

## **RUNNING SHORTS**

### **Local runner completes 56K in South Africa**

By Ken Johnson

Huntsville's Josh Spencer, 26, completed the Longtom Ultra 56K (34.8-mile) race in South Africa on Mar. 31. He ran the distance in 7 hours and 20 minutes.

This was Spencer's first race of a marathon (26.2 miles) or longer distance. The race was on paved roads in the Drakenberg mountain range in Mpumalanga Province. It started at an elevation of 3,821 feet and climbed to 7,054 feet before heading back down to the finish.

Spencer is the son of Casey and Colleen Spencer and is serving in South Africa as a member of the Peace Corps. He has completed 9 months of a 27-month tour and is working at a secondary school in the town of Ikutseng.

#### **Other recent race results:**

##### **Sunday Night 5K (3.1 miles), The Woodlands, Apr. 1**

Ken Johnson, 70 37:32

##### **Run for Victims of Crime, 10K (6.2 miles), Livingston, Mar. 31**

Steve Bickford, 51 47:51 (1<sup>st</sup> in age group)

Kristy Vienne, 34 1:04:54

Ken Johnson, 70 1:21:13

##### **Tampa Bolt Race, 5.26 miles), Tampa, FL, Mar. 31**

Steven Wright, 30 35:52

Kas Kramer, 25 39:19 (3<sup>rd</sup> in age group)

##### **Run the Trails, 3.5 miles, non-competitive, Huntsville State Park, Mar. 25**

###### **Finishers:**

Katy Bacon, 16

Cathy Bickford, 50

Steve Bickford, 51

James Bruce, 47

Jacque Burson, 62

Brent Butler, 53

Susan Butler, 51

Morgan Byrd, 16

Patricia Capps, 58

Glen Carter, 61

Robert Duncan, 52

Lauren Edwards, 30

Andrew Fabian, 8

Chuck Fabian, 52

Donna Fabian, 37

Matthew Fabian, 10

Amie Fish, 33

Fernando Gonzalez. 29

Darren Grant, 47

J. C. Guzman, 50

Clayton Heald, 41

Matthew Heald, 6

Erin Ice, 30

Shane Ice, 30

Hans Jaeger, 64

Marilynn Johnson, 66

Leah Koester, 46

Aaron McDonald, 15

Laura McDonald, 49

Scott McDonald, 48

Marc Molsi, 33

Blake Moreno, 12

Eric Moreno, 32

Jose Moreno, 50

Stephany Moreno, 30

Ezequiel Noriega, 47

Casey Richards, 19  
Mark Robinson, 65  
Brenda Sauser, 53  
Bruce Sauser, 56  
Mason Thomas, 9  
Faruh Trevino, 30

Sarah Van Winkle, 36  
Alfonzo Villarreal, 32  
Emily Villines, 15  
Mandy Villines, 13  
Courtney West, 44

**Capitol 10,000, 10K, Austin, Mar. 25**

Patrick Lewis, 47 48:32  
Kristen Miller, 36 1:24:39

**BMI 5K, Conroe, Mar. 24**

Robert Duncan , 52 19:08  
Jan Parks, 55 28:32  
Brittani Stanton, 25 35:02  
Dustin Haake, 29 36:09  
Todd Primm, 41 36:14  
Alannah Hargis, 21 36:14  
Chris McCray, 41 36:42  
Ken Johnson, 70 37:12  
Felicha McCray, 43 52:15  
Debra Clow, 48 59:29

**Run the Woodlands 5K, The Woodlands, Mar. 24**

Casey Bickford, 19 22:42  
Steve Bickford, 51 23:33  
Cathy Bickford, 50 35:32

**Bearathon, Waco, Mar. 24**

**Half Marathon (13.1 miles)**

Madison Ward, 18 1:54:14  
Rachel Thomas, 19 2:07:04

**5K**

David Ward, 47 28:30  
Jackie Ward, 53 32:54  
Jim Weber, 50 34:40  
Myla Weber, 48 36:04  
Samantha Millerd, 21 42:01

**Shamrock Strut, 10K, Houston, Mar. 17**

Steven Wright, 30 43:45  
Kas Kramer, 25 49:46

**Dash of the Titans, 5K, Houston, Mar. 17**

Erick Moreno, 32 27:11  
Blake Moreno, 12 41:19

**Upcoming races in Huntsville:**

Apr. 14 – Hog’s Hunt Trail Run, 50K, 25K and 10K, Huntsville State Park

Apr. 17 – Flashlight Dash, 5K & 1.5 Mile, 8:30 p.m., SHSU campus

Apr. 28 – Spring Fling, 5K & 1-Mile Run/Walk, Elkins Lake Sub-division

For more information about these races and a link to registration, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.