

Unusually nice day for Lake Benbrook Half Marathon, 5K



Caleb Williams

Veteran Lake Benbrook Half Marathon, 5K runners had to pinch themselves to assure that this was indeed the race that often invites inclement weather (like rain, ice and cold).

But this Saturday morning (Jan. 31), it was sunny and the temperature was rising from the 40s to the 60s. Unusually good weather for this race, which attracted a record 652 participants.

Leading the way in the 5K was former TCU runner and now a running coach, Eliud Njubi, 29, with a 16:45.1, which was almost two minutes off his PR.

“I haven't run a race in about five months,” Njubi said. “This was hard.”

Winning the women's title was Stacy Fennell, 32, of Arlington. She said she usually competes in triathlons and was using this to hone her running. Fennell said she swam at TCU, which gave her a solid base for triathlons.



Alison Peters

In the half. Caleb William, 17, of Tolar cut about four minutes off his only other attempt at this distance (The Hottest Half in August was his first) to win in 1:21:15.4. Although he runs the mile and 2-mile in high school, Williams said half marathons are his favorite distance.

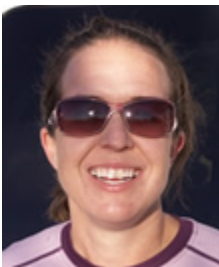
Alison Peters, 29, of Fort Worth, made up a substantial gap at the halfway point to overtake women's leader Fiona Green, 44, with about a tenth of a mile to go to win in 1:31:24.4. “I had to push the last half. She made me run too hard. I usually do marathons and triathlons,” she said, but picked Lake Benbrook as part of her training to run Boston in April.



Eliud Njubi

Green was somewhat disappointed to have been passed late in the race, but her 1:31:35 was three minutes faster than at the windy White Rock Half in December and about a minute faster than her previous attempts at Benbrook.

After the race, participants were served some tasty chili. Shannon Hills won the school award for most participants.



Stacy Fennell