



Eastern Ontario Cyclocross Series #7

November 20, 2022

Race 4 - Women (Women)

13.07 km, 1st lap 1.03 km, 4 more laps of 3.01 km, winner: 45:52 - 17.10 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	280	SMITH, Ella	Ottawa Bicycle Club	Ottawa	U17	ON74313	CWU17	45:51.57		17.10	3:17.53	10:25.02	10:29.52	10:44.08	10:55.42
2	4	FLYNN, Emily	LA Sweat	Ottawa	Senior	ON74083	CWE.1	46:52.08	1'00.51"	16.73	3:21.21	10:48.89	10:50.86	10:53.46	10:57.67
3	862	SEAL, Francesca	Edmonton Road and Track Club	Edmonton	Senior			47:02.61	1'11.04"	16.67	3:35.73	11:00.14	10:51.82	10:53.36	10:41.57
4	1	WENDLAND, Jodi	The Cyclery	Ottawa	Senior	ON74742	CWMA	47:03.61	1'12.04"	16.66	3:31.81	10:53.93	10:53.08	10:52.71	10:52.08
5	5	EVERSON, Sara	The Cyclery	Ottawa	Senior	ON74744	CWE.3	49:28.09	3'36.51"	15.85	3:39.81	11:20.64	11:17.13	11:39.14	11:31.37
6	186	FOURNIER, Véronique	Agowatt	Chelsea	Master B	QC52095		49:58.33	4'06.75"	15.69	3:33.80	11:37.33	11:25.04	11:39.94	11:42.22
7	423	VEILLEUX, Isabelle	Agowatt	Chelsea	Master C	eocx423		50:02.14	4'10.57"	15.67	3:41.30	11:25.02	11:37.95	11:38.10	11:39.76
8	83	PERRON, Dorothée	Ottawa Bicycle Club	Gatineau	U19 JrF	PR22-02764	CWE.4	50:13.91	4'22.33"	15.61	3:41.99	11:43.59	11:40.57	11:37.76	11:29.99
9	192	BERTHIAUME, Alicia	GearHeads	Pembroke	Master B	PR22-02872	CWMB	50:15.61	4'24.03"	15.60	3:30.99	11:37.43	11:44.37	11:41.22	11:41.59
10	421	TESSIER, Sonia	Ottawa Women?s Cycling Club	Gatineau	Master C	PR22-01195	CWMB	50:21.15	4'29.57"	15.57	3:26.82	12:20.95	11:27.59	11:28.35	11:37.44
11	190	MELLON, Alyssa	The Cyclery	Ottawa	Master B	PR22-02954	CWMA	51:44.17	5'52.59"	15.16	3:39.50	12:06.18	11:42.50	12:03.99	12:11.99
12	180	FICKER, Christine	euro-sports	Carp	Master B	PR22-01533	CWMB	51:52.25	6'00.67"	15.12	3:38.32	11:46.42	12:06.56	12:19.59	12:01.35
13	859	HAMMOND, Keely		Montreal	Senior	QC54381		52:35.45	6'43.88"	14.91	3:52.65	13:15.48	11:38.49	11:45.84	12:02.98
14	420	HARRISON, Suzanne	euro-sports	Ottawa	Master C	PR22-01070	CWMB	53:04.70	7'13.12"	14.77	3:44.56	11:52.20	12:59.14	12:12.40	12:16.40
15	10	STROUD, Raylan		Stittsville	Senior	ON75069	CWE.3	53:15.55	7'23.97"	14.72	3:52.53	11:51.66	12:19.90	12:35.03	12:36.43
16	187	BROOKS, Melissa	Ottawa Bicycle Club	Nepean	Master B	PR22-00806	CWMB	55:51.22	9'59.65"	14.04	4:08.76	12:31.87	12:48.07	12:59.30	13:23.22
17	3	BAKKER, Lauryn	Bakker?s Trailblazers	Stittsville	Senior	PR22-00600	CWE.3	57:18.99	11'27.42"	13.68	3:59.93	12:43.89	13:16.91	13:28.71	13:49.54
18	189	ROCHON, Marie-Helene	Centre du Vélo La Shop	Gatineau	Master B	eocx189		58:01.82	12'10.24"	13.51	4:13.12	12:55.85	13:22.63	13:42.33	13:47.90
19	431	BEREZNAI, Claudia	Ottawa Bicycle Club	Ottawa	Master C	PR22-00733	CWMB	59:44.52	13'52.94"	13.13	4:10.20	13:26.30	13:45.25	14:10.25	14:12.52
20	185	ALBERS, Christina	Ottawa Bicycle Club	Ottawa	Master B	PR22-00709	CWMA	1:00:05.29	14'13.71"	13.05	4:16.12	13:22.12	13:49.64	14:09.19	14:28.22
21	8	VARAH, Nina		Ottawa	Senior	PR22-02953	CWE.3	48:29.96	-1 lap	12.45	4:52.28	14:58.51	13:53.88	14:45.29	
22	183	MCKENNA, Tammy	The Cyclery	Stittsville	Master B	PR22-02867	CWMB	49:24.78	-1 lap	12.22	4:48.30	14:57.64	14:43.11	14:55.73	
23	331	BROOKS, Josephine	Ottawa Bicycle Club	Nepean	U15 Girls	ON74504	CWU15	49:50.57	-1 lap	12.11	4:15.46	14:48.74	15:14.49	15:31.89	
24	282	MOON, Emma	Bakker?s Trailblazers	Stittsville	U17	PR22-02482	CWU17	54:19.35	-1 lap	11.11	4:52.06	15:40.47	16:44.83	17:02.00	
25	856	FENN, Maya	Ottawa Bicycle Club	Ottawa	U15 Girls	PR22-00685	CWU15	1:05:10.51	-1 lap	9.26	4:57.99	19:14.21	20:30.89	20:27.43	
26	66	BOUCHER, Lucie	Ottawa Women?s Cycling Club	Gatineau	Master D	PR22-00074	CWMC	1:06:09.50	-1 lap	9.12	5:20.16	18:57.96	20:55.59	20:55.78	



