



# Eastern Ontario Cyclocross Series #4

October 22, 2023

Race 4 - Women (Women)

17.06 km, 1st lap 2.31 km, 5 more laps of 2.95 km, winner: 54:24 - 18.81 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	82	SMITH, Ella	Ottawa Bicycle Club	Ottawa	U19 JrF	ON75526	CWJ	54:24.32		18.81	6:59.65	9:15.39	9:31.65	9:31.29	9:38.32	9:28.02
2	1	ELLIOTT, Natasha	The Cyclery	Gatineau	Senior	eocx1	CWMB	54:57.25	0'32.92"	18.62	6:58.81	9:21.83	9:28.26	9:42.95	9:49.80	9:35.61
3	11	STROUD, Raylan	Shadow Elite	Stittsville	Senior	ON75668	CWE	59:25.17	5'00.84"	17.22	7:24.46	10:18.47	10:29.01	10:21.31	10:31.80	10:20.12
4	959	VARAH, Nina	Shadow Elite	Ottawa	Senior	PR23-01169	CWE	59:27.64	5'03.32"	17.21	7:28.16	10:23.52	10:20.11	10:26.65	10:32.62	10:16.59
5	81	DAWSON, Cait	Ottawa Bicycle Club	Ottawa	U19 JrF	ON75437	CWJ	1:00:12.99	5'48.66"	17.00	7:28.85	10:15.80	10:28.04	10:32.88	10:38.34	10:49.09
6	9	DERTINGER, Caitlin	Shadow Elite	Ottawa	Senior	ON75908	CWE	1:00:41.33	6'17.00"	16.86	7:06.56	10:39.44	10:36.67	10:38.51	10:49.56	10:50.58
7	186	BERTHIAUME, Alicia	GearHeads	Pembroke	Master B	PR23-01231	CWMB	1:01:36.45	7'12.13"	16.61	7:32.54	10:37.01	10:48.65	10:53.41	10:48.86	10:55.98
8	130	MESSIER, Jill		Ottawa	Master A	ON75251	CWE	1:01:48.97	7'24.65"	16.56	7:42.08	10:59.81	10:58.43	10:43.04	10:43.85	10:41.77
9	281	MOON, Emma	Bakker?s Trailblazers	Stittsville	U17	PR23-00943	CWU17	1:01:52.09	7'27.76"	16.54	7:16.59	10:41.27	10:52.11	11:07.08	10:56.06	10:58.97
10	967	GRAVEL, Dominique		Gatineau	Master A	1ecx876	CWMA	1:02:25.70	8'01.37"	16.39	7:38.78	10:47.24	10:48.08	10:57.50	11:10.13	11:03.97
11	192	GILLAN, Nancy	Agowatt	Gatineau	Master B	eocx192	CWMA	1:02:32.10	8'07.78"	16.37	7:52.17	10:22.90	10:35.27	11:35.50	11:17.99	10:48.27
12	283	ZIKOVITZ, Noelle	Ottawa Bicycle Club	Ottawa	U17	ON75842	CWU17	1:03:07.97	8'43.65"	16.21	7:18.45	10:59.59	10:49.17	11:01.81	11:14.89	11:44.06
13	185	SMOLDERS, José	R&TC Groenewoud	Ottawa	Master B	eocx185	CWMA	1:03:17.96	8'53.63"	16.17	9:42.50	10:36.60	10:43.81	10:49.35	10:40.32	10:45.37
14	180	FICKER, Christine	euro-sports	Carp	Master B	PR23-01227	CWMB	1:03:22.72	8'58.40"	16.15	7:28.83	10:59.28	11:07.16	11:12.69	11:13.75	11:21.01
15	245	WAGNER, Charlotte	Ride with Rendall p/b Biemme	Chelsea	U15 Girls	PR23-01771	CWU15	1:03:27.15	9'02.82"	16.13	7:45.36	11:14.39	11:19.79	10:56.58	11:11.64	10:59.38
16	324	MOUSSEAU, Nathalie		Stittsville	Master C	ON75915	CWMB	1:04:25.10	10'00.77"	15.89	7:38.33	11:09.00	11:08.50	11:22.54	11:26.40	11:40.32
