

Milocarian Athletic Club Virtual Championship 2023(1) - All Runners 6 - In Conjunction with the STRAVA App

Dated 2nd April 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	
Rory Jordan	19:15	48	19:25	48	19:20	47	19:00	48	18:55	49	19:10	49	289
Max Walker	16:40	50	15:15	50	18:35	49	14:50	50	21:40	44	21:55	43	286
David Branfoot	18:10	49	21:00	45	17:40	50	22:45	41	18:50	50	21:35	45	280
James Body	21:40	45	22:10	42	22:00	41	20:55	46	20:55	46	21:30	46	266
Gareth Venables	25:00	35	24:40	33	19:39	46	23:05	40	20:55	46	21:40	44	244
Jo Foreshaw	23:20	42	18:20	49	36:00	18	23:55	38	19:35	48	19:35	48	243
Dan Collis	24:50	36	26:20	25	24:00	36	18:35	49	24:40	35	18:20	50	231
Greg Charles	23:50	40	21:40	44	24:45	31	21:50	44	27:10	32	25:45	34	225
Philip Bray	23:45	41	21:40	44	26:30	27	22:10	42	23:00	38	26:55	32	224
Felix Keating	26:05	32	20:55	47	21:50	43	21:25	45	20:40	47			214
Nick Wood			22:40	40	21:45	44	22:05	43	22:55	40	22:15	42	209
Andy Cotterill	21:30	46	20:55	47	21:50	43	20:10	47					183
James Kelly	24:05	39	24:10	35			24:45	35	25:10	34	24:15	39	182
Maxwell Cook	21:10	47	23:35	38	21:40	45	43:55	23					153
Ian Ward	31:00	26	29:50	19	28:45	21	28:45	29	29:45	27	29:55	27	149
Lewis Mann			25:00	32	23:40	38			24:35	36	22:25	41	147
James McLoughlin			24:35	34	24:30	32	26:20	32			20:15	47	145
Kimball O'Hara	38:10	24	28:10	24	27:55	24	26:20	32			37:40	25	129
Ted Hukins			28:20	24	28:20	22	29:00	28	28:40	29	30:00	26	129
Harvey Sell	28:15	27			25:05	29	23:50	39			27:45	30	125
Will Barnes			22:35	41	23:50	37					25:45	34	112
Anna Naylor (F)	24:20	38	23:45	36	24:20	33	24:20	37	27:30	31	25:30	37	107
Juliet Stevenson (F)	24:40	37	25:55	30	23:30	39	24:20	37	22:45	41	25:30	37	106
Yaquob Imran	26:50	30	23:40	37	25:00	30							97
Annabel Brown (F)			28:30	20	29:15	20			29:50	26	29:35	28	94
Raife Padley	22:15	44							22:10	43			87
Eliza Wood (F)	26:10	31	26:00	27	27:10	26			27:05	33	27:15	31	84
Rob Poole	22:40	43	22:40	40									83
Elleanor Atwell (F)					28:10	23	05:25	27	28:15	30			80
Kian Bridge					23:10	40			22:55	40			80
Annie Aspin (F)	31:10	25					34:30	25	32:55	25			75
Sam Breen	25:40	33					25:40	34					67
Ingrid Brodersen (F)			25:55	30	24:05	35					24:55	38	65
Esme Hollick (F)	28:10	29	25:15	31			44:00	22	24:30	37	23:20	40	60
Hayley Perrin (F)			25:55	30	26:25	28	43:10	24	33:15	24			58
Georgia Owen (F)	25:35	34	26:50	22			26:20	33			25:35	35	56
Sophie Wadsworth (F)					27:20	25					28:40	29	54
Sam Jones			26:10	26			32:45	26					52
Ros Vickers (F)					18:49	48							48
Freddy Strachan									22:35	42			42
Scott Brunton			28:25	22	32:35	19							41