

## 2007 Women's USMS Long Distance All-Americans

compiled by Jennie Quill

2/28/08

Age				Time or		
Group	Event	Name	Age	distance	Club abbr.	Records
18-24	1 mile OW	Monica Heinrich	24	0:23:14	CUBU	
18-24	2 mile Cable	Emily Sutliff	18	43:56.19	NEM	
18-24	1-3 mile OW (1.76 mi)	Katrina Finley	22	0:46:43	INWM	
18-24	3-6 mile OW (5K)	Kate M. Donald	24	1:06:52.68	PAFC	
18-24	>6 Mile OW (10K)					
18-24	One Hour Postal	Kristine E Kelly	19	5200	SBAS	
18-24	5K Postal	Christina Fenske	22	1:39:24.02	SAWS	
18-24	10K Postal					
18-24	3000 yd Postal	Katey Mirch	23	36:30.36	NEM	
18-24	6000 yd Postal					
25-29	1 mile OW	Jennifer O'Reilly	27	0:22:29	RMST	
25-29	2 mile Cable	Cari Laughlin	27	1:12:03.96	ADMS	
25-29	1-3 mile OW (1.76 mi)	Anna Tuttle	29	0:44:52	NMMS	
25-29	3-6 mile OW (5K)	Rachel Hughey	28	1:12:10.20	MINN	
25-29	>6 Mile OW (10K)	Lauren Tharaud	25	4:09:28	NEM	
25-29	One Hour Postal	Christina M Cairns	28	5050	SBM	
25-29	5K Postal	Courtney Mills	28	1:10:51.99	CMS	
25-29	10K Postal	Rachel Hughey	28	2:40:11.99	MINN	
25-29	3000 yd Postal	Jennifer Priester	29	36:23.06	GBM	
25-29	6000 yd Postal	Rachel Hughey	29	1:20:37.99	MINN	
30-34	1 mile OW	Lauren Green	31	0:22:52	UNAT	
30-34	2 mile Cable	Magdalena Stovickova	32	43:49.55	METR	
30-34	1-3 mile OW (1.76 mi)	Jennifer Korfiatis	34	0:43:46	INWM	
30-34	3-6 mile OW (5K)	Melissa Varlas	34	1:07:25.77	SYSM	
30-34	>6 Mile OW (10K)	Tobey-Anne Saracino	31	3:28:16	NEM	
30-34	One Hour Postal	Laurie Z Dodd	34	5380	UCLA	
30-34	5K Postal	Kristi Lee	31	1:10:25.93	SAWS	
30-34	10K Postal	Karla Rees	34	2:45:05.11	MVM	
30-34	3000 yd Postal	Kristi Lee	31	34:58.87	SAWS	
30-34	6000 yd Postal	Kristi Lee	31	1:11:21.06	SAWS	
35-39	1 mile OW	Heidi Williams	38	0:22:00	NCMS	
35-39	2 mile Cable	Dana Woody	37	44:53.82	NIAG	
35-39	1-3 mile OW (1.76 mi)	Liz Shimizu	38	0:48:20	PNA	

