Milocarian Athletic Club Virtual Championship 2024(4) - Men Runners 5 - In Conjunction with the STRAVA App

Dated 19th November 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	17:55	50	19:20	49			247
Tom Kirby	16:30	50	20:10	48	17:25	50	21:40	44	17:50	50			242
Charlie Wood	22:45	40	20:50	47	20:50	45	21:20	46	20:35	46			224
James Kelly	22:45	40	23:05	38	23:05	38	23:15	43	22:35	41			200
Stephen Chapman	20:00	47	26:00	31	23:05	38	24:45	36	20:40	45			197
Jo Foreshew	22:25	41	22:15	40	22:35	41	28:00	26	22:45	40			188
Rory Jordon	19:55	48			18:55	48	18:50	48	21:20	44			188
Nick Wood	23:20	36	23:00	39	23:30	34	27:05	29	20:30	47			185
Obi Juan	22:10	43	40:20	22	22:45	40	23:45	42	23:25	38			185
Max Walker	22:10	43	21:35	44			18:45	49	21:25	43			179
Freddy Strachan	21:10	46			21:55	43	21:20	46	21:50	42			177
Andy Coterill	25:15	29	25:10	33	23:05	38	23:50	41	27:05	29			170
Dan Collis	26:45	24	24:35	34	24:35	32	24:35	39	23:40	36			165
Gareth Venables	24:45	32	22:05	41	23:10	35	29:15	23	25:20	34			165
Raife Padley	22:45	38	21:35	44	23:55	33			26:15	32			147
Richard Adamson	24:55	30			21:10	44	30:45	20	20:15	48			142
Ian Ward	30:30	21	27:05	28	27:10	25	28:25	24	29:55	25			123
Harvey Sell	25:45	26	26:00	31	22:55	39	28:00	26					122
Maxwell Cook			19:45	49	27:55	23	36:45	17	25:40	33			122
Henry Cox	23:25	35	23:30	37	20:15	47							119
Felix Keating					20:40	46	20:45	47					93
Joseph Hendryck			21:05	46	26:00	27	39:05	16					89
Anthony Baker					26:20	26	26:30	30	26:25	30			86
Rob Poole	22:05	44	21:50	42									86
Ted Hukins	28:25	23					27:05	29	27:05	29			81
Jamie McLoughlin			28:25	25	22:10	42							67
Hamish Waring					31:55	20	32:30	18	31:50	24			62
Yaqoub Imran							25:05	35	03:10	27			62
Greg Charles	22:00	45											45
Nick Barnett-Johnston			21:30	45									45
Kimball O'Hara	33:20	19	32:45	23									42
Lewis Mann							24:45	40					40
Alex Lane	24:00	33											33
George Christie							26:05	33					33
Philip Bray	25:40	27											27
Thomas Thornhill	26:10	25											25