

2010 USMS Long Distance Relay All Americans

Compiled by Robert Zeitner

WOMEN (3 swimmers)

Age Group	Event	Club Name	Total Distance/Time	Names of Swimmers		MI	Age	Club Abbr	Individual Dist/Time
				First Name	Last Name				
18+	One Hour Postal	Asphalt Green Masters	14,770	Melanie	Valerio	M	40	AGUA	4,900
				Lauren	Morford	A	24	AGUA	5,370
				Clare	Clemens		24	AGUA	4,500
18+	5K postal	Gator Swim Club	3:25:24.24	Mary	Holman	E	23	GSC	1:06:35.70
				Sara	Holman	E	23	GSC	1:05:59.55
				Nicole	Helmers	D	26	GSC	1:12:48.99
18+	10K postal	St Pete Masters Inc	8:05:12.40	Sarah	Kwon	R	20	SPM	2:28:05.00
				Sarah	Swoch	R	24	SPM	2:40:47.40
				Dawn	Clark		46	SPM	2:56:20.00
18+	3000y postal	St Pete Masters Inc	1:57:49.86	Paula	Texel	M	40	SPM	39:14.22
				Alegra	Reich	C	34	SPM	41:19.00
				Sarah	Kwon	R	20	SPM	37:16.64
25+	One Hour Postal	Pacific Northwest Aquatics	14,690	Carrie	Nordberg	L	33	PNA	4,805
				Melissa	Chamberlin		29	PNA	5,065
				Allison	Cox	L	25	PNA	4,820
25+	5K postal	Oregon Masters	3:50:04.07	Erin	Popelka	M	28	OREG	1:18:10.32
				Kelsey	Holmberg	G	28	OREG	1:13:07.00
				Kendra	Bestine	D	30	OREG	1:18:46.75
25+	10K postal	Michigan Masters	8:32:49.09	Maddie	Diedo		51	MICH	3:13:10.18
				Tracy	Durham	M	26	MICH	2:57:37.19
				Denise	Brown	H	50	MICH	2:22:01.72
25+	3000y postal	Oregon Masters	2:03:09.19	Kris	Denney	A	50	OREG	41:43.06
				Colette	Crabbe	M	54	OREG	41:50.57
				Aubree	Gustafson	M	29	OREG	39:35.56
25+	6000y postal	Southwest Washington Masters Swimming	4:43:50.71	Sherry	Bender	L	51	SWMS	1:46:28.21
				Serena	Johnson	H	33	SWMS	1:28:41.25
				Maresa	Jackson		31	SWMS	1:28:41.25
35+	One Hour Postal	Colonials 1776	14,655	Laurie	Hug		44	1776	5,160
				Vibeke	Swanson	L	48	1776	4,980
				Dot	Munger		58	1776	4,515
35+	5K postal	Oregon Masters	4:01:42.	Laura	Worden	A	52	OREG	1:22:50.37
				Anicia	Criscione		36	OREG	1:23:54.40
				Kris	Denney	A	50	OREG	1:14:57.00
35+	10K postal	Illinois Masters	8:36:22.06	Ruth	Giles-Ott		41	IM	3:16:28.42
				Heidi	Kafka		47	IM	2:38:06.73
				Marcia	Cleveland	E	46	IM	2:41:46.91
35+	3000y postal	Oregon Masters	1:56:51.98	Jayna	Tomac	M	38	OREG	37:53.00
				Karen	Matson	A	47	OREG	39:09.99
				Denise	Stuntzner	E	48	OREG	39:48.99
35+	6000y postal	Michigan Masters	4:08:45.00	Maddie	Diedo		52	MICH	1:30:56.92
				Kerry	Frame	L	44	MICH	1:22:33.80
				Denise	Brown	H	51	MICH	1:15:14.28
45+	One Hour Postal	Illinois Masters	14,430	Heidi	Kafka		47	IM	4,575
				Andrea	Block	J	48	IM	5,235
				Marcia	Cleveland	E	45	IM	4,620
45+	5K postal	Oregon Masters	3:38:06.97	Karen	Matson	A	47	OREG	1:11:45.00
				Arlene	Delmage		47	OREG	1:14:43.43
				Mary	Sweat		52	OREG	1:11:38.54
45+	10K postal	Oregon Masters	7:58:24.25	Arlene	Delmage		47	OREG	2:33:08.44
				Mary	Sweat		52	OREG	2:36:05.54
				Terri	Tynnismaa	L	47	OREG	2:49:10.27
45+	3000y postal	Oregon Masters	1:52:03.60	Arlene	Delmage		47	OREG	37:00.04
				Mary	Sweat		53	OREG	37:59.34
				Holly	Vaughn-Edmonds	H	48	OREG	37:04.22
45+	6000y postal	Oregon Masters	4:01:21.33	Mary	Sweat		53	OREG	1:17:37.57
				Karen	Matson	A	47	OREG	1:23:56.00
				Arlene	Delmage		48	OREG	1:19:47.76

