

NORFOLK RUNNERS CLUB

Race Results - May 28, 2011

Distances:

10K (6.2 miles) 18 laps - 9:00 am start
5K (3.1 miles) 9 laps - 10:00 am start

Age Classes: Open - 39 & under
Master - 40 - 49
Senior - 50 - 59
Grand Master - 60 & over

Weather:

Sunny & Humid
80° - Hot

Thanks to Timers:

Robert Chadronet

10K - Record: Alex Rodriguez - 38:05 (6/28/08)

<u>Runner</u>	<u>Time</u>	<u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Rich	41:28	6:40	25	Master - 1
Paul	44:03	7:05	21	Master - 2
Paul	44:41	7:11	18	Master - 3
Stephen	47:07	7:35	16	Master - 4
Earl	47:34	7:39	15	Open - 1
Pete	50:01	8:03	14	Master - 5
Anthony	52:25	8:26	13	Senior - 1
Ronnie	53:27	8:36	12	Master - 6
Jeff	53:41	8:38	11	Senior - 2
Matt	55:03	8:52	10	Open - 2
David	61:37	9:55	9	Master - 7
Rich	64:35	10:25	9	G.Master - 1
Carlos	69:00	11:08	9	Open - 3

- One of the first really hot days we have had all year and that seemed to have quite an effect on most of the field. Not the top 3 however as both Rich G. and P.White bettered their best time of a year ago by 10 seconds and Paul Wo looked strong the whole way. Rich G. definitely surprised some people in his return to racing. A great Runners Club debut by R.Mabe. And Carlos showed some real guts in finishing after nearly dropping out twice in his debut (a big assist to ARod and his unconventional motivation methods).

5K - Record: Alex Rodriguez - 18:25 (10/30/04)

<u>Runner</u>	<u>Time</u>	<u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Alex	18:44	6:02	22	Open - 1
Robert Chadronet	20:30	6:36	18	Open - 2
Mark	25:34	8:14	15	Senior - 1
James	26:20	8:29	13	Open - 3
Scott	27:03	8:43	12	Master - 1
Eric	30:11	9:43	11	Master - 2
Fred	31:18	10:09	10	Open - 4
Eric	31:42	10:17	9	Open - 5
Roland	32:27	10:32	8	Open - 6

- ARod picked up his first win of the year in impressive fashion. He was on record pace into the final mile. R.Mabe, R.Chadronet, and R.Chadronet all made their Runners Club debuts. R.Mabe may have taught his younger competition a little something with his 3rd place finish.

Norfolk Runners Club 2011 Point Standings

<u>Runner</u>	<u>Pts.</u>	<u>1 mile</u>	<u>2mile</u>	<u>5K</u>	<u>5mile</u>	<u>10K</u>	<u>1/2marathon</u>
Robert Chadronet	91	5:19	11:32	20:30			1:30:53
Paul White	91			20:44	33:58	44:03	1:35:41
Paul Whitcomb	85			20:21	33:59	44:41	1:39:30
Stephen Whitcomb	71			21:26	35:47	47:07	1:42:03
Earl Brown	65			21:45	36:07	47:34	1:42:41
Pete Givens	61			22:19	37:24	50:01	1:46:13
Anthony Givens	55			24:24	39:47	52:25	1:57:01
Alex Rodriguez	55	5:36	12:03	18:44			
Jeff White	49			24:27	41:33	53:41	2:05:05
Rich Ferguson	44			28:08	46:37	64:35	2:21:54
David St. George	40			28:54	47:14	61:37	2:35:06
James Brown	37	8:29	16:09	26:20			
Matt Ryan	34			23:21	38:42	55:03	
Eric Boyers	34			31:42	47:10		2:30:46
Rich Givens	25					41:28	
Fred Morris	23	6:20		31:18			
Ray Thomas	22	6:36			41:00		
Scott Givens	20			27:03	47:52		
Larry Robinson	17		20:20	34:34			
Mark Morris	15			25:34			
Ronnie White	12					53:27	
Steve Brown	12		16:41				
Eric Givens	11			30:11			
Carlos Givens	9					69:00	
Roland Robinson	8			32:27			

Bold = Best time this year

- We hope to see you all on **SUNDAY**, June 26 for:

Sprints & Relay in the morning

10K in the afternoon