

Freeze Your Buns #1
Sun Jan 25, 2009

5K RESULTS

Female Overall

Place	Runner	Time	Pts.
1	Janet Wynands	20:00	10
2	Nancy Norman	21:46	8
3	Jenn Torrance	23:12	6
4	Christine Plant	23:23	5
5	Ruth Drache	24:10	4
6	Angie Roles	24:48	-
7	Cynthia Laforty	24:57	-
8	Angela Viau	25:18	-
9	Mary Jean McFall	25:49	-
10	Shannon Steenwyk	25:58	-
11	Ilona Thomas	26:02	-
12	Keira Brazeau	26:15	-
13	Angelina Chan	27:06	-
14	Bridgette O'Connor	27:24	-
15	LeeAnn Sims	27:39	-
16	Ruth McFarlane	28:21	-
17	Abbey Palmer	28:26	-
18	Penny Duffy	28:48	-
19	Charlotte Nolan	29:10	-
20	Tamara Baldwin-McNamee	29:12	-
21	Rhonda McNish	29:27	-
22	Amy Hooper	29:28	-
23	Michele Perry	29:30	-
24	Tamara Chapman	29:40	-
25	Melanie Hellyer	29:46	-
26	Jan Mustard	30:47	-
27	Anne Hodgson	32:08	-
28	Melodie Hobbs	32:34	-
29	Lorraine Palmer-Smith	32:57	-
30	Lynda Cavanagh	33:29	-
31	Calla Tait	43:58	-
32	Nieves Bonucchi	44:52	-

Female Age Category

Under 15

1	Keira Brazeau	26:15	10
2	Bridgette O'Connor	27:24	8
3	Abbey Palmer	28:26	6
4	Charlotte Nolan	29:10	5
5	Calla Tait	43:58	4

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15-19

1	Shannon Steenwyk	25:58	10
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20-29

1	Jenn Torrance	23:12	10
2	Tamara Chapman	29:40	8

30-39

1	Christine Plant	23:23	10
2	Ruth Drache	24:10	8
3	Angie Roles	24:48	6
4	Angela Viau	25:18	5
5	Angelina Chan	27:06	4
6	Tamara Baldwin-McNamee	29:12	3
7	Rhonda McNish	29:27	3

40-49

1	Janet Wynands	20:00	10
2	Nancy Norman	21:46	8
3	Cynthia Laforty	24:57	6
4	Mary Jean McFall	25:49	5
5	Ilona Thomas	26:02	4
6	LeeAnn Sims	27:39	3
7	Penny Duffy	28:48	3
8	Amy Hooper	29:28	3
9	Michele Perry	29:30	3
10	Melanie Hellyer	29:46	3
11	Melodie Hobbs	32:34	3

50-59

1	Ruth McFarlane	28:21	10
2	Jan Mustard	30:47	8
3	Lorraine Palmer-Smith	32:57	6

60-64

1	Anne Hodgson	32:08	10
2	Lynda Cavanagh	33:29	8

Over 64

1	Nieves Bonucchi	44:52	10
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Male Overall

Place	Runner	Time	Pts.
1	John Wynands	18:05	10
2	Nick Thomas	18:50	8
3	Robert Cooper	18:54	6
4	Christopher Marshall	19:13	5
5	Tom Marshall	19:15	4
6	Eric Wynands	19:47	-
7	Pascal Peladeau	20:03	-
8	Lance Brazeau	20:12	-
9	Vincent Guyonnet	20:22	-
10	Tim Norman	20:36	-
11	Charles Beaudoin	20:50	-
12	Ashby Carnochan	21:27	-
13	Alain Cyr	21:36	-
14	J Rhude	21:39	-
15	Tony Dunbar	22:02	-
16	Brian Campbell	22:03	-
17	Stewart Campbell	22:16	-
18	Zack Boyd	22:23	-
19	Ed Wynands	22:33	-
20	Laurence Jones	22:37	-
21	Rod Palmer	22:38	-
22	Yves Decoste	23:07	-
23	Jason Price	23:09	-
24	Gerry Tutecky-McDougall	23:15	-
25	Rick VanRavenhorst	23:40	-
26	Joe Bodendistel	23:51	-
27	Bryne Francois	23:54	-
28	Terry Hodge	23:59	-
29	Murray Tait	24:11	-
30	Kade Brazeau	24:47	-
31	Mitch White	24:54	-
32	Peter Feickert	25:31	-
33	Merv Hodgson	25:44	-
34	John Bourne	25:55	-
35	Wil Steacy	26:05	-
36	Steve Sims	26:37	-
37	Charles LeBlanc	27:07	-
38	Don Farnsworth	27:13	-
39	Dominic Gallerneault	27:41	-
40	Phil Lowe	28:08	-
41	Neal Condron	28:26	-
42	Toby Irvn	28:30	-
43	Liam Cullen	28:45	-
44	Holden Primeau	30:20	-
45	Zack Hong	30:44	-
46	Willy Primeau	34:42	-
47	W. Pohl	45:16	-

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Male Age Category

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3	Kade Brazeau	24:47	6
4	Holden Primeau	30:20	5
5	Zack Hong	30:44	4

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20-29

1	Jason Price	23:09	10
2	Rick VanRavenhorst	23:40	8
3	Neal Condron	28:26	6

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1	Pascal Peladeau	20:03	10
2	Ashby Carnochan	21:27	8
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1	Vincent Guyonnet	20:22	10
2	Alain Cyr	21:36	8
3	Brian Campbell	22:03	6
4	Joe Bodendistel	23:51	5
5	Terry Hodge	23:59	4
6	Murray Tait	24:11	3
7	Mitch White	24:54	3
8	Steve Sims	26:37	3
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1	Charles Beaudoin	20:50	10
2	Tony Dunbar	22:02	8
3	Bryne Francois	23:54	6
4	Peter Feickert	25:31	5
5	Wil Steacy	26:05	4
6	Toby Irvn	28:30	3

Over 64

1	Merv Hodgson	25:44	10
2	Liam Cullen	28:45	8
3	W. Pohl	45:16	6

1K KID'S RUN RESULTS

GIRLS

Place	Runner	Time
1	Bree Peladeau	04:02
2	Audrey Guyonnet	04:37
3	Alesha Hellyer	05:10
4	Shin Bourne	06:07
5	Isha Peladeau	06:45
6	Asia Bourne	07:36

BOYS

Place	Runner	Time
1	Sebastien Atchison	03:51
2	Tom Kippax	04:13
3	Gavin Peladeau	05:52