

Academy Fitness test results June 30th 2013

HRA World Class Fitness Standards

%int Level
90%

U16 measured at
U17/U18 measured at 95%

Inside Backs	13.5	63	98	780
Outside Backs	13.5	58	96	780
Loose Forwards	13	59	99	760
Locks	12.5	50	88	750
Hooker	13	56	97	750
Prop	11.5	54	87	720

Name	Age	Position	15/07/2012													%int level	Leader Board
			Bleep	%int Level	Press Up	%int Level	Sit Up	%int Level	RSA 1st	RSA 2nd	RSA 3rd	RSA 4th	RSA 5th	RSA 6th	RSA Distance in metres		
Cowell, Benji	U16	inside	11.4	84%	62	98%	76	78%	26	25	24	21	22	23	705	90%	1
Cowell, Daniel	U16	inside	9.1	67%	48	76%	83	85%	26	24	23	22	23	20	690	88%	2
Alom, Saiful	U16	Outside	9	67%	40	69%	74	77%	26	23	21	20	21	20	655	84%	3
Fry, Tom	U17	Loose	9.2	71%	54	92%	53	54%	25	23	22	20	20	22	660	87%	4
Ramsay, Sam	U16	inside	9.3	69%	40	63%	53	54%	28	22	22	21	20	22	675	87%	4
Spiro-Larrea, Erik	U18	Lock	9	72%	44	88%	71	81%	25	22	20	20	20	22	645	86%	6
Shanahan, Ruiiri	U17	inside	8.3	61%	67	106%	66	67%	27	26	20	20	20	20	665	85%	7
Martin-Wren, William	U16	outside	8.8	65%	42	72%	58	60%	28	23	21	23	21	25	705	90%	8
Kerr, Matthew	U18	outside	8.1	60%	34	59%	74	77%	29	21	21	20	20	23	670	86%	9
Brennan, Tom	U18	Lock	9.9	79%	25	50%	57	65%	25	23	21	20	20	23	660	88%	10
McGown, Frazer	U16	Loose	9	69%	37	63%	69	70%	25	21	20	21	20	20	635	84%	11
Moon, Taylor	U16	Loose	10.1	78%	27	46%	65	66%	25	20	23	18	20	20	630	83%	12
Whates, Brandon	U17	prop	9	78%	30	56%	61	70%	25	23	21	20	20	21	650	90%	13
Murtagh-Edmundson, Harry	U17	inside	9.2	68%	32	51%	95	97%	24	24	22	20	20	0	550	71%	14
Mensah, Jordan	U16	inside	9	67%	30	48%	65	66%	25	22	20	19	20	20	630	81%	15
Holland, Daniel	U16	lock	8.1	65%	32	64%	71	81%	25	20	22	22	20	20	645	86%	16
Weeks, Joe	U16	Lock		0%	20	40%	54	61%	25	20	21	20	21	20	635	85%	17

