



Eastern Ontario Cyclocross Series #8

November 27, 2022

Race 4 - Women (Women)

17.56 km, 1st lap 1.72 km, 8 more laps of 1.98 km, winner: 53:01 - 19.87 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	4	FLYNN, Emily	LA Sweat	Ottawa	Senior	ON74083	CWE.1	53:01.24		19.87	5:01.60	5:59.45	5:55.51	5:58.33	6:00.10	6:00.89	6:01.81	6:01.46	6:02.09
2	1	WENDLAND, Jodi	The Cyclery	Ottawa	Senior	ON74742	CWMA	53:12.64	0'11.39"	19.80	5:13.59	5:57.36	5:56.22	5:56.68	5:59.47	5:55.02	6:09.58	6:00.01	6:04.71
3	870	SEAL, Francesca	Edmonton Road and Track Club	Edmonton	Senior	1ecx862		55:03.61	2'02.36"	19.14	5:18.64	5:55.38	5:58.00	6:05.09	6:12.22	6:18.16	6:28.23	6:29.62	6:18.26
4	421	TESSIER, Sonia	Ottawa Women's Cycling Club	Gatineau	Master C	PR22-01195	CWMB	55:12.33	2'11.09"	19.09	5:11.75	6:12.71	6:08.44	6:13.09	6:14.03	6:20.18	6:18.56	6:18.03	6:15.54
5	190	MELLON, Alyssa	The Cyclery	Ottawa	Master B	PR22-02954	CWMA	55:51.33	2'50.08"	18.86	5:20.68	6:19.15	6:19.91	6:20.35	6:15.48	6:28.36	6:26.28	6:15.63	6:05.50
6	867	HAMMOND, Keely	Edmonton Road and Track Club	Montreal	Senior	QC54381		55:55.70	2'54.45"	18.84	5:29.19	6:10.91	6:09.17	6:14.99	6:22.77	6:18.59	6:32.28	6:25.04	6:12.77
7	420	HARRISON, Suzanne	euro-sports	Ottawa	Master C	PR22-01070	CWMB	56:37.44	3'36.20"	18.61	5:15.03	6:11.06	6:18.07	6:25.39	6:29.28	6:32.73	6:28.38	6:27.15	6:30.35
8	5	EVERSON, Sara	The Cyclery	Ottawa	Senior	ON74744	CWE.3	56:52.67	3'51.43"	18.52	5:36.47	6:14.14	6:17.92	6:27.31	6:22.43	6:26.53	6:27.09	6:33.15	6:27.64
9	83	PERRON, Dorothée	Ottawa Bicycle Club	Gatineau	U19 JrF	PR22-02764	CWE.4	57:13.29	4'12.05"	18.41	5:35.08	6:26.91	6:22.14	6:22.89	6:26.34	6:30.00	6:32.43	6:30.67	6:26.83
10	186	FOURNIER, Véronique	Agowatt	Chelsea	Master B	QC52095		58:07.10	5'05.86"	18.13	5:24.16	6:31.72	6:30.31	6:33.85	6:31.59	6:39.08	6:44.31	6:39.41	6:32.67
11	181	EDWARDS, Stephanie	Ottawa Bicycle Club	Ottawa	Master B	PR22-01824	CWMB	58:43.32	5'42.07"	17.94	5:25.99	6:31.87	6:29.59	6:33.21	6:32.34	6:41.89	6:44.98	6:57.88	6:45.56
12	423	VEILLEUX, Isabelle	Agowatt	Chelsea	Master C	eocx423		59:05.31	6'04.06"	17.83	5:27.45	6:20.12	6:35.22	6:36.45	6:48.69	6:45.62	6:46.99	6:49.64	6:55.12
13	10	STROUD, Raylan		Stittsville	Senior	ON75069	CWE.3	53:22.45	-1 lap	17.51	5:38.03	6:35.60	6:45.69	6:46.96	6:51.36	6:51.10	7:00.69	6:53.02	
14	180	FICKER, Christine	euro-sports	Carp	Master B	PR22-01533	CWMB	53:37.28	-1 lap	17.43	5:35.51	6:41.90	6:47.27	6:49.44	6:53.17	6:52.56	6:54.98	7:02.45	
15	422	ALLEN, Valery		Cornwall	Master C	PR22-00217	CWMB	55:27.25	-1 lap	16.86	6:08.84	6:43.56	6:46.12	7:17.75	7:02.63	7:08.59	7:04.58	7:15.18	
