

England Talent Squad Testing Data

CADET BOYS

TOP 5 RANKINGS PER TEST

Multistage Fitness Test

Test 1 : 7/8 November 2009

Test 2 : 14 February 2010

MSFT Target

Rank	Judoka	Level	VO2 Max
1	Joshua Trafford	13 - 1	58.5
2	Dominic Naylor	12 - 5	55.1
3	William Johnson	12 - 4	54.8
4	Alfie Walsh	12 - 1	54.1
4	Kyle Sweet	12 - 1	54.1

Rank	Judoka	Level	VO2 Max
1	Kyle Sweet	14 - 1	60.9
2	William Johnson	13 - 9	59.5
3	Thomas Johnson	12 - 12	57
4	Reece Sandy	12 - 10	56.4
5	Sam Hall	12 - 6	55.3

Benchmark Target Level	Benchmark Target VO2 Max
9 - 5	44.8

Press Up Test

Test 1 : 7/8 November 2009

Test 2 : 14 February 2010

Press Up Target

Rank	Judoka	Level	Press Ups Completed
1	Sam Hall	16 - 2	122
2	Thomas Johnson	14 - 5	96
3	Reece Sandy	14 - 4	95
4	Kyle Sweet	13 - 11	89
5	Austin Jones	13 - 5	83

Rank	Judoka	Level	Press Ups Completed
1	Sam Hall	16 - 16	136
2	Reece Sandy	16 - 5	125
3	Liam Tarandij	15 - 12	117
4	Kyle Sweet	14 - 5	96
5	William Johnson	13 - 12	90

Benchmark Target Level	Benchmark Target No. of Press Ups
10 - 5	50

Vertical Jump Test

Test 1 : 7/8 November 2009

Test 2 : 14 February 2010

VJ Target

Rank	Judoka	CM	Rating
1	Mathew Kavanagh	51.2	Average
2	Kyle Clark-Halewood	49.1	Poor
3	Dominic Naylor	47.5	Poor
4	Kyle Myres	47.1	Poor
5	Jordon Ivory Birtles	46.3	Poor

Rank	Judoka	CM	Rating
1	Austin Jones	46.6	Poor
2	Michael Dean	46.1	Poor
3	Jordon Ivory Birtles	45.8	Poor
4	Peter Vincent	45.2	Poor
5	Stephen Telfer	42.2	Poor

Benchmark Target Level
50

Sit and Reach Test

Test 1 : 7/8 November 2009

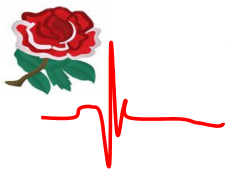
Test 2 : 14 February 2010

S&R Target

Rank	Judoka	CM	Rating
1	Ben Urban	45	Excellent
2	Daniel Woodhouse	39.5	Good
3	William Johnson	38	Good
4	Jordon Ivory Birtles	37.5	Good
5	Kyle Myres	37	Good

Rank	Judoka	CM	Rating
1	Peter Vincent	38.5	Good
2	Luke Meadows	35	Good
3	William Johnson	34	Good
3	Jordon Ivory Birtles	34	Good
5	Reece Sandy	32	Average

Benchmark Target Level
29



England Talent Squad Testing Data

CADET GIRLS

TOP 5 RANKINGS PER TEST

Multistage Fitness Test

Test 1 : 7/8 November 2009

Rank	Judoka	Level	VO2 Max
1	Freya De Chastelain	11 - 5	51.6
2	Natasha Stevens	10 - 7	50
3	Lucy Renshall	10 - 5	48.3
4	Jennifer Morris	10 - 5	48.3
5	Jemima Duxberry	9 - 9	46.1

Test 2 : 14 February 2010

Rank	Judoka	Level	VO2 Max
1	Lucy Renshall	12 - 5	55
2	Freya De Chastelain	12 - 3	54.4
3	Natashe Stevens	11 - 9	52.6
4	Katie Gabbitas	11 - 3	50.8
5	Jennifer Morris	10 - 8	49

MSFT Target

Benchmark Target Level	Benchmark Target VO2 Max
8 - 0	40.2

Press Up Test

Test 1 : 7/8 November 2009

Rank	Judoka	Level	Press Ups Completed
1	Hayley Willis	15 - 15	120
2	Katie Gabbitas	13 - 6	84
3	Lucy Renshall	12 - 11	77
4	katie-Jemima Yates-Brown	12 - 2	68
5	Jennifer Morris	11 - 9	64

