

2019 Women's USMS Long Distance All Americans

Age Group	Gender	Event	First Name	Last Name	Age	Club abbr.	USMS #	Time or Distance	Records
25-29	F	Sprint Distance OW	Mackenzie	Leake	26	STAN	389K-08D15	0:21:14.00	
30-34	F	Sprint Distance OW	Molly	Brown	33	BUMS	049C-088F6	0:24:11.00	
35-39	F	Sprint Distance OW	Lauren	Grous	35	COOG	259G-OADTW	0:23:54.00	
40-44	F	Sprint Distance OW	Ildiko	Szekely	40	NEM	029A-03ZEU	0:21:05.00	
45-49	F	Sprint Distance OW	Shannon	Keegan	45	OREG	3791-01J22	0:28:21.00	
50-54	F	Sprint Distance OW	Laurie	Hug	54	1776	089W-0226X	0:22:30.00	
55-59	F	Sprint Distance OW	Kimberly	Elsbach	56	DAM	3803-DONUT	0:23:24.00	
60-64	F	Sprint Distance OW	Karen	Einsidler	63	SHARK	1404-01S73	0:24:23.00	
65-69	F	Sprint Distance OW	Shirley	Loftus-Charley	68	VMST	129X-WATER	0:24:44.00	
70-74	F	Sprint Distance OW	Joanne	Menard	71	MMAC	489X-02F1Y	0:30:17.00	
75-79	F	Sprint Distance OW	Ellen	Shockro	77	ROSE	339J-DCSHK	0:44:28.00	
18-24	F	Middle Distance OW	Breanna	Schafer	24	VACA	3897-0AZ3A	0:46:23.45	
25-29	F	Middle Distance OW	Allison	Arnold	27	TOC	3890-09827	0:42:22.30	
30-34	F	Middle Distance OW	Lindsay	Gaudinier	30	WCM	3896-06NAP	0:44:39.45	
35-39	F	Middle Distance OW	Stephanie	Curtis	37	SAC	389S-0490X	0:49:03.25	
40-44	F	Middle Distance OW	Tesla	Profumo	42	CRUZ	389M-068K7	0:45:35.20	
45-49	F	Middle Distance OW	Stephanie	Denison	49	DAM	3890-04ZG8	0:50:52.65	
50-54	F	Middle Distance OW	Janice	Curtin	52	SMST	389Z-07UKC	0:47:48.05	
55-59	F	Middle Distance OW	Kimberly	Elsbach	56	DAM	3803-DONUT	0:46:59.30	
60-64	F	Middle Distance OW	Suzanne	Heim-Bowen	61	UC38	389U-03F3T	0:46:06.85	
65-69	F	Middle Distance OW	Laura	Val	68	TAM	389R-03H9F	0:47:58.15	
70-74	F	Middle Distance OW	Marianne	Brems	70	MELO	389S-03G5B	1:00:19.35	
75-79	F	Middle Distance OW	Daniela	Barnea	75	STAN	389W-03JTU	1:16:22.70	
25-29	F	Long Distance OW	Mackenzie	Leake	26	STAN	389K-08D15	1:45:57.00	
30-34	F	Long Distance OW	Molly	Brown	33	BUMS	049C-088F6	2:02:31.00	
35-39	F	Long Distance OW	Lauren	Grous	35	COOG	259G-OADTW	2:00:54.00	
40-44	F	Long Distance OW	Jessica	Stokes	43	NEM	0298-033CJ	1:57:16.00	
45-49	F	Long Distance OW	Jennifer	Olsen	48	NEM	029J-05ZA3	1:57:08.00	
50-54	F	Long Distance OW	Deborah	Dawson	51	MARY	099J-SWMRR	1:54:46.00	
55-59	F	Long Distance OW	Kimberly	Elsbach	56	DAM	3803-DONUT	1:56:08.00	
60-64	F	Long Distance OW	Karen	Einsidler	63	SHARK	1404-01S73	1:59:09.00	
65-69	F	Long Distance OW	Shirley	Loftus-Charley	68	VMST	129X-WATER	2:03:01.00	
70-74	F	Long Distance OW	Joanne	Menard	71	MMAC	489X-02F1Y	2:28:09.00	

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25-29	F	Marathon Distance OW	Lauren	Matevish	28	NASH	1599-0AGKF	2:10:33.40
30-34	F	Marathon Distance OW	Kate	Stephensen	30	VMST	129W-06ZS2	2:17:42.30
35-39	F	Marathon Distance OW	Sandra	Frimerman-Bergquist	36	HOPK	309F-04TAE	2:07:10.20
40-44	F	Marathon Distance OW	Ashley	Whitney	40	NASH	159F-021RZ	2:05:37.80
45-49	F	Marathon Distance OW	Malena	Hankins	46	AWJ	459X-GRACE	2:18:37.70
50-54	F	Marathon Distance OW	Victoria	Rian	53	NAST	169M-02AD8	2:09:32.30
55-59	F	Marathon Distance OW	Kimberly	Elsbach	56	DAM	3803-DONUT	2:12:04.00
60-64	F	Marathon Distance OW	Robin	Batchelor	62	NCMS	139B-0232M	2:43:59.60
65-69	F	Marathon Distance OW	Shirley	Loftus-Charley	68	VMST	129X-WATER	2:22:17.20

