

Milocarian Athletic Club Virtual Championship 2026(3) - Men Runners 5 - In Conjunction with the STRAVA App													
Dated 30th 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	18:35	49			247
Dan Collis	19:25	48	21:40	48	18:00	50	19:55	49	17:10	50			245
Rory Jordon	21:55	45	21:15	49	21:40	47	21:55	45	20:55	48			234
Charlie Wood	21:30	46	23:20	43	23:25	43	23:20	42	21:40	45			219
James Kelly	21:20	47	23:15	44	28:40	31	20:55	48	21:55	44			214
Jo Foresheew	24:40	37	25:35	39	21:35	48	24:00	38	21:20	47			209
Nick Wood	24:00	39	23:35	42	23:10	45	22:35	44	23:55	35			205
Henry Cox	23:10	44	23:10	45	24:40	41	24:05	37	23:40	37			204
Andy Godden	23:45	42	25:35	39	25:35	36	23:50	39	22:40	41			197
Obi Juan	24:25	38	27:25	35	28:10	33	32:25	20	25:30	33			159
Ashley Richards	29:50	30	30:00	30	30:00	29	21:45	46	30:00	22			157
Gareth Venables	26:00	36			22:35	46	23:45	41	25:30	33			156
Max Walker			24:55	41	26:35	35	26:45	33	22:05	42			151
David Branfoot	17:40	50	22:55	46	23:20	44							140
Sam Breen	23:35	43			29:20	30	26:55	32	24:05	34			139
Freddy Strachan			21:40	48			22:45	43	21:55	44			135
Ian Ward	28:55	32	29:40	31	32:50	26	32:20	21	29:35	24			134
Raife Padley	23:55	40			23:40	42	20:55	48					130
Hamish Waring	30:00	29	32:55	26	33:05	24	29:10	25	29:25	25			129
Jamie McLoughlin					27:50	34	25:45	35	23:10	40			109
Lewis Mann			28:55	32	34:30	23	29:05	26	31:00	21			102
Stephen Chapman					25:50	38	26:35	34	28:15	27			99
Sam Jones	28:35	33	28:25	33			27:30	31					97
Maxwell Cook	26:45	35			25:20	38							73
Geoege Menges			25:20	40					35:25	19			59
Rob Poole							03:35	30	28:10	28			58
Ted Hukins					28:20	32			29:40	23			55
Nick Barnett-Johnston							23:30	40					40
Felix Keating									23:20	39			39
Mark Proctor									23:30	38			38
Greg Charles							31:00	22					22