

33rd Silver Spoon Classic - February 5, 2005

| Bib#  | Name                     | Club/Town         | Time  | Place |  |  |
|---|--------------------------|-------------------|-------|-------|--|--|
| <b>MIGHTY MIDGET Boys Age 8&amp;9 1.5 km Golf Course (Long)</b>     |                          |                   |       |       |  |  |
| 401   | Turgeon, Zacharie        | Skinouk           | 7:14  | 1     |  |  |
| 406   | Besemann, Andreas        | Nakkertok         | 7:17  | 2     |  |  |
| 405   | Eyvindson, Atli          | DRXC              | 8:22  | 3     |  |  |
| 402   | Fahey, Aaron             | Chelsea Nordiq    | 8:40  | 4     |  |  |
| 403   | Hamilton, Wil            | Chelsea Nordiq    | 9:03  | 5     |  |  |
| 407   | Smedley, Liam            | W.Carleton Nordic | 9:18  | 6     |  |  |
| 404   | Mahaffy, Philippe        | DRXC              | 9:58  | 7     |  |  |
| <b>MIGHTY MIDGET Girls Age 8&amp;9 1.5 km Golf Course (Long)</b>    |                          |                   |       |       |  |  |
| 419   | Stewart-Jones, Emilie    | Nakkertok         | 7:17  | 1     |  |  |
| 416   | Vanier, Frédérique       | Skinouk           | 7:30  | 2     |  |  |
| 420   | Aller, Kiersten          | Nakkertok         | 7:34  | 3     |  |  |
| 417   | Moresoli, Maia           | Chelsea Nordiq    | 7:48  | 4     |  |  |
| 414   | Workun-Hill, Jessica     | Chelsea Nordiq    | 7:49  | 5     |  |  |
| 421   | Stewart-Jones, Katherine | Nakkertok         | 8:10  | 6     |  |  |
| 422   | Buckner, Krista          | PAXC              | 8:39  | 7     |  |  |
| 415   | Mackenzie, Madison       | Chelsea Nordiq    | 8:55  | 8     |  |  |
| 423   | Guérout, Audrey          | DRXCJR            | 9:05  | 9     |  |  |
| 424   | Donders, Simone          | DRXCJR            | 9:47  | 10    |  |  |
| 413   | Woodley, Erin            | Chelsea Nordiq    | 9:54  | 11    |  |  |
| 426   | Baird, Emma              | Arnprior          | 9:54  | 11    |  |  |
| 427   | McGregor, Paige          | DRXC              | 10:19 | 13    |  |  |
| 425   | Ryan, Kathryn            | PAXC              | 10:40 | 14    |  |  |
| 418   | Niemi, Keira             | Kanata Racers     | DNS   |       |  |  |
| <b>MIGHTY MIDGET Boys Age 6&amp;7 1.5 km Golf Course (Long)</b>     |                          |                   |       |       |  |  |
| 436   | Turgeon, Benjamin        | Skinouk           | 9:58  | 1     |  |  |
| 438   | Scheier, Nolan           | Gloucester        | 10:16 | 2     |  |  |
| 433   | Fahey, Neal              | Chelsea Nordiq    | 11:42 | 3     |  |  |
| 439   | Eadie, Daniel            | PAXC              | 12:22 | 4     |  |  |
| 437   | Ryan, Shane              | PAXC              | 13:24 | 5     |  |  |
| 434   | Hamilton, Tom            | Chelsea Nordiq    | 14:22 | 6     |  |  |
| 435   | Lee, Connor              | DRXCJR            | 17:40 | 7     |  |  |
| <b>MIGHTY MIDGET Girls Age 6&amp;7 1.5 km Golf Course (Long)</b>    |                          |                   |       |       |  |  |
| 447   | Eyvindson, Björk         | DRXC              | 9:09  | 1     |  |  |
| 445   | Weller, Leanne           | Chelsea Nordiq    | 10:38 | 2     |  |  |
| 448   | Aller, Pyper             | Nakkertok         | 11:20 | 3     |  |  |
| 446   | Szornel, Julia           | Ottawa            | 17:30 | 4     |  |  |
| <b>MIGHTY MITE Boys Age 5&amp;under 0.5 km Golf Course (Short)</b>  |                          |                   |       |       |  |  |
| 502   | Guérout, Max (5)         | DRXCJR            | 3:24  | 1     |  |  |
| 503   | Nishimura, Bruce (5)     | DRXCJR            | 4:14  | 2     |  |  |
| 501   | Lee, Benjamin (4)        | Silver Fox        | 15:15 | 3     |  |  |
| <b>MIGHTY MITE Girls Age 5&amp;under 0.5 km Golf Course (Short)</b> |                          |                   |       |       |  |  |
| 505   | Eadie, Sarah (5)         | PAXC              | 4:52  | 1     |  |  |

