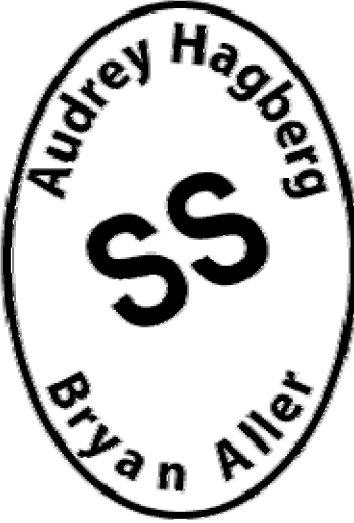


**44th ANNUAL SILVER SPOON SKI FEST
2016 January 30, Deep River, Ontario**

RACE RESULTS

MEN CHAMPIONS		WOMEN CHAMPIONS
Silver Spoon: Bryan Aller Local Yokel: Fabrice Guérout		Silver Spoon: Audrey Hagberg Local Yokel: Audrey Hagberg
MASTERS MEN 15 km I – Steve Burse II – John Westdal III – Bryan Aller IV – Perry Kirkey V – George Torrance	OPEN 11 km – John Bowen 7 km – Margaret Waetcher 4.5 km – Monika Cameron	MASTERS WOMEN 11 km I – Stephanie Rees-Tregunno II – Kelsey Robin III – Sylvia Welke IV – Mary Lynn Benz
SENIOR MEN 15 km (no entries)	SKATING KNOCKOUT SPRINT CHAMPIONS	SENIOR WOMEN Audrey Hagberg
JUNIOR MEN 15 km (no entries)	PEEWEE BOYS 400 m Ry Prior	JUNIOR WOMEN 11 km (no entries)
JUNIOR BOYS 11 km Darion Dillabaugh	PEEWEE GIRLS 400 m Stella McElligott	JUNIOR GIRLS 7 km Adrianna Sullivan
JUVENILE BOYS 7 km Thomas Pelchat	MIDGET BOYS 400 m Theo Mallett	JUVENILE GIRLS 7 km Anna Vigneron
MIDGET BOYS 4.5 km Guillaume Pelchat	MIDGET GIRLS 400 m Stella Duncan	MIDGET GIRLS 4.5km Stella Duncan
PEEWEE BOYS 4.5 km Ry Prior	15+ OPEN PURSUIT Darion Dillabaugh	PEEWEE GIRLS 4.5 km Anna Semeniuk
MIGHTY MITE BOYS 1.5 km Derek Strachan		MIGHTY MITE GIRLS 1.5 km Ciara Westdal
ATOM BOYS 1.5 km Oscar Bereznai		ATOM GIRLS 1.5 km Megan Strachan
MITES BOYS 0.5 km Quinn Samm		MITES GIRLS 0.5 km Josie Brooks

RACE CONDITIONS

Weather: Overcast with occasional flurries

Temperature: -1C

HOLLO AWARD – the Doherty family (Karen, Tom, Adam, Sam)

EIKREM AWARD – Rob DeAbreu

WATSON AWARD – Wayne Workman

HINDS FAMILY AWARD – the Chiasson/Archer family

MEMORABLE MOMENTS AWARD – Nitaya Wensel

**44th Annual Silver Spoon Cross-Country Ski-Fest
2016 January 30, Deep River, Ontario**

Category #1 - Mites Boys (5 & under) - 0.5 km (actual distance of 0.5 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Quinn Samm	La Peche	3	0:04:17	8.57	MITES BOYS
2	Adrian Trotter	Deep River	4	0:05:42	11.40	MITES BOYS
3	Warren Hopkins	Chalk River	2	0:05:48	11.60	MITES BOYS
4	Ryan Cameron	Deep River	5	0:05:59	11.97	MITES BOYS
5	Elliot Milgram	Ottawa	7	0:11:25	22.83	MITES BOYS

Category #1 - Mites Girls (5 & under) - 0.5 km (actual distance of 0.5 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Josie Brooks	Nepean	1	0:03:57	7.90	MITES GIRLS
2	Gabriela Bereznai	Ottawa	6	0:08:04	16.13	MITES GIRLS

