

CVRR
Nautical Days 4-Miler Road Race 2022
Official Age Category Winners
August 1, 2022

14 years & below

Male

1. Simon Smallacombe
2. Jasper Bullock
3. Powers

Female

1. Freya Fairweather
2. Kenna Tait
3. Avery Schmidt

15 – 19

Male

- *No entries*

Female

1. Charlie Bridges
2. Cailyn Collins
3. Sarah Roberts

20 – 29

Male

1. Logan Roots (overall male winner, time: 19:58)
2. Josh Duncan

No other entries.

Female

1. Jamie Wiemore (overall female winner, time: 25:12)
2. Amy Wickstrom
3. Valerie Hodgins

30 – 39

Male

1. Rob Livingstone
2. Robin Poirier
3. Johnathan Macdonald

Female

1. Heather Smith
2. Amanda Rideout
3. Natalie Caldwell-Waluk

40 – 49

Male

1. Mark Cryderman
2. Stephan Smit
3. Jerry Loeb

Female

1. Pam Dinn
2. Monica Rosenke
3. Katherine Van Der Gracht

50 – 59

Male

1. Rob Kelly
2. Brian Allaert
3. Mike Pepham

Female

1. Julie Legoff
2. Nikki Wilson
3. Michelle Leclair

60 & over

Male

Derek Brenchley
Robert Deane
Lorne Willams

Female

Roz Smith

Zina Richmond

Shelagh Germyn