

Men's Open 2km

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 James Saxton					100 Men's Open
	500	1:32.2	1:32.2	33	
	1000	3:06.4	1:34.2	30	
	1500	4:40.6	1:34.2	31	
	2000	6:13.2	1:32.6	34	
2 Mike Simpson					140 Men's Student Open
	500	1:34.6	1:34.6	29	
	1000	3:10.8	1:36.2	27	
	1500	4:45.9	1:35.1	27	
	2000	6:19.1	1:33.2	28	
3 Robert Strachan					105 Men's Over 30 2km
	500	1:33.3	1:33.3	30	
	1000	3:08.7	1:35.4	29	
	1500	4:45.4	1:36.7	29	
	2000	6:21.0	1:35.6	31	
4 Nick Cox					100 Men's Open
	500	1:33.3	1:33.3	30	
	1000	3:08.5	1:35.2	30	
	1500	4:44.7	1:36.2	31	
	2000	6:22.2	1:37.5	32	
5 Stewart Moss					110 Men's Over 40 2km
	500	1:35.5	1:35.5	31	
	1000	3:11.2	1:35.7	31	
	1500	4:47.3	1:36.1	31	
	2000	6:22.8	1:35.5	32	
6 Ben O'Neill					140 Men's Student Open
	500	1:34.5	1:34.5	32	
	1000	3:11.2	1:36.7	30	
	1500	4:47.6	1:36.4	30	
	2000	6:23.2	1:35.6	32	

Scottish Rowing Indoor Championships 2019



7 Fraser Jeffries	Dundee Uni. BC			140 Men's Student Open
500	1:35.3	1:35.3	29	
1000	3:11.6	1:36.3	29	
1500	4:47.7	1:36.1	29	
2000	6:24.4	1:36.7	30	
8 Oliver Bohle	Dundee Uni. BC			140 Men's Student Open
500	1:31.6	1:31.6	35	
1000	3:11.5	1:39.9	30	
1500	4:54.1	1:42.6	30	
2000	6:30.5	1:36.4	40	
9 David Duggan	Kilmacsimon RC			105 Men's Over 30 2km
500	1:34.3	1:34.3	34	
1000	3:11.4	1:37.1	31	
1500	4:50.1	1:38.7	30	
2000	6:31.4	1:41.3	33	
10 Alasdair Iredale	Dundee Uni. BC			140 Men's Student Open
500	1:33.8	1:33.8	33	
1000	3:11.8	1:38.0	29	
1500	4:51.5	1:39.7	28	
2000	6:32.2	1:40.7	27	
11 Alex Morriss	Glasgow Uni.			140 Men's Student Open
500	1:38.6	1:38.6	30	
1000	3:17.5	1:38.9	29	
1500	4:56.4	1:38.9	29	
2000	6:35.1	1:38.7	29	
12 David Baird	Glasgow Uni.			140 Men's Student Open
500	1:37.4	1:37.4	31	
1000	3:17.4	1:40.0	29	
1500	4:58.0	1:40.6	28	
2000	6:37.5	1:39.5	30	
13 Barry Greig				110 Men's Over 40 2km
500	1:39.9	1:39.9	26	
1000	3:20.8	1:40.8	24	

Scottish Rowing Indoor Championships 2019



	1500	5:00.3	1:39.5	25
	2000	6:38.6	1:38.3	26
14 Jack Montgomery	Fitness Matters			100 Men's Open
	500	1:36.9	1:36.9	32
	1000	3:14.6	1:37.7	31
	1500	4:53.7	1:39.1	31
	2000	6:39.2	1:45.5	28
15 Stuart Masson	Heriot Watt UBC			140 Men's Student Open
	500	1:40.0	1:40.0	28
	1000	3:20.0	1:40.0	25
	1500	5:00.3	1:40.2	26
	2000	6:40.5	1:40.2	26
16 Gabriel Murphy				115 Men's Over 50 2km
	500	1:38.2	1:38.2	33
	1000	3:20.4	1:42.2	29
	1500	5:03.3	1:42.9	30
	2000	6:43.9	1:40.6	33
17 Paul Gissen				115 Men's Over 50 2km
	500	1:41.9	1:41.8	38
	1000	3:22.9	1:41.0	37
	1500	5:04.4	1:41.5	37
	2000	6:45.1	1:40.7	41
18 Robbie Burnside	Edinburgh Uni.			140 Men's Student Open
	500	1:38.8	1:38.8	31
	1000	3:21.7	1:42.9	30
	1500	5:04.9	1:43.2	29
	2000	6:45.8	1:40.8	30
19 Ian Wilde	Sub7			110 Men's Open
	500	1:43.2	1:43.2	34
	1000	3:26.3	1:43.1	34
	1500	5:09.6	1:43.3	33
	2000	6:47.1	1:37.5	34
20 James Adams	Dundee Uni. BC			140 Men's Student Open

Scottish Rowing Indoor Championships 2019



	500	1:40.6	1:40.6	32
	1000	3:23.0	1:42.3	32
	1500	5:06.5	1:43.5	32
	2000	6:47.1	1:40.6	34
21 Shaun Callaghan				115 Men's Over 50 2km
	500	1:40.7	1:40.7	33
	1000	3:21.9	1:41.2	33
	1500	5:04.5	1:42.6	33
	2000	6:47.2	1:42.7	36
22 John Walsh				115 Men's Over 50 2km
	500	1:42.2	1:42.2	29
	1000	3:24.0	1:41.8	29
	1500	5:05.8	1:41.8	29
	2000	6:47.3	1:41.5	30
23 Ben Robson				115 Men's Over 50 2km
	500	1:43.0	1:43.0	32
	1000	3:26.4	1:43.4	31
	1500	5:09.3	1:42.9	34
	2000	6:48.1	1:38.8	39
24 Nathan Field	Heriot Watt UBC			140 Men's Student Open
	500	1:43.5	1:43.5	31
	1000	3:26.8	1:43.3	30
	1500	5:09.8	1:43.0	31
	2000	6:48.6	1:38.8	33
25 Cameron McRobb	Heriot Watt UBC			140 Men's Student Open Lwt
	500	1:42.1	1:42.1	29
	1000	3:25.4	1:43.3	27
	1500	5:09.0	1:43.6	27
	2000	6:49.5	1:40.5	31
26 Fjonn Buesche	Glasgow Uni.			140 Men's Student Open
	500	1:38.6	1:38.6	32
	1000	3:19.5	1:40.8	29
	1500	5:04.0	1:44.5	28

Scottish Rowing Indoor Championships 2019



	2000	6:50.9	1:46.9	30	
27 Michael MacLaren					115 Men's Over 50 2km
	500	1:41.9	1:41.8	34	
	1000	3:26.1	1:44.2	32	
	1500	5:10.4	1:44.3	32	
	2000	6:53.9	1:43.5	33	
28 Brendan Hurrell					110 Men's Over 40 2km
	500	1:43.7	1:43.7	32	
	1000	3:27.4	1:43.7	31	
	1500	5:11.4	1:44.0	31	
	2000	6:54.2	1:42.8	32	
29 Michael Mc Whirter					115 Men's Over 50 2km
	500	1:44.1	1:44.1	33	
	1000	3:28.5	1:44.4	30	
	1500	5:13.8	1:45.3	30	
	2000	6:55.2	1:41.3	33	
30 Anthony Walpole	Fitness Matters				115 Men's Over 50 2km
	500	1:44.8	1:44.8	29	
	1000	3:29.8	1:45.0	28	
	1500	5:13.8	1:44.0	29	
	2000	6:56.3	1:42.5	31	
31 Daniel Lowry	Strathclyde Uni. BC				140 Men's Student Open
	500	1:46.9	1:46.9	27	
	1000	3:35.1	1:48.2	26	
	1500	5:23.6	1:48.5	27	
	2000	7:08.8	1:45.2	31	
32 Roger Stainforth	Durham Amateur Rowing Club				125 Men's Over 70 2km
	500	1:52.8	1:52.8	29	
	1000	3:45.4	1:52.6	27	
	1500	5:38.2	1:52.8	28	
	2000	7:29.7	1:51.5	29	
33 Ashley Coombes	Loch Lomond RC				115 Men's Over 50 2km
	500	1:49.6	1:49.6	26	

Scottish Rowing Indoor Championships 2019



1000	3:43.0	1:53.4	25
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1500	5:40.1	1:57.1	25
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2000	7:35.8	1:55.7	26
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34 Thomas Ord	Stirling Uni. BC		140 Men's Student Open
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500	1:48.9	1:48.9	35
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1000	3:46.6	1:57.7	30
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1500	5:46.5	1:59.9	30
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2000	7:43.6	1:57.1	31
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35 Michael Brownjohn	Diamonds		125 Men's Over 70 2km
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500	1:56.6	1:56.6	28
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1000	3:53.1	1:56.5	27
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1500	5:49.7	1:56.6	27
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2000	7:43.7	1:54.0	31
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Women's Open 2km

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Malin Wahnstrom Sundstr					210 Women's Over 40 2km
	500	1:49.9	1:49.9	28	
	1000	3:39.3	1:49.4	28	
	1500	5:28.7	1:49.4	27	
	2000	7:15.5	1:46.8	29	
2 Fiona Lapp	Dundee Uni. BC				240 Women's Student Open
	500	1:50.0	1:50.0	29	
	1000	3:38.9	1:48.9	28	
	1500	5:28.7	1:49.8	28	
	2000	7:18.7	1:50.0	30	
3 Kathryn Canniford	Dundee Uni. BC				240 Women's Student Open
	500	1:50.0	1:50.0	29	
	1000	3:39.7	1:49.7	28	
	1500	5:30.0	1:50.3	28	
	2000	7:19.4	1:49.4	29	
4 Niamh McClure	Glasgow Uni.				240 Women's Student Open
	500	1:51.7	1:51.7	30	
	1000	3:45.4	1:53.7	29	
	1500	5:38.4	1:53.0	29	
	2000	7:32.8	1:54.4	30	
5 Grace Thompson	Strathclyde Park RC				240 Women's Student Open
	500	1:52.6	1:52.6	27	
	1000	3:46.2	1:53.6	26	
	1500	5:39.7	1:53.5	27	
	2000	7:33.3	1:53.6	27	
6 Hannah Campbell	Dundee Uni. BC				240 Women's Student Open
	500	1:51.1	1:51.1	28	
	1000	3:45.5	1:54.4	27	
	1500	5:41.1	1:55.6	28	
	2000	7:37.6	1:56.5	29	

Scottish Rowing Indoor Championships 2019



7 Kirsty MacArthur	Glasgow Uni.			240 Women's Student Open
500	1:52.6	1:52.6	29	
1000	3:49.1	1:56.5	28	
1500	5:45.9	1:56.8	29	
2000	7:40.3	1:54.4	29	
8 Jess Thompson-Moore	Glasgow Uni.			240 Women's Student Open
500	1:54.2	1:54.2	31	
1000	3:50.2	1:56.0	29	
1500	5:47.9	1:57.7	29	
2000	7:43.5	1:55.6	29	
9 Ida O'Mahoney	Dundee Uni. BC			240 Women's Student Open
500	1:56.4	1:56.4	27	
1000	3:52.8	1:56.4	26	
1500	5:49.2	1:56.4	25	
2000	7:44.1	1:54.9	29	
10 Miriam Payne	Glasgow Uni.			240 Women's Student Open
500	1:56.6	1:56.6	32	
1000	3:54.4	1:57.8	31	
1500	5:53.1	1:58.7	31	
2000	7:49.3	1:56.2	32	
11 Katie Stewart	Glasgow Uni.			240 Women's Student Open
500	1:54.8	1:54.8	28	
1000	3:53.6	1:58.8	27	
1500	5:53.0	1:59.4	25	
2000	7:50.6	1:57.6	27	
12 Kitty Wilson-Farrand	Glasgow Uni.			240 Women's Student Open
500	1:52.8	1:52.8	33	
1000	3:52.8	2:00.0	30	
1500	5:53.2	2:00.4	30	
2000	7:54.1	2:00.9	32	
13 Megan Lewis	Glasgow Uni.			240 Women's Student Open
500	1:58.0	1:58.0	28	
1000	3:59.3	2:01.3	28	

Scottish Rowing Indoor Championships 2019



	1500	6:03.9	2:04.6	26
	2000	8:05.4	2:01.5	26
14 Charlotte Walker		Edinburgh Uni.		240 Women's Student Open
	500	1:52.1	1:52.1	30
	1000	3:55.7	2:03.6	28
	1500	6:03.5	2:07.8	29
	2000	8:07.7	2:04.2	31
15 Claire Dickson		Strathclyde Park RC		240 Women's Student Open
	500	1:56.7	1:56.7	29
	1000	4:00.4	2:03.7	27
	1500	6:06.6	2:06.2	27
	2000	8:08.6	2:02.0	28
16 Rebecca Patterson				205 Women's Over 30 2km
	500	1:59.0	1:59.0	30
	1000	4:02.4	2:03.4	28
	1500	6:05.6	2:03.2	29
	2000	8:09.6	2:04.0	27
17 Ricarda Dobrinski		Dundee Uni. BC		240 Women's Student Open
	500	2:03.0	2:03.0	23
	1000	4:08.8	2:05.8	23
	1500	6:14.2	2:05.4	23
	2000	8:16.1	2:01.9	26
18 Flora Brown		Glasgow Uni.		240 Women's Student Open
	500	1:56.5	1:56.5	32
	1000	4:03.5	2:07.0	30
	1500	6:11.1	2:07.6	30
	2000	8:16.2	2:05.1	29
19 Fiona Pinfold				215 Women's Over 50 2km
	500	2:06.4	2:06.4	31
	1000	4:13.2	2:06.8	30
	1500	6:18.1	2:04.9	31
	2000	8:18.9	2:00.8	33
20 Beth Campbell		Stirling Uni. BC		240 Women's Student Open

Scottish Rowing Indoor Championships 2019



	500	2:01.7	2:01.7	27
	1000	4:09.4	2:07.7	27
	1500	6:15.8	2:06.4	28
	2000	8:21.2	2:05.4	29
21 Heather Martin	Stirling Uni. BC		240 Women's Student Open	
	500	1:55.8	1:55.8	32
	1000	4:04.3	2:08.5	27
	1500	6:13.4	2:09.1	26
	2000	8:21.6	2:08.2	27
22 Amy McCann	Stirling Uni. BC		240 Women's Student Open	
	500	1:56.6	1:56.6	34
	1000	4:05.7	2:09.1	27
	1500	6:16.8	2:11.1	24
	2000	8:26.7	2:09.9	25
23 Elaine Huskinson			205 Women's Over 30 2km	
	500	2:00.2	2:00.2	29
	1000	4:10.6	2:10.4	26
	1500	6:25.4	2:14.8	24
	2000	8:35.1	2:09.7	26
24 Holly Lyall	Dundee Uni. BC		240 Women's Student Open	
	500	2:05.1	2:05.1	25
	1000	4:15.1	2:10.0	25
	1500	6:28.0	2:12.9	25
	2000	8:38.4	2:10.4	25
25 Lucy Pennington	Dundee Uni. BC		240 Women's Student Open	
	500	2:08.6	2:08.6	26
	1000	4:18.7	2:10.1	23
	1500	6:33.0	2:14.3	22
	2000	8:46.2	2:13.2	21
26 Jessica Murray	Dundee Uni. BC		240 Women's Student Open	
	500	2:13.3	2:13.3	28
	1000	4:30.7	2:17.4	28
	1500	6:51.5	2:20.8	27

Scottish Rowing Indoor Championships 2019



2000

9:12.5

2:21.0

28

Men's Open Sprint

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Nick Cox					102 Men's Open Sprint
	125	0:20.1	1:20.4	48	
	250	0:39.1	1:16.0	47	
	375	0:58.6	1:18.0	49	
	500	1:19.0	1:21.6	44	
2 Zoltan Bogar					113 Men's Over 40 Sprint
	125	0:19.8	1:19.2	42	
	250	0:39.3	1:18.0	37	
	375	0:59.1	1:19.2	39	
	500	1:19.7	1:22.4	44	
3 Robert Strachan	Aberdeen Boat Club				108 Men's Over 30 Sprint
	125	0:20.5	1:22.0	41	
	250	0:40.3	1:19.2	36	
	375	1:00.1	1:19.2	39	
	500	1:20.6	1:22.0	41	
4 Fraser Jeffries	Dundee Uni. BC				102 Men's Open Sprint
	125	0:21.4	1:25.6	39	
	250	0:41.1	1:18.8	43	
	375	1:01.0	1:19.6	39	
	500	1:21.4	1:21.6	41	
5 Stewart McGrenary	Crossfit Glasgow				102 Men's Open Sprint
	125	0:21.1	1:24.4	51	
	250	0:40.3	1:16.8	53	
	375	1:00.0	1:18.8	52	
	500	1:21.3	1:25.2	48	
6 Craig McEwan	Castle Semple RC				108 Men's Over 30 Sprint
	125	0:20.5	1:22.0	41	
	250	0:40.7	1:20.8	39	
	375	1:01.1	1:21.6	41	
	500	1:22.6	1:26.0	36	

Scottish Rowing Indoor Championships 2019



7 Ian Wilde	Sub7			113 Men's Over 40 Sprint
	125	0:20.3	1:21.2	59
	250	0:40.6	1:21.2	53
	375	1:01.9	1:25.2	39
	500	1:23.4	1:26.0	47
8 David Duggan	Kilmacsimon RC			108 Men's Over 30 Sprint
	125	0:20.9	1:23.6	49
	250	0:41.2	1:21.2	47
	375	1:02.2	1:24.0	43
	500	1:25.3	1:32.4	36
9 Alasdair Iredale	Dundee Uni. BC			102 Men's Open Sprint
	125	0:21.5	1:26.0	47
	250	0:42.5	1:24.0	43
	375	1:04.6	1:28.4	38
	500	1:28.3	1:34.8	38
10 Shaun Callaghan				118 Men's Over 50 Sprint
	125	0:22.8	1:31.2	40
	250	0:44.4	1:26.4	44
	375	1:06.2	1:27.2	47
	500	1:28.7	1:30.0	45
11 Michael Mc Whirter				118 Men's Over 50 Sprint
	125	0:22.8	1:31.2	37
	250	0:44.7	1:27.6	38
	375	1:06.8	1:28.4	38
	500	1:29.4	1:30.4	42
12 Alex Zabala	Aberdeen Uni. BC			102 Men's Open Sprint
	125	0:22.6	1:30.4	42
	250	0:44.7	1:28.4	35
	375	1:07.2	1:30.0	37
	500	1:29.5	1:29.2	43
13 Oliver Bohle	Dundee Uni. BC			102 Men's Open Sprint
	125	0:23.1	1:32.4	44
	250	0:43.5	1:21.6	47

Scottish Rowing Indoor Championships 2019



	375	1:05.6	1:28.4	46
	500	1:30.3	1:38.8	41
14 Graeme Duff		Stirling RC		108 Men's Over 30 Sprint
	125	0:22.5	1:30.0	40
	250	0:44.6	1:28.4	35
	375	1:07.5	1:31.6	37
	500	1:31.1	1:34.4	38
15 Anthony Walpole		Fitness Matters		118 Men's Over 50 Sprint
	125	0:23.2	1:32.8	36
	250	0:45.7	1:30.0	37
	375	1:08.2	1:30.0	40
	500	1:31.6	1:33.6	38
16 Raymond McAvoy		Zone Fitness		123 Men's Over 60 Sprint
	125	0:23.9	1:35.6	48
	250	0:46.4	1:30.0	48
	375	1:08.9	1:30.0	51
	500	1:31.9	1:32.0	47
17 Kevin Kane				108 Men's Over 30 Sprint Lwt
	125	0:22.6	1:30.4	34
	250	0:44.7	1:28.4	35
	375	1:07.7	1:32.0	37
	500	1:32.8	1:40.4	33
18 James Adams		Dundee Uni. BC		102 Men's Open Sprint
	125	0:22.9	1:31.6	52
	250	0:45.6	1:30.8	48
	375	1:09.2	1:34.4	43
	500	1:33.1	1:35.6	43
19 Ian Anderson		Jersey Rowing Club		123 Men's Over 60 Sprint
	125	0:24.1	1:36.4	40
	250	0:47.4	1:33.2	41
	375	1:11.2	1:35.2	40
	500	1:35.5	1:37.2	40
20 Emmanuel Madero		Aberdeen Uni. BC		102 Men's Open Sprint

Scottish Rowing Indoor Championships 2019



125	0:23.4	1:33.6	51
250	0:46.4	1:32.0	39
375	1:11.5	1:40.4	33
500	1:38.0	1:46.0	36

21 Gabriel Murphy

118 Men's Over 50 Sprint

125	0:23.4	1:33.6	41
250	0:46.4	1:32.0	36
375	1:10.1	1:34.8	38
500	1:38.3	1:52.8	30

22 Seamus Keating

Clydesdale ARC

123 Men's Over 60 Sprint

125	0:25.1	1:40.4	36
250	0:49.1	1:36.0	37
375	1:13.9	1:39.2	34
500	1:40.3	1:45.6	34

23 Ralph Hopkins

123 Men's Over 60 Sprint

125	0:28.0	1:52.0	34
250	0:57.3	1:57.2	31
375	1:27.3	2:00.0	32
500	1:56.0	1:54.8	33

Women's Open Sprint

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Clare Higgins					208 Women's Over 30 Sprint
	125	0:24.1	1:36.4	37	
	250	0:46.7	1:30.4	37	
	375	1:09.9	1:32.8	36	
	500	1:34.3	1:37.6	37	
2 Malin Wahnstrom Sundstr					213 Women's Over 40 Sprint
	125	0:25.4	1:41.6	35	
	250	0:49.3	1:35.6	33	
	375	1:13.2	1:35.6	33	
	500	1:36.4	1:32.8	44	
3 Fiona Lapp	Dundee Uni. BC				202 Women's Open Sprint
	125	0:26.1	1:44.4	41	
	250	0:50.8	1:38.8	36	
	375	1:15.4	1:38.4	41	
	500	1:40.1	1:38.8	39	
4 Kathryn Canniford	Dundee Uni. BC				202 Women's Open Sprint
	125	0:26.4	1:45.6	41	
	250	0:51.3	1:39.6	39	
	375	1:15.8	1:38.0	39	
	500	1:40.5	1:38.8	46	
5 Rebecca Patterson					208 Women's Over 30 Sprint
	125	0:26.6	1:46.4	34	
	250	0:53.0	1:45.6	34	
	375	1:20.4	1:49.6	31	
	500	1:48.2	1:51.2	32	
6 Eleanor Inglis	Castle Semple RC				218 Women's Over 50 Sprint
	125	0:27.2	1:48.8	40	
	250	0:53.8	1:46.4	34	
	375	1:21.6	1:51.2	30	
	500	1:49.1	1:50.0	35	

Scottish Rowing Indoor Championships 2019



7	Olivia O'Neil	Dundee Uni. BC		202	Women's Open Sprint
	125	0:27.0	1:48.0	40	
	250	0:53.7	1:46.8	38	
	375	1:21.3	1:50.4	35	
	500	1:49.2	1:51.6	39	
8	Mary Catherine O,Reilly-Gi	Clydesdale ARC		202	Women's Open Sprint
	125	0:27.7	1:50.8	37	
	250	0:54.3	1:46.4	34	
	375	1:21.6	1:49.2	35	
	500	1:50.0	1:53.6	34	
9	Ricarda Dobrinski	Dundee Uni. BC		202	Women's Open Sprint
	125	0:27.2	1:48.8	40	
	250	0:54.0	1:47.2	34	
	375	1:21.9	1:51.6	32	
	500	1:50.6	1:54.8	33	
10	Elaine Huskinson			208	Women's Over 30 Sprint
	125	0:26.6	1:46.4	38	
	250	0:52.7	1:44.4	34	
	375	1:21.0	1:53.2	32	
	500	1:51.3	2:01.2	32	
11	Elaine Graham			213	Women's Over 40 Sprint
	125	0:28.2	1:52.8	40	
	250	0:55.7	1:50.0	39	
	375	1:23.2	1:50.0	41	
	500	1:53.3	2:00.4	40	
12	Nicky Lucking			218	Women's Over 50 Sprint
	125	0:28.9	1:55.6	39	
	250	0:58.6	1:58.8	34	
	375	1:30.5	2:07.6	34	
	500	2:01.7	2:04.8	35	
13	Morna Galbraith	Castle Semple RC		213	Women's Over 40 Sprint
	125	0:29.3	1:57.2	35	
	250	0:59.0	1:58.8	32	

Scottish Rowing Indoor Championships 2019



375	1:30.4	2:05.6	31
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500	2:02.4	2:08.0	30
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14 Chrissy Webb

223 Women's Over 60 Sprint

125	0:33.1	2:12.4	36
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250	1:05.2	2:08.4	36
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375	1:38.4	2:12.8	34
-----	--------	--------	----

500	2:10.3	2:07.6	38
-----	--------	--------	----

15 Ann Taylor

Broughty Ferry Boating

223 Women's Over 60 Sprint

125	0:33.2	2:12.8	31
-----	--------	--------	----

250	1:07.7	2:18.0	31
-----	--------	--------	----

375	1:42.9	2:20.8	34
-----	--------	--------	----

500	2:18.7	2:23.2	35
-----	--------	--------	----

Men's Lwt 2km

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Ethan Matthews		Glasgow Uni.			141 Men's Student Open Lwt
	500	1:38.8	1:38.8	32	
	1000	3:18.6	1:39.8	34	
	1500	5:01.7	1:43.1	34	
	2000	6:46.2	1:44.5	36	
2 Struan Stewart		Clydesdale ARC			101 Men's Open Lwt
	500	1:36.5	1:36.5	33	
	1000	3:19.4	1:42.9	31	
	1500	5:04.7	1:45.3	32	
	2000	6:54.2	1:49.5	35	
3 Kenny O'Neill		Free Coatbridge			101 Men's Open Lwt
	500	1:43.3	1:43.3	34	
	1000	3:28.7	1:45.4	32	
	1500	5:13.7	1:45.0	34	
	2000	6:58.6	1:44.9	36	
4 Conor Clancy		Heriot Watt UBC			141 Men's Student Open Lwt
	500	1:45.6	1:45.6	28	
	1000	3:30.2	1:44.6	28	
	1500	5:14.8	1:44.6	28	
	2000	7:02.0	1:47.2	29	
5 Antek Fiedoruk		Strathclyde Uni. BC			141 Men's Student Open Lwt
	500	1:45.0	1:45.0	29	
	1000	3:31.2	1:46.2	28	
	1500	5:18.3	1:47.1	29	
	2000	7:04.8	1:46.5	30	

Women's Lwt 2km

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Sascha Andersson		Glasgow Uni.			241 Women's Student Open L
	500	1:53.5	1:53.5	35	
	1000	3:47.8	1:54.3	34	
	1500	5:42.8	1:55.0	34	
	2000	7:38.2	1:55.4	35	
2 Katrina Bryce		Glasgow Uni.			241 Women's Student Open L
	500	1:55.9	1:55.9	30	
	1000	3:51.4	1:55.5	31	
	1500	5:49.0	1:57.6	32	
	2000	7:46.5	1:57.5	32	
3 Kirsty Naismith		Glasgow Uni.			241 Women's Student Open L
	500	1:59.3	1:59.3	35	
	1000	3:58.6	1:59.3	35	
	1500	5:57.9	1:59.3	36	
	2000	7:57.0	1:59.1	37	
4 Emily Robertson		Glasgow Uni.			241 Women's Student Open L
	500	1:59.6	1:59.6	35	
	1000	4:00.1	2:00.5	36	
	1500	6:03.0	2:02.9	35	
	2000	8:03.7	2:00.7	36	
5 Rose Handley		Dundee Uni. BC			241 Women's Student Open L
	500	2:01.2	2:01.2	31	
	1000	4:01.5	2:00.3	30	
	1500	6:03.2	2:01.7	31	
	2000	8:07.0	2:03.8	31	
6 Sonja Blaseio		Strathclyde Uni. BC			241 Women's Student Open L
	500	2:01.9	2:01.9	28	
	1000	4:06.9	2:05.0	27	
	1500	6:11.3	2:04.4	26	
	2000	8:12.0	2:00.7	27	

Scottish Rowing Indoor Championships 2019



7 Olivia O'Neil	Dundee Uni. BC			241 Women's Student Open L
500	1:55.2	1:55.2	32	
1000	4:00.2	2:05.0	29	
1500	6:09.5	2:09.3	27	
2000	8:16.5	2:07.0	29	
8 Yvette Gage	Dundee Uni. BC			241 Women's Student Open L
500	1:59.7	1:59.7	28	
1000	4:04.5	2:04.8	25	
1500	6:15.9	2:11.4	27	
2000	8:24.8	2:08.9	28	
9 Kira Samide	Dundee Uni. BC			241 Women's Student Open L
500	2:07.3	2:07.3	28	
1000	4:16.6	2:09.3	29	
1500	6:27.9	2:11.3	31	
2000	8:38.3	2:10.4	31	

Men's Lwt Sprint

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Gregor Hall	Stirling RC				103 Men's Open Sprint Lwt
	125	0:23.1	1:32.4	42	
	250	0:44.6	1:26.0	39	
	375	1:06.0	1:25.6	42	
	500	1:27.2	1:24.8	45	
2 Guy Blackburn					114 Men's Over 40 Sprint Lwt
	125	0:22.4	1:29.6	51	
	250	0:43.9	1:26.0	50	
	375	1:06.2	1:29.2	46	
	500	1:30.2	1:36.0	42	
3 Amir Shahin					109 Men's Over 30 Sprint Lwt
	125	0:22.9	1:31.6	42	
	250	0:45.5	1:30.4	40	
	375	1:08.8	1:33.2	41	
	500	1:32.7	1:35.6	43	
4 Mike Dyer	Aberdeen Boat Club				119 Men's Over 50 Sprint Lwt
	125	0:23.8	1:35.2	43	
	250	0:47.2	1:33.6	41	
	375	1:10.9	1:34.8	40	
	500	1:35.0	1:36.4	45	
5 Adrian Walker					119 Men's Over 50 Sprint Lwt
	125	0:24.6	1:38.4	41	
	250	0:48.1	1:34.0	41	
	375	1:11.6	1:34.0	41	
	500	1:35.4	1:35.2	43	
6 Paul Johnson	Clydesdale ARC				119 Men's Over 50 Sprint Lwt
	125	0:24.6	1:38.4	44	
	250	0:48.3	1:34.8	41	
	375	1:12.0	1:34.8	43	
	500	1:36.1	1:36.4	45	

Scottish Rowing Indoor Championships 2019



7 Jeremy Musselwhite		124 Men's Over 60 Sprint Lwt		
125	0:25.3	1:41.2	38	
250	0:48.5	1:32.8	39	
375	1:12.4	1:35.6	38	
500	1:37.5	1:40.4	38	
8 Robert Horsburgh		124 Men's Over 60 Sprint Lwt		
125	0:25.3	1:41.2	36	
250	0:49.5	1:36.8	37	
375	1:14.1	1:38.4	39	
500	1:39.4	1:41.2	36	
9 Michael Brownjohn	Diamonds	124 Men's Over 70 Sprint Lwt		
125	0:26.6	1:46.4	36	
250	0:52.0	1:41.6	35	
375	1:17.6	1:42.3	37	
500	1:44.4	1:47.2	38	
10 Harry Hellam		124 Men's Over 60 Sprint Lwt		
125	0:24.4	1:37.6	39	
250	0:48.8	1:37.6	34	
375	1:13.4	1:38.4	37	
500	1:49.8	2:25.6	25	