Category #2 – Mighty Mite Boys (ages 8-9) - 1.5 km (actual distance of 1.63 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Derek Strachan	Ottawa	8	0:07:50	4.81	MIGHTYMITES BOYS
2	Mackenzie Samm	La Peche	12	0:07:55	4.86	MIGHTYMITES BOYS
3	William Beedell	Ottawa	14	0:08:05	4.96	MIGHTYMITES BOYS
4	Oliver Mason	Ottawa	9	0:08:35	5.27	MIGHTYMITES BOYS
5	William Fairhead	Ottawa	24	0:10:19	6.33	MIGHTYMITES BOYS
6	Axel Kolodziej	Gatineau	22	0:10:36	6.50	MIGHTYMITES BOYS
7	Emmett Bray-Jones	Ottawa	106	0:11:04	6.79	MIGHTYMITES BOYS
8	Jack Smith	Deep River	25	0:11:36	7.12	MIGHTYMITES BOYS
9	Elliott Bowman	Ottawa	11	0:12:03	7.39	MIGHTYMITES BOYS
10	Cameron Hopkins	Chalk River	26	0:12:11	7.47	MIGHTYMITES BOYS
11	Henry Bowman	Ottawa	16	0:12:16	7.53	MIGHTYMITES BOYS

**44th Annual Silver Spoon Cross-Country Ski-Fest
2016 January 30, Deep River, Ontario**

Category #2 – Mighty Mite Girls (ages 8-9) - 1.5 km (actual distance of 1.63 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Ciara Westdal	Ottawa	13	0:08:25	5.16	MIGHTYMITES GIRLS
2	Josefine Bereznai	Ottawa	15	0:08:30	5.21	MIGHTYMITES GIRLS
3	Claire Allan	Ottawa	17	0:08:31	5.22	MIGHTYMITES GIRLS
4	Kaitlin Dustin	Kanata	20	0:08:32	5.24	MIGHTYMITES GIRLS
5	Renee Hegan	Ottawa	10	0:08:54	5.46	MIGHTYMITES GIRLS
6	Nola Stojdl	Ottawa	19	0:09:53	6.06	MIGHTYMITES GIRLS
7	Charlotte Brooks	Nepean	23	0:09:56	6.09	MIGHTYMITES GIRLS
8	Rachel Lambley	Kanata	18	0:11:04	6.79	MIGHTYMITES GIRLS
9	Claire Waddington	Ottawa	21	0:11:38	7.14	MIGHTYMITES GIRLS

Category #3 - Atom Boys (ages 6-7) - 1.5 km (actual distance of 1.63 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Oscar Bereznai	Ottawa	27	0:09:21	5.74	ATOM BOYS
2	William Trotter	Deep River	29	0:10:06	6.20	ATOM BOYS
3	Kai Samm	La Peche	36	0:10:42	6.56	ATOM BOYS
4	Percy Wiersma	Brampton	32	0:10:51	6.66	ATOM BOYS
5	Benjamin Eadie	Ile aux Allu- mettes	33	0:11:08	6.83	ATOM BOYS
6	Tyler Cameron	Deep River	31	0:15:02	9.22	ATOM BOYS
7	Callum Smith	Deep River	28	0:15:03	9.23	ATOM BOYS
8	Raymi Lamure	Deep River	39	0:16:45	10.28	ATOM BOYS
9	Isaac Milgram	Ottawa	38	0:20:58	12.86	ATOM BOYS

**44th Annual Silver Spoon Cross-Country Ski-Fest
2016 January 30, Deep River, Ontario**

Category #3 - Atom Girls (ages 6-7) - 1.5 km (actual distance of 1.63 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Megan Strachan	Ottawa	35	0:10:26	6.40	ATOM GIRLS
2	Brigit Thomas	Ottawa	30	0:10:44	6.58	ATOM GIRLS
3	Ella Semeniuk	Ottawa	34	0:11:11	6.86	ATOM GIRLS
4	Natasha Evans	Petawawa Ile aux Allu- mettes	37	0:16:08	9.90	ATOM GIRLS
5	Mia Eadie		40	0:19:04	11.70	ATOM GIRLS

