

**Milocarian Athletic Club Virtual Championship 2024(2) - Men Runners 5 - In Conjunction with the STRAVA App**

**Dated 4th June 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	16:15	50			247
Charlie Wood	21:35	44	18:40	49	19:05	49	20:45	48	20:45	47			237
Felix Keating	21:30	45	20:40	48	19:40	47	20:55	47	21:10	44			231
Andy Coterill	22:45	40	22:35	43	19:30	48	22:10	45	22:25	37			213
James McLoughlin	23:40	38	22:30	44	22:40	43	22:15	44	21:55	41			210
Nick Wood	23:30	39	22:00	46	22:50	41	23:15	41	23:50	34			201
Richard Adamson	22:10	43	23:40	39	23:45	38	24:30	37	22:15	39			196
Obi Juan	21:20	47	24:05	38	26:00	32	23:20	40	22:20	38			195
Henry Cox	21:25	46	23:15	42	23:00	40	25:15	33	25:25	26			187
Jo Foreshaw	25:25	32	23:15	42	31:35	26	24:45	36	19:50	49			185
Rob Poole	26:35	29	25:35	33	21:25	46	25:15	33	24:05	33			174
James Kelly	23:45	37	26:35	29	22:40	43	27:00	27	25:30	25			161
Dan Collis	17:50	49	17:00	50	23:10	39			26:20	22			160
Anthony Baker	27:10	28	26:40	27	25:30	35	26:20	28	24:55	28			146
Greg Charles	28:10	24	23:30	40			22:40	43	23:45	35			142
Freddy Strachan	20:20	48					21:15	46	21:50	42			136
Gareth Venables	25:40	31			21:30	45	24:55	34	34:00	14			124
Harvey Sell	27:40	25			28:20	28	27:15	25	23:00	36			114
Ian Ward	29:00	21	28:35	23	30:40	27	28:40	22	30:10	17			110
Maxwell Cook	22:25	41					23:50	38	24:35	29			108
Sam Jones	28:50	22	24:15	37	25:50	33			32:25	16			108
Kimball O'Hara	29:35	20	30:00	22	38:05	25	30:25	19	28:20	18			104
Philip Bray					27:30	31	27:10	26	21:30	43			100
David Branfoot	22:15	42							20:45	47			89
Ted Hukins	25:00	35	27:30	26			29:30	20					81
Yaqoub Imran					24:55	36			25:40	24			60
Max Walker							20:40	49					49
Raife Padley			26:15	30					27:40	19			49
Stephen Chapman									20:20	48			48
Rory Jordon									20:40	45			45
Sam Breen									22:00	40			40
Dan Collis							26:00	29					29
Lewis Mann			26:35	29									29
Joseph Hendryck									32:45	15			15