

Table 2. Adjusted Mean 20mSRT performance, % change from baseline, equivalent distance completed, end running speed and number of participants: 1998-2010, adjusted for BMI and decimal age

Cohort Year	N	Boys				Girls				
		20mSRT Score (Shuttles)	% Change from Baseline [^]	Equivalent distance (m)	End running speed (km/h)	N	20mSRT score (Shuttles)	% Change from Baseline [^]	Equivalent distance (m)	End running speed (km/h)
1998-1999	1327	47.1		942	11.0	1258	34.1		682	10.0
1999-2000	1368	46.5	0.62	930	10.5	1383	34.5	0.67	690	10.0
2000-2001	1169	43.2	-1.85	864	10.5	1140	33.2	-0.67	664	10.0
2001-2002	818	43.8	-1.23	876	10.5	680	34.3	0.0	686	10.0
2002-2003	496	43.8	-1.85	876	10.5	487	32.4	-1.34	648	10.0
2003-2004	759	39.1**	-5.56	782	10.5	785	28.6**	-5.67	572	9.5
2004-2005	1383	41.5**	-3.09	830	10.5	1280	30.0**	-4.03	600	9.5
2005-2006	1073	41.5**	-3.09	830	10.5	943	29.2**	-4.50	524	9.5
2006-2007	1692	41.0**	-3.70	820	10.5	1618	28.2**	-6.04	564	9.5
2007-2008	1372	39.1**	-5.56	782	10.5	1343	27.6**	-7.38	552	9.5
2008-2009	1529	39.4**	-4.94	788	10.5	1556	26.6**	-8.05	532	9.5
2009-2010	1261	42.1**	-3.09	842	10.5	1222	29.1**	-4.50	582	9.5

* < 1998-1999, p ≤ 0.05

[^] calculated from log-transformed means.

** < 1998-1999 $p \leq 0.001$