| Milocarian Athletic Club Virtual Championship 2024(3) - Men Runners 1 - In Conjunction with the STRAVA App | | | | | | | | | | | | | |
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| **Dated 1st July 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 | | | | | | | | | | | 50 |
| David Branfoot | 19:00 | 49 | | | | | | | | | | | 49 |
| Felix Keating | 20:35 | 48 | | | | | | | | | | | 48 |
| Stephen Chapman | 21:35 | 47 | | | | | | | | | | | 47 |
| Charlie Wood | 21:50 | 46 | | | | | | | | | | | 46 |
| Freddy Strachan | 22:05 | 45 | | | | | | | | | | | 45 |
| Sam Breen | 22:10 | 44 | | | | | | | | | | | 44 |
| Andy Coterill | 22:25 | 43 | | | | | | | | | | | 43 |
| Nick Wood | 22:45 | 42 | | | | | | | | | | | 42 |
| James McLoughlin | 23:05 | 39 | | | | | | | | | | | 39 |
| Greg Charles | 23:15 | 38 | | | | | | | | | | | 38 |
| Jo Foreshaw | 23:35 | 37 | | | | | | | | | | | 37 |
| Gareth Venables | 24:10 | 35 | | | | | | | | | | | 35 |
| Nick Barnett-Johnson | 24:30 | 34 | | | | | | | | | | | 34 |
| Maxwell Cook | 24:50 | 33 | | | | | | | | | | | 33 |
| Anthony Baker | 25:05 | 32 | | | | | | | | | | | 32 |
| Obi Juan | 25:20 | 30 | | | | | | | | | | | 30 |
| Dan Collis | 26:30 | 27 | | | | | | | | | | | 27 |
| Sam Jones | 26:55 | 26 | | | | | | | | | | | 26 |
| James Kelly | 27:05 | 24 | | | | | | | | | | | 24 |
| Harvey Sell | 27:40 | 23 | | | | | | | | | | | 23 |
| Kimball O'Hara | 30:55 | 21 | | | | | | | | | | | 21 |
| Ian Ward | 31:15 | 20 | | | | | | | | | | | 20 |