

2014 Women's USMS Long Distance All-Americans

compiled by Greta van Meeteren

Age Group	Event	First Name	M.I.	Last Name	Age	Club abbr.	USMS #	Time or distance	Records
18-24	>3/<6 OW	Hannah		Cutts	20	OREG	3746-09G1C	1:11:19	
18-24	>6/<9 OW	Kara	Y	Treacy	19	CBA	4340-089N8	2:33:08	
18-24	1 Hour Postal	Andrea		Nunez-Smith	19	TXLA	434H-080XZ	4:825	
18-24	1 Mile OW	Mackenzie	M	Leake	20	TCC	3348-08D15	0:23:06.65	
18-24	2 mile cable	Laura	M	Gorinski	23	ADMS	034M-09EEZ	44:32.30	
18-24	3000 yd postal	Hannah		Caron	23	SPM	144J-09FZZ	33:49.78	
18-24	5K postal	Andrea		Nunez-Smith	19	TXLA	434H-080XZ	1:13:03.40	
18-24	5000 yd postal	Valerie	M	Thorp	23	WMAC	205P-0793E	1:11:56.99	
25-29	>1/<3 OW	Allison		Retotar	27	GSC	1442-088S8	52:41.8	
25-29	>3/<6 OW	Megan		Nesland	28	SBM	3347-0700G	1:25:16	
25-29	>6/<9 OW	Annie	E	Ferguson	28	SWOM	1746-0626M	2:20:32	
25-29	1 Hour Postal	Brianna		Blanchard	25	CVMM	3349-075ZT	5,170	
25-29	1 Mile OW	Katie	C	Kastes	25	TOC	3846-08BBD	0:20:59.00	
25-29	10K postal	Anne	E	Osborn	29	UC08	084B-08DXB	2:52:27.35	
25-29	2 mile cable	Ashley	L	Braniecki	28	ADMS	0340-06118	52:40.46	
25-29	3000 yd postal	Lexie		Kelly	27	NOVA	3347-06UZ1	33:06.99	
25-29	5K postal	Marlena	L	Tonelli	25	IM	2147-07DTD	1:09:37.01	
25-29	5000 yd postal	Lexie		Kelly	27	NOVA	3347-06UZ1	1:07:58.99	
30-34	>1/<3 OW	Ashley	A	Whitney	34	EXCL	154M-021RZ	51:02.8	
30-34	>3/<6 OW	Amy		Holcomb	34	OREG	3741-00172	1:12:12	
30-34	>6/<9 OW	Alexis		Underwood	30	GAJA	4541-073GW	2:26:09	
30-34	>9 OW	Sandra	E	Frimmerman-Bergquist	31	HOPK	304M-04TAE	4:29:44.99	
30-34	1 Hour Postal	Katie	L	McWilliams	30	ALEX	104A-039WK	5,225	
30-34	1 Mile OW	Stephanie	S	Moore	31	SAC	3844-0490X	0:24:10.10	
30-34	10K postal	Alexis		Underwood	30	GAJA	4541-073GW	2:23:44.53	
30-34	2 mile cable	Robin	L	Sandos	33	NEM	0246-076CC	47:52.11	
30-34	3000 yd postal	Rendy	L	Opdycke	30	NOVA	334K-02CHX	34:20.99	
30-34	5K postal	Jane	H	Cardoso	33	PSM	364C-03560	1:22:53.40	
30-34	5000 yd postal	Rendy	L	Opdycke	30	NOVA	334K-02CHX	1:10:35.99	
35-39	>1/<3 OW	Jenni		Hoff	37	UC41	414F-085PK	1:02:47.4	
35-39	>3/<6 OW	Amy	R	Johnson	35	OREG	374Y-01NWE	1:13:48	
35-39	>6/<9 OW	Sonja		Koppenwallner	37	SFTL	504N-01YJF	2:31:47	
35-39	>9 OW	Susan	M	Hilal	38	HOPK	304X-024HX	5:02:47.99	
35-39	1 Hour Postal	Andee		Bell	38	DAM	3841-01WN9	5,055	
35-39	1 Mile OW	Eve	G	Maidenberg	37	MAM	384Y-EV1EM	0:24:25.20	
35-39	10K postal	Michelle		McRae	38	PSM	364U-04FBZ	2:33:31.91	
35-39	2 mile cable	Dennie	L	Swan-Scott	39	ADMS	0342-062ZR	48:44.74	
35-39	3000 yd postal	Michelle		McRae	39	PSM	364U-04FBZ	38:20.06	
35-39	5K postal	Michelle		McRae	38	PSM	364U-04FBZ	1:13:18.52	
35-39	5000 yd postal	Michelle		McRae	39	PSM	364U-04FBZ	1:18:42.13	
40-44	>1/<3 OW	Malena	B	Hankins	40	GAJA	453W-GRACE	53:16.1	
40-44	>3/<6 OW	Katie		Kelly	44	NBA	384Y-03K5Z	1:20:27	
40-44	>6/<9 OW	Alison	S	Hayden	42	TTM	144F-045GD	2:49:16	
40-44	>9 OW	Julie	F	O'Neill	42	PSP	334U-01X4N	4:36:20.99	
40-44	1 Hour Postal	Dana		Gianniny	44	NIAG	044Y-01X7C	4,970	
40-44	1 Mile OW	Nancy	G	Prouty	43	MELO	3843-03HJ7	0:24:31.75	
40-44	10K postal	Jayna	M	Tomac	42	OREG	374F-05EJN	2:27:46.39	
40-44	2 mile cable	Karann		Andrusky-Durr	42	ADMS	0348-001Y5	53:47.52	
40-44	3000 yd postal	Jayna	M	Tomac	42	OREG	374F-05EJN	36:18.38	
40-44	5K postal	Nancy		Misage	43	TXLA	4341-07XBX	1:15:13.56	
40-44	5000 yd postal	Jayna	M	Tomac	42	OREG	374F-05EJN	1:15:05.79	
45-49	>1/<3 OW	Marianne		Countryman	49	GAJA	454J-06YDK	53:38.0	
45-49	>3/<6 OW	Wendy	K	VanDeSompel	48	PSM	364A-076D9	1:20:46	

