Milocarian Athletic Club Virtual Championship 2025(1) - All Runners 4 - In Conjunction with the STRAVA App

Dated 4th March 2025

Alternate 5km/10km Competition	06/01 - 19/01		20/01 - 02/02		17/02 - 02/03		03/03 -16/03		17/03 - 30/03		31/04 - 13/04		Total
	5km		5km		5km		5km		5km		5km		
	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	
Tom Kirby	16:10	50	17:00	50	17:50	50	19:10	50					200
David Branfoot	18:45	48	20:05	48	20:35	49	20:15	47					192
Charlie Wood	21:25	45	20:50	47	22:20	45	21:20	46					183
Stephen Chapman	20:00	47	23:15	44	20:45	48	23:40	40					179
Anna Naylor (F)	21:45	44	23:40	39	22:35	43	24:05	37					163
Jo Foreshew	24:30	40	23:25	41	24:00	37	21:50	45					163
Henry Cox	25:20	38	25:00	34	23:40	38	19:45	49					159
Nick Wood	22:50	42	25:25	33	23:20	41	23:05	41					157
Hayley Perrin (F)	25:55	34	24:15	36	21:35	46	23:40	40					156
Obi Juan	26:30	31	22:25	45	24:35	36	22:00	44					156
Dan Collis	25:40	36	23:35	40	23:05	42	24:10	36					154
James Kelly	23:00	41	24:20	35	24:35	36	23:45	38					150
Rory Jordon	18:15	49	19:40	49			20:00	48					146
Juliet Stevenson (F)	25:20	38	26:40	29	23:30	40	24:25	35					142
Eliza Wood (F)	24:55	39	24:00	37	27:50	27	26:45	30					133
Maxwell Cook	26:50	30	28:35	27	21:15	47	30:30	23					127
Gareth Venables	20:55	46	29:00	25	28:25	23	27:00	28					122
Greg Charles	26:25	32	23:40	43			22:20	43					118
Jamie McLoughlin	27:35	28	23:40	43	23:35	39							110
Anthony Baker	28:45	26	28:50	26	27:45	28	28:10	27					107
Annabel Brown (F)	32:00	22	28:05	28	27:55	25	29:35	25					100
Harvey Sell			23:45	38	27:05	30	25:10	32					100
Ellie Cole (F)	26:05	33	25:55	31			24:25	35					99
Ian Ward	29:25	25	29:20	24	28:15	24	30:10	24					97
Ingrid Brodersen (F)			25:30	32	25:30	32	26:40	31					95
Hamish Waring	32:25	21	31:20	22	32:55	21	28:45	26					90
Richard Adamson			26:35	30	25:40	31	26:55	29					90
Amy Hoo (F)	30:35	23	30:10	23	33:55	20	32:30	22					88
Nyree Scott (F)	34:40	20	34:15	21	34:15	19	32:40	21					81
Sam Breen	27:10	29			22:30	44							73
Felix Keating					27:50	27	22:20	43					70
Yaqoub Imran					27:25	29	25:00	33					62
Rachel Herbert (F)	37:00	19			37:45	18	33:40	19					56
Rob Poole			21:30	46									46
Freddy Strachan	21:50	43											43
Faye Charlesworth (F)					29:10	22	32:55	20					42
Esme Hollick (F)	25:45	35											35
Lewis Mann					25:05	34							34
Ted Hukins					25:15	33							33
Raife Padley	27:50	27											27
Philip Bray	30:15	24											24
Sam Jones			35:05	20									20