

Ping Test

1	Catherine Webber	6.75
2	Anna Sless	6.83
3	Sam Lowe	7.1
4	Grace Reid	7.21
5	Keir Stewart	7.25
6	Courtney Ross	7.35
7	Olivia Martin	7.4
8	Fraser Allardice	7.44
9	Harris Hamilton	7.46
10	Emily Martin	7.5
11	Holly Tinkler	7.51
12	Daisy Forbes	7.55
13	Amy Steele	7.6
14	Rebecca Graham	7.61
15	Katie Talbot	7.63
16	Laura Smith	7.65
17	Charlotte Briggs	7.8
17=	Sophie Stewart	7.8
19=	Finlay McCall	7.9
19=	Victoria Smart	7.9
19=	Robin Robeson	7.9
22	Leona Scott	7.95
23	Sammy Forbes	8.01
24=	Erin MacInnes	8.1
24=	Struan McCall	8.1
26	James Heatly	8.2
27	Katie Steele	8.22
28	Ailsa Trundle	8.3
29	Rebecca Stevenson	8.7
30	Sarah Lowry	8.71
31=	Amber Foster	8.9
31=	Madeleine Finlayson	8.9
33	Rosy Crandles	9
34	Ben Campbell	9.1
35=	Keanna Macinnes	9.3
35=	Ramsay McCall	9.3
37	Sean Flynn	9.5
38	Cameron Forrest	9.9
39	Joe Crandles	10.1
40	Aaron Daly	10.3
41	Anna Flynn	10.8
42	Murray Cheyne	11.8
43	Archie Beetham	14.5
44	Cameron Brown	
45	Thomas Brown	
46	Toby Harris	
47	Jack Hinks	
48	Dale Rodger	
49	Jake Williamson	

Sit ups in 45 seconds

1	Emily Martin	51
2=	Catherine Webber	48
2=	Rebecca Graham	48
2=	Victoria Smart	48
5=	Charlotte Briggs	47
5=	Holly Tinkler	47
7	Anna Sless	46
8=	Katie Talbot	45
8=	Daisy Forbes	45
8=	Laura Smith	45
8=	Fraser Allardice	45
8=	Keir Stewart	45
13	Ben Campbell	44
14	Erin MacInnes	42
15=	Olivia Martin	41
15=	Sean Flynn	41
17	Cameron Forrest	40
18=	Grace Reid	38
18=	Amber Foster	38
18=	Struan McCall	38
21	Madeleine Finlayson	37
22	Amy Steele	36
23=	James Heatly	35
23=	Robin Robeson	35
25=	Keanna Macinnes	34
25=	Sophie Stewart	34
27=	Aaron Daly	33
27=	Sammy Forbes	33
27=	Sarah Lowry	33
30=	Sam Lowe	32
30=	Rebecca Stevenson	32
30=	Finlay McCall	32
30=	Harris Hamilton	32
34	Courtney Ross	31
34=	Leona Scott	31
36	Rosy Crandles	30
37	Katie Steele	29
38=	Archie Beetham	28
38=	Ailsa Trundle	28
40	Ramsay McCall	27
41	Murray Cheyne	26
42	Joe Crandles	26
43	Anna Flynn	24
44	Cameron Brown	
45	Thomas Brown	
46	Toby Harris	
47	Jack Hinks	
48	Dale Rodger	
49	Jake Williamson	

Pike ups in 20 seconds

1	Anna Sless	27
2=	Holly Tinkler	26
2=	Sam Lowe	26
4=	Catherine Webber	25
4=	Grace Reid	25
6=	Rebecca Graham	24
6=	Keir Stewart	24
8	Emily Martin	23
9=	Charlotte Briggs	22
9=	Daisy Forbes	22
11=	Courtney Ross	21
11=	Katie Talbot	21
11=	Laura Smith	21
11=	Olivia Martin	21
11=	Sophie Stewart	21
11=	Fraser Allardice	21
17	Amy Steele	20
18=	Amber Foster	18
18=	Sammy Forbes	18
20=	Struan McCall	17
20=	Madeleine Finlayson	17
20=	Sarah Lowry	17
23=	Erin MacInnes	16
23=	Robin Robeson	16
25=	Keanna Macinnes	15
25=	Victoria Smart	15
25=	James Heatly	15
25=	Harris Hamilton	15
29=	Anna Flynn	12
29=	Ben Campbell	12
29=	Cameron Forrest	12
29=	Sean Flynn	12
33	Joe Crandles	11
34=	Murray Cheyne	10
34=	Rebecca Stevenson	10
36=	Aaron Daly	8
36=	Ramsay McCall	8
36=	Rosy Crandles	8
39=	Ailsa Trundle	7
39=	Archie Beetham	7
39=	Leona Scott	7
42	Finlay McCall	5
43	Katie Steele	0
44	Cameron Brown	
47	Dale Rodger	
49	Jack Hinks	
50	Jake Williamson	
52	Thomas Brown	
53	Toby Harris	

