

Milocarian Athletic Club Virtual Championship 2026(3) - Men Runners 6 - In Conjunction with the STRAVA App

Dated 13th September 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	17:50	50	297
Dan Collis	19:25	48	21:40	48	18:00	50	19:55	49	17:10	50	18:20	49	294
Rory Jordon	21:55	45	21:15	49	21:40	47	21:55	45	20:55	48	21:55	45	279
Charlie Wood	21:30	46	23:20	43	23:25	43	23:20	42	21:40	45	21:05	48	267
James Kelly	21:20	47	23:15	44	28:40	31	20:55	48	21:55	44	22:00	44	258
Henry Cox	23:10	44	23:10	45	24:40	41	24:05	37	23:40	37	21:20	47	251
Jo Foresheew	24:40	37	25:35	39	21:35	48	24:00	38	21:20	47	22:35	40	249
Nick Wood	24:00	39	23:35	42	23:10	45	22:35	44	23:55	35	22:55	39	244
Andy Godden	23:45	42	25:35	39	25:35	36	23:50	39	22:40	41	24:40	34	231
Ashley Richards	29:50	30	30:00	30	30:00	29	21:45	46	30:00	22	22:00	44	201
Obi Juan	24:25	38	27:25	35	28:10	33	32:25	20	25:30	33	23:50	36	195
Max Walker			24:55	41	26:35	35	26:45	33	22:05	42	23:35	38	189
Sam Breen	23:35	43			29:20	30	26:55	32	24:05	34	23:45	37	176
Raife Padley	23:55	40			23:40	42	20:55	48			22:25	41	171
David Branfoot	17:40	50	22:55	46	23:20	44					26:15	29	169
Ian Ward	28:55	32	29:40	31	32:50	26	32:20	21	29:35	24	27:40	25	159
Gareth Venables	26:00	36			22:35	46	23:45	41	25:30	33			156
Hamish Waring	30:00	29	32:55	26	33:05	24	29:10	25	29:25	25	29:20	23	152
Freddy Strachan			21:40	48			22:45	43	21:55	44			135
Sam Jones	28:35	33	28:25	33			27:30	31			26:15	29	126
Lewis Mann			28:55	32	34:30	23	29:05	26	31:00	21	31:55	21	123
Jamie McLoughlin					27:50	34	25:45	35	23:10	40			109
Stephen Chapman					25:50	38	26:35	34	28:15	27			99
Maxwell Cook	26:45	35			25:20	38					30:55	22	95
Felix Keating									23:20	39	21:40	46	85
Mark Proctor									23:30	38	22:20	42	80
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
Thomas Thornhill											25:45	31	31
Anthony Baker											29:00	24	24
Greg Charles							31:00	22					22