25-29	F	Ultramarathon Distance OW	Mackenzie	Leake	26	STAN	389K-08D15	3:59:18.00
30-34	F	Ultramarathon Distance OW	Cailee	Caldwell	30	OREG	3793-080SJ	4:17:26.00
35-39	F	Ultramarathon Distance OW	Diana	McDonald	36	UC33	339Z-0T469	4:27:01.00
40-44	F	Ultramarathon Distance OW	Stacey	Kiefer	41	OREG	378T-01RAS	4:17:21.00
45-49	F	Ultramarathon Distance OW	Jennifer	Olsen	48	NEM	029J-05ZA3	4:30:07.00
50-54	F	Ultramarathon Distance OW	Stephanie	Wahab	51	OREG	3792-003ZZ	4:35:53.00
55-59	F	Ultramarathon Distance OW	Suzanne	Cuda	59	MOST	439Y-008RJ	5:25:58.00
65-69	F	Ultramarathon Distance OW	Shirley	Loftus-Charley	68	VMST	129X-WATER	4:32:48.00

18-24	F	2-Mile Cable	Jordyn	Bloode	19	UC16	169Z-B0NT3	0:47:49.90
25-29	F	2-Mile Cable	Katie	Uppfalt	28	UC26	169X-099CR	0:50:25.60
30-34	F	2-Mile Cable	Erica	Biefnes	32	INDY	169A-087HD	0:56:06.20
35-39	F	2-Mile Cable	Stephanie	Raezer	37	LTOH	179U-UKVD2	0:50:27.10
40-44	F	2-Mile Cable	Leigh	Rey	42	SKY	4197-0ARZ7	0:50:23.60
45-49	F	2-Mile Cable	Alexandra	Nieto	47	SKY	419A-01WFC	0:50:04.30
50-54	F	2-Mile Cable	Victoria L	Rian	53	NAST	169M-02AD8	0:47:50.70
55-59	F	2-Mile Cable	Janet	Goodridge	57	IM	219R-0A114	0:51:54.30
60-64	F	2-Mile Cable	Denise	Brown	60	MICH	199W-01U86	0:55:57.40
65-69	F	2-Mile Cable	Catherine	Rust	66	PBM	5096-06WNH	0:55:44.50
70-74	F	2-Mile Cable	Joanne	Menard	71	MMAC	489X-02F1Y	1:05:45.70

18-24	F	1Hour ePostal	Karensa	Tjoa	23	CALM	389R-JSEA7	4,900
25-29	F	1Hour ePostal	Kristina	Miller	29	AKMS	5698-0AG4S	5,025
30-34	F	1Hour ePostal	Emily	Parker	34	SDSM	4492-05W50	5,040
35-39	F	1Hour ePostal	Heather	Frees	36	NTXL	269B-05P9Y	4,730
40-44	F	1Hour ePostal	Ashley	Whitney	40	NASH	159F-021RZ	5,210
45-49	F	1Hour ePostal	Stacey	Bruce	45	PALM	559G-01HAD	4,975
50-54	F	1Hour ePostal	Laurie	Hug	54	1776	089W-0226X	5,050
55-59	F	1Hour ePostal	Susan	Preston	57	STAN	389X-03JTT	5,250
60-64	F	1Hour ePostal	Karen	Einsidler	63	SHARK	1404-01S73	4,685