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| Bib#                                     | Name                      | Club/Town      | Time  | Place |  |  |
|--|---------------------------|----------------|-------|-------|--|--|
| MIDGET Boys Age 12&13 3.5 km D loop      |                           |                |       |       |  |  |
| 4  | Townsend, Sébastien       | Chelsea Nordiq | 17:34 | 1     |  |  |
| 3  | Tolton-Morley, Jacob      | Chelsea Nordiq | 18:20 | 2     |  |  |
| 5  | Michaud-Ethier, Guillaume | Skinouk        | 18:26 | 3     |  |  |
| 6  | Ramonat, Gus              | Ottawa Racers  | 18:53 | 4     |  |  |
| 2  | Hanks, Spencer            | Chelsea Nordiq | 21:15 | 5     |  |  |
| 7  | Nishimura, Michael        | DRXCJR         | 24:48 | 6     |  |  |
| 1  | Moresoli, Lucas           | Chelsea Nordiq | DNS   |       |  |  |
| 8  | Brown, Nicholas           | DRXCJR         | DNS   |       |  |  |
| MIDGET Girls Age 12&13 3.5 km D loop     |                           |                |       |       |  |  |
| 17                                       | Levac, Karine             | Skinouk        | 16:59 | 1     |  |  |
| 21                                       | Carriere, Karyne          | PAXC           | 17:07 | 2     |  |  |
| 30                                       | Brennan, Liz              | Kanata Racers  | 17:49 | 3     |  |  |
| 25                                       | Kirby, Hannah             | Kanata Racers  | 17:54 | 4     |  |  |
| 22                                       | Dumont, Mireille          | Skinouk        | 18:10 | 5     |  |  |
| 23                                       | Dionne, Camille           | Skinouk        | 18:28 | 6     |  |  |
| 31                                       | Van Wijk, Stefani         | Nakkertok      | 18:34 | 7     |  |  |
| 26                                       | Besemann, Kirstin         | Nakkertok      | 18:40 | 8     |  |  |
| 27                                       | Foley, Leslie             | Nakkertok      | 19:11 | 9     |  |  |
| 13                                       | Workun-Hill, Michelle     | Chelsea Nordiq | 19:20 | 10    |  |  |
| 24                                       | Hagberg, Ingrid           | DRXCJR         | 21:09 | 11    |  |  |
| 16                                       | Niemi, Eriikka            | Kanata Racers  | 21:41 | 12    |  |  |
| 14                                       | Mackenzie, Elizabeth      | Chelsea Nordiq | 22:06 | 13    |  |  |
| 18                                       | Fehr, Kaitlin             | Chelsea Nordiq | 22:17 | 14    |  |  |
| 20                                       | Mackenzie, Jennifer       | Chelsea Nordiq | 22:44 | 15    |  |  |
| 29                                       | Plante, Melanie           | PAXC           | 23:05 | 16    |  |  |
| 28                                       | Lloyd, Emily              | Nakkertok      | 23:08 | 17    |  |  |
| 19                                       | Woodley, Amanda           | Chelsea Nordiq | 25:18 | 18    |  |  |
| 15                                       | Lindfors, Kaisa           | Chelsea Nordiq | 25:56 | 19    |  |  |
| MINI MIDGET Boys Age 10&11 3.5 km D loop |                           |                |       |       |  |  |
| 40                                       | Lepage, Alexis            | Skinouk        | 18:50 | 1     |  |  |
| 33                                       | Turgeon, Alexis           | Skinouk        | 18:59 | 2     |  |  |
| 36                                       | Weller, Chris             | Chelsea Nordiq | 19:57 | 3     |  |  |
| 44                                       | Babinski, Tristan         | Nakkertok      | 19:59 | 4     |  |  |
| 41                                       | Petersen, Rhys            | Nakkertok      | 21:05 | 5     |  |  |
| 42                                       | Donders, Eric             | DRXCJR         | 22:23 | 6     |  |  |
| 39                                       | Hanks, Ethan              | Chelsea Nordiq | 22:41 | 7     |  |  |