Test 2 : 14 February 2010

Rank	Judoka	Level	Press Ups Completed
1	Hayley Willis	15 - 12	117
2	Freya De Chastelain	14 - 7	98
3	Lucy Renshall	14 - 5	96
4	Bekky Livesey	14 - 4	95
5	Katie Gabbitas	14 - 3	94

Press Up Target

Benchmark Target Level	Benchmark Target No. of Press Ups
9 - 1	37

Vertical Jump Test

Test 1 : 7/8 November 2009

Rank	Judoka	CM	Rating
1	Abigail Walker	42.6	Average
2	Bekky Livesey	40.4	Average
3	Lucy Renshall	40.2	Average
4	Jennifer Morris	39.5	Poor
5	Charlotte Start	39	Poor

Test 2 : 14 February 2010

Rank	Judoka	CM	Rating
1	Bekky Livesey	45.5	Average
2	Jennifer Morris	38.1	Poor
3	Natasha Stevens	37.9	Poor
4	Jessica Black	37.5	Poor
5	Jemima Duxberry	36.8	Poor

VJ Target

Benchmark Target Level
40

Sit and Reach Test

Test 1 : 7/8 November 2009

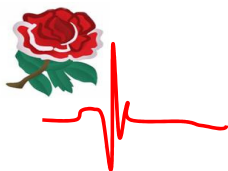
Rank	Judoka	CM	Rating
1	Katie-Jemima Yates-Brown	44	Excellent
2	Kirsty Guest	40	Good
3	Hannah Lewis	38	Good
4	Charlotte Stark	37.5	Good
5	Laura Grocock	34	Average
5	Lucy Renshall	34	Average

Test 2 : 14 February 2010

Rank	Judoka	CM	Rating
1	Katie-Jemima Yates-Brown	44	Excellent
2	Hayley Willis	39.5	Good
3	Jessica Black	37	Good
4	Hannah Lewis	37	Good
5	Lucy Renshall	35	Average

S&R Target

Benchmark Target Level
32



England Talent Squad Testing Data

JUNIOR BOYS

TOP 5 RANKINGS PER TEST

Multistage Fitness Test

Test 1 : 7/8 November 2009

Rank	Judoka	Level	VO2 Max
1	Lewis Keeble	14 - 2	61.1
2	Casey Belsey	13 - 11	60.1
3	Adam Conroy	13 - 10	59.8
4	Andrew Panayi	13 - 9	59.5
5	Dane Mitchell	13 - 1	57.3

Test 2 : 14 February 2010

Rank	Judoka	Level	VO2 Max
1	Kane Charig	15 - 2	64.7
2	Shaun Holt	14 - 5	62
3	Joshua Hill	14 - 2	61.2
3	Zair Karimov	14 - 2	61.2
5	Andrew Panayi	13 - 7	59

MSFT Target

Benchmark Target Level	Benchmark Target VO2 Max
10 - 5	48.1

Press Up Test

Test 1 : 7/8 November 2009

Rank	Judoka	Level	Press Ups Completed
1	Lucas Rowe	17 - 16	152
2	Owen Livesey	17 - 15	151
3	Nick James	17 - 13	149
4	Alex Jones	17 - 12	148
5	Dane Mitchell	16 - 15	135

Test 2 : 14 February 2010

Rank	Judoka	Level	Press Ups Completed
1	Lucas Rowe	19 - 8	179
2	Daniel Lyon	17 - 8	144
3	Shaun Holt	16 - 6	142
4	Andrew Panayi	16 - 2	122
5	James Gallagher	15 - 4	109

Press Up Target

Benchmark Target Level	Benchmark Target No. of Press Ups
11 - 5	60

Vertical Jump Test

Test 1 : 7/8 November 2009

Rank	Judoka	CM	Rating
1	Jack Kelly	62	Excellent
2	Shaun Holt	57	Good
3	Charlie Bizley	56	Good
4	Lewis Keeble	54.6	Average
5	Dane Mitchell	53	Average
5	Philip Awiti-Alvarez	53	Average
5	Taylor Bell	53	Average

