

CBI Triathlon, The Woodlands, May 3

Nathan Winkelmann, 26 1:06:27 (2nd in age group)
Jody Slaughter, 45 1:17:41 (2nd in age group)
Marvin Dittfurth, 65 1:32:14 (3rd in age group)

Lexington Run for Rotary 5K, Lexington, May 3

Norman Langwell, Jr., 36 23:03 (2nd in age group)
Colton Langwell, 16 24:20 (1st in age group)

Texas Round-Up 10K (6.2 miles), Austin, Apr 26

Norman Langwell, Jr., 36 47:40
John Dunphy, 60 52:39 (3rd in age group)
Colton Langwell, 16 53:39
Garland Spivey, 45 1:00:13

5K

Chantel Langwell, 15 32:52
Deanna Langwell, 13 32:56
Millie Langwell, 34 40:23
Sue Farrell, 60 42:31

Lone Star Stampede 5K, Houston, Apr 26

Christopher Bell, 20 33:25

Country Music Half Marathon, Nashville, Apr 25

Kim Taylor, 20 2:11:51

Striders Duathlon, San Angelo, Apr 20**Long Course**

Nathan Winkelmann, 26 2:59:33 (1st in age group)

Short Course

Magan Langley, 24 2:05:44 (1st in age group)

San Jacinto Duathlon, La Porte, Apr 20

Robert Duncan, 48 2:23:13 (1st in age group)

Cougar 5K Run, College Station, Apr 19

Ken Johnson, 66 31:47 (2nd in age group)

Texas State Triathlon, San Marcos, Apr 13

Marvin Dittfurth, 65 1:34:23 (2nd in age group)

Upcoming races in Huntsville include the Memorial Day 5K on May 26th at 10:00 in the Timberwilde Subdivision on Hwy 30 W, and the June Bug 5K on June 21st at 8:00 starting at the SHSU Health and Kinesiology Building. For more details and a list of

other races in the area, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.

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