Category #4 - Midget Boys (ages 13-14) - 4.5 km (actual distance of 3.94 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Guillaume Pelchat	Pembroke	41	0:13:56	3.54	MIDGET BOYS
2	Damien Vialaret	Ottawa	42	0:13:58	3.54	MIDGET BOYS
3	Theo Mallett	Chelsea	48	0:15:01	3.81	MIDGET BOYS
4	Matthew Richeson	Ottawa	43	0:15:08	3.84	MIDGET BOYS
5	Theo McElligott	Chelsea	52	0:15:14	3.87	MIDGET BOYS
6	Nicolas Syros	Chelsea	55	0:15:36	3.96	MIDGET BOYS
7	Eric Chaput	Ottawa	45	0:15:45	4.00	MIDGET BOYS
8	Maxim Lee Pottie	Ottawa	61	0:15:48	4.01	MIDGET BOYS
9	Maxim Nicolle	Ottawa	47	0:15:54	4.04	MIDGET BOYS
10	Callum Saravanamuttoo	Ottawa	50	0:16:04	4.08	MIDGET BOYS
11	Raphael Guerout	Deep River	49	0:16:06	4.09	MIDGET BOYS
12	Patrick Westdal	Ottawa	59	0:16:32	4.20	MIDGET BOYS
13	Leo Boyce	Ottawa	60	0:16:35	4.21	MIDGET BOYS
14	Benjamin Harrington	Ottawa	46	0:16:36	4.21	MIDGET BOYS
15	Julien Audet-Welke	Ottawa	53	0:16:38	4.22	MIDGET BOYS
16	Jeremy Hornung	Ottawa	58	0:16:51	4.28	MIDGET BOYS
17	Pierrick Forge	Gatineau	44	0:16:58	4.31	MIDGET BOYS
18	Robin Mason	Ottawa	51	0:17:07	4.34	MIDGET BOYS
19	Dominique Ranger	Ottawa	56	0:17:18	4.39	MIDGET BOYS
20	Seth Hewie	Ottawa	54	0:19:41	5.00	MIDGET BOYS
21	Oliver Bereznai	Ottawa	62	0:21:29	5.45	MIDGET BOYS

**44th Annual Silver Spoon Cross-Country Ski-Fest
2016 January 30, Deep River, Ontario**

Category #5 - Midget Girls (ages 12-13) - 4.5 km (actual distance of 3.94 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Stella Duncan	Chelsea	63	0:14:48	3.76	MIDGET GIRLS
2	Magalie Daoust	Gatineau	65	0:15:02	3.82	MIDGET GIRLS
3	Katya Semeniuk	Ottawa	84	0:15:51	4.02	MIDGET GIRLS
4	Lilli Thomas	Ottawa	72	0:15:53	4.03	MIDGET GIRLS
5	Samantha Csisztu	Pembroke	66	0:15:55	4.04	MIDGET GIRLS
6	Anna Bowman	Ottawa	69	0:16:10	4.10	MIDGET GIRLS
7	Ariane Blouin	Chelsea	76	0:16:12	4.11	MIDGET GIRLS
8	Maisie Haddrell-Anning	Chelsea	79	0:16:13	4.12	MIDGET GIRLS
9	Mary Kate Norman	Ottawa	70	0:16:33	4.20	MIDGET GIRLS
10	Madeleine Stymiest	Ottawa	68	0:16:39	4.23	MIDGET GIRLS
11	Katie Macintosh	Ottawa	77	0:17:29	4.44	MIDGET GIRLS
12	Rachel Morris	Ottawa	64	0:17:29	4.44	MIDGET GIRLS
13	Sarah Rab	Orleans	71	0:17:40	4.48	MIDGET GIRLS
14	Keliane Johnston	Gatineau	80	0:17:46	4.51	MIDGET GIRLS
15	Maddie Norman	Ottawa	67	0:18:20	4.65	MIDGET GIRLS
16	Georgia Boldt	Ottawa	81	0:19:14	4.88	MIDGET GIRLS
17	Elena Cochen	Ottawa	82	0:19:15	4.89	MIDGET GIRLS
18	Jazmine Lavergne	Gatineau	73	0:19:22	4.92	MIDGET GIRLS
19	Lucy Thomas	Ottawa	78	0:19:28	4.94	MIDGET GIRLS
20	Emily Eadie	Ile aux Allu- mettes	86	0:23:54	6.07	MIDGET GIRLS

