



Golden Glove Champions

Month / Year	Member	Punch Count	Intensity	Avg. Velocity	Int per punch	Acceleration	Sessions	Avg. Int per session	Top Class
September 2018	Laura Michelmore	41015	201000	15.7	4.9	31.21	20	10050	CORE
October 2018	Joe Perre	58400	254200	17.5	4.4	24.87	24	10592	HIIT
November 2018	Thao Stuart	55203	306100	17	5.6	32.62	23	13309	HIIT
December 2018	Shaun Burgers	21600	160730	21	7.5	35.4	18	8929	LIFT
January 2019	Fiona Johnson	24300	125500	18	5.2	28.7	13	9654	BUTT
February 2019	Amanda Davies	58824	324500	17.5	5.5	31.5	29	11190	HIIT
March 2019	Hayley Greenwood	74500	408560	17.1	5.5	32.1	20	20428	HIIT
May 2019	Julie DeBeer	93500	494900	19	5.3	27.9	20	24745	HIIT
August 2019	Fiona Johnson (2 X GG Champ)	35800	242790	20.4	6.8	33.2	16	15174	HIIT
September 2019	Jonathan De Beer	65400	390640	19.3	6.0	30.9	23	16984	HIIT
November 2019	Jo Kerlogue	49900	317340	17.9	6.4	35.5	23	13797	CORE
Feb-20	Julie DeBeer (Coach Ray) (2 X GG Champ)	42300	273250	21.2	6.5	30.5	16	17078	BUTT

GG RULES:

1. Email scores every 7 days during competition: paul@ttfkickboxing.com
2. 5k intensity penalty per late day (no hiding scores).
3. Fair mix of classes & private sessions accepted.
4. Class routines must be followed (no extra punches).
5. Velocity over 15km ph AVG by months end.
6. No walkover winners under 200k int. Following rules, Highest Intensity wins.

Acceleration Formula: INTENSITY/P.COUNT/AVG VELOCITY X 100 = Acceleration. EG: 17240 / 2235 / 15.3 X 100 = 50.4

Red highlights are ineligible to win either due to but not limited to: Excessive private sessions, Staff member, Low velocity.

Nicknames & alias's are welcome for a bit of mystery & fun!!!!