

Masters and seniors shine in Grand Prairie

By Fiona Green



With a large number of races on the calendar this weekend (April 30-May 1) there was an event to suit everyone. Mayfest offered both a 5K and 10K followed by a party while the Vineyard Run in Grapevine offered a 5K followed by the chance to sample some of their delicious wine. For those who prefer running in the dark, Texas Motor Speedway hosted the Texadega Nights with 6-, 9-, 21- and 30-mile races, which started at midnight. While tempted by the 30-miler, I opted instead for a small race in Grand Prairie at the scenic Mike Lewis Park.

The Race Against Abuse of Women and Girls 5K was organized by local runner and race director, Jeph Abara, who frequently offers runners a reasonably priced, no frills event and an opportunity to socialize while benefiting a good cause. While the Grand Prairie race might not have attracted the largest crowds of the morning, there were some impressive performances by some of the older runners. In fact, with the exception of 23-year-old Roderick Frazier, the top seven runners were all over the age of 50!

Winning the overall title was Bradley Gardner, who clocked 22:22. Battling it out for Masters were 67-year-old Jim Sansome and 65-year-old Robert Macintosh who ran a 24:16. McCintosh was awarded the title as Sansome, who assisted with event registration, apparently forgot to sign up for the race himself! (Pictured are Bradley Gardner, female winner Fiona Green, Jim Sansome and Robert Macintosh, left to right)

The times posted by McCintosh and Sansome are pretty impressive. Neither show little signs of slowing down with age although Sansome did admit he had been feeling some back pain earlier this week.

On the female side 63-year-old Kim Andres picked up the Masters title, finishing second female and 6th overall. Perhaps the most impressive time, however, was run by 79-year-old Ken Brewer, who covered the course in 27:56. Brewer is a regular weekend racer and once again is proof that age is but a number.