



The Virgin Islands Track & Field Federation

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VITFF BULLETIN: November 14, 2015

Top V.I. Cross-Country Runners Make National Championships Exciting...



Saturday's V.I. Cross-Country Championship at the University of the Virgin Islands St. Croix Campus reminded the initiated of days gone by when inter-island sports competition was the norm. While cross-country has not been up there in popularity with the team sports, Saturday's event at the least was exceptional in competitiveness and excitement. The Virgin Islands Track and Field Federation event brought together

the very best distance runners currently running at home in the islands.

There were four races ranging from distances of one mile to three point one miles. The first race of the day was the 5k which included adults ages under 20, open and masters runners male and female. And the top three finishers did not surprise. Juan Robles, the V.I. Half-Marathon Champion and 10k champion on the road took the opportunity to have a go at the two top guys from St. Thomas/St. John, Shane Degannes who beat him in this year's Carnival Mile In St. Thomas, the Montessori School coach and Evan Jones of St. John's Gift Hill Academy the winner of last week's Montessori to Magens Bay Road Race. The group went out together with Robles asserting himself and slightly ahead of Degannes going through the first mile. Comfortable with lay of the land the visitors settled in to their pace with visiting pro triathlete Casey Bateman holding fourth place after threatening to go to the lead early on. Robles held the lead throughout the race to defend his V.I. National Cross-Country Championship title with a time of 16:17 over Shane Degannes second in 17:00 and Jones third in 17:10. Degannes would also claim the masters male title and Jones the junior title.

In the female 5k Ruth Ann David V.I. half-marathon champion of St. Thomas, no stranger to cross-country, took the lead early on in the race to win in 20:25 and in doing so claimed victory over St. Croix's Bidget Klein V.I. marathon champion who beat her in this year's Women Race held in St. Croix. Klein was second in 20:59 and finishing third was Mirelle Smith of the St. Croix Track Club and the former Eastern Michigan Univ. 1500m NCAA Champion with a time of 25:36. She took second in the masters behind David.



Evan Jones of St. John's Gift Hill Academy won the junior 5k title and was third overall in 17:10. Kevin Mathurin of St. Croix Track Club was second in 20:36 and Tyler Flavio of Good Hope Country Day School was close third in 20:38. Rachel Conhoff of Good Hope Country Day School won the female title with a time of 22:51; Nikkoya Cromwell of the St. Croix Track Club and St. Croix Educational Complex took second in 24:03 and Kerra Joseph of SCTC/ECHS was third in 24:03.

The under 16 boys and girls saw St. Croix cross-country champion Jack Ramsdell of Good Hope Country Day School take the boys title in the 2 mile race with a time of 11:13; Jencyo Blaize of the PTM Track Club and Charlotte Amalie High School was second in 11:31 and Jerome Wallace of St. Croix Central High School was third in 12:37. Mikaela Smith the St. Croix Cross-Country champ of St. Croix Track Club and ECHS dominated the girls race as she finished first with a time of 13:04; Jucinia Tuitt of SCTC was second in 13:26 and Keffetta Williams of Cheetah's Track Club and Kean High School was third in 14:06.

Equally exciting and competitive were the male and female 1 mile children's races led by VITFF clubs: Hounds & Foxes, St. Croix Track Club, Cheetah's Track Club and Mary's Fancy Track Club in addition to V.I. public and private elementary school runners. In deed excitement was in the air in the boys under 14 race Mathurin Mathew of Good Hope Country Day School and the St. Croix Track Club took first place in 5:51 and just three seconds ahead of Achille Heywood of Gladys Abraham School St. Thomas in 5:54 and James Beck of Freewill Baptist School of St. Croix was third in 6:04.

The girls of Hounds and Foxes Track Club of St. Croix took the first two places in the girls 1 mile under 14 with Tyanna Lake leading the way with a time of 6:17 and Tyanna Stanley-Lake second in 6:26 and Shiah David of St. Thomas third in 6:46.

