

Milocarian Athletic Club Virtual Championship 2026(1) - Men Runners 6 - In Conjunction with the STRAVA App

Dated 30th 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	
Tom Kirby	19:50	50	20:50	49	20:00	49	17:45	50	18:45	48	17:20	50	296
Dan Collis	20:15	49	19:15	50	20:00	49	19:00	49	17:25	50	18:25	47	294
David Branfoot	20:20	48	22:35	42	21:25	43	19:10	48	18:40	49	17:20	50	280
Charlie Wood	20:50	47	20:55	47	20:50	45	19:25	47	21:20	42	20:00	45	273
Henry Cox	23:15	43	21:25	45	20:30	46	21:35	42	20:10	45	21:20	44	265
Rory Jordon	21:05	46	22:05	44	18:35	50	20:25	46	19:30	47	24:25	31	264
Max Walker	21:35	45	21:00	46	21:15	44	23:15	39	23:30	38	18:05	48	260
Rob Poole	22:00	44	22:30	43	22:55	42	23:45	37	21:40	41	21:55	43	250
Jo Foreshew	26:05	36	25:30	33	23:15	39	21:00	45	19:45	46	19:45	46	245
Nick Wood	23:30	41	24:15	39	23:05	41	21:10	44	23:20	40	23:30	37	242
Andy Godden	23:25	42	24:20	38	27:05	27	24:20	35	25:25	34	22:10	42	218
James Kelly	32:30	25	27:25	28	26:00	31	22:30	40	20:30	44	22:20	41	209
Anthony Baker	25:45	37	27:05	29	25:40	32	26:15	27	25:50	32	23:10	39	196
Obi Juan	29:00	28	25:50	32	24:40	36	28:55	24	26:35	30	23:45	35	185
Ashley Richards	31:40	26	30:05	22	28:40	24	22:15	41	25:25	34	23:15	36	183
Freddy Strachan			20:50	49	20:05	47			21:10	43	22:40	40	179
Gareth Venables	27:00	33	23:50	40	23:10	40	21:20	43					156
Maxwell Cook	26:40	35	26:10	31	26:10	29	25:20	32			29:10	24	151
Ian Ward	32:55	24	28:55	25	30:00	22	27:50	26	29:00	27	30:35	23	147
Richard Adamson			25:00	36			23:20	38	27:10	29	24:10	32	135
Sam Jones			25:00	36	24:35	37	26:00	29			26:25	28	130
Hamish Waring	29:25	27			33:15	21	29:50	20	29:15	26	31:50	21	115
Stephen Chapman	32:55	24			24:25	38					25:40	30	92
Jamie McLoughlin	23:30	41	23:15	41									82
Ted Hukins	27:10	32					29:35	21	29:25	24			77
Lewis Mann									27:55	28	27:10	27	55
Greg Charles			30:55	21							24:00	33	54
Raife Padley					28:30	25	29:10	22					47
Thomas Thornhill	41:50	22	29:05	23									45
Sam Breen											23:55	34	34
Alex Lane							25:55	30					30