

BROCKVILLE ROAD RUNNERS

FREEZE YOUR BUNS 1K/5K #1

SATURDAY JANUARY 25, 2020

Race Director Janet Wynands

Unlike the first Freeze Your Buns in 2019, which was run in a blizzard, conditions for the 2020 edition were far more favourable. The temperature hovered around 1 degree C as runners kept ahead of approaching freezing rain.

Five young runners ran the 1 K along a well supervised route. **Lucas Smith**, followed by Kayla Smith, were first across the finish line.

Sixty-one runners, ages under 15 to 80 plus, ran the 5K. A talented contingent of young male runners from Smiths Falls, coached by Corey Turnbull, were well to the front of the race. **Max Benda** in 17:22 was first across the line, followed closely by Jacob McLean in 17:38.

The talented, 13 year old **Mercedez Covey** was first female in a time of 21:24. Mercedez was followed home by Jodi Usher in 22:23.

The Jan 25 run was the first of the BRRC's 2020 three-run winter series, now in its 28th year. The second race of the series is scheduled for Saturday, 29 February. The 1K run starts at 9:00 AM, the 5K starts at 9:15 AM again from the Memorial Centre.

Many thanks to **Janet Wynands**, her 13th year at the helm, and to her 12 volunteers for organizing another successful start to the season. And congrats to the winners and to all participants, young and old.

FULL RESULTS:

1 km event

Lucas Smith 4:51

Kayla Smith 5:16

Lexi Belanger 5:44

Ryleigh Goguen 5:45

Jayden Evans 5:54

Tania Smith 6:37

5 km event

FEMALE

Under 15:

Mercedez Covey 21:24, Summer Covey 23:28, Cadia Turcotte 26:07, Codah Turcotte 26:29

15-19

Callie Turcotte 22:37

20-29

Jodi Usher 22:23, Emma Selleck 26:30

30-39

Robyn Hoogendam 22:47, Lindsey Greatrix 25:20, Holly Martin 26:19, Anne Mather 26:44, Chelsea Good 27:24, Ariel LaRocque 29:53

40-49

Christie Walker 23:11, Angela Roles 24:46, Rhonda McNish 25:10, Rebecca Meier 27:07, Heather Turcotte 29:27

50-59

Katie Baker 26:26, Margaret Story 27:38, Janet Gartley 31:59, Linda Hoogendam 45:02

60-69

Denise Anthony 26:58, Cheryl Scott 31:22, Ruby McCabe-Locke 32:45, Patty Hoogendam 45:00

70-79

Mary Clayton 29:56, Eithne Dunbar 31:50, Anne Hodgson 33:10

MALE

Under 15:

Caden Turcotte 18:19, Travis Gaffney 18:26, Ayrton Meier 20:41, Cehlden Turcotte 22:21, Canyon Turcotte 22:36, Parker Goguen 24:02

15-19

Max Benda 17:22, Jacob McLean 17:38

20-29

Layne Scott 27:18

30-39

Matt Williams 27:12, Matt Kinghorn 30:06

40-49

Corey Turnbull 18:35, Jason Barlow 25:23, Rick Lanthier 28:04

50-59

Kevin Riddell 21:39, Brian Gartley 23:03, Tom Fournier 23:05, David Cannons 25:04, Marc Billard 26:21, Mike Comstock 28:51, Terry Hodge 33:48

60-69

Ian Loughrey 20:46, Geoffrey Peters 23:24, Murray Tait 25:40, Ed Eby 29:28, Michael Trussell 31:58, Jim Locke (W) 52:00

70-79

Jim Estes 28:48, Bill Poole 30:45, Toby Irven 34:07, Liam Cullen 50:32

80-89

Merv Hodgson 30:09