Milocarian Athletic Club Virtual Championship 2025(1) - Men Runners 5 - In Conjunction with the STRAVA App													
Dated 18th 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	16:45	50			250
David Branfoot	18:45	48	20:05	48	20:35	49	20:15	47	17:35	49			241
Charlie Wood	21:25	45	20:50	47	22:20	45	21:20	46	21:45	44			227
Jo Foreshew	24:30	40	23:25	41	24:00	37	21:50	45	19:45	48			211
Stephen Chapman	20:00	47	23:15	44	20:45	48	23:40	40	24:20	32			211
Obi Juan	26:30	31	22:25	45	24:35	36	22:00	44	22:25	41			197
Henry Cox	25:20	38	25:00	34	23:40	38	19:45	49	23:25	36			195
Nick Wood	22:50	42	25:25	33	23:20	41	23:05	41	23:10	38			195
Rory Jordon	18:15	49	19:40	49			20:00	48	20:25	46			192
Dan Collis	25:40	36	23:35	40	23:05	42	24:10	36	23:25	36			190
James Kelly	23:00	41	24:20	35	24:35	36	23:45	38	24:35	30			180
Gareth Venables	20:55	46	29:00	25	28:25	23	27:00	28	23:10	38			160
Jamie McLoughlin	27:35	28	23:40	43	23:35	39			23:05	39			149
Greg Charles	26:25	32	23:40	43			22:20	43	25:40	28			146
Anthony Baker	28:45	26	28:50	26	27:45	28	28:10	27	26:35	25			132
Maxwell Cook	26:50	30	28:35	27	21:15	47	30:30	23					127
Ian Ward	29:25	25	29:20	24	28:15	24	30:10	24	30:25	20			117
Richard Adamson			26:35	30	25:40	31	26:55	29	26:10	27			117
Felix Keating					27:50	27	22:20	43	21:55	43			113
Hamish Waring	32:25	21	31:20	22	32:55	21	28:45	26	27:00	23			113
Harvey Sell			23:45	38	27:05	30	25:10	32					100
Freddy Strachan	21:50	43							20:00	47			90
Rob Poole			21:30	46					22:05	42			88
Sam Breen	27:10	29			22:30	44							73
Yaqoub Imran					27:25	29	25:00	33					62
Andy Godden									21:30	45			45
Ashley Richards									24:00	34			34
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