



Runners at the Lake Benbrook Half Marathon, 5K split off on their respective distances during Saturday's (Jan. 27) event.

## **Weather snafu at Lake Benbrook**

For those runners and walkers attending the Lake Benbrook Half Marathon and 5K on Saturday, Jan. 27, you experienced a rarity -- a nice, almost perfect day.

Even race director Michael Polansky had to wonder when a freak cold or rain or snow front would suddenly rip through the Benbrook area. Doesn't it always happen? But nothing changed. The weather held, the sun came out for most of the race and the breezes didn't start increasing until later in the race. What's going on here? Global warming? El Nino? No matter, it was near perfect with temperature in the 50s most of the morning for the 17th edition of the event.

Despite the good weather, the course records were never in jeopardy in the half marathon or 5K events. Maybe the most notable achievement is that Benbrook resident Robert Barnes, 20, won the men's 5K for the second consecutive year with a personal-best 17:53. It was almost a minute faster than his winning time of last year.

The focus of the event, though, is the half marathon. Todd Reynolds won the men's race in 1:22:55 after shaking loose from Gary Anderson about the 6-mile mark. Though he didn't win the overall title, Anderson did nab the masters title with his 1:23:53.

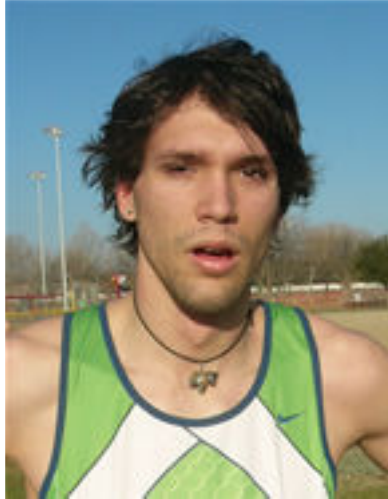
Fiona Green, another masters runner, won the women's title in 1:33:00. She, as all runners of the half, was impressed with the attention-grabbing hill near the halfway point on the out-and-back course. She also noted there were a few other bumps in the course that makes it one of the tougher 13.1-mile races.



Men's half-marathon men's masters winner Gary Anderson, left, and overall winner Todd Reynolds. Anderson began running just four years ago after tearing the ACL in his right knee when playing soccer. Reynolds, 39, began when he was 30 after being influenced by his wife's running in the Susan G. Komen Race for the Cure. Reynolds earned his first trophy at the 1999 Lake Benbrook Half Marathon and "I've been hooked every since." He has run 39 and plans to run his 40th at Cowtown. He said his marathon PR is 2:49 Anderson ran his first half six months after his knee surgery and his first marathon nine months after the surgery. That first marathon resulted in a 3:18, a qualifying time for the Boston Marathon. He has since run 17 marathons.



Fiona Green, who has contributed articles and photos for this website, won the women's half marathon title. Her time of 1:33:00 was slower than her 1:29:38 PR set at White Rock in December, but the Lake Benbrook course has one big hill over the rolling course and is a tougher challenge .



Robert Barnes, 20, won his second consecutive Lake Benbrook 5K. His personal-best time of 17:53 reflects his efforts in trying to reach a difficult goal of "breaking 15 minutes one of these days." He transferred to Western Hills his senior year and won the district 800.



Kelley Clark, 18, won the women's 5K in 21:44, which was about 2 minutes off her usual time. "I've been running longer distances lately, trying to get ready for the Cowtown Half Marathon," the Trinity Valley senior said as a possible reason for her slower time. She plays field hockey and soccer as well as run track. This was her first Lake Benbrook 5K and her first overall title.





Eliud Njubi, a former TCU runner who began running professionally after his last year at TCU in 2000, helped pass out awards . He ran a 3:58 mile at the New Balance Games last week in Boston. While at TCU, he was a four-time All American, set school records in the 800, mile and 3,000 meters.



Robert Barnes, the men's 5K winner, was the first to reach the fork in the road, leading runners to the 5K course or the half-marathon course.



