Milocarian Athletic Club Virtual Championship 2024(3) - Men Runners 3 - In Conjunction with the STRAVA App													
Dated 30th 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	
Charlie Wood	21:50	46	18:45	50	20:00	50							146
Freddy Strachan	22:05	45	21:20	48	21:40	47							140
Tom Kirby	17:40	50	24:15	38	20:45	49							137
David Branfoot	19:00	49	23:05	43	23:10	43							135
Stephen Chapman	21:35	47	20:20	49	24:35	37							133
Nick Wood	22:45	42	23:05	43	22:55	45							130
Obi Juan	25:20	30	23:00	44	23:25	41							115
Gareth Venables	24:10	35	24:55	34	23:10	43							112
Jo Foreshew	23:35	37	23:35	40	36:00	24							101
Anthony Baker	25:05	32	25:45	32	29:25	29							93
Harvey Sell	27:40	23	24:50	35	25:35	35							93
Rob Poole			22:20	46	21:45	46							92
Dan Collis	26:30	27	26:50	30	26:05	34							91
Greg Charles	23:15	38	21:45	47									85
James McLoughlin	23:05	39			23:00	44							83
Kimball O'Hara	30:55	21	31:15	24	29:25	28							73
Maxwell Cook	24:50	33	24:00	39									72
Ian Ward	31:15	20	32:55	22	31:20	26							68
Sam Jones	26:55	26	23:20	41									67
Philip Bray			29:15	27	28:50	30							57
Rory Jordon					20:45	49							49
Felix Keating	20:35	48											48
Joseph Hendryck			32:55	22	31:55	25							47
Sam Breen	22:10	44											44
Andy Coterill	22:25	43											43
Nick Barnett-Johnson	24:30	34											34
Raife Padley			28:10	28									28
James Kelly	27:05	24											24