V.I.Pace Runners Bulletin: June 20, 2015 Olympic Day Run...St. Croix...



The 15 minute per mile group at the St.Croix Olympic Day Run...

Dozens of runners and walkers took part in the in the 29th Annual Olympic Day Run hosted by the Virgin Islands Olympic Committee in St. Croix at the St.Croix Educational Complex track. Each participant completed the one mile on the track after selecting the group and pace they were comfortable with including: 15 minute per mile pace, 10 mpm pace, 7 mpm pace and 6 mpm pace. They represented the member sport federations of the Virgin Islands Olympic Committee including: The Virgin Islands Track and Field Federation, The Virgin Islands Swimming Federation, The Virgin Islands Cycling Federation and The Virgin Islands Triathlon Federation.



The 6 minute per mile group starts at the Olympic Day Run...



The 7 minute per mile group at the start of the Olympic Day Run

Several future Olympians participated in the event including members of the St. Croix Dolphins Mathew Lawaetz, Jonathan Thomas among others. The fastest mile of the day was recorded by Malique Smith a recent graduate of the St. Croix Educational Complex High School and a member of the St.Croix Track Club, his time was 4:58. Malique dominated middle distance and cross-country races throughout his high school years and represented the Virgin Islands in a number of CARIFTA, CAC championships. He will compete in the Pan Am Junior Championships in Canada before attending college at the University of Arkansas Pine Bluff.

Mikaela Smith, Malique's 13 year-old sister ran the fastest female mile of the day with a time of 5:58. She too is a St.Croix Educational Complex High School student/athletes and a member of the St Croix Track Club. She continues to represent the Virgin Islands in championship competition and will compete in the CAC Age-Group Championships in Trinidad and Tobago in July.

Participating in the event were Olympians Ronald Russell 1976 and 1984, President of the Virgin Islands Track and Field Federation who also presented awards on behalf of the Virgin islands Olympic Committee; Keith Smith 1992, coach of the St. Croix Track Club and father of Malique and Mikeala and Wallace Williams 1988, General Secretary of the Virgin Islands Track and Field Federation, event director and founder of the Virgin Islands Pace Runners.

Virgin Islands Olympic Committee President Angel Morales publicly extended to the Virgin Islands community an invitation to support the Olympic movement by participating in the Olympic Day runs on June 20th in St. Croix and on June 21st on St. Thomas.

Olympic Day is celebrated all around the world: hundreds of thousands of people – young and old – get moving and participate in sporting and cultural activities, such as runs, exhibitions, music and educational seminars. Olympic Day was introduced in 1948 to commemorate the birth of the modern Olympic Games on 23 June 1894. The goal was to promote participation in sport across the globe regardless of age, gender or athletic ability. Over the last two decades, the event has helped to spread the Olympic ideals to every corner of the world.

"The Magic of the Mile" 6 minutes Per Mile Group (Mary Fancy Track Club) June 20, 2015 The St. Croix Educational High School Track Hosted by: The Virgin Islands Olympic Committee Organized by: The Virgin Islands Pace Runners

Place	Name	Age	S	City	St	Club	Time	Pace
=====	=======================================	===	=	==================	==	==========	======	=====
1	MALIQUE Smith	17	М	V.I.Track/Field			4:58	4:58
2	RANDALL Nielsen	47	М	V.I.Track/Field			5:44	5:44
3	MIKAELA Smith	13	\mathbf{F}	V.I.Track/Field			5:58	5:58
4	VALENCE Modeste	13	М	V.I.Track/Field			6:05	6:05
5	FOSTER Beck	11	М	V.I.Track/Field			6:21	6:21
6	LINTON Beck	9	М	V.I.Track/Field			6:54	6:54
7	GREGORY Gibson	13	М	V.I.Track/Field			7:33	7:33

