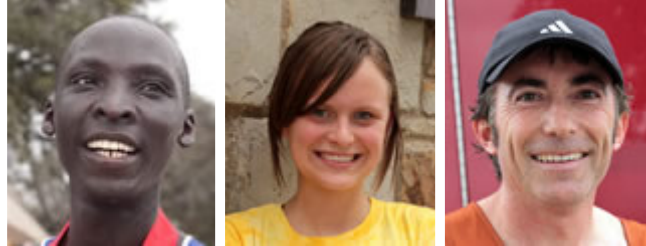


It was a breeze at The Texas Half, 5K

Newcomers and a veteran lead the way at the Texas Half and 5K in Dallas on a breezy Saturday (Feb. 7) morning in Dallas. Photos below (submitted by Fiona Green) are men's half winner Isaiah Sanga, 30, with a 1:0-5:13; women's 5K winner Alexandra Davis, 14, 19:38; and men's 5K winner James Jackson, 42, 16:57.



Isaiah Sanga
Men's half winner

Alexandra Davis
Women's 5K
winner

James Jackson
Men's 5K winner

Newcomers and veteran pick up victories at The Texas Half, 5K

By Fiona Green



To watch 30-year-old Isaiah Sanga finish the Texas Half Marathon on a breezy Saturday morning, Feb. 7, you might think he had simply been out for a jog. Smiling and still energetic after what must have been a pretty lonely race, he effortlessly crossed the finish line in 1:05:10, a time which placed him 17 minutes ahead of runner-up Tonnie Stouten.

Isaiah was pleased with his time and perhaps a little surprised at all the attention showered on him after the race as a small crowd of spectators moved in for photographs.

We look forward to learning more about Isaiah in future races.

The top female runner in the Half was 31-year-old Karen Lockyer from Lafayette, La., who ran an impressive 1:26:08 to finish 8th overall out of more than 600 runners.

In the 5K race, Masters runner James Jackson, 42, clocked an impressive 16:55 to take top honors. Jackson ran track at Lewisville High School and set a 5K PR of 13:44 in his 20s. He took a substantial break from running and returned when he turned 40. His many Overall (including the 1992 Cowtown 10K) and Masters wins are proof that he is still an outstanding athlete who refuses to let age slow him down.

Recording yet another overall win on the ladies' side was 14-year-old Alex (Alexandra) Davis from Ardmore, Okla. (pictured with dad, Joe) Alex, who runs track in middle school where she specializes in the mile and 2 mile, has a 5K PR of 19:22 and hopes that, with the right training, she might be able

to break 19 minutes this year.

A disciplined athlete, Alex is grateful for the support of her friend and former OU standout runner Aja Clark, who runs with her on a regular basis, inspiring her to set and reach new goals.

Another big supporter is her father, Joe, who also ran track in high school. Joe recently took up the sport again to accompany his daughter on her runs, but admits that she now often leaves him in her dust. This morning however, he proved he still has some speed, winning his age group in 19:59. While Joe and Alex run many 5Ks together, Joe also enjoys the longer distances and was excited to qualify for last year's Boston Marathon.