

2019 Men's USMS Long Distance All Americans

Age Group	Gender	Event	First Name	Last Name	Age	Club Abbr.	USMS #	Time or Distance	Records
35-39	M	Sprint Distance OW	Stephen	Rouch	39	INDY	169M-ROUCH	0:21:28.00	
40-44	M	Sprint Distance OW	Todd	Lantry	44	OREG	379D-02619	0:26:02.00	
45-49	M	Sprint Distance OW	Chad	Hagedorn	47	PSM	369S-08195	0:23:03.00	
50-54	M	Sprint Distance OW	Rob	Allen	54	NEM	029W-01W95	0:21:24.00	
55-59	M	Sprint Distance OW	Stuart	Cromarty	55	NEM	0298-03437	0:21:08.00	
60-64	M	Sprint Distance OW	Guy	Davis	60	GBM	029-034PR	0:22:01.00	
65-69	M	Sprint Distance OW	Scott	Lautman	67	BWAQ	369B-02M55	0:26:49.00	
70-74	M	Sprint Distance OW	Frank	McElroy	71	GSM	079W-01YE4	0:26:50.00	
75-79	M	Sprint Distance OW	Thomas	Spence	75	O*H*	1897-01PFX	0:34:35.00	
18-24	M	Middle Distance OW	Joby	Bernstein	24	TOC	389A-09DD7	0:41:49.10	
25-29	M	Middle Distance OW	Andrew	Cosgarea	27	TOC	389J-0AYE4	0:40:08.90	
30-34	M	Middle Distance OW	Chad	La Tourette	31	TOC	389S-09H5H	0:40:11.05	
35-39	M	Middle Distance OW	Quinn	Fitzgerald	36	TOC	384W-03ZEB	0:43:39.95	
40-44	M	Middle Distance OW	Trevor	Gillis	44	LAMV	389B-03J54	0:40:36.00	
45-49	M	Middle Distance OW	Nico	Ghilardi	49	SMM	389Z-03F54	0:44:00.00	
50-54	M	Middle Distance OW	Jorge	Angel	52	TVM	3893-06M7G	0:44:41.65	
55-59	M	Middle Distance OW	Jeff	Erwin	55	SAWS	5997-01J0A	0:41:13.10	
60-64	M	Middle Distance OW	Peter	Guadagni	64	WCM	3898-03GFZ	0:48:02.20	
65-69	M	Middle Distance OW	Doug	Brockbank	66	OREG	379F-0269M	0:53:33.20	
70-74	M	Middle Distance OW	Joel	Wilson	71	CRUZ	389P-03EYR	0:48:13.95	
75-79	M	Middle Distance OW	Richard	Burns	76	TAM	389G-BURNS	0:57:43.65	
80-84	M	Middle Distance OW	Ralph	Brott	80	UCSF	389B-03F57	1:08:05.10	
30-34	M	Long Distance OW	Eric	Nilsson	32	NEM	029P-05YT0	1:36:21.00	
35-39	M	Long Distance OW	Stephen	Rouch	39	INDY	169M-ROUCH	1:51:46.00	
40-44	M	Long Distance OW	Christopher	Borgatti	42	UC02	029P-0AB1J	1:55:15.00	
45-49	M	Long Distance OW	Mike	Broglia	48	NEM	0295-035GH	1:53:55.00	
50-54	M	Long Distance OW	Douglas	Sayles	52	NEM	029-SOUPY	2:02:17.00	
55-59	M	Long Distance OW	Phil	Schoepke	58	NEM	029X-035WJ	2:09:48.00	
60-64	M	Long Distance OW	Guy	Davis	60	GBM	029-034PR	1:52:35.00	
65-69	M	Long Distance OW	Bill	Pease	66	CALM	389S-07VCW	2:23:37.00	
