

Milocarian Athletic Club Virtual Championship 2025(4) - All Runners 5 - In Conjunction with the STRAVA App

Dated 1st December 2025

Alternate 5km/10km Competition	15/09 - 28/79		29/09 - 12/10		13/10 - 26/10		27/10 - 09/11		10/11 - 23/11		24/11 - 07/12		Total
	5km		5km		5km		5km		5km		5km		
	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	
Dan Collis	19:05	49	19:55	50	19:40	49	19:20	49	19:10	49			246
Charlie Wood	20:55	48	20:25	49	20:20	47	20:15	48	20:30	48			240
David Branfoot	17:00	50	23:05	38	18:40	50	18:40	50	18:25	50			238
Rob Poole	21:20	46	21:15	43	21:25	46	21:20	47	21:25	46			228
Jo Foreshew	22:05	43	20:55	45	20:05	48	23:50	43	22:20	41			220
Nick Wood	21:35	45	20:50	46	23:20	41	23:45	44	24:45	36			212
Henry Cox	23:15	37	28:10	23	21:35	45	22:50	46	22:10	43			194
Andy Godden	23:10	38	22:35	39	24:25	37	24:25	39	24:30	38			191
Anthony Baker	25:40	33	25:25	32	24:15	38	24:25	39	25:00	35			177
Tom Kirby	22:35	40	21:05	44	22:10	44			22:40	40			168
Eliza Wood (F)	25:30	35	26:35	28	26:55	26	24:30	37	26:40	31			157
Juliet Stevenson (F)	25:30	35	24:20	35	22:15	43			22:05	44			157
Stephen Chapman	20:55	48	21:20	42	26:45	27	24:20	40					157
Jamie Kelly	25:50	31	27:45	25	26:15	31	25:15	35	25:40	33			155
Annabel Brown (F)	26:10	28	23:15	37	23:30	40			21:30	45			150
Max Walker	22:20	42	20:30	48	24:05	39	40:50	21					150
Sam Jones	27:30	23	43:50	17	24:45	35	24:05	41	27:45	29			145
Maxwell Cook	25:50	31			24:30	36	24:30	37	23:20	39			143
Anna Naylor (F)	24:30	36	22:35	40			26:25	30	25:20	34			140
Elleanor Atwell (F)	28:10	22	26:30	29	27:30	25	28:40	27	26:15	32			135
Rory Jordon	22:45	39	20:30	48					21:05	47			134
Gareth Venables	30:05	19	24:25	34	25:40	32	23:25	45					130
Hayley Perrin (F)	26:25	25	24:30	33	25:10	34	25:25	34					126
Esme Hollick (F)	25:45	32	26:20	30	26:35	29	25:40	33					124
Amy Hoo (F)	29:40	20	28:05	24	28:05	24	28:40	27	28:20	28			123
Obi Juan			23:45	36			24:00	42	24:40	37			115
Hamish Waring	31:15	18	32:55	18	38:00	22	30:35	24	33:05	27			109
Ian Ward	25:50	31	31:05	20	33:10	23	32:00	22					96
Ellie Cole (F)	26:20	26	25:40	31			26:05	31					88
Freddy Strachan	21:35	45	22:05	41									86
Felix Keating	22:25	41			23:10	42							83
Ashley Richards			31:25	19			28:10	28	26:45	30			77
Ted Hukins	33:40	17	27:35	26	26:15	31							74
Ingrid Brodersen (F)					26:35	29			22:15	42			71
Faye Charlesworth (F)	29:35	21	30:55	21			31:20	23					65
Raife Padley	27:15	24			25:20	33							57
Richard Adamson							26:00	32					32
Alex Iane							27:50	29					29
Greg Charles			26:40	27									27
James McLoughlin	26:15	27											27
Nick Barnett-Johnston							30:20	25					25
Jo Wood (F)			29:30	22									22