



Eastern Ontario Cyclocross Series #1 September 24, 2023

Race 2 (Men)

17.26 km, 1st lap 2.21 km, 7 more laps of 2.15 km, winner: 44:56 - 23.06 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 | 305 | VIALARET, Jean-Christophe | euro-sports | Ottawa | Master D | PR23-02022 | CMMC | 44:55.55 | | 23.06 | 5:55.52 | 5:30.53 | 5:28.63 | 5:33.93 | 5:39.21 | 5:39.87 | 5:37.79 | 5:30.09 |
| 2 | 215 | VARNEY, Gregory | The Cyclery | Ottawa | Master C | ON76096 | CMMC | 44:55.74 | 0'00.19" | 23.06 | 5:49.05 | 5:34.69 | 5:30.74 | 5:34.39 | 5:38.68 | 5:39.87 | 5:37.86 | 5:30.46 |
| 3 | 223 | SEGUIN, Patrick | Ride with Rendall p/b Biemme | Gatineau | Master C | 53280 | CMMB | 45:42.53 | 0'46.99" | 22.66 | 5:45.28 | 5:37.44 | 5:44.68 | 5:43.99 | 5:40.54 | 5:41.50 | 5:47.09 | 5:42.01 |
| 4 | 224 | WALLNER, Kristjan | Ottawa Bicycle Club | Ottawa | Master C | ON75544 | CMMB | 45:51.39 | 0'55.85" | 22.59 | 5:45.75 | 5:37.35 | 5:40.14 | 5:48.32 | 5:46.76 | 5:45.27 | 5:50.93 | 5:36.86 |
| 5 | 217 | BILENKEY, David | euro-sports | Ottawa | Master C | ON75487 | CMMC | 46:15.23 | 1'19.68" | 22.39 | 5:56.21 | 5:40.15 | 5:39.28 | 5:40.78 | 5:49.69 | 5:54.69 | 5:51.23 | 5:43.19 |
| 6 | 308 | SCHUCK, Peter | Ottawa Bicycle Club | Ottawa | Master D | PR23-00453 | CMMD | 46:15.47 | 1'19.93" | 22.39 | 6:02.48 | 5:47.38 | 5:44.18 | 5:45.51 | 5:47.37 | 5:42.36 | 5:47.03 | 5:39.16 |
| 7 | 210 | WOODFORD, Michael | Ride with Rendall p/b Biemme | Ottawa | Master C | ON75979 | CMMC | 46:39.30 | 1'43.75" | 22.20 | 5:47.94 | 5:46.94 | 5:39.66 | 5:44.57 | 5:57.53 | 5:53.15 | 5:46.93 | 6:02.57 |
| 8 | 214 | ALLEN, Rob | Cornwall Cycle Club | Cornwall | Master C | PR23-00224 | CMMC | 47:21.02 | 2'25.48" | 21.88 | 6:01.53 | 5:49.13 | 5:46.93 | 5:49.06 | 5:54.39 | 5:52.86 | 6:02.30 | 6:04.83 |
| 9 | 220 | AVERY, Mike | Limestone City Cycling | Kingston | Master C | ON75705 | CMMC | 47:59.36 | 3'03.82" | 21.58 | 5:57.82 | 5:48.35 | 5:57.13 | 6:02.36 | 6:01.25 | 6:04.32 | 6:11.33 | 5:56.80 |
| 10 | 369 | JOUBARNE, Felix | Ride with Rendall p/b Biemme | Chelsea | U15 Boys | PR23-01811 | CMU15 | 48:09.38 | 3'13.84" | 21.51 | 5:53.83 | 5:53.43 | 5:51.73 | 6:07.10 | 6:02.06 | 6:03.62 | 6:10.63 | 6:06.97 |
