



# Eastern Ontario Cyclocross Series #7

## November 10, 2024

### Race 5 (Men)

26.75 km, 1st lap 2.72 km, 9 more laps of 2.67 km, winner: 1:02:52 - 25.53 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	Lap 7	Lap 8	Lap 9	Lap 10
1	25	DAL-CIN, Matteo	Passion Project	Gatineau	Senior	eocx25	CME	1:02:52.07		25.53	6:34.06	6:09.50	6:12.55	6:15.55	6:14.93	6:17.72	6:13.63	6:20.50	6:11.14	6:22.49
2	15	WOODFORD, Alexander	Ride with Rendall p/b Biemme	Ottawa	Senior	ON76587	CME	1:03:15.22	0'23.16"	25.37	6:22.02	6:19.73	6:14.73	6:15.66	6:14.76	6:17.39	6:13.55	6:20.70	6:32.62	6:24.07
3	21	ST JOHN, Derrick	The Cyclery	Gatineau	Senior	eocx21	CMMB	1:05:00.33	2'08.26"	24.69	6:26.67	6:15.70	6:23.67	6:37.18	6:30.68	6:27.24	6:30.05	6:38.04	6:36.89	6:34.21
4	19	ZAGAR, Myles	Les Rouleurs - Polo Vélo	Ottawa	Senior	ON76782	CME	1:06:03.47	3'11.41"	24.30	6:25.01	6:25.10	6:30.04	6:30.54	6:26.31	6:28.35	6:41.42	6:47.56	6:47.98	7:01.15
5	16	MILLER, Michael	The Cyclery	Vanier	Senior	ON76730	CME	1:06:33.54	3'41.47"	24.11	6:35.36	6:34.37	6:38.85	6:43.18	6:36.69	6:36.32	6:42.54	6:42.12	6:42.89	6:41.22
6	857	HAMM, Emile	Hustle Pro Cycling	Thunder Bay	Senior	ON76579	CME	1:07:26.84	4'34.78"	23.80	6:38.49	6:30.96	6:43.25	6:42.89	6:32.68	6:45.94	6:45.66	6:50.09	6:54.76	7:02.11
7	837	SOUTER, Dan	Faction Racing - KW Audi pb WCC	Kitchener	Senior	ON76917	CMMA	1:08:03.29	5'11.23"	23.58	6:45.28	6:41.88	6:44.68	6:48.70	6:45.61	6:46.02	6:51.36	6:53.39	6:52.66	6:53.71
8	849	MILES, Carson	Nside	Ottawa	Senior		CME	1:08:43.63	5'51.57"	23.35	7:02.36	6:40.32	6:42.50	6:44.66	6:53.49	6:54.02	6:56.30	6:57.09	6:56.37	6:56.53
9	853	BRISEBOIS, Rémi	Ride with Rendall p/b Biemme	Chelsea	Senior	24COMM-1815	CME	1:08:49.61	5'57.55"	23.32	6:30.67	6:30.18	6:35.77	6:43.58	6:46.90	6:45.91	7:00.37	7:08.93	7:27.80	7:19.50
10	848	KINCAID, Theodore	Passion Project	Ottawa	Senior	2ecx712	CME	1:03:21.40	-1 lap	22.80	7:07.63	6:52.82	6:58.58	6:48.28	6:56.48	7:06.40	7:05.42	7:21.74	7:04.05	
11	113	MCGUIRE, James	Tekné Cycle Club	Ottawa	Master A	ON76753	CMMB	1:03:27.37	-1 lap	22.77	7:00.41	6:58.88	6:57.38	7:02.10	7:08.29	6:58.18	7:09.69	7:12.61	6:59.82	
12	112	LEFEBVRE, Bruce	Ottawa Bicycle Club	Ottawa	Master A	24CHAL-0068	CMMA	1:03:31.80	-1 lap	22.74	6:58.53	7:00.95	6:57.85	7:02.14	7:04.53	7:00.13	7:10.41	7:12.96	7:04.30	
13	845	CHARRON, Nathan	Passion Project	Ottawa	Senior	ON76962	CME	1:03:33.97	-1 lap	22.73	7:03.89	6:55.89	6:57.89	6:51.59	7:14.42	6:59.90	7:10.32	7:12.91	7:07.17	
14	813	MCCLURE, Tim	St. Catharines Cycling Club	Fonthill	Master A	ON77045	CMMA	1:03:59.05	-1 lap	22.58	7:15.63	7:00.25	6:58.25	7:06.81	7:09.70	7:12.02	7:12.05	7:07.60	6:56.75	
