

## BROCKVILLE ROADRUNNERS CLUB

### Freeze Your Buns #2 2023 1km/5km

#### Report from race director Janet Wynands

The second run in the three run Freeze Your Buns Series was held on **Sunday February 26, 2023** in seasonal weather. Snow on the ground made for slippery footing but the participants enjoyed the warm sunshine as they took to the course.

The **1 km** event was won by **Lilah Kinch in 4:11.65** with Bayane Link coming in second in 4:22.71.

The **5 km** run was won by **Jeff Nolan in 20:49.12** with **Vicky Kinch** coming in second overall and **first female** in **21:42.51**.

The **third** and last race of the series will be held on **Sunday April 2nd**.

#### RESULTS:

##### 1 km event:

Lilah Kinch 4:11.65  
Bayane Link 4:22.71  
Avery Kinch 4:29.82  
Winnie Williams 5:00.47  
Oscar Williams 5:24.21  
Jayden Evans 5:33.13  
Loki Primeau 6:50.81

Thor Primeau 7:26.57  
Megan Primeau 7:27.74  
Odin Primeau 8:48.38  
Hailey Nolan 9:02.88  
Freya Primeau 9:09.11  
Trudy Primeau 9:09.49

##### 5 km event:

#### FEMALE

##### Under 15:

Lilah Kinch 23:37.45  
Abigail Jackson 27:30.70  
Eve Brewin 28:40.20  
Alexandra Belanger 31:30.52

##### 50-59

Katie Baker 29:06.54  
Sarah Kaufman 36:24.04

##### 30-39

Vicky Kinch 21:42.51  
Madelyn Mensen 30:09.78  
Vanessa Gill 33:01.33  
Megan Primeau 39:47.88

##### 60-69

Cynthia Laforty 28:16.60  
Kathryn Miller Pringle 40:25

##### 40-49

Nicola Garvin 21:59.76  
Dawn Brewin 29:18.47

##### 70-79

Mary Clayton 32:48.52  
Eithne Dunbar 33:30.86  
Anne Hodgson 37:18.28

MALE

30-39

Jeff Nolan 20:49.12  
Josh Vandervalk 21:44.07  
Matt Kinghorn 27:02.48

40-49

Craig McDonald 24:43.04  
Matt Williams 27:02.48  
Gary Brewin 28:04.52

50-59

David Cannons 25:21.35

60-69

Murray Tait 28:10.52  
Al Cyr 28:32.05

(60-69 cont'd)

Michael Trussell 37:35.82  
Mitch White 40:03.85  
Paul Pringle 40:25  
Willy Primeau 45:28.71  
Terry Hodge 48:55.07

70-79

Peter Feickert 27:11.15  
Ed Eby 32:18.10  
Bill Poole 35:08.38  
Toby Irvén 38:39.02  
Jim Estes 69:21

80-89

Merv Hodgson 35:35.24