17	4	BAKKER, Lauryn	Bakker?s Trailblazers	Stittsville	Senior	PR23-01002	CWE	1:04:33.76	10'09.44"	15.85	7:32.05	11:02.90	11:21.59	11:22.74	11:30.65	11:43.83
18	247	BUNDLE, Zoe	Ride with Rendall p/b Biemme	Chelsea	U15 Girls	PR23-01727	CWU15	1:05:00.25	10'35.93"	15.74	7:44.14	11:16.05	11:19.56	10:56.95	11:19.35	12:24.20
19	241	KOOLWINE, Rowan	Ottawa Bicycle Club	Ottawa	U15 Girls	ON75259	CWU15	1:06:08.32	11'44.00"	15.47	7:21.66	11:06.57	11:35.36	11:34.71	12:25.34	12:04.68
20	325	ALLEN, Valery	Cornwall Cycle Club	Cornwall	Master C	PR23-00223	CWMB	54:46.36	-1 lap	15.45	7:51.90	11:28.15	11:32.65	11:48.29	12:05.38	
21	285	VEILLEUX, Zoe-Alexa	Les Cuisses Or De L?Ouiouais	Gatineau	U17	eocx285	CWU17	55:33.45	-1 lap	15.24	8:06.84	11:27.85	11:53.49	11:48.98	12:16.28	
22	184	ALBERS, Christina	Ottawa Bicycle Club	Ottawa	Master B	PR23-00374	CWMB	55:53.03	-1 lap	15.15	8:00.27	11:51.79	11:43.70	11:54.36	12:22.91	
23	240	LANGVELD, Julia	Skinouk:Les Cuisses Or De L?Ouiouais	Gatineau	U15 Girls	52456	CWU15	56:05.26	-1 lap	15.09	7:30.84	11:49.58	12:08.49	12:05.47	12:30.88	
24	190	MERCER, Francesca	Frontenac Cycle	Gananoque	Master B	PR23-00158	CWMB	56:53.85	-1 lap	14.88	8:20.69	12:13.45	12:37.36	12:07.73	11:34.61	
25	131	CLÉMENT, Marie-Michèle		Chelsea	Master A		CWMA	56:58.46	-1 lap	14.86	8:02.05	11:45.68	12:14.37	12:54.91	12:01.44	
26	284	SÉGUIN, Eve	Ottawa Bicycle Club	Gatineau	U17	PR23-01999	CWU17	57:19.64	-1 lap	14.77	7:48.35	11:57.02	11:53.35	12:39.62	13:01.30	
27	132	GLENDENNING, Carlee	Ottawa Women?s Cycling Club	Kanata	Master A	PR23-00915	CWE	57:25.83	-1 lap	14.74	8:15.38	12:08.58	12:12.38	12:30.43	12:19.06	
28	295	GIROUARD, Marcie	euro-sports	Ottawa	Master D	ON76086	CWMD	57:30.43	-1 lap	14.72	7:58.49	12:19.45	12:24.34	12:26.11	12:22.05	
29	322	POWELL, Danielle	Ottawa Bicycle Club	Ottawa	Master C	PR23-00140	CWMB	58:07.71	-1 lap	14.56	7:59.07	12:19.76	12:31.88	12:41.45	12:35.55	
30	326	COURTEMANCHE, Cindy	Ottawa Women?s Cycling Club	Ottawa	Master C	PR23-01228	CWMC	58:32.01	-1 lap	14.46	8:02.56	12:04.88	13:11.36	12:30.73	12:42.48	
31	961	LEWIS-HAVARD, Sylvia	Carleton Place Slow Spokes	Carleton Place	Senior	PR23-01933	CWMA	58:44.79	-1 lap	14.41	10:22.88	11:48.63	11:51.76	12:26.48	12:15.05	
32	320	MORRIS, Susan	Ottawa Bicycle Club	Ottawa	Master C	PR23-00120	CWMC	1:01:22.41	-1 lap	13.79	10:43.10	12:26.12	12:24.71	12:47.77	13:00.72	
33	894	OTT, Morgan		Ottawa	Senior	PR23-02056	CWE	1:02:32.28	-1 lap	13.54	8:21.39	12:42.04	13:31.72	13:52.18	14:04.94	
34	328	DAWSON, Kirsten		Ottawa	Master C	PR23-01802	CWMB	1:04:06.67	-1 lap	13.20	8:42.64	13:25.30	13:49.00	13:56.51	14:13.23	



