6. Relative to a fixed origin O,

- A is the point with position vector $12\mathbf{i}$
- B is the point with position vector $16\mathbf{j}$
- C is the point with position vector $(50\mathbf{i} + 136\mathbf{j})$
- D is the point with position vector $(22\mathbf{i} + 24\mathbf{j})$

(a) Show that AD is parallel to BC.

(2)

Points A, B, C and D are used to model the vertices of a running track in the shape of a quadrilateral.

Runners complete one lap by running along all four sides of the track.

The lengths of the sides are measured in metres.

Given that a particular runner takes exactly 5 minutes to complete 2 laps,

(b) calculate the average speed of this runner, giving the answer in kilometres per hour.

(4)