

NORFOLK RUNNERS CLUB

Race Results - October 15, 2011

Distances:

Marathon (26.2 miles) 75+ laps - 12:10 pm
Half Marathon (13.1 miles) 37½ laps - 12:45 pm
5 Mile 14½ laps - 8:50 am
1 Mile 3 laps - 8:50 am

Weather:

Sunny & Very Windy
60° - Cool

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

Thanks to Timers:

Paulo Vargas
Jorge Zerquera
All Club Members

Marathon - Record: Alex Rodriguez - 3:07:14 (10/18/08)

<u>Runner</u>	<u>Time</u>	<u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Robert Chadronet	3:41:06	8:26	45	Open - 1
Earl Bower	3:54:32	8:57	41	Open - 2
Eric Boyarsky	4:02:43	9:15	38	Open - 3
Stephen Robbins	4:13:43	9:40	36	Master - 1
Jeff Wills	4:33:07	10:20	35	Senior - 1
Paul Wojtanek	DNF		13	

Half Marathon - Record: Alex Rodriguez - 1:23:42 (9/18/10)

<u>Runner</u>	<u>Time</u>	<u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Paul White	1:40:36	7:41	32	Master - 1
Pete Contos	1:50:01	8:24	28	Master - 2
Steve Putnam	2:03:41	9:26	25	Master - 3
Steve Burgess	2:11:31	10:02	23	Open - 1
Rich Ferguson	2:16:14	10:49	22	G.Master - 1
James Keown	2:17:21	10:52	21	Open - 1
Scott Chipman	2:29:07	11:23	20	Master - 4

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>
Anthony Cardillo	41:48	8:21	24	Senior - 1

1 Mile - Record: Robert Chadronet - 5:08 (9/23/11)

<u>Runner</u>	<u>Time</u>	<u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Alex Rodriguez	5:28	1:54	20	Open - 1
Eric Laureanno	7:50	2:43	16	Master - 1

- Marathoners were granted extra time to finish by the administration and as a result, 5 out of 6 covered the 26.2 miles. Congratulations to all, especially first timers My Name Is Earl, E.Boyarsky and J.Wills. The weather for all 4 races was awful (40 MPH wind gusts) and most times reflected that, but there were plenty of impressive performances. Comfortable wins for Bizz, P.White and ARod. Anthony "The Anchor" Cardillo's win was slightly marred by his DNF a day later in the half marathon, but 2011 will always be remembered for his 1:50 anchor lap. Finally, congrats to first time half marathoners J.Keown and S.Chipman and for a great NRC debut by S.Burgess.

Norfolk Runners Club FINAL 2011 Point Standings

Runner	Pts.	1mile	2mile	5K	5mile	10K	15K	10mile	$\frac{1}{2}$ marathon	marathon
Robert Chadronet	251	5:08*	11:32	20:30		40:51			1:29:20	3:41:06
Paul White	235			20:44	33:58	44:03	1:09:08	1:14:24	1:35:41	
Paul Wojtanek	219			20:21	33:59	44:40	1:07:01	1:10:47	1:32:02	
Stephen Robbins	211			21:26	35:47	46:23	1:07:16	1:19:12	1:42:03	4:13:43
Earl Bower	206			21:45	36:07	46:11	1:07:15		1:42:41	3:54:32
Pete Contos	188			22:19	37:24	45:12	1:08:04		1:46:13	
Alex Rodriguez	179	5:15	11:12*	18:35		39:15				
Jeff Wills	155			24:27	41:33	53:41	1:20:22		1:54:01	4:33:07
Anthony Cardillo	151	6:49	14:29	23:43	39:47	52:25			1:57:01	
Rich Ferguson	149			28:08	46:37	62:25	1:33:23	1:44:00	2:14:19	
Eric Boyarsky	147			31:42	47:10		1:20:38	1:20:41	1:46:10	4:02:43
James Keown	125	8:29	16:09	26:20	44:14	56:24	1:33:23		2:17:21	
Scott Chipman	110			25:45	47:52		1:33:23	1:36:43	2:29:07	
Steve Putnam	109		16:41		41:32	54:05	1:21:44		2:03:41	
David St.George	98			28:28	47:14	55:43	1:47:01		2:35:06	
Eric Laureanno	96	7:50		27:03	50:26	59:54				
Ronnie Mabe	81			27:12		51:10	1:19:44			
Fred Morris	69	6:05	15:29	31:18		53:19				
Rich Gardner	63					41:19				
Ray Streed	37	6:36			41:00					
Matt Ryan	34			23:21	38:42	55:03				
Steve Burgess	23								2:11:31	
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

All NRC Members are invited to our Winter Meeting
 Saturday, December 3, 2011 @ 9:30 am in the gym
 Agenda: Awards, offices, plans for next year

- A very successful year comes to a close with some excellent times and accomplishments. A new record each for ARod and Bizz. Several members completed the longest race of their lives. While Bizz won the Open championship, other age groups were: Master - Paul White, Senior - Jeff Wills, Grand Master - Fergie. Our top rookie was Eric Boyarsky. Finally, Anthony "The Anchor" Cardillo ducked a personal challenge by Fergie in the half marathon to run a solo 5 mile race and win their head to head points battle.