16	871	TARDIF, Genevieve	Ottawa Bicycle Club	Gatineau	Master B	1ecx838		55:52.91	-1 lap	16.73	6:29.40	7:03.38	6:54.02	7:23.83	6:49.87	7:08.01	6:57.79	7:06.61	
17	189	ROCHON, Marie-Helene	Centre du Vélo La Shop	Gatineau	Master B	eocx189		56:00.98	-1 lap	16.69	5:57.43	6:54.85	6:57.22	7:08.73	7:10.25	7:11.91	7:20.53	7:20.05	
18	183	MCKENNA, Tammy	The Cyclery	Stittsville	Master B	PR22-02867	CWMB	56:46.00	-1 lap	16.47	6:28.51	6:59.32	6:56.67	7:02.27	7:10.76	7:18.50	7:26.41	7:23.57	
19	331	BROOKS, Josephine	Ottawa Bicycle Club	Nepean	U15 Girls	ON74504	CWU15	57:07.42	-1 lap	16.36	6:05.77	7:18.55	7:13.30	7:07.09	6:58.04	7:23.07	7:33.70	7:27.90	
20	3	BAKKER, Lauryn	Bakker's Trailblazers	Stittsville	Senior	PR22-00600	CWE.3	57:11.28	-1 lap	16.35	5:59.31	7:05.89	7:18.30	7:10.81	7:19.53	7:23.40	7:34.10	7:19.95	
21	7	MCNAUGHTAN, Abigail	Ottawa Bicycle Club	Ottawa	Senior	PR22-00623	CWE.2	58:27.69	-1 lap	15.99	5:46.57	7:14.60	7:20.23	7:22.05	7:29.66	7:51.53	7:54.80	7:28.24	
22	126	GLENDEENING, Carlee	Ottawa Women's Cycling Club	Kanata	Master A	PR22-00770	CWE.3	58:28.13	-1 lap	15.99	6:15.90	7:05.96	7:17.09	7:34.83	7:33.37	7:31.05	7:47.22	7:22.72	
23	429	COURTEMANCHE, Cindy	Ottawa Women's Cycling Club	Ottawa	Master C	PR22-02508	CWMB	58:37.69	-1 lap	15.94	5:56.24	7:08.19	7:18.45	7:27.00	7:46.09	7:51.95	7:41.62	7:28.16	
24	194	GRIEVE, Natalie		Kanata	Master B	PR22-02987	CWMB	58:41.78	-1 lap	15.93	6:21.89	7:24.52	7:13.71	7:18.53	7:32.56	7:41.30	7:37.57	7:31.70	
25	187	BROOKS, Melissa	Ottawa Bicycle Club	Nepean	Master B	PR22-00806	CWMB	59:00.89	-1 lap	15.84	6:21.21	7:22.91	7:18.91	7:18.39	7:37.62	7:39.44	7:39.31	7:43.10	
26	185	ALBERS, Christina	Ottawa Bicycle Club	Ottawa	Master B	PR22-00709	CWMA	53:00.27	-2 laps	15.39	6:25.70	7:25.83	7:41.53	7:28.61	7:55.84	8:00.50	8:02.26		
27	868	KELSO, Emilie	Shadow Cycling Collective	Aylmer	Senior	ON74553	CWE.3	53:14.61	-2 laps	15.33	6:15.86	7:33.91	7:54.74	7:50.62	8:06.79	7:54.13	7:38.55		
28	427	FAUVELLE, Hélène	Équipe Féminine Polo Vélo	Gatineau	Master C	eocx427		53:22.30	-2 laps	15.29	6:19.13	7:27.60	7:43.47	7:48.78	7:43.74	8:16.92	8:02.65		
29	282	MOON, Emma	Bakker's Trailblazers	Stittsville	U17	PR22-02482	CWU17	54:15.64	-2 laps	15.04	6:25.33	7:36.74	7:53.00	7:46.57	8:02.07	8:05.35	8:26.57		
30	431	BEREZNAI, Claudia	Ottawa Bicycle Club	Ottawa	Master C	PR22-00733	CWMB	55:12.82	-2 laps	14.78	6:19.91	7:30.90	7:41.53	8:14.17	8:28.60	8:38.83	8:18.87		
31	330	DANIELS, Heidi	Ottawa Bicycle Club	Ottawa	U15 Girls	PR22-01823	CWU15	55:19.61	-2 laps	14.75	6:32.79	7:50.73	8:02.96	8:03.82	8:12.36	8:29.75	8:07.21		
32	82	POLL, Charlotte	Ottawa Bicycle Club	Ottawa	U19 JrF	ON74360	CWE.3	58:56.88	-2 laps	13.84	6:20.11	8:41.27	8:20.58	8:52.56	8:57.99	9:16.38	8:28.00		



Eastern Ontario Cyclocross Series #8

November 27, 2022

Master A 30-39 (Women)

15.58 km, 1st lap 1.72 km, 7 more laps of 1.98 km, winner: 58:28 - 15.99 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8
1	126	GLENDENNING, Carlee	Ottawa Women's Cycling Club	Kanata	Master A	PR22-00770	CWE.3	58:28.13	15.99	6:15.90	7:05.96	7:17.09	7:34.83	7:33.37	7:31.05	7:47.22	7:22.72	



Eastern Ontario Cyclocross Series #8

November 27, 2022

U19 (Junior) (Women)

17.56 km, 1st lap 1.72 km, 8 more laps of 1.98 km, winner: 57:13 - 18.41 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	83	PERRON, Dorothée	Ottawa Bicycle Club	Gatineau	U19 JrF	PR22-02764	CWE.4	57:13.29		18.41	5:35.08	6:26.91	6:22.14	6:22.89	6:26.34	6:30.00	6:32.43	6:30.67	6:26.83
2	82	POLL, Charlotte	Ottawa Bicycle Club	Ottawa	U19 JrF	ON74360	CWE.3	58:56.88	-2 laps	13.84	6:20.11	8:41.27	8:20.58	8:52.56	8:57.99	9:16.38	8:28.00		



Eastern Ontario Cyclocross Series #8

November 27, 2022

Master B 40-49 (Women)

