

2005 Long Distance All-Americans Women

Age Group	Event	Name	Age	Birthdate	USMS #	Time or distance	Club abbr.	Records
18-24	One Hour Postal	Stephanie Miller	22	09/29/82	385503TYU	5175	CRUZ	
18-24	10K Postal	Elizabeth A. Fandell	24	01/29/81	385J-03M1J	3:16:44.13	VACA-PC	
18-24	6K Postal	Elizabeth A. Fandell	24	01/29/81	385J-03M1J	1:34:39.61	VACA	
18-24	5K Postal	Tenley Bick	21	10/21/83	385V-03XS2	1:08:04.63	STAN-PC	
18-24	3K Postal	Jennifer M. Schumacher	20	07/15/85	3359-03E6M	39:14.20	NOVA	
18-24	2 Mile Cable	Megan P Ramsey	22	02/23/83	165K-02B6D	41:58.00	DLMA-IN	
18-24	3-6 Mile Swim	Stephanie Miller	22	09/29/82	3855-03TYU	2:01:49	CRUZ	
18-24	1-3 Mile Swim	Natalie Kenny	22	05/20/83	215Z-02WTB	37:07:00		
18-24	1 Mile Swim	Kelsey Holmberg	23	10/13/81	375X-0262M	20:45.0	OREG	
25-29	One Hour Postal	Shawna Schwendinger	29	10/11/75	385A035H1	5200	TVM	
25-29	6K Postal	Jessica Stokes	29	09/09/76	025V-033CJ	1:12:17.46	NEM	
25-29	5K Postal	Miriam E. Nowak	28	04/09/77	1956-028VF	1:10:58.13	MICH-MI	
25-29	3K Postal	Ashley Whitney	26	08/21/79	155X-021RZ	32:25.21	EXCL	NR
25-29	2 Mile Cable	Tori Duchesneau	27	08/13/77	0359-01MDN	53:46.00	UNAT-AD	
25-29	3-6 Mile Swim	Suzy Nicoletti	26	07/03/79	335K-03D8K	2:05:12	SCAQ	
25-29	1-3 Mile Swim	Kelly Perry	26	10/16/78	215D-02UV3	34:48:00		
25-29	1 Mile Swim	Pamela Gottlieb	28	10/19/76	375D-026RA	22:42.0	OREG	
30-34	One Hour Postal	Nadine Day	34	06/17/70	215302UZE	5120	IM	
30-34	10K Postal	Nadine K. Day	34	06/17/70	2153-02UZE	2:21:47.48	IM-CE	
30-34	6K Postal	Shannon Boothe	33	10/01/72	435X-02PZB	1:24:28.51	MOST	
30-34	5K Postal	Nadine K. Day	34	06/17/70	2153-02UZE	1:05:58.61	IM-CE	
30-34	3K Postal	Laurie Z. Dodd	33	02/03/72	3351-03D84	35:06.08	UCLA	
30-34	>6 Mile Swim	Melissa Varlas	32			02:15.6	FACT	
30-34	2 Mile Cable	Gita Roy	32	10/08/72	075V-01Y7U	50:21.00	GSM-NJ	
30-34	3-6 Mile Swim	Kim Adler	32	06/03/73	445R-02CCE	2:12:45	SDSM	
30-34	1-3 Mile Swim	Sarah Randag	31	02/16/74	215W-02UT0	36:52:00		
30-34	1 Mile Swim	Sara Quan	32	12/25/72	3758-0263K	20:44.0	OREG	
35-39	One Hour Postal	Laurie Hug	39	04/29/65	08500226X	5415	1776	NR
35-39	10K Postal	Nadine K. Day	35	06/17/70	2153-02UZE	2:17:22.29	IM-CE	
35-39	6K Postal	Nadine K. Day	35	06/17/70	2153-02UZE	1:10:06.96	IM	
35-39	5K Postal	Nadine K. Day	35	06/17/70	2153-02UZE	1:08:35.30	IM-CE	
35-39	3K Postal	Dana C. Woody	35	11/13/69	0452-01X7C	34:36.82	NIAG	
35-39	>6 Mile Swim	Michelle Davidson	35			02:53.5	GSM	
