

NORFOLK RUNNERS CLUB

Race Results - June 26, 2011

Distances:

50 Yd Dash, 100 Yd Dash, 1 Lap

3 x 1 Lap Relay - all 4 events over AM

10K (6.2 miles) 18 laps - 1:15 pm start

Weather:

Sunny & Humid

AM - 75°

PM - 85°

50 Yard Dash Semifinals (Winners Advance)

Heat 1

Robert Chadronet 7.77
Ronnie Mabe
David St. George
Rich Ferguson

Heat 2

Paul White 6.93
James Keown
Jeff Wills
Steve Putnam

Heat 3

Paul Wojtanek 7.96
Scott Chipman
Eric Laureanno

Heat 4

Rich Gardner 7.77
Anthony Cardillo
Stephen Robbins

Heat 5

Fred Morris 8.08
Pete Contos
Earl Bower

Heat 6

Ray Streed 7.06
Alex Rodriguez
Eric Boyarsky

50 Yard Dash Finals - Record: Alex Rodriguez - 6.07 (7/22/06)

| <u>Runner</u> | <u>Time</u> | <u>Sprint Points</u> |
|------------------|-------------|----------------------|
| Paul White | 6.92 | 6 |
| Fred Morris | | 4 |
| Robert Chadronet | | 3 |
| Rich Gardner | | 2 |
| Paul Wojtanek | | 1 |

R.Streed was unable to compete due to unit lockdown

100 Yard Dash Semifinals (Winners Advance)

Heat 1

Paul White 12.96
Rich Gardner
Rich Ferguson

Heat 2

Robert Chadronet 14.30
Jeff Wills
Ronnie Mabe

Heat 3

Fred Morris 13.95
David St. George
Pete Contos
Paul Wojtanek

Heat 4

James Keown 13.99
Stephen Robbins
Steve Putnam
Anthony Cardillo

Heat 5

Scott Chipman 15.11
Eric Laureanno
Earl Bower

Heat 6

Ray Streed 13.03
Alex Rodriguez
Eric Boyarsky

100 Yard Dash Finals - Record: In Dispute due to discrepancy

| <u>Runner</u> | <u>Time</u> | <u>Sprint Points</u> |
|------------------|-------------|----------------------|
| Fred Morris | *12.49* | 6 |
| Paul White | | 4 |
| Robert Chadronet | | 3 |
| James Keown | | 2 |
| Scott Chipman | | 1 |

R.Streed was unable to compete due to unit lockdown
F.Morris time will be recognized as the NRC Record from now on

1 Lap Race - Record: Alex Rodriguez - 1:29.87 (7/21/07)

| <u>Runner</u> | <u>Time</u> | <u>Sprint Points</u> |
|------------------|-------------|----------------------|
| Robert Chadronet | 1:33 | 6 |
| Fred Morris | 1:35 | 4 |
| Paul White | 1:41 | 3 |
| Pete Contos | 1:46 | 2 |
| Alex Rodriguez | 1:48 | 1 |
| Rich Gardner | 1:52 | |
| Ray Streed | 1:53 | |
| James Keown | 1:55 | |
| Jeff Wills | 2:02 | |
| Steve Putnam | 2:05 | |
| Eric Laureanno | 2:08 | |
| Ronnie Mabe | 2:13 | |
| David St.George | 2:14 | |
| Scott Chipman | 2:16 | |
| Anthony Cardillo | 2:24 | |
| Eric Boyarsky | 2:26 | |
| Stephen Robbins | 2:26 | |
| Paul Wojtanek | 3:03 | |
| Rich Ferguson | 3:11 | |
| Earl Bower | 3:12 | |

3 x 1 Lap Relay - Record: O'Neil, Gutierrez, Rodriguez - 4:47 (7/23/05)

| <u>Team</u> | <u>Time</u> | <u>Pace</u> | <u>Sprint Points</u> |
|--------------------------------------|-------------|-------------|----------------------|
| A.Cardillo, A.Rodriguez, R.Chadronet | 4:53 | 1:38 | 6 each |
| P.Wojtanek, R.Gardner, P.White | 5:06 | 1:42 | 4 each |
| P.Vargas, P.Contos, S.Robbins | 5:09 | 1:43 | 3 each |
| J.Keown, D.St.George, F.Morris | 5:51 | 1:57 | 2 each |
| E.Bower, James L., Frank C. | 6:28 | 2:09 | 1 each |
| R.Mabe, S. Putnam, E.Laureanno | 6:34 | 2:11 | |
| R.Ferguson, J.Wills, S.Chipman | 6:56 | 2:19 | |

All Runners Club members were awarded 5 Runners Club Points for each event they entered and finished. Sprint Points were used to award the following Runners Club Bonus Points:

| <u>Runner</u> | <u>Sprint Points</u> | <u>Run Club Points</u> |
|------------------|----------------------|------------------------|
| Robert Chadronet | 18 | 5 |
| Paul White | 17 | 3 |
| Fred Morris | 16 | 1 |

- What a fun morning highlighted by Anthony "The ANCHOR" Cardillo bringing home the victory in the relay for the ARodites. F.Morris surprised several people with his performances all morning which will now include a Runners Club 100 Yd record. Paulo Vargas also put down the clipboard long enough to surprise people with one of the fastest laps of the morning. The Runners Club owes him a special thanks as the head timer.