17.56 km, 1st lap 1.72 km, 8 more laps of 1.98 km, winner: 55:51 - 18.86 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	190	MELLON, Alyssa	The Cyclery	Ottawa	Master B	PR22-02954	CWMA	55:51.33		18.86	5:20.68	6:19.15	6:19.91	6:20.35	6:15.48	6:28.36	6:26.28	6:15.63	6:05.50
2	186	FOURNIER, Véronique	Agowatt	Chelsea	Master B	QC52095		58:07.10	2'15.78"	18.13	5:24.16	6:31.72	6:30.31	6:33.85	6:31.59	6:39.08	6:44.31	6:39.41	6:32.67
3	181	EDWARDS, Stephanie	Ottawa Bicycle Club	Ottawa	Master B	PR22-01824	CWMB	58:43.32	2'51.99"	17.94	5:25.99	6:31.87	6:29.59	6:33.21	6:32.34	6:41.89	6:44.98	6:57.88	6:45.56
4	180	FICKER, Christine	euro-sports	Carp	Master B	PR22-01533	CWMB	53:37.28	-1 lap	17.43	5:35.51	6:41.90	6:47.27	6:49.44	6:53.17	6:52.56	6:54.98	7:02.45	
5	871	TARDIF, Genevieve	Ottawa Bicycle Club	Gatineau	Master B	1ecx838		55:52.91	-1 lap	16.73	6:29.40	7:03.38	6:54.02	7:23.83	6:49.87	7:08.01	6:57.79	7:06.61	
6	189	ROCHON, Marie-Helene	Centre du Vélo La Shop	Gatineau	Master B	eocx189		56:00.98	-1 lap	16.69	5:57.43	6:54.85	6:57.22	7:08.73	7:10.25	7:11.91	7:20.53	7:20.05	
7	183	MCKENNA, Tammy	The Cyclery	Stittsville	Master B	PR22-02867	CWMB	56:46.00	-1 lap	16.47	6:28.51	6:59.32	6:56.67	7:02.27	7:10.76	7:18.50	7:26.41	7:23.57	
8	194	GRIEVE, Natalie		Kanata	Master B	PR22-02987	CWMB	58:41.78	-1 lap	15.93	6:21.89	7:24.52	7:13.71	7:18.53	7:32.56	7:41.30	7:37.57	7:31.70	
9	187	BROOKS, Melissa	Ottawa Bicycle Club	Nepean	Master B	PR22-00806	CWMB	59:00.89	-1 lap	15.84	6:21.21	7:22.91	7:18.91	7:18.39	7:37.62	7:39.44	7:39.31	7:43.10	
10	185	ALBERS, Christina	Ottawa Bicycle Club	Ottawa	Master B	PR22-00709	CWMA	53:00.27	-2 laps	15.39	6:25.70	7:25.83	7:41.53	7:28.61	7:55.84	8:00.50	8:02.26		



Eastern Ontario Cyclocross Series #8

November 27, 2022

Senior (Women)

17.56 km, 1st lap 1.72 km, 8 more laps of 1.98 km, winner: 53:01 - 19.87 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	4	FLYNN, Emily	LA Sweat	Ottawa	Senior	ON74083	CWE.1	53:01.24		19.87	5:01.60	5:59.45	5:55.51	5:58.33	6:00.10	6:00.89	6:01.81	6:01.46	6:02.09
2	1	WENDLAND, Jodi	The Cyclery	Ottawa	Senior	ON74742	CWMA	53:12.64	0'11.39"	19.80	5:13.59	5:57.36	5:56.22	5:56.68	5:59.47	5:55.02	6:09.58	6:00.01	6:04.71
3	870	SEAL, Francesca	Edmonton Road and Track Club	Edmonton	Senior	1ecx862		55:03.61	2'02.36"	19.14	5:18.64	5:55.38	5:58.00	6:05.09	6:12.22	6:18.16	6:28.23	6:29.62	6:18.26
4	867	HAMMOND, Keely	Edmonton Road and Track Club	Montreal	Senior	QC54381		55:55.70	2'54.45"	18.84	5:29.19	6:10.91	6:09.17	6:14.99	6:22.77	6:18.59	6:32.28	6:25.04	6:12.77
5	5	EVERSON, Sara	The Cyclery	Ottawa	Senior	ON74744	CWE.3	56:52.67	3'51.43"	18.52	5:36.47	6:14.14	6:17.92	6:27.31	6:22.43	6:26.53	6:27.09	6:33.15	6:27.64
6	10	STROUD, Raylan		Stittsville	Senior	ON75069	CWE.3	53:22.45	-1 lap	17.51	5:38.03	6:35.60	6:45.69	6:46.96	6:51.36	6:51.10	7:00.69	6:53.02	
7	3	BAKKER, Lauryn	Bakker?s Trailblazers	Stittsville	Senior	PR22-00600	CWE.3	57:11.28	-1 lap	16.35	5:59.31	7:05.89	7:18.30	7:10.81	7:19.53	7:23.40	7:34.10	7:19.95	
8	7	MCNAUGHTAN, Abigail	Ottawa Bicycle Club	Ottawa	Senior	PR22-00623	CWE.2	58:27.69	-1 lap	15.99	5:46.57	7:14.60	7:20.23	7:22.05	7:29.66	7:51.53	7:54.80	7:28.24	
9	868	KELSO, Emilie	Shadow Cycling Collective	Aylmer	Senior	ON74553	CWE.3	53:14.61	-2 laps	15.33	6:15.86	7:33.91	7:54.74	7:50.62	8:06.79	7:54.13	7:38.55		