35-39	2 Mile Cable	Dana C Woody	35	11/13/69	0452-01X7C	42:06.00	NIAG-NI	NR
35-39	3-6 Mile Swim	Jill Keenan-Boline	36	04/14/69	335X-03A9Y	2:03:27	ROSE	
35-39	1-3 Mile Swim	Nadine K. Day	35	06/17/70	2153-02UZE	34:33:00	IM	
35-39	1 Mile Swim	Linda Hegeberg	35	03/11/70	3653-02KZ2	22:20.0	PNA	
40-44	One Hour Postal	Susan Preston	42	05/31/62	385G03JTT	5225	STAN	
40-44	10K Postal	Susan H. Preston	43	05/31/62	385G-03JTT	2:12:19.31	STAN-PC	NR
40-44	6K Postal	Ellen M. Reynolds	41	07/10/64	5956-01J04	1:14:53.51	SAWS	
40-44	5K Postal	Susan H. Preston	43	05/31/62	385G-03JTT	1:04:26.43	STAN-PC	
40-44	3K Postal	Ellen M. Reynolds	41	07/10/64	5956-01J04	35:59.50	SAWS	
40-44	>6 Mile Swim	Cheryl Vega	42			0:02:38.50	FLAQ	
40-44	2 Mile Cable	Cindy V Clements	44	04/19/61	385D-03H7Y	48:12.00	TAM-PC	
40-44	3-6 Mile Swim	Susan H. Preston	43	05/31/62	385G-03JTT	1:54:08	STAN	
40-44	1-3 Mile Swim	Liz Dillman	40	03/17/65	2156-02USU	33:59:00	IM	
40-44	1 Mile Swim	Ellen Reynolds	41	07/10/64	5956-01J04	22:04.0	SAWS	
45-49	One Hour Postal	Suzanne Heim-Bowen	46	07/24/58	385103F3T	5180	WCM	
45-49	10K Postal	Paula J. Moores	47	12/08/57	595S-01J0E	3:18:02.68	SAWS-SR	
45-49	6K Postal	Mary Sweat	48	07/10/57	375M-025UM	1:18:40.81	OREG	
45-49	5K Postal	Mary Sweat	47	07/10/57	375M-025UM	1:11:22.56	OREG-OR	
45-49	3K Postal	Mary Sweat	48	07/10/57	375M-025UM	37:31.49	OREG	
45-49	>6 Mile Swim	Dorothy Thomas	45			0:02:54.58	UNAT	
45-49	2 Mile Cable	Karen S Byer	45	03/12/60	035C-01MDS	49:11.00	ADMS-AD	
45-49	3-6 Mile Swim	Heidi L Christensen	46	10/20/58	335E-03AJU	2:09:26	VCM	
45-49	1-3 Mile Swim	Ahelee Sue Osborn	47	03/04/58	385Z-03PHW	43:25:00		
45-49	1 Mile Swim	Mary Sweat	48	07/10/57	375M-025UM	21:03.0	OREG	

2005 Long Distance All-Americans Women

50-54	One Hour Postal	Laura Val	53	12/01/51	385D03H9F	5130	TAM	NR
50-54	10K Postal	Shirley A. Loftus-Charley	53	11/08/51	125U-02HKM	2:44:55.14	VMST-VA	
50-54	6K Postal	Shirley A. Loftus-Charley	53	11/08/51	125U-02HKM	1:22:59.64	VMST	
50-54	5K Postal	Shirley A. Loftus-Charley	53	11/08/51	125U-02HKM	1:20:03.35	VMST-VA	
50-54	3K Postal	Shirley A Loftus-Charley	53	11/08/51	125U-02HKM	40:14.84	VMST	
50-54	>6 Mile Swim	Nancy Steadman-Martin	51			0:02:31	GSM	
50-54	2 Mile Cable	Anne Q Coley	50	03/08/55	035E-01M95	51:13.00	ADMS-AD	
50-54	3-6 Mile Swim	Sherry Kittrell	53	01/05/52	3355-03B85	2:29:51	PCA	
50-54	1-3 Mile Swim	Darcy Lafountain	50	08/27/55	1556-0212Z	41:56:00		
