



***V.I.Pace Runners Bulletin: April 29, 2016***  
***Runners Test Buccaneer Resort Triathlon Run Course...***  
***in V.I.Pace Runners Paradise 5k...***

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The annual tradition the week build-up for St.Croix's world famous triathlon is the running of the annual V.I.Pace Runners Paradise 5K on the grounds of award winning Buccaneer Resort. While beautiful, the 5k run course which the triathletes, in their race negotiates twice, is likely to be hot, humid and for certain hilly as was the case just before sunset on Thursday afternoon.

Runners were honored to have George Jules multiple winner of this race guide them on his bike through the course. Billy Bohlke really didn't need him as he has won this race many times and knows the course well. He passed the mile mark in 5:41 and held the lead all the way to win in 19:44, far from his winning times while a V.I. National Team Runner and top man at LSU. With family cheering him on he later texted to say he remembers his winning time of 15:47 back in 2004 and says he is going to train for a 17:30 next year. Young Brice Richards of Good Hope Country Day School had the surprise performance of the day as paced by his coach Bridget Klein who was the top female finisher in 21:10, he moved up the field to finish second in 21:02; Nayan Bansal GHCD also surprised, was third in 21:04; Jason Snow was fourth in 21:18; Mickey Dizon-Bauman was fifth in 21:34.

Bridget Klein was unchallenged in the race for the first female title in 21:10; Maria Hodges was second in 22:32; Rachel Conhoff was third in 23:40; Amy Roberts was fourth in 24:05; Laura Wilkins was fifth in 26:41



## FULL RESULTS

### THE 28TH PARADISE 5K

Distance: 3.1 Miles...Rolling Course...Segment of Ironman 70.3 Run Course  
April 28, 2016

The Buccaneer Resort

Christiansted, St. Croix, Virgin Islands USA

Organized by: The Virgin Islands Pace Runners

Sanctioned by: The Virgin Islands Track and Field Federation



#### \*\*\*\*\* MALE OVERALL RESULTS FOR 5K RACE \*\*\*\*\*

|    |                     |                    |       |
|----|---------------------|--------------------|-------|
| 1  | BILLY Bohlke        | 30 St. Croix       | 19:44 |
| 2  | BRICE Richards      | 12 Good Hope Count | 21:02 |
| 3  | NYAN Bansal         | 52 St. Croix, VI   | 21:04 |
| 4  | JASON Snow          | 41 St.Croix, VI    | 21:13 |
| 5  | MICKEY Dizon-Bumann | 12 Good Hope Count | 21:54 |
| 6  | TYLER Flavia        | 18 Good Hope Count | 21:56 |
| 7  | IVAN Espinosa       | 34 St.Croix, VI    | 21:57 |
| 8  | MIKE Klein          | 50 Jolly Roger     | 22:02 |
| 9  | TROY Holloway       | 52 St.Croix, VI    | 22:08 |
| 10 | RANDALL Nielsen     | 48 St. Croix       | 22:50 |
| 11 | KADEN Gleason       | 8 Good Hope Count  | 24:15 |
| 12 | BOB Halk            | 44 St.Croix, VI    | 24:50 |
| 13 | CC WILKINS          | 52 Greensboro, NC  | 27:16 |
| 14 | RIVERT Diaz         | 38 St.Croix, VI    | 27:43 |
| 15 | SCOTT Lumdberg      | 55 Seattle, WA     | 29:07 |
| 16 | DENIS Honeychurch   | 69 Fairfield, CA   | 29:46 |
| 17 | WILL Franks         | 68 St.Croix, VI    | 30:15 |
| 18 | RAY Lutz            | 62 St.Croix, VI    | 39:49 |