**44th Annual Silver Spoon Cross-Country Ski-Fest
2016 January 30, Deep River, Ontario**

Category #6 - Pee Wee Boys (ages 10-12) - 4.5 km (actual distance of 3.94 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Ry Prior	Chelsea	89	0:16:01	4.07	PEE WEE BOYS
2	Thomas Fairhead	Ottawa	90	0:16:32	4.20	PEE WEE BOYS
3	Thomas Trudel	Ottawa	88	0:17:16	4.38	PEE WEE BOYS
4	Skylar Samm	La Peche	101	0:17:36	4.47	PEE WEE BOYS
5	Jeremy Strachan	Ottawa	94	0:17:39	4.48	PEE WEE BOYS
6	Owen Brooks	Nepean	92	0:17:44	4.50	PEE WEE BOYS
7	Felix Blouin	Chelsea	104	0:18:09	4.61	PEE WEE BOYS
8	Ivan Jensen	Chelsea	99	0:18:17	4.64	PEE WEE BOYS
9	Bjorn Arnold	Chelsea	91	0:18:27	4.68	PEE WEE BOYS
10	Niklas Kolodziej	Gatineau	93	0:18:54	4.80	PEE WEE BOYS
11	Saer Edwards	Ottawa	103	0:20:38	5.24	PEE WEE BOYS
12	Liam McDonald	Deep River	102	0:21:52	5.55	PEE WEE BOYS
13	Patrick Harrington	Ottawa	98	0:22:04	5.60	PEE WEE BOYS
14	Oliver Waddington	Ottawa	97	0:22:24	5.69	PEE WEE BOYS
15	Ryan Lambley	Kanata	87	0:23:36	5.99	PEE WEE BOYS
16	Parker Bray-Jones	Ottawa	96	0:23:47	6.04	PEE WEE BOYS
17	Ian Morris	Ottawa	100	0:24:01	6.10	PEE WEE BOYS
18	Rowan Riemer	Ottawa	95	0:24:15	6.15	PEE WEE BOYS
19	Evan Hovorka	Ottawa	105	0:30:00	7.61	PEE WEE BOYS

**44th Annual Silver Spoon Cross-Country Ski-Fest
2016 January 30, Deep River, Ontario**

Category #7 - Pee Wee Girls (ages 10-11) - 4.5 km (actual distance of 3.94 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Anna Semeniuk	Ottawa	120	0:17:29	4.44	PEE WEE GIRLS
2	Stella McElligott	Chelsea	75	0:17:41	4.49	PEE WEE GIRLS
3	Julia Przednowek	Chelsea	116	0:17:53	4.54	PEE WEE GIRLS
4	Clara Hegan	Ottawa	115	0:18:31	4.70	PEE WEE GIRLS
5	Heather Rab	Orleans	112	0:18:34	4.71	PEE WEE GIRLS
6	Marisa Iwanowski	Chelsea	119	0:18:47	4.77	PEE WEE GIRLS
7	Julia Iwanowski	Chelsea	110	0:19:06	4.85	PEE WEE GIRLS
8	Amelia Stojdl	Ottawa	111	0:19:43	5.00	PEE WEE GIRLS
9	Rosalie Vigneron	Kanata	123	0:20:23	5.17	PEE WEE GIRLS
10	Camilla Bowman	Ottawa	109	0:20:37	5.23	PEE WEE GIRLS
11	Anna Beedell	Ottawa	122	0:21:07	5.36	PEE WEE GIRLS
12	Sarah Norman	Ottawa	118	0:21:25	5.44	PEE WEE GIRLS
13	Kaia Thomas	Ottawa	121	0:21:44	5.52	PEE WEE GIRLS
14	Melody Bowen	Ottawa	114	0:22:00	5.58	PEE WEE GIRLS
15	Kaia Rebane	Ottawa	117	0:22:34	5.73	PEE WEE GIRLS
16	Jayde Lavergne	Gatineau	113	0:23:18	5.91	PEE WEE GIRLS
17	Jamie Hopkins	Deep River	125	0:26:37	6.76	PEE WEE GIRLS
17	Alison Chiasson	Chalk River	124	0:26:37	6.76	PEE WEE GIRLS

Category #8 - Juvenile Boys (age 15) - 7 km (actual distance of 6.64 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Thomas Pelchat	Pembroke	128	0:25:25	3.83	JUVENILE BOYS
2	Jack Moryto	Pembroke	127	0:28:14	4.25	JUVENILE BOYS
3	Patrick Paradine	Ottawa	126	0:33:09	4.99	JUVENILE BOYS

