

**Milocarian Athletic Club Virtual Championship 2023(2) - Men Runners 6 - In Conjunction with the STRAVA App**

**Dated 11th July 2023**

Alternate 5km/10km Competition	03/04 - 16/04		17/04 - 30/04		01/05 - 14/05		15/05 - 28/05		29/05 - 11/06		26/06 - 09/07*		Total
	5km		5km		5km		5km		5km		5km		
	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	
Rory Jordan	19:20	49	19:35	49	19:30	49	21:45	43	20:15	48	19:25	49	287
David Branfoot	22:00	45	20:20	48	17:10	50	21:25	45	22:05	47	16:45	50	285
James Body	22:00	45	22:20	44	21:35	46	22:00	42	22:15	46	22:20	45	268
Jo Foreshaw	21:10	48	18:10	50	21:35	46	23:30	40	23:35	43	25:15	39	266
Nick Wood	23:35	38	24:35	33	23:25	42	19:50	50	19:35	49	20:45	46	258
Dan Collis	19:10	50	23:35	36			21:35	44	18:50	50	19:45	48	228
James McLoughlin	23:30	39	23:45	35	23:55	40	24:10	34			23:20	43	191
Will Barnes	26:05	34	22:35	43	00:20	38	23:15	41	25:20	31			187
Kimball O'Hara	31:40	24	22:45	41	30:05	25	30:05	23	25:10	34	31:40	29	176
Felix Keating	21:50	46	20:50	47			21:05	48	30:15	24			165
Rob Poole	25:10	35	21:10	45					23:50	40	23:55	42	162
Greg Charles	31:15	25	26:35	26	20:55	47	27:10	28	25:10	34			160
Philip Bray	28:05	27			25:30	33	25:20	31	25:10	34	31:50	27	152
Lewis Mann	23:10	40	29:35	23	28:00	28			31:40	22	25:25	38	151
Ian Ward	33:05	23	27:20	25	28:05	26	30:35	22	31:05	23	29:00	30	149
Max Walker	21:15	47	21:05	46							19:45	48	141
Harvey Sell			26:20	28	27:20	31	28:15	27	25:35	30	45:35	24	140
James Kelly	27:05	30	23:50	34			26:20	29			24:05	40	133
Nick Barnett-Johnston			23:25	37			21:20	46			23:10	44	127
Maxwell Cook					22:50	44	24:15	33	23:15	45			122
Yaqoub Imran					23:10	43	24:05	35	23:45	42			120
Richard Adamson							23:45	38	25:05	35	23:55	42	115
Gareth Venables	25:00	36	22:45	41	24:35	36							113
Scott Brunton			28:00	24			31:35	21	28:20	27	31:40	29	101
Freddy Strachan	22:40	42							23:45	42			84
Thomas Thornhill			26:00	30	23:55	40							70
Ted Hukins	27:20	28							29:50	26			54
Henry Cox					19:50	48							48
Sam Breen	22:40	42											42
Anthony Baker											26:30	36	36
Kian Bridge							23:55	36					36
Raife Padley			25:15	31									31

\*Note: The 2 Weeks 12/06 to 25/06 - collator not available to record times