50-54	1 Mile Swim	Madeleine Holmberg	52	11/21/52	375Y-0262K	26:59.0	OREG	
55-59	One Hour Postal	Barbara Dunbar	55	02/10/49	445902BPO	4825	SDSM	NR
55-59	10K Postal	Katherine A. Watson	57	12/29/47	3357-03AR8	3:02:57.04	OJAI-SP	
55-59	6K Postal	Andrea M. Haines	57	01/08/48	105V-0365H	1:30:17.53	DCM	
55-59	5K Postal	Cathy Mancino	55	11/23/49	505X-027JX	1:22:46.12	GOLD-FG	
55-59	3K Postal	Marcia L. Barry	57	08/30/48	125D-027G9	42:00.69	VMST	
55-59	>6 Mile Swim	Andrea Haines	57	01/08/48	105V-0365H	0:03:57	DCM	
55-59	2 Mile Cable	Andrea M Haines	57	01/08/48	105V-0365H	53:11.00	DCM-PV	
55-59	3-6 Mile Swim	Linda R Shoenberger	57	09/30/47	3859-03F82	2:40:58	SNM	
55-59	1-3 Mile Swim	Catherine Quill	55	03/06/50	215N-02UAS	41:25:00		
55-59	1 Mile Swim	Linda R Shoenberger	57	09/30/47	3859-03F82	23:41.0	SNM	
60-64	One Hour Postal	Nancy Ridout	62	01/27/42	385M03FAX	3965	TAM	
60-64	6K Postal	Susan L. Meyers	63	02/08/42	165A-02ACV	1:46:28.11	ISF	
60-64	5K Postal	Susan L. Meyers	63	02/08/42	165A-02ACV	1:43:27.41	ISF-IN	
60-64	3K Postal	Barbara Frid	63	04/20/42	3757-0260F	47:12.03	OREG	
60-64	>6 Mile Swim	Ann Loise Onton	62			04:26.0	CONN	
60-64	2 Mile Cable	Susan L Meyers	63	02/08/42	165A-02ACV	1:03:43.00	ISF-IN	
60-64	3-6 Mile Swim	Carol Sing	63	08/24/41	445N-02BTY	3:00:15	LJCS	
60-64	1-3 Mile Swim	Susan L Meyers	63	02/08/42	165A-02ACV	50:30:00	ISF-IN	
60-64	1 Mile Swim	Jane Katz	62	04/16/43	065G-02XV5	27:07.0	METR	
65-69	One Hour Postal	Anne Williams	66	08/05/38	445H02CTO	3755	SDSM	
65-69	10K Postal	Doris C. Prokopi	69	12/24/35	145G-02RDG	4:16:40.52	FMM-FL	
65-69	6K Postal	Betsy T. Jordan	68	03/09/37	445Y02BS4	1:37:59.40	SDSM	
65-69	5K Postal	Betsy T. Jordan	67	03/09/37	445Y-02BS4	1:36:28.62	SDSM-SI	
65-69	3K Postal	Betsy T. Jordan	68	03/09/37	445Y02BS4	48:02.77	SDSM	
65-69	2 Mile Cable	Susan L Bond	69	06/19/36	195C-0290B	1:17:28.00	MICH-MI	
65-69	3-6 Mile Swim	Betsy T. Jordan	68	03/09/37	445Y-02BS4	3:07:07	SDSM	
65-69	1-3 Mile Swim	Laura Gogola	69	03/31/36	1959-028TH	1:04:40		
65-69	1 Mile Swim	Betsy T. Jordan	68	03/09/37	445Y-02BS4	28:51.0	SDSM	
70-74	One Hour Postal	Ronnie Kamphausen	70	02/26/34	025JU1570	3695	MESC	
70-74	10K Postal	Adrienne S. Pipes	70	06/14/34	445K-02BPX	3:18:11.35	SDSM-SI	NR
70-74	3K Postal	Adrienne S. Pipes	71	06/14/34	445K02BPX	49:50.85	SDSM	
70-74	6K Postal	Adrienne S. Pipes	71	06/14/34	445K02BPX	1:39:55.23	SDSM	NR