AGE-GROUP RESULTS

******** MALE	OVERALL RESULTS FOR 1 Mile Run	* * * * * * * * * *
1 MALIQUE Smith	17 V.I.Track/Field	4:58 4:58 4:58
2 RANDALL Nielsen	47 V.I.Track/Field	5:44 5:44 5:44
3 VALENCE Modeste	13 V.I.Track/Field	6:05 6:05 6:05
4 FOSTER Beck	11 V.I.Track/Field	6:21 6:21 6:21
5 LINTON Beck	9 V.I.Track/Field	6:54 6:54 6:54
6 GREGORY Gibson	13 V.I.Track/Field	7:33 7:33 7:33

********* FEMALE OVERALL RESULTS FOR 1 Mile Run ***********

		13 V.I.Track/	Field	5:58	5:5	8 5:58
FEMALE A	GE GROUP: 10 - 19					
1	3 MIKAELA Smith	5:58	13 V.I.Track/Field		5:58	5:58
MALE AGE	GROUP: 10 - 19					
1	1 MALIQUE Smith	4:58	17 V.I.Track/Field		4:58	4:58
2	4 VALENCE Modeste	6:05	13 V.I.Track/Field		6:05	6:05
3	5 FOSTER Beck	6:21	11 V.I.Track/Field		6:21	6:21
4	7 GREGORY Gibson	7:33	13 V.I.Track/Field		7:33	7:33
1	2 RANDALL Nielser	n 5:44	47 V.I.Track/Field		5:44	5:44

	Page 1						
	THE 28TH ANNUAL OLYMPIC DAY RUN						
		"The Magic	of the Mile"				
	7 minu	tes Per Mile Group	• (Mary Fancy Trac	k Club)			
		June 2	1, 2014				
	The	St. Croix Educati	onal High School 7	rack			
	Hosted	l by: The Virgin I	slands Olympic Com	mittee			
	Orgar	nized by: The Virg	in Islands Pace Ru	nners			
Place	Name	Age S City	St Club	Time	Pace		
====	=======================================	=== = ==========		= =======	=====		
1	TROY Holloway	51 M V.I.Triathl	on F	5:58	5:58		
2	JENNIFER Sturm	31 F V.I.Triathl	on F	6:53	6:53		
3	FLETCHER Beck	8 M V.I.Track/F	ield	7:11	7:11		
4	OPAL Beck	11 F V.I.Track/F	ield	8:03	8:03		

1 Mile Run

AWARD LIST FOR RACE THE 28TH ANNUAL OLYMPIC DAY RUN "The Magic of the Mile" 7 minutes Per Mile Group (Mary Fancy Track Club)

June 21, 2014 The St. Croix Educational High School Track Hosted by: The Virgin Islands Olympic Committee Organized by: The Virgin Islands Pace Runners ********* MALE OVERALL RESULTS FOR 1 Mile Run ********** 1 TROY Holloway 51 V.I.Triathlon F 5:58 5:58 5:58 2 FLETCHER Beck 8 V.I.Track/Field 7:11 7:11 7:11 ********* FEMALE OVERALL RESULTS FOR 1 Mile Run ********** 1 JENNIFER Sturm 31 V.I.Triathlon F 2 OPAL Beck 11 V.I.Track/Field 6:53 6:53 6:53 8:03 8:03 8:03 FEMALE AGE GROUP: 10 - 19 1 4 OPAL Beck 8:03 11 V.I.Track/Field 8:03 8:03 FEMALE AGE GROUP: 30 - 39 1 2 JENNIFER Sturm 6:53 31 V.I.Triathlon Fed. 6:53 6:53 MALE AGE GROUP: 50 - 99 1 1 TROY Holloway 5:58 51 V.I.Triathlon Fed. 5:58 5:58

