



CANOE KAYAK
ONTARIO
SPRINT

CKO Sprint's Ontario Cup - Long Distance Regatta
Sunday, October 2, 2022
Ottawa, ON



Sunday, October 2, 2022



Schedule

Time	Event
8:00 AM	Club Representative Meeting
8:20 AM	On-water warm-up
8:40 AM	U14 Women's C1 10km (5 laps of 2km - turn at the 1000m)
8:42 AM	U14 Women's K1 10km (5 laps of 2km - turn at the 1000m)
8:42 AM	U14 Men's C1 10km (5 laps of 2km - turn at the 1000m)
8:44 AM	U14 Men's K1 10km (5 laps of 2km - turn at the 1000m)
10:00 AM	U16 Women's C1 10km (5 laps of 2km - turn at the 1000m)
10:00 AM	U18 Women's C1 10km (5 laps of 2km - turn at the 1000m)
10:02 AM	Master's Women's K1 10km (5 laps of 2km - turn at the 1000m)
10:04 AM	U16 Women's K1 10km (5 laps of 2km - turn at the 1000m)
10:04 AM	U16 Men's C1 10km (5 laps of 2km - turn at the 1000m)
10:06 AM	U16 Men's K1 10km (5 laps of 2km - turn at the 1000m)
10:06 AM	Master's Men's K1 10km (5 laps of 2km - turn at the 1000m)
11:20 AM	U18 Women's K1 10km (5 laps of 2km - turn at the 1000m)
11:20 AM	U18 Men's C1 10km (5 laps of 2km - turn at the 1000m)
11:20 AM	Open Women's K1 10km (5 laps of 2km - turn at the 1000m)
11:20 AM	Open Men's C1 10km (5 laps of 2km - turn at the 1000m)
11:22 AM	U18 Men's K1 10km (5 laps of 2km - turn at the 1000m)
11:22 AM	Open Men's K1 10km (5 laps of 2km - turn at the 1000m)
LUNCH BREAK	
1:00 PM	Open Special Olympics K1 2km (2 laps of 1km - turn at the 500m)
1:00 PM	Open Special Olympics K1 5km (5 laps of 1km - turn at the 500m)
1:02 PM	Open Para K1/V1 5km (5 laps of 1km - turn at the 500m)
1:02 PM	U14 Women's C2 5km (5 laps of 1km - turn at the 500m)
1:02 PM	U16 Women's C2 5km (5 laps of 1km - turn at the 500m)
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1:04 PM	U14 Men's C2 5km (5 laps of 1km - turn at the 500m)
1:06 PM	U14 Open K2/K4 5km (5 laps of 1km - turn at the 500m)
1:40 PM	Master's Women's K2 5km (5 laps of 1km - turn at the 500m)
1:42 PM	U16 Women's K2 5km (5 laps of 1km - turn at the 500m)
1:42 PM	U16 Men's C2 5km (5 laps of 1km - turn at the 500m)
1:44 PM	U16 Open K2/K4 5km (5 laps of 1km - turn at the 500m)
1:44 PM	Master's Open K2 5km (5 laps of 1km - turn at the 500m)
2:20 PM	U18 Women's K2 5km (5 laps of 1km - turn at the 500m)
2:20 PM	U18 Men's C2 5km (5 laps of 1km - turn at the 500m)
2:20 PM	Open Men's C2/Women's K2 5km (5 laps of 1km - turn at the 500m)
2:22 PM	U18 K2 5km (5 laps of 1km - turn at the 500m)
2:22 PM	Open K2 5km (5 laps of 1km - turn at the 500m)

8:40 AM U14 Women's C1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
7	Caroline Anderson	RCC	1	58'48.72
2	Abbie Haines	CPCC	2	
3	Izzy Lowry	CPCC	3	
1	Keira McLean	BCC	4	
5	Haley Sebesta	NBCC	5	
6	Nuala Clark (8 k time is 1:17'10)	PICC	DNF	
4				

