

# BEEP TEST RESULTS 2010/2011

Players Name	Age	Height (cm)	Weight (kg)	20 M Sprint											505 Agility (Left)		
				5 M			AVG	10 M			AVG	20 M			AVG	Test 1	Test 2
Amanda Korinihona	17	1.56	54.90	0.68	0.87	0.60	0.72	1.81	1.89	1.46	1.72	2.97	3.21	2.90	3.03	2.75	2.62
Lorish Puluspene	14	1.62		1.12	1.24	1.18	1.18	2.23	2.09	2.16	2.16	3.80	3.48	3.55	3.61	2.94	2.87
Lorraine Bainimataku	15	1.54		1.06	1.12	1.18	1.12	1.96	2.02	2.18	2.05	3.72	3.52	3.51	3.58	2.76	2.87
Tito Bira	15	1.62		1.12	1.12	1.00	1.08	2.11	2.02	2.02	2.05	3.79	3.27	3.60	3.55	2.81	2.93
Terry Lee Rush Jnr	13										####				####		
Diva Reddy	18										####				####		
Tony O'Connell	17										####				####		
Annie Shannon	14	1.77		1.19	1.13	1.30	1.21	2.00	2.22	2.19	2.14	4.00	3.77	3.66	3.81	3.12	2.60
Marcia Tere Apisah	15										####				####		
Chris Hargrove	16										####				####		
Luke Paeni	17	1.71	59.70	1.06	0.93	1.00	1.00	1.96	2.01	1.85	1.94	2.72	3.25	2.76	2.91	2.55	2.50
Tarani Kamoe	15	1.70	59.50	1.14	1.26	1.18	1.19	1.95	2.19	2.07	2.07	3.25	3.52	3.48	3.42	2.68	2.87
Ruby	10	1.43		1.14	1.25	1.16	1.18	2.01	2.12	2.26	2.13	3.20	3.61	3.71	3.51	2.93	3.06
Tiernan Breen	11	1.52		1.25	1.37	1.17	1.26	2.19	2.17	2.26	2.21	3.49	3.41	3.80	3.57	2.89	2.93
Mulan Kamoe	11										####				####		
Junior Benjamin	11	1.46		1.12	1.19	1.18	1.16	2.26	2.09	2.06	2.14	3.65	3.60	3.59	3.61	2.87	2.94
Vinda Teally	12	1.45		1.05	1.18	1.12	1.12	2.13	2.14	2.39	2.22	3.76	3.85	3.92	3.84	3.07	3.01
	Vertical Jump (2 Feet)	Vetical Jump (Left foot only)	Vetical Jump (Right foot only)		Reach	Repeated Sprint ability Test											
						1	2	3	4	4	5	6	7	8	9		
Amanda Korinihona	2.55	2.32	2.34		2.00	3.25	3.29	3.53	3.37	3.37	3.39	3.57	3.69	3.51	3.49		
Lorish Puluspene	2.37	2.26	2.28		2.04	3.26	3.99	4.07	4.16	4.16	4.17	4.18	4.28	4.01	4.12		
Lorraine Bainimataku	2.39	2.25	2.28		2.00	3.57	3.58	3.51	3.64	3.64	3.76	3.57	3.57	3.58	4.64		
Tito Bira	2.40	2.27	2.34		2.07	3.07	3.69	3.72	3.57	3.57	3.69	3.68	3.65	3.61	3.85		
Terry Lee Rush Jnr																	
Diva Reddy																	
Tony O'Connell																	
Annie Shannon	2.57	2.43	2.48		2.24	3.71	3.76	4.08	4.01	4.01	3.95	3.89	4.32	4.45	4.39		
Marcia Tere Apisah																	
Chris Hargrove																	
Luke Paeni	2.68	2.44	2.50		2.22	3.34	2.87	3.21	3.40	3.40	3.35	3.43	3.22	3.61	3.55		
Tarani Kamoe	2.54	2.43	2.40		2.20	3.45	3.42	3.73	3.57	3.57	3.53	3.63	3.35	3.00	3.70		
Ruby	2.17	2.03	2.11		1.86	3.39	3.64	4.14	3.83	3.83	4.14	4.02	4.01	3.70	4.20		
Tiernan Breen	2.26	2.14	2.19		2.00	4.02	4.33	4.20	4.32	4.32	4.20	3.95	4.32	4.39	4.64		
Mulan Kamoe																	
Vinda Teally	2.14	2.01	2.07		1.86	4.05	4.12	4.51	4.01	4.01	4.13	3.96	4.38	3.85	4.50		

