

**45th ANNUAL SILVER SPOON SKI FEST  
2017 January 28, Deep River, Ontario**

**RACE RESULTS**

<b>MEN CHAMPIONS</b>		<b>WOMEN CHAMPIONS</b>
<p><b>Silver Spoon:</b> Karl Saidla <b>Local Yokel:</b> Fabrice Guérout</p>		<p><b>Silver Spoon:</b> Megan McTavish <b>Local Yokel:</b> Audrey Hagberg</p>
<p>MASTERS MEN 15 km I – Karl Saidla II – Patrick Audet III – Lester Perrault IV – Bryan Aller V – Walter Benz</p>	<p>OPEN 11 km – Alicia Berthiaume 7 km – Olivier Thiriet 4.5 km – Kevin Pottie</p>	<p>MASTERS WOMEN 11 km I – Megan McTavish II – Monika Stoeger III – Eva Meyer IV – Christa Ramonat</p>
<p>SENIOR MEN 15 km (no entries)</p>	<p><b>SKATING KNOCKOUT SPRINT CHAMPIONS</b></p>	<p>SENIOR WOMEN Audrey Hagberg</p>
<p>JUNIOR MEN 15 km Max Guérout</p>	<p>PEEWEE BOYS 400 m Elrik Johnston</p>	<p>JUNIOR WOMEN 11 km (no entries)</p>
<p>JUNIOR BOYS 11 km Thomas Csisztu</p>	<p>PEEWEE GIRLS 400 m Anna Semeniuk</p>	<p>JUNIOR GIRLS 7 km Penelope Horn</p>
<p>JUVENILE BOYS 7 km Guillaume Pelchat</p>	<p>MIDGET BOYS 400 m Robin Mason</p>	<p>JUVENILE GIRLS 7 km Sophie Levasseur</p>
<p>MIDGET BOYS 4.5 km Luke Allan</p>	<p>MIDGET GIRLS 400 m Maisie Haddrell-Anning</p>	<p>MIDGET GIRLS 4.5km Katya Semeniuk</p>
<p>PEEWEE BOYS 4.5 km Jean-Nicolas De Broeck</p>	<p>JUVENILE GIRLS 400 m Anna Bowman</p>	<p>PEEWEE GIRLS 4.5 km Julia Przednowek</p>
<p>MIGHTY MITE BOYS 1.5 km William Beedell</p>	<p>15+ OPEN PURSUIT Maurice Samm</p>	<p>MIGHTY MITE GIRLS 1.5 km Caroline Haag</p>
<p>ATOM BOYS 1.5 km Nathaniel Storer</p>		<p>ATOM GIRLS 1.5 km Gracelynn Howitt</p>
<p>MITES BOYS 0.5 km Quinn Samm</p>		<p>MITES GIRLS 0.5 km Gabriela Bereznai</p>

**RACE CONDITIONS**

Weather: Overcast with occasional flurries

Temperature: -2C

**HOLLO AWARD** – Barb Shreeve

**EIKREM AWARD** – Mark Kulas

**WATSON AWARD** – David Steer

**HINDS FAMILY AWARD** – Scheier/Konyk family

**MEMORABLE MOMENTS AWARD** – Stuart Craig

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

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Quinn Samm	Chelsea Nordiq	1	0:01:59	3.97	MITES BOYS
2	Max Zabel	Chelsea Nordiq	2	0:02:43	5.43	MITES BOYS
3	Adrian Trotter	DRXC	5	0:02:46	5.53	MITES BOYS
4	Ryan Cameron	DRXC	6	0:03:15	6.50	MITES BOYS
5	Elliot Milgram		10	0:03:46	7.53	MITES BOYS
6	Logan Dupuis		3	0:06:01	4.01	MITES BOYS
7	Henry Bursey	PAXC	7	0:19:23	7.75	MITES BOYS
NP	Simon Belanger		12	0:04:23	1.25	MITES BOYS

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

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Gabriela Bereznai	Nakkertok	9	0:02:45	5.50	MITES GIRLS
2	Chloe Dustin	Nakkertok	4	0:02:50	5.67	MITES GIRLS
3	Leena Saidla	XC Ottawa	11	0:15:32	31.07	MITES GIRLS
4	Madeleine Stoeger		8	0:16:29	32.97	MITES GIRLS

