

Fitness test results

Int Level - U16 measured at 90%

U17/U18 measured at 95%

HRA World Class Fitness Standards								
Inside Backs			63	98	780			
Outside Backs			58	96	780			
Loose Forwards			59	99	760			
Locks			50	88	750			
Hooker			56	97	750			
Prop			54	87	720			

name	Section	Position	press ups	sit ups	RSA Total	12 min run	12 min run x 2	total July 3 test
Lawrence Pettit			72	55	650	41	82	818
Ally Southwold	senior		61	65	630	40	80	796
Nuts	Senior		55	73	620	41	82	789
James Hunt			36	51	650	40	80	777
Fred Rooney (u16)	U16		38	49	650	17	34	754
Dan Barnes	Senior		27	48	620	40	80	735
BMW			61	61	550	34	68	706
Zach King			44	52	600	34	68	730
Tommy Tidy	Senior		56	56	510	36	72	658
Tom Ramsey			46	40	600	32	64	718
Adam Shaw	Senior		44	55	580	34	68	713
Carwyn Morgan	Senior		42	43	580	32	64	697
Will Rooney (u16)			37	50	570	39	78	696
Sam (W)	Female		18	49	570	34	68	671
Sam Ramsey			57	47	520	29	58	653
Taylor Moon			0	0	610	36	72	646
Helen (W)	Female		28	80	500	27	54	635
James Callis	Senior		40	36	530	29	58	635
Crompo (W)	Female		40	50	510	28	56	628
Lex	Senior		56	27	510	33	66	626
Evan			34	35	520	33	66	622
Gary Wearing	Senior		36	35	520	24	48	615
Simon Goodlad	Senior		35	27	510	29	58	601
Charlie (W)	Female		30	40	500	29	58	599
Jon Pines	Senior		34	27	490	23	46	574
Alex E (u16)	U16		12	20	490	24	48	546
Mitch			41	43	390	20	40	494
Dan Bendon	Senior		39	30	400	25	50	494
James Akeril	Senior		26	0	430	22	44	478
Louie Fernandes			42	62	290	24	48	418
Tiddles	Senior		50	31	0			81