

### 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	Grand Total
Senior	Male	Hall, Cameron	03:22	03:39	03:21	03:29	03:43	03:40	03:15	<b>03:32</b>
		Wheatley, Mike	03:35	03:47	03:41	00:00	03:55	03:55	03:40	<b>03:48</b>
		Day, Rohan	00:00	03:47	00:00	00:00	03:53	03:51	03:32	<b>03:48</b>
		Wallace, Tim	00:00	04:10	03:40	03:45	04:03	04:09	03:27	<b>03:54</b>
		Van Der Tang, Stephen	03:45	04:06	03:45	03:48	04:12	04:03	03:40	<b>03:57</b>
		Locke, Dean	03:50	04:17	03:50	04:08	00:00	04:08	03:24	<b>03:59</b>
		McGill, Scott	04:05	04:14	03:59	04:04	00:00	04:25	03:55	<b>04:08</b>
	Female	Wilshire, Chris	03:51	00:00	03:54	04:17	04:28	04:26	00:00	<b>04:15</b>
		Staggard, Cameron	00:00	00:00	00:00	04:18	00:00	04:50	03:49	<b>04:24</b>
		Mahony, Craig	05:50	06:26	05:54	00:00	08:15	06:47	00:00	<b>06:54</b>
		Brennan, Sophie	04:19	04:21	03:40	00:00	00:00	04:29	03:56	<b>04:13</b>
		Caudwell, Anna	00:00	04:26	00:00	00:00	00:00	00:00	00:00	<b>04:26</b>
		Westle, Katie	04:47	05:00	00:00	00:00	00:00	04:49	04:28	<b>04:47</b>
		Locke, Gayle	04:53	00:00	00:00	00:00	00:00	00:00	00:00	<b>04:53</b>
Junior	Male	Rouse, Zachary	03:14	03:47	03:11	03:20	03:36	03:22	03:09	<b>03:24</b>
		Radin, Trent	03:17	00:00	00:00	00:00	00:00	03:29	00:00	<b>03:25</b>
		Bird, Kalen	03:23	03:17	03:40	00:00	00:00	03:44	03:30	<b>03:32</b>
		Bird, Broden	03:35	03:26	03:28	03:32	03:48	03:34	03:21	<b>03:33</b>
		Rouse, Jordan	03:17	03:51	03:17	03:37	03:55	03:27	03:16	<b>03:34</b>
		McGill, Troy	03:15	03:34	03:36	03:33	04:21	03:24	03:13	<b>03:38</b>
		Wheatley, Caleb	03:27	03:39	00:00	00:00	03:48	00:00	00:00	<b>03:41</b>
	Female	Tulen, Max	03:47	00:00	00:00	00:00	00:00	00:00	03:39	<b>03:43</b>
		Westle, Max	00:00	00:00	00:00	00:00	00:00	00:00	03:52	<b>03:52</b>
		Bird, Kyle	04:06	04:11	03:55	03:53	04:28	03:54	03:56	<b>04:04</b>
		Van Cuylenburg, Josh	03:54	04:16	00:00	00:00	04:22	00:00	00:00	<b>04:15</b>
		Anderson, Chloe	00:00	04:35	04:14	00:00	05:03	04:39	04:10	<b>04:37</b>
		Hamilton, Maeve	00:00	05:31	04:54	00:00	00:00	00:00	00:00	<b>05:12</b>

00:00 means a DNS

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	8-12
Burnley Half	N/A	21.1
Tan Relay	3.86	3.86