

Teens lead the Run in the Park field

By Fiona Green



Leading the pack at the hilly Run in the Park 5K in Southlake Saturday morning (April 16) was 15-year-old Christian Campbell, who easily outdistanced his competitors, clocking an impressive 17:26. Campbell, who runs track and cross country at Birdville High, loves the 3.1-mile distance, describing it as "not too short and not too long." The speedster has taken 2 1/2 minutes off his time in the past year and hopes to soon be running in the 16:45 range. He averages about 30 miles a week in training and incorporates in his routine a couple of sessions with light weights.

On the female side, 14-year-old Lydia Lo (pictured with Campbell) took top honors, covering the course in 21:10. This was Lo's first 5K in two years although she is clearly no newbie as she trains and races with the track and cross country team at Carroll Middle School in Southlake.

Lo usually focuses on shorter distances such as the 100m, 200m, 400m and 4x100m relay but decided to test her endurance this morning as her track season recently ended and the race was close to home. While she was obviously pleased with her win, she conceded that the hills were a little challenging. This summer she might have a chance to work on some hill training as she hopes to spend a week at a running camp in the Rocky Mountains.

According to some runners, the course was on the short side. In my opinion this compensated nicely for the many hills! Overall and Masters winners were awarded gift certificates for local businesses.