

Winter Hump Group Testing	Strength - Pushups max		Middle Road		Core - Prone Hold max		Endurance - 2.85km for time	
Name	Wk 1	Wk 13	Wk 1	Wk 13	wk 1	Wk 13	WK 1	Wk 13
1 - Rod Fielding	NC	50	2.31	3.08	232	202	14.19	13.17
2 - Julia Chiaverini	27		324		38		20.01	
3 - Alison Butler	25		308		124		18.43	
4 - Steve Waddell	80	85	203	206	230	150	11.42	12.08
5 - Mel Barilla	40		302		152		17.14	
6 - Stacey Zanella	15	45	247	243	220	310	15.58	16.45/ 14.26
7 - Alicia Quill	6	13	228	225	133	200	17.17	16.45
8 - Kerry Greenfield	27		237		415		14.11	
9 -Lyn Lavis	33		NC		501		NC	
10 - Tony Gorgijovski	31	33	324	332	202	134	21.13	20.32
11 - Craig Wood	50		247		133		13.28	13.2
12 - Sophie Bennett	30		212		257		11.46	
13 - Fiona Berlowitz	32	40	259	252	242	316	15.59	15.02
14 - Troy Taylor	48	54	NC		232		13.42	13.45
15 - Kerry Bussoletti	16	40	324	356	202	104	20.55	12.3
16 - Jo Bussoletti	50	58	244	253	242	305	15.49	15.26
17 - Cheryl Glenn	30	31	243	240	225	136	15.05	15.01
18 - Alex Pupovac	60		228	226	328	422	14.36	
19 - Narelle Di Milia	50	60	234	257	532	600	14.25	14.48
20 - Margaret N	25		522		126		16.08	
21 - Laura Milan	30	41	415	331	304	217	20.02	20.02
22 - Yvonne Becarevic	27	54	234	244	348	340	15.47	14.48
23 - Nina	46		332		344		NC	
24 - Franca	15	40	412	335	125		21	
25 -	22	27	333	350	142	154	21.34	14.3
26 - Tiana	12	33	307	256	109	148	17.3	16.51
27 - Mel Sheppard	3		248		126		16.08	
28 - Boris	64		212		348		15.52	
29 - Silvana	40	50	313	303	232	328	17.57	17.14
30 - Kim McMullan	20		322		220		19.16	
31 - Lucy McBeth	14		255		205		18.4	
32 - Vince	60		209		436		12.54	
33 - Cass Gibbins	12	21	303	254	135	159	16.33	16.17
34 - Megan Mormile	36		NC		153 20 stairs		16.15	

35 - Ali Eaton	19	36	NC		139 20 stairs	216		13.14	12.27
36 - Anne Brownsell	15	20		252	257	122	128	15.31	16.32
37 - Debbie Bloomfield	40	60		258	253	338	407	16.21	16.25
38 - Sue Reid	27			252		239		15.08	
39 - Toni McMilan	35			300		245		16.15	
40 - Kathy Koutzas	18	35		243	230	203	237	16.16	17.06
41 - Kellie Reed	12			311		108		17.34	
42 - Barbara Kempner	25			257		302		16.29	
43 - Korin Amin	51			350		130		NC	
44 - Roz	1 min squat hold			305		157		16.1	
45 - Elena Capetta	26			241		215		16.41	
46 - Caitlin	38			314		203		18.56	
47 - Belinda Jackson	50			246		309		16.44	
48 - Bern Thorne	19	40		249	238	140	253	15.03	14.44
49 - Amy Carberry	45	50		246	252	125	155	16.46	17.3
50 - Stav	45			312		227		17.49	
51 - Emma P	53	63		248	255	154	141	14.33	14.43
52 -	47			421		58		22.48	
53 - Katlin V	31			303		121		18.03	
54 - Mel Stevanovska	31			345		58		13.59	
55 - Dave S	71	78		244	308	202	706	16.55	17.37
56 - Chris White	53	69		221	218	305	504	14.12	13.48
57 - Kim Hastings	60	64		243	256	202	206	17.25	16.35
58 - Corey G	56			229		129		14.13	
59 - Connie D	30	16		405	416	58	119	22.19	14.51
60 - Jackie Sparks	38			408		138		14.3	
61 - Anita	33			406		133		13.59	
62 - Hamish	80	105		159	158	303	305	13.22	13.31
63 - Rob Cazzoli	60			159		505		12.31	
64 - Rececca G	44			247		1.39		15.28	
65 - Steve Pryor	44			218		404		13.47	
66 - Karen Harley	40	60		155	NC	332	230	19	NC
67 - Morwenna	40			229		239		16	
68 - Jacqui Carberry	13			205		332		19.3	
69 - James N		35			306		120		20.34
70 - Hayley Quill		48			227		145		14.34
71 - Loli Reed		40					311		15.24
72 - Dave Rae		33			258		217		17.09