| 45                                       | Karmanov, Fedor           | Kanata Racers  | 24:00 | 8     |  |  |
| 34                                       | Fehr, Connor              | Chelsea Nordiq | 28:00 | 9     |  |  |
| 38                                       | Fahey, Ryan               | Chelsea Nordiq | 28:38 | 10    |  |  |
| 37                                       | Pritchard, Noel           | Chelsea Nordiq | 30:06 | 11    |  |  |
| 43                                       | Brown, Severn             | DRXCJR         | 33:49 | 12    |  |  |
| 35                                       | Macdonell, John           | Chelsea Nordiq | DNS   |       |  |  |
|  |                           |                |       |       |  |  |
|  |                           |                |       |       |  |  |
|  |                           |                |       |       |  |  |
|  |                           |                |       |       |  |  |

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|--|--------------------------|----------------|--------|--------|--------|-------|
| MINI MIDGET Girls Age 10&11 3.5 km D loop      |                          |                |        |        |        |       |
| 54   | Petersen, Kirsten        | Nakkertok      | 17:53  | 1      |        |       |
| 52   | Joy, Alexandra           | Nakkertok      | 20:24  | 2      |        |       |
| 51   | Babinski, Stephanie      | Nakkertok      | 24:06  | 3      |        |       |
| 53   | Szornel, Joanna          | Ottawa         | 24:16  | 4      |        |       |
| 50   | Gagne-Montcalm, Heidi    | Skinouk        | 25:46  | 5      |        |       |
| 55   | Plante, Sarah            | PAXC           | 26:19  | 6      |        |       |
| 49   | Tolton-Morley, Georgia   | Chelsea Nordiq | 26:29  | 7      |        |       |
|  |                          |                |        |        |        |       |
|  |                          |                |        |        |        |       |
| JUVENILE BOYS Age 14&15 6 km Loops D, R        |                          |                |        |        |        |       |
| 62   | Levac, Jonathan          | Skinouk        | 25:09  | 1      |        |       |
| 63   | Michaud, Charles-Antoine | Skinouk        | 28:24  | 2      |        |       |
| 61   | Kirby, Nathan            | Kanata Racers  | 28:37  | 3      |        |       |
| 64   | Besemann, Mattias        | Nakkertok      | 29:29  | 4      |        |       |
|  |                          |                |        |        |        |       |
| JUVENILE GIRLS Age 14&15 6 km Loops D, R       |                          |                |        |        |        |       |
| 70   | McVicar, Danielle        | Kanata Racers  | 26:25  | 1      |        |       |
| 72   | Buckner, Sara            | PAXC           | 27:09  | 2      |        |       |
| 74   | Buckner, Danielle        | PAXC           | 28:42  | 3      |        |       |
| 73   | Dionne, Beatrice         | Skinouk        | 30:25  | 4      |        |       |
| 69   | Samulack, Kim            | Kanata Racers  | 35:39  | 5      |        |       |
| 71   | Szornel, Agnieszka       | Ottawa         | 40:04  | 6      |        |       |
|  |                          |                |        |        |        |       |
| JUNIOR GIRLS Age 16&17 6 km Loops D, R         |                          |                |        |        |        |       |
| 81   | Brennan, Kate            | Kanata Racers  | 25:19  | 1      |        |       |
| 77   | McVicar, Julie           | Kanata Racers  | 26:16  | 2      |        |       |
| 78   | Blenkarn, Jessica        | Kanata Racers  | 28:50  | 3      |        |       |
| 79   | Mountain, Liisa          | Nakkertok      | 30:12  | 4      |        |       |
| 80   | Hagberg, Audrey          | DRXC           | 32:14  | 5      |        |       |
|  |                          |                |        |        |        |       |
