

RUNNING SHORTS

Duncan claims first at Hogs Hunt 10K Trail Run

By Ken Johnson

Huntsville's Robert Duncan was the overall winner in the Hog's Hunt 10K Trail Run at the Huntsville State Park on Sunday. Duncan, 51, beat out 59 other runners from all over southeast Texas to take the win. He finished the 6.2-mile course in 45 minutes and 25 seconds, over a minute ahead of the second place finisher.

Duncan is a Correctional Officer at the Goree Unit and an accomplished multi-sport athlete. He participates in many Adventure Races in Texas and Louisiana and consistently runs 5K (3.1 miles) road races in under 20 minutes.

Congratulations to Duncan and the many other local runners who are participating in races.

Speaking of races, there are plenty scheduled in Huntsville and the surrounding area. Check out the Race Schedule page of the Seven Hills Running Club web site. Races are a great source of motivation, so sign up today and start training.

Recent race results:

Boston Marathon (26.2 miles), Boston, MA, Apr. 18

Jerry Flanagan, 71 6:38:44

Hog's Hunt Trail Run, Huntsville State Park, Apr. 16 25K (15.5 miles)

Felix Montelongo, 34 2:31:25

10K (6.2 miles)

Robert Duncan, 51 45:25 (1st overall)

Derek Martin, 37 56:02

Susan Lowery, 42 1:30:49

Alfredo Cerda, 38 1:34:02

Running of the Bears, 5 Miles, Montgomery, Apr. 16

Steve Bickford, 50 40:36

Big D Texas Marathon (26.2 miles), Dallas, Apr. 10

Ken Johnson, 69 6:03:15 (3rd in age group)

Davy Crockett Bear Chase, Groveton, Apr. 9

Marathon

Karin Williams, 41 3:56:23

Jody Slaughter, 47 4:39:46

Half Marathon (13.1 miles)

Mandy Stewart, 34 2:26:08

5K (3.1 miles)

Jordan Folds, 19 28:02

Faith Williams, 12 32:25

Evelyn Williams, 9 45:21
Kathleen Williams, 7 47:14
Robert Williams, 45 47:17

Charlottesville Half Marathon, Virginia, Apr. 9

Crystal Spencer, 22 2:34:45

Run Honoring Victims of Violent Crimes, 10K, Lake Livingston State Park, Apr. 9

Jan Parks, 64 1:06:10 (1st female)

Blue Bell Run, Brenham, Apr. 9

10K

Steve Bickford , 50 49:46
Jose Moreno, 50 51:46
Jerry Flanagan, 71 1:05:42
Anna Shreves, 51 1:24:27
Rochelle Finley, 19 1:35:22
Cindy Pate, 50 1:40:32

5K

Blake Moreno, 10 33:43
Kris Crocker, 25 40:48
Shiloh Crocker, 30 40:48
Leslie Klawinsky, 26 44:07
John Sicola, 74 53:07

SRPH 5K, College Station, Apr. 9

Robert Duncan , 51 19:35 (1st in age group)

Ranger Run, 5K, College Station, Apr. 2

Skipper Nethery, 61 39:37

Upcoming races in Huntsville:

April 23 – Spring Fling 5K and 1-Mile, Veterans Memorial Parkway

May 30 – Memorial Day 5K and 1-Mile, Timberwilde Sub-division

For more information about this race and others, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule