

**2020 U.S. Masters Swimming Long Distance National Championships
Postal Relay All Americans**

Women's Relays (3 Swimmers)

Age Group	Event	Club Name	Total Time/ Distance	First Name	Last Name	Age	Club Abbr	USMS Number	Individual Time/ Distance	National Record
18+	1-Hour ePostal	Illinois Masters	13,315	Abigail	Bergman	24	IM	210D-09CWT	4,550	
				Stephanie	Henry	46	IM	210U- 09R25	4,450	
				Marcia	Cleveland	56	IM	210D- MC944	4,315	
25+	1-Hour ePostal	North Carolina Masters Swimming	14,260	Rachel	Lowe	29	NCMS	130C-08EZP	5,000	
				Irish	Holland	40	NCMS	1302-0B0MF	4,885	
				Heidi	Williams	51	NCMS	130V- 022YV	4,375	
	5K ePostal	St Pete Masters Inc.	3:31:28.99	Chelsea	Nauta	32	SPM	1408-09U7X	1:03:20.00	Y
				Alison	Hayden	49	SPM	1401-045GD	1:10:20.99	Y
				Dawn	Clark	56	SPM	140E-05VRX	1:17:48.00	Y
3000 ePostal	New England Masters Swim Club	1:55:17.28	Rachel	Fiinn	29	NEM	020E-09NDS	0:37:01.10		
			Kysa	Crusco	44	NEM	020Z-07Z08	0:38:50.55		
			Charlotte	Brynn	54	NEM	020Z-034BA	0:39:25.63		
35+	1-Hour ePostal	New England Masters Swim Club	13,775	Jessica	Stokes	44	NEM	020T-033CJ	4,765	
				Jennifer	Downing	42	NEM	0206-034VS	4,610	
				Laurie	Craigen	43	NEM	020F-MH576	4,400	
	3000 ePostal	St.Pete Masters Inc.	1:53:42.49	Sarah	Swoch	35	SPM	1408-02TVT	0:39:01.51	
				Alison	Hayden	49	SPM	1401-045GD	0:36:43.72	
				Paula	Texel	50	SPM	141D-0625D	0:37:57.26	
45+	1-Hour ePostal	St. Pete Masters Inc	14,435	Alison	Hayden	49	SPM	1401-045GD	4,860	Y
				Paula	Texel	50	SPM	140H-0625D	4,675	Y
				Charlotte	Petersen	56	SPM	140F-02RF8	4,900	Y
	3000 ePostal	St. Pete Masters Inc.	2:01:44.95	Tabitha	Brandt	52	SPM	140J-002H2	0:39:56.60	
				Dawn	Clark	56	SPM	140E-05VRX	0:39:38.35	
				Cheryl	Kupan	56	SPM	141P-01SAD	0:42:10.00	
55+	1-Hour ePostal	Colonials 1776	14,135	Vibeke	Swanson	59	1776	080W-02223	4,660	Y
				Laurie	Hug	55	1776	0802-0226X	4,995	Y
				Stephanie	Saucy	57	1776	080A-07VRM	4,480	Y
	3000 ePostal	Colonials 1776	1:55:08.70	Laurie	Hug	55	1776	0802-0226X	0:36:41.00	
				Stephanie	Saucy	57	1776	080A-07VRM	0:38:53.76	
				Vibeke	Swanson	59	1776	080W-02223	0:39:33.94	
6000 ePostal	Colonials 1776	3:51:59.73	Laurie	Hug	55	1776	0802-0226X	1:12:54.99	Y	
			Stephanie	Saucy	57	1776	080A-07VRM	1:18:15.54	Y	
			Vibeke	Swanson	59	1776	080W-02223	1:20:49.20	Y	
65+	1-Hour ePostal	Palm Beach Masters	12,520	Joan	Craffey	67	PBM	500M-06MBR	4,000	
				Darcy	LaFountain	65	PBM	500H-0212Z	4,265	
				Catherine	Rust	67	PBM	500V-06WNH	4,255	

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65+	3000 ePostal	Palm Beach Masters	2:09:50.97	Catherine	Rust	67	PBM	5013-06WNH	0:42:41.99	Y
				Darcy	LaFountain	65	PBM	500H-0212Z	0:43:18.99	Y
				Fran	Hare	70	PBM	5004-02XHG	0:43:49.99	Y
	6000 ePostal	Palm Beach Masters	4:35:42.16	Catherine	Rust	67	PBM	5013-06WNH	1:27:50.99	Y
				Darcy	LaFountain	65	PBM	500H-0212Z	1:33:55.18	Y
				Fran	Hare	70	PBM	5004-02XHG	1:33:55.99	Y
75+	1-Hour ePostal	Tamalpais Aquatic Masters	8,160	Meredith	Pechoultres	77	TAM	3800-040N4	2,320	
				Nancy	Ridout	78	TAM	380P-NANCY	3,040	
				Mary	Alexandre	85	TAM	380D-03HEB	2,800	