Women's Lwt Sprint

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Clare Rainbow		Castle Semple RC			219 Women's Over 50 Sprint L
	125	0:27.3	1:49.2	40	
	250	0:53.9	1:46.4	36	
	375	1:20.9	1:48.0	36	
	500	1:47.9	1:48.0	42	
2 Andrea Dixon					219 Women's Over 50 Sprint
	125	0:27.4	1:49.6	50	
	250	0:54.2	1:47.2	43	
	375	1:21.1	1:47.6	42	
	500	1:48.0	1:47.6	45	
3 Carol Alker					224 Women's Over 60 Sprint L
	125	0:30.8	2:03.2	41	
	250	1:00.7	1:59.6	42	
	375	1:30.2	1:58.0	43	
	500	1:59.0	1:55.2	44	
4 Caroline Parker		Castle Semple RC			224 Women's Over 60 Sprint L
	125	0:30.0	2:00.0	38	
	250	0:59.5	1:58.0	35	
	375	1:29.6	2:00.4	34	
	500	1:59.7	2:00.4	36	
5 Lesley McMillan		Castle Semple RC			224 Women's Over 60 Sprint L
	125	0:30.9	2:03.6	37	
	250	1:02.6	2:06.8	32	
	375	1:36.4	2:15.2	30	
	500	2:11.5	2:20.4	27	

Scottish Rowing Indoor Championships 2019



Men's J16

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Joshie Matthews					134 Men's J16
	500	1:41.3	1:41.3	30	
	1000	3:23.0	1:41.7	28	
	1500	5:05.4	1:42.3	28	
	2000	6:46.4	1:41.0	30	
2 Ruairidh Reid					134 Men's J16
	500	1:39.7	1:39.7	31	
	1000	3:24.9	1:45.2	29	
	1500	5:13.0	1:48.1	28	
	2000	6:56.8	1:43.8	31	
3 Robbie Waddell					134 Men's J16
	500	1:46.4	1:46.4	30	
	1000	3:36.3	1:49.9	28	
	1500	5:26.4	1:50.1	27	
	2000	7:14.8	1:48.4	28	
4 Quinn McDonnell					134 Men's J16
	500	1:49.5	1:49.5	34	
	1000	3:47.3	1:57.8	28	
	1500	5:47.2	1:59.9	27	
	2000	7:45.8	1:58.6	26	
5 Calum Bruce					134 Men's J16
	500	1:51.8	1:51.8	35	
	1000	3:54.0	2:02.2	32	
	1500	5:56.9	2:02.9	31	
	2000	7:57.6	2:00.7	32	
6 Jamie Bruce					134 Men's J16
	500	1:55.9	1:55.9	34	
	1000	3:57.5	2:01.6	31	
	1500	6:03.0	2:05.5	29	
	2000	8:06.5	2:03.5	33	

Scottish Rowing Indoor Championships 2019



Men's J18

2000 meters

	Distance	Time	Pace	Stroke Rate
1 James Morrison		Clydesdale ARC		135 Men's J18
	500	1:36.7	1:36.7	31
	1000	3:14.2	1:37.5	31
	1500	4:51.6	1:37.4	31
	2000	6:29.3	1:37.7	33
2 Adam Robertson		Clydesdale ARC		135 Men's J18
	500	1:35.5	1:35.5	35
	1000	3:13.9	1:38.4	32
	1500	4:52.7	1:38.8	32
	2000	6:29.5	1:36.8	37
3 Alexander Beeson		Aberdeen Schools RA		135 Men's J18
	500	1:38.9	1:38.9	31
	1000	3:17.8	1:38.9	30
	1500	4:56.9	1:39.1	30
	2000	6:30.2	1:33.3	34
4 Scott Lewis		Aberdeen Schools RA		135 Men's J18
	500	1:39.1	1:39.1	30
	1000	3:21.1	1:42.0	28
	1500	5:01.8	1:40.7	29
	2000	6:38.4	1:36.6	31
5 Chris Bardas		Aberdeen Schools RA		135 Men's J18
	500	1:36.6	1:36.6	32
	1000	3:16.9	1:40.2	28
	1500	4:59.4	1:42.5	27
	2000	6:40.8	1:41.3	26
6 Gregor Charles		Aberdeen Schools RA		135 Men's J18
	500	1:39.0	1:39.0	30
	1000	3:19.5	1:40.5	29
	1500	5:01.6	1:42.1	29
	2000	6:42.5	1:40.8	30

Scottish Rowing Indoor Championships 2019



7 Euan Fowler	Aberdeen Schools RA			135 Men's J18
500	1:39.8	1:39.8	29	
1000	3:20.7	1:40.8	28	
1500	5:02.8	1:42.1	28	
2000	6:43.6	1:40.7	29	
8 Matthew Hughson	Aberdeen Schools RA			135 Men's J18
500	1:38.9	1:38.9	32	
1000	3:20.7	1:41.8	29	
1500	5:03.9	1:43.2	29	
2000	6:45.7	1:41.8	29	
9 Euan McKenzie	Loch Lomond RC			135 Men's J18
500	1:38.4	1:38.4	27	
1000	3:20.7	1:42.3	26	
1500	5:03.8	1:43.1	26	
2000	6:46.2	1:42.3	26	
10 Ashley Geddes	Aberdeen Schools RA			135 Men's J18
500	1:40.6	1:40.6	29	
1000	3:22.6	1:42.0	29	
1500	5:05.1	1:42.5	29	
2000	6:46.5	1:41.3	31	
11 Severin Nielson	Clydesdale ARC			135 Men's J18
500	1:41.4	1:41.3	31	
1000	3:23.7	1:42.3	29	
1500	5:06.1	1:42.3	30	
2000	6:49.3	1:43.2	31	
12 Ewan Pringle	Clydesdale ARC			135 Men's J18
500	1:38.9	1:38.9	32	
1000	3:22.1	1:43.2	31	
1500	5:08.2	1:46.1	30	
2000	6:49.5	1:41.3	31	
13 Lachlan MacKinnon	Loch Lomond RC			135 Men's J18
500	1:41.1	1:41.1	30	
1000	3:24.6	1:43.5	29	

Scottish Rowing Indoor Championships 2019



1500 5:08.9 1:44.3 29

2000 6:49.6 1:40.7 32

14 Oscar Forbes Aberdeen Schools RA 135 Men's J18

500 1:41.0 1:41.0 31

1000 3:23.4 1:42.3 30

1500 5:07.3 1:43.9 29

2000 6:51.4 1:44.1 31

15 Ben Wilson George Heriots School BC 135 Men's J18

500 1:41.8 1:41.8 34

1000 3:26.0 1:44.2 32

1500 5:11.3 1:45.3 32

2000 6:54.2 1:42.9 33

16 Matthew Fielding Clydesdale ARC 135 Men's J18

500 1:39.2 1:39.2 29

1000 3:21.1 1:41.8 27

1500 5:07.8 1:46.7 24

2000 6:54.3 1:46.5 22

17 Joshua Jenkins George Heriots School BC 135 Men's J18

500 1:41.0 1:41.0 34

1000 3:24.7 1:43.7 32

1500 5:10.6 1:45.9 32

2000 6:54.6 1:44.0 35

18 Archie Innes Aberdeen Schools RA 135 Men's J18

500 1:44.4 1:44.4 28

1000 3:29.1 1:44.7 28

1500 5:15.3 1:46.2 28

2000 6:59.4 1:44.1 30

19 Jakub Zbikowski Aberdeen Schools RA 135 Men's J18

500 1:43.9 1:43.9 28

1000 3:27.7 1:43.8 27

1500 5:13.9 1:46.2 27

2000 6:59.7 1:45.8 29

20 Rory Duncan Stirling RC 135 Men's J18

Scottish Rowing Indoor Championships 2019



	500	1:44.4	1:44.4	29
	1000	3:29.6	1:45.2	29
	1500	5:17.2	1:47.6	28
	2000	7:02.5	1:45.3	28
21 Douglas Richards	George Heriots School BC			135 Men's J18
	500	1:42.0	1:42.0	32
	1000	3:27.3	1:45.3	30
	1500	5:14.8	1:47.5	30
	2000	7:04.0	1:49.2	30
22 Andrew Tweedie	Clydesdale ARC			135 Men's J18
	500	1:43.0	1:43.0	32
	1000	3:28.8	1:45.8	31
	1500	5:17.8	1:49.0	30
	2000	7:04.3	1:46.5	34
23 William Penny	Aberdeen Schools RA			135 Men's J18
	500	1:43.9	1:43.9	31
	1000	3:28.5	1:44.6	32
	1500	5:15.8	1:47.3	31
	2000	7:06.6	1:50.8	28
24 James Lawson	Albyn School			135 Men's J18
	500	1:45.4	1:45.4	30
	1000	3:31.6	1:46.2	32
	1500	5:19.6	1:48.0	32
	2000	7:09.6	1:50.0	29
25 Ardal MacKenzie	Stirling RC			135 Men's J18
	500	1:48.9	1:48.9	29
	1000	3:42.4	1:53.5	26
	1500	5:37.4	1:55.0	27
	2000	7:28.7	1:51.3	28
26 Aleksander Kye	Strathclyde Park RC			135 Men's J18
	500	1:47.0	1:47.0	29
	1000	3:43.0	1:56.0	25
	1500	5:43.8	2:00.8	25

Scottish Rowing Indoor Championships 2019



2000

7:35.6

1:51.8

28

Women's J16

2000 meters

	Distance	Time	Pace	Stroke Rate
1 Heather Taylor		George Heriots School BC		234 Women's J16
	500	1:50.5	1:50.5	34
	1000	3:44.8	1:54.3	32
	1500	5:40.7	1:55.9	31
	2000	7:33.7	1:53.0	32
2 Maisie Aspinall		Aberdeen Schools RA		234 Women's J16
	500	1:54.2	1:54.2	28
	1000	3:48.4	1:54.2	29
	1500	5:46.5	1:58.1	29
	2000	7:44.4	1:57.9	31
3 Isla Bathgate		George Heriots School BC		234 Women's J16
	500	1:53.1	1:53.1	31
	1000	3:50.1	1:57.0	30
	1500	5:47.4	1:57.3	31
	2000	7:45.2	1:57.8	31
4 Rachael Graveling		Stirling RC		234 Women's J16
	500	1:52.4	1:52.4	33
	1000	3:54.0	2:01.6	29
	1500	6:00.3	2:06.3	27
	2000	8:02.0	2:01.7	28
5 Melissa McGarva		Stirling RC		234 Women's J16
	500	1:59.0	1:59.0	30
	1000	4:01.1	2:02.1	29
	1500	6:05.2	2:04.1	30
	2000	8:09.1	2:03.9	31
6 Dara Wood		Clydesdale ARC		234 Women's J16
	500	1:59.1	1:59.1	31
	1000	4:02.6	2:03.5	27
	1500	6:08.6	2:06.0	27
	2000	8:16.0	2:07.4	28

Scottish Rowing Indoor Championships 2019



7 Ava Robertson	Clydesdale ARC			234 Women's J16
500	2:01.0	2:01.0	31	
1000	4:04.5	2:03.5	28	
1500	6:14.1	2:09.6	29	
2000	8:17.0	2:02.9	31	
8 Rhona MacKinnon	Loch Lomond RC			234 Women's J16
500	1:57.2	1:57.2	31	
1000	4:03.3	2:06.1	28	
1500	6:13.1	2:09.8	26	
2000	8:20.4	2:07.3	27	
9 Rebecca Plank	Stirling RC			234 Women's J16
500	2:04.9	2:04.9	31	
1000	4:12.3	2:07.4	29	
1500	6:19.3	2:07.0	30	
2000	8:21.3	2:02.0	30	
10 Isla MacCallum	Stirling RC			234 Women's J16
500	2:05.0	2:05.0	29	
1000	4:11.1	2:06.1	27	
1500	6:17.8	2:06.7	27	
2000	8:21.2	2:03.4	29	
11 Fiona Morrison	Clydesdale ARC			234 Women's J16
500	1:59.9	1:59.9	31	
1000	4:05.5	2:05.6	30	
1500	6:18.7	2:13.2	30	
2000	8:30.3	2:11.6	31	
12 Freya Chalmers	Clydesdale ARC			234 Women's J16
500	2:02.9	2:02.9	31	
1000	4:18.1	2:15.2	30	
1500	6:34.3	2:16.2	30	
2000	8:46.1	2:11.8	29	
13 Abby Pringle	Clydesdale ARC			234 Women's J16
500	1:59.3	1:59.3	31	
1000	4:06.8	2:07.5	26	

Scottish Rowing Indoor Championships 2019



1500	6:41.6	2:34.8	22
2000	9:04.0	2:22.4	22

Women's J18

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Eleanor Black					235 Women's J18
	500	1:52.0	1:52.0	32	
	1000	3:45.6	1:53.6	31	
	1500	5:40.0	1:54.4	33	
	2000	7:30.7	1:50.7	35	
2 Lily Young					235 Women's J18
	500	1:52.0	1:52.0	33	
	1000	3:45.5	1:53.5	31	
	1500	5:39.2	1:53.7	31	
	2000	7:32.9	1:53.7	32	
3 Eve Kitcher					235 Women's J18
	500	1:52.8	1:52.8	30	
	1000	3:45.5	1:52.7	29	
	1500	5:40.8	1:55.3	28	
	2000	7:38.0	1:57.2	29	
4 Eilidh McGowan					235 Women's J18
	500	1:48.1	1:48.1	31	
	1000	3:44.4	1:56.3	26	
	1500	5:44.9	2:00.5	26	
	2000	7:43.8	1:58.9	29	
5 Hannah Lawrie					235 Women's J18
	500	1:50.9	1:50.9	32	
	1000	3:47.9	1:57.0	27	
	1500	5:46.3	1:58.4	27	
	2000	7:45.6	1:59.3	27	
6 Jessica Stuart					235 Women's J18
	500	1:54.6	1:54.6	31	
	1000	3:51.9	1:57.3	29	
	1500	5:51.4	1:59.5	28	
	2000	7:48.5	1:57.1	30	

Scottish Rowing Indoor Championships 2019



7 Emma Morrison	Clydesdale ARC			235 Women's J18
500	1:55.2	1:55.2	31	
1000	3:51.7	1:56.5	29	
1500	5:49.9	1:58.2	28	
2000	7:48.5	1:58.6	28	
8 Martha Coombes	Loch Lomond RC			235 Women's J18
500	1:55.0	1:55.0	31	
1000	3:54.7	1:59.7	29	
1500	5:56.1	2:01.4	28	
2000	7:55.7	1:59.6	28	
9 Freya Buchanan	Loch Lomond RC			235 Women's J18
500	1:58.4	1:58.4	30	
1000	4:01.2	2:02.8	29	
1500	6:05.7	2:04.5	29	
2000	8:05.4	1:59.7	30	
10 Ciara Rogers	Clydesdale ARC			235 Women's J18
500	1:58.7	1:58.7	33	
1000	4:02.2	2:03.5	31	
1500	6:10.3	2:08.1	30	
2000	8:16.1	2:05.8	30	
11 Jessica McQueen	Loch Lomond RC			235 Women's J18
500	1:56.9	1:56.9	31	
1000	4:04.7	2:07.8	26	
1500	6:14.3	2:09.6	26	
2000	8:19.1	2:04.8	29	

Men's Over 60 1km

1000 meters

	Distance	Time	Pace	Stroke Rate	
1 Raymond McAvoy		Zone Fitness			121 Men's Over 60 1km
	250	0:50.4	1:40.7	42	
	500	1:39.6	1:38.4	41	
	750	2:29.2	1:39.2	41	
	1000	3:19.5	1:40.6	41	
2 Seamus Keating		Clydesdale ARC			121 Men's Over 60 1km
	250	0:49.0	1:38.0	37	
	500	1:40.0	1:42.0	35	
	750	2:35.0	1:50.0	33	
	1000	3:32.4	1:54.8	31	
3 Ralph Hopkins					121 Men's Over 60 1km
	250	1:01.2	2:02.4	32	
	500	2:07.6	2:12.8	29	
	750	3:17.0	2:18.8	29	
	1000	4:18.7	2:03.4	32	

Men's Over 60 Lwt 1km

1000 meters

	Distance	Time	Pace	Stroke Rate	
1	Jeremy Musselwhite				122 Men's Over 60 Lwt 1km
	250	0:51.2	1:42.3	35	
	500	1:42.0	1:41.6	35	
	750	2:34.1	1:44.2	36	
	1000	3:27.6	1:47.0	37	
2	Robert Horsburgh				122 Men's Over 60 Lwt 1km
	250	0:50.6	1:41.2	36	
	500	1:42.6	1:44.0	36	
	750	2:36.0	1:46.8	35	
	1000	3:28.6	1:45.2	36	
3	Harry Hellam				122 Men's Over 60 2km
	250	0:53.2	1:46.4	35	
	500	1:45.8	1:45.2	35	
	750	2:38.6	1:45.6	35	
	1000	3:29.7	1:42.2	38	

