

## **Complete Results for NOVEMBER**

### **ING-NYC marathon, New York City – Nov 2**

#### Males

Donald Rasdall, 4:15:23

### **Blue Moon 5K, Palm Harbor – Nov 2**

#### Females

Tiffany Horne, 38:25

#### Males

Ben Fudge, 28:34, 1<sup>st</sup>70-74

### **Blue Moon half marathon, Palm Harbor – Nov 2**

#### Females

Jennifer LaPlante, 1:36:18, 2<sup>nd</sup> Overall

Christine Moorby, 1:48:28

Pam Greene, 2:00:38

Sunny L'Heureux, 2:04:34

#### Males

Eric Sager, 1:24:42, 1<sup>st</sup>35-39

Andy Horne, 1:26:51, 2<sup>nd</sup>25-29

Albert Wieringa, 1:30:05, 1<sup>st</sup>60-64

Gilbert Dolores, 1:45:10

Jim Hummel, 1:48:31

Bill Castleman, 1:58:24, 3<sup>rd</sup>65-69

Jack Keefe, 2:22:43

### **K of C Veteran's Memorial Road Race 5K, Tampa – Nov 2**

#### Females

Katy Wheeler, 26:26, 1<sup>st</sup>15-19

### **K of C Veteran's Memorial Road Race 10K, Tampa – Nov 2**

#### Males

Cameron Wheeler, 38:31, 1<sup>st</sup>15-19

### **Richards Run for Life 5K, Ybor City – Nov 7**

#### Females

Courtney Smith, 24:55, 1<sup>st</sup> 14&under

Kerry Smith, 28:43

#### Males

David Shiner, 22:56

Trey Smith, 23:29

**Ironman World Championship 70.3 Triathlon, Clearwater – Nov 8**

Females

Melissa Dipple, 5:54:02

**Paul DeBruyn 30K, New Smyrna Beach – Nov 9**

Females

Christine Arbasak, 2:54:05, 1<sup>st</sup>50-54

**Ragnar Relay, 191 miles from Clearwater to Daytona Beach – Nov 14 + 15**

SPRR-team, 29:13:33 6<sup>th</sup> Open Mixed(18), 16<sup>th</sup> overall (52) 9:02 pace

Team-members: Jim Barbour, Sunny L'Heureux, Eric Ogden, Joe Law, Kevin Codol, Sarah Johnston, Tracey Kiser, Lorna Michael, Ernie Glode, Gilbert Dolores, MaryAnn Renfrow, and Virginia Edmonds.

**Eckerd College Triton 5K, St. Petersburg – Nov 15**

Females

Christine Moorby, 22:46  
Pam Greene, 25:47, 3<sup>rd</sup>45-49  
Gloria Hancock, 26:56  
Ginger Herring, 31:04, 1<sup>st</sup>65-69  
Rebecca Bialosky, 33:33, 2<sup>nd</sup>50-54

Males

Andy Horne, 18:32, 1<sup>st</sup>25-29  
Eric Sager, 18:51, 1<sup>st</sup>35-39  
Paul Graus, 20:28, 2<sup>nd</sup>40-44  
John Glasscock, 21:57  
David Shiner, 23:23  
Steve Grande, 24:03  
David Smith, 29:04  
Ben Fudge, 30:42, 3<sup>rd</sup>70-99  
Houston Tucker, 32:50  
Jim LaMar, 35:43  
Don Herring, 37:03

**2008 Suntrust Richmond Marathon, Richmond (VA) – Nov 15**

Males

Jonathan Dunford, 3:45:44

**Region 6 High School Cross-country Championships 5K, Lakeland - Nov 15**

Males

Wes Reynolds, 16:30, 4<sup>th</sup> Overall

**State High School 4A Cross-country Championships 5K, Everglades Ranch , Dade City – Nov 22**

Males

Wes Reynolds, 16:13, 23<sup>rd</sup> Overall (187)

**Alafia X-country half marathon, Lithia – Nov 23**

Males

David Shiner, 1:53:35

Houston Tucker, 2:50:48

**Alafia X-country 5K, Lithia – Nov 23**

Males

Jim Hummel, 20:15

**Wingding 5K, Clearwater – Nov 27**

Females

Amy McClenathan, 22:40

Males

Zach Hoge, 18:36

Albert Wieringa, 19:03, 1<sup>st</sup> Grand Master

**Turkey Trot 10K, Clearwater – Nov 27**

Females

Amy McClenathan, 49:26

Males

Cameron Wheeler, 37:37

John Glasscock, 41:53