

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1	30-Nov-09	Jack Dixon	16:00	0	16:08	126	126	8
2	30-Nov-09	Brian Bradfield	16:08	126	16:24	2401	2,275	16
3	30-Nov-09	Rob Meyers	16:24	2401	16:55	9277	6,876	31
4	30-Nov-09	Beanie Beard	16:55	9277	17:27	15459	6,182	32
5	30-Nov-09	Gareth Gray-Browne	17:27	15459	18:00	23700	8,241	33
6	30-Nov-09	Dave Hartwanger	18:00	23700	19:00	38027	14,327	60
7	30-Nov-09	Clinton Kearney	19:00	38027	20:00	1900	13,873	60
8	30-Nov-09	Jeff Jackson	20:00	1900	20:30	9187	7,287	30
9	30-Nov-09	Mark Lindstrom	20:30	9187	21:00	16235	7,048	30
10	30-Nov-09	Jeff Jackson	21:00	16235	21:30	23343	7,108	30
11	30-Nov-09	Mark Lindstrom	21:30	23343	22:00	30045	6,702	30
12	30-Nov-09	Noel Gray-Browne	22:00	30045	23:00	42637	12,592	60
13	30-Nov-09	Lawrence Haw	23:00	42637	00:00	4940	12,303	60
14	01-Dec-09	Kate Godfrey	00:00	4940	00:30	10245	5,305	30
15	01-Dec-09	Bill Godfrey	00:30	10245	01:30	24118	13,873	60
16	01-Dec-09	Kate Godfrey	01:30	24118	02:00	29766	5,648	30
17	01-Dec-09	Ryan Baisley	02:00	29766	03:00	43230	13,464	60
18	01-Dec-09	Joss Hall	03:00	43230	04:00	6813	13,583	60
19	01-Dec-09	Beanie Beard	04:00	6813	04:30	12913	6,100	30
20	01-Dec-09	Des Beard	04:30	12913	05:00	19475	6,562	30
21	01-Dec-09	Duncan Gray-Browne	05:00	19475	05:30	25944	6,469	30
22	01-Dec-09	Graeme Mountfort	05:30	25944	06:30	38690	12,746	60
23	01-Dec-09	Leelyn Aereboe	06:30	38690	07:00	45049	6,359	30
24	01-Dec-09	Pia Kwinana	07:00	45049	07:30	1771	6,722	30
25	01-Dec-09	Yolandi Gray-Browne	07:30	1771	08:00	7541	5,770	30
26	01-Dec-09	Gerard Wong	08:00	7541	08:30	13888	6,347	30
27	01-Dec-09	Andre Husselmann	08:30	13888	09:10	20727	6,839	40
28	01-Dec-09	Chloe Sumner	09:10	20727	09:26	23882	3,155	16
29	01-Dec-09	Amy Warner	09:26	23882	09:40	26969	3,087	14
30	01-Dec-09	Terri Botha	09:40	26969	09:55	29900	2,931	15
31	01-Dec-09	Julie Kilpatrick	09:55	29900	10:10	32868	2,968	15
32	01-Dec-09	Chloe Sumner	10:10	32868	10:25	35000	2,132	15
53	01-Dec-09	Amy Warner	10:25	35000	10:40	39191	4,191	15
33	01-Dec-09	Terri Botha	10:40	39191	10:55	42253	3,062	15
34	01-Dec-09	Julie Kilpatrick	10:55	42253	11:12	45289	3,036	17
35	01-Dec-09	Bergen Clifford	11:12	45289	11:22	47434	2,145	10
36	01-Dec-09	Terri Botha	11:22	47434	11:35	49550	2,116	13

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Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
37	01-Dec-09	Bergen Clifford	11:35	49550	12:05	6566	7,016	30
38	01-Dec-09	Mark Lindstrom	12:05	6566	12:30	12363	5,797	25
39	01-Dec-09	Christie Roestorff	12:30	12363	13:30	23665	11,302	60
40	01-Dec-09	Ashleigh Cock	13:30	23665	14:00	28490	4,825	30
41	01-Dec-09	Nicole Eichstad	14:00	28490	14:30	33749	5,259	30
42	01-Dec-09	Samantha Ball	14:30	33749	15:00	39384	5,635	30
43	01-Dec-09	Shanna Richter	15:00	39384	15:15	42350	2,966	15
44	01-Dec-09	Tarryn Wienand	15:15	42350	15:30	45376	3,026	15
45	01-Dec-09	Shanna Richter	15:30	45376	15:45	48300	2,924	15
46	01-Dec-09	Tarryn Wienand	15:45	48300	16:00	1500	3,200	15
47	01-Dec-09	Abigail Stanworth	16:00	1500	17:00	12740	11,240	60
48	01-Dec-09	Dusty Zeisberger	17:00	12740	18:00	27320	14,580	60
49	01-Dec-09	Marius Erasmus	18:00	27320	18:30	34500	7,180	30
50	01-Dec-09	Ron Beard	18:30	34500	19:00	40545	6,045	30
51	01-Dec-09	Clinton Kearney	19:00	40545	20:00	4465	13,920	60
52	01-Dec-09	Gareth Gray-Browne	20:00	4465	20:30	11670	7,205	30
54	01-Dec-09	Jeff Jackson	20:30	11670	21:00	19318	7,648	30
55	01-Dec-09	Mark Lindstrom	21:00	19318	21:30	26493	7,175	30
56	01-Dec-09	Gareth Gray-Browne	21:30	26493	22:00	33691	7,198	30
57	01-Dec-09	Jeff Jackson	22:00	33691	22:30	40989	7,298	30
58	01-Dec-09	Mark Lindstrom	22:30	40989	23:00	47941	6,952	30
59	01-Dec-09	Noel Gray-Browne	23:00	47941	00:00	11521	13,580	60
60	02-Dec-09	Dusty Zeisberger	00:00	11521	01:10	22821	11,300	70
61	02-Dec-09	Lawrence Haw	01:10	22821	02:00	37740	14,919	50
62	02-Dec-09	Kate Godfrey	02:00	37740	02:30	43165	5,425	30
63	02-Dec-09	Bill Godfrey	02:30	43165	03:30	6620	13,455	60
64	02-Dec-09	Kate Godfrey	03:30	6620	04:00	12500	5,880	30
65	02-Dec-09	Ryan Baisley	04:00	12500	05:00	25285	12,785	60
66	02-Dec-09	Graeme Mountfort	05:00	25285	06:00	38879	13,594	60
67	02-Dec-09	Leelyn Aereboe	06:00	38879	06:30	45290	6,411	30
68	02-Dec-09	Pia Kwinana	06:30	45290	07:00	1993	6,703	30
69	02-Dec-09	Nerissa Lindstrom	07:00	1993	07:30	8137	6,144	30
70	02-Dec-09	Yolandi Gray-Browne	07:30	8137	08:08	13927	5,790	38
71	02-Dec-09	Sibulele Minya	08:08	13927	08:38	20870	6,943	30
72	02-Dec-09	Samantha Ball	08:38	20870	09:08	26350	5,480	30
73	02-Dec-09	Chloe Sumner	09:08	26350	09:23	29750	3,400	15
74	02-Dec-09	Amy Warner	09:23	29750	09:38	32810	3,060	15

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Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
75	02-Dec-09	Terri Botha	09:38	32810	09:53	35562	2,752	15
107	02-Dec-09	Chloe Sumner	09:53	35562	10:08	38574	3,012	15
76	02-Dec-09	Chloe Sumner	10:08	38574	10:23	41637	3,063	15
77	02-Dec-09	Amy Warner	10:23	41637	10:40	45289	3,652	17
78	02-Dec-09	Terri Botha	10:40	45289	10:55	47590	2,301	15
79	02-Dec-09	Julie Kilpatrick	10:55	47590	11:10	850	3,260	15
80	02-Dec-09	Bergen Clifford	11:10	850	11:25	4004	3,154	15
81	02-Dec-09	Sarah Gardner	11:25	4004	11:40	7097	3,093	15
82	02-Dec-09	Bergen Clifford	11:40	7097	11:55	10181	3,084	15
83	02-Dec-09	Sarah Gardner	11:55	10181	12:10	13109	2,928	15
84	02-Dec-09	Amy Warner	12:10	13109	12:15	14214	1,105	5
85	02-Dec-09	Terri Botha	12:15	14214	12:20	15209	995	5
86	02-Dec-09	Julie Kilpatrick	12:20	15209	12:25	16268	1,059	5
87	02-Dec-09	Sarah Gardner	12:25	16268	12:30	17138	870	5
88	02-Dec-09	Noel Gray-Browne	12:30	17138	13:30	30360	13,222	60
89	02-Dec-09	Ashleigh Cock	13:30	30360	14:00	35826	5,466	30
90	02-Dec-09	Melissa van Dyk	14:00	35826	14:30	41789	5,963	30
91	02-Dec-09	Nicole Eichstad	14:30	41789	15:00	47100	5,311	30
92	02-Dec-09	Tarryn Wienand	15:00	47100	15:15	299	3,199	15
93	02-Dec-09	Sarah Watrus	15:15	299	15:30	3600	3,301	15
94	02-Dec-09	Tarryn Wienand	15:30	3600	15:45	6831	3,231	15
95	02-Dec-09	Sarah Watrus	15:45	6831	16:00	10336	3,505	15
96	02-Dec-09	Abigail Stanworth	16:00	10336	17:00	22405	12,069	60
97	02-Dec-09	Rob Meyers	17:00	22405	17:30	29230	6,825	30
98	02-Dec-09	Richard Patten	17:30	29230	18:05	34930	5,700	35
99	02-Dec-09	Marius Erasmus	18:05	34930	18:30	40220	5,290	25
100	02-Dec-09	Ron Beard	18:30	40220	19:00	46595	6,375	30
101	02-Dec-09	Mark Watrus	19:00	46595	19:30	2623	6,028	30
102	02-Dec-09	Jackie Gray-Browne	19:30	2623	07:40	4431	1,808	10
103	02-Dec-09	Flo Gray-Browne	19:40	4431	19:45	5088	657	5
104	02-Dec-09	Noel Gray-Browne	19:45	5088	20:00	8670	3,582	15
105	02-Dec-09	Mark Lindstrom	20:00	8670	21:00	22440	13,770	60
106	02-Dec-09	Gareth Gray-Browne	21:00	22440	21:30	29700	7,260	30
108	02-Dec-09	Jeff Jackson	21:30	29700	22:00	37290	7,590	30
109	02-Dec-09	Gareth Gray-Browne	22:00	37290	22:30	44500	7,210	30
110	02-Dec-09	Jeff Jackson	22:30	44500	23:00	1750	7,250	30
111	02-Dec-09	Clinton Kearney	23:00	1750	23:30	8905	7,155	30

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Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
112	02-Dec-09	Noel Gray-Browne	23:30	8905	00:00	15954	7,049	30
113	03-Dec-09	Clinton Kearney	00:00	15954	00:30	23035	7,081	30
114	03-Dec-09	Noel Gray-Browne	00:30	23035	01:00	29897	6,862	30
115	03-Dec-09	Dusty Zeisberger	01:00	29897	02:00	42500	12,603	60
116	03-Dec-09	Lawrence Haw	02:00	42500	03:00	5006	12,506	60
117	03-Dec-09	Kate Godfrey	03:00	5006	03:30	10650	5,644	30
118	03-Dec-09	Bill Godfrey	03:30	10650	04:30	24195	13,545	60
119	03-Dec-09	Kate Godfrey	04:30	24195	05:00	28683	4,488	30
120	03-Dec-09	Duncan Gray-Browne	05:00	28683	05:30	34767	6,084	30
121	03-Dec-09	Graeme Mountfort	05:30	34767	06:30	48511	13,744	60
122	03-Dec-09	Pia Kwinana	06:30	48511	07:00	5171	6,660	30
123	03-Dec-09	Leelyn Aereboe	07:00	5171	07:30	11607	6,436	30
124	03-Dec-09	Yolandi Gray-Browne	07:30	11607	08:00	17460	5,853	30
125	03-Dec-09	Paul Hartwanger	08:00	17460	09:00	31791	14,331	60
126	03-Dec-09	Chloe Sumner	09:00	31791	09:15	35280	3,489	15
127	03-Dec-09	Amy Warner	09:15	35280	09:30	38183	2,903	15
128	03-Dec-09	Terri Botha	09:30	38183	09:45	41057	2,874	15
129	03-Dec-09	Julie Kilpatrick	09:45	41057	10:00	44011	2,954	15
130	03-Dec-09	Chloe Sumner	10:00	44011	10:30	47358	3,347	30
131	03-Dec-09	Amy Warner	10:30	47358	10:45	700	3,342	15
132	03-Dec-09	Terri Botha	10:45	700	11:00	3538	2,838	15
133	03-Dec-09	Julie Kilpatrick	11:00	3538	11:15	6700	3,162	15
134	03-Dec-09	Bergen Clifford	11:15	6700	11:30	9775	3,075	15
135	03-Dec-09	Sarah Gardner	11:30	9775	11:45	12743	2,968	15
136	03-Dec-09	Tatum Marais	11:45	12743	12:00	17680	4,937	15
137	03-Dec-09	Sarah Gardner	12:00	17680	12:15	18774	1,094	15
138	03-Dec-09	Bergen Clifford	12:15	18774	12:30	19868	1,094	15
139	03-Dec-09	Tatum Marais	12:30	19868	12:35	21714	1,846	5
140	03-Dec-09	Bergen Clifford	12:35	21714	12:40	22529	815	5
141	03-Dec-09	Christie Roestorff	12:40	22529	13:30	36157	13,628	50
142	03-Dec-09	Ashleigh Cock	13:30	36157	14:00	41840	5,683	30
143	03-Dec-09	Melissa van Dyk	14:00	41840	14:30	48017	6,177	30
144	03-Dec-09	Nicole Eichstad	14:30	48017	15:00	4120	6,103	30
145	03-Dec-09	Tarryn Wienand	15:00	4120	15:15	7150	3,030	15
146	03-Dec-09	Shanna Richter	15:15	7150	15:30	10160	3,010	15
147	03-Dec-09	Tarryn Wienand	15:30	10160	15:45	13390	3,230	15
148	03-Dec-09	Shanna Richter	15:45	13390	16:00	16460	3,070	15

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149	03-Dec-09	Lindsay Hardie	16:00	16460	16:30	22558	6,098	30
150	03-Dec-09	Abigail Stanworth	16:30	22558	17:30	35410	12,852	60
151	03-Dec-09	Lyndee Hartwanger	17:30	35410	18:00	40755	5,345	30
152	03-Dec-09	Marius Erasmus	18:00	40755	18:30	47960	7,205	30
153	03-Dec-09	Ron Beard	18:30	47960	19:00	4171	6,211	30
154	03-Dec-09	Clinton Kearney	19:00	4171	20:00	18107	13,936	60
155	03-Dec-09	Brett Box	20:00	18107	20:15	21403	3,296	15
156	03-Dec-09	Mark Watrus	20:15	21403	20:45	27694	6,291	30
157	03-Dec-09	Brett Box	20:45	27694	21:00	31150	3,456	15
158	03-Dec-09	Ryan Baisley	21:00	31150	22:00	43680	12,530	60
159	03-Dec-09	Gareth Gray-Browne	22:00	43680	22:30	811	7,131	30
160	03-Dec-09	Jeff Jackson	22:30	811	23:00	8500	7,689	30
161	03-Dec-09	Gareth Gray-Browne	23:00	8500	23:30	15605	7,105	30
162	03-Dec-09	Jeff Jackson	23:30	15605	00:00	23000	7,395	30
163	04-Dec-09	Mark Lindstrom	00:00	23000	01:00	37225	14,225	60
164	04-Dec-09	Noel Gray-Browne	01:00	37225	02:00	1057	13,832	60
165	04-Dec-09	Dave Hartwanger	02:00	1057	03:00	16210	15,153	60
166	04-Dec-09	Lawrence Haw	03:00	16210	04:00	28035	11,825	60
167	04-Dec-09	Vuyo Gabelana	04:00	28035	05:00	40745	12,710	60
168	04-Dec-09	Dave de Koning	05:00	40745	05:30	47365	6,620	30
169	04-Dec-09	Craig Boeckx	05:30	47365	06:00	4266	6,901	30
170	04-Dec-09	Pia Kwinana	06:00	4266	06:30	11068	6,802	30
171	04-Dec-09	Leelyn Aereboe	06:30	11068	07:00	17252	6,184	30
172	04-Dec-09	Nerissa Lindstrom	07:00	17252	07:30	23649	6,397	30
173	04-Dec-09	Gerard Wong	07:30	23649	08:00	30164	6,515	30
174	04-Dec-09	Stephen Hartwanger	08:00	30164	09:00	45011	14,847	60
175	04-Dec-09	Chloe Sumner	09:00	45011	09:15	48175	3,164	15
176	04-Dec-09	Amy Warner	09:15	48175	09:30	1800	3,625	15
177	04-Dec-09	Chloe Sumner	09:30	1800	09:45	4899	3,099	15
178	04-Dec-09	Amy Warner	09:45	4899	10:00	7910	3,011	15
179	04-Dec-09	Terri Botha	10:00	7910	10:15	10818	2,908	15
180	04-Dec-09	Julie Kilpatrick	10:15	10818	10:30	13781	2,963	15
181	04-Dec-09	Terri Botha	10:30	13781	10:45	16438	2,657	15
182	04-Dec-09	Julie Kilpatrick	10:45	16438	11:00	19270	2,832	15
183	04-Dec-09	Bergen Clifford	11:00	19270	11:15	22618	3,348	15
184	04-Dec-09	Sarah Gardner	11:15	22618	11:30	24569	1,951	15
185	04-Dec-09	Bergen Clifford	11:30	24569	11:45	26750	2,181	15

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186	04-Dec-09	Sarah Gardner	11:45	26750	12:00	29141	2,391	15
187	04-Dec-09	Bergen Clifford	12:00	29141	12:15	32020	2,879	15
188	04-Dec-09	Sarah Gardner	12:15	32020	12:30	34310	2,290	15
189	04-Dec-09	Sibulele Minya	12:30	34310	13:00	40557	6,247	30
190	04-Dec-09	Bill Godfrey	13:00	40557	13:30	47834	7,277	30
191	04-Dec-09	Ashleigh Cock	01:30	47834	14:00	3819	5,985	30
192	04-Dec-09	Melissa van Dyk	14:00	3819	14:30	9603	5,784	30
193	04-Dec-09	Nicole Eichstad	14:30	9603	15:00	15630	6,027	30
194	04-Dec-09	Shanna Richter	03:00	15630	15:15	18713	3,083	15
195	04-Dec-09	Tarryn Wienand	15:15	18713	15:30	21816	3,103	15
196	04-Dec-09	Shanna Richter	15:30	21816	15:45	24913	3,097	15
197	04-Dec-09	Tarryn Wienand	15:45	24913	16:00	28078	3,165	15
198	04-Dec-09	Andre Teixeira	16:00	28078	17:00	42182	14,104	60
199	04-Dec-09	Dusty Zeisberger	17:00	42182	18:00	6703	14,521	60
200	04-Dec-09	Marius Erasmus	18:00	6703	18:40	14050	7,347	40
201	04-Dec-09	Ron Beard	18:40	14050	19:10	20300	6,250	30
202	04-Dec-09	Clinton Kearney	19:10	20300	20:10	34749	14,449	60
203	04-Dec-09	Sam McCarlie	20:10	34749	20:20	36836	2,087	10
204	04-Dec-09	Tayla David	20:20	36836	20:30	38942	2,106	10
205	04-Dec-09	Lindsay Cook	20:30	38942	20:40	41290	2,348	10
206	04-Dec-09	Sam McCarlie	20:40	41290	20:47	42709	1,419	7
207	04-Dec-09	Tayla David	20:47	42709	20:54	44195	1,486	7
208	04-Dec-09	Lindsay Cook	20:54	44195	21:00	45557	1,362	6
209	04-Dec-09	Graeme Mountfort	21:00	45557	22:00	9457	13,900	60
210	04-Dec-09	Ryan Baisley	22:00	9457	23:00	23340	13,883	60
211	04-Dec-09	Gareth Gray-Browne	11:00	23340	23:30	30548	7,208	30
212	04-Dec-09	Jeff Jackson	11:30	30548	00:00	38280	7,732	30
213	05-Dec-09	Gareth Gray-Browne	00:00	38280	00:30	45393	7,113	30
214	05-Dec-09	Jeff Jackson	00:30	45393	01:00	2795	7,402	30
215	05-Dec-09	Mark Lindstrom	01:00	2795	02:00	16305	13,510	60
216	05-Dec-09	Noel Gray-Browne	02:00	16305	03:00	30196	13,891	60
217	05-Dec-09	Dave Hartwanger	03:00	30196	04:00	45210	15,014	60
218	05-Dec-09	Lawrence Haw	04:00	45210	05:00	7960	12,750	60
219	05-Dec-09	Duncan Gray-Browne	05:00	7960	05:30	13791	5,831	30
220	05-Dec-09	Jonathan Taylor	05:30	13791	05:45	17594	3,803	15
221	05-Dec-09	Jane Taylor	05:45	17594	06:00	20893	3,299	15
222	05-Dec-09	Jonathan Taylor	06:00	20893	06:15	24730	3,837	15

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223	05-Dec-09	Jane Taylor	06:15	24730	06:30	28021	3,291	15
224	05-Dec-09	Dusty Zeisberger	06:30	28021	07:10	32650	4,629	40
225	05-Dec-09	Yolandi Gray-Browne	07:10	32650	08:00	40944	8,294	50
226	05-Dec-09	Leelyn Aereboe	08:00	40944	08:30	46929	5,985	30
227	05-Dec-09	Lyndee Hartwanger	08:30	46929	09:00	2839	5,910	30
228	05-Dec-09	Amy Warner	09:00	2839	09:15	5611	2,772	15
229	05-Dec-09	Julie Kilpatrick	09:15	5611	09:30	8313	2,702	15
230	05-Dec-09	Amy Warner	09:30	8313	09:45	11116	2,803	15
231	05-Dec-09	Chloe Sumner	09:45	11116	10:00	14166	3,050	15
232	05-Dec-09	Julie Kilpatrick	10:00	14166	10:15	17909	3,743	15
233	05-Dec-09	Terri Botha	10:15	17909	10:30	19765	1,856	15
234	05-Dec-09	Chloe Sumner	10:30	19765	10:45	22561	2,796	15
235	05-Dec-09	Terri Botha	10:45	22561	11:00	25356	2,795	15
236	05-Dec-09	Bergen Clifford	11:00	25356	11:15	28316	2,960	15
237	05-Dec-09	Terri Botha	11:15	28316	11:30	30934	2,618	15
238	05-Dec-09	Tatum Marais	11:30	30934	11:45	33749	2,815	15
239	05-Dec-09	Bergen Clifford	11:45	33749	12:00	36799	3,050	15
240	05-Dec-09	Tatum Marais	12:00	36799	12:15	39990	3,191	15
241	05-Dec-09	Bergen Clifford	12:15	39990	12:30	42589	2,599	15
242	05-Dec-09	John Cupido	12:30	42589	12:45	45400	2,811	15
243	05-Dec-09	Andre de Klerk	12:45	45400	13:15	3021	7,621	30
244	05-Dec-09	Mark Lindstrom	13:15	3021	13:30	6885	3,864	15
245	05-Dec-09	Andre de Klerk	13:30	6885	14:00	13800	6,915	30
246	05-Dec-09	Melissa van Dyk	14:00	13800	14:30	19700	5,900	30
247	05-Dec-09	Tayla David	14:30	19700	14:45	22797	3,097	15
248	05-Dec-09	Lindsay Cook	14:45	22797	15:00	26060	3,263	15
249	05-Dec-09	Sam McCarlie	15:00	26060	15:15	29158	3,098	15
250	05-Dec-09	Tayla David	15:15	29158	15:30	32229	3,071	15
251	05-Dec-09	Lindsay Cook	15:30	32229	15:45	35493	3,264	15
252	05-Dec-09	Sam McCarlie	15:45	35493	16:00	38645	3,152	15
253	05-Dec-09	Andre Teixeira	16:00	38645	16:30	45835	7,190	30
254	05-Dec-09	Abigail Stanworth	16:30	45835	17:00	2193	6,358	30
255	05-Dec-09	Andre Teixeira	17:00	2193	17:30	8903	6,710	30
256	05-Dec-09	Abigail Stanworth	17:30	8903	18:00	15479	6,576	30
257	05-Dec-09	Marius Erasmus	18:00	15479	18:30	22600	7,121	30
258	05-Dec-09	Ron Beard	18:30	22600	19:00	28978	6,378	30
259	05-Dec-09	Clinton Kearney	19:00	28978	20:00	43043	14,065	60

