

*Lake Benbrook has first-time winners on a chilly, foggy day*



Harun Koinange



Camille Riggins



Richard Neill



Kim Martin

Well, it was cold and foggy Saturday morning (Jan. 26), so actually the Lake Benbrook Half Marathon and 5K enjoyed fairly good weather. If you know the history of the race, you would agree.

Crossing the finish line first in the half marathon and 5K were first-time winners at the event. In the men's division in the half, Harun Koinange, a 32-year-old Kenyan who had been training in New York, easily won in 1:17:38.5 even though he practically was jogging the final stages of the 13.1-mile race. He can go faster and ran a 2:14-something marathon last year.

In the women's race, Camille Riggins, 32, of Grand Prairie won in 1:29:48.5 as she won her second overall title since she began running 16 years ago. "I just got back into competing about two years ago," she said. "I wanted to break 1:30, so I did that. I'm trying to break 3 hours (at the New York Marathon in November). That's my goal." Her best is a 3:09 at the Wellstone's White Rock Marathon last December.

Even though she made her debut at Lake Benbrook, she said it "was a good course. Very scenic, very pretty." She did slightly groan when asked about the testy hill about at the halfway turnaround. But who doesn't?

In the 5K, two masters runners dominated. Richard Neill, 51, had a successful return to competition after nursing a calf injury since Labor Day when he won the men's title in 17:29.3 and Kim Martin, 48, of Fort Worth won the women's title in 21:48.5 for her first-ever overall title.

"If I tape my calf, I can run," he said. He was pleased with his effort. "I was trying to get 18 minutes," he said. "I'm very happy with it."

Kim said she's training for the Boston Marathon in April and this was a race to test her pace, she said. She has logged a 3:46 marathon at Chicago, she said.

Harun has been nursing a knee injury, said Steve Looney of Southwest Sports Massage. ``His last marathon was in Kenya last year and he ran a 2:14," Steve said. ``He said he came down here because he kept getting lost in the snow (in New York). He's been here about two-and-a half months."