

BROCKVILLE ROAD RUNNERS

FREEZE YOUR BUNS 1K/5K #3

SUNDAY MARCH 31, 2019

Report by Tony Dunbar

For the last of the 3 races in the Brockville Road Runners Freeze Your Buns series, held on Sunday March 31, 2019, the conditions were positively balmy, with a temperature of about zero, little wind and just a bit of drizzly rain, and most importantly ice-free footing throughout practically all the course.

This contrasted markedly with the dreadful conditions experienced over the corresponding January and February races, with the slippery roads, blowing snow and wind gusts.

Seven (7) young runners participated in the Kid's Under 13 1K and there were 54 runners in the open 5K event.

The first female in the 1K was **Lexi Belanger** in a time of 5:13, followed closely by Katie Johnston in 5:17. The first male was **Robert Sivers** in 5:18, with John Sivers in second place in 6:51.

The open 5K was remarkable for the quick times and the relatively young ages of the first 2 male finishers. First across the line was **Max Benda**, aged 14, in a time of 17:02, and he was followed closely by his Smiths Falls training partner, Tavo Stringel, aged 15, in 17:07. Both young runners are coached by Corey Turnbull.

The women's race was won by **Christie Walker** in a time of 23:21 with Emma Selleck finishing next in 24:04.

This being the last run in the series, the overall series winners, based on the lowest average finish time over the 3 races, were determined and presented with a special award for the achievement.

The series winner in the male 1K was the 5 year old **Theo Brooks** with an average time of 8:25. The first female with an average time of 5:36 was **Lexi Belanger**, 8 years of age.

The Open 5K series was particularly notable for the age of the male winner, **Travis Gaffney**, just 12 years of age and for **Christie Walker's** very impressive achievement of winning the women's series for the 5th time in her career. Christie won for the first time in 1997, and also was successful in the years 2004 and 2005 and again last year, 2018.

Travis' average time over the 3 races was 19:42 and Christie's was 24:21. Both received an individual trophy marking their 2019 wins and their names will be inscribed on the Mark Darroch Memorial plaque, to join the names of all the individual series winners down the years since 1997. Mark Darroch was the second president of the club serving from 1989 to 1992 and was a staunch supporter of the club until his passing in 2000.

The club much appreciates the work Janet Wynands has continued to do in organizing this annual 3 race series. Janet has now been at the helm of the Freeze Your Buns series since 2008, so has now been race director for a remarkable 12 years. Thank you, Janet .

1 km event

1. Lexi Belanger 5:13
2. Katie Johnston 5:17
3. Robert Sivers 5:18
4. Madison Brooks 5:44
5. Ryleigh Goguen 5:48
6. John Sivers 6:51
7. Theo Brooks 7:43

5 km event

Female:

Overall Top 5:

1) Christie Walker 23:21, 2) Emma Selleck 24:04, 3) Holly Martin 24:22, 4) Adele McLeod 24:42, 5) Tracey Notman 26:30

20-29

Emma Selleck 24:04, Rebecca Donnelly 27:32

30-39

Holly Martin 24:22

40-49

Christie Walker 23:21, Adele McLeod 24:42, Tracey Notman 26:30, Laura Oliver 27:09, Claudine Fenard 27:35, Rhiannon Iles 27:45, Shana Doonan 28:33, Janet Gartley 31:14, Jennifer McDonald 31:47

50-59

Denise Anthony 27:02, Corinne Johnson 31:13, Ruby McCabe-Locke 31:43

60-69

Karen McDonald Hurley 33:40

70-79

Mary Clayton 30:01, Eithne Dunbar 31:34, Anne Hodgson 32:49

Male:

Overall Top 5:

1) Max Benda 17:02, 2) Tavo Stringel 17:07, 3) Kevin Dunbar 17:25, 4) Jacob McLean 18:09, 5) Travis Gaffney 18:50

Under 15

Max Benda 17:02, Jacob McLean 18:09, Travis Gaffney 18:50, Colin Notman 22:46, Parker Goguen 23:55

15-19

Tavo Stringel 17:07, Will Campeau 18:56, Parker Levac 20:57, Blake Shane 22:07

20-29

Ryan Martin 21:15, Layne Scott 24:30

30-39

Carl Coutu 19:00, Matt Kinghorn 25:22, Matt Williams 25:38

40-49

Kevin Dunbar 17:25, Brian Gartley 21:44, Craig McDonald 21:52, Jason Barlow 22:59

50-59

Kevin Riddell 21:21, Geoff Peters 22:18, Tom Fournier 24:11, David Cannons 24:45, Murray Tait 27:04, Marc Billard 27:54, Terry Hodge 31:29

60-69

Ian Loughrey 20:38, Robert Walroth 22:39, Ed Eby 28:32, Jim Estes 28:41, Mike Trussell 30:59

70-79

Peter Feickert 25:57, Bill Poole 28:39, Hugh Wilson 32:14, Toby Irven 35:37

80+

Merv Hodgson 30:05