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
260	05-Dec-09	Ryan Baisley	20:00	43043	21:00	7250	14,207	60
261	05-Dec-09	Joss Hall	21:00	7250	22:00	20900	13,650	60
262	05-Dec-09	Kate Godfrey	22:00	20900	22:30	25185	4,285	30
263	05-Dec-09	Bill Godfrey	22:30	25185	11:30	39183	13,998	60
264	05-Dec-09	Kate Godfrey	11:30	39183	00:00	43744	4,561	30
265	06-Dec-09	Gareth Gray-Browne	00:00	43744	00:30	819	7,075	30
266	06-Dec-09	Jeff Jackson	00:30	819	01:00	8369	7,550	30
267	06-Dec-09	Gareth Gray-Browne	01:00	8369	01:30	15521	7,152	30
268	06-Dec-09	Jeff Jackson	01:30	15521	02:00	23100	7,579	30
269	06-Dec-09	Mark Lindstrom	02:00	23100	03:00	36616	13,516	60
270	06-Dec-09	Noel Gray-Browne	03:00	36616	04:00	678	14,062	60
271	06-Dec-09	Dave Hartwanger	04:00	678	05:00	15510	14,832	60
272	06-Dec-09	Lawrence Haw	05:00	15510	06:00	28294	12,784	60
273	06-Dec-09	Graeme Mountfort	06:00	28294	07:00	42169	13,875	60
274	06-Dec-09	Jane Taylor	07:00	42169	07:15	45501	3,332	15
275	06-Dec-09	S. Hobson	07:15	45501	07:30	48850	3,349	15
276	06-Dec-09	Jane Taylor	07:30	48850	07:45	2125	3,275	15
277	06-Dec-09	S. Hobson	07:45	2125	08:00	5395	3,270	15
278	06-Dec-09	Sam McCarlie	08:00	5395	08:10	7448	2,053	10
279	06-Dec-09	Lindsay Cook	08:10	7448	08:20	9632	2,184	10
280	06-Dec-09	Tayla David	08:20	9632	08:30	11791	2,159	10
281	06-Dec-09	Sam McCarlie	08:30	11791	08:40	13815	2,024	10
282	06-Dec-09	Lindsay Cook	08:40	13815	08:50	16013	2,198	10
283	06-Dec-09	Tayla David	08:50	16013	09:00	18157	2,144	10
284	06-Dec-09	Chloe Sumner	09:00	18157	09:15	21059	2,902	15
285	06-Dec-09	Amy Warner	09:15	21059	09:30	24245	3,186	15
286	06-Dec-09	Chloe Sumner	09:30	24245	09:45	26900	2,655	15
287	06-Dec-09	Amy Warner	09:45	26900	10:00	29590	2,690	15
288	06-Dec-09	Terri Botha	10:00	29590	10:15	32138	2,548	15
289	06-Dec-09	Julie Kilpatrick	10:15	32138	10:30	35400	3,262	15
290	06-Dec-09	Terri Botha	10:30	35400	10:45	37527	2,127	15
291	06-Dec-09	Julie Kilpatrick	10:45	37527	11:00	40347	2,820	15
292	06-Dec-09	Bergen Clifford	11:00	40347	11:15	43715	3,368	15
293	06-Dec-09	Sarah Gardner	11:15	43715	11:30	46598	2,883	15
294	06-Dec-09	Mark Lindstrom	11:30	46598	11:40	48598	2,000	10
295	06-Dec-09	Bergen Clifford	11:40	48598	11:45	49598	1,000	5
296	06-Dec-09	Sarah Gardner	11:45	49598	12:00	2481	2,883	15

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
297	06-Dec-09	Bergen Clifford	12:00	2481	12:15	4753	2,272	15
298	06-Dec-09	Sarah Gardner	12:15	4753	12:30	7025	2,272	15
299	06-Dec-09	Lindsay Cook	12:30	7025	12:40	9241	2,216	10
300	06-Dec-09	Tayla David	12:40	9241	12:50	11409	2,168	10
301	06-Dec-09	Sam McCarlie	12:50	11409	13:00	14150	2,741	10
302	06-Dec-09	Lyndee Hartwanger	13:00	14150	13:30	17867	3,717	30
303	06-Dec-09	Stuart Sanderson	13:30	17867	14:00	24811	6,944	30
304	06-Dec-09	Melissa van Dyk	14:00	24811	14:30	30048	5,237	30
305	06-Dec-09	Stuart Sanderson	14:30	30048	14:45	33633	3,585	15
306	06-Dec-09	Melissa van Dyk	14:45	33633	15:00	36999	3,366	15
307	06-Dec-09	Dusty Zeisberger	15:00	36999	16:00	2189	15,190	60
308	06-Dec-09	Andre Texeira	16:00	2189	16:30	9053	6,864	30
309	06-Dec-09	Abigail Stanworth	16:30	9053	16:45	12355	3,302	15
310	06-Dec-09	Andre Texeira	16:45	12355	17:15	18895	6,540	30
311	06-Dec-09	Abigail Stanworth	17:15	18895	17:30	22058	3,163	15
312	06-Dec-09	Andre Texeira	17:30	22058	17:50	23376	1,318	20
313	06-Dec-09	Marius Erasmus	17:50	23376	18:30	32220	8,844	40
314	06-Dec-09	Ron Beard	18:30	32220	19:00	38442	6,222	30
315	06-Dec-09	Clinton Kearney	19:00	38442	20:00	2787	14,345	60
316	06-Dec-09	Sherry Lloyd	20:00	2787	20:15	5842	3,055	15
317	06-Dec-09	Mark Watrus	20:15	5842	20:50	12597	6,755	35
318	06-Dec-09	Sherry Lloyd	20:50	12597	21:00	14524	1,927	10
319	06-Dec-09	Kate Godfrey	21:00	14524	21:30	19965	5,441	30
320	06-Dec-09	Bill Godfrey	21:30	19965	22:00	26945	6,980	30
321	06-Dec-09	Kate Godfrey	22:00	26945	22:30	30344	3,399	30
322	06-Dec-09	Bill Godfrey	22:30	30344	23:00	37620	7,276	30
323	06-Dec-09	Joss Hall	23:00	37620	00:00	1517	13,897	60
324	07-Dec-09	Ryan Baisley	00:00	1517	01:00	15500	13,983	60
325	07-Dec-09	Gareth Gray-Browne	01:00	15500	01:30	22622	7,122	30
326	07-Dec-09	Jeff Jackson	01:30	22622	02:00	29919	7,297	30
327	07-Dec-09	Gareth Gray-Browne	02:00	29919	02:30	37010	7,091	30
328	07-Dec-09	Jeff Jackson	02:30	37010	03:00	44374	7,364	30
329	07-Dec-09	Mark Lindstrom	03:00	44374	04:00	7364	12,990	60
330	07-Dec-09	Noel Gray-Browne	04:00	7364	05:00	21534	14,170	60
331	07-Dec-09	Duncan Gray-Browne	05:00	21534	05:30	26802	5,268	30
332	07-Dec-09	Andre de Klerk	05:30	26802	06:00	34264	7,462	30
333	07-Dec-09	Graeme Mountfort	06:00	34264	07:00	48147	13,883	60

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
334	07-Dec-09	Yolandi Gray-Browne	07:00	48147	07:30	3742	5,595	30
335	07-Dec-09	Nerissa Lindstrom	07:30	3742	08:00	9392	5,650	30
336	07-Dec-09	Dusty Zeisberger	08:00	9392	09:00	23563	14,171	60
337	07-Dec-09	Chloe Sumner	09:00	23563	09:15	26168	2,605	15
338	07-Dec-09	Amy Warner	09:15	26168	09:30	29254	3,086	15
339	07-Dec-09	Terri Botha	09:30	29254	09:45	31355	2,101	15
340	07-Dec-09	Julie Kilpatrick	09:45	31355	10:00	34328	2,973	15
341	07-Dec-09	Chloe Sumner	10:00	34328	10:15	36790	2,462	15
342	07-Dec-09	Amy Warner	10:15	36790	10:30	39745	2,955	15
343	07-Dec-09	Terri Botha	10:30	39745	10:45	41760	2,015	15
344	07-Dec-09	Julie Kilpatrick	10:45	41760	11:00	44680	2,920	15
345	07-Dec-09	Bergen Clifford	11:00	44680	11:15	47685	3,005	15
346	07-Dec-09	T. Jevon	11:15	47685	11:30	615	2,930	15
347	07-Dec-09	Sarah Gardner	11:30	615	11:45	3048	2,433	15
348	07-Dec-09	Bergen Clifford	11:45	3048	12:00	5873	2,825	15
349	07-Dec-09	T. Jevon	12:00	5873	12:15	8596	2,723	15
350	07-Dec-09	Sarah Gardner	12:15	8596	12:30	10977	2,381	15
351	07-Dec-09	Lyndee Hartwanger	12:30	10977	13:00	16062	5,085	30
352	07-Dec-09	Ashleigh Cock	13:00	16062	13:30	22300	6,238	30
353	07-Dec-09	Melissa van Dyk	13:30	22300	14:00	27338	5,038	30
354	07-Dec-09	Stuart Sanderson	14:00	27338	14:30	35200	7,862	30
355	07-Dec-09	Nicole Eichstad	14:30	35200	15:00	41280	6,080	30
356	07-Dec-09	Tarryn Wienand	15:00	41280	15:15	44420	3,140	15
357	07-Dec-09	Shanna Richter	15:15	44420	15:30	47500	3,080	15
358	07-Dec-09	Tarryn Wienand	15:30	47500	15:45	644	3,144	15
359	07-Dec-09	Shanna Richter	15:45	644	16:00	3793	3,149	15
360	07-Dec-09	Andre Teixeira	16:00	3793	17:00	16910	13,117	60
361	07-Dec-09	Sam McCarlie	17:00	16910	17:20	20560	3,650	20
362	07-Dec-09	Tayla David	17:20	20560	17:40	24720	4,160	20
363	07-Dec-09	Lindsay Cook	17:40	24720	18:10	29108	4,388	30
364	07-Dec-09	Marius Erasmus	18:10	29108	18:40	36269	7,161	30
365	07-Dec-09	Ron Beard	18:40	36269	19:10	42547	6,278	30
366	07-Dec-09	Clinton Kearney	19:10	42547	20:10	6987	14,440	60
367	07-Dec-09	Sherry Lloyd	20:10	6987	20:30	11071	4,084	20
368	07-Dec-09	Mark Watrus	20:30	11071	21:00	16617	5,546	30
369	07-Dec-09	Lawrence Haw	21:00	16617	22:00	28775	12,158	60
370	07-Dec-09	Kate Godfrey	22:00	28775	22:30	34825	6,050	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
371	07-Dec-09	Bill Godfrey	22:30	34825	23:30	48225	13,400	60
372	07-Dec-09	Kate Godfrey	11:30	48225	00:00	3580	5,355	30
373	08-Dec-09	Joss Hall	00:00	3580	01:17	21674	18,094	77
374	08-Dec-09	Ryan Baisley	01:17	21674	02:00	31170	9,496	43
375	08-Dec-09	Gareth Gray-Browne	02:00	31170	02:30	38329	7,159	30
376	08-Dec-09	Jeff Jackson	02:30	38329	03:00	45800	7,471	30
377	08-Dec-09	Gareth Gray-Browne	03:00	45800	03:30	3025	7,225	30
378	08-Dec-09	Jeff Jackson	03:30	3025	04:00	10710	7,685	30
379	08-Dec-09	Mark Lindstrom	04:00	10710	05:00	24664	13,954	60
380	08-Dec-09	Graeme Mountfort	05:00	24664	06:00	38595	13,931	60
381	08-Dec-09	Leelyn Aereboe	06:00	38595	06:30	44864	6,269	30
382	08-Dec-09	Pia Kwinana	06:30	44864	07:00	1502	6,638	30
383	08-Dec-09	Dusty Zeisberger	07:00	1502	08:00	15800	14,298	60
384	08-Dec-09	Noel Gray-Browne	08:00	15800	09:00	29664	13,864	60
385	08-Dec-09	Chloe Sumner	09:00	29664	09:15	32788	3,124	15
386	08-Dec-09	Amy Warner	09:15	32788	09:30	35260	2,472	15
387	08-Dec-09	Terri Botha	09:30	35260	09:45	37514	2,254	15
388	08-Dec-09	Amy Warner	09:45	37514	10:00	40580	3,066	15
389	08-Dec-09	Chloe Sumner	10:00	40580	10:15	43498	2,918	15
390	08-Dec-09	Julie Kilpatrick	10:15	43498	10:30	46378	2,880	15
391	08-Dec-09	Terri Botha	10:30	46378	10:45	49452	3,074	15
392	08-Dec-09	Julie Kilpatrick	10:45	49452	11:00	2212	2,760	15
393	08-Dec-09	Bergen Clifford	11:00	2212	11:25	4430	2,218	25
394	08-Dec-09	T. Jevon	11:25	4430	11:36	6136	1,706	11
395	08-Dec-09	Chelsea Moyes	11:36	6136	12:10	10595	4,459	34
396	08-Dec-09	Ashleigh Cock	12:10	10595	12:40	17075	6,480	30
397	08-Dec-09	Yolandi Gray-Browne	12:40	17075	13:00	21317	4,242	20
398	08-Dec-09	Melissa van Dyk	13:00	21317	13:30	27580	6,263	30
399	08-Dec-09	Stuart Sanderson	13:30	27580	14:00	34300	6,720	30
400	08-Dec-09	Nicole Eichstad	14:00	34300	14:30	40454	6,154	30
401	08-Dec-09	Christie Roestorff	14:30	40454	15:00	46882	6,428	30
402	08-Dec-09	Shanna Richter	15:00	46882	15:15	4	3,122	15
403	08-Dec-09	Tarryn Wienand	15:15	4	15:30	3180	3,176	15
404	08-Dec-09	Shanna Richter	15:30	3180	15:45	6295	3,115	15
405	08-Dec-09	Tarryn Wienand	15:45	6295	16:00	9550	3,255	15
406	08-Dec-09	Andre Teixeira	16:00	9550	17:00	22005	12,455	60
407	08-Dec-09	Abigail Stanworth	17:00	22005	17:37	29726	7,721	37

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
408	08-Dec-09	Marius Erasmus	17:37	29726	18:30	38725	8,999	53
409	08-Dec-09	Andrew Frame	18:30	38725	18:45	42050	3,325	15
410	08-Dec-09	Mitchell Jarrett	18:45	42050	19:02	45373	3,323	17
411	08-Dec-09	Clinton Kearney	07:02	45373	20:02	9488	14,115	60
412	08-Dec-09	Brett Box	20:02	9488	20:17	12649	3,161	15
413	08-Dec-09	Sherry Lloyd	20:17	12649	20:35	15985	3,336	18
414	08-Dec-09	Mark Wattrus	20:35	15985	21:00	21011	5,026	25
415	08-Dec-09	Dave Hartwanger	21:00	21011	22:00	36400	15,389	60
416	08-Dec-09	Lawrence Haw	10:00	36400	23:00	48895	12,495	60
417	08-Dec-09	Bill Godfrey	11:00	48895	23:30	6003	7,108	30
418	08-Dec-09	Damian Taylor	23:30	6003	00:00	12980	6,977	30
419	09-Dec-09	Bill Godfrey	00:00	12980	00:30	20097	7,117	30
420	09-Dec-09	Damian Taylor	00:30	20097	01:00	26910	6,813	30
421	09-Dec-09	Joss Hall	01:00	26910	02:00	41000	14,090	60
422	09-Dec-09	Ryan Baisley	02:00	41000	03:00	4374	13,374	60
423	09-Dec-09	Mark Lindstrom	03:00	4374	03:30	11578	7,204	30
424	09-Dec-09	Jeff Jackson	03:30	11578	04:00	19185	7,607	30
425	09-Dec-09	Mark Lindstrom	04:00	19185	04:30	26253	7,068	30
426	09-Dec-09	Jeff Jackson	04:30	26253	05:00	33662	7,409	30
427	09-Dec-09	Duncan Gray-Browne	05:00	33662	05:30	39524	5,862	30
428	09-Dec-09	Andre de Klerk	05:30	39524	06:00	46616	7,092	30
429	09-Dec-09	Leelyn Aereboe	06:00	46616	06:30	2912	6,296	30
430	09-Dec-09	Pia Kwinana	06:30	2912	07:00	9594	6,682	30
431	09-Dec-09	Yolandi Gray-Browne	07:00	9594	07:30	15352	5,758	30
432	09-Dec-09	Andre Husselmann	07:30	15352	08:00	21790	6,438	30
433	09-Dec-09	Dusty Zeisberger	08:00	21790	09:00	35522	13,732	60
434	09-Dec-09	Clinton Kearney	09:00	35522	09:30	42911	7,389	30
435	09-Dec-09	Amy Warner	09:30	42911	09:45	46185	3,274	15
436	09-Dec-09	Terri Botha	09:45	46185	10:15	2058	5,873	30
437	09-Dec-09	Julie Kilpatrick	10:15	2058	10:30	5070	3,012	15
438	09-Dec-09	Amy Warner	10:30	5070	10:45	8120	3,050	15
439	09-Dec-09	Sibulele Minya	10:45	8120	11:45	16709	8,589	60
440	09-Dec-09	Chelsea Moyes	11:45	16709	12:00	18905	2,196	15
441	09-Dec-09	Sarah Gardner	12:00	18905	12:15	22092	3,187	15
442	09-Dec-09	Chelsea Moyes	12:15	22092	12:30	24953	2,861	15
443	09-Dec-09	Noel Gray-Browne	12:30	24953	13:30	39187	14,234	60
444	09-Dec-09	Tayla David	13:30	39187	13:45	42320	3,133	15