| Bib#   | Name                     | Club/Town      | Dist.1 | Dist.2 | Place  |       |
|  |                          |                |        |        |        |       |
| JUNIOR BOYS Age 16&17 10 km Loops D, R, X, M   |                          |                |        |        |        |       |
| 85   | Jones, Kieran            | Nakkertok      | 16:01  | 49:47  | 1      |       |
| 86   | Ramonat, Stefan          | Ottawa Racers  | 16:50  | 53:50  | 2      |       |
| 87   | Samulack, Rob            | Kanata Racers  | 19:13  | 58:25  | 3      |       |
|  |                          |                |        |        |        |       |
|  |                          |                |        |        |        |       |
| Bib#   | Name                     | Club/Town      | Dist.1 | Dist.2 | Dist.3 | Place |
|  |                          |                |        |        |        |       |
| JUNIOR MEN Age 18&19 15 km Loops D, R, X, C, M |                          |                |        |        |        |       |
| 91   | Niederhauser, Sven       | Kanata Racers  | 14:40  | 33:55  | 54:52  | 1     |
| 92   | Ells, Ben                | DRXC           | DNS    |        |        |       |
|  |                          |                |        |        |        |       |
|  |                          |                |        |        |        |       |
| SENIOR MEN Age 20-29 15 km Loops D, R, X, C, M |                          |                |        |        |        |       |
| 95   | Portmann, Teddy          | Ottawa         | 15:14  | 35:10  | 57:43  | 1     |
|  |                          |                |        |        |        |       |

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|---|---------------------|----------------|--------|--------|--------|-------|
| MASTERS MEN I Age 30-39 15 km Loops D, R, X, C, M   |                     |                |        |        |        |       |
| 99  | Eyvindson, Stephen  | DRXC           | 15:31  | 36:00  | 58:51  | 1     |
| 100   | Plante, Daniel      | PAXC           | 16:40  | 38:44  | 63:45  | 2     |
| 101   | Fletcher, Aubrey    | Deep River     | 17:42  | 41:38  | 69:26  | 3     |
| 103   | Gu erout, Fabrice   | DRXC           | 19:11  | 45:23  | 74:07  | 4     |
| 102   | Serdula, Jay        | Kingston       | 19:24  | 46:38  | 77:55  | 5     |
| MASTERS MEN II Age 40-49 15 km Loops D, R, X, C, M  |                     |                |        |        |        |       |
| 124   | Van Wijk, Dirk      | Nakkertok      | 14:27  | 33:20  | 53:26  | 1     |
| 112   | Aller, Bryan        | Nakkertok      | 14:36  | 33:59  | 55:43  | 2     |
| 113   | Besemann, Markus    | Nakkertok      | 15:13  | 34:44  | 56:09  | 3     |
| 108   | Petersen, Erik      | Nakkertok      | 15:33  | 35:55  | 58:03  | 4     |
| 115   | Kulas, Mark         | PAXC           | 15:32  | 36:08  | 59:24  | 5     |
| 117   | Jones, Brad         | Nakkertok      | 16:26  | 37:47  | 61:39  | 6     |
| 114   | Lloyd, Peter        | Nakkertok      | 16:31  | 38:14  | 62:53  | 7     |
| 110   | Niemi, Ari          | Kanata Racers  | 16:18  | 38:20  | 63:11  | 8     |
| 116   | Townsend, Philip    | Chelsea Nordiq | 17:02  | 39:35  | 64:15  | 9     |
| 118   | Babinski, Marc      | Nakkertok      | 17:20  | 40:25  | 65:23  | 10    |
| 121   | Donders, Bob        | DRXC           | 17:13  | 40:25  | 65:28  | 11    |
| 119   | Beale, Mike         | Silver Fox     | 17:45  | 41:10  | 66:18  | 12    |
| 120   | Pineau, Ian         | PAXC           | 18:12  | 42:25  | 68:57  | 13    |
| 111   | Van Wagner, Peter   | Ottawa         | 20:52  | 48:41  | 78:19  | 14    |
| 123   | Carriere, Normand   | PAXC           | 20:00  | 47:59  | 80:14  | 15    |
| 122   | Baird, Alastair     | Arnprior       | 20:54  | 48:57  | 81:01  | 16    |
| 107   | Baird, Colin        | DRXC           | 24:36  | 55:57  | 89:26  | 17    |
| 109   | Lauzon, Richard     | Rolphton       | DNS    |        |        |       |
