

## **SPRR Results – September 2009**

### **Crystal River Sprint Triathlon #3, Crystal River – Sept 5**

#### Females

Christine Arbasak, 1:43:25

### **Lowry Park Zoo's Zoo Run Run 5K, Tampa – Sept 12**

#### Females

Meredith Ludwig, 23:05, 1<sup>st</sup> Overall Female

Stacey Endicott, 27:23

#### Males

Jim Hummel, 20:45, 2<sup>nd</sup> 45-49

Houston Tucker, 35:21

### **Sand Key Triathlon, ½ mile run, 11-mile bike, 5K run, Sand Key Park, Clearwater Beach – Sept 13**

#### Females

Annette Frisch, 1:19:15, 1<sup>st</sup> 65-69

Vicky Linkovich, 1:25:02, 3<sup>rd</sup> 55-59

Kerry Smith, 1:27:34, 3<sup>rd</sup> 01-39 Athena's

Jackie Yost, 2:19:37, 1<sup>st</sup> 80-85

#### Males

Paul Graus, 57:44

Larry Yost, 1:26:50, 1<sup>st</sup> 75-79

### **Ace of Clubs 5K, Clearwater – Sept 13**

#### Females

Connie Mendoza, 22:24, 1<sup>st</sup> Overall Female

### **Ace of Clubs, 10K, Clearwater – Sept 13**

#### Females

Deb Robinson, 58:53, 3<sup>rd</sup> 50-54

Leah Essers, 1:00:18,

Eileen Hodges, 1:02:12

#### Males

Buka Harris, 36:06, 1<sup>st</sup> 15-19

Jim Hummel, 44:14, 2<sup>nd</sup> 45-49

Albert Wieringa, 45:36, 1<sup>st</sup> 60-64

### **5<sup>th</sup> Annual HSCO Ranch Run 5K, Temple terrace – Sept 19**

#### Males

Albert Wieringa, 19:28, 1<sup>st</sup> 60-64

David Shiner, 25:19

Houston Tucker, 34:53

**University Park Country Club 4-mile X-country race, Sarasota – Sept 19**

Females

Ellyn Jack, 39:05, 2<sup>nd</sup>55-59

**Crime Run 5K, St Petersburg – Sept 19**

Females

Deb Robinson, 25:20, 1<sup>st</sup>50-59  
Jen Wreyford, 26:18, 1<sup>st</sup>16-29  
Gloria Hancock, 27:09, 1<sup>st</sup>40-49  
Lisa Prewitt, 32:44, 2<sup>nd</sup>40-49  
Sharon Andrews, 41:12, 2<sup>nd</sup>60-69

Males

Jeff Essers, 19:22, 1<sup>st</sup>40-49  
Paul Graus, 20:05, 2<sup>nd</sup>40-49  
Carl Dobbins, 24:46  
Jerry Fowle, 25:27, 1<sup>st</sup>60-69  
Ben Fudge, 32:44, 1<sup>st</sup>70-79

**Tarpon Springs 5K, Tarpon Springs – Sept 19**

Females

Christina Noordstar, 19:00, 1<sup>st</sup>30-39  
Connie Mendoza, 20:21, 1<sup>st</sup>40-44

Males

Jim Hummel, 18:47, 1<sup>st</sup>45-49

**Youth Triathlon Series, YMCA Trinity – Sept 20**

Females

Courtney Smith, 25:48, 2<sup>nd</sup>-13-year olds

Males

Trey Smith, 22:46, 1<sup>st</sup>-11-year olds

**Miles for Hope 5K, Clearwater – Sept 26**

Females

Deb Robinson, 26:20, 1<sup>st</sup>50-54  
Eileen Hodges, 29:09, 1<sup>st</sup>40-44

**Dunedin Brewery OctoBEERfest 5K, Dunedin – Sept 26**

Females

Meredith Ludwig, 21:13 2<sup>nd</sup> Overall; 1<sup>st</sup>25-29  
Christy Ford, 26:25  
Stefanie Seropian, 27:31  
Karen Mathews, 28:37, 3<sup>rd</sup>50-54  
Tanya Repka, 33:38

Males

Gilbert Dolores,	22:56
Carl Dobbins,	24:00

**2009 Naples on the Run, 20K, Naples – Sept 27**

Females

Christine Arbasak,	1:59:50,	3 <sup>rd</sup> 50-54
Anna Reschar,	2:06:53	

Males

Albert Wieringa,	1:26:06,	1 <sup>st</sup> 60-64
David Shiner,	2:01:54	