

<i>Lane one</i>			200pb	HR Test	50/hr	2	3 THR =	4 20BBM	5	6	7	8	100/h	100/hr THR =	100/hr 15 BBM	100/hr	100/h	100/h THR	200hrr = Max
Sam Webber	14	Sea	2.10	189															
Joseph Orritt	17	Sals	2.14	210	174	33/180	180	33/180	33/180	32/186	32/186	32/192	70/192	70/198	70/192	69/192	68/198	69/202	226/206
Adam Davidson	15	Sals	2.05	190	33/190	34/190	34/190	33/190	32/190	32/190	33/190	31/180	68/210	68/200	69/190	69/195	68/190	67/210	2.18/230
Gemma Currie	15	Sals	2.13.5	190	180	34/180	35/170	34/180	34/180	356/170	34/175	35/175	72/180	71/185	70/185	70/185	71/185	69/185	2.25/195
Sam Greenslade	13	Sals	2.16	200	170	170	180	180	180	190	190	190	74/190	72/195	75/190	74/195	75/190	75/190	2.29/200
Hannah Drewett	16	Sals	2.18	200	34/170	34/170	34/170	34/170	34/170	34/170	34/170	34/170	67/180	68/180	67/180	67/180	68/18-0	68/180	2.18/200
Jack McGarry	15	LBSC	2.18	200	X	x	x	x	x	x	x	x	70/180	75/180	76/185	76/180	75/185	74/180	2.29/185
Lucy Gregory	15	LBSC	2.15	200	170	175	35/170	185	185	180	175	185	73/190	74/195	74/200	75/195	74/195	73/195	2.23/205
<i>Lane 2</i>																			
Alice Talbot	13	Sea	2.20	190													74/180	74/190	2.39/195
Isy Frampton	14	Sea	2.24	200													84/185	76/190	2.35/190
Gabby Pountney	14	Sals	64.6	200													74/190	73/200	2.28/210
Emma Irvine	15	LBSC	2.25	190															
Nikkie Pike	16	LBSC	2.18	200													87/190	86/190	2.38/220
Natasha Pike	14	LBSC	2.20	192													84/170	82/170	2.46/180
Jenny Wiltshire	13	Tidworth	2.29	200													78/190	80/185	2.46/190
Charlie Elderfield			2.29	1													78/190	80/185	2.46/190

Set : 8x50 on 75 @ 30 BBM - 6x100 on 2.15 @ 25 BBM - 3x200 on 5.30 @ 20 BBM

8x50 on 90 @ 25 BBM - 6x100 on 2.30 @ 15-20 BBM - 1 x 200 (Time ran out so couldn't do 3)....This set recorded above

HR in red signifies I think this is their maximum HR & it is higher (significant) than they achieved in the dedicated HR test