

RUNNING SHORTS

Koester and Harper win Memorial Day 5K in Huntsville

By Ken Johnson

Leah Koester, 45, won first place in the female division of the Memorial Day 5K Run on May 30 in Huntsville. She covered the 3.1-mile distance in 24 minutes and 56 seconds. This was Koester's best time ever at this distance.

Richard Harper, 35, won the male division with a time of 19 minutes and 37 seconds.

Congratulations to these runners and all the runners and walkers who participated in this race. Complete results are listed below.

Recent race results:

Sunday Night 5K (3.1 miles), The Woodlands, Jun. 5

Leah Koester, 45	25:30 (1 st female)
Tiffany Long, 22	26:32 (her first race)
Ken Johnson, 70	34:44

Run for the Eagles Ultra-Thon, The Woodlands, Jun. 4 (distance run on the track within 12 hours)

J. C. Guzman, 39	15.57 miles
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1-Mile Race

Robert Duncan, 51	5:38 (1 st in age group)
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Heights 5K Run, Houston, Jun. 4

Ken Johnson, 70	34:15 (1 st in age group)
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Memorial Day Run, Huntsville, May 30 5K

Richard Harper, 35	19:37
J. C. Guzman, 39	20:02
Loren Sheffer, 38	22:22
James Spencer, 30	22:43
Steve Bickford, 50	23:38
Johnny Gibson, 34	23:43
Leah Koester, 45	24:56
Darren Grant, 46	26:10
Joe Romero, 55	26:27
Craig Henderson, 42	26:29
Derek Martin, 37	26:41
Mark Robinson, 69	28:19
Elisa Williams, 14	28:32
Crystal Spencer, 22	29:49
Jerry Flanagan, 71	30:00
Jocelyn Shaw, 30	30:08

Cherish Spencer, 28	30:21
Faith Williams, 12	32:30
Glen Carter, 60	32:48
Robert Williams, 45	32:55
Roger Collins, 52	33:24
Jan Parks, 54	33:24
Synneve Williams, 16	33:40
Clayton Heald, 41	34:46
Mason Traylor, 9	35:28
Don Ortloff, 65	36:02
Mary Sweeten, 28	38:05
Adam Jenke, 28	38:06
Skipper Nethery, 62	39:37
Colleen Spencer, 59	52:35
Ellyse Collins, 18	52:35
Austin Collins, 23	64:50
Patsy Collins, 52	64:50

1-Mile

Cathy Bickford, 49	14:32
Lantz Gilbert, 6	14:38
Craig Killingsworth, 33	15:02
Vicki Killingsworth, 39	15:03
Kalyn Killingsworth, 2	15:03
Kyli Killingsworth, 8 mo.	15:03
Marilyn Harper, 60	15:03
Evelyn Williams, 9	21:44
Kathleen Williams, 7	21:44
Karin Williams, 41	21:44

Race for the Pennant, 5K, Houston, May 30

Jeremy Duke, 32	31:25
Misty Stone, 38	31:58
Aron Lopez, 23	36:00
Amber Russell, 21	36:01
Kathleen Duke, 32	1:09:35

Original Mud Run, Houston, May 28

(10K with 30 obstacles)

John Cook, 55	1:40:55
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Run the Woodlands 5K, The Woodlands, May 28

Steve Bickford, 50	23:30
Lori Greer, 23	28:27
Ben Johnson, 27	31:18
Ken Johnson, 69	35:02
Cathy Bickford, 49	38:47

**Ironman Texas, The Woodlands, May 21
(2.4-mile swim, 112-mile bike, 26.2-mile run)**

Nathan Winkelman, 29 10:43:06

Jacob Gautreaux, 39 11:35:23

David's Dream Run, 5K, The Woodlands, May 21

Ken Johnson, 69 33:38

El Chupacabra 10K Trail Run (night), Houston, May 14

Derek Martin, 37 58:14

Upcoming races in Huntsville:

June 18 – June Bug 5K and 1-Mile, Sam Houston State University campus

June 19 – Gator Bait 15K and 5K Trail Run, Huntsville State Park

For more information about this race and others, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.