

AWOC DUO Championships

22 September 2019

A glorious spring day in the Barambogie section of Chiltern-Mt Pilot National Park greeted a good turn out of competitors.

DUO

The DUO started with a 13.5 km MTB course, followed by a 3 km foot course and finished with a 8.5 km MTB course. Lots of route choice was available, with most legs having two, three or even four non-obvious choices.

Matt Flower put together three strong courses to come home first, with Raf Freire not far behind. Rick Armstrong lost some time on foot but was quick on the bike, claiming fastest time on the shorter of the two MTB courses and finishing third overall.

Emma Flower made it a double for the family in claiming the Women's title, with a fast foot lap being the difference with Helen Robinson in second place. Emma was fastest of all competitors on the foot course – a great effort.

Full results pages 2 and 3.

Score O

A 60 minute Score O event was held for those preferring not to ride. It was provided as an opportunity for some practice before the upcoming Oceania Champs, to encourage less experienced orienteers to rely more on map contours and, most importantly, to enjoy the magnificent bushland!

Special mention must be made of the younger kids who participated – and their parents/grandparents who carried/helped them around! It's always fantastic to see them out and about enjoying time together and hopefully giving the kids a start in a sport they can continue for life.

Liz Wood won the day by just 5 points over Tony Perrott, with fewer time penalties making the difference. Bryan and Jane Hardy, all the way from WA, both had good runs as did Alex Freier, enjoying her first orienteering run for several months.

Full results page 4.

DUO Results

Overall results and course times (club champions and fastest times highlighted)

Name	MTB Long	Foot	MTB Short	TOTAL	Notes
Matt Flower	43:04	27:00	38:55	108:59	
Raf Freire	47:29	28:11	39:06	114:46	
Rick Armstrong	46:36	40:49	37:39	125:04	
Emma Flower	53:08	26:06	49:18	128:32	
Helen Robinson	53:55	35:41	48:02	137:38	
Norm McCann	57:50	40:21	46:09	144:20	
Tony McDiarmid	66:46	39:57	43:26	150:09	
John Neame	61:48	48:34	42:06	152:28	
John Trevivian	58:40	51:21	54:04	164:05	
Jeff Cave	59:33	44:42	60:13	164:28	Mechanical
Wayne Bajenoff	75:37	36:20	70:41	182:38	
Rob Simmons	58:59	41:00	-	-	Missed ctrl
Bill Krautz	69:14	46:35	-	-	Mechanical
Andrew Campbell	63:28	-	-	-	Bike only

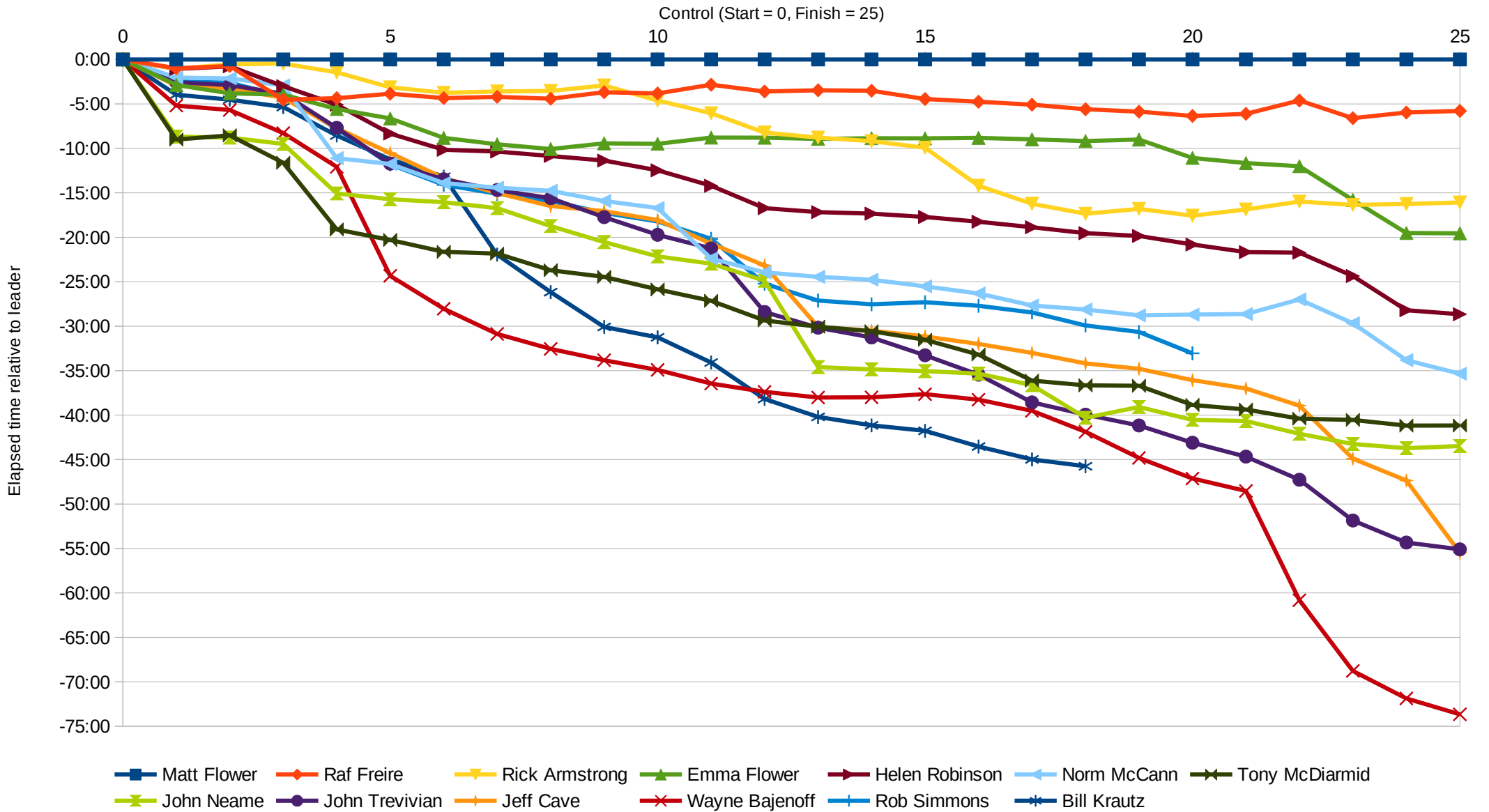
Leg times (fastest highlighted)

