

Milocarian Athletic Club Virtual Championship 2024(2) - All Runners 4 - In Conjunction with the STRAVA App

Dated 20th May 2024

| Alternate 5km/10km Competition | 25/03 - 07/04 | | 08/04 - 21/04 | | 22/04 - 05/05 | | 06/05 - 19/05 | | 20/05 - 02/06 | | 03/06 - 16/06 | | Total |
|--------------------------------|---------------|-----|---------------|-----|---------------|-----|---------------|-----|---------------|-----|---------------|-----|-------|
| | 5km | | 5km | | 5km | | 5km | | 5km | | 5km | | |
| | Time | pts | Time | pts | Time | pts | Time | pts | Time | pts | Time | pts | |
| Tom Kirby | 16:20 | 50 | 21:25 | 47 | 16:25 | 50 | 17:15 | 50 | | | | | 197 |
| Charlie Wood | 21:35 | 44 | 18:40 | 49 | 19:05 | 49 | 20:45 | 48 | | | | | 190 |
| Felix Keating | 21:30 | 45 | 20:40 | 48 | 19:40 | 47 | 20:55 | 47 | | | | | 187 |
| Andy Coterill | 22:45 | 40 | 22:35 | 43 | 19:30 | 48 | 22:10 | 45 | | | | | 176 |
| James McLoughlin | 23:40 | 38 | 22:30 | 44 | 22:40 | 43 | 22:15 | 44 | | | | | 169 |
| Nick Wood | 23:30 | 39 | 22:00 | 46 | 22:50 | 41 | 23:15 | 41 | | | | | 167 |
| Henry Cox | 21:25 | 46 | 23:15 | 42 | 23:00 | 40 | 25:15 | 33 | | | | | 161 |
| Obi Juan | 21:20 | 47 | 24:05 | 38 | 26:00 | 32 | 23:20 | 40 | | | | | 157 |
| Richard Adamson | 22:10 | 43 | 23:40 | 39 | 23:45 | 38 | 24:30 | 37 | | | | | 157 |
| Anna Naylor (F) | 25:15 | 33 | 24:25 | 36 | 25:45 | 34 | 23:20 | 40 | | | | | 143 |
| Rob Poole | 26:35 | 29 | 25:35 | 33 | 21:25 | 46 | 25:15 | 33 | | | | | 141 |
| Dan Collis | 17:50 | 49 | 17:00 | 50 | 23:10 | 39 | | | | | | | 138 |
| James Kelly | 23:45 | 37 | 26:35 | 29 | 22:40 | 43 | 27:00 | 27 | | | | | 136 |
| Jo Foreshaw | 25:25 | 32 | 23:15 | 42 | 31:35 | 26 | 24:45 | 36 | | | | | 136 |
| Hayley Perrin (F) | 25:55 | 30 | 24:25 | 36 | 24:30 | 37 | 25:30 | 30 | | | | | 133 |
| Juliet Stephenson (F) | 23:55 | 36 | 22:20 | 45 | 22:10 | 44 | | | | | | | 125 |
| Anthony Baker | 27:10 | 28 | 26:40 | 27 | 25:30 | 35 | 26:20 | 28 | | | | | 118 |
| Gareth Venables | 25:40 | 31 | | | 21:30 | 45 | 24:55 | 34 | | | | | 110 |
| Greg Charles | 28:10 | 24 | 23:30 | 40 | | | 22:40 | 43 | | | | | 107 |
| Elleanor Atwell (F) | 27:20 | 26 | 28:20 | 24 | 27:30 | 31 | 27:25 | 24 | | | | | 105 |
| Esme Hollick (F) | 25:05 | 34 | 25:40 | 32 | | | 25:20 | 31 | | | | | 97 |
| Freddy Strachan | 20:20 | 48 | | | | | 21:15 | 46 | | | | | 94 |
| Ian Ward | 29:00 | 21 | 28:35 | 23 | 30:40 | 27 | 28:40 | 22 | | | | | 93 |
| Sam Jones | 28:50 | 22 | 24:15 | 37 | 01:50 | 33 | | | | | | | 92 |
| Eliza Wood (F) | 28:10 | 24 | 25:05 | 34 | 27:35 | 29 | | | | | | | 87 |
| Kimball O'Hara | 29:35 | 20 | 30:00 | 22 | 38:05 | 25 | 30:25 | 19 | | | | | 86 |
| Ted Hukins | 25:00 | 35 | 27:30 | 26 | | | 29:30 | 20 | | | | | 81 |
| Maxwell Cook | 22:25 | 41 | | | | | 23:50 | 38 | | | | | 79 |
| Harvey Sell | 27:40 | 25 | | | 28:20 | 28 | 27:15 | 25 | | | | | 78 |
| Annabel Brown (F) | 27:15 | 27 | 27:40 | 25 | | | 28:50 | 21 | | | | | 73 |
| Philip Bray | | | | | 27:30 | 31 | 27:10 | 26 | | | | | 57 |
| Max Walker | | | | | | | 20:40 | 49 | | | | | 49 |
| Annie Aspin (F) | | | | | | | 23:10 | 42 | | | | | 42 |
| David Branfoot | 22:15 | 42 | | | | | | | | | | | 42 |
| Faye Charlesworth (F) | | | 33:10 | 21 | | | 31:30 | 18 | | | | | 39 |
| Yaqoub Imran | | | | | 24.55 | 36 | | | | | | | 36 |
| Sophie Wadsworth (F) | | | 25:50 | 31 | | | | | | | | | 31 |
| Raife Padley | | | 26:15 | 30 | | | | | | | | | 30 |
| Dan Collis | | | | | | | 26:00 | 29 | | | | | 29 |
| Lewis Mann | | | 26:35 | 29 | | | | | | | | | 29 |
| Ellie Cole (F) | | | | | | | 28:10 | 23 | | | | | 23 |