

Freeze Your Buns 2013 Race Series – Results for Race #3

The final race in the 2013 Brockville Road Runners Freeze Your Buns Series was held on Sunday March 24th. The weather was favorable although far from last year's conditions which allowed participants to run in shorts!

The 1 km event was won, for the third time in a row, by **Alyshia Alkerton** in a time of 3:54 with **Ryan Givogue** repeating as the top male finisher, also for the third time in a row, in a time of 4:15.

Ryan Noccey won the open 5 km event in a time of 18:21 and **Jenn Bon** was the first woman across the finish line in a time of 19:44.

The overall 3 race series winners based on best average time for their respective distances were:

1Km: Female: Alyshia Alkerton 3:55

Male: Ryan Givogue 4:14

5Km: Female: Jenn Bon 19:46

Male: Ryan Noccey 18:37

Each winner was awarded a special individual trophy.

96 participants competed between the two events allowing for a sizeable donation to go to the local food bank both in terms of donated goods and in terms of race proceeds. The next Brockville road race will be the California Run held on May 5th starting from the Brockville YMCA.

Race # 3 Results:

1 Km Event:

Alyshia Alkerton 3:54, Ryan Givogue 4:15, Ethan Tucker 5:02, Paige Reimann 5:07, Malcolm Tait 5:12, Shin Bourne 5:20, Asia Bourne 5:33, Finn Campeau 6:05, Bennet Armstrong 6:50, Anna Ladd 7:03, Lauren Givogue 7:07, Elliott Ladd 8:11

5 Km Event:

Female:

Under 15

Brittany Alkerton 20:30, Hanna Doonan 22:14, Madelynn Meek 22:14, Lily Meek 22:15, Brittany Brown 23:20

15-19

Bridgette Harper 22:15, Kristen Giffen 24:22

20-29

Alexandra Yule 22:13, Victoria Baker 25:48, Lianna Lam 27:20, Thea Verstegen 27:34, Jessica Dunnington 28:08, Tanya Desbarats 28:09, Ally Carr 28:51, Katie Nolan 31:16, Justine Cooper 32:51

30-39

Jenn Bon 19:44, Julie Reisen 21:37, Sheri McMullen 23:48, Amanda Fournier 23:53, Angela Roles 24:05, Christie Reitsma 24:09, Rhonda McNish 24:24, Sandy Noonan 27:47, Kirstin Lutzac 29:13, Krista Evans 43:49

40-49

Ilona Thomas 23:08, Laurie Wheeler 23:51, Jo-Ann Evoy 24:04, Sharon Riddell 30:52

50-59

Janet Wynands 19:49, Catherine Tomlinson 25:50, Denise Anthony 26:19, Anne Taylor 27:41, Ruby McCabe-Locke 28:45, Pat Muldoon 29:05, Mary Jean McFall 29:24, Patty Hoogendam 36:41, Dianne Richmond 37:54

60-69

Mary Clayton 26:33, Eithne Dunbar 28:56, Anne Hodgson 30:19

Male:

Under 15

Will Campeau 24:51

15-19

Ryan Noccey 18:21, Carlos Coburn 20:16, Jacob Banks 24:22:65

20-29

Shane Turner 21:03, Zack Boyd 22:57, Brian Gaffney 26:55,

30-39

Malcolm Stadig 24:01, Steve Armstrong 25:41

40-49

Pascal Peladeau 20:38, Yves Decoste 21:17, Chuck Harper 22:38, Rick Steenwyk 22:47, Wes Campeau 24:53, Ashby Carnochan 25:14, David Shaver 25:23, John Bourne 27:32

50-59

Al Cyr 21:13, Kevin Riddell 22:05, Ian Loughrey 22:19, Ed Wynands 23:38, Geoff Peters 23:39, Andy Thomas 24:02, Murray Tait 27:31, Jim Locke 28:45, Clarke Flynn 33:14, Terry Hodge 33:55, Willy Primeau 35:35, Jim Cooper 35:45

60-69

Laurence Jones 22:42, Peter Feickert 23:33, Roger Hawksby 23:40, Bryne Francois 23:44, Toby Irvn 31:21

70-79

Mike Murray 24:10, Hugh Wilson 25:53, Merv Hodgson 26:03, Mike Day 26:35, Liam Cullen 32:15, Wolfgang Pohl 52:50