

**BROCKVILLE ROAD RUNNERS
FREEZE YOUR BUNS 1K/5K #1
SATURDAY JANUARY 25, 2025**

Report from Race Director Janet Wynands

The first run, in the three run Freeze Your Buns Series with the Brockville Road Runners, was held on **Saturday January 25, 2025** with typical wintery weather adding to the event challenge. The competitors took to the course battling the cold wind with snow covered sidewalks.

The **1 km event** was won by **Margaux Coville** for the **second year in a row** in a speedy **4:25:38**, over **30 seconds faster than her time last year**.

Grace Casselman came in second in **4:34:38**. **Lucas Nolan** was the first boy in with a time of **6:30:46**.

The **5 km run** was won by **Shane Curless** in **17:59:46**, almost **30 seconds faster** than his time last year in this event. The young **Lilah Kinch** was the first female in with a time of **22:05:16**.

The **second race** of the series will be held on **February 22, 2025** with the **1 km starting at 9:00 a.m. and the 5 km starting at 9:15 a.m.** Participants in all 3 races win a series shirt. Funds raised from the event go to the area **Food Bank**.

1K Results

Margaux Coville 4:25:38
Grace Casselman 4:34:38
Scarlett Cross 6:09:28
Hailey Nolan 6:21:21
Lucas Nolan 6:30:46

Flossie Mensen 7:22:75
Cohen Cross 8:19:99
Ruby Steenson 9:05:73
Mackinley Cross 9:42:92
Ernie Mensen 10:15:75

5K Results

FEMALE

Under 15:

Lilah Kinch 22:05:16
Eve Brewin 25:22:13
Ruby Casselman 26:09:71
Aubrey Durant 28:47:98

15-20

Abigail Jackson 22:57:78

20-29

Hanna Doonan 32:51:81

30-39

Madelyn Mensen 23:45:17
Stacy Durant 26:14:95

40-49

Vicky Kinch 22:50:80
Mary Hungerford 26:49:91
Dawn Brewin 31:05:82

50-59

Shelley Steenwyk 26:10:77
Sarah Crawford 27:50:82
Deb Benson 33:06:97
Janet Binkle 33:17:92

60-69

Cynthia Laforty 28:15:97

70-79

Eithne Dunbar 34:45:00

MALE

20-29

Max Binkle 32:51:41

30-39

Shane Curless 17:59:46
Jeff Nolan 18:02:27

40-49

Matt Williams 25:48:25
Gary Brewin 25:57:39
Matt Kinghorn 30:44:98

50-59

David Cannons 25:38:73
Paul Flanagan 26:12:24
Mike Crawford 27:51:31

60-69

Mitch White 33:14:91

70-79

Gary Mensen 25:24:41
Bob Walroth 27:04:28
Peter Feickert 31:04:44
Ed Eby 33:03:52
Jim Estes 37:14:33

80-89

Tony Dunbar 36:05:68

Walkers:

Toby Irvn 43:19:09
Terry Hodge 45:02:30
David Mailey 45:24:52