

## **SPRR Results – October 2009**

### **Komen Race for the Cure, 5K, St.Petersburg – Oct 3**

#### Females

Amy McClenathan,	20:25,	2 <sup>nd</sup> -Overall, 1 <sup>st</sup> -Master, 1 <sup>st</sup> -Grand-Master
Connie Mendoza,	21:26	
Anna Reschar,	25:19	
Leah Essers,	26:26	
Dayna Mendoza,	33:14	

#### Males

Houston Tucker,	37:55	
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### **Komen Race for the Cure, 10K, St.Petersburg – Oct 3,**

#### Females

Virginia Edmonds,	47:46	
Katy Wheeler,	50:08	
Colleen Evans,	55:49	
Christy Ford,	56:13	
Deb Robinson,	56:25	
Stacey Endicott,	56:34	
Stefanie Seropian,	58:17	
Karen Mathews,	58:47	
Eileen Hodges,	1:00:30	
Ellyn Jack,	1:01:17	
Rebecca Rothman,	1:12:54	
Patty Zanghi,	1:16:25	
Carolyn Kiper,	1:57:54	

#### Males

Gilbert Dolores,	47:26	
John Meyer,	51:19	
David Shiner,	52:47	
Jerry Woodward,	1:07:34	

### **Gator 5K run, Tampa – Oct 3**

#### Males

Albert Wieringa,	19:01,	1 <sup>st</sup> 60-64
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### **Tampa Police Memorial 5K, Tampa – Oct 10**

#### Males

Jim LaMar,	37:16	
Houston Tucker,	39:38	

### **John Holmes 16 mile trail run, Brooksville – Oct 10**

#### Males

David Shiner,	3:10:22	
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### **Ace of Hearts, 5K, Clearwater – Oct 11**

#### Females

Leah Essers,	26:49,	3 <sup>rd</sup> 30-34
Eileen Hodges,	28:17,	1 <sup>st</sup> 40-44
Courtney Ramos,	31:44	

### **Ace of Hearts, 15K, Clearwater – Oct 11**

#### Females

Christina Noordstar,	1:06:36,	1 <sup>st</sup> 30-34
Millie Hamilton,	1:31:07,	1 <sup>st</sup> 65-69
Deb Robinson,	1:32:01	

#### Males

Buka Harris,	57:31,	First Overall
Albert Wieringa,	1:04:07,	1 <sup>st</sup> 60-64
John Glasscock,	1:07:34,	2 <sup>nd</sup> 45-49
Jim Hummel,	1:08:08,	3 <sup>rd</sup> 45-49
Dan McClenathan,	1:18:51,	1 <sup>st</sup> 55-59

### **Bank of America Chicago Marathon, Chicago – Oct 11**

#### Females

Jennifer LaPlante,	3:27:27	
Debra Taylor,	3:56:16	
Tracy Connolly,	4:25:11	

#### Males

Gordon Benedict,	5:17:47	
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### **Health First Sprint Triathlon, Melbourne – Oct 11**

#### Females

Annette Frisch,	1:49:23,	1 <sup>st</sup> 65-69
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### **Towpath Marathon, Peninsula, OH – Oct 11**

#### Males

Jonathan Dunford,	3:25:38	
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### **31<sup>st</sup> Annual Rattlesnake 5-miler, San Antonio – Oct 17**

#### Females

Amy McClenathan,	34:08,	1 <sup>st</sup> Master
Melody Janson,	34:14,	1 <sup>st</sup> 45-49
Christina Noordstar,	34:23	
Suzanne Holland,	46:17,	3 <sup>rd</sup> 35-39

#### Males

Albert Wieringa,	33:35,	1 <sup>st</sup> 60-64
Jim Barbour,	48:29	
Houston Tucker,	57:52	

### **3rd annual Spartan Challenge, 5K, Tampa - Oct 17**

#### Females:

Jennifer Wreyford, 26:00, 2nd 30-34

#### Males

John Meyer, 51:19

### **Longleaf (Sprint) Triathlon , New Port Richey – Oct 18**

#### Females

Courtney Smith, 1:14:20, 1<sup>st</sup>-14-under

Annette Frisch, 1:26:53, 1<sup>st</sup>65-69

### **Suncoast Triathlon (Sprint) Fort DeSoto, Tierra Verde – Oct 24**

#### Females

Virginia Edmonds, 1:10:44

Carol Glasscock, 1:13:11

Eileen Hodges, 1:26:42

Dayna Mendoza, 1:35:20

#### Males

Paul Graus, 1:04:22

Bob Moorehead, 1:22:41

### **7<sup>th</sup> Annual Triton 5K Run, St. Petersburg – Oct 24**

#### Females

Rachel Winter, 20:55, 1<sup>st</sup> Overall

Connie Mendoza, 21:50, 2<sup>nd</sup>40-44

Jennifer Wreyford, 24:59

Deb Robinson, 25:49, 1<sup>st</sup>50-54

Gloria Hancock, 26:23, 2<sup>nd</sup>45-49

Vicki Linkovich, 26:45, 1<sup>st</sup>55-59

#### Males

Andy Horne, 18:36, 1<sup>st</sup> Overall

Brian Lester, 18:44, 1<sup>st</sup>50-54

Jeff Essers, 19:12, 1<sup>st</sup>40-44

Albert Wieringa, 19:52, 1<sup>st</sup>60-64

John Glasscock, 20:15, 2<sup>nd</sup>45-49

Jim Hummel, 20:24, 3<sup>rd</sup>45-49

Sean Connolly, 20:45, 1<sup>st</sup>35-39

David Shiner, 25:01, 3<sup>rd</sup>35-39

Jerry Fowle, 25:43, 1<sup>st</sup>55-59

James Healy, 29:12

Jim LaMar, 36:49

### **Twilight Zone Tower of Terror 5K, Disney Hollywood Studio's – Oct 24**

#### Females

Meredith Ludwig, 21:26, 1<sup>st</sup> Overall

### **The Great West Chase, 5K, Tampa – Oct 31**

#### Females

Amy McClenathan, 19:51, 3<sup>rd</sup> Overall

### **Haloween Halfathon, St. Petersburg – Oct 31**

#### Females

Melody Janson,	1:39:36,	3rdMaster
Virginia Edmonds,	1:50:06	
Meredith Ludwig,	1:53:28	
Jill Voorhis,	1:56:03	
Mary Cunningham,	2:02:14	
Vicki Linkovich,	2:02:43,	3 <sup>rd</sup> 55-59
Georgia Pedersen,	2:05:33	
Christine Arbasak,	2:07:20	
Christy Ford,	2:09:12	
Anna Reschar,	2:10:13	
Stacey Endicott,	2:11:42	
Gloria Hancock,	2:18:33	
Ellyn Jack,	2:19:24	
Toniann Connors,	2:34:45	
Christina Ramos,	2:35:49	

#### Males

Andy Horne,	1:22:32,	1 <sup>st</sup> 25-29
Jeff Essers,	1:30:52,	1 <sup>st</sup> 40-44
Chris Pedersen,	1:39:52,	1 <sup>st</sup> 50-54
Sean Connolly,	1:40:02	
Gilbert Dolores,	1:54:46	
Michael Masters,	1:59:06	
David Shiner,	2:06:15	
Gordon Benedict,	2:47:20	

### **Haloween 5K, St. Petersburg – Oct 31**

#### Females

Samantha Nevins, 25:16