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

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	William Beedell	Nakkertok	13	0:06:11	3.79	MIGHTYMITES BOYS
2	Oscar Brun Del Re	Chelsea Nordiq	15	0:06:21	3.90	MIGHTYMITES BOYS
3	Evan Rebane	Nakkertok	33	0:06:48	4.17	MIGHTYMITES BOYS
4	Oscar Bereznai	Nakkertok	14	0:06:54	4.23	MIGHTYMITES BOYS
5	Axel Kolodziej	Chelsea Nordiq	18	0:07:33	4.63	MIGHTYMITES BOYS
6	Hugh Stratford		19	0:07:38	4.68	MIGHTYMITES BOYS
7	Thomas Storer	Nakkertok	22	0:07:43	4.73	MIGHTYMITES BOYS
8	William Trotter	DRXC	16	0:07:46	4.76	MIGHTYMITES BOYS
9	Cordon Hawkes	Nakkertok	31	0:07:54	4.85	MIGHTYMITES BOYS
10	Elliott Bowman	Nakkertok	26	0:08:24	5.15	MIGHTYMITES BOYS
11	Percy Wiersma	Highlands Trailblazers	23	0:08:55	5.47	MIGHTYMITES BOYS
12	Cameron Hopkins	DRXC	28	0:08:57	5.49	MIGHTYMITES BOYS
13	Henry Bowman	Nakkertok	30	0:08:58	5.50	MIGHTYMITES BOYS
14	Jack Smith	DRXC	25	0:09:18	5.71	MIGHTYMITES BOYS
15	Samuel Bundle	Chelsea Nordiq	32	0:09:30	5.83	MIGHTYMITES BOYS

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

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Caroline Haag	Skinouk	21	0:07:11	4.41	MIGHTYMITES GIRLS
2	Megan Strachan	Nakkertok	17	0:07:52	4.83	MIGHTYMITES GIRLS
3	Brigit Thomas	Nakkertok	20	0:08:57	5.49	MIGHTYMITES GIRLS
4	Anais Gauthier	Skinouk	24	0:09:18	5.71	MIGHTYMITES GIRLS
5	Lila-Jean Picard	Chelsea Nordiq	29	0:09:34	5.87	MIGHTYMITES GIRLS

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

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Nathaniel Storer	Nakkertok	37	0:08:16	5.07	ATOM BOYS
2	Kai Samm	Chelsea Nordiq	34	0:08:22	5.13	ATOM BOYS
3	Marc-Antoine Daoust	Skinouk	38	0:09:01	5.53	ATOM BOYS
4	Tyler Cameron	DRXC	42	0:10:08	6.22	ATOM BOYS
5	Callum Smith	DRXC	40	0:10:27	6.41	ATOM BOYS
6	Warren Hopkins	DRXC	43	0:17:08	10.51	ATOM BOYS
7	Isaac Milgram		44	0:17:33	10.77	ATOM BOYS

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

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Gracelynn Howitt	Chelsea Nordiq	41	0:08:42	5.34	ATOM GIRLS
2	Mia Brun Del Re	Nakkertok	36	0:09:55	6.08	ATOM GIRLS
3	Josephine Brooks	Nakkertok	39	0:10:56	6.71	ATOM GIRLS

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**Category #4 - Midget Boys (ages 13-14) - 4.5 km (actual distance of 4.53 km used in pace calculation)**

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Luke Allan	Nakkertok	55	0:14:59	3.31	MIDGET BOYS
2	Robin Mason	Nakkertok	49	0:16:41	3.68	MIDGET BOYS
3	Owen Brooks	Nakkertok	54	0:16:57	3.74	MIDGET BOYS
4	Ry Prior	Chelsea Nordiq	79	0:17:04	3.77	MIDGET BOYS
5	Maxim Lee Pottie	Nakkertok	45	0:17:12	3.80	MIDGET BOYS
6	Emmanuel Cheff	Skinouk	52	0:17:24	3.84	MIDGET BOYS
7	Jeremy Strachan	Nakkertok	53	0:17:37	3.89	MIDGET BOYS
8	Thomas Fairhead	Nakkertok	46	0:17:39	3.90	MIDGET BOYS
9	Jeremy Hornung	Nakkertok	56	0:17:47	3.93	MIDGET BOYS
10	Patrick Westdal	Nakkertok	47	0:18:16	4.03	MIDGET BOYS
11	Julien Audet-Welke	Nakkertok	51	0:18:30	4.08	MIDGET BOYS
12	Benjamin Rundle	Nakkertok	48	0:18:54	4.17	MIDGET BOYS
13	Oliver Bereznai	Nakkertok	59	0:19:08	4.22	MIDGET BOYS
14	Devlin Lovshin	Chelsea Nordiq	57	0:19:19	4.26	MIDGET BOYS
15	Dominique Ranger	Skinouk	50	0:19:33	4.32	MIDGET BOYS
16	Sam Plestid	Nakkertok	58	0:21:04	4.65	MIDGET BOYS
17	Oliver Waddington	Nakkertok	60	0:21:26	4.73	MIDGET BOYS