| 11 | 302 | WALL, Dave | Limestone City Cycling | Kingston | Master D | PR23-00160 | CMMD | 48:55.33 | 3'59.78" | 21.17 | 6:08.21 | 5:58.49 | 6:03.54 | 6:09.80 | 6:10.07 | 6:09.33 | 6:10.79 | 6:05.11 |
| 12 | 208 | PACHNER, Martin | Stokers CC | Ottawa | Master C | PR23-00579 | CMMC | 49:17.63 | 4'22.09" | 21.01 | 5:50.05 | 5:45.10 | 5:58.92 | 6:11.89 | 6:30.67 | 6:22.99 | 6:10.91 | 6:27.11 |
| 13 | 365 | LUCKETT, Patrick | Bakker?s Trailblazers | Dunrobin | U15 Boys | ON75765 | CMU15 | 49:33.11 | 4'37.56" | 20.90 | 6:11.72 | 5:56.91 | 6:01.71 | 6:08.08 | 6:11.75 | 6:09.38 | 6:14.77 | 6:38.80 |
| 14 | 306 | COWAN, Norman | Ottawa Bicycle Club:Bushtukah | Carp | Master D | PR23-00710 | CMMD | 49:46.13 | 4'50.58" | 20.81 | 7:27.24 | 6:04.28 | 5:59.14 | 6:14.95 | 6:04.47 | 6:04.48 | 5:58.85 | 5:52.71 |
| 15 | 361 | LAFONTAINE, Victor | Vélo La Shop | Gatineau | U15 Boys | | CMU15 | 49:49.44 | 4'53.89" | 20.79 | 6:16.39 | 6:02.13 | 6:09.09 | 6:13.72 | 6:14.44 | 6:14.24 | 6:22.45 | 6:16.99 |
| 16 | 364 | ROBERTSON, Quinn | Ottawa Bicycle Club | Ottawa | U15 Boys | ON75415 | CMU15 | 50:19.11 | 5'23.57" | 20.59 | 6:12.16 | 6:05.90 | 6:23.66 | 6:23.51 | 6:18.79 | 6:20.08 | 6:24.44 | 6:10.57 |
| 17 | 366 | POLMAN, Graham | Ottawa Bicycle Club | Ottawa | U15 Boys | PR23-00573 | CMU15 | 50:36.36 | 5'40.81" | 20.47 | 6:00.75 | 6:10.92 | 6:22.87 | 6:25.54 | 6:24.65 | 6:20.39 | 6:28.68 | 6:22.56 |
| 18 | 363 | SCHREINER, Frank | Ottawa Bicycle Club | Ottawa | U15 Boys | PR23-01225 | CMU15 | 50:52.94 | 5'57.40" | 20.36 | 6:20.71 | 6:13.30 | 6:15.95 | 6:17.64 | 6:17.50 | 6:32.43 | 6:29.05 | 6:26.37 |
| 19 | 880 | LANGEVELD, Roel | | Gatineau | Master C | | CMMB | 51:04.60 | 6'09.06" | 20.28 | 6:37.26 | 6:10.27 | 6:07.63 | 6:24.77 | 6:34.86 | 6:30.16 | 6:25.31 | 6:14.35 |
| 20 | 300 | STEWART, Ian | euro-sports | Ottawa | Master D | ON76088 | CMMD | 45:42.91 | -1 lap | 19.84 | 6:46.25 | 6:30.54 | 6:35.61 | 6:55.30 | 6:21.56 | 6:21.37 | 6:12.28 | |
| 21 | 367 | DAVIES, Colden | Ottawa Bicycle Club | Ottawa | U15 Boys | PR23-01347 | CMU15 | 47:32.70 | -1 lap | 19.07 | 6:50.40 | 6:42.70 | 6:49.42 | 6:45.16 | 6:43.73 | 6:38.72 | 7:02.57 | |
| 22 | 213 | LARSON, Eric | Ride with Rendall p/b Biemme | Ottawa | Master C | PR23-00559 | CMMB | 48:00.22 | -1 lap | 18.89 | 6:38.17 | 6:52.17 | 7:39.34 | 6:36.37 | 6:43.45 | 6:39.74 | 6:50.98 | |
