

Results – Long Lake Park

2026-09-26

Advanced Female					(6 / 6)	Time	Behind	Time lost
1.	Andrea Friars					1:35:26		11:22
	3:22 (3:22)	2:40 (6:02)	2:53 (8:55)	3:02 (11:57)			13:02 (24:59)	0:35 (25:34)
	7:13 (32:47)	14:47 (47:34)	1:38 (49:12)	3:51 (53:03)			1:04 (54:07)	4:42 (58:49)
	6:38 (1:05:27)	4:50 (1:10:17)	1:57 (1:12:14)	3:32 (1:15:46)			2:13 (1:17:59)	5:08 (1:23:07)
	2:12 (1:25:19)	3:08 (1:28:27)	3:07 (1:31:34)	3:52 (1:35:26)				
2.	Pam James					1:44:04	+8:38	17:20
	3:41 (3:41)	2:48 (6:29)	2:13 (8:42)	2:25 (11:07)			17:48 (28:55)	0:45 (29:40)
	6:37 (36:17)	17:05 (53:22)	1:33 (54:55)	2:34 (57:29)			1:08 (58:37)	5:19 (1:03:56)
	4:43 (1:08:39)	6:11 (1:14:50)	2:36 (1:17:26)	4:55 (1:22:21)			2:43 (1:25:04)	4:56 (1:30:00)
	1:36 (1:31:36)	3:04 (1:34:40)	2:58 (1:37:38)	6:26 (1:44:04)				
3.	Sheryl Hiemstra					1:46:24	+10:58	26:29
	3:05 (3:05)	3:30 (6:35)	2:29 (9:04)	14:42 (23:46)			4:53 (28:39)	0:36 (29:15)
	7:04 (36:19)	12:47 (49:06)	2:24 (51:30)	3:37 (55:07)			1:27 (56:34)	14:00 (1:10:34)
	3:45 (1:14:19)	5:48 (1:20:07)	3:08 (1:23:15)	3:35 (1:26:50)			2:04 (1:28:54)	4:51 (1:33:45)
	1:19 (1:35:04)	4:02 (1:39:06)	3:03 (1:42:09)	4:15 (1:46:24)				
4.	Cheryl Smith					1:51:32	+16:06	29:08
	2:48 (2:48)	2:04 (4:52)	1:52 (6:44)	3:56 (10:40)			6:01 (16:41)	0:59 (17:40)
	6:38 (24:18)	19:39 (43:57)	1:37 (45:34)	2:37 (48:11)			1:13 (49:24)	5:44 (55:08)
	20:17 (1:15:25)	5:45 (1:21:10)	2:08 (1:23:18)	3:38 (1:26:56)			1:40 (1:28:36)	4:49 (1:33:25)
	3:20 (1:36:45)	2:35 (1:39:20)	8:21 (1:47:41)	3:51 (1:51:32)				
	Meghan Woszczyński					MP		
	4:55 (4:55)	3:00 (7:55)	2:10 (10:05)	3:02 (13:07)			8:29 (21:36)	0:46 (22:22)
	8:08 (30:30)	19:04 (49:34)	1:58 (51:32)	2:35 (54:07)			1:38 (55:45)	11:08 (1:06:53)
	4:09 (1:11:02)	5:51 (1:16:53)	2:54 (1:19:47)	3:56 (1:23:43)			2:25 (1:26:08)	5:00 (1:31:08)
	4:07 (1:35:15)	3:17 (1:38:32)	– (–)	– (1:43:07)				
	Sara Greenough					MP		
	3:40 (3:40)	7:18 (10:58)	3:04 (14:02)	5:55 (19:57)			15:01 (34:58)	0:43 (35:41)
	8:33 (44:14)	17:48 (1:02:02)	1:26 (1:03:28)	2:08 (1:05:36)			1:08 (1:06:44)	9:14 (1:15:58)
	18:15 (1:34:13)	5:59 (1:40:12)	4:14 (1:44:26)	4:29 (1:48:55)			13:51 (2:02:46)	– (–)
	– (–)	– (–)	– (–)	– (2:16:40)				
Advanced Male					(6 / 6)	Time	Behind	Time lost
1.	Mats Wällberg					1:00:58		3:00