70-74	M	Long Distance OW	Paul	Epstein	73	CONN	059W-01572	3:05:18.00	
75-79	M	Long Distance OW	Thomas	Spence	75	O*H*	1897-01PFX	2:55:32.00	
18-24	M	Marathon Distance OW	Jason	Tillotson	22	L4S	1092-0B884	2:10:24.80	
30-34	M	Marathon Distance OW	Alexander	Meyer	31	UC02	029T-07W7H	1:51:27.60	

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35-39	M	Marathon Distance OW	Mike	Jotautas	39	SKY	419K-07JFS	2:15:58.10
40-44	M	Marathon Distance OW	Adam	Trexler	41	OREG	3793-07U45	2:20:36.50
45-49	M	Marathon Distance OW	Christopher	Graefe	45	NEM	029Z-0AG23	2:11:19.10
50-54	M	Marathon Distance OW	John	Fischbach	51	SKY	419W-0AF5A	2:19:28.00
55-59	M	Marathon Distance OW	Eddie	Wysmierski	55	KOWS	1590-01PHN	2:18:51.70
60-64	M	Marathon Distance OW	Guy	Davis	60	GBM	029K-034PR	2:12:54.50
65-69	M	Marathon Distance OW	Craig	Franz	66	DCAC	109J-05FRA	2:33:27.80
70-74	M	Marathon Distance OW	Conner	Bailey	73	AMS	1598-02113	3:16:14.00
75-79	M	Marathon Distance OW	Bill	Daugherty	76	UC48	489E-07S63	4:18:16.30
25-29	M	Ultramarathon Distance OW	Andrew	Slugocki	29	CRUZ	389X-EASXF	5:19:30.00
30-34	M	Ultramarathon Distance OW	Ryan	McNeill	34	UC38	389W-VVBW0	4:27:11.00
35-39	M	Ultramarathon Distance OW	John	Batchelder	38	CMS	3293-086NY	4:42:37.00
40-44	M	Ultramarathon Distance OW	William	Dichtel	41	IM	219P-03MUM	4:15:23.00
45-49	M	Ultramarathon Distance OW	Christopher	Graefe	45	NEM	029Z-0AG23	4:16:04.00
50-54	M	Ultramarathon Distance OW	Eilhard	Lussier	54	OREG	3796-025VX	4:06:59.00
55-59	M	Ultramarathon Distance OW	Greg	Holles	56	OREG	379B-003Z7	4:12:42.00
60-64	M	Ultramarathon Distance OW	Stephen	Sponagle	64	NOVA	3397-07TES	5:16:20.00
70-74	M	Ultramarathon Distance OW	David	Poulshock	71	UC37	379H-0AF56	6:03:21.00
18-24	M	2-Mile Cable	Daniel	Day	24	INDY	169R-7GEN2	0:58:06.30
25-29	M	2-Mile Cable	Joel	Paquin	25	UC16	1695-0M7AX	0:53:06.80
30-34	M	2-Mile Cable	John	Saunders	31	INDY	169N-0A54B	1:08:03.20
35-39	M	2-Mile Cable	Stephen	Rouch	39	INDY	169M-R0UCH	0:46:57.70
40-44	M	2-Mile Cable	Paul	Reader	44	IM	219Y-07S23	0:50:14.20
45-49	M	2-Mile Cable	George	Villarreal	48	SKY	419H-00677	0:48:19.20
50-54	M	2-Mile Cable	Matt	Keller	50	IM	219Y-02UZ9	0:47:39.50
55-59	M	2-Mile Cable	Igor	Vazhenin	55	AWJ	459V-02DCU	0:50:18.00
60-64	M	2-Mile Cable	Kevin	Scanlan	64	IM	219Y-02VV4	0:52:28.10
