



# Eastern Ontario Cyclocross Series #8

November 17, 2019

Women (Women)

15.17 km, 1st lap 1.50 km, 7 more laps of 1.95 km, winner: 52:31 - 17.33 km/h

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8
1	33	STEPHENSON, Jennifer	Nine2FivePro Cycling Team	Ottawa	Senior	75346	52:30.98		17.33	5:15.40	6:40.72	6:38.14	6:48.00	6:38.51	6:51.70	6:54.35	6:44.18
2	35	SLOBODIAN, Alexandra		Stittsville	Senior	CP19-2884	52:36.62	0'05.64"	17.30	5:27.35	6:50.24	6:40.71	6:42.31	6:43.15	6:47.06	6:48.47	6:37.33
3	220	BERTHIAUME, Alicia	GearHeads Cycling Club	Pembroke	Master B	76405	55:08.83	2'37.85"	16.51	5:24.40	6:55.63	7:01.13	7:06.12	7:05.50	7:09.86	7:14.31	7:11.89
4	208	TESSIER, Sonia	Rebec and Kroes Cycle and Sport	Gatineau	Master B	51692	55:10.25	2'39.27"	16.50	5:26.32	6:54.32	6:57.01	7:12.23	7:08.16	7:00.56	7:14.88	7:16.78
5	201	FICKER, Christine	euro-sports	Carp	Master B	76008	55:25.99	2'55.01"	16.42	5:25.39	7:01.19	6:59.40	7:15.45	7:07.50	7:01.68	7:07.03	7:28.34
6	40	FLYNN, Emily	LA Sweat	Winchester	Senior	75183	57:30.10	4'59.12"	15.83	5:54.93	7:32.27	7:19.21	7:14.54	7:21.25	7:12.46	7:23.02	7:32.41
7	195	ADAMS, Jen	RentABike	Ottawa	Master C	CP19-0356	58:02.51	5'31.52"	15.68	5:32.22	7:14.99	7:22.94	7:26.25	7:35.49	7:24.76	7:30.88	7:54.97
8	222	SZIGETI, Naomi	Cyclelogik Racing	Ottawa	Master B	CP19-3043	58:21.02	5'50.03"	15.60	6:01.87	7:11.77	7:24.13	7:25.48	7:31.71	7:39.29	7:29.98	7:36.79
9	370	GIROUARD, Marcie	euro-sports	Ottawa	Master D	75671	58:28.19	5'57.20"	15.57	5:39.04	7:19.11	7:36.03	7:31.18	7:30.59	7:46.06	7:31.26	7:34.91
10	80	O'BRIEN, Anna	The Cyclery	Ottawa	Master A	CP19-2888	58:33.87	6'02.88"	15.54	5:36.05	7:31.98	7:28.53	7:23.40	7:30.48	7:48.69	7:47.72	7:27.01
11	34	LAFLECHE, Emily	euro-sports	Kanata	Senior	75843	53:26.13	-1 lap	14.84	6:47.26	7:53.83	7:31.60	7:52.79	7:43.20	7:45.20	7:52.25	
12	193	MORRIS, Susan	Ottawa Bicycle Club	Ottawa	Master C	CP19-0334	53:53.35	-1 lap	14.72	6:23.93	7:50.41	7:44.96	7:38.93	8:00.27	8:02.34	8:12.51	
13	372	KONANTZ, Patricia	Ride with Rendall p/b Biemme	Chelsea	Master D	51919	55:28.53	-1 lap	14.30	6:06.51	8:06.18	7:56.77	7:54.89	8:05.22	8:45.96	8:33.00	