Category #9 - Juvenile Girls (ages 14-15) - 7 km (actual distance of 6.64 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Anna Vigneron	Kanata	131	0:28:34	4.30	JUVENILE GIRLS
2	Alexandra Sproule	Ottawa	130	0:28:38	4.31	JUVENILE GIRLS
3	Penelope Horn	Ottawa	129	0:29:09	4.39	JUVENILE GIRLS
4	Emilie Lum	Ottawa	133	0:30:15	4.56	JUVENILE GIRLS
5	Jillian Beedell	Ottawa	132	0:34:18	5.17	JUVENILE GIRLS

**44th Annual Silver Spoon Cross-Country Ski-Fest
2016 January 30, Deep River, Ontario**

Category #10 - Junior Girls (ages 16-17) - 7 km (actual distance of 6.64 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Adrianna Sullivan	Ottawa	134	0:30:15	4.56	JUNIOR GIRLS

Category #11 - Junior Boys (ages 16-17) - 11 km (actual distance of 10.59 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Darion Dillabaugh	Ottawa	137	0:35:34	3.36	JUNIOR BOYS
2	Thomas Csisztu	Pembroke	135	0:36:06	3.41	JUNIOR BOYS
3	Max Guerout	Deep River	136	0:38:42	3.65	JUNIOR BOYS

Category #12 - Junior Men (ages 18-19) - 15 km

(no entries)

Category #13 – Senior Men (ages 20-29) - 15 km

(no entries)

Category #14 - Masters Men I (ages 30-39) - 15 km (actual distance of 14.80 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Steve Bursey	Pembroke	143	0:59:00	3.99	MASTERS MEN I
2	Rob Wiersma	Brampton	173	1:24:22	5.70	MASTERS MEN I

**44th Annual Silver Spoon Cross-Country Ski-Fest
2016 January 30, Deep River, Ontario**

Category #15 - Masters Men II (ages 40-49) - 15 km (actual distance of 14.80 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	John Westdal	Ottawa	160	0:52:27	3.54	MASTERS MEN II
2	Steven Paradine	Ottawa	153	0:53:15	3.60	MASTERS MEN II
3	Gabriel Blouin-Demers	Chelsea	146	0:54:17	3.67	MASTERS MEN II
4	Olaf Jensen	Chelsea	139	0:54:35	3.69	MASTERS MEN II
5	Mark Rab	Orleans	154	0:54:57	3.71	MASTERS MEN II
6	Peter Tregunno	Ottawa	144	0:55:06	3.72	MASTERS MEN II
7	Larry Hegan	Ottawa	151	1:00:29	4.09	MASTERS MEN II
8	Fabrice Guerout	Deep River	161	1:00:35	4.09	MASTERS MEN II
9	Frederic Forge	Gatineau	150	1:02:06	4.20	MASTERS MEN II
10	Jean Pelchat	Pembroke	168	1:02:27	4.22	MASTERS MEN II
11	Doug Ranahan	Ottawa	166	1:03:03	4.26	MASTERS MEN II
12	David Jones	Ottawa	147	1:06:58	4.52	MASTERS MEN II
13	David Stojdl	Ottawa	149	1:07:25	4.56	MASTERS MEN II
14	Kevin Semeniuk	Ottawa	148	1:08:25	4.62	MASTERS MEN II
15	Aubrey Fletcher	Deep River	162	1:09:36	4.70	MASTERS MEN II
16	Jeffrey Strachan	Ottawa	145	1:15:25	5.10	MASTERS MEN II
17	Mark Hovorka	Ottawa	152	1:16:02	5.14	MASTERS MEN II
18	Jay Serdula	Kingston	170	1:16:55	5.20	MASTERS MEN II
19	Eppo Van Houten	Deep River	171	1:20:28	5.44	MASTERS MEN II