\*\*\*\*\* FEMALE OVERALL RESULTS FOR 5K RACE \*\*\*\*\*

|                           |                       |       |                       |       |
|---------------------------|-----------------------|-------|-----------------------|-------|
| 1                         | BRIDGET Klein         | 32    | Jolly Roger           | 21:10 |
| 2                         | MARIA Hodges          | 29    | St. Croix, VI         | 22:32 |
| 3                         | RACHEL Connoff        | 16    | GHCD/St.Croix T       | 23:40 |
| 4                         | AMY Roberts           | 36    | St.Croix, VI          | 24:05 |
| 5                         | LAURA WILKINS         | 38    | Goldsboro, NC         | 26:41 |
| 6                         | TERESA Webb           | 39    | USA                   | 28:28 |
| 7                         | ANAIIS Alicea         | 24    | Crucian Gold          | 28:50 |
| 8                         | MAYEH Russell         | 15    | Good Hope Count       | 30:12 |
| 9                         | JUDE Woodcock         | 59    | St.John, VI           | 33:18 |
| 10                        | THERESA Harper        | 50    | St.Croix, VI          | 33:19 |
| 11                        | NATAKIE Richards      | 43    | Good Hope Count       | 33:34 |
| 12                        | KIM Japinga           | 53    | St.Croix, VI          | 33:48 |
| MALE AGE GROUP: 1 - 9     |                       |       |                       |       |
| 1                         | 15 KADEN Gleason      | 24:15 | 8 Good Hope CountryD  | 24:15 |
| FEMALE AGE GROUP: 1 - 9   |                       |       |                       |       |
| FEMALE AGE GROUP: 10 - 19 |                       |       |                       |       |
| 1                         | 13 RACHEL Connof      | 23:40 | 16 GHCD/St.Croix TC   | 23:40 |
| 2                         | 24 MAYEH Russell      | 30:12 | 15 Good Hope CountryD | 30:12 |
| MALE AGE GROUP: 10 - 19   |                       |       |                       |       |
| 1                         | 2 BRICE Richards      | 21:02 | 12 Good Hope CountryD | 21:02 |
| 2                         | 6 MICKEY Dizon-Bumann | 21:54 | 12 Good Hope CountryD | 21:54 |
| 3                         | 7 TYLER Flavia        | 21:56 | 18 Good Hope CountryD | 21:56 |



**FEMALE AGE GROUP: 20 - 29**

|   |                 |       |                  |       |
|---|-----------------|-------|------------------|-------|
| 1 | 11 MARIA Hodges | 22:32 | 29 St. Croix, VI | 22:32 |
| 2 | 21 ANAIS Alicea | 28:50 | 24 Crucian Gold  | 28:50 |

**MALE AGE GROUP: 20 - 29**

**FEMALE AGE GROUP: 30 - 39**

|   |                  |       |                  |       |
|---|------------------|-------|------------------|-------|
| 1 | 4 BRIDGET Klein  | 21:10 | 32 Jolly Roger   | 21:10 |
| 2 | 14 AMY Roberts   | 24:05 | 36 St.Croix, VI  | 24:05 |
| 3 | 17 LAURA WILKINS | 26:41 | 38 Goldsboro, NC | 26:41 |
| 4 | 20 TERESA Webb   | 28:28 | 39 USA           | 28:28 |

**MALE AGE GROUP: 30 - 39**

|   |                 |       |                 |       |
|---|-----------------|-------|-----------------|-------|
| 1 | 1 BILLY Bohlke  | 19:44 | 30 St. Croix    | 19:44 |
| 2 | 8 IVAN Espinosa | 21:57 | 34 St.Croix, VI | 21:57 |
| 3 | 19 RIVERT Diaz  | 27:43 | 38 St.Croix, VI | 27:43 |

**FEMALE AGE GROUP: 40 - 49**

|   |                     |       |                       |       |
|---|---------------------|-------|-----------------------|-------|
| 1 | 28 NATAKIE Richards | 33:34 | 43 Good Hope CountryD | 33:34 |
|---|---------------------|-------|-----------------------|-------|

**MALE AGE GROUP: 40 - 49**

|   |                    |       |                 |       |
|---|--------------------|-------|-----------------|-------|
| 1 | 5 JASON Snow       | 21:13 | 41 St.Croix, VI | 21:13 |
| 2 | 12 RANDALL Nielsen | 22:50 | 48 St. Croix    | 22:50 |
| 3 | 16 BOB Halk        | 24:50 | 44 St.Croix, VI | 24:50 |

**FEMALE AGE GROUP: 50 - 59**

|   |                   |       |                 |       |
|---|-------------------|-------|-----------------|-------|
| 1 | 26 JUDE Woodcock  | 33:18 | 59 St. John, VI | 33:18 |
| 2 | 27 THERESA Harper | 33:19 | 50 St.Croix, VI | 33:19 |
| 3 | 29 KIM Japinga    | 33:48 | 53 St.Croix, VI | 33:48 |

**MALE AGE GROUP: 50 - 59**

|   |                   |       |                   |       |
|---|-------------------|-------|-------------------|-------|
| 1 | 3 NAYAN Bansal    | 21:04 | 52 St. Croix, VI  | 21:04 |
| 2 | 9 MIKE Klein      | 22:02 | 50 Jolly Roger    | 22:02 |
| 3 | 10 TROY Holloway  | 22:08 | 52 St.Croix, VI   | 22:08 |
| 4 | 18 CC WILKINS     | 27:16 | 52 Greensboro, NC | 27:16 |
| 5 | 22 SCOTT Lumdberg | 29:07 | 55 Seattle, WA    | 29:07 |

