



Eastern Ontario Cyclocross Series #5

October 29, 2023

Race 4 - Women (Women)

16.32 km, 1st lap 1.27 km, 5 more laps of 3.01 km, winner: 47:53 - 20.45 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	47:52.94		20.45	3:29.24	8:45.64	8:55.76	8:59.93	8:54.31	8:48.06
2	3	WENDLAND, Jodi	The Cyclery	Ottawa	Senior	ON75570	CWMA	47:53.71	0'00.77"	20.44	3:30.22	8:45.18	8:55.85	8:59.61	8:54.46	8:48.40
3	7	EVERSON, Sara	The Cyclery	Ottawa	Senior	ON75612	CWE	49:48.74	1'55.80"	19.66	3:46.47	9:03.01	9:11.54	9:08.21	9:21.41	9:18.10
4	189	FOURNIER, Veronique	Agowatt	Chelsea	Master B	51724	CWMA	51:22.70	3'29.76"	19.06	3:42.60	9:30.94	9:28.68	9:39.96	9:34.01	9:26.50
5	192	GILLAN, Nancy	Agowatt	Gatineau	Master B	eocx192	CWMA	52:03.06	4'10.12"	18.81	3:39.52	9:32.93	9:28.90	10:00.10	9:49.14	9:32.48
6	11	STROUD, Raylan	Shadow Elite	Stittsville	Senior	ON75668	CWE	52:12.36	4'19.41"	18.76	3:43.60	9:36.87	9:53.77	9:41.52	9:37.46	9:39.14
7	9	DETINGER, Caitlin	Shadow Elite	Ottawa	Senior	ON75908	CWE	52:39.29	4'46.34"	18.60	3:59.89	9:40.85	9:45.26	9:47.81	9:45.28	9:40.20
8	185	SMOLDERS, José	R&TC Groenewoud	Ottawa	Master B	eocx185	CWMA	53:16.74	5'23.79"	18.38	3:57.37	9:51.99	10:04.63	9:52.52	9:44.82	9:45.41
9	281	MOON, Emma	Bakker?s Trailblazers	Stittsville	U17	PR23-00943	CWU17	53:17.60	5'24.65"	18.37	3:54.09	10:01.62	9:54.74	9:57.14	9:47.28	9:42.72
10	180	FICKER, Christine	euro-sports	Carp	Master B	PR23-01227	CWMB	53:41.42	5'48.48"	18.24	3:55.51	9:58.98	9:54.94	9:51.09	10:02.41	9:58.49
11	323	VEILLEUX, Isabelle	Agowatt	Chelsea	Master C	eocx323	CWMB	53:55.47	6'02.52"	18.16	3:58.99	10:03.18	9:57.21	9:55.67	9:57.71	10:02.70
12	5	SLOBODIAN, Alexandra		Ottawa	Senior	PR23-02042	CWMB	54:28.72	6'35.78"	17.97	3:52.11	9:41.51	9:54.01	10:06.02	10:34.86	10:20.21
13	325	ALLEN, Valery	Cornwall Cycle Club	Cornwall	Master C	PR23-00223	CWMB	55:17.56	7'24.61"	17.71	4:05.09	9:56.20	10:12.60	10:15.33	10:25.54	10:22.81
14	285	VEILLEUX, Zoe-Alexa	Les Cuisses Or De L?Ouaouais	Gatineau	U17	eocx285	CWU17	55:52.31	7'59.37"	17.53	4:04.09	9:59.76	10:07.54	10:19.08	10:42.95	10:38.90
15	324	MOUSSEAU, Nathalie		Stittsville	Master C	ON75915	CWMB	56:21.52	8'28.57"	17.37	4:03.57	10:19.08	10:23.72	10:35.93	10:30.51	10:28.70
16	241	KOOLWINE, Rowan	Ottawa Bicycle Club	Ottawa	U15 Girls	ON75259	CWU15	57:08.39	9'15.44"	17.14	4:17.73	10:03.39	10:18.27	10:39.58	11:00.64	10:48.77
17	188	EDWARDS, Stephanie	Ottawa Bicycle Club	Ottawa	Master B	PR23-00778	CWMB	57:12.48	9'19.54"	17.12	4:29.95	10:21.14	10:39.24	10:40.81	10:45.86	10:15.49
18	190	MERCER, Francesca	Frontenac Cycle	Gananoque	Master B	PR23-00158	CWMB	58:07.80	10'14.86"	16.84	4:48.84	10:56.82	10:26.42	10:35.01	10:36.23	10:44.49
19	4	BAKKER, Lauryn	Bakker?s Trailblazers	Stittsville	Senior	PR23-01002	CWE	58:37.77	10'44.82"	16.70	4:06.69	10:34.88	11:00.48	11:03.09	11:01.20	10:51.41
