Milocarian Athletic Club Virtual Championship 2023(3) - Men Runners 3 - In Conjunction with the STRAVA App													
Dated 21st August 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							144
Rory Jordan	19:30	49	20:40	47	20:25	48							144
Jo Foreshaw	19:35	48	24:35	37	20:35	47							132
Philip Bray	20:20	45	23:40	40	22:45	42							127
David Branfoot	23:50	36	22:30	44	21:50	45							125
Rob Poole	23:40	38	22:40	43	22:35	44							125
James Body	23:05	41	23:20	41	22:50	41							123
Yaqoub Imran	25:15	32	24:15	39	24:40	36							107
James McLoughlin	23:40	38	25:45	33	26:05	34							105
Greg Charles	25:00	33	26:30	28	23:20	39							100
Nick Wood	20:05	46	19:15	49									95
Anthony Baker	25:45	31	25:55	30	27:40	33							94
Tom Kirby			16:55	50	22:35	44							94
Lewis Mann	25:55	29	25:40	34	29:35	29							92
Felix Keating	20:55	43			20:50	46							89
Obi Juan			24:25	38	17:15	50							88
Sam Breen			21:15	46	23:15	40							86
Gareth Venables			22:20	45	23:20	39							84
Richard Adamson	22:50	42	24:55	36									78
James Kelly	24:50	34	22:45	42									76
Kimball O'Hara	35:20	19	27:00	26	29:00	30							75
Ian Ward	29:15	23	30:30	23	30:25	28							74
Sam Jones	32:50	21	26:10	29	52:20	24							74
Scott Brunton	34:30	20	30:50	22	28:30	32							74
Max Walker	14:35	50											50
Harvey Sell	29:40	22			45:00	25							47
Nick Barnett-Johnston	20:45	44											44
Charlie Wood			25:50	32									32
Will Barnes	25:50	30											30