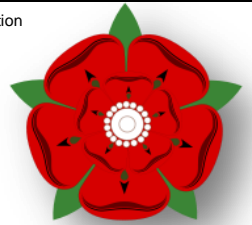




2012



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
		1 st	2 nd	3 rd	4 th	5 th	
1	Lancaster John O' Gaunt Rowing Club	1	-	-	-	-	1
1	Lancaster and Morecambe College	1	-	-	-	-	1

Rank	Name	School/Club	Sex	Age	Distance	Time (m:s)	Gold Standard
1	Steven Sullivan	JOG/LMC	M	33	2000	6 : 36.8	103%

All times are age and sex adjusted – see page 3 and 4

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