20	240	LANGEVELD, Julia	Skinouk:Les Cuisses Or De L?Ouaouais	Gatineau	U15 Girls	52456	CWU15	58:47.95	10'55.00"	16.65	4:11.50	10:16.00	10:46.64	11:09.83	11:11.34	11:12.64
21	187	CROOKS, Caitlin	Ottawa Women?s Cycling Club	Ottawa	Master B	PR23-01180	CWMB	48:26.07	-1 lap	16.49	4:30.74	10:35.05	11:03.24	11:04.23	11:12.81	
22	295	GIROUARD, Marcie	euro-sports	Ottawa	Master D	ON76086	CWMD	48:35.94	-1 lap	16.43	4:12.19	10:46.21	11:02.24	11:16.95	11:18.35	
23	320	MORRIS, Susan	Ottawa Bicycle Club	Ottawa	Master C	PR23-00120	CWMC	48:50.99	-1 lap	16.35	4:48.24	10:57.09	10:56.58	11:02.68	11:06.39	
24	242	NORTH, Madeline	Ottawa Bicycle Club	Ottawa	U15 Girls	PR23-00414	CWU15	49:09.85	-1 lap	16.24	4:45.71	10:54.02	11:00.31	11:10.71	11:19.10	
25	193	BROOKS, Melissa	Ride with Rendall p/b Biemme	Nepean	Master B	ON75808	CWMB	49:26.09	-1 lap	16.15	4:54.78	11:05.11	11:16.87	11:15.34	10:53.99	
26	326	COURTEMANCHE, Cindy	Ottawa Women?s Cycling Club	Ottawa	Master C	PR23-01228	CWMC	49:41.46	-1 lap	16.07	4:23.29	11:06.00	11:12.23	11:28.76	11:31.18	
27	80	GEERTSEMA, Cadence	Ottawa Bicycle Club	Chesterville	U19 JrF	ON75434	CWJ	49:48.80	-1 lap	16.03	4:27.91	10:59.89	11:18.55	11:35.50	11:26.95	
28	284	SÉGUIN, Eve	Ottawa Bicycle Club	Gatineau	U17	PR23-01999	CWU17	49:55.14	-1 lap	16.00	4:31.11	10:27.66	11:02.37	11:51.16	12:02.83	
29	6	WAGENMAN, Emma	Ride with Rendall p/b Biemme	Ottawa	Senior	PR23-01208	CWE	50:26.33	-1 lap	15.83	4:44.19	11:17.16	11:21.40	11:33.72	11:29.87	
30	322	POWELL, Danielle	Ottawa Bicycle Club	Ottawa	Master C	PR23-00140	CWMB	50:26.99	-1 lap	15.83	4:53.69	11:08.19	11:28.24	11:28.79	11:28.08	
31	280	DANIELS, Heidi	Ottawa Bicycle Club	Ottawa	U17	PR23-00779	CWU17	50:29.89	-1 lap	15.81	4:51.59	10:56.57	11:36.95	11:40.85	11:23.94	
32	250	BROOKS, Josephine	Ride with Rendall p/b Biemme	Nepean	U15 Girls	ON75647	CWU15	50:31.81	-1 lap	15.80	4:42.17	11:16.57	11:17.19	11:41.42	11:34.45	
33	184	ALBERS, Christina	Ottawa Bicycle Club	Ottawa	Master B	PR23-00374	CWMB	52:19.06	-1 lap	15.26	4:56.11	11:24.14	12:47.46	11:40.89	11:30.46	
34	248	AIKMAN, Mélodie	Ottawa Bicycle Club	Gatineau	U15 Girls	PR23-02001	CWU15	54:38.15	-1 lap	14.62	4:46.93	11:45.68	12:26.32	13:15.19	12:24.03	
35	328	DAWSON, Kirsten		Ottawa	Master C	PR23-01802	CWMB	56:21.94	-1 lap	14.17	5:08.72	12:20.20	12:49.29	13:17.97	12:45.76	
36	132	GLENDENNING, Carlee	Ottawa Women?s Cycling Club	Kanata	Master A	PR23-00915	CWE	48:13.53	-2 laps	12.81	4:44.10	12:24.01	17:31.85	13:33.57		
37	10	KELSO, Emilie	Shadow Elite	Gatineau	Senior	eocx10	CWE	49:22.54	-2 laps	12.52	4:45.02	12:10.33	17:43.99	14:43.20		
DNF	82	SMITH, Ella	Bakker?s Trailblazers:Ottawa Bicycle Club	Ottawa	U19 JrF	ON75526	CWJ			18.45	3:29.78	9:03.68	10:00.66	10:55.42		
DNF	81	DAWSON, Cait	Ottawa Bicycle Club	Ottawa	U19 JrF	ON75437	CWJ			18.39	3:56.76	9:48.38	10:02.30			



