	500	1:51.6	26
		1000	1:51.3	25
		1500	1:50.0	25
		2000	1:50.3	27
Ellen Smith - Glasgow Uni - W Uni Hwt 2k	7:27.6	500	1:52.8	36
		1000	1:52.8	32
		1500	1:52.5	32
		2000	1:49.5	36
Eleanor Brinkhoff - Dundee Uni - W Uni Hwt 2k	7:37.9	500	1:52.1	35
		1000	1:54.2	32
		1500	1:55.4	31
		2000	1:56.2	33
Katie Mackie - Glasgow Uni - W Uni Hwt 2k	7:38.7	500	1:48.0	32
		1000	1:51.0	31
		1500	1:56.8	31
		2000	2:02.9	30
Charlotte Bawn - Glasgow Uni - W Uni Hwt 2k	7:41.2	500	1:51.6	32
		1000	1:57.7	30
		1500	1:58.6	30
		2000	1:53.3	29
Anna Hatos - Edinburgh Uni - W Uni Hwt 2k	7:41.7	500	1:54.0	32
		1000	1:55.7	31
		1500	1:56.6	30
		2000	1:55.4	33
Anna Winton - Glasgow Uni - W Uni Hwt 2k	7:42.4	500	1:52.7	32

		1000	1:55.0	28
		1500	1:57.1	28
		2000	1:57.6	30
Rosanna Loy - Glasgow Uni - W Uni Hwt 2k	7:43.1	500	1:52.2	35
		1000	1:54.7	32
		1500	1:58.0	31
		2000	1:58.2	29
Maeve Dale - Glasgow Uni - W Uni Hwt 2k	7:46.2	500	1:54.4	32
		1000	1:56.3	29
		1500	1:57.9	26
		2000	1:57.6	27
Hazel Kinnear - Strathclyde Uni - W Uni Hwt 2k	7:50.5	500	1:51.2	33
		1000	1:58.4	31
		1500	2:00.5	29
		2000	2:00.4	30
Andrea Dixon - The Ergomaniac - W40 2k	7:55.8	500	1:59.0	31
		1000	1:58.9	31
		1500	1:59.0	31
		2000	1:58.9	33
Elaine Huskinson - Agecroft RC - W30 2k	7:57.7	500	1:53.3	31
		1000	2:00.0	29
		1500	2:01.5	29
		2000	2:02.9	29
Robyn Brogan - Strathclyde Uni BC - W Uni Hwt 2k	7:58.2	500	1:56.6	31
		1000	1:58.0	31
		1500	1:59.3	30
		2000	2:04.3	27
Eilidh Davidson - Glasgow Uni - W Uni Hwt 2k	8:02.4	500	1:56.2	30
		1000	1:58.6	29
		1500	2:02.1	28
		2000	2:05.5	26
Eleanor Pandya - Dundee Uni - W Uni Hwt 2k	8:14.2	500	1:57.0	32
		1000	2:04.0	30
		1500	2:07.9	29
		2000	2:05.3	29
Katie Scott - Strathclyde Uni - W Uni Hwt 2k	8:19.6	500	1:52.7	37
		1000	2:08.8	30
		1500	2:10.5	29
		2000	2:07.6	30
Makayla Francis - Stirling Uni - W Uni Hwt 2k	8:31.4	500	2:01.4	28
		1000	2:08.5	27
		1500	2:11.4	25
		2000	2:10.1	25
Elizabeth Ramsay - Dundee Uni - W Uni Hwt 2k	8:42.3	500	2:01.5	31
		1000	2:13.9	29
		1500	2:14.9	29
		2000	2:12.0	29
Sara Gitto - Dundee Uni - W Uni Hwt 2k	9:16.6	500	2:07.6	39
		1000	2:22.4	34
		1500	2:26.6	32