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
445	09-Dec-09	Lindsay Cook	13:45	42320	14:00	45571	3,251	15
446	09-Dec-09	Sam McCarlie	14:00	45571	14:15	48382	2,811	15
447	09-Dec-09	Tayla David	14:15	48382	14:30	1424	3,042	15
448	09-Dec-09	Lindsay Cook	14:30	1424	14:45	4665	3,241	15
449	09-Dec-09	Sam McCarlie	14:45	4665	15:00	7701	3,036	15
450	09-Dec-09	Graeme Mountfort	15:00	7701	16:00	21650	13,949	60
451	09-Dec-09	Andre Teixeira	16:00	21650	17:00	35600	13,950	60
452	09-Dec-09	Ryan Baisley	17:00	35600	18:00	50	14,450	60
453	09-Dec-09	Clinton Kearney	18:00	50	19:00	11378	11,328	60
454	09-Dec-09	Marius Erasmus	19:00	11378	19:30	18601	7,223	30
455	09-Dec-09	Ron Beard	19:30	18601	20:00	24941	6,340	30
456	09-Dec-09	Brett Box	20:00	24941	20:20	29413	4,472	20
457	09-Dec-09	Mark Watrus	20:20	29413	20:40	34205	4,792	20
458	09-Dec-09	Sherry Lloyd	20:40	34205	21:00	38497	4,292	20
459	09-Dec-09	Dave Hartwanger	21:00	38497	22:00	2416	13,919	60
460	09-Dec-09	Lawrence Haw	22:00	2416	23:00	15081	12,665	60
461	09-Dec-09	Bill Godfrey	23:00	15081	23:30	22134	7,053	30
462	09-Dec-09	Damian Taylor	23:30	22134	00:00	29120	6,986	30
463	10-Dec-09	Bill Godfrey	00:00	29120	00:30	38140	9,020	30
464	10-Dec-09	Damian Taylor	00:30	38140	01:00	43010	4,870	30
465	10-Dec-09	Joss Hall	01:00	43010	02:00	5863	12,853	60
466	10-Dec-09	Mark Lindstrom	02:00	5863	03:00	20630	14,767	60
467	10-Dec-09	Andre Teixeira	03:00	20630	04:00	33630	13,000	60
468	10-Dec-09	Gareth Gray-Browne	04:00	33630	04:30	40764	7,134	30
469	10-Dec-09	Jeff Jackson	04:30	40764	05:00	48429	7,665	30
470	10-Dec-09	Gareth Gray-Browne	05:00	48429	05:30	5595	7,166	30
471	10-Dec-09	Jeff Jackson	05:30	5595	06:00	13169	7,574	30
472	10-Dec-09	Leelyn Aereboe	06:00	13169	06:30	18913	5,744	30
473	10-Dec-09	Pia Kwinana	06:30	18913	07:00	25550	6,637	30
474	10-Dec-09	Andre de Klerk	07:00	25550	07:30	33293	7,743	30
475	10-Dec-09	Christie Roestorff	07:30	33293	08:00	39830	6,537	30
476	10-Dec-09	David Blatch	08:00	39830	09:00	2230	12,400	60
477	10-Dec-09	Julie Kilpatrick	09:00	2230	09:15	5259	3,029	15
478	10-Dec-09	Amy Warner	09:15	5259	09:30	8683	3,424	15
479	10-Dec-09	Julie Kilpatrick	09:30	8683	09:45	11385	2,702	15
480	10-Dec-09	Amy Warner	09:45	11385	10:00	14480	3,095	15
481	10-Dec-09	Lauren Harrington	10:00	14480	10:30	19866	5,386	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
482	10-Dec-09	Terri Botha	10:30	19866	11:00	22965	3,099	30
483	10-Dec-09	Lyndee Hartwanger	11:00	22965	11:30	28307	5,342	30
484	10-Dec-09	Andrew Frame	11:30	28307	11:45	31879	3,572	15
485	10-Dec-09	Mitchell Jarrett	11:45	31879	12:00	35370	3,491	15
486	10-Dec-09	Sarah Gardner	12:00	35370	12:15	38366	2,996	15
487	10-Dec-09	Chelsea Moyes	12:15	38366	12:30	41278	2,912	15
488	10-Dec-09	Lindsay Cook	12:30	41278	12:45	44512	3,234	15
489	10-Dec-09	Sam McCarlie	12:45	44512	13:00	47403	2,891	15
490	10-Dec-09	Tayla David	13:00	47403	13:15	580	3,177	15
491	10-Dec-09	Lindsay Cook	13:15	580	13:30	3799	3,219	15
492	10-Dec-09	Sam McCarlie	13:30	3799	13:45	5819	2,020	15
493	10-Dec-09	Tayla David	13:45	5819	14:00	7936	2,117	15
494	10-Dec-09	Melissa van Dyk	14:00	7936	14:30	14011	6,075	30
495	10-Dec-09	Ashleigh Cock	14:30	14011	15:00	20321	6,310	30
496	10-Dec-09	Samantha Ball	15:00	20321	15:15	23418	3,097	15
497	10-Dec-09	Nicole Eichstad	15:15	23418	15:30	26629	3,211	15
498	10-Dec-09	Samantha Ball	15:30	26629	15:45	29881	3,252	15
499	10-Dec-09	Nicole Eichstad	15:45	29881	16:00	33080	3,199	15
500	10-Dec-09	Mark Lindstrom	16:00	33080	16:30	40338	7,258	30
501	10-Dec-09	Yolandi Gray-Browne	16:30	40338	17:00	46155	5,817	30
502	10-Dec-09	Andre Teixeira	17:00	46155	18:00	8345	12,190	60
503	10-Dec-09	Marius Erasmus	18:00	8345	18:30	14395	6,050	30
504	10-Dec-09	Mitchell Jarrett	18:30	14395	18:45	17762	3,367	15
505	10-Dec-09	Andrew Frame	18:45	17762	19:00	21311	3,549	15
506	10-Dec-09	Clinton Kearney	19:00	21311	20:00	35494	14,183	60
507	10-Dec-09	Brett Box	20:00	35494	20:30	42213	6,719	30
508	10-Dec-09	Sherry Lloyd	08:30	42213	20:45	44998	2,785	15
509	10-Dec-09	Mark Wattrus	20:45	44998	21:00	48584	3,586	15
510	10-Dec-09	Noel Gray-Browne	21:00	48584	22:00	12751	14,167	60
511	10-Dec-09	Jeff Jackson	22:00	12751	10:30	20536	7,785	30
512	10-Dec-09	Gareth Gray-Browne	22:30	20536	23:00	27624	7,088	30
513	10-Dec-09	Lawrence Haw	23:00	27624	00:00	40117	12,493	60
514	11-Dec-09	Bill Godfrey	00:00	40117	00:30	47095	6,978	30
515	11-Dec-09	Damian Taylor	00:30	47095	01:00	4126	7,031	30
516	11-Dec-09	Bill Godfrey	01:00	4126	01:30	11088	6,962	30
517	11-Dec-09	Damian Taylor	01:30	11088	02:00	17925	6,837	30
518	11-Dec-09	Craig Boeckx	02:00	17925	02:30	24465	6,540	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
519	11-Dec-09	Dave de Koning	02:30	24465	03:00	31170	6,705	30
520	11-Dec-09	Craig Boeckx	03:00	31170	03:30	38036	6,866	30
521	11-Dec-09	Dave de Koning	03:30	38036	04:00	45035	6,999	30
522	11-Dec-09	Ryan Baisley	04:00	45035	05:00	9240	14,205	60
523	11-Dec-09	Duncan Gray-Browne	05:00	9240	05:30	14954	5,714	30
524	11-Dec-09	Andre de Klerk	05:30	14954	06:00	22138	7,184	30
525	11-Dec-09	Jane Taylor	06:00	22138	06:15	25552	3,414	15
526	11-Dec-09	Leelyn Aereboe	06:15	25552	06:30	28880	3,328	15
527	11-Dec-09	Jane Taylor	06:30	28880	06:45	32199	3,319	15
528	11-Dec-09	Leelyn Aereboe	06:45	32199	07:00	35438	3,239	15
529	11-Dec-09	Yolandi Gray-Browne	07:00	35438	07:30	41222	5,784	30
530	11-Dec-09	Nerissa Lindstrom	07:30	41222	08:00	47330	6,108	30
531	11-Dec-09	Jethro Hundling	08:00	47330	09:00	11660	14,330	60
532	11-Dec-09	Lauren Harrington	09:00	11660	09:15	14425	2,765	15
533	11-Dec-09	Amy Warner	09:15	14425	09:45	19626	5,201	30
534	11-Dec-09	Lauren Harrington	09:45	19626	10:00	22327	2,701	15
535	11-Dec-09	Julie Kilpatrick	10:00	22327	10:15	25327	3,000	15
536	11-Dec-09	Terri Botha	10:15	25327	10:45	29771	4,444	30
537	11-Dec-09	Julie Kilpatrick	10:45	29771	11:00	32682	2,911	15
538	11-Dec-09	Sibulele Minya	11:00	32682	11:45	39738	7,056	45
539	11-Dec-09	Sarah Gardner	11:45	39738	12:00	42625	2,887	15
540	11-Dec-09	Chelsea Moyes	12:00	42625	12:15	45230	2,605	15
541	11-Dec-09	Sarah Gardner	12:15	45230	12:30	48193	2,963	15
542	11-Dec-09	Christie Roestorff	12:30	48193	13:30	11300	13,107	60
543	11-Dec-09	Ashleigh Cock	13:30	11300	13:45	14485	3,185	15
544	11-Dec-09	Melissa van Dyk	13:45	14485	14:00	17677	3,192	15
545	11-Dec-09	Ashleigh Cock	14:00	17677	14:15	20832	3,155	15
546	11-Dec-09	Melissa van Dyk	14:15	20832	14:30	23905	3,073	15
547	11-Dec-09	Ashleigh Cock	14:30	23905	14:45	27035	3,130	15
548	11-Dec-09	Melissa van Dyk	14:45	27035	15:00	30145	3,110	15
549	11-Dec-09	Nicole Eichstad	15:00	30145	15:30	35680	5,535	30
550	11-Dec-09	Lyndee Hartwanger	15:30	35680	16:30	47802	12,122	60
551	11-Dec-09	Joss Hall	16:30	47802	17:30	12029	14,227	60
552	11-Dec-09	Marius Erasmus	17:30	12029	18:00	19164	7,135	30
553	11-Dec-09	Brett Box	18:00	19164	18:25	23722	4,558	25
554	11-Dec-09	Mark Watrus	18:25	23722	18:45	28566	4,844	20
555	11-Dec-09	Sherry Lloyd	18:45	28566	19:00	31103	2,537	15

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
556	11-Dec-09	Mark Lindstrom	19:00	31103	20:00	45148	14,045	60
557	11-Dec-09	Gareth Gray-Browne	20:00	45148	20:30	2225	7,077	30
558	11-Dec-09	Jeff Jackson	20:30	2225	21:00	9817	7,592	30
559	11-Dec-09	Gareth Gray-Browne	21:00	9817	21:30	16966	7,149	30
560	11-Dec-09	Jeff Jackson	21:30	16966	22:00	24500	7,534	30
561	11-Dec-09	Clinton Kearney	22:00	24500	23:00	39070	14,570	60
562	11-Dec-09	Noel Gray-Browne	23:00	39070	00:00	3292	14,222	60
563	12-Dec-09	Dave Hartwanger	00:00	3292	01:00	18490	15,198	60
564	12-Dec-09	Lawrence Haw	01:00	18490	02:00	31295	12,805	60
565	12-Dec-09	Marius Erasmus	02:00	31295	15:00	44565	13,270	60
566	12-Dec-09	Mark Lindstrom	03:00	44565	04:00	8440	13,875	60
567	12-Dec-09	Joss Hall	04:00	8440	05:00	22190	13,750	60
568	12-Dec-09	Andre de Klerk	05:00	22190	05:30	29584	7,394	30
569	12-Dec-09	Gareth Gray-Browne	05:30	29584	06:00	36591	7,007	30
570	12-Dec-09	Jeff Jackson	06:00	36591	06:30	43961	7,370	30
571	12-Dec-09	Yolandi Gray-Browne	06:30	43961	07:00	49733	5,772	30
572	12-Dec-09	Leelyn Aereboe	07:00	49733	07:30	6001	6,268	30
573	12-Dec-09	Darren Venter	07:30	6001	09:00	25086	19,085	90
574	12-Dec-09	Amy Warner	09:00	25086	09:15	29716	4,630	15
575	12-Dec-09	Terri Botha	09:15	29716	09:45	32737	3,021	30
576	12-Dec-09	Amy Warner	09:45	32737	10:00	34663	1,926	15
577	12-Dec-09	Julie Kilpatrick	10:00	34663	10:30	37400	2,737	30
578	12-Dec-09	Julie Kilpatrick	10:30	37400	10:50	42217	4,817	20
579	12-Dec-09	Bergen Clifford	10:50	42217	11:20	48312	6,095	30
580	12-Dec-09	Chelsea Moyes	11:20	48312	11:30	49401	1,089	10
581	12-Dec-09	Richard Patten	11:30	49401	12:20	7875	8,474	50
582	12-Dec-09	Noel Gray-Browne	12:20	7875	13:30	23270	15,395	70
583	12-Dec-09	Ashleigh Cock	13:30	23270	14:00	29469	6,199	30
584	12-Dec-09	Melissa van Dyk	14:00	29469	14:30	35470	6,001	30
585	12-Dec-09	Samantha Ball	14:30	35470	14:45	38640	3,170	15
586	12-Dec-09	Nicole Eichstad	14:45	38640	15:00	41748	3,108	15
587	12-Dec-09	Samantha Ball	15:00	41748	15:20	45688	3,940	20
588	12-Dec-09	Nicole Eichstad	15:20	45688	15:30	48032	2,344	10
589	12-Dec-09	Lyndee Hartwanger	15:30	48032	16:00	4482	6,450	30
590	12-Dec-09	Gareth Gray-Browne	16:00	4482	16:30	11693	7,211	30
591	12-Dec-09	Jeff Jackson	16:30	11693	17:00	19460	7,767	30
592	12-Dec-09	Darren Venter	17:00	19460	18:00	33951	14,491	60

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
593	12-Dec-09	Delarey du Preez	18:00	33951	18:30	41610	7,659	30
594	12-Dec-09	Brett Box	06:30	41610	18:45	44698	3,088	15
595	12-Dec-09	Mark Wattrus	18:45	44698	19:00	46975	2,277	15
596	12-Dec-09	Clinton Kearney	19:00	46975	20:00	11540	14,565	60
597	12-Dec-09	Christie Roestorff	20:00	11540	21:00	24500	12,960	60
598	12-Dec-09	Gareth Gray-Browne	21:00	24500	21:30	31500	7,000	30
599	12-Dec-09	Jeff Jackson	21:30	31500	22:00	39000	7,500	30
600	12-Dec-09	Gareth Gray-Browne	22:00	39000	22:30	46064	7,064	30
601	12-Dec-09	Jeff Jackson	22:30	46064	23:00	3507	7,443	30
602	12-Dec-09	Mark Lindstrom	23:00	3507	00:00	16661	13,154	60
603	13-Dec-09	Noel Gray-Browne	00:00	16661	01:00	30430	13,769	60
604	13-Dec-09	Dave Hartwanger	01:00	30430	02:00	44900	14,470	60
605	13-Dec-09	Lawrence Haw	02:00	44900	03:00	7002	12,102	60
606	13-Dec-09	Bill Godfrey	03:00	7002	03:30	13692	6,690	30
607	13-Dec-09	Kate Godfrey	03:30	13692	04:00	19405	5,713	30
608	13-Dec-09	Bill Godfrey	04:00	19405	04:30	26217	6,812	30
609	13-Dec-09	Kate Godfrey	04:30	26217	05:00	31940	5,723	30
610	13-Dec-09	Duncan Gray-Browne	05:00	31940	05:30	37538	5,598	30
611	13-Dec-09	Andre de Klerk	05:30	37538	06:00	44800	7,262	30
612	13-Dec-09	Mike Cowie	06:00	44800	06:30	1581	6,781	30
613	13-Dec-09	Nerissa Lindstrom	06:30	1581	07:00	7587	6,006	30
614	13-Dec-09	Leelyn Aereboe	07:00	7587	07:30	13613	6,026	30
615	13-Dec-09	Yolandi Gray-Browne	07:30	13613	08:00	19300	5,687	30
616	13-Dec-09	Jethro Hundling	08:00	19300	09:00	27879	8,579	60
617	13-Dec-09	Chloe Sumner	09:00	27879	09:15	32794	4,915	15
618	13-Dec-09	Amy Warner	09:15	32794	09:30	37710	4,916	15
619	13-Dec-09	Chloe Sumner	09:30	37710	09:45	40359	2,649	15
620	13-Dec-09	Amy Warner	09:45	40359	10:00	43311	2,952	15
621	13-Dec-09	Julie Kilpatrick	10:00	43311	10:15	45920	2,609	15
622	13-Dec-09	Terri Botha	10:15	45920	10:45	1227	5,307	30
623	13-Dec-09	Julie Kilpatrick	10:45	1227	11:00	4166	2,939	15
624	13-Dec-09	Bergen Clifford	11:00	4166	11:30	9085	4,919	30
625	13-Dec-09	Nic Labuschagne	11:30	9085	12:00	15247	6,162	30
626	13-Dec-09	Gareth Gray-Browne	12:00	15247	12:30	22276	7,029	30
627	13-Dec-09	Richard Patten	12:30	22276	13:00	28212	5,936	30
628	13-Dec-09	Nicole Eichstad	13:00	28212	13:30	33409	5,197	30
629	13-Dec-09	Ashleigh Cock	13:30	33409	14:00	39566	6,157	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
630	13-Dec-09	Melissa van Dyk	14:00	39566	14:30	45755	6,189	30
631	13-Dec-09	Samantha Ball	14:30	45755	15:00	1200	5,445	30
632	13-Dec-09	Marius Erasmus	15:00	1200	16:00	14731	13,531	60
633	13-Dec-09	Mark Lindstrom	16:00	14731	16:30	21809	7,078	30
634	13-Dec-09	Lyndee Hartwanger	16:30	21809	17:00	28375	6,566	30
635	13-Dec-09	Damon Leppert	17:00	28375	18:00	43617	15,242	60
636	13-Dec-09	Delarey du Preez	18:00	43617	18:30	1576	7,959	30
637	13-Dec-09	Mark Watrus	18:30	1576	18:45	5179	3,603	15
638	13-Dec-09	Delarey du Preez	18:45	5179	19:00	8257	3,078	15
639	13-Dec-09	Clinton Kearney	19:00	8257	20:00	22465	14,208	60
640	13-Dec-09	Joss Hall	20:00	22465	21:00	36952	14,487	60
641	13-Dec-09	Ryan Baisley	21:00	36952	22:00	1510	14,558	60
642	13-Dec-09	Gareth Gray-Browne	22:00	1510	10:30	8622	7,112	30
643	13-Dec-09	Jeff Jackson	10:30	8622	23:00	15695	7,073	30
644	13-Dec-09	Gareth Gray-Browne	23:00	15695	23:30	22839	7,144	30
645	13-Dec-09	Jeff Jackson	11:30	22839	00:00	29930	7,091	30
646	14-Dec-09	Mark Lindstrom	00:00	29930	01:00	41882	11,952	60
647	14-Dec-09	Noel Gray-Browne	01:00	41882	02:00	5510	13,628	60
648	14-Dec-09	Dave Hartwanger	02:00	5510	03:00	19940	14,430	60
649	14-Dec-09	Lawrence Haw	03:00	19940	04:00	32247	12,307	60
650	14-Dec-09	Graeme Mountfort	04:00	32247	05:00	46332	14,085	60
651	14-Dec-09	Damon Leppert	05:00	46332	06:00	11340	15,008	60
652	14-Dec-09	Ross Langtree	06:00	11340	07:00	26250	14,910	60
653	14-Dec-09	Yolandi Gray-Browne	07:00	26250	07:30	32005	5,755	30
654	14-Dec-09	Nerissa Lindstrom	07:30	32005	08:10	38095	6,090	40
655	14-Dec-09	Samantha Ball	08:10	38095	08:30	42535	4,440	20
656	14-Dec-09	Amy Warner	08:30	42535	08:45	45488	2,953	15
657	14-Dec-09	Chloe Sumner	08:45	45488	09:00	48690	3,202	15
658	14-Dec-09	Amy Warner	09:00	48690	09:15	1698	3,008	15
659	14-Dec-09	Chloe Sumner	09:15	1698	09:30	5104	3,406	15
660	14-Dec-09	Julie Kilpatrick	09:30	5104	09:45	5800	696	15
661	14-Dec-09	Terri Botha	09:45	5800	10:15	11337	5,537	30
662	14-Dec-09	Bergen Clifford	10:15	11337	10:50	16937	5,600	35
663	14-Dec-09	Sarah Gardner	10:50	16937	11:15	21304	4,367	25
664	14-Dec-09	A. Porter	11:15	21304	11:35	24025	2,721	20
665	14-Dec-09	Chelsea Moyes	11:35	24025	12:00	27514	3,489	25
666	14-Dec-09	Jane Taylor	12:00	27514	12:30	33941	6,427	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
667	14-Dec-09	Sarah Watrus	12:30	33941	13:00	40345	6,404	30
668	14-Dec-09	Lindsay van Aardt	13:00	40345	14:00	3092	12,747	60
669	14-Dec-09	Darren Venter	14:00	3092	15:00	16408	13,316	60
670	14-Dec-09	Marius Erasmus	15:00	16408	16:00	29700	13,292	60
671	14-Dec-09	Ryan Baisley	16:00	29700	17:00	43996	14,296	60
672	14-Dec-09	Andre Teixeira	17:00	43996	17:15	47598	3,602	15
673	14-Dec-09	Abigail Stanworth	17:15	47598	17:30	1115	3,517	15
674	14-Dec-09	Andre Teixeira	17:30	1115	17:45	4790	3,675	15
675	14-Dec-09	Brett Box	17:45	4790	18:00	8439	3,649	15
676	14-Dec-09	Abigail Stanworth	18:00	8439	18:15	12012	3,573	15
677	14-Dec-09	Sherry Lloyd	18:15	12012	18:30	14104	2,092	15
678	14-Dec-09	Ron Beard	18:30	14104	19:00	20446	6,342	30
679	14-Dec-09	Clinton Kearney	19:00	20446	20:00	35113	14,667	60
680	14-Dec-09	Craig Boeckx	20:00	35113	20:30	41902	6,789	30
681	14-Dec-09	Dave de Koning	20:30	41902	21:00	49200	7,298	30
682	14-Dec-09	Craig Boeckx	21:00	49200	09:30	5890	6,690	30
683	14-Dec-09	Dave de Koning	21:30	5890	22:00	12910	7,020	30
684	14-Dec-09	Joss Hall	22:00	12910	23:00	27509	14,599	60
685	14-Dec-09	Andre Teixeira	23:00	27509	23:37	34603	7,094	37
686	14-Dec-09	Abigail Stanworth	23:37	34603	00:00	39690	5,087	23
687	15-Dec-09	Jeff Jackson	00:00	39690	01:00	4520	14,830	60
688	15-Dec-09	Mark Lindstrom	01:00	4520	02:00	18240	13,720	60
689	15-Dec-09	Noel Gray-Browne	02:00	18240	03:00	32214	13,974	60
690	15-Dec-09	Dave Hartwanger	03:00	32214	04:00	47500	15,286	60
691	15-Dec-09	Lawrence Haw	04:00	47500	05:00	10192	12,692	60
692	15-Dec-09	Andre de Klerk	05:00	10192	05:30	17611	7,419	30
693	15-Dec-09	Graeme Mountfort	05:30	17611	06:30	31389	13,778	60
694	15-Dec-09	Pia Kwinana	06:30	31389	06:45	34814	3,425	15
695	15-Dec-09	Leelyn Aereboe	06:45	34814	07:00	37989	3,175	15
696	15-Dec-09	Pia Kwinana	07:00	37989	07:15	41377	3,388	15
697	15-Dec-09	Leelyn Aereboe	07:15	41377	07:30	44566	3,189	15
698	15-Dec-09	Yolandi Gray-Browne	07:30	44566	08:00	307	5,741	30
699	15-Dec-09	Jason Dicks	08:00	307	09:00	14140	13,833	60
700	15-Dec-09	Marius Erasmus	09:00	14140	10:00	27566	13,426	60
701	15-Dec-09	David Guqaza	10:00	27566	11:00	40371	12,805	60
702	15-Dec-09	Lyndee Hartwanger	11:00	40371	11:30	46417	6,046	30
703	15-Dec-09	Chelsea Moyes	11:30	46417	11:45	49299	2,882	15

