



AHQ Cross Country 2024

Addison Ovals : 1 Nov 2024

First 3 Places in each Category



Place	No.	Name (Club)	Time	Time Dif	Av Spd
AHQ Run Male					
	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
AHQ Run Female					
	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
AHQ Walk Male					
	1	61 Jeremy Wikner (DGSi)	43:47		8.63
	2	201 Matthew Psczcolinski (DGPLATS-A)	45:43	1:56	8.27
	3	202 Paul McClellan (DGPLATS-A)	45:54	2:07	8.24
AHQ Walk Female					
	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



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