

Milocarian Athletic Club Virtual Championship 2023(1) - All Runners 4 - In Conjunction with the STRAVA App

Dated 9th March 2023

Alternate 5km/10km Competition	09/01 - 22/01		23/01 -05/02		06/02 - 19/02		20/02 -05/03		06/03 - 19/03		20/03 - 02/04		Total
	5km		5km		5km		5km		5km		5km		
	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	
Max Walker	16:40	50	15:15	50	18:35	49	14:50	50					199
Rory Jordan	19:15	48	19:25	48	19:20	47	19:00	48					191
David Branfoot	18:10	49	21:00	45	17:40	50	22:45	41					185
Andy Cotterill	21:30	46	20:55	47	21:50	43	20:10	47					183
James Body	21:40	45	22:10	42	22:00	41	20:55	46					174
Felix Keating	26:05	32	20:55	47	21:50	43	21:25	45					167
Greg Charles	23:50	40	21:40	44	24:45	31	21:50	44					159
Gareth Venables	25:00	35	24:40	33	19:39	46	23:05	40					154
Philip Bray	23:45	41	21:40	44	26:30	27	22:10	42					154
Maxwell Cook	21:10	47	23:35	38	21:40	45	43:55	23					153
Jo Foreshaw	23:20	42	18:20	49	36:00	18	23:55	38					147
Dan Collis	24:50	36	26:20	25	24:00	36	18:35	49					146
Nick Wood			22:40	40	21:45	44	22:05	43					127
James Kelly	24:05	39	24:10	35			24:45	35					109
Anna Naylor (F)	24:20	38	23:45	36	24:20	33	24:20	37					107
Juliet Stevenson (F)	24:40	37	25:55	30	23:30	39	24:20	37					106
Kimball O'Hara	38:10	24	28:10	24	27:55	24	26:20	32					104
James McLoughlin			24:35	34	24:30	32	26:20	32					98
Yaquob Imran	26:50	30	23:40	37	25:00	30							97
Harvey Sell	28:15	27			25:05	29	23:50	39					95
Ian Ward	31:00	26	29:50	19	28:45	21	28:45	29					95
Eliza Wood (F)	26:10	31	26:00	27	27:10	26							84
Rob Poole	22:40	43	22:40	40									83
Will Barnes			22:35	41	23:50	37							78
Ted Hukins			28:20	24	28:20	22	29:00	28					74
Lewis Mann			25:00	32	23:40	38							70
Sam Breen	25:40	33					25:40	34					67
Ingrid Brodersen (F)			25:55	30	24:05	35							65
Esme Hollick (F)	28:10	29	25:15	31			44:00	22					60
Hayley Perrin (F)			25:55	30	26:25	28	43:10	24					58
Georgia Owen (F)	25:35	34	26:50	22			26:20	33					56
Sam Jones			26:10	26			32:45	26					52
Annie Aspin (F)	31:10	25					34:30	25					50
Elleanor Atwell (F)					28:10	23	05:25	27					50
Ros Vickers (F)					18:49	48							48
Raife Padley	22:15	44											44
Scott Brunton			28:25	22	32:35	19							41
Annabel Brown (F)			28:30	20	29:15	20							40
Kian Bridge					23:10	40							40
Sophie Wadsworth (F)					27:20	25							25