55+	One Hour Postal	Tamalpais Aquatic Masters	13,510	Judy Laura Linda	Eisenman Val Shoenberger	A B R	56 58 62	TAM TAM TAM	4,245 5,090 4,175
55+	5K postal	Masters of South Texas	4:10:07.80	Elaine Kathy Linda	Valdez Boyer Callaway	S M S	55 55 57	MOST MOST MOST	1:15:22.37 1:24:20.80 1:30:24.63
55+	10K postal	Masters of South Texas	9:35:23.74	Linda Kathy Chris	Callaway Boyer Mayhew	S M S	57 55 56	MOST MOST MOST	3:09:16.29 2:53:32.11 3:32:35.34
55+	3000y postal	Masters of South Texas	2:09:39.40	Elaine Kathy Linda	Valdez Boyer Callaway	S M S	55 56 57	MOST MOST MOST	40:11.22 41:13.19 48:14.99
55+	6000y postal	Masters of South Texas	4:27:32.40	Kathy Linda Elaine	Boyer Callaway Valdez	M S S	56 57 55	MOST MOST MOST	1:26:03.74 1:38:22.97 1:23:05.69
65+	One Hour Postal	Tamalpais Aquatic Masters	10,295	Terry Nancy Glenda	Morse Ridout Carroll	M J G	74 67 66	TAM TAM TAM	3,060 3,825 3,410
65+	3000y postal	Florida Maverick Masters	3:05:30.91	Doris Patricia Patricia	Prokopi Tullman Bond		74 73 72	FMM FMM FMM	1:07:41.52 1:03:17.96 54:31.43
75+	One Hour Postal	Florida Aquatic Combined Team	9,220	Mary Joan Betty	Tusa Campbell Lorenzi	C K S	79 79 82	FACT FACT FACT	3,075 2,895 3,250

MEN (3 swimmers)

Age Group	Event	Club Name	Total Distance	Names of Swimmers		MI	Age	Club Abbr	Individual Distance
				First Name	Last Name				
18+	One Hour Postal	Ventura County Masters	16,500	Jim Thomas Mike	Mc Conica Maires Shaffer		59 18 44	VCM VCM VCM	5,445 5,225 5,830
18+	3000y postal	Niagara District Masters	2:01:47.68	Donald Leslie Nic	Curran Lange Poirier		23 57 34	NIAG NIAG NIAG	41:21.81 43:36.79 36:49.08
25+	One Hour Postal	Illinois Masters	16,025	David Josh Michael	Sebastian Kercheval Day		48 28 26	IM IM IM	5,090 5,580 5,355
25+	5K postal	Illinois Masters	0.15	Michael Josh David	Thiry Kercheval Sebastian	A	34 29 48	IM IM IM	1:17:06.30 1:03:09.53 1:09:00.70
25+	10K postal	Illinois Masters	0.32	Chris David John	Layton Sebastian Morris		51 48 26	IM IM IM	2:35:44.99 2:24:15.26 2:45:10.83
25+	3000y postal	Niagara District Masters	1:38:36.15	Mark Gregory Neil	Matheson Danner Brophy		40 29 49	NIAG NIAG NIAG	33:56.58 30:38.07 34:01.50
25+	6000y postal	Masters of South Texas	4:29:19.64	Randall Timothy Craig	Carver Jones Kercher		44 25 48	MOST MOST MOST	1:28:00.12 1:35:08.28 1:26:11.24
35+	One Hour Postal	Longhorn Aquatics	16,150	Larry Brandon Tyler	Wood Marsh Blessing	W J	56 35 37	TXLA TXLA TXLA	5,225 5,350 5,575
35+	5K postal	Oregon Masters	3:38:50.46	Christian Kris Patrick	Tujo Calvin Allender	F	39 48 51	OREG OREG OREG	1:13:53.00 1:10:14.00 1:14:43.46
35+	10K postal	Oregon Masters	7:30:41.33	David Kris Timothy	Hathaway Calvin Waud		49 48 43	OREG OREG OREG	2:26:45.47 2:28:30.00 2:35:25.86
35+	3000y postal	Georgia Masters	1:46:01.80	Dan Shane Scott	Beatty Ely Frederick		44 39 44	GAJA GAJA GAJA	36:14.60 33:07.10 36:40.10
35+	6000y postal	Oregon Masters	3:59:44.73	David Timothy David	Radcliff Waud Hathaway	A P	76 43 49	OREG OREG OREG	1:24:43.84 1:21:13.59 1:13:47.30