65-69	M	2-Mile Cable	Larry	Wood	65	TXLA	439H-02NJF	0:51:11.10
70-74	M	2-Mile Cable	Donn	Livoni	73	BSMT	3197-025UR	1:06:17.70
75-79	M	2-Mile Cable	Thomas	Spence	75	O*H*	1897-01PFX	1:12:34.30
18-24	M	1Hour ePostal	Austin	Teunissen	24	AQST	5290-KKRMH	4,990
25-29	M	1Hour ePostal	Andrew	Brower	25	DKTA	5290-0A8BF	5,300
30-34	M	1Hour ePostal	Eric	Nilsson	32	NEM	029P-05YT0	5,615
35-39	M	1Hour ePostal	Matt	Roper	38	DAM	389T-03TFC	5,020
40-44	M	1Hour ePostal	Jeffrey	Nason	44	OREG	379G-06TUF	5,260
40-44	M	1Hour ePostal	Matt	Miller	42	OREG	379B-1500F	5,260
45-49	M	1Hour ePostal	Nico	Ghilaridi	49	SMM	389Z-03F54	5,300

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50-54	M	1Hour ePostal	Eilhard	Lussier	54	OREG	3796-025VX	5,370	
55-59	M	1Hour ePostal	Ricardo	Valdivia	55	GOLD	509R-BAMA1	5,570	Y
60-64	M	1Hour ePostal	Sandy	Mac Donald	64	SMST	3892-03H4C	5,130	
65-69	M	1Hour ePostal	Jim	Mc Conica	69	VCM	3399-03B07	4,810	
70-74	M	1Hour ePostal	Dan	Kirkland	71	OREG	379A-069B3	4,710	
75-79	M	1Hour ePostal	Richard	Burns	76	TAM	389G-BURNS	3,940	
80-84	M	1Hour ePostal	Barry	Fasbender	82	OREG	379V-BARRY	3,030	
85-89	M	1Hour ePostal	David	Radcliff	85	OREG	3792-025V8	3,805	Y
95-99	M	1Hour ePostal	Willard	Lamb	97	OREG	3791-026V7	2,850	
18-24	M	5K ePostal	William	Kemp	20	SKY	419G-GCNM1	1:13:42.99	
25-29	M	5K ePostal	Aaron	Foreman	27	O*H*	189D-0A8E9	1:16:39.85	
30-34	M	5K ePostal	Anthony	Wallace	32	UC45	459Y-0AUSE	1:07:35.99	
35-39	M	5K ePostal	Stephen	Rouch	39	INDY	169M-R0UCH	1:14:12.99	
40-44	M	5K ePostal	Jim	Svoboda	41	CFSC	259G-06M0U	1:04:28.09	
45-49	M	5K ePostal	Ryan	Cox	46	MVN	3391-06Y64	1:02:19.77	
50-54	M	5K ePostal	Eilhard	Lussier	54	OREG	3796-025VX	1:04:12.34	
55-59	M	5K ePostal	Jeff	Erwin	55	SAWS	5997-01J0A	1:03:38.99	
60-64	M	5K ePostal	Neil	Wasserman	64	PCY	179H-01UG5	1:12:37.13	
65-69	M	5K ePostal	Kern	Davis	65	SPM	149A-02RET	1:13:57.99	
70-74	M	5K ePostal	Dan	Kirkland	71	OREG	379A-069B3	1:14:56.85	
75-79	M	5K ePostal	David	Quiggin	75	PBM	509F-01PH6	1:24:36.99	
85-89	M	5K ePostal	David	Radcliff	85	OREG	3792-025V8	1:37:06.47	Y
18-24	M	10K ePostal	Austin	Teunissen	24	AQST	5290-KKRMH	2:28:24.99	
25-29	M	10K ePostal	Michael	Thomas	27	MVM	389M-07X03	2:59:47.88	
35-39	M	10K ePostal	Stephen	Rouch	39	INDY	169M-R0UCH	2:24:36.99	
40-44	M	10K ePostal	Matt	Miller	42	OREG	379B-1500F	2:27:33.44	