14	64	SMITH, Ella	Ottawa Bicycle Club	Ottawa	U15 Girls	76283	55:46.05	-1 lap	14.22	6:50.52	7:54.25	7:55.45	8:05.43	8:01.08	8:29.02	8:30.31	
15	371	MEYER, Lisa	euro-sports	Ottawa	Master D	75869	56:02.42	-1 lap	14.15	7:55.63	8:10.82	7:56.28	7:56.82	7:59.71	7:56.93	8:06.22	
16	281	BAKKER, Lauryn	The Cyclery	Stittsville	U19 JrF	CP19-3003	56:29.79	-1 lap	14.04	6:05.21	8:21.76	8:17.57	8:22.38	8:16.66	8:26.01	8:40.20	
17	210	TKALEC, Heather	euro-sports	Ottawa	Master B	75800	56:32.30	-1 lap	14.03	6:35.60	8:08.04	8:16.96	8:13.90	8:10.16	8:27.99	8:39.64	
18	189	HORTON, Christine		Chelsea	Master C	51120	56:42.10	-1 lap	13.99	6:31.22	8:21.60	8:16.93	8:15.63	8:04.99	8:45.97	8:25.75	
19	207	BROOKS, Melissa	Ottawa Bicycle Club	Nepean	Master B	CP19-0853	56:50.29	-1 lap	13.95	7:21.50	8:25.73	8:24.79	8:10.62	8:03.49	8:14.43	8:09.72	
20	38	ROBERTS, Véronique	euro-sports	Gatineau	Senior	CP19-3059	58:14.21	-1 lap	13.62	6:45.81	7:53.60	7:51.64	8:25.23	8:19.54	9:36.43	9:21.97	
21	99	MCNAUGHTAN, Abigail		Ottawa	U17	CP19-3074	59:58.00	-1 lap	13.23	6:53.17	8:26.65	8:58.15	8:47.57	9:23.99	9:10.32	8:18.15	
22	190	LAMIRANDE, Josee	The Cyclery	Gatineau	Master C	CP19-1728	53:23.69	-2 laps	12.66	7:54.77	9:03.34	8:28.88	9:03.61	9:30.00	9:23.10		
23	204	BEREZNAI, Claudia		Ottawa	Master B	CP19-3000	54:28.95	-2 laps	12.41	7:29.38	9:35.93	8:54.65	9:16.59	9:05.47	10:06.93		
24	206	MCKENNA, Tammy	The Cyclery	Stittsville	Master B	CP19-0738	55:43.47	-2 laps	12.13	8:10.56	9:55.79	9:34.25	9:37.78	9:16.35	9:08.76		
25	282	MORRIS, Rachel		Ottawa	U19 JrF	CP19-3051	56:28.78	-2 laps	11.97	7:48.41	9:28.35	9:39.93	10:03.01	10:07.07	9:22.02		
26	60	HAWKES, Elizabeth	The Cyclery	Ottawa	U15 Girls	CP19-1003	59:07.23	-2 laps	11.43	7:31.65	9:52.90	9:50.36	10:09.62	10:41.27	11:01.42		
27	97	KELLY, Sara-Ann	Tekné Cycle Club	Ottawa	U17	CP19-3057	59:57.08	-2 laps	11.27	7:17.56	9:53.47	10:46.78	10:19.81	11:17.50	10:21.96		
28	98	DUNN, Alaina		Richmond	U17	CP19-3076	55:32.53	-3 laps	10.06	6:56.72	7:48.90	8:13.86	8:04.16	24:28.89			
DNF	229	SHAW, Amanda	The Cyclery	Ottawa	Master B	CP19-2864			11.17	8:03.51							