# Eastern Ontario Cyclocross Series #4

October 22, 2023

Master A 30-39 (Women)

17.06 km, 1st lap 2.31 km, 5 more laps of 2.95 km, winner: 1:01:49 - 16.56 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	130	MESSIER, Jill		Ottawa	Master A	ON75251	CWE	1:01:48.97		16.56	7:42.08	10:59.81	10:58.43	10:43.04	10:43.85	10:41.77
2	967	GRAVEL, Dominique		Gatineau	Master A	1ecx876	CWMA	1:02:25.70	0'36.72"	16.39	7:38.78	10:47.24	10:48.08	10:57.50	11:10.13	11:03.97
3	131	CLÉMENT, Marie-Michèle		Chelsea	Master A		CWMA	56:58.46	-1 lap	14.86	8:02.05	11:45.68	12:14.37	12:54.91	12:01.44	
4	132	GLENDENNING, Carlee	Ottawa Women?s Cycling Club	Kanata	Master A	PR23-00915	CWE	57:25.83	-1 lap	14.74	8:15.38	12:08.58	12:12.38	12:30.43	12:19.06	



# Eastern Ontario Cyclocross Series #4

October 22, 2023

U19 (Junior) (Women)

17.06 km, 1st lap 2.31 km, 5 more laps of 2.95 km, winner: 54:24 - 18.81 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	82	SMITH, Ella	Ottawa Bicycle Club	Ottawa	U19 JrF	ON75526	CWJ	54:24.32		18.81	6:59.65	9:15.39	9:31.65	9:31.29	9:38.32	9:28.02
2	81	DAWSON, Cait	Ottawa Bicycle Club	Ottawa	U19 JrF	ON75437	CWJ	1:00:12.99	5'48.66"	17.00	7:28.85	10:15.80	10:28.04	10:32.88	10:38.34	10:49.09



# Eastern Ontario Cyclocross Series #4

October 22, 2023

Master B 40-49 (Women)

17.06 km, 1st lap 2.31 km, 5 more laps of 2.95 km, winner: 1:01:36 - 16.61 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6
1	186	BERTHIAUME, Alicia	GearHeads	Pembroke	Master B	PR23-01231	CWMB	1:01:36.45		16.61	7:32.54	10:37.01	10:48.65	10:53.41	10:48.86	10:55.98
2	192	GILLAN, Nancy	Agowatt	Gatineau	Master B	eocx192	CWMA	1:02:32.10	0'55.65"	16.37	7:52.17	10:22.90	10:35.27	11:35.50	11:17.99	10:48.27
3	185	SMOLDERS, José	R&TC Groenewoud	Ottawa	Master B	eocx185	CWMA	1:03:17.96	1'41.50"	16.17	9:42.50	10:36.60	10:43.81	10:49.35	10:40.32	10:45.37
4	180	FICKER, Christine	euro-sports	Carp	Master B	PR23-01227	CWMB	1:03:22.72	1'46.27"	16.15	7:28.83	10:59.28	11:07.16	11:12.69	11:13.75	11:21.01
5	184	ALBERS, Christina	Ottawa Bicycle Club	Ottawa	Master B	PR23-00374	CWMB	55:53.03	-1 lap	15.15	8:00.27	11:51.79	11:43.70	11:54.36	12:22.91	
6	190	MERCER, Francesca	Frontenac Cycle	Gananoque	Master B	PR23-00158	CWMB	56:53.85	-1 lap	14.88	8:20.69	12:13.45	12:37.36	12:07.73	11:34.61	



# Eastern Ontario Cyclocross Series #4

October 22, 2023

Senior (Women)

17.06 km, 1st lap 2.31 km, 5 more laps of 2.95 km, winner: 54:57 - 18.62 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	1	ELLIOTT, Natasha	The Cyclery	Gatineau	Senior	eocx1	CWMB	54:57.25		18.62	6:58.81	9:21.83	9:28.26	9:42.95	9:49.80	9:35.61
2	11	STROUD, Raylan	Shadow Elite	Stittsville	Senior	ON75668	CWE	59:25.17	4'27.92"	17.22	7:24.46	10:18.47	10:29.01	10:21.31	10:31.80	10:20.12
3	959	VARAH, Nina	Shadow Elite	Ottawa	Senior	PR23-01169	CWE	59:27.64	4'30.40"	17.21	7:28.16	10:23.52	10:20.11	10:26.65	10:32.62	10:16.59
4	9	DERTINGER, Caitlin	Shadow Elite	Ottawa	Senior	ON75908	CWE	1:00:41.33	5'44.08"	16.86	7:06.56	10:39.44	10:36.67	10:38.51	10:49.56	10:50.58
5	4	BAKKER, Lauryn	Bakker?s Trailblazers	Stittsville	Senior	PR23-01002	CWE	1:04:33.76	9'36.52"	15.85	7:32.05	11:02.90	11:21.59	11:22.74	11:30.65	11:43.83
6	961	LEWIS-HAVARD, Sylvia	Carleton Place Slow Spokes	Carleton Place	Senior	PR23-01933	CWMA	58:44.79	-1 lap	14.41	10:22.88	11:48.63	11:51.76	12:26.48	12:15.05	
7	894	OTT, Morgan		Ottawa	Senior	PR23-02056	CWE	1:02:32.28	-1 lap	13.54	8:21.39	12:42.04	13:31.72	13:52.18	14:04.94	