Eastern Ontario Cyclocross Series #7

November 20, 2022

U19 (Junior) (Women)

13.07 km, 1st lap 1.03 km, 4 more laps of 3.01 km, winner: 50:14 - 15.61 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	83	PERRON, Dorothée	Ottawa Bicycle Club	Gatineau	U19 JrF	PR22-02764	CWE.4	50:13.91		15.61	3:41.99	11:43.59	11:40.57	11:37.76	11:29.99



Eastern Ontario Cyclocross Series #7

November 20, 2022

Master B 40-49 (Women)

13.07 km, 1st lap 1.03 km, 4 more laps of 3.01 km, winner: 49:58 - 15.69 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	186	FOURNIER, Véronique	Agowatt	Chelsea	Master B	QC52095		49:58.33		15.69	3:33.80	11:37.33	11:25.04	11:39.94	11:42.22
2	192	BERTHIAUME, Alicia	GearHeads	Pembroke	Master B	PR22-02872	CWMB	50:15.61	0'17.28"	15.60	3:30.99	11:37.43	11:44.37	11:41.22	11:41.59
3	190	MELLON, Alyssa	The Cyclery	Ottawa	Master B	PR22-02954	CWMA	51:44.17	1'45.84"	15.16	3:39.50	12:06.18	11:42.50	12:03.99	12:11.99
4	180	FICKER, Christine	euro-sports	Carp	Master B	PR22-01533	CWMB	51:52.25	1'53.92"	15.12	3:38.32	11:46.42	12:06.56	12:19.59	12:01.35
5	187	BROOKS, Melissa	Ottawa Bicycle Club	Nepean	Master B	PR22-00806	CWMB	55:51.22	5'52.90"	14.04	4:08.76	12:31.87	12:48.07	12:59.30	13:23.22
6	189	ROCHON, Marie-Helene	Centre du Vélo La Shop	Gatineau	Master B	eocx189		58:01.82	8'03.49"	13.51	4:13.12	12:55.85	13:22.63	13:42.33	13:47.90
7	185	ALBERS, Christina	Ottawa Bicycle Club	Ottawa	Master B	PR22-00709	CWMA	1:00:05.29	10'06.96"	13.05	4:16.12	13:22.12	13:49.64	14:09.19	14:28.22
8	183	MCKENNA, Tammy	The Cyclery	Stittsville	Master B	PR22-02867	CWMB	49:24.78	-1 lap	12.22	4:48.30	14:57.64	14:43.11	14:55.73	



Eastern Ontario Cyclocross Series #7

November 20, 2022

Senior (Women)