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

| Runner | Time | Pace | Pts. | Age - Place |
|------------------|-------|-------|------|--------------|
| Alex Rodriguez | 39:15 | 6:19 | 25 | Open - 1 |
| Robert Chadronet | 40:51 | 6:34 | 21 | Open - 2 |
| Rich Gardner | 41:19 | 6:39 | 18 | Master - 1 |
| Paul Wojtanek | 44:40 | 7:11 | 16 | Master - 2 |
| Paul White | 45:34 | 7:20 | 15 | Master - 3 |
| Stephen Robbins | 46:23 | 7:28 | 14 | Master - 4 |
| Pete Contos | 49:39 | 7:59 | 13 | Master - 5 |
| Ronnie Mabe | 53:14 | 8:34 | 12 | Master - 6 |
| Jeff Wills | 53:45 | 8:39 | 11 | Senior - 1 |
| Earl Bower | 54:59 | 8:49 | 10 | Open - 3 |
| Anthony Cardillo | 57:29 | 9:15 | 9 | Senior - 2 |
| David St.George | 60:00 | 9:39 | 9 | Master - 7 |
| Rich Ferguson | 62:25 | 10:03 | 9 | G.Master - 1 |
| Eric Laureanno | 63:25 | 10:13 | 9 | Master - 8 |
| James Keown | DNF | | | |

- ARod, Bizz, and Rich G. got out fast, separated from one another, and cruised to a 1-2-3 finish. The heat and a long day claimed several victims as multiple runners were forced to walk, J.Keown pulled out and S.Chipman couldn't get out of bed to even try. Gutsy performance all day by My Name Is Earl who competed in and finished every event despite a bad wheel.

- Congratulations are due to all Club Members as we all were a part of a successful day. This marked the first time in a few years that the sprints and relay were contested. In addition, we dealt with a unit lockdown in the morning which revamped the schedule and a mower delay to the 10K in the afternoon. Despite all this, everyone seemed to have a good time and some memorable performances took place.

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

Thanks to 10K Timers:

Paulo Vargas
 Victor Rosario
 Eric Boyarsky
 Steve Putnam

We hope to see you all on Saturday, July 23 for:

1 mile - 8:55 am

5 mile - 9:10 am

15K - 9:10 am

All are welcome. Sign up in the West field by 8:45 am

Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. Thus I do not run aimlessly; I do not fight as if I were shadowboxing. No, I drive my body and train it, for fear that, after having preached to others, I myself should be disqualified.

NORFOLK RUNNERS CLUB

2011 Point Standings as of June 26

| Runner | Pts. | 1mile | 2mile | 5K | 5mile | 10K | ½marathon |
|-------------------|------|-------------|--------------|--------------|--------------|--------------|----------------|
| Robert Chadronet | 137 | 5:19 | 11:32 | 20:30 | | 40:51 | 1:30:53 |
| Paul White | 129 | | | 20:44 | 33:58 | 44:03 | 1:35:41 |
| Paul Wojtanek | 121 | | | 20:21 | 33:59 | 44:40 | 1:39:30 |
| Stephen Robbins | 105 | | | 21:26 | 35:47 | 46:23 | 1:42:03 |
| Alex Rodriguez | 100 | 5:36 | 12:03 | 18:44 | | 39:15 | |
| Earl Bower | 95 | | | 21:45 | 36:07 | 47:34 | 1:42:41 |
| Pete Contos | 94 | | | 22:19 | 37:24 | 49:39 | 1:46:13 |
| Anthony Cardillo | 84 | | | 24:24 | 39:47 | 52:25 | 1:57:01 |
| Jeff Wills | 80 | | | 24:27 | 41:33 | 53:41 | 2:05:05 |
| Rich Ferguson | 73 | | | 28:08 | 46:37 | 62:25 | 2:21:54 |
| David St.George | 69 | | | 28:54 | 47:14 | 60:00 | 2:35:06 |
| Rich Gardner | 63 | | | | | 41:19 | |
| James Keown | 57 | 8:29 | 16:09 | 26:20 | | | |
| Eric Boyarsky | 49 | | | 31:42 | 47:10 | | 2:30:46 |
| Fred Morris | 44 | 6:20 | | 31:18 | | | |
| Ronnie Mabe | 44 | | | | | 53:14 | |
| Scott Chipman | 40 | | | 27:03 | 47:52 | | |
| Eric Laureanno | 40 | | | 30:11 | | 63:25 | |
| Ray Streed | 37 | 6:36 | | | 41:00 | | |
| Matt Ryan | 34 | | | 23:21 | 38:42 | 55:03 | |
| Steve Putnam | 32 | | 16:41 | | | | |
| Larry Robinson | 17 | | 20:20 | 34:34 | | | |
| Mark Heslin | 15 | | | 25:34 | | | |
| Carlos Carbonic | 9 | | | | | 69:00 | |
| Roland Beauchesne | 8 | | | 32:27 | | | |

Bold = Best time this year

- Bizz used a strong day all around to open his biggest point lead of the year. ARod's excellent 10K vaulted him into the top 5. David St.George's consistency has now given him a significant lead in the Rookie of the Year race over J.Keown. The biggest climbers in the standings were Eric L. and Ronnie Mabe. It's been a great year so far gentlemen and we are only halfway done. Keep running!