15	116	GRIEVE, Richard	Tekné Cycle Club	Kanata	Master A	ON76976	CMMB	1:04:09.10	-1 lap	22.52	7:01.18	6:59.05	6:58.15	7:01.32	7:04.28	7:06.59	7:24.86	7:18.57	7:15.09	
16	33	CONLY, Lukas	360 AGENCY	Gatineau	Senior	eocx33	CME	1:05:01.64	-1 lap	22.22	7:03.84	6:54.85	6:58.27	7:02.05	7:08.08	7:16.34	7:22.23	7:41.63	7:34.34	
17	100	VAN DEN HAM, Doug	Nine2FivePro Cycling Team:Ottawa Bicycle Club	Ottawa	Master A	ON76727	CMMB	1:05:12.35	-1 lap	22.16	7:04.08	7:05.27	7:12.41	7:17.50	7:21.41	7:20.44	7:18.56	7:18.68	7:14.01	
18	814	VAN DER SLUIS, Jonathan	Team 905 Racing:St. Catharines Cycling Club	Thorold	Master A	24COMP-0589	CMMA	1:05:26.43	-1 lap	22.08	7:36.11	7:09.91	7:09.36	7:16.96	7:14.54	7:18.46	7:23.67	7:12.40	7:05.01	
19	117	RENDALL, Glen	Ride with Rendall p/b Biemme	Ottawa	Master A	ON76960	CMMA	1:05:34.50	-1 lap	22.03	7:19.59	7:11.43	7:12.60	7:10.14	7:16.42	7:18.19	7:17.93	7:21.64	7:26.56	
20	23	WOODFORD, Theodore	Ottawa Bicycle Club	Ottawa	Senior	ON77020	CME	1:05:51.41	-1 lap	21.94	6:58.40	7:01.30	6:57.97	6:50.04	7:05.04	7:36.39	7:50.06	7:49.28	7:42.94	
21	28	MCKAY, Cody	Project Heart	Ottawa	Senior	ON76676	CME	1:06:22.51	-1 lap	21.77	7:04.77	7:12.53	7:23.32	7:24.64	7:33.84	7:32.79	7:32.27	7:28.43	7:09.92	
22	34	BEARDSALL, Andrew		Ottawa	Senior	24CHAL-1300	CME	1:06:23.55	-1 lap	21.76	7:28.32	7:06.96	7:08.93	7:09.26	7:16.39	7:19.55	7:27.67	7:54.97	7:31.50	
23	105	SABATINO, Simon	CC Maraudeurs	Montréal	Master A	53899	CMMA	1:07:07.92	-1 lap	21.52	8:37.13	7:14.36	7:13.77	7:14.54	7:16.70	7:16.98	7:13.43	7:28.18	7:32.85	
24	114	BLAKE, Ben		Winchester	Master A	24COMP-0604	CMMA	1:07:17.31	-1 lap	21.47	7:18.97	7:11.79	7:25.69	7:39.15	7:40.58	7:37.83	7:24.11	7:34.74	7:24.44	
25	102	BOUDREAU, Marc	The Cyclery	Osgoode	Master A	ON77044	CMMA	1:08:17.59	-1 lap	21.16	7:19.06	7:18.68	7:31.25	7:33.65	7:40.16	7:32.19	7:42.63	7:50.23	7:49.74	
26	104	MACDONALD, Warren	Nine2FivePro Cycling Team	Ottawa	Master A	ON76863	CMMB	1:08:31.67	-1 lap	21.08	7:23.53	7:25.74	7:37.01	7:39.94	7:35.11	7:40.07	7:44.99	7:41.98	7:43.30	
27	855	PIMM DUPUCH, Jean Robert	Midweek Cycling Club	Toronto	Master A	24COMP-0268	CME	1:10:02.76	-1 lap	20.63	7:53.01	7:25.23	7:32.21	7:40.67	7:53.70	7:41.03	7:50.27	7:51.74	8:14.91	
28	842	GIBB, Robertson		Ottawa	Master A	1ecx796	CMMA	1:10:14.22	-1 lap	20.57	7:55.98	7:35.23	7:35.95	7:38.28	7:44.27	7:45.88	7:48.68	7:57.53	8:12.42	
29	120	MARKIN, David	Ottawa Bicycle Club	Ottawa	Master A	24COMM-5799	CMMB	1:11:45.01	-1 lap	20.14	8:00.24	7:37.74	7:38.94	7:41.90	7:45.72	7:46.01	7:52.47	8:23.77	8:58.21	
