



AHQ Cross Country 2024

Addison Ovals
1 Nov 2024
96 Entrants

AHQ Run Male : 58 Entrants : 7.46 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	53	Dan Swale (COS)	32:22		13.83
2	1	Haydn Barlow (OCA_DCA)	32:42	0:20	13.69
3	56	Justin Tomlinson (G3)	33:14	0:52	13.47
4	2	Victorien Bachelier (COS)	33:33	1:11	13.34
5	25	Dennis Keller jr (DGFLW)	33:52	1:30	13.22
6	62	Damien Woolfe	34:19	1:57	13.04
7	16	Dave Evans (DGSI)	35:46	3:24	12.51
8	31	Andrew Lumb (DGPLATS-A)	36:11	3:49	12.37
9	33	Stephen Markham (DGSI)	36:29	4:07	12.27
10	57	Phil Tweed	36:47	4:25	12.17
11	32	Ryan Maher (DGPLATS-A)	37:05	4:43	12.07
12	35	Tom McDermott (OCA_DCA)	37:11	4:49	12.04
13	50	Brad Stoker	37:16	4:54	12.01
14	176	Ryan Puth (COS)	38:55	6:33	11.50
15	13	Timothy Darragh (COS)	39:21	6:59	11.37
16	178	Kit Turner (CMA)	39:31	7:09	11.33
17	184	Jessey Rybicki (DGPLATS-A)	39:46	7:24	11.26
18	177	Kyron Clark	39:53	7:31	11.22
19	39	Ethan Nash (DGPLATS-A)	40:17	7:55	11.11
20	10	David Caligari (OCA_DCA)	40:29	8:07	11.06
21	17	Andrew Garrett (DGLOG-A)	40:34	8:12	11.03
22	172	Joshua Mason	40:45	8:23	10.98
23	23	Ian Johnson	42:05	9:43	10.64
24	60	Jakub Wegrzyn (AG-A)	42:15	9:53	10.59
25	15	Steven DiTullio (G1)	42:28	10:06	10.54
26	185	Chris Buxton (G3)	42:36	10:14	10.51
27	34	Michael Marrinan (DGPLATS-A)	42:56	10:34	10.43
28	30	Eamon Lenaghan (COS)	43:02	10:40	10.40
29	3	John Aylward (DGLOG-A)	43:03	10:41	10.40
30	180	Chris Smith (COS)	43:17	10:55	10.34
31	8	Simon Boyle (COS)	43:32	11:10	10.28
32	29	Gyilym Leech (DGFLW)	43:36	11:14	10.27
33	48	John Sanderson (DGCHAP-A)	43:40	11:18	10.25
34	41	Matty Rhodes (DGPLATS-A)	43:48	11:26	10.22
35	179	Matthew Chapman (DGLOG-A)	43:49	11:27	10.22
36	20	Mark Hughes (AG-A)	45:44	13:22	9.79



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37	27	Peter Kirkman (COS)	46:09	13:47	9.70
38	181	Adam Lotts (DGSI)	46:13	13:51	9.68
39	173	Geoff Orton (DGLOG-A)	47:01	14:39	9.52
40	4	Jack Baker (G3)	47:31	15:09	9.42
41	171	Gary Pope (DGCHAP-A)	48:23	16:01	9.25
42	6	Corey Beckenham (COS)	48:44	16:22	9.18
43	175	Lahiru Leelaratna	48:44	16:22	9.18
44	21	Sam Irvine (OCA_DCA)	48:44	16:22	9.18
45	22	Leigh Johansen (COS)	51:09	18:47	8.75
46	49	M Siddiqui	51:25	19:03	8.71
47	26	Shane Kinloch (DGLOG-A)	51:31	19:09	8.69
48	63	Rowan Ziesing (DGSI)	51:46	19:24	8.65
49	14	Stewart Dawes (G1)	53:04	20:42	8.43
50	19	Chris Hall (DGPLATS-A)	53:42	21:20	8.34
51	182	Jacob Finlay	53:46	21:24	8.32
52	52	Cita Sutherland (DGSI)	54:36	22:14	8.20
53	5	Peter Auhl (DGSI)	55:39	23:17	8.04
54	174	Brendon Perkins (DGSI)	58:12	25:50	7.69
55	37	Sam More (OCA_DCA)	1:00:47	28:25	7.36
56	38	Stuart Munro (HLC_COS LCD)	1:03:19	30:57	7.07
57	47	Paul Sait (HLC_COS LCD)	1:03:19	30:57	7.07
58	18	Keiron Gill (DGPLATS-A)	1:11:40	39:18	6.25