70-74	5K Postal	Adrienne S. Pipes	70	06/14/34	445K-02BPX	1:38:34.74	SDSM-SI	
70-74	2 Mile Cable	Marianne Brogan	70	06/07/35	1852-01PKF	1:08:09.00	O*H*-LE	NR
70-74	1-3 Mile Swim	Marianne Brogan	70	06/07/35	1852-01PKF	59:47:00	O*H*-LE	
70-74	3-6 Mile Swim	Adrienne S. Pipes	71	06/14/34	445K-02BPX	3:02:33	SDSM	
70-74	1 Mile Swim	Adrienne S. Pipes	71	06/14/34	445K-02BPX	31:30.0	SDSM	
75-79	One Hour Postal	Jean Troy	77	06/20/27	145R02RDT	3155	FMM	
75-79	3K Postal	Joan K. Campbell	75	04/20/30	145S-02RVG	58:56.77	FACT	NR
80-84	One Hour Postal	Margery Meyer	82	11/06/22	385C03FFO	3135	TOC	
80-84	6K Postal	Lois Kivi Nochman	81	11/05/24	195H-02XK	2:07:01.34	MICH	NR
80-84	5K Postal	Lois Kivi Nochman	81	11/05/24	195H-028XK	2:10:49.50	MICH-MI	NR
80-84	3K Postal	Lois Kivi Nochman	82	11/05/24	195H-02XK	1:01:12.93	MICH	
80-84	1-3 Mile Swim	Lois Kivi Nochman	80	11/05/24	195H-028XK	1:10:22	MICH	
80-84	1 Mile Swim	Marion Chadwick	83	10/02/21	365D-02KHZ	17:30.0	PNA	
85-89	One Hour Postal	Kay Schimpf	87	06/20/17	145302RDB	2070	FMM	
90-94	One Hour Postal	Hilda Buel	90	02/25/14	375N03678	1000	OREG	NR

2005 Long Distance All-Americans Men

2005 Long Distance All-Americans-Men

Age Group	Event	Name	Age	Time or distance	Club abbr.	Records
18-24	One Hour Postal	Matthew Seymour	20	5445	TVM	
18-24	10K Postal	Michael E. Cox	24	2:36:34.41	DOC-IN	
18-24	6K Postal	Craig C. Charley	22	1:09:02.96	VMST	
18-24	5K Postal	Jose Manuel Nieto	24	1:07:51.75	SKY-KY	
18-24	3K Postal	Scott M. Whitbeck	23	30:10.37	UNAT	NR
18-24	3-6 Mile Swim	Devin Spicer	21	1:51:54	UNAT	
18-24	1-3 Mile Swim	Scott Whitbeck	23	31:06:00	UNAT	
18-24	1 Mile Swim	Thomas Maffai	21	0:21:06	OREG	
25-29	One Hour Postal	Jason Eaddy	28	5525	NEM	
25-29	10K Postal	Sergei V. Chaburkin	26	3:56:12.60	MOST-ST	
25-29	6K Postal	Eric J. Van Etten	27	1:10:01.50	IM	
25-29	5K Postal	Jerrod Kappler	28	1:02:25.71	SKY-KY	NR
25-29	3K Postal	Eric J. Van Etten	27	34:00.90	IM	
25-29	2 Mile Cable	Matt D Baxter	26	41:40.00	NIAG-NI	
25-29	3-6 Mile Swim	Ryan Raffaelli	28	2:03:49	NEM	
25-29	1-3 Mile Swim	Ben Culver	29	36:13:00		
30-34	One Hour Postal	Jeff Halbert	30	5365	ISF	
30-34	10K Postal	Kevin Joubert	33	2:36:37.47	BATC-MD	
30-34	6K Postal	Benjamin M. Morse	33	1:12:04.68	MESC	
30-34	5K Postal	Matt Hooper	31	1:00:54.87	AAAA-ST	
30-34	3K Postal	Curtis D. Sawin	34	33:43.64	GSM	
30-34	>6 Mile Swim	Kevin Joubert	33	03:00.3	BATC	
30-34	2 Mile Cable	Benjamin M Morse	33	42:06.00	MESC-NE	