Name	S-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21	21-22	22-23	23-24	24-F
Matt Flower	8:11	2:15	2:18	9:32	12:09	3:27	3:22	1:50	4:35	2:23	5:39	3:05	1:49	1:10	2:17	2:31	2:14	1:17	4:38	3:15	5:12	8:48	8:29	5:46	2:47
Raf Freire	9:10	2:00	6:06	9:21	11:39	3:56	3:14	2:03	3:51	2:31	4:40	3:51	1:41	1:13	3:13	2:49	2:34	1:48	4:54	3:44	4:58	7:18	10:28	5:08	2:36
Rick Armstrong	9:14	1:45	2:13	10:31	13:50	4:04	3:13	1:46	3:58	4:05	7:05	5:15	2:23	1:34	3:01	6:48	4:16	2:24	4:05	4:01	4:30	7:55	8:51	5:40	2:37
Emma Flower	11:03	3:11	2:27	11:09	13:13	5:38	4:05	2:22	3:57	2:26	4:57	3:06	1:57	1:05	2:18	2:28	2:24	1:28	4:28	5:19	5:47	9:09	12:17	9:29	2:49
Helen Robinson	9:15	1:57	4:32	11:37	15:24	5:16	3:34	2:20	5:06	3:29	7:23	5:36	2:16	1:20	2:40	3:03	2:51	1:57	4:57	4:13	6:03	8:52	11:06	9:37	3:14
Norm McCann	10:13	2:20	3:06	17:43	12:48	5:36	3:53	2:11	5:44	3:10	11:20	4:39	2:19	1:29	3:02	3:19	3:35	1:44	5:18	3:10	5:08	7:09	11:10	9:55	4:19
Tony McDiarmid	17:11	1:47	5:23	17:02	13:20	4:47	3:34	3:42	5:20	3:48	6:56	5:17	2:31	1:41	3:15	4:10	5:10	1:49	4:41	5:24	5:43	9:50	8:37	6:25	2:46
John Neame	16:52	2:21	3:01	15:06	12:48	3:47	4:02	3:51	6:23	4:00	6:28	5:00	11:32	1:25	2:29	2:48	3:32	4:57	3:25	4:42	5:20	10:14	9:38	6:14	2:33
John Trevivian	10:44	2:35	3:16	13:22	16:11	5:12	4:35	2:45	6:43	4:22	7:11	10:14	3:35	2:16	4:17	4:42	5:21	2:40	5:51	5:11	6:46	11:24	13:04	8:15	3:33
Jeff Cave	11:08	2:32	3:23	12:56	14:57	6:16	5:03	3:18	5:09	3:24	8:17	5:33	8:44	1:36	2:55	3:22	3:14	2:28	5:14	4:32	6:08	10:44	14:27	8:13	10:55
Wayne Bajenoff	13:22	2:45	4:54	13:20	24:24	7:09	6:12	3:31	5:52	3:28	7:11	4:01	2:27	1:09	1:56	3:08	3:29	3:39	7:34	5:34	6:36	21:05	16:26	8:52	4:34
Rob Simmons	10:39	2:24	3:49	13:12	16:09	5:45	4:22	2:39	5:55	3:21	7:36	8:08	3:43	1:35	2:03	2:55	2:59	2:45	5:22	5:39	-	-	-	-	-
Bill Krautz	12:09	2:48	3:08	12:44	14:50	5:24	12:08	6:03	8:30	3:33	8:29	7:11	3:50	2:07	2:54	4:17	3:41	2:03	-	-	-	-	-	-	-
Andrew Campbell	11:05	4:17	3:44	13:19	17:33	6:00	4:37	2:53	-	-	-	-	-	-	-	-	-	-	-	7:14	7:40	14:22	12:05	7:38	3:21

Note: Transition from MTB-to-foot and foot-to-MTB occurred at controls 8 and 18 (i.e. legs 8-9 and 18-19 include transition time).

Elapsed time relative to leader

This chart makes it easier to see where time was gained and lost.



Note: Transition from MTB-to-foot and foot-to-MTB occurred at controls 8 and 18 (i.e. legs 8-9 and 18-19 include transition time).

Score O Results

Summary of results (sorted by points and time)

Name	Time	Num Ctrl	Points	Penalties	Total
Liz Wood	64:54	18	170	25	145
Tony Perrott	69:40	20	190	50	140
Bryan Hardy	54:57	14	105	0	105
Alex Freire	61:36	12	110	10	100
Jane Hardy	62:41	10	80	15	65
Monica & Paul	74:19	15	120	75	45
Emma & Clara Joyce	62:42	4	25	15	10
Joe, Cathy & Charlie Riordan	67:55	6	50	40	10
Michelle & Lucy Wilson	65:32	2	10	30	0
Rose Campbell	-	-	-	-	-

Note: Several competitors were only entered for enjoyment or to gain experience and their times/scores should not be compared to others.