

2017 Women's USMS Long Distance All-Americans

Age Group	Gender	Event	First Name	M.I.	Last Name	APP	Age	Club abbr.	LDAA	LDAS	USMS #	Time or distance	√ if a National Record
18-24	F	Sprint Distance OW	Mackenzie		Leake		24	STAN	LDAA		387N-08D15	0:21:55.0	
25-29	F	Sprint Distance OW	Emily		Evans		26	UC37	LDAA		377E-0B23W	0:28:55.0	
30-34	F	Sprint Distance OW	Megan		Tosh		32	OREG	LDAA		377B-09JSX	0:23:47.0	
35-39	F	Sprint Distance OW	Jenny		Ferries		36	PSM	LDAA		367U-08D22	0:24:29.0	
40-44	F	Sprint Distance OW	Michelle		McRae		42	PSM	LDAA		3677-04FBZ	0:23:00.0	
45-49	F	Sprint Distance OW	Rondamarie		Smith		47	BWAQ	LDAA		3677-02KGY	0:27:02.0	
50-54	F	Sprint Distance OW	Sue		Phillips		53	OREG	LDAA		377H-06W7A	0:24:37.0	
55-59	F	Sprint Distance OW	Zena		Courtney		58	PSM	LDAA		367Y-02M3K	0:23:59.0	
60-64	F	Sprint Distance OW	Mary		Lippold		61	PSM	LDAA		367U-UWNE0	0:25:52.0	
65-69	F	Sprint Distance OW	Judy		Williams		69	BWAQ	LDAA		3679-02KUU	0:35:50.0	
70-74	F	Sprint Distance OW	Sally		Dillon		71	PSM	LDAA		3670-02KJU	0:33:51.0	
18-24	F	Middle Distance OW	Cora		Dodson		19	UC13	LDAA		137F-0AYNV	35:07.0	
25-29	F	Middle Distance OW	Lauren		Matevish		26	NASH	LDAA		1577-0AGKF	33:05.0	
30-34	F	Middle Distance OW	Sandra		Frimerman-Bergquist		34	MINN	LDAA		307D-04TAE	32:59.0	
35-39	F	Middle Distance OW	Ashley		Whitney		38	NASH	LDAA		157D-021RZ	31:38.0	
40-44	F	Middle Distance OW	Stacey		Bruce		43	PALM	LDAA		557J-01HAD	32:26.0	
45-49	F	Middle Distance OW	Deborah		Dawson		49	EST	LDAA		097M-SWMRR	33:00.0	
50-54	F	Middle Distance OW	Victoria		Rian		51	NAST	LDAA		167P-02AD8	32:31.0	
55-59	F	Middle Distance OW	Arlene		Delmage		55	OREG	LDAA		3776-01Z4F	34:10.0	
60-64	F	Middle Distance OW	Catherine		Rust		64	PBM	LDAA		5074-06WNH	35:50.0	
65-69	F	Middle Distance OW	Shirley		Loftus-Charley		66	VMST	LDAA		127Z-WATER	35:13.0	
70-74	F	Middle Distance OW	Dodi		Thomas		70	YGF	LDAA		457M-0AJOU	52:00.0	
75-79	F	Middle Distance OW	Luise		Easton		79	O*H*	LDAA		187Z-01PNS	48:45.0	
25-29	F	Long Distance OW	Lisa	E	Gibson		28	OREG	LDAA		3773-09V6A	1:12:01.00	
30-34	F	Long Distance OW	Megan	M	Tosh		32	OREG	LDAA		377B-09JSX	1:18:05.00	
35-39	F	Long Distance OW	Amy	J	Holcomb		38	OREG	LDAA		377X-00172	1:11:34.00	
40-44	F	Long Distance OW	Eve	G	Maidenberg		41	MAM	LDAA		3873-EV1EM	1:15:45.00	
45-49	F	Long Distance OW	Bonnie	B	Edwards		45	OREG	LDAA		377Z-065UP	1:26:28.00	
50-54	F	Long Distance OW	Elizabeth	A	Watkins		52	OREG	LDAA		377M-003YG	1:15:30.00	
