

Updated 2019-05-25

A good turn-out for the second event of the regular season through the trails and very runnable forest of the Mt Mac map. There was thunder in the distance before the event but we were spared a downpour and everyone stayed dry.

This meet featured a Runner’s course which used the extensive ski and mountain bike trails in the area to make a course technically on par with an intermediate course but longer. Judith van Gulick led the pack of six with a time of 55:27, followed by Jane Hollenburg (59:51) and Lara Melnik (67:07).

The Novice course was a bit hillier than usual and had 22 out on the course. Stian Langbakk led the way (13:24) followed by the team of Caroline Thibault & Sylvain Belanger led the way (15:52) and then the team of Mavic MacKinnon and Isabel Beauregard (20:26).

Most chose the Intermediate course for a total of 41 runners! This course explored the trail system but controls were a short distance off the trail in the forest. Pauline Gallinat was fastest (34:28), second was Stian Langbakk (35:28), and third Wendy Nixon (38:26). A special shout-out to Stian who had not had enough after his first outing of the evening and successfully completed both the Novice and Intermediate courses.

Pia Blake was first woman and first overall of the 17 participants on the Advanced course which went through the runnable forest next to McIntyre Creek with a time of 50:11. Next came the three top men in an insanely tight race. Brian Horton (53:01) edged out Erik Blake (53:02) and Jeremy Johnson (53:04) to claim victory. Don’t forget to give it your all on the sprint leg at the end! Even in a longer race, seconds can make the difference. Phillippa McNeil (54:59) and Sara Nielson (66:39) were second and third women.

Eight runners took on the longer expert course, which was similar to the Advanced but with an extra loop to add the distance. The top three were again quite close together with Leif Blake in the lead (56:33) followed by Caelan McLean (57:48) and Forest Pearson (59:39).

Many thanks to the volunteers Beth Hawkings, Judith van Gulick, Bruce McLean, Karen McKenna and Afan Jones for helping at the event. Bob Sagar, Kris Gardiner and Deb Kiemele assisted by picking up controls.

Next meet June 5<sup>th</sup>!

<b>Novice</b>	<b>1.6 km</b>	<b>11 Controls</b>
Stian	Langbakk	13:24
Caroline	Thibault	15:52
Sylvain	Belanger	15:52
Mavic	MacKinnon	20:26
Isabel	Beauregard	20:26
Erik	Embacher	22:40
Paxson	Lipovsky	22:46
Panya	Lipovsky	22:46

Peter	Embacher	22:51
Kevin	Embacher	22:51
Iliana	Koh	26:47
Graham	Morel	26:47
Oliver	Kralisch-Sequin	29:53
Jason	Sequin	29:53
Krysti	Horton	36:06
Mallory	Horton	36:06
Maura	Glenn	40:47
Marjorie	Crawford	40:47
Kala	Emard	44:54
Karin	Keeley-Eriksson	44:54
Carl	Embacher	DNF
Sarah	Johnson	DNF

Total on course 22

**Intermediate 2.8 km 12 Controls**

Pauline	Gallinat	34:23
Stian	Langbakk	35:28
Wendy	Nixon	38:26
Dianne	Hart	38:42
Samatha	Hart	38:42
Micah	Hildes	42:25
Steve	Hahn	42:55
Kristina	Gardiner	42:55
Carl	Turcotte	43:13
Benoit	Turcotte	43:13
Anett	Kralisch	45:02
Emily	Kralisch-Sequin	45:02
Deb	Kiemele	47:51
Emily	Tredger	48:12
Aramintha	Bradford	51:03
Keiran	Horton	51:03
Micah	McConnell	51:03
Ev	Pasichnyk	51:36
Selena	Boothroyd	52:03
William	Scott	52:03
Glenda	Koh	52:26
Aurelia	Koh	52:26
Krysal	Karais	52:30
Oscar	Karais	52:30
Alison	Madlung	56:29
Jaxon	Dao	56:29
Aiden	Dao	56:29

Benson	Dao	56:29
Daniel	Dao	56:29
Martin	Slama	56:29
Katherine	Woodstock	57:10
Eric	Labreoque	57:10
Clark	Groepper	60:27
Nesta	Leduc	71:13
Gwenn	Hogan	72:31
Beth	Mulloy	72:31
Heather	Griffiths	72:31
Sharone	Monaham	72:31
Phineas	Pearson	78:14
Craig	Brooks	78:50
Michael	Knutson	DNF

Total on course 41

**Runner's 6.2 km 13 Controls**

Judith	van Gulick	55:27
Jane	Hollenburg	59:51
Lara	Melnik	67:07
Valerie	Bussiers	75:28
Sabrina	Bouayad	75:28
Sheri	Hogdeboom	96:19

Total on course 6

**Advanced 4.3 km 12 Controls**

Pia	Blake	50:11
Brian	Horton	53:01
Erik	Blake	53:02
Jeremy	Johnson	53:04
Phillippa	McNeil	54:59
Sara	Nielson	66:39
Emilie	Stewart-Jones	69:48
Sarah	Murray	70:58
Vesta	Mather	71:26
Jennifer	MacKeigan	71:26
Sabine	Schweiger	73:40
Grant	Abbott	81:03
Karen	McKenna	83:52
Julianna	Scramstad	94:24
Doung	Hitch	DNF
Chantal	Frances	DNF
Bruce	McLean	DNF

Total on course 17

**Expert**

**6.5 km**

**15 Controls**

Leif	Blake	56:33
Caelan	McLean	57:48
Forest	Pearson	59:39
David	Bakker	71:58
Darren	Holcombe	78:54
Bob	Sagar	80:21
Ben	Hancock	98:50
Matthias	Purdon	109:54

Total on course 8