8:42 AM U14 Women's K1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
12	Cassie Kenny	BCC	1	54'06.26
18	Elizabeth Fanok	PRCC	2	55'48.85
14	Abbie Begbie	ORCC	3	58'44.77
15	Alison Nguyen	ORCC	4	1:00'34.31
17	Malya Gagnon	PICC	5	1:05'24.63
19	Chelsea McCormack	PRCC	6	1:03'16.84
23	Honour McQuay	SLCC	7	1:03'31.92
25	Kendall Smith	SNCC	8	1:03'59.47
20	Ophelia Lind	PRCC	9	1:04'48.18
16	Charlotte Kelland	ORCC	10	1:05'18.13
13	Amelie Venter	CPCC	11	1:05'20.89
21	Addison Yuan	RHCC	12	1:05'20.89
28	Danica Murray	GCC	13	1:07'26.28
22	Charlotte Chen	RHCC	14	1:07'59.28
29	Victoria Luk	GCC	15	1:10'51.40
30	Maggie Farndon	GCC	16	1:13'19.45
24	Heidi Neff	SLCC	17	1:25'30.1
11	Sabrina Tyrrell	BCC	DNF	
10				
26				
27				
31	Faith Kennedy	GCC	DNS	

8:42 AM U14 Men's C1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
38	John-Michael Humphreys	MCC	1	58'20.59
34	Wesley Barlett	RCC	2	58'40.10
39	Spencer McLeod	MCC	3	1:00'17.01
36	Roenn Hodgins	CPCC	4	1:07'41.67
37	Nathaniel Suppa	NBCC	5	1:13'48.13
35	Loic Mainville	PICC	DNF	
41	Josh Sargant	BCC	DNF	

8:44 AM U14 Men's K1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
57	Dax Morris	RCC	1	51'11.41
44	Joseph Zwolinski	BBCC	2	51'15.83
52	Isaac Quesnel	PRCC	3	53'22.09
55	Alessandro Pucci	RCC	4	55'03.50
56	Gavin Burke	RCC	5	55:39.93
54	Charlie Rogers	PRCC	6	56'05.51
61	Jonothan Barrett	SNCC	7	56'13.98
49	Mason Lowry	CPCC	8	56'26.16
60	Julien Turpin	SCC	9	56'48.58
50	Elias Gharbi	ORCC	11	58'13.54
51	Joshua Goodall	ORCC	12	58'21.96
53	Alec Oberer	PRCC	13	1:01'07.62
48	Michael Lo	BCC	14	1:01'21.25
62	Anze Lu	RHCC	16	1:03'30.13
45	Guillermo Gonzalez	BBCC	17	1:04'50.15
46	Alex Sheridan	BBCC	18	1:06'01.78
58	Max Ivanov	RHCC		
59	AJ Shin	RHCC		

10:00 AM U16 Women's C1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
5	Abby Wojtyk	RCC	1	59'55.57
4	Julia Price	RCC	2	1:02'55.56
1	Emma Marshall	BBCC	3	1:02'58.13
3	Leia Stephenson	MCC	4	1:09'49.03
6	Mady MacKinnon	RCC	5	1:09'56.58
2	Sunny Valdez	CPC	6	1:16'20.82

10:00 AM U18 Women's C1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
9	Zoe Wojtyk	RCC	1	59;12.20
10	Aimee Pigeon	SNCC	2	1:00'03.68

10:02 AM Master's Women's K1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
16	Christina Sutcliffe	ORCC	1	57'37.36
13	Tara Zwolinski	BBCC	2	59'13.82
17	Edit Fried	PCCC	3	1:02'19.76
22	Julie Ban	RHCC	4	1:05'49.09
15	Annie Maurer	RCC	5	1:06'59.65
18	Heather MacIntosh	RCC	6	1:07'15.65
20	Kirstine Postma	RCC	7	1:19'20.30
19	Jana Maholtra	RCC	8	1:19'30.35
14	Viktoria Jackson	BBCC	DNF	
21	Mary Chambers	RHCC	DNF	