55-59	F	Long Distance OW	Suzanne	M	Heim-Bowen		59	WCM	LDAA		387W-03F3T	1:11:03.00	
60-64	F	Long Distance OW	Lindabeth		Schmucker		61	DAM	LDAA		387X-03G04	1:25:05.00	
65-69	F	Long Distance OW	Joanne		Menard		69	MMAC	LDAA		487Z-02F1Y	1:31:03.00	
25-29	F	Marathon Distance OW	Chelsea	N	Colwill		28	SPM	LDAA		147S-09U7X	2:26:43.3	
30-34	F	Marathon Distance OW	Kathleen		Pelczynski		31	NCMS	LDAA		137J-06W4X	2:55:34.1	
35-39	F	Marathon Distance OW	Christina		Hitchcock		35	SFTL	LDAA		507X-061JZ	2:41:22.2	
40-44	F	Marathon Distance OW	Melissa	D	Varlas		43	SYSM	LDAA		147J-006J7	2:41:46.0	
45-49	F	Marathon Distance OW	Alison	S	Hayden		45	TTM	LDAA		147Z-045GD	2:55:36.5	
50-54	F	Marathon Distance OW	Kimberly	D	Elsbach		54	DAM	LDAA		387X-D0NUT	2:45:42.4	
55-59	F	Marathon Distance OW	Susan		Ingraham		57	MOST	LDAA		437H-SUSAN	3:02:44.9	
60-64	F	Marathon Distance OW	Karen	L	Einsidler		60	AGUA	LDAA		067D-01S73	2:52:33.6	
65-69	F	Marathon Distance OW	Shirley	A	Loftus-Charley		65	UC12	LDAA		127Z-WATER	2:58:22.5	
18-24	F	Ultra Marathon Distance O	Ashley		Keller		21	TNAQ	LDAA		157F-0AGSW	2:26:37	

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25-29	F	Ultra Marathon Distance O	Lisa		Gibson		28	OREG	LDAA		3773-09V6A	2:14:58	
30-34	F	Ultra Marathon Distance O	Sandra		Frimerman-Bergquist		34	MINN	LDAA		307D-04TAE	2:07:45	
35-39	F	Ultra Marathon Distance O	Jennifer		Perrottet		37	SDSM	LDAA		4470-084X3	2:30:07	
40-44	F	Ultra Marathon Distance O	Sonja		Koppenwallner		41	SFTL	LDAA		507C-01YJF	2:14:08	
45-49	F	Ultra Marathon Distance O	Heidi		Williams		48	NCMS	LDAA		1374-022YV	2:15:55	
50-54	F	Ultra Marathon Distance O	Victoria		Rian		51	NAST	LDAA		167P-02AD8	2:13:20	
55-59	F	Ultra Marathon Distance O	Arlene		Delmage		55	OREG	LDAA		3776-01Z4F	2:24:17	
60-64	F	Ultra Marathon Distance O	Catherine		Rust		64	PBM	LDAA		5074-06WNH	2:24:52	
65-69	F	Ultra Marathon Distance O	Shirley		Loftus-Charley		66	VMST	LDAA		127Z-WATER	2:21:09	
18-24	F	2-Mile Cable	Abbey	K	Erwin		18	SAWS	LDAA		597M-0AYRF	0:41:41.10	
25-29	F	2-Mile Cable	Lisa	E	Gibson		28	OREG	LDAA		3773-09V6A	0:45:15.77	
35-39	F	2-Mile Cable	Stacey	L	Kiefer		39	OREG	LDAA		377R-01RAS	0:46:51.63	
40-44	F	2-Mile Cable	Leslie	B	Monroe		43	CVMM	LDAA		337P-0A1RT	0:47:56.51	
45-49	F	2-Mile Cable	Deborah		Dawson		49	EST	LDAA		097M-SWMRR	0:46:30.32	
50-54	F	2-Mile Cable	Elizabeth	A	Watkins		52	OREG	LDAA		377M-003YG	0:46:53.44	
55-59	F	2-Mile Cable	Laura		Schob		59	OREG	LDAA		377N-026DX	0:59:50.90	
60-64	F	2-Mile Cable	Phyllis	E	Quinn		62	TOC	LDAA		387E-03F7Y	0:53:05.73	