45+	One Hour Postal	Niagara District Masters	15,315	Bruce Neil	Gianniny Brophy		58	NIAG	4,815
				James Byers		J	48	NIAG	5,575
				David Hardy	Hathaway Baker	M	48	NIAG	4,925
45+	5K postal	Oregon Masters	3:18:51.19	Dennis Hardy		G	49	OREG	1:09:40.19
				Jim Kurtis	Lussier	C	45	OREG	1:03:04.01
45+	10K postal	Ventura County Masters	7:25:24.76	Larry David	Mc Conica Baron		59	VCM	1:06:06.99
				David Hardy		C	46	VCM	2:13:47.40
45+	3000y postal	Oregon Masters	1:46:55.84	Kris	Raffaelli	L	67	VCM	2:24:13.30
				Chris David	Hathaway Lussier		49	OREG	2:47:24.06
				Seth Hoff	Calvin	C	45	OREG	35:59.84
45+	6000y postal	Illinois Masters	3:46:27.75	Chris David	Calvin		48	OREG	33:53.00
				Seth Hoff	Layton		51	IM	37:03.00
					Sebastian Hoff		49	IM	1:15:40.82
							48	IM	1:12:12.04
									1:18:34.89
55+	One Hour Postal	Pacific Northwest Aquatics	14,235	Alan Steven	Bell Peterson		59	PNA	5,140
				James	McCleery	B	63	PNA	4,220
				Brian Jamie		T	64	PNA	4,875
55+	5K postal	Longhorn Aquatics	3:53:14.21	Larry	Vance	A	59	TXLA	1:18:31.10
				Allen	Tout		57	TXLA	1:24:41.00
				Bob	Wood	W	56	TXLA	1:10:02.11
55+	10K postal	Oregon Masters	9:18:55.99	Michael	Larson	J	57	OREG	1:10:02.11
				Jed	Bruce	A	62	OREG	3:09:21.00
				Steve	Carew	P	60	OREG	2:49:52.99
55+	3000y postal	Oregon Masters	1:58:53.62	Charlie	Cronin		62	OREG	3:19:42.00
				Robert	Johnson	M	62	OREG	40:20.00
				Allen	Swanson	E	58	OREG	38:35.84
55+	6000y postal	Oregon Masters	4:25:39.08	Robert	Swanson		58	OREG	39:57.78
				Allen	Bruce	A	62	OREG	1:27:26.99
				Robert	Larson	J	57	OREG	1:27:26.99
				Robert	Richardson	B	57	OREG	1:31:11.09
				Robert	Richardson	B	57	OREG	1:27:01.00
65+	One Hour Postal	Ventura County Masters	12,445	Michael	Wood	B	67	VCM	4,045
				Larry	Raffaelli	L	66	VCM	4,395
				Bart	Bleuel	S	68	VCM	4,005
65+	5K postal	Oregon Masters	4:10:33.85	David	Radcliff	A	76	OREG	1:19:05.86
				Tom	Landis		68	OREG	1:21:13.99
				Ralph	Mohr	W	68	OREG	1:30:14.00
65+	3000y postal	Oregon Masters	2:07:50.60	David	Radcliff	A	76	OREG	40:47.61
				Tom	Landis		68	OREG	40:22.99
				Ralph	Mohr	W	69	OREG	46:40.00
75+	One Hour Postal	Oregon Masters	10,100	Dick	Weick		75	OREG	3,405
				David	Radcliff	A	75	OREG	4,520
				Raymond	Allen	G	83	OREG	2,175