Category #16 - Masters Men III (ages 50-59) - 15 km (actual distance of 14.80 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Bryan Aller	Ottawa	141	0:52:23	3.54	MASTERS MEN III
2	James Young	Ottawa	138	0:53:33	3.62	MASTERS MEN III
3	Jean-Christophe Vialaret	Ottawa	142	0:54:23	3.67	MASTERS MEN III
4	Mark Kulas	Pembroke	140	0:55:35	3.76	MASTERS MEN III
5	Tom Iwanowski	Chelsea	156	1:01:36	4.16	MASTERS MEN III
6	Metin Yetisir	Deep River	163	1:02:01	4.19	MASTERS MEN III
7	Paul Kadziora	Ottawa	157	1:02:11	4.20	MASTERS MEN III
8	Mike Beale	Deep River	164	1:12:45	4.92	MASTERS MEN III
--	May Zhang	Deep River	172	1:29:23	6.04	MASTERS MEN III

**44th Annual Silver Spoon Cross-Country Ski-Fest
2016 January 30, Deep River, Ontario**

Category #17 - Masters Men IV (ages 60-69) - 15 km (actual distance of 14.80 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Perry Kirkey	Eganville	158	0:57:44	3.90	MASTERS MEN IV
2	Walter Benz	Deep River	159	1:01:08	4.13	MASTERS MEN IV
3	Tom Kemp	Carleton Place	175	1:06:15	4.48	MASTERS MEN IV
4	Alexander Kolodziej	Gatineau	167	1:10:08	4.74	MASTERS MEN IV
5	Erik Hagberg	Deep River	169	1:11:08	4.81	MASTERS MEN IV

Category #18 - Masters Men V (ages 70+) - 15 km (actual distance of 14.80 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	George Torrance	Ottawa	174	1:25:45	5.79	MASTERS MEN V

Category #19 - Junior Women (ages 18-19) - 11 km (actual distance of 10.59 km used in pace calculation)

(no entries)

Category #20 - Senior Women (ages 20-29) - 11 km (actual distance of 10.59 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Audrey Hagberg	Deep River	176	0:41:00	3.87	SENIOR WOMEN
2	Kiersten Aller	Ottawa	181	0:44:11	4.17	SENIOR WOMEN

Category #21 - Masters Women I (ages 30-39) - 11 km (actual distance of 10.59 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Stephanie Rees-Tregunno	Ottawa	193	0:46:43	4.41	MASTERSWOMEN I
2	Andrea Strachan	Ottawa	186	0:49:10	4.64	MASTERSWOMEN I

**44th Annual Silver Spoon Cross-Country Ski-Fest
2016 January 30, Deep River, Ontario**

Category #22 - Masters Women II (ages 40-49) - 11 km (actual distance of 10.59 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Kelsey Robin	Ottawa	192	0:43:13	4.08	MASTERSWOMENII
2	Kathleen Mottershead	Pembroke	178	0:45:41	4.31	MASTERSWOMENII
3	Marie-Josée Boucher	Pembroke	180	0:45:43	4.32	MASTERSWOMENII
4	Lisa Allan	Ottawa	185	0:46:17	4.37	MASTERSWOMENII
5	Emily Beedell	Ottawa	179	0:47:45	4.51	MASTERSWOMENII
6	Sarah Dillabaugh	Ottawa	182	0:48:52	4.61	MASTERSWOMENII
7	Susan Morris	Ottawa	194	0:49:37	4.69	MASTERSWOMENII
8	Heather Pickersgill	Ottawa	183	0:50:02	4.72	MASTERSWOMENII
9	Patti Murphy	Ottawa	189	0:52:23	4.95	MASTERSWOMENII
10	Pia Thomas	Ottawa	188	0:52:34	4.96	MASTERSWOMENII
11	Kim Spencer	Deep River	201	0:54:34	5.15	MASTERSWOMENII
12	Elisa Murguly	Ottawa	190	0:55:09	5.21	MASTERSWOMENII
13	Claudia Bereznai	Ottawa	184	0:56:45	5.36	MASTERSWOMENII
14	Rosetta McGirl	Deep River	191	0:59:59	5.66	MASTERSWOMENII
15	Melinda Tan	Ottawa	196	1:05:37	6.20	MASTERSWOMENII
16	Tanya Taylor	Ottawa	197	1:10:09	6.62	MASTERSWOMENII

Category #23 - Masters Women III (ages 50-59) - 11 km (actual distance of 10.59 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Sylvia Welke	Ottawa	199	0:55:04	5.20	MASTERSWOMENIII