65-69	F	2-Mile Cable	Joanne		Menard		69	MMAC	LDAA		487Z-02F1Y	1:00:22.07	
70-74	F	2-Mile Cable	Diane	G	Smith		72	CVMM	LDAA		337W-06PSV	1:15:28.78	
18-24	F	1 Hour Postal	Madeline	J	Bruce		23	IM	LDAA		217S-09DA1	4825	
25-29	F	1 Hour Postal	Chelsea	N	Colwill		29	SPM	LDAA		147S-09U7X	5565	√
30-34	F	1 Hour Postal	Heather	D	Mohorn		30	FINS	LDAA		087B-07AKS	5280	
35-39	F	1 Hour Postal	Kelsey	M	Withrow		35	WCM	LDAA		387J-06RF8	5180	
40-44	F	1 Hour Postal	Stacey	L	Bruce		43	PALM	LDAA		557J-01HAD	4820	
45-49	F	1 Hour Postal	Deborah		Dawson		49	EST	LDAA		097M-SWMRR	5030	
45-49	F	1 Hour Postal	Sara	Q	Nelson		45	OREG	LDAA		377P-0263K	5030	
50-54	F	1 Hour Postal	Laurie		Hug		52	1776	LDAA		087Y-0226X	5040	
55-59	F	1 Hour Postal	Suzanne	M	Heim-Bowen		59	WCM	LDAA		387W-03F3T	4890	
60-64	F	1 Hour Postal	Colette	M	Crabbe		61	OREG	LDAA		377K-02645	4550	
65-69	F	1 Hour Postal	Shirley	A	Loftus-Charley		66	VMST	LDAA		127Z-WATER	4640	√
70-74	F	1 Hour Postal	Betsy	J	Beddow		74	TULS	LDAA		2772-SWMER	3825	
75-79	F	1 Hour Postal	Sarah	L	Kopsky		76	TULS	LDAA		2777-01JW6	3550	√
80-84	F	1 Hour Postal	Miek		Mc Cubbin		82	SMM	LDAA		387B-03HJM	3075	
85-89	F	1 Hour Postal	Jeanne	H	Meredith		89	VMST	LDAA		1277-02HT9	2135	
90-94	F	1 Hour Postal	Terry		Sokolik		90	VMST	LDAA		127S-02HND	2245	
95-99	F	1 Hour Postal	Maurine	E	Kornfeld		96	ROSE	LDAA		3379-03AD6	2200	√
18-24	F	5K Postal	Madeline	J	Bruce		23	IM	LDAA		217S-09DA1	1:08:33.99	
25-29	F	5K Postal	Ash	D	Kulak		25	DOC	LDAA		167M-0AGNN	1:17:19.00	
30-34	F	5K Postal	Sandra	E	Frimerman-Bergquist		34	MINN	LDAA		307D-04TAE	1:12:17.99	
35-39	F	5K Postal	Emily	R	Melina		37	OREG	LDAA		377W-04DDH	1:08:14.40	
40-44	F	5K Postal	Sonja		Koppenwallner		41	SFTL	LDAA		507C-01YJF	1:13:20.50	
45-49	F	5K Postal	Debbie		Dawson		49	EST	LDAA		097M-SWMRR	1:10:12.19	

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50-54	F	5K Postal	Kimberly	D	Elsbach		54	DAM	LDAA		387X-D0NUT	1:11:45.00	
55-59	F	5K Postal	Suzanne	M	Heim-Bowen		59	WCM	LDAA		387W-03F3T	1:08:52.25	√
60-64	F	5K Postal	Catherine	M	Rust		64	PBM	LDAA		5074-06WNH	1:18:51.99	
65-69	F	5K Postal	Shirley	A	Loftus-Charley		66	VMST	LDAA		127Z-WATER	1:16:19.34	√
70-74	F	5K Postal	Suzette	A	Harkin		71	BOZE	LDAA		317V-0AFG4	1:50:19.97	
75-79	F	5K Postal	Sarah	L	Kopsky		76	TULS	LDAA		2777-01JW6	1:36:22.14	√
18-24	F	10K postal	Catherine		Breed		24	MEMO	LDAA		387T-0A02H	2:14:30.00	
25-29	F	10K Postal	Amanda	L	Singleton		28	SFTL	LDAA		507W-07JMK	2:47:41.75	
