

Milocarian Athletic Club Virtual Championship 2026(3) - Men Runners 4 - In Conjunction with the STRAVA App													
Dated 17th August 2026													
Alternate 5km/10km Competition	22/06 - 05/07		06/07 - 19/07		20/07 - 02/08		03/08 - 16/08		17/08 - 30/08		31/08 - 13/09		Total
	5km		5km		5km		5km		5km		5km		
	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	
Tom Kirby	19:15	49	19:05	50	18:25	49	18:55	50					198
Dan Collis	19:25	48	21:40	48	18:00	50	19:55	49					195
Rory Jordon	21:55	45	21:15	49	21:40	47	21:55	45					186
Charlie Wood	21:30	46	23:20	43	23:25	43	23:20	42					174
James Kelly	21:20	47	23:15	44	28:40	31	20:55	48					170
Nick Wood	24:00	39	23:35	42	23:10	45	22:35	44					170
Henry Cox	23:10	44	23:10	45	24:40	41	24:05	37					167
Jo Foreshew	24:40	37	25:35	39	21:35	48	24:00	38					162
Andy Godden	23:45	42	25:35	39	25:35	36	23:50	39					156
David Branfoot	17:40	50	22:55	46	23:20	44							140
Ashley Richards	29:50	30	30:00	30	30:00	29	21:45	46					135
Raife Padley	23:55	40			23:40	42	20:55	48					130
Obi Juan	24:25	38	27:25	35	28:10	33	32:25	20					126
Gareth Venables	26:00	36			22:35	46	23:45	41					123
Ian Ward	28:55	32	29:40	31	32:50	26	32:20	21					110
Max Walker			24:55	41	26:35	35	26:45	33					109
Sam Breen	23:35	43			29:20	30	26:55	32					105
Hamish Waring	30:00	29	32:55	26	33:05	24	29:10	25					104
Sam Jones	28:35	33	28:25	33			27:30	31					97
Freddy Strachan			21:40	48			22:45	43					91
Lewis Mann			28:55	32	34:30	23	29:05	26					81
Maxwell Cook	26:45	35			25:20	38							73
Stephen Chapman					25:50	38	26:35	34					72
Jamie McLoughlin					27:50	34	25:45	35					69
Geoege Menges			25:20	40									40
Nick Barnett-Johnston							23:30	40					40
Ted Hukins					28:20	32							32
Rob Poole							03:35	30					30
Greg Charles							31:00	22					22