

Academy Fitness test results

%int Level

HRA World Class Fitness Standards

U16 measured at 90%

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	01/08/2014															
			Bleep	%int Level	Press Up	%int Level	Sit Up	%int Level	RSA Distance in metres	%int level	Bleep	%int Level	Press Up	%int Level	Sit Up	%int Level	RSA Distance in metres	%int level
Rob Austin	U18		7.9		30		43		650		7.8		24		55		590	
Dan W	U18		10.7		45		70		620									
Tom Fry	U18		8.1		44		53		615									
Dan Grainger	U18		6.7		28		42		585		7.8		26		50		535	
Ellis Lockyer	U18	Prop	6.9	60%	28	52%	50	57%	550	76%	5.8	50%	22	41%	52	60%	550	76%
Max Smith	U17	Outside	12	89%	41	71%	44	46%	745	96%	11.6	86%	47	81%	57	59%	460	59%
Jordan Mensah	U17	inside	9.1	67%	44	70%	73	74%	685	88%								
William Martin-Wren	U17	Outside	9.2	68%	60	103%	65	68%	680	87%								
Zach King	U17	Outside	11	81%	46	79%	84	88%	675	87%	9.1	67%	50	86%	91	95%	680	87%
George Eaton	U17	Loose	7.9	61%	57	97%	72	73%	665	88%	8.1	62%	81	137%	76	77%	605	80%
Sam Ramsey	U17	inside	10	74%	43	68%	50	52%	655	84%	11.4	84%	45	71%	52	54%	615	79%
Harry Burton	U17		10.6		49		61		650		9.2		45		78		610	
George Vivian	U17	inside	7.8	58%	23	37%	60	61%	650	83%	6.7	50%	35	56%	67	68%	620	79%
Luke Brazier	U17	inside	10	74%	39	62%	52	53%	645	83%	8.5	63%	51	81%	69	70%	495	63%
George Thornton	U17	Loose	11.1	85%	74	125%	73	74%	640	84%	10.1	78%	80	136%	82	83%	650	86%
Taylor Moon	U17	Loose	10.5	81%	40	68%	63	64%	625	82%	8.5	65%	36	61%	64	65%	655	86%
Matt Harding	U17	inside	9.7	72%	38	60%	63	64%	610	78%	8.7	64%	38	60%	90	92%	610	78%

Joe Henshaw	U16	Loose	6.6	51%	27	46%	43	43%	605	80%								
Henry Godfrey	U16	lock	7	56%	26	52%	31	35%	595	79%								
Richard Chennels	U16	Outside	6.2	46%	29	50%	53	55%	590	76%	7.1	53%	18	31%	55	57%	550	71%
Ben Harrison	U16	Prop	6.2	54%	21	39%	27	31%	590	82%								
Ally Warner	U16	inside	6.6	49%	10	16%	49	50%	555	71%	5.2	39%	18	29%	54	55%	615	79%
Luis Fernandes	U16	lock	8.1	65%	33	66%	57	65%	515	69%	5.4	43%	40	80%	71	81%		
Roshan Bhumbra	U16	lock																
Will Broadhurst	U16	Loose																
Louis Brooker	U16	Hooker																
Luke Collinson	U16	Prop									4.6	40%	27	50%	60	69%	470	65%
Callum Dickson-Earle	U16	Outside																
Fergus Downie	U16	Outside																
Kieran Farrer	U16	inside																
Craig Fox	U16	lock																
Ryan Godfrey	U16	Hooker									9.6	74%	51	86%	89	92%	640	85%
Jacob Harper	U16	Loose																
Ben Hilton	U16	Loose																
Simon Mastalerczyk	U16	Prop																
Antoine Oget	U16	inside																
Josh Pritchard	U16	Loose																
Tom Sewell	U16	Outside																
Charlie Yearwood	U16	Outside																
Hannah Skeels	Girl										5.3		20		51		435	
Lauren Bellinger	Girl										3.3		39		36		210	