

BROCKVILLE ROADRUNNERS CLUB

Freeze Your Buns #3 2023 1km/5km

Report from race director Janet Wynands

The final race of the Brockville Road Runners' Freeze Your Buns 3 races series was held on Sunday April 2, 2023 under cool but sunny, spring conditions. **78 participants** came out to finish the winter running season with good footing and favourable weather allowing for some fast times.

Travis Gaffney flew around the course finishing first in the **5 km** event in a time of **15:56.63** with **Vicky Kinch** crossing the line first for the females in **21:21.30**.

The **1 km** event was won by **Avery Kinch** in a fast **3:50.67** followed closely by Bayane Link in 3:54.33.

The overall winners of the series goes to the fastest overall time across all three races. **Josh Vandervalk** won the men's division and **Vicky Kinch** won the women's division in the **5 km** event with **Bayane Link** winning the boys **1 km** event and **Freya Primeau** (accompanied by Megan Primeau) taking first in the girls 1 km event.

RESULTS

1 Km Event:

Avery Kinch 3:50.67	Lucas Nolan 8:17.18
Bayane Link 3:54.33	Florence Mensen 8:24.33
Aubrey Durant 4:23.00	Ruby Steenson 8:25.78
Winnie Williams 4:23.37	Wells Steenson 9:14.14
Oscar Williams 4:37.18	Morgan Bertrend 9:45.76
Jayden Evans 4:42.33	Freya Primeau 10:12.98
Margaux Coville 4:44.31	Megan Primeau 10:20.66
Loki Primeau 5:30.01	Sophia Primeau 10:20.68
Colton Durant 5:45.01	Kate Dalonzo 10:20.98
Sophie Coville 6:14.69	Phoebe Bertrend 11:06.19
Thor Primeau 6:32.46	Elodie Bertrend 11:06.19
Hailey Nolan 6:39.43	Grayson Sample-shortened course
Charlie Durant 7:03.18	Megan Sample-shortened course
Odin Primeau 7:50.61	Lee Sample-shortened course
Trudy Primeau 7:50.98	

5 Km Event

FEMALE

Under 15

Lilah Kinch 21:44.14
Abigail Jackson 25:15.52
Eve Brewin 29:28.81
Lexi Belanger 32:30.25

30-39

Vicky Kinch 21:21.30
Stacy Durant 24:36.75
Madelyn Mensen 28:09.71
Vanessa Gill 29:52.90

40-49

Nicola Garvin 21:27.73
Francesca Vivona 27:55.33
Meera Ruparelia 29:31.23
Dawn Brewin 29:43.79

50-59

Sue Runciman 24:30.44
Katie Baker 27:15.77
Sarah Kaufman 34:44.28

MALE

Under 15

Shaun Bhatt 30:50.90

15-19

Travis Gaffney 15:56.63
Jackson Witham 17:11.73

20-29

Michael McTaggart 22:31.13

30-39

Jeff Nolan 19:14.74
Josh Vandervalk 20:42.20
Matt Kinghorn 26:24.45

40-49

Craig McDonald 23:24.48
Gary Brewin 25:51.19
Matt Willians 28:22.10
Nikhil Bhatt 30:49.93

60-69

Cynthia Laforty 26:51
Kathryn Miller-Pringle 37:09.86

70-79

Mary Clayton 31:15.71
Eithne Dunbar 31:22.69
Anne Hodgson 37:06.87

50-59

David Cannons 23:34.48

60-69

Bob Walroth 24:16.27
Al Cyr 27:43.51
Murray Tait 28:16.44
Mitchell White 35:11.78
Paul Pringle 37:10.43
Michael Russell 37:04.89
Terry Hodge 53:34

70-79

Rod Palmer 26:35.61
Tony Dunbar 28:18.86
Peter Feickert 28:35.05
Ed Eby 30:48.04
Bill Poole 33:17.48
Toby Irvn 39:16.81
Jim Estes 41:13

80-85

Merv Hodgson 36:53.74
John Raiswell 49:14