

MPAC Speed Ladder

The following table shows the average per km speed of each MPAC runner at AV events in 2011. Remember that each event is of varying distance and that junior s cover less distance in their events. There aren't many surprises here . The following shows the depth that is developing within the club and reflects some special performances from our runners this year.



| Sum of Speed | | Event | | | | | | | | | | | | |
|-----------------|----------------------|-----------------------|-------------------|---------------|------------|----------|----------|----------|----------------|---------|---------|--------------|--------------|--------------|
| Sen/Jun | Gender | Name | Jells Park Relays | Balnarring XC | Flemington | Ballarat | Brimbank | Bundoora | Sandown Relays | Coliban | Burnley | Tan Relays | Grand Total | |
| Senior | Male | Hall, Cameron | 03:22 | 03:39 | 03:21 | 03:29 | 03:43 | 03:40 | 03:15 | 00:00 | 03:31 | 00:00 | 03:32 | |
| | | Does, Richard | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 03:36 | 00:00 | 03:36 |
| | | Day, Rohan | 00:00 | 03:47 | 00:00 | 00:00 | 03:53 | 03:51 | 03:32 | 00:00 | 03:47 | 03:28 | 03:47 | |
| | | Wheatley, Mike | 03:35 | 03:47 | 03:41 | 00:00 | 03:55 | 03:55 | 03:40 | 03:47 | 03:51 | 03:36 | 03:48 | |
| | | Wallace, Tim | 00:00 | 04:10 | 03:40 | 03:45 | 04:03 | 04:09 | 03:27 | 00:00 | 04:01 | 03:36 | 03:55 | |
| | | Van Der Tang, Stephen | 03:45 | 04:06 | 03:45 | 03:48 | 04:12 | 04:03 | 03:40 | 03:44 | 03:58 | 03:39 | 03:55 | |
| | | Locke, Dean | 03:50 | 04:17 | 03:50 | 04:08 | 00:00 | 04:08 | 03:24 | 03:41 | 04:03 | 00:00 | 03:58 | |
| | McGill, Scott | 04:05 | 04:14 | 03:59 | 04:04 | 00:00 | 04:25 | 03:55 | 00:00 | 00:00 | 00:00 | 04:08 | | |
| | Wilshire, Chris | 03:51 | 00:00 | 03:54 | 04:17 | 04:28 | 04:26 | 00:00 | 00:00 | 00:00 | 03:45 | 04:13 | | |
| | Staggard, Cameron | 00:00 | 00:00 | 00:00 | 04:18 | 00:00 | 04:50 | 03:49 | 00:00 | 04:15 | 03:36 | 04:18 | | |
| | Mahony, Craig | 05:50 | 06:26 | 05:54 | 00:00 | 08:15 | 06:47 | 00:00 | 06:42 | 00:00 | 05:25 | 06:47 | | |
| | Female | Brennan, Sophie | 04:19 | 04:21 | 03:40 | 00:00 | 00:00 | 04:29 | 03:56 | 00:00 | 00:00 | 00:00 | 04:13 | |
| | | Caudwell, Anna | 00:00 | 04:26 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 04:26 | |
| | | Westle, Katie | 04:47 | 05:00 | 00:00 | 00:00 | 00:00 | 04:49 | 04:28 | 00:00 | 00:00 | 00:00 | 04:47 | |
| Locke, Gayle | | 04:53 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 04:53 | | |
| Junior | Male | Radin, Trent | 03:17 | 00:00 | 00:00 | 00:00 | 00:00 | 03:29 | 00:00 | 00:00 | 00:00 | 03:13 | 03:21 | |
| | | Rouse, Zachary | 03:14 | 03:47 | 03:11 | 03:20 | 03:36 | 03:22 | 03:09 | 00:00 | 00:00 | 03:14 | 03:23 | |
| | | Bird, Kalen | 03:23 | 03:17 | 03:40 | 00:00 | 00:00 | 03:44 | 03:30 | 00:00 | 00:00 | 03:33 | 03:32 | |
| | | Rouse, Jordan | 03:17 | 03:51 | 03:17 | 03:37 | 03:55 | 03:27 | 03:16 | 00:00 | 00:00 | 03:26 | 03:33 | |
| | | Bird, Broden | 03:35 | 03:26 | 03:28 | 03:32 | 03:48 | 03:34 | 03:21 | 00:00 | 00:00 | 03:35 | 03:33 | |
| | | Brancatisano, Matthew | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 03:36 | 03:36 | |
| | | McGill, Troy | 03:15 | 03:34 | 03:36 | 03:33 | 04:21 | 03:24 | 03:13 | 00:00 | 00:00 | 00:00 | 03:38 | |
| | Tulen, Max | 03:47 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 03:39 | 00:00 | 00:00 | 03:43 | 03:43 | | |
| | Westle, Max | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 03:52 | 00:00 | 00:00 | 03:35 | 03:45 | | |
| | Wheatley, Caleb | 03:27 | 03:39 | 00:00 | 00:00 | 03:48 | 00:00 | 00:00 | 04:22 | 00:00 | 03:38 | 03:50 | | |
| | Bird, Kyle | 04:06 | 04:11 | 03:55 | 03:53 | 04:28 | 03:54 | 03:56 | 00:00 | 00:00 | 03:45 | 04:02 | | |
| | Van Cuylenburg, Josh | 03:54 | 04:16 | 00:00 | 00:00 | 04:22 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 04:15 | | |
| | Female | Beaumont, Gabriella | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 04:05 | 04:05 | |
| | | Anderson, Chloe | 00:00 | 04:35 | 04:14 | 00:00 | 05:03 | 04:39 | 04:10 | 05:00 | 00:00 | 04:24 | 04:40 | |
| Hamilton, Maeve | | 00:00 | 05:31 | 04:54 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 05:32 | 05:20 | | |

| Distances | | |
|-------------------|---------|--------|
| AV Event | Junior | Senior |
| Ballarat | 5 | 15 |
| Balnarring XC | 2-4 | 8 |
| Brimbank | 6-8 | 16 |
| Bundoora | 4-6 | 12 |
| Flemington | 3.2 | 10 |
| Jells Park Relays | 3 | 6 |
| Sandown Relays | 3.1/6.2 | 6.2 |
| Harcourt Relay | N/A | 5-12 |
| Burnley Half | N/A | 21.1 |
| Tan Relay | 3.86 | 3.86 |