Category #24 - Masters Women IV (ages 60+) - 11 km (actual distance of 10.59 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Marylynn Benz	Deep River	187	0:50:23	4.76	MASTERSWOMENIV
2	Karen Colins	Deep River	195	0:54:20	5.13	MASTERSWOMENIV
3	Linda Kirkey	Eganville	200	0:56:10	5.30	MASTERSWOMENIV

Exhibition - Masters Women IV (ages 60+) - 13 km (actual distance of 12.74 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
--	Christa Ramonat	Ottawa	177	0:51:30	4.04	MASTERSWOMENIV

**44th Annual Silver Spoon Cross-Country Ski-Fest
2016 January 30, Deep River, Ontario**

Category #25 - Open Event - 11 km (actual distance of 10.59 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	John Bowen	Ottawa	233	0:44:51	4.24	OPEN
2	Pierre Trudel	Ottawa	231	0:47:00	4.44	OPEN
3	Kevin McDonald	Deep River	206	0:48:12	4.55	OPEN
4	Steve Livingstone	Deep River	204	0:49:47	4.70	OPEN
5	Vichetr Lim	Deep River	205	0:50:48	4.80	OPEN
6	Bill Syrres	Chelsea	234	0:57:14	5.40	OPEN
7	Joel Milgram	Ottawa	203	0:58:28	5.52	OPEN
8	Phil Davis	Deep River	208	0:59:33	5.62	OPEN
9	Eric Nicholson	Deep River	235	1:01:33	5.81	OPEN
10	Diane Davis	Deep River	207	1:01:47	5.83	OPEN
11	Elizabeth Renehan	Deep River	232	1:02:31	5.90	OPEN
12	Navdeep Dadhiala	Deep River	225	1:09:42	6.58	OPEN

Category #26 - Open Event - 7 km (actual distance of 6.64 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Margaret Waetcher	Ely, Minnesota	229	0:28:05	4.23	OPEN
2	Olivier Thiriet	Deep River	228	0:35:38	5.37	OPEN
3	Tom Holden	Deep River	211	0:39:34	5.96	OPEN
4	Nathan Pilkey	Kingston	209	0:39:46	5.99	OPEN
5	Margaret Miller	Deep River	212	0:43:28	6.55	OPEN
6	Catherine Holden	Ajax	210	0:49:39	7.48	OPEN

Category #27 - Open Event - 4.5 km (actual distance of 3.94 km used in pace calculation)

Rank	Name	Home	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Monika Cameron	Deep River	230	0:17:07	4.34	OPEN
2	Anne Murphy	Deep River	246	0:18:16	4.64	OPEN
3	Rachel Claydon-Kaarsberg	Chelsea	226	0:19:25	4.93	OPEN

**44th Annual Silver Spoon Cross-Country Ski-Fest
2016 January 30, Deep River, Ontario**

Category #29 – Skating Knock-Out – Pee Wee Boys (ages 10-12) – 400 m

Place	Name	Home
1	Ry Prior	Chelsea
2	Skylar Samm	La Pêche
3	Evan Hovorka	Ottawa

Category #30 – Skating Knock-Out - Pee Wee Girls (ages 10-11) – 400 m

Place	Name	Home
1	Stella McElligott	Chelsea
2	Rosalie Vigneron	Kanata
3	Julia Przednowek	Chelsea

Category #31 – Skating Knock-Out – Midget Boys (ages 13-14) – 400 m

Place	Name	Home
1	Theo Mallett	Chelsea
2	Damien Vialaret	Ottawa
3	Guillaume Pelchat	Pembroke

Category #32 – Skating Knock-Out – Midget Girls (ages 12-13) – 400 m

Place	Name	Home
1	Stella Duncan	Chelsea
2	Magalie Daoust	Gatineau
3	Kéliane Johnston	Gatineau

Category #33 – Skating Knock-Out – Juvenile Girls (ages 14-15) – 700 m
(no entries)

Category #34 – Skating Knock-Out – Open Pursuit (ages 15+) – 700 m

Place	Name	Home
1	Darion Dillabaugh	Ottawa
2	Max Guérout	Deep River
3	Gabriel Blouin-Demers	Chelsea