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
704	15-Dec-09	A. Porter	11:45	49299	12:00	1728	2,429	15
705	15-Dec-09	Tarryn Wienand	12:00	1728	12:15	4670	2,942	15
706	15-Dec-09	Shanna Richter	12:15	4670	12:30	7511	2,841	15
707	15-Dec-09	Tarryn Wienand	12:30	7511	12:45	10840	3,329	15
708	15-Dec-09	Shanna Richter	12:45	10840	13:00	13664	2,824	15
709	15-Dec-09	Tarryn Wienand	13:00	13664	13:15	17000	3,336	15
710	15-Dec-09	Shanna Richter	13:15	17000	13:30	20002	3,002	15
711	15-Dec-09	Tarryn Wienand	13:30	20002	13:45	23200	3,198	15
712	15-Dec-09	Shanna Richter	13:45	23200	14:00	26206	3,006	15
713	15-Dec-09	Lindsay Hardie	14:00	26206	14:15	29130	2,924	15
714	15-Dec-09	Samantha Ball	14:15	29130	14:30	31888	2,758	15
715	15-Dec-09	Lindsay Hardie	14:30	31888	14:45	34850	2,962	15
716	15-Dec-09	Samantha Ball	14:45	34850	15:00	37931	3,081	15
717	15-Dec-09	Christie Roestorff	15:00	37931	16:00	1100	13,169	60
718	15-Dec-09	Clinton Kearney	16:00	1100	17:00	15850	14,750	60
719	15-Dec-09	Andre Teixeira	17:00	15850	17:35	22927	7,077	35
720	15-Dec-09	Abigail Stanworth	17:35	22927	18:00	28163	5,236	25
721	15-Dec-09	Delarey du Preez	18:00	28163	18:20	33045	4,882	20
722	15-Dec-09	Sherry Lloyd	18:20	33045	18:30	34933	1,888	10
723	15-Dec-09	Ron Beard	18:30	34933	19:00	41359	6,426	30
724	15-Dec-09	Andre Teixeira	19:00	41359	19:30	48810	7,451	30
725	15-Dec-09	Abigail Stanworth	19:30	48810	20:00	4490	5,680	30
726	15-Dec-09	Kate Godfrey	20:00	4490	20:30	10180	5,690	30
727	15-Dec-09	Bill Godfrey	20:30	10180	21:00	17400	7,220	30
728	15-Dec-09	Kate Godfrey	21:00	17400	21:30	23247	5,847	30
729	15-Dec-09	Bill Godfrey	21:30	23247	22:00	30459	7,212	30
730	15-Dec-09	Joss Hall	22:00	30459	23:00	44747	14,288	60
731	15-Dec-09	Ryan Baisley	23:00	44747	00:00	9295	14,548	60
732	16-Dec-09	Gareth Gray-Browne	00:00	9295	00:30	16606	7,311	30
733	16-Dec-09	Jeff Jackson	00:30	16606	01:00	24170	7,564	30
734	16-Dec-09	Gareth Gray-Browne	01:00	24170	01:30	31381	7,211	30
735	16-Dec-09	Jeff Jackson	01:30	31381	02:00	38784	7,403	30
736	16-Dec-09	Mark Lindstrom	02:00	38784	03:00	1998	13,214	60
737	16-Dec-09	Noel Gray-Browne	03:00	1998	04:00	16371	14,373	60
738	16-Dec-09	Dave Hartwanger	04:00	16371	05:00	31050	14,679	60
739	16-Dec-09	Andre de Klerk	05:00	31050	05:30	38606	7,556	30
740	16-Dec-09	Duncan Gray-Browne	05:30	38606	06:00	44462	5,856	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
741	16-Dec-09	Pia Kwinana	06:00	44462	06:15	47837	3,375	15
742	16-Dec-09	Leelyn Aereboe	06:15	47837	06:30	978	3,141	15
743	16-Dec-09	Pia Kwinana	06:30	978	06:45	4315	3,337	15
744	16-Dec-09	Leelyn Aereboe	06:45	4315	07:00	7460	3,145	15
745	16-Dec-09	Yolandi Gray-Browne	07:00	7460	07:30	13342	5,882	30
746	16-Dec-09	Nerissa Lindstrom	07:30	13342	08:00	19380	6,038	30
747	16-Dec-09	Jethro Hundling	08:00	19380	09:00	33037	13,657	60
748	16-Dec-09	Graeme Mountfort	09:00	33037	10:00	46961	13,924	60
749	16-Dec-09	David Guqaza	10:00	46961	11:00	11415	14,454	60
750	16-Dec-09	Christie Roestorff	11:00	11415	12:00	24994	13,579	60
751	16-Dec-09	Ross Langtree	12:00	24994	13:00	38170	13,176	60
752	16-Dec-09	Marius Erasmus	13:00	38170	14:00	900	12,730	60
753	16-Dec-09	Lindsay Hardie	14:00	900	14:20	4886	3,986	20
754	16-Dec-09	Samantha Ball	14:20	4886	14:40	8992	4,106	20
755	16-Dec-09	Lindsay Hardie	14:40	8992	14:50	10990	1,998	10
756	16-Dec-09	Samantha Ball	14:50	10990	15:00	13010	2,020	10
757	16-Dec-09	Dusty Zeisberger	15:00	13010	16:00	28475	15,465	60
758	16-Dec-09	Murray Chandler	16:00	28475	17:00	44767	16,292	60
759	16-Dec-09	Murray Chandler	17:00	44767	17:15	48560	3,793	15
760	16-Dec-09	Gareth Gray-Browne	17:15	48560	17:30	2116	3,556	15
761	16-Dec-09	Terri Botha	17:30	2116	18:00	6886	4,770	30
762	16-Dec-09	Sherry Lloyd	18:00	6886	18:30	12005	5,119	30
763	16-Dec-09	Ron Beard	18:30	12005	19:00	18236	6,231	30
764	16-Dec-09	Clinton Kearney	19:00	18236	20:00	32590	14,354	60
765	16-Dec-09	Lawrence Haw	20:00	32590	21:00	45497	12,907	60
766	16-Dec-09	Bill Godfrey	21:00	45497	21:30	2605	7,108	30
767	16-Dec-09	Kate Godfrey	21:30	2605	22:00	8325	5,720	30
768	16-Dec-09	Bill Godfrey	22:00	8325	22:30	15360	7,035	30
769	16-Dec-09	Kate Godfrey	22:30	15360	23:00	20953	5,593	30
770	16-Dec-09	Joss Hall	23:00	20953	00:00	35092	14,139	60
771	17-Dec-09	Ryan Baisley	00:00	35092	01:20	3750	18,658	80
772	17-Dec-09	Gareth Gray-Browne	01:20	3750	01:30	6239	2,489	10
773	17-Dec-09	Jeff Jackson	01:30	6239	02:00	13685	7,446	30
774	17-Dec-09	Gareth Gray-Browne	02:00	13685	02:30	20586	6,901	30
775	17-Dec-09	Jeff Jackson	02:30	20586	03:00	28160	7,574	30
776	17-Dec-09	Mark Lindstrom	03:00	28160	04:00	40627	12,467	60
777	17-Dec-09	Noel Gray-Browne	04:00	40627	05:00	4977	14,350	60

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
778	17-Dec-09	Andre de Klerk	05:00	4977	05:30	12252	7,275	30
779	17-Dec-09	Graeme Mountfort	05:30	12252	06:30	26147	13,895	60
780	17-Dec-09	Pia Kwinana	06:30	26147	06:45	29469	3,322	15
781	17-Dec-09	Leelyn Aereboe	06:45	29469	07:00	32671	3,202	15
782	17-Dec-09	Pia Kwinana	07:00	32671	07:15	36016	3,345	15
783	17-Dec-09	Leelyn Aereboe	07:15	36016	07:30	39042	3,026	15
784	17-Dec-09	Yolandi Gray-Browne	07:30	39042	08:00	43394	4,352	30
785	17-Dec-09	Marius Erasmus	08:00	43394	09:00	6642	13,248	60
786	17-Dec-09	Christie Roestorff	09:00	6642	10:00	19550	12,908	60
787	17-Dec-09	David Guqaza	10:00	19550	11:00	32840	13,290	60
788	17-Dec-09	Lyndee Hartwanger	11:00	32840	12:00	44820	11,980	60
789	17-Dec-09	Shanna Richter	12:00	44820	12:15	47871	3,051	15
790	17-Dec-09	Tarryn Wienand	12:15	47871	12:30	1060	3,189	15
791	17-Dec-09	Shanna Richter	12:30	1060	12:45	4106	3,046	15
792	17-Dec-09	Tarryn Wienand	12:45	4106	13:00	7200	3,094	15
793	17-Dec-09	Shanna Richter	13:00	7200	13:15	10201	3,001	15
794	17-Dec-09	Mike Lotz	13:15	10201	13:30	13430	3,229	15
795	17-Dec-09	Tarryn Wienand	13:30	13430	13:45	16513	3,083	15
796	17-Dec-09	R. Richter	13:45	16513	14:01	20122	3,609	16
797	17-Dec-09	Mike Lotz	14:01	20122	14:05	21003	881	4
798	17-Dec-09	Samantha Ball	14:05	21003	14:30	26036	5,033	25
799	17-Dec-09	Darren Venter	14:30	26036	15:00	32650	6,614	30
800	17-Dec-09	Damian Taylor	15:00	32650	15:30	39650	7,000	30
801	17-Dec-09	Lindsay van Aardt	15:30	39650	16:00	46127	6,477	30
802	17-Dec-09	Damian Taylor	16:00	46127	16:15	49420	3,293	15
803	17-Dec-09	Lindsay van Aardt	16:15	49420	16:30	2639	3,219	15
804	17-Dec-09	Andre Teixeira	16:30	2639	17:00	8890	6,251	30
805	17-Dec-09	Abigail Stanworth	17:00	8890	17:30	14033	5,143	30
806	17-Dec-09	Andre Teixeira	17:30	14033	17:45	17112	3,079	15
807	17-Dec-09	Abigail Stanworth	17:45	17112	18:00	20450	3,338	15
808	17-Dec-09	Sherry Lloyd	18:00	20450	18:30	25163	4,713	30
809	17-Dec-09	Ron Beard	18:30	25163	19:00	31692	6,529	30
810	17-Dec-09	Clinton Kearney	19:00	31692	20:00	45736	14,044	60
811	17-Dec-09	Dave Hartwanger	20:00	45736	21:00	10940	15,204	60
812	17-Dec-09	Kate Godfrey	21:00	10940	21:30	16747	5,807	30
813	17-Dec-09	Bill Godfrey	21:30	16747	22:00	23870	7,123	30
814	17-Dec-09	Kate Godfrey	22:00	23870	22:30	29542	5,672	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
815	17-Dec-09	Bill Godfrey	22:30	29542	23:00	36682	7,140	30
816	17-Dec-09	Joss Hall	23:00	36682	00:00	1156	14,474	60
817	18-Dec-09	C. Venter	00:00	1156	00:20	6565	5,409	20
818	18-Dec-09	Darren Venter	00:20	6565	01:00	14590	8,025	40
819	18-Dec-09	Ryan Baisley	01:00	14590	02:00	27890	13,300	60
820	18-Dec-09	Gareth Gray-Browne	02:00	27890	02:30	34941	7,051	30
821	18-Dec-09	Jeff Jackson	02:30	34941	03:00	42526	7,585	30
822	18-Dec-09	Gareth Gray-Browne	03:00	42526	03:30	49711	7,185	30
823	18-Dec-09	Jeff Jackson	03:30	49711	04:00	7388	7,677	30
824	18-Dec-09	Mark Lindstrom	04:00	7388	05:00	20629	13,241	60
825	18-Dec-09	Noel Gray-Browne	05:00	20629	06:00	34842	14,213	60
826	18-Dec-09	Leelyn Aereboe	06:00	34842	06:15	37972	3,130	15
827	18-Dec-09	Pia Kwinana	06:15	37972	06:30	41283	3,311	15
828	18-Dec-09	Leelyn Aereboe	06:30	41283	06:45	44284	3,001	15
829	18-Dec-09	Pia Kwinana	06:45	44284	07:00	47399	3,115	15
830	18-Dec-09	Yolandi Gray-Browne	07:00	47399	07:30	3076	5,677	30
831	18-Dec-09	Nerissa Lindstrom	07:30	3076	08:00	9242	6,166	30
832	18-Dec-09	Christie Roestorff	08:00	9242	09:00	22625	13,383	60
833	18-Dec-09	Graeme Mountfort	09:00	22625	10:00	36574	13,949	60
834	18-Dec-09	David Guqaza	10:00	36574	11:00	1576	15,002	60
835	18-Dec-09	Tobana Guqaza	11:00	1576	12:00	7800	6,224	60
836	18-Dec-09	Tarryn Wienand	12:00	7800	12:15	11020	3,220	15
837	18-Dec-09	Shanna Richter	12:15	11020	12:30	14025	3,005	15
838	18-Dec-09	Tarryn Wienand	12:30	14025	12:45	17082	3,057	15
839	18-Dec-09	Shanna Richter	12:45	17082	13:00	20003	2,921	15
840	18-Dec-09	Tarryn Wienand	13:00	20003	13:15	23030	3,027	15
841	18-Dec-09	Shanna Richter	13:15	23030	13:30	25914	2,884	15
842	18-Dec-09	Tarryn Wienand	13:30	25914	13:45	29073	3,159	15
843	18-Dec-09	R. Richter	13:45	29073	14:00	32569	3,496	15
844	18-Dec-09	Lindsay Hardie	14:00	32569	14:15	35247	2,678	15
845	18-Dec-09	Kim Turner	14:15	35247	14:30	38031	2,784	15
846	18-Dec-09	Lindsay Hardie	14:30	38031	14:45	40939	2,908	15
847	18-Dec-09	Kim Turner	14:45	40939	15:00	43190	2,251	15
848	18-Dec-09	Damian Taylor	15:00	43190	15:30	260	7,070	30
849	18-Dec-09	Damian Taylor	15:30	260	03:35	1393	1,133	5
850	18-Dec-09	Lindsay van Aardt	15:35	1393	16:00	6970	5,577	25
851	18-Dec-09	Murray Chandler	16:00	6970	17:00	23280	16,310	60

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
852	18-Dec-09	Andre Teixeira	17:00	23280	18:20	39996	16,716	80
853	18-Dec-09	Ron Beard	18:20	39996	19:00	48258	8,262	40
854	18-Dec-09	Clinton Kearney	19:00	48258	20:00	13164	14,906	60
855	18-Dec-09	Lyndee Hartwanger	20:00	13164	21:00	25350	12,186	60
856	18-Dec-09	Ross Langtree	21:00	25350	22:00	40732	15,382	60
857	18-Dec-09	Bill Godfrey	22:00	40732	22:30	47982	7,250	30
858	18-Dec-09	Kate Godfrey	22:30	47982	23:00	3809	5,827	30
859	18-Dec-09	Bill Godfrey	23:00	3809	23:30	10892	7,083	30
860	18-Dec-09	Kate Godfrey	23:30	10892	00:00	16763	5,871	30
861	19-Dec-09	Joss Hall	00:00	16763	01:00	31038	14,275	60
862	19-Dec-09	Marius Erasmus	01:00	31038	02:00	44376	13,338	60
863	19-Dec-09	Gareth Gray-Browne	02:00	44376	02:30	1410	7,034	30
864	19-Dec-09	Jeff Jackson	02:30	1410	03:00	8812	7,402	30
865	19-Dec-09	Gareth Gray-Browne	03:00	8812	03:30	15912	7,100	30
866	19-Dec-09	Jeff Jackson	03:30	15912	04:00	23278	7,366	30
867	19-Dec-09	Gareth Gray-Browne	04:00	23278	04:30	30368	7,090	30
868	19-Dec-09	Jeff Jackson	04:30	30368	05:00	37740	7,372	30
869	19-Dec-09	Duncan Gray-Browne	05:00	37740	05:30	43370	5,630	30
870	19-Dec-09	Mark Lindstrom	05:30	43370	06:30	6110	12,740	60
871	19-Dec-09	Leelyn Aereboe	06:30	6110	07:00	12359	6,249	30
872	19-Dec-09	Tamara Hartwanger	07:00	12359	07:30	18424	6,065	30
873	19-Dec-09	Lindsay van Aardt	07:30	18424	08:00	24840	6,416	30
874	19-Dec-09	Darren Venter	08:00	24840	09:00	38065	13,225	60
875	19-Dec-09	Graeme Mountfort	09:00	38065	10:00	2179	14,114	60
876	19-Dec-09	Lyndee Hartwanger	10:00	2179	10:30	8377	6,198	30
877	19-Dec-09	Jason van Dyk	10:30	8377	11:00	13685	5,308	30
878	19-Dec-09	Lindsay Hardie	11:00	13685	11:15	16323	2,638	15
879	19-Dec-09	Kim Turner	11:15	16323	11:30	18991	2,668	15
880	19-Dec-09	Lindsay Hardie	11:30	18991	11:45	21683	2,692	15
881	19-Dec-09	Kim Turner	11:45	21683	12:00	24378	2,695	15
882	19-Dec-09	Darren Venter	12:00	24378	13:00	38880	14,502	60
883	19-Dec-09	Damon Leppert	13:00	38880	14:00	4200	15,320	60
884	19-Dec-09	David Guqaza	14:00	4200	15:00	18455	14,255	60
885	19-Dec-09	Murray Armstrong	15:00	18455	16:00	23200	4,745	60
886	19-Dec-09	Murray Chandler	16:00	23200	16:55	49294	26,094	55
887	19-Dec-09	Mark Lindstrom	16:55	49294	17:39	5959	6,665	44
888	19-Dec-09	Andre Teixeira	17:39	5959	18:00	11093	5,134	21

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
889	19-Dec-09	Abigail Stanworth	18:00	11093	18:30	17760	6,667	30
890	19-Dec-09	Ron Beard	18:30	17760	19:00	24156	6,396	30
891	19-Dec-09	Clinton Kearney	19:00	24156	20:00	38702	14,546	60
892	19-Dec-09	Noel Gray-Browne	20:00	38702	21:04	2878	14,176	64
893	19-Dec-09	Dave Hartwanger	21:04	2878	22:04	18108	15,230	60
894	19-Dec-09	Terri Botha	22:04	18108	22:35	24325	6,217	31
895	19-Dec-09	Jeff Jackson	22:35	24325	23:00	30980	6,655	25
896	19-Dec-09	Kate Godfrey	23:00	30980	23:30	37030	6,050	30
897	19-Dec-09	Bill Godfrey	23:30	37030	00:00	44025	6,995	30
898	20-Dec-09	Kate Godfrey	00:00	44025	00:30	62	6,037	30
899	20-Dec-09	Bill Godfrey	00:30	62	01:00	6514	6,452	30
900	20-Dec-09	Joss Hall	01:00	6514	02:00	20773	14,259	60
901	20-Dec-09	Marius Erasmus	02:00	20773	03:00	34171	13,398	60
902	20-Dec-09	Dave de Koning	03:00	34171	04:00	48286	14,115	60
903	20-Dec-09	Gareth Gray-Browne	04:00	48286	04:30	5249	6,963	30
904	20-Dec-09	Jeff Jackson	04:30	5249	05:00	12620	7,371	30
905	20-Dec-09	Gareth Gray-Browne	05:00	12620	05:30	19754	7,134	30
906	20-Dec-09	Jeff Jackson	05:30	19754	06:00	27120	7,366	30
907	20-Dec-09	Mark Lindstrom	06:00	27120	07:00	39913	12,793	60
908	20-Dec-09	Nic Labuschagne	07:00	39913	07:30	46496	6,583	30
909	20-Dec-09	Lindsay van Aardt	07:30	46496	08:00	2930	6,434	30
910	20-Dec-09	Murray Armstrong	08:00	2930	09:00	15008	12,078	60
911	20-Dec-09	Terri Botha	09:00	15008	10:00	23462	8,454	60
912	20-Dec-09	Tamara Hartwanger	10:00	23462	10:30	29735	6,273	30
913	20-Dec-09	Jason van Dyk	10:30	29735	11:00	35746	6,011	30
914	20-Dec-09	Lindsay Hardie	11:00	35746	11:15	38591	2,845	15
915	20-Dec-09	Kim Turner	11:15	38591	11:30	40728	2,137	15
916	20-Dec-09	Lindsay Hardie	11:30	40728	11:45	43690	2,962	15
917	20-Dec-09	Kim Turner	11:45	43690	12:00	46127	2,437	15
918	20-Dec-09	Graeme Mountfort	12:00	46127	13:00	10330	14,203	60
919	20-Dec-09	Damon Leppert	13:00	10330	14:00	25440	15,110	60
920	20-Dec-09	David Guqaza	14:00	25440	15:00	40501	15,061	60
921	20-Dec-09	Damian Taylor	15:00	40501	15:30	47790	7,289	30
922	20-Dec-09	Jane Taylor	15:30	47790	16:00	4090	6,300	30
923	20-Dec-09	Andre Teixeira	16:00	4090	17:00	17950	13,860	60
924	20-Dec-09	Abigail Stanworth	17:00	17950	17:30	23050	5,100	30
925	20-Dec-09	Jason Dicks	17:30	23050	18:00	30355	7,305	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
926	20-Dec-09	Dane Cherry	18:00	30355	18:30	37474	7,119	30
927	20-Dec-09	Ron Beard	18:30	37474	19:00	43954	6,480	30
928	20-Dec-09	Clinton Kearney	19:00	43954	20:30	15667	21,713	90
929	20-Dec-09	Noel Gray-Browne	20:30	15667	21:50	33298	17,631	80
930	20-Dec-09	Dave Hartwanger	21:50	33298	23:00	720	17,422	70
931	20-Dec-09	Gareth Gray-Browne	23:00	720	23:30	8301	7,581	30
932	20-Dec-09	Jeff Jackson	23:30	8301	00:00	16010	7,709	30
933	21-Dec-09	Shanna Richter	00:00	16010	00:15	19059	3,049	15
934	21-Dec-09	Tarryn Wienand	00:15	19059	00:30	22145	3,086	15
935	21-Dec-09	D. Moolman	00:30	22145	00:45	25580	3,435	15
936	21-Dec-09	Mike Lotz	00:45	25580	01:00	29040	3,460	15
937	21-Dec-09	Shanna Richter	01:00	29040	01:15	32021	2,981	15
938	21-Dec-09	Tarryn Wienand	01:15	32021	01:30	35100	3,079	15
939	21-Dec-09	Mike Lotz	01:30	35100	01:45	38340	3,240	15
940	21-Dec-09	Tarryn Wienand	01:45	38340	02:00	41521	3,181	15
941	21-Dec-09	Joss Hall	02:00	41521	03:00	6158	14,637	60
942	21-Dec-09	Mark Lindstrom	03:00	6158	04:00	19660	13,502	60
943	21-Dec-09	Damon Leppert	04:00	19660	05:00	34290	14,630	60
944	21-Dec-09	Duncan Gray-Browne	05:00	34290	05:37	39331	5,041	37
945	21-Dec-09	Graeme Mountfort	05:37	39331	06:30	3171	13,840	53
946	21-Dec-09	Mitchell Jarrett	06:30	3171	06:45	6843	3,672	15
947	21-Dec-09	Andrew Frame	06:45	6843	07:00	9953	3,110	15
948	21-Dec-09	Sibulele Minya	07:00	9953	07:30	17071	7,118	30
949	21-Dec-09	Nerissa Lindstrom	07:30	17071	08:00	23327	6,256	30
950	21-Dec-09	Dane Cherry	08:00	23327	08:30	30403	7,076	30
951	21-Dec-09	Beanie Beard	08:30	30403	09:00	36757	6,354	30
952	21-Dec-09	David Guqaza	09:00	36757	10:00	536	13,779	60
953	21-Dec-09	Ashleigh Cock	10:00	536	10:30	6340	5,804	30
954	21-Dec-09	Melissa van Dyk	10:30	6340	11:00	12081	5,741	30
955	21-Dec-09	Lindsay Hardie	11:00	12081	11:15	14858	2,777	15
956	21-Dec-09	Kim Turner	11:15	14858	11:30	17453	2,595	15
957	21-Dec-09	Lindsay Hardie	11:30	17453	11:45	20387	2,934	15
958	21-Dec-09	Kim Turner	11:45	20387	12:00	22683	2,296	15
959	21-Dec-09	Terri Botha	12:00	22683	12:30	27900	5,217	30
960	21-Dec-09	Lyndee Hartwanger	12:30	27900	13:00	34428	6,528	30
961	21-Dec-09	Jason Mark	13:00	34428	13:30	40352	5,924	30
962	21-Dec-09	Nic Labuschagne	13:30	40352	14:00	46676	6,324	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
963	21-Dec-09	Darren Venter	14:00	46676	16:00	22532	25,856	120
964	21-Dec-09	Murray Chandler	16:00	22532	17:40	48428	25,896	100
965	21-Dec-09	Mitchell Jarrett	17:40	48428	18:30	8809	10,381	50
966	21-Dec-09	Ron Beard	18:30	8809	19:00	15108	6,299	30
967	21-Dec-09	Gareth Gray-Browne	19:00	15108	19:30	22463	7,355	30
968	21-Dec-09	Jeff Jackson	19:30	22463	20:00	30156	7,693	30
969	21-Dec-09	Gareth Gray-Browne	20:00	30156	20:30	37357	7,201	30
970	21-Dec-09	Jeff Jackson	20:30	37357	21:00	45050	7,693	30
971	21-Dec-09	Noel Gray-Browne	21:00	45050	22:00	9341	14,291	60
972	21-Dec-09	Paul Hartwanger	22:00	9341	23:00	23719	14,378	60
973	21-Dec-09	Clinton Kearney	23:00	23719	00:00	37949	14,230	60
974	22-Dec-09	Clinton Kearney	00:00	37949	01:00	2179	14,230	60
975	22-Dec-09	Des Beard	01:00	2179	02:00	14979	12,800	60
976	22-Dec-09	Kate Godfrey	02:00	14979	02:30	21142	6,163	30
977	22-Dec-09	Heather Norris	02:30	21142	03:00	27257	6,115	30
978	22-Dec-09	Joss Hall	03:00	27257	04:00	41765	14,508	60
979	22-Dec-09	Mark Lindstrom	04:00	41765	04:30	49150	7,385	30
980	22-Dec-09	Sibulele Minya	04:30	49150	05:00	6306	7,156	30
981	22-Dec-09	Mark Lindstrom	05:00	6306	05:30	12962	6,656	30
982	22-Dec-09	Sibulele Minya	05:30	12962	06:00	19360	6,398	30
983	22-Dec-09	Leelyn Aereboe	06:00	19360	06:15	22585	3,225	15
984	22-Dec-09	Pia Kwinana	06:15	22585	06:30	25930	3,345	15
985	22-Dec-09	Leelyn Aereboe	06:30	25930	06:45	29025	3,095	15
986	22-Dec-09	Pia Kwinana	06:45	29025	07:00	32357	3,332	15
987	22-Dec-09	Tamara Hartwanger	07:00	32357	07:30	38615	6,258	30
988	22-Dec-09	Yolandi Gray-Browne	07:30	38615	08:00	44305	5,690	30
989	22-Dec-09	Tayla David	08:00	44305	08:15	47379	3,074	15
990	22-Dec-09	Sam McCarlie	08:15	47379	08:30	202	2,823	15
991	22-Dec-09	Lindsay Cook	08:30	202	08:45	3422	3,220	15
992	22-Dec-09	Tayla David	08:45	3422	09:00	6528	3,106	15
993	22-Dec-09	Sam McCarlie	09:00	6528	09:15	9549	3,021	15
994	22-Dec-09	Lindsay Cook	09:15	9549	09:30	12745	3,196	15
995	22-Dec-09	Nerissa Lindstrom	09:30	12745	10:00	19346	6,601	30
996	22-Dec-09	Ashleigh Cock	10:00	19346	10:30	25582	6,236	30
997	22-Dec-09	Melissa van Dyk	10:30	25582	11:00	31687	6,105	30
998	22-Dec-09	Lindsay Hardie	11:00	31687	11:15	34550	2,863	15
999	22-Dec-09	Kim Turner	11:15	34550	11:30	37166	2,616	15