Test 2 : 14 February 2010

Rank	Judoka	CM	Rating
1	Shaun Holt	56	Good
2	Adam Taleb-Bendiab	53.8	Average
3	Charlie Bizley	51.6	Average
3	Ben Fletcher	51.6	Average
5	Taylor Bell	50.7	Average

VJ Target

Benchmark Target Level
56

Sit and Reach Test

Test 1 : 7/8 November 2009

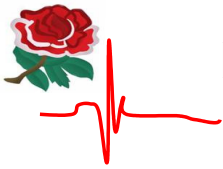
Rank	Judoka	CM	Rating
1	Paul Koenig	44	Excellent
2	Max Stewart	44	Excellent
3	Lewis Keeble	43	Excellent
4	Zair Karimov	41	Excellent
5	Joe Wathan	40	Excellent
5	Sam Hughes	40	Excellent
5	Joe Wathan	40	Excellent

Test 2 : 14 February 2010

Rank	Judoka	CM	Rating
1	Max Stewart	44	Excellent
2	Zair Karimov	41	Excellent
3	Sam Hughes	40	Excellent
4	Adam Taleb-Bendiab	38	Good
4	Joe Wathan	38	Good

S&R Target

Benchmark Target Level
34



England Talent Squad Testing Data

JUNIOR GIRLS

TOP 5 RANKINGS PER TEST

Multistage Fitness Test

Test 1 : 7/8 November 2009

Rank	Judoka	Level	VO2 Max
1	Emily Hickman	10 - 8	49
2	Amelia Cook	10 - 7	48.7
3	Chloe Jackson	10 - 5	48.1
4	Melissa Creamer	10 - 4	47.8
5	Amy Thompson	10 - 1	46.9

Test 2 : 14 February 2010

Rank	Judoka	Level	VO2 Max
1	Emily Hickman	11 - 3	50.8
1	Chloe Jones	11 - 3	50.8
3	Amy Thompson	11 - 2	50.5
4	Sophie Sandy	10 - 7	48.7
5	Vikki McKay	10 - 6	44.8

MSFT Target

Benchmark Target Level	Benchmark Target VO2 Max
8 - 0	40.2

Press Up Test

Test 1 : 7/8 November 2009

Rank	Judoka	Level	Press Ups Completed
1	Sophie Sandy	15 - 7	112
2	Stephanie Hahn	12 - 12	78
3	Chloe Jones	12 - 11	77
4	Chloe Jackson	12 - 4	70
5	Lorraine Grocock	11 - 9	64

Test 2 : 14 February 2010

Rank	Judoka	Level	Press Ups Completed
1	Sophie Sandy	15 - 9	114
2	Stephanie Hahn	13 - 4	82
3	Amy Livesey	13 - 4	82
4	Lauren Jackson	11 - 10	65
5	Emily Hickman	11 - 8	63
5	Vikki McKay	11 - 8	63

Press Up Target

Benchmark Target Level	Benchmark Target No. of Press Ups
9 - 1	37

Vertical Jump Test

Test 1 : 7/8 November 2009

Rank	Judoka	CM	Rating
1	Chloe Jackson	48.7	Good
2	Charlotte Wraith	40.5	Average
3	Amy Livesey	39.7	Poor
4	Jordon Doherty	39.2	Poor
5	Kerry Ford	38.3	Poor

Test 2 : 14 February 2010

Rank	Judoka	CM	Rating
1	Megan Evens	39.2	Poor
2	Sophie Sandy	38.3	Poor
3	Amy Thompson	37.3	Poor
4	Rebecca Elrich	36.9	Poor
5	Lauren Jackson	36.4	Poor

VJ Target

Benchmark Target Level
46

Sit and Reach Test

Test 1 : 7/8 November 2009

Rank	Judoka	CM	Rating
1	Charlotte Wraith	46	Excellent
2	Isobel Routledge	43	Excellent
3	Kerry Ford	41.5	Good
4	Holly Harrison	41.5	Good
5	Sophie Pang	38.5	Good

Test 2 : 14 February 2010

Rank	Judoka	CM	Rating
1	Sophie Sandy	48	Excellent
2	Kerry Ford	43	Excellent
3	Megan Evens	42	Excellent
4	Jade Williams	39.5	Good
5	Stephanie Hahn	38	Good
5	Lauren Jackson	38	Good

S&R Target

Benchmark Target Level
37