Page 1 THE 28TH ANNUAL OLYMPIC DAY RUN "The Magic of the Mile" 10 minutes Per Mile Group (Mary Fancy Track Club) June 21, 2014 The St. Croix Educational High School Track Hosted by: The Virgin Islands Olympic Committee Organized by: The Virgin Islands Pace Runners Place Name Age S City St Club Time Pace 1 MIREILLE Smith45 F V.I.Track/Field2 MICHELLE Smith9 F V.I.Track/Field3 DEANNA Roumo18 F V.I.Track/Field 7:19 7:19 7:20 7:20 7:41 7:41 3 DEANNA Roumo18 F V.I.Track/Field4 MAYAH Russel14 F V.I.Track/Field5 MERVIN Mills47 M V.I.Cycling Fed6 GLEN Messiah30 M V.I.Cycling Fed7 THERESA Harper49 F V.I.Triathlon F8 NATASHA Modeste42 F V.I.Triack/Field9 ROGER Hatfield65 M V.I.Cyling Fed.10 BEVAN Sage42 M V.I.Cyling Fed.11 BREANNE Modeste2 F V.I.Track/Field 8:13 8:13 8:38 8:38 8:39 8:39 9:20 9:20 11:18 11:18 11:19 11:19 11:21 11:21 12:30 12:30

> AWARD LIST FOR RACE THE 28TH ANNUAL OLYMPIC DAY RUN "The Magic of the Mile" 10 minutes Per Mile Group (Mary Fancy Track Club) 1 MILE RUNJune 21, 2014 The St. Croix Educational High School Track Hosted by: The Virgin Islands Olympic Committee Organized by: The Virgin Islands Pace Runners

	******** MALE (OVERALL RESULTS FOR 1 Mile Run	* * * * * * * * * * *		
1	MERVIN Mills	47 V.I.Cycling Fed	8:38	8:38	8:38
2	GLEN Messiah	30 V.I.Cycling Fed	8:39	8:39	8:39
3	ROGER Hatfield	65 V.I.Triathlon F	11:19	11:19	11:19
4	BEVAN Sage	42 V.I.Cyling Fed.	11:21	11:21	11:21
	******** FEMALE	OVERALL RESULTS FOR 1 Mile Run	******		
1	MIREILLE Smith	45 V.I.Track/Field	7:19	7:19	7:19
2	MICHELLE Smith	9 V.I.Track/Field	7:20	7:20	7:20
3	DEANNA Roumo	18 V.I.Track/Field	7:41	7:41	7:41

4 MAYAH Russel 14 5 THERESA Harper 49 6 NATASHA Modeste 42 7 BREANNE Modeste 2	V.I.Triathlon F V.I.Track/Field	8:13 9:20 11:18 12:30		9:20 11:18
FEMALE AGE GROUP: 10 - 19 1 3 DEANNA Roumo	7:41 18 V.I.Track/Fiel	4	7:41 7	• 11
			8:13 8	
MALE AGE GROUP: 10 - 19 FEMALE AGE GROUP: 20 - 29 MALE AGE GROUP: 20 - 29 FEMALE AGE GROUP: 20 - 39 MALE AGE GROUP: 30 - 39	8:13 14 V.I.Track/Fiel	.a i	3:13 8	. 13
1 6 GLEN Messiah	8:39 30 V.I.Cycling Fe	. be	8:39 8	: 39
FEMALE AGE GROUP: 40 - 49				
	7:19 45 V.I.Track/Fiel	.d '	7:19 7	:19
	9:20 49 V.I.Triathlon		9:20 9	:20
3 8 NATASHA Modeste	11:18 42 V.I.Track/Fiel	d 1	1:18 11	:18
MALE AGE GROUP: 40 - 49	,,			
1 5 MERVIN Mills	8:38 47 V.I.Cycling Fe	ed.	8:38 8	:38
2 10 BEVAN Sage	11:21 42 V.I.Cyling Fed		1:21 11	
FEMALE AGE GROUP: 50 - 59 MALE AGE GROUP: 50 - 99 1 9 ROGER Hatfield FEMALE AGE GROUP: 60 - 99			1:19 11:	
MALE AGE GROUP: 60 - 99		_		
1 9 ROGER Hatfield	11:19 65 V.I.Triathlon	Fed. 11	1:19 11	:19