45-49	>6/<9 OW	Laurie		Hug	49	1776	0840-0226X	2:28:14	
45-49	>9 OW	Melodee	A	Nugent	47	WMAC	204D-01RDA	4:25:10.99	
45-49	1 Hour Postal	Stephanie		Stone	46	PCAT	2648-000W6	5:125	
45-49	1 Mile OW	Lynn		Jolly	48	TOC	384T-J011Y	0:24:18.80	
45-49	10K postal	Haleigh	A	Werner	45	PSM	364Y-02M0U	2:20:33.13	
45-49	2 mile cable	Galen	D	Rinaldi	45	CONN	054W-01SPT	44:08.87	
45-49	3000 yd postal	Laurie		Hug	49	1776	0840-0226X	34:52.62	
45-49	5K postal	Jutta		Schickore	49	DOC	1642-02B6V	1:10:20.20	
45-49	3000 yd postal	Haleigh	A	Werner	45	PSM	364Y-02M0U	1:11:21.44	
50-54	>1/<3 OW	Marcia	E	Cleveland	50	IM	214C-01S4Y	58:09.3	
50-54	>3/<6 OW	Kathleen	A	Mac Laren	52	UC32	324F-03G22	1:14:01	
50-54	>6/<9 OW	Cheryl	M	Reinke	50	GS	5548-063UX	2:29:31	
50-54	>9 OW	Peggy		Kratz	54	MINN	304V-024HZ	4:26:37.99	
50-54	1 Hour Postal	Denise	H	Brown	54	MICH	1940-01U86	4:785	
50-54	1 Mile OW	Kimberly	D	Elsbach	51	DAM	3849-03NH6	0:24:23.25	
50-54	10K postal	Denise	H	Brown	54	MICH	1940-01U86	2:31:09.41	
50-54	2 mile cable	Marcia	E	Cleveland	50	IM	214C-01S4Y	49:35.93	
50-54	3000 yd postal	Charlotte		Petersen	50	SPM	145G-02RF8	35:15.75	√
50-54	5K postal	Ellie	S	Najjar	52	CMS	324Y-045G5	1:10:19.55	
50-54	3000 yd postal	Ellen	M	Reynolds	50	SAWS	5946-01J04	1:09:59.48	√
55-59	>1/<3 OW	Bonny	J	List	56	RATS	154N-020ZR	1:00:36.6	
55-59	>3/<6 OW	Mary		Sweat	57	OREG	374M-025UM	1:12:51	
55-59	>6/<9 OW	Karen	L	Einsidler	58	AGUA	064M-01S73	2:36:50	
55-59	>9 OW	Karen	L	Einsidler	58	AGUA	064M-01S73	4:12:27.99	
55-59	1 Hour Postal	Sharon	V	Smith	55	TXLA	4347-04KHx	4:755	
55-59	1 Mile OW	Marguerite		Meyer	55	TOC	384P03FG4	0:24:38.25	
55-59	10K postal	Karen	L	Einsidler	58	AGUA	064M-01S73	2:29:16.55	
55-59	2 mile cable	Karen	L	Einsidler	58	AGUA	064M-01S73	47:01.68	
55-59	3000 yd postal	Sharon	V	Smith	56	TXLA	4347-04KHx	37:25.90	
55-59	5K postal	Sharon	V	Smith	56	TXLA	4347-04KHx	1:12:37.60	
55-59	3000 yd postal	Sharon	V	Smith	56	TXLA	435P-04KHx	1:15:56.35	
60-64	>1/<3 OW	Shirley	A	Loftus-Charley	62	VMST	124F-WATER	57:24.4	
60-64	>3/<6 OW	Jeanna		Summers	60	OREG	3749-000PT	1:30:33	