35-39	3-6 mile OW (5K)	Nadine Day	36	1:07:01.61	IM	
35-39	>6 Mile OW (10K)	Michelle Davidson	37	3:51:44	GSM	
35-39	One Hour Postal	Dede Griesbauer	36	5165	NEM	
35-39	5K Postal	Nadine Day	37	1:07:49.83	IM	
35-39	10K Postal	Nadine Day	37	2:17:57.77	IM	
35-39	3000 yd Postal	Nadine Day	37	35:01.99	IM	
35-39	6000 yd Postal	Nadine Day	37	1:12:28.78	IM	
40-44	1 mile OW	Jamie McClellan	44	0:23:18	RMST	
40-44	2 mile Cable	Janet Harris	41	48:06.27	METR	
40-44	1-3 mile OW (1.76 mi)	Arlene Delmage	44	0:41:11	OREG	
40-44	3-6 mile OW (5K)	Ellen K. Bennett	44	1:08:04.69	SYSM	
40-44	>6 Mile OW (10K)	Marcella MacDonald	43	3:33:07	CONN	
40-44	One Hour Postal	Laurie Hug	41	5150	1776	
40-44	5K Postal	Charlotte Peterson	43	1:09:12.99	SPM	
40-44	10K Postal	Charlotte Peterson	43	2:18:31.00	SPM	
40-44	3000 yd Postal	Charlotte Peterson	43	34:17.87	SPM	
40-44	6000 yd Postal	Charlotte Peterson	43	1:10:07.08	SPM	
45-49	1 mile OW	Lisa Brooks	46	0:22:54	CUBU	
45-49	2 mile Cable	Sheryl Scott	45	52:11.96	NEM	
45-49	1-3 mile OW (1.76 mi)	Susanne Simpson	47	0:40:26	NOVA	
45-49	3-6 mile OW (5K)	Sally Maddox	47	1:08:44.35	TXLA	
45-49	>6 Mile OW (10K)	Elizabeth Fry	48	3:38:19	CONN	
45-49	One Hour Postal	Vibeke Swanson	45	5070	1776	
45-49	5K Postal	Kerri Roussain	48	1:11:03.99	GOLD	
45-49	10K Postal	Denise Brown	47	2:21:06.41	MICH	
45-49	3000 yd Postal	Vibeke Swanson	46	35:50.20	1776	
45-49	6000 yd Postal	Susan Preston	45	1:04:49.19	STAN	NR
50-54	1 mile OW	Lisa Bennett	51	0:22:08	SQST	
50-54	2 mile Cable	Lisa Bennett	51	47:25.78	SQST	
50-54	1-3 mile OW (1.76 mi)	Mary Sweat	50	0:40:42	OREG	
50-54	3-6 mile OW (5K)	Darcy LaFountain	51	1:18:10.72	UNAT	
50-54	>6 Mile OW (10K)	Nancy Steadman-Martin	53	3:31:23	GSM	
50-54	One Hour Postal	Christie Ciraulo	53	4630	UCLA	
50-54	5K Postal	Mary Sweat	50	1:13:21.07	OREG	
50-54	10K Postal	Elaine Fincham	52	2:37:41.27	MOST	
50-54	3000 yd Postal	Mary Sweat	50	37:58.48	OREG	
50-54	6000 yd Postal	Lisa Bennett	51	1:18:04.35	SQST	

55-59	1 mile OW	Shirley Loftus-Charley	55	0:24:14	VMST	
55-59	2 mile Cable	Shirley Loftus-Charley	55	49:10.24	VMST	
55-59	1-3 mile OW (1.76 mi)	Joanne Menard	59	0:52:14	ARIZ	
55-59	3-6 mile OW (5K)	Deb W. Walker	55	1:13:50.41	FACT	
55-59	>6 Mile OW (10K)	Shirley Loftus-Charley	55	3:42:17	VMST	
55-59	One Hour Postal	Laura B Val	55	4940	TAM	NR
55-59	5K Postal	Shirley Loftus-Charley	55	1:16:42.01	VMST	
55-59	10K Postal	Shirley Loftus-Charley	55	2:39:31.10	VMST	
55-59	3000 yd Postal	Shirley Loftus-Charley	55	39:13.57	VMST	
55-59	6000 yd Postal	Shirley Loftus-Charley	55	1:19:46.20	VMST	
60-64	1 mile OW	Ann Svenson	61	0:26:41	DCM	
60-64	2 mile Cable	Ann Svenson	61	57:01.18	DCM	
60-64	1-3 mile OW (1.76 mi)	Suzanne Dills	62	0:50:57	PNA	
60-64	3-6 mile OW (5K)	Ann Louise Onton	63	2:30:07.16	CONN	
60-64	>6 Mile OW (10K)					
60-64	One Hour Postal	Sally A Dillon	60	3980	PNA	
60-64	5K Postal	Ann Svenson	61	1:28:12.91	DCM	
60-64	10K Postal	Barbara Larsen	60	3:32:14.86	ISF	
60-64	3000 yd Postal	Linda Shoenberger	60	43:32.29	TAM	NR
60-64	6000 yd Postal	Ann Svenson	61	1:35:36.12	DCM	
65-69	1 mile OW	Karen Hannam	66	0:47:56	DCM	
65-69	2 mile Cable					
65-69	1-3 mile OW (1.76 mi)	Susan White	65	1:07:07	TCAM	
65-69	3-6 mile OW (5K)					
65-69	>6 Mile OW (10K)					
65-69	One Hour Postal	Betsy Jordan	69	3665	SDSM	
65-69	5K Postal	Jane Oberg	69	1:36:32.40	CMS	
65-69	3000 yd Postal	Patricia Bond	69	51:18.22	FMM	
65-69	6000 yd Postal	Sandy Steer	68	2:18:25.99	SPM	
70-74	1 mile OW					
70-74	2 mile Cable	Betsy Jordan	70	1:05:38.46	SDSM	
70-74	1-3 mile OW (1.76 mi)					
70-74	3-6 mile OW (5K)					
70-74	>6 Mile OW (10K)					
70-74	One Hour Postal	Adrienne S Pipes	72	3470	SDSM	
70-74	5K Postal	Betsy Jordan	70	1:39:38.97	SDSM	
70-74	10K Postal	Doris Prokopi	71	4:15:30.47	FMM	
70-74	3000 yd Postal	Jane Oberg	70	50:17.05	CMS	

