

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