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	THE 29TH ANNUAL OLYMPIC DAY RUN							
		1111	"The Magic of th					
		1	.5 minutes Per Mi					
		1	June 20, 20					
	The	9+ Cr	oix Educational		rack			
			The Virgin Island					
		-	y: The Virgin Island					
Place		Age S		St Club	Time	Pace		
=====		=== =		== ==========	======	=====		
1	AKYRA Joseph	8 F	V.I.Track/Field		10:26	10:26		
2	CHARLOTTE Beck	5 F	Freewill Baptis		10:46	10:46		
3	STEPHEN Beck	40 M	Freewill Baptis		10:46	10:46		
4	SHEKEELAH Daniel	3 F	V.I.Track/Field		11:04	11:04		
5	SHAKIRAH Daniel	7 F	V.I.Track/Field		11:06	11:06		
б	RAHSHEEM Allen	14 M	V.I.Track/Field		11:45	11:45		
7	WILLE Lewis	58 M	V.I.Track/Field		12:07	12:07		
8	MARINA Ricci	32 E	7		12:35	5 12:35		
9	JONATHAN Thomas	16 M	V.I. Swimming F		14:18	14:18		
10	MATHEW Mays	16 M	V.I. Swimming F		14:19	14:19		
11	NATI Kuipers	13 F	V.I. Swimming f		14:20	14:20		
12	NEISSA Alejandro	22 F	V.I.Track/Field		15:20	15:20		
13	NAHAMARA Allen	3 F	V.I.Track/Field		15:21	15:21		
14	BERNARD Castillo	39 M	University of V		15:58			
15	MAAKHERIN Edwards	12 M	St Croix, V.I.		16:20			
16	ANI Bryan	5 F	St. Croix, V.I.		16:40	16:40		
17	SANDRA Daniel	45 F	V.I.Track/Field		16:48	16:48		
18	KYNOCH Reale-Monroe	35 F	St. Croix, V.I.		16:49	16:49		
19	SHANARE Edwards	35 F	VIOC		17:36	17:36		
20	DNILE Edwards	5 F	St. Croix, V.I.		17:37	17:37		
	LOREAN Simmons		v.i.Track/Field		17:49			
22	RONALD Russell	61 M	V.I.Track/Field		17:50			
23	SAMORY	М	St. Croix, V.I.		18:04	18:04		

24 KELLY Kuipers	46 F V.I.Tennis Fed.	18:26 18:26
25 CINTHIA Sanes	39 F V.I. Swimming F	18:27 18:27
26 PEGGY Franco	45 F V.I.Track and F	20:49 20:49

