



AHQ Cross Country 2025

Mount Pleasant, ACT
6 Nov 2025
88 Entrants

AHQ Run Male : 51 Entrants : 6.8 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	22	Duane Russell (DGSI)	25:40		15.90
2	50	Michael Murphy (DGSI)	25:57	0:17	15.72
3	15	Dan Swale (COS-A-OCA)	27:11	1:31	15.01
4	59	Ryan Koroknai	27:19	1:39	14.94
5	63	Thomas Blackwood (DGLOG)	27:27	1:47	14.86
6	8	Brett Dyson (COS-A-OCA)	27:37	1:57	14.77
7	27	Jacob Joseph (COS-A-OCA)	27:47	2:07	14.69
8	58	Ryan Puth (COS-A-OCA)	28:53	3:13	14.13
9	41	Matt Roberts (DGLOG)	29:20	3:40	13.91
10	54	Phillip Ellsmore (DGSI)	29:38	3:58	13.77
11	66	Trevor Lafrank (DGSI)	29:42	4:02	13.74
12	62	Simon Thom	29:43	4:03	13.73
13	3	Andrew Lumb (DGPLATS)	29:48	4:08	13.69
14	25	Golborn Turner (DGLOG)	30:08	4:28	13.54
15	19	David Evangelidis (COS-A-OCA)	30:17	4:37	13.47
16	28	Jake Rudge (G3)	30:34	4:54	13.35
17	49	Michael Currie (COS-A-OCA)	30:56	5:16	13.19
18	67	Will Miles (G3)	30:57	5:17	13.18
19	711	John Moulton (DGFLW)	31:07	5:27	13.11
20	7	Brendan Robinson (DGLW)	31:36	5:56	12.91
21	46	Michael Joseph (DGSI)	31:53	6:13	12.80
22	10	Brook Wright (DGLW)	32:15	6:35	12.65
23	48	Michael Marrinan (DGPLATS)	32:18	6:38	12.63
24	68	William Harper (DGFLW)	32:23	6:43	12.60
25	33	Jeremy Sippel (DGSI)	32:31	6:51	12.55
26	708	Geoff Brennan (DGSI)	32:31	6:51	12.55
27	1	Adam Kavanagh (COS-A-OCA)	32:33	6:53	12.53
28	60	Sam McDonald	32:34	6:54	12.53
29	69	Zak Looker (DGPLATS)	32:50	7:10	12.43
30	9	Brian Merton (COS-A-OCA)	33:09	7:29	12.31
31	32	Jarrold Anderson (DGLOG)	33:28	7:48	12.19
32	53	Phil McMaster (DGCHAP-A)	34:13	8:33	11.92
33	13	Corey Beckenham (COS-A-OCA)	34:22	8:42	11.87
34	712	Matt Campbell (COS-A-OCA)	34:43	9:03	11.75
35	11	Chris Mead (COS-A-OCA)	34:43	9:03	11.75
36	29	Jakub Wegrzyn (AG-A)	34:52	9:12	11.70



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37	52	Nick D'arcy (COS-A-OCA)	34:52	9:12	11.70
38	713	Ben Watson (DGFLW)	36:15	10:35	11.26
39	57	Ryan Locke (DGSI)	36:36	10:56	11.15
40	701	Gary Pope (DGCHAP-A)	36:59	11:19	11.03
41	12	Christian Bayfield (COS-A-OCA)	37:07	11:27	10.99
42	21	Dean Eamer (DGSI)	37:39	11:59	10.84
43	26	Jack Baker (DGSI)	38:12	12:32	10.68
44	709	Adam Lotts (DGSI)	38:15	12:35	10.67
45	5	Ashley Bennett (DGSI)	39:09	13:29	10.42
46	65	Tom Dobbs (HLC-COS LCD)	39:18	13:38	10.38
47	55	Robert Marlow (DGFLW)	43:14	17:34	9.44
48	706	Rob Bruce (DGFLW)	43:14	17:34	9.44
49	705	Mat Gill (DGFLW)	43:14	17:34	9.44
50	47	Michael Delauney (DGLW)	44:00	18:20	9.27
51	38	M Siddiqui (COS-A-OCA)	44:38	18:58	9.14



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AHQ Run Female : 13 Entrants : 6.8 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	113	Jacqueline Engelen (COS-A-OCA)	32:37		12.51
2	123	Melissa Joy (COS-A-OCA)	38:49	6:12	10.51
3	112	Georgina Gilbert (COS-A-OCA)	41:03	8:26	9.94
4	102	Anne-Maree O'Mara (DGLOG)	42:43	10:06	9.55
5	115	Jennifer Lalatos	42:57	10:20	9.50
6	121	Katie Holgate (COS-A-OCA)	43:38	11:01	9.35
7	125	Rebecca Johnson (COS-A-OCA)	45:14	12:37	9.02
8	127	Rhianne Humphreys	45:23	12:46	8.99
9	110	Emma Taylor (COS-A-OCA)	46:22	13:45	8.80
10	116	Jessica Ferris (COS-A-OCA)	46:46	14:09	8.72
11	124	Pip Cleary (COS-A-OCA)	46:46	14:09	8.72
12	111	Georgia Turner (COS-A-OCA)	48:00	15:23	8.50
13	106	Christina Bennett (DGLOG)	48:09	15:32	8.47



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AHQ Walk Male : 14 Entrants : 5.5 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	2	Alistair Court (DGLOG)	40:06		8.23
2	702	Stephen Fitzgerald (APSU)	40:20	0:14	8.18
3	4	Anthony Ang (DGFLW)	41:03	0:57	8.04
4	64	Tim Lopsik (DGLW)	41:34	1:28	7.94
5	17	Darren McLeod (COS-A-OCA)	44:31	4:25	7.41
6	51	Nathan Carpenter	49:17	9:11	6.70
7	703	Pat McCarthy (APSU)	49:17	9:11	6.70
8	707	Maurice Legeret (SPACECMD)	49:21	9:15	6.69
9	714	Wasiu Olayiwola (COS-A-OCA)	49:21	9:15	6.69
10	34	Jeremy Hiltz (COS-A-OCA)	53:10	13:04	6.21
11	35	Jude Cudmore (COS-A-OCA)	53:10	13:04	6.21
12	23	Flynn Johnston (COS-A-OCA)	53:10	13:04	6.21
13	14	Dan Brady (COS-A-OCA)	58:24	18:18	5.65
14	24	Geoff Edwards (DGSI)	1:04:23	24:17	5.13



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AHQ Walk Female : 10 Entrants : 5.5 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	105	Cassandra Fox (COS-A-OCA)	41:03		8.04
2	101	Amelia Powell (COS-A-OCA)	52:58	11:55	6.23
3	130	Serena Petty (COS-A-OCA)	52:58	11:55	6.23
4	704	Heidi Stevenson (G3)	53:53	12:50	6.12
5	122	Kylla Patterson (HLC-COS LCD)	53:53	12:50	6.12
6	114	Jemma Osmand (COS-A-OCA)	58:24	17:21	5.65
7	117	Jodie Stewart (COS-A-OCA)	59:40	18:37	5.53
8	129	Sarah Lewis (COS-A-OCA)	59:43	18:40	5.53
9	710	Emma Thompson (COS-A-OCA)	1:02:59	21:56	5.24
10	109	Ellijahna Victoria (COS-A-OCA)	1:02:59	21:56	5.24



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