30	812	LANG, Rudolf		Ottawa	Master A	ON76318	CMMA	1:02:53.82	-2 laps	20.42	7:48.86	7:38.08	7:43.57	7:42.50	7:52.35	8:02.16	7:59.54	8:06.76		
31	111	CARRIERE, Charles	euro-sports	Gatineau	Master A	eocx111	CMMA	1:02:55.81	-2 laps	20.41	7:42.97	7:35.79	7:40.17	7:46.84	7:57.21	7:50.74	7:56.93	8:25.16		
32	115	VERDON, Eric		Ottawa	Master A	24CHAL-1342	CME	1:03:26.36	-2 laps	20.25	7:50.36	7:46.67	7:44.38	8:01.80	8:02.05	8:08.52	8:09.48	7:43.10		
33	307	FITZMAURICE, Danny		Ottawa	Master A	24CHAL-1341	CMMD	1:03:31.99	-2 laps	20.22	7:49.92	7:46.87	7:44.97	7:54.03	8:00.44	8:05.29	8:15.22	7:55.25		
34	818	HAMILTON, Benjamin		Montréal	Master A	54079	CMMA	1:04:13.29	-2 laps	20.00	8:17.10	8:02.73	7:58.48	7:52.71	8:06.40	8:06.31	8:03.89	7:45.68		
35	799	GROUT, Justin	The Cyclery	Ottawa	Senior		CME	1:04:40.71	-2 laps	19.86	7:49.02	7:41.94	7:43.31	7:58.91	8:04.41	8:14.05	8:23.82	8:45.25		
36	170	DUARTE, Tiago	Skinouk	Gatineau	Master A	eocx170	CMMB	1:07:18.22	-2 laps	19.09	7:54.27	8:03.63	8:10.07	8:27.03	8:54.94	8:23.83	8:58.82	8:25.63		
37	107	DEEL, Jeffrey		Carleton Place	Master A	24COMP-0320	CMMA	1:08:00.28	-2 laps	18.89	8:16.16	8:15.52	8:28.14	8:29.30	8:39.12	8:31.91	8:40.21	8:39.91		
38	819	GAUTHIER, Scott		Ottawa	Master A		CMMA	1:08:48.33	-2 laps	18.67	8:26.76	8:27.84	8:23.96	8:29.91	8:44.71	8:43.44	8:49.67	8:42.04		
39	824	WARD, Arun	Edmonton Road and Track Club	Edmonton	Master A		CME	1:09:52.59	-2 laps	18.38	8:30.47	8:46.66	8:46.57	8:41.53	8:42.82	8:42.68	8:46.49	8:55.38		
40	32	BETTERIDGE, Miles		Ottawa	Senior	24CHAL-1476	CME	1:10:12.70	-2 laps	18.30	8:16.24	8:34.38	8:43.64	8:39.55	8:51.46	9:01.79	9:01.34	9:04.30		
41	103	WASIAK, Szymek		Ottawa	Master A	24CHAL-1006	CME	1:11:30.74	-2 laps	17.96	8:27.61	8:38.80	8:51.94	8:43.55	8:42.13	8:50.24	9:28.46	9:48.02		
42	24	MCAULEY, Spencer		Chelsea	Senior	eocx24	CME	1:03:57.43	-3 laps	17.58	9:04.04	9:12.12	8:55.24	9:10.29	9:25.90	9:05.81	9:04.02			
43	844	CAVES, Nicholas		Ottawa	Senior		CME	1:06:06.62	-3 laps	17.01	8:55.59	9:19.49	9:34.01	9:42.15	9:31.16	9:24.39	9:39.82			
44	827	COLEMAN, Nicholas		Ottawa	Master A		CMMA	1:08:22.07	-3 laps	16.45	9:25.34	9:28.38	9:43.79	10:00.34	10:04.11	10:00.11	9:40.00			
45	118	CHURCHILL, Gerry		Ottawa	Master A	24COMM-6334	CME	1:10:01.84	-4 laps	13.77	9:30.28	9:21.73	11:29.77	11:30.40	13:49.90	14:19.76				
46	30	CHURCHILL, Sean		Ottawa	Senior	24COMM-6333	CME	1:13:02.14	-4 laps	13.20	10:50.67	11:43.11	12:17.78	12:51.50	13:00.12	12:18.95				



Eastern Ontario Cyclocross Series #7  
 November 10, 2024  
 Senior (Men)  
