

Milocarian Athletic Club Virtual Championship 2022 (2) - All Runners 6 - In Conjunction with the STRAVA App

Dated 3rd July 2022

| Alternate 5km/10km Competition | 11/04 - 24/04 | | 25/04 - 08/05 | | 09/05 - 22/05 | | 23/05 - 05/06 | | 06/06 - 19/06 | | 20/06 - 03/07 | | Total |
|--------------------------------|---------------|-----|---------------|-----|---------------|-----|---------------|-----|---------------|-----|---------------|-----|-------|
| | 5km | | 5km | | 10km | | 5km | | 5km | | 5km | | |
| | Time | pts | Time | pts | Time | pts | Time | pts | Time | pts | Time | pts | |
| David Branfoot | 19:20 | 50 | 20:45 | 46 | 43:30 | 46 | 20:30 | 49 | 16:30 | 50 | 20:50 | 43 | 284 |
| Freddy Strachan | 19:50 | 48 | 21:35 | 43 | 41:20 | 47 | 22:35 | 43 | 21:10 | 46 | 23:10 | 40 | 267 |
| Yaqoub Imran | 19:50 | 48 | 19:25 | 48 | 46:10 | 41 | 23:30 | 37 | 22:15 | 43 | 19:50 | 46 | 263 |
| Dan Collis | 22:35 | 41 | 21:25 | 44 | 39:00 | 50 | 25:20 | 33 | 25:05 | 33 | 18:20 | 50 | 251 |
| Rory Jordan | 19:25 | 49 | 19:15 | 49 | 39:00 | 50 | | | 19:40 | 49 | 19:05 | 48 | 245 |
| Nick Barnett-Johnson | 20:45 | 46 | 18:35 | 50 | 39:00 | 50 | 20:20 | 50 | 20:45 | 47 | | | 243 |
| Andy Cotterill | 23:15 | 39 | 22:40 | 38 | 43:50 | 45 | 23:15 | 38 | 24:00 | 35 | 23:20 | 39 | 234 |
| Jamie McLoughlin | 23:15 | 39 | 22:35 | 39 | 55:30 | 38 | 26:10 | 31 | 23:05 | 40 | 24:30 | 34 | 221 |
| Gareth Venables | 25:50 | 32 | 23:40 | 34 | 45:00 | 43 | 27:00 | 28 | 27:35 | 26 | 18:52 | 49 | 212 |
| Will Barnes | 21:05 | 45 | 21:45 | 42 | | | 23:10 | 40 | 22:40 | 41 | 20:50 | 43 | 211 |
| Rob Poole | 22:00 | 43 | 22:30 | 40 | | | 22:55 | 43 | 22:20 | 42 | 21:30 | 41 | 209 |
| Jo Foreshaw | 24:00 | 36 | 21:00 | 45 | | | 25:05 | 34 | 25:35 | 31 | 20:40 | 44 | 190 |
| Georgina Robson (F) | 25:00 | 34 | 23:20 | 35 | | | 22:35 | 46 | 23:20 | 38 | 24:00 | 36 | 189 |
| Felix Keating | | | 16:45 | 47 | 44:40 | 44 | | | 20:40 | 48 | 20:20 | 45 | 184 |
| Anna Naylor (F) | 22:25 | 42 | 24:40 | 29 | | | 23:10 | 40 | 25:15 | 32 | 26:25 | 32 | 175 |
| Annie Aspin (F) | 26:40 | 28 | 27:40 | 21 | 57:30 | 36 | 26:40 | 29 | 26:55 | 27 | 27:40 | 29 | 170 |
| Greg Charles | 27:50 | 26 | 28:25 | 20 | 57:00 | 37 | 28:35 | 27 | 26:00 | 29 | 26:50 | 31 | 170 |
| Nick Wood | | | 22:40 | 38 | | | 22:40 | 44 | 23:45 | 37 | 19:10 | 47 | 166 |
| Ted Hukins | 26:05 | 31 | 24:35 | 30 | 50:40 | 40 | 25:00 | 35 | | | 29:35 | 26 | 162 |
| Ian Ward | 26:20 | 29 | 27:25 | 23 | 58:58 | 35 | 28:45 | 26 | 33:05 | 20 | 29:30 | 27 | 160 |
| Richard Adamson | | | | | 45:10 | 42 | 23:05 | 41 | 23:45 | 37 | 23:50 | 38 | 158 |
| Eliza Wood (F) | 25:35 | 33 | 25:30 | 26 | | | 25:20 | 33 | 25:40 | 30 | 25:55 | 33 | 155 |
| Esme Hollick (F) | 04:15 | 25 | 25:15 | 28 | 52:10 | 39 | 23:50 | 36 | 29:00 | 24 | | | 152 |
| Philip Bray | 22:35 | 41 | 25:20 | 27 | | | | | 21:25 | 45 | 23:50 | 38 | 151 |
| Lewis Mann | 23:15 | 39 | | | | | 26:30 | 30 | 23:15 | 39 | 28:30 | 28 | 136 |
| Alex Bartlett | | | 21:50 | 41 | | | 20:30 | 49 | 21:50 | 44 | | | 134 |
| Anthony Baker | 26:15 | 30 | 22:45 | 36 | | | | | 27:50 | 25 | 24:05 | 35 | 126 |
| Kimball O'Hara | 29:20 | 24 | 24:30 | 31 | | | 29:15 | 25 | 32:50 | 21 | 29:40 | 25 | 126 |
| Sam Jones | 21:55 | 44 | 24:25 | 32 | | | | | 32:20 | 22 | 37:15 | 24 | 122 |
| Hayley Perrin (F) | | | 25:45 | 25 | | | | | 50:45 | 19 | 27:30 | 30 | 74 |
| Mark Squire | 24:40 | 35 | 26:05 | 24 | | | | | | | | | 59 |
| Elleanor Atwell (F) | 26:40 | 28 | 27:15 | 23 | | | | | | | | | 51 |
| Edward Taylor | | | | | | | 21:25 | 47 | | | | | 47 |
| Faye Charlesworth (F) | | | | | | | | | 30:50 | 23 | 38:55 | 23 | 46 |
| Annabel Brown (F) | 41:25 | 23 | 40:45 | 19 | | | | | | | | | 42 |
| Raife Padley | | | | | | | | | 24:40 | 34 | | | 34 |
| Maxwell Cook | | | 24:00 | 33 | | | | | | | | | 33 |
| Ellie Cole (F) | | | | | | | | | 26:15 | 28 | | | 28 |