

Table 3. Mean 20mSRT performance, % change from baseline, equivalent distance completed, end running speed and number of participants:.

2005-2010 adjusted for BMI, IMD and maturation

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)
2005-2006	809	41.5		830	10.5	815	29.2		584	9.5
2006-2007	1461	40.8	-0.32	816	10.5	1401	28.1	-1.48	562	9.5
2007-2008	1144	38.3**	-2.56	766	10.5	1149	27.1†	-2.82	542	9.5
2008-2009	1281	38.3**	-2.56	766	10.5	1310	26.4**	-3.52	528	9.5
2009-2010	1073	41.4	-0.06	828	10.5	1086	28.7	-0.70	574	9.5

** < 2005-2006, 2006-2007 & 2009-2010, $p \leq 0.01$

[^] calculated from log-transformed mean data

† < 2005-2006 & 2009-2010, $p \leq 0.01$ & 2006-2007 $p = 0.013$