

FITNESS ASSESSMENT SCORES

NOVEMBER 2009

NAME	PARK	1500M	run score	PUSH UPS	press up score	SIT UPS	sit up score	BURPEES	Burpee score	SHUTTLE	Shuttle score	TOTAL score
John Gittoes		5.34	88	75	75	82	82	45	95	70	100	440
Ali Gibson		6.22	70	86	86	75	75	45	95	72	98	424
Andy Cox		5.57	79	80	80	70	70	42	92	72	98	419
George Jamison		5.42	86	59	59	55	55	44	94	72	98	392
Phil Wilkinson		5.53	81	60	60	62	62	31	74	75	92	369
Johnathan Rees		5.55	80	54	54	68	68	33	78	81	82	362
Neil Birse		6.15	72	47	47	60	60	37	86	78	87	352
Tom Morrison		5.51	82	41	41	51	51	34	80	74	94	348
Graham Henderson		6.32	66	51	51	52	52	34	80	92	56	305
Vassilli Papastravou		6.58	56	37	37	47	47	24	52	82	80	272
John Veasey		6.25	68	28	28	44	44	20	40	80	85	265
Russ Tarver		6.50	58	31	31	33	33	24	52	92	56	230

Get fit outside...feel good inside...



**BRITISH MILITARY
FITNESS**

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Sharon English		6.38	64	51	51	62	62	43	93	74	94	364
Chrissie Kelly		6.40	62	38	38	75	75	42	92	77	88	355
Jess Barnard		6.27	68	39	39	57	57	39	89	75	92	345
Melissa Dray		7.04	53	5	5	0	0	0	0	0	0	58

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