

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Girls 10 1000 Meter Run Time Trial

Name	Age Team	Finals	Points
Results - Women 10 Year Olds			
1 Bella Gallagher	10 SOUTH COAST	3:57	
2 Lucy Barton	10 DARLING DOWNS	3:58	
3 Cloudia Fischer	10 METROPOLITAN NORTH	3:59	
4 Annie Strickland	10 METROPOLITAN WEST	4:13	
5 Illaria Liussi	10 SOUTH COAST	4:14	
6 Gemma McInnerney	10 SOUTH WEST	4:28	
7 Charlotte Sibley-Walsh	10 NORTH WEST	5:39	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Girls 11 1000 Meter Run Time Trial

Name	Age	Team	Finals	Points
Results - Women 11 Year Olds				
1 Sienna Higgo	11	METROPOLITAN WEST	3:39	
2 Emme Hall	11	DARLING DOWNS	3:41	
3 Jayda Kleindienst	11	METROPOLITAN NORTH	3:46	
4 Caesia Johnson	11	DARLING DOWNS	3:49	
5 Mila Edwards	11	METROPOLITAN EAST	3:55	
6 Dallas Gentles	11	NORTH WEST	4:21	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Girls 12 1000 Meter Run Time Trial

Name	Age	Team	Finals	Points
Results - Women 12 Year Olds				
1 Zara Nitschke	12	METROPOLITAN EAST	3:26	
2 Stella McKean	12	METROPOLITAN NORTH	3:43	
3 Elliana van Deventer	12	METROPOLITAN WEST	3:46	
4 Sedona Wb4	12	WIDE BAY	4:00	
5 Chiquita DeWitt	12	NORTH WEST	4:11	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Girls 13 1500 Meter Run Time Trial

Name	Age Team	Finals	Points
Results - Women 13 Year Olds			
1 Katie Palmer	13 SOUTH COAST	5:25	
2 Zara Allen	13 WIDE BAY	5:47	
3 Bethany Moore-Kirkland	13 DARLING DOWNS	5:47	
4 Bethany Marsman	13 WIDE BAY	5:52	
5 Harriet Sutton	13 METROPOLITAN NORTH	5:54	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Girls 14 1500 Meter Run Time Trial

Name	Age	Team	Finals	Points
Results - Women 14 Year Olds				
1 Murphy O'Connor	14	METROPOLITAN EAST	5:15	
2 Georgie Burg	14	METROPOLITAN EAST	5:18	
3 Poppy Andrews	14	METROPOLITAN NORTH	5:32	
4 Zoe Pietsch	14	DARLING DOWNS	5:59	
5 Ruby Zerbst	14	SOUTH COAST	6:01	
6 Pip Proud	14	SOUTH WEST	6:15	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Girls 15 1500 Meter Run Time Trial

Name	Age	Team	Finals	Points
Results - Women 15 Year Olds				
1 Charlotte Parsons	15	METROPOLITAN WEST	5:24	
2 Shaniah Ferguson	15	METROPOLITAN EAST	5:27	
3 Stephanie Lu	15	SOUTH COAST	5:35	
4 Maria Mnss	15	METROPOLITAN NORTH	5:36	
5 Kealey Harland	15	SOUTH WEST	5:44	
6 Elliza Moore-Kirkland	15	DARLING DOWNS	5:49	
7 Riley Jorgensen	15	NORTH WEST	6:45	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Girls 16 1500 Meter Run Time Trial

Name	Age Team	Finals	Points
Results - Women 16 Year Olds			
1 Ruby East	16 METROPOLITAN NORTH	5:10	
2 Sophie Hunt	16 METROPOLITAN NORTH	5:34	
3 Emma Mossop	16 METROPOLITAN EAST	5:56	
4 Ashleigh SW	16 SOUTH WEST	6:33	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Girls 17 1500 Meter Run Time Trial

Name	Age Team	Finals	Points
Results - Women 17 Year Olds			
1 Mika Mnss	17 METROPOLITAN NORTH	5:24	
2 Ella Russell	17 WIDE BAY	6:32	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Boys 10 1000 Meter Run Time Trial

Name	Age	Team	Finals	Points
Results - Men 10 Year Olds				
1 Will Stevenson	10	METROPOLITAN EAST	3:28	
2 Finn Platz	10	METROPOLITAN EAST	3:29	
3 Caleb Churchett	10	SOUTH COAST	3:37	
4 Ashton Hinkley	10	METROPOLITAN NORTH	3:45	
4 Reef Dickson	10	PENINSULA	3:45	
6 Nate Olsen	10	SUNSHINE COAST	3:46	
7 Parker Alcorn	10	NORTH WEST	4:06	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Boys 11 1000 Meter Run Time Trial