| MASTERS MEN III Age 50-59 15 km Loops D, R, X, C, M |                     |                |        |        |        |       |
| 127   | Benz, Walter        | DRXC/SFN       | 16:02  | 36:48  | 59:51  | 1     |
| 129   | Mark, Greg          | DRXC           | 17:24  | 40:45  | 66:18  | 2     |
| 132   | Heinmiller, Bruce   | DRXC           | 17:59  | 42:41  | 68:45  | 3     |
| 128   | McVicar, Daniel     | Kanata Racers  | 19:03  | 43:54  | 70:22  | 4     |
| 130   | Champ, Doug         | DRXC           | 19:27  | 45:05  | 72:58  | 5     |
| 133   | Szornel, Krzysztof  | Ottawa         | 19:24  | 46:29  | 76:05  | 6     |
| 134   | Maguire, Michael    | DRXC           | 20:45  | 47:14  | 76:12  | 7     |
| 131   | Davis, Philip       | DRXC           | 19:56  | 46:51  | 78:35  | 8     |
| 135   | Rowe, Paul          | Almonte        | 25:32  | 57:57  | 91:13  | 9     |
| MASTERS MEN IV Age 60+ 15 km Loops D, R, X, C, M    |                     |                |        |        |        |       |
| 140   | Metcalfe, Ray       | DRXC           | 17:22  | 40:10  | 65:02  | 1     |
| 142   | Greiner, Barrie     | Silver Fox     | 17:40  | ?      | 66:36  | 2     |
| 141   | Meadowcroft, Ross   | Silver Fox     | 17:38  | ?      | 67:39  | 3     |
| 139   | Niederhauser, Heinz | Kanata Racers  | 17:54  | ?      | 68:41  | 4     |
| 143   | Holden, Tom         | DRXC           | 21:09  | ?      | 78:20  | 5     |
| 144   | Pothier, Norm       | DRXC           | 22:12  | 50:55  | 82:23  | 6     |
| 145   | Garvey, Peter       | Nepean         | 22:04  | 51:31  | 84:37  | 7     |
| 146   | Cooper, John        | Ottawa         | 23:22  | 54:06  | 86:31  | 8     |
| 149   | Hare, Gerald        | Nepean         | 22:44  | 53:25  | 87:28  | 9     |
| 148   | Bancroft, Al        | DRXC           | 24:50  | 56:17  | 93:29  | 10    |
| 150   | Winegar, Bob        | MonoNordic     | 23:19  | 57:20  | 98:01  | 11    |
| 147   | Hinds, Tony         | DRXC           | 27:21  | 64:56  | 112:22 | 12    |

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|---|--------------------|-------------------|--------|--------|-------|--|
| JUNIOR WOMEN Age 18&19 10 km Loops D, R, X, M     |                    |                   |        |        |       |  |
|   | No entries         |                   |        |        |       |  |
| SENIOR WOMEN Age 20-29 10 km Loops D, R, X, M     |                    |                   |        |        |       |  |
| 154   | Hall, Margot       | Ottawa            | 22:04  | 65:49  | 1     |  |
| 153   | Plaunt, Katie      | Pembroke          | 24:59  | 77:37  | 2     |  |
| MASTERS WOMEN I Age 30-39 10 km Loops D, R, X, M  |                    |                   |        |        |       |  |
| 157   | Fletcher, Suzette  | Deep River        | 29:06  | 91:54  | 1     |  |
| MASTERS WOMEN II Age 40-49 10 km Loops D, R, X, M |                    |                   |        |        |       |  |
| 164   | Meyer, Eva         | Nakkertok         | 18:32  | 57:06  | 1     |  |
| 166   | Audet, Sherri      | W.Carleton Nordic | 19:36  | 60:31  | 2     |  |
| 165   | Stewart, Elizabeth | Nakkertok         | 19:33  | 60:32  | 3     |  |
| 162   | Holloway, Sue      | Nakkertok         | 20:20  | 64:45  | 4     |  |
| 167   | Komejan, Diana     | PAXC              | 21:55  | 66:34  | 5     |  |
| 161   | Avery, Gwen        | Nakkertok         | 21:43  | 68:10  | 6     |  |
| 168   | Agnew, Judith      | Nakkertok         | 21:56  | 69:42  | 7     |  |
| 169   | Rummens, Helena    | DRXC              | 23:57  | 73:21  | 8     |  |
| 159   | Yatabe, Susan      | DRXC              | 23:28  | 75:05  | 9     |  |
| 163   | Ulyatt, Hazel      | Ottawa            | 31:08  | 99:07  | 10    |  |
| 160   | Rochefort, Claire  | Rouyn Noranda     | DNS    |        |       |  |
| MASTERS WOMEN III Age 50+ 10 km Loops D, R, X, M  |                    |                   |        |        |       |  |