| 23 | 222 | RODGER, Randal | euro-sports | Nepean | Master C | PR23-00771 | CMMC | 48:17.77 | -1 lap | 18.78 | 13:20.84 | 5:48.41 | 5:53.29 | 6:00.62 | 5:41.52 | 5:49.35 | 5:43.74 | |
| 24 | 206 | WONNACOTT, Michael | | Ottawa | Master C | PR23-02023 | CMMB | 49:12.91 | -1 lap | 18.43 | 6:58.86 | 6:58.95 | 7:13.09 | 7:15.12 | 6:58.19 | 6:57.33 | 6:51.38 | |
| 25 | 877 | NIELSEN, Jamie | Team Nasty | Barrie | Master D | PR23-00948 | CMMC | 49:19.50 | -1 lap | 18.39 | 6:55.29 | 6:38.94 | 6:53.72 | 7:06.77 | 7:02.68 | 7:45.25 | 6:56.85 | |
| 26 | 362 | THOMAS, Robert | Ottawa Bicycle Club | Ottawa | U15 Boys | ON75448 | CMU15 | 49:28.57 | -1 lap | 18.33 | 6:18.90 | 6:12.96 | 6:17.61 | 7:07.10 | 7:30.11 | 7:52.90 | 8:08.98 | |
| 27 | 881 | DAVIS, Doug | Ottawa Bicycle Club | Smiths Falls | Master C | PR23-00752 | CMMC | 50:14.56 | -1 lap | 18.05 | 6:57.67 | 6:50.98 | 7:01.90 | 7:06.36 | 7:16.32 | 7:05.47 | 7:55.85 | |
| 28 | 303 | HESS, Detlef | Ottawa Bicycle Club | Ottawa | Master D | PR23-00509 | CMMD | 51:18.89 | -1 lap | 17.67 | 6:51.45 | 9:01.52 | 6:44.11 | 6:49.80 | 7:07.44 | 7:31.98 | 7:12.60 | |
| 29 | 290 | FLAVELL, Dave | Ottawa Bicycle Club | Ottawa | Master E | PR23-00884 | CMMD | 45:11.96 | -2 laps | 17.21 | 7:28.61 | 7:25.04 | 7:25.93 | 7:34.14 | 7:39.75 | 7:38.50 | | |
| 30 | 301 | WYNIA, Bernie | | Ottawa | Master D | PR23-02030 | CMMC | 46:03.34 | -2 laps | 16.89 | 7:26.25 | 7:40.21 | 7:45.86 | 7:40.57 | 7:52.71 | 7:37.74 | | |
| 31 | 370 | DEVEER, Cooper | The Cyclery | Ottawa | U15 Boys | PR23-02010 | CMU15 | 46:36.46 | -2 laps | 16.69 | 7:06.23 | 7:34.41 | 8:03.37 | 7:56.01 | 7:44.76 | 8:11.68 | | |
| 32 | 307 | AUSTEN, Ian | Ottawa Bicycle Club | Ottawa | Master D | ON75715 | CMMD | 48:04.10 | -2 laps | 16.18 | 7:52.63 | 8:05.78 | 8:02.02 | 8:12.64 | 8:01.23 | 7:49.81 | | |
| 33 | 291 | WOODS, Bob | Ottawa Bicycle Club | Almonte | Master E | ON75588 | CMMD | 49:04.15 | -2 laps | 15.85 | 8:04.71 | 8:12.95 | 8:21.81 | 8:04.04 | 8:16.58 | 8:04.06 | | |
| 34 | 209 | HEGAN, Larry | | Ottawa | Master C | PR23-02014 | CMMB | 51:20.26 | -2 laps | 15.15 | 6:12.04 | 5:57.83 | 6:00.89 | 6:10.27 | 6:15.05 | 20:44.18 | | |
| DNF | 203 | GIBBS, Christopher | | Gatineau | Master C | | CMMB | | | 22.26 | 5:47.49 | 5:41.95 | 5:43.16 | 6:01.35 | 5:55.66 | 5:47.00 | | |