10:04 AM U16 Women's K1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
27	Chloe Bryer	BCC	1	52'00.04
45	Callie Loch	RCC	2	52'52.86
44	Kate Osborne	RCC	3	53'32.48
33	Maea Knights	CPC	4	54'53.83
46	Tyler Rennick	RCC	5	55'59.79
28	Sophie McLean	BCC	6	56'12.08
24	Lucy McMahon	BBCC	7	56'48.34
42	Claire Gammon	RCC	8	56'51.12
29	Gabreille Woods	BCC	9	57'58.57
47	Rachel Jou	RHCC	10	58'42.08
30	Chloé Woods	BCC	11	58'56.61
40	Camille Mainville	PICC	12	59'06.75
38	Hilary Coolen	MCC	13	59'35.79
39	Ellie McClelland	NBCC	14	59'41.92
36	Julia Patchell	CPCC	15	59'58.54
26	Natasha James	BBCC	16	1:00'52.39
43	Jaina Arora	RCC	17	1:01'09.38
31	Katherine Birchenough	BCC	DNF	
35	Neve Metzler	CPC	DNF	
25	Audrey Jackson	BBCC	DNF	
32				
34	Sophia Sangiuliano	CPC	DNF	
37				
41				

10:04 AM U16 Men's C1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
52	Cole Norman	RCC	1	55'59.79
56	Shawn Ge	BCC	2	58'43.07
54	Cameron Stewart	MCC	3	1:01'08.42
57	Sean Glynn	BCC	4	1:03'33.11
53	Riley Ribero	ORCC	5	1:03'50.02
55	Grayson Schrotter	MCC	DNF	

10:06 AM U16 Men's K1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
64	Dyallan Redwood-Wheeler	CPCC	1	47'56.84
75	Henrik Neuspiel	RCC	2	47'58.45
60	Jack Bailey	CPC	3	48'55.01
61	Owen MacLean	CPC	4	49'12.65
59	Jack Meikle	BBCC	5	50'16.26
67	Jonah Quesnel	PRCC	6	51'02.99
73	Mateo Volpini	SCC	7	51'06.37
69	Shea Kennedy	RCC	8	52'04.11
70	Ben Elder	RCC	9	52'39.26
68	Jasper Douglass	PRCC	10	54'19.64
63	Haden Hastie	CPCC	11	55'22.04
66	Dan Farlinger	PICC	12	55'28.76

72	Evan Sum	RHCC	13	56'37.90
71	Thomas Clay	RCC	14	58'50.30
74	Aziz Osmanov	SCC	DNF	

10:06 AM Master's Men's K1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
82	Andrew Ivanov	RHCC	1	49'56.74
79	Bevin Schmidt	ORCC	2	52'03.11
80	James McAvoy	ORCC	3	56'51.70
78	Dave Moore	BBCC	4	59'57.67
81	Carlos Valencia	ORCC	5	1:09'35.29

11:20 AM U18 Women's K1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
3	Eva Looper	BCC	1	53'34.48
7	Lauren Rentz	CCC	2	53'57.11
9	Kyla Drouin	RCC	3	55'13.91
4	Gillianne Smith	RCC	4	56'07.24
5	Maria Tierrafría	RCC	5	56'08.05
2	Avery Durocher	MCC	6	56'24.55
8	Sydney Nielsen	RCC	7	57'32.68
1	Gia Venter	CPCC	8	1:01'09.73
6	Bridget Wodehouse	RHCC	DNS	

11:20 AM U18 Men's C1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
11	Konrad Morawski	RHCC	1	51'41.51
13	Stuart Bradley	RCC	2	52'05.80
12	Vishal Nagpal	RCC	3	56'01.19
14	Lucas Williams	MCC	4	1:01'09.73
15	Aidan Haines	CPCC		

11:20 AM Open Women's K1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
21	Emily Best	RCC	1	52'33.96
20	Toshka Besharah	RCC	2	52'34.55
19	Natalie Smith	BBCC	3	1:03.05.38

11:20 AM Open Men's C1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
24	Kieran Graham	RCC	1	51'33.68