Men's Over 30 1km

1000 meters

	Distance	Time	Pace	Stroke Rate	
1 Robert Strachan	Aberdeen Boat Club				106 Men's Over 30 1km
	250	0:45.8	1:31.6	31	
	500	1:32.1	1:32.6	29	
	750	2:20.3	1:36.4	29	
	1000	3:10.9	1:41.2	26	
2 Kevin Kane					106 Men's Over 30 1km
	250	0:47.7	1:35.4	33	
	500	1:38.3	1:41.2	32	
	750	2:32.9	1:49.2	31	
	1000	3:24.5	1:43.2	34	
3 Jonathan Sinclair					106 Men's Over 30 1km
	250	0:48.7	1:37.4	35	
	500	1:38.1	1:38.8	32	
	750	2:31.7	1:47.2	31	
	1000	3:24.9	1:46.4	34	



Men's Over 30 Lwt 1km

1000 meters

	Distance	Time	Pace	Stroke Rate	
1 Amir Shahin					107 Men's Over 30 Lwt 1km
	250	0:51.5	1:43.0	29	
	500	1:44.1	1:45.2	29	
	750	2:37.5	1:46.8	29	
	1000	3:30.1	1:45.2	30	

Men's Over 40 1km

1000 meters

	Distance	Time	Pace	Stroke Rate	
1 Zoltan Bogar					111 Men's Over 40 1km
	250	0:42.8	1:25.6	35	
	500	1:27.6	1:29.6	31	
	750	2:12.3	1:29.4	31	
	1000	2:56.4	1:28.2	35	
2 Ian Wilde	Sub7				111 Men's Over 40 1km
	250	0:43.7	1:27.4	48	
	500	1:28.9	1:30.4	37	
	750	2:15.4	1:33.0	36	
	1000	3:01.6	1:32.4	36	
3 Guy Chatfield					111 Men's Over 40 1km
	250	0:43.7	1:27.4	37	
	500	1:30.2	1:33.0	34	
	750	2:19.0	1:37.6	32	
	1000	3:09.6	1:41.2	32	



Men's Over 40 Lwt 1km

1000 meters

	Distance	Time	Pace	Stroke Rate	
1	Guy Blackburn				112 Men's Over 40 Lwt 1km
	250	0:48.9	1:37.8	36	
	500	1:36.7	1:35.6	38	
	750	2:24.7	1:36.0	37	
	1000	3:13.5	1:37.6	37	



Men's Over 50 1km

1000 meters

	Distance	Time	Pace	Stroke Rate	
1 Shaun Callaghan					116 Men's Over 50 1km
	250	0:47.8	1:35.6	36	
	500	1:34.9	1:34.2	37	
	750	2:22.2	1:34.6	39	
	1000	3:11.5	1:38.6	43	
2 Gabriel Murphy					116 Men's Over 50 1km
	250	0:48.8	1:37.6	33	
	500	1:38.4	1:39.2	31	
	750	2:28.8	1:40.7	31	
	1000	3:19.6	1:41.6	33	

Men's Over 50 Lwt 1km

1000 meters

	Distance	Time	Pace	Stroke Rate	
1 Paul Johnson					117 Men's Over 50 Lwt 1km
	250	0:48.9	1:37.8	41	
	500	1:39.8	1:41.8	33	
	750	2:30.9	1:42.2	33	
	1000	3:21.0	1:40.2	35	
2 Mike Dyer					117 Men's Over 50 Lwt 1km
	250	0:48.2	1:36.4	40	
	500	1:39.0	1:41.6	37	
	750	2:32.0	1:46.0	39	
	1000	3:25.2	1:46.4	41	
3 Adrian Walker					117 Men's Over 50 Lwt 1km
	250	0:52.1	1:44.2	37	
	500	1:44.2	1:44.2	36	
	750	2:36.0	1:43.6	37	
	1000	3:29.0	1:46.0	41	



Women's Over 60 1km

1000 meters

	Distance	Time	Pace	Stroke Rate	
1 Chrissy Webb					221 Women's Over 60 1km
	250	1:06.9	2:13.8	34	
	500	2:16.5	2:19.2	33	
	750	3:29.3	2:25.6	33	
	1000	4:38.1	2:17.6	34	
2 Ann Taylor	Broughty Ferry Boating				221 Women's Over 60 1km
	250	1:09.3	2:18.6	31	
	500	2:24.6	2:30.6	32	
	750	3:44.3	2:39.4	33	
	1000	4:58.8	2:29.0	35	

Women's Over 30 1km

1000 meters

	Distance	Time	Pace	Stroke Rate	
1 Julia Garritt	Broughty Ferry Boating				206 Women's Over 40 1km
	250	0:55.8	1:51.6	32	
	500	1:52.7	1:53.8	30	
	750	2:50.9	1:56.4	30	
	1000	3:49.7	1:57.6	31	
2 Rebecca Patterson					206 Women's Over 30 1km
	250	0:53.8	1:47.6	33	
	500	1:50.5	1:53.4	33	
	750	2:50.6	2:00.2	28	
	1000	3:52.0	2:02.8	27	
3 Elaine Huskinson					206 Women's Over 30 1km
	250	0:55.5	1:51.0	31	
	500	1:53.4	1:55.8	30	
	750	2:57.2	2:07.6	27	
	1000	4:06.6	2:18.8	25	



Women's Over 50 1km

1000 meters

	Distance	Time	Pace	Stroke Rate	
1 Eleanor Inglis	Castle Semple RC				216 Women's Over 50 1km
	250	0:54.8	1:49.6	34	
	500	1:52.6	1:55.6	30	
	750	2:51.7	1:58.2	28	
	1000	3:48.4	1:53.4	31	
2 Nicky Lucking					216 Women's Over 50 1km
	250	1:01.4	2:02.8	34	
	500	2:05.8	2:08.8	31	
	750	3:12.2	2:12.8	32	
	1000	4:16.8	2:09.2	33	

Women's Over 50 Lwt 1km

1000 meters

	Distance	Time	Pace	Stroke Rate	
1 Clare Rainbow		Castle Semple RC			217 Women's Over 50 Lwt 1km
	250	0:56.8	1:53.6	34	
	500	1:55.2	1:56.8	31	
	750	2:54.4	1:58.4	31	
	1000	3:53.3	1:57.8	33	
2 Lynn Buchanan		Loch Lomond RC			217 Women's Over 50 Lwt 1km
	250	0:55.5	1:51.0	36	
	500	1:54.5	1:58.0	32	
	750	2:56.0	2:03.0	30	
	1000	3:59.3	2:06.6	32	
3 Carol Alker					217 Women's Over 60 Lwt 1km
	250	1:03.9	2:07.8	34	
	500	2:07.1	2:06.4	33	
	750	3:09.6	2:05.0	35	
	1000	4:12.2	2:05.2	35	

Men's J18 Team

2000 meters

	Distance	Time	Pace	Stroke Rate
1 Chris Bardas	Aberdeen Schools RA		155 Men's J18 Team	
	500	1:25.8	1:25.8	47
	1000	2:49.6	1:23.8	48
	1500	4:16.3	1:26.7	44
	2000	5:41.0	1:24.7	51
2 James Morrison	Clydesdale ARC		155 Men's J18 Team	
	500	1:28.8	1:28.8	46
	1000	2:56.2	1:27.4	47
	1500	4:24.5	1:28.3	46
	2000	5:52.5	1:28.0	49
3 Joshie Matthews	Stirling RC		155 Men's J16 Team	
	500	1:34.2	1:34.2	48
	1000	3:06.2	1:32.0	38
	1500	4:43.2	1:37.0	45
	2000	6:15.5	1:32.3	39
4 Andrew Payne	Strathclyde Park RC		155 Men's J18 Team	
	500	1:42.3	1:42.3	40
	1000	3:27.3	1:45.0	37
	1500	5:16.1	1:48.8	41
	2000	7:02.3	1:46.2	38



Women's J18 Team

2000 meters

	Distance	Time	Pace	Stroke Rate
1 Eilidh McGowan	Loch Lomond RC			255 Women's J18 Team
	500	1:41.2	1:41.2	42
	1000	3:22.7	1:41.5	38
	1500	5:07.1	1:44.4	44
	2000	6:49.4	1:42.3	38
2 Emma Morrison	Clydesdale ARC			255 Women's J18 Team
	500	1:43.3	1:43.3	43
	1000	3:27.5	1:44.2	43
	1500	5:13.0	1:45.5	42
	2000	6:55.7	1:42.7	45



Women's J16 Team

2000 meters

	Distance	Time	Pace	Stroke Rate
1 Kendall Armitt	Clydesdale ARC		256 Women's J16 Team	
	500	1:46.6	1:46.6	46
	1000	3:33.8	1:47.2	47
	1500	5:21.0	1:47.2	45
	2000	7:06.5	1:45.5	47
2 Rachael Graveling	Stirling RC		256 Women's J16 Team	
	500	1:44.2	1:44.2	44
	1000	3:32.5	1:48.3	37
	1500	5:20.4	1:47.9	42
	2000	7:09.7	1:49.3	38

Men's Student Beginner

1000 meters

	Distance	Time	Pace	Stroke Rate	
1 Ross O'Boyle		Stirling Uni. BC			142 Men's Student Beginner
	250	0:40.7	1:21.4	41	
	500	1:24.3	1:27.2	37	
	750	2:11.2	1:33.8	33	
	1000	2:58.9	1:35.4	33	
2 Flynn Johnstone-Hey		Strathclyde Uni. BC			142 Men's Student Beginner
	250	0:42.5	1:25.0	35	
	500	1:27.0	1:29.0	31	
	750	2:13.6	1:33.2	32	
	1000	3:01.3	1:35.4	40	
3 Arthur Chatto		Edinburgh Uni.			142 Men's Student Beginner
	250	0:45.9	1:31.8	37	
	500	1:31.8	1:31.8	34	
	750	2:17.4	1:31.2	34	
	1000	3:03.6	1:32.4	38	
4 Andrew Stoker		Edinburgh Uni.			142 Men's Student Beginner
	250	0:46.2	1:32.4	34	
	500	1:32.5	1:32.6	34	
	750	2:18.8	1:32.6	35	
	1000	3:07.5	1:37.4	32	
5 Marc Muise		Heriot Watt UBC			142 Men's Student Beginner
	250	0:44.7	1:29.4	38	
	500	1:29.8	1:30.2	36	
	750	2:17.6	1:35.6	35	
	1000	3:08.3	1:41.3	32	
6 Euan Goodwin		Glasgow Uni.			142 Men's Student Beginner
	250	0:45.3	1:30.6	37	
	500	1:31.4	1:32.2	35	
	750	2:20.4	1:38.0	33	
	1000	3:11.9	1:43.0	35	

Scottish Rowing Indoor Championships 2019



7 George Ahl	Uni. of St Andrews BC			142 Men's Student Beginner
250	0:47.3	1:34.6	37	
500	1:34.5	1:34.4	36	
750	2:23.8	1:38.6	35	
1000	3:13.9	1:40.2	34	
8 Sebastian Petterson	Uni. of St Andrews BC			142 Men's Student Beginner
250	0:46.2	1:32.4	38	
500	1:32.6	1:32.8	36	
750	2:21.8	1:38.4	34	
1000	3:14.2	1:44.8	31	
9 Ethan King	Dundee Uni. BC			142 Men's Student Beginner
250	0:43.4	1:26.8	43	
500	1:30.7	1:34.6	39	
750	2:21.8	1:42.2	35	
1000	3:14.9	1:46.2	33	
10 James Pollock	Stirling Uni. BC			142 Men's Student Beginner
250	0:43.6	1:27.2	40	
500	1:31.4	1:35.6	40	
750	2:22.8	1:42.8	39	
1000	3:15.4	1:45.2	35	
11 Lewis Gladwin	Uni. of St Andrews BC			142 Men's Student Beginner
250	0:46.7	1:33.4	33	
500	1:34.5	1:35.6	33	
750	2:24.5	1:40.0	31	
1000	3:16.1	1:43.2	31	
12 Chris Newton	Glasgow Uni.			142 Men's Student Beginner
250	0:45.1	1:30.2	37	
500	1:33.1	1:36.0	33	
750	2:24.4	1:42.6	30	
1000	3:16.9	1:45.0	31	
13 Siebe De Kort	Glasgow Uni.			142 Men's Student Beginner
250	0:47.1	1:34.2	38	
500	1:35.3	1:36.4	35	

Scottish Rowing Indoor Championships 2019



	750	2:26.2	1:41.8	34
	1000	3:18.3	1:44.2	33
14 Daniel Dolan		Edinburgh Uni.		142 Men's Student Beginner
	250	0:49.5	1:39.0	35
	500	1:38.2	1:37.4	34
	750	2:27.6	1:38.8	34
	1000	3:18.3	1:41.3	33
15 Quenton Hurst		Uni. of St Andrews BC		142 Men's Student Beginner
	250	0:48.6	1:37.2	42
	500	1:36.8	1:36.4	40
	750	2:27.2	1:40.7	37
	1000	3:20.0	1:45.6	35
16 Seamus Ober		Strathclyde Uni. BC		142 Men's Student Beginner
	250	0:47.3	1:34.6	39
	500	1:35.2	1:35.8	39
	750	2:26.5	1:42.6	36
	1000	3:20.0	1:47.0	37
17 Constantin Von Stackelber		Glasgow Uni.		142 Men's Student Beginner
	250	0:46.2	1:32.4	47
	500	1:34.9	1:37.4	43
	750	2:27.2	1:44.6	40
	1000	3:20.9	1:47.4	38
18 Branislav Graus		Stirling Uni. BC		142 Men's Student Beginner
	250	0:45.0	1:30.0	41
	500	1:32.4	1:34.8	39
	750	2:28.1	1:51.4	37
	1000	3:21.2	1:46.2	37
19 Max Holford		Edinburgh Uni.		142 Men's Student Beginner
	250	0:46.2	1:32.4	36
	500	1:35.8	1:39.2	33
	750	2:28.3	1:45.0	33
	1000	3:21.4	1:46.2	35
20 Joseph Moore's-Poole		Aberdeen Uni. BC		142 Men's Student Beginner

Scottish Rowing Indoor Championships 2019



250	0:48.4	1:36.8	37
500	1:38.6	1:40.4	37
750	2:30.4	1:43.6	35
1000	3:21.4	1:42.0	34

21 Danny Reid	Glasgow Uni.		142 Men's Student Beginner
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250	0:45.9	1:31.8	39
500	1:34.9	1:38.0	34
750	2:27.0	1:44.2	33
1000	3:21.6	1:49.2	31

22 Louis Bujis	Edinburgh Uni.		142 Men's Student Beginner
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250	0:49.0	1:38.0	34
500	1:39.0	1:40.0	31
750	2:29.8	1:41.6	31
1000	3:21.8	1:44.0	31

23 Cameron Todd	Dundee Uni. BC		142 Men's Student Beginner
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250	0:47.0	1:34.0	41
500	1:36.6	1:39.2	40
750	2:30.3	1:47.4	37
1000	3:22.1	1:43.6	42

24 Rupert Schulenberg	Uni. of St Andrews BC		142 Men's Student Beginner
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250	0:48.7	1:37.4	34
500	1:37.5	1:37.6	34
750	2:29.5	1:44.0	32
1000	3:22.3	1:45.6	34

25 Finlay Dewar	Glasgow Uni.		142 Men's Student Beginner
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250	0:47.7	1:35.4	39
500	1:36.0	1:36.6	37
750	2:27.3	1:42.6	36
1000	3:22.3	1:50.0	36

26 Jamie Kirk	Edinburgh Uni.		142 Men's Student Beginner
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250	0:48.9	1:37.8	34
500	1:39.1	1:40.4	31
750	2:31.2	1:44.2	31

