

BLEEP TEST RESULTS - 14th April 2016

Name	Sex/Age	current Handicap	Test Score		Vo2max	Standard
			10/12/15	14/04/16		
Stuart Follen	M42	06:20	11,5	12,0	53.7	excellent
Sean Connolly	M46			11,8	52.6	excellent
Max Pearson	M40	07:10	11,2	11,6	52.0	excellent
John Chapman	M48			10,5	48.3	excellent
Rod Sinnott	M49	06:10	11,5	10,2	47.4	excellent
Luke Pinner	M34			10,0	46.8	good
Carol Bowett	F36	08:00	8,2	9,4	44.6	very good
Tim Chapman	M51	06:20	11,6		42.0	vey good
Maire Irlam	F51			8,2	40.5	excellent
Neil Bailey	M40	08:30	7,2	8,1	40.2	good
Dan Carrington	M24	06:30	10,10		40.0	average
Martin Kinghorn	M56	08:20	6,6	7,6	38.5	very good
James Clarke	M17	07:20	10,0		38.0	average
Ian king	M47			7,4	37.8	good
Jane Holmes	F40	07:50	9,5		37.0	very good
Ellen Connolly	F35	07:00	9,6		37.0	very good
Julie Garner	F51			7,1	36.8	very good
Alan Bird	M45	06:40	9,0		36.0	good
John Shaw	M47	06:40	9,3		36.0	good
Nicky Jennings	F43	07:10	8,9		35.0	good
Cheryl Chapman	F47	08:30	6,0	6,3	34.0	very good
Jay Gilbert	F37	07:40	8,3		34.0	good
Carol Slater-Garner	F39	09:40	5,8	6,0	33.0	average
Ian Milburn	M71			6,0	33.0	very good
Roger Williams	M68	08:20	7,1		31.0	good
Larissa Follen	F42	08:00	7,3		31.0	good
John Welbourn	M58	08:20	6,8		30.0	average
Paskey Ruggiero	M53	08:30	6,4		29.0	
Tracy Thulborn	F41	08:10	6,5		29.0	
Simon Welbourn	M19		6,6		29.0	
Derrick Barsby	M67	09:30	6,0		28.0	average
Kristy Burton	F36			4,4	27.6	
Emma Bonner	F39	10:20	4,2	4,0	26.0	
Stephen Brunton	M36	09:10	5,3		26.0	
Barbara Welbourn	F49	11:00	5,3		26.0	
Maddie Rumbelow	F23			2,8	22.6	
Sally King	F54			2,3	20.4	