Eastern Ontario Cyclocross Series #1

September 24, 2023

Under 15 Boys (Men)

17.26 km, 1st lap 2.21 km, 7 more laps of 2.15 km, winner: 48:09 - 21.51 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 | 369 | JOUBARNE, Felix | Ride with Rendall p/b Biemme | Chelsea | U15 Boys | PR23-01811 | CMU15 | 48:09.38 | | 21.51 | 5:53.83 | 5:53.43 | 5:51.73 | 6:07.10 | 6:02.06 | 6:03.62 | 6:10.63 | 6:06.97 |
| 2 | 365 | LUCKETT, Patrick | Bakker?s Trailblazers | Dunrobin | U15 Boys | ON75765 | CMU15 | 49:33.11 | 1'23.72" | 20.90 | 6:11.72 | 5:56.91 | 6:01.71 | 6:08.08 | 6:11.75 | 6:09.38 | 6:14.77 | 6:38.80 |
| 3 | 361 | LAFONTAINE, Victor | Vélo La Shop | Gatineau | U15 Boys | | CMU15 | 49:49.44 | 1'40.05" | 20.79 | 6:16.39 | 6:02.13 | 6:09.09 | 6:13.72 | 6:14.44 | 6:14.24 | 6:22.45 | 6:16.99 |
| 4 | 364 | ROBERTSON, Quinn | Ottawa Bicycle Club | Ottawa | U15 Boys | ON75415 | CMU15 | 50:19.11 | 2'09.73" | 20.59 | 6:12.16 | 6:05.90 | 6:23.66 | 6:23.51 | 6:18.79 | 6:20.08 | 6:24.44 | 6:10.57 |
| 5 | 366 | POLMAN, Graham | Ottawa Bicycle Club | Ottawa | U15 Boys | PR23-00573 | CMU15 | 50:36.36 | 2'26.97" | 20.47 | 6:00.75 | 6:10.92 | 6:22.87 | 6:25.54 | 6:24.65 | 6:20.39 | 6:28.68 | 6:22.56 |
| 6 | 363 | SCHREINER, Frank | Ottawa Bicycle Club | Ottawa | U15 Boys | PR23-01225 | CMU15 | 50:52.94 | 2'43.56" | 20.36 | 6:20.71 | 6:13.30 | 6:15.95 | 6:17.64 | 6:17.50 | 6:32.43 | 6:29.05 | 6:26.37 |
| 7 | 367 | DAVIES, Colden | Ottawa Bicycle Club | Ottawa | U15 Boys | PR23-01347 | CMU15 | 47:32.70 | -1 lap | 19.07 | 6:50.40 | 6:42.70 | 6:49.42 | 6:45.16 | 6:43.73 | 6:38.72 | 7:02.57 | |
| 8 | 362 | THOMAS, Robert | Ottawa Bicycle Club | Ottawa | U15 Boys | ON75448 | CMU15 | 49:28.57 | -1 lap | 18.33 | 6:18.90 | 6:12.96 | 6:17.61 | 7:07.10 | 7:30.11 | 7:52.90 | 8:08.98 | |
| 9 | 370 | DEVEER, Cooper | The Cyclery | Ottawa | U15 Boys | PR23-02010 | CMU15 | 46:36.46 | -2 laps | 16.69 | 7:06.23 | 7:34.41 | 8:03.37 | 7:56.01 | 7:44.76 | 8:11.68 | | |



Eastern Ontario Cyclocross Series #1

September 24, 2023

Master C 50-59 (Men)

