

BROCKVILLE ROAD RUNNERS
FREEZE YOUR BUNS 1K/5K #3
SATURDAY MARCH 23, 2024

Report: Janet Wynands, Series Director

The **final run** in the three run Freeze Your Buns Series held by the Brockville Road Runners was held on **Saturday March 23, 2024**. The winter series finished with a fresh snowfall overnight making footing difficult on the sidewalks, a brisk wind and seasonally cool temperatures.

The **1 km event** was won by **Aubrey Durant** in a speedy **4:01.79** with **Margaux Coville** coming in second in **4:19.60**.

The **5 km run** was won by **Shane Curless** in **19:11.74** with **Jeff Nolan** in second place with a time of **19:36.27**. The first female in was **Vicky Kinch** in **23:20.05** followed by **Abigail Jackson** in **24:18.81**.

The **series winners** must run all three runs and then the best average time over all three events is calculated. The winner in the **1 km event** was **Margaux Coville**.

The **5 km series** was won by **Shane Curless** and **Abigail Jackson**.

A huge shoutout to all who volunteered to make this event a success and to Shane Curless for the design and printing of the shirts earned by anyone completing all three runs.

RESULTS

1 km Event

Aubrey Durant 4:01.79
Margaux Coville 4:19.60
Frances Mensen 5:16.27
Lucas Nolan 5:36.10

Hailey Nolan 5:37.56
Flossie Mensen 7:05.06
Ruby Steenson 7:55.78

5 km Event:

FEMALE

Under 15:

Eve Brewin 27:08.81

15-20

Abigail Jackson 24:18.81

30-39

Vicky Kinch 23:20.05

Stacy Durant 27:17.74

Madelyn Mensen 30:59.23

40-49

Francesca Vivona 29:16.59

Dawn Brewin 32:18.01

50-59

Shannon Wilson 32:41.63

60-69

Cynthia Laforty 28:45.43

Lorraine Palmer Smith 37:40.22

70-79

Eithne Dunbar 34:45.59

Anne Hodgson 39:26.09

MALE

30-39

Shane Curless 19:11.74

Jeff Nolan 19:36.27

40-49

Martin Brown 23:32.38

Matt Williams 24:43.23

Gary Brewin 27:10.17

Jesse Cullen 28:57.52

Matt Kinghorn 30:38.10

Matt Mensen 34:38.98

50-59

David Cannons 28:27.89

Kent Wilson 32:43.11

60-69

Geoffrey Peters 26:04.31

Gary Mensen 26:41.98

Murray Tait 31:27.63

Mitchell White 34:11.48

Terry Hodge 57:19 (walker)

70-79

Bob Walroth 25:59.84

Peter Feickert 29:09.82

Rod Palmer 29:49.51

Jim Estes 37:19.19

Bill Poole 37:40.58

Michael Trussell 38:33.30

Toby Irven 44:47.23 (walker)