



Nordic Cats 'Cross Club

October 09, 2019

Elite Men (Men)

9.63 km, 5 laps of 1.93 km, winner: 40:56 - 14.12 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	84	NORDEMANN-DA SILVA, Daniel	Attack Racing p/b Ardent Industries	London	ON	Men	40:56		14.12	8:16	8:13	8:15	8:09	8:03
2	15	POLLETT, Chris	To Wheels Racing	London	ON	Men	41:14	0'19"	14.02	8:16	8:13	8:15	8:14	8:17
3	9	FERRELL, Chris	Woodstock Racing	Woodstock	ON	Men	42:59	2'03"	13.45	8:25	8:22	8:44	8:43	8:45
4	57	SCOLLARD, Andrew	Independent	London	ON	Men	43:34	2'39"	13.27	8:22	8:47	8:47	8:44	8:54
5	60	ASTON, Mike	To Wheels Racing	Woodstock	ON	Men	44:09	3'13"	13.10	9:13	8:46	8:38	8:41	8:50
6	81	JAFFRAY, Michael	To Wheels Racing	Tillsonburg	ON	Men	44:16	3'21"	13.06	8:53	8:51	8:48	8:48	8:57
7	12	RUBENZAHL, Ian	To Wheels Racing	London	ON	Men	44:40	3'44"	12.94	8:56	8:55	8:46	9:08	8:55
8	67	GIBSON, Kevin	Faction Smile Tiger C.R. p/b WCC	Kitchener	ON	Men	46:41	5'46"	12.38	8:54	9:05	9:33	9:34	9:34
9	8	JOANISSE, Marc	To Wheels Racing	London	ON	Men	47:04	6'09"	12.28	9:06	9:28	9:26	9:32	9:31
10	79	WILLIAMS, Derek	Independent	London	ON	Men	48:59	8'03"	11.80	9:58	9:31	9:36	10:05	9:48



Nordic Cats 'Cross Club

October 09, 2019

U19A (Open)

9.63 km, 5 laps of 1.93 km, winner: 44:30 - 12.99 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	22	PARGETER, Reilly	Attack Racing p/b Ardent Industries	London	ON	Men	44:30		12.99	8:41	8:58	8:53	8:52	9:05
2	86	ASH, Nate	Attack Racing p/b Ardent Industries	London	ON	Men	34:02	-2 laps	10.19	10:40	10:47	12:35		



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October 09, 2019

Beginner Men (Men)

5.78 km, 3 laps of 1.93 km, winner: 26:35 - 13.05 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2	Lap 3
1	87	LINTON, Craig	Attack Racing p/b Ardent Industries	London	ON	Men	26:35		13.05	8:57	8:55	8:43
2	21	DEAN, Paul	London Cycle	Strathroy	ON	Men	29:02	2'27"	11.95	9:51	9:40	9:30
3	63	VANPUYMBROECK, Ed	Independent	Dutton	ON	Men	29:59	3'25"	11.57	10:05	9:52	10:02
4	50	DEPAUW, Craig	Attack Racing p/b Ardent Industries	St. Thomas	ON	Men	31:05	4'31"	11.16	10:38	10:19	10:09
5	85	NAUS, Mike	London Centennial Wheelers	London	ON	Men	31:17	4'43"	11.09	10:44	10:21	10:13
6	1	WILLIAMSON, Mike	Woodstock Racing	Woodstock	ON	Men	34:13	7'39"	10.14	11:21	11:29	11:23
7	40	MCKINLEY, Gerald	Peterborough Cycling Club	Peterborough	ON	Men	35:12	8'37"	9.85	11:47	11:36	11:49
DNF	82	MCAFEE, Glen	Independent	London	ON	Men			8.82	11:24	14:48	



Nordic Cats 'Cross Club

October 09, 2019

Elite Women (Women)

5.78 km, 3 laps of 1.93 km, winner: 31:01 - 11.18 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2	Lap 3
1	5	WHITE, Amy	To Wheels Racing	London	ON	Women	31:01		11.18	10:13	10:13	10:34
2	66	HUEBER, Kari	Faction Smile Tiger C.R. p/b WCC	Kitchener	ON	Women	32:32	1'31"	10.66	10:57	10:43	10:53



Nordic Cats 'Cross Club

October 09, 2019

Beginner Women (Women)

3.85 km, 2 laps of 1.93 km, winner: 24:40 - 9.37 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2
1	36	MANN, Sarah	Independent	St Thomas	ON	Women	24:40		9.37	12:34	12:06
2	102	LAVER, Erin	Attack Racing p/b Ardent Industries	London	ON	Women	25:19	0'38"	9.13	12:52	12:27
3	71	STEINHAUR, Jessica	Coach Chris	London	ON	Women	26:33	1'52"	8.71	13:18	13:15
4	70	TRELA, Jessica	Woodstock Racing	Woodstock	ON	Women	28:52	4'11"	8.01	14:12	14:40
5	53	WILLIAMS, Cathy	Coach Chris	London	ON	Women	29:54	5'14"	7.73	14:35	15:20



Nordic Cats 'Cross Club

October 09, 2019

U15 (Open)

3.85 km, 2 laps of 1.93 km, winner: 20:22 - 11.36 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2
1	78	MCAFEE, Robbie	Attack Racing p/b Ardent Industries	London	ON	Men	20:22		11.36	10:21	10:01
2	49	FANGEAT, Alex	Attack Racing p/b Ardent Industries	St. Thomas	On	Women	20:31	0'10"	11.27	10:37	9:54
3	35	MANN, Brody	Attack Racing p/b Ardent Industries	St Thomas	ON	Men	20:32	0'11"	11.26	10:43	9:49
4	33	FANGEAT, Sam	Attack Racing p/b Ardent Industries	London	ON	Women	24:11	3'50"	9.56	12:06	12:05
5	48	FANGEAT, Thomas	Attack Racing p/b Ardent Industries	St. Thomas	On	Men	26:20	5'59"	8.78	13:54	12:26
6	83	LANGFORD, Harry	Attack Racing p/b Ardent Industries	London	ON	Men	27:53	7'31"	8.29	13:54	13:59



Nordic Cats 'Cross Club

October 09, 2019

Beginner Mountain Bike (Open)

5.78 km, 3 laps of 1.93 km, winner: 31:50 - 10.90 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2	Lap 3
1	51	ROACH, Shaun	Outspokin Cycle	Woodstock	ON	Men	31:50		10.90	10:16	10:16	11:18
2	32	LANGFORD, Matt	Independent	London	ON	Men	36:51	5'01"	9.41	11:40	12:37	12:34