**La Ronge Sask Cup #2 Free Technique Sprints**

**Sunday, December 22, 2019**

**La Ronge, Saskatchewan**

**Final Heat Results**

**Venue: Don Allen Trails, La Ronge**

**Technical Delegate: Dan Brisbin**

**Weather: - 10 C., wind W 6 km/hr**

**Track: Soft in new snow**

**Para-Nordic Sit Ski U16 Girls (250 metres)(qualifier + 1 heat)**

1. Cherish Nontell, Bib 214, Prince Albert Ski Club

**Para-Nordic Sit Ski Open Women (500 metres)(qualifier + 1 heat)**

1. Colette Bourgonje, Bib 215, Prince Albert Ski Club

**U8 Boys (350 metres)(qualifier & 1 heat)**

1. McKinley (Mack) Andrews, Bib 226, La Ronge Nordic

**U8 Girls (350 metres)(qualifier + 1 heat)**

1. Charlotte Unrau, Bib 228, Flin Flon Ski Club
2. Hedde Andrews, Bib 227, La Ronge Nordic
3. Genevieve Plante, Bib 229, La Ronge Nordic

Jozelle Mack, Bib 230, La Ronge Nordic, DNS

**U10 Boys (350 metres)(qualifier + 1 heat)**

1. Colm English, Bib 217, Saskatoon Nordic
2. Lachlan Andrews, Bib 218, La Ronge Nordic
3. Tyrell Roberts, Bib 216, La Ronge Nordic
4. Jon Paul Ratt, Bib 220, La Ronge Nordic

Jake Mayo, Bib 219, La Ronge Nordic, DNS

**U10 Girls (350 metres)(qualifier + 1 heat)**

1. Aliyah Galloway, Bib 224, La Ronge Nordic
2. Amila Andrews, Bib 221, La Ronge Nordic
3. Casey Bernardin, Bib 223, La Ronge Nordic
4. Clara Sorenson, Bib 225, Flin Flon Ski Club

Alina Mack, Bib 222, La Ronge Nordic, DNS

**U12 Boys (460 metres)(qualifier + 3 heats)**

1. Alex Bernardin, Bib 430, La Ronge Nordic
2. Matthew Quiring, Bib 428, Sturgeon River Nordic
3. Darnell Ratt, Bib 427, La Ronge Nordic
4. Terry Lariviere, Bib 426, La Ronge Nordic

**U12 Girls (460 metres)(qualifier + 3 heats)**

1. Natalie Meinert, Bib 436, Saskatoon Nordic
2. Martha McGonigle, Bib 435, Ile-a-la-Crosse Ski Club
3. Skye Eninew, Bib 432, La Ronge Nordic
4. Patience Roberts, Bib 431, La Ronge Nordic

Clarise Ratt, Bib 433, La Ronge Nordic, DNS

Taylor Ratt, Bib 434, La Ronge Nordic, DNS

**U14 Boys (460 metres)(qualifier + 3 heats)**

1. William McGonigle, Bib 417, Ile-a-la-Crosse Ski Club
2. Alistair English, Bib 421, Saskatoon Nordic
3. Graham Lamontagne, Bib 418, Sturgeon River Nordic
4. Luke Harrington, Bib 419, La Ronge Nordic
5. Jesse Quiring, Bib 420, Sturgeon River Nordic
6. Homie Halkett, Bib 416, La Ronge Nordic

Ben Mayo, Bib 429, La Ronge Nordic, DNS

**U14 Girls (460 metres)(qualifier + 3 heats)**

1. Olivia Weiman, Bib 422, Regina Ski Club
2. Demi Ahenakew, Bib 425, La Ronge Nordic
3. Claire Gullacher, Bib 424, Carlton Trail Ski Club

Serenity Mack, Bib 423, La Ronge Nordic, DNS

**U16 Boys (700 metres)(qualifier + 3 heats)**

1. Brayden Niven, Bib 731, Carlton Trail Ski Club
2. Reay Mackay, Bib 730, La Ronge Nordic

**U16 Girls (700 metres)(qualifier + 3 heats)**

1. Olivia Quiring, Bib 732, Sturgeon River Nordic
2. Emma Smith, Bib 734, Sturgeon River Nordic

Jessica Gill, Bib 733, Prince Albert Ski Club, DNS

**U18 Boys (700 metres)(qualifier + 3 heats)**

1. Alex Wilson, Bib 727, Sturgeon River Nordic
2. Tim Fasiang, Bib 715, Regina Ski Club
3. James Grundahl, Bib 729, Regina Ski Club
4. Nicholas Selinger, Bib 728, Regina Ski Club
5. Kees Carriere, Bib 726, La Ronge Nordic

**U20 Men (700 metres)(qualifier + 3 heats)**

1. Nathan Weiman, Bib 721, Regina Ski Club
2. Cameron Merkowsky, Bib 722, Saskatoon Nordic
3. Joshua Smith, Bib 723, Sturgeon River Nordic

**Senior Men (700 metres)(qualifier + 3 heats)**

1. Stuart Harden, Bib 717, Halifax Nordic Ski Club
2. Scott Fraser, Bib 720, Saskatoon Nordic
3. Andrew Brisbin, Bib 719, Saskatoon Nordic
4. Ragnar Robinson, Bib 718, Lethbridge

**Senior Women (700 metres)(qualifier + 3 heats)**

1. Bryana Van Leeuwen, Bib 725, Saskatoon Nordic

Jayme Woodhouse-McKenzie, Bib 724, La Ronge Nordic, DNF

**Master Men 30-39 (700 metres)(qualifier + 3 heats)**

1. Brett Unrau, Bib 737, Flin Flon Ski Club
2. Daniel Plante, Bib 736, La Ronge Nordic
3. Gabe Andrews, Bib 735, La Ronge Nordic

**Master Women 30-39 (700 metres)(qualifier + 3 heats)**

1. Kimberly Plante, Bib 741, La Ronge Nordic

**Master Men 40-49 (700 metres)(qualifier + 3 heats)**

1. Ivan English, Bib 738, Saskatoon Nordic
2. Jeff Wilson, Bib 740, Sturgeon River Nordic

**Master Women 60-69 (700 metres)(qualifier + 3 heats)**

1. Hilary Johnstone, Bib 742, La Ronge Nordic