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**Category #5 - Midget Girls (ages 12-13) - 4.5 km** (actual distance of 4.53 km used in pace calculation)

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Katya Semeniuk	Chelsea Nordiq	61	0:16:11	3.57	MIDGET GIRLS
2	Samantha Csisztu	Pembroke	63	0:17:01	3.76	MIDGET GIRLS
3	Maisie Haddrell-Anning	Chelsea Nordiq	66	0:17:10	3.79	MIDGET GIRLS
4	Lilli Thomas	Nakkertok	62	0:17:12	3.80	MIDGET GIRLS
5	Ariane Blouin	Chelsea Nordiq	65	0:18:48	4.15	MIDGET GIRLS
6	Amalia Tinmouth	Nakkertok	77	0:19:10	4.23	MIDGET GIRLS
7	Amelia Stojdl	Nakkertok	73	0:19:15	4.25	MIDGET GIRLS
8	Harriet Smith	Nakkertok	68	0:19:35	4.32	MIDGET GIRLS
9	Julia Iwanowski	Chelsea Nordiq	69	0:19:57	4.40	MIDGET GIRLS
10	Rachel Claydon- Kaarsberg	Chelsea Nordiq	71	0:20:15	4.47	MIDGET GIRLS
11	Camilla Bowman	Nakkertok	75	0:20:22	4.50	MIDGET GIRLS
12	Elena Cochen	Nakkertok	70	0:20:57	4.62	MIDGET GIRLS
13	Saskia Heggveit	Chelsea Nordiq	64	0:22:36	4.99	MIDGET GIRLS
14	Sydney Douglas-Grant	Chelsea Nordiq	67	0:23:14	5.13	MIDGET GIRLS
15	Jamie Hopkins	DRXC	78	0:24:06	5.32	MIDGET GIRLS
16	Rosalie Vigneron	Kanata Nordic	74	0:24:18	5.36	MIDGET GIRLS
17	Helen McCulligh	Kanata Nordic	76	0:25:09	5.55	MIDGET GIRLS

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**Category #6 - Pee Wee Boys (ages 10-12) - 4.5 km (actual distance of 4.53 km used in pace calculation)**

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Jean-Nicolas De Broeck	Skinouk	90	0:17:57	3.96	PEE WEE BOYS
2	Seamus Williams	Nakkertok	91	0:17:57	3.96	PEE WEE BOYS
3	Oliver Picard	Chelsea Nordiq	89	0:17:58	3.97	PEE WEE BOYS
4	Skylar Samm	Chelsea Nordiq	80	0:18:08	4.00	PEE WEE BOYS
5	Eirik Johnston	Skinouk	83	0:18:37	4.11	PEE WEE BOYS
6	Niklas Kolodziej	Chelsea Nordiq	85	0:18:38	4.11	PEE WEE BOYS
7	Derek Strachan	Nakkertok	86	0:18:39	4.12	PEE WEE BOYS
8	Felix Blouin	Chelsea Nordiq	81	0:18:57	4.18	PEE WEE BOYS
9	Mackenzie Samm	Chelsea Nordiq	88	0:20:01	4.42	PEE WEE BOYS
10	Liam McDonald		93	0:22:11	4.90	PEE WEE BOYS
11	Alex Brown	Kanata Nordic	84	0:22:44	5.02	PEE WEE BOYS
12	Kiefer Melinz Dupuis	Nakkertok	96	0:23:49	5.26	PEE WEE BOYS
13	William Fairhead	Nakkertok	99	0:23:54	5.28	PEE WEE BOYS
14	Ben Zabel	Chelsea Nordiq	95	0:24:25	5.39	PEE WEE BOYS
15	Evan Hovorka	Nakkertok	100	0:24:30	5.41	PEE WEE BOYS
16	Roan Caza	Chelsea Nordiq	94	0:26:37	5.88	PEE WEE BOYS
17	Isaac Fantin	Chelsea Nordiq	98	0:26:43	5.90	PEE WEE BOYS
18	Djibril Diallo	Nakkertok	87	0:30:02	6.63	PEE WEE BOYS

