

RESULTS

EVENT NAME: 2007 5 K Postal National Championship
CHAMPIONSHIP EVENT: USMS National 5K and 10 K Postal
EVENT DATE(S): May 15- Sept 15
SANCTION NUMBER: OW 4307-004
EVENT DIRECTOR: Susan Ingraham
Address 302 Happy Trail
San Antonio, TX 78231
Phone 210-493-0388
E-mail Aquatex101@aol.com

WOMEN RESULTS

<u>Place</u>	<u>Age Grp</u>	<u>First Name</u>	<u>Last Name</u>	<u>Age</u>	<u>Club abbr.</u>	<u>Time</u>	<u>New Record</u>	<u>Finish Points</u>
1	18-24	Christina	Fenske	22	SAWS	1:39:24.02		653
1	25-29	Courtney	Mills	28	CMS	1:10:51.99		926
2	25-29	Kristina	Helquist	27	IM	1:18:34.99		835
1	30-34	Kristi	Lee	31	SAWS	1:10:25.93		915
2	30-34	Margaret	Pizer	32	MESC	1:10:48.90		910
3	30-34	Meredith	Novack	31	FLAQ	1:19:14.56		813
4	30-34	Karla	Rees	34	MVM	1:19:39.80		809
5	30-34	Jenny	Birmelin	30	MICH	1:20:01.75		805
6	30-34	Michelle	Lester	32	TXLA	1:21:58.62		786
7	30-34	Elizabeth	Strausbaugh	30	OREG	1:25:24.99		754
8	30-34	Heather	Barker	33	CMS	1:32:14.36		698
9	30-34	Heather	Sherman	33	FLAQ	1:39:55.26		645
10	30-34	Amy	Brandon	33	FLAQ	1:40:01.59		644
1	35-39	Nadine	Day	37	IM	1:07:49.83		936
2	35-39	Becky	Franklin	39	SQST	1:13:25.49		864
3	35-39	Bridget	Bailie	38	ISF	1:20:31.52		788
4	35-39	Lisa	Elsener	38	MOVY	1:20:56.09		784
5	35-39	Lisa	Mische-Lawson	35	MOVY	1:25:29.61		742
6	35-39	Jane	Woo	37	UNAT	1:29:30.89		709
7	35-39	Carrie	Kirk	39	ISF	1:30:26.11		702
8	35-39	Jennifer	Hulett	38	FLAQ	1:32:32.99		686
9	35-39	Suzanne	Dowling	38	MOST	1:36:54.41		655
10	35-39	Micol	Seigel	38	WH2O	1:39:43.28		636
11	35-39	Jennier	Terry	36	SAWS	1:43:41.74		612
12	35-39	Mary	Ott	39	ISF	1:46:21.20		597