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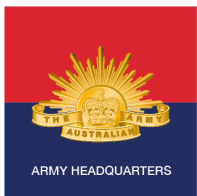
AHQ Run Female : 10 Entrants : 7.46 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	106	Bec Dyson (DGPLATS-A)	38:09		11.73
2	120	Eleanor Richmond (DGSI)	44:03	5:54	10.16
3	104	Natalie Dajski	47:11	9:02	9.49
4	113	Sophie Kelly	48:53	10:44	9.16
5	183	Samantha Hennessy	51:04	12:55	8.77
6	118	Anne-Maree O'Mara (DGLOG-A)	51:52	13:43	8.63
7	114	Hope Leech	53:27	15:18	8.37
8	109	Katie Holgate	53:44	15:35	8.33
9	110	Rhianne Humphreys	53:46	15:37	8.32
10	107	Lenore Evans	56:16	18:07	7.95



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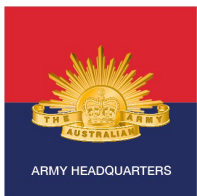
AHQ Walk Male : 18 Entrants : 6.3 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	61	Jeremy Wikner (DGSI)	43:47		8.63
2	201	Matthew Pszczolinski (DGPLATS-A)	45:43	1:56	8.27
3	202	Paul McClellan (DGPLATS-A)	45:54	2:07	8.24
4	216	Karl Sullivan (DGSI)	46:03	2:16	8.21
5	205	Peter Daniell (DGFLW)	46:21	2:34	8.16
6	204	Michael Crossley (G3)	49:03	5:16	7.71
7	218	Paul VanderMeer (CMA)	49:47	6:00	7.59
8	215	Chris Skinn (G3)	50:40	6:53	7.46
9	372	ANDrew Butler (DGSI)	50:55	7:08	7.42
10	208	Travis Collins (DGLOG-A)	50:55	7:08	7.42
11	217	Simon Sykes (DGLW)	50:58	7:11	7.42
12	213	Anthony Ang (DGFLW)	51:10	7:23	7.39
13	211	Alex Brent (DGPLATS-A)	52:57	9:10	7.14
14	214	Matthew Shaw (DGSI)	56:20	12:33	6.71
15	206	Grant Donald (DGPLATS-A)	1:01:28	17:41	6.15
16	207	Rob Fitzsimmons (DGPLATS-A)	1:01:29	17:42	6.15
17	212	Prenolan Pandarum (DGSI)	1:05:08	21:21	5.80
18	209	Mingyu (Harry) Huang (DGSI)	1:05:08	21:21	5.80



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AHQ Walk Female : 10 Entrants : 6.3 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	315	Shandelle Welbourn (DGSI)	44:08		8.56
2	302	Sharyn Dei Rossi (DGLW)	50:54	6:46	7.43
3	307	Karen Kemp (G3)	52:56	8:48	7.14
4	305	Sara Feint	1:03:47	19:39	5.93
5	301	Maria Danassis (G3)	1:04:31	20:23	5.86
6	317	Linda Winner (OCA_DCA)	1:04:33	20:25	5.86
7	371	Allah Dowlings (APSU)	1:04:34	20:26	5.85
8	103	Melonie Meggitt (CMA)	1:06:20	22:12	5.70
9	314	Jenni Watson	1:06:23	22:15	5.69
10	312	Debbie Rooke	1:06:25	22:17	5.69



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