11:22 AM U18 Men's K1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
29	Carson Corey	BCC	1	47'09.16
35	Ryan Naroditsky	RCC	2	47'18.79
34	Thomas Beauregard	RCC	3	48'45.71
30	Nehal Dhillon	BCC	4	49'18.71
32	Sam Paquette	CPCC	5	49'19.82
36	Joszi McKee	RCC	6	50'13.26
38	Cole Macey	SCC	7	50'14.47
27	Kai Ullock	BBCC	8	20'36.69

28	Liam Bodley	BCC	9	51'51.81
31	Zach Nicholson	CPC	10	52'03.92
39	Khalid Osmanov	SCC	11	52'44.15
40	William Speropoulos	SCC	12	57'45.89
33	Graeme Grant	MCC	DNF	
37	Alex Gournakis	RCC	DNF	

11:22 AM Open Men's K1 10km (5 laps of 2km - turn at the 1000m)

Lane	Crew	Club	Place	Time
46	Cormac Adams	BCC	1	47'05.60
45	Hayden Kralik	MCC	2	48'45.26
47	David Stewart	RHCC	3	49'04.02
48	Evan Volpini	SCC	4	49'18.44
44	Kyle Jackson	BBCC	DNF	

LUNCH BREAK

1:00 PM Open Special Olympics K1 2km (2 lapS of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
1	Melanie Manion (WK)	ORCC	1	35'45.51
8	Marc Racz	ORCC	1	33'16.54
2	Logan Ryan (MK)	ORCC	2	36'53.63

1:00 PM Open Special Olympics K1 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
10	Rachel Cohen	PRCC	1	40'14.35
11	Quinn Martin	PRCC	1	30'01.32
12	Fletcher Sloan	RCC	2	30'49.51
7	Mustafa Hussein	ORCC	3	33'03.52
6	Ewan McMillan	ORCC	4	35'45.41
9	Quinn Viers	ORCC	5	43'07.87

1:02 PM Open Para K1/V1 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
14	Stefan Samoila (K1)	BBCC	1	33'03.52
15	Brianna Hennessy (V1)	ORCC	2	33'56.39
16				
19	Gabe Ferron-Biyus	RCC	1	25'34.54
17	Lindsay Davis (K1)	SNCC	2	35'29.26
18	Marilyn Abbs (K1)	SNCC	3	37'07.68

1:02 PM U14 Women's C2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
21	Abbie Haines, Izzy Lowry	CPCC	1	29'10.46
22	Mylee Evans, Haley Sebesta	NBCC	2	32'23.39

1:02 PM U16 Women's C2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
26	Julia Price, Abby Wojtyk	RCC	1	26'29.20
25	Claire Mollard, Leia Stephenson	MCC		

1:02 PM U18 Women's C2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
29	Aimee Pigeon, Emma Marshall	MIXED	1	26'29.70

1:04 PM U14 Women's K2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
36	Malya Gagnon, Rhiannon Bambrick	PICC	1	29'13.68
35	Abbie Begbie, Alison Nguyen	ORCC	2	29'53.83
32	Sabrina Tyrrell / Cassie Kenny	BCC	3	31'03.99
34	Charlotte Kelland, Kendall Smith	ORCC/SNC	4	31'26.52
37	Charlotte Chen, Addison Yuan	RHCC	5	32'42.79
33				
38				
39	Danica Murray, Victoria Luk, Maggie Farndon, Faith Kennedy	GCC		

1:04 PM U14 Men's C2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
46	Wesley Barlett, Caroline Anderson	RCC	1	29'58.29
42	Spencer McLeod, John-Michael Humphreys	MCC	2	31'26.01
41	Sean Glynn, Keira McLean	BCC	3	32'34.80
43	Nathaniel Supper/Roen Hodgins	NBCC	4	33'16.54
44	Riley Ribero, NEED	ORCC		
45	Loic Mainville, Nuala Clark	PICC		

