What are the key statistics of Iceland and the UK?

Using reliable sources online, discover the key statistics (data) for both Iceland and the UK.

		Single And
	The United Kingdom	Iceland
Area of Country (in mile ²)		
Coastline Length (in miles)		
Horizontal Width (in miles)		
Vertical Length (in miles)		
Highest Point (in metres)		
Lowest Point (in metres)		
Current Population		
Size of Capital City (in mile ²)		
Population of Capital City		