

Appendix 1 to ONSW Manual 4.11

STATE LEAGUE EVENTS - KM RATES

	SL1	SL2	SL3	SL4	SL5	SL6	SL7	SL8	SL9	SL10	SL11	SL12	SL13	2012 SL3	2012 SL8	Average times			
	16-Mar-13	17-Mar-13	28-Apr-13	18-May-13	18-May-13	8-Jun-13	9-Jun-13	10-Sep-13	17-Aug-13	18-Aug-13	21-Sep-13	22-Sep-13	13-Oct-13	12-May-12	14-Jul-12	Long	Middle	Sprint	All
	Long Swamp	Long Swamp	Wattle Ridge	Falnish SF	Baal Bone	Chevalier College	Belanglo	Belanglo	Willagolong	Mullion SF	Blue Gum Hills	Astley's Tower	Pyrmont	Newcastle Uni	UWS Hawkesbury				
Fastest on	Andrew Barnett#	Lachlan Dow	Lachlan Dow	Lachlan Dow	Jock Davis#	Oscar McNulty#	Lachlan Dow	Lachlan Dow	Halvor Eid	Halvor Eid	David Shepherd	David Shepherd	Oscar McNulty	Matthew	Joshua Blatchford				
M21A course	Min/km	Min/km	Min/km	Min/km	Min/km	Min/km*	Min/km	Min/km	Nielson	Nielson#	Min/km	Min/km	Min/km*	Min/km*	Min/km*				
M21A	13.3	6.7	10.1	5.9	8.8	5.1	6.6	7.6	6.8	7.8	6.1	6.7	5.1	5.6	4.6				
M-20A	9.7	7.4	13.3	6.4	8.5	4.7	7.5	8.4	7.6	9.3	6.3	7.0	5.6	6.0	6.1				
M35A	11.7	7.6	10.8	7.5	8.3	5.2	7.9	7.8	7.0	7.6	7.1	7.3	5.9	No competitors	5.0				
M40A	12.0	9.3	12.8	7.5	9.7	5.7	8.7	8.5	8.0	10.7	8.0	7.5	7.1	6.6	5.0				
W21A	9.9	7.5	12.9	12.4	15.0	6.0	11.0	9.4	No competitors	No competitor	7.8	8.8	5.8	6.2	5.4				
M-18A	13.4	9.6	15.5	8.0	9.5	5.4	9.3	8.1	7.5	9.9	7.9	8.6	5.1	6.0	4.9				
M45A	12.4	9.9	13.4	7.3	8.6	5.7	8.2	7.9	7.7	8.8	7.4	7.7	6.3	7.1	5.4				
M50A	15.5	9.6	14.3	8.4	11.3	5.9	10.5	8.8	8.7	9.8	7.5	7.5	5.8	7.2	5.2				
W-20A	14.1	10.6	17.8	9.1	13.2	6.0	11.2	9.4	9.2	12.1	8.5	9.7	7.0	7.7	No competitors				
W35A	18.2	13.5	21.1	9.1	14.0	6.7	10.8	10.3	9.8	11.0	8.8	9.9	7.5	10.0	6.6				
W40A	15.2	10.1	16.2	No competitors	No competitor:	5.9	10.9	9.8	8.3	9.2	9.7	9.8	No competitors	9.5	5.5				
M21AS	15.9	10.5	17.3	9.7	14.3	7.3	14.4	11.6	8.7	9.6	8.6	8.3	No competitors	8.1	No competitors				
M-16A	15.1	10.0	13.9	7.7	11.1	5.5	8.4	8.4	7.5	8.3	9.8	8.0	5.3	6.9	5.2				
M55A	13.4	10.2	12.7	7.9	11.5	5.8	9.4	9.6	8.0	9.5	7.2	7.8	6.0	7.7	7.1				
W45A	17.4	10.8	21.0	8.5	13.6	7.1	9.4	9.9	13.1	12.8	9.6	9.8	6.9	7.6	6.4				
M60A	18.4	10.0	14.2	8.9	12.4	6.0	11.1	8.3	10.3	8.2	9.8	9.4	7.0	7.8	5.4				
M65A	17.0	10.5	14.8	9.1	13.8	6.8	10.4	10.4	9.8	9.5	10.4	10.0	7.8	8.7	6.9				
W-18A	45.6	15.7	No competitors	19.6	No competitor:	9.4	17.4	No competitors	20.4	No competitor	17.5	17.0	No competitors	7.7	6.5				
W50A	18.1	10.8	20.4	9.6	14.8	6.8	11.6	11.3	12.9	8.5	10.1	11.9	7.1	9.2	8.5				
M35AS	20.1	12.8	19.8	7.5	15.5	7.5	13.1	11.2	12.5	7.3	10.1	13.8	7.7	8.3	6.1				
