Milocarian Athletic Club Virtual Championship 2024(3) - All Runners 6 - In Conjunction with the STRAVA App

Dated 10th September 2024

Alternate 5km/10km Competition	17/06 - 30/06		01/07 - 14/07		15/07 - 28/07		29/07 -11/08		12/08 - 25/08		26/08 - 08/09		Total
	5km		5km		5km		5km		5km		5km		
	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	
Tom Kirby	17:40	50	24:15	38	20:45	49	17:20	50	19:05	49	21:00	48	284
David Branfoot	19:00	49	23:05	43	23:10	43	18:25	49	21:25	44	21:10	46	274
Freddy Strachan	22:05	45	21:20	48	21:40	47	21:55	44	20:35	46	21:45	41	271
Charlie Wood	21:50	46	18:45	50	20:00	50	25:55	33	17:45	50	23:40	36	265
Stephen Chapman	21:35	47	20:20	49	24:35	37	25:00	36	20:30	47	21:20	45	261
Nick Wood	22:45	42	23:05	43	22:55	45	26:20	32	24:35	34	23:30	38	234
Anna Naylor (F)	23:35	37	24:25	36	26:25	33	26:25	31	23:25	39	23:50	35	211
Jo Foreshew	23:35	37	23:35	40	36:00	24	20:55	46	31:00	21	21:35	42	210
Obi Juan	25:20	30	23:00	44	23:25	41	23:35	39	44:55	17	23:30	38	209
Esme Hollick (F)	27:00	25	22:45	45	24:05	39	25:25	34	24:40	32	24:05	31	206
Greg Charles	23:15	38	21:45	47			20:50	47	25:40	30	21:25	44	206
Dan Collis	26:30	27	26:50	30	26:05	34	24:45	37	24:30	35	22:25	40	203
Rory Jordon					20:45	49	19:00	48	20:25	48	19:00	50	195
Anthony Baker	25:05	32	25:45	32	29:25	29	25:00	36	25:15	31	23:55	34	194
Gareth Venables	24:10	35	24:55	34	23:10	43			24:35	34	21:25	44	190
Felix Keating	20:35	48					21:20	45	21:20	45	21:05	47	185
Rob Poole			22:20	46	21:45	46	24:30	38			24:30	29	159
Maxwell Cook	24:50	33	24:00	39			27:00	30	28:25	26	28:25	23	151
Hayley Perrin (F)	25:05	32	25:55	31	24:30	38			30:20	22	27:55	24	147
Eliza Wood (F)	26:15	28	25:20	33	28:30	31			33:00	20	23:55	34	146
James Kelly	27:05	24					22:35	42	23:50	37	23:25	39	142
Ian Ward	31:15	20	32:55	22	31:20	26	30:50	25	30:05	23	29:10	20	136
Juliet Stephenson (F)	23:00	40	27:55	29	23:45	40	28:35	27					136
Kimball O'Hara	30:55	21	31:15	24	29:25	28	32:25	23	34:30	19	31:20	18	133
Amy Hoo (F)	29:45	22	24:15	38	31:00	27	29:10	26			32:05	17	130
Harvey Sell	27:40	23	24:50	35	25:35	35					24:25	30	123
James McLoughlin	23:05	39			23:00	44			23:20	40			123
Sam Breen	22:10	44					23:05	40	23:25	39			123
Sam Jones	26:55	26	23:20	41			28:20	29	29:20	25			121
Ellie Cole (F)	25:40	29	30:55	25	24:40	36					26:25	25	115
Henry Cox							23:00	41	22:00	43	24:55	28	112
Joseph Hendryck			32:55	22	31:55	25	46:10	21	29:55	24	39:50	16	108
Elleanor Atwell (F)					27:35	32	34:35	22	27:30	27	30:00	19	100
Philip Bray			29:15	27	28:50	30	32:10	24	34:10	19			100
Annabel Brown (F)	22:45	42	29:35	26			28:25	28					96
Max Walker							21:55	44			20:20	49	93
Andy Coterill	22:25	43							23:55	36			79
Richard Adamson									23:15	41	25:30	27	68
Raife Padley			28:10	28							28:55	22	50
Ted Hukins									26:30	28	29:05	21	49
Thomas Thornhill									23:05	42			42
Nick Barnett-Johnson	24:30	34											34
Alex Lane											24.00	32	32
Yaqoub Imran									26:10	29			29
Annie Aspin (F)											25:30	26	26
Faye Charlesworth (F)			31:40	23									23