

16 June 2019 - Connorton

A comfortable win to the Waggaroos that was dominated by the extended Davey/Seaman family winning all four courses.

There were some notable performances from AWOC with Josh Roy, Rick Armstrong and Matt Flower all running second on their respective courses. Helen Robinson produced a very good run to claim third on Long Red, an excellent performance on a challenging map.

| | | | | Entry | | Finish | | Podium | |
|--|--------------------------------------|-----|---------|-------|----|--------|----|--------|----|
| | | | | AW | WR | AW | WR | AW | WR |
| Novice/Easy course - 1.4 km | | | | | | | | | |
| 1 | Ryder Seaman | WRN | 0:23:49 | | 1 | | 1 | | 3 |
| 2 | Hatherly family | WRN | 0:33:23 | | 1 | | 1 | | 2 |
| 3 | Kath Oliver | WRN | 0:33:32 | | 1 | | 1 | | 1 |
| 4 | Jarrah Mestan | WRN | 0:46:56 | | 1 | | 1 | | |
| Orange/Moderate course - 2.8 km | | | | | | | | | |
| 1 | Trent Seaman | WRN | 0:37:07 | | 1 | | 1 | | 4 |
| 2 | Josh Roy | AWV | 0:42:40 | 1 | | 1 | | 3 | |
| 3 | Ann Scown | ACT | 0:47:33 | | | | | | |
| 4 | Dale Clegg | WRN | 0:52:36 | | 1 | | 1 | | 2 |
| 5 | Wes Campbell | WRN | 0:52:41 | | 1 | | 1 | | |
| 6 | John Trevivian | AWV | 0:56:26 | 1 | | 1 | | | |
| 7 | Julie & Sean Sunley | WRN | 1:04:27 | | 1 | | 1 | | |
| Short Red course - 3.5 km | | | | | | | | | |
| 1 | Debbie Davey | WRN | 0:39:30 | | 1 | | 1 | | 5 |
| 2 | Rick Armstrong | AWV | 0:50:06 | 1 | | 1 | | 4 | |
| 3 | John Oliver | WRN | 0:56:54 | | 1 | | 1 | | 3 |
| 4 | Sue Garr | ACT | 1:06:45 | | | | | | |
| 5 | Liz Wood | AWV | 1:17:37 | 1 | | 1 | | | |
| 6 | Shani Rajasekera | WRN | 1:41:33 | | 1 | | 1 | | |
| | Norm McCann | AWV | DNF | 1 | | | | | |
| | Emma Flower | AWV | DNF | 1 | | | | | |
| | Ronice Goebel | AWV | DNF | 1 | | | | | |
| Long Red course - 4.9 km | | | | | | | | | |
| 1 | Briohny Seaman | WRN | 0:45:10 | | 1 | | 1 | | 6 |
| 2 | Matt Flower | AWV | 0:56:07 | 1 | | 1 | | 5 | |
| 3 | Helen Robinson | AWV | 1:05:15 | 1 | | 1 | | 4 | |
| 4 | Tony Perrot | AWV | 1:09:23 | 1 | | 1 | | | |
| 5 | John Scown | ACT | 1:13:23 | | | | | | |
| 6 | Leigh Privett | AWV | 1:15:39 | 1 | | 1 | | | |
| 7 | Tadeusz Davenport & Lachlan Campbell | WRN | 1:16:00 | | 1 | | 1 | | |
| 8 | Rob Simmons | AWV | 1:25:36 | 1 | | 1 | | | |
| | Raf Freire | AWV | DNF | 1 | | | | | |

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| 13 | 13 | 9 | 13 | 16 | 26 |
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| AWOC | 38 |
| Waggaroos | 52 |