

**Milocarian Athletic Club Virtual Championship 2024(4) - All Runners 3 - In Conjunction with the STRAVA App**

**Dated 22nd October 2024**

Alternate 5km/10km Competition	09/09 - 22/09		23/09 - 06/10		07/10 - 20/10		21/10 - 03/11		04/11 - 17/11		18/11 - 01/12		Total
	5km		5km		5km		5km		5km		5km		
	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	
David Branfoot	17:15	49	18:15	50	17:50	49							148
Tom Kirby	16:30	50	20:10	48	17:25	50							148
Charlie Wood	22:45	40	20:50	47	20:50	45							132
Jo Foreshew	22:25	41	22:15	40	22:35	41							122
Henry Cox	23:25	35	23:30	37	20:15	47							119
James Kelly	22:45	40	23:05	38	23:05	38							116
Stephen Chapman	20:00	47	26:00	31	23:05	38							116
Raife Padley	22:45	38	21:35	44	23:55	33							115
Nick Wood	23:20	36	23:00	39	23:30	34							109
Gareth Venables	24:45	32	22:05	41	23:10	35							108
Obi Juan	22:10	43	40:20	22	22:45	40							105
Anna Naylor (F)	23:15	37	23:40	36	25:15	30							103
Andy Coterill	25:15	29	25:10	33	23:05	38							100
Harvey Sell	25:45	26	26:00	31	22:55	39							96
Rory Jordon	19:55	48			18:55	48							96
Eliza Wood (F)	24:45	32	27:05	28	25:05	31							91
Dan Collis	26:45	24	24:35	34	24:35	32							90
Freddy Strachan	21:10	46			21:55	43							89
Max Walker	22:10	43	21:35	44									87
Rob Poole	22:05	44	21:50	42									86
Ian Ward	30:30	21	27:05	28	27:10	25							74
Richard Adamson	24:55	30			21:10	44							74
Joseph Hendryck			21:05	46	26:00	27							73
Maxwell Cook			19:45	49	27:55	23							72
Amy Hoo (F)	31:05	20	27:45	26	28:25	22							68
Elleanor Atwell (F)	28:55	22	29:35	24	28:30	21							67
Jamie McLoughlin			28:25	25	22:10	42							67
Annabel Brown (F)	23:55	34			25:35	29							63
Juliet Stevenson (F)			26:30	29	25:40	28							57
Esme Hollick (F)	25:20	28			27:30	24							52
Felix Keating					20:40	46							46
Greg Charles	22:00	45											45
Nick Barnett-Johnston			21:30	45									45
Kimball O'Hara	33:20	19	32:45	23									42
Hayley Perrin (F)			24:20	35									35
Alex Lane	24:00	33											33
Ellie Cole (F)			25:10	33									33
Philip Bray	25:40	27											27
Anthony Baker					26:20	26							26
Thomas Thornhill	26:10	25											25
Ted Hukins	28:25	23											23
Hamish Waring					31:55	20							20