

BROCKVILLE ROAD RUNNERS

FREEZE YOUR BUNS 5K #3

SUNDAY MARCH 25, 2018

Report by Janet Wynands, Race Director

The final race of the Brockville Road Runners' Freeze Your Buns 3 races series was held on Sunday March 25, 2018 under sunny, spring conditions. Good footing and favourable weather allowed for some fast times with **Corey Turnbull** finishing first in the 5 km event in a time of 17:59, a 22 second improvement over his time in the first race of the series. **Lily Meek** was the first female to finish in a time of 20:00.

The overall winners of the series goes to the fastest overall time across all three races. **Ian Loughrey** won the men's division and **Christie Reitsma** won the women's division.

Results:

Female:

Under 15

Ryley Higgs 21:22, Ruby Stringel 30:33

15-19

Lily Meek 20:00, Hanna (and her four footed friend, Molly) Doonan 29:49, Keira Cameron 31:46, Sarah Johnson 46:17

30-39

Meera Ruparelia 24:47, Michelle Jager 24:47, Jennifer McDonald 28:56, Megan Primeau 37:49

40-49

Catherine Deplaedt 22:20, Christie Reitsma 22:49, Katie Baker 25:24, Brenda Young 26:14, Shana Doonan 28:23, Rhonda McNish 30:03, Andrea Stringel 30:35, Karen Keeler 31:06, Sarah Kaufman 31:08, Melanie Cook 31:13, Corrine Johnson 31:29, Janet Gartley 31:40

50-59

Ilona Thomas 23:14, Shelley Steenwyk 24:32, Patty Marshall 25:39, Denise Anthony 26:00, Sharon Riddell 27:31, Lynn Schryer 31:13, Dianne Dillon 31:32, Ruby McCabe-Locke 31:25, Lorrie Rossetti 32:40

60-69

Cheryl Scott 27:11, Louise Wood 29:35, Eithne Dunbar 30:29, Karen McDonald-Hurley 33:05

70-79

Mary Clayton 28:49, Anne Hodgson 32:48

Male:

Under 15

Tavo Stringel 18:21, Tomas Stringel 30:09

15-19

David Gill 18:29, Tanner Gibson 22:42

20-29

Zack Boyd 25:10

30-39

Carl Coutu 18:48, Matt Kinghorn 27:41, Matt Williams 28:34

40-49

Corey Turnbull 17:59, Craig McDonald 21:46, Jason Barlow 22:33, Brian Gartley 24:36, Chuck Harper 27:11, Matt McNish 30:04

50-59

Kevin Riddell 21:18, Stewart Campbell 21:19, Geoffrey Peters 22:01, David Cannons 24:15, Rick Steenwyk 24:52, Murray Tait 26:13, Terry Hodge 27:35, Willy Primeau 40:46

60-69

Ian Loughrey 20:14, Roger Hawksby 25:00, Peter Feickert 25:05, Michael Trussell 27:48, Ed Eby 28:32, Jim Estes 28:37, Jim Locke 30:05

70-79

Rick Swift 21:07, Bill Poole 27:49, Merv Hodgson 29:03, John Raiswell 29:24, Toby Irvn 35:11, Liam Cullen 44:17