

BLEEP TEST RESULTS**10 December 2015**

Name	Sex	Age	Handicap	Test Score	Vo2max	Standard
Tim Chapman	M	51	06:20	11,6	42	excellent
Stuart Follen	M	41	06:20	11,5	42	excellent
Rod Sinnott	M	48	06:10	11,5	41	excellent
Max Pearson	M	39	07:10	11,2	41	very good
Dan Carrington	M	24	06:30	10,10	40	good
James Clarke	M	17	07:20	10,0	38	good
Ellen Connolly	F	35	07:00	9,6	37	very good
Jane Holmes	F	40	07:50	9,5	37	excellent
John Shaw	M	46	06:40	9,3	36	very good
Alan Bird	M	45	06:40	9,0	36	very good
Nicky Jennings	F	43	07:10	8,9	35	very good
Jay Gilbert	F	37	07:40	8,3	34	very good
Carol Bowett	F	36	08:00	8,2	33	very good
Larissa Follen	F	41	08:00	7,3	31	good
Neil Bailey	M	40	08:30	7,2	31	average
Roger Williams	M	67	08:20	7,1	31	very good
John Welbourn	M	58	08:20	6,8	30	good
Simon Welbourn	M	19		6,6	29	fair
Martin Kinghorn	M	56	08:20	6,6	29	good
Tracy Thulborn	F	41	08:10	6,5	29	good
Paskey Ruggiero	M	52	08:30	6,4	29	average
Cheryl Chapman	F	47	08:30	6,0	28	good
Derrick Barsby	M	67	09:30	6,0	28	good
Carol Slater-Garner	F	39	09:40	5,8	27	fair
Stephen Brunton	M	35	09:10	5,3	26	fair
Barbara Welbourn	F	49	11:00	5,3	26	average
Emma Bonner	F	39	10:20	4,2	23	fair