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**Category #7 - Pee Wee Girls (ages 10-11) - 4.5 km (actual distance of 4.53 km used in pace calculation)**

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Julia Przednowek	Chelsea Nordiq	104	0:18:26	4.07	PEE WEE GIRLS
2	Isabelle Haag	Skinouk	112	0:18:28	4.08	PEE WEE GIRLS
3	Anna Semeniuk	Chelsea Nordiq	102	0:18:38	4.11	PEE WEE GIRLS
4	Marisa Iwanowski		106	0:18:55	4.18	PEE WEE GIRLS
5	Clara Hegan	Nakkertok	105	0:18:59	4.19	PEE WEE GIRLS
6	Victoria Audet	Chelsea Nordiq	121	0:19:27	4.29	PEE WEE GIRLS
7	Claire Allan	Nakkertok	108	0:20:41	4.57	PEE WEE GIRLS
8	Sarah Norman	Nakkertok	113	0:20:45	4.58	PEE WEE GIRLS
9	Ciara Westdal	Nakkertok	107	0:20:45	4.58	PEE WEE GIRLS
10	Frederica Heggveit	Chelsea Nordiq	103	0:20:52	4.61	PEE WEE GIRLS
11	Isabelle Caza	Chelsea Nordiq	109	0:21:11	4.68	PEE WEE GIRLS
12	Josefine Bereznai	Nakkertok	110	0:21:11	4.68	PEE WEE GIRLS
13	Renee Hegan	Nakkertok	117	0:21:15	4.69	PEE WEE GIRLS
14	Mallory Jansen	Chelsea Nordiq	123	0:21:18	4.70	PEE WEE GIRLS
15	Kaia Rebane	Nakkertok	119	0:21:54	4.83	PEE WEE GIRLS
16	Kaitlin Dustin	Nakkertok	101	0:21:54	4.83	PEE WEE GIRLS
17	Brynn Tinmouth	Nakkertok	120	0:22:40	5.00	PEE WEE GIRLS
18	Addison Frank	Nakkertok	116	0:22:53	5.05	PEE WEE GIRLS
19	Nola Stojdl	Nakkertok	124	0:22:58	5.07	PEE WEE GIRLS
20	Anna Beedell	Nakkertok	111	0:22:59	5.07	PEE WEE GIRLS
21	Kaia Thomas	Nakkertok	115	0:23:42	5.23	PEE WEE GIRLS
22	Simone Audet-Welke	Nakkertok	114	0:24:14	5.35	PEE WEE GIRLS
23	Jasmine Bessens	Nakkertok	122	0:24:18	5.36	PEE WEE GIRLS
24	Charlotte Brooks	Nakkertok	127	0:25:28	5.62	PEE WEE GIRLS
25	Elizabeth (Elsie) Hawkes	Nakkertok	126	0:25:56	5.72	PEE WEE GIRLS
26	Rachel Lambley	Kanata Nordic	128	0:26:48	5.92	PEE WEE GIRLS
27	Claire Waddington	Nakkertok	129	0:29:29	6.51	PEE WEE GIRLS
28	Rose Stratford	Nakkertok	125	0:32:04	7.08	PEE WEE GIRLS
29	Emma Warner	Kanata Nordic	118	0:33:20	7.36	PEE WEE GIRLS



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**Category #8 - Juvenile Boys (age 15) - 7 km** (actual distance of 7.23 km used in pace calculation)

Rank	Name	Club	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Guillaume Pelchat	Pembroke	130	0:26:26	3.66	JUVENILE BOYS
2	Theo Mallett	Chelsea Nordiq	131	0:26:32	3.67	JUVENILE BOYS
3	Thomas Pelchat	Pembroke	132	0:27:06	3.75	JUVENILE BOYS
4	Raphael Guerout	Pembroke	133	0:27:16	3.77	JUVENILE BOYS