Scottish Rowing Indoor Championships 2019



	1000	3:23.0	1:43.6	29
27 Dominik Schaefer		Strathclyde Uni. BC		142 Men's Student Beginner
	250	0:50.4	1:40.7	38
	500	1:40.6	1:40.4	36
	750	2:32.2	1:43.2	35
	1000	3:23.1	1:41.8	37
28 Andrew Curry		Dundee Uni. BC		142 Men's Student Beginner
	250	0:49.5	1:39.0	34
	500	1:39.7	1:40.4	35
	750	2:31.5	1:43.6	34
	1000	3:23.2	1:43.4	36
29 Alex Gibbon		Robert Gordon Uni. BC		142 Men's Student Beginner
	250	0:50.8	1:41.6	33
	500	1:43.0	1:44.4	31
	750	2:36.3	1:46.6	30
	1000	3:28.4	1:44.2	33
30 James Colman		Edinburgh Uni.		142 Men's Student Beginner
	250	0:52.0	1:44.0	35
	500	1:42.6	1:41.2	32
	750	2:34.8	1:44.4	30
	1000	3:28.5	1:47.4	30
31 Tom Rooney		Edinburgh Uni.		142 Men's Student Beginner
	250	0:49.7	1:39.4	31
	500	1:40.4	1:41.3	32
	750	2:33.4	1:46.0	32
	1000	3:28.5	1:50.2	32
32 Colm O'Sullivan		Dundee Uni. BC		142 Men's Student Beginner
	250	0:50.3	1:40.6	35
	500	1:41.7	1:42.8	34
	750	2:35.2	1:47.0	35
	1000	3:28.6	1:46.8	36
33 Brandon Cayr		Aberdeen Uni. BC		142 Men's Student Beginner
	250	0:50.2	1:40.4	35

Scottish Rowing Indoor Championships 2019



	500	1:41.1	1:41.8	35
	750	2:33.8	1:45.4	35
	1000	3:28.7	1:49.8	37
34 Jonathan Horn		Uni. of St Andrews BC		142 Men's Student Beginner
	250	0:49.4	1:38.8	39
	500	1:40.4	1:42.0	36
	750	2:31.5	1:42.2	36
	1000	3:28.9	1:54.8	31
35 Jackson Ratcliffe		Robert Gordon Uni. BC		142 Men's Student Beginner
	250	0:45.3	1:30.6	40
	500	1:36.3	1:42.0	35
	750	2:31.5	1:50.4	35
	1000	3:28.9	1:54.8	33
36 Louis Harris		Edinburgh Uni.		142 Men's Student Beginner
	250	0:51.2	1:42.3	35
	500	1:43.3	1:44.2	35
	750	2:35.9	1:45.2	35
	1000	3:29.2	1:46.6	36
37 Erik Dahl		Uni. of St Andrews BC		142 Men's Student Beginner
	250	0:48.7	1:37.4	42
	500	1:40.8	1:44.2	40
	750	2:35.9	1:50.2	38
	1000	3:29.7	1:47.6	39
38 Elias Bokedal		Glasgow Uni.		142 Men's Student Beginner
	250	0:49.2	1:38.4	40
	500	1:39.3	1:40.2	38
	750	2:33.4	1:48.2	34
	1000	3:29.6	1:52.4	36
39 Joel Rencen		Aberdeen Uni. BC		142 Men's Student Beginner
	250	0:53.5	1:47.0	29
	500	1:45.8	1:44.6	29
	750	2:38.6	1:45.6	30
	1000	3:29.7	1:42.2	32

Scottish Rowing Indoor Championships 2019



40 Rees Donaldson	Robert Gordon Uni. BC			142 Men's Student Beginner
250	0:48.6	1:37.2	38	
500	1:40.2	1:43.2	36	
750	2:36.2	1:52.0	32	
1000	3:31.0	1:49.6	34	
41 Joel Hatty	Stirling Uni. BC			142 Men's Student Beginner
250	0:49.0	1:38.0	36	
500	1:40.4	1:42.8	34	
750	2:36.1	1:51.4	30	
1000	3:32.2	1:52.2	32	
42 Thomas Waite	Glasgow Uni.			142 Men's Student Beginner
250	0:49.4	1:38.8	36	
500	1:40.1	1:41.3	33	
750	2:34.5	1:48.8	29	
1000	3:32.0	1:55.0	27	
43 Callum Clarke	Uni. of St Andrews BC			142 Men's Student Beginner
250	0:49.4	1:38.8	38	
500	1:38.7	1:38.6	37	
750	2:33.4	1:49.4	34	
1000	3:32.7	1:58.6	31	
44 Jack De Banzie	Glasgow Uni.			142 Men's Student Beginner
250	0:48.4	1:36.8	42	
500	1:39.9	1:43.0	38	
750	2:35.9	1:52.0	36	
1000	3:33.3	1:54.8	36	
45 Duncan Walker	Aberdeen Uni. BC			142 Men's Student Beginner
250	0:50.7	1:41.3	38	
500	1:42.7	1:44.0	33	
750	2:36.9	1:48.4	34	
1000	3:33.5	1:53.2	34	
46 Calum Cumming	Dundee Uni. BC			142 Men's Student Beginner
250	0:53.1	1:46.2	33	
500	1:45.6	1:45.0	32	

Scottish Rowing Indoor Championships 2019



	750	2:40.5	1:49.8	31
	1000	3:35.8	1:50.6	31
47 Jamie Campbell		Robert Gordon Uni. BC		142 Men's Student Beginner
	250	0:49.6	1:39.2	36
	500	1:41.4	1:43.6	38
	750	2:38.3	1:53.8	36
	1000	3:36.0	1:55.4	35
48 Robert Forbes		Glasgow Uni.		142 Men's Student Beginner
	250	0:47.6	1:35.2	43
	500	1:41.1	1:47.0	38
	750	2:39.2	1:56.2	35
	1000	3:36.3	1:54.2	34
49 Anirbit Ghosh		Glasgow Uni.		142 Men's Student Beginner
	250	0:48.0	1:36.0	35
	500	1:40.1	1:44.2	33
	750	2:37.8	1:55.4	33
	1000	3:36.6	1:57.6	33
50 Patrik Tahotny		Aberdeen Uni. BC		142 Men's Student Beginner
	250	0:49.5	1:39.0	40
	500	1:42.3	1:45.6	40
	750	2:39.7	1:54.8	39
	1000	3:37.6	1:55.8	38
51 Robert Amphlett		Strathclyde Uni. BC		142 Men's Student Beginner
	250	0:49.5	1:39.0	40
	500	1:41.3	1:43.6	38
	750	2:38.0	1:53.4	37
	1000	3:37.6	1:59.2	36
52 Georgy Kamensky		Uni. of St Andrews BC		142 Men's Student Beginner
	250	0:50.9	1:41.8	41
	500	1:45.4	1:49.0	39
	750	2:45.0	1:59.2	34
	1000	3:43.6	1:57.2	35
53 Pak Hei Li		Uni. of St Andrews BC		142 Men's Student Beginner

Scottish Rowing Indoor Championships 2019



250	0:50.7	1:41.3	41
500	1:43.9	1:46.4	38
750	2:43.9	2:00.0	35
1000	3:45.4	2:03.0	34

54 Robbie Cattanach Stirling Uni. BC 142 Men's Student Beginner

250	0:51.0	1:42.0	39
500	1:45.4	1:48.8	36
750	2:45.5	2:00.2	33
1000	3:48.1	2:05.2	32

55 Jack Francey Stirling Uni. BC 142 Men's Student Beginner

250	0:52.7	1:45.4	40
500	1:48.8	1:52.2	40
750	2:48.0	1:58.4	44
1000	3:50.3	2:04.6	44

56 Lewis Illand Stirling Uni. BC 142 Men's Student Beginner

250	0:54.4	1:48.8	36
500	1:53.1	1:57.4	38
750	2:53.8	2:01.4	40
1000	3:54.9	2:02.2	39

57 Konstantin Menge Dundee Uni. BC 142 Men's Student Beginner

250	0:53.7	1:47.4	35
500	1:51.7	1:56.0	31
750	2:54.7	2:06.0	29
1000	3:54.8	2:00.2	29

58 Henry Swindells Stirling Uni. BC 142 Men's Student Beginner

250	0:50.8	1:41.6	43
500	1:48.1	1:54.6	38
750	2:51.6	2:07.0	35
1000	3:56.4	2:09.6	36

59 William Dashe Uni. of St Andrews BC 142 Men's Student Beginner

250	0:58.0	1:56.0	38
500	2:00.6	2:05.2	37
750	3:08.7	2:16.2	34

Scottish Rowing Indoor Championships 2019



1000

4:17.7

2:18.0

35

Women's Student Beginner

1000 meters

	Distance	Time	Pace	Stroke Rate	
1 Morgan Nunez		Aberdeen Uni. BC			242 Women's Student Beginne
	250	0:52.4	1:44.8	31	
	500	1:45.0	1:45.2	32	
	750	2:39.0	1:48.0	30	
	1000	3:33.9	1:49.8	32	
2 Matilda Jones		Edinburgh Uni.			242 Women's Student Beginne
	250	0:50.0	1:40.0	36	
	500	1:43.2	1:46.4	33	
	750	2:39.1	1:51.8	30	
	1000	3:35.6	1:53.0	30	
3 Beth Forrester		Dundee Uni. BC			242 Women's Student Beginne
	250	0:52.7	1:45.4	35	
	500	1:45.5	1:45.6	35	
	750	2:40.0	1:49.0	36	
	1000	3:36.1	1:52.2	35	
4 Bronte Haywood		Edinburgh Uni.			242 Women's Student Beginne
	250	0:50.9	1:41.8	39	
	500	1:43.6	1:45.4	35	
	750	2:39.6	1:52.0	32	
	1000	3:37.6	1:56.0	32	
5 Katie Whiting		Edinburgh Uni.			242 Women's Student Beginne
	250	0:53.5	1:47.0	36	
	500	1:46.9	1:46.8	33	
	750	2:42.4	1:51.0	34	
	1000	3:38.8	1:52.8	35	
6 Olivia Reeves		Uni. of St Andrews BC			242 Women's Student Beginne
	250	0:52.1	1:44.2	40	
	500	1:46.6	1:49.0	35	
	750	2:43.0	1:52.8	35	
	1000	3:41.2	1:56.4	34	

Scottish Rowing Indoor Championships 2019



7	Marta Weyer	Aberdeen Uni. BC		242	Women's Student Beginne
	250	0:52.5	1:45.0	32	
	500	1:47.4	1:49.8	28	
	750	2:44.6	1:54.4	27	
	1000	3:42.1	1:55.0	31	
8	Jess Brown	Edinburgh Uni.		242	Women's Student Beginne
	250	0:52.5	1:45.0	34	
	500	1:46.0	1:47.0	34	
	750	2:43.1	1:54.2	33	
	1000	3:42.7	1:59.2	31	
9	Polly Swaile	Glasgow Uni.		242	Women's Student Beginne
	250	0:50.9	1:41.8	37	
	500	1:46.0	1:50.2	30	
	750	2:45.0	1:58.0	27	
	1000	3:44.7	1:59.4	26	
10	Ellie Bain	Uni. of St Andrews BC		242	Women's Student Beginne
	250	0:55.1	1:50.2	34	
	500	1:50.9	1:51.6	32	
	750	2:47.9	1:54.0	32	
	1000	3:46.5	1:57.2	31	
11	Ava Rawson	Uni. of St Andrews BC		242	Women's Student Beginne
	250	0:55.1	1:50.2	33	
	500	1:51.4	1:52.6	31	
	750	2:49.6	1:56.4	31	
	1000	3:49.5	1:59.8	31	
12	Jess Smith	Glasgow Uni.		242	Women's Student Beginne
	250	0:54.2	1:48.4	40	
	500	1:50.2	1:52.0	36	
	750	2:49.4	1:58.4	37	
	1000	3:50.0	2:01.2	37	
13	Margaret Mitchell	Uni. of St Andrews BC		242	Women's Student Beginne
	250	0:56.0	1:52.0	42	
	500	1:52.7	1:53.4	37	

Scottish Rowing Indoor Championships 2019



	750	2:51.1	1:56.8	36
	1000	3:49.9	1:57.6	37
14 Emma Lister	Glasgow Uni.			242 Women's Student Beginne
	250	0:52.2	1:44.4	41
	500	1:47.9	1:51.4	40
	750	2:48.5	2:01.2	37
	1000	3:50.6	2:04.2	35
15 Mary Catherine O,Reilly-Gi	Glasgow Uni.			242 Women's Club Beginner
	250	0:54.0	1:48.0	36
	500	1:50.3	1:52.6	33
	750	2:50.4	2:00.2	32
	1000	3:51.3	2:01.8	34
16 Amber Drummond	Heriot Watt UBC			242 Women's Student Beginne
	250	0:56.9	1:53.8	31
	500	1:54.4	1:55.0	29
	750	2:53.1	1:57.4	31
	1000	3:54.5	2:02.8	31
17 Izzy McTamney	Glasgow Uni.			242 Women's Student Beginne
	250	0:57.0	1:54.0	34
	500	1:56.0	1:58.0	32
	750	2:56.1	2:00.2	30
	1000	3:55.4	1:58.6	31
18 Charlie Cooper	Edinburgh Uni.			242 Women's Student Beginne
	250	0:55.0	1:50.0	32
	500	1:54.1	1:58.2	26
	750	2:56.9	2:05.6	25
	1000	3:57.6	2:01.4	27
19 Sarah Booher	Uni. of St Andrews BC			242 Women's Student Beginne
	250	0:57.1	1:54.2	37
	500	1:56.2	1:58.2	35
	750	2:55.8	1:59.2	35
	1000	3:58.0	2:04.4	34
20 Arminta Azis	Uni. of St Andrews BC			242 Women's Student Beginne

Scottish Rowing Indoor Championships 2019



250	0:54.1	1:48.2	40
500	1:51.5	1:54.8	40
750	2:52.9	2:02.8	36
1000	3:57.9	2:10.0	35

21 Lara Diamond	Glasgow Uni.		242 Women's Student Beginne
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250	0:55.7	1:51.4	41
500	1:53.8	1:56.2	34
750	2:55.4	2:03.2	33
1000	3:58.3	2:05.8	33

22 Olivia Gray	Uni. of St Andrews BC		242 Women's Student Beginne
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250	0:58.9	1:57.8	37
500	1:58.1	1:58.4	33
750	2:58.2	2:00.2	34
1000	3:59.0	2:01.6	35

23 Caitlin Spencer	Uni. of St Andrews BC		242 Women's Student Beginne
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250	0:56.1	1:52.2	35
500	1:55.1	1:58.0	33
750	2:57.1	2:04.0	30
1000	3:59.6	2:05.0	32

24 Billie Benkel	Aberdeen Uni. BC		242 Women's Student Beginne
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250	0:59.3	1:58.6	32
500	1:58.4	1:58.2	31
750	2:58.4	2:00.0	32
1000	3:59.6	2:02.4	33

25 Aoife Doyle	Uni. of St Andrews BC		242 Women's Student Beginne
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250	0:55.6	1:51.2	35
500	1:56.0	2:00.8	34
750	2:58.7	2:05.4	34
1000	3:59.9	2:02.4	33

26 Zoe Fisher	Glasgow Uni.		242 Women's Student Beginne
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250	0:56.3	1:52.6	37
500	1:54.5	1:56.4	35
750	2:56.3	2:03.6	35

Scottish Rowing Indoor Championships 2019



	1000	3:59.9	2:07.2	34
27 Rena Baumler		Dundee Uni. BC		242 Women's Student Beginne
	250	0:56.4	1:52.8	34
	500	1:58.2	2:03.6	31
	750	3:01.3	2:06.2	30
	1000	4:00.2	1:57.8	35
28 Heather Crombie		Edinburgh Uni.		242 Women's Student Beginne
	250	0:58.5	1:57.0	33
	500	1:58.0	1:59.0	30
	750	2:59.6	2:03.2	28
	1000	4:00.4	2:01.6	30
29 Robyn Taylor		Uni. of St Andrews BC		242 Women's Student Beginne
	250	0:53.8	1:47.6	43
	500	1:52.8	1:58.0	37
	750	2:55.4	2:05.2	36
	1000	4:00.5	2:10.2	36
30 Maria Urra		Robert Gordon Uni. BC		242 Women's Student Beginne
	250	1:00.7	2:01.4	30
	500	2:01.4	2:01.4	30
	750	3:01.1	1:59.4	30
	1000	4:00.5	1:58.8	32
31 Iona Ferguson		Glasgow Uni.		242 Women's Student Beginne
	250	0:57.1	1:54.2	37
	500	1:54.5	1:54.8	37
	750	2:55.5	2:02.0	34
	1000	4:01.1	2:11.2	35
32 Krysia Weir		Edinburgh Uni.		242 Women's Student Beginne
	250	0:54.4	1:48.8	39
	500	1:55.2	2:01.6	34
	750	2:57.6	2:04.8	32
	1000	4:01.8	2:08.4	31
33 Harriet Graham		Glasgow Uni.		242 Women's Student Beginne
	250	0:57.0	1:54.0	35