30-34	3-6 Mile Swim	Kris Behrens	30	2:00:45	SCAQ	
30-34	1-3 Mile Swim	Jeffrey Maydak	32	39:45:00		
30-34	1 Mile Swim	Scot Elliott	31	22:16.0	OREG	
35-39	One Hour Postal	Mike Schaffer	39	5755	VCM	
35-39	10K Postal	Michael A. Bell	36	2:35:50.70	MICH-MI	
35-39	6K Postal	Michael A. Bell	37	1:15:44.37	MICH	
35-39	5K Postal	Robbie Allen	39	1:04:22.60	SKY-KY	
35-39	3K Postal	Scott H. Frederick	39	36:56.90	GAJA	
35-39	>6 Mile Swim	Thomas Rawls	38	02:53.2	FACT	
35-39	2 Mile Cable	Ken D Koppenhaver	36	44:43.00	NIAG-NI	
35-39	3-6 Mile Swim	Todd Robinson	38	1:51:46	SDSM	
35-39	1-3 Mile Swim	Richard Kramer	39	30:34:00		
35-39	1 Mile Swim	Tim Nelson	39	20:42.0	OREG	
40-44	One Hour Postal	Jeff T. Erwin	40	5775	SAWS	NR
40-44	10K Postal	Jeff T. Erwin	41	2:04:45.44	SAWS-SR	
40-44	6K Postal	Jeff T. Erwin	40	1:01:37.11	SAWS	NR
40-44	5K Postal	Jeff T. Erwin	41	58:23.56	SAWS-SR	NR
40-44	3K Postal	Jeff T. Erwin	40	30:35.61	SAWS	
40-44	>6 Mile Swim	Ricardo Valdivia	41	0:02:09	GOLD	
40-44	2 Mile Cable	Tim Waid	42	45:02.00	MOVY-MV	
40-44	3-6 Mile Swim	Moby Coquillard	42	2:00:21	SMMM	
40-44	1-3 Mile Swim	Jeff T. Erwin	41	30:33:00	SAWS	
40-44	1 Mile Swim	Greg Holles	42	20:15.0	UTAH	
45-49	One Hour Postal	Sandy Macdonald	49	5500	SAC	NR
45-49	10K Postal	Scott F. Rabalais	46	2:15:44.47	SAVM-GA	
45-49	6K Postal	James A. Stewart	48	1:09:42.05	MINN	
45-49	5K Postal	James A. Stewart	48	1:04:37.99	MINN-MN	
45-49	3K Postal	James A. Stewart	48	33:43.81	MINN	
45-49	>6 Mile Swim	Mark Drennan	48	02:13.5	FACT	
45-49	2 Mile Cable	James A. Stewart	48	41:45.00	MINN-MN	NR
45-49	3-6 Mile Swim	Lyle Nalli	45	1:59:10	SCAQ	
45-49	1-3 Mile Swim	Thomas McCabe	47	34:58:00		
45-49	1 Mile Swim	Doug Asbury	45	20:43.0	OREG	
50-54	One Hour Postal	Larry D. Wood	51	5340	HOTS	

2005 Long Distance All-Americans Men

50-54	10K Postal	Kern M. Davis	50	2:23:58.38	SPM-FL	
50-54	6K Postal	Kern M. Davis	50	1:11:54.99	SPM	
50-54	5K Postal	Larry B. Krauser	52	1:05:14.75	INWM-IW	
50-54	3K Postal	Larry D. Wood	51	34:11.15	HOTS	
50-54	>6 Mile Swim	Scott Lautman	52	02:26.3	UNAT	
50-54	2 Mile Cable	Bruce Gianniny	54	45:39.50	NIAG-NI	
50-54	3-6 Mile Swim	Scott M Lautman	52	1:57:01	SDSM	
50-54	1-3 Mile Swim	Larry D. Wood	51	34:17:00	UNAT	
50-54	1 Mile Swim	David Fryefield	51	22:21.0	OREG	
55-59	One Hour Postal	Joel Wilson	56	4985	CRUZ	
55-59	10K Postal	Steve M. Johnson	57	2:27:33.46	OREG-OR	
55-59	6K Postal	Steve M. Johnson	57	1:11:57.72	OREG	
