

Sept 24-25 Highlights

By Charles Clines

Fall is here so the temperatures should continue to be more comfortable for runners, but something needs to be done about the humidity. Just walking, but less running, can have a singlet or shirt soaking rather quickly. Or, on Sunday morning, run through the rain. Anyway, in last week's highlights, I overlooked the **TCU Theta Fall Breakaway 5K** on Sept. 18. There were close races to decide the overall male and female winners. **Ryan Spermagel**, 21, held off **Aaron Reichner**, 20, to win the male overall award with times of 17:33 and 17:45. In the female race, 12-year-old **Natalie Nohinek** took the overall award with a 23:00, 25 seconds in front of **Morgan Izuno**, 15. And female masters winner **Leilani Dunmoyer**, 51, was only five seconds behind Izuno.

* **Gabriel Zambrano**, 22, of Fort Worth continues his impressive showings by winning the **Plano Balloon Festival 5K** on Sept. 24 with a speedy 15:27. It was his third overall victory this month as he had won overall awards at the Rangers Labor Day 5K and the FWRC Labor Day 15K in on Sept. 4 and Sept. 5. Though Zambrano wasn't challenged, there was a good duel for second place as **Russell Gray**, 15, of Plano reached the finish line in 18:50, four seconds (gun time) ahead of **Gabriel Candelaria**, 31, of Allen. **Sean Haney**, 47, of Plano also had a narrow victory for the male masters award by besting **Meng Zhao**, 41, of Irving by five seconds with a 19:15.

* **Keith Johnson**, 55, of Plano, once a dominant runner in the area before moving away and who has been active since returning, won the overall male award at the Carrollton Runners Club's 5K on a wet Sunday morning. Johnson ran a 20:14.85, holding off 35-year-old **Kyle McKinnon** of Lewisville, who finished with a 20:19.88.

* At the **Murphy Maize Days 10K**, 69-year-old **Theo Scholtz** of Wylie and 34-year-old **Joe O'Brien** ran across the finish line at exactly 46:15, though O'Brien of Coppell was given the nod for the overall award. Scholtz had been posting impressive times for quite a while. Female winner **Natalie Ochoa**, 29, of Plano was only 11 seconds behind the two male finishers.

* Three female runners, two of them 10-year-old twin sisters, finished behind overall winner **Asher Leslie**, 13, of Flower Mound at the **Mercy Run** in Highland Village. Leslie won with a 19:57.05 with **Rachel Sutliff**, 13, of Grapevine right behind at 20:06.63, and followed by **Samantha Humphries**, 10, of Flower Mound (20:12.87) and **Nichole Humphries**, 10, of Flower Mound (20:21.97). In fourth place was one of the "older" runners, 41-year-old **Matt Celone** of Flower Mound. Celone had won at least six masters awards before the race.

* In another close race for overall honors unfolded at the **Freedom Run 5K** in Dallas as **Daniel Patino** won with a 17:38, 12 seconds in front of **Robert Gribble**. **Sheila Natho**, running under her **Sparkle Plenty** alias, and who has won at least four female masters awards this year, added the overall female award by racing to a 20:45.

* **Jose Lopez**, 31, of Dallas couldn't catch Palm Harbor, Fla., visitor **Shaun Reid**, 19, at the **One Run 5K** in Dallas, finished about three seconds behind. Reid logged a 15:42.3 (gun time and 15:41.6 chip time). **Taylor Jensen**, 24, of North Richland Hills had **Deirdre Leane**, 39, of Dallas chasing her but won the female award with an 18:48.1 to a 19:02.7 (gun times). 57-year-old **Licho Aguirre**, of Dallas notched an impressive time of 17:51.1 (17:49.4 chip time) and was the fourth overall finisher.

* In another exact time finish for female masters honors at the **Crape Myrtle 10K** in McKinney, **Sarah Norman**, 40, was deemed the winner over **Karla Schumacher**, 46, as both had 52:23 times.

* It's no surprise that **Natalie Cook**, 13, and daughter of two of the area's top runners, was second overall with a 19:49.8 (19:52.7 gun time) at the **Music Miles 5K** in Flower Mound. She's the daughter of **Andrew** and **Melissa Cook**, each with impressive running achievements. **Raymond Parral**, 18, won the race with a 19:19.4 (19:25.4 gun time).

* Female runner **Victoria Shelton**, 20, of Arlington was the first finisher at the **Fabulous Faith 5K** in Mansfield. She won in more than a minute with an 18:48.2.

* 66-year-old **Jim Sansone** was the oldest winner over the weekend as he was first in Saturday's Trailblazer VII Two-Fifths Marathon in Arlington, clocking as 1:23:41.84.

* The youngest winner over the weekend was 8-year-old **Elizabeth Freeman** of Garland. She earned the overall female award at the **H2O 5K Conserve & Protect** in Garland with a 23:36.8.

* **Wade Smith**, 19, edged **Jesse Hernandez**, 25, for the overall award at the **Oktoberfest 5K Run** in Fort Worth. Smith crossed the line in 18:42 and Hernandez came in at 18:49.

* Four challenged for the overall award at the **SMU Theta 5K** in Dallas on Sept. 25. **Pierre Lavie** of Dallas won the battle with an 18:35. Following were female winner **Caitlin Keen** (18:49), **Dennis Yeats** (18:51) and **Cooper Griffin** (18:58).