13.07 km, 1st lap 1.03 km, 4 more laps of 3.01 km, winner: 46:52 - 16.73 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	4	FLYNN, Emily	LA Sweat	Ottawa	Senior	ON74083	CWE.1	46:52.08		16.73	3:21.21	10:48.89	10:50.86	10:53.46	10:57.67
2	862	SEAL, Francesca	Edmonton Road and Track Club	Edmonton	Senior			47:02.61	0'10.53"	16.67	3:35.73	11:00.14	10:51.82	10:53.36	10:41.57
3	1	WENDLAND, Jodi	The Cyclery	Ottawa	Senior	ON74742	CWMA	47:03.61	0'11.53"	16.66	3:31.81	10:53.93	10:53.08	10:52.71	10:52.08
4	5	EVERSON, Sara	The Cyclery	Ottawa	Senior	ON74744	CWE.3	49:28.09	2'36.00"	15.85	3:39.81	11:20.64	11:17.13	11:39.14	11:31.37
5	859	HAMMOND, Keely		Montreal	Senior	QC54381		52:35.45	5'43.37"	14.91	3:52.65	13:15.48	11:38.49	11:45.84	12:02.98
6	10	STROUD, Raylan		Stittsville	Senior	ON75069	CWE.3	53:15.55	6'23.46"	14.72	3:52.53	11:51.66	12:19.90	12:35.03	12:36.43
7	3	BAKKER, Lauryn	Bakker?s Trailblazers	Stittsville	Senior	PR22-00600	CWE.3	57:18.99	10'26.91"	13.68	3:59.93	12:43.89	13:16.91	13:28.71	13:49.54
8	8	VARAH, Nina		Ottawa	Senior	PR22-02953	CWE.3	48:29.96	-1 lap	12.45	4:52.28	14:58.51	13:53.88	14:45.29	



Eastern Ontario Cyclocross Series #7

November 20, 2022

Master C 50-59 (Women)

13.07 km, 1st lap 1.03 km, 4 more laps of 3.01 km, winner: 50:02 - 15.67 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	423	VEILLEUX, Isabelle	Agowatt	Chelsea	Master C	eocx423		50:02.14		15.67	3:41.30	11:25.02	11:37.95	11:38.10	11:39.76
2	421	TESSIER, Sonia	Ottawa Women?s Cycling Club	Gatineau	Master C	PR22-01195	CWMB	50:21.15	0'19.00"	15.57	3:26.82	12:20.95	11:27.59	11:28.35	11:37.44
3	420	HARRISON, Suzanne	euro-sports	Ottawa	Master C	PR22-01070	CWMB	53:04.70	3'02.55"	14.77	3:44.56	11:52.20	12:59.14	12:12.40	12:16.40
4	431	BEREZNAI, Claudia	Ottawa Bicycle Club	Ottawa	Master C	PR22-00733	CWMB	59:44.52	9'42.37"	13.13	4:10.20	13:26.30	13:45.25	14:10.25	14:12.52



Eastern Ontario Cyclocross Series #7

November 20, 2022

Under 15 Girls (Women)

10.06 km, 1st lap 1.03 km, 3 more laps of 3.01 km, winner: 49:51 - 12.11 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	331	BROOKS, Josephine	Ottawa Bicycle Club	Nepean	U15 Girls	ON74504	CWU15	49:50.57		12.11	4:15.46	14:48.74	15:14.49	15:31.89
2	856	FENN, Maya	Ottawa Bicycle Club	Ottawa	U15 Girls	PR22-00685	CWU15	1:05:10.51	15'19.94"	9.26	4:57.99	19:14.21	20:30.89	20:27.43



Eastern Ontario Cyclocross Series #7

November 20, 2022

Master D 60+ (Women)

10.06 km, 1st lap 1.03 km, 3 more laps of 3.01 km, winner: 1:06:09 - 9.12 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	66	BOUCHER, Lucie	Ottawa Women's Cycling Club	Gatineau	Master D	PR22-00074	CWMC	1:06:09.50		9.12	5:20.16	18:57.96	20:55.59	20:55.78



Eastern Ontario Cyclocross Series #7

November 20, 2022

Under 17 Girls (Women)

13.07 km, 1st lap 1.03 km, 4 more laps of 3.01 km, winner: 45:52 - 17.10 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	280	SMITH, Ella	Ottawa Bicycle Club	Ottawa	U17	ON74313	CWU17	45:51.57		17.10	3:17.53	10:25.02	10:29.52	10:44.08	10:55.42
2	282	MOON, Emma	Bakker?s Trailblazers	Stittsville	U17	PR22-02482	CWU17	54:19.35	-1 lap	11.11	4:52.06	15:40.47	16:44.83	17:02.00	