**Category #9 - Juvenile Girls (ages 14-15) - 7 km** (actual distance of 7.23 km used in pace calculation)

Rank	Name	Club	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Sophie Levasseur	Pembroke	135	0:29:05	4.02	JUVENILE GIRLS
2	Anna Bowman	Nakkertok	138	0:29:46	4.12	JUVENILE GIRLS
3	Madeleine Stymiest	Nakkertok	137	0:31:29	4.35	JUVENILE GIRLS
4	Fiona Thomas		134	0:31:58	4.42	JUVENILE GIRLS
5	Rachel Hornung	Nakkertok	136	0:32:45	4.53	JUVENILE GIRLS

**Category #10 - Junior Girls (ages 16-17) - 7 km** (actual distance of 7.23 km used in pace calculation)

Rank	Name	Club	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Penelope Horn	Nakkertok	140	0:30:28	4.21	JUNIOR GIRLS
2	Anna Vigneron	Kanata Nordic	139	0:34:07	4.72	JUNIOR GIRLS
3	Adrianna Sullivan	Nakkertok	141	0:34:32	4.78	JUNIOR GIRLS

**Category #11 - Junior Boys (ages 16-17) - 11 km** (actual distance of 11.18 km used in pace calculation)

Rank	Name	Club	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Thomas Csisztu	Pembroke	143	0:41:24	3.70	JUNIOR BOYS
2	Devon Pegrum	Nakkertok	142	0:41:29	3.71	JUNIOR BOYS

**Category #12 - Junior Men (ages 18-19) - 15 km** (actual distance of 15.00 km used in pace calculation)

Rank	Name	Club	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Max Guerout	DRXC	149	0:56:25	5.05	JUNIOR MEN

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**Category #13 – Senior Men (ages 20-29) - 15 km** (actual distance of 15.00 km used in pace calculation)  
(no entries)

**Category #14 - Masters Men I (ages 30-39) - 15 km** (actual distance of 15.00 km used in pace calculation)

Rank	Name	Club	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Karl Saidla	XC Ottawa	170	0:50:00	3.33	MASTERS MEN I
2	Rob Wiersma	Highlands Trailblazers	191	1:23:08	5.54	MASTERS MEN I

**Category #15 - Masters Men II (ages 40-49) - 15 km** (actual distance of 15.00 km used in pace calculation)

Rank	Name	Club	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Patrick Audet	Chelsea Nordiq	172	0:54:34	3.64	MASTERS MEN II
2	Gabriel Blouin-Demers	Chelsea Nordiq	148	0:55:46	3.72	MASTERS MEN II
3	Graham Frank	Nakkertok	177	0:56:11	3.75	MASTERS MEN II
4	Maurice Samm	Chelsea Nordiq	180	0:56:11	3.75	MASTERS MEN II
5	Peter Tregunno	North Bay Nordic	150	0:57:39	3.84	MASTERS MEN II
6	Jean Pelchat	Pembroke	162	0:59:20	3.96	MASTERS MEN II
7	Dave Allan	Nakkertok	160	0:59:40	3.98	MASTERS MEN II
8	Todd Fairhead	Nakkertok	144	1:00:08	4.01	MASTERS MEN II
9	Craig Hawkes	Nakkertok	155	1:02:16	4.15	MASTERS MEN II
10	Larry Hegan	Nakkertok	163	1:02:53	4.19	MASTERS MEN II
11	David Stojdl	Nakkertok	161	1:05:30	4.37	MASTERS MEN II
12	Jeffrey Strachan	Nakkertok	167	1:06:32	4.44	MASTERS MEN II
13	Blair Carroll		166	1:07:01	4.47	MASTERS MEN II
14	Steve Thomas		176	1:08:21	4.56	MASTERS MEN II
15	Mark Hovorka		178	1:09:37	4.64	MASTERS MEN II
16	Peter Grant	Chelsea Nordiq	164	1:10:29	4.70	MASTERS MEN II
17	Kevin McDonald	DRXC	174	1:11:55	4.79	MASTERS MEN II
18	David Hallam		179	1:12:58	4.86	MASTERS MEN II
19	Allan Bakewell	DRXC	189	1:13:04	4.87	MASTERS MEN II
20	Aubrey Fletcher	DRXC/PAXC	171	1:14:33	4.97	MASTERS MEN II
21	Alan Tinmouth	Nakkertok	175	1:16:13	5.08	MASTERS MEN II
22	Jay Serdula		188	1:24:48	5.65	MASTERS MEN II