# Eastern Ontario Cyclocross Series #8

November 17, 2019

Master A 30-39 (Women)

15.17 km, 1st lap 1.50 km, 7 more laps of 1.95 km, winner: 58:34 - 15.54 km/h

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8
1	80	O?BRIEN, Anna	The Cyclery	Ottawa	Master A	CP19-2888	58:33.87		15.54	5:36.05	7:31.98	7:28.53	7:23.40	7:30.48	7:48.69	7:47.72	7:27.01



# Eastern Ontario Cyclocross Series #8

November 17, 2019

U19 (Junior) (Women)

13.22 km, 1st lap 1.50 km, 6 more laps of 1.95 km, winner: 56:30 - 14.04 km/h

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7
1	281	BAKKER, Lauryn	The Cyclery	Stittsville	U19 JrF	CP19-3003	56:29.79		14.04	6:05.21	8:21.76	8:17.57	8:22.38	8:16.66	8:26.01	8:40.20
2	282	MORRIS, Rachel		Ottawa	U19 JrF	CP19-3051	56:28.78	-1 lap	11.97	7:48.41	9:28.35	9:39.93	10:03.01	10:07.07	9:22.02	



# Eastern Ontario Cyclocross Series #8

November 17, 2019

Master B 40-49 (Women)

15.17 km, 1st lap 1.50 km, 7 more laps of 1.95 km, winner: 55:09 - 16.51 km/h

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8
1	220	BERTHIAUME, Alicia	GearHeads Cycling Club	Pembroke	Master B	76405	55:08.83		16.51	5:24.40	6:55.63	7:01.13	7:06.12	7:05.50	7:09.86	7:14.31	7:11.89
2	208	TESSIER, Sonia	Rebec and Kroes Cycle and Sport	Gatineau	Master B	51692	55:10.25	0'01.42"	16.50	5:26.32	6:54.32	6:57.01	7:12.23	7:08.16	7:00.56	7:14.88	7:16.78
3	201	FICKER, Christine	euro-sports	Carp	Master B	76008	55:25.99	0'17.16"	16.42	5:25.39	7:01.19	6:59.40	7:15.45	7:07.50	7:01.68	7:07.03	7:28.34
4	222	SZIGETI, Naomi	Cyclelogik Racing	Ottawa	Master B	CP19-3043	58:21.02	3'12.18"	15.60	6:01.87	7:11.77	7:24.13	7:25.48	7:31.71	7:39.29	7:29.98	7:36.79
5	210	TKALEC, Heather	euro-sports	Ottawa	Master B	75800	56:32.30	-1 lap	14.03	6:35.60	8:08.04	8:16.96	8:13.90	8:10.16	8:27.99	8:39.64	
6	207	BROOKS, Melissa	Ottawa Bicycle Club	Nepean	Master B	CP19-0853	56:50.29	-1 lap	13.95	7:21.50	8:25.73	8:24.79	8:10.62	8:03.49	8:14.43	8:09.72	
7	204	BEREZNAI, Claudia		Ottawa	Master B	CP19-3000	54:28.95	-2 laps	12.41	7:29.38	9:35.93	8:54.65	9:16.59	9:05.47	10:06.93		
8	206	MCKENNA, Tammy	The Cyclery	Stittsville	Master B	CP19-0738	55:43.47	-2 laps	12.13	8:10.56	9:55.79	9:34.25	9:37.78	9:16.35	9:08.76		
DNF	229	SHAW, Amanda	The Cyclery	Ottawa	Master B	CP19-2864			11.17	8:03.51							



# Eastern Ontario Cyclocross Series #8

November 17, 2019

Senior (Women)

15.17 km, 1st lap 1.50 km, 7 more laps of 1.95 km, winner: 52:31 - 17.33 km/h

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8
1	33	STEPHENSON, Jennifer	Nine2FivePro Cycling Team	Ottawa	Senior	75346	52:30.98		17.33	5:15.40	6:40.72	6:38.14	6:48.00	6:38.51	6:51.70	6:54.35	6:44.18
2	35	SLOBODIAN, Alexandra		Stittsville	Senior	CP19-2884	52:36.62	0'05.64"	17.30	5:27.35	6:50.24	6:40.71	6:42.31	6:43.15	6:47.06	6:48.47	6:37.33
3	40	FLYNN, Emily	LA Sweat	Winchester	Senior	75183	57:30.10	4'59.12"	15.83	5:54.93	7:32.27	7:19.21	7:14.54	7:21.25	7:12.46	7:23.02	7:32.41
4	34	LAFLECHE, Emily	euro-sports	Kanata	Senior	75843	53:26.13	-1 lap	14.84	6:47.26	7:53.83	7:31.60	7:52.79	7:43.20	7:45.20	7:52.25	
5	38	ROBERTS, Véronique	euro-sports	Gatineau	Senior	CP19-3059	58:14.21	-1 lap	13.62	6:45.81	7:53.60	7:51.64	8:25.23	8:19.54	9:36.43	9:21.97	