Eastern Ontario Cyclocross Series #5

October 29, 2023

Master A 30-39 (Women)

10.30 km, 1st lap 1.27 km, 3 more laps of 3.01 km, winner: 48:14 - 12.81 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	132	GLENDENNING, Carlee	Ottawa Women's Cycling Club	Kanata	Master A	PR23-00915	CWE	48:13.53	12.81	4:44.10	12:24.01	17:31.85	13:33.57	



Eastern Ontario Cyclocross Series #5

October 29, 2023

U19 (Junior) (Women)

13.31 km, 1st lap 1.27 km, 4 more laps of 3.01 km, winner: 49:49 - 16.03 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	80	GEERTSEMA, Cadence	Ottawa Bicycle Club	Chesterville	U19 JrF	ON75434	CWJ	49:48.80	16.03	4:27.91	10:59.89	11:18.55	11:35.50	11:26.95	
DNF	81	DAWSON, Cait	Ottawa Bicycle Club	Ottawa	U19 JrF	ON75437	CWJ		18.39	3:56.76	9:48.38	10:02.30			
DNF	82	SMITH, Ella	Bakker?s Trailblazers:Ottawa Bicycle Club	Ottawa	U19 JrF	ON75526	CWJ		18.45	3:29.78	9:03.68	10:00.66	10:55.42		



Eastern Ontario Cyclocross Series #5

October 29, 2023

Master B 40-49 (Women)

16.32 km, 1st lap 1.27 km, 5 more laps of 3.01 km, winner: 51:23 - 19.06 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
1	189	FOURNIER, Veronique	Agowatt	Chelsea	Master B	51724	CWMA	51:22.70		19.06	3:42.60	9:30.94	9:28.68	9:39.96	9:34.01	9:26.50
2	192	GILLAN, Nancy	Agowatt	Gatineau	Master B	eocx192	CWMA	52:03.06	0'40.36"	18.81	3:39.52	9:32.93	9:28.90	10:00.10	9:49.14	9:32.48
3	185	SMOLDERS, José	R&TC Groenewoud	Ottawa	Master B	eocx185	CWMA	53:16.74	1'54.03"	18.38	3:57.37	9:51.99	10:04.63	9:52.52	9:44.82	9:45.41
4	180	FICKER, Christine	euro-sports	Carp	Master B	PR23-01227	CWMB	53:41.42	2'18.72"	18.24	3:55.51	9:58.98	9:54.94	9:51.09	10:02.41	9:58.49
5	188	EDWARDS, Stephanie	Ottawa Bicycle Club	Ottawa	Master B	PR23-00778	CWMB	57:12.48	5'49.78"	17.12	4:29.95	10:21.14	10:39.24	10:40.81	10:45.86	10:15.49
6	190	MERCER, Francesca	Frontenac Cycle	Gananoque	Master B	PR23-00158	CWMB	58:07.80	6'45.10"	16.84	4:48.84	10:56.82	10:26.42	10:35.01	10:36.23	10:44.49
7	187	CROOKS, Caitlin	Ottawa Women's Cycling Club	Ottawa	Master B	PR23-01180	CWMB	48:26.07	-1 lap	16.49	4:30.74	10:35.05	11:03.24	11:04.23	11:12.81	
8	193	BROOKS, Melissa	Ride with Rendall p/b Biemme	Nepean	Master B	ON75808	CWMB	49:26.09	-1 lap	16.15	4:54.78	11:05.11	11:16.87	11:15.34	10:53.99	
9	184	ALBERS, Christina	Ottawa Bicycle Club	Ottawa	Master B	PR23-00374	CWMB	52:19.06	-1 lap	15.26	4:56.11	11:24.14	12:47.46	11:40.89	11:30.46	



