

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	Grand Total	
Senior	Male	Hall, Cameron	03:22	03:39	03:21	03:29	03:43	03:40	03:15	00:00	03:31	03:32	
		Does, Richard	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	03:36	03:36
		Day, Rohan	00:00	03:47	00:00	00:00	03:53	03:51	03:32	00:00	03:47	03:48	
		Wheatley, Mike	03:35	03:47	03:41	00:00	03:55	03:55	03:40	03:47	03:51	03:48	
		Van Der Tang, Stephen	03:45	04:06	03:45	03:48	04:12	04:03	03:40	03:24	03:58	03:54	
		Wallace, Tim	00:00	04:10	03:40	03:45	04:03	04:09	03:27	00:00	04:01	03:56	
		Locke, Dean	03:50	04:17	03:50	04:08	00:00	04:08	03:24	03:41	04:03	03:58	
		McGill, Scott	04:05	04:14	03:59	04:04	00:00	04:25	03:55	00:00	00:00	04:08	
	Female	Wilshire, Chris	03:51	00:00	03:54	04:17	04:28	04:26	00:00	00:00	00:00	04:15	
		Staggard, Cameron	00:00	00:00	00:00	04:18	00:00	04:50	03:49	00:00	04:15	04:21	
		Mahony, Craig	05:50	06:26	05:54	00:00	08:15	06:47	00:00	06:42	00:00	06:53	
		Brennan, Sophie	04:19	04:21	03:40	00:00	00:00	04:29	03:56	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	04:26	
		Westle, Katie	04:47	05:00	00:00	00:00	00:00	04:49	04:28	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	04:53	
		Junior	Male	Rouse, Zachary	03:14	03:47	03:11	03:20	03:36	03:22	03:09	00:00	00:00
Radin, Trent	03:17			00:00	00:00	00:00	00:00	03:29	00:00	00:00	00:00	03:25	
Bird, Kalen	03:23			03:17	03:40	00:00	00:00	03:44	03:30	00:00	00:00	03:32	
Bird, Broden	03:35			03:26	03:28	03:32	03:48	03:34	03:21	00:00	00:00	03:33	
Rouse, Jordan	03:17			03:51	03:17	03:37	03:55	03:27	03:16	00:00	00:00	03:34	
McGill, Troy	03:15			03:34	03:36	03:33	04:21	03:24	03:13	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	
Female	Westle, Max		00:00	00:00	00:00	00:00	00:00	00:00	03:52	00:00	00:00	03:52	
	Wheatley, Caleb		03:27	03:39	00:00	00:00	03:48	00:00	00:00	04:22	00:00	03:52	
	Bird, Kyle		04:06	04:11	03:55	03:53	04:28	03:54	03:56	00:00	00:00	04:04	
	Van Cuylenburg, Josh		03:54	04:16	00:00	00:00	04:22	00:00	00:00	00:00	00:00	04:15	
	Anderson, Chloe		00:00	04:35	04:14	00:00	05:03	04:39	04:10	05:00	00:00	04:42	
	Hamilton, Maeve		00:00	05:31	04:54	00:00	00:00	00:00	00:00	00:00	00:00	05:12	

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