In the girls under 10 1 mile Michelle Smith of St. Croix Track Club and Eulalie Rivera School had one of the impressive performances of the day as she maintained her lead of her group while shadowing the older girls and it would be at over half way in the race that she pulled up to second overall and held it to win the girls under 10 race and a personal record of 6:21 for the title; Kierra Lambert of Good Hope Country Day School was second in 7:21 and Tusanne Lake of HFTC was third in 8:06.

The boys under 10 1 mile was the last race of the day. Tyrone Lake of Hounds and Foxes won that race with a time of 6:37; Malakui Henly of St. Thomas was a close second in 6:42 and even closer in third was Tyrese Hales of St. Thomas in 6:44.

The V.I. Cross-Country Championships concludes the cross-country season.

For information contact: VITFF isv@mf.iaaf.org call: 340-643-2557 logon to <http://vitrackandfield.org>

Full results: <http://virginislandspace.org>



<http://www.eteamz.com/stxtc/>

<http://vitrackandfield.org>



wallace williams, gen. sec.

VI Cross Country Championship Race Results (11/14/2015)

GIRLS - 1 MILE

U-10

Place Name	Time	Age	Club
1 MICHELLE SMITH	6:21	9	ST CROIX TRACK CLUB
2 KIRRA LAMBERT	7:29	9	GOOD HOPE COUNTRY DAY
3 TYSSANE LAKE	8:13	7	ALEXANDER HENDERSON
4 DARINES SANCHEZ	8:14	8	ALEXANDER HENDERSON
5 KYLA MORRELL	8:23	7	ST CROIX TRACK CLUB
6 AKYRA JOSEPH	8:34	8	EULALIE RIVERA SCHOOL
7 J'NEOLISE GREEN	8:36	9	HOUNDS AND FOXES
8 BRIANNA TORRES	8:39	9	EULALIE RIVERA SCHOOL
9 CHENISSE RIVERA	8:44	9	ALEXANDER HENDERSON
10 GISELLE GUYE	9:36	9	GOOD HOPE COUNTRY DAY
11 LENIQUA PAYNE	10:07	9	EULALIE RIVERA SCHOOL
12 AMALIE FIGUEROA	10:11	7	PEARL B LARSEN
13 D'MYAH PHILBERT	10:29	9	PEARL B LARSEN
14 NAOMIE LLOYD	10:31	6	EULALIE RIVERA SCHOOL
15 HUDAH IDHEILEH	10:46	9	PEARL B LARSEN
16 SHANIYA GUMBS	10:57	9	PEARL B LARSEN

BOYS - 1 MILE

U-10

Place Name	Time	Age	Club
1 TYRONE LAKE	6:37	9	ALEXANDER HENDERSON
2 HENLEY MALAKAI	6:42	9	GLADYS A ABRAHAM
3 TYRESE HAYLES	6:44	9	HOUNDS AND FOXES
4 FLETCHER BECK	6:54	9	FREE WILL BAPTIST
5 JACKSON ARCHAMBAULT	7:10	9	GOOD HOPE COUNTRY DAY
6 ALLAN JOSEPH	7:21	8	ALEXANDER HENDERSON
7 NATHAN LANGLEY	7:41	9	GOOD HOPE COUNTRY DAY
8 LOGAN DEFRANZO	7:47	9	GOOD HOPE COUNTRY DAY
9 ELIJAH CROMWELL	7:50	8	FREE WILL BAPTIST
10 K'MANII CUMBERBATCH	7:56	9	ST CROIX TRACK CLUB
11 TSSADIQ JOSEPH	8:38	9	ALEXANDER HENDERSON
12 RYAN SALDANA	8:44	9	PEARL B LARSEN
13 A'JAHNAI MERCHANT	8:55	7	ALEXANDER HENDERSON
14 AJHI BRISCOE	9:23	7	ST CROIX TRACK CLUB
15 RASHAAD TITUS	10:26	9	PEARL B LARSEN
16 NICHAI BRAMBLE	10:46	8	FREE WILL BAPTIST
17 ANUAR ABED	10:48	8	FREE WILL BAPTIST
18 JAYDEN KING	12:05	5	HOUNDS AND FOXES
19 ALEXANDER WALCOTT	12:08	9	FREE WILL BAPTIST
20 KEVIN DELANDE	12:14	6	ALEXANDER HENDERSON
21 JAHDIEL DEGRASSE	12:17	6	ALEXANDER HENDERSON
22 ASWAD PETERSEN JR.	12:20	7	ALEXANDER HENDERSON