45-49	M	10K ePostal	Timothy	O'Neill	45	T2NM	1498-02TB0	2:26:11.19	
50-54	M	10K ePostal	Eilhard	Lussier	54	OREG	3796-025VX	2:15:48.99	
55-59	M	10K ePostal	David	Hathaway	59	OREG	379T-0270T	2:41:13.95	
60-64	M	10K ePostal	Chris	Layton	60	IM	2195-02VAE	2:40:07.23	
65-69	M	10K ePostal	Jim	Mc Conica	69	VCM	3399-03B07	2:33:28.99	
70-74	M	10K ePostal	Dan	Kirkland	71	OREG	379A-069B3	2:41:02.19	
75-79	M	10K ePostal	Larry	Raffaelli	76	VCM	339K-03B35	3:24:44.68	
85-89	M	10K ePostal	David	Radcliff	85	OREG	3792-025V8	3:34:56.66	Y
18-24	M	3000 ePostal	Joe	Wang	23	ROCH	0491-CJ7B7	0:32:08.59	
25-29	M	3000 ePostal	Cameron	Wasko	26	PBM	500F-0A7W2	0:35:27.99	
30-34	M	3000 ePostal	Kevin	Little	30	NOVA	330M-UJPX2	0:30:22.87	Y

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35-39	M	3000 ePostal	Stephen	Rouch	39	INDY	160A-R0UCH	0:33:53.99	
40-44	M	3000 ePostal	Matt	Miller	42	OREG	379B-1500F	0:35:19.52	
45-49	M	3000 ePostal	Yann	De Fabrique	46	NOVA	339N-005WD	0:31:20.00	
50-54	M	3000 ePostal	Kurt	Dickson	52	ARIZ	489S-02EM5	0:32:51.48	
55-59	M	3000 ePostal	Jeff	Erwin	55	SAWS	590U-01J0A	0:33:17.28	
60-64	M	3000 ePostal	Sandy	Mac Donald	64	SMST	3892-03H4C	0:35:21.06	
65-69	M	3000 ePostal	Larry	Wood	65	TXLA	439H-02NJF	0:37:39.12	
70-74	M	3000 ePostal	Dan	Kirkland	71	OREG	379A-069B3	0:37:16.82	
75-79	M	3000 ePostal	David	Quiggin	75	PBM	509F-01PH6	0:41:59.99	
85-89	M	3000 ePostal	David	Radcliff	85	OREG	3792-025V8	0:50:36.23	Y
95-99	M	3000 ePostal	Willard	Lamb	97	OREG	3791-026V7	1:07:15.24	
18-24	M	6000 ePostal	Josh	Mansmann	22	MOST	439H-0B903	1:13:33.59	
25-29	M	6000 ePostal	Aaron	Foreman	27	O*H*	189D-0A8E9	1:18:31.00	
35-39	M	6000 ePostal	Stephen	Rouch	39	INDY	160A-R0UCH	1:09:39.99	
40-44	M	6000 ePostal	Matt	Miller	42	OREG	370P-1500F	1:11:58.91	
45-49	M	6000 ePostal	Russ	Scherwitz	46	SCAQ	330P-05RGY	1:13:54.43	
50-54	M	6000 ePostal	Kurt	Dickson	52	ARIZ	489S-02EM5	1:08:02.02	
55-59	M	6000 ePostal	Jeff	Erwin	55	SAWS	590U-01J0A	1:07:24.97	
60-64	M	6000 ePostal	Sandy	Mac Donald	64	SMST	3892-03H4C	1:11:03.15	
65-69	M	6000 ePostal	Larry	Wood	65	TXLA	439H-02NJF	1:18:14.24	
70-74	M	6000 ePostal	Dan	Kirkland	71	OREG	379A-069B3	1:17:18.65	
75-79	M	6000 ePostal	Ralph	Mohr	78	OREG	3790-0261C	1:42:22.85	
85-89	M	6000 ePostal	David	Radcliff	85	OREG	3792-025V8	1:48:25.09	Y