30-34	F	10K Postal	Karina	R	Garcia		31	VCM	LDAA		337D-049BT	2:37:40.75	
35-39	F	10K Postal	Christina		Hitchcock		35	SFTL	LDAA		507X-061JZ	2:31:26.76	
40-44	F	10K Postal	Michelle		McRae		42	PSM	LDAA		3677-04FBZ	2:29:16.85	
45-49	F	10K Postal	Tracy	A	Williams		45	PBM	LDAA		507W-09DRD	3:13:03.99	
50-54	F	10K Postal	Brooke	J	Bowman		50	SPM	LDAA		1478-004KC	2:40:17.99	
55-59	F	10K Postal	Denise	H	Brown		58	MICH	LDAA		197Y-01U86	2:33:29.39	
60-64	F	10K Postal	Catherine	M	Rust		64	PBM	LDAA		5074-06WNH	2:42:22.47	
65-69	F	10K postal	Shirley	A	Loftus-Charley		66	VMST	LDAA		127Z-WATER	2:39:58.25	√
70-74	F	10K Postal	Jan	H	Miller		74	SYSM	LDAA		147B-083F4	6:14:08.99	
18-24	F	3000 yd postal	Madeline	J	Bruce		23	IM	LDAA		217S-09DA1	35:53.99	
25-29	F	3000 yd postal	Kelsey		Liu		25	MOVY	LDAA		2873-0A4V8	35:52.02	
30-34	F	3000 yd postal	Heather	M	Frees		34	NCMS	LDAA		137C-05P9Y	36:47.39	
35-39	F	3000 yd postal	Kellie	W	McCaffery		36	ROCH	LDAA		0476-0719J	37:40.67	
40-44	F	3000 yd postal	Michelle		McRae		42	PSM	LDAA		3677-04FBZ	37:47.74	
45-49	F	3000 yd postal	Anne	R	Cappola		48	1776	LDAA		087K-022E0	38:27.00	
50-54	F	3000 yd postal	Laurie		Hug		52	1776	LDAA		087Y-0226X	35:32.15	
55-59	F	3000 yd postal	Ellie	S	Najjar		56	CMS	LDAA		3273-045G5	37:22.07	
60-64	F	3000 yd postal	Colette	M	Crabbe		61	OREG	LDAA		377K-02645	39:28.74	
65-69	F	3000 yd postal	Shirley	A	Loftus-Charley		66	VMST	LDAA		128H-WATER	39:28.65	
70-74	F	3000 yd postal	Ann		Vitt		71	MOST	LDAA		437K-02R7K	53:33.10	
75-79	F	3000 yd postal	Patricia	M	Bond		79	SYSM	LDAA		1475-02RDM	55:05.16	
80-84	F	3000 yd postal	June		Baima		83	GAJA	LDAA		458C-063X9	1:21:27.53	
18-24	F	6000 yd postal	Madeline	J	Bruce		23	IM	LDAA		217S-09DA1	1:13:40.99	
25-29	F	6000 yd postal	Kate	A	Stephensen		28	VMST	LDAA		127Y-06ZS2	1:14:53.50	
30-34	F	6000 yd postal	Kendra		Hogg		30	VMST	LDAA		127D-09RSH	1:15:58.89	
35-39	F	6000 yd postal	Christina		Hitchcock		35	SFTL	LDAA		507X-061JZ	1:26:29.19	
40-44	F	6000 yd postal	Michelle		McRae		42	PSM	LDAA		3677-04FBZ	1:17:43.05	
45-49	F	6000 yd postal	Suzanne	R	Dearworth		45	PBM	LDAA		507T-027H7	1:36:26.32	
50-54	F	6000 yd postal	Susan	G	Von Der Lippe		52	CMS	LDAA		327D-030K6	1:15:29.45	
55-59	F	6000 yd postal	Denise	H	Brown		58	MICH	LDAA		197Y-01U86	1:18:43.60	
60-64	F	6000 yd postal	Catherine	M	Rust		64	PBM	LDAA		5074-06WNH	1:24:28.99	
65-69	F	6000 yd postal	Shirley	A	Loftus-Charley		66	VMST	LDAA		127Z-WATER	1:20:30.01	
70-74	F	6000 yd postal	Susan	I	Paris		71	O*H*	LDAA		187Y-01WC8	2:10:48.12	