

NORFOLK RUNNERS CLUB

Race Results - April 2, 2011

Distances:

5K (3.1 miles) 9 laps - 8:50 am start
- Record: Alex [redacted] - 18:25

1 mile 3 laps - 9:20 am start
- Record: Alex [redacted] - 5:16
Robert Chadronet - 5:16

Age Classes: Open - 39 & Under
Master - 40 - 49
Senior - 50 & Over

Weather:

Overcast & Windy
42° - Cool

Thanks to Timers:

Jorge [redacted]
Paulo [redacted]

<u>Runner</u>	<u>Time</u>	<u>5 Kilometer</u> <u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Paul [redacted]	20:21	6:33	22	Master - 1
Paul [redacted]	20:44	6:40	18	Master - 2
Stephen [redacted]	21:26	6:54	15	Master - 3
Earl [redacted]	21:45	7:00	13	Open - 1
Pete [redacted]	22:19	7:11	12	Master - 4
Matt [redacted]	23:21	7:31	11	Open - 2
Anthony [redacted]	24:24	7:51	10	Senior - 1
Jeff [redacted]	24:27	7:52	9	Senior - 2
Rich [redacted]	28:08	9:04	8	Senior - 3
David [redacted]	28:54	9:18	7	Master - 5
Larry [redacted]	34:43	11:11	6	Senior - 4

-- A great start to the season for all: new, old, and returning. Paul Wo got out fast and never looked back as P. [redacted] stalked him the whole way. All other returning members were close to or better than their best time last year. Welcome back to action Jeff, Fergie, and Larry and welcome aboard M. [redacted] and D. [redacted].

<u>Runner</u>	<u>Time</u>	<u>1 mile</u> <u>Lap</u> <u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Robert Chadronet	5:19	1:51	20	Open - 1
Alex [redacted]	5:36	1:57	16	Open - 2
Fred [redacted]	6:20	2:12	13	Open - 3
Ray [redacted]	6:36	2:18	11	Master - 1
James [redacted]	8:29	2:57	10	Open - 4

- Bizz and ARod opened fast in what should be a year of good battles and an assault on the record book. Round 1 to Bizz but as the weather heats up, so will ARod. F [redacted] and R. [redacted] surprised the crowd with excellent times and J. [redacted] began what he promises is a buildup to an October half marathon.