Milocarian Athletic Club Virtual Championship 2023(3) - All Runners 4 - In Conjunction with the STRAVA App													
Dated 3rd September 2023													
Alternate 5km/10km Competition	10/07 - 23/07		24/07 - 06/08		07/08 - 20/08		21/08 - 03/09		04/09 - 17/09		18/09 - 01/10		Total
	5km		5km		5km		5km		5km		5km		
	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	
Dan Collis	19:55	47	19:25	48	19:15	49	17:25	49					193
Rory Jordan	19:30	49	20:40	47	20:25	48	20:50	46					190
Jo Foreshaw	19:35	48	24:35	37	20:35	47	21:15	45					177
David Branfoot	23:50	36	22:30	44	21:50	45	21:20	44					169
James Body	23:05	41	23:20	41	22:50	41	22:00	43					166
Rob Poole	23:40	38	22:40	43	22:35	44	23:25	36					161
Philip Bray	20:20	45	23:40	40	22:45	42	25:05	29					156
Yaqoub Imran	25:15	32	24:15	39	24:40	36	22:45	39					146
Tom Kirby			16:55	50	22:35	44	16:50	50					144
Nick Wood	20:05	46	19:15	49			22:10	42					137
Annabel Brown (F)	23:15	40	28:00	25	28:30	32	24:35	32					129
Obi Juan			24:25	38	17:15	50	22:15	40					128
Greg Charles	25:00	33	26:30	28	23:20	39	28:45	24					124
Felix Keating	20:55	43			20:50	46	23:55	34					123
Anna Naylor (F)	27:05	26	25:10	35	24:30	37	28:45	24					122
Anthony Baker	25:45	31	25:55	30	27:40	33	26:35	27					121
Gareth Venables			22:20	45	23:20	39	24:35	32					116
Sophie Wadsworth (F)	24:40	35	26:30	28	30:25	28	30:40	21					112
James Kelly	24:50	34	22:45	42			23:40	35					111
Richard Adamson	22:50	42	24:55	36			23:55	33					111
James McLoughlin	23:40	38	25:45	33	26:05	34							105
Kimball O'Hara	35:20	19	27:00	26	29:00	30	26:35	27					102
Sam Jones	32:50	21	26:10	29	52:20	24	25:55	28					102
Ian Ward	29:15	23	30:30	23	30:25	28	28:25	25					99
Max Walker	14:35	50					18:00	48					98
Lewis Mann	25:55	29	25:40	34	29:35	29							92
Sam Breen			21:15	46	23:15	40							86
Georgia Owen (F)	23:20	39	28:20	24			30:05	22					85
Hayley Perrin (F)	26:00	28			32:45	26	24:40	30					84
Charlie Wood			25:50	32			20:20	47					79
Scott Brunton	34:30	20	30:50	22	28:30	32							74
Juliet Stevenson (F)					25:35	35	23:20	38					73
Eliza Wood (F)	28:15	24	25:50	32									56
Annie Aspin (F)	26:20	27					34:35	20					47
Harvey Sell	29:40	22			45:00	25							47
Elleanor Atwell (F)	27:30	25					36:50	19					44
Nick Barnett-Johnston	20:45	44											44
Thomas Thornhill							22:10	42					42
Maxwell Cook							23:20	38					38
Will Barnes	25:50	30											30