

**Freeze Your Buns #3
Sat Mar 27, 2010**

The Brockville Road Runners held the final race of the three race Freeze Your Buns Series this past Saturday with a turnout of 115 participants surpassing that of all previous runs. The 1 kilometer event was won by Jayden Rowe with a time of 4:36 followed by Carter McEwen in a time of 4:38 with Alesha Hellyer coming in third in a time of 4:52. The 5 kilometer event was won by Kevin Beatty in a time of 16:06 with Eric Wynands taking second place in 17:15 and Paula Wiltse in third in a time of 17:25. The overall race series winners for male and female in the 1 km race were Jayden Rowe and Shin Bourne and for the 5 km race were Eric Wynands and Jenn Torrance. All race proceeds go to support the local food bank along with all donated canned goods. Door prizes donated by Tait's Bakery and Burnbrae Farms were greatly appreciated as was the hot chocolate donated by local dairy farmers.

1K KID'S RUN RESULTS

Place	Runner	Time
1	Jayden Rowe	4:36
2	Carter McEwen	4:38
3	Alesha Hellyer	4:52
4	Maddie Kelly	5:30
5	Fiona McCarthy	6:20
6	Taelyn Rowe	6:32
7	Michaela Mustard	6:27
8	Gwyneth Armstrong	6:33
9	Tate Armstrong	7:44
10	Shin Bourne	5:19
11	Mathew Shaver	8:36
12	Caitlin Shaver	8:16
13	Asia Bourne	7:07
14	Jessie Hintzman	14:05

5K RESULTS

Male Overall			
Place	Runner	Time	Pts.
1	Kevin Beatty	16:06	10
2	Eric Wynands	17:15	8
3	Robert Cooper	18:23	6
4	Declan Colwell	19:00	5
5	Tom Marshall	19:06	4
6	Brock Davis	19:13	-
7	Rick Swift	19:54	-
8	Kade Brazeau	19:57	-
9	Joe Turner	20:01	-
10	Liam Smith	20:08	-
11	Charles Beaudoin	20:21	-
12	Paul Heintzman	20:36	-
13	Tony Dunbar	20:48	-
14	Al Cyr	21:19	-
15	Laurence Jones	21:26	-
16	Jason Price	21:35	-
17	Rod Palmer	22:08	-
18	Ed Wynands	22:35	-
19	Barrie Hall	22:37	-
20	Murray Tait	22:46	-
21	Ryan Lachapelle	22:52	-
22	Andy Thomas	22:53	-
23	Mike Day	22:54	-
24	Bryne Francois	23:02	-
25	Brian Campbell	23:08	-
26	Zack Boyd	23:15	-
27	Brad Sloan	23:18	-
28	John Bourne	23:27	-

Freeze Your Buns #3
Sat Mar 27, 2010

29	Bill Flikweest	23:48	-
30	David Shaver	23:53	-
31	Kevin Hartley	24:13	-
32	John Raiswell	24:37	-
33	Adam McNish	24:56	-
34	Merv Hodgson	25:00	-
35	Zeran Tuna	25:44	-
36	Trevor McFarlane	25:54	-
37	Ken Smith	26:18	-
38	Toby Irvén	27:01	-
39	Roger Hawksby	27:08	-
40	Phil Lowe	27:12	-
41	Cameron Tzo	27:35	-
42	Liam Cullen	29:27	-
43	Brian DeJong	29:31	-
44	Jim Locke	29:50	-
45	Garry Mellan	29:58	-
46	Mike Menard	30:05	-
47	Grant Fuller	31:40	-
48	Jayden Rowe	34:02	-
49	Gerry Tutecky-McDougall	35:54	-
50	W. Pohl	43:05	-

Male Age Category

Place	Runner	Time	Pts.
<u>Under 15</u>			
1	Eric Wynands	17:15	10
2	Declan Colwell	19:00	8
3	Kade Brazeau	19:57	6
4	Liam Smith	20:08	5
5	Ryan Lachapelle	22:52	4
6	Zeran Tuna	25:44	3
7	Cameron Tzo	27:35	3
8	Jayden Rowe	34:02	3
<u>15-19</u>			
1	Robert Cooper	18:23	10
2	Zack Boyd	23:15	8
<u>20-29</u>			
1	Jason Price	21:35	10
<u>30-39</u>			
1	Kevin Beatty	16:06	10
2	Joe Turner	20:01	8
3	Brad Sloan	23:18	6
4	Adam McNish	24:56	5
<u>40-49</u>			
1	Brock Davis	19:13	10
2	Al Cyr	21:19	8
3	Andy Thomas	22:53	6
4	Brian Campbell	23:08	5
5	John Bourne	23:27	4
6	Bill Flikweest	23:48	3
7	David Shaver	23:53	3
8	Kevin Hartley	24:13	3
9	Trevor McFarlane	25:54	3
10	Brian DeJong	29:31	3
11	Garry Mellan	29:58	3
12	Grant Fuller	31:40	3

Freeze Your Buns #3
Sat Mar 27, 2010

<u>50-59</u>			
1	Tom Marshall	19:06	10
2	Paul Heintzman	20:36	8
3	Laurence Jones	21:26	6
4	Rod Palmer	22:08	5
5	Ed Wynands	22:35	4
6	Murray Tait	22:46	3
7	Ken Smith	26:18	3
8	Roger Hawksby	27:08	3
9	Phil Lowe	27:12	3
10	Jim Locke	29:50	3
11	Gerry Tutecky-McDougall	35:54	3

