

**Freeze Your Buns #1**  
**Saturday January 30, 2010**

The Brockville Road Runners kicked off their 25th year with the 18th edition of their Freeze Your Buns races this past Saturday. Eighty-three runners braved bitterly cold conditions in 1 kilometre and 5 kilometre events that lived up to the series' name.

Jayden Rowe won the 1 kilometre event in a time of 5:35, while Eric Wynands continued the family tradition in the 5k event, winning with a time of 18:38. Top female in the 5 kilometre event was Elizabeth Primrose in a time of 19:28.

**5K RESULTS**

**Male Overall**

<b>Place</b>	<b>Runner</b>	<b>Time</b>	<b>Pts.</b>
1	Eric Wynands	18:38	10
2	Rick Swift	19:25	8
3	Lance Brazeau	19:30	6
4	Declan Colwell	19:47	5
5	Tom Marshall	20:13	4
6	Pascal Peladeau	20:23	-
7	Vincent Guyonnet	20:48	-
8	Al Cyr	21:31	-
9	Jason Price	21:46	-
10	Paul Heintzman	21:47	-
11	Kade Brazeau	21:50	-
12	Charles Beaudoin	21:51	-
13	Ed Wynands	22:11	-
14	Rick vanRavenhorst	22:16	-
15	Laurence Jones	22:16	-
16	Gerry Tutecky-McDougall	22:17	-
17	Murray Tait	22:58	-
18	Rod Palmer	23:11	-
19	Fraser Blair	23:31	-
20	John Bourne	23:54	-
21	Brian Campbell	24:28	-
22	Zack Boyd	24:40	-
23	Alan Perry	24:42	-
24	Kevin Hartley	24:51	-
25	Roger Hawksby	25:27	-
26	Jim Locke	25:27	-
27	Bryne Francois	25:45	-
28	Merv Hodgson	26:02	-
29	Ken Smith	26:41	-
30	Toby Irvén	26:56	-
31	Rick Steenwyk	27:15	-
32	Phil Lowe	28:42	-
33	Liam Cullen	29:43	-
34	Terry Hodge	33:15	-
35	W. Pohl	44:28	-

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<b>Male Age Category</b>				
<b>Place</b>	<b>Runner</b>	<b>Time</b>	<b>Pts.</b>	
	<u>Under 15</u>			
1	Eric Wynands	18:38	10	
2	Declan Colwell	19:47	8	
3	Kade Brazeau	21:50	6	
4	Fraser Blair	23:31	5	
	<u>15-19</u>			
1	Lance Brazeau	19:30	10	
2	Zack Boyd	24:40	8	
	<u>20-29</u>			
1	Jason Price	21:46	10	
2	Rick vanRavenhorst	22:16	8	
	<u>30-39</u>			
1	Pascal Peladeau	20:23	10	
	<u>40-49</u>			
1	Vincent Guyonnet	20:48	10	
2	Al Cyr	21:31	8	
3	John Bourne	23:54	6	
4	Brian Campbell	24:28	5	
5	Alan Perry	24:42	4	
6	Kevin Hartley	24:51	3	
7	Roger Hawksby	25:27	3	
8	Rick Steenwyk	27:15	3	
9	Terry Hodge	33:15	3	
	<u>50-59</u>			
1	Tom Marshall	20:13	10	
2	Paul Heintzman	21:47	8	
3	Ed Wynands	22:11	6	
4	Laurence Jones	22:16	5	
5	Gerry Tutecky-McDougall	22:17	4	
6	Murray Tait	22:58	3	
7	Rod Palmer	23:11	3	
8	Jim Locke	25:27	3	
9	Ken Smith	26:41	3	
10	Phil Lowe	28:42	3	
	<u>60-69</u>			
1	Rick Swift	19:25	10	
2	Charles Beaudoin	21:51	8	
3	Bryne Francois	25:45	6	
4	Toby Irvén	26:56	5	
5	Liam Cullen	29:43	4	
	<u>70+</u>			
1	Merv Hodgson	26:02	10	
2	W. Pohl	44:28	8	