# Eastern Ontario Cyclocross Series #8

November 17, 2019

Master C 50-59 (Women)

15.17 km, 1st lap 1.50 km, 7 more laps of 1.95 km, winner: 58:03 - 15.68 km/h

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8
1	195	ADAMS, Jen	RentABike	Ottawa	Master C	CP19-0356	58:02.51		15.68	5:32.22	7:14.99	7:22.94	7:26.25	7:35.49	7:24.76	7:30.88	7:54.97
2	193	MORRIS, Susan	Ottawa Bicycle Club	Ottawa	Master C	CP19-0334	53:53.35	-1 lap	14.72	6:23.93	7:50.41	7:44.96	7:38.93	8:00.27	8:02.34	8:12.51	
3	189	HORTON, Christine		Chelsea	Master C	51120	56:42.10	-1 lap	13.99	6:31.22	8:21.60	8:16.93	8:15.63	8:04.99	8:45.97	8:25.75	
4	190	LAMIRANDE, Josee	The Cyclery	Gatineau	Master C	CP19-1728	53:23.69	-2 laps	12.66	7:54.77	9:03.34	8:28.88	9:03.61	9:30.00	9:23.10		



# Eastern Ontario Cyclocross Series #8

November 17, 2019

Under 15 Girls (Women)

13.22 km, 1st lap 1.50 km, 6 more laps of 1.95 km, winner: 55:46 - 14.22 km/h

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7
1	64	SMITH, Ella	Ottawa Bicycle Club	Ottawa	U15 Girls	76283	55:46.05		14.22	6:50.52	7:54.25	7:55.45	8:05.43	8:01.08	8:29.02	8:30.31
2	60	HAWKES, Elizabeth	The Cyclery	Ottawa	U15 Girls	CP19-1003	59:07.23	-1 lap	11.43	7:31.65	9:52.90	9:50.36	10:09.62	10:41.27	11:01.42	



# Eastern Ontario Cyclocross Series #8

November 17, 2019

Master D 60+ (Women)

15.17 km, 1st lap 1.50 km, 7 more laps of 1.95 km, winner: 58:28 - 15.57 km/h

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8
1	370	GIROUARD, Marcie	euro-sports	Ottawa	Master D	75671	58:28.19		15.57	5:39.04	7:19.11	7:36.03	7:31.18	7:30.59	7:46.06	7:31.26	7:34.91
2	372	KONANTZ, Patricia	Ride with Rendall p/b Biemme	Chelsea	Master D	51919	55:28.53	-1 lap	14.30	6:06.51	8:06.18	7:56.77	7:54.89	8:05.22	8:45.96	8:33.00	
3	371	MEYER, Lisa	euro-sports	Ottawa	Master D	75869	56:02.42	-1 lap	14.15	7:55.63	8:10.82	7:56.28	7:56.82	7:59.71	7:56.93	8:06.22	





# Eastern Ontario Cyclocross Series #8

November 17, 2019

Under 17 Girls (Women)

13.22 km, 1st lap 1.50 km, 6 more laps of 1.95 km, winner: 59:58 - 13.23 km/h

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7
1	99	MCNAUGHTAN, Abigail		Ottawa	U17	CP19-3074	59:58.00		13.23	6:53.17	8:26.65	8:58.15	8:47.57	9:23.99	9:10.32	8:18.15
2	97	KELLY, Sara-Ann	Tekné Cycle Club	Ottawa	U17	CP19-3057	59:57.08	-1 lap	11.27	7:17.56	9:53.47	10:46.78	10:19.81	11:17.50	10:21.96	
3	98	DUNN, Alaina		Richmond	U17	CP19-3076	55:32.53	-2 laps	10.06	6:56.72	7:48.90	8:13.86	8:04.16	24:28.89		