Milocarian Athletic Club Virtual Championship 2025(1) - Men Runners 6 - In Conjunction with the STRAVA App													
Dated 31st 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	17:20	49	299
David Branfoot	18:45	48	20:05	48	20:35	49	20:15	47	17:35	49	17:05	50	291
Charlie Wood	21:25	45	20:50	47	22:20	45	21:20	46	21:45	44	21:10	45	272
Stephen Chapman	20:00	47	23:15	44	20:45	48	23:40	40	24:20	32	21:30	44	255
Jo Foreshew	24:30	40	23:25	41	24:00	37	21:50	45	19:45	48	23:00	41	252
Obi Juan	26:30	31	22:25	45	24:35	36	22:00	44	22:25	41	21:35	43	240
Rory Jordon	18:15	49	19:40	49			20:00	48	20:25	46	20:20	47	239
Nick Wood	22:50	42	25:25	33	23:20	41	23:05	41	23:10	38	22:55	42	237
Henry Cox	25:20	38	25:00	34	23:40	38	19:45	49	23:25	36	25:15	33	228
Dan Collis	25:40	36	23:35	40	23:05	42	24:10	36	23:25	36	23:45	37	227
James Kelly	23:00	41	24:20	35	24:35	36	23:45	38	24:35	30	24:40	35	215
Greg Charles	26:25	32	23:40	43			22:20	43	25:40	28	23:10	39	185
Gareth Venables	20:55	46	29:00	25	28:25	23	27:00	28	23:10	38			160
Anthony Baker	28:45	26	28:50	26	27:45	28	28:10	27	26:35	25	26:50	26	158
Maxwell Cook	26:50	30	28:35	27	21:15	47	30:30	23			25:45	30	157
Jamie McLoughlin	27:35	28	23:40	43	23:35	39			23:05	39			149
Freddy Strachan	21:50	43							20:00	47	20:50	46	136
Hamish Waring	32:25	21	31:20	22	32:55	21	28:45	26	27:00	23	27:30	23	136
Ian Ward	29:25	25	29:20	24	28:15	24	30:10	24	30:25	20	30:55	19	136
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
Sam Breen	27:10	29			22:30	44					26:40	28	101
Harvey Sell			23:45	38	27:05	30	25:10	32					100
Rob Poole			21:30	46					22:05	42			88
Andy Godden									21:30	45	23:30	38	83
Yaqoub Imran					27:25	29	25:00	33			32:25	16	78
Ashley Richards									24:00	34	26:35	29	63
Ted Hukins					25:15	33					28:35	21	54
Sam Jones			35:05	20							25:15	33	53
Max Walker											18:55	48	48
Philip Bray	30:15	24									29:40	20	44
Andy Cotterill											23:00	41	41
Lewis Mann					25:05	34							34
Thomas Thornhill											25:00	34	34
Raife Padley	27:50	27											27