Milocarian Athletic Club Virtual Championship 2023(3) - Men Runners 6 - In Conjunction with the STRAVA App													
Dated 1st October 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	18:50	50	20:20	48	291
David Branfoot	23:50	36	22:30	44	21:50	45	21:20	44	19:55	49	18:05	50	268
James Body	23:05	41	23:20	41	22:50	41	22:00	43	21:55	43	21:25	45	254
Jo Foreshaw	19:35	48	24:35	37	20:35	47	21:15	45	25:15	35	23:55	37	249
Rob Poole	23:40	38	22:40	43	22:35	44	23:25	36	22:40	40	23:10	43	244
Tom Kirby			16:55	50	22:35	44	16:50	50	20:00	48	18:35	49	241
Rory Jordan	19:30	49	20:40	47	20:25	48	20:50	46	20:30	47			237
Philip Bray	20:20	45	23:40	40	22:45	42	25:05	29	35:55	19	20:20	48	223
Yaqoub Imran	25:15	32	24:15	39	24:40	36	22:45	39	26:05	33	21:25	44	223
Greg Charles	25:00	33	26:30	28	23:20	39	28:45	24	26:05	33	23:50	38	195
Gareth Venables			22:20	45	23:20	39	24:35	32	26:45	30	23:35	41	187
Obi Juan			24:25	38	17:15	50	22:15	40	28:00	23	24:40	36	187
James Kelly	24:50	34	22:45	42			23:40	35	24:35	36	24:55	35	182
Nick Wood	20:05	46	19:15	49			22:10	42	22:35	42			179
Richard Adamson	22:50	42	24:55	36			23:55	33	28:00	27	23:45	40	178
Charlie Wood			25:50	32			20:20	47	20:35	46	21:20	46	171
Felix Keating	20:55	43			20:50	46	23:55	34	21:00	45			168
Ian Ward	29:15	23	30:30	23	30:25	28	28:25	25	29:55	24	28:15	28	151
Lewis Mann	25:55	29	25:40	34	29:35	29			27:10	29	26:35	30	151
Kimball O'Hara	35:20	19	27:00	26	29:00	30	26:35	27	31:15	21	32:35	25	148
Sam Jones	32:50	21	26:10	29	52:20	24	25:55	28			23:30	42	144
Anthony Baker	25:45	31	25:55	30	27:40	33	26:35	27	28:05	22			143
James McLoughlin	23:40	38	25:45	33	26:05	34			23:45	38			143
Harvey Sell	29:40	22			45:00	25			22:50	39	37:10	24	110
Max Walker	14:35	50					18:00	48					98
Sam Breen			21:15	46	23:15	40							86
Maxwell Cook							23:20	38			23:45	40	78
Nick Barnett-Johnston	20:45	44									26:15	31	75
Scott Brunton	34:30	20	30:50	22	28:30	32							74
Thomas Thornhill							22:10	42	28:05	26			68
Freddy Strachan									21:50	44			44
Ted Hukins											25:05	34	34
Will Barnes	25:50	30											30