

Stevenage Phoenix - bleep (multistage) fitness test results

Name	10/02/2024	17/02/2024
Wayne Simmons	8.2 (40.5)	
Russ Wingfield	10.2 (47.4)	
Phil Gover	8.10 (43.2)	
Darren Gilbert		7.5 (38.14)
James Woodcock		9.8 (45.88)

Results above show the test level and shuttle with the indicative VO2 shown in brackets.

Eg 7-3 (37.8) shows someone has reached level 7 and stopped in the third shuttle in that level. A VO2 of 37.8 is indicated.