55-59	5K Postal	Steve M. Johnson	57	1:08:37.32	OREG-OR	NR
55-59	3K Postal	Steven M. Johnson	57	35:14.21	OREG	NR
55-59	>6 Mile Swim	Rick Walker	55	02:17.3	FACT	
55-59	2 Mile Cable	John R Shrum	56	49:51.00	VMST-VA	
55-59	3-6 Mile Swim	Alan Bell	55	1:56:54	PNA	
55-59	1-3 Mile Swim	George Wendt	57	34:30:00		
55-59	1 Mile Swim	Steve M. Johnson	57	21:05.0	OREG	
60-64	One Hour Postal	Larry L. Raffaelli	61	4680	VCM	
60-64	10K Postal	Larry L. Raffaelli	62	2:30:06.15	VCM-SP	
60-64	6K Postal	Larry L. Raffaelli	62	1:18:20.31	VCM	
60-64	5K Postal	Larry L. Raffaelli	62	1:13:54.89	VCM-SP	
60-64	3K Postal	Willis C Braswell, Jr	60	37:50.01	DCM	NR
60-64	>6 Mile Swim	C W Muter	62	0:02:38	UNAT	
60-64	2 Mile Cable	C W Muter	62	47:47.00	UNAT	NR
60-64	3-6 Mile Swim	Larry Raffaelli	62	2:19:18	VCM	
60-64	1-3 Mile Swim	Tim Griffin	62	39:51:00		
60-64	1 Mile Swim	Tom Landis	63	21:37.0	OREG	
65-69	One Hour Postal	Bob Coale	65	4425	SDSM	
65-69	10K Postal	Bob Coale	65	3:06:46.00	SDSM-SI	
65-69	6K Postal	Bob Coale	65	1:24:31.00	SDSM	
65-69	5K Postal	Bob Coale	65	1:22:42.69	SDSM-SI	
65-69	3K Postal	Bob Coale	65	41:10.31	SDSM	
65-69	2 Mile Cable	Jim Chivers	66	1:18:53.00	NIAG-NI	
65-69	3-6 Mile Swim	Ernie Leskovitz	68	2:19:27	HIMA	
65-69	1-3 Mile Swim	Bob Coale	65	41:15:00	SDSM	
65-69	1 Mile Swim	Bob Coale	65	23:49.0	SDSM	
70-74	One Hour Postal	Burwell Jones	71	4485	FACT	
70-74	10K Postal	George E. Brunstadt	70	2:59:53.34	CONN-CT	
70-74	6K Postal	George E. Brundstad	70	1:32:01.58	CONN	
70-74	5K Postal	David A. Radcliff	71	1:20:06.80	OREG-OR	
70-74	3K Postal	David A. Radcliff	71	40:01.90	OREG	
70-74	>6 Mile Swim	George E Brunstad	70	03:28.3	CONN-CT	
70-74	2 Mile Cable	George E Brunstad	70	55:16.00	CONN-CT	
70-74	3-6 Mile Swim	Graham Johnston	74	2:32:57	SDSM	
70-74	1-3 Mile Swim	J.C. Buz Brenton	70	43:40:00		
70-74	1 Mile Swim	Nick Norton	71	32:51.0	OREG	
75-79	One Hour Postal	Bob K. Miller	75	3875	PNA	
75-79	6K Postal	Robert E. Beach	75	1:35:11.99	SPM	NR
75-79	5K Postal	Bob K. Miller	76	1:25:43.15	PNA-PN	NR
75-79	3K Postal	Robert E. Beach	75	45:41.99	SPM	
75-79	1-3 Mile Swim	Robert E. Beach	75	46:54:00	SPM	
75-79	3-6 Mile Swim	Robert E Beach	75	2:58:41	SPM	
75-79	1 Mile Swim	Robert E. Beach	75	28:47.0	SPM	
80-84	One Hour Postal	Robert S. Blake	80	3750	SLAM	NR
80-84	3K Postal	Robert S. Blake	80	48:20.33	FMM	NR
85-89	One Hour Postal	John Merrill	87	2765	CONN	
90-94	One Hour Postal	Frank Tillotson	90	1650	FMM	