

AWOC MTBO CHAMPIONSHIPS – STANLEY 08 SEPTEMBER 2019

Course 1 – 20km Hard – Men's Championship

1. Matt Flower	119.44	AWOC Club Champion
2. Martin Young	132.17	
3. Rick Armstrong	134.18	
4. Norm McCann	155.21	
5. Bill Krautz	got most but not all.	

Course 2 – 15km Hard – Women's Championship

1. Emma Flower	109.49	AWOC Club Champion
2. Ronice Goebel	135.36	
3. Rob Simmons	150.31	

Course 3 – 10km Moderate

1. Peter Mousley	74.09
2. John Trevivian	97.07
3. Ian and Louise Burns	111.17
4. Penny and Ruby Burns	112.59
5. Amber, Adele & Louise Croft	146.51
6. Dean, Oliver and Cleave Smith	149.13