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65-69	F	1Hour ePostal	Shirley	Loftus-Charley	68	VMST	129X-WATER	4,495	
70-74	F	1Hour ePostal	Christie	Hayes	71	NEM	029P-01S5E	4,015	
75-79	F	1Hour ePostal	Sue	Calnek-Morris	76	OREG	3796-02EVM	3,495	
80-84	F	1Hour ePostal	Patricia	Bond	81	SHARK	1497-02RDM	3,135	
85-89	F	1Hour ePostal	Bonnie	Speer	85	OREG	379Z-0692S	1,890	
95-99	F	1Hour ePostal	Maurine	Kornfeld	98	ROSE	339B-03AD6	1,975	
18-24	F	5K ePostal	Chelsea	Savage	21	PALM	559J-XZ6K2	1:10:42.49	
25-29	F	5K ePostal	Mackenzie	Leake	26	STAN	389K-08D15	1:08:21.59	Y
30-34	F	5K ePostal	Marina	Falcone	32	SPM	1490-06Y2F	1:03:01.99	Y
35-39	F	5K ePostal	Kelly	Harrigan	35	MMAC	489H-06YT8	1:10:50.31	
40-44	F	5K ePostal	Stacey	Kiefer	41	OREG	379N-01RAS	1:14:31.30	
45-49	F	5K ePostal	Anicia	Criscione	46	OREG	379M-EYEEM	1:22:44.99	
50-54	F	5K ePostal	Deborah	Dawson	51	MARY	099J-SWMRR	1:12:17.99	
55-59	F	5K ePostal	Kimberly	Elsbach	56	DAM	3803-DONUT	1:10:43.52	Y
60-64	F	5K ePostal	Suzanne	Heim-Bowen	61	WCM	389U-03F3T	1:09:47.31	Y
65-69	F	5K ePostal	Shirley	Loftus-Charley	68	VMST	129X-WATER	1:16:34.63	Y
70-74	F	5K ePostal	Joanne	Menard	71	MMAC	489X-02F1Y	1:28:50.70	Y
75-79	F	5K ePostal	Judy	Ziemer	75	OREG	379H-026R8	2:05:08.99	Y
80-84	F	5K ePostal	Jane	Oberg	82	CMS	329R-03105	1:50:32.60	Y
18-24	F	10K ePostal	Anna	Daggett	24	OREG	379K-0B75Y	2:54:02.99	
25-29	F	10K ePostal	Erin	Cavender	25	OREG	379M-0AWJ4	2:28:12.99	
30-34	F	10K ePostal	Kendra	Hogg	32	VMST	129F-09RSH	2:31:30.19	
35-39	F	10K ePostal	Sarah	Harriman	36	PALM	559V-0A663	2:34:50.99	
40-44	F	10K ePostal	Stacey	Kiefer	41	OREG	379N-01RAS	2:31:59.99	
45-49	F	10K ePostal	Anicia	Criscione	46	OREG	379M-EYEEM	2:52:42.23	
50-54	F	10K ePostal	Victoria	Rian	53	NAST	169M-02AD8	2:29:32.99	
55-59	F	10K ePostal	Kimberly	Elsbach	56	DAM	3803-DONUT	2:28:04.67	Y
60-64	F	10K ePostal	Suzanne	Heim-Bowen	61	WCM	389U-03F3T	2:24:37.12	Y
65-69	F	10K ePostal	Shirley	Loftus-Charley	68	VMST	129X-WATER	2:34:11.19	
18-24	F	3000 ePostal	Abigail	Bergman	23	IM	219H-09CWT	0:39:00.99	
25-29	F	3000 ePostal	Alana	Aubin	29	NEM	0292-07TSR	0:37:03.99	
30-34	F	3000 ePostal	Marina	Falcone	32	SPM	140H-06Y2F	0:33:25.07	
35-39	F	3000 ePostal	Kelly	Harrigan	35	MMAC	489H-06YT8	0:35:55.18	
40-44	F	3000 ePostal	Kristi	Lee	44	SAWS	599E-01J12	0:38:10.20	
45-49	F	3000 ePostal	Paula	Texel	49	SPM	1490-0625D	0:37:55.06	
50-54	F	3000 ePostal	Dana	Gianniny	50	ROCH	0495-01X7C	0:35:54.93	
55-59	F	3000 ePostal	Ellen	Reynolds	55	SAWS	5908-01J04	0:35:27.49	Y
60-64	F	3000 ePostal	Karen	Einsidler	63	SHARK	1404-01S73	0:38:40.71	

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65-69	F	3000 ePostal	Shirley	Loftus-Charley	68	VMST	1201-WATER	0:39:55.50	
70-74	F	3000 ePostal	Tracy	Clarkson	70	1776	089D-09NEX	0:45:22.26	Y
75-79	F	3000 ePostal	Judy	Ziemer	75	OREG	379H-026R8	1:07:20.00	
80-84	F	3000 ePostal	Patricia	Bond	81	SHARK	1497-02RDM	1:00:32.22	
25-29	F	6000 ePostal	Kristina	Miller	29	AKMS	5698-0AG4S	1:15:13.00	
30-34	F	6000 ePostal	Molly	Brown	33	BUMS	049C-088F6	1:22:35.00	
35-39	F	6000 ePostal	Kelly	Harrigan	35	MMAC	489H-06YT8	1:14:27.47	
40-44	F	6000 ePostal	Jennifer	Downing	41	NEM	0206-034VS	1:20:52.00	
45-49	F	6000 ePostal	Anicia	Criscione	46	OREG	379M-EYEEM	1:28:06.36	
50-54	F	6000 ePostal	Deborah	Dawson	51	MARY	099J-SWMRR	1:14:05.03	
55-59	F	6000 ePostal	Kimberly	Elsbach	56	DAM	3803-DONUT	1:15:58.94	
60-64	F	6000 ePostal	Karen	Einsidler	63	SHARK	1404-01S73	1:20:00.00	
65-69	F	6000 ePostal	Shirley	Loftus-Charley	68	VMST	129X-WATER	1:19:48.41	
70-74	F	6000 ePostal	Babs	Larsen	72	MINN	3098-02A9M	1:52:00.83	
75-79	F	6000 ePostal	Janice	Miller	76	SHARK	149D-083F4	2:45:00.00	