17.26 km, 1st lap 2.21 km, 7 more laps of 2.15 km, winner: 44:56 - 23.06 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 | 215 | VARNEY, Gregory | The Cyclery | Ottawa | Master C | ON76096 | CMMC | 44:55.74 | | 23.06 | 5:49.05 | 5:34.69 | 5:30.74 | 5:34.39 | 5:38.68 | 5:39.87 | 5:37.86 | 5:30.46 |
| 2 | 223 | SEGUIN, Patrick | Ride with Rendall p/b Biemme | Gatineau | Master C | 53280 | CMMB | 45:42.53 | 0'46.80" | 22.66 | 5:45.28 | 5:37.44 | 5:44.68 | 5:43.99 | 5:40.54 | 5:41.50 | 5:47.09 | 5:42.01 |
| 3 | 224 | WALLNER, Kristjan | Ottawa Bicycle Club | Ottawa | Master C | ON75544 | CMMB | 45:51.39 | 0'55.66" | 22.59 | 5:45.75 | 5:37.35 | 5:40.14 | 5:48.32 | 5:46.76 | 5:45.27 | 5:50.93 | 5:36.86 |
| 4 | 217 | BILENKEY, David | euro-sports | Ottawa | Master C | ON75487 | CMMC | 46:15.23 | 1'19.49" | 22.39 | 5:56.21 | 5:40.15 | 5:39.28 | 5:40.78 | 5:49.69 | 5:54.69 | 5:51.23 | 5:43.19 |
| 5 | 210 | WOODFORD, Michael | Ride with Rendall p/b Biemme | Ottawa | Master C | ON75979 | CMMC | 46:39.30 | 1'43.56" | 22.20 | 5:47.94 | 5:46.94 | 5:39.66 | 5:44.57 | 5:57.53 | 5:53.15 | 5:46.93 | 6:02.57 |
| 6 | 214 | ALLEN, Rob | Cornwall Cycle Club | Cornwall | Master C | PR23-00224 | CMMC | 47:21.02 | 2'25.29" | 21.88 | 6:01.53 | 5:49.13 | 5:46.93 | 5:49.06 | 5:54.39 | 5:52.86 | 6:02.30 | 6:04.83 |
| 7 | 220 | VERY, Mike | Limestone City Cycling | Kingston | Master C | ON75705 | CMMC | 47:59.36 | 3'03.63" | 21.58 | 5:57.82 | 5:48.35 | 5:57.13 | 6:02.36 | 6:01.25 | 6:04.32 | 6:11.33 | 5:56.80 |
| 8 | 208 | PACHNER, Martin | Stokers CC | Ottawa | Master C | PR23-00579 | CMMC | 49:17.63 | 4'21.90" | 21.01 | 5:50.05 | 5:45.10 | 5:58.92 | 6:11.89 | 6:30.67 | 6:22.99 | 6:10.91 | 6:27.11 |
| 9 | 880 | LANGEVELD, Roel | | Gatineau | Master C | | CMMB | 51:04.60 | 6'08.87" | 20.28 | 6:37.26 | 6:10.27 | 6:07.63 | 6:24.77 | 6:34.86 | 6:30.16 | 6:25.31 | 6:14.35 |
| 10 | 213 | LARSON, Eric | Ride with Rendall p/b Biemme | Ottawa | Master C | PR23-00559 | CMMB | 48:00.22 | -1 lap | 18.89 | 6:38.17 | 6:52.17 | 7:39.34 | 6:36.37 | 6:43.45 | 6:39.74 | 6:50.98 | |
| 11 | 222 | RODGER, Randal | euro-sports | Nepean | Master C | PR23-00771 | CMMC | 48:17.77 | -1 lap | 18.78 | 13:20.84 | 5:48.41 | 5:53.29 | 6:00.62 | 5:41.52 | 5:49.35 | 5:43.74 | |
| 12 | 206 | WONNACOTT, Michael | | Ottawa | Master C | PR23-02023 | CMMB | 49:12.91 | -1 lap | 18.43 | 6:58.86 | 6:58.95 | 7:13.09 | 7:15.12 | 6:58.19 | 6:57.33 | 6:51.38 | |
| 13 | 881 | DAVIS, Doug | Ottawa Bicycle Club | Smiths Falls | Master C | PR23-00752 | CMMC | 50:14.56 | -1 lap | 18.05 | 6:57.67 | 6:50.98 | 7:01.90 | 7:06.36 | 7:16.32 | 7:05.47 | 7:55.85 | |
| 14 | 209 | HEGAN, Larry | | Ottawa | Master C | PR23-02014 | CMMB | 51:20.26 | -2 laps | 15.15 | 6:12.04 | 5:57.83 | 6:00.89 | 6:10.27 | 6:15.05 | 20:44.18 | | |
| DNF | 203 | GIBBS, Christopher | | Gatineau | Master C | | CMMB | | | 22.26 | 5:47.49 | 5:41.95 | 5:43.16 | 6:01.35 | 5:55.66 | 5:47.00 | | |



Eastern Ontario Cyclocross Series #1

September 24, 2023

Master D 60-69 (Men)