Men's Relays (3 Swimmers)

Age Group	Event	Club Name	Total Time/ Distance	First Name	Last Name	Age	Club Abbr	USMS Number	Individual Time/ Distance	National Record
18+	1-Hour ePostal	Colonials 1776	11,615	Ryan	Williamson	19	1776	080H-J70XX	4,095	
				Paul	Dungee	32	1776	080B-P6DD1	3,800	
				Bill	Donnelly	53	1776	080W-042BX	3,720	
	3000 ePostal	New England Masters Swim Club	2:10:45.80	Keith	Chatinover	20	NEM	020F-0B8TM	0:49:06.00	
				Aron	Reynolds	28	NEM	0209-J2FGN	0:35:27.80	
				Jonathan	Chatinover	59	NEM	021S-07MX0	0:46:12.00	
25+	1-Hour ePostal	New England Masters Swim Club	15,810	Eric	Nilsson	33	NEM	0208-05YT0	5,765	
				Michael	Hoffman	33	NEM	020A-9NC6S	5,020	
				Matthew	Alford	32	NEM	020U-0B93C	5,025	
	3000 ePostal	O*H*I*O Masters Swim Club	2:10:54.75	Aaron	Foreman	28	O*H*	180M-0A8E9	0:38:46.90	
				Duane	Grassell	63	O*H*	181A-01PH5	0:52:09.14	
				Chuck	Beatty	61	O*H*	1807-085KM	0:39:58.71	
35+	1-Hour ePostal	Oregon Masters	14,825	Matthew	Gilman	44	OREG	3705-02BAG	5,105	
				Matt	Miller	43	OREG	370P-1500F	5,060	
				Will	Clark	43	OREG	3707-04225	4,660	
45+	1-Hour ePostal	San Mateo Masters	15,850	Michael	Kiedel	45	SMM	3803-03R0C	5,360	Y
				Nico	Ghilardi	50	SMM	380F-03F54	5,250	Y
				Kirk	Richards	59	SMM	380W-0AYKT	5,240	Y
	3000 ePostal	Oregon Masters	1:48:20.52	Scot	Sullivan	54	OREG	370M-003C6	0:35:22.81	
				Eilhard	Lussier	55	OREG	370V-025VX	0:33:41.23	
				Patrick	Allender	62	OREG	370P-025Y4	0:39:16.47	
55+	1-Hour ePostal	New England Masters Swim Club	14,850	Stuart	Cromarty	56	NEM	020T-03437	5,130	
				Rob	Allen	55	NEM	0202-01W9S	5,245	
				Bruce	Novis	55	NEM	020D-076DK	4,475	

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Men's Relays (3 Swimmers)

Age Group	Event	Club Name	Total Time/ Distance	First Name	Last Name	Age	Club Abbr	USMS Number	Individual Time/ Distance	National Record
55+	3000 ePostal	St. Pete Masters Inc.	2:13:18.59	Stephan	Freeman	64	SPM	140K-02REX	0:41:46.02	
				Michael	Zabel	60	SPM	1405-H8F4F	0:42:22.00	
				Pat	Marzulli	72	SPM	1400-02RMY	0:49:10.57	
65+	6000 ePostal	Oregon Masters	3:58:13.50	Eilhard	Lussier	55	OREG	370V-025VX	1:09:43.24	
				Dan	Kirkland	72	OREG	370R-069B3	1:20:56.57	
				Bob	Bruce	72	OREG	370Y-025YX	1:27:33.69	
				Michael	Stephenson	68	OREG	370S-026ZM	4,180	
65+	1-Hour ePostal	Oregon Masters	13,200	Dan	Kirkland	72	OREG	370R-069B3	4,640	
				Bob	Bruce	72	OREG	370Y-025YX	4,380	
				Dan	Kirkland	72	OREG	370R-069B3	0:38:27.61	
65+	3000 ePostal	Oregon Masters	2:09:03.99	Bob	Bruce	72	OREG	370Y-025YX	0:41:14.61	
				Matt	Henderson	71	OREG	370N-07UME	0:49:21.78	
				75+	1-Hour ePostal	Oregon Masters	10,065	Ralph	Mohr	79
Barry	Fasbender	83	OREG	3703-BARRY				3,055		
David	Radcliff	86	OREG	370Z-025V8				3,415		

