

NORFOLK RUNNERS CLUB

Race Results - April 30, 2011

Distances:

5 mile 14 $\frac{1}{4}$ laps - 8:50 am start
2 mile 6 laps - 9:40 am start

Weather:

Sunny & some wind
55° - Cool

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

Thanks to Timers:

Alex
Paulo
Rich
Robert Chadronet

5 mile - Record: Alex Rodriguez - 30:46 (8/23/08)

<u>Runner</u>	<u>Time</u>	<u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Paul	33:58	6:48	24	Master - 1
Paul	33:59	6:48	20	Master - 2
Stephen	35:47	7:09	17	Master - 3
Earl	36:07	7:13	15	Open - 1
Pete	37:24	7:29	14	Master - 4
Matt	38:42	7:44	13	Open - 2
Anthony	39:47	7:57	12	Senior - 1
Ray	41:00	8:12	11	Master - 5
Jeff	41:33	8:19	10	Senior - 2
Rich	46:37	9:19	9	G.Master - 1
Eric	47:10	9:26	8	Open - 3
David	47:14	9:27	8	Master - 6
Scott	47:52	9:34	8	Master - 7

- What a dual!!! Paul Wo stalked P.White the whole way but could never quite make the pass. P.White, S.Robbins, and President Pete all beat their best times of a year ago, but the most significant came from My Name Is Earl who put over two minutes on his best time in another strong performance. Great job by S.Chipman in his Runners Club debut.

2 mile - Record: Alex Rodriguez - 11:15 (8/19/06)

<u>Runner</u>	<u>Time</u>	<u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Robert Chadronet	11:32	5:46	21	Open - 1
Alex	12:03	6:02	17	Open - 2
James	16:09	8:05	14	Open - 3
Steve	16:41	8:21	12	Senior - 1
Larry	20:20	10:10	11	Senior - 2

- ARod got out fast but had trouble with the heavy traffic on the track and faded. Bizz picked up his third win of the young season. Red Keown had a faster pace over 2 miles than he did for 1 mile just 4 weeks ago. Great to see S.Putnam returning from injury and another gutsy performance by Larry.

Norfolk Runners Club 2011 Point Standings

<u>Runner</u>	<u>Pts.</u>	<u>1mile</u>	<u>2mile</u>	<u>5K</u>	<u>5mile</u>	<u>1/2marathon</u>
Robert Chadronet	73	5:19	11:32			1:30:53
Paul [redacted]	70			20:44	33:58	1:35:41
Paul [redacted]	67			20:21	33:59	1:39:30
Stephen [redacted]	55			21:26	35:47	1:42:03
Earl [redacted]	50			21:45	36:07	1:42:41
Pete [redacted]	47			22:19	37:24	1:46:13
Anthony [redacted]	42			24:24	39:47	1:57:01
Jeff [redacted]	38			24:27	41:33	2:05:05
Rich [redacted]	35			28:08	46:37	2:21:54
Alex [redacted]	33	5:36	12:03			
David [redacted]	31			28:54	47:14	2:35:06
Eric [redacted]	25				47:10	2:30:46
Matt [redacted]	24			23:21	38:42	
James [redacted]	24	8:29	16:09			
Ray [redacted]	22	6:36			41:00	
Larry [redacted]	17		20:20	34:34		
Fred [redacted]	13	6:20				
Steve [redacted]	12		16:41			
Scott [redacted]	8				47:52	

Bold = Best time this year

- We hope to see you all on May 28 at 8:45 am for the:
5K & 10K