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**Category #16 - Masters Men III (ages 50-59) - 15 km** (actual distance of 15.00 km used in pace calculation)

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Lester Perrault	Nakkertok	185	0:52:57	3.53	MASTERS MEN III
2	Daniel Mallett	XC Chelsea Masters	152	0:53:20	3.56	MASTERS MEN III
3	Mark Kulas	PAXC	151	0:56:37	3.77	MASTERS MEN III
4	James Young	Nakkertok	147	0:57:33	3.84	MASTERS MEN III
5	Wayne Dustin	Nakkertok	145	0:57:36	3.84	MASTERS MEN III
6	Mark Orzel		159	0:59:07	3.94	MASTERS MEN III
7	Fabrice Guerout	DRXC	157	1:02:33	4.17	MASTERS MEN III
8	Trevor Plestid	Nakkertok	184	1:03:26	4.23	MASTERS MEN III
9	Joey Slobodian	Nakkertok	168	1:05:18	4.35	MASTERS MEN III
10	Metin Yetisir	DRXC	158	1:05:35	4.37	MASTERS MEN III
11	Tom Iwanowski		165	1:06:06	4.41	MASTERS MEN III
12	Marek Przednowek	Chelsea Nordiq	183	1:07:16	4.48	MASTERS MEN III
13	Michael Duivenvoorden	Kanata Nordic	153	1:12:11	4.81	MASTERS MEN III
14	Bryan Gormley		182	1:12:29	4.83	MASTERS MEN III
15	Grant Williams	Nakkertok	187	1:19:38	5.31	MASTERS MEN III
16	Peter Van Wagner	DRXC	186	1:20:10	5.34	MASTERS MEN III

**Category #17 - Masters Men IV (ages 60-69) - 15 km** (actual distance of 15.00 km used in pace calculation)

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Bryan Aller	Nakkertok	146	0:54:57	3.66	MASTERS MEN IV
2	Perry Kirkey	PAXC	154	0:59:30	3.97	MASTERS MEN IV
3	Tom Kemp	Nakkertok	169	1:09:52	4.66	MASTERS MEN IV
4	Erik Hagberg	DRXC	173	1:13:31	4.90	MASTERS MEN IV
5	Bruce Smith	DRXC	181	1:13:58	4.93	MASTERS MEN IV

**Category #18 - Masters Men V (ages 70+) - 15 km** (actual distance of 15.00 km used in pace calculation)

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Walter Benz	DRXC/PAXC	156	1:04:09	4.28	MASTERS MEN V
2	Norman Spinks	DRXC	190	1:27:52	5.86	MASTERS MEN V

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**Category #19 - Junior Women (ages 18-19) - 11 km** (actual distance of 11.18 km used in pace calculation)  
(no entries)

**Category #20 - Senior Women (ages 20-29) - 11 km** (actual distance of 11.18 km used in pace calculation)

Rank	Name	Club	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Audrey Hagberg	DRXC	192	0:47:24	4.24	SENIOR WOMEN

**Category #21 - Masters Women I (ages 30-39) - 11 km** (actual distance of 11.18 km used in pace calculation)

Rank	Name	Club	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Megan McTavish	XC Ottawa	203	0:41:10	3.68	MASTERSWOMENI

