

Mark Darroch Sr. Memorial Trophy

Freeze Your Buns 5K Best Average Time

(Note: This award began in 1997. It took on Mark's name after his death on June 19th, 2000)

Men

2025 Jeff Nolan 18:02
2024 Shane Curless 18:58
2023 Josh Vandervalk 22:06
2019 to 2022 Due to covid virtual runs only were held.
2018 Ian Loughrey 20:52
2017 Corey Turnbull 18:28
2016 Ian Loughrey 20:23
2015 John MacMillan 21:05
2014 Eric Wynands 17:07
2013 Ryan Noccey 18:37
2012 Eric Wynands 17:12
2011 Garrett Rodley 17:24
2010 Eric Wynands 17:55
2009 Christopher Marshall 19:30
2008 John Wynands 17:48
2007 Ian Swanson 18:46
2006 Geoff Millard 20:02
2005 Geoff Millard 17:32
2004 Matt Millard 16:56*
2003 Ian Swanson 17:02
2002 Tom Marshall 17:58
2001 David Wilson 17:51
2000 Doug Kennedy 17:55
1999 Tim Hain 17:52
1998 Randy Zabukovec 17:10
1997 Kevin Beatty 17:04

* Indicates Course Record

Women

Lilah Kinch 22:09
Abigail Jackson 22:58
Vicky Kinch 21:40
2019-2022
Christie Reitsma 23:41
Marieke Van Spriel 22:18.
Brittany Alkerton 20:32
Brittany Alkerton 21:20
Brittany Alkerton 21:18
Jenn Bon 19:46
Kristen Giffen 21:45
Paula Wiltse 18:06*
Jenn Torrance 21:46
Ruth Drache 24:27
Janet Wynands 19:45
Janet Wynands 20:35
Janet Wynands 19:09
Christie Reitsma 21:23
Christie Reitsma 20:39
Janet Wynands 19:21
Vicky Jones 19:46
Kathy Easter 21:07
Paula Wiltse 18:55
Paula Wiltse 18:40
Heather McGurren 21:30
Christie Walker 22:30

Multiple (>2) Winners:

Men: 3: Eric Wynands Women: 4: Christie Reitsma Janet Wynands; 3: Paula Wiltse Brittany Alkerton