Scottish Rowing Indoor Championships 2019



	500	1:57.0	2:00.0	31
	750	2:59.3	2:04.6	29
	1000	4:02.4	2:06.2	29
34 Eve Doyle	Glasgow Uni.			242 Women's Student Beginne
	250	0:58.1	1:56.2	43
	500	1:57.9	1:59.6	40
	750	3:00.3	2:04.8	38
	1000	4:02.9	2:05.2	35
35 Rosie Bogle	Dundee Uni. BC			242 Women's Student Beginne
	250	0:57.2	1:54.4	37
	500	1:57.7	2:01.0	32
	750	3:01.4	2:07.4	31
	1000	4:02.7	2:02.6	32
36 Elspeth Burdette	Glasgow Uni.			242 Women's Student Beginne
	250	0:57.5	1:55.0	34
	500	1:57.4	1:59.8	32
	750	3:00.5	2:06.2	31
	1000	4:03.5	2:06.0	30
37 Isabelle Bowyer	Uni. of St Andrews BC			242 Women's Student Beginne
	250	0:59.2	1:58.4	31
	500	2:00.2	2:02.0	28
	750	3:01.6	2:02.8	29
	1000	4:04.3	2:05.4	37
38 Poppy Freeman	Uni. of St Andrews BC			242 Women's Student Beginne
	250	0:59.2	1:58.4	38
	500	2:00.1	2:01.8	37
	750	3:02.9	2:05.6	35
	1000	4:04.5	2:03.2	38
39 Zoë Sleath	Uni. of St Andrews BC			242 Women's Student Beginne
	250	0:57.7	1:55.4	42
	500	1:58.5	2:01.6	37
	750	3:01.9	2:06.8	33
	1000	4:04.6	2:05.4	34

Scottish Rowing Indoor Championships 2019



40	Isla Sherwood-Thompson	Edinburgh Uni.		242	Women's Student Beginne
	250	0:55.4	1:50.8	37	
	500	1:56.0	2:01.2	33	
	750	2:59.4	2:06.8	32	
	1000	4:04.9	2:11.0	33	
41	Ellen Kilgour	Edinburgh Uni.		242	Women's Student Beginne
	250	0:59.9	1:59.8	34	
	500	2:01.8	2:03.8	31	
	750	3:04.6	2:05.6	32	
	1000	4:06.0	2:02.8	32	
42	Lilli Nadol	Uni. of St Andrews BC		242	Women's Student Beginne
	250	0:57.7	1:55.4	32	
	500	1:57.8	2:00.2	31	
	750	3:01.3	2:07.0	29	
	1000	4:07.3	2:12.0	30	
43	Jenny Donachie	Uni. of St Andrews BC		242	Women's Student Beginne
	250	1:01.5	2:03.0	32	
	500	2:02.9	2:02.8	32	
	750	3:05.5	2:05.2	33	
	1000	4:07.7	2:04.4	34	
44	Florence Macaulay	Uni. of St Andrews BC		242	Women's Student Beginne
	250	0:59.6	1:59.2	39	
	500	2:01.0	2:02.8	38	
	750	3:05.0	2:08.0	37	
	1000	4:09.7	2:09.4	36	
45	Katie Richie	Aberdeen Uni. BC		242	Women's Student Beginne
	250	0:59.2	1:58.4	33	
	500	2:00.2	2:02.0	31	
	750	3:04.7	2:09.0	32	
	1000	4:10.3	2:11.2	32	
46	Heather Scott	Uni. of St Andrews BC		242	Women's Student Beginne
	250	1:00.1	2:00.2	30	
	500	2:03.5	2:06.8	31	

Scottish Rowing Indoor Championships 2019



	750	3:08.8	2:10.6	32
	1000	4:10.6	2:03.6	34
47 Georgiana Gray		Edinburgh Uni.		242 Women's Student Beginne
	250	0:55.5	1:51.0	39
	500	1:58.3	2:05.6	34
	750	3:05.5	2:14.4	33
	1000	4:11.1	2:11.2	32
48 Jessie Stewart		Glasgow Uni.		242 Women's Student Beginne
	250	0:55.9	1:51.8	46
	500	1:58.7	2:05.6	40
	750	3:04.4	2:11.4	37
	1000	4:11.2	2:13.6	34
49 Emma Ritchie		Dundee Uni. BC		242 Women's Student Beginne
	250	1:01.6	2:03.2	34
	500	2:04.5	2:05.8	31
	750	3:09.2	2:09.4	30
	1000	4:13.3	2:08.2	30
50 Misa Yamaoka		Uni. of St Andrews BC		242 Women's Student Beginne
	250	0:56.6	1:53.2	50
	500	1:57.2	2:01.2	44
	750	3:05.1	2:15.8	36
	1000	4:14.3	2:18.4	35
51 Orla O'Brien		Dundee Uni. BC		242 Women's Student Beginne
	250	0:55.5	1:51.0	37
	500	1:57.0	2:03.0	37
	750	3:05.9	2:17.8	35
	1000	4:15.0	2:18.2	35
52 Gemma McLaughlin		Uni. of St Andrews BC		242 Women's Student Beginne
	250	1:01.3	2:02.6	35
	500	2:05.5	2:08.4	30
	750	3:12.5	2:14.0	29
	1000	4:16.7	2:08.4	31
53 Nina Engelbrecht		Uni. of St Andrews BC		242 Women's Student Beginne

Scottish Rowing Indoor Championships 2019



250	0:56.3	1:52.6	39
500	1:58.0	2:03.4	34
750	3:07.6	2:19.2	29
1000	4:16.9	2:18.6	30

54 Catherine Donald	Aberdeen Uni. BC		242 Women's Student Beginne
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250	0:59.9	1:59.8	40
500	2:03.6	2:07.4	39
750	3:11.3	2:15.4	36
1000	4:20.1	2:17.6	36

55 Christina Connell-McGrath	Uni. of St Andrews BC		242 Women's Student Beginne
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250	0:57.1	1:54.2	43
500	2:02.0	2:09.8	34
750	3:12.1	2:20.2	30
1000	4:21.4	2:18.6	29

56 Emily Campbell	Dundee Uni. BC		242 Women's Student Beginne
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250	1:05.1	2:10.2	31
500	2:09.4	2:08.6	32
750	3:15.9	2:13.0	34
1000	4:21.5	2:11.2	37

57 Kiera Mitchell	Aberdeen Uni. BC		242 Women's Student Beginne
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250	1:01.4	2:02.8	36
500	2:07.2	2:11.6	34
750	3:16.1	2:17.8	33
1000	4:24.3	2:16.4	33

58 Karcher Cox	Aberdeen Uni. BC		242 Women's Student Beginne
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250	0:59.1	1:58.2	36
500	2:05.8	2:13.4	32
750	3:17.2	2:22.8	33
1000	4:25.8	2:17.2	34

59 Louise Blakeman	Aberdeen Uni. BC		242 Women's Student Beginne
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250	1:01.8	2:03.6	28
500	2:08.2	2:12.8	28
750	3:19.1	2:21.8	27

Scottish Rowing Indoor Championships 2019



	1000	4:29.4	2:20.6	30
60 Ella Avery		Dundee Uni. BC		242 Women's Student Beginne
	250	1:02.4	2:04.8	35
	500	2:07.5	2:10.2	33
	750	3:20.2	2:25.4	30
	1000	4:34.4	2:28.4	29
61 Erin McBroom		Dundee Uni. BC		242 Women's Student Beginne
	250	1:02.6	2:05.2	35
	500	2:12.3	2:19.4	30
	750	3:26.3	2:28.0	29
	1000	4:37.8	2:23.0	29
62 Caitlyn Amos		Dundee Uni. BC		242 Women's Student Beginne
	250	1:02.8	2:05.6	36
	500	2:12.2	2:18.8	33
	750	3:24.4	2:24.4	30
	1000	4:37.9	2:27.0	32
63 Luna Liv		Glasgow Uni.		242 Women's Student Beginne
	250	1:01.8	2:03.6	42
	500	2:16.4	2:29.2	34
	750	3:30.9	2:29.0	29
	1000	4:44.7	2:27.6	31

Men's Over 30 2km

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Robert Strachan	Aberdeen Boat Club				105 Men's Over 30 2km
	500	1:33.3	1:33.3	30	
	1000	3:08.7	1:35.4	29	
	1500	4:45.4	1:36.7	29	
	2000	6:21.0	1:35.6	31	
2 David Duggan	Kilmacsimon RC				105 Men's Over 30 2km
	500	1:34.3	1:34.3	34	
	1000	3:11.4	1:37.1	31	
	1500	4:50.1	1:38.7	30	
	2000	6:31.4	1:41.3	33	

Men's Over 40 2km

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Stewart Moss					110 Men's Over 40 2km
	500	1:35.5	1:35.5	31	
	1000	3:11.2	1:35.7	31	
	1500	4:47.3	1:36.1	31	
	2000	6:22.8	1:35.5	32	
2 Barry Greig					110 Men's Over 40 2km
	500	1:39.9	1:39.9	26	
	1000	3:20.8	1:40.8	24	
	1500	5:00.3	1:39.5	25	
	2000	6:38.6	1:38.3	26	
3 Ian Wilde	Sub7				110 Men's Open
	500	1:43.2	1:43.2	34	
	1000	3:26.3	1:43.1	34	
	1500	5:09.6	1:43.3	33	
	2000	6:47.1	1:37.5	34	
4 Brendan Hurrell					110 Men's Over 40 2km
	500	1:43.7	1:43.7	32	
	1000	3:27.4	1:43.7	31	
	1500	5:11.4	1:44.0	31	
	2000	6:54.2	1:42.8	32	

Men's Over 50 2km

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Gabriel Murphy					115 Men's Over 50 2km
	500	1:38.2	1:38.2	33	
	1000	3:20.4	1:42.2	29	
	1500	5:03.3	1:42.9	30	
	2000	6:43.9	1:40.6	33	
2 Paul Gissen					115 Men's Over 50 2km
	500	1:41.9	1:41.8	38	
	1000	3:22.9	1:41.0	37	
	1500	5:04.4	1:41.5	37	
	2000	6:45.1	1:40.7	41	
3 Shaun Callaghan					115 Men's Over 50 2km
	500	1:40.7	1:40.7	33	
	1000	3:21.9	1:41.2	33	
	1500	5:04.5	1:42.6	33	
	2000	6:47.2	1:42.7	36	
4 John Walsh					115 Men's Over 50 2km
	500	1:42.2	1:42.2	29	
	1000	3:24.0	1:41.8	29	
	1500	5:05.8	1:41.8	29	
	2000	6:47.3	1:41.5	30	
5 Ben Robson					115 Men's Over 50 2km
	500	1:43.0	1:43.0	32	
	1000	3:26.4	1:43.4	31	
	1500	5:09.3	1:42.9	34	
	2000	6:48.1	1:38.8	39	
6 Michael MaLaren					115 Men's Over 50 2km
	500	1:41.9	1:41.8	34	
	1000	3:26.1	1:44.2	32	
	1500	5:10.4	1:44.3	32	
	2000	6:53.9	1:43.5	33	

Scottish Rowing Indoor Championships 2019



7 Michael Mc Whirter				115 Men's Over 50 2km
500	1:44.1	1:44.1	33	
1000	3:28.5	1:44.4	30	
1500	5:13.8	1:45.3	30	
2000	6:55.2	1:41.3	33	
8 Anthony Walpole	Fitness Matters			115 Men's Over 50 2km
500	1:44.8	1:44.8	29	
1000	3:29.8	1:45.0	28	
1500	5:13.8	1:44.0	29	
2000	6:56.3	1:42.5	31	
9 Ashley Coombes	Loch Lomond RC			115 Men's Over 50 2km
500	1:49.6	1:49.6	26	
1000	3:43.0	1:53.4	25	
1500	5:40.1	1:57.1	25	
2000	7:35.8	1:55.7	26	



Men's Over 70 2km

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Roger Stainforth	Durham Amateur Rowing Club				125 Men's Over 70 2km
	500	1:52.8	1:52.8	29	
	1000	3:45.4	1:52.6	27	
	1500	5:38.2	1:52.8	28	
	2000	7:29.7	1:51.5	29	
2 Michael Brownjohn	Diamonds				125 Men's Over 70 2km
	500	1:56.6	1:56.6	28	
	1000	3:53.1	1:56.5	27	
	1500	5:49.7	1:56.6	27	
	2000	7:43.7	1:54.0	31	

Men's Student Open

2000 meters

	Distance	Time	Pace	Stroke Rate
1 Mike Simpson		Strathclyde Park RC		140 Men's Student Open
	500	1:34.6	1:34.6	29
	1000	3:10.8	1:36.2	27
	1500	4:45.9	1:35.1	27
	2000	6:19.1	1:33.2	28
2 Ben O'Neill		Glasgow Uni.		140 Men's Student Open
	500	1:34.5	1:34.5	32
	1000	3:11.2	1:36.7	30
	1500	4:47.6	1:36.4	30
	2000	6:23.2	1:35.6	32
3 Fraser Jeffries		Dundee Uni. BC		140 Men's Student Open
	500	1:35.3	1:35.3	29
	1000	3:11.6	1:36.3	29
	1500	4:47.7	1:36.1	29
	2000	6:24.4	1:36.7	30
4 Oliver Bohle		Dundee Uni. BC		140 Men's Student Open
	500	1:31.6	1:31.6	35
	1000	3:11.5	1:39.9	30
	1500	4:54.1	1:42.6	30
	2000	6:30.5	1:36.4	40
5 Alasdair Iredale		Dundee Uni. BC		140 Men's Student Open
	500	1:33.8	1:33.8	33
	1000	3:11.8	1:38.0	29
	1500	4:51.5	1:39.7	28
	2000	6:32.2	1:40.7	27
6 Alex Morriss		Glasgow Uni.		140 Men's Student Open
	500	1:38.6	1:38.6	30
	1000	3:17.5	1:38.9	29
	1500	4:56.4	1:38.9	29
	2000	6:35.1	1:38.7	29

Scottish Rowing Indoor Championships 2019



7 David Baird	Glasgow Uni.			140 Men's Student Open
500	1:37.4	1:37.4	31	
1000	3:17.4	1:40.0	29	
1500	4:58.0	1:40.6	28	
2000	6:37.5	1:39.5	30	
8 Stuart Masson	Heriot Watt UBC			140 Men's Student Open
500	1:40.0	1:40.0	28	
1000	3:20.0	1:40.0	25	
1500	5:00.3	1:40.2	26	
2000	6:40.5	1:40.2	26	
9 Robbie Burnside	Edinburgh Uni.			140 Men's Student Open
500	1:38.8	1:38.8	31	
1000	3:21.7	1:42.9	30	
1500	5:04.9	1:43.2	29	
2000	6:45.8	1:40.8	30	
10 James Adams	Dundee Uni. BC			140 Men's Student Open
500	1:40.6	1:40.6	32	
1000	3:23.0	1:42.3	32	
1500	5:06.5	1:43.5	32	
2000	6:47.1	1:40.6	34	
11 Nathan Field	Heriot Watt UBC			140 Men's Student Open
500	1:43.5	1:43.5	31	
1000	3:26.8	1:43.3	30	
1500	5:09.8	1:43.0	31	
2000	6:48.6	1:38.8	33	
12 Cameron McRobb	Heriot Watt UBC			140 Men's Student Open Lwt
500	1:42.1	1:42.1	29	
1000	3:25.4	1:43.3	27	
1500	5:09.0	1:43.6	27	
2000	6:49.5	1:40.5	31	
13 Fjonn Buesche	Glasgow Uni.			140 Men's Student Open
500	1:38.6	1:38.6	32	
1000	3:19.5	1:40.8	29	

