

Core Strength Testing					
Squad Member	13/10/08	8/12/08	2/02/09	20/04/09	21/09/09
Push-Ups					
Alex Barry			39		
Alice Haynes			25		
Amanda Ahrens			7	20	
Andy Pinsent					49
Anne Costello			21		
Anthea Howard			0	2	
Belinda Daniels				20	
Bess Brownjohn			10	15	
Brad Hector			57	71	
Bridie O'Connor					4
Carol Russell		40	49	51	
Chris Steger			60	66	
Claire Lipman				10	
Dale Symons			45		
Danielle Raynor				20	
David Sangster	90	110			
Eliza Brabyn	20				
Ewen Larsen				38	
Faye Jenner	50	58	60		
Fumi Burnett				7	
Galen Gillham					27
Glen Stephenson			37		
Grant Crease			29		
Hannah Hogan					
Ivan Poznik					53
Jacqui Elliot		12			
Jason Sing					53
Jeff McGuire	52	44			
John Agyik	61	62	80		
Julie Furness	40	50	51		
Katie Dall					49
Kylie Mallitt				1	
Laura Miyakawa		26	40	33	
Lauren Reibelt			13		
Leah Neels	20	21			
Megan Daniels					22
Merinda Eckart	20	30	31		
Michael Hill		50	62		
Michael Webb		60	70		
Michelle Gray	10	6			
Nadine McMillan				7	
Nicola Savage		13	14		
Nicole Milazzo	5		9	16	3
Nigel Mather	45				
Paul Thistleton		50			
Ray Pogi	60	60			
Rebecca Thorn	20				
Richard Gray	34	44	50	34	
Rob Bognar	25				
Robyn Hansen	36			25	
Ruth Marshall	15	15	15		
Scott Budd	50		56		
Scott Reeve			36		
Simon Prebble			50		68
Stacey Rawlings	24		29		24
Steve Anderson			53		
Suzanne McCarthy	30				
Tahlia Murdock				59	
Tara Kelly				30	
Tara Purton				19	
Tim Franklin		32	42	50	51
Tim Osborne	43		45		
Vanessa Dellow		21			
Yasmin Grigaliunas					90

Core Strength Testing					
Squad Member	13/10/08	8/12/08	2/02/09	20/04/09	21/09/09
Prone Hold					
Alex Barry			4:00		
Alice Haynes			2:36		
Amanda Ahrens			1:09	1:32	
Andy Pinsent					1:30
Anne Costello			2:11		
Anthea Howard			1:20	1:12	
Belinda Daniels				1:16	
Bess Brownjohn			3:07	1:25	
Brad Hector			6:15	4:00	
Bridie O'Connor					3:05
Carol Russell		3:00	4:00	3:50	
Chris Steger			3:08	2:15	
Claire Lipman				1:06	
Dale Symons			2:34		
Danielle Raynor				1:45	
David Sangster	5:58	10:00		11:00	
Eliza Brabyn	2:10				
Ewen Larsen				2:28	
Faye Jenner	2:01	1:01	2:21		
Fumi Burnett				2:52	
Galen Gillham					1:40
Glen Stephenson			4:10		
Grant Crease			2:04		
Hannah Hogan					2:30
Ivan Poznik					2:00
Jacqui Elliot		2:00			
Jason Sing					5:10
Jeff McGuire	5:07	6:01			
John Agyik	2:00	2:30	3:00		
Julie Furness	4:53	6:30	4:30		
Katie Dall					4:15
Kylie Mallitt				0:44	
Laura Miyakawa		2:45	2:03	3:10	
Lauren Reibelt			1:36		
Leah Neels	1:16	1:41			
Megan Daniels					1:21
Merinda Eckart	1:00	3:26	2:30		
Michael Hill		3:33	5:31		
Michael Webb		3:01	3:00		
Michelle Gray	7:10	8:30			
Nadine McMillan				3:00	
Nicola Savage		5:07	4:23		
Nicole Milazzo	1:30		2:08	2:01	2:03
Nigel Mather	1:44				
Paul Thistleton		1:31			
Ray Pogi	1:08	2:00			
Rebecca Thorn	1:20				
Richard Gray	4:06	2:11	4:00	3:00	
Rob Bognar	2:40				
Robyn Hansen	2:00			2:35	
Ruth Marshall	1:12	1:06	2:08		
Scott Budd	6:05		7:00		
Scott Reeve			1:56		
Simon Prebble			2:08		3:33
Stacey Rawlings	3:04		5:15		2:20
Steve Anderson			5:11		
Tahlia Murdock				5:26	
Tara Kelly				4:00	
Tara Purton				1:32	
Suzanne McCarthy	0:55				
Tim Franklin		2:13	2:17	2:00	2:00
Tim Osborne	1:45		3:33		
Vanessa Dellow		2:36			
Yasmin Grigaliunas					3:00

Core Strength Testing					
Squad Member	13/10/08	8/12/08	2/02/09	20/04/09	21/09/09
Squat Hold					
Alex Barry			2:00		
Alice Haynes			1:30		
Amanda Ahrens			1:22	1:28	
Andy Pinsent					2:30
Anne Costello			2:00		
Anthea Howard			1:30	1:49	
Belinda Daniels				1:28	
Bess Brownjohn			1:20	2:01	
Brad Hector			2:00	2:54	
Bridie O'Connor					2:00
Carol Russell		3:00	1:50	2:30	
Chris Steger			1:07	1:45	
Claire Lipman				1:20	
Dale Symons			1:14		
Danielle Raynor				1:20	
David Sangster		2:04		2:54	
Eliza Brabyn					
Ewen Larsen				3:06	
Faye Jenner		2:45	2:35		
Fumi Burnett				1:38	
Galen Gillham					0:20
Glen Stephenson			1:22		
Hannah Hogan					1:20
Ivan Poznik					1:00
Jacqui Elliot		3:10			
Jason Sing					2:15
Jeff McGuire		2:15			
John Agyik		2:30	:45		
Julie Furness		1:40	1:07		
Katie Dall					3:36
Kylie Mallitt				1:20	
Laura Miyakawa		3:00	1:35	2:30	
Lauren Reibelt			1:36		
Leah Neels		1:45			
Megan Daniels					0:43
Merinda Eckart		2:00	1:07		
Michael Hill		4:03	5:00		
Michael Webb		2:07	2:15		
Michelle Gray		0:48			
Nadine McMillan				1:25	
Nicola Savage		3:09	2:20		
Nicole Milazzo			1:07	1:25	1:22
Nigel Mather					
Paul Thistleton		2:33			
Ray Pogi		1:32			
Rebecca Thorn					
Richard Gray		2:04	1:15	2:00	
Rob Bognar					
Robyn Hansen				1:00	
Ruth Marshall		1:00	1:15		
Scott Budd			2:00		
Scott Reeve			1:30		
Simon Prebble			2:20		2:10
Stacey Rawlings			1:15		1:10
Steve Anderson			1:25		
Tahlia Murdock				3:07	
Tara Kelly				2:30	
Tara Purton				1:30	
Tim Franklin		3:41	3:25	3:20	3:25
Tim Osborne			1:45		
Vanessa Dellow		1:52			
Yasmin Grigaliunas					2:10