	2:51 (2:51)	2:03 (4:54)	1:15 (6:09)	1:34 (7:43)			5:47 (13:30)	0:30 (14:00)
	4:22 (18:22)	10:29 (28:51)	0:57 (29:48)	1:22 (31:10)			0:47 (31:57)	3:05 (35:02)
	2:13 (37:15)	4:58 (42:13)	1:28 (43:41)	2:44 (46:25)			1:42 (48:07)	3:30 (51:37)
	1:03 (52:40)	1:50 (54:30)	2:57 (57:27)	3:31 (1:00:58)				
2.	Darren Kroeker					1:45:09	+44:11	28:50
	4:16 (4:16)	2:11 (6:27)	4:18 (10:45)	11:03 (21:48)			4:38 (26:26)	0:52 (27:18)
	7:55 (35:13)	12:56 (48:09)	1:45 (49:54)	3:04 (52:58)			1:10 (54:08)	8:28 (1:02:36)
	8:24 (1:11:00)	5:07 (1:16:07)	1:57 (1:18:04)	3:15 (1:21:19)			1:45 (1:23:04)	6:06 (1:29:10)
	1:16 (1:30:26)	2:29 (1:32:55)	8:51 (1:41:46)	3:23 (1:45:09)				
3.	Colin Davis					1:51:19	+50:21	27:01
	3:49 (3:49)	2:58 (6:47)	2:20 (9:07)	2:19 (11:26)			5:05 (16:31)	0:45 (17:16)
	6:25 (23:41)	27:04 (50:45)	3:39 (54:24)	1:46 (56:10)			1:04 (57:14)	9:01 (1:06:15)
	9:12 (1:15:27)	5:49 (1:21:16)	2:23 (1:23:39)	4:09 (1:27:48)			2:40 (1:30:28)	7:15 (1:37:43)
	1:21 (1:39:04)	3:49 (1:42:53)	3:27 (1:46:20)	4:59 (1:51:19)				
4.	Jeff Mosher					2:06:55	+1:05:57	56:22
	2:50 (2:50)	2:15 (5:05)	2:42 (7:47)	11:45 (19:32)			4:49 (24:21)	0:36 (24:57)
	14:05 (39:02)	9:31 (48:33)	1:06 (49:39)	1:43 (51:22)			0:54 (52:16)	40:59 (1:33:15)
	4:24 (1:37:39)	5:36 (1:43:15)	2:22 (1:45:37)	2:46 (1:48:23)			2:23 (1:50:46)	3:44 (1:54:30)
	2:01 (1:56:31)	3:08 (1:59:39)	3:50 (2:03:29)	3:26 (2:06:55)				
	Brian MacCulloch					MP		
	3:50 (3:50)	2:53 (6:43)	1:48 (8:31)	9:22 (17:53)			5:05 (22:58)	0:39 (23:37)
	9:22 (32:59)	17:41 (50:40)	1:18 (51:58)	1:34 (53:32)			1:02 (54:34)	9:54 (1:04:28)
	3:14 (1:07:42)	– (–)	– (–)	– (–)			– (–)	– (–)
	– (–)	– (–)	– (–)	– (1:42:27)				
	Michael Sciarra					MP		
	3:18 (3:18)	2:50 (6:08)	4:22 (10:30)	14:43 (25:13)			4:38 (29:51)	1:52 (31:43)
	5:53 (37:36)	13:20 (50:56)	2:00 (52:56)	2:05 (55:01)			– (–)	– (59:51)
	5:46 (1:05:37)	5:57 (1:11:34)	3:04 (1:14:38)	3:26 (1:18:04)			1:57 (1:20:01)	4:42 (1:24:43)
	1:52 (1:26:35)	10:00 (1:36:35)	7:25 (1:44:00)	4:03 (1:48:03)				
Advanced Team					(2 / 2)	Time	Behind	Time lost
	Cara and Jeff Sunderland					MP		
	4:09 (4:09)	2:44 (6:53)	5:20 (12:13)	20:51 (33:04)			12:43 (45:47)	1:21 (47:08)
	12:36 (59:44)	32:06 (1:31:50)	1:16 (1:33:06)	4:49 (1:37:55)			1:07 (1:39:02)	8:42 (1:47:44)
	9:12 (1:56:56)	8:30 (2:05:26)	– (–)	– (–)			– (–)	– (–)
	– (–)	– (–)	– (–)	– (2:20:58)				

