

**Freeze Your Buns #3**  
**Sun Mar 22, 2009**

**5K RESULTS**

**Female Overall**

<b>Place</b>	<b>Runner</b>	<b>Time</b>	<b>Pts.</b>
1	Kathy Bradley	21:09	10
2	Joanne Bradley	21:28	8
3	Nancy Norman	22:20	6
4	Shelley Steenwyk	23:48	5
5	Keira Brazeau	24:01	4
6	Ruth Drache	24:15	-
7	Angela Roles	24:39	-
8	Ilona Thomas	24:43	-
9	Cynthia Laforty	25:14	-
10	Tamara Baldwin-McNamee	25:42	-
11	Shannon Steenwyk	25:48	-
12	Angelina Chan	25:58	-
13	Ruth McFarlane	26:03	-
14	Rhonda McNish	26:12	-
15	Catherine Tomlinson	27:11	-
16	LeeAnn Sims	27:15	-
17	Abbey Palmer	27:56	-
18	Melanie Hellyer	28:18	-
19	Charlotte Nolan	28:23	-
20	Amanda Smith	29:01	-
21	Darcie Libby	29:07	-
22	Nicole Landry	29:34	-
23	Tanya Birnie	29:34	-
24	Jan Mustard	29:36	-
25	Eithne Dunbar	29:59	-
26	Sarah Bastian	30:55	-
27	Anne Hodgson	30:57	-
28	Amy Hooper	31:00	-

**Female Age Category**

Under 15

1	Keira Brazeau	24:01	10
2	Abbey Palmer	27:56	8
3	Charlotte Nolan	28:23	6
4	Sarah Bastian	30:55	5

15-19

1	Shannon Steenwyk	25:48	10
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**Freeze Your Buns #3**  
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20-29

1	Amanda Smith	29:01	10
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30-39

1	Kathy Bradley	21:09	10
2	Joanne Bradley	21:28	8
3	Ruth Drache	24:15	6
4	Angela Roles	24:39	5
5	Tamara Baldwin-McNamee	25:42	4
6	Angelina Chan	25:58	3
7	Rhonda McNish	26:12	3
8	Darcie Libby	29:07	3
9	Nicole Landry	29:34	3
10	Tanya Birnie	29:34	3

40-49

1	Nancy Norman	22:20	10
2	Shelley Steenwyk	23:48	8
3	Ilona Thomas	24:43	6
4	Cynthia Laforty	25:14	5
5	Catherine Tomlinson	27:11	4
6	LeeAnn Sims	27:15	3
7	Melanie Hellyer	28:18	3
8	Amy Hooper	31:00	3

50-59

1	Ruth McFarlane	26:03	10
2	Jan Mustard	29:36	8

60-64

1	Eithne Dunbar	29:59	10
2	Anne Hodgson	30:57	8

Over 64

No Entries

**Freeze Your Buns #3**  
**Sun Mar 22, 2009**

**Male Overall**

<b>Place</b>	<b>Runner</b>	<b>Time</b>	<b>Pts.</b>
1	Brandon Boyd	17:44	10
2	Eric Wynands	19:31	8
3	Declan Colwell	19:52	6
4	Vincent Guyonnet	19:52	5
5	Christopher Marshall	19:59	4
6	Bryan Frith	20:01	-
7	Rick Swift	20:02	-
8	Tim Arnott	20:04	-
9	Pascal Peladeau	20:20	-
10	Stewart Campbell	20:23	-
11	Charles Beaudoin	20:25	-
12	Jordon Rhude	20:34	-
13	Tim Norman	20:45	-
14	Kade Brazeau	20:47	-
15	Tony Dunbar	21:02	-
16	Brian Campbell	21:10	-
17	Rick VanRavenhorst	21:19	-
18	Lance Brazeau	21:25	-
19	Pete Millard	21:36	-
20	Alain Cyr	21:37	-
21	Ed Wynands	21:53	-
22	Gerry Tutecky-McDougall	21:57	-
23	Rod Palmer	22:09	-
24	Bryne Francois	22:32	-
25	Don Farnsworth	22:45	-
26	Laurence Jones	23:17	-
27	Terry Hodge	23:32	-
28	Robbie Bastian	23:56	-
29	Murray Tait	24:11	-
30	Mitch White	24:12	-
31	Hugh Wilson	24:27	-
32	Holden Primeau	24:29	-
33	Joe Bodendistel	24:35	-
34	Adrian Chan	25:32	-
35	Wil Steacy	25:32	-
36	Phil Lowe	25:54	-
37	Charles LeBlanc	25:59	-
38	Bruce Kosmiki	26:18	-
39	Jean Berbaquez	26:20	-
40	Steve Sims	27:05	-
41	Dominic Gallerneault	27:15	-
42	Neal Condron	27:48	-
43	Keith Rook	28:24	-
44	Chuck Tomlinson	28:55	-
45	Toby Irvn	29:32	-
46	Liam Cullen	31:01	-
47	Don Stables	34:37	-
48	W. Pohl	42:58	-
49	Willy Primeau		-

**Freeze Your Buns #3**  
**Sun Mar 22, 2009**

**Male Age Category**

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1	Eric Wynands	19:31	10
2	Declan Colwell	19:52	8
3	Jordon Rhude	20:34	6
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15-19

1	Christopher Marshall	19:59	10
2	Lance Brazeau	21:25	8
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20-29

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6	Mitch White	24:12	3
7	Joe Bodendistel	24:35	3
8	Bruce Kosmiki	26:18	3
9	Steve Sims	27:05	3
10	Keith Rook	28:34	3
11	Chuck Tomlinson	28:55	3
12	Willy Primeau		3

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Sun Mar 22, 2009**

50-59

1	Stewart Campbell	20:23	10
2	Tim Norman	20:45	8
3	Pete Millard	21:36	6
4	Ed Wynands	21:53	5
5	Gerry Tutecky-McDougall	21:57	4
6	Rod Palmer	22:09	3
7	Don Farnsworth	22:45	3
8	Laurence Jones	23:17	3
9	Phil Lowe	25:54	3
10	Dominic Gallerneault	27:15	3
11	Don Stables	34:27	3

60-64

1	Rick Swift	20:02	10
2	Charles Beaudoin	20:25	8
3	Tony Dunbar	21:02	6
4	Bryne Francois	22:32	5
5	Wil Steacy	25:32	4
6	Toby Irven	29:32	3

Over 64

1	Hugh Wilson	24:27	10
2	Jean Berbaquez	26:20	8
3	Liam Cullen	31:01	6
4	W. Pohl	42:58	5

**1K KID'S RUN RESULTS**

**GIRLS**

<b>Place</b>	<b>Runner</b>	<b>Time</b>
1	Bree Peladeau	04:05
2	Audrey Guyonnet	04:34
3	Alesha Hellyer	05:05
4	Shin Bourne	06:06
5	Isha Peladeau	06:26

**BOYS**

<b>Place</b>	<b>Runner</b>	<b>Time</b>
1	Sebastien Atchison	03:40
2	Tom Kippax	03:50
3	Gavin Peladeau	04:46
4	Max Lowe	04:57
5	Ethan Crawford	05:43
6	Malcolm Tait	06:23
7	Asia Bourne	08:06