

2010 Women's USMS Long Distance All-Americans

compiled by Jennie Quill

Age Group	Gender	Event	First Name	M.I.	Last Name	Age	Club abbr.	Time or distance
18-24	W	>1/<3 OW	Fiona		O'Donnell-McCarthy	23	TOC	33:16.7
18-24	W	>6 OW	Mallory	R	Mead	24	ISF	2:18:15
18-24	W	2 mile cable	Abigail	E	Nunn	20	UNAT-VA	40:07.05
18-24	W	>3/<6 OW	Valerie	A	Adams	24	WMAC	1:26:52
18-24	W	5K postal	Kasey		Morris	18	UNAT	1:04:09.79
18-24	W	10K postal	Sara	E	Holman	23	GSC	2:16:23.44
18-24	W	3000 yd postal	Mary	E	Holman	24	GSC	34:37.61
18-24	W	6000 yd postal	Sara	E	Holman	24	GSC	1:09:59.56
18-24	W	1 mile OW	Justine	L	Mueller	23	NCMS	20:20.9
18-24	W	1 Hour Postal	Lauren	A	Morford	24	AGUA	5,370
25-29	W	>1/<3 OW	Danielle	Y	Becks	28	TOC	32:17.0
25-29	W	>6 OW	Danielle	M	Revere	26	THT	2:31:53
25-29	W	2 mile cable	Kim Sarah		Rice	29	NCMS-NC	43:47.35
25-29	W	>3/<6 OW	Sarah	S	Thomas	24	CMS	1:22:24
25-29	W	5K postal	Sarah	S	Thomas	28	CMS	1:10:26.38
25-29	W	10K postal	Sarah	S	Thomas	28	CMS	2:24:58.13
25-29	W	3000 yd postal	Melinda	B	Williams	29	NEM	36:44.30
25-29	W	6000 yd postal	Sarah	S	Thomas	28	CMS	1:13:40.00
25-29	W	1 mile OW	Kim Sarah		Rice	29	NCMS	20:32.8
25-29	W	1 Hour Postal	Kim Sarah		Rice	28	NCMS	5,120
30-34	W	>1/<3 OW	Heidi	S	George	34	LAMV	29:48.5
30-34	W	>6 OW	Jenny	L	Birmelin	33	MICH	2:45:30
30-34	W	2 mile cable	Julie		Roddin	33	TERR-PV	46:49.57
30-34	W	>3/<6 OW	Kaly		Gillette-Shippen	32	IFPM	2:42:06
30-34	W	5K postal	Joy		Stover	34	MOVY	1:08:03.10
30-34	W	10K postal	Kristi	D	Lee	34	SAWS	2:26:48.56
30-34	W	3000 yd postal	Kristi	D	Lee	34	SAWS	36:00.85
30-34	W	6000 yd postal	Kristi	D	Lee	34	SAWS	1:14:20.20
30-34	W	1 mile OW	Jennifer	S	Leiser	30	NCMS	21:21.0
30-34	W	1 Hour Postal	Jessica	I	Knapp	33	SPM	5,325
35-39	W	>1/<3 OW	Shannon	D	Wolford	37	TAM	34:53.9
35-39	W	>6 OW	Juliet	E	Port	35	ISF	2:45:28
35-39	W	2 mile cable	Barbara	A	Streater	39	VMST-VA	50:53.54
35-39	W	>3/<6 OW	Kira	D	Dale Pfisterer	38	SAWS	1:23:19