| 171   | Ramonat, Christa   | Ottawa Racers     | 18:06  | 54:08  | 1     |  |
| 173   | Colins, Karen      | DRXC              | 19:52  | 61:24  | 2     |  |
| 174   | McCracken, Anna    | DRXC              | 22:56  | 71:35  | 3     |  |
| 176   | Cooper, Jean       | Ottawa            | 24:42  | 75:54  | 4     |  |
| 177   | McVicar, Denise    | Kanata Racers     | 25:37  | 79:25  | 5     |  |
| 175   | Kalechstein, Joan  | DRXC              | 27:36  | 87:06  | 6     |  |
| 172   | Drapeau, Blanche   | Kanata Racers     | DNS    |        |       |  |
| 10 km OPEN Loops D, R, X, M                       |                    |                   |        |        |       |  |
| 180   | Kalechstein, Wally | DRXC              | 24:54  | 76:16  | 1     |  |
| 181   | Serdula, Ann       | DRXC/SFN          | 24:46  | 78:14  | 2     |  |
| 179   | Lee, Caroline      | Silver Fox        | 24:43  | 79:46  | 3     |  |
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| MASTERS WOMEN IV Age 50+ 6 km Loops D, R          |                    |                   |        |        |       |  |
| 183   | Miller, Margaret   | DRXC              | 41:50  | 1      |       |  |
| 184   | Greiner, Mary      | DRXC              | 47:32  | 2      |       |  |
| 185   | Winegar, Joyce     | MonoNordic        | 52:23  | 3      |       |  |

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| Bib#                                     | Name                 | Club/Town        | H'cap<br>(Min) | Finish | H'cap<br>Time | Place |
|--|----------------------|------------------|----------------|--------|---------------|-------|
| HANDICAP OPEN Age 18+ 8 km Loops D, R, X |                      |                  |                |        |               |       |
| 192                                      | Bouchard, André      | PAXC             | 12             | 56:10  | 44:10         | 1     |
| 191                                      | Cox, Brian           | DRXC             | 16             | 62:04  | 46:04         | 2     |
| 187                                      | Deabreu, Bernie      | Silver Fox       | 3              | 51:43  | 48:43         | 3     |
| 196                                      | Collins, Harry       | DRXC&PAXC        | 28             | 77:03  | 49:03         | 4     |
| 197                                      | Cassidy, Jean        | Saskatoon Nordic | 15             | 64:15  | 49:15         | 5     |
| 189                                      | Jarvis, Anna         | London           | 5              | 54:32  | 49:32         | 6     |
| 193                                      | Nishimura, Rosemary  | DRXC             | 15             | 65:24  | 50:24         | 7     |
| 188                                      | Coleman, Kit         | DRXC             | 5              | 58:08  | 53:08         | 8     |
| 194                                      | Van Wagner, Charles  | DRXC             | 12             | 69:07  | 57:07         | 9     |
| 198                                      | Salt, Christine      | Deep River       | 5              | 66:05  | 61:05         | 10    |
| 195                                      | Anderson, Ted        | Pembroke         | 5              | 70:40  | 65:40         | 11    |
| 190                                      | Denis(Buyers), Sarah | Deep River       | 5              | DNS    |               |       |
|  |                      |                  |                |        |               |       |
|  |                      |                  | H'cap<br>(Min) | Finish | H'cap<br>Time | Place |
| HANDICAP OPEN Age 18+ 3.5 km D loop      |                      |                  |                |        |               |       |
| 200                                      | Hilborn, John        | DRXC             | 5              | 33:41  | 28:41         | 1     |
| 199                                      | Donders, Wayne       | Ancaster         | 7              | DNS    |               |       |