



## Canadian Mountain Running Championship-Mont-Sainte-Anne, Quebec October 12 &13 2024

### Women's Vertical Results

Name	Club	Coach	Position	Time
Jade Belzberg	Unattached	Megan Roche	2nd	33:39

### Men's Vertical Results

Name	Club	Coach	Position	Time
Alexandre Ricard	Unattached	Self Coached	1st	27:47
Shaun Stephens-Whale	Unattached	Kristopher Swanson	22nd	33:43

### Women's Classic Up and Down

Name	Club	Coach	Position	Time
Jade Belzberg	Unattached	Megan Roche	2nd	01:02:27
Care Nelson	Unattached	Jim Finlayson	5th	01:02:27

### Men's Classic Up and Down

Name	Club	Coach	Position	Time
Alexandre Ricard	Unattached	Self Coached	3rd	51:08
Shaun Stephens-Whale	Unattached	Kristopher Swanson	21st	59:44