

Fitness tests from 11th August 09 - Bleep test and 3km run.

		Bleep Test	Run	
		Level	Min	Sec
Appleyard	A	11.6	14	30
Bannister	A	8.8	17	43
Betts	J	9.3	16	52
Brooks	M	11	16	5
Cheetham	T	8	19	50
Churchill	J	12.8	16	5
Fox	J	7.8	18	8
Gaunt	A	10.9	14	10
Hatfield	L	7	18	19
Hobson	D	8.9	17	25
Jackson	J	6	19	33
James	Rob	9.10	15	52
Jeffery	R	8.3	18	46
Jensen	P	10.3	14	20
Louw	M	10.1	14	20
Naisby	T	11.2	15	13
Peel	C	8.8	17	38
Pigott	J	5	22	32
Roberts	J	11.1	15	4
Robinson	N	8.3	15	28
Starkey	M	8.3	16	24
Starkey	C	10.5	14	28
Steadman	A	7.8	17	27
Wood	J	6.1	19	54
Wood	B	7.8	17	5
Woolhouse	J	9.10	13	45
Wragg	M	13.3	13	14