17.26 km, 1st lap 2.21 km, 7 more laps of 2.15 km, winner: 44:56 - 23.06 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 | 305 | VIALARET, Jean-Christophe | euro-sports | Ottawa | Master D | PR23-02022 | CMMC | 44:55.55 | | 23.06 | 5:55.52 | 5:30.53 | 5:28.63 | 5:33.93 | 5:39.21 | 5:39.87 | 5:37.79 | 5:30.09 |
| 2 | 308 | SCHUCK, Peter | Ottawa Bicycle Club | Ottawa | Master D | PR23-00453 | CMMD | 46:15.47 | 1'19.93" | 22.39 | 6:02.48 | 5:47.38 | 5:44.18 | 5:45.51 | 5:47.37 | 5:42.36 | 5:47.03 | 5:39.16 |
| 3 | 302 | WALL, Dave | Limestone City Cycling | Kingston | Master D | PR23-00160 | CMMD | 48:55.33 | 3'59.78" | 21.17 | 6:08.21 | 5:58.49 | 6:03.54 | 6:09.80 | 6:10.07 | 6:09.33 | 6:10.79 | 6:05.11 |
| 4 | 306 | COWAN, Norman | Ottawa Bicycle Club:Bushtukah | Carp | Master D | PR23-00710 | CMMD | 49:46.13 | 4'50.58" | 20.81 | 7:27.24 | 6:04.28 | 5:59.14 | 6:14.95 | 6:04.47 | 6:04.48 | 5:58.85 | 5:52.71 |
| 5 | 300 | STEWART, Ian | euro-sports | Ottawa | Master D | ON76088 | CMMD | 45:42.91 | -1 lap | 19.84 | 6:46.25 | 6:30.54 | 6:35.61 | 6:55.30 | 6:21.56 | 6:21.37 | 6:12.28 | |
| 6 | 877 | NIELSEN, Jamie | Team Nasty | Barrie | Master D | PR23-00948 | CMMC | 49:19.50 | -1 lap | 18.39 | 6:55.29 | 6:38.94 | 6:53.72 | 7:06.77 | 7:02.68 | 7:45.25 | 6:56.85 | |
| 7 | 303 | HESS, Detlef | Ottawa Bicycle Club | Ottawa | Master D | PR23-00509 | CMMD | 51:18.89 | -1 lap | 17.67 | 6:51.45 | 9:01.52 | 6:44.11 | 6:49.80 | 7:07.44 | 7:31.98 | 7:12.60 | |
| 8 | 301 | WYNIA, Bernie | | Ottawa | Master D | PR23-02030 | CMMC | 46:03.34 | -2 laps | 16.89 | 7:26.25 | 7:40.21 | 7:45.86 | 7:40.57 | 7:52.71 | 7:37.74 | | |
| 9 | 307 | AUSTEN, Ian | Ottawa Bicycle Club | Ottawa | Master D | ON75715 | CMMD | 48:04.10 | -2 laps | 16.18 | 7:52.63 | 8:05.78 | 8:02.02 | 8:12.64 | 8:01.23 | 7:49.81 | | |



Eastern Ontario Cyclocross Series #1

September 24, 2023

Master E 70+ (Men)

12.96 km, 1st lap 2.21 km, 5 more laps of 2.15 km, winner: 45:12 - 17.21 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 |
|-----|-----|---------------|---------------------|---------|----------|------------|---------|----------|----------|-------|---------|---------|---------|---------|---------|---------|
| 1 | 290 | FLAVELL, Dave | Ottawa Bicycle Club | Ottawa | Master E | PR23-00884 | CMMD | 45:11.96 | | 17.21 | 7:28.61 | 7:25.04 | 7:25.93 | 7:34.14 | 7:39.75 | 7:38.50 |
| 2 | 291 | WOODS, Bob | Ottawa Bicycle Club | Almonte | Master E | ON75588 | CMMD | 49:04.15 | 3'52.18" | 15.85 | 8:04.71 | 8:12.95 | 8:21.81 | 8:04.04 | 8:16.58 | 8:04.06 |