

Winter Hump Group Testing Name	Strength - Pushups max		Result	Core - Prone Hold max		Result	Middle Road		Result	Endurance - 2.85km for time		Result
	Wk 1	Wk 13		wk 1	Wk 13		Wk 1	Wk 13		WK 1	Wk 13	
Yvonne B	30			2.2			2.41			15.25		
Fiona B	32	34		3.1	3.27		2.43	2.34		14.42	14.32	
Jenna Bottele	40	60		2.09	1.54		2.57	2.46		16.19	15.49	
Fabian Castagna	31			48 sec			2.49			19.21		
Narelle	66	70		6	6.3		2.49			15.08		
Karen Evans	30			1.29			3.52			20.39		
Rod Feilding	n/a						2.17			14.05		
Charlie Harb	31			2.04			2.47			17.17		
Conrad Hartogh	30			1.26			3.17			20.49		
Kim Hastings	20	50		2.02	2.05		3.14			23	11.16 (1.8km)	
Karen Huntley-Moore	19			36 sec			4			23.46	13.24 (20 stairs)	
Mark Langlands	29			52 sec			2.17			14.31		
Lynne Lavis	36			4.18						12.20 (20 stairs)		
Flora Mastro	30			1.08			4.05			14.05 (1.5km)		
Kim McMullan							3.2			19.19		
Kylie Morris	11			48 sec			3.2			19.11		
Silvana Naumovski	60			2.52			2.54			17.28		
James Naumovski	30			1.1			2.51			19.31		
Peter Nikolovski	39			1.02			2.32			17.17		
Karla Pandelus	51			1.17			3.09			17.49		
Ing Parkes	29			1.09			4.08			21.49		
Carlie Pavia	50	75		1.01	1.23		3.03			19.59		
Andrea Pavia	35	42		1.32	2.43		2.51			19.53		
Lisa Penrose	20			1.11			4.51			16.21		
Hayley Quill	23	24		2	2.01		2.19			14.24	14.28	
Loli Reed												
Dave sorenson	56			3.3			3			17.33		
Troy Taylor	32			2.02			2.4			15.3		
Steve Waddell	75	100		1	1.16		2.03			11.07		
Joe	32			2.09			2.42			16.27		
Toni Bolte							4.17			22.46		
Jason Nunes	16	30		1.05	2.14		3.04	2.59		18.43	16.3	
Alex Pupovac	53	63		3.02	4.01		2.13	2.17		14.21	14.41	
Vicki Giffen	55	60		2.02	1.15		2.42			14.4	13.54	
Kath Docherty	38			1.35			4.26			16.27		
Kerry B	40			1.16			4.18			16.07		
Aleisha Quill	10	15		2.04	2.05		2.3	2.19		17.25	17.45	
Ali Bulter	30			1.1			3.29			20.28		
Celia	45			4.15			2.03			11.07		
Bianca Belsito	30			36			4.18			23.48		
Debbie Bloomfield	30			5.25			2.45			17.21		

Rhea Dea				1.48			2.57			11.55	1.8km	
Cass Gibbins	10			1.06	1.36		3.05	3.01		17.21		16.25
Reece Gibbins	40		49sec				2.01			16.36		
Cheryl Glenn	10			1.06			2.44			15.18		
Barbara Kempner	17			2			2.45			17.17		
Kathy Koutas	17	25		2.12	2.22		2.36	2.32		17.43		16.18
Toni McMillan	20	30		2.45			2.57	3.18		11.12	16.25 (2.8km)	
Megan Mormile	20			1.4			3.27			12.07 (1.8)		
Jan Osborne	25	31		3	3.13		2.41	2.43		15.1		14.46
Liz Pearce	30			3.1			3.23			11.53 (1.8)		
Sue Reid	27			2.22			2.32	2.31		14.47		15.46
Marisa Vernon	8			1.01			3.13			12.27 (1.8)		
Natasha Z	12	15		1.57	2.25		2.57	2.57		17.14		15.56
Nic Simic	12	25		1.4	2.46					11.07 (1.8)		17.52
Emma Fitzgibbons	30	38		3.07	3.33		2.2	2.17		14.18		14.03
Jessy Hansen	36			2.03								
Karen Harley	27	60		2.14	3.12		3.27	3.2		19.05		18.34
Elle Holder-keeping	17	84		1.2	5.58		3.37			12.24		
Luke Iacovelli	40	40		3.41	2.41		2.05	2.09		15.47		20.18
Kim McMullan	27			3.12						18.55		
Kerryn Peres	25			2.23			2.22			14.18		
Bec Phillips	33			2.05			3.04			16.25		
Emma P	16			2.03			3.02			19.55		
Daniella S	30	41		1.49	3.13		3.1	3.2		19.05		19
Nina	30	60		3.12	7.11		3.1	2.57		19.55		17.14
Suzie Caroutas		23						3.46				
Riley Morgan	60	70		3.05	3.1		2.01	1.55		13.06		12.14
Hamish	88			2.05			1.45			13.17		
Stacey Zanella	20			1.51			2.55	2.57		16.31		16.11
Chris white	51			4			2.1			14		
Susie Seitaridis	40			2.5			2.05			13.42		
Roz T							3.05			16.37		
Deb Neich	15			1.15			2.48			15.53		
Claire Buckthought	15			1.35			2.47			16.13		
Tiana Antunez	21			1.23			3.07			16.41		
Dax Eddy	50			1.3			2.39			16.25		
Bernadette Thorne	21	21		2.1	1.54		2.53	2.49		15.14		14.52
Milka Visnic	50	61		4.05	5.11		3.04	3.07		17.45		16.29
Chris Christodoulou	44	51		2.05	2.1		3.05	2.54		19.02		18.21
Paul Simic	50			3.3			2.5			15.08		
Drew A	15			1.35			2.2			14.22		
Vince Iacovelli		100			5.17			2.1				12.23
Julie C		30			30 sec			3.37				14.23
Rosa					1.31							
Vanessa T		26			1.05			3.05				18.2
Anne B		26			1.31			3.18				16.29

