

BLEEP TEST RESULTS - 8th June 2017

Name	Sex/Age	current Handicap	Test Scores			Vo2max	Standard
			10/12/15	14/04/16	08/06/17		
Ryan Jones	M28	06:00			13,9	59.6	excellent
Martin Jennings	M46	05:40			13,7	59.1	excellent
Stuart Follen	M43	06:20	11,5	12,0	11,9	52.9	excellent
Sean Connolly	M47	06:20		11,8		52.6	excellent
Max Pearson	M41	07:10	11,2	11,6		52.0	excellent
Chris Rose	M42	06:30			11,1	50.6	very good
Dan Carrington	M25	06:30	10,10			49.9	good
Tom Richards	M50	06:40			10,8	49.2	excellent
John Chapman	M49	06:40		10,5		48.3	excellent
John Shaw	M48	06:30	9,3		10,5	48.3	excellent
Rod Sinnott	M50	06:10	11,5	10,2		47.4	excellent
Tim Chapman	M52	06:30	11,6		10,1	47.1	excellent
Luke Pinner	M35	07:50		10,0		46.8	good
Nigel Seale	M57	07:00			9,1	43.7	excellent
Daniel Spiller	M37	06:50			9,1	43.7	veey good
Alan Bird	M46	06:40	9,0			43.0	very good
Neil Bailey	M41	08:30	7,2	8,1		40.2	good
Martin Kinghorn	M57	08:20	6,6	7,6		38.5	very good
Ian king	M48	07:30		7,4		37.8	good
Roger Williams	M69	08:20	7,1			36.8	very good
John Welbourn	M59	08:20	6,8			35.8	good
Paskey Ruggiero	M54	08:30	6,4			34.4	average
James Calvert	M44	09:20			6,2	33.7	fair
Derrick Barsby	M68	09:30	6,0			33.0	good
Ian Milburn	M72	07:30		6,0		33.0	very good
Stephen Brunton	M37	09:10	5,3			30.6	

Ellen Connolly	F36	07:00	9,6			45.2	excellent
Jane Holmes	F41	07:50	9,5			44.9	very good
Carol Bowett	F37	07:30	8,2	9,4	9,1	43.7	very good
Nicky Jennings	F44	07:10	8,9			42.9	very good
Gemma Rose	F30	08:00			8,6	41.9	average
Jay Gilbert	F38	07:40	8,3			40.9	very good
Maire Irlam	F52	07:20		8,2		40.6	excellent
Larissa Follen	F43	08:00	7,3			37.5	good
Julie Garner	F52	09:10		7,1		36.8	very good
Melissa Millward	F37	08:40			6,8	35.8	good
Tracy Thulborn	F43	08:10	6,5			34.8	good
Cheryl Chapman	F48	08:30	6,0	6,3		34.0	very good
Carol Slater-Garner	F40	08:50	5,8	6,0	6,1	33.3	average
Gemma Read	F36	08:30			5,9	32.9	average
Debbie Wate	F54	10:20			5,9	32.9	good
Cheryl Baird	F44	10:20			5,6	31.8	average
Barbara Welbourn	F51	11:00	5,3			30.6	average
Hannah Ryan	F41	09:20			4,8	29.2	fair
Kristy Brown	F37	09:50		4,4		27.6	fair
Lucy Hicks	F34	09:30			4,2	26.8	
Emma Bonner	F40	10:20	4,2	4,0		26.0	fair
Joanne Clarke	F38	09:30			3,5	24.7	
Maddie Rumbelow	F24	12:00		2,8		22.6	
Sally King	F55	11:00		2,3		20.4	