Long Jump

1	Sam Lowe	306
2	Keir Stewart	269
3	Harris Hamilton	261
4	Rebecca Graham	255
5	Grace Reid	251
6	Charlotte Briggs	249
7	Fraser Allardice	241
8	Victoria Smart	231
9	Katie Talbot	227
10	Olivia Martin	226
11	Daisy Forbes	225
12=	Anna Sless	222
12=	Laura Smith	222
14	Emily Martin	220
15	Catherine Webber	219
16=	Ben Campbell	215
16=	Finlay McCall	215
18=	Courtney Ross	213
18=	Sarah Lowry	213
20=	Sean Flynn	212
20=	Robin Robeson	212
22=	Sammy Forbes	210
23=	Sophie Stewart	210
24	Cameron Forrest	209
25	James Heatly	206
26=	Struan McCall	205
26=	Erin MacInnes	205
28	Ailsa Trundle	203
29	Amy Steele	202
30	Rebecca Stevenson	199
31=	Leona Scott	198
31=	Katie Steele	198
33	Archie Beetham	186
34	Amber Foster	183
35	Madeleine Finlayson	179
36=	Keanna Macinnes	169
36=	Murray Cheyne	169
38	Joe Crandles	168
39	Aaron Daly	165
40	Anna Flynn	146
41	Ramsay McCall	141
42	Holly Tinkler	0
43	Cameron Brown	
45	Thomas Brown	
46	Rosy Crandles	
47	Jack Hinks	
48	Dale Rodger	
49	Jake Williamson	
50	Toby Harris	

Hanging Pike ups (time for 10)

1	Holly Tinkler	10	15.01
2	Anna Sless	10	15.1
3	Catherine Webber	10	15.5
4	Rebecca Graham	10	18.46
5	Grace Reid	10	27.03
6	Emily Martin	10	41.3
7	Katie Talbot	10	42.34
8	Charlotte Briggs	6	
9	Courtney Ross	4	
10	James Heatly	0	
11	Fraser Allardice	not yet tested	
12	Archie Beetham	"	
13	Cameron Brown	"	
14	Thomas Brown		
15	Ben Campbell		
16	Murray Cheyne		
17	Joe Crandles		
18	Rosy Crandles		
19	Sophie Stewart		
20	Aaron Daly		
21	Madeleine Finlayson		
22	Anna Flynn		
23	Sean Flynn		
24	Daisy Forbes		
25	Sammy Forbes		
26	Cameron Forrest		
27	Amber Foster		
28	Ailsa Trundle		
29	Jake Williamson		
30	Harris Hamilton		
31	Toby Harris		
32	Jack Hinks		
33	Sam Lowe		
34	Sarah Lowry		
35	Erin MacInnes		
36	Keanna Macinnes		
37	Finlay McCall		
38	Ramsay McCall		
39	Struan McCall		
40	Olivia Martin		
41	Robin Robeson		
43	Dale Rodger		
44	Leona Scott		
45	Victoria Smart		
46	Laura Smith		
47	Amy Steele		
48	Katie Steele		
49	Rebecca Stevenson		
50	Keir Stewart		

Forward somersault tucked

1	Rebecca Graham	10
2	Emily Martin	9.5
3=	Anna Sless	9
3=	Ben Campbell	9
3=	Grace Reid	9
3=	James Heatly	9
7=	Charlotte Briggs	8.5
7=	Sam Lowe	8.5
7=	Harris Hamilton	8.5
7=	Keir Stewart	8.5
11=	Catherine Webber	8
11=	Katie Talbot	8
11=	Fraser Allardice	8
14	Laura Smith	7.5
15=	Courtney Ross	7
15=	Daisy Forbes	7
15=	Sammy Forbes	7
18=	Holly Tinkler	6.5
18=	Olivia Martin	6.5
18=	Sophie Stewart	6.5
18=	Victoria Smart	6.5
18=	Cameron Forrest	6.5
18=	Robin Robeson	6.5
18=	Sarah Lowry	6.5
25=	Amber Foster	6
25=	Sean Flynn	6
27=	Ailsa Trundle	5.5
27=	Amy Steele	5.5
27=	Erin MacInnes	5.5
27=	Finlay McCall	5.5
27=	Rebecca Stevenson	5.5
27=	Aaron Daly	5.5
27=	Keanna Macinnes	5.5
34=	Rosy Crandles	5
34=	Struan McCall	5
34=	Archie Beetham	5
34=	Joe Crandles	5
34=	Madeleine Finlayson	5
34=	Murray Cheyne	5
40	Ramsay McCall	4.5
41	Anna Flynn	4
43	Leona Scott	4
43	Katie Steele	3
45	Cameron Brown	
47	Dale Rodger	
49	Jack Hinks	
50	Jake Williamson	
52	Thomas Brown	
53	Toby Harris	

