



2016 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	√ Records
18-24	F	>1/<3 OW	Mackenzie	M	Leake		22	STAN	LDAA		386C-08D15	58:50	
25-29	F	>1/<3 OW	Lisa	E	Gibson		27	NIKE	LDAA		376V-09V6A	1:00:13	
30-34	F	>1/<3 OW	Suzie		Snyder		34	SNM	LDAA		3862-064AU	1:06:20	
35-39	F	>1/<3 OW	Karen	E	Schultz		36	SBM	LDAA		336H-06DBS	1:00:03	
40-44	F	>1/<3 OW	Amy	E	Fischer		40	CLOV	LDAA		386D-03WDD	1:06:16	
45-49	F	>1/<3 OW	Cynthia	J	Hertzer		47	CRUZ	LDAA		386T-CHSWM	1:05:41	
50-54	F	>1/<3 OW	Susan	H	Preston		54	STAN	LDAA		3862-03JTT	57:07	
55-59	F	>1/<3 OW	Caren	A	Mc Namara		56	WCM	LDAA		3860-03H3H	1:08:15	
60-64	F	>1/<3 OW	Linda		Locklin		63	CRUZ	LDAA		386W-03FHC	1:12:09	
65-69	F	>1/<3 OW	Celeste		Miller		66	SNM	LDAA		386J-MERRY	1:18:43	
18-24	F	>6/<9 OW	Mackenzie	M	Leake		22	STAN	LDAA		386C-08D15	2:23:19	
25-29	F	>6/<9 OW	Lisa	E	Gibson		26	NIKE	LDAA		376V-09V6A	2:37:40	
30-34	F	>6/<9 OW	Meredith	A	West		31	SMM	LDAA		386W-03PVE	3:08:03	
35-39	F	>6/<9 OW	Karen	E	Schultz		36	SBM	LDAA		336H-06DBS	2:29:23	
40-44	F	>6/<9 OW	Anicia		Criscione		42	OREG	LDAA		376B-EYEEM	2:51:38	
45-49	F	>6/<9 OW	Cynthia	J	Hertzer		47	CRUZ	LDAA		386T-CHSWM	2:39:16	
50-54	F	>6/<9 OW	Kimberly	D	Elsbach		53	DAM	LDAA		3864-D0NUT	2:29:20	
60-64	F	>6/<9 OW	Lindabeth		Schmucker		60	DAM	LDAA		3864-03G04	3:04:22	
30-34	F	>9 Mile OW	Amy	C	Charley		31	VMST	LDAA		1261-061BG	5:11:36	
35-39	F	>9 Mile OW	Jennifer		Snyder		36	REDT	LDAA		0669-05U8R	5:28:40	
40-44	F	>9 Mile OW	Michelle	A	McRae		40	PSM	LDAA		366R-04FBZ	4:34:08	
45-49	F	>9 Mile OW	Dana		Gianniny		46	ROCH	LDAA		046V-01X7C	4:31:48	
50-54	F	>9 Mile OW	Laurie		Hug		51	1776	LDAA		0863-0226X	4:25:32	
55-59	F	>9 Mile OW	Denise	H	Brown		56	MICH	LDAA		1963-01U86	4:57:09	
60-64	F	>9 Mile OW	Nancy		Steadman Martin		62	GSM	LDAA		0766-01Y2C	4:26:17	
18-24	F	1 Hour Postal	Marielle		Balz		24	AGUA	LDAA		066P-090D2	4,875	
25-29	F	1 Hour Postal	Heather	D	Mohorn		28	FINS	LDAA		086K-07AKS	5,130	
30-34	F	1 Hour Postal	Emily	S	Parker		30	SDSM	LDAA		446Y-05W50	5,040	
35-39	F	1 Hour Postal	Tesla	E	Profumo		38	CRUZ	LDAA		386B-068K7	4,855	
40-44	F	1 Hour Postal	Sara	Q	Nelson		43	OREG	LDAA		376B-0263K	4,915	
45-49	F	1 Hour Postal	Katy		Dooley		49	TXLA	LDAA		436V-077HF	5,060	
50-54	F	1 Hour Postal	Laurie		Hug		50	1776	LDAA		0863-0226X	5,110	
55-59	F	1 Hour Postal	Stacey	S	Warmuth		59	VCM	LDAA		3361-03ERT	4,800	

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60-64	F	1 Hour Postal	Lo	D	Knapp		61	UTAH	LDAA		346X-003ZB	4,650	