 26.75 km, 1st lap 2.72 km, 9 more laps of 2.67 km, winner: 1:02:52 - 25.53 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	Lap 7	Lap 8	Lap 9	Lap 10
1	25	DAL-CIN, Matteo	Passion Project	Gatineau	Senior	eocx25	CME	1:02:52.07		25.53	6:34.06	6:09.50	6:12.55	6:15.55	6:14.93	6:17.72	6:13.63	6:20.50	6:11.14	6:22.49
2	15	WOODFORD, Alexander	Ride with Rendall p/b Biemme	Ottawa	Senior	ON76587	CME	1:03:15.22	0'23.16"	25.37	6:22.02	6:19.73	6:14.73	6:15.66	6:14.76	6:17.39	6:13.55	6:20.70	6:32.62	6:24.07
3	21	ST JOHN, Derrick	The Cyclery	Gatineau	Senior	eocx21	CMMB	1:05:00.33	2'08.26"	24.69	6:26.67	6:15.70	6:23.67	6:37.18	6:30.68	6:27.24	6:30.05	6:38.04	6:36.89	6:34.21
4	19	ZAGAR, Myles	Les Rouleurs - Polo Vélo	Ottawa	Senior	ON76782	CME	1:06:03.47	3'11.41"	24.30	6:25.01	6:25.10	6:30.04	6:30.54	6:26.31	6:28.35	6:41.42	6:47.56	6:47.98	7:01.15
5	16	MILLER, Michael	The Cyclery	Vanier	Senior	ON76730	CME	1:06:33.54	4'34.47"	24.11	6:35.36	6:34.37	6:38.85	6:43.18	6:36.69	6:36.32	6:42.54	6:42.12	6:42.89	6:41.22
6	857	HAMM, Emile	Hustle Pro Cycling	Thunder Bay	Senior	ON76579	CME	1:07:26.84	4'34.78"	23.80	6:38.49	6:30.96	6:43.25	6:42.89	6:32.68	6:45.94	6:45.66	6:50.09	6:54.76	7:02.11
7	837	SOUTER, Dan	Faction Racing - KW Audi pb WCC	Kitchener	Senior	ON76917	CMMA	1:08:03.29	5'11.23"	23.58	6:45.28	6:41.88	6:44.68	6:48.70	6:45.61	6:46.02	6:51.36	6:53.39	6:52.66	6:53.71
8	849	MILES, Carson	Nside	Ottawa	Senior		CME	1:08:43.63	5'51.57"	23.35	7:02.36	6:40.32	6:42.50	6:44.66	6:53.49	6:54.02	6:56.30	6:57.09	6:56.37	6:56.53
9	853	BRISEBOIS, Rémi	Ride with Rendall p/b Biemme	Chelsea	Senior	24COMM-1815	CME	1:08:49.61	5'57.55"	23.32	6:30.67	6:30.18	6:35.77	6:43.58	6:46.90	6:45.91	7:00.37	7:08.93	7:27.80	7:19.50
10	848	KINCAID, Theodore	Passion Project	Ottawa	Senior	2ecx712	CME	1:03:21.40	-1 lap	22.80	7:07.63	6:52.82	6:58.58	6:48.28	6:56.48	7:06.40	7:05.42	7:21.74	7:04.05	
11	845	CHARRON, Nathan	Passion Project	Ottawa	Senior	ON76962	CME	1:03:33.97	-1 lap	22.73	7:03.89	6:55.89	6:57.89	6:51.59	7:14.42	6:59.90	7:10.32	7:12.91	7:07.17	
12	33	CONLY, Lukas	360 AGENCY	Gatineau	Senior	eocx33	CME	1:05:01.64	-1 lap	22.22	7:03.84	6:54.85	6:58.27	7:02.05	7:08.08	7:16.34	7:22.23	7:41.63	7:34.34	
13	23	WOODFORD, Theodore	Ottawa Bicycle Club	Ottawa	Senior	ON77020	CME	1:05:51.41	-1 lap	21.94	6:58.40	7:01.30	6:57.97	6:50.04	7:05.04	7:36.39	7:50.06	7:49.28	7:42.94	
14	28	MCKAY, Cody	Project Heart	Ottawa	Senior	ON76676	CME	1:06:22.51	-1 lap	21.77	7:04.77	7:12.53	7:23.32	7:24.64	7:33.84	7:32.79	7:32.27	7:28.43	7:09.92	
15	34	BEARDSALL, Andrew		Ottawa	Senior	24CHAL-1300	CME	1:06:23.55	-1 lap	21.76	7:28.32	7:06.96	7:08.93	7:09.26	7:16.39	7:19.55	7:27.67	7:54.97	7:31.50	