GIRLS - 1 MILE

U-14

Place Name	Time	Age	Club
1 T'YANNAH LAKE	6:17	12	HOUNDS AND FOXES
2 T'ANNA STANLEY-LAKE	6:26	11	FREE WILL BAPTIST
3 SHALIAH DAVID	6:46	11	HOME SCHOOL
4 TYNAYAH LUKE	7:12	11	FREE WILL BAPTIST
5 OPAL BECK	7:21	11	FREE WILL BAPTIST

GIRLS - 1 MILE

U-14

Place Name	Time	Age	Club
6 ZAH'NIYAH FORDE	7:59	10	EULALIE RIVERA SCHOOL
7 VICTORIA MURRAY	8:06	11	ALEXANDER HENDERSON
8 ELLA ALLRED	8:32	10	GOOD HOPE COUNTRY DAY
9 ASHLYN MORRELL	8:42	10	ST CROIX TRACK CLUB
10 ADE'JAH BYRON	9:37	12	ST CROIX TRACK CLUB
11 ARIELLE BOWRY	10:13	10	FREE WILL BAPTIST
12 LAQUANDA JOSEPH	10:39	11	CLAUDE O MARKOE
13 CHRISTINE TOBIERNE	10:40	10	ALFREDO ANDREWS
14 UNA ALEXANDER	10:42	10	ALFREDO ANDREWS
15 KISH'MARIE CARMONA	10:54	11	ALFREDO ANDREWS

BOYS - 1 MILE

U-14

Place Name	Time	Age	Club
1 MAKARI MATTHEW	5:51	12	ST CROIX TRACK CLUB
2 HAYWOOD ACHILLE	5:54	10	GLADYS A ABRAHAM
3 JAMES BECK	6:04	11	FREE WILL BAPTIST
4 BRICE RICHARDS	6:14	11	GOOD HOPE COUNTRY DAY
5 LINTON BECK	6:21	10	FREE WILL BAPTIST
6 SAMUEL ABERDEEM	6:28	12	CLAUDE O MARKOE
7 MIKEY DIZON-BUMANN	6:33	11	GOOD HOPE COUNTRY DAY
8 KALANI WATKINS	6:39	11	FREE WILL BAPTIST
9 CLERCIN YANICK	6:51	10	CLAUDE O MARKOE
10 NACROY ESTICK	7:04	10	ALFREDO ANDREWS
11 RADY ABED	7:22	11	FREE WILL BAPTIST
12 SHYKEEM PEMBERTON	7:24	11	ALFREDO ANDREWS
13 JAHMIE WITHEY	7:35	12	HOUNDS AND FOXES
14 JAMAR DIAZ	7:44	10	ALEXANDER HENDERSON
15 ARTHBERT WILLIAM	7:59	11	FREE WILL BAPTIST
16 DARNELL ASECIO	8:02	10	ALFREDO ANDREWS
17 MARCUS ABERDEEM	8:17	11	CLAUDE O MARKOE
18 EARNEST POLIUS	9:32	12	FREE WILL BAPTIST
19 JAHQUAN JOSEPH	9:48	11	EULALIE RIVERA SCHOOL
20 JAMAINE GURLEY	11:28	10	EULALIE RIVERA SCHOOL
21 ALEX THOMPSON	11:42	10	PEARL B LARSEN

