

Name (U10-U11)	CMJ (cm)	CMJ (cm)	T Test (sec)	T Test (sec)	20m Sprint (sec)	20m Sprint (sec)	Yo Yo IR L 1	Yo Yo IR L 1
Jamie Harrington	28	27	14.66	12.4	3.9	3.2	14.2	14.3
Shezad Toosey	28	29	14.65	12.7	3.92	3.7	14.2	14.4
Adi Bansal	29	29	14.26	12.0	4.18	3.45	14.2	14.1
Shrey Sachdeva	30	33	13.57	12.5	4.16	3.75	14.7	15.1
Dhilan Patel	21	26	15.56	12.6	4.27	3.80	13.2	14.5
Shiv Rana	22	24	14.04	11.9	4.07	3.85	14.2	14.1
George Laundon	25	31	12.17	10.6	3.79	3.60	16.1	17.4
Aneesh Jhalla	20	23	14.83	12.7	4.21	3.95	13.0	13.2
Harry Bulkeley	34	41	12.87	12.32	3.76	3.76	14.0	14.0
Max Lowrery	23	24	13.34	12.36	3.78	3.88	14.0	14.6
Dhruv Haridas	22		12.85		3.98		14.5	
Adam Hawke	17	32	14.19	12.04	3.76	3.93	13.3	14.6
Nick Ashworth	23	28	12.67	11.33	3.71	3.72	14.2	14.1
Jac Cleaver	26	35	12.49	11.67	3.73	3.93	15.8	
Adil Qureshi	24		12.49		3.64		14.2	
Rohil		25		12.24		4.01		16.0
Marcus Caprino-Wint		28		12.02		4.04		14.1

- October 8th / December 3rd
- CMJ Average of 2 jumps
- T Test Average of 2 Tests
- 20m Sprint Average of 2
- Blue text indicates an improved score.
- Bold indicates biggest improvement in group.

Name (U12)	CMJ (cm)	CMJ (cm)	T Test (sec)	T Test (sec)	20m Sprint (sec)	20m Sprint (sec)	Yo Yo IR L 1	Yo Yo IR L 1
George Berrington	28	35	11.86	10.81	3.51	3.55	15.5	16.1
Jai Patel	31		13.29		4.16	4.31	13.2	
Vik Deviden	21	21	13.56	12.00	4.16		13.2	13.2
Jamie Smith	36		12.15		3.80		16.3	
Woody Goss	29		12.97		3.76		14.4	
Sanjay Patel	30	37	11.70	11.40	3.59	3.58	15.3	16.7
Tim Forder	24		13.43		3.98		14.5	
Crawford Wilson	33	35	12.24	11.38	3.58	3.83	14.7	15.4
Emile Hudd	29	32	12.28	11.37	3.81	3.95	15.2	16.1
Matt Crighton	26	29	13.34	12.00	3.87	3.95	13.4	14.7
Rehan Ratnasbapathy	26		13.67	11.99	3.96	4.14	14.0	14.1
Sai Patel	29	32	13.38	12.70	3.68	3.89	13.1	13.2
Jaimin Patel	35	37	12.67	11.79	3.78	3.91	13.1	14.0
Oliver John		33		12.50		4.00		14.1
Pawan Peethamben		30		11.95		3.90		13.0
Yasith Sananayake		32		12.46		4.19		13.0

- October 8th / December 3rd
- CMJ Average of 2 jumps
- T Test Average of 2 Tests
- 20m Sprint Average of 2
- Blue text indicates an improved score

- Bold indicates biggest improvement in group.

Name (U14)	CMJ (cm)	CMJ (cm)	T Test (sec)	T Test (sec)	20m Sprint (sec)	20m Sprint (sec)	Yo Yo IR L 1	Yo Yo IR L 1
Connor Wint	236		12.10		3.82		13.4	
Aaron Rose	230	231	13.14	12.65	3.96	3.91	14.4	14.2
Sachin Kumar	241	244	11.60	11.62	3.70	3.74	14.2	13.3
Adam Lawrence	259	261	10.82	11.19	3.26	3.45	16.3	16.7
Cam Lagerberg	223	232	12.40	12.23	4.09	4.16	15.0	15.2
Luke Tuck	232	228	11.46	10.67	3.67	3.67	15.7	16.1
Isaan Avinash	230	234	13.00	12.82	3.85	4.13	14.1	14.3
Nabeel Qureshi	216	219	12.49	12.43	3.92	3.99	13.2	14.1
James Allen	251	257	11.65	11.06	3.72	3.85	14.7	15.3
Suki Berk	246	254	13.64	13.47	4.27	4.13	13.3	13.1
Shanaal Nathan	230		12.0		3.63		13.3	
Dan Holt		240		10.63		3.45		14.8
Adam Lee		231				3.87		14.4

- October 9th / December 4th
- CMJ Best of 3 jumps (from ground)
- T Test Average of 2 Tests
- 20m Sprint Average of 2
- Blue text indicates an improved score
- Bold indicates biggest improvement in group

Name (U16)	CMJ (cm)	CMJ (cm)	T Test (sec)	T Test (sec)	20m Sprint (sec)	20m Sprint (sec)	Yo Yo IR L 1	Yo Yo IR L 1
Ben Flook	268	263	11.46	11.50	3.31	3.30	15.5	15.2
Tom Homes	244	250	11.45	11.35	3.45	3.45	14.5	15.6
Sam Gale	270		10.54		3.02		16.3	
Dan Vernon	259	251	10.62	10.10	3.52	3.45	16.3	17.0
Andrew Kilner	276	273	11.17	10.80	3.44	3.35	15.4	15.1
Max Holder	278		11.75		3.17		14.2	
Aymun Ali	260	261	11.58	11.36	3.33	3.25	14.5	16.1
Guy Lancefield	282	287	12.40	10.55	3.33	3.30	14.4	14.8
Umar Ahmed	251	252	13.09	11.60	3.80	3.60	13.2	14.1
Connor Cody	273	277	10.86	11.12	3.11	3.09	16.4	15.2
Isaac Braithwaite	249	250	12.12	11.38	3.61	3.58	14.0	14.1
Victor Mendon	266	265	11.23	10.90	3.14	3.19	15.0	15.6
Shazaib Rana	252		10.82		3.36		14.5	
Musawar	251	256	12.83	11.81	3.29	3.27	14.0	14.5
MK	268		10.76		3.02		14.2	
Sam Homes	262					3.43		14.2

- October 9th / December 4th
- CMJ Best of 3 jumps (from ground)
- T Test Average of 2 Tests
- 20m Sprint Average of 2
- Blue text indicates an improved score
- Bold indicates biggest improvement in group.

Best Improvers October to December 2011

Name	Age	Test	Improvement
Dhilan Patel	10-11yrs	T test	2.96 sec
Adam Hawke	10-11yrs	CMJ	15cm
Adi Bansal	10-11 yrs	20m Sprint	0.73 sec
Aymun Ali	16 yrs	Yo Yo IRL1	1.6 Km/h

Overall Number of Improvers October to December 2011

Age Group	CMJ	T-Test	20m Sprint	Yo Yo IRL 1
10-11 years	10/13	13/13	9/13	8/13
12 years	7/8	9/9	0/9	8/9
14 years	9/9	7/9	2/9	7/9
16 years	8/11	9/11	9/11	8/11