MIXED (2 women, 2 men)

Age Group	Event	Club Name	Total Distance	Names of Swimmers		MI	Age	Club Abbr	Individual Distance
				First Name	Last Name				
18+	One Hour Postal	Asphalt Green Masters	20,595	Lauren	Morford	A	24	AGUA	5,370
				Laura	Gart	P	23	AGUA	4,540
				Michael	Smit	W	24	AGUA	5,375
				Christian	Witzke		22	AGUA	5,310
18+	5K postal	DOC IU Masters Swimming	4:57:53.98	Elizabeth	Munroe	S	20	DOC	1:15:26.36
				Robert	Wright	E	56	DOC	1:12:42.07
				Jutta	Schickore		45	DOC	1:09:46.03
				David	Tanner	A	60	DOC	1:19:59.52
18+	10K postal	St Pete Masters Inc	10:16:15.40	Christopher	Burke	A	48	SPM	2:22:54.00
				Carl	Selles	H	63	SPM	2:44:29.00
				Sarah	Kwon	R	20	SPM	2:28:05.00
				Sarah	Swoch	R	24	SPM	2:40:47.40
18+	3000y postal	Niagara District Masters	2:22:58.76	Gregory	Danner	M	29	NIAG	41:21.81
				Mark	Matheson		40	NIAG	33:56.58
				Leah	Matthews	M	22	NIAG	42:07.71
				Ann Marie	Crye		39	NIAG	36:16.40
18+	6000y postal	St Pete Masters Inc	5:21:55.23	Pat	Marzulli		61	SPM	1:30:38.00
				Sarah	Kwon	R	20	SPM	1:14:13.00
				Kern	Davis	M	55	SPM	1:12:45.23
				Dawn	Clark		46	SPM	1:24:19.00

25+	One Hour Postal	Illinois Masters	21,210	Michael Day	H	26	IM	5,355
				Nadine Day	K	39	IM	5,040
				Andrea Block	J	48	IM	5,235
				Josh Kercheval		28	IM	5,580
25+	5K postal	MOVY Masters	4:55:28.55	Eric Paden	M	27	MOVY	1:19:42.05
				Tony Stewart	A	36	MOVY	1:12:21.30
				Joy Stover		34	MOVY	1:08:03.10
				Kelly Reynolds	M	40	MOVY	1:15:22.10
				Robert Koga		43	SWMS	2:47:11.08
25+	10K postal	Southwest Washington Masters Swimming	11:20:07.61	David Ashmore		35	SWMS	2:52:27.62
				Serena Johnson	H	33	SWMS	2:50:14.33
				Maresa Jackson		31	SWMS	2:50:14.58
25+	3000y postal	Oregon Masters	2:36:11.47	Timothy Waud	P	43	OREG	39:37.62
				Patrick Allender		52	OREG	37:48.30
				Aubree Gustafson	M	29	OREG	39:35.56
				Karen Matson	A	47	OREG	39:09.99
25+	6000y postal	Michigan Masters	6:12:02.87	Joe Aumiller	F	53	MICH	1:20:37.35
				Kirk Eichenberger		61	MICH	1:30:04.77
				Cherie Adkins	D	42	MICH	1:50:33.09
				Tracy Durham	M	26	MICH	1:30:47.66
35+	One Hour Postal	Walnut Creek Masters	21,250	Roque Santos	J	42	WCM	5,635
				Peter Guadagni	M	54	WCM	4,875
				Alison Zamanian	H	39	WCM	5,560
				Suzanne Heim-Bowen	M	51	WCM	5,180
35+	5K postal	Gold Coast Masters	4:54:03.02	Larry Caldwell	E	45	GOLD	1:11:22.93
				Andrea Woodburn		46	GOLD	1:21:14.00
				Dale LeClair	A	40	GOLD	1:18:47.89
				Ricardo Valdivia	J	45	GOLD	1:02:38.20
35+	10K postal	Oregon Masters	11:05:07.25	Mark Braun		38	OREG	2:46:29.12
				Timothy Waud	P	43	OREG	2:35:25.86
				Anicia Criscione		36	OREG	2:54:02.00
				Terri Tynismaa	L	47	OREG	2:49:10.27
35+	3000y postal	Oregon Masters	2:30:21.34	Jayna Tomac	M	38	OREG	37:53.00
				Kris Calvin		48	OREG	37:03.00
				James Proffitt	L	45	OREG	37:26.00
				Mary Sweat		53	OREG	37:59.34
35+	6000y postal	Michigan Masters	5:28:30.20	Kirk Eichenberger		61	MICH	1:30:04.77
				Kerry Frame	L	44	MICH	1:22:33.80
				Joe Aumiller	F	53	MICH	1:20:37.35
				Denise Brown	H	51	MICH	1:15:14.28
45+	One Hour Postal	Oregon Masters	19,220	David Hathaway		49	OREG	4,985
				Patrick Allender		51	OREG	4,830
				Arlene Delmage		47	OREG	4,745
				Karen Matson	A	46	OREG	4,660
45+	5K postal	Oregon Masters	4:32:34.54	Hardy Lussier	C	45	OREG	1:06:06.99
				Mary Sweat		52	OREG	1:11:38.54
				Dennis Baker	G	49	OREG	1:03:04.01
				Karen Matson	A	47	OREG	1:11:45.00
45+	10K postal	Oregon Masters	10:04:29.45	Kris Calvin		48	OREG	2:28:30.00
				Arlene Delmage		47	OREG	2:33:08.44
				David Hathaway		49	OREG	2:26:45.47
				Mary Sweat		52	OREG	2:36:05.54
45+	3000y postal	Oregon Masters	2:23:57.10	David Hathaway		49	OREG	35:59.84
				Hardy Lussier	C	45	OREG	33:53.00
				Arlene Delmage		47	OREG	37:00.04
				Holly Vaughn-Edmonds	H	48	OREG	37:04.22
45+	6000y postal	Illinois Masters	5:10:41.36	Chris Layton		51	IM	1:15:40.82
				Heidi Kafka		48	IM	1:20:33.70
				Marcia Cleveland	E	46	IM	1:22:14.80
				David Sebastian		49	IM	1:12:12.04
55+	One Hour Postal	Tamalpais Aquatic Masters	18,325	Kenneth Frost	A	65	TAM	4,495
				Richard Burns		66	TAM	4,565
				Linda Shoenerberger	R	62	TAM	4,175
				Laura Val	B	58	TAM	5,090
55+	5K postal	Oregon Masters	5:38:05.50	Jeanna Summers		56	OREG	1:28:43.31

