

SPRR Results – August 2009

Top Gun Triathlon, Fort DeSoto Park, Tierra Verde – Aug 1

Females

Virginia Edmonds,	1:06:08
Carol Glasscock,	1:08:13
Diane Lajoie,	1:18:02
Courtney Smith,	1:21:17, 2 nd 01-14
Kerry Smith,	1:22:02
Pat Brighton,	1:43:15

Males

Paul Graus,	58:36, 3 rd 45-49
John Smith,	1:00:19
Roland Lajoie,	1:04:45, 1 st 60-64
Trey Smith,	1:16:22
David Ottinger,	1:21:32

Beat the Heat #3, Thonotosassa – Aug 1

Males 5K

David Shiner,	23:42
Houston Tucker,	31:40

Males 1Mile

David Shiner,	7:43
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5K Summer Series Challenge #4, Tampa – Aug 5

Males

David Shiner,	25:02
Houston Tucker,	33:15
Jim LaMar,	34:34

Sunsets at Pier 60 – Summer Series #4, Clearwater Beach – Aug 7

Females

Ellyn Jack,	31:59, 2 nd 55-59
Sharon Andrews,	42:02, 2 nd 60-64
Bess Kennedy,	42:16, 3 rd 60-64

Males

Ryan Hoge,	22:12, 3 rd 13-14
Jim Hummel,	22:28
Monte Hoge,	26:38
Houston Tucker,	35:07
Jim LaMar,	37:36

Little Havens Multi Terrain 5K Run, England, UK – Aug 9

Females

Gloria Hancock,	27:52
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XXXIII Maratón Internacional Ciudad de Panamá, Panama – Aug 9

Male 8 persons relay team, (3.56 mile)

Albert Wieringa, 23:13, 3rd Grand Masters , team Los Abuelos (the Grandpa's)

X-Country race Series #3, 5K, Lithia – Aug 14

Males

David Shiner, 26:14

Houston Tucker, 36:54

Ace of Diamonds, 5K, Clearwater – Aug 16

Females

Leah Essers, 27:08

Christy Ford, 29:07

Courtney Smith, 29:47, 2nd10-14

Kerry Smith, 34:09

Males

Jim Hummel, 21:08, 3rd45-49

John Smith, 21:41, 2nd35-39

Dan McClenathan, 23:07, 1st55-59

Trey Smith, 23:58, 1st10-14

David Shiner, 25:13

Houston Tucker, 35:12, 2nd60-64

Publix Family Fitness Weekend, Fort DeSoto – Aug 21/22

5K Females

Katy Wheeler, 24:01, 2nd Overall Female

Kathleen Wheeler, 26:39, 3rd “ “

5K Males

Cameron Wheeler, 18:29, 1st Overall Male

Duathlon Females

Mary Cunningham, 1:19:49, 2nd45-49

Duathlon Males

John Glasscock, 1:05:48, 3rd45-49

Triathlon Females

Carol Glasscock, 1:12:58

Triathlon Males

David Ottinger, 1:26:41

St.Pete Beach Summer 5K Series #3, St.Pete Beach – Aug 28

Females

Christina Noordstar,	21:31,	1 st 30-40
Amy McClenathan,	22:02,	1 st 45-49
Melody Janson,	22:23,	2 nd 45-49
Rachel Winter,	22:46,	1 st 35-39
Connie Mendoza,	23:14,	1 st 40-44
Tess Huttenlocker,	24:04,	2 nd 15-19
Mary Cunningham,	25:55	
Deb Robinson,	27:35,	1 st 50-54
Leah Essers,	28:12,	3 rd 30-34
Vicki Linkovich,	28:44,	1 st 55-59
Annette Frisch,	29:13,	1 st 65-69
Charlotte Peacock,	29:19	
Stefanie Seropian,	30:01	
Ellyn Jack,	31:36,	2 nd 55-59
Debbie Kazor,	33:25,	3 rd 55-59
Jeanie Fowler,	37:25,	1 st 60-64
Ginger Herring,	38:06,	3 rd 65-69
Sharon Andrews,	41:21,	2 nd 60-64
Bess Kennedy,	41:48,	3 rd 60-64
Tammie Anderson,	42:32	
Malinda Ottinger,	43:20	
Gina Rosato,	44:47	
Jackie Yost,	55:31,	1 st 75-over

Males

Zach Hoge,	19:02,	1 st 15-19
Ryan Hoge,	22:02,	3 rd 10-14
Jonathan Dunford,	22:06	
Jim Hummel,	22:26	
Steve Grande,	22:28,	1 st 55-59
Chris Pedersen,	22:36	
David Kightlinger,	24:03	
Gilbert Dolores,	24:14,	3 rd 40-44
Michael Masters,	25:51	
Carl Dobbins,	25:51,	3 rd 30-34
Monte Hoge,	26:05	
David Shiner,	26:11	
Jerry Fowle,	26:59,	2 nd 55-59
Thomas Byno,	28:31	
Larry Yost,	32:01,	1 st 75-over
Jerry Woodward,	35:20	
Jim LaMar,	37:56	
Houston Tucker,	38:22	
Dave Mohyla,	38:27	
Carl Hammen,	50:14,	2 nd 75-over

Youth Triathlon Series YTS, Palm Harbor – Aug 30

Females

Madeleine Repka, 26:12
Courtney Smith, 23:27, 2nd-13-year olds

Males

Gregory Glasscock, 6:14, 2nd-6-year olds
Trey Smith, 21:48, 1st-11-year olds