

Speeds and Distances

	Distance (metres)	Speed (m/min)	Optimum Time	Time Allowed
70cm R & T Phase	2,400	150	16 mins 00 secs.	19 mins 12 secs.
70cm Phase D	1822	420	4 min 20 secs	8mins 40 secs
80cm Phase A	2,850	200	14 mins 15 secs.	17 mins 04 sec
80cm Phase B	900	475	2 mins 00 secs.	8 mins 00 secs.
80cm Phase C	2,400	150	16 mins 00 secs.	19 mins 12 secs.
80cm Phase D	1991	435	4mins 35 secs	9 mins 10 secs
90cm Phase A	2,850	200	14 mins 15 secs.	17 mins 04 sec
90cm Phase B	1,000	500	2 mins 00 secs	8 mins 00 secs.
90cm Phase C	2,400	150	16 mins 00 secs.	19 mins 12 secs.
90cm Phase D	1998	450	4mins 26 secs	8 mins 52 secs
100cm Phase A	2,850	200	14 mins 15 secs.	17 mins 04 sec
100cm Phase B	1,000	500	2 mins 00 secs	8 mins 00 secs
100cm Phase C	2,400	150	16 mins 00 secs.	19 mins 12 secs.
100cm Phase D	1979	475	4 mins 10 secs	8mins 20 secs