******* MD	T.F. OVERALL PEST	TITE FOR 1 Mile	Run *********		
1 STEPHEN Beck	40 Freewill		10:46	10:46	10:46
2 RAHSHEEM Allen	14 V.I.Trad		11:45		11:45
3 WILLE Lewis	58 V.I.Trad		12:07		12:07
4 JONATHAN Thomas			14:18	14:18	14:18
5 MATHEW Mays	16 V.I. Swi		14:19	14:19	14:19
6 BERNARD Castillo	39 Universi	ity of V	15:58	15:58	15:58
6 BERNARD Castillo 7 MAAKHERIN Edwards	12 St Croix	x. V.T.	14:18 14:19 15:58 16:20	16:20	16:20
8 RONALD Russell			17:50	17:50	17:50
9 SAMORY		ix, V.I.	18:04		18:04
******* FEM			e Run *********		
	8 V.I.Trad		10:26		10:26
2 CHARLOTTE Beck	5 Freewill	l Baptis	10:46	10:46	10:46
3 SHEKEELAH Daniel	3 V.I.Trad	ck/Field	11:04	11:04	11:04
4 SHAKIRAH Daniel	7 V.I.Trad	ck/Field	11:06	11:06	11:06
5 MARINA Ricci	32		12:35	12:35	
6 NATI Kuipers	13 V.I. Swi	imming f	14:20	14:20	14:20
7 NEISSA Alejandro	22 V.I.Trad		15:20	15:20	15:20
8 NAHAMARA Allen	3 V.I.Trad	ck/Field	15:21	15:21	15:21
9 ANI Bryan	5 St. Cro	ix, V.I.	16:40		16:40
10 SANDRA Daniel	45 V.I.Trac	ck/Field	16:48	16:48	16:48
11 KYNOCH Reale-Monr	oe 35 St. Croi	ix, V.I.	16:49	16:49	16:49
12 SHANARE Edwards	35 VIOC		17:36	17:36	17:36
13 DNILE Edwards			17:37	17:37	17:37
14 LOREAN Simmons	59 v.i.Trad	ck/Field	17:36 17:37 17:49 18:26	17:49	17:49
15 KELLY Kuipers	46 V.I.Tenr		18:26	18:26	18:26
16 CINTHIA Sanes	39 V.I. Swi	imming F	18:27	18:27	18:27
17 PEGGY Franco	45 V.I.Trad	ck and F	20:49	20:49	20:49
FEMALE AGE GROUP: 10 -					
1 11 NATI Kuiper		20 13 V.I. Swin	nming fed. 1	4:20 14:	20
MALE AGE GROUP: 10 - 1					
1 6 RAHSHEEM Al		45 14 V.I.Track		1:45 11:	
2 9 JONATHAN Th	omas 14:1	18 16 V.I. Swin	mming Fed. 1	4:18 14:	
3 10 MATHEW Mays	14:1	10 10 V.I. Swin 19 16 V.I. Swin 20 12 St Grain	nming Fed. 1	4:19 14:	
4 15 MAAKHERIN E	uwarus 10.2	20 12 St Croix,	, V.I. 1	6:20 16:	20
FEMALE AGE GROUP: 20 -					~ ~
1 12 NEISSA Alej		20 22 V.I.Track	r/Field 1	5:20 15:	20
MALE AGE GROUP: 20 - 2					
FEMALE AGE GROUP: 30 -				10.25 10	
1 8 MARINA Ricc		:35 32		12:35 12	
2 18 KYNOCH Real		49 35 St. Croix		.6:49 16:	
3 19 SHANARE Edw 4 25 CINTHIA Sar		36 35 VIOC 27 39 V.I. Swin		7:36 17:	
4 25 CINTHIA San MALE AGE GROUP: 30 - 3		2/ 39 V.I. SW10		8:27 18:	Z /
MALE AGE GROUP: 30 - 3 1 14 BERNARD Cas		EQ 20 IInimondi		E.E0 1E.	EQ
FEMALE AGE GROUP: 40 -		58 39 Universit	-y or v.t. 1	5:58 15:	20
FEMALE AGE GROUP: 40 - 1 17 SANDRA Dani		48 45 V.I.Track	/Field 1	6:48 16:	19
2 24 KELLY Kuipe		48 45 V.I.Irack 26 46 V.I.Tenni		.8:26 18:	
Z ZA KELLI KUIPE	10 10.2	20 TO V.I.IEIIII		0.20 10.	20

3 26 PEGGY Franco	20:49	45 V.I.Track and Fiel	20:49 20:49
MALE AGE GROUP: 40 - 49			
1 3 STEPHEN Beck	10:46	40 Freewill Baptist	10:46 10:46
FEMALE AGE GROUP: 50 - 59			
1 21 LOREAN Simmons	17:49	59 v.i.Track/Field	17:49 17:49
MALE AGE GROUP: 50 - 99			
1 7 WILLE Lewis	12:07	58 V.I.Track/Field	12:07 12:07
2 22 RONALD Russell	17:50	61 V.I.Track/Field	17:50 17:50
FEMALE AGE GROUP: 60 - 99			
MALE AGE GROUP: 60 - 99			
1 22 RONALD Russell	17:50	61 V.I.Track/Field	17:50 17:50