Milocarian Athletic Club Virtual Championship 2026(4) - All Runners 5 - In Conjunction with the STRAVA App

Dated 23rd November 2026

Alternate 5km/10km Competition	14/09 - 27/09		28/09 - 11/10		12/10 - 25/10		26/10 - 08/11		09/11 - 22/11		23/11 - 06/12		Total
	5km		5km		5km		5km		5km		5km		
	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	Time	pts	
Tom Kirby	18:40	50	19:40	49	18:10	50	21:00	45	18:30	49			243
Dan Collis	21:35	46	18:10	50	20:15	47	20:00	48	19:00	48			239
David Branfoot	23:00	39	20:10	48	19:10	49	19:05	50	17:55	50			236
Rory Jordon	21:30	47	20:25	47	20:50	45	20:05	47	19:50	47			233
Charlie Wood	21:25	48	21:30	45	21:20	43	20:40	46	20:35	45			227
James Kelly	22:10	45	21:55	42	19:10	49	21:40	43	22:05	43			222
Jo Foreshew	22:50	40	22:35	39	20:20	46	19:55	49	20:30	46			220
Felix Keating	22:10	45	22:00	41	21:05	44	21:30	44	21:50	44			218
Max Walker	22:35	42	21:30	45	21:50	41	23:40	41	27:50	31			200
Nick Wood	23:35	37	22:20	40	24:05	36	22:50	42	23:35	41			196
Henry Cox	22:25	43	23:25	37	24:30	33	24:40	39	24:35	37			189
Anna Naylor (F)	24:45	32	22:45	38	22:50	40	25:05	37	24:05	38			185
Andy Godden	23:15	38	24:15	35	24:35	31	24:25	40	24:00	39			183
Stephen Chapman	25:25	31	26:00	31	24:15	35	26:00	36	24:40	35			168
Obi Juan			26:40	29	24:00	37	26:30	33	23:55	40			139
Mark Proctor	21:10	49	21:10	46	22:55	39							134
Sam Breen	24:20	34	24:35	34	24:30	33	26:30	33					134
Elleanor Atwell (F)	25:50	30	31:25	23	30:15	22	29:05	29	28:45	28			132
Ian Ward	32:05	19	27:55	26	30:05	23	26:20	34	28:05	30			132
Esme Hollick (F)	44:30	17	26:05	30	31:25	19	26:10	35	28:05	30			131
Freddy Strachan			21:45	43	21:45	42			22:50	42			127
Hayley Perrin (F)	31:15	20	25:10	33	24:20	34	25:00	38					125
Ted Hukins	31:00	22	30:55	24	26:45	26	30:05	27	29:05	26			125
Alex Lane			25:40	32	25:40	30	34:45	25	26:55	33			120
Hamish Waring	29:25	23	29:20	25	31:05	20	35:45	24	32:05	23			115
Amy Hoo (F)	31:10	21	31:40	22	31:50	18	30:40	26	30:00	25			112
Rob Poole	24:40	33			28:15	24			24:35	37			94
Annie Aspin (F)	29:15	25			23:05	38			31:30	24			87
Maxwell Cook	32:40	18					27:15	30	27:40	32			80
Ellie Cole (F)	28:30	26			30:40	21	26:45	31					78
Juliet Stevenson (F)	26:10	29	27:45	28	35:20	17							74
Greg Charles			27:50	27					29:00	27			54
Raife Padley	27:35	27			26:25	27							54
Philip Bray					27:30	25			33:30	22			47
Gareth Venables	22:35	42											42
Annabel Brown (F)			23:40	36									36
Thomas Thornhill	23:45	36											36
Ingrid Brodersen (F)	24:10	35											35
Sam Jones									25:35	34			34
Lewis Mann					25:45	29							29
Andy Cotterill					26:15	28							28
Ashley Richards	26:55	28											28
Richard Adamson							30:00	28					28
Anthony Baker	29:20	24											24
Rachel Herbert (F)			40:25	21									21
Geoege Menges			41:25	20									20