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1000	22-Dec-09	Lindsay Hardie	11:30	37166	11:45	39334	2,168	15
1001	22-Dec-09	Kim Turner	11:45	39334	12:00	41672	2,338	15
1002	22-Dec-09	Terri Botha	12:00	41672	12:30	47529	5,857	30
1003	22-Dec-09	Clinton Kearney	12:30	47529	12:45	1373	3,844	15
1004	22-Dec-09	Paul Squire (New Zealand)	12:45	1373	13:00	5067	3,694	15
1005	22-Dec-09	Damon Leppert	13:00	5067	14:00	20450	15,383	60
1006	22-Dec-09	Mark Baisley	14:00	20450	14:30	27056	6,606	30
1007	22-Dec-09	Darren Venter	14:30	27056	15:00	34033	6,977	30
1008	22-Dec-09	Nikita Steele	15:00	34033	15:30	40250	6,217	30
1009	22-Dec-09	Roxanne Zeisberger	15:30	40250	16:00	46225	5,975	30
1010	22-Dec-09	Murray Chandler	16:00	46225	17:00	12733	16,508	60
1011	22-Dec-09	Beanie Beard	17:00	12733	17:50	21678	8,945	50
1012	22-Dec-09	Graeme Mountfort	17:50	21678	18:30	31316	9,638	40
1013	22-Dec-09	Ron Beard	18:30	31316	19:00	37581	6,265	30
1014	22-Dec-09	Mitchell Jarrett	19:00	37581	19:30	44091	6,510	30
1015	22-Dec-09	Andrew Frame	19:30	44091	20:00	930	6,839	30
1016	22-Dec-09	Gareth Gray-Browne	20:00	930	20:30	8165	7,235	30
1017	22-Dec-09	Jeff Jackson	20:30	8165	21:00	15870	7,705	30
1018	22-Dec-09	Gareth Gray-Browne	21:00	15870	21:30	22944	7,074	30
1019	22-Dec-09	Jeff Jackson	21:30	22944	22:00	30700	7,756	30
1020	22-Dec-09	Noel Gray-Browne	22:00	30700	23:00	44712	14,012	60
1021	22-Dec-09	Dave Hartwanger	23:00	44712	00:00	9850	15,138	60
1022	23-Dec-09	Clinton Kearney	00:00	9850	01:00	24467	14,617	60
1023	23-Dec-09	Graeme Mountfort	01:00	24467	02:00	38578	14,111	60
1024	23-Dec-09	Mark Lindstrom	02:00	38578	03:00	1635	13,057	60
1025	23-Dec-09	Joss Hall	03:00	1635	04:00	15678	14,043	60
1026	23-Dec-09	Kate Godfrey	04:00	15678	04:30	22082	6,404	30
1027	23-Dec-09	Heather Norris	04:30	22082	05:00	28159	6,077	30
1028	23-Dec-09	Damon Leppert	05:00	28159	06:00	42340	14,181	60
1029	23-Dec-09	Leelyn Aereboe	06:00	42340	06:15	45701	3,361	15
1030	23-Dec-09	Pia Kwinana	06:15	45701	06:30	49054	3,353	15
1031	23-Dec-09	Leelyn Aereboe	06:30	49054	06:45	2250	3,196	15
1032	23-Dec-09	Pia Kwinana	06:45	2250	07:00	5614	3,364	15
1033	23-Dec-09	Yolandi Gray-Browne	07:00	5614	07:30	11288	5,674	30
1034	23-Dec-09	Beanie Beard	07:30	11288	08:00	17120	5,832	30
1035	23-Dec-09	Nerissa Lindstrom	08:00	17120	09:00	29391	12,271	60
1036	23-Dec-09	David Guqaza	09:00	29391	10:00	43644	14,253	60

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1037	23-Dec-09	Ashleigh Cock	10:00	43644	10:30	49600	5,956	30
1038	23-Dec-09	Melissa van Dyk	10:30	49600	11:00	5473	5,873	30
1039	23-Dec-09	Jason van Dyk	11:00	5473	11:30	11153	5,680	30
1040	23-Dec-09	Ashleigh Cock	11:30	11153	11:40	14056	2,903	10
1041	23-Dec-09	Melissa van Dyk	11:40	14056	11:50	16004	1,948	10
1042	23-Dec-09	Jason van Dyk	11:50	16004	12:00	18147	2,143	10
1043	23-Dec-09	Sam McCarlie	12:00	18147	12:15	21326	3,179	15
1044	23-Dec-09	Lindsay Cook	12:15	21326	12:30	24540	3,214	15
1045	23-Dec-09	Tayla David	12:30	24540	12:45	27689	3,149	15
1046	23-Dec-09	Sam McCarlie	12:45	27689	13:00	30747	3,058	15
1047	23-Dec-09	Lindsay Cook	13:00	30747	13:15	33814	3,067	15
1048	23-Dec-09	Tayla David	13:15	33814	13:30	36843	3,029	15
1049	23-Dec-09	Terri Botha	13:30	36843	14:00	41425	4,582	30
1050	23-Dec-09	Sibulele Minya	14:00	41425	14:30	48617	7,192	30
1051	23-Dec-09	Darren Venter	14:30	48617	15:30	12460	13,843	60
1052	23-Dec-09	Dane Cherry	15:30	12460	16:00	19915	7,455	30
1053	23-Dec-09	Murray Chandler	16:00	19915	17:00	36501	16,586	60
1054	23-Dec-09	Jethro Hundling	17:00	36501	18:00	246	13,745	60
1055	23-Dec-09	Des Beard	18:00	246	18:30	7056	6,810	30
1056	23-Dec-09	Ron Beard	18:30	7056	19:00	13476	6,420	30
1057	23-Dec-09	Andrew Frame	19:00	13476	19:30	20480	7,004	30
1058	23-Dec-09	Mitchell Jarrett	19:30	20480	20:00	25965	5,485	30
1059	23-Dec-09	Lyndee Hartwanger	20:00	25965	21:00	38516	12,551	60
1060	23-Dec-09	Gareth Gray-Browne	21:00	38516	21:30	45660	7,144	30
1061	23-Dec-09	Jeff Jackson	21:30	45660	22:00	3510	7,850	30
1062	23-Dec-09	Gareth Gray-Browne	22:00	3510	22:30	10798	7,288	30
1063	23-Dec-09	Jeff Jackson	22:30	10798	23:00	18504	7,706	30
1064	23-Dec-09	Noel Gray-Browne	23:00	18504	00:00	32650	14,146	60
1065	24-Dec-09	Graeme Mountfort	00:00	32650	01:00	46874	14,224	60
1066	24-Dec-09	Dave Hartwanger	01:00	46874	02:00	12350	15,476	60
1067	24-Dec-09	Clinton Kearney	02:00	12350	03:00	27411	15,061	60
1068	24-Dec-09	Mark Lindstrom	03:00	27411	04:00	39920	12,509	60
1069	24-Dec-09	Joss Hall	04:00	39920	05:00	4251	14,331	60
1070	24-Dec-09	Duncan Gray-Browne	05:00	4251	05:30	9500	5,249	30
1071	24-Dec-09	Tamara Hartwanger	05:30	9500	06:00	15936	6,436	30
1072	24-Dec-09	Pia Kwinana	06:00	15936	06:15	19257	3,321	15
1073	24-Dec-09	Leelyn Aereboe	06:15	19257	06:30	22430	3,173	15

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1074	24-Dec-09	Pia Kwinana	06:30	22430	06:45	25811	3,381	15
1075	24-Dec-09	Leelyn Aereboe	06:45	25811	07:00	28904	3,093	15
1076	24-Dec-09	Yolandi Gray-Browne	07:00	28904	07:30	34164	5,260	30
1077	24-Dec-09	Nerissa Lindstrom	07:30	34164	08:00	40152	5,988	30
1078	24-Dec-09	Lindsay Cook	08:00	40152	08:15	43432	3,280	15
1079	24-Dec-09	Tayla David	08:15	43432	08:30	46594	3,162	15
1080	24-Dec-09	Sam McCarlie	08:30	46594	08:45	49411	2,817	15
1081	24-Dec-09	Lindsay Cook	08:45	49411	09:00	2555	3,144	15
1082	24-Dec-09	Tayla David	09:00	2555	09:15	5631	3,076	15
1083	24-Dec-09	Sam McCarlie	09:15	5631	09:30	8587	2,956	15
1084	24-Dec-09	Sibulele Minya	09:30	8587	10:00	16050	7,463	30
1085	24-Dec-09	Ashleigh Cock	10:00	16050	10:30	22390	6,340	30
1086	24-Dec-09	Melissa van Dyk	10:30	22390	11:00	28200	5,810	30
1087	24-Dec-09	Kyle Stanley	11:00	28200	11:30	34905	6,705	30
1088	24-Dec-09	Melissa van Dyk	11:30	34905	11:45	38177	3,272	15
1089	24-Dec-09	Ashleigh Cock	11:45	38177	12:00	41467	3,290	15
1090	24-Dec-09	Terri Botha	12:00	41467	12:30	47264	5,797	30
1091	24-Dec-09	Darren Venter	12:30	47264	13:00	4082	6,818	30
1092	24-Dec-09	Nic Labuschagne	13:00	4082	13:30	10792	6,710	30
1093	24-Dec-09	Melissa Chaney	13:30	10792	14:00	17317	6,525	30
1094	24-Dec-09	Ross Langtree	14:00	17317	15:00	31510	14,193	60
1095	24-Dec-09	Dusty Zeisberger	15:00	31510	15:30	38635	7,125	30
1096	24-Dec-09	Roxanne Zeisberger	15:30	38635	16:00	45066	6,431	30
1097	24-Dec-09	Andre Teixeira	16:00	45066	17:00	8150	13,084	60
1098	24-Dec-09	Andre Teixeira	17:00	8150	18:00	19097	10,947	60
1099	24-Dec-09	Darren Venter	18:00	19097	19:00	32620	13,523	60
1100	24-Dec-09	Andrew Frame	19:00	32620	19:30	39700	7,080	30
1101	24-Dec-09	Mitchell Jarrett	19:30	39700	20:00	46269	6,569	30
1102	24-Dec-09	Jeff Jackson	20:00	46269	20:30	3923	7,654	30
1103	24-Dec-09	Gareth Gray-Browne	20:30	3923	21:00	10927	7,004	30
1104	24-Dec-09	Jeff Jackson	21:00	10927	21:30	18587	7,660	30
1105	24-Dec-09	Gareth Gray-Browne	21:30	18587	22:00	25540	6,953	30
1106	24-Dec-09	Bill Godfrey	22:00	25540	22:30	32475	6,935	30
1107	24-Dec-09	Kate Godfrey	22:30	32475	23:00	38648	6,173	30
1108	24-Dec-09	Damian Taylor	23:00	38648	00:00	2825	14,177	60
1109	25-Dec-09	Clinton Kearney	00:00	2825	01:00	17555	14,730	60
1110	25-Dec-09	Mitchell Jarrett	01:00	17555	01:30	23305	5,750	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1111	25-Dec-09	Andrew Frame	01:30	23305	02:00	30394	7,089	30
1112	25-Dec-09	Gareth Gray-Browne	02:00	30394	02:40	39593	9,199	40
1113	25-Dec-09	Jeff Jackson	02:40	39593	03:20	49608	10,015	40
1114	25-Dec-09	Mark Lindstrom	03:20	49608	04:00	8993	9,385	40
1115	25-Dec-09	Noel Gray-Browne	04:00	8993	05:00	23177	14,184	60
1116	25-Dec-09	Yolandi Gray-Browne	05:00	23177	05:30	28860	5,683	30
1117	25-Dec-09	Nerissa Lindstrom	05:30	28860	06:00	35078	6,218	30
1118	25-Dec-09	Joss Hall	06:00	35078	07:00	49814	14,736	60
1119	25-Dec-09	Nic Labuschagne	07:00	49814	07:30	6456	6,642	30
1120	25-Dec-09	Melissa Chaney	07:30	6456	08:00	11347	4,891	30
1121	25-Dec-09	Marius Erasmus	08:00	11347	09:00	25000	13,653	60
1122	25-Dec-09	Damon Leppert	09:00	25000	10:00	40293	15,293	60
1123	25-Dec-09	Leelyn Aereboe	10:00	40293	10:15	43663	3,370	15
1124	25-Dec-09	Pia Kwinana	10:15	43663	10:30	47035	3,372	15
1125	25-Dec-09	Leelyn Aereboe	10:30	47035	10:45	280	3,245	15
1126	25-Dec-09	Pia Kwinana	10:45	280	11:00	3676	3,396	15
1127	25-Dec-09	Tamara Hartwanger	11:00	3676	11:30	9913	6,237	30
1128	25-Dec-09	Terri Botha	11:30	9913	12:00	15490	5,577	30
1129	25-Dec-09	Lyndee Hartwanger	12:00	15490	12:30	21564	6,074	30
1130	25-Dec-09	Dave Hartwanger	12:30	21564	13:00	29508	7,944	30
1131	25-Dec-09	Cathryn Gunn	13:00	29508	13:30	35340	5,832	30
1132	25-Dec-09	Dave Hartwanger	13:30	35340	14:00	43160	7,820	30
1133	25-Dec-09	Ross Langtree	14:00	43160	15:00	7850	14,690	60
1134	25-Dec-09	Dusty Zeisberger	15:00	7850	15:30	15100	7,250	30
1135	25-Dec-09	Roxanne Zeisberger	15:30	15100	16:00	21540	6,440	30
1136	25-Dec-09	Murray Chandler	16:00	21540	17:00	38093	16,553	60
1137	25-Dec-09	Andre Teixeira	17:00	38093	17:15	41700	3,607	15
1138	25-Dec-09	Andre Teixeira	17:15	41700	18:00	1516	9,816	45
1139	25-Dec-09	Darren Venter	18:00	1516	19:00	14462	12,946	60
1140	25-Dec-09	Ashleigh Cock	19:00	14462	19:30	20890	6,428	30
1141	25-Dec-09	Melissa van Dyk	19:30	20890	20:00	27362	6,472	30
1142	25-Dec-09	Nic Labuschagne	20:00	27362	20:30	34060	6,698	30
1143	25-Dec-09	Tarryn Wienand	20:30	34060	20:40	36305	2,245	10
1144	25-Dec-09	Michelle Wienand	20:40	36305	20:50	38170	1,865	10
1145	25-Dec-09	Andrew Wienand	20:50	38170	21:00	40321	2,151	10
1146	25-Dec-09	Bill Godfrey	21:00	40321	21:30	47157	6,836	30
1147	25-Dec-09	Kate Godfrey	21:30	47157	22:00	3275	6,118	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1148	25-Dec-09	Bill Godfrey	22:00	3275	22:30	10255	6,980	30
1149	25-Dec-09	Kate Godfrey	22:30	10255	23:00	16402	6,147	30
1150	25-Dec-09	Graeme Mountfort	23:00	16402	00:00	30544	14,142	60
1151	26-Dec-09	Clinton Kearney	00:00	30544	01:00	45048	14,504	60
1152	26-Dec-09	Noel Gray-Browne	01:00	45048	02:00	9000	13,952	60
1153	26-Dec-09	Gareth Gray-Browne	02:00	9000	02:30	13884	4,884	30
1154	26-Dec-09	Jeff Jackson	02:30	13884	03:00	23293	9,409	30
1155	26-Dec-09	Gareth Gray-Browne	03:00	23293	03:30	30231	6,938	30
1156	26-Dec-09	Jeff Jackson	03:30	30231	04:00	37743	7,512	30
1158	26-Dec-09	Mark Lindstrom	04:00	37743	05:00	1	12,258	60
1159	26-Dec-09	Duncan Gray-Browne	05:00	1	05:30	5812	5,811	30
1160	26-Dec-09	Tamara Hartwanger	05:30	5812	06:00	11974	6,162	30
1161	26-Dec-09	Pia Kwinana	06:00	11974	06:15	15290	3,316	15
1162	26-Dec-09	Leelyn Aereboe	06:15	15290	06:30	18462	3,172	15
1163	26-Dec-09	Pia Kwinana	06:30	18462	06:45	21792	3,330	15
1164	26-Dec-09	Leelyn Aereboe	06:45	21792	07:00	25018	3,226	15
1165	26-Dec-09	Joss Hall	07:00	25018	08:00	39999	14,981	60
1166	26-Dec-09	Lyndon Collins	08:00	39999	08:30	46828	6,829	30
1167	26-Dec-09	Nerissa Lindstrom	08:30	46828	09:00	3392	6,564	30
1168	26-Dec-09	David Guqaza	09:00	3392	10:00	17928	14,536	60
1169	26-Dec-09	Terri Botha	10:00	17928	10:30	23846	5,918	30
1170	26-Dec-09	Nerissa Lindstrom	10:30	23846	11:00	29275	5,429	30
1171	26-Dec-09	Lindsay Hardie	11:00	29275	11:30	35143	5,868	30
1172	26-Dec-09	Graeme Mountfort	11:30	35143	13:00	5643	20,500	90
1173	26-Dec-09	Damon Leppert	13:00	5643	14:00	21150	15,507	60
1174	26-Dec-09	Ross Langtree	14:00	21150	15:00	35900	14,750	60
1175	26-Dec-09	Darren Venter	15:00	35900	15:30	42835	6,935	30
1176	26-Dec-09	Roxanne Zeisberger	15:30	42835	16:00	49345	6,510	30
1177	26-Dec-09	Mark Lindstrom	16:00	49345	17:00	2445	3,100	60
1178	26-Dec-09	Andrew Frame	17:00	2445	17:30	19050	16,605	30
1179	26-Dec-09	Mitchell Jarrett	17:30	19050	18:00	25421	6,371	30
1180	26-Dec-09	Dane Cherry	18:00	25421	18:30	32676	7,255	30
1181	26-Dec-09	Ron Beard	18:30	32676	19:00	38818	6,142	30
1182	26-Dec-09	Mark Baisley	19:00	38818	19:30	45277	6,459	30
1183	26-Dec-09	Nic Labuschagne	19:30	45277	20:00	1996	6,719	30
1184	26-Dec-09	Dave Hartwanger	20:00	1996	21:00	17620	15,624	60
1185	26-Dec-09	Jeff Jackson	21:00	17620	21:30	25669	8,049	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1186	26-Dec-09	Gareth Gray-Browne	21:30	25669	22:00	32915	7,246	30
1187	26-Dec-09	Greg Vermaak	22:00	32915	23:00	44000	11,085	60
1188	26-Dec-09	Simon Comley	23:00	44000	00:00	6010	12,010	60
1189	27-Dec-09	Joss Hall	00:00	6010	01:00	20156	14,146	60
1190	27-Dec-09	Clinton Kearney	01:00	20156	02:00	34624	14,468	60
1191	27-Dec-09	Noel Gray-Browne	02:00	34624	03:00	48746	14,122	60
1192	27-Dec-09	Gareth Gray-Browne	03:00	48746	03:30	5753	7,007	30
1193	27-Dec-09	Jeff Jackson	03:30	5753	04:00	13050	7,297	30
1194	27-Dec-09	Gareth Gray-Browne	04:00	13050	04:30	20128	7,078	30
1195	27-Dec-09	Jeff Jackson	04:30	20128	05:00	27640	7,512	30
1196	27-Dec-09	Mark Lindstrom	05:00	27640	06:00	41987	14,347	60
1197	27-Dec-09	Dave Hartwanger	06:00	41987	07:00	7050	15,063	60
1198	27-Dec-09	Nic Labuschagne	07:00	7050	07:30	13670	6,620	30
1199	27-Dec-09	Yolandi Gray-Browne	07:30	13670	08:00	19495	5,825	30
1200	27-Dec-09	Mark Lindstrom	08:00	19495	08:30	25300	5,805	30
1201	27-Dec-09	Nerissa Lindstrom	08:30	25300	09:30	37030	11,730	60
1202	27-Dec-09	Lyndee Hartwanger	09:30	37030	10:00	43565	6,535	30
1203	27-Dec-09	Terri Botha	10:00	43565	10:30	49180	5,615	30
1204	27-Dec-09	Kim Turner	10:30	49180	10:45	1560	2,380	15
1205	27-Dec-09	Lindsay Hardie	10:45	1560	11:00	4765	3,205	15
1206	27-Dec-09	Kim Turner	11:00	4765	11:15	7445	2,680	15
1207	27-Dec-09	Lindsay Hardie	11:15	7445	11:30	10370	2,925	15
1208	27-Dec-09	Graeme Mountfort	11:30	10370	12:30	24593	14,223	60
1209	27-Dec-09	Ross Langtree	12:30	24593	13:00	32497	7,904	30
1210	27-Dec-09	David Guqaza	13:00	32497	14:00	47008	14,511	60
1211	27-Dec-09	Ross Langtree	14:00	47008	14:45	8449	11,441	45
1212	27-Dec-09	Darren Venter	14:45	8449	15:30	18830	10,381	45
1213	27-Dec-09	Dane Cherry	15:30	18830	16:00	26193	7,363	30
1214	27-Dec-09	Grant Glanfield	16:00	26193	17:00	39585	13,392	60
1215	27-Dec-09	Mitchell Jarrett	17:00	39585	17:30	45453	5,868	30
1216	27-Dec-09	Andrew Frame	17:30	45453	18:00	2630	7,177	30
1217	27-Dec-09	Darren Venter	18:00	2630	18:15	6503	3,873	15
1218	27-Dec-09	Mrs Venter	18:15	6503	18:30	9150	2,647	15
1219	27-Dec-09	Ron Beard	18:30	9150	19:00	15476	6,326	30
1220	27-Dec-09	Tarryn Wienand	19:00	15476	19:10	17603	2,127	10
1221	27-Dec-09	Brent Wienand	19:10	17603	19:25	21435	3,832	15
1222	27-Dec-09	Andrew Wienand	19:25	21435	19:40	24621	3,186	15