		2000	2:20.0	35
Liam Conneely - Lincoln Rowing Centre - M Op Hwt 2k	6:13.2	500	1:33.9	35
		1000	1:32.9	34
		1500	1:33.0	34
		2000	1:33.4	35
Aaron Nicholson - Glasgow Uni - M Uni Hwt 2k	6:22.6	500	1:34.2	31
		1000	1:36.5	29
		1500	1:37.1	29
		2000	1:34.8	32
Isaac Piano - Glasgow Uni - M Uni Hwt 2k	6:27.2	500	1:31.4	43
		1000	1:37.6	39
		1500	1:39.0	39
		2000	1:39.2	37
Andy Dobson - St Andrews BC - M Op Hwt 2k	6:31.0	500	1:34.5	44
		1000	1:38.6	36
		1500	1:39.6	34
		2000	1:38.3	35
Gerard Gallagher - Glasgow Uni - M Uni Hwt 2k	6:34.1	500	1:36.5	34
		1000	1:39.2	34
		1500	1:39.4	33
		2000	1:39.0	38
Calum Young - Strathclyde Uni - M Uni Hwt 2k	6:37.7	500	1:36.3	35
		1000	1:39.4	32
		1500	1:40.6	32
		2000	1:41.4	33
Lars Strand - Strathclyde Uni - M Uni Hwt 2k	6:38.6	500	1:40.0	26
		1000	1:40.0	27
		1500	1:38.8	29
		2000	1:39.8	30
Jamie Patton - Crossfit Aberdeen - M Op Hwt 2k	6:40.7	500	1:39.4	28
		1000	1:39.6	28
		1500	1:40.5	27
		2000	1:41.2	27
Fraser Jefferies - Dundee Uni - M Uni Hwt 2k	6:47.7	500	1:36.5	30
		1000	1:38.6	29
		1500	1:46.1	29
		2000	1:46.5	28
George Cox - Glasgow Uni - M Uni Hwt 2k	6:51.9	500	1:34.8	32
		1000	1:43.2	28
		1500	1:46.6	28
		2000	1:47.3	28
Edward Ayton - Strathclyde Uni - M Uni Hwt 2k	6:53.3	500	1:37.2	35
		1000	1:43.0	31
		1500	1:46.2	29
		2000	1:46.9	28
Neil Hughes - Dundee Uni - M Uni Hwt 2k	6:55.9	500	1:42.2	31
		1000	1:44.9	30
		1500	1:45.2	30

		2000	1:43.6	32
Calum MacLeod - Glasgow Uni - M Uni Hwt 2k	7:02.4	500	1:37.2	35
		1000	1:44.6	29
		1500	1:50.0	29
		2000	1:50.6	29
George Ellis - Dundee Uni - M Uni Hwt 2k	7:14.0	500	1:42.4	34
		1000	1:49.5	30
		1500	1:52.4	28
		2000	1:49.7	29
Aaron Duff - Dundee Uni - M Uni Hwt 2k	7:16.0	500	1:42.9	34
		1000	1:49.8	32
		1500	1:52.7	31
		2000	1:50.6	30
Christopher Parsonage - Strathclyde Uni - M Uni Hwt 2k	7:17.9	500	1:43.0	34
		1000	1:49.3	30
		1500	1:55.3	30
		2000	1:50.3	32
Alex Weise - Strathclyde Uni - M Uni Hwt 2k	7:20.0	500	1:49.3	25
		1000	1:51.4	24
		1500	1:51.7	24
		2000	1:47.6	26
Bernie Collie - Strathclyde Uni - M Uni Hwt 2k	7:22.5	500	1:42.5	37
		1000	1:52.0	29
		1500	1:57.1	28
		2000	1:50.9	34
Roger Stainforth - Durham ARC - M Op Hwt 2k	7:26.6	500	1:51.2	29
		1000	1:50.9	28
		1500	1:56.0	27
		2000	1:48.5	28
Baljit Singh - Dundee Uni - M Uni Hwt 2k	7:49.3	500	1:45.0	31
		1000	1:59.6	28
		1500	2:03.9	31
		2000	2:00.8	31