

V.I.Pace Runners Bulletin: November 2, 2013

V.I. Cross-Country Championships...Impressive performances...



Malique Smith, St. Croix Track Club leads the way in the Veterans Day 5K/V.I. Cross-Country Championships V.I.Pace Runners Photo

The annual Veterans Day 5K/Virgin Islands Cross-Country Championships were held on the University of the Virgin Islands St. Croix Campus on a bright and sunny Saturday morning. Over a hundred runners in various age groups competed in distances of 1 mile to 3.1 miles.

5K Open/Under 20/Masters (Male)...3.1 miles

The three groups of males and females who ran this race got to test a few muddy spots on the course resultant from the overnight showers and perhaps representative of slower times.

Malique Smith of the St. Croix Track Club led the race from the start and wasn't challenged as he coasted to the finish with a time of 19:11. Smith, a sophomore at The St. Croix Educational Complex High School won each of the races in the annual 4H/V.I.Pace Runners Cross-Country Series and his personal record is 17:57 for the 3.1 mile distance run on October 23. Ducan Coles of Good Hope Country Day was second 23:18 and his teammate Lex Devlin was third in 26:20. Smith is also the St. Croix Cross-Country Champion.



Deanna Roumo, St.Croix Track Club (left) with teammates

V.I.Pace Runners Photo

5K Open/Under 20/Masters (Female)...3.1 miles

Deanna Roumo of the St. Croix Track Club took first place in the race with a time of 25:31. Her best performance on the course this year was 24:47 on October 23 as she won two of the three 4H/V.I.Pace Runners series. Karen Dascent of SCTC finished second in 27:10 and Ashley Paddy also SCTC was third in 31:33.

Open 3.1 miles

Kelvin Benjamin of the St. Croix Track Club led the way with a time of 20:08; Chris Helman Unattched was second in 28:04 and Bryan Tichenor Unattached was third in 31:37.



Rodney Griffin #149 gets fast start in Under 16 boys 2 mile

V.I.Pace Runners Photo

Under 16 Male...2 miles

On what appeared to be a drier and faster course and after running the first mile in well under six minutes, Rodney Griffin of the St.Croix Track Club took first place with a time 11:39 to remain undefeated for the cross-country season. His best time was 11:30 set on October 23. Barthelemey Peter also of SCTC was second in



Rachael Conhoff, St. Croix Track Club is the V.I. Under 16 Cross-Country Champion V.I.Pace Runners Photo

Under 16 Female...2 miles

Rachael Conhoff of St. Croix Track Club breezed through the girls under 16 2 mile race, she ran it in 13:39 seconds. She won two of three of the cross-country series, her best time was 13:04. Krystahl Gordon of The St. Croix Track Club was second in 16:15 and Nikkolya Cromwell her teammate was third in 16:53.



Mikaela Smith (far right) of the St.Croix Track Club get personal and course record for the 1 mile

V.I.Pace Runners Photo

Girls Under 14...1 mile

Mikaela Smith of the St. Croix Track Club, the St.Croix Champion in the Elementary School Junior Varsity 2 Mile, chose to compete in this race ran a personal and course record for her age group as she won the under 14 category for girls with a time of 5:53. It was the first time she has gone under 6 minutes in a mile race. Jusenja Tuitt of Claude O. Markoe, winner of the 4H/V.I.Pace Runners Elementary series Championships was consistent with her time as she ran the mile in 6:43; her teammate Nabria Ritter took third in 7:09.

Girls Under 10...1 mile

In a very competitive race, seven year-old Michele Smith of the St. Croix Track Club blazed through the one mile course to take first place with a time of 7:16; Batoul Abdallah of Pearle B. Larsen took second place in 7:56 and Aria Moses of Good Hope Country Day finished third in 7:29



The boys get after it in the boys under 14 and under 10 one mile race

V.I.Pace Runners Photo

Boys Under 14...1 mile

Valence Modeste of the St. Croix Track Club had to put in some work to hold off Angel Torres of Guanita Guardine and Elton Richards of Freewill Baptist was on the heels of Richards as Modeste took the top medal with a time of 6:09 for the mile; Torres finished in 6:19 and Richards clocked 6:26.

Boys Under 10...1 mile

The boys from Freewill Baptist battled for the top three spots in this race as James Beck FWB took first place with a time of 6:48 to edge out his brother Stephen who finished second in 7:04; Mike Dezon-Baumann of Good Hope Country Day was third in 7:06.

NOTES:

1] The Virgin Islands Track and Field Federation has received its annual invitation to compete in the NACAC Cross-Country Championships to be held in Tobago, Trinidad & Tobago in February. Consideration for forming a V.I. National Cross-Country Team for that competition is under review. Ideally team selection would proceed with the evaluation of the results of the V.I. National Cross-Country Championships. Since no competitors from St. Thomas/St. John were able to compete on Saturday, that plan will be revised.

2] Clarification on the rules of the V.I. National Cross-Country Championships...the following categories were contested: Open male/female 3.1 miles; Master male/female (40 and older) 3.1 miles; Under 20 male/female 3.1 miles (all runners in this category run in the same race); under 16 male/female 2 miles (all the runners in this category run in the same race); Under 14 male/female 1 mile; Under 10 male/female 1 mile (separate races for girls and boys but under 14 girls and under 10 girls run in same race and under and the under 10 boys run in the same race).

The age of the athlete that designates what age-group he/she is in depends on how old the runner is on December 32 of 2013.

3] Les Devlin a student/athlete at Good Hope Country Day School, designed and built a Veterans Walkway to pay tribute to those who served in the armed forces. It was an Eagle Scout Project and is situated on the South of the Research and Technology Park on the University of the Virgin Islands St.Croix Campus.

4] Acknowledgements:

The University of the Virgin Islands St. Croix Campus | The 4H Program of the Cooperative Extension Service | The St. Croix Interscholastic Athletic Association | runners, coaches: Freewill Baptist School, Pearle B. Larsen School, Claude O. Markoe School, Alfredo Andrews School, Alexander Henderson School, Ricardo Richards School, Juanita Guardine School, Good Hope Country Day School, Eulalie Rivera School, Evelyn Williams School, AZ Academy, Good Shepard School, St. Croix Central High School, St. Croix Educational Complex School | The St. Croix Track Club | The Virgin Islands Pace Runners | The Virgin Islands Track and Field Federation | parents and volunteers | print and electronic media.

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Complete results for the 4H/V.I.Pace Runners Series can be found: <http://virginislandspace.org> | <http://www.eteamz.com/stxtc/> | <http://virginislandstrackandfield.org>