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1223	27-Dec-09	Mike Lotz	19:40	24621	19:50	27015	2,394	10
1224	27-Dec-09	Michelle Wienand	19:50	27015	20:00	28983	1,968	10
1225	27-Dec-09	Jeff Jackson	20:00	28983	20:30	36610	7,627	30
1226	27-Dec-09	Gareth Gray-Browne	20:30	36610	21:00	43841	7,231	30
1227	27-Dec-09	Jeff Jackson	21:00	43841	21:30	1274	7,433	30
1228	27-Dec-09	Gareth Gray-Browne	21:30	1274	22:00	8360	7,086	30
1229	27-Dec-09	Greg Vermaak	22:00	8360	23:00	19690	11,330	60
1230	27-Dec-09	M. McLaren	23:00	19690	23:30	26700	7,010	30
1231	27-Dec-09	S. McLaren	23:30	26700	00:00	33569	6,869	30
1232	28-Dec-09	Clinton Kearney	00:00	33569	01:00	48200	14,631	60
1233	28-Dec-09	Noel Gray-Browne	01:00	48200	02:00	12397	14,197	60
1234	28-Dec-09	Mark Lindstrom	02:00	12397	03:00	24779	12,382	60
1235	28-Dec-09	Dave Hartwanger	03:00	24779	04:00	39820	15,041	60
1236	28-Dec-09	Graeme Mountfort	04:00	39820	05:30	10217	20,397	90
1237	28-Dec-09	Leelyn Aereboe	05:30	10217	06:00	16447	6,230	30
1238	28-Dec-09	Damon Leppert	06:00	16447	07:00	31350	14,903	60
1239	28-Dec-09	Nerissa Lindstrom	07:00	31350	08:00	43097	11,747	60
1240	28-Dec-09	Nic Labuschagne	08:00	43097	08:20	47522	4,425	20
1241	28-Dec-09	Shannon Taylor	08:20	47522	08:35	774	3,252	15
1242	28-Dec-09	Brad Taylor	08:35	774	08:55	5570	4,796	20
1243	28-Dec-09	Shannon Taylor	08:55	5570	09:00	6730	1,160	5
1244	28-Dec-09	David Guqaza	09:00	6730	10:00	20849	14,119	60
1245	28-Dec-09	Yolandi Gray-Browne	10:00	20849	10:30	26574	5,725	30
1246	28-Dec-09	Kim Turner	10:30	26574	10:45	29306	2,732	15
1247	28-Dec-09	Lindsay Hardie	10:45	29306	11:00	32060	2,754	15
1248	28-Dec-09	Kim Turner	11:00	32060	11:15	34699	2,639	15
1249	28-Dec-09	Lindsay Hardie	11:15	34699	11:30	37348	2,649	15
1250	28-Dec-09	Kim Turner	11:30	37348	11:48	39077	1,729	18
1251	28-Dec-09	Lindsay Hardie	11:48	39077	12:00	40956	1,879	12
1252	28-Dec-09	Brent Wienand	12:00	40956	12:15	44906	3,950	15
1253	28-Dec-09	Tarryn Wienand	12:15	44906	12:25	47038	2,132	10
1254	28-Dec-09	Andrew Wienand	12:25	47038	12:40	175	3,137	15
1255	28-Dec-09	K. Davies	12:40	175	12:50	2213	2,038	10
1256	28-Dec-09	Michelle Wienand	12:50	2213	13:00	4215	2,002	10
1257	28-Dec-09	Mitchell Jarrett	13:00	4215	13:45	13852	9,637	45
1258	28-Dec-09	Andrew Frame	13:45	13852	14:30	24100	10,248	45
1259	28-Dec-09	Ross Langtree	14:30	24100	15:30	39300	15,200	60

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1260	28-Dec-09	Dane Cherry	15:30	39300	16:00	46620	7,320	30
1261	28-Dec-09	Craig Kirchman	16:00	46620	17:13	12945	16,325	73
1262	28-Dec-09	Tamara Hartwanger	17:13	12945	17:30	16945	4,000	17
1263	28-Dec-09	Lyndon Collins	17:30	16945	18:00	22992	6,047	30
1264	28-Dec-09	Ross Langtree	18:00	22992	18:30	30914	7,922	30
1265	28-Dec-09	Ron Beard	18:30	30914	19:00	37302	6,388	30
1266	28-Dec-09	Terri Botha	19:00	37302	19:30	43156	5,854	30
1267	28-Dec-09	Darren Venter	19:30	43156	20:30	7065	13,909	60
1268	28-Dec-09	Gareth Gray-Browne	20:30	7065	21:00	14304	7,239	30
1269	28-Dec-09	Jeff Jackson	21:00	14304	21:30	21928	7,624	30
1270	28-Dec-09	Gareth Gray-Browne	21:30	21928	22:00	29096	7,168	30
1271	28-Dec-09	Jeff Jackson	22:00	29096	22:30	36400	7,304	30
1272	28-Dec-09	Ryan Baisley	22:30	36400	23:30	390	13,990	60
1273	28-Dec-09	Des Beard	23:30	390	00:00	6980	6,590	30
1274	29-Dec-09	Dave Hartwanger	00:00	6980	01:00	22350	15,370	60
1275	29-Dec-09	Clinton Kearney	01:00	22350	02:00	36604	14,254	60
1276	29-Dec-09	Noel Gray-Browne	02:00	36604	03:00	764	14,160	60
1277	29-Dec-09	Mark Lindstrom	03:00	764	04:00	14965	14,201	60
1278	29-Dec-09	Graeme Mountfort	04:00	14965	05:00	28856	13,891	60
1279	29-Dec-09	Nerissa Lindstrom	05:00	28856	06:00	40572	11,716	60
1280	29-Dec-09	Pia Kwinana	06:00	40572	06:15	43945	3,373	15
1281	29-Dec-09	Leelyn Aereboe	06:15	43945	06:30	47074	3,129	15
1282	29-Dec-09	Pia Kwinana	06:30	47074	06:45	430	3,356	15
1283	29-Dec-09	Leelyn Aereboe	06:45	430	07:00	3374	2,944	15
1284	29-Dec-09	Tamara Hartwanger	07:00	3374	07:30	9509	6,135	30
1285	29-Dec-09	Yolandi Gray-Browne	07:30	9509	07:53	13681	4,172	23
1286	29-Dec-09	Mitchell Jarrett	07:53	13681	08:23	20286	6,605	30
1287	29-Dec-09	Gareth Gray-Browne	08:23	20286	09:00	27864	7,578	37
1288	29-Dec-09	David Guqaza	09:00	27864	10:00	42863	14,999	60
1289	29-Dec-09	Terri Botha	10:00	42863	10:15	44903	2,040	15
1290	29-Dec-09	Bergen Clifford	10:15	44903	10:30	47763	2,860	15
1291	29-Dec-09	Kim Turner	10:30	47763	10:45	701	2,938	15
1292	29-Dec-09	Lindsay Hardie	10:45	701	11:00	3455	2,754	15
1293	29-Dec-09	Kim Turner	11:00	3455	11:15	5138	1,683	15
1294	29-Dec-09	Lindsay Hardie	11:15	5138	11:30	8047	2,909	15
1295	29-Dec-09	Lyndee Hartwanger	11:30	8047	12:30	20087	12,040	60
1296	29-Dec-09	Noel Gray-Browne	12:30	20087	13:00	27342	7,255	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1297	29-Dec-09	Darren Venter	13:00	27342	14:00	41070	13,728	60
1298	29-Dec-09	Cathryn Gunn	14:00	41070	14:30	47260	6,190	30
1299	29-Dec-09	Nic Labuschagne	14:30	47260	15:00	3943	6,683	30
1300	29-Dec-09	Andrew Wienand	15:00	3943	15:15	7190	3,247	15
1301	29-Dec-09	Tarryn Wienand	15:15	7190	15:25	9390	2,200	10
1302	29-Dec-09	C. Jacobs	15:25	9390	15:40	12645	3,255	15
1303	29-Dec-09	K. Davies	15:40	12645	15:50	14736	2,091	10
1304	29-Dec-09	Michelle Wienand	15:50	14736	16:00	16807	2,071	10
1305	29-Dec-09	Melissa van Dyk	16:00	16807	16:30	23236	6,429	30
1306	29-Dec-09	Jason van Dyk	16:30	23236	17:00	29066	5,830	30
1307	29-Dec-09	Sibulele Minya	17:00	29066	17:30	36455	7,389	30
1308	29-Dec-09	Richard Patten	17:30	36455	18:00	42301	5,846	30
1309	29-Dec-09	Dane Cherry	18:00	42301	18:30	49773	7,472	30
1310	29-Dec-09	Ron Beard	18:30	49773	19:00	6203	6,430	30
1311	29-Dec-09	Graeme Mountfort	19:00	6203	19:30	13597	7,394	30
1312	29-Dec-09	Des Beard	19:30	13597	20:00	20191	6,594	30
1313	29-Dec-09	Gareth Gray-Browne	20:00	20191	20:30	27420	7,229	30
1314	29-Dec-09	Jeff Jackson	20:30	27420	21:00	35101	7,681	30
1315	29-Dec-09	Gareth Gray-Browne	21:00	35101	21:30	42320	7,219	30
1316	29-Dec-09	Jeff Jackson	21:30	42320	22:00	49996	7,676	30
1317	29-Dec-09	Ryan Baisley	22:00	49996	23:00	14149	14,153	60
1318	29-Dec-09	Greg Vermaak	23:00	14149	00:00	23956	9,807	60
1319	30-Dec-09	Mark Lindstrom	00:00	23956	01:00	38044	14,088	60
1320	30-Dec-09	Lyndee Hartwanger	01:00	38044	02:00	194	12,150	60
1321	30-Dec-09	Clinton Kearney	02:00	194	03:00	14958	14,764	60
1322	30-Dec-09	Noel Gray-Browne	03:00	14958	04:00	29171	14,213	60
1323	30-Dec-09	Graeme Mountfort	04:00	29171	05:00	43287	14,116	60
1324	30-Dec-09	Duncan Gray-Browne	05:00	43287	05:30	48828	5,541	30
1325	30-Dec-09	Des Beard	05:30	48828	06:00	5392	6,564	30
1326	30-Dec-09	Pia Kwinana	06:00	5392	06:15	8751	3,359	15
1327	30-Dec-09	Leelyn Aereboe	06:15	8751	06:30	11864	3,113	15
1328	30-Dec-09	Pia Kwinana	06:30	11864	06:45	15206	3,342	15
1329	30-Dec-09	Leelyn Aereboe	06:45	15206	07:00	18190	2,984	15
1330	30-Dec-09	Nerissa Lindstrom	07:00	18190	08:00	29975	11,785	60
1331	30-Dec-09	Beanie Beard	08:00	29975	08:30	36135	6,160	30
1332	30-Dec-09	Andre Husselmann	08:30	36135	09:00	41512	5,377	30
1333	30-Dec-09	David Guqaza	09:00	41512	10:00	5488	13,976	60

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1334	30-Dec-09	Bergen Clifford	10:00	5488	10:30	11057	5,569	30
1335	30-Dec-09	Kim Turner	10:30	11057	10:45	13750	2,693	15
1336	30-Dec-09	Lindsay Hardie	10:45	13750	11:00	16480	2,730	15
1337	30-Dec-09	Kim Turner	11:00	16480	11:15	18972	2,492	15
1338	30-Dec-09	Lindsay Hardie	11:15	18972	11:30	21979	3,007	15
1339	30-Dec-09	Noel Gray-Browne	11:30	21979	12:00	29253	7,274	30
1340	30-Dec-09	Craig Kirchman	12:00	29253	13:00	43031	13,778	60
1341	30-Dec-09	Darren Venter	13:00	43031	14:00	5932	12,901	60
1342	30-Dec-09	Shannon Taylor	14:00	5932	14:30	12606	6,674	30
1343	30-Dec-09	Brad Taylor	14:30	12606	14:50	17300	4,694	20
1344	30-Dec-09	Lydia Taylor	14:50	17300	15:00	19389	2,089	10
1345	30-Dec-09	Tarryn Wienand	15:00	19389	15:10	21644	2,255	10
1346	30-Dec-09	K. Davies	15:10	21644	15:20	23731	2,087	10
1347	30-Dec-09	Michelle Wienand	15:20	23731	15:30	25782	2,051	10
1348	30-Dec-09	C. Jacobs	15:30	25782	15:45	29263	3,481	15
1349	30-Dec-09	Andrew Wienand	15:45	29263	16:00	32532	3,269	15
1350	30-Dec-09	Andrew Frame	16:00	32532	16:45	42780	10,248	45
1351	30-Dec-09	Mitchell Jarrett	16:45	42780	17:30	2614	9,834	45
1352	30-Dec-09	Andrew Frame	17:30	2614	17:45	5742	3,128	15
1353	30-Dec-09	Mitchell Jarrett	17:45	5742	18:00	8250	2,508	15
1354	30-Dec-09	Nic Labuschagne	18:00	8250	18:30	15116	6,866	30
1355	30-Dec-09	Ron Beard	18:30	15116	19:00	21688	6,572	30
1356	30-Dec-09	Dave Hartwanger	19:00	21688	20:35	44287	22,599	95
1357	30-Dec-09	Gareth Gray-Browne	20:35	44287	21:30	7173	12,886	55
1358	30-Dec-09	Jeff Jackson	21:30	7173	22:30	22300	15,127	60
1359	30-Dec-09	Ryan Baisley	22:30	22300	23:00	29960	7,660	30
1360	30-Dec-09	Beanie Beard	23:00	29960	23:30	35860	5,900	30
1361	30-Dec-09	Des Beard	23:30	35860	00:00	42596	6,736	30
1362	31-Dec-09	Mark Lindstrom	00:00	42596	01:00	6295	13,699	60
1363	31-Dec-09	Graeme Mountfort	01:00	6295	02:00	20279	13,984	60
1364	31-Dec-09	Joss Hall	02:00	20279	03:00	34651	14,372	60
1365	31-Dec-09	Clinton Kearney	03:00	34651	04:00	49455	14,804	60
1366	31-Dec-09	Des Beard	04:00	49455	04:30	6139	6,684	30
1367	31-Dec-09	Tamara Hartwanger	04:30	6139	05:00	12422	6,283	30
1368	31-Dec-09	Des Beard	05:00	12422	05:30	18920	6,498	30
1369	31-Dec-09	Mitchell Jarrett	05:30	18920	06:15	29254	10,334	45
1370	31-Dec-09	Andrew Frame	06:15	29254	07:00	39645	10,391	45

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1371	31-Dec-09	Nerissa Lindstrom	07:00	39645	08:00	1861	12,216	60
1373	31-Dec-09	Noel Gray-Browne	08:00	1861	09:00	15896	14,035	60
1374	31-Dec-09	David Guqaza	09:00	15896	10:00	31035	15,139	60
1375	31-Dec-09	Terri Botha	10:00	31035	10:30	36204	5,169	30
1376	31-Dec-09	Kim Turner	10:30	36204	10:45	38246	2,042	15
1377	31-Dec-09	Lindsay Hardie	10:45	38246	11:00	40746	2,500	15
1378	31-Dec-09	Kim Turner	11:00	40746	11:15	42409	1,663	15
1379	31-Dec-09	Lindsay Hardie	11:15	42409	11:30	44595	2,186	15
1380	31-Dec-09	Leelyn Aereboe	11:30	44595	12:00	775	6,180	30
1381	31-Dec-09	Pia Kwinana	12:00	775	12:30	7406	6,631	30
1382	31-Dec-09	Nic Labuschagne	12:30	7406	13:15	17296	9,890	45
1383	31-Dec-09	Mark Baisley	13:15	17296	14:00	27506	10,210	45
1384	31-Dec-09	Shannon Taylor	14:00	27506	15:10	40042	12,536	70
1385	31-Dec-09	Nic Labuschagne	15:10	40042	15:25	43570	3,528	15
1386	31-Dec-09	Mark Baisley	15:25	43570	15:50	47173	3,603	25
1387	31-Dec-09	Dave Hartwanger	15:50	47173	16:00	49880	2,707	10
1388	31-Dec-09	Lyndee Hartwanger	16:00	49880	16:30	6185	6,305	30
1389	31-Dec-09	Dave Hartwanger	16:30	6185	17:00	14180	7,995	30
1390	31-Dec-09	Lyndee Hartwanger	17:00	14180	17:30	20285	6,105	30
1391	31-Dec-09	Pia Kwinana	17:30	20285	18:00	26946	6,661	30
1392	31-Dec-09	Leelyn Aereboe	18:00	26946	18:30	33077	6,131	30
1393	31-Dec-09	Ron Beard	18:30	33077	19:00	39386	6,309	30
1394	31-Dec-09	Darren Venter	19:00	39386	20:00	2951	13,565	60
1395	31-Dec-09	Tamara Hartwanger	20:00	2951	20:30	9310	6,359	30
1396	31-Dec-09	Yolandi Gray-Browne	20:30	9310	21:00	15238	5,928	30
1397	31-Dec-09	Jeff Jackson	21:00	15238	21:30	22990	7,752	30
1398	31-Dec-09	Gareth Gray-Browne	21:30	22990	22:00	30150	7,160	30
1399	31-Dec-09	Yolandi Gray-Browne	22:00	30150	22:30	36022	5,872	30
1400	31-Dec-09	Jeff Jackson	22:30	36022	23:00	43624	7,602	30
1401	31-Dec-09	Gareth Gray-Browne	23:00	43624	23:30	675	7,051	30
1402	31-Dec-09	Mark Lindstrom	23:30	675	00:30	13249	12,574	60
1403	01-Jan-10	Joss Hall	00:30	13249	01:30	27521	14,272	60
1404	01-Jan-10	Clinton Kearney	01:30	27521	02:30	42066	14,545	60
1405	01-Jan-10	Neil Sturrock	02:30	42066	03:30	6242	14,176	60
1406	01-Jan-10	Des Beard	03:30	6242	04:00	12774	6,532	30
1407	01-Jan-10	Graeme Mountfort	04:00	12774	05:00	26618	13,844	60
1408	01-Jan-10	Duncan Gray-Browne	05:00	26618	05:30	32383	5,765	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1409	01-Jan-10	Tamara Hartwanger	05:30	32383	06:00	38615	6,232	30
1410	01-Jan-10	Leelyn Aereboe	06:00	38615	06:15	41726	3,111	15
1411	01-Jan-10	Pia Kwinana	06:15	41726	06:30	45017	3,291	15
1412	01-Jan-10	Leelyn Aereboe	06:30	45017	06:45	48090	3,073	15
1413	01-Jan-10	Pia Kwinana	06:45	48090	07:00	1381	3,291	15
1414	01-Jan-10	Beanie Beard	07:00	1381	07:40	8572	7,191	40
1415	01-Jan-10	Shannon Taylor	07:40	8572	08:00	13504	4,932	20
1416	01-Jan-10	Kevin Taylor	08:00	13504	08:10	16608	3,104	10
1417	01-Jan-10	Jane Taylor	08:10	16608	08:20	19857	3,249	10
1418	01-Jan-10	David Taylor	08:20	19857	08:30	22495	2,638	10
1419	01-Jan-10	Kevin Taylor	08:30	22495	08:40	25723	3,228	10
1420	01-Jan-10	Jane Taylor	08:40	25723	08:50	28975	3,252	10
1421	01-Jan-10	David Taylor	08:50	28975	09:00	31275	2,300	10
1422	01-Jan-10	David Guqaza	09:00	31275	10:00	43647	12,372	60
1423	01-Jan-10	Terri Botha	10:00	43647	10:30	47590	3,943	30
1424	01-Jan-10	Andrew Frame	10:30	47590	11:00	3705	6,115	30
1425	01-Jan-10	Mitchell Jarrett	11:00	3705	11:30	9108	5,403	30
1426	01-Jan-10	Gareth Gray-Browne	11:30	9108	12:00	15165	6,057	30
1427	01-Jan-10	Jeff Jackson	12:00	15165	12:30	21801	6,636	30
1428	01-Jan-10	Gareth Gray-Browne	00:30	21801	13:00	27677	5,876	30
1429	01-Jan-10	Jeff Jackson	13:00	27677	13:30	34365	6,688	30
1430	01-Jan-10	Nic Labuschagne	13:30	34365	14:00	39505	5,140	30
1431	01-Jan-10	Dave Hartwanger	14:00	39505	15:00	3695	14,190	60
1432	01-Jan-10	Noel Gray-Browne	15:00	3695	16:00	17072	13,377	60
1433	01-Jan-10	Darren Venter	16:00	17072	17:00	28932	11,860	60
1434	01-Jan-10	Leelyn Aereboe	17:00	28932	17:15	32217	3,285	15
1435	01-Jan-10	Pia Kwinana	17:15	32217	17:30	35575	3,358	15
1436	01-Jan-10	Leelyn Aereboe	17:30	35575	17:45	38739	3,164	15
1437	01-Jan-10	Pia Kwinana	05:45	38739	18:00	42063	3,324	15
1438	01-Jan-10	Julie Kilpatrick	18:00	42063	18:30	47979	5,916	30
1440	01-Jan-10	Ron Beard	18:30	47979	19:10	4078	6,099	40
1441	01-Jan-10	Dusty Zeisberger	19:10	4078	20:00	12905	8,827	50
1442	01-Jan-10	Jethro Hundling	20:00	12905	21:00	24912	12,007	60
1443	01-Jan-10	Melissa van Dyk	21:00	24912	21:30	30475	5,563	30
1444	01-Jan-10	Jason van Dyk	21:30	30475	22:00	36216	5,741	30
1445	01-Jan-10	Mark Lindstrom	22:00	36216	23:00	1289	15,073	60
1446	01-Jan-10	Mitchell Jarrett	23:00	1289	23:30	6982	5,693	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1447	01-Jan-10	Andrew Frame	23:30	6982	00:00	12773	5,791	30
1448	02-Jan-10	Gareth Gray-Browne	00:00	12773	00:30	19338	6,565	30
1449	02-Jan-10	Jeff Jackson	00:30	19338	01:00	26587	7,249	30
1451	02-Jan-10	Gareth Gray-Browne	01:00	26587	01:30	33729	7,142	30
1452	02-Jan-10	Jeff Jackson	01:30	33729	02:00	41251	7,522	30
1453	02-Jan-10	Clinton Kearney	02:00	41251	03:00	4391	13,140	60
1454	02-Jan-10	Ryan Baisley	03:00	4391	04:00	16531	12,140	60
1455	02-Jan-10	Graeme Mountfort	04:00	16531	05:00	28580	12,049	60
1456	02-Jan-10	Des Beard	05:00	28580	05:38	34662	6,082	38
1457	02-Jan-10	Beanie Beard	05:38	34662	06:00	39322	4,660	22
1458	02-Jan-10	Nerissa Lindstrom	06:00	39322	07:00	49079	9,757	60
1459	02-Jan-10	Leelyn Aereboe	07:00	49079	07:30	4362	5,283	30
1460	02-Jan-10	Yolandi Gray-Browne	07:30	4362	08:25	13300	8,938	55
1461	02-Jan-10	Dusty Zeisberger	08:25	13300	09:00	19560	6,260	35
1462	02-Jan-10	David Guqaza	09:00	19560	10:00	33656	14,096	60
1463	02-Jan-10	Nic Labuschagne	10:00	33656	10:30	40496	6,840	30
1464	02-Jan-10	Kim Turner	10:30	40496	10:45	43079	2,583	15
1465	02-Jan-10	Lindsay Hardie	10:45	43079	11:00	46290	3,211	15
1466	02-Jan-10	Kim Turner	11:00	46290	11:15	48382	2,092	15
1467	02-Jan-10	Lindsay Hardie	11:15	48382	11:30	515	2,133	15
1468	02-Jan-10	Noel Gray-Browne	11:30	515	12:00	7676	7,161	30
1469	02-Jan-10	Jane Taylor	12:00	7676	12:15	10943	3,267	15
1470	02-Jan-10	Kevin Taylor	12:15	10943	12:25	13505	2,562	10
1471	02-Jan-10	S. Yogeswaaran	12:25	13505	12:40	16616	3,111	15
1472	02-Jan-10	Jane Taylor	12:40	16616	12:50	18777	2,161	10
1473	02-Jan-10	Kevin Taylor	12:50	18777	13:00	20732	1,955	10
1474	02-Jan-10	Lyndee Hartwanger	13:00	20732	14:00	33460	12,728	60
1475	02-Jan-10	Darren Venter	14:00	33460	15:00	46930	13,470	60
1476	02-Jan-10	Tamara Hartwanger	15:00	46930	15:30	3511	6,581	30
1477	02-Jan-10	Gerard Wong	15:30	3511	16:00	10276	6,765	30
1478	02-Jan-10	Andrew Wienand	16:00	10276	16:15	13597	3,321	15
1479	02-Jan-10	C. Jacobs	16:15	13597	04:30	17056	3,459	15
1480	02-Jan-10	Tarryn Wienand	16:30	17056	16:45	20307	3,251	15
1481	02-Jan-10	Michelle Wienand	16:45	20307	17:00	23324	3,017	15
1482	02-Jan-10	Melissa van Dyk	17:00	23324	17:30	29763	6,439	30
1483	02-Jan-10	Jason van Dyk	17:30	29763	18:00	36540	6,777	30
1484	02-Jan-10	Jeff Jackson	18:00	36540	18:30	43086	6,546	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1485	02-Jan-10	Ron Beard	18:30	43086	19:00	49396	6,310	30
1486	02-Jan-10	Graeme Mountfort	19:00	49396	19:30	6825	7,429	30
1487	02-Jan-10	Damon Leppert	19:30	6825	20:00	14860	8,035	30
1488	02-Jan-10	Jethro Hundling	20:00	14860	21:00	28673	13,813	60
1489	02-Jan-10	Dave Hartwanger	21:00	28673	22:00	43722	15,049	60
1490	02-Jan-10	Clinton Kearney	22:00	43722	23:00	8782	15,060	60
1491	02-Jan-10	Noel Gray-Browne	23:00	8782	00:00	23063	14,281	60
1492	03-Jan-10	Mark Lindstrom	00:00	23063	01:00	37913	14,850	60
1493	03-Jan-10	Gareth Gray-Browne	01:00	37913	01:30	45047	7,134	30
1494	03-Jan-10	Jeff Jackson	01:30	45047	02:00	2592	7,545	30
1495	03-Jan-10	Gareth Gray-Browne	02:00	2592	02:30	9728	7,136	30
1496	03-Jan-10	Jeff Jackson	02:30	9728	03:00	17050	7,322	30
1497	03-Jan-10	Des Beard	03:00	17050	04:00	30490	13,440	60
1498	03-Jan-10	Ryan Baisley	04:00	30490	05:00	41570	11,080	60
1499	03-Jan-10	Duncan Gray-Browne	05:00	41570	05:30	47392	5,822	30
1500	03-Jan-10	Tamara Hartwanger	05:30	47392	06:00	3769	6,377	30
1501	03-Jan-10	Yolandi Gray-Browne	06:00	3769	06:30	8737	4,968	30
1502	03-Jan-10	Leelyn Aereboe	06:30	8737	07:05	15464	6,727	35
1503	03-Jan-10	Damon Leppert	07:05	15464	08:00	29200	13,736	55
1504	03-Jan-10	Lindsay van Aardt	08:00	29200	09:00	41236	12,036	60
1505	03-Jan-10	Nic Labuschagne	09:00	41236	09:30	45187	3,951	30
1506	03-Jan-10	Melissa van Dyk	09:30	45187	10:00	4433	9,246	30
1507	03-Jan-10	Jason van Dyk	10:00	4433	10:30	10977	6,544	30
1508	03-Jan-10	Kim Turner	10:30	10977	10:45	13871	2,894	15
1509	03-Jan-10	Lindsay Hardie	10:45	13871	11:00	16740	2,869	15
1510	03-Jan-10	Kim Turner	11:00	16740	11:15	18962	2,222	15
1511	03-Jan-10	Lindsay Hardie	11:15	18962	11:30	21620	2,658	15
1512	03-Jan-10	Graeme Mountfort	11:30	21620	13:00	41675	20,055	90
1513	03-Jan-10	Noel Gray-Browne	13:00	41675	13:30	48851	7,176	30
1514	03-Jan-10	Mitchell Jarrett	13:30	48851	14:00	5510	6,659	30
1515	03-Jan-10	Julie Kilpatrick	14:00	5510	14:30	11320	5,810	30
1516	03-Jan-10	Debbie Hill	14:30	11320	15:00	16920	5,600	30
1517	03-Jan-10	Neil Sturrock	15:00	16920	16:00	31069	14,149	60
1518	03-Jan-10	Melissa van Dyk	16:00	31069	16:30	37537	6,468	30
1519	03-Jan-10	Jason van Dyk	16:30	37537	17:00	44332	6,795	30
1520	03-Jan-10	Tarryn Wienand	17:00	44332	17:15	47590	3,258	15
1521	03-Jan-10	Michelle Wienand	17:15	47590	17:30	547	2,957	15