Eastern Ontario Cyclocross Series #5

October 29, 2023

Senior (Women)

16.32 km, 1st lap 1.27 km, 5 more laps of 3.01 km, winner: 47:53 - 20.45 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	47:52.94		20.45	3:29.24	8:45.64	8:55.76	8:59.93	8:54.31	8:48.06
2	3	WENDLAND, Jodi	The Cyclery	Ottawa	Senior	ON75570	CWMA	47:53.71	0'00.77"	20.44	3:30.22	8:45.18	8:55.85	8:59.61	8:54.46	8:48.40
3	7	EVERSON, Sara	The Cyclery	Ottawa	Senior	ON75612	CWE	49:48.74	1'55.80"	19.66	3:46.47	9:03.01	9:11.54	9:08.21	9:21.41	9:18.10
4	11	STROUD, Raylan	Shadow Elite	Stittsville	Senior	ON75668	CWE	52:12.36	4'19.41"	18.76	3:43.60	9:36.87	9:53.77	9:41.52	9:37.46	9:39.14
5	9	DERTINGER, Caitlin	Shadow Elite	Ottawa	Senior	ON75908	CWE	52:39.29	4'46.34"	18.60	3:59.89	9:40.85	9:45.26	9:47.81	9:45.28	9:40.20
6	5	SLOBODIAN, Alexandra		Ottawa	Senior	PR23-02042	CWE	54:28.72	6'35.78"	17.97	3:52.11	9:41.51	9:54.01	10:06.02	10:34.86	10:20.21
7	4	BAKKER, Lauryn	Bakker?s Trailblazers	Stittsville	Senior	PR23-01002	CWE	58:37.77	10'44.82"	16.70	4:06.69	10:34.88	11:00.48	11:03.09	11:01.20	10:51.41
8	6	WAGENMAN, Emma	Ride with Rendall p/b Biemme	Ottawa	Senior	PR23-01208	CWE	50:26.33	-1 lap	15.83	4:44.19	11:17.16	11:21.40	11:33.72	11:29.87	
9	10	KELSO, Emilie	Shadow Elite	Gatineau	Senior	eocx10	CWE	49:22.54	-2 laps	12.52	4:45.02	12:10.33	17:43.99	14:43.20		



Eastern Ontario Cyclocross Series #5

October 29, 2023

Master C 50-59 (Women)