**FEMALE AGE GROUP: 60 - 99**

**MALE AGE GROUP: 60 - 99**

|   |                      |       |                  |       |
|---|----------------------|-------|------------------|-------|
| 1 | 23 DENIS Honeychurch | 29:46 | 69 Fairfield, CA | 29:46 |
| 2 | 25 WILL Franks       | 30:15 | 68 St.Croix, VI  | 30:15 |
| 3 | 30 RAY Lutz          | 39:49 | 62 St.Croix, VI  | 39:49 |

**THE 28TH PARADISE 5K**

Distance: 3.1 Miles...Rolling Course...Segment of Ironman 70.3 Run Course  
April 28, 2016

The Buccaneer Resort

Christiansted, St. Croix, Virgin Islands USA

Organized by: The Virgin Islands Pace Runners

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| Place | Name                | Age | S | City            | St | Club | Time  | Pace |
|-------|---------------------|-----|---|-----------------|----|------|-------|------|
| 1     | BILLY Bohlke        | 30  | M | St. Croix       |    |      | 19:44 | 6:22 |
| 2     | BRICE Richards      | 12  | M | Good Hope Count |    |      | 21:02 | 6:48 |
| 3     | NEED NAME Bansal    | 52  | M | St. Croix, VI   |    |      | 21:04 | 6:48 |
| 4     | BRIDGET Klein       | 32  | F | Jolly Roger     |    |      | 21:10 | 6:50 |
| 5     | JASON Snow          | 41  | M | St.Croix, VI    |    |      | 21:13 | 6:51 |
| 6     | MICKEY Dizon-Bumann | 12  | M | Good Hope Count |    |      | 21:54 | 7:04 |



|                      |                      |       |       |
|----------------------|----------------------|-------|-------|
| 7 TYLER Flavia       | 18 M Good Hope Count | 21:56 | 7:05  |
| 8 IVAN Espinosa      | 34 M St.Croix, VI    | 21:57 | 7:05  |
| 9 MIKE Klein         | 50 M Jolly Roger     | 22:02 | 7:07  |
| 10 TROY Holloway     | 52 M St.Croix, VI    | 22:08 | 7:09  |
| 11 HARID Hodges      | 29 F St. Croix, VI   | 22:32 | 7:17  |
| 12 RANDALL Nielsen   | 48 M St. Croix       | 22:50 | 7:22  |
| 13 RACHEL Connof     | 16 F GHCD/St.Croix T | 23:40 | 7:39  |
| 14 AMY Roberts       | 36 F St.Croix, VI    | 24:05 | 7:47  |
| 15 KADEN Gleason     | 8 M Good Hope Count  | 24:15 | 7:50  |
| 16 BOB Halk          | 44 M St.Croix, VI    | 24:50 | 8:01  |
| 17 LAURA WILKINS     | 38 F Goldsboro, NC   | 26:41 | 8:37  |
| 18 CC WILKINS        | 52 M Greensboro, NC  | 27:16 | 8:48  |
| 19 RIVERT Diaz       | 38 M St.Croix, VI    | 27:43 | 8:57  |
| 20 TERESA Webb       | 39 F USA             | 28:28 | 9:11  |
| 21 ANAIS Alicea      | 24 F Crucian Gold    | 28:50 | 9:19  |
| 22 SCOTT Lumdberg    | 55 M Seattle, WA     | 29:07 | 9:24  |
| 23 DENIS Honeychurch | 69 M Fairfield, CA   | 29:46 | 9:37  |
| 24 MAYEH Russell     | 15 F Good Hope Count | 30:12 | 9:45  |
| 25 WILL Franks       | 68 M St.Croix, VI    | 30:15 | 9:46  |
| 26 JUDE Woodcock     | 59 F St.John, VI     | 33:18 | 10:45 |
| 27 THERESA Harper    | 50 F St.Croix, VI    | 33:19 | 10:45 |
| 28 NATAKIE Richards  | 43 F Good Hope Count | 33:34 | 10:50 |
| 29 KIM Japinga       | 53 F St.Croix, VI    | 33:48 | 10:55 |
| 30 RAY Lutz          | 62 M St.Croix, VI    | 39:49 | 12:51 |