



AHQ Cross Country 2025

Mount Pleasant, ACT : 6 Nov 2025

First 3 Places in each Category

Place	No.	Name (Club)	Time	Time Dif	Av Spd
AHQ Run Male					
	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
AHQ Run Female					
	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
AHQ Walk Male					
	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
AHQ Walk Female					
	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



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