

V.I.Pace Runners Bulletin: October 10, 2013

Times improve for all winners in 4-H/V.I.Pace Runners Cross-Country Series Week #2

Excitement continued in week two among the over 300 boys and girls running in the annual 4-H/V.I.Pace Runners Cross-Country Series at the University of the Virgin Islands Albert Sheen St. Croix campus.



Start of the girls elementary 1 mile

St.Croix Track Club Photo

Elementary Girls

Jusenia Tuitt of Claude O. Markoe School won the elementary girls one mile for the second week in a row and the sixth grader improved her time to 6:37. Tyanah Lake of Alexander Henderson School finished second again with an improved time of 7:07; Sh' neah John-Lewis of Evelyn Williams School was third in 7:38; Michelle Smith of Good Shepard School, a second grader finished fourth again and improved her time to 7:39 a 20 second improvement from last week and Batoul Abdallah a third grader from Pearl B. Larsen School finished fifth again in 7:42 some 15 seconds faster than last week.



Elementary boys medalists

St. Croix Track Club Photo

Elementary Boys

Jael King of Alfredo Andrews School moved up to first place in the boys one mile race with a time of 6:26 to improve on his second place finish last week. Angel Torres of Juanita Gardine school finished second in 6:35, he finished third last week; Asani Cameron of Claude O. Markoe School finished third in 6:43; Reyshawn Farrell of Ricardo Richards School and last week's winner finished fourth in 6:49; Jamar Ventura of Alfredo Andrews School finished fifth in 6:51.



Junior Varsity Boys and Girls start 2 mile

St. Croix Track Club Photo

Junior Varsity Girls

Rachel Conhoff of Good Hope Country Day School continued her winning ways to take first place in the girl's junior varsity 2 mile race for the second week in a row with an time of 13:43 and slightly slower than last week. Mikaela Smith of Good Shepard School with a sprint to the early lead in the race slowed in the end to finish second to match last week's finish with a much slower time of 15:12; Krystahl Gordon of St. Croix Educational Complex High School finished third again with a faster time of 16:08; Stephanie Matthews of Arthur Richards School moved from twelfth place last week and finished fourth in 17:41 a two minute improvement; Emma Logan of Good Hope Country Day finished fifth 17:45, she finished ninth last week.

Junior Varsity Boys

Rodney Griffin of St. Croix Educational Complex High School breezed through the Junior Varsity 2 mile course with a time of 11:49 to take first place for the second week in a row. His teammate Barthelemy Peter finished second in 12:52; Sandro Carpio of SCEC was third in 13:27; Shevon Phillips of St. Croix Central High School was fourth in 13:54 and Valance Modeste of John H. Woodson School was fifth in 13:55 in a photo finish.



Start Varsity boys and girls 3.1 miles

St. Croix Track Club Photo

Varsity Girls

Shequilla Klyvert of St. Croix Central High School won the girls Varsity 3.1 mile race with a time of 24:51; Deanna Roumo of St. Croix Educational Complex High School was second in 25:09; Karen Dascent of SCEC was third in 25:24; Ashley Paddie SCEC was fourth in 25:44 and Alile Browne was fifth in 26:58.

Varsity Boys

Malique Smith of SCEC dominated the 3.1 mile boys race for the second week with a time of 18:10, 17 seconds faster than last week; Riis Motta of Good Hope Country Day School was second in 22:07; Edwin Parra of St. Croix Central High School was third in 22:07; Karim Jno-Finn of SCEC was fourth in 22:25 and Duncan Coles of Good Hope Country Day was fifth in 22:31

Open 5K

Kelvin Benjamin of the St. Croix Track Club was the lone finisher and second overall with a time of 21:00

The next run on the V.I. Pace Runners Calendar is the third race in the 4-H/V.I. Pace Runners Cross-Country Series will be on Wednesday October 23. Coaches please submit your rosters in advance. The 5K is open to all runners regardless of age or affiliation

The annual West Indies Lab 5Miler will be held on Saturday October 19 at 6am. This is a prediction run.

Notes:

1] The Veterans Day 5K (The Virgin Islands National Cross-Country Championships) be held on November 2.

2] Plans are being set in conjunction with the Veterans Day 5K/V.I. Cross Country Championships for: The 4-H Health Ambassadors to invite athletes, parents, family, friends, 4-Hers and the community to join us as we 'pledge our Health to better living...' On Saturday, November 2, for a walk, run, stroll or even roll around the UVI cross-country course, learn more about nutrition and wellness and prepare and sample several healthy snack recipes. You will be encouraged to bring a friend, invite you mom and dad and join us for a day of food, fun and fitness.

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