Mixed Relays(4 Swimmers)

Age Group	Event	Club Name	Total Time/ Distance	First Name	Last Name	Age	Club Abbr	USMS Number	Individual Time/ Distance	National Record
18+	1-Hour ePostal	Illinois Masters	18,535	Abigail	Bergman	24	IM	210D-09CWT	4,550	
				Stephanie	Henry	46	IM	210U-09R25	4,450	
				Andrew	Walberer	48	IM	210Y-005XM	4,710	
				Andreas	Seibt	62	IM	2105-02VB9	4,825	
25+	1-Hour ePostal	San Mateo Masters	20,265	Jing	Li	32	SMM	380C-J1NG6	4,925	
				Kelly	Couch	43	SMM	3807-03X5H	4,730	
				Michael	Kiedel	45	SMM	3803-03R0C	5,360	
				Nico	Ghilardi	50	SMM	380F-03F54	5,250	
				3000 ePostal	New England Masters Swim Club	2:37:31.45	Rachel	Flinn	29	NEM
Aron	Reynolds	28	NEM	0209-J2FGN			0:35:27.80			
Kysa	Crusco	44	NEM	020Z-07Z08			0:38:50.55			
35+	1-Hour ePostal	Oregon Masters	19,060	Jonathan	Chatinover	59	NEM	021S-07MX0	0:46:12.00	
				Matthew	Gilman	44	OREG	3705-02BAG	5,105	
				Stacey	Kiefer	42	OREG	3709-01RAS	4,630	
				Matt	Miller	43	OREG	370P-1500F	5,060	
				Arlene	Delmage	58	OREG	370T-01Z4F	4,265	

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35+	3000 ePostal	Oregon Masters	2:26:04.24	Alexis	Higlett	37	OREG	3704-0B4SC	0:34:50.40	
				Anicia	Criscione	47	OREG	370A-EYEEM	0:42:09.80	
				Scot	Sullivan	54	OREG	370M-003C6	0:35:22.81	
				Eilhard	Lussier	55	OREG	370V-025VX	0:33:41.23	
45+	1-Hour ePostal	Oregon Masters	19,215	Jeffrey	Nason	45	OREG	370E-06TUF	5,200	
				Kurt	Grote	47	OREG	370U-082KF	5,340	
				Gillian	Salton	52	OREG	3700-05G96	4,280	
				Stephanie	Martin	61	OREG	3703-01P7F	4,395	
				5K ePostal	St Pete Masters Inc.	5:24:47.97	Alison	Hayden	49	SPM
Dawn	Clark	56	SPM				140E-05VRX	1:17:48.00	Y	
Michael	Zabel	60	SPM				1405-H8F4F	1:19:14.99	Y	
Pat	Marzulli	72	SPM				1400-02RMY	1:37:23.99	Y	
55+	1-Hour ePostal	Oregon Masters	18,890	Valerie	Jenkins	57	OREG	3709-0265K	4,665	
				Eilhard	Lussier	55	OREG	370V-025VX	5,105	
				Patrick	Allender	62	OREG	370P-025Y4	4,645	
				Colette	Crabbe	64	OREG	370D-02645	4,475	
				3000 ePostal	Colonials 1776	2:42:55.27	Michael	Matz	59	1776
Laurie	Hug	55	1776				0802-0226X	0:36:41.00		
Stephanie	Saucy	57	1776				080A-07VRM	0:38:53.76		
Brian	Ledwith	61	1776				0800-003G2	0:44:18.21		
65+	1-Hour ePostal	Colonials 1776	16,445	Sue	Watts	66	1776	0807-05TSF	3,675	
				Jamie	Hemmerle	65	1776	080N-0227Z	4,560	
				Barney	Heller	66	1776	0800-0220N	4,245	
				Tracy	Clarkson	71	1776	080M-09NEX	3,965	
				3000 ePostal	Palm Beach Masters	3:03:20.97	Catherine	Rust	67	PBM
Darcy	LaFountain	65	PBM				500H-0212Z	0:43:18.99		
Lee	Childs	72	PBM				5004-07SU2	0:44:20.99		
David	Putnam	76	PBM				500D-076J4	0:52:59.00		
75+	1-Hour ePostal	Tamalpais Aquatic Masters	14,045	Richard	Burns	77	TAM	380E-BURNS	4,180	Y
				Kenneth	Frost	76	TAM	380R-03HJH	4,025	Y
				Nancy	Ridout	78	TAM	380P-NANCY	3,040	Y
				Mary	Alexandre	85	TAM	380D-03HEB	2,800	Y