

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		420		
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		435		
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		450		
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		475		