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1522	03-Jan-10	Mike Lotz	17:30	547	17:45	4170	3,623	15
1523	03-Jan-10	Andrew Wienand	17:45	4170	18:00	7537	3,367	15
1524	03-Jan-10	Jeff Jackson	18:00	7537	18:30	15265	7,728	30
1525	03-Jan-10	Ron Beard	18:30	15265	19:00	21400	6,135	30
1526	03-Jan-10	Andrew Frame	19:00	21400	20:00	35050	13,650	60
1527	03-Jan-10	Bruce Blaine	20:00	35050	20:30	41648	6,598	30
1528	03-Jan-10	Jethro Hundling	20:30	41648	21:00	49097	7,449	30
1529	03-Jan-10	Paula Mitchell	21:00	49097	21:08	671	1,574	8
1530	03-Jan-10	Ron Beard	21:08	671	22:00	10944	10,273	52
1531	03-Jan-10	Dave Hartwanger	22:00	10944	23:00	26670	15,726	60
1532	03-Jan-10	Clinton Kearney	23:00	26670	12:00	41422	14,752	60
1533	04-Jan-10	Noel Gray-Browne	00:00	41422	01:00	5298	13,876	60
1534	04-Jan-10	Gareth Gray-Browne	01:00	5298	01:30	12354	7,056	30
1535	04-Jan-10	Jeff Jackson	01:30	12354	02:00	19934	7,580	30
1536	04-Jan-10	Gareth Gray-Browne	02:00	19934	02:30	27022	7,088	30
1537	04-Jan-10	Jeff Jackson	02:30	27022	03:00	34435	7,413	30
1538	04-Jan-10	Mark Lindstrom	03:00	34435	04:00	46853	12,418	60
1539	04-Jan-10	Ryan Baisley	04:00	46853	05:00	11320	14,467	60
1540	04-Jan-10	Duncan Gray-Browne	05:00	11320	05:30	16978	5,658	30
1541	04-Jan-10	Leelyn Aereboe	05:30	16978	05:45	19773	2,795	15
1542	04-Jan-10	Pia Kwinana	05:45	19773	06:00	23084	3,311	15
1543	04-Jan-10	Leelyn Aereboe	06:00	23084	06:15	26003	2,919	15
1544	04-Jan-10	Pia Kwinana	06:15	26003	06:30	29375	3,372	15
1545	04-Jan-10	Des Beard	06:30	29375	07:00	36000	6,625	30
1546	04-Jan-10	Nerissa Lindstrom	07:00	36000	08:00	47720	11,720	60
1547	04-Jan-10	Lindsay van Aardt	08:00	47720	08:30	3940	6,220	30
1548	04-Jan-10	Jane Taylor	08:30	3940	09:00	10024	6,084	30
1549	04-Jan-10	Melissa van Dyk	09:00	10024	09:30	16240	6,216	30
1550	04-Jan-10	Ashleigh Cock	09:30	16240	10:00	22667	6,427	30
1551	04-Jan-10	Jason van Dyk	10:00	22667	10:30	29358	6,691	30
1552	04-Jan-10	Kim Turner	10:30	29358	10:45	32077	2,719	15
1553	04-Jan-10	Lindsay Hardie	10:45	32077	11:00	34884	2,807	15
1554	04-Jan-10	Kim Turner	11:00	34884	11:15	37599	2,715	15
1555	04-Jan-10	Lindsay Hardie	11:15	37599	11:30	40384	2,785	15
1556	04-Jan-10	Terri Botha	11:30	40384	12:00	46040	5,656	30
1557	04-Jan-10	Lyndee Hartwanger	12:00	46040	13:00	7927	11,887	60
1558	04-Jan-10	Nic Labuschagne	13:00	7927	13:30	14762	6,835	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1559	04-Jan-10	Mitchell Jarrett	13:30	14762	14:00	21584	6,822	30
1560	04-Jan-10	Andrew Frame	14:00	21584	15:00	35148	13,564	60
1561	04-Jan-10	Tarryn Wienand	15:00	35148	15:15	38475	3,327	15
1562	04-Jan-10	Michelle Wienand	15:15	38475	15:30	41461	2,986	15
1563	04-Jan-10	Andrew Wienand	15:30	41461	15:45	44757	3,296	15
1564	04-Jan-10	Mike Lotz	15:45	44757	16:00	48539	3,782	15
1565	04-Jan-10	Neil Sturrock	16:00	48539	16:40	7539	9,000	40
1566	04-Jan-10	Arthur Sturrock	16:40	7539	17:00	11865	4,326	20
1567	04-Jan-10	Beanie Beard	17:00	11865	17:30	18122	6,257	30
1568	04-Jan-10	Des Beard	17:30	18122	18:00	24946	6,824	30
1569	04-Jan-10	Tamara Hartwanger	18:00	24946	18:30	31494	6,548	30
1570	04-Jan-10	Ron Beard	18:30	31494	19:00	37949	6,455	30
1571	04-Jan-10	Graeme Mountfort	19:00	37949	20:00	2591	14,642	60
1572	04-Jan-10	Jethro Hundling	20:00	2591	21:00	16817	14,226	60
1573	04-Jan-10	Joss Hall	21:00	16817	22:00	31499	14,682	60
1574	04-Jan-10	Dave Hartwanger	22:00	31499	23:00	46918	15,419	60
1575	04-Jan-10	Mike Lotz	23:00	46918	23:15	644	3,726	15
1576	04-Jan-10	Tarryn Wienand	23:15	644	23:30	3834	3,190	15
1577	04-Jan-10	Melissa Middleton	23:30	3834	23:45	6801	2,967	15
1578	04-Jan-10	Brent Wienand	23:45	6801	00:00	10757	3,956	15
1579	05-Jan-10	Clinton Kearney	00:00	10757	01:00	25436	14,679	60
1580	05-Jan-10	Mark Lindstrom	01:00	25436	02:00	40622	15,186	60
1581	05-Jan-10	Gareth Gray-Browne	02:00	40622	02:30	47945	7,323	30
1582	05-Jan-10	Jeff Jackson	02:30	47945	03:00	5699	7,754	30
1583	05-Jan-10	Gareth Gray-Browne	03:00	5699	03:30	13030	7,331	30
1584	05-Jan-10	Jeff Jackson	03:30	13030	04:00	20804	7,774	30
1585	05-Jan-10	Noel Gray-Browne	04:00	20804	05:00	34073	13,269	60
1586	05-Jan-10	Beanie Beard	05:00	34073	05:30	40403	6,330	30
1587	05-Jan-10	Des Beard	05:30	40403	06:05	46056	5,653	35
1588	05-Jan-10	Pia Kwinana	06:05	46056	06:15	48704	2,648	10
1589	05-Jan-10	Leelyn Aereboe	06:15	48704	06:30	1584	2,880	15
1590	05-Jan-10	Pia Kwinana	06:30	1584	06:45	4860	3,276	15
1591	05-Jan-10	Leelyn Aereboe	06:45	4860	07:00	7951	3,091	15
1592	05-Jan-10	Lindsay Cook	07:00	7951	07:15	11168	3,217	15
1593	05-Jan-10	Sam McCarlie	07:15	11168	07:45	16748	5,580	30
1594	05-Jan-10	Lindsay Cook	07:45	16748	08:00	19598	2,850	15
1595	05-Jan-10	Sam McCarlie	08:00	19598	08:30	24852	5,254	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1596	05-Jan-10	Lindsay van Aardt	08:30	24852	09:15	34230	9,378	45
1597	05-Jan-10	Jane Taylor	09:15	34230	09:30	37480	3,250	15
1598	05-Jan-10	Melissa van Dyk	09:30	37480	10:00	43975	6,495	30
1599	05-Jan-10	Ashleigh Cock	10:00	43975	10:30	479	6,504	30
1600	05-Jan-10	Jason van Dyk	10:30	479	11:00	7137	6,658	30
1601	05-Jan-10	Kim Turner	11:00	7137	11:15	9955	2,818	15
1602	05-Jan-10	Lindsay Hardie	11:15	9955	11:30	12640	2,685	15
1603	05-Jan-10	Kim Turner	11:30	12640	11:45	15368	2,728	15
1604	05-Jan-10	Lindsay Hardie	11:45	15368	12:00	18161	2,793	15
1605	05-Jan-10	Jason Dicks	12:00	18161	12:30	26000	7,839	30
1606	05-Jan-10	Terri Botha	12:30	26000	13:00	31330	5,330	30
1607	05-Jan-10	Debbie Hill	13:00	31330	13:30	37583	6,253	30
1608	05-Jan-10	Lyndee Hartwanger	13:30	37583	14:00	43628	6,045	30
1609	05-Jan-10	Amy Warner	14:00	43628	14:20	47767	4,139	20
1610	05-Jan-10	Chloe Sumner	14:20	47767	14:30	374	2,607	10
1611	05-Jan-10	Nerissa Lindstrom	14:30	374	16:00	17925	17,551	90
1612	05-Jan-10	Jeff Jackson	16:00	17925	16:30	25791	7,866	30
1613	05-Jan-10	Beanie Beard	16:30	25791	17:00	31985	6,194	30
1614	05-Jan-10	Mitchell Jarrett	17:00	31985	17:30	38710	6,725	30
1615	05-Jan-10	Graeme Mountfort	17:30	38710	18:30	2645	13,935	60
1616	05-Jan-10	Ron Beard	18:30	2645	19:00	9127	6,482	30
1617	05-Jan-10	Tamara Hartwanger	19:00	9127	19:30	15667	6,540	30
1618	05-Jan-10	Yolandi Gray-Browne	19:30	15667	20:00	21527	5,860	30
1619	05-Jan-10	Jethro Hundling	20:00	21527	21:00	35538	14,011	60
1620	05-Jan-10	Ryan Baisley	21:00	35538	22:00	638	15,100	60
1621	05-Jan-10	Joss Hall	22:00	638	23:00	15355	14,717	60
1622	05-Jan-10	Dave Hartwanger	23:00	15355	00:00	30585	15,230	60
1623	06-Jan-10	Graeme Mountfort	00:00	30585	01:00	44324	13,739	60
1624	06-Jan-10	Clinton Kearney	01:00	44324	02:00	9083	14,759	60
1625	06-Jan-10	Mark Lindstrom	02:00	9083	03:00	23707	14,624	60
1626	06-Jan-10	Gareth Gray-Browne	03:00	23707	03:30	30813	7,106	30
1627	06-Jan-10	Jeff Jackson	03:30	30813	04:00	38450	7,637	30
1628	06-Jan-10	Gareth Gray-Browne	04:00	38450	04:30	45538	7,088	30
1629	06-Jan-10	Jeff Jackson	04:30	45538	05:07	3256	7,718	37
1630	06-Jan-10	Duncan Gray-Browne	05:07	3256	05:30	7612	4,356	23
1631	06-Jan-10	Tamara Hartwanger	05:30	7612	06:00	13894	6,282	30
1632	06-Jan-10	Pia Kwinana	06:00	13894	06:15	17240	3,346	15

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1633	06-Jan-10	Leelyn Aereboe	06:15	17240	06:30	20240	3,000	15
1634	06-Jan-10	Pia Kwinana	06:30	20240	06:45	23540	3,300	15
1635	06-Jan-10	Leelyn Aereboe	06:45	23540	07:00	26495	2,955	15
1636	06-Jan-10	Yolandi Gray-Browne	07:00	26495	08:00	37700	11,205	60
1637	06-Jan-10	Lindsay van Aardt	08:00	37700	09:00	76	12,376	60
1639	06-Jan-10	Ashleigh Cock	09:00	76	09:30	6480	6,404	30
1640	06-Jan-10	Melissa van Dyk	09:30	6480	10:00	12870	6,390	30
1641	06-Jan-10	Nerissa Lindstrom	10:00	12870	11:00	24981	12,111	60
1642	06-Jan-10	Clinton Kearney	11:00	24981	12:00	40226	15,245	60
1643	06-Jan-10	Lyndee Hartwanger	12:00	40226	13:00	2310	12,084	60
1644	06-Jan-10	JP Veronese	13:00	2310	13:30	9472	7,162	30
1645	06-Jan-10	Nic Labuschagne	13:30	9472	14:00	16365	6,893	30
1646	06-Jan-10	Murray Chandler	14:00	16365	15:00	32800	16,435	60
1647	06-Jan-10	Mark Lindstrom	15:00	32800	16:00	45680	12,880	60
1648	06-Jan-10	Tayla David	16:00	45680	16:15	48289	2,609	15
1649	06-Jan-10	Sam McCarlie	16:15	48289	16:30	870	2,581	15
1650	06-Jan-10	Lindsay Cook	16:30	870	16:45	4092	3,222	15
1651	06-Jan-10	Tayla David	16:45	4092	17:00	6898	2,806	15
1652	06-Jan-10	Sam McCarlie	17:00	6898	17:15	9397	2,499	15
1653	06-Jan-10	Lindsay Cook	17:15	9397	17:30	12593	3,196	15
1654	06-Jan-10	Terri Botha	17:30	12593	18:00	17944	5,351	30
1655	06-Jan-10	Charles Hutchinson	18:00	17944	18:30	22269	4,325	30
1656	06-Jan-10	Ron Beard	18:30	22269	19:00	28541	6,272	30
1657	06-Jan-10	Beanie Beard	19:00	28541	19:30	34760	6,219	30
1658	06-Jan-10	Des Beard	19:30	34760	20:15	44776	10,016	45
1659	06-Jan-10	Beanie Beard	20:15	44776	20:30	47938	3,162	15
1660	06-Jan-10	Jethro Hundling	20:30	47938	21:00	5138	7,200	30
1661	06-Jan-10	Noel Gray-Browne	21:00	5138	22:00	19582	14,444	60
1662	06-Jan-10	Ryan Baisley	22:00	19582	23:00	34342	14,760	60
1663	06-Jan-10	Joss Hall	23:00	34342	00:00	49302	14,960	60
1665	07-Jan-10	Dave Hartwanger	00:00	49302	01:00	14790	15,488	60
1666	07-Jan-10	Graeme Mountfort	01:00	14790	02:00	28034	13,244	60
1667	07-Jan-10	Clinton Kearney	02:00	28034	03:00	41175	13,141	60
1668	07-Jan-10	Mark Lindstrom	03:00	41175	04:00	5580	14,405	60
1669	07-Jan-10	Gareth Gray-Browne	04:00	5580	04:30	12500	6,920	30
1670	07-Jan-10	Jeff Jackson	16:30	12500	05:00	19835	7,335	30
1671	07-Jan-10	Gareth Gray-Browne	05:00	19835	05:30	26908	7,073	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1672	07-Jan-10	Jeff Jackson	05:30	26908	06:00	34351	7,443	30
1673	07-Jan-10	Liam Ramage	06:00	34351	06:15	37695	3,344	15
1674	07-Jan-10	Jonathan Taylor	06:15	37695	06:30	41530	3,835	15
1675	07-Jan-10	Leelyn Aereboe	06:30	41530	07:00	47596	6,066	30
1676	07-Jan-10	Lindsay Cook	07:00	47596	07:15	750	3,154	15
1677	07-Jan-10	Tayla David	07:15	750	07:30	3502	2,752	15
1678	07-Jan-10	Sam McCarlie	07:30	3502	07:45	6343	2,841	15
1679	07-Jan-10	Lindsay Cook	07:45	6343	08:00	9400	3,057	15
1680	07-Jan-10	Tayla David	08:00	9400	08:15	11987	2,587	15
1681	07-Jan-10	Sam McCarlie	08:15	11987	08:30	14909	2,922	15
1682	07-Jan-10	Jane Taylor	08:30	14909	09:00	21280	6,371	30
1683	07-Jan-10	Liam Ramage	09:00	21280	09:30	27072	5,792	30
1684	07-Jan-10	Nerissa Lindstrom	09:30	27072	10:30	38317	11,245	60
1685	07-Jan-10	Terri Botha	10:30	38317	11:00	43695	5,378	30
1686	07-Jan-10	Melissa van Dyk	11:00	43695	11:30	85	6,390	30
1687	07-Jan-10	Ashleigh Cock	11:30	85	00:00	6568	6,483	30
1688	07-Jan-10	Paula Mitchell	00:00	6568	00:15	9362	2,794	15
1689	07-Jan-10	Ron Beard	12:15	9362	13:00	18677	9,315	45
1690	07-Jan-10	Nic Labuschagne	13:00	18677	14:00	31184	12,507	60
1691	07-Jan-10	Clinton Kearney	14:00	31184	15:00	46269	15,085	60
1692	07-Jan-10	Marius Erasmus	15:00	46269	16:00	9875	13,606	60
1693	07-Jan-10	Murray Chandler	16:00	9875	17:15	28440	18,565	75
1694	07-Jan-10	Gareth Gray-Browne	17:15	28440	18:00	38993	10,553	45
1695	07-Jan-10	Yolandi Gray-Browne	18:00	38993	18:30	44785	5,792	30
1696	07-Jan-10	Ron Beard	18:30	44785	19:00	1020	6,235	30
1697	07-Jan-10	Beanie Beard	19:00	1020	19:30	7330	6,310	30
1698	07-Jan-10	Des Beard	19:30	7330	20:00	14106	6,776	30
1699	07-Jan-10	Jeff Jackson	20:00	14106	21:00	29480	15,374	60
1700	07-Jan-10	Noel Gray-Browne	21:00	29480	22:00	44064	14,584	60
1701	07-Jan-10	Ryan Baisley	22:00	44064	23:00	8225	14,161	60
1703	07-Jan-10	Joss Hall	23:00	8225	00:00	22785	14,560	60
1704	08-Jan-10	Dave Hartwanger	00:00	22785	01:00	37910	15,125	60
1705	08-Jan-10	Graeme Mountfort	01:00	37910	02:00	1171	13,261	60
1706	08-Jan-10	Bill Godfrey	02:00	1171	02:30	8435	7,264	30
1707	08-Jan-10	Kate Godfrey	02:30	8435	03:00	14616	6,181	30
1708	08-Jan-10	Clinton Kearney	03:00	14616	04:00	28914	14,298	60
1709	08-Jan-10	Mark Lindstrom	04:00	28914	05:00	43170	14,256	60

