

# BROCKVILLE ROADRUNNERS CLUB

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

### Report from race director Janet Wynands

The first race in the three race Freeze Your Buns series, put on by the Brockville Road Runners, took place on **Sunday January 22, 2023** at the Brockville Memorial Centre. **49 participants** took part in the event and the times were fast considering the slush under foot.

The **1 km** event was won in a speedy time of **4:33 by Bayane Link**. The **first female** in on the 1 km event was **Megan Prime** crossing the line in a time of **6:51**.

The **5 km** event saw **Jackson Witham** cross the line first in a fast time of **17:21**. **Vicky Kinch** was second in a time of **21:56**.

The **next race** in the series takes place on **February 26th, 2023** with registration starting at 10:00 am. The 1 km takes off at 11:00 followed closely by the 5 Km event at 11:15. Participants in all three races earn a long sleeve shirt.

### RESULTS

#### 1 km event:

Bayane Link 4:33  
Jayden Evans 5:20  
Loki Primeau 6:45  
Thor Primeau 6:50  
Megan Primeau 6:51  
Odin Primeau 8:15  
Freyne Primeau 8:20.41  
Trudy Primeau 8:20.92

#### 5 km event:

#### FEMALE

##### Under 15:

Abigail Jackson 24:56  
Eve Brewin 28:28  
Alexandre Belanger 32:11

##### 30-39

Vicky Kinch 21:56  
Vanessa Gill 31:54  
Megan Primeau 40:53

##### 40-49

Nicola Garvin 22:28  
Francesca Vivona 28:35  
Dawn Brewin 30:15

##### 50-59

Shelley Steenwyk 24:35  
Katie Baker 27:36  
Sarah Kaufman 34:03

##### 60-69

Cynthia Laforty 28:06  
Kathryn Miller-Pringle 44:45

##### 70-79

Mary Clayton 32:39  
Eithne Dunbar 33:01  
Anne Hodgson 36:31

MALE

15-19

Jackson Witham 17:21

20-29

Michael McTaggart 23:04

30-39

Josh Vandervalk 23:54

Matt Kinghorn 25:20

40-49

Craig Mcdonald 23:29

Matt Williams 26:12

Gary Brewin 28:29

50-59

David Cannons 24:28

60-69

Bob Walroth 25:25

Rod Palmer 27:03

Murray Tait 28:17

Al Cyr 30:12

Michael Russell 37:16

Paul Pringle 44:45

Terry Hodge 47:28

70-79

Ed Eby 31:34

Bill Poole 34:16

Toby Irvn 36:28

Jim Estes 58:20

80-89

Merv Hodgson 34:55