

## Four records set at Cowtown

The male and female half marathon course records, and the female ultra course record were set at Sunday's (Feb. 28) The Cowtown on a warmish and breezy morning. Fort Worth's Elizabeth (Eder) Northern, who competed in the Olympic Marathon Trials two weeks ago in Los Angeles, set the Ultra record and became the first woman and second runner to have won all five of Cowtown distances. She won the 5K on Saturday with a 17:25. Ultra favorite and world champion Camille Herron dropped out after about 10 miles, which opened the path for Northern's victory. Logan Sherman of Dallas, who won the Dallas Marathon in December, is the male who has won all five distances. On Saturday morning, Antti-Pekka Niinisto of Finland and in Fort Worth on vacation, won the 10K in a course-record time of 30:53. . [Read more...](#)

By Charles Clines

**Other Cowtown highlights:** Three-time Cowtown marathon winner **Keith Pierce**, 35, of Lewisville was second in the 35-39 age division with a 2:33:39....**Ricky Cox**, 56, of Fort Worth, the first to win three Cowtown marathon titles, was third in the half marathon 55-59 division with a 1:35:14. He beat son **Demery**, 30, who finished in 1:37:05. Ricky and Demery are well-known for timing many area races for Cox Racing Services....**Thomas Okazaki**, 59, of Southlake celebrated after finishing his 200th marathon with a 4:23:38...And 68-year-old **Larry Lichnovsky** of Arlington was among a few who completed their 100th marathon. He ran an impressive 3:38:33 to easily win his age division....**James Jackson** of Denton continues to show he hasn't lost too many steps since his 1992 Cowtown 10K victory with a 30:19. He was third overall Saturday with a 33:12.

The Cowtown wasn't the only race in the area. On Saturday, the **Plano Pacers Bead Bash 5K and 15K** produced two fairly close races for the male and female overall awards. **Tommy Smith** won the male race with an 18:36, seven seconds in front of **Charles James**, who nipped **Paul Barker** by a second for runner-up honors. And **Jamie Cobia** was fourth, three seconds behind Barker. In the female race, **Emily Field** won with an 18:20, which was a fairly comfortable 33 seconds in front of **Becky Angeles**. Field, 34, also won the 1-mile race on Sunday at the Carrollton Runners Club event with a 5:44.69. She also has won the Too Cold to Hold 5K, the Dash For The Beads 5K and the Form Follows Fitness 5K. In the Plano Bead Bash 15K, **Clint Bell** ripped off a 52:05 to win by more than a minute over **Brent Noodle**, and masters runner **Frances McKissick** won the female award by almost five minutes with a 1:12:44.

\* At the **Carrollton Runners Club's 5K and 1-mile** event on Sunday, the **Loehding** family took home a couple of nice awards with 43-year-old **Ryan** earning male masters honors with a 20:27.82 and 15-year-old **Paige** winning the overall women's award with a 21:52.10.