

Freeze Your Buns #2
Sunday February 22, 2009

5K RESULTS

Female Overall

Place	Runner	Time	Pts.
1	Amy Schneeberg	18:56	10
2	Jennifer Howitt	21:02	8
3	Fiona Dunbar	23:10	6
4	Eva Beattie	23:22	5
5	Emily Rienstra	24:33	4
6	Jenn Torrance	24:55	-
7	Ruth Drache	24:56	-
8	Shelley Steenwyk	25:06	-
9	Jessica Dunnington	25:14	-
10	Shannon Steenwyk	25:21	-
11	Ilona Thomas	25:29	-
12	Angelina Chan	25:32	-
13	Cynthia Laforty	25:40	-
14	Kim Howitt	26:03	-
15	Keira Brazeau	26:04	-
16	Ruth McFarlane	27:08	-
17	Rhonda McNish	27:31	-
18	Tamara Baldwin-McNamee	27:32	-
19	Bridgette O'Connor	27:53	-
20	Abbey Palmer	28:08	-
21	Charlotte Nolan	28:13	-
22	Jan Mustard	28:39	-
23	Melanie Hellyer	28:43	-
24	Penny Duffy	29:36	-
25	Amy Hooper	29:38	-
26	Nicole Landry	30:37	-
27	Tanya Birnie	30:37	-
28	Eithne Dunbar	31:24	-
29	Alisa Armstrong	32:01	-
30	Angela Prest	32:21	-
31	Anne Hodgson	33:09	-
32	Nieves Bonucchi	47:56	-

Female Age Category

Place	Runner	Time	Pts.
	<u>Under 15</u>		
1	Keira Brazeau	26:04	10
2	Bridgette O'Connor	27:53	8
3	Abbey Palmer	28:08	6
4	Charlotte Nolan	28:13	5
	<u>15-19</u>		
1	Emily Rienstra	24:33	10
2	Jessica Dunnington	25:14	8
3	Shannon Steenwyk	25:21	6
	<u>20-29</u>		
1	Amy Schneeberg	18:56	10
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3	Jenn Torrance	24:55	6
4	Kim Howitt	26:03	5

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<u>30-39</u>			
1	Fiona Dunbar	23:10	10
2	Ruth Drache	24:56	8
3	Angelina Chan	25:32	6
4	Rhonda McNish	27:31	5
5	Tamara Baldwin-McNamee	27:32	4
6	Nicole Landry	30:37	3
7	Tanya Birnie	30:37	3
8	Alisa Armstrong	32:01	3

<u>40-49</u>			
1	Eva Beattie	23:22	10
2	Shelley Steenwyk	25:06	8
3	Ilona Thomas	25:29	6
4	Cynthia Laforty	25:40	5
5	Melanie Hellyer	28:43	4
6	Penny Duffy	29:36	3
7	Amy Hooper	29:38	3
8	Angela Prest	32:21	3

<u>50-59</u>			
1	Ruth McFarlane	27:08	10
2	Jan Mustard	28:39	8

<u>60-64</u>			
1	Eithne Dunbar	31:24	10
2	Anne Hodgson	33:09	8

<u>Over64</u>			
1	Nieves Bonucchi	47:56	10

Male Overall

1	John Wynands	18:48	10
2	Robert Cooper	19:01	8
3	Mike Crawford	19:05	6
4	Christopher Marshall	19:17	5
5	Tom Marshall	19:58	4
6	Eric Wynands	20:08	-
7	Vincent Guyonnet	20:14	-
8	Stewart Campbell	20:20	-
9	Pascal Peladeau	20:21	-
10	Charles Beaudoin	20:28	-
11	Jordan Rhude	20:39	-
12	Tim Arnott	20:45	-
13	Alain Cyr	20:57	-
14	Tony Dunbar	21:29	-
15	Brian Campbell	21:32	-
16	Chris Earl	21:39	-
17	Ed Wynands	21:50	-
18	Gerry Tutecky-McDougal	22:24	-
19	Laurence Jones	22:49	-
20	Zack Boyd	22:51	-
21	Bryne Francois	23:01	-
22	Terry Hodge	23:03	-
23	Rick Van Ravenhorst	23:28	-

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24	Murray Tait	23:31	-
25	Don Farnsworth	23:53	-
26	Joe Bodendistel	24:05	-
27	Mitch White	24:10	-
28	Kade Brazeau	24:26	-
29	Jason Price	24:37	-
30	Holden Primeau	24:52	-
31	Scott Bahn	25:03	-
32	Rick Steenwyk	25:08	-
33	John Bourne	25:24	-
34	Charles LeBlanc	25:33	-
35	Wil Steacy	25:45	-
36	Phil Lowe	26:08	-
37	Gib Kent	26:26	-
38	Steve Sims	26:38	-
39	Dominic Gallerneault	26:42	-
40	Neal Condron	27:25	-
41	Toby Irvn	28:06	-
42	Liam Cullen	29:32	-
43	Dan Markotich	31:35	-
44	Willy Primeau	33:47	-
45	W. Pohl	44:29	-
46	E. Schulz	48:08	-

Male Age Category

	<u>Under 15</u>		
1	Eric Wynands	20:08	10
2	Jordan Rhude	20:39	8
3	Kade Brazeau	24:26	6
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1	John Wynands	18:48	10
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4	Zack Boyd	22:51	5
5	Scott Bahm	25:03	4
	<u>20-29</u>		
1	Rick Van Ravenhorst	23:28	10
2	Jason Price	24:37	8
3	Neal Condron	27:25	6
	<u>30-39</u>		
1	Mike Crawford	19:05	10
2	Pascal Peladeau	20:21	8
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9	Steve Sims	26:38	3
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<u>50-59</u>			
1	Tom Marshall	19:58	10
2	Stewart Campbell	20:20	8
3	Ed Wynands	21:50	6
4	Gerry Tutecky-McDougal	22:24	5
5	Laurence Jones	22:49	4
6	Don Farnsworth	23:53	3
7	Phil Lowe	26:08	3
8	Dominic Gallerneault	26:42	3
9	Dan Markotich	31:35	3

<u>60-64</u>			
1	Charles Beaudoin	20:28	10
2	Tony Dunbar	21:29	8
3	Bryne Francois	23:01	6
4	Wil Steacy	25:45	5
5	Toby Irvén	28:06	4

<u>Over 64</u>			
1	Liam Cullen	29:32	10
2	W. Pohl	44:29	8
3	E. Schulz	48:08	6

1K KID'S RUN

GIRLS			
1	Bree Peladeau	4:20	
2	Alesha Hellyer	5:23	
3	Audrey Guyonnet	5:33	
4	Jessica McDougall	5:41	
5	Shin Bourne	6:08	
6	Isha Peladeau	7:04	
7	Maggie Crawford	8:45	
8	Gwyneth Armstrong	9:56	
9	Tate Armstrong	10:11	

BOYS			
1	Sebastien Atchison	3:54	
2	Tom Kippax	4:13	
3	Ethan Crawford	5:35	
4	Jared McDougall	5:55	
5	Malcolm Tait	6:46	
6	Asia Bourne	7:39	