Forward somersault piked

1	Amber Foster	10
1	Anna Sless	10
1	Catherine Webber	10
1	Charlotte Briggs	10
1	Emily Martin	10
1	Fraser Allardice	10
1	Grace Reid	10
1	Holly Tinkler	10
1	James Heatly	10
1	Katie Talbot	10
1	Keir Stewart	10
1	Laura Smith	10
1	Olivia Martin	10
1	Rebecca Graham	10
1	Sammy Forbes	10
1	Sophie Stewart	10
17	Victoria Smart	9.5
18	Amy Steele	9
18	Daisy Forbes	9
20	Ben Campbell	8.5
21	Cameron Forrest	8
22	Sam Lowe	7.5
22	Harris Hamilton	7.5
24	Ailsa Trundle	7
24	Erin MacInnes	7
26	Finlay McCall	6.5
26	Keanna Macinnes	6.5
26	Sarah Lowry	6.5
29	Courtney Ross	6
29	Rebecca Stevenson	6
29	Rosy Crandles	6
29	Aaron Daly	6
29	Sean Flynn	6
34	Murray Cheyne	5.5
34	Robin Robeson	5.5
36	Madeleine Finlayson	5
37	Joe Crandles	4
37	Leona Scott	4
39	Struan McCall	3.5
39	Anna Flynn	3.5
39	Archie Beetham	3.5
39	Katie Steele	3.5
44	Ramsay McCall	3
45	Cameron Brown	
47	Dale Rodger	
49	Jack Hinks	
50	Jake Williamson	
52	Thomas Brown	
53	Toby Harris	

Armstand Hold

1	Grace Reid	12.1
2	Holly Tinkler	10.5
3	Catherine Webber	9.1
4	Olivia Martin	7.4
5	Emily Martin	7.1
6	Fraser Allardice	6.63
7	Cameron Forrest	6.6
8	Struan McCall	5.6
9	Katie Talbot	5.3
10	Charlotte Briggs	5.1
11	Harris Hamilton	5.05
12	James Heatly	4
13	Anna Sless	3.4
14	Rosy Crandles	3.2
15=	Sam Lowe	3.1
15=	Victoria Smart	3.1
15=	Robin Robeson	3.1
18	Finlay McCall	2.9
19	Courtney Ross	2.8
20	Daisy Forbes	2.6
21	Aaron Daly	2.5
22=	Ben Campbell	2.4
22=	Rebecca Stevenson	2.4
24	Keir Stewart	2.37
25=	Laura Smith	2.3
25=	Madeleine Finlayson	2.3
27	Archie Beetham	2.29
28	Sarah Lowry	2.27
28	Erin MacInnes	2.25
30	Sophie Stewart	2.23
31	Leona Scott	2.01
32=	Amber Foster	1.9
32=	Amy Steele	1.9
33	Sammy Forbes	1.77
34=	Ramsay McCall	1.72
34=	Sean Flynn	1.72
37	Rebecca Graham	1.61
38	Joe Crandles	1.6
39	Anna Flynn	1.6
40	Katie Steele	1.51
41	Keanna Macinnes	1.4
42	Ailsa Trundle	1.4
43	Murray Cheyne	0
44	Cameron Brown	
45	Thomas Brown	
46	Jake Williamson	
47	Jack Hinks	
48	Dale Rodger	
49		

Armstand Press Ups (Max)

1=	Rebecca Graham	20
1=	Grace Reid	20
1=	Keir Stewart	20
4=	Anna Sless	16
4=	Sam Lowe	16
6	Katie Talbot	15
7	Emily Martin	14
8=	Charlotte Briggs	12
8=	James Heatly	12
10=	Catherine Webber	11
10=	Ben Campbell	11
10=	Fraser Allardice	11
13=	Holly Tinkler	10
13=	Cameron Forrest	10
13=	Erin MacInnes	10
13=	Olivia Martin	10
13=	Sean Flynn	10
18	Daisy Forbes	8
19=	Courtney Ross	6
19=	Aaron Daly	6
19=	Madeleine Finlayson	6
22=	Keanna Macinnes	5
22=	Laura Smith	5
24=	Struan McCall	4
24=	Amy Steele	4
26=	Amber Foster	3
26=	Victoria Smart	3
26=	Harris Hamilton	3
29=	Anna Flynn	2
29=	Sammy Forbes	2
29=	Sarah Lowry	2
29=	Sophie Stewart	2
29=	Leona Scott	2
34=	Archie Beetham	1
34=	Rosy Crandles	1
36	Murray Cheyne	0
37	Joe Crandles	0
38	Ramsay McCall	0
39	Finlay McCall	0
40	Rebecca Stevenson	0
41	Ailsa Trundle	0
42	Katie Steele	0
43	Cameron Brown	
44	Thomas Brown	
45	Jake Williamson	
46	Jack Hinks	
47	Robin Robeson	
48	Dale Rodger	
49		