35-39	W	5K postal	Kira	D	Dale-Pfisterer	38	SAWS	1:08:24.45
35-39	W	10K postal	Kira	D	Dale-Pfisterer	38	SAWS	2:22:33.00
35-39	W	3000 yd postal	Andrea	H	Packard	35	NCMS	34:56.22 1:10:18.70
35-39	W	6000 yd postal	Andrea	H	Packard	35	NCMS	
35-39	W	1 mile OW	Katie	K	Whitworth	35	VMST	25:48.8
35-39	W	1 Hour Postal	Alison	H	Zamanian	39	WCM	5,560
40-44	W	>1/<3 OW	Patti		Bauernfeind	43	LNM	34:38.5
40-44	W	>6 OW	Victoria	L	Rian	43	ISF	2:19:58
40-44	W	2 mile cable	Heidi		Williams	41	NCMS-NC	46:25.49
40-44	W	>3/<6 OW	Teri	J	Moen	42	CMS	1:26:42
40-44	W	5K postal	Victoria	L	Rian	44	ISF	1:06:33.40
40-44	W	10K postal	Victoria	L	Rian	44	ISF	2:18:41.20
40-44	W	3000 yd postal	Victoria	L	Rian	44	ISF	36:09.00
40-44	W	6000 yd postal	Victoria	L	Rian	44	ISF	1:11:52.24
40-44	W	1 mile OW	Heidi		Williams	41	NCMS	22:03.6
40-44	W	1 Hour Postal	Jill	E	Gellatly	42	WMST	5,195
45-49	W	>1/<3 OW	Karin		LaBerge	46	TVM	33:22.9
45-49	W	>6 OW	Marcia	E	Cleveland	46	IM	2:42:52
45-49	W	2 mile cable	Eney		Jones	49	SYSM-FL	43:04.92
45-49	W	>3/<6 OW	Eney		Jones	49	SYSM	1:21:11
45-49	W	5K postal	Andrea	J	Block	48	IM	1:07:25.20
45-49	W	10K postal	Jutta		Schickore	45	DOC	2:24:21.82
45-49	W	3000 yd postal	Andrea	J	Block	48	IM	35:59.89 1:19:41.90
45-49	W	6000 yd postal	Nicole	L	Vanderpoel	46	CMS	
45-49	W	1 mile OW	Arlene		Delmage	47	OREG	21:57.3
45-49	W	1 Hour Postal	Andrea	J	Block	48	IM	5,235
50-54	W	>1/<3 OW	Marguerite		Meyer	51	TOC	34:54.3
50-54	W	>6 OW	Denise	H	Brown	50	MICH	2:37:59
50-54	W	2 mile cable	Sharon	V	Smith	52	TXLA-ST	46:49.31
50-54	W	>3/<6 OW	Robin		Batchelor	52	NCMS	1:41:45
50-54	W	5K postal	Denise	H	Brown	50	MICH	1:08:27.14
50-54	W	10K postal	Denise	H	Brown	50	MICH	2:22:01.72
50-54	W	3000 yd postal	Denise	H	Brown	51	MICH	36:51.91 1:15:14.28
50-54	W	6000 yd postal	Denise	H	Brown	51	MICH	
50-54	W	1 mile OW	Kerri	C	Roussain	51	GOLD	24:03.5
50-54	W	1 Hour Postal	Suzanne	M	Heim-Bowen	51	WCM	5,180
55-59	W	>1/<3 OW	Laura	B	Val	58	TAM	32:09.7
55-59	W	>6 OW	Shirley	A	Loftus-Charley	58	VMST	2:35:55
55-59	W	2 mile cable	Shirley	A	Loftus-Charley	58	VMST-VA	46:37.00
55-59	W	>3/<6 OW	Carolyn	M	Roche	59	CMS	1:31:15

55-59	W	5K postal	Shirley	A	Loftus-Charley	58	VMST	1:12:51.10
55-59	W	10K postal	Shirley	A	Loftus-Charley	58	VMST	2:26:59.80
55-59	W	3000 yd postal	Shirley	A	Loftus-Charley	58	VMST	37:33.01 1:16:37.84
55-59	W	6000 yd postal	Shirley	A	Loftus-Charley	59	VMST	
55-59	W	1 mile OW	Shirley	A	Loftus-Charley	58	VMST	23:11.6
55-59	W	1 Hour Postal	Laura	B	Val	58	TAM	5,090
60-64	W	>1/<3 OW	Alice	A	Jones	60	SCAM	42:56.2
60-64	W	>6 OW	Joanne		Menard	62	ARIZ	3:09:44
60-64	W	2 mile cable	Marcia	L	Barry	61	VMST-VA	51:59.94
60-64	W	>3/<6 OW	Linda	R	Shoenberger	62	TAM	1:49:37
60-64	W	5K postal	Ann		Svenson	64	DCM	1:33:37.99
60-64	W	10K postal	Ann		Svenson	64	DCM	3:15:09.31
60-64	W	3000 yd postal	Ann		Svenson	64	DCM	50:46.55 1:44:53.22
60-64	W	6000 yd postal	Ann		Svenson	64	DCM	
60-64	W	1 mile OW	Jo	B	May	62	MOST	32:57.3
60-64	W	1 Hour Postal	Barbara	G	Dunbar	60	SDSM	4,500
65-69	W	>1/<3 OW	Glenda	G	Carroll	66	TAM	50:46.8
65-69	W	2 mile cable	Pam	D	Dameron	65	QMST-VA	1:07:52.74
65-69	W	5K postal	Jennifer	A	Parks	66	GLSM	1:40:33.21
65-69	W	10K postal	Esther	B	Ellis	65	SWMS	4:10:39.70
65-69	W	3000 yd postal	Sue	C	Calnek-Morris	67	OREG	47:35.00 2:09:21.09
65-69	W	6000 yd postal	Esther	B	Ellis	65	SWMS	
65-69	W	1 Hour Postal	Nancy	J	Ridout	67	TAM	3,825
70-74	W	>1/<3 OW	Susan	L	Munn	71	DAM	53:16.1
70-74	W	5K postal	Patricia	M	Bond	72	FMM	1:42:57.89
70-74	W	3000 yd postal	Patricia	M	Bond	72	FMM	54:31.43 2:18:41.00
70-74	W	6000 yd postal	Sandy	L	Steer	71	SPM	
70-74	W	1 Hour Postal	Susan	L	Munn	71	DAM	3,510
75-79	W	>1/<3 OW	Adrienne	S	Pipes	75	SDSM	53:46.7
75-79	W	3000 yd postal	Adrienne	S	Pipes	76	SDSM	56:25.92
75-79	W	1 mile OW	Adrienne	S	Pipes	75	SDSM	36:03.4
75-79	W	1 Hour Postal	Ronnie		Kamphausen	75	MESC	3,525
80-84	W	1 Hour Postal	Betty	S	Lorenzi	82	FACT	3,250
85-89	W	1 Hour Postal	Lois Kivi		Nochman	85	MICH	2,550
90-94	W	1 Hour Postal	Annie		Szuis	90	NIAG	1,815