RACE OFFICIALS

STARTERS:	Karen Doherty, Tom Doherty
FINISH LINE:	Anne Audet, Gene Lemieux, Andy Archer, Joanne Konyk
MARSHALS:	Mike Milgram, Wendy Spencer, Heather Martin, Kevin Blimkie, Claire Metcalfe, Carol Robertson, Duncan Barber, Ruxandra Dranga, Nick Scheier, Paula and Tony McLaughlin, Alistair Miller
ROAD CROSSINGS:	Rowley Kinghorn, Bob Jardine, Bill Graham, Danielle Beaton, Mike Wright, Tyler Kinghorn, Lauren Kinghorn, Jacob Nowland, Scott Brown, Bill Diamond, Jim Walker, Meghan Diamond, Amy Festarini
SKI SKATE KNOCKOUT:	Bob Donders, May Zhang, Kate Gu�erout, Vern Koslosky, Martin Koslosky, Kris Jones, Metin Yetisir, Lois Fitzpatrick, Bruce Heinmiller, Jenna Moore, Martin Klukas, Steve Hopkins
RADIO:	Bob Howard, Yvonne Adam, Ron Davis, Tony Hinds, Rob MacFarlane, Dom Grosleau, Soleil Grosleau, John Orritt, Ken Jeffers
REGISTRATION:	Anne Murphy
RECEPTION / BIBS:	Diane Wensel, Cheryl Rhodes, Barb Shreeve
TIMING CHIPS:	Mira Anghel, Vini Anghel
GROOMING & TRAIL PREP:	David Steer, George Doubt, Barrie Greiner, Luke Steer
TRAIL MARKING	Diane Wensel, Carol White, Caroline Lee, Joan Kalechstein
FORERUNNERS:	Gary Stewart, Nancy Elliot, John Elliot, Lois Fitzpatrick
SWEEP SKIERS:	Ski Patrol
SKI PATROL:	Steve and Myrna McCauley, Marc Audet, Victor Mihaylov, Paul Leeson
SNOWMOBILERS:	George Doubt, Marc Audet
OTHER OFFICIALS:	Diane Davis, Susan Yatabe, Stuart Craig, Stephen Eyvindson, Helena Rummens

SILVER SPOON ORGANIZING COMMITTEE

Chief of Race	Helena Rummens
Race Secretary	Anne Murphy
Chief of Course	Stuart Craig
Assistant Chief of Course	Stephen Eyvindson
Treasurer	Lois Fitzpatrick
Awards Coordinator	Susan Yatabe
Buffet Coordinator	Diane Wensel
Volunteer Coordinator	Diane Davis
Skate Event Coordinator	Bob Donders

THANK-YOU

The Silver Spoon Organizing Committee wishes to express their Sincere Thanks to:

- All volunteer officials for their invaluable, professional and cheerful assistance.
- The volunteer trail groomers for their expertise and dedication in laying the race courses.
- Gearheads for their generous donation of all awards for the Skate event.
- The Deep River Golf Club for the use of the golf course.
- Local landowners for use of their land.
- The Renfrew County Catholic District School Board for use of St. Mary's school facilities.
- The caretaking staff at St Mary's School for their cheerful assistance.
- Mackenzie Community School Nordic Ski Team for their help with setup.
- The Town of Deep River Public Works Department for barricades, snow removal, and banner hanging.
- The Deep River Police Department for the use of their megaphone.
- The Deep River XC Ski Club for their assistance and cooperation during preparations for the race.
- The Mount Martin Ski Patrol for looking after skiers' well-being.
- The Renfrew County Amateur Radio club for communications.
- John McKay and the Deep River Venturers for canteen services.
- The North Renfrew Times for photography and for publication of Silver Spoon articles.
- Bright Ideas Software (Liz Wichman) for updates to the Silver Spoon Web page.
- The Bear's Den for donated gift certificates for the Local Yokel award, and for a delicious banquet.
- Mary Lynn Benz for the creation of the Silver Spoon prizes (custom-made plates).
- Sportstats for excellent service in timing and result posting.

LOOK FOR SILVER SPOON ENTRY FORMS, START SHEETS AND RESULTS ON OUR WEB PAGE:

<http://bright-ideas-software.com/silverspoon/RaceResults.html>

The Silver Spoon Committee hopes that all skiers enjoyed the Silver Spoon Event! We look forward to seeing you **in 2017 for:**

the **45th Silver Spoon Ski Fest**