70-74	6000 yd Postal	Betsy Jordan	70	1:45:24.74	SDSM
75-79	1 mile OW				
75-79	2 mile Cable				
75-79	1-3 mile OW (1.76 mi)				
75-79	3-6 mile OW (5K)				
75-79	>6 Mile OW (10K)				
75-79	One Hour Postal	Joan K Campbell	76	3070	FACT
75-79	5K Postal				
75-79	10K Postal				
75-79	3000 yd Postal	Nancy Durstein	77	1:06:24.03	FACT
80-84	1 mile OW				
80-84	2 mile Cable				
80-84	1-3 mile OW (1.76 mi)				
80-84	3-6 mile OW (5K)				
80-84	>6 Mile OW (10K)				
80-84	One Hour Postal	Margery Meyer	84	2940	TOC
80-84	5K Postal				
80-84	10K Postal				
80-84	3000 yd Postal	Lois Kivi Nochman	82	1:04:42.89	MICH
80-84	6000 yd Postal	Lois Kivi Nochman	82	2:13:26.50	MICH NR
85-89	1 mile OW				
85-89	2 mile Cable				
85-89	1-3 mile OW (1.76 mi)				
85-89	3-6 mile OW (5K)				
85-89	>6 Mile OW (10K)				
85-89	One Hour Postal	Rita Simonton	88	2835	UNAT
85-89	5K Postal				
85-89	10K Postal				
85-89	3000 yd Postal	Juanita Willard	87	1:58:19.24	NCMS
85-89	6000 yd Postal				
90-94	One Hour Postal				

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compiled by Tom Spence

2/28/2008

<b>Age</b>				<b>Time or</b>		
<b>Group</b>	<b>Event</b>	<b>Name</b>	<b>Age</b>	<b>distance</b>	<b>Club abbr.</b>	<b>Records</b>
18-24	1 mile OW	Justin Chiles	23	0:19:45	AAMS	
18-24	2 mile Cable					
18-24	1-3 mile OW (1.76 mi)	Ryan Driscoll	23	0:37:39	INWM	
18-24	3-6 mile OW (5K)					
18-24	>6 Mile OW (10K)	Craig Charley	24	3:36:36	VMST	
18-24	One Hour Postal (yards)	Robert Margalis	24	6,135	SPM	NR
18-24	5K Postal	Thomas Alne	19	1:11:15.82	GSM	
18-24	10K Postal	Chase Ingraham	24	2:26:47.23	MOST	
18-24	3000 yd Postal	Chris Seibert	23	34:46.99	IAMP	
18-24	6000 yd Postal	Chris Seibert	23	1:14:53.99	IAMP	
25-29	1 mile OW	Matthew Aldrich	25	0:20:00	AAMS	
25-29	2 mile Cable					
25-29	1-3 mile OW (1.76 mi)	Thomas Pileggi	29	0:57:50	INWN	
25-29	3-6 mile OW (5K)	Michael Franklin	28	1:05:29.74	UTAH	
25-29	>6 Mile OW (10K)	Filippo Porco	29	3:43:07	NCMS	
25-29	One Hour Postal (yards)	Joe Trapp	26	5,740	NAVY	
25-29	5K Postal	Brad Zoller	29	1:07:30.99	IM	
25-29	10K Postal	Tim Methric	29	2:39:03.99	IM	
25-29	3000 yd Postal	Pieter de Hart	29	34:45.30	NEM	
25-29	6000 yd Postal	Pieter de Hart	29	1:13:54.31	NEM	
30-34	1 mile OW	Billy Su	33	0:22:17	NCMS	
30-34	2 mile Cable	Adlar Su	31	45:58.90	NEM	
30-34	1-3 mile OW (1.76 mi)	Trevor Gray	31	0:37:15	INWM	
30-34	3-6 mile OW (5K)	Matt Hooper	33	1:00:30.23	FLAQ	
30-34	>6 Mile OW (10K)	Gil Sharon	33	3:38:08	NEM	
30-34	One Hour Postal (yards)	Jason Eaddy	30	5,670	NEM	
30-34	5K Postal	Matt Hooper	33	1:01:37.66	FLAQ	
30-34	10K Postal					
30-34	3000 yd Postal	Keith Krelovich	33	34:23.59	1776	
30-34	6000 yd Postal	Marcos Donolo	32	1:22:34.20	WSU	
35-39	1 mile OW	Todd Mercer	39	0:19:47	DCM	
35-39	2 mile Cable	Benjamin Morse	35	44:33.43	MESC	
35-39	1-3 mile OW (1.76 mi)	Roy Berg	38	0:39:41	INWM	