Back Tuck Kick Outs

Ailsa Trundle	4
Amber Foster	4
Amy Steele	4
Anna Sless	4
Ben Campbell	4
Catherine Webber	4
Charlotte Briggs	4
Daisy Forbes	4
Emily Martin	4
Erin MacInnes	4
Finlay McCall	4
Fraser Allardice	4
Grace Reid	4
Holly Tinkler	4
James Heatly	4
Katie Steele	4
Katie Talbot	4
Keanna Macinnes	4
Keir Stewart	4
Laura Smith	4
Leona Scott	4
Madeleine Finlayson	4
Olivia Martin	4
Rebecca Graham	4
Rebecca Stevenson	4
Robin Robeson	4
Rosy Crandles	4
Sam Lowe	4
Sammy Forbes	4
Sarah Lowry	4
Sean Flynn	4
Sophie Stewart	4
Struan McCall	4
Victoria Smart	4
Harris Hamilton	3.5
Aaron Daly	3
Cameron Forrest	3
Ramsay McCall	3
Anna Flynn	2
Archie Beetham	2
Courtney Ross	2
Joe Crandles	2
Murray Cheyne	1
Cameron Brown	
Dale Rodger	
Jack Hinks	
Jake Williamson	
Thomas Brown	
Toby Harris	

Prone Entry Position

Amber Foster	4
Amy Steele	4
Anna Sless	4
Ben Campbell	4
Cameron Forrest	4
Catherine Webber	4
Charlotte Briggs	4
Daisy Forbes	4
Fraser Allardice	4
Grace Reid	4
Harris Hamilton	4
Holly Tinkler	4
James Heatly	4
Joe Crandles	4
Katie Steele	4
Katie Talbot	4
Keanna Macinnes	4
Keir Stewart	4
Laura Smith	4
Leona Scott	4
Madeleine Finlayson	4
Rebecca Graham	4
Rebecca Stevenson	4
Robin Robeson	4
Sophie Stewart	4
Victoria Smart	4
Aaron Daly	3
Courtney Ross	3
Murray Cheyne	3
Ramsay McCall	3
Rosy Crandles	3
Sammy Forbes	3
Sarah Lowry	3
Struan McCall	3
Ailsa Trundle	2
Anna Flynn	2
Archie Beetham	2
Emily Martin	2
Erin MacInnes	2
Finlay McCall	2
Olivia Martin	2
Sam Lowe	2
Sean Flynn	1
Cameron Brown	
Dale Rodger	
Jack Hinks	
Jake Williamson	
Thomas Brown	
Toby Harris	

Sitting Pike Fold

Amy Steele	10
Anna Sless	10
Emily Martin	10
Erin MacInnes	10
Laura Smith	10
Ben Campbell	9.5
Catherine Webber	9.5
Madeleine Finlayson	9.5
Rebecca Graham	9.5
Sammy Forbes	9.5
Aaron Daly	9
Amber Foster	9
Charlotte Briggs	9
Daisy Forbes	9
Grace Reid	9
Holly Tinkler	9
Katie Talbot	9
Keanna Macinnes	9
Keir Stewart	9
Robin Robeson	9
Sarah Lowry	9
Sean Flynn	9
Sophie Stewart	9
Victoria Smart	9
Archie Beetham	8.5
Courtney Ross	8.5
Leona Scott	8.5
Murray Cheyne	8.5
Olivia Martin	8.5
Ailsa Trundle	8
Cameron Forrest	8
James Heatly	8
Rebecca Stevenson	8
Finlay McCall	7.5
Rosy Crandles	7.5
Fraser Allardice	7.5
Anna Flynn	7
Harris Hamilton	6.5
Joe Crandles	6
Struan McCall	6
Sam Lowe	5.5
Ramsay McCall	5
Katie Steele	5
Cameron Brown	
Dale Rodger	
Jack Hinks	
Jake Williamson	
Thomas Brown	
Toby Harris	