Rachel Horwitz and Stephanie Reynaud and Ron MacDougall

3:16 (3:16)	2:36 (5:52)	4:03 (9:55)	9:11 (19:06)
8:47 (38:17)	20:02 (58:19)	1:19 (59:38)	2:16 (1:01:54)
5:14 (1:14:57)	9:33 (1:24:30)	2:18 (1:26:48)	4:25 (1:31:13)
– (2:02:38)	5:43 (2:08:21)	3:47 (2:12:08)	4:53 (2:17:01)

MP

9:36 (28:42)	0:48 (29:30)
0:48 (1:02:42)	7:01 (1:09:43)
2:21 (1:33:34)	– (–)

Intermediate Female

(3 / 3)

1. Leah Jabbour

5:42 (5:42)	16:07 (21:49)	2:19 (24:08)	4:57 (29:05)
4:12 (39:44)	2:59 (42:43)	13:53 (56:36)	2:53 (59:29)
4:29 (1:19:18)	2:26 (1:21:44)	17:02 (1:38:46)	4:14 (1:43:00)

2. Maria Jacobs

7:01 (7:01)	7:54 (14:55)	4:07 (19:02)	7:36 (26:38)
5:44 (42:36)	3:52 (46:28)	15:51 (1:02:19)	4:23 (1:06:42)
13:49 (1:35:28)	2:56 (1:38:24)	6:28 (1:44:52)	7:04 (1:51:56)

Clair Evers

5:05 (5:05)	6:23 (11:28)	4:47 (16:15)	5:08 (21:23)
11:32 (41:03)	19:23 (1:00:26)	19:56 (1:20:22)	6:19 (1:26:41)
3:01 (1:41:41)	1:29 (1:43:10)	– (–)	– (–)

Time

Behind

Time lost

1:50:09

26:09

4:17 (33:22)	2:10 (35:32)
11:02 (1:10:31)	4:18 (1:14:49)
1:28 (1:44:28)	5:41 (1:50:09)

1:59:10

+9:01

19:57

6:30 (33:08)	3:44 (36:52)
8:37 (1:15:19)	6:20 (1:21:39)
1:39 (1:53:35)	5:35 (1:59:10)

MP

4:53 (26:16)	3:15 (29:31)
7:46 (1:34:27)	4:13 (1:38:40)
– (1:56:37)	4:19 (2:00:56)

Intermediate Male

(1 / 1)

1. Jim Blanchard

No club

4:43 (4:43)	5:18 (10:01)	2:39 (12:40)	4:45 (17:25)
2:59 (27:16)	5:16 (32:32)	10:47 (43:19)	2:53 (46:12)
2:31 (57:54)	3:44 (1:01:38)	3:57 (1:05:35)	4:10 (1:09:45)

Time

Behind

Time lost

1:16:16

0:00

4:36 (22:01)	2:16 (24:17)
4:36 (50:48)	4:35 (55:23)
1:22 (1:11:07)	5:09 (1:16:16)

Intermediate Team

(3 / 4)

1. Claire Donnelly and Doug Twohig

6:56 (6:56)	5:41 (12:37)	3:12 (15:49)	5:09 (20:58)
2:30 (30:55)	3:35 (34:30)	7:54 (42:24)	3:23 (45:47)
3:22 (58:59)	1:54 (1:00:53)	4:46 (1:05:39)	7:05 (1:12:44)

2. Charlotte Fillmore and Ryan Van Horne

4:22 (4:22)	6:36 (10:58)	3:28 (14:26)	10:41 (25:07)
3:44 (44:22)	3:36 (47:58)	5:58 (53:56)	2:27 (56:23)
3:39 (1:08:41)	3:29 (1:12:10)	5:40 (1:17:50)	5:27 (1:23:17)

3. Kathlene McGuinness and Joe Snair

4:06 (4:06)	9:08 (13:14)	3:34 (16:48)	4:21 (21:09)
8:23 (35:59)	4:14 (40:13)	15:03 (55:16)	2:47 (58:03)
2:16 (1:06:50)	1:26 (1:08:16)	9:34 (1:17:50)	11:52 (1:29:42)

Time

Behind

Time lost

1:20:40

14:46

4:49 (25:47)	2:38 (28:25)
5:12 (50:59)	4:38 (55:37)
1:47 (1:14:31)	6:09 (1:20:40)

1:29:38

+8:58

24:18

3:03 (28:10)	12:28 (40:38)
2:49 (59:12)	5:50 (1:05:02)
0:48 (1:24:05)	5:33 (1:29:38)

1:34:44

+14:04

26:22

2:57 (24:06)	3:30 (27:36)
3:38 (1:01:41)	2:53 (1:04:34)
1:27 (1:31:09)	3:35 (1:34:44)