

**Alex Bain**  
**2011 Proude's Shoes**  
**Most Improved RoadRunner**

No surprises here. The RoadRunners Club is pleased to present the 2011 Proude's Shoes Most Improved RoadRunner to Alex Bain.

In 2011, it seemed like Alex just broke through a barrier, and after that, there was no stopping him. There was no need to go back over two or three years. The improvement that won him this award happened in one year! It seemed like every time he laced up his running shoes ... Alex set another PB!! And that is saying something for a guy that competed in at least 43 races in 2011!!



Most would be happy to set one new PB ... at one distance ... in a year. Alex set new PBs at all distances.

At the 5K distance, Alex broke through the 19 minute barrier, and then the 18 minute barrier, with his PB now sitting at 17:42 for 5K.

At the 10K distance, Alex set 4 new PBs within a single season, knocking his previous PB down from 40:58 to an incredible 37:46.

At the 15K distance, Alex took 2 minutes off his previous PB in the tough Desmond Baglole run! And then the next weekend, he took an additional

3-and-a-half minutes off the PB he had just set a week earlier, finishing the 15K in just a few seconds over an hour.

Alex's 1/2-marathon times improved by more than 10 minutes, and his 25K PB was lowered by more than 9 minutes on the tough Harvest Festival course. At the marathon distance, Alex took almost 17 minutes off his previous best. Alex won a number of races in 2011, and became a consistent Top 5 finisher.



We thought it was pretty cool in a year in which Alex had SO MANY achievements ... he ranked his #2 highlight of the year as his mother winning the Female RoadRunner of the Year at the banquet last year!

Alex, you had an incredible year!! And, it gives us great pleasure to acknowledge your hard work, and dedication, and award you the Proude's Shoes Most Improved RoadRunner award. We can't wait to see what you will do 2012!

Congratulations Alex!