

## Family hauls off awards at MLK Day race

By Fiona Green

A brother and sister took the overall titles at The MLK Day and Dream XIII 5K race at River Legacy Parks in Arlington Monday (Jan. 18) morning. 13-year-old Wyatt Wingard won the male title with a PR of 17:24 while his sister Madison Lopez (also 13) easily topped the female field in 21 minutes. Madison incidentally has a PR of 19:30 for the distance. Following not far behind was their 8-year-old sister, Macy, who covered the course in 23:04.



Charles McIlroy

Both Madison and Wyatt were on the 8th grade Pearson Middle School cross country team this past season. Wyatt took first place and Madison took second place in the final Frisco district meet.

Both are hoping to qualify for the 1,500 meters and the 3,000m at the Junior Olympics, which are in Sacramento in July.

The children come from an athletic family (pictured) as their parents are also runners. While both parents now run for fun, their mother Molly is a former college athlete who holds an impressive 5K PR of 17:34. Molly shares her love of the sport by coaching a children's running club in Frisco in the summer.



Frances  
McKissick

There were a couple of inspiring performances from the over 50 crowd. After running a 3:34 at the Chevron Houston Marathon the day before, Frances McKissick of Irving clocked an easy 23-minute 5K, apparently suffering no ill effects from the 26.2-mile effort. She said she had been hoping to race at least a 5K on Saturday, as she usually does before running a marathon, but logistically it wasn't possible this year. After a disappointing result at the Dallas Marathon in December due to illness, Frances was pleased with her time in Houston..

On the male side, 53-year-old Charles McIlroy showed that it's not only the youngsters who can score PRs, as he clocked a new best time of 18:17. When asked how he had managed to achieve this, he simply replied "I took 31 years off from running." Hmmm, if I were to apply this training strategy, my next race would be when I am in my 80s...I'll think it over.