Place	Age Grp	First Name	Last Name	Age	Club abbr.	Time	Record	Finish Points
1	40-44	Charlotte	Peterson	43	SPM	1:09:12.99		909
2	40-44	Julia	Schickore	42	DOC	1:09:35.09		904
3	40-44	Arlene	Delmage	44	OREG	1:11:10.99		884
4	40-44	Susie	Shuck	41	ISF	1:11:46.00		876
5	40-44	Victoria	Rian	41	ISF	1:11:55.18		874
6	40-44	Marcia	Cleveland	43	IM	1:13:04.79		861
7	40-44	Lori	Leadbetter	42	SPM	1:15:19.99		835
8	40-44	Nicole	Vanderpoel	43	CMS	1:17:12.40		815
9	40-44	Heather	Hagadorn	42	CMS	1:17:45.63		809
10	40-44	Heidi	Kafka	44	IM	1:18:12.50		804
11	40-44	Anne	O'Dea	41	ISF	1:19:35.20		790
12	40-44	Toni	Hecksel	41	CMS	1:20:11.13		784
13	40-44	Katherine	McAteer	44	ISF	1:24:03.05		748
14	40-44	Kae	McDonald	44	CMS	1:31:59.99		699
15	40-44	Marion	Sills	41	CMS	1:33:28.58		684
16	40-44	Kristy	Aalberg	42	OREG	1:37:44.99		673
17	40-44	Lynne	Lasser	44	IM	1:39:17.08		643
18	40-44	Amber	Anthony	40	MOST	1:42:48.03		633
19	40-44	Jessica	Jolly	44	IM	1:43:11.93		612
20	40-44	Flavia	Zappa	40	SPM	1:50:07.42		609
21	40-44	Roberta	Varela-Hein	43	MOST	1:55:24.41		571
22	40-44	Janet	Sussman	42	IM	2:30:18.43		545
1	45-49	Kerri	Roussain	48	GOLD	1:11:03.99		907
2	45-49	Susan	Ingraham	48	MOST	1:16:58.82		837
3	45-49	Lisa	Zedonis	45	ISF	1:24:06.20		766
4	45-49	Christine	Swanson	45	SPM	1:26:34.00		745
5	45-49	Cheryl	Gettelfinger	49	ISF	1:26:49.27		742
6	45-49	Stacy	Karwacki	45	BATC	1:27:35.56		736
7	45-49	Patricia	Rogers	47	OREG	1:31:03.99		708
8	45-49	Maddie	Diedo	48	MICH	1:31:21.39		705
9	45-49	Tina	Oakes	46	ISF	1:34:05.70		685
10	45-49	Laura	Tredge	45	WM	1:36:05.29		671
11	45-49	Paula	Moores	49	SAWS	1:37:44.06		659
12	45-49	Kathy	Fredrichsen	46	MOST	1:44:20.21		618
13	45-49	Jeanne	Sather	49	FLAQ	1:47:22.41		600
14	45-49	Adrienne	Chin-Ogilvie	46	FLAQ	1:48:03.58		596
15	45-49	Sue	Moucha	49	BLUE	2:22:38.60		452
1	50-54	Mary	Sweat	50	OREG	1:13:21.07		961
2	50-54	Lisa	Bennett	51	SQST	1:14:02.07		952
3	50-54	Jo Ann	Harrelson	51	SPM	1:22:27.43		855
4	50-54	Kathy	Boyer	53	MOST	1:23:42.36		842
5	50-54	Beth	Foland	51	ISF	1:27:10.19		809

Place	Age Grp	First Name	Last Name	Age	Club abbr.	Time	Record	Finish Points
6	50-54	Pam	Geiger	54	SPM	1:28:38.99		795
7	50-54	Jan	Johnson	52	ISF	1:33:14.82		756
8	50-54	Barbara	Delanois	52	IM	1:37:04.10		726
9	50-54	Chris	Mayhew	53	MOST	1:37:29.71		723
10	50-54	Linda	Callaway	54	MOST	1:45:26.50		669
11	50-54	Susan	Gershenthorn	51	MOST	1:49:51.06		642
12	50-54	Shelly	Probber	50	MOST	1:57:10.70		602
13	50-54	Alexis	Zubrod	54	SPM	2:04:16.99		567
1	55-59	Shirley	Loftus-Charley	55	VMST	1:16:42.01		934
2	55-59	Kathy	Umbdenstock	55	VMST	1:23:37.11		857
3	55-59	Catherine	Quill	57	IM	1:30:27.99		792
4	55-59	Cynthia	Thomas	58	TXLA	1:36:35.29		742
5	55-59	Jill	Wright	56	SAWS	1:37:13.97		737
6	55-59	Tam	Jenkins	59	OREG	1:44:24.99		686
1	60-64	Ann	Svenson	61	DCM	1:28:12.91		984
2	60-64	Beverly	Montrella	60	MVN	1:31:16.25		951
3	60-64	Jennifer	Parks	63	MICH	1:32:42.70		937
4	60-64	Marcia	Anziano	62	CMS	1:35:28.67		909
5	60-64	Linda	Webb	61	FLAQ	1:41:14.60		858
6	60-64	Barbara	Larsen	60	ISF	1:45:09.45		826
7	60-64	Lynn	Francis	63	MOST	2:32:17.04		570
1	65-69	Jane	Oberg	69	CMS	1:36:32.40		877
2	65-69	Patricia	Bond	69	FMM	1:41:15.26		836
3	65-69	Sandy	Steer	68	SPM	2:13:19.14		635
1	70-74	Betsy	Jordan	70	SDSM	1:39:38.97		952
2	70-74	Doris	Prokopi	71	FMM	2:01:19.62		782
3	70-74	Kate	Knight Perry	72	SPM	2:06:25.89		751
4	70-74	Carol	Lowengrub	70	DOC	2:07:46.22		743

