

FITNESS ASSESSMENT SCORES

OCTOBER 2009

NAME	PARK	1500M	run score	PUSH UPS	press up score	SIT UPS	sit up score	BURPEES	Burpee score	SHUTTLE	Shuttle score	TOTAL score
James Reader	Pontcanna	5.27	89	60	60	72	72	47	97	76	90	408
Martin Long	Pontcanna	6.19	71	48	48	72	72	50	100	95	48	339
Rachel Evans	Pontcanna	7.41	38	41	41	56	56	44	94	101	32	261
Marian Long	Pontcanna	9.36	11	10	10	35	35	30	72	118	18	146
Ruth McKenzie	Pontcanna	9.15	13	28	28	21	21	12	24	112	20	106
Charlotte Owen	Pontcanna	9.28	12	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	12

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



**BRITISH MILITARY
FITNESS**