Scottish Rowing Indoor Championships 2019



1500	5:04.0	1:44.5	28
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2000	6:50.9	1:46.9	30
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14 Daniel Lowry	Strathclyde Uni. BC		140 Men's Student Open
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500	1:46.9	1:46.9	27
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1000	3:35.1	1:48.2	26
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1500	5:23.6	1:48.5	27
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2000	7:08.8	1:45.2	31
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15 Thomas Ord	Stirling Uni. BC		140 Men's Student Open
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500	1:48.9	1:48.9	35
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1000	3:46.6	1:57.7	30
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1500	5:46.5	1:59.9	30
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2000	7:43.6	1:57.1	31
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Men's Student Open Lwt

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Ethan Matthews		Glasgow Uni.			141 Men's Student Open Lwt
	500	1:38.8	1:38.8	32	
	1000	3:18.6	1:39.8	34	
	1500	5:01.7	1:43.1	34	
	2000	6:46.2	1:44.5	36	
2 Conor Clancy		Heriot Watt UBC			141 Men's Student Open Lwt
	500	1:45.6	1:45.6	28	
	1000	3:30.2	1:44.6	28	
	1500	5:14.8	1:44.6	28	
	2000	7:02.0	1:47.2	29	
3 Antek Fiedoruk		Strathclyde Uni. BC			141 Men's Student Open Lwt
	500	1:45.0	1:45.0	29	
	1000	3:31.2	1:46.2	28	
	1500	5:18.3	1:47.1	29	
	2000	7:04.8	1:46.5	30	



Women's Over 30 2km

2000 meters

	Distance	Time	Pace	Stroke Rate	
1	Rebecca Patterson				205 Women's Over 30 2km
	500	1:59.0	1:59.0	30	
	1000	4:02.4	2:03.4	28	
	1500	6:05.6	2:03.2	29	
	2000	8:09.6	2:04.0	27	
2	Elaine Huskinson				205 Women's Over 30 2km
	500	2:00.2	2:00.2	29	
	1000	4:10.6	2:10.4	26	
	1500	6:25.4	2:14.8	24	
	2000	8:35.1	2:09.7	26	



Women's Over 40 2km

2000 meters

	Distance	Time	Pace	Stroke Rate	
1	Malin Wahnstrom Sundstr				210 Women's Over 40 2km
	500	1:49.9	1:49.9	28	
	1000	3:39.3	1:49.4	28	
	1500	5:28.7	1:49.4	27	
	2000	7:15.5	1:46.8	29	



Women's Over 50 2km

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Fiona Pinfold					215 Women's Over 50 2km
	500	2:06.4	2:06.4	31	
	1000	4:13.2	2:06.8	30	
	1500	6:18.1	2:04.9	31	
	2000	8:18.9	2:00.8	33	



Men's Adaptive PR3 (LTA)

1000 meters

	Distance	Time	Pace	Stroke Rate	
1 Stuart Bowler					132 Men's Adaptive PR1 (AS)
	250	0:51.7	1:43.4	37	
	500	1:43.6	1:43.8	38	
	750	2:37.1	1:47.0	36	
	1000	3:32.2	1:50.2	35	
2 Craig Pringle					132 Men's Adaptive PR1 (AS)
	250	0:55.2	1:50.4	38	
	500	1:52.8	1:55.2	37	
	750	2:53.8	2:02.0	34	
	1000	3:59.2	2:10.8	32	

Women's Student Open

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Fiona Lapp		Dundee Uni. BC			240 Women's Student Open
	500	1:50.0	1:50.0	29	
	1000	3:38.9	1:48.9	28	
	1500	5:28.7	1:49.8	28	
	2000	7:18.7	1:50.0	30	
2 Kathryn Canniford		Dundee Uni. BC			240 Women's Student Open
	500	1:50.0	1:50.0	29	
	1000	3:39.7	1:49.7	28	
	1500	5:30.0	1:50.3	28	
	2000	7:19.4	1:49.4	29	
3 Niamh McClure		Glasgow Uni.			240 Women's Student Open
	500	1:51.7	1:51.7	30	
	1000	3:45.4	1:53.7	29	
	1500	5:38.4	1:53.0	29	
	2000	7:32.8	1:54.4	30	
4 Grace Thompson		Strathclyde Park RC			240 Women's Student Open
	500	1:52.6	1:52.6	27	
	1000	3:46.2	1:53.6	26	
	1500	5:39.7	1:53.5	27	
	2000	7:33.3	1:53.6	27	
5 Hannah Campbell		Dundee Uni. BC			240 Women's Student Open
	500	1:51.1	1:51.1	28	
	1000	3:45.5	1:54.4	27	
	1500	5:41.1	1:55.6	28	
	2000	7:37.6	1:56.5	29	
6 Kirsty MacArthur		Glasgow Uni.			240 Women's Student Open
	500	1:52.6	1:52.6	29	
	1000	3:49.1	1:56.5	28	
	1500	5:45.9	1:56.8	29	
	2000	7:40.3	1:54.4	29	

Scottish Rowing Indoor Championships 2019



7 Jess Thompson-Moore	Glasgow Uni.			240 Women's Student Open
500	1:54.2	1:54.2	31	
1000	3:50.2	1:56.0	29	
1500	5:47.9	1:57.7	29	
2000	7:43.5	1:55.6	29	
8 Ida O'Mahoney	Dundee Uni. BC			240 Women's Student Open
500	1:56.4	1:56.4	27	
1000	3:52.8	1:56.4	26	
1500	5:49.2	1:56.4	25	
2000	7:44.1	1:54.9	29	
9 Miriam Payne	Glasgow Uni.			240 Women's Student Open
500	1:56.6	1:56.6	32	
1000	3:54.4	1:57.8	31	
1500	5:53.1	1:58.7	31	
2000	7:49.3	1:56.2	32	
10 Katie Stewart	Glasgow Uni.			240 Women's Student Open
500	1:54.8	1:54.8	28	
1000	3:53.6	1:58.8	27	
1500	5:53.0	1:59.4	25	
2000	7:50.6	1:57.6	27	
11 Kitty Wilson-Farrand	Glasgow Uni.			240 Women's Student Open
500	1:52.8	1:52.8	33	
1000	3:52.8	2:00.0	30	
1500	5:53.2	2:00.4	30	
2000	7:54.1	2:00.9	32	
12 Megan Lewis	Glasgow Uni.			240 Women's Student Open
500	1:58.0	1:58.0	28	
1000	3:59.3	2:01.3	28	
1500	6:03.9	2:04.6	26	
2000	8:05.4	2:01.5	26	
13 Charlotte Walker	Edinburgh Uni.			240 Women's Student Open
500	1:52.1	1:52.1	30	
1000	3:55.7	2:03.6	28	

Scottish Rowing Indoor Championships 2019



	1500	6:03.5	2:07.8	29
	2000	8:07.7	2:04.2	31
14 Claire Dickson		Strathclyde Park RC		240 Women's Student Open
	500	1:56.7	1:56.7	29
	1000	4:00.4	2:03.7	27
	1500	6:06.6	2:06.2	27
	2000	8:08.6	2:02.0	28
15 Ricarda Dobrinski		Dundee Uni. BC		240 Women's Student Open
	500	2:03.0	2:03.0	23
	1000	4:08.8	2:05.8	23
	1500	6:14.2	2:05.4	23
	2000	8:16.1	2:01.9	26
16 Flora Brown		Glasgow Uni.		240 Women's Student Open
	500	1:56.5	1:56.5	32
	1000	4:03.5	2:07.0	30
	1500	6:11.1	2:07.6	30
	2000	8:16.2	2:05.1	29
17 Beth Campbell		Stirling Uni. BC		240 Women's Student Open
	500	2:01.7	2:01.7	27
	1000	4:09.4	2:07.7	27
	1500	6:15.8	2:06.4	28
	2000	8:21.2	2:05.4	29
18 Heather Martin		Stirling Uni. BC		240 Women's Student Open
	500	1:55.8	1:55.8	32
	1000	4:04.3	2:08.5	27
	1500	6:13.4	2:09.1	26
	2000	8:21.6	2:08.2	27
19 Amy McCann		Stirling Uni. BC		240 Women's Student Open
	500	1:56.6	1:56.6	34
	1000	4:05.7	2:09.1	27
	1500	6:16.8	2:11.1	24
	2000	8:26.7	2:09.9	25
20 Holly Lyall		Dundee Uni. BC		240 Women's Student Open

Scottish Rowing Indoor Championships 2019



500	2:05.1	2:05.1	25
1000	4:15.1	2:10.0	25
1500	6:28.0	2:12.9	25
2000	8:38.4	2:10.4	25

21 Lucy Pennington Dundee Uni. BC 240 Women's Student Open

500	2:08.6	2:08.6	26
1000	4:18.7	2:10.1	23
1500	6:33.0	2:14.3	22
2000	8:46.2	2:13.2	21

22 Jessica Murray Dundee Uni. BC 240 Women's Student Open

500	2:13.3	2:13.3	28
1000	4:30.7	2:17.4	28
1500	6:51.5	2:20.8	27
2000	9:12.5	2:21.0	28

Women's Student Open Lwt

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Sascha Andersson		Glasgow Uni.			241 Women's Student Open L
	500	1:53.5	1:53.5	35	
	1000	3:47.8	1:54.3	34	
	1500	5:42.8	1:55.0	34	
	2000	7:38.2	1:55.4	35	
2 Katrina Bryce		Glasgow Uni.			241 Women's Student Open L
	500	1:55.9	1:55.9	30	
	1000	3:51.4	1:55.5	31	
	1500	5:49.0	1:57.6	32	
	2000	7:46.5	1:57.5	32	
3 Kirsty Naismith		Glasgow Uni.			241 Women's Student Open L
	500	1:59.3	1:59.3	35	
	1000	3:58.6	1:59.3	35	
	1500	5:57.9	1:59.3	36	
	2000	7:57.0	1:59.1	37	
4 Emily Robertson		Glasgow Uni.			241 Women's Student Open L
	500	1:59.6	1:59.6	35	
	1000	4:00.1	2:00.5	36	
	1500	6:03.0	2:02.9	35	
	2000	8:03.7	2:00.7	36	
5 Rose Handley		Dundee Uni. BC			241 Women's Student Open L
	500	2:01.2	2:01.2	31	
	1000	4:01.5	2:00.3	30	
	1500	6:03.2	2:01.7	31	
	2000	8:07.0	2:03.8	31	
6 Sonja Blaseio		Strathclyde Uni. BC			241 Women's Student Open L
	500	2:01.9	2:01.9	28	
	1000	4:06.9	2:05.0	27	
	1500	6:11.3	2:04.4	26	
	2000	8:12.0	2:00.7	27	

Scottish Rowing Indoor Championships 2019



7 Olivia O'Neil	Dundee Uni. BC			241 Women's Student Open L
500	1:55.2	1:55.2	32	
1000	4:00.2	2:05.0	29	
1500	6:09.5	2:09.3	27	
2000	8:16.5	2:07.0	29	
8 Yvette Gage	Dundee Uni. BC			241 Women's Student Open L
500	1:59.7	1:59.7	28	
1000	4:04.5	2:04.8	25	
1500	6:15.9	2:11.4	27	
2000	8:24.8	2:08.9	28	
9 Kira Samide	Dundee Uni. BC			241 Women's Student Open L
500	2:07.3	2:07.3	28	
1000	4:16.6	2:09.3	29	
1500	6:27.9	2:11.3	31	
2000	8:38.3	2:10.4	31	

Men's Over 60 Sprint

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Raymond McAvoy	Zone Fitness				123 Men's Over 60 Sprint
	125	0:23.9	1:35.6	48	
	250	0:46.4	1:30.0	48	
	375	1:08.9	1:30.0	51	
	500	1:31.9	1:32.0	47	
2 Ian Anderson	Jersey Rowing Club				123 Men's Over 60 Sprint
	125	0:24.1	1:36.4	40	
	250	0:47.4	1:33.2	41	
	375	1:11.2	1:35.2	40	
	500	1:35.5	1:37.2	40	
3 Seamus Keating	Clydesdale ARC				123 Men's Over 60 Sprint
	125	0:25.1	1:40.4	36	
	250	0:49.1	1:36.0	37	
	375	1:13.9	1:39.2	34	
	500	1:40.3	1:45.6	34	
4 Ralph Hopkins					123 Men's Over 60 Sprint
	125	0:28.0	1:52.0	34	
	250	0:57.3	1:57.2	31	
	375	1:27.3	2:00.0	32	
	500	1:56.0	1:54.8	33	

Men's Over 60 Sprint Lwt

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Jeremy Musselwhite					124 Men's Over 60 Sprint Lwt
	125	0:25.3	1:41.2	38	
	250	0:48.5	1:32.8	39	
	375	1:12.4	1:35.6	38	
	500	1:37.5	1:40.4	38	
2 Robert Horsburgh					124 Men's Over 60 Sprint Lwt
	125	0:25.3	1:41.2	36	
	250	0:49.5	1:36.8	37	
	375	1:14.1	1:38.4	39	
	500	1:39.4	1:41.2	36	
3 Michael Brownjohn	Diamonds				124 Men's Over 70 Sprint Lwt
	125	0:26.6	1:46.4	36	
	250	0:52.0	1:41.6	35	
	375	1:17.6	1:42.3	37	
	500	1:44.4	1:47.2	38	
4 Harry Hellam					124 Men's Over 60 Sprint Lwt
	125	0:24.4	1:37.6	39	
	250	0:48.8	1:37.6	34	
	375	1:13.4	1:38.4	37	
	500	1:49.8	2:25.6	25	

Men's Over 30 Sprint

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Robert Strachan	Aberdeen Boat Club				108 Men's Over 30 Sprint
	125	0:20.5	1:22.0	41	
	250	0:40.3	1:19.2	36	
	375	1:00.1	1:19.2	39	
	500	1:20.6	1:22.0	41	
2 Craig McEwan	Castle Semple RC				108 Men's Over 30 Sprint
	125	0:20.5	1:22.0	41	
	250	0:40.7	1:20.8	39	
	375	1:01.1	1:21.6	41	
	500	1:22.6	1:26.0	36	
3 David Duggan	Kilmacsimon RC				108 Men's Over 30 Sprint
	125	0:20.9	1:23.6	49	
	250	0:41.2	1:21.2	47	
	375	1:02.2	1:24.0	43	
	500	1:25.3	1:32.4	36	
4 Graeme Duff	Stirling RC				108 Men's Over 30 Sprint
	125	0:22.5	1:30.0	40	
	250	0:44.6	1:28.4	35	
	375	1:07.5	1:31.6	37	
	500	1:31.1	1:34.4	38	
5 Kevin Kane					108 Men's Over 30 Sprint Lwt
	125	0:22.6	1:30.4	34	
	250	0:44.7	1:28.4	35	
	375	1:07.7	1:32.0	37	
	500	1:32.8	1:40.4	33	



Men's Over 30 Sprint Lwt

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Amir Shahin					109 Men's Over 30 Sprint Lwt
	125	0:22.9	1:31.6	42	
	250	0:45.5	1:30.4	40	
	375	1:08.8	1:33.2	41	
	500	1:32.7	1:35.6	43	



Men's Over 40 Sprint

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Zoltan Bogar					113 Men's Over 40 Sprint
	125	0:19.8	1:19.2	42	
	250	0:39.3	1:18.0	37	
	375	0:59.1	1:19.2	39	
	500	1:19.7	1:22.4	44	
2 Ian Wilde	Sub7				113 Men's Over 40 Sprint
	125	0:20.3	1:21.2	59	
	250	0:40.6	1:21.2	53	
	375	1:01.9	1:25.2	39	
	500	1:23.4	1:26.0	47	



Men's Over 40 Sprint Lwt

500 meters

	Distance	Time	Pace	Stroke Rate	
1	Guy Blackburn				114 Men's Over 40 Sprint Lwt
	125	0:22.4	1:29.6	51	
	250	0:43.9	1:26.0	50	
	375	1:06.2	1:29.2	46	
	500	1:30.2	1:36.0	42	

