

## Brockville Legion 1K/5K Resolution Run 2023

### Report from race director Janet Wynands

The Brockville Legion Athletic Club hosted a New Year's Resolution Run on **Sunday January 8, 2023** for the first time since the start of Covid.

Twenty runners came out to start out the New Year on the first brisk, cool morning of the year. The previous spell of exceptionally mild conditions made for good footing and clear sidewalks.

The **1 km event** was won by **Jayden Evans** in a time of **5:02** followed closely by **Courtney Searson** in **5:43**.

The **5 km event** was won in a fast **17:12** by **Nathan Plant** with **Joyce Acton** coming in as the first female in **24:59**.



Janet Wynands and Nathan Plant    Women's Winner: Joyce Acton  
(Rick Swift provided the photos – thanks Rick)

**Results for 1 km event:**

Jayden Evans 5:02

Courtney Searson 5:43

**Results for 5 km event:**

Nathan Plant 17:12

David Cannons 24:26

Joyce Acton 24:59

Matt Kinghorn 25:17

Abigail Jackson 25:21

Rick Swift 26:06

Katie Baker 27:58

Murray Tait 28:20

Francesca Vivona 28:23

Ed Eby 30:18

Shane Curless 31:43

Eithne Dunbar 33:13

Bill Poole 34:29

Merv Hodgson 35:18

Alexandra Belanger 35:52

Anne Hodgson 36:03

Terry Hodge 48:44

Jim Estes 52:50