16	799	GROUT, Justin	The Cyclery	Ottawa	Senior		CME	1:04:40.71	-2 laps	19.86	7:49.02	7:41.94	7:43.31	7:58.91	8:04.41	8:14.05	8:23.82	8:45.25		
17	32	BETTERIDGE, Miles		Ottawa	Senior	24CHAL-1476	CME	1:10:12.70	-2 laps	18.30	8:16.24	8:34.38	8:43.64	8:39.55	8:51.46	9:01.79	9:01.34	9:04.30		
18	24	MCAULEY, Spencer		Chelsea	Senior	eocx24	CME	1:03:57.43	-3 laps	17.58	9:04.04	9:12.12	8:55.24	9:10.29	9:25.90	9:05.81	9:04.02			
19	844	CAVES, Nicholas		Ottawa	Senior		CME	1:06:06.62	-3 laps	17.01	8:55.59	9:19.49	9:34.01	9:42.15	9:31.16	9:24.39	9:39.82			
20	30	CHURCHILL, Sean		Ottawa	Senior	24COMM-6333	CME	1:13:02.14	-4 laps	13.20	10:50.67	11:43.11	12:17.78	12:51.50	13:00.12	12:18.95				



Eastern Ontario Cyclocross Series #7  
 November 10, 2024  
 Master A 30-39 (Men)  
 24.08 km, 1st lap 2.72 km, 8 more laps of 2.67 km, winner: 1:03:27 - 22.77 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	Lap 7	Lap 8	Lap 9
1	113	MCGUIRE, James	Tekné Cycle Club	Ottawa	Master A	ON76753	CMMB	1:03:27.37		22.77	7:00.41	6:58.88	6:57.38	7:02.10	7:08.29	6:58.18	7:09.69	7:12.61	6:59.82
2	112	LEFEBVRE, Bruce	Ottawa Bicycle Club	Ottawa	Master A	24CHAL-0068	CMMA	1:03:31.80	0'04.44"	22.74	6:58.53	7:00.95	6:57.85	7:02.14	7:04.53	7:00.13	7:10.41	7:12.96	7:04.30
3	813	MCCLURE, Tim	St. Catharines Cycling Club	Fonthill	Master A	ON77045	CMMA	1:03:59.05	0'31.69"	22.58	7:15.63	7:00.25	6:58.25	7:06.81	7:09.70	7:12.02	7:12.05	7:07.60	6:56.75
4	116	GRIEVE, Richard	Tekné Cycle Club	Kanata	Master A	ON76976	CMMB	1:04:09.10	0'41.73"	22.52	7:01.18	6:59.05	6:58.15	7:01.32	7:04.28	7:06.59	7:24.86	7:18.57	7:15.09
5	100	VAN DEN HAM, Doug	Nine2FivePro Cycling Team:Ottawa Bicycle Club	Ottawa	Master A	ON76727	CMMB	1:05:12.35	1'44.98"	22.16	7:04.08	7:05.27	7:12.41	7:17.50	7:21.41	7:20.44	7:18.56	7:18.68	7:14.01
6	814	VAN DER SLUIS, Jonathan	Team 905 Racing:St. Catharines Cycling Club	Thorold	Master A	24COMP-0589	CMMA	1:05:26.43	1'59.07"	22.08	7:36.11	7:09.91	7:09.36	7:16.96	7:14.54	7:18.46	7:23.67	7:12.40	7:05.01
7	117	RENDALL, Glen	Ride with Rendall p/b Biemme	Ottawa	Master A	ON76960	CMMA	1:05:34.50	2'07.14"	22.03	7:19.59	7:11.43	7:12.60	7:10.14	7:16.42	7:18.19	7:17.93	7:21.64	7:26.56
8	105	SABATINO, Simon	CC Maraudeurs	Montréal	Master A	53899	CMMA	1:07:07.92	3'40.56"	21.52	8:37.13	7:14.36	7:13.77	7:14.54	7:16.70	7:16.98	7:13.43	7:28.18	7:32.85
9	114	BLAKE, Ben		Winchester	Master A	24COMP-0604	CMMA	1:07:17.31	3'49.94"	21.47	7:18.97	7:11.79	7:25.69	7:39.15	7:40.58	7:37.83	7:24.11	7:34.74	7:24.44