Men's Over 50 Sprint

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Shaun Callaghan					118 Men's Over 50 Sprint
	125	0:22.8	1:31.2	40	
	250	0:44.4	1:26.4	44	
	375	1:06.2	1:27.2	47	
	500	1:28.7	1:30.0	45	
2 Michael Mc Whirter					118 Men's Over 50 Sprint
	125	0:22.8	1:31.2	37	
	250	0:44.7	1:27.6	38	
	375	1:06.8	1:28.4	38	
	500	1:29.4	1:30.4	42	
3 Anthony Walpole	Fitness Matters				118 Men's Over 50 Sprint
	125	0:23.2	1:32.8	36	
	250	0:45.7	1:30.0	37	
	375	1:08.2	1:30.0	40	
	500	1:31.6	1:33.6	38	
4 Gabriel Murphy					118 Men's Over 50 Sprint
	125	0:23.4	1:33.6	41	
	250	0:46.4	1:32.0	36	
	375	1:10.1	1:34.8	38	
	500	1:38.3	1:52.8	30	

Men's Over 50 Sprint Lwt

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Mike Dyer					119 Men's Over 50 Sprint Lwt
	125	0:23.8	1:35.2	43	
	250	0:47.2	1:33.6	41	
	375	1:10.9	1:34.8	40	
	500	1:35.0	1:36.4	45	
2 Adrian Walker					119 Men's Over 50 Sprint Lwt
	125	0:24.6	1:38.4	41	
	250	0:48.1	1:34.0	41	
	375	1:11.6	1:34.0	41	
	500	1:35.4	1:35.2	43	
3 Paul Johnson					119 Men's Over 50 Sprint Lwt
	125	0:24.6	1:38.4	44	
	250	0:48.3	1:34.8	41	
	375	1:12.0	1:34.8	43	
	500	1:36.1	1:36.4	45	



Women's Over 60 Sprint

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Chrissy Webb					223 Women's Over 60 Sprint
	125	0:33.1	2:12.4	36	
	250	1:05.2	2:08.4	36	
	375	1:38.4	2:12.8	34	
	500	2:10.3	2:07.6	38	
2 Ann Taylor					223 Women's Over 60 Sprint
	125	0:33.2	2:12.8	31	
	250	1:07.7	2:18.0	31	
	375	1:42.9	2:20.8	34	
	500	2:18.7	2:23.2	35	



Women's Over 60 Sprint Lwt

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Carol Alker					224 Women's Over 60 Sprint L
	125	0:30.8	2:03.2	41	
	250	1:00.7	1:59.6	42	
	375	1:30.2	1:58.0	43	
	500	1:59.0	1:55.2	44	
2 Caroline Parker	Castle Semple RC				224 Women's Over 60 Sprint L
	125	0:30.0	2:00.0	38	
	250	0:59.5	1:58.0	35	
	375	1:29.6	2:00.4	34	
	500	1:59.7	2:00.4	36	
3 Lesley McMillan	Castle Semple RC				224 Women's Over 60 Sprint L
	125	0:30.9	2:03.6	37	
	250	1:02.6	2:06.8	32	
	375	1:36.4	2:15.2	30	
	500	2:11.5	2:20.4	27	

Women's Over 30 Sprint

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Clare Higgins					208 Women's Over 30 Sprint
	125	0:24.1	1:36.4	37	
	250	0:46.7	1:30.4	37	
	375	1:09.9	1:32.8	36	
	500	1:34.3	1:37.6	37	
2 Rebecca Patterson					208 Women's Over 30 Sprint
	125	0:26.6	1:46.4	34	
	250	0:53.0	1:45.6	34	
	375	1:20.4	1:49.6	31	
	500	1:48.2	1:51.2	32	
3 Elaine Huskinson					208 Women's Over 30 Sprint
	125	0:26.6	1:46.4	38	
	250	0:52.7	1:44.4	34	
	375	1:21.0	1:53.2	32	
	500	1:51.3	2:01.2	32	

Women's Over 40 Sprint

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Malin Wahnstrom Sundstr					213 Women's Over 40 Sprint
	125	0:25.4	1:41.6	35	
	250	0:49.3	1:35.6	33	
	375	1:13.2	1:35.6	33	
	500	1:36.4	1:32.8	44	
2 Elaine Graham					213 Women's Over 40 Sprint
	125	0:28.2	1:52.8	40	
	250	0:55.7	1:50.0	39	
	375	1:23.2	1:50.0	41	
	500	1:53.3	2:00.4	40	
3 Morna Galbraith	Castle Semple RC				213 Women's Over 40 Sprint
	125	0:29.3	1:57.2	35	
	250	0:59.0	1:58.8	32	
	375	1:30.4	2:05.6	31	
	500	2:02.4	2:08.0	30	



Women's Over 50 Sprint

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Eleanor Inglis	Castle Semple RC				218 Women's Over 50 Sprint
	125	0:27.2	1:48.8	40	
	250	0:53.8	1:46.4	34	
	375	1:21.6	1:51.2	30	
	500	1:49.1	1:50.0	35	
2 Nicky Lucking					218 Women's Over 50 Sprint
	125	0:28.9	1:55.6	39	
	250	0:58.6	1:58.8	34	
	375	1:30.5	2:07.6	34	
	500	2:01.7	2:04.8	35	



Women's Over 50 Sprint Lwt

500 meters

	Distance	Time	Pace	Stroke Rate	
1 Clare Rainbow	Castle Semple RC				219 Women's Over 50 Sprint L
	125	0:27.3	1:49.2	40	
	250	0:53.9	1:46.4	36	
	375	1:20.9	1:48.0	36	
	500	1:47.9	1:48.0	42	
2 Andrea Dixon					219 Women's Over 50 Sprint
	125	0:27.4	1:49.6	50	
	250	0:54.2	1:47.2	43	
	375	1:21.1	1:47.6	42	
	500	1:48.0	1:47.6	45	

Men's Student Beginner Team

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 George Ahl		Uni. of St Andrews BC			152 Men's Student Beginner T
	500	1:27.6	1:27.6	42	
	1000	2:57.0	1:29.4	39	
	1500	4:26.5	1:29.5	41	
	2000	5:56.3	1:29.8	41	
2 Ethan King		Dundee Uni. BC			152 Men's Student Beginner T
	500	1:31.1	1:31.1	43	
	1000	3:00.1	1:29.0	44	
	1500	4:32.6	1:32.5	42	
	2000	6:05.7	1:33.1	41	
3 Flynn Johnstone-Hey		Strathclyde Uni. BC			152 Men's Student Beginner T
	500	1:25.4	1:25.4	44	
	1000	3:03.3	1:37.9	43	
	1500	4:38.5	1:35.2	45	
	2000	6:05.9	1:27.4	43	
4 Rupert Schulenburg		Uni. of St Andrews BC			152 Men's Student Beginner T
	500	1:34.9	1:34.9	42	
	1000	3:08.9	1:34.0	41	
	1500	4:45.0	1:36.1	42	
	2000	6:19.3	1:34.3	43	
5 Brandon Cayr		Aberdeen Uni. BC			152 Men's Student Beginner T
	500	1:35.4	1:35.4	45	
	1000	3:11.5	1:36.1	48	
	1500	4:48.6	1:37.1	48	
	2000	6:27.1	1:38.5	48	
6 Jamie Campbell		Robert Gordon Uni. BC			152 Men's Student Beginner T
	500	1:36.7	1:36.7	45	
	1000	3:11.0	1:34.3	47	
	1500	4:47.9	1:36.9	50	
	2000	6:28.1	1:40.2	50	

Mixed Open Team

2000 meters

	Distance	Time	Pace	Stroke Rate
1 Kathryn Canniford	Dundee Uni. BC			153 Mixed Open Team
	500	1:22.0	1:22.0	45
	1000	2:51.1	1:29.1	45
	1500	4:20.2	1:29.1	44
	2000	5:50.0	1:29.8	43
2 Gregor Hall	Stirling RC			153 Mixed Open Team
	500	1:35.5	1:35.5	40
	1000	3:06.6	1:31.1	42
	1500	4:43.7	1:37.1	38
	2000	6:15.7	1:32.0	42
3 Marta Adler	Aberdeen Uni. BC			153 Mixed Open Team
	500	1:39.1	1:39.1	42
	1000	3:12.4	1:33.3	45
	1500	4:56.1	1:43.7	40
	2000	6:31.5	1:35.4	46
4 Vaila Irvine	Aberdeen Uni. BC			153 Mixed Open Team
	500	1:37.1	1:37.1	42
	1000	3:15.8	1:38.7	43
	1500	4:51.8	1:36.0	41
	2000	6:33.3	1:41.5	44
5 Craig McEwan	Castle Semple RC			153 Mixed Open Team
	500	1:32.6	1:32.6	43
	1000	3:19.5	1:46.9	42
	1500	5:01.3	1:41.8	39
	2000	6:45.9	1:44.6	42
6 Colin Young	Castle Semple RC			153 Mixed Open Team
	500	1:46.7	1:46.7	42
	1000	3:20.9	1:34.2	39
	1500	5:11.3	1:50.4	38
	2000	6:49.9	1:38.6	40

Scottish Rowing Indoor Championships 2019



7 Martin Claxton	Loch Lomond RC			153 Mixed Open Team
500	1:42.2	1:42.2	38	
1000	3:25.5	1:43.3	38	
1500	5:10.6	1:45.1	38	
2000	6:56.7	1:46.1	37	
8 Graeme Fletcher	Castle Semple RC			153 Mixed Open Team
500	1:43.7	1:43.7	37	
1000	3:31.3	1:47.6	35	
1500	5:17.0	1:45.7	36	
2000	7:07.6	1:50.6	36	
9 Liz Synott	Castle Semple RC			153 Mixed Open Team
500	1:47.9	1:47.9	37	
1000	3:35.2	1:47.3	36	
1500	5:24.2	1:49.0	37	
2000	7:13.1	1:48.9	37	

Women's Student Beginner Team

2000 meters

	Distance	Time	Pace	Stroke Rate
1 Morgan Nenez	Aberdeen Uni. BC			252 Women's Student Beginne
	500	1:40.4	1:40.4	45
	1000	3:20.8	1:40.4	44
	1500	5:02.4	1:41.6	44
	2000	6:44.8	1:42.3	43
2 Olivia Reeves	Uni. of St Andrews BC			252 Women's Student Beginne
	500	1:42.7	1:42.7	37
	1000	3:28.5	1:45.8	40
	1500	5:13.8	1:45.3	35
	2000	7:01.3	1:47.5	40
3 Aoife Doyle	Uni. of St Andrews BC			252 Women's Student Beginne
	500	1:44.9	1:44.9	47
	1000	3:27.0	1:42.1	45
	1500	5:14.9	1:47.9	44
	2000	7:01.4	1:46.5	45
4 Beth Forrester	Dundee Uni. BC			252 Women's Student Beginne
	500	1:48.0	1:48.0	42
	1000	3:32.2	1:44.2	42
	1500	5:22.4	1:50.2	41
	2000	7:11.6	1:49.2	41
5 Olivia Gray	Uni. of St Andrews BC			252 Women's Student Beginne
	500	1:48.4	1:48.4	43
	1000	3:36.9	1:48.5	40
	1500	5:26.5	1:49.6	43
	2000	7:17.2	1:50.7	39
6 Armintia Azis	Uni. of St Andrews BC			252 Women's Student Beginne
	500	1:51.8	1:51.8	39
	1000	3:40.0	1:48.2	48
	1500	5:32.8	1:52.8	38
	2000	7:24.2	1:51.4	45

Scottish Rowing Indoor Championships 2019



7 Isabelle Bowyer	Uni. of St Andrews BC	252	Women's Student Beginne
500	1:50.0	1:50.0	45
1000	3:40.3	1:50.3	42
1500	5:36.0	1:55.7	39
2000	7:30.1	1:54.1	47
8 Maria Urra	Aberdeen Uni. BC/RGU	252	Women's Student Beginne
500	1:56.5	1:56.5	41
1000	3:50.2	1:53.7	42
1500	5:43.7	1:53.5	41
2000	7:36.1	1:52.4	46
9 Orla O'Brien	Dundee Uni. BC	252	Women's Student Beginne
500	1:53.9	1:53.9	39
1000	3:48.3	1:54.4	41
1500	5:48.5	2:00.2	36
2000	7:47.0	1:58.5	42

Men's Team

2000 meters

	Distance	Time	Pace	Stroke Rate
1 Andy McAllister	Fly Guys			150 Men's Team
	500	1:19.6	1:19.6	44
	1000	2:40.6	1:21.0	50
	1500	4:01.2	1:20.6	44
	2000	5:24.2	1:23.0	52
2 Christopher McGrenary	Crossfit Glasgow McGrenary Bro			150 Men's Team
	500	1:22.5	1:22.5	46
	1000	2:45.1	1:22.6	36
	1500	4:06.9	1:21.8	41
	2000	5:31.8	1:24.9	44
3 Henry Schofield	Dundee Uni. BC			151 Men's Student Team
	500	1:27.2	1:27.2	45
	1000	2:55.6	1:28.4	45
	1500	4:24.3	1:28.7	45
	2000	5:55.7	1:31.4	45
4 Matt Jackson	The Holland Street Homeboys			151 Men's Student Team
	500	1:26.3	1:26.3	42
	1000	2:56.2	1:29.9	36
	1500	4:30.9	1:34.7	37
	2000	6:00.0	1:29.1	41
5 Alex Zabala	Aberdeen Uni. BC			150 Men's Team
	500	1:29.5	1:29.5	40
	1000	2:59.3	1:29.8	43
	1500	4:29.5	1:30.2	45
	2000	6:05.3	1:35.8	39



Men's Student Team

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Henry Schofield		Dundee Uni. BC			151 Men's Student Team
	500	1:27.2	1:27.2	45	
	1000	2:55.6	1:28.4	45	
	1500	4:24.3	1:28.7	45	
	2000	5:55.7	1:31.4	45	
2 Matt Jackson		The Holland Street Homeboys			151 Men's Student Team
	500	1:26.3	1:26.3	42	
	1000	2:56.2	1:29.9	36	
	1500	4:30.9	1:34.7	37	
	2000	6:00.0	1:29.1	41	

Women's Team

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Kathryn Canniford		Dundee Uni. BC			251 Women's Student Team
	500	1:36.9	1:36.9	40	
	1000	3:12.4	1:35.5	41	
	1500	4:51.6	1:39.2	39	
	2000	6:28.9	1:37.3	40	
2 Sarah Allan		Crossfit Glasgow			250 Women's Team
	500	1:42.9	1:42.9	51	
	1000	3:23.8	1:40.8	46	
	1500	5:05.5	1:41.7	46	
	2000	6:49.5	1:44.0	43	
3 Ida O'Mahoney		Dundee Uni. BC			251 Women's Student Team
	500	1:45.2	1:45.2	41	
	1000	3:32.2	1:47.0	39	
	1500	5:16.3	1:44.1	41	
	2000	7:03.7	1:47.4	44	
4 Olivia O'Neil		Dundee Uni. BC			251 Women's Student Team
	500	1:48.4	1:48.4	40	
	1000	3:33.7	1:45.3	41	
	1500	5:25.1	1:51.4	36	
	2000	7:11.3	1:46.2	40	

Women's Student Team

2000 meters

	Distance	Time	Pace	Stroke Rate	
1 Kathryn Canniford		Dundee Uni. BC			251 Women's Student Team
	500	1:36.9	1:36.9	40	
	1000	3:12.4	1:35.5	41	
	1500	4:51.6	1:39.2	39	
	2000	6:28.9	1:37.3	40	
2 Ida O'Mahoney		Dundee Uni. BC			251 Women's Student Team
	500	1:45.2	1:45.2	41	
	1000	3:32.2	1:47.0	39	
	1500	5:16.3	1:44.1	41	
	2000	7:03.7	1:47.4	44	
3 Olivia O'Neil		Dundee Uni. BC			251 Women's Student Team
	500	1:48.4	1:48.4	40	
	1000	3:33.7	1:45.3	41	
	1500	5:25.1	1:51.4	36	
	2000	7:11.3	1:46.2	40	

Scottish Rowing Indoor Championships 2019

