



FITNESS TEST

Name	23/05/2006	07/06/2007	+/- 2006	23/05/2006	07/06/2007	+/- 2006	23/05/2006	07/06/2007	23/05/2006	07/06/2007	07/06/2007	07/06/2007	23/05/2006
	Sit Ups	Sit Ups		Hand Ext	Hand Ext		Steps	Press Ups	Star Jumps	Squat Thrusts	Skips		
JB	79	81	+2	15cm	17	+2	172	48	90	72	112	70	
Richard N	125	60	-65	5cm	13	+8	163	38	57	42	112	53	
Julie	90	60	-30	10cm	16	+6	147	35		40	98	56	
Mark	116			5cm			153		74				275
Jon	84			3cm			140		39				124
Colin	71			2cm					33				210
Wendy	45	37	+8	6cm	6	0	76	32	35	41	95	26	203
Becky	75	67	+8	9cm			156	39	45	55	113	44	268
Aimee	70	54	+16	8cm	10	+2	169	47	44	51	107	72	334
Matthew	84	72	-12	2cm	10	+8	108	32	27	68	110	50	180
Rick	70	70			13		100	34	24	65	107	72	8
Sarah	89	56	-33	9cm		9		40		54	115	56	
Richard		67			16			41		43	129	82	
Matt D		76			19			40		74	112	80	
Lee		71			18			43		90	110	75	
									52				240

Bleep Test

Name	2005		2006		2007
	June	Aug	June	Aug	
Aimee	8.8	9.0	11.0	9.2	
Becky		6.1	8.2	7.7	
Chris Lucas					6.5
Christopher Jones				11.2	
Colin	6.0	8.0		6.0	
Daniel	12.0			13.1	
David				9.0	11
Edith				7.7	
Jackie					10.6
Jamie				11.0	
JB					
Jon	8.0	9.0	10.1		
Julie	6.0	7.0	7.6	7.8	
Katie		6.1	5.7		
Kerry					7.6
Mark	9.6		10.3	10.0	
Matt					12
Matthew		4.0	5.8	6.2	6.5
Richard Clark					11
Richard Newport	6.2	7.2	9.0	8.3	
Rick			10.6		

Sarah	8.6	10.0	10.10		10.3											
Scott			9.0	9.0												
Sean					11											
Tim		5.6	9.6	8.2												
Wendy	3.0	5.0	4.4	4.5												