10	102	BOUDREAU, Marc	The Cyclery	Osgoode	Master A	ON77044	CMMA	1:08:17.59	4'50.23"	21.16	7:19.06	7:18.68	7:31.25	7:33.65	7:40.16	7:32.19	7:42.63	7:50.23	7:49.74
11	104	MACDONALD, Warren	Nine2FivePro Cycling Team	Ottawa	Master A	ON76863	CMMA	1:08:31.67	5'04.31"	21.08	7:23.53	7:25.74	7:37.01	7:39.94	7:35.11	7:40.07	7:44.99	7:41.98	7:43.30
12	855	PIMM DUPUCH, Jean Robert	Midweek Cycling Club	Toronto	Master A	24COMP-0268	CME	1:10:02.76	6'35.40"	20.63	7:53.01	7:25.23	7:32.21	7:40.67	7:53.70	7:41.03	7:50.27	7:51.74	8:14.91
13	842	GIBB, Robertson		Ottawa	Master A	1ecx796	CMMA	1:10:14.22	6'46.86"	20.57	7:55.98	7:35.23	7:35.95	7:38.28	7:44.27	7:45.88	7:48.68	7:57.53	8:12.42
14	120	MARKIN, David	Ottawa Bicycle Club	Ottawa	Master A	24COMM-5799	CMMA	1:11:45.01	8'17.64"	20.14	8:00.24	7:37.74	7:38.94	7:41.90	7:45.72	7:46.01	7:52.47	8:23.77	8:58.21
15	812	LANG, Rudolf		Ottawa	Master A	ON76318	CMMA	1:02:53.82	-1 lap	20.42	7:48.86	7:38.08	7:43.57	7:42.50	7:52.35	8:02.16	7:59.54	8:06.76	
16	111	CARRIERE, Charles	euro-sports	Gatineau	Master A	eocx111	CMMA	1:02:55.81	-1 lap	20.41	7:42.97	7:35.79	7:40.17	7:46.84	7:57.21	7:50.74	7:56.93	8:25.16	
17	115	VERDON, Eric		Ottawa	Master A	24CHAL-1342	CME	1:03:26.36	-1 lap	20.25	7:50.36	7:46.67	7:44.38	8:01.80	8:02.05	8:08.52	8:09.48	7:43.10	
18	307	FITZMAURICE, Danny		Ottawa	Master A	24CHAL-1341	CMMD	1:03:31.99	-1 lap	20.22	7:49.92	7:46.87	7:44.97	7:54.03	8:00.44	8:05.29	8:15.22	7:55.25	
19	818	HAMILTON, Benjamin		Montréal	Master A	54079	CMMA	1:04:13.29	-1 lap	20.00	8:17.10	8:02.73	7:58.48	7:52.71	8:06.40	8:06.31	8:03.89	7:45.68	
20	170	DUARTE, Tiago	Skinouk	Gatineau	Master A	eocx170	CMMA	1:07:18.22	-1 lap	19.09	7:54.27	8:03.63	8:10.07	8:27.03	8:54.94	8:23.83	8:58.82	8:25.63	
21	107	DEEL, Jeffrey		Carleton Place	Master A	24COMP-0320	CMMA	1:08:00.28	-1 lap	18.89	8:16.16	8:15.52	8:28.14	8:29.30	8:39.12	8:31.91	8:40.21	8:39.91	
22	819	GAUTHIER, Scott		Ottawa	Master A		CMMA	1:08:48.33	-1 lap	18.67	8:26.76	8:27.84	8:23.96	8:29.91	8:44.71	8:43.44	8:49.67	8:42.04	
23	824	WARD, Arun	Edmonton Road and Track Club	Edmonton	Master A		CME	1:09:52.59	-1 lap	18.38	8:30.47	8:46.66	8:46.57	8:41.53	8:42.82	8:42.68	8:46.49	8:55.38	
24	103	WASIAK, Szymek		Ottawa	Master A	24CHAL-1006	CME	1:11:30.74	-1 lap	17.96	8:27.61	8:38.80	8:51.94	8:43.55	8:42.13	8:50.24	9:28.46	9:48.02	
25	827	COLEMAN, Nicholas		Ottawa	Master A		CMMA	1:08:22.07	-2 laps	16.45	9:25.34	9:28.38	9:43.79	10:00.34	10:04.11	10:00.11	9:40.00		
26	118	CHURCHILL, Gerry		Ottawa	Master A	24COMM-6334	CME	1:10:01.84	-3 laps	13.77	9:30.28	9:21.73	11:29.77	11:30.40	13:49.90	14:19.76			