<u>60-69</u>			
1	Rick Swift	19:54	10
2	Charles Beaudoin	20:21	8
3	Tony Dunbar	20:48	6
4	Barrie Hall	22:37	5
5	Bryne Francois	23:02	4
6	John Raiswell	24:37	3
7	Toby Irvén	27:01	3
8	Liam Cullen	29:27	3
9	Mike Menard	30:05	3

<u>70+</u>			
1	Mike Day	22:54	10
2	Merv Hodgson	25:00	8
3	W. Pohl	43:05	6

Female Overall

Place	Runner	Time	Pts.
1	Paula Wiltse	17:25	10
2	Rebecca Turner	19:35	8
3	Jenn Torrance	20:57	6
4	Joah Wiltse	21:33	5
5	Shelley Steenwyk	21:43	4
6	Keira Brazeau	21:53	-
7	Christie Reitsma	22:02	-
8	Eva Beattie	22:49	-
9	Ilona Thomas	23:30	-
10	Jean Birch	23:42	-
11	JoAnn Evoy	23:50	-
12	Natasha Boudreau	24:14	-
13	Brittany Brown	24:43	-
14	Alyson McNish	24:44	-
15	Melanie Bale	24:48	-
16	Catherine Tomlinson	24:53	-
17	Shannon Steenwyk	25:14	-
18	Denise Anthony	25:18	-
19	Colleen Jenkins	25:27	-
20	Rhonda McNish	25:35	-
21	Theresa Smith	25:38	-
22	Carrie Allen	25:40	-
23	Patricia Fuller	26:07	-
24	Abbey Palmer	26:34	-
25	Laurie Wheeler	27:03	-
26	Laura Oliver	27:04	-

Freeze Your Buns #3
Sat Mar 27, 2010

27	Julie McCarthy	27:13	-
28	Christine Sloan	27:14	-
29	Elodie Watson	27:16	-
30	Ruth McFarlane	27:27	-
31	Jill Murphy	27:29	-
32	Melanie Hellyer	27:41	-
33	Laurie Wilson	27:54	-
34	Karla Nugent	27:55	-
35	Anne Taylor	28:10	-
36	Shelley Gallagher	28:33	-
37	Mattea Hartley	28:34	-
38	Angela Hartley	28:34	-
39	Michele Perry	28:36	-
40	Anne Hodgson	29:49	-
41	Angela Prest	29:57	-
42	Mary Clayton	30:01	-
43	Marjorie McCullough	30:51	-
44	Fran Dwyer	30:52	-
45	JoAnne Sytsma	32:20	-
46	Alison Armstrong	33:29	-
47	Jan Mustard	34:04	-
48	Laraine McEwen	34:17	-
49	Kim Elmer	34:23	-
50	Dawn Tutecky-McDougall	35:53	-
51	Krista Haasnoot	55:37	-

Female Age Category

Place	Runner	Time	Pts.
<u>Under 15</u>			
1	Joah Wiltse	21:33	10
2	Keira Brazeau	21:53	8
3	Brittany Brown	24:43	6
4	Colleen Jenkins	25:27	5
5	Abbey Palmer	26:34	4
6	Mattea Hartley	28:34	3
<u>15-19</u>			
1	Shannon Steenwyk	25:14	10
2	Krista Haasnoot	55:37	8
<u>20-29</u>			
1	Rebecca Turner	19:35	10
2	Jenn Torrance	20:57	8
3	Laurie Wilson	27:54	6
4	Karla Nugent	27:55	5
<u>30-39</u>			
1	Christie Reitsma	22:02	10
2	Natasha Boudreau	24:14	8
3	Alyson McNish	24:44	6
4	Melanie Bale	24:48	5
5	Rhonda McNish	25:35	4
6	Carrie Allen	25:40	3
7	Laurie Wheeler	27:03	3
8	Julie McCarthy	27:13	3
9	Christine Sloan	27:14	3
10	Angela Hartley	28:34	3
11	Alison Armstrong	33:29	3
12	Laraine McEwen	34:17	3

Freeze Your Buns #3
Sat Mar 27, 2010

<u>40-49</u>			
1	Paula Wiltse	17:25	10
2	Shelley Steenwyk	21:43	8
3	Eva Beattie	22:49	6
4	Ilona Thomas	23:30	5
5	JoAnn Evoy	23:50	4
6	Catherine Tomlinson	24:53	3
7	Theresa Smith	25:38	3
8	Patricia Fuller	26:07	3
9	Laura Oliver	27:04	3
10	Elodie Watson	27:16	3
11	Jill Murphy	27:29	3
12	Melanie Hellyer	27:41	3
13	Shelley Gallagher	28:33	3
14	Michele Perry	28:36	3
15	Angela Prest	29:57	3
16	Marjorie McCullough	30:51	3
17	Fran Dwyer	30:52	3
18	Kim Elmer	34:23	3
19	Dawn Tutecky-McDougall	35:53	3
 <u>50-59</u>			
1	Jean Birch	23:42	10
2	Denise Anthony	25:18	8
3	Ruth McFarlane	27:27	6
4	Anne Taylor	28:10	5
5	JoAnne Sytsma	32:20	4
6	Jan Mustard	34:04	3
 <u>60-69</u>			
1	Anne Hodgson	29:49	10
2	Mary Clayton	30:01	8