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MEN RESULTS

Place	Age Grp	First Name	Last Name	Age	Club abbr.	Time	New Record	Finish Points
1	18-24	Thomas	Alne	19	GSM	1:11:15.82		915
2	18-24	Craig	Charley	24	VMST	1:14:17.18		877
1	25-29	Brad	Zoller	29	IM	1:07:30.99		910
2	25-29	Kennon	Williams	26	FLAQ	1:30:27.38		679
1	30-34	Matt	Hooper	33	FLAQ	1:01:37.66		972
2	30-34	Chris	McAllister	34	UNAT	1:08:34.96		873
3	30-34	Jeff	Maydak	34	NAST	1:09:14.26		865
4	30-34	Tony	Stewart	33	MOVY	1:16:56.12		778
5	30-34	Robert	Henry	32	ISF	1:31:51.07		652
1	35-39	Andrew	Scheiner	39	STAN	1:02:33.85		930
2	35-39	Kurt	Dickson	39	ARIZ	1:03:38.00		914
3	35-39	Jeremy	Becker	37	DOC	1:09:05.10		842
4	35-39	William	Sax	38	GMUP	1:09:34.52		836
5	35-39	Robert	Breitel	39	ROSE	1:09:43.50		834
6	35-39	Benjamin	Morse	35	MESC	1:09:46.12		834
7	35-39	Robert	Villacres	37	SPM	1:14:56.96		776
8	35-39	Michael	Guirl	36	MOST	1:18:09.74		744
9	35-39	Mike	Nims	38	CMS	1:33:41.99		621
1	40-44	Jeff	Erwin	43	SAWS	59:50.75		976
2	40-44	Tim	Waid	44	MOVY	1:12:54.04		801
3	40-44	Thomas	Evans	41	CMS	1:15:11.41		777
4	40-44	Robert	Higley	42	OREG	1:17:26.91		754
5	40-44	Andy	Fischer	40	FLAQ	1:19:23.03		736
6	40-44	Robert	LeVine	42	NCMS	1:20:27.62		726
7	40-44	Brian	Reeves	44	NAST	1:20:37.48		724
8	40-44	David	Perelstein	44	MOST	1:20:51.91		722

Place	Age Grp	First Name	Last Name	Age	Club abbr.	Time	Record	Finish Points
9	40-44	Anthony	Thompson	43	MOVY	1:22:48.00		705
10	40-44	Karsten	Kalthoff	40	FLAQ	1:29:55.64		649
11	40-44	William	Marshall	43	COM	1:30:33.23		645
12	40-44	John	Drew	40	DOC	1:30:41.62		644
13	40-44	Alex	Osterneck	42	UNAT	1:35:29.99		611
14	40-44	Rick	Vavul	42	ISF	1:39:35.17		586
15	40-44	Christopher	Salvo	41	IM	1:43:52.99		562
16	40-44	Glenn	Garcia	41	MOST	1:47:00.22		546
1	45-49	Dave	Sebastian	45	IM	1:07:45.99		904
2	45-49	Doug	Asbury	47	OREG	1:09:37.99		880
3	45-49	Kris	Calvin	45	OREG	1:11:49.99		853
4	45-49	Ron	Collins	45	SPM	1:13:57.99		829
5	45-49	Geoffrey	Brown	46	DOC	1:14:01.61		828
6	45-49	Stephen	Humphrey	48	CMS	1:14:57.50		818
7	45-49	Marty	Hendrick	49	FLAQ	1:15:02.10		817
8	45-49	Eric	Steinhauff	48	OREG	1:15:07.99		816
9	45-49	David	Young	49	CMS	1:15:42.72		809
10	45-49	Chris	Layton	48	IM	1:15:50.12		808
11	45-49	Brian	Fouts	47	DOC	1:17:05.15		795
12	45-49	Jeffrey	Magouirk	45	CMS	1:18:24.98		782
13	45-49	Stuart	Booth	48	GMUP	1:20:10.42		764
14	45-49	John	Kincaid	46	DOC	1:21:42.30		750
15	45-49	Amadeo	Quiroga	46	FLAQ	1:26:03.78		712
16	45-49	Bruce	Morey	49	MICH	1:29:12.84		687
17	45-49	Brent	Anderson	45	MOST	1:32:25.23		663
18	45-49	David	Nobles	46	COM	1:33:34.25		655
19	45-49	Brian	Martin	45	MOST	1:35:24.58		642
1	50-54	James	Stewart	50	MINN	1:08:03.00		895
2	50-54	Kern	Davis	52	SPM	1:08:21.00		891
3	50-54	Robert	Hansen	52	GMUP	1:08:42.67		886
4	50-54	Robert	Wright	52	DOC	1:09:25.12		877
5	50-54	Timothy	Kennedy	50	SPM	1:11:35.99		851
6	50-54	Joe	Aumiller	50	MICH	1:14:20.65		819
7	50-54	Phil	Dodson	54	IM	1:14:53.32		813
8	50-54	Michael	Tennant	53	OREG	1:16:18.99		798
9	50-54	John	Flack	52	NCMS	1:17:33.18		785
10	50-54	David	Gude	51	MOST	1:31:54.33		663
11	50-54	Skip	Montanaro	53	IM	1:32:02.92		662
12	50-54	Steve	Erickson	50	MICH	1:35:30.44		638
13	50-54	Mark	Stone	51	UNAT	1:42:31.98		594
14	50-54	Kyle	Lanham	50	ISF	1:55:04.59		529
15	50-54	Lee	Porisch	52	MOST	1:56:10.42		524