35-39	3-6 mile OW (5K)	Andrew Farrell	36	1:02:25.69	NCMS
35-39	>6 Mile OW (10K)	Benjamin Morse	35	3:25:17	MESC
35-39	One Hour Postal (yards)	Kurt Dickson	39	5,400	ARIZ
35-39	One Hour Postal (yards)	David Kays	39	5,400	PNA
35-39	5K Postal	Andrew Scheiner	39	1:02:33.85	STAN
35-39	10K Postal	Kurt Dickson	39	2:09:29.00	ARIZ
35-39	3000 yd Postal	Robert Emary	39	35:38.23	UNAT
35-39	6000 yd Postal	Benjamin Morse	35	1:10:53.77	MESC
40-44	1 mile OW	Rob Jones	42	0:19:53	UNAT
40-44	2 mile Cable	Chris Stevenson	42	41:33.99	VMST
40-44	1-3 mile OW (1.76 mi)	Jeff Erwin	43	0:34:42	SAWS
40-44	3-6 mile OW (5K)	Ricardo Valdivia	42	59:11.51	GOLD
40-44	>6 Mile OW (10K)	Jim Dugan	44	2:53:31	BOZE
40-44	One Hour Postal (yards)	Mike Shaffer	41	5,750	VCM
40-44	5K Postal	Jeff Erwin	43	59:50.75	SAWS
40-44	10K Postal	Jeff Erwin	43	2:08:40.99	SAWS
40-44	3000 yd Postal	Jeff Erwin	43	31:38.41	SAWS
40-44	6000 yd Postal	Jeff Erwin	43	1:03:39.20	SAWS
45-49	1 mile OW	John Geyer	46	0:21:43	MARY
45-49	2 mile Cable	Neil Brophy	46	41:57.34	NIAG
45-49	1-3 mile OW (1.76 mi)	David Brancamp	45	0:38:35	SRM
45-49	3-6 mile OW (5K)	Jerry Dawson	46	1:02:36.56	NTC
45-49	>6 Mile OW (10K)	Dan Robinson	49	3:23:40	PNA
45-49	One Hour Postal (yards)	Roger Von Jouanne	45	5,265	MATT
45-49	5K Postal	Dave Sebastian	45	1:07:45.99	IM
45-49	10K Postal	Dave Sebastian	45	2:24:47.99	IM
45-49	3000 yd Postal	Ed Gendreau	45	33:41.10	GBM
45-49	6000 yd Postal	Barry Zipp	46	1:16:13.15	GAJA
50-54	1 mile OW	John Erb	50	0:22:45	DCM
50-54	2 mile Cable	James Stewart	50	43:55.62	MINN
50-54	1-3 mile OW (1.76 mi)	Brian Gallagher	52	0:42:37	SAWS
50-54	3-6 mile OW (5K)	Mark Drennen	50	59:14.00	SYSM
50-54	>6 Mile OW (10K)	James Stewart	50	3:08:03	MINN
50-54	One Hour Postal (yards)	Sandy Mac Donald	51	5,485	SMST
50-54	5K Postal	James Stewart	50	1:08:03.00	MINN
50-54	10K Postal	James Stewart	50	2:19:28.56	MINN
50-54	3000 yd Postal	James Stewart	50	34:34.94	MINN
50-54	6000 yd Postal	James Stewart	50	1:10:22.06	MINN