16.32 km, 1st lap 1.27 km, 5 more laps of 3.01 km, winner: 53:55 - 18.16 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	323	VEILLEUX, Isabelle	Agowatt	Chelsea	Master C	eocx323	CWMB	53:55.47		18.16	3:58.99	10:03.18	9:57.21	9:55.67	9:57.71	10:02.70
2	325	ALLEN, Valery	Cornwall Cycle Club	Cornwall	Master C	PR23-00223	CWMB	55:17.56	1'22.09"	17.71	4:05.09	9:56.20	10:12.60	10:15.33	10:25.54	10:22.81
3	324	MOUSSEAU, Nathalie		Stittsville	Master C	ON75915	CWMB	56:21.52	2'26.05"	17.37	4:03.57	10:19.08	10:23.72	10:35.93	10:30.51	10:28.70
4	320	MORRIS, Susan	Ottawa Bicycle Club	Ottawa	Master C	PR23-00120	CWMC	48:50.99	-1 lap	16.35	4:48.24	10:57.09	10:56.58	11:02.68	11:06.39	
5	326	COURTEMANCHE, Cindy	Ottawa Women's Cycling Club	Ottawa	Master C	PR23-01228	CWMC	49:41.46	-1 lap	16.07	4:23.29	11:06.00	11:12.23	11:28.76	11:31.18	
6	322	POWELL, Danielle	Ottawa Bicycle Club	Ottawa	Master C	PR23-00140	CWMB	50:26.99	-1 lap	15.83	4:53.69	11:08.19	11:28.24	11:28.79	11:28.08	
7	328	DAWSON, Kirsten		Ottawa	Master C	PR23-01802	CWMB	56:21.94	-1 lap	14.17	5:08.72	12:20.20	12:49.29	13:17.97	12:45.76	



Eastern Ontario Cyclocross Series #5

October 29, 2023

Under 15 Girls (Women)

16.32 km, 1st lap 1.27 km, 5 more laps of 3.01 km, winner: 57:08 - 17.14 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	241	KOOLWINE, Rowan	Ottawa Bicycle Club	Ottawa	U15 Girls	ON75259	CWU15	57:08.39		17.14	4:17.73	10:03.39	10:18.27	10:39.58	11:00.64	10:48.77
2	240	LANGEVELD, Julia	Skinouk:Les Cuisses Or De L'Ouiaouais	Gatineau	U15 Girls	52456	CWU15	58:47.95	1'39.56"	16.65	4:11.50	10:16.00	10:46.64	11:09.83	11:11.34	11:12.64
3	242	NORTH, Madeline	Ottawa Bicycle Club	Ottawa	U15 Girls	PR23-00414	CWU15	49:09.85	-1 lap	16.24	4:45.71	10:54.02	11:00.31	11:10.71	11:19.10	
4	250	BROOKS, Josephine	Ride with Rendall p/b Biemme	Nepean	U15 Girls	ON75647	CWU15	50:31.81	-1 lap	15.80	4:42.17	11:16.57	11:17.19	11:41.42	11:34.45	
5	248	AIKMAN, Mélodie	Ottawa Bicycle Club	Gatineau	U15 Girls	PR23-02001	CWU15	54:38.15	-1 lap	14.62	4:46.93	11:45.68	12:26.32	13:15.19	12:24.03	



Eastern Ontario Cyclocross Series #5

October 29, 2023

Master D 60+ (Women)

13.31 km, 1st lap 1.27 km, 4 more laps of 3.01 km, winner: 48:36 - 16.43 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	48:35.94	16.43		4:12.19	10:46.21	11:02.24	11:16.95	11:18.35



Eastern Ontario Cyclocross Series #5

October 29, 2023

Under 17 Girls (Women)

16.32 km, 1st lap 1.27 km, 5 more laps of 3.01 km, winner: 53:18 - 18.37 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	53:17.60		18.37	3:54.09	10:01.62	9:54.74	9:57.14	9:47.28	9:42.72
2	285	VEILLEUX, Zoe-Alexa	Les Cuisses Or De L?Ouiaouais	Gatineau	U17	eocx285	CWU17	55:52.31	2'34.72"	17.53	4:04.09	9:59.76	10:07.54	10:19.08	10:42.95	10:38.90
3	284	SÉGUIN, Eve	Ottawa Bicycle Club	Gatineau	U17	PR23-01999	CWU17	49:55.14	-1 lap	16.00	4:31.11	10:27.66	11:02.37	11:51.16	12:02.83	
4	280	DANIELS, Heidi	Ottawa Bicycle Club	Ottawa	U17	PR23-00779	CWU17	50:29.89	-1 lap	15.81	4:51.59	10:56.57	11:36.95	11:40.85	11:23.94	