| Rating | Males | Females |
| :--- | :--- | :--- |
| Excellent | $>90$ | $>86$ |
| Above Average | $80-90$ | $76-86$ |
| Average | $65-79.9$ | $61-75.9$ |
| Below Average | $55-64.9$ | $50-64.9$ |
| Poor | $<55$ | $<50$ |

Source: Brianmac.co.uk

