

Table 1. Comparison of age, race riding experience, anthropometric characteristics and hydration status (urine osmolality, UO) between apprentice and senior jockeys. Data are presented as means \pm SD (range). * denotes significant difference, $P < 0.05$.

	GROUP		
	Apprentices (n=17)	Senior (n=14)	T-test
Age (years)	19 \pm 2 (17 to 24)	32 \pm 7 (21 to 49)	*P=0.01
Years race riding	3 \pm 2 (1 to 8)	16 \pm 7 (5 to 33)	*P=0.01
Height (cm)	170 \pm 5 (162 to 177)	166 \pm 5 (156 to 176)	*P=0.04
Body Mass (kg)	56.2 \pm 2 (46.6 to 60.4)	56.4 \pm 3 (51.2 to 62.9)	P=0.83
Body fat (%)	13.7 \pm 2.6 (7.6 to 18.5)	12.5 \pm 1.9 (9 to 15.5)	P=0.14
Fat Mass (kg)	7.5 \pm 1.7 (3.9 to 10.4)	6.8 \pm 1.4 (4.9 to 10)	P=0.22
Fat Free Mass (kg)	46.4 \pm 2 (44 to 51.3)	45.7 \pm 3.1 (40.8 to 51.8)	P=0.48
UO (mOsmol.L ⁻¹)	816 \pm 219 (200 to 1080)	704 \pm 310 (200 to 1090)	P=0.31