

BROCKVILLE ROAD RUNNERS
FREEZE YOUR BUNS 1K/5K #1
SATURDAY JANUARY 27, 2024

The first Freeze Your Buns of 2024 was run in mixed conditions from a running point of view. While the temperature conditions, which hovered around 1°C, were favourable, the footing was a bit of a mess in many parts of the course. Ice, slush and puddles were the order of the day.

Twelve (**12**) runners ran the **1K**. This was geared mainly to kids under 13 with an invitation to older folks new to running to join in. Three such adults joined in the fun gallop around St. Lawrence College and back to the Memorial Centre.

The first male across the line in the 1K was **Gavin Bertrend** in a time of **3:25**; first female was **Aubrey Durant** in **3:30**.

Twenty-five (**25**) runners, ages **under 15 to 80 plus**, ran the **5K**.

Newly elected club board member, **Shane Curless** was first across the finish line in a time of **20:27**. Finishing in overall 2nd place, and first female, was **Vicky Kinch**. This was a good start for Vicky, who is the defending series female champion from 2023.

The Jan 27 run was the first of the BRRC's 2024 three-run winter series, initiated in 1997. The second race of the series is scheduled for Saturday, 23 February again from the Memorial Centre.

Our dedicated and expert race director since 2008, **Janet Wynands**, was not present at FYB#1. Janet left earlier in the week for Calgary to welcome a new grandchild recently born there. In typical dedicated fashion, before she left Janet did a large share of the needed preparations. A number of willing volunteers stepped in, before and on the day, to make it a success.

Many thanks to those who did help out. A special thank you to **Barb Marshall**, who as always was a rock of calm and competence at the registration desk.

And congrats to the winners and to all participants, young and old.

RESULTS

1K Results

Bertrend, Gavin 3:25
Durant, Aubrey 3:30
Coville, Margaux 4:10
Mensen, Frances 4:45
Lutzac, Wesley 4:54
Coville, Sophie 5:45

Lutzac, Kirstin 5:45
Name(?), Calvin 5:47
Bertrend, Morgan 6:23
Mensen, Flossie, 6:45
Bertrend, Liam, 7:58
Bremner, Julia, 7:59

5K Results

FEMALE

Under15

Brewin, Eve 24:23

15 -19

Jackson, Abigail 23:48

30-39

Kinch, Vicky 22:34
Durant, Stacy 27:00
Mensen, Madelyn 29:37

40-49

Roles, Angela 28:05
Brewin, Dawn 33:45

60-69

Laforty, Cynthia 27:52
Palmer-Smith, Lorraine 37:15

70-79

Dunbar, Eithne 35:21
Hodgson, Anne 38:10

MALE

30-39

Curless, Shane 20:27

40-49

Williams, Matt 25:26
Brewin, Gary 28:01
Kinghorn, Matt 30:30

50-59

Cannons, David 25:29

60-69

Mensen, Garry 26:00
Tait, Murray 31:19
White, Mitchell 34:13

70-79

Walroth, Robert 25:36
Palmer, Rod 28:17
Feickert, Peter 29:21
Estes, Jim 33:36
Poole, Bill 36:09

80+

Hodgson, Merv 36:05

Walkers:

Irven, Toby 43:25
Hodge, Terry 55:56