

NORFOLK RUNNERS CLUB

Race Results - August 20, 2011

Distances:

10 mile 29 laps - 9:15 am start
10 K (6.2 miles) 18 laps - 9:15 am start
2 mile 6 laps - 8:50 am start

Weather:

80° - Humid

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

Thanks to Timers:

Paulo Vargas
Alex Rodriguez
Robert Chadronet

10 mile - Record: Alex Rodriguez - 1:04:11 (9/17/05)

<u>Runner</u>	<u>Time</u>	<u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Paul Wojtanek	1:10:47	7:05	29	Master - 1
Paul White	1:14:24	7:26	25	Master - 2
Stephen Robbins	1:19:12	7:55	22	Master - 3
Eric Boyarsky	1:20:41	8:04	20	Open - 1
Scott Chipman	1:36:43	9:40	19	Master - 4
Rich Ferguson	1:44:00	10:24	18	G.Master - 1

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

<u>Runner</u>	<u>Time</u>	<u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Pete Contos	45:12	7:17	25	Master - 1
Earl Bower	46:11	7:26	21	Open - 1
Ronnie Mabe	51:10	8:14	18	Master - 2
Steve Putnam	54:05	8:42	16	Senior - 1
David St. George	55:43	8:58	15	Master - 3
James Keown	56:24	9:05	14	Open - 2
Eric Laureanno	59:54	9:38	13	Master - 4

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>
Alex Rodriguez	11:12*	5:36	21	Open - 1
Robert Chadronet	11:38	5:49	17	Open - 2
Anthony Cardillo	14:29	7:15	14	Senior - 1
Fred Morris	15:29	7:45	12	Open - 3
Dan Throop	15:32	7:46	11	Open - 4

* = New Record

- Another positive event for the Runners Club.

- Another great day for the Runners Club. All but one member ran a season best at the distance they raced (way to blow it Bizz). The weather was a little tough, but everybody got through it.

- ARod put an end to any talk of his demise by attacking the 2 mile right from the start and going on to break his club record. Paul Wo. and President Pete used strong, consistent running from start to finish to easily win the 10 mile and 10 K, respectively.

- A good NRC debut by D.Throop who hopefully learned a little something about pacing. S.Robbins was 2 minutes faster than his 10 mile time of a year ago. And the performance of the day went to E.Boyarsky whose pace was over 30sec. faster per mile than he has run at any distance all year.

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>10K</u>	<u>15K</u>	<u>10mile</u>	<u>½marathon</u>
Paul Wojtanek	178			20:21	33:59	44:40	1:07:01	1:10:47	1:39:30
Paul White	178			20:44	33:58	44:03	1:09:08	1:14:24	1:35:41
Robert Chadronet	174	5:08*	11:32	20:30		40:51			1:30:53
Stephen Robbins	151			21:26	35:47	46:23		1:19:12	1:42:03
Pete Contos	139			22:19	37:24	45:12			1:46:13
Alex Rodriguez	137	5:16	11:12*	18:44		39:15			
Earl Bower	137			21:45	36:07	46:11	1:17:41		1:42:41
Anthony Cardillo	109	6:49	14:29	24:24	39:47	52:25			1:57:01
Rich Ferguson	106			28:08	46:37	62:25	1:33:23	1:44:00	2:21:54
Jeff Wills	98			24:27	41:33	53:41	1:20:22		2:05:05
David St.George	98			28:28	47:14	55:43	1:47:01		2:35:06
James Keown	86	8:29	16:09	26:20	44:14	56:24			
Eric Boyarsky	86			31:42	47:10		1:20:38	1:20:41	2:30:46
Ronnie Mabe	81			27:12		51:10	1:19:44		
Scott Chipman	75			27:03	47:52		1:33:23	1:36:43	
Fred Morris	69	6:05	15:29	31:18		53:19			
Eric Laureanno	67			30:11	50:26	59:54			
Steve Putnam	65		16:41		41:32	54:05			
Rich Gardner	63					41:19			
Ray Streed	37	6:36			41:00				
Matt Ryan	34			23:21	38:42	55:03			
Larry Robinson	17		20:20	34:34					
Mark Heslin	15			25:34					
Dan Throop	11		15:32						
Carlos Carbonic	9					69:00			
Roland Beauchesne	8			32:27					

Bold = Best time this year

* = New Norfolk Runners Club Record

We hope to see you all on Saturday, September 17

West Field @ 12:30 pm for:

5 K

15 K

½ Marathon

- 2 events to go and we are all square at the top of the standings. Bizz finally relinquished the point lead due to his lack of long races. Will he make the jump up for the last 2 races? Will Paul Wo. be able to carry his recent winning streak over P.White? E.Boyarsky is making a hard charge for the Rookie of the Year crown, but D.St.George still holds a decent lead. Whoever can finish the marathon