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1710	08-Jan-10	Duncan Gray-Browne	05:00	43170	05:30	48320	5,150	30
1711	08-Jan-10	Tamara Hartwanger	05:30	48320	06:00	4716	6,396	30
1712	08-Jan-10	Leelyn Aereboe	06:00	4716	06:30	10606	5,890	30
1713	08-Jan-10	Jane Taylor	06:30	10606	07:00	16875	6,269	30
1714	08-Jan-10	Yolandi Gray-Browne	07:00	16875	07:30	22604	5,729	30
1715	08-Jan-10	Jeff Jackson	07:30	22604	08:00	29967	7,363	30
1716	08-Jan-10	Tayla David	08:00	29967	08:15	32637	2,670	15
1717	08-Jan-10	Sam McCarlie	08:15	32637	08:30	35196	2,559	15
1718	08-Jan-10	Tayla David	08:30	35196	08:45	37850	2,654	15
1719	08-Jan-10	Sam McCarlie	08:45	37850	09:00	40628	2,778	15
1720	08-Jan-10	Lindsay Cook	09:00	40628	09:30	46280	5,652	30
1721	08-Jan-10	Jason Dicks	09:30	46280	10:30	10280	14,000	60
1722	08-Jan-10	Melissa van Dyk	10:30	10280	11:00	16537	6,257	30
1723	08-Jan-10	Jason van Dyk	11:00	16537	11:15	19818	3,281	15
1724	08-Jan-10	Ashleigh Cock	11:15	19818	12:00	29019	9,201	45
1725	08-Jan-10	Lyndee Hartwanger	12:00	29019	13:00	42025	13,006	60
1726	08-Jan-10	Terri Botha	13:00	42025	13:30	47253	5,228	30
1727	08-Jan-10	Nic Labuschagne	13:30	47253	14:00	4198	6,945	30
1728	08-Jan-10	Nerissa Lindstrom	14:00	4198	15:00	16360	12,162	60
1729	08-Jan-10	Neil Sturrock	15:00	16360	16:00	30798	14,438	60
1730	08-Jan-10	Murray Chandler	16:00	30798	16:15	35300	4,502	15
1731	08-Jan-10	B. Chandler	16:15	35300	16:30	38300	3,000	15
1732	08-Jan-10	Geoff Chandler	16:30	38300	16:45	41300	3,000	15
1733	08-Jan-10	Simon Comley	16:45	41300	17:00	45607	4,307	15
1734	08-Jan-10	Beanie Beard	17:00	45607	17:30	2051	6,444	30
1735	08-Jan-10	Des Beard	17:30	2051	18:15	11816	9,765	45
1736	08-Jan-10	Beanie Beard	18:15	11816	18:30	14990	3,174	15
1737	08-Jan-10	Paula Mitchell	18:30	14990	19:00	20631	5,641	30
1738	08-Jan-10	Ron Beard	19:00	20631	19:30	27280	6,649	30
1739	08-Jan-10	Charles Hutchinson	19:30	27280	20:00	31914	4,634	30
1740	08-Jan-10	Jethro Hundling	20:00	31914	20:30	38980	7,066	30
1741	08-Jan-10	Bruce Blaine	20:30	38980	21:00	45940	6,960	30
1742	08-Jan-10	Gareth Gray-Browne	21:00	45940	21:30	2988	7,048	30
1743	08-Jan-10	Jeff Jackson	21:30	2988	22:00	10721	7,733	30
1744	08-Jan-10	Gareth Gray-Browne	22:00	10721	22:30	16601	5,880	30
1745	08-Jan-10	Jeff Jackson	22:30	16601	23:00	24246	7,645	30
1746	08-Jan-10	Noel Gray-Browne	23:00	24246	00:00	38830	14,584	60

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1747	09-Jan-10	Tamara Hartwanger	00:00	38830	01:00	960	12,130	60
1748	09-Jan-10	Joss Hall	01:00	960	02:00	15523	14,563	60
1749	09-Jan-10	Dave Hartwanger	02:00	15523	03:00	30762	15,239	60
1750	09-Jan-10	Beanie Beard	03:00	30762	03:30	36928	6,166	30
1751	09-Jan-10	Des Beard	03:30	36928	04:00	43520	6,592	30
1752	09-Jan-10	Clinton Kearney	04:00	43520	05:00	7948	14,428	60
1753	09-Jan-10	Mark Lindstrom	05:00	7948	06:00	20150	12,202	60
1754	09-Jan-10	Tayla David	06:00	20150	06:15	22998	2,848	15
1755	09-Jan-10	Lindsay Cook	06:15	22998	06:30	26165	3,167	15
1756	09-Jan-10	Sam McCarlie	06:30	26165	06:45	29061	2,896	15
1757	09-Jan-10	Tayla David	06:45	29061	07:00	32117	3,056	15
1758	09-Jan-10	Lindsay Cook	07:00	32117	07:15	35317	3,200	15
1759	09-Jan-10	Sam McCarlie	07:15	35317	07:30	38224	2,907	15
1760	09-Jan-10	Neil Sturrock	07:30	38224	08:00	45895	7,671	30
1761	09-Jan-10	Melissa le Roux	08:00	45895	08:30	2064	6,169	30
1762	09-Jan-10	Leelyn Aereboe	08:30	2064	09:00	7447	5,383	30
1763	09-Jan-10	Damon Leppert	09:00	7447	10:00	21250	13,803	60
1764	09-Jan-10	Sarah Watrus	10:00	21250	10:30	27609	6,359	30
1765	09-Jan-10	Jane Taylor	10:30	27609	11:00	34075	6,466	30
1766	09-Jan-10	Nic Labuschagne	11:00	34075	12:00	47488	13,413	60
1767	09-Jan-10	Lyndee Hartwanger	12:00	47488	13:00	8881	11,393	60
1768	09-Jan-10	Jethro Hundling	13:00	8881	14:00	22308	13,427	60
1769	09-Jan-10	David Guqaza	14:00	22308	15:00	36525	14,217	60
1770	09-Jan-10	Ashleigh Cock	15:00	36525	15:45	45819	9,294	45
1771	09-Jan-10	Melissa van Dyk	15:45	45819	16:45	8024	12,205	60
1772	09-Jan-10	Ashleigh Cock	16:45	8024	17:15	14440	6,416	30
1773	09-Jan-10	Melissa van Dyk	17:15	14440	17:30	17636	3,196	15
1774	09-Jan-10	Terri Botha	17:30	17636	18:00	23758	6,122	30
1775	09-Jan-10	Tamara Hartwanger	18:00	23758	18:30	30259	6,501	30
1776	09-Jan-10	Ron Beard	18:30	30259	19:00	36841	6,582	30
1777	09-Jan-10	Jethro Hundling	19:00	36841	20:00	897	14,056	60
1778	09-Jan-10	Gareth Gray-Browne	20:00	897	20:30	8277	7,380	30
1779	09-Jan-10	Jeff Jackson	20:30	8277	21:00	15770	7,493	30
1780	09-Jan-10	Gareth Gray-Browne	21:00	15770	21:30	20405	4,635	30
1781	09-Jan-10	Jeff Jackson	21:30	20405	22:00	27980	7,575	30
1782	09-Jan-10	Abigail Stanworth	22:00	27980	22:30	34638	6,658	30
1783	09-Jan-10	Jeff Jackson	22:30	34638	23:00	41965	7,327	30

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1784	09-Jan-10	Noel Gray-Browne	23:00	41965	00:00	6254	14,289	60
1785	10-Jan-10	Tamara Hartwanger	00:00	6254	01:00	18389	12,135	60
1786	10-Jan-10	Joss Hall	01:00	18389	02:00	32824	14,435	60
1787	10-Jan-10	Dave Hartwanger	02:00	32824	03:00	48235	15,411	60
1788	10-Jan-10	Nic Labuschagne	03:00	48235	04:00	11640	13,405	60
1789	10-Jan-10	Beanie Beard	04:00	11640	04:30	17884	6,244	30
1790	10-Jan-10	Des Beard	04:30	17884	05:00	24447	6,563	30
1791	10-Jan-10	Duncan Gray-Browne	05:00	24447	05:30	28563	4,116	30
1792	10-Jan-10	Shanna Richter	05:30	28563	06:00	34506	5,943	30
1793	10-Jan-10	R. Richter	06:00	34506	06:30	41573	7,067	30
1794	10-Jan-10	Tamara Hartwanger	06:30	41573	07:00	47858	6,285	30
1795	10-Jan-10	Yolandi Gray-Browne	07:00	47858	08:00	9253	11,395	60
1796	10-Jan-10	Nerissa Lindstrom	08:00	9253	09:00	20715	11,462	60
1797	10-Jan-10	Damon Leppert	09:00	20715	10:00	35653	14,938	60
1798	10-Jan-10	Amy Warner	10:00	35653	10:15	38976	3,323	15
1799	10-Jan-10	Julie Kilpatrick	10:15	38976	10:30	41977	3,001	15
1800	10-Jan-10	Amy Warner	10:30	41977	10:45	45737	3,760	15
1801	10-Jan-10	Julie Kilpatrick	10:45	45737	11:00	47935	2,198	15
1802	10-Jan-10	Clinton Kearney	11:00	47935	12:00	12723	14,788	60
1803	10-Jan-10	Lyndee Hartwanger	12:00	12723	13:00	24811	12,088	60
1804	10-Jan-10	Tayla David	13:00	24811	13:15	27755	2,944	15
1805	10-Jan-10	Sam McCarlie	13:15	27755	13:30	30771	3,016	15
1806	10-Jan-10	Lindsay Cook	13:30	30771	13:45	33842	3,071	15
1807	10-Jan-10	Tayla David	13:45	33842	14:00	36633	2,791	15
1808	10-Jan-10	Sam McCarlie	14:00	36633	14:15	39560	2,927	15
1809	10-Jan-10	Lindsay Cook	14:15	39560	14:30	42793	3,233	15
1810	10-Jan-10	Mandy Botha	14:30	42793	14:50	46033	3,240	20
1811	10-Jan-10	Terri Botha	14:50	46033	15:00	48170	2,137	10
1812	10-Jan-10	Ashleigh Cock	15:00	48170	16:00	10560	12,390	60
1813	10-Jan-10	Melissa van Dyk	16:00	10560	17:00	22790	12,230	60
1814	10-Jan-10	Jason van Dyk	17:00	22790	17:30	29264	6,474	30
1815	10-Jan-10	Jethro Hundling	17:30	29264	18:30	43161	13,897	60
1816	10-Jan-10	Ron Beard	18:30	43161	19:00	49654	6,493	30
1817	10-Jan-10	Jethro Hundling	19:00	49654	19:30	6709	7,055	30
1818	10-Jan-10	Tamara Hartwanger	19:30	6709	20:00	13149	6,440	30
1819	10-Jan-10	Brent Wienand	20:00	13149	20:15	17094	3,945	15
1820	10-Jan-10	Tarryn Wienand	20:15	17094	20:30	20285	3,191	15

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1821	10-Jan-10	Mike Lotz	20:30	20285	20:45	23850	3,565	15
1822	10-Jan-10	Andrew Wienand	20:45	23850	21:00	27173	3,323	15
1823	10-Jan-10	Clinton Kearney	21:00	27173	22:00	41759	14,586	60
1824	10-Jan-10	Mark Lindstrom	22:00	41759	23:00	4431	12,672	60
1825	10-Jan-10	Gareth Gray-Browne	23:00	4431	23:30	11409	6,978	30
1826	10-Jan-10	Jeff Jackson	23:30	11409	00:00	19025	7,616	30
1827	11-Jan-10	Gareth Gray-Browne	00:00	19025	00:30	25919	6,894	30
1828	11-Jan-10	Jeff Jackson	00:30	25919	01:20	37430	11,511	50
1829	11-Jan-10	Noel Gray-Browne	01:20	37430	02:00	46970	9,540	40
1830	11-Jan-10	Tamara Hartwanger	02:00	46970	03:00	8906	11,936	60
1831	11-Jan-10	Joss Hall	03:00	8906	04:00	24151	15,245	60
1832	11-Jan-10	Dave Hartwanger	04:00	24151	05:00	39450	15,299	60
1833	11-Jan-10	Duncan Gray-Browne	05:00	39450	05:30	43502	4,052	30
1834	11-Jan-10	Graeme Mountfort	05:30	43502	06:30	12817	19,315	60
1835	11-Jan-10	Mark Lindstrom	06:30	12817	07:00	15396	2,579	30
1836	11-Jan-10	Yolandi Gray-Browne	07:00	15396	07:30	21278	5,882	30
1837	11-Jan-10	Nerissa Lindstrom	07:30	21278	08:30	32490	11,212	60
1838	11-Jan-10	Melissa van Dyk	08:30	32490	09:30	44668	12,178	60
1839	11-Jan-10	Ashleigh Cock	09:30	44668	10:30	7220	12,552	60
1840	11-Jan-10	Mark Lindstrom	10:30	7220	11:30	21480	14,260	60
1841	11-Jan-10	Tamara Hartwanger	11:30	21480	12:00	27999	6,519	30
1842	11-Jan-10	Lyndee Hartwanger	12:00	27999	13:00	39076	11,077	60
1843	11-Jan-10	R. David	13:00	39076	13:15	42070	2,994	15
1844	11-Jan-10	Mandy Botha	13:15	42070	13:30	44710	2,640	15
1845	11-Jan-10	Sam McCarlie	13:30	44710	13:45	47275	2,565	15
1846	11-Jan-10	R. David	13:45	47275	14:00	165	2,890	15
1847	11-Jan-10	Sam McCarlie	14:00	165	14:15	2873	2,708	15
1848	11-Jan-10	A. Isenberg	14:15	2873	14:30	5245	2,372	15
1849	11-Jan-10	Leelyn Aereboe	14:30	5245	15:00	11717	6,472	30
1850	11-Jan-10	Melissa le Roux	15:00	11717	15:30	17820	6,103	30
1851	11-Jan-10	Nerissa Lindstrom	15:30	17820	16:00	24500	6,680	30
1852	11-Jan-10	Jethro Hundling	16:00	24500	17:00	38712	14,212	60
1853	11-Jan-10	Brent Wienand	17:00	38712	17:15	42603	3,891	15
1854	11-Jan-10	Mike Lotz	17:15	42603	17:25	45118	2,515	10
1855	11-Jan-10	Andrew Wienand	17:25	45118	17:35	47450	2,332	10
1856	11-Jan-10	Tarryn Wienand	17:35	47450	17:50	717	3,267	15
1857	11-Jan-10	Michelle Wienand	17:50	717	18:00	2826	2,109	10

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1858	11-Jan-10	Julie Kilpatrick	18:00	2826	18:30	6847	4,021	30
1859	11-Jan-10	Ron Beard	18:30	6847	19:00	13727	6,880	30
1860	11-Jan-10	Beanie Beard	19:00	13727	19:30	20105	6,378	30
1861	11-Jan-10	Des Beard	19:30	20105	20:00	27998	7,893	30
1862	11-Jan-10	Jethro Hundling	20:00	27998	21:00	42220	14,222	60
1863	11-Jan-10	Graeme Mountfort	21:00	42220	22:00	6634	14,414	60
1864	11-Jan-10	Clinton Kearney	22:00	6634	23:00	20834	14,200	60
1865	11-Jan-10	Bill Godfrey	23:00	20834	23:30	28239	7,405	30
1866	11-Jan-10	Kate Godfrey	23:30	28239	00:00	34326	6,087	30
1867	12-Jan-10	Noel Gray-Browne	00:00	34326	01:00	48672	14,346	60
1868	12-Jan-10	Tamara Hartwanger	01:00	48672	02:00	10387	11,715	60
1869	12-Jan-10	Gareth Gray-Browne	02:00	10387	02:30	17372	6,985	30
1870	12-Jan-10	Jeff Jackson	02:30	17372	03:00	24689	7,317	30
1871	12-Jan-10	Gareth Gray-Browne	03:00	24689	03:30	31662	6,973	30
1872	12-Jan-10	Jeff Jackson	03:30	31662	04:00	38947	7,285	30
1873	12-Jan-10	Mark Lindstrom	04:00	38947	05:00	1785	12,838	60
1874	12-Jan-10	Graeme Mountfort	05:00	1785	05:50	13352	11,567	50
1875	12-Jan-10	Pia Kwinana	05:50	13352	06:25	20978	7,626	35
1876	12-Jan-10	Leelyn Aereboe	06:25	20978	07:00	27557	6,579	35
1877	12-Jan-10	Yolandi Gray-Browne	07:00	27557	07:30	33415	5,858	30
1878	12-Jan-10	Nerissa Lindstrom	07:30	33415	08:30	45601	12,186	60
1879	12-Jan-10	Ashleigh Cock	08:30	45601	09:30	7505	11,904	60
1880	12-Jan-10	Melissa van Dyk	09:30	7505	10:00	13550	6,045	30
1881	12-Jan-10	Jason van Dyk	10:00	13550	10:30	19850	6,300	30
1882	12-Jan-10	Melissa van Dyk	10:30	19850	11:00	24016	4,166	30
1883	12-Jan-10	Mandy Botha	11:00	24016	11:30	29658	5,642	30
1884	12-Jan-10	Melissa Le Roux	11:30	29658	12:00	35748	6,090	30
1885	12-Jan-10	Lyndee Hartwanger	12:00	35748	13:10	47823	12,075	70
1886	12-Jan-10	Mark Lindstrom	13:10	47823	13:30	2503	4,680	20
1887	12-Jan-10	Sam McCarlie	13:30	2503	14:00	7537	5,034	30
1888	12-Jan-10	Nic Labuschagne	14:00	7537	14:30	14461	6,924	30
1889	12-Jan-10	Paula Mitchell	14:30	14461	15:00	20154	5,693	30
1890	12-Jan-10	Julie Kilpatrick	15:00	20154	15:15	22512	2,358	15
1891	12-Jan-10	Amy Warner	15:15	22512	15:30	25258	2,746	15
1892	12-Jan-10	Julie Kilpatrick	15:30	25258	15:45	28000	2,742	15
1893	12-Jan-10	Amy Warner	15:45	28000	16:00	30900	2,900	15
1894	12-Jan-10	Tamara Hartwanger	16:00	30900	17:00	43078	12,178	60

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1895	12-Jan-10	Beanie Beard	17:00	43078	17:30	49208	6,130	30
1896	12-Jan-10	Jethro Hundling	17:30	49208	18:30	12732	13,524	60
1897	12-Jan-10	Ron Beard	18:30	12732	19:00	19007	6,275	30
1898	12-Jan-10	Brent Wienand	19:00	19007	19:10	21880	2,873	10
1899	12-Jan-10	Tarryn Wienand	19:10	21880	19:25	25183	3,303	15
1900	12-Jan-10	Mike Lotz	19:25	25183	19:40	29053	3,870	15
1901	12-Jan-10	Michelle Wienand	19:40	29053	19:50	31135	2,082	10
1902	12-Jan-10	Andrew Wienand	19:50	31135	20:00	33373	2,238	10
1903	12-Jan-10	Ashleigh Cock	20:00	33373	20:30	40034	6,661	30
1904	12-Jan-10	Melissa van Dyk	20:30	40034	21:00	46563	6,529	30
1905	12-Jan-10	Graeme Mountfort	21:00	46563	22:00	9506	12,943	60
1906	12-Jan-10	Dave Hartwanger	22:00	9506	23:00	25058	15,552	60
1907	12-Jan-10	Clinton Kearney	23:00	25058	00:00	38894	13,836	60
1908	13-Jan-10	Tamara Hartwanger	00:00	38894	01:00	599	11,705	60
1909	13-Jan-10	Marius Erasmus	01:00	599	01:40	9342	8,743	40
1910	13-Jan-10	Jeff Jackson	01:40	9342	02:10	16660	7,318	30
1911	13-Jan-10	Gareth Gray-Browne	14:10	16660	02:40	23835	7,175	30
1912	13-Jan-10	Jeff Jackson	02:40	23835	03:10	29608	5,773	30
1913	13-Jan-10	Gareth Gray-Browne	03:10	29608	03:30	34732	5,124	20
1914	13-Jan-10	Jeff Jackson	03:30	34732	04:00	41824	7,092	30
1915	13-Jan-10	Mark Lindstrom	04:00	41824	05:00	4678	12,854	60
1916	13-Jan-10	Leelyn Aereboe	05:00	4678	05:10	6848	2,170	10
1917	13-Jan-10	Pia Kwinana	05:10	6848	05:20	9116	2,268	10
1918	13-Jan-10	Yolandi Gray-Browne	05:20	9116	05:30	11212	2,096	10
1919	13-Jan-10	Leelyn Aereboe	05:30	11212	05:45	13895	2,683	15
1920	13-Jan-10	Pia Kwinana	05:45	13895	06:00	17172	3,277	15
1921	13-Jan-10	Leelyn Aereboe	06:00	17172	06:15	19944	2,772	15
1922	13-Jan-10	Pia Kwinana	06:15	19944	06:30	23095	3,151	15
1923	13-Jan-10	Yolandi Gray-Browne	06:30	23095	07:00	28364	5,269	30
1924	13-Jan-10	Tamara Hartwanger	07:00	28364	08:00	40447	12,083	60
1925	13-Jan-10	Lyndee Hartwanger	08:00	40447	09:00	2780	12,333	60
1926	13-Jan-10	Christie Roestorff	09:00	2780	10:00	15659	12,879	60
1927	13-Jan-10	Nic Labuschagne	10:00	15659	11:00	27489	11,830	60
1929	13-Jan-10	Richard Patten	11:00	27489	11:30	32114	4,625	30
1930	13-Jan-10	Mark Lindstrom	11:30	32114	12:05	40754	8,640	35
1931	13-Jan-10	Nerissa Lindstrom	12:05	40754	13:00	2791	12,037	55
1932	13-Jan-10	Noel Gray-Browne	13:00	2791	14:00	15852	13,061	60

World Record Longest Continual Indoor Row

Session #	Date	Name	Time On	Distance1	Time Off	Distance2	Session Dist	Time Rowed
1933	13-Jan-10	Paula Mitchell	02:00	15852	14:07	17313	1,461	7
1934	13-Jan-10	Ron Beard	14:07	17313	15:00	28249	10,936	53
1935	13-Jan-10	Paula Mitchell	15:00	28249	15:30	33983	5,734	30
1936	13-Jan-10	Jethro Hundling	15:30	33983	16:15	44830	10,847	45
1937	13-Jan-10	Paula Mitchell	16:15	44830	16:30	47748	2,918	15
1938	13-Jan-10	Melissa van Dyk	16:30	47748	17:00	4175	6,427	30
1939	13-Jan-10	Jason van Dyk	17:00	4175	17:30	10257	6,082	30
1941	13-Jan-10	Ashleigh Cock	17:30	10257	18:30	21782	11,525	60
1942	13-Jan-10	Ron Beard	18:30	21782	18:50	26945	5,163	20
1943	13-Jan-10	Pia Kwinana	18:50	26945	19:00	28993	2,048	10
1944	13-Jan-10	Des Beard	19:00	28993	19:15	32455	3,462	15
Total							13,905,136	63,555