**Category #22 - Masters Women II (ages 40-49) - 11 km** (actual distance of 11.18 km used in pace calculation)

Rank	Name	Club	Bib #	Time (h:mm:ss)	Pace (min/km)	Category
1	Monika Stoeger	Ottawa Racers	195	0:46:30	4.16	MASTERSWOMENII
2	Marie-Josée Boucher	Pembroke	194	0:47:23	4.24	MASTERSWOMENII
3	Andrea Strachan	Nakkertok	199	0:49:16	4.41	MASTERSWOMENII
4	Kathleen Mottershead	PAXC	197	0:49:51	4.46	MASTERSWOMENII
5	Emily Beedell	Nakkertok	198	0:50:25	4.51	MASTERSWOMENII
6	Shona Moss Lovshin	Chelsea Nordiq	209	0:50:52	4.55	MASTERSWOMENII
7	Patty Chevalier Samm	Chelsea Nordiq	208	0:51:17	4.59	MASTERSWOMENII
8	Ailsa Eyvindson	DRXC	196	0:51:28	4.60	MASTERSWOMENII
9	Stephanie Semeniuk	Chelsea Nordiq	204	0:52:17	4.68	MASTERSWOMENII
10	Catherine Verreault	Chelsea Nordiq	205	0:54:46	4.90	MASTERSWOMENII
11	Heather Pickersgill	Nakkertok	201	0:57:07	5.11	MASTERSWOMENII
12	Claudia Bereznai	Nakkertok	206	0:58:02	5.19	MASTERSWOMENII
13	Pia Thomas		202	0:58:12	5.21	MASTERSWOMENII
14	Lisa McMurray	Chelsea Nordiq	210	0:58:42	5.25	MASTERSWOMENII
15	Michele Loewen	Nakkertok	207	1:00:16	5.39	MASTERSWOMENII
16	Angela Slobodian	Nakkertok	215	1:06:22	5.94	MASTERSWOMENII
17	Suzette Fletcher	DRXC	214	1:14:19	6.65	MASTERSWOMENII

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**Category #23 - Masters Women III (ages 50-59) - 11 km** (actual distance of 11.18 km used in pace calculation)

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Eva Meyer	Nakkertok	212	0:49:04	4.39	MASTERSWOMENIII
2	Sylvia Welke	Nakkertok	211	0:57:59	5.19	MASTERSWOMENIII
3	Tanya Taylor	Nakkertok	213	1:17:02	6.89	MASTERSWOMENIII

**Category #24 - Masters Women IV (ages 60+) - 11 km** (actual distance of 11.18 km used in pace calculation)

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Christa Ramonat	Ottawa Racers	193	0:44:32	3.98	MASTERSWOMENIV
2	Mary Lynn Benz	DRXC/PAXC	200	0:57:00	5.10	MASTERSWOMENIV

**Category #25 - Open Event - 11 km** (actual distance of 11.18 km used in pace calculation)

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Alicia Berthiaume	PAXC	216	0:51:32	4.61	OPEN
2	Neal Scott	Kingston	236	0:51:32	4.61	OPEN
3	Steve Livingstone	DRXC	219	0:51:35	4.61	OPEN
4	David Ross	PAXC	232	0:55:33	4.97	OPEN
5	Vichetr Lim		218	0:56:24	5.04	OPEN
6	Christine Scott	Kingston	235	0:56:42	5.07	OPEN
7	Stephen Hopkins	DRXC	217	0:57:32	5.15	OPEN
8	Elisa Murguly	Nakkertok	224	0:57:33	5.15	OPEN
9	Phil Bennett	DRXC	237	1:03:20	5.66	OPEN
10	Lori Walters	DRXC	220	1:04:04	5.73	OPEN
11	Elizabeth Renehan	DRXC	241	1:07:45	6.06	OPEN
12	Joan Kalechstein	DRXC	221	1:12:15	6.46	OPEN

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**Category #26 - Open Event - 7 km** (actual distance of 7.23 km used in pace calculation)

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Olivier Thiriet	DRXC	233	0:37:01	5.12	OPEN
2	Leela Howitt	Chelsea Nordiq	243	0:39:56	5.52	OPEN
3	John Hosbons	DRXC	222	0:44:34	6.16	OPEN
4	Laurent Belanger		223	0:53:09	7.35	OPEN

**Category #27 - Open Event - 4.5 km** (actual distance of 4.53 km used in pace calculation)

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Bib #</b>	<b>Time (h:mm:ss)</b>	<b>Pace (min/km)</b>	<b>Category</b>
1	Kevin Pottie	Nakkertok	234	0:19:47	4.37	OPEN
2	Margaret Miller	DRXC	225	0:29:10	6.44	OPEN

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

<b>Place</b>	<b>Name</b>	<b>Club</b>
<b>1</b>	Eirik Johnston	Skinouk
<b>2</b>	Jean-Nicolas de Broeck	Skinouk
<b>3</b>	Niklas Kolodziej	Chelsea Nordiq

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

<b>Place</b>	<b>Name</b>	<b>Club</b>
<b>1</b>	Anna Semeniuk	Chelsea Nordiq
<b>2</b>	Victoria Audet	Chelsea Nordiq
<b>3</b>	Isabelle Haag	Skinouk

