



Mount Pleasant, ACT
6 Nov 2025

Average Time

33:08.583

12 in Branch

Duane Russell	25:40
Michael Murphy	25:57
Phillip Ellsmore	29:38
Trevor Lafrank	29:42
Michael Joseph	31:53
Jeremy Sippel	32:31
Geoff Brennan	32:31
Ryan Locke	36:36
Dean Eamer	37:39
Jack Baker	38:12
Adam Lotts	38:15
Ashley Bennett	39:09

35:12.500

6 in Branch

Thomas Blackwood	27:27
Matt Roberts	29:20
Golborn Turner	30:08
Jarrold Anderson	33:28
Anne-Maree O'Mara	42:43
Christina Bennett	48:09

36:52.304

23 in Branch

Dan Swale	27:11	Nick D'arcy	34:52
Brett Dyson	27:37	Christian Bayfield	37:07
Jacob Joseph	27:47	Melissa Joy	38:49
Ryan Puth	28:53	Georgina Gilbert	41:03
David Evangelidis	30:17	Katie Holgate	43:38
Michael Currie	30:56	M Siddiqui	44:38
Adam Kavanagh	32:33	Rebecca Johnson	45:14
Jacqueline Engelen	32:37	Emma Taylor	46:22
Brian Merton	33:09	Jessica Ferris	46:46
Corey Beckenham	34:22	Pip Cleary	46:46
Matt Campbell	34:43	Georgia Turner	48:00
Chris Mead	34:43		



AHQ Cross Country
6 November 2025





AHQ Cross Country 2025 Branch Results

Mount Pleasant, ACT
6 Nov 2025

DGFLW : Run

38:14.500

6 in Branch

John Moulton	31:07		
William Harper	32:23		
Ben Watson	36:15		
Robert Marlow	43:14		
Rob Bruce	43:14		
Mat Gill	43:14		



AHQ Cross Country
6 November 2025





AHQ Cross Country 2025 Branch Results

Mount Pleasant, ACT
6 Nov 2025

Walk : Branch Average Time : Must have minimum of 5 Entrants per Branch to show in results.

Average Time

COS-A-OCA : Walk

54:27.857

14 in Branch

Cassandra Fox	41:03	Emma Thompson	1:02:59	
Darren McLeod	44:31	Ellijahna Victoria	1:02:59	
Wasiu Olayiwola	49:21			
Amelia Powell	52:58			
Serena Petty	52:58			
Jeremy Hiltz	53:10			
Jude Cudmore	53:10			
Flynn Johnston	53:10			
Dan Brady	58:24			
Jemma Osmand	58:24			
Jodie Stewart	59:40			
Sarah Lewis	59:43			



AHQ Cross Country
6 November 2025