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Junior Benjamin	2.18	2.09	2.04		1.91	3.89	4.11	3.54	4.02	4.02	3.64	4.11	4.01	3.76	3.89
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# BEEP TEST RESULTS 2010/2011

505 Agility (Right)						Mar 2010 Beep Test	Feb 2011 Beep Test	Mar 2011 Beep Test	June 2011 Beep Test	
AVG	Test 1	Test 2	AVG							
					Amanda Korinihona	9.6	4.7	10.90	10.4	
2.69	2.75	2.75	2.75		Lorish Puluspene	7.3	6.3	8.30	7.2	
2.91	3.02	2.93	2.98		Lorraine Bainimataku	7.3	6.5	7.70	8.8	
2.82	2.76	2.87	2.82		Tito Bira	6.6	9.6	10.20	9.6	
2.87	2.68	2.81	2.75		Terry Lee Rush Jnr	6.6	8.6	10.20		
####			####		Diva Reddy					
####			####		Tony O'Connell		10.0			
####			####		Tarani Kamoe	8.3	8.1	9.10	9.5	
2.86	2.94	2.93	2.94		Annie Shannon	8.0	6.3	7.10	7.2	
####			####		Marcia Tere Apisah	7.1	6.1	7.50		
####			####		Chris Hargrove	10.1	11.6	11.40	13	
2.53	2.44	2.50	2.47		Luke Paeni	12.7	13.3	13.90	14	
2.78	2.80	2.87	2.84		Ruby				7.2	
3.00	2.70	2.98	2.84		Tiernan Breen					
2.91	2.99	3.06	3.03		Mulan Kamoe					
####			####		Vinda Teally				7.2	
2.91	2.81	2.81	2.81							
3.04	2.99	3.06	3.03		Junior Benjamin					

		Total Time	% Decrease over time	Jump Height - Reach			Running in the morni	
10				Jump Height - 2 Feet	Jump Left	Jump Right	Name	4km 11 Mar 2011
3.47		37.93	-47.75	0.55	0.32	0.34	Amanda Korinihona	
3.94		44.34	-29.18	0.33	0.22	0.24	Lorish Puluspene	25.17
3.84		40.90	-46.39	0.39	0.25	0.28	Lorraine Bainimataku	25.44
3.61		39.71	-37.60	0.33	0.20	0.27	Tito Bira	20.56
		0.00	#DIV/0!	0.00	0.00	0.00	Terry Lee Rush Jnr	
		0.00	#DIV/0!	0.00	0.00	0.00	Diva Reddy	19.47
		0.00	#DIV/0!	0.00	0.00	0.00	Tony O'Connell	
4.33		44.90	-37.73	0.33	0.19	0.24	Annie Shannon	25.27
		0.00	#DIV/0!	0.00	0.00	0.00	Marcia Tere Apisah	23.33
		0.00	#DIV/0!	0.00	0.00	0.00	Chris Hargrove	19.23
3.01		36.39	-55.39	0.46	0.22	0.28	Luke Paeni	18.27
3.68		38.63	-50.68	0.34	0.23	0.20	Tarani Kamoe	21.52
4.01		42.91	-36.09	0.31	0.17	0.25	Ruby	
4.01		46.70	-39.38	0.26	0.14	0.19	Tiernan Breen	
		0.00	#DIV/0!	0.00	0.00	0.00	Mulan Kamoe	
4.38		45.90	-42.34	0.28	0.15	0.21	Vinda Teally	

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4.05		43.04	-47.34	0.27	0.18	0.13	Junior Benjamin		
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