1:06 PM U14 Open K2/K4 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
54	Alessandro Pucci, Dax Morris	RCC	1	28'24.16
55	Max Ivanov, AJ Sin	RHCC	2	29'48.81
52	E.Fanok, I.Quesnel	PRCC	3	29'57.51
53	C.McCormack, O.Lind, C.Rogers, A.Oberer	PRCC	4	30'19.88
51	Elias Gharbi/ Joshua Goodall	ORCC	5	31'14.35
49	Alex Sheridan, Guillermo Gonzalez	BBCC	6	33'56.39
50	Aiden Kinnaird, Michael Lo	BCC		
56	Jonothan Barrett, NEED	SLCC		

1:40 PM Master's Women's K2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
3	Mary Chambers, Julie Ban	RHCC	1	23'08.54
2	Edit Fried, Meredith Curren	PCCC	2	23'51.43
1	Tara Zwolinski, Viktoria Jackson.	BBCC	3	23.59.98

1:42 PM U16 Women's K2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
7	Chloe Bryer, Sophie McLean	BCC	1	20'01.84
13	Tyler Rennick, Claire Gammon	RCC	2	20'35.89
8	Gabrielle Woods, Chloé Woods	BCC	3	21'48.18
14	Jaina Arora, Avery Conrad	RCC	4	22'52.33
6	Natasha James, Audrey Jackson	BBCC	5	23'35.31
10	Maea Knights, Sophia Sangiuliano	CPC	6	23'55.20
15	Rachel Jou, Neve Metzler	MIXED	7	25'27.01
9	Katherine Birchenough, Taylor Hardie	BCC	DNF	

1:42 PM U16 Men's C2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
20	Grayson Schrotter, Cameron Stewart	MCC	1	21'38.95
19	Shawn Ge, Josh Sargant	BCC	2	23'37.42
18				

1:44 PM U16 Open K2/K4 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
24	Jack Bailey, Owen MacLean	CPC	1	17'55.40
30	Shea Kennedy, Ben Elder	RCC	2	17'55.55
33	Henrik Neuspiel, Kamila Neuspiel	RCC	3	18''42.35
29	J.Quesnel, J.Douglass	PRCC	4	18'51.09
31	Gavin Burke, Thomas Clay	RCC	5	20'10.35
23	Lucy McMahon, Joseph Zwolinski	BBCC	6	20'22.52
26	Amelie Venter, Haden Hastie, Mason Lowry, Julia Patchell	CPCC	7	20'46.75
28	Camille Mainville, Dan Farlinger	PICC	8	21'18.53
32	Evan Sum, Anze Lu	RHCC		

1:44 PM Master's Open K2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
36	Ashley McColgan, Lindsay Richardson	RCC	1	18'49.19
35	Bevin Schmidt, Christina Sutcliffe	ORCC	2	19'24.27

2:20 PM U18 Women's K2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
52	Lauren Rentz, Bridget Wodehouse	MIXED	1	21'18.67
51	Kailene Anger, Honour McQuay	SLCC	2	23'20.24
53	Gilliane Smith, Maria Tierrafria	RCC	3	23'35.48
50	Gia Venter, Avery Durocher	MIXED		
54				

2:20 PM U18 Men's C2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
55	Aidan Haines, NEED		1	22'21.99
56	Lucas Williams, Konrad Morowski	MIXED		
57				

2:20 PM Open Men's C2/Women's K2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
59	Kieran Graham, Zoe Wojtyk	RCC	1	21'45.31
60	Kyla Drouin, Emily Best	RCC	DNF	

2:22 PM U18 K2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
63	Carson Corey, Nehal Dhillon	BCC	1	22'00.62
65	Graeme Grant, Cole Macey	MIXED	2	23'29.63
64	Sam Paquette, Zach Nicholson	CPCC	3	28'33.08
67	Joszi McKee, Alex Gournakis	RCC	4	28'44.92
62				
66	Thomas Beauregard, Ryan Naroditsky	RCC	DNF	

2:22 PM Open K2 5km (5 laps of 1km - turn at the 500m)

Lane	Crew	Club	Place	Time
71	Hayden Kralik, David Stewart	MIXED	1	22'14.03
72	Kyle Jackson, Jack Meikle	BBCC	2	23'10.05