Place	Age Grp	First Name	Last Name	Age	Club abbr.	Time	Record	Finish Points
16	50-54	Gregory	Rotole	53	FMM	1:57:05.37		520
1	55-59	David	Owen	55	GOLD	1:09:40.81		909
2	55-59	James	Ryan	55	GSM	1:11:00.29		892
3	55-59	Frank	Thompson	55	MICH	1:13:25.28		863
4	55-59	Bob	Bruce	59	OREG	1:18:32.99		806
5	55-59	John	Shrum	58	VMST	1:18:51.61		803
6	55-59	David	Lewis	55	ISF	1:22:17.57		770
7	55-59	Wayne	Wilson	57	DOC	1:24:01.02		754
8	55-59	Pat	Marzulli	58	SPM	1:26:24.00		733
1	60-64	Larry	Raffaelli	64	VCM	1:14:41.62		955
2	60-64	Willis	Braswell	62	DCM	1:15:12.78		948
3	60-64	Vince	Herring	64	MINN	1:22:14.33		867
4	60-64	Neil	Salkind	60	MOVY	1:27:59.99		811
5	60-64	Charles	Zeese	60	MICH	1:40:26.14		710
6	60-64	Gerald	Wunsch	61	DOC	1:47:13.28		665
7	60-64	Henry	Haff	64	MOST	1:48:10.71		659
1	65-69	Tom	Landis	65	OREG	1:14:55.99		965
2	65-69	Michael	Wood	65	VCM	1:25:02.21		850
3	65-69	Dan	Murphy	65	NCMS	1:29:27.94		808
4	65-69	Robert	Bergstrom	66	FAST	1:36:10.97		752
5	65-69	Harold	Murray	65	FACT	1:37:04.31		745
6	65-69	Brent	Lake	69	OREG	1:43:20.99		699
7	65-69	Norman	Macartney	68	NCMS	1:56:02.71		623
8	65-69	James	Ward	68	FLAQ	1:56:25.85		621
1	70-74	David	Radcliff	73	OREG	1:19:28.22		952
2	70-74	George	Brunstad	73	CONN	1:35:15.15		794
3	70-74	John	Cox	72	SPM	1:51:23.89		679
4	70-74	Richard	Cooke	71	SAWS	2:11:21.49		576
1	75-79	Graham	Johnston	76	MOST	1:22:30.22	###	1037
2	75-79	Robert	Beach	77	SPM	1:36:08.99		890
1	80-84	Ian	Redpath	82	BSM	2:25:31.77		932

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RELAY RESULTS

WOMEN

<u>Place</u>	<u>Age group</u>	<u>Club Name</u>	<u>Names of Swimmers</u>	<u>Time</u>	<u>Record</u>
1	25+	Oregon Masters	Elizabeth Strausbaugh, Mary Sweat, Arlene Delmage	3:50:02.25	
2	25+	Team Illinois	Kristina Helquist, Catherine Quill, Janet Sussman	4:19:23.01	
3	25+	Michigan Masters	Maddie Diedo, Jenny Birmelin, Jennifer Partes	4:24:05.84	
1	35+	Team Illinois	Nadine Day, Marcia Cleveland, Heidi Kafka	3:39:07.12	###
2	35+	IndySwimFit	Victoria Rian, Anne O'Dea, Susie Shuck	3:43:16.38	
3	35+	IndySwimFit	Bridget Baine, Katherine McAteer, Lisa Zedonis	4:08:40.77	
4	35+	St Pete Masters	Lori Leadbetter, Charlotte Peterson, Flavia Zappa	4:14:40.40	
5	35+	Masters of South Texas	Suzanne Dowling, Amber Anthony, Roberta Varela-Hein	5:13:06.85	
6	35+	Team Illinois	Lynne Lasser, Jessica Jolly, Janet Sussman	5:52:47.44	
1	45+	St Pete Masters	Pam Geiger, Joann Harrelson, Christine Swanson	4:17:40.42	
2	45+	Masters of South Texas	Susan Ingraham, Kathy Boyer, Chris Mayhew	4:18:10.89	
3	45+	IndySwimFit	Cheryl Gettelfinger, Beth Foland, Tina Oakes	4:28:05.07	
4	45+	Masters of South Texas	Kathy Fredrichsen, Linda Callaway, Susan Gershenhorn	5:20:42.17	

