

RP3 DYNAMIC

Requirements for RP3 Records

Records are maintained for the following distances and times:

- 100 metres
- 500 metres
- 1000 metres
- 2000 metres
- 5000 metres
- 6000 metres
- 10000 metres
- 21,097 metres (Half Marathon)
- 42,195 metres (Marathon)
- 1 minute
- 30 minutes
- 60 minutes
- Ultra Distance Events

All record submission must:

- Be rowed on an RP3 model S or Model T rowing machine. The type of machine must be stated in the record submission and the machine must not have been modified in a way that alters its performance.
- Be completed in a single timed piece (no intervals)
- Be completed on "RP3 Split" and the average power must also be submitted to confirm this.
- Be completed by an individual rather than as a team relay.
- Be submitted with evidence. This can be either a screen shot of the workout review or link to "share workout" page. Please note for a record-breaking row, the CSV file of the workout must also be provided (available on the share workout page).

RP3 Rowing UK reserve the right to not accept a row as a record.

Recognised Categories

We recognise the following categories for each record distance:

- Age 12 and under
- Age 15 and under
- Junior (Age 18 and under)
- Under 23 (Age 22 and under)
- Under 23 Lightweight
- Open
- Open Lightweight
- Age 40-49 Open and Lightweight
- Age 50-59 Open and Lightweight
- Age 60-69 Open and Lightweight
- Age 70-79 Open and Lightweight
- Age 80 and above Open and Lightweight

Please note:

- lightweight requirements are as follows: <75kg for men and <61.5kg for women
- If attempting an age restricted category record, your age and evidence of this will be required.
- Categories may change subject to entries