

MPAC AV Results

Ballarat XCR - 19 June 2011



Distance	Gender	Name	AV Age Group	Values		
				Sum of Time	Sum of Min/Km	Overall AV Placing
15	Male	Hall, Cameron	Open	0:52:09	03:29.0	44
		Wallace, Tim	Open	0:56:14	03:45.0	108
		Van Der Tang, Stephen	Open	0:57:06	03:48.0	124
		McGill, Scott	45-50	1:01:02	04:04.0	192
		Locke, Dean	Open	1:02:05	04:08.0	212
		Wilshire, Chris	Open	1:04:10	04:17.0	238
		Staggard, Cameron	Open	1:04:35	04:18.0	243
5	Male	Rouse, Zachary	U16	0:16:38	03:20.0	1
		Bird, Broden	U14	0:17:39	03:32.0	2
		McGill, Troy	U16	0:17:47	03:33.0	15
		Rouse, Jordan	U16	0:18:03	03:37.0	20
		Bird, Kyle	U16	0:19:27	03:53.0	30

MPAC Wrap

Well done to all who participated. I would like to specifically mention the following performances:

1. Zach Rouse - Another win, awesome running.
2. Troy McGill, running when you're trying to shake off a cold takes guts, especially to run that quick. I salute you.
3. Cam Hall, as strong as ever placing 44th.

Thank you to all who made the long trip to Ballarat, especially those who did the driving. It was a great effort from the club, great improvement on last year where we did not have the numbers to field a senior team. It shows that we have some depth in our senior ranks now, even in Mike and Rohan's absence, we were still able to get 7 senior men over the finish line. This is very encouraging.

Next AV is Cross Country at Brimbank Park. Looking forward to another strong showing from MPAC.

SVDT 19/06/2011