

**BROCKVILLE ROAD RUNNERS
FREEZE YOUR BUNS 1K/5K #2
SATURDAY FEBRUARY 24, 2024**

Report: Janet Wynands, Series Director

The **second run** in the three run Freeze Your Buns Series with the Brockville Road Runners was held on **Saturday February 24, 2024** in temperatures that took a sudden dive fitting for the name of the winter series. The competitors took to the course battling the cold wind but on dry pavement with good footing.

The **1 km** event was won by **Margaux Coville** in a speedy **4:58.87** with **Frances Mensen** coming in second in **5:09.39**.

The **5 km** run was won by **Jeff Nolan** in **18:24.30** just catching **Shane Curless** before the finish who crossed the line in **18:27.74**.

The third and last race of the series will be held on March 23, 2024 with the 1 km starting at 10:00 a.m. and the 5 km starting at 10:15 a.m.

RESULTS:

1 km Event

Margaux Coville 4:58.87
Frances Mensen 5:09.39
Florence Mensen 6:50.76

5 km Event:

FEMALE

Under 15:

Eve Brewin 24:35.17

15-20

Abigail Jackson 22:51.63

30-39

Madelyn Mensen 29:43.63

40-49

Angela Roles 27:25.58

Dawn Brewin 31:41.98

60-69

Cynthia Laforty 27:15.81

70-79

Anne Hodgson 37:01.58

5 km Event (cont'd)

MALE

30-39

Jeff Nolan 18:24.30
Shane Curless 18:27.74
Jordan Capiral 23:22.41

40-49

Matt Williams 26:15.07
Gary Brewin 26:33.10
Matt Kinghorn 29:06.61

50-59

David Cannons 24:37.11

60-69

Joe Doyle 24:53.11
Gary Mensen 26:27.63
Murray Tait 28:51.11
Mitch White 32:53.75
Terry Hodge 52:27 (walker)

70-79

Bob Walroth 24:22.87
Rod Palmer 27:07.38
Peter Feickert 28:26.51
Bill Poole 34:55.52

Jim Estes 35:40.06
Michael Russell 36:24.92
Toby Irven 42:38.9 (walker)

80-89

Merv Hodgson 36:45.9