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

<b>Place</b>	<b>Name</b>	<b>Club</b>
<b>1</b>	Robin Mason	Nakkertok
<b>2</b>	Ry Prior	Chelsea Nordiq
<b>3</b>	Maxim Lee Pottie	Nakkertok

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

<b>Place</b>	<b>Name</b>	<b>Club</b>
<b>1</b>	Maisie Haddrell-Anning	Chelsea Nordiq
<b>2</b>	Katya Semeniuk	Chelsea Nordiq
<b>3</b>	Lilli Thomas	Nakkertok

**Category #33 – Skating Knock-Out – Juvenile Girls (ages 14-15) – 400 m**

<b>Place</b>	<b>Name</b>	<b>Club</b>
<b>1</b>	Anna Bowman	Nakkertok
<b>2</b>	Sophie Levasseur	Pembroke
<b>3</b>	Joanna McDonald	DRXC

**Category #34 – Skating Knock-Out – Open Pursuit (ages 15+) – 400 m**

<b>Place</b>	<b>Name</b>	<b>Club</b>
<b>1</b>	Maurice Samm	Chelsea Nordiq
<b>2</b>	Guillaume Pelchat	Pembroke
<b>3</b>	Theo Mallett	Chelsea Nordiq

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**RACE OFFICIALS & VOLUNTEERS**

<b>STARTERS:</b>	Karen Doherty, Tom Doherty, Joanne Konyk
<b>FINISH LINE:</b>	Rona Cleland, Bob Cleland, Gene Lemieux, Kate Guérout
<b>MARSHALS:</b>	Mike Milgram, Lauren Kinghorn, Wendy Spencer, Kevin Blimkie, Claire Metcalfe, Yvette Plaice, Carol Robertson, Brian Burke, Duncan Barber, Alan Archer, Nick Scheier, Allan Everatt, Martin Klukas, Alistair Miller
<b>ROAD CROSSINGS:</b>	Rowley Kinghorn, Bob Jardine, Bill Graham, Danielle Beaton, Mike Wright, Lauren Kinghorn, Jacob Nowland, Craig Stuart, Bill Diamond, Jim Walker, Ian Ingram, Brian Ellis
<b>SKI SKATE KNOCKOUT:</b>	Bob Donders, Lois Fitzpatrick, Bruce Heinmiller, Kate Guérout, Vern Koslowsky, Martin Koslowsky, Ian Bradley, Steve Hopkins, Amber Hopkins, Peter Brewster, Metin Yetisir, May Zhang, David Klukas, Kevin MacDonald
<b>RADIO:</b>	Bob Howard, Yvonne Adam, Tony Hinds, Rob MacFarlane, Ron Davis, Ken Jeffers
<b>REGISTRATION:</b>	Anne Murphy
<b>RECEPTION / BIBS/CHIPS:</b>	Barb Shreeve, Ann Serdula, Mira Anghel, Vini Anghel
<b>GROOMING &amp; TRAIL PREP:</b>	David Steer, Barrie Greiner, Roman Pruszkowski, Craig Stuart, Stuart Craig
<b>TRAIL MARKING</b>	Phil Davis, Anne Murphy, George Doubt, Stuart Craig, Carol White, Bryan White, Caroline Lee
<b>FORERUNNERS:</b>	Nancy Elliot, John Elliot, Lois Fitzpatrick
<b>SWEEP SKIERS:</b>	members of Ski Patrol
<b>SKI PATROL:</b>	Steve McCauley, Myrna McCauley, Glen Kyle
<b>SNOWMOBILERS:</b>	David Steer, George Doubt
<b>OTHER OFFICIALS:</b>	Diane Davis, Susan Yatabe, Stuart Craig, Stephen Eyvindson, Helena Rummens



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**SILVER SPOON ORGANIZING COMMITTEE**

Chief of Race	Helena Rummens
Race Secretary	Anne Murphy
Chief of Course #1	Stuart Craig
Chief of Course #2	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 webpage.
- Mary Lynn Benz for the creation of the Silver Spoon prizes (custom-made plates).
- Sportstats for excellent service in timing and result posting.
- Jim Bourgeois from Algonquin Events for providing music and microphone.

**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 2018** for:**

**the **46th** Silver Spoon Ski Fest**