Name	Age	Team	Finals	Points
Results - Men 11 Year Olds				
1 Oscar Kisby	11	SUNSHINE COAST	3:16	
2 Jacob Janusz	11	SOUTH COAST	3:19	
3 Ashley Clarke	11	METROPOLITAN EAST	3:26	
4 Parker James	11	METROPOLITAN NORTH	3:29	
5 Alexander Winslade	11	DARLING DOWNS	3:34	
6 Tyler Holubowicz	11	METROPOLITAN WEST	3:36	
7 Viyaan Jindal	11	PENINSULA	3:40	
8 Jordan Bye	11	NORTHERN	3:43	
9 Colby Smith	11	CAPRICORNIA	3:47	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Boys 12 1000 Meter Run Time Trial

Name	Age	Team	Finals	Points
Results - Men 12 Year Olds				
1 Asher Roots	12	METROPOLITAN WEST	3:13	
2 Samson Mackie	12	SOUTH COAST	3:16	
3 Zane Frow	12	SOUTH COAST	3:18	
4 Bendeguz Szakaly	12	METROPOLITAN EAST	3:19	
5 Zachary Mikkelsen	12	CAPRICORNIA	3:20	
6 Carter Andrews	12	METROPOLITAN WEST	3:23	
7 Riley Dever	12	METROPOLITAN EAST	3:25	
8 Flynn Stedman	12	METROPOLITAN NORTH	3:47	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Boys 13 1500 Meter Run Time Trial

Name	Age	Team	Finals	Points
Results - Men 13 Year Olds				
1 Ryder O'Loughlin	13	SUNSHINE COAST	4:54	
2 Nicholas Kenos	13	METROPOLITAN WEST	5:03	
3 Teal'c Walsh	13	NORTH WEST	5:34	
4 Damian Coggan	13	CAPRICORNIA	6:13	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Boys 14 1500 Meter Run Time Trial

Name	Age	Team	Finals	Points
Results - Men 14 Year Olds				
1 Sam Ellice	14	METROPOLITAN EAST	4:47	
2 Miles Bennett	14	METROPOLITAN NORTH	4:49	
3 Daniel Henderson	14	SUNSHINE COAST	4:50	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Boys 15 1500 Meter Run Time Trial

Name	Age	Team	Finals	Points
Results - Men 15 Year Olds				
1 Elfie Piper	15	METROPOLITAN NORTH	4:34	
2 Raphael Mugisha	15	METROPOLITAN WEST	4:43	
3 Jett Snow	15	METROPOLITAN EAST	4:44	
4 Nash Whiteside	15	SOUTH COAST	5:00	
5 Micah White	15	SUNSHINE COAST	5:01	
6 Hayden Rajkovic	15	DARLING DOWNS	5:15	
7 William (Sonny) Body	15	CAPRICORNIA	5:30	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Boys 16 1500 Meter Run Time Trial

Name	Age	Team	Finals	Points
Results - Men 16 Year Olds				
1 Ben Nisbet	16	METROPOLITAN EAST	4:24	
2 Daniel Melloy	16	METROPOLITAN NORTH	4:29	
3 Costa Cacciola	16	SOUTH COAST	4:40	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023

Results - Relay Day

Boys 17 1500 Meter Run Time Trial

Name	Age	Team	Finals	Points
Results - Men 17 Year Olds				
1 Ross du Toit	17	SOUTH COAST	4:27	
2 Ahmad Rane	17	METROPOLITAN EAST	4:29	
3 Liam Lipscombe	17	SOUTH COAST	4:44	
4 Archie Pratt	17	WIDE BAY	4:58	
4 Connor van Rooyan	17	WIDE BAY	4:58	

QRSS 10-19 Years Cross Country Championships - 15/07/2023 to 17/07/2023
Results - Relay Day

Boys 18-19 1500 Meter Run Time Trial

Name	Age Team	Finals	Points
Results - Men 18-19			
1 Cody Best	18 METROPOLITAN EAST	4:24	
2 Ewan McFadzen	18 METROPOLITAN NORTH	4:38	
3 Charlie Walters	18 METROPOLITAN NORTH	4:48	