M70A	20.6	13.1	18.0	9.5	13.3	8.3	11.8	10.8	12.6	12.3	11.6	10.6	8.4	9.1	7.4				
W-16A	23.0	12.4	24.6	9.3	15.3	7.0	11.1	12.2	10.4	11.7	11.8	10.7	6.6	13.6	9.6				
W55A	16.6	10.2	21.4	9.1	12.3	7.1	9.6	9.5	12.6	13.3	9.4	8.5	7.6	9.7	12.4				
W60A	28.5	14.0	30.0	11.7	17.3	8.7	13.4	14.2	15.3	15.1	12.5	11.6	10.4	11.3	8.6				
M45AS	22.2	12.7	18.7	9.7	13.8	8.0	11.6	10.1	12.4	16.5	11.4	11.3	7.8	7.8	7.2				
W21AS	21.5	10.4	19.2	11.2	18.9	9.2	13.1	16.9	20.5	23.8	12.8	9.2	9.1	8.5	8.4				
M75A	21.9	13.8	23.8	13.5	17.2	10.4	17.6	13.5	16.9	17.8	12.9	13.1	9.8	14.4	8.9				
W65A	19.7	11.1	23.9	11.0	17.0	9.2	15.7	11.4	14.6	16.0	14.6	14.1	10.0	14.0	9.5				
W70A	19.2	13.0	32.8	11.4	18.7	12.8	22.2	15.4	15.3	16.7	14.2	12.7	12.6	15.5	11.2				
M55AS	19.3	11.5	19.6	10.1	14.1	9.7	13.1	11.4	14.4	16.6	12.3	12.5	8.8	16.7	13.2				
W35AS	30.0	9.6	16.7	13.6	14.3	9.3	16.8	13.7	20.9	21.6	15.2	13.5	10.2	16.6	8.5				
W45AS	22.2	14.0	30.9	12.0	16.0	9.6	14.7	12.2	14.9	17.5	15.2	13.0	6.9	12.6	7.2				
W55AS	27.7	16.1	32.3	15.7	17.5	11.7	19.5	14.4	20.7	34.0	16.5	16.7	12.2	19.7	16.0				
M-14A	17.4	8.9	9.7	8.8	10.5	6.1	9.5	8.6	9.1	12.2	10.2	11.0	6.8	12.5	6.3				
W-14A	36.1	18.3	25.6	No competitors	17.8	8.8	15.5	14.1	20.9	20.2	20.7	20.0	No competitors	9.7	5.9				
M Open B	25.6	11.4	19.3	12.7	16.2	7.7	13.4	10.3	16.1	18.0	11.9	13.4	8.9	9.9	9.6				
W Open B	24.8	14.8	16.5	17.1	17.1	10.2	15.9	14.3	19.4	19.5	11.3	14.0	13.4	14.5	7.5				
M-12A	24.1	8.2	7.2	14.4	8.1	6.7	5.8	11.0	18.1	9.9	11.0	14.2	9.4	7.1	7.0				
W-12A	16.4	8.7	8.2	11.7	6.7	6.1	6.2	9.5	12.4	8.7	10.1	11.7	9.6	14.3	6.9				
M/WOpenC	No competitors	16.8	14.4	No competitors	12.9	8.1	8.7	10.3	29.5	16.1	17.0	17.9	13.4	16.2	13.0				
M-10A	21.5	15.7	No competitors	9.7	10.1	8.0	6.0	9.4	9.5	9.1	9.2	12.2	13.3	8.5	6.4				
W-10A	No competitors	No competitor:	No competitors	No competitors	No competitor:	No competitors	No competitors	No competitors	No competitors	No competitor	11.3	15.4	19.3	6.9	6.1				
M/W-10N	No competitors	12.5	8.8	15.0	14.1	8.8	6.9	8.9	Not timed	Not timed	Not timed	Not timed	Not timed	11.6	6.2				

Fastest M21A beaten by another class

2013 - SL1: Lee Coady M21A 63.51; Andrew Barnett M20A 46.21

2013 - SL5: Jock Davis M21A 80.13; Patrik Gunnarsson M35A 75.43

2013 - SL6: Andrew Hill M21A 15.11; Oscar McNulty M20A 14.00

2013 - - SL10: Halvor Eid Nielsen M21A 76.51; Patrik Gunnarsson M35A 74.47

*Urban sprint course minutes per km are based on shortest distance travelled, not straight line.