GIRLS - 2 MILE

U-16

Place Name	Time	Age	Club
1 MIKAELA SMITH	13:04	14	ST CROIX TRACK CLUB
2 JUSENIA TUITT	13:26	14	ST CROIX TRACK CLUB
3 KEFFITTA WILLIAMS	14:06	15	EUDORA KEAN HS
4 ANELIA AUSTRIE	16:24	15	ST CROIX TRACK CLUB
5 MAYAH RUSSELL	17:26	14	ST CROIX TRACK CLUB

BOYS - 2 MILE

U-16

Place Name	Time	Age	Club
1 JACK RAMSDELL	11:13	15	ST CROIX TRACK CLUB
2 JENCOY BLAIZE	11:31	15	CHARLOTTE AMALIE HS
3 JEROME WALLACE	12:37	15	CENTRAL
4 VALENCE MODESTE	13:00	14	ST CROIX TRACK CLUB

University of the Virgin Islands, St. Croix Campus, Virgin Islands USA

Organized by: The St. Croix Track Club and The Virgin Islands Pace Runners

Sanctioned by The Virgin Islands Track and Field Federation (ISV) and St. Croix Inter-scholastic Athletic Association (SCIAA)

Results Generated by The St. Croix Track Club

<http://virginislandstrackandfield.org>

<http://www.eteamz.com/stxtc/>

<http://virginislandspace.org>

isv@iaaf.org

VI Cross Country Championship Race Results (11/14/2015)

BOYS - 2 MILE

U-16

Place	Name	Time	Age	Club
5	PHAR-I MERCHANT	13:02	14	ST CROIX TRACK CLUB
6	SHOMARI FRANCIS	13:20	14	CENTRAL
7	DOMINIC PUGLIESE	13:21	14	GOOD HOPE COUNTRY DAY
8	JUSTIN GUYE	14:02	13	GOOD HOPE COUNTRY DAY

GIRLS - 3.1 MILE

U-20

Place	Name	Time	Age	Club
1	RACHEL CONHOFF	22:51	16	ST CROIX TRACK CLUB
2	NIKKOIYA CROMWELL	24:03	17	ST CROIX TRACK CLUB
3	KEARA JOSEPH	24:24	16	CHEETAH
4	TALISSE THOMPSON	24:50	15	MONTESSORI
5	KRYSTAHL GORDON	28:28	16	ST CROIX TRACK CLUB
6	DANIELLE JOSEPH	30:18	16	ST CROIX TRACK CLUB

BOYS - 3.1 MILE

U-20

Place	Name	Time	Age	Club
1	EVAN JONES	17:10	16	GIFFT HILL
2	TYLER FLAVIA	20:36	17	GOOD HOPE COUNTRY DAY
3	KERVIN MATHURIN	20:38	16	CENTRAL
4	PHILLIP FRANCIS	21:14	17	CENTRAL
5	TREYJON ALI	21:48	16	CENTRAL
6	JUWAN GONZALEZ	22:31	17	CENTRAL
7	STEPHEN EDWARDS	22:35	17	GOOD HOPE COUNTRY DAY
8	TEQUAN PARRIS	29:28	16	CENTRAL

OPEN - 3.1 MILE

OPEN

Place	Name	Time	Age	Club
1	RUTH ANN DAVID	20:25	42	VI PACE
2	BRIDGET KLEIN	20:59	32	JOLLY ROGER
3	MIREILLE SMITH	25:36	46	ST CROIX TRACK CLUB

OPEN - 3.1 MILE

OPEN

Place	Name	Time	Age	Club
1	JUAN ROBBLES	16:17	27	VI PACE
2	SHANE DEGANNES	17:00	39	STT UNATTACHED
3	CASEY BATEMAN	19:13	25	STX UNATTACHED
4	RANDEL NIELSEN	22:38	48	UNATTACHED
5	MICHAEL NISSMAN	23:32	29	STX UNATTACHED
6	JOEL SHOY	28:09	27	STX UNATTACHED

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