55-59	1 mile OW	Terry Laughlin	56	0:23:03	ADMS	
55-59	2 mile Cable	Bruce Gianniny	56	46:09.14	NIAG	NR
55-59	1-3 mile OW (1.76 mi)	William Cerny	59	0:42:51	UTAH	
55-59	3-6 mile OW (5K)	Rick Walker	56	1:02:36.21	SYSM	
55-59	>6 Mile OW (10K)	Terry Laughlin	56	3:36:30	ADMS	
55-59	One Hour Postal (yards)	Jim Mc Conica	56	5,440	VCM	NR
55-59	5K Postal	David Owen	55	1:09:40.81	GOLD	
55-59	10K Postal	James Ryan	55	2:27:22.16	GSM	
55-59	3000 yd Postal	Steve Johnson	59	35:09.24	OREG	
55-59	6000 yd Postal	Bruce Gianniny	56	1:16:05.59	NIAG	
60-64	1 mile OW	Willis Braswell	62	0:23:50	DCM	
60-64	2 mile Cable	Willis Braswell	62	48:05.37	DCM	
60-64	1-3 mile OW (1.76 mi)	James McCleery	61	0:41:25	PNA	
60-64	3-6 mile OW (5K)	Vince Herring	64	1:16:28.39	MINN	
60-64	>6 Mile OW (10K)	Thomas Spence	63	5:12:15	O*H*	
60-64	One Hour Postal (yards)	James McCleery	61	4,970	PNA	NR
60-64	5K Postal	Larry Raffaelli	64	1:14:41.62	VCM	
60-64	10K Postal	Larry Raffaelli	64	2:34:43.46	VCM	
60-64	3000 yd Postal	Willis Braswell	62	38:50.45	DCM	
60-64	6000 yd Postal	Larry Raffaelli	64	1:20:24.82	VCM	
65-69	1 mile OW	Dan Murphy	65	0:27:16	NCMS	
65-69	2 mile Cable	Rob Madell	65	59:24.24	METR	
65-69	1-3 mile OW (1.76 mi)	Dan Murphy	65	0:49:32	NCMS	
65-69	3-6 mile OW (5K)	Dan Murphy	65	1:22:48.67	NCMS	
65-69	>6 Mile OW (10K)	Dan Murphy	65	4:40:55	NCMS	
65-69	One Hour Postal (yards)	Donald Puchalski	67	4,065	FACT	
65-69	5K Postal	Tom Landis	65	1:14:55.99	OREG	
65-69	10K Postal	Michael Wood	65	3:09:38.28	VCM	
65-69	3000 yd Postal	Tom Landis	65	38:25.89	OREG	
65-69	6000 yd Postal	Michael Wood	65	1:29:50.81	VCM	
70-74	1 mile OW	George Brunstad	72	0:27:38	CONN	
70-74	2 mile Cable	George Brunstad	72	59:36.52	CONN	
70-74	1-3 mile OW (1.76 mi)	David Radcliff	73	0:44:49	OREG	
70-74	3-6 mile OW (5K)	George Brunstad	72	1:31:30.35	CONN	
70-74	>6 Mile OW (10K)					
70-74	One Hour Postal (yards)	David Radcliff	72	4,490	OREG	
70-74	5K Postal	David Radcliff	73	1:19:28.22	OREG	

70-74	10K Postal	Colin Cliff	72	3:11:36.25	NWS	
70-74	3000 yd Postal	David Radcliff	73	39:30.88	OREG	
70-74	6000 yd Postal	David Radcliff	73	1:22:08.82	OREG	
75-79	1 mile OW	Frank Manheim	76	0:35:44	RMST	
75-79	2 mile Cable	Robert Beach	77	1:01:41.18	SPM	
75-79	1-3 mile OW (1.76 mi)	Don Baker	76	1:10:33	SDSM	
75-79	3-6 mile OW (5K)					
75-79	>6 Mile OW (10K)					
75-79	One Hour Postal (yards)	Graham Johnston	75	4,125	MOST	NR
75-79	5K Postal	Graham Johnston	75	1:22:30.22	MOST	NR
75-79	10K Postal	Robert Beach	77	3:21:56.99	SPM	
75-79	3000 yd Postal	Graham Johnston	76	42:13.00	MOST	NR
75-79	6000 yd Postal	Graham Johnston	76	1:30:28.37	MOST	NR
80-84	1 mile OW					
80-84	2 mile Cable					
80-84	1-3 mile OW (1.76 mi)					
80-84	3-6 mile OW (5K)					
80-84	>6 Mile OW (10K)					
80-84	One Hour Postal (yards)	Frank Piemme	82	3,475	SDSM	
80-84	5K Postal	Ian Redpath	82	2:25:31.77	BSM	
80-84	10K Postal					
80-84	3000 yd Postal	Frank Piemme	82	51:20.38	SDSM	
80-84	6000 yd Postal	Raymond Allen	81	2:35:19.01	OREG	
85-89	1 mile OW					
85-89	2 mile Cable					
85-89	1-3 mile OW (1.76 mi)					
85-89	3-6 mile OW (5K)					
85-89	>6 Mile OW (10K)					
85-89	One Hour Postal (yards)	Charles Bushey	85	2,355	OREG	
85-89	5K Postal					
85-89	10K Postal					
85-89	3000 yd Postal					
85-89	6000 yd Postal					
90-94	One Hour Postal (yards)	Frank Tillotson	92	1,325	FMM	