60-64	>6/<9 OW	Nancy		Steadman Martin	60	GSM	0743-01Y2C	2:34:32	
60-64	1 Hour Postal	Laura	B	Val	62	TAM	3845-03H9F	4:875	
60-64	1 Mile OW	Laura	B	Val	62	TAM	3845-03H9F	0:23:33.00	
60-64	10K postal	Shirley	A	Loftus-Charley	62	VMST	124F-WATER	2:34:12.10	
60-64	2 mile cable	Christie		Ciraulo	60	UCLA	334K-MERMD	47:13.18	
60-64	3000 yd postal	Shirley	A	Loftus-Charley	62	VMST	124F-WATER	38:40.12	
60-64	5K postal	Shirley	A	Loftus-Charley	62	VMST	124F-WATER	1:15:41.01	
60-64	3000 yd postal	Shirley	A	Loftus-Charley	62	VMST	124F-WATER	1:18:47.31	
65-69	>1/<3 OW	Jo	B	May	66	COOG	254B-000CG	1:32:22.6	
65-69	>3/<6 OW	Joanne		Menard	66	MMAC	484F-02F1Y	1:30:29	
65-69	1 Hour Postal	Christie	M	Hayes	65	NEM	0246-01S5E	4:140	√
65-69	1 Mile OW	Barbara	G	Dunbar	65	SDSM	4449-02BP0	0:25:48.10	
65-69	2 mile cable	Joanne		Menard	66	MMAC	484F-02F1Y	58:25.74	
65-69	3000 yd postal	Barbara	G	Dunbar	65	SDSM	4449-02BP0	41:29.48	√
65-69	5K postal	Linda		Webb	69	SFTL	5041-02FR0	1:42:09.88	
65-69	3000 yd postal	Barbara	G	Dunbar	65	SDSM	4449-02BP0	1:24:54.70	√
70-74	>3/<6 OW	Peggy	S	Whiter	70	OREG	3742-025YR	2:15:01	
70-74	1 Hour Postal	Sarah	L	Kopsky	72	TULS	274U-01JW6	3,700	
70-74	1 Mile OW	Nancy	J	Ridout	72	TAM	384S-NANCY	0:35:05.30	
70-74	10K postal	Peggy	S	Whiter	70	OREG	3742-025YR	4:34:03.99	
70-74	3000 yd postal	Sarah	L	Kopsky	73	TULS	2758-01JW6	50:29.72	
70-74	5K postal	Betsy	J	Beddow	70	TULS	274Z-SWMER	1:58:58.26	
70-74	3000 yd postal	Peggy	S	Whiter	71	OREG	375V-025YR	2:10:40.99	
75-79	>1/<3 OW	Luisse	E	Easton	75	O'H*	184F-01PNS	1:42:50.0	
75-79	1 Hour Postal	Patricia	M	Bond	75	FMM	144W-02RDM	3,465	

75-79	1 Mile OW	Susan	L	Munn	75	DAM	3842-03FZM	0:36:18.80	
75-79	3000 yd postal	Patricia	M	Bond	76	FMM	144W-02RDM	55:43.64	
75-79	5K postal	Patricia	M	Bond	76	FMM	144W-02RDM	1:40:52.82	√
80-84	1 Hour Postal	Joan	K	Campbell	83	FACT	144S-02RGV	2,565	
80-84	2 mile cable	Adrienne	S	Pipes	80	SDSM	444K-02BPX	1:19:46.27	√
80-84	3000 yd postal	Adrienne	S	Pipes	80	SDSM	445F-02BPX	1:02:33.96	
85-89	1 Hour Postal	Jeanne	H	Meredith	85	VMST	124U-02HT9	2,295	
90-94	1 Hour Postal	Charlotte	E	Sanddal	91	MM	314H-01JR1	1,585	