

Force (N)	Length of Compression - Trial 1 (m)	Length of Compression - Trail 2 (m)
0.0	0.000	0.000
0.5	0.001	0.001
2.5	0.003	0.004
4.9	0.006	0.008
7.4	0.007	0.011
9.8	0.015	0.014
10.3	0.016	0.015
11.8	0.017	0.017
14.7	0.020	0.022
19.6	0.023	0.021
24.5	0.024	0.021
29.4	0.026	0.023
34.3	0.026	0.027
39.2	0.028	0.026
44.1	0.029	0.029
49.0	0.032	0.029
53.9	0.033	0.031
58.8	0.033	0.033

Length of Compression - Trial 3 (m) Length of Compression - Trial 4 (m)

0.000	0.000
0.001	0.002
0.003	0.003
0.008	0.008
0.011	0.011
0.014	0.023
0.014	0.014
0.019	0.018
0.019	0.018
0.023	0.020
0.022	0.022
0.025	0.023
0.027	0.025
0.028	0.028
0.030	0.029
0.029	0.029
0.031	0.031
0.034	0.034

AVE - Compression (m)

0.000

0.001

0.003

0.008

0.010

0.017

0.015

0.018

0.020

0.022

0.022

0.024

0.026

0.028

0.029

0.030

0.032

0.034

a

Trial no.	Distance (cm)	mass (kg)
1	12.3	0.00
	12.2	0.05
	12.0	0.25
	11.7	0.50
	11.6	0.75
	10.8	1.00
	10.7	1.05
	10.6	1.20
	10.3	1.50
	10.0	2.00
	9.9	2.50
	9.7	3.00
	9.7	3.50
	9.5	4.00
	9.4	4.50
	9.1	5.00
	9.0	5.50
	9.0	6.00
2	12.3	0.00
	12.2	0.05
	11.9	0.25
	11.5	0.50
	11.2	0.75
	10.9	1.00
	10.8	1.05
	10.6	1.20
	10.1	1.50
	10.2	2.00
	10.2	2.50
	10.0	3.00
	9.6	3.50
	9.7	4.00
	9.4	4.50
	9.4	5.00
	9.2	5.50
	9.0	6.00
3	12.3	0.00
	12.2	0.05
	12.0	0.25
	11.5	0.50
	11.2	0.75
	10.9	1.00
	10.9	1.05
	10.4	1.20
	10.4	1.50
	10.0	2.00
	10.1	2.50

	9.8	3.00
	9.6	3.50
	9.5	4.00
	9.3	4.50
	9.4	5.00
	9.2	5.50
	8.9	6.00
4	12.3	0.00
	12.1	0.05
	12.0	0.25
	11.5	0.50
	11.2	0.75
	10.0	1.00
	10.9	1.05
	10.5	1.20
	10.5	1.50
	10.3	2.00
	10.1	2.50
	10.0	3.00
	9.8	3.50
	9.5	4.00
	9.4	4.50
	9.4	5.00
	9.2	5.50
	8.9	6.00

a

AVE - Compression of Spring (m)	Force (N)
0.000 ± 0.001	0.0
0.001 ± 0.001	0.5
0.003 ± 0.001	2.5
0.008 ± 0.001	4.9
0.010 ± 0.001	7.4
0.017 ± 0.001	9.8
0.015 ± 0.001	10.3
0.018 ± 0.001	11.8
0.020 ± 0.001	14.7
0.022 ± 0.001	19.6
0.022 ± 0.001	24.5
0.024 ± 0.001	29.4
0.026 ± 0.001	34.3
0.028 ± 0.001	39.2
0.029 ± 0.001	44.1
0.030 ± 0.001	49.0
0.032 ± 0.001	53.9
0.034 ± 0.001	58.8

a

Trial no.	Distance (cm)	mass (kg)
1	12.3	0.00
	12.2	0.05
	12.0	0.25
	11.7	0.50
	11.6	0.75
	10.8	1.00
	10.7	1.05
	10.6	1.20
	10.3	1.50
	10.0	2.00
	9.9	2.50
	9.7	3.00
	9.7	3.50
	9.5	4.00
	9.4	4.50
	9.1	5.00
	9.0	5.50
	9.0	6.00
2	12.3	0.00
	12.2	0.05
	11.9	0.25
	11.5	0.50
	11.2	0.75
	10.9	1.00
	10.8	1.05
	10.6	1.20
	10.1	1.50
	10.2	2.00
	10.2	2.50
	10.0	3.00
	9.6	3.50
	9.7	4.00
	9.4	4.50
	9.4	5.00
	9.2	5.50
	9.0	6.00
3	12.3	0.00
	12.2	0.05
	12.0	0.25
	11.5	0.50
	11.2	0.75
	10.9	1.00
	10.9	1.05
	10.4	1.20
	10.4	1.50
	10.0	2.00
	10.1	2.50

	9.8	3.00
	9.6	3.50
	9.5	4.00
	9.3	4.50
	9.4	5.00
	9.2	5.50
	8.9	6.00
4	12.3	0.00
	12.1	0.05
	12.0	0.25
	11.5	0.50
	11.2	0.75
	10.0	1.00
	10.9	1.05
	10.5	1.20
	10.5	1.50
	10.3	2.00
	10.1	2.50
	10.0	3.00
	9.8	3.50
	9.5	4.00
	9.4	4.50
	9.4	5.00
	9.2	5.50
	8.9	6.00