# Eastern Ontario Cyclocross Series #4

October 22, 2023

Master C 50-59 (Women)

17.06 km, 1st lap 2.31 km, 5 more laps of 2.95 km, winner: 1:04:25 - 15.89 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	324	MOUSSEAU, Nathalie		Stittsville	Master C	ON75915	CWMB	1:04:25.10		15.89	7:38.33	11:09.00	11:08.50	11:22.54	11:26.40	11:40.32
2	325	ALLEN, Valery	Cornwall Cycle Club	Cornwall	Master C	PR23-00223	CWMB	54:46.36	-1 lap	15.45	7:51.90	11:28.15	11:32.65	11:48.29	12:05.38	
3	322	POWELL, Danielle	Ottawa Bicycle Club	Ottawa	Master C	PR23-00140	CWMB	58:07.71	-1 lap	14.56	7:59.07	12:19.76	12:31.88	12:41.45	12:35.55	
4	326	COURTEMANCHE, Cindy	Ottawa Women?s Cycling Club	Ottawa	Master C	PR23-01228	CWMC	58:32.01	-1 lap	14.46	8:02.56	12:04.88	13:11.36	12:30.73	12:42.48	
5	320	MORRIS, Susan	Ottawa Bicycle Club	Ottawa	Master C	PR23-00120	CWMC	1:01:22.41	-1 lap	13.79	10:43.10	12:26.12	12:24.71	12:47.77	13:00.72	
6	328	DAWSON, Kirsten		Ottawa	Master C	PR23-01802	CWMB	1:04:06.67	-1 lap	13.20	8:42.64	13:25.30	13:49.00	13:56.51	14:13.23	



# Eastern Ontario Cyclocross Series #4

October 22, 2023

Under 15 Girls (Women)

17.06 km, 1st lap 2.31 km, 5 more laps of 2.95 km, winner: 1:03:27 - 16.13 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	245	WAGNER, Charlotte	Ride with Rendall p/b Biemme	Chelsea	U15 Girls	PR23-01771	CWU15	1:03:27.15		16.13	7:45.36	11:14.39	11:19.79	10:56.58	11:11.64	10:59.38
2	247	BUNDLE, Zoe	Ride with Rendall p/b Biemme	Chelsea	U15 Girls	PR23-01727	CWU15	1:05:00.25	1'33.11"	15.74	7:44.14	11:16.05	11:19.56	10:56.95	11:19.35	12:24.20
3	241	KOOLWINE, Rowan	Ottawa Bicycle Club	Ottawa	U15 Girls	ON75259	CWU15	1:06:08.32	2'41.18"	15.47	7:21.66	11:06.57	11:35.36	11:34.71	12:25.34	12:04.68
4	240	LANGEVELD, Julia	Skinouk:Les Cuisses Or De L?Ouiaouais	Gatineau	U15 Girls	52456	CWU15	56:05.26	-1 lap	15.09	7:30.84	11:49.58	12:08.49	12:05.47	12:30.88	



# Eastern Ontario Cyclocross Series #4

October 22, 2023

Master D 60+ (Women)

14.11 km, 1st lap 2.31 km, 4 more laps of 2.95 km, winner: 57:30 - 14.72 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	295	GIROUARD, Marcie	euro-sports	Ottawa	Master D	ON76086	CWMD	57:30.43		14.72	7:58.49	12:19.45	12:24.34	12:26.11	12:22.05





# Eastern Ontario Cyclocross Series #4

October 22, 2023

Under 17 Girls (Women)

17.06 km, 1st lap 2.31 km, 5 more laps of 2.95 km, winner: 1:01:52 - 16.54 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	281	MOON, Emma	Bakker?s Trailblazers	Stittsville	U17	PR23-00943	CWU17	1:01:52.09		16.54	7:16.59	10:41.27	10:52.11	11:07.08	10:56.06	10:58.97
2	283	ZIKOVITZ, Noelle	Ottawa Bicycle Club	Ottawa	U17	ON75842	CWU17	1:03:07.97	1'15.89"	16.21	7:18.45	10:59.59	10:49.17	11:01.81	11:14.89	11:44.06
3	285	VEILLEUX, Zoe-Alexa	Les Cuisses Or De L?Ouiaouais	Gatineau	U17	eocx285	CWU17	55:33.45	-1 lap	15.24	8:06.84	11:27.85	11:53.49	11:48.98	12:16.28	
4	284	SÉGUIN, Eve	Ottawa Bicycle Club	Gatineau	U17	PR23-01999	CWU17	57:19.64	-1 lap	14.77	7:48.35	11:57.02	11:53.35	12:39.62	13:01.30	