

Map: Hillcrest

Start/Finish: Elijah Smith School

The skies cleared just in time for the event but heavy rain just before the start meant the trails and forest were very wet. Despite the threatening weather approximately 70 participants came out. The participants were challenged with many route choices. Another tricky element of the courses was the need to shift techniques between urban and forest terrain while maintaining high speed.

The expert female race was very tightly fought with just 15 seconds separating Emilie Stewart-Jones and Jennifer Mackeigan. Pia Blake rounded out the top 3 just over a minute back. The men's race was even tighter with Colin Abbott just edging visiting mapper David Bakker by 10 seconds. Leif Blake came in third just 30 seconds behind that.

Expert - Female		
Place	Participant	Time
1.	Emilie Stewart-Jones	21:36
2.	Jennifer Mackeigan	21:51
3.	Pia Blake	22:58
4.	Barbara Scheck	23:05
5.	Sabine Schweiger	25:02
6.	Jane Hollenberg	27:45

Expert- Male		
Place	Participant	Time
1.	Colin Abbott	15:05
2.	David Bakker	15:15
3.	Leif Blake	15:45
4.	Forest Pearson	16:13
5.	Caelan McLean	16:27
6.	Benoit Turcotte	18:03
7.	Darren Holcombe	18:57
8.	Afan Jones	19:44
9.	Ben Hancock	23:00
10.	Dave Hildes	23:06
11.	Erik Blake	24:07
12.	Bob Sagar	24:40

In the Female Advanced category, Judith van Gulick came with 30 seconds of hitting the winning time of 15 minutes that the course setter was aiming for. Former national team member, Philippa McNeil, was second. Rima Khouri placed third in just over 19 minutes. On the men's side the Jeremy Johnson ran a good race to gain first overall in the category with a time that was just one second faster than van Gulick's time. Craig Brooks was second in the male category.

Advanced - Female		
Place	Participant	Time
1.	Judith van Gulick	15:26
2.	Philippa McNeil	16:37
3.	Rima Khouri	19:06
4.	Bryn Knight	20:09
5.	Kristina Gardner	20:11
6.	Julianna Scramstad	22:02
7.	Krystal Karais	22:15
8.	Sara Nielsen	22:41
9.	Lara Melnyk	23:14
10.	Nesta Leduc	38:06

Advanced – Male		
Place	Name	Time
1.	Jeremy Johnson	15:25
2.	Craig Brooks	32:27

Advanced - Groups		
Place	Participants	Time
1.	Martin Slama and Anne-Marie LeBlanc	18:58
2.	Peter Embacher and Sarah Johnson	25:53

The Female Intermediate category was won by Pauline Gallinat in a very fast time of 16:12. Wendy Nixon was second in 17:59 and junior, Adney Karais was third. The Male Intermediate category also featured junior runners. Stian Langbakk was first in 16:29. Kieran Horton and Johannes Benkert rounded out the top 3. The fastest time of the day on the Intermediate course actually went to the duo Selena Boothroyd and Scott Williams who were the fastest of the groups.

Intermediate - Female		
Place	Participant	Time
1.	Pauline Gallinat	16:12
2.	Wendy Nixon	17:59
3.	Adney Karais	18:17
4.	Emma Seward	18:43
5.	Deb Kiemele	19:04
6.	Ev Pasichnyk	23:44

Intermediate - Male		
Place	Participant	Time
1.	Stian Langbakk	16:29
2.	Kieran Horton	19:24
3.	Johannes Benkert	19:37
4.	Phineas Pearson	33:04

Intermediate- Groups		
Place	Name	Time
1.	Selena Boothroyd and Scott Williams	15:40
2.	Erik and Kevin Embacher	25:22
3.	Henri and Dave Rogers	26:47
4.	Aurelia and Glenda Koh	27:21
5.	Dianne and Dave Hart	28:42

Orienteering is definitely a “sport for life” as illustrated by the two participants in the Female Novice category. In first place, was Iliana Koh, who is just finishing grade 4 and in second place was senior Maura Glenn. The Male Novice category featured three participants who also ran the Intermediate course. This time the order was reversed with Johannes Benkert beating Kieran Horton and Stian Langbakk. The fastest Novice group was Jason and Oliver Sequin.

Novice - Female		
Place	Participant	Time
1.	Iliana Koh	28:59
2.	Maura Glenn	51:14

Novice - Male		
Place	Participant	Time
1.	Johannes Benkert	11:21
2.	Kieran Horton	11:36
3.	Stian Langbakk	16:29
4.	Carl Turcotte	25:20

Novice - Groups		
Place	Names	Time
1.	Jason and Oliver Sequin	23:54
2.	Emily Kralisch-Sequin and Anett Kralisch	26:48
3.	Eva Benkert, Mallory Horton and Brian Horton	28:07
4.	Maya Poirier and Valerie Bussieres	31:04