MEN

1	25+	Team Illinois	Brad Zoller, Dave Sebastian, Phil Dodson	3:30:10.30	
2	25+	Missouri Valley	Tim Waid, Tony Stewert, Anthony Thompson	3:52:38.16	
1	35+	Patriot Masters	Robert Hansen, William Sax, Stuart Booth	3:38:27.61	
2	35+	Doc IU Masters	Robert Wright, John Drew, Jeremy Becker	3:49:11.84	
3	35+	Oregon Masters	Bob Bruce, Rob Higley, Mike Tennant	3:52:18.89	
4	35+	Masters of South Texas	Michael Guirl, David Perelstein, Glenn Garcia	4:26:01.87	
5	35+	Team Illinois	Chris Layton, Skip Montanaro, Christopher Salvo	4:31:47.23	
1	45+	St. Pete Masters	Timothy Kennedy, Ron Collins, Kern Davis	3:33:54.98	
2	45+	Oregon Masters	Eric Seinhauff, Kris Calvin, Doug Asbury	3:36:35.97	
3	45+	Doc IU Masters	John Kincaid, Brian Fouts, Geoffrey Brown	3:52:49.06	
4	45+	Masters of South Texas	Brent Anderson, Graham Johnston, David Gude	4:26:49.78	

<u>Place</u>	<u>Age group</u>	<u>Club Name</u>	<u>Names of Swimmers</u>	<u>Time</u>	<u>Record</u>
5	45+	Michigan Masters	Joe Aumiller, Charles Zeese, Steve Erickson	4:30:17.23	
6	45+	Masters of South Texas	Brian Martin, Henry Halff, Lee Porisch	5:19:45.71	
1	55+	St Pete Masters	Pat Marzulli, Robert Beach, John Cox	4:53:56.88	
1	65+	Oregon Masters	Brent Lake, Dave Radcliff, Tom Landis	4:17:45.20	###
MIXED					
1	18+	Virginia Masters	.oftus-Charley, Kathy Umbdenstock, John Shrum, Craig Charley	5:13:27.91	
1	25+	Team Illinois	Nadine Day, Marcia Cleveland, Brad Zoller, Dave Sebastian	4:36:14.00	
2	25+	Missouri Valley	Lisa Mische-Lawson, Lisa Elsener, Tim Waid, Tony Stewert	5:16:15.86	
3	25+	Oregon Masters	Pat Rogers, Elizabeth Strausbaugh, Eric Steinhauff, Tom Landis	5:32:38.96	
4	25+	Team Illinois	Heidi Kafka, Kristina Helquist, Chris Layton, Christopher Salvo	5:36:32.20	
5	25+	Michigan Masters	Jenny Birmelin, Maddie Diedo, Joe Aumiller, Steve Erickson	5:41:14.23	
1	35+	St Pete Masters	Charlotte Peterson, Lori Leadbetter, Kern Davis, Timothy Kennedy	4:44:29.97	
2	35+	Oregon Masters	Mary Sweat, Arlene Delmage, Kris Calvin, Doug Asbury	4:46:00.04	
3	35+	Masters of South Texas	San Ingraham, Kathy Boyer, David Perelstein, Graham Johnston	5:24:03.31	
4	35+	Masters of South Texas	Suzanne Dowling, Chris Mayhew, Michael Guirl, David Gude	6:04:28.19	
1	45+	St Pete Masters	Christine Swanson, Pam Geiger, Ron Collins, Pat Marzulli	5:35:34.98	
2	45+	Team Illinois	Barb Delanois, Catherine Quill, Skip Montanaro, Phil Dodson	5:54:28.33	
1	65+	St Pete Masters	Katie Knight-Perry, Sandy Steer, Robert Beach, John Cox	7:47:17.92	