				Elizabeth	Budd	H	56	OREG	1:28:11.20
				Bob	Bruce	A	62	OREG	1:19:40.99
				Allen	Larson	J	57	OREG	1:21:30.00
55+	10K postal	Oregon Masters	12:07:54.11	Elizabeth	Budd	H	56	OREG	2:58:25.16
				Jeanna	Summers		56	OREG	3:10:14.96
				Bob	Bruce	A	62	OREG	2:49:52.99
				Allen	Larson	J	57	OREG	3:09:21.00
55+	3000y postal	Oregon Masters	2:51:21.03	Charlie	Swanson	E	58	OREG	39:57.78
				Jeanna	Summers		56	OREG	46:02.00
				Steve	Johnson	M	62	OREG	38:35.84
				Elizabeth	Budd	H	56	OREG	46:45.41
55+	6000y postal	Oregon Masters	6:14:48.19	Bob	Bruce	A	62	OREG	1:27:26.99
				Jeanna	Summers		56	OREG	1:44:44.00
				Robert	Richardson	B	57	OREG	1:27:01.00
				Elizabeth	Budd	H	56	OREG	1:35:36.20
65+	One Hour Postal	Oregon Masters	14,660	Ralph	Mohr	W	68	OREG	3,910
				Judy	Zierner		65	OREG	2,980
				Joy	Ward		67	OREG	3,410
				Tom	Landis		67	OREG	4,360
65+	3000y postal	Oregon Masters	3:16:05.05	David	Radcliff	A	76	OREG	40:47.61
				Tom	Landis		68	OREG	40:22.99
				Peggie	Hodge	H	70	OREG	1:07:19.45
				Sue	Calnek-Morris	C	67	OREG	47:35.00
75+	One Hour Postal	Oregon Masters	13,365	Dick	Weick		75	OREG	3,405
				David	Radcliff	A	75	OREG	4,520
				Geraldine	Kawabata	L	75	OREG	2,920
				Pat	Hunt		78	OREG	2,520