2012

Lancaster Easter Indoor Rowing League

Profile: Scott Durant

Date of Birth: 12/02/1988

Home town: Halton (Lancaster)

2km Time: 6:03.5

Gold Standard: 113%

Event: 2010 World University Rowing Championships

Medal: Gold

Clubs: LRGSBC, JO'GRC, OBUBC

2012

Lancaster Easter Indoor Rowing League

Rank	Club	Top 5 Athletes					Points
		1st	2nd	3rd	4th	5th	
1	Lancaster University Boat Club	1	2	3	4	5	15
2	Lancaster John O' Gaunt Rowing Club	6	9	13	14	15	57
3	Lancaster Schools' Rowing Association	20	23	24	27	29	123
4	Ripley St. Thomas High School	20	24	29	31	32	136
5	Lancaster Royal Grammar School	23	27	-	-	-	50
6	Lancaster and Morecambe College	6	-	-	-	-	6
7	Lancaster Girls' Grammar School	30	-	-	-	-	30

Rank	Name	School/Club	Sex	Age	Distance	Time (m:s)	Gold Standard
1	Alice Lees	LUBC	F	21	2000	7 : 30.8	110%
2	Jess Brough	LUBC	F	20	2000	7 : 45.2	106%
3	Zach Robson	LUBC	M	20	2000	6 : 38.0	104%
4	Alex Fairer	LUBC	F	20	2000	7 : 55.9	104%
5	Stu Lyons	LUBC	M	20	2000	6 : 39.9	104%
6	Steven Sullivan	JOG/LMC	M	33	2000	6 : 36.8	103%
7	Tom Bibby	LUBC	M	24	2000	6 : 39.5	103%
8	Sophie Millington	LUBC	F	19	2000	8 : 2.5	102%
9	Lynsey Tate	JOG	F	21	2000	8 : 10.5	101%
10	Kirsty Ross	LUBC	F	20	2000	8 : 9.3	101%
11	Joe Osborne	LUBC	M	20	2000	6 : 55.3	100%
12	Tim Mitchell	LUBC	M	19	2000	6 : 56.8	100%
13	Oliver Standford	JOG	M	24	2000	6 : 53.2	99%
14	Matt Birchall	JOG	M	30	2000	6 : 55.9	98%
15	Steven Holmes	JOG	M	28	2000	7 : 1.0	97%
16	Maks Kaniuka	LUBC	M	19	2000	7 : 10.2	97%
17	Todd Rayner	LUBC	M	19	2000	7 : 13.5	96%
18	Nathan Goff	LUBC	M	19	2000	7 : 20.2	94%
19	Luke Rhodes Leader	LUBC	M	20	2000	7 : 25.3	93%
20	Ellie Bayton	LSRA/Ripley	F	Y11	2000	8 : 35.0	93%
21	Medhi Be	LUBC	M	22	2000	7 : 24.8	93%
22	Iain Thompson	LUBC	M	19	2000	7 : 31.0	92%
23	Kieran Bell	LSRA/LRGS	M	Y13	2000	7 : 43.0	91%
24	Paul Helliwell	LSRA/Ripley	M	Y9	2000	8 : 11.0	91%
25	Ashley Vey	LUBC	M	18	2000	7 : 41.5	90%
26	Danny Gallagher	LUBC	M	19	2000	7 : 40.0	90%
27	Oliver Tidswell	LSRA/LRGS	M	Y9	2000	8 : 18.0	89%
28	Alex Herrod	LUBC	M	19	2000	7 : 45.5	89%

29	Chloe Watson	LSRA/Ripley	F	Y11	2000	8	:	56.1	89%
30	Laura Parkinson	LSRA/LGGS	F	Y13	2000	8	:	42.0	89%
31	George Woodburn	LSRA/Ripley	M	Y11	2000	8	:	0.0	89%
32	Shona Barnish	LSRA/Ripley	F	Y11	2000	9	:	11.1	87%
33	Hannah Blamire	LSRA/Ripley	F	Y11	2000	9	:	15.1	86%
34	Patrick Bousfield	LUBC	M	19	2000	8	:	6.5	85%
35	Rhianne Bell	LSRA/Ripley	F	Y10	2000	9	:	34.1	85%
36	Jenson Tudtud	LUBC	M	19	2000	8	:	43.5	79%

All times are age and sex adjusted – see page 4 and 5

Email your times to: lancasterrowing@hotmail.co.uk before Easter holidays

Include:

- name,
- organisation/s,
- sex,
- age on day of test,
- time for 2000m,
- verifying member of staff plus email contact.

Note: Times must be verified by a member of staff/coach on a Concept 2 Indoor Rowing Machine.

Optimum Race Time for Variable Distance (based on 500m, 1000m, 2000m and 2500m records)

$y = 1.7834x^2 + 73.664x - 77.109$

(x is distance, y is time in seconds)

Male Year 7 to Year 13 Adjustment (based on British Rowing Gold Standard Scores)

$y = 304x + 207$

(x is time, y is distance)

Female Year 7 to Year 13 Adjustment (based on British Rowing Gold Standard Scores)

$y = 262.5x + 227.5$

(x is time, y is distance)

Gold Standard for Juniors

Year	Male	Female
7	65.9%	63.1%
8	71.2%	65.7%
9	75.5%	68.0%
10	77.9%	69.0%
11	79.1%	70.3%
13	80.0%	72.2%

Gold Standard for Adults

83.0%

Male Age Related Adjustment (Age 19 upwards)

$y = 0.064 *(x - 19)^2 - 1.1958 * (x - 19) + 345.06$

(x is age, y is time)

Assumption: Optimum Erg Records at youngest age in age bracket

Age	Optimum
19	338.3
30	336.6
40	357.5
45	367.7
50	378.6
55	383.7
60	404.2
65	416.2
70	442.3
75	465.5
80	495.3
85	572.5

Female Age Related Adjustment (Age 19 upwards)

$y = 0.0407 (x - 19)^2 + 0.4554 * (x - 19) + 384.69$

(x is age, y is time)

Additional work probably needed for Females - optimum scores at younger ages seems to be 1% in error

Assumption: Optimum Erg Records at youngest age in age bracket

Age	Optimum
19	388.4
30	388.8
40	408.2
45	426.6
50	443.7
55	451.0
60	473.4
65	491.5
70	516.5
75	534.8