

| Milocarian Athletic Club Virtual Championship 2025(2) - All Runners 3 - In Conjunction with the STRAVA App |               |     |               |     |               |     |               |     |              |     |               |     |       |
|------------------------------------------------------------------------------------------------------------|---------------|-----|---------------|-----|---------------|-----|---------------|-----|--------------|-----|---------------|-----|-------|
| Dated 12th May 2025                                                                                        |               |     |               |     |               |     |               |     |              |     |               |     |       |
| Alternate 5km/10km Competition                                                                             | 32/03 - 13/04 |     | 14/04 - 27/04 |     | 28/04 - 11/05 |     | 12/05 - 25/05 |     | 26/05 -08/06 |     | 09/06 - 22/06 |     | Total |
|                                                                                                            | 5km           |     | 5km           |     | 5km           |     | 5km           |     | 5km          |     | 5km           |     |       |
|                                                                                                            | Time          | pts | Time          | pts | Time          | pts | Time          | pts | Time         | pts | Time          | pts |       |
| Henry Cox                                                                                                  | 20:35         | 48  | 20:50         | 46  | 20:40         | 47  |               |     |              |     |               |     | 141   |
| Tom Kirby                                                                                                  | 21:10         | 44  | 21:35         | 44  | 15:45         | 50  |               |     |              |     |               |     | 138   |
| Obi Juan                                                                                                   | 21:45         | 42  | 20:20         | 47  | 20:44         | 46  |               |     |              |     |               |     | 135   |
| Jo Foreshew                                                                                                | 20:30         | 45  | 23:00         | 39  | 19:45         | 49  |               |     |              |     |               |     | 133   |
| David Branfoot                                                                                             | 21:40         | 43  | 21:25         | 45  | 22:35         | 42  |               |     |              |     |               |     | 130   |
| Andy Godden                                                                                                | 23:35         | 36  | 22:30         | 41  | 21:50         | 45  |               |     |              |     |               |     | 122   |
| Max Walker                                                                                                 | 20:35         | 48  | 19:05         | 50  | 27:30         | 24  |               |     |              |     |               |     | 122   |
| Stephen Chapman                                                                                            | 26:05         | 25  | 19:45         | 49  | 19:55         | 48  |               |     |              |     |               |     | 122   |
| Charlie Wood                                                                                               | 21:55         | 41  | 22:40         | 40  | 22:45         | 40  |               |     |              |     |               |     | 121   |
| Gareth Venables                                                                                            | 21:05         | 46  | 22:00         | 43  | 25:50         | 29  |               |     |              |     |               |     | 118   |
| James Kelly                                                                                                | 24:15         | 34  | 23:35         | 38  | 23:15         | 37  |               |     |              |     |               |     | 109   |
| Dan Collis                                                                                                 | 23:40         | 35  | 24:10         | 37  | 23:50         | 36  |               |     |              |     |               |     | 108   |
| Juliet Stevenson (F)                                                                                       | 22:35         | 39  | 24:50         | 34  | 24:20         | 35  |               |     |              |     |               |     | 108   |
| Nick Wood                                                                                                  | 22:40         | 38  | 27:35         | 26  | 22:40         | 41  |               |     |              |     |               |     | 105   |
| Anna Naylor (F)                                                                                            | 26:40         | 24  | 26:15         | 30  | 21:55         | 44  |               |     |              |     |               |     | 98    |
| Rory Jordon                                                                                                | 19:35         | 50  | 20:10         | 48  |               |     |               |     |              |     |               |     | 98    |
| Hayley Perrin (F)                                                                                          | 25:05         | 31  | 25:00         | 33  | 24:55         | 32  |               |     |              |     |               |     | 96    |
| Ellie Cole (F)                                                                                             | 25:40         | 29  | 25:45         | 32  | 25:35         | 31  |               |     |              |     |               |     | 92    |
| Ingrid Brodersen (F)                                                                                       | 25:20         | 30  | 25:50         | 31  | 26:10         | 28  |               |     |              |     |               |     | 89    |
| Maxwell Cook                                                                                               | 25:40         | 29  | 27:30         | 28  | 27:30         | 26  |               |     |              |     |               |     | 83    |
| Andy Cotterill                                                                                             | 21:55         | 41  |               |     | 22:45         | 40  |               |     |              |     |               |     | 81    |
| Rob Poole                                                                                                  |               |     | 22:20         | 42  | 23:10         | 38  |               |     |              |     |               |     | 80    |
| Yaqoub Imran                                                                                               | 25:55         | 26  | 26:45         | 29  | 28:10         | 23  |               |     |              |     |               |     | 78    |
| Annabel Brown (F)                                                                                          | 24:30         | 33  | 30:35         | 24  | 28:45         | 20  |               |     |              |     |               |     | 77    |
| Sam Breen                                                                                                  | 24:40         | 32  | 24:10         | 37  |               |     |               |     |              |     |               |     | 69    |
| Hamish Waring                                                                                              | 31:05         | 18  | 33:20         | 20  | 25:40         | 30  |               |     |              |     |               |     | 68    |
| Eliza Wood (F)                                                                                             | 28:45         | 20  | 27:30         | 27  | 28:20         | 20  |               |     |              |     |               |     | 67    |
| Felix Keating                                                                                              | 26:45         | 23  |               |     | 21:55         | 44  |               |     |              |     |               |     | 67    |
| Ashley Richards                                                                                            | 26:45         | 23  | 32:45         | 21  | 28:20         | 22  |               |     |              |     |               |     | 66    |
| Ted Hukins                                                                                                 | 28:45         | 20  | 28:25         | 25  | 31:20         | 17  |               |     |              |     |               |     | 62    |
| Ian Ward                                                                                                   | 31:55         | 16  | 30:50         | 23  | 31:00         | 18  |               |     |              |     |               |     | 57    |
| Amy Hoo (F)                                                                                                | 31:40         | 17  | 31:45         | 22  | 31:25         | 16  |               |     |              |     |               |     | 55    |
| Anthony Baker                                                                                              | 25:45         | 27  |               |     | 26:15         | 27  |               |     |              |     |               |     | 54    |
| Richard Adamson                                                                                            | 41:00         | 14  | 24:10         | 37  |               |     |               |     |              |     |               |     | 51    |
| Freddy Strachan                                                                                            | 20:00         | 49  |               |     |               |     |               |     |              |     |               |     | 49    |
| Nyree Scott (F)                                                                                            | 32:20         | 15  | 36:15         | 18  | 36:15         | 15  |               |     |              |     |               |     | 48    |
| Nick Barnett-Johnston                                                                                      | 22:50         | 37  |               |     |               |     |               |     |              |     |               |     | 37    |
| Greg Charles                                                                                               |               |     |               |     | 24:40         | 34  |               |     |              |     |               |     | 34    |
| Raife Padley                                                                                               |               |     |               |     | 24:45         | 33  |               |     |              |     |               |     | 33    |
| Elleanor Atwell                                                                                            |               |     |               |     | 27:05         | 25  |               |     |              |     |               |     | 25    |
| Philip Bray                                                                                                | 28:15         | 21  |               |     |               |     |               |     |              |     |               |     | 21    |
| Thomas Thornhill                                                                                           |               |     |               |     |               |     |               |     |              |     |               |     |       |