Eastern Ontario Cyclocross Series #8

November 27, 2022

Master C 50-59 (Women)

17.56 km, 1st lap 1.72 km, 8 more laps of 1.98 km, winner: 55:12 - 19.09 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	421	TESSIER, Sonia	Ottawa Women's Cycling Club	Gatineau	Master C	PR22-01195	CWMB	55:12.33		19.09	5:11.75	6:12.71	6:08.44	6:13.09	6:14.03	6:20.18	6:18.56	6:18.03	6:15.54
2	420	HARRISON, Suzanne	euro-sports	Ottawa	Master C	PR22-01070	CWMB	56:37.44	1'25.11"	18.61	5:15.03	6:11.06	6:18.07	6:25.39	6:29.28	6:32.73	6:28.38	6:27.15	6:30.35
3	423	VEILLEUX, Isabelle	Agowatt	Chelsea	Master C	eocx423		59:05.31	3'52.97"	17.83	5:27.45	6:20.12	6:35.22	6:36.45	6:48.69	6:45.62	6:46.99	6:49.64	6:55.12
4	422	ALLEN, Valery		Cornwall	Master C	PR22-00217	CWMB	55:27.25	-1 lap	16.86	6:08.84	6:43.56	6:46.12	7:17.75	7:02.63	7:08.59	7:04.58	7:15.18	
5	429	COURTEMANCHE, Cindy	Ottawa Women's Cycling Club	Ottawa	Master C	PR22-02508	CWMB	58:37.69	-1 lap	15.94	5:56.24	7:08.19	7:18.45	7:27.00	7:46.09	7:51.95	7:41.62	7:28.16	
6	427	FAUELLE, Hélène	Équipe Féminine Polo Vélo	Gatineau	Master C	eocx427		53:22.30	-2 laps	15.29	6:19.13	7:27.60	7:43.47	7:48.78	7:43.74	8:16.92	8:02.65		
7	431	BEREZNAI, Claudia	Ottawa Bicycle Club	Ottawa	Master C	PR22-00733	CWMB	55:12.82	-2 laps	14.78	6:19.91	7:30.90	7:41.53	8:14.17	8:28.60	8:38.83	8:18.87		



Eastern Ontario Cyclocross Series #8

November 27, 2022

Under 15 Girls (Women)

15.58 km, 1st lap 1.72 km, 7 more laps of 1.98 km, winner: 57:07 - 16.36 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8
1	331	BROOKS, Josephine	Ottawa Bicycle Club	Nepean	U15 Girls	ON74504	CWU15	57:07.42		16.36	6:05.77	7:18.55	7:13.30	7:07.09	6:58.04	7:23.07	7:33.70	7:27.90
2	330	DANIELS, Heidi	Ottawa Bicycle Club	Ottawa	U15 Girls	PR22-01823	CWU15	55:19.61	-1 lap	14.75	6:32.79	7:50.73	8:02.96	8:03.82	8:12.36	8:29.75	8:07.21	



Eastern Ontario Cyclocross Series #8

November 27, 2022

Under 17 Girls (Women)

13.60 km, 1st lap 1.72 km, 6 more laps of 1.98 km, winner: 54:16 - 15.04 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7
1	282	MOON, Emma	Bakker?s Trailblazers	Stittsville	U17	PR22-02482	CWU17	54:15.64	15.04	6:25.33	7:36.74	7:53.00	7:46.57	8:02.07	8:05.35	8:26.57	