| Milocarian Athletic Club Virtual Championship 2026(1) - Men Runners 5 - In Conjunction with the STRAVA App | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Dated 16th March 2026** | | | | | | | | | | | | | |
| Alternate 5km/10km Competition | 05/01 - 18/01 | | 19/01 - 01/02 | | 02/02 - 15/02 | | 16/02 - 01/03 | | 02/03 - 15/03 | | 16/03 - 29/03 | | Total |
| | 5km | | 5km | | 5km | | 5km | | 5km | | 5km | | |
| | Time | pts | Time | pts | Time | pts | Time | pts | Time | pts | Time | pts | |
| Dan Collis | 20:15 | 49 | 19:15 | 50 | 20:00 | 49 | 19:00 | 49 | 17:25 | 50 | | | 247 |
| Tom Kirby | 19:50 | 50 | 20:50 | 49 | 20:00 | 49 | 17:45 | 50 | 18:45 | 48 | | | 246 |
| Rory Jordon | 21:05 | 46 | 22:05 | 44 | 18:35 | 50 | 20:25 | 46 | 19:30 | 47 | | | 233 |
| David Branfoot | 20:20 | 48 | 22:35 | 42 | 21:25 | 43 | 19:10 | 48 | 18:40 | 49 | | | 230 |
| Charlie Wood | 20:50 | 47 | 20:55 | 47 | 20:50 | 45 | 19:25 | 47 | 21:20 | 42 | | | 228 |
| Henry Cox | 23:15 | 43 | 21:25 | 45 | 20:30 | 46 | 21:35 | 42 | 20:10 | 45 | | | 221 |
| Max Walker | 21:35 | 45 | 21:00 | 46 | 21:15 | 44 | 23:15 | 39 | 23:30 | 38 | | | 212 |
| Rob Poole | 22:00 | 44 | 22:30 | 43 | 22:55 | 42 | 23:45 | 37 | 21:40 | 41 | | | 207 |
| Nick Wood | 23:30 | 41 | 24:15 | 39 | 23:05 | 41 | 21:10 | 44 | 23:20 | 40 | | | 205 |
| Jo Foreshew | 26:05 | 36 | 25:30 | 33 | 23:15 | 39 | 21:00 | 45 | 19:45 | 46 | | | 199 |
| Andy Godden | 23:25 | 42 | 24:20 | 38 | 27:05 | 27 | 24:20 | 35 | 25:25 | 34 | | | 176 |
| James Kelly | 32:30 | 25 | 27:25 | 28 | 26:00 | 31 | 22:30 | 40 | 20:30 | 44 | | | 168 |
| Anthony Baker | 25:45 | 37 | 27:05 | 29 | 25:40 | 32 | 26:15 | 27 | 25:50 | 32 | | | 157 |
| Gareth Venables | 27:00 | 33 | 23:50 | 40 | 23:10 | 40 | 21:20 | 43 | | | | | 156 |
| Obi Juan | 29:00 | 28 | 25:50 | 32 | 24:40 | 36 | 28:55 | 24 | 26:35 | 30 | | | 150 |
| Ashley Richards | 31:40 | 26 | 30:05 | 22 | 28:40 | 24 | 22:15 | 41 | 25:25 | 34 | | | 147 |
| Freddy Strachan | | | 20:50 | 49 | 20:05 | 47 | | | 21:10 | 43 | | | 139 |
| Maxwell Cook | 26:40 | 35 | 26:10 | 31 | 26:10 | 29 | 25:20 | 32 | | | | | 127 |
| Ian Ward | 32:55 | 24 | 28:55 | 25 | 30:00 | 22 | 27:50 | 26 | 29:00 | 27 | | | 124 |
| Richard Adamson | | | 25:00 | 36 | | | 23:20 | 38 | 27:10 | 29 | | | 103 |
| Sam Jones | | | 25:00 | 36 | 24:35 | 37 | 26:00 | 29 | | | | | 102 |
| Hamish Waring | 29:25 | 27 | | | 33:15 | 21 | 29:50 | 20 | 29:15 | 26 | | | 94 |
| Jamie McLoughlin | 23:30 | 41 | 23:15 | 41 | | | | | | | | | 82 |
| Ted Hukins | 27:10 | 32 | | | | | 29:35 | 21 | 29:25 | 24 | | | 77 |
| Amy Hoo (F) | | | 31:55 | 19 | | | 34:15 | 19 | 29:20 | 25 | | | 63 |
| Stephen Chapman | 32:55 | 24 | | | 24:25 | 38 | | | | | | | 62 |
| Raife Padley | | | | | 28:30 | 25 | 29:10 | 22 | | | | | 47 |
| Thomas Thornhill | 41:50 | 22 | 29:05 | 23 | | | | | | | | | 45 |
| Alex Lane | | | | | | | 25:55 | 30 | | | | | 30 |
| Lewis Mann | | | | | | | | | 27:55 | 28 | | | 28 |
| Greg Charles | | | 30:55 | 21 | | | | | | | | | 21 |