

BROCKVILLE ROADRUNNERS

FREEZE YOUR BUNS 1K/5K #2

SUNDAY FEBRUARY 25, 2018

Some early morning freezing rain caused many of our regulars to take a cautious approach and not participate in this the second of the three runs in the annual series. As it turned out, by race start time just after 11am the temperature had risen just enough to melt most of the frozen rain on the surfaces so footing was relatively good.

There were no young participants in the 1K. The youngsters were understandably likely advised by their parents not to risk a fall on the potentially slippery course.

In the 5K, 33 runners braved the conditions and all thankfully came through unscathed. First across the line in a time of 21:57 was **Ian Loughrey** with his occasional training partner Kevin Riddell following in 23:58. The first woman was **Christie Reitsma**, who continues to show good form in her comeback to competitive running. Christie's time was 24:40. Second woman was Courtney Shaffer in 24:59.

The final race in the series will take place on March 25, 2018 with the 1K event starting at 11:00 am and the 5K event starting at 11:15 am from the Brockville Memorial Centre. Participants in all three races will earn a technical long sleeve shirt. Race proceeds go to help support the local food bank.

Results:

5 km:

Female

15-19:

Hanna Doonan 30:44

20-29:

No competitors

30-39:

Courtney Shaffer 24:5; Shana Doonan 27:53; Jen McDonald 30:59; Megan Primeau 36:21

40-49:

Christie Reitsma 24:40, Katie Baker 27:08; Brenda Young 29:47; Mel Cook 30:44; Rhonda McNish 31:54

50-59:

Denise Anthony 28:13; Sharon Riddell 28:36

60-69:

Cheryl Scott 29:01

70-79:

Anne Hodgson 33:39

Male:

15-19:

Jordan Beaupre 27:52

30-39:

Matt Williams 26:50; Matt Kinghorn 29:14

40-49:

Craig McDonald 25:01, Brian Gartley 26:26; Matt McNish 31:53

50-59:

Kevin Riddell 23:58; Stewart Campbell 24:25, David Cannons 26:08; Murray Tait 27:03; Terry Hodge 29:47, Willy Primeau 43:03 (walker)

60-69:

Ian Loughrey 21:57; Peter Feickert 25:48, Jim Locke 29:02; Jim Estes 30:59

70-79:

Bill Poole 29:38; Merv Hodgson 30:31; Liam Cullen 45:19 (walker)