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**Female Overall**

<b>Place</b>	<b>Runner</b>	<b>Time</b>	<b>Pts.</b>
1	Elizabeth Primrose	19:28	10
2	Janet Wynands	20:06	8
3	Jenn Torrance	22:15	6
4	Shelley Steenwyk	23:32	5
5	Christie Reitsma	23:42	4
6	Keira Brazeau	23:52	-
7	Eva Beattie	24:44	-
8	JoAnn Evoy	25:00	-
9	Laurie Wheeler	25:09	-
10	Laura Oliver	25:09	-
11	Jean Birch	25:32	-
12	Natasha Boudreau-Munro	25:39	-
13	Brenda Young	26:10	-
14	Alyson McNish	26:20	-
15	Catherine Tomlinson	26:35	-
16	Wanda Barnes	26:41	-
17	Shannon Steenwyk	27:14	-
18	Rhonda McNish	27:16	-
19	Denise Anthony	27:16	-
20	Jill Murphy	27:33	-
21	Abbey Palmer	27:53	-
22	Ruth McFarlane	28:03	-
23	Theresa Smith	28:07	-
24	Patricia Fuller	28:38	-
25	Michele Perry	28:43	-
26	Angela Hartley	29:00	-
27	Melanie Bale	29:09	-
28	Charlotte Nolan	29:43	-
29	Julie McCarthy	29:50	-
30	Jan Mustard	30:07	-
31	Melanie Hellyer	30:27	-
32	Anne Hodgson	30:31	-
33	Angela Prest	30:59	-
34	Mary Clayton	32:19	-
35	JoAnne Sytsma	32:41	-
36	Ruby McCabe Locke	33:15	-
37	Sherri Hudson	35:17	-
38	Helen Anne Hudson	35:49	-
39	Nieves Bonucchi	46:36	-

**Female Age Category**

	<u>Under 15</u>		
1	Keira Brazeau	23:52	10
2	Abbey Palmer	27:53	8
3	Charlotte Nolan	29:43	6
	<u>15-19</u>		
1	Shannon Steenwyk	27:14	10
	<u>20-29</u>		
1	Jenn Torrance	22:15	10

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	<u>30-39</u>		
1	Christie Reitsma	23:42	10
2	Laurie Wheeler	25:09	8
3	Natasha Boudreau-Munro	25:39	6
4	Alyson McNish	26:20	5
5	Rhonda McNish	27:16	4
6	Angela Hartley	29:00	3
7	Melanie Bale	29:09	3
8	Julie McCarthy	29:50	3
	<u>40-49</u>		
1	Elizabeth Primrose	19:28	10
2	Janet Wynands	20:06	8
3	Shelley Steenwyk	23:32	6
4	Eva Beattie	24:44	5
5	JoAnn Evoy	25:00	4
6	Laura Oliver	25:09	3
7	Brenda Young	26:10	3
8	Catherine Tomlinson	26:35	3
9	Wanda Barnes	26:41	3
10	Jill Murphy	27:33	3
11	Theresa Smith	28:07	3
12	Patricia Fuller	28:38	3
13	Michele Perry	28:43	3
14	Melanie Hellyer	30:27	3
15	Angela Prest	30:59	3
16	Sherri Hudson	35:17	3
	<u>50-59</u>		
1	Jean Birch	25:32	10
2	Denise Anthony	27:16	8
3	Ruth McFarlane	28:03	6
4	Jan Mustard	30:07	5
5	JoAnne Sytsma	32:41	4
6	Ruby McCabe Locke	33:15	3
7	Helen Anne Hudson	35:49	3
	<u>60-69</u>		
1	Anne Hodgson	30:31	10
2	Mary Clayton	32:19	8
3	Nieves Bonucchi	46:36	6

**Children's 1 Km (under 13)**

<b>Place</b>	<b>Runner</b>	<b>Time</b>
1	Jayden Rowe	5:35
2	Shin Bourne	5:39
3	Michaela Mustard	5:57
4	Asia Bourne	6:23
5	Fiona McCarthy	6:55
6	Taelyn Rowe	8:07