

Milocarian Athletic Club Virtual Championship 2025(3) - Men Runners 6 - In Conjunction with the STRAVA App													
Dated 15th September 2025													
Alternate 5km/10km Competition	22/06 - 06/07		07/07 - 20/07		21/07 - 03/08		04/08 - 17/08		18/08 - 31/08		01/09 - 14/09		Total
	5km		5km		5km		5km		5km		5km		
	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	
Tom Kirby	16:50	50	17:20	50	20:50	48	21:50	46	23:10	43	21:35	46	283
Dan Collis	17:00	49	23:40	39	21:50	45	17:40	50	18:30	49	20:25	50	282
David Branfoot	17:25	48	22:15	42	22:20	43	21:50	46	16:35	50	20:55	49	278
Felix Keating	21:40	45	21:00	46	22:40	41	21:20	48	21:30	47	21:30	47	274
Charlie Wood	21:50	44	21:55	44	21:00	47	22:00	44	21:40	46	21:00	48	273
Rob Poole	21:35	46	22:00	43	21:20	46	25:10	36	21:45	45	23:00	43	259
Jo Foreshew	22:25	41	25:55	36	19:15	49	24:45	39	24:55	39	23:35	41	245
Andy Godden	23:40	38	22:30	41	24:40	39	24:25	40	24:55	39	23:00	43	240
Max Walker			17:50	49	17:55	50	20:00	49	22:45	44	22:05	45	237
Freddy Strachan	21:55	43	21:25	45	22:30	44	22:00	44	21:05	48			224
Stephen Chapman			19:50	48	24:05	40	21:45	47	23:45	41	24:50	35	211
Henry Cox	22:15	42			22:35	42	23:30	42	23:25	42	24:00	38	206
Maxwell Cook	26:30	28	27:05	31	29:50	28	27:35	27	27:50	34	22:30	44	192
Anthony Baker	30:10	24	26:05	34	26:45	32	26:40	30	26:00	35	25:10	34	189
Sam Breen	21:05	47	24:25	37	25:10	38	24:55	38					160
Ian Ward	29:55	25	33:45	25	30:30	26	29:25	23	30:30	26	25:45	31	156
Gareth Venables	25:50	32	27:35	29			25:10	36	32:20	23	25:15	33	153
Ted Hukins					25:45	37	28:10	26	28:30	32	26:45	28	123
Hamish Waring	29:25	26	30:00	27			34:05	21	30:05	28	36:50	20	122
Jamie Kelly							25:20	33	24:30	40	25:35	32	105
Raife Padley	26:05	30	34:40	24							23:55	39	93
Ashley Richards			34:45	23	28:10	30			28:50	31			84
Andy Cotterill	24:10	36	22:45	40									76
James McLoughlin							24:20	41	44:30	22			63
Rory Jordon			20:25	47									47
Nick Wood											23:35	40	40
Obi Juan	22:50	40											40
Richard Adamson											24:25	37	37
Greg Charles											25:45	31	31