65-69	F	1 Hour Postal	Christie	M	Hayes		67	NEM	LDAA		0269-01S5E	4,175	
70-74	F	1 Hour Postal	Suzanne	L	Dills		70	PSM	LDAA		3665-01N00	4,015	√
75-79	F	1 Hour Postal	Louise		Murray		75	ROCH	LDAA		046P-01X4Z	3,330	
80-84	F	1 Hour Postal	Miek		Mc Cubbin		80	SMM	LDAA		386K-03HJM	3,040	
85-89	F	1 Hour Postal	Ann	M	Hirsch		85	WCM	LDAA		3863-03F3R	2,300	
90-94	F	1 Hour Postal	Maurine	E	Kornfeld		94	ROSE	LDAA		336N-03AD6	2,250	
18-24	F	10K postal	Madeline	J	Bruce		22	IM	LDAA		2169-09DA1	2:33:49.99	
25-29	F	10K Postal	Amanda	L	Singleton		27	SFTL	LDAA		5065-07JMK	2:47:17.81	
30-34	F	10K Postal	Karina	R	Garcia		30	VCM	LDAA		336H-049BT	2:40:33.42	
35-39	F	10K Postal	Sonja		Koppenwallner		39	SFTL	LDAA		506J-01YJF	2:28:53.19	
40-44	F	10K Postal	Michelle		McRae		40	PSM	LDAA		366R-04FBZ	2:31:26.60	
45-49	F	10K Postal	Nancy		Misage		45	TXLA	LDAA		4364-07XBX	2:32:47.52	
50-54	F	10K Postal	Susan	H	Preston		54	STAN	LDAA		3862-03JTT	2:13:56.22	√
55-59	F	10K Postal	Denise	H	Brown		56	MICH	LDAA		1963-01U86	2:29:10.50	
60-64	F	10K Postal	Shirley	A	Loftus-Charley		64	VMST	LDAA		1262-WATER	2:37:06.33	
65-69	F	10K postal	Wendy		Scherwat Ducourneau		65	TSTT	LDAA		336S-0A2JN	4:01:39.18	
18-24	F	2-Mile Cable	Ella	M	Wildemann		23	DAS	LDAA		176Z-088C3	54:05.6	
25-29	F	2-Mile Cable	Brittany		Wetnight		28	JYMF	LDAA		166R-09NM2	45:39.4	
30-34	F	2-Mile Cable	Casey		Schnack		31	UC21	LDAA		216B-0AEV3	48:50.0	
35-39	F	2-Mile Cable	Joni	L	Williamson		35	INDY	LDAA		166P-02AUW	52:09.8	
40-44	F	2-Mile Cable	Tobi	L	Limke		41	EST	LDAA		0967-002J8	51:06.6	
45-49	F	2-Mile Cable	Deb		Dawson		48	EST	LDAA		096D-SWMRR	45:36.4	
50-54	F	2-Mile Cable	Liz	J	Dillman		51	IM	LDAA		2169-02USU	44:29.3	√
55-59	F	2-Mile Cable	Judi	H	Norton		58	O*H*	LDAA		186V-01PJY	55:54.1	
60-64	F	2-Mile Cable	Shirley	A	Lofus-Charley		64	VMST	LDAA		1262-WATER	47:52.9	
65-69	F	2-Mile Cable	Joanne		Menard		68	MMAC	LDAA		4862-02F1Y	1:00:33.4	
75-79	F	2-Mile Cable	Laise	E	Easton		77	O*H*	LDAA		1862-01PNS	1:29:51.8	
18-24	F	3000 yd postal	Kelsey		Liu		24	MOVY	LDAA		2873-0A4V8	36:12.62	
25-29	F	3000 yd postal	Marie	F	Hanft		26	SFTL	LDAA		5069-09T73	36:33.45	
30-34	F	3000 yd postal	Christina		Horton		33	SFTL	LDAA		507X-061JZ	36:33.92	
35-39	F	3000 yd postal	Heather	B	Congdon		38	SFTL	LDAA		5064-0A4RM	38:11.72	
40-44	F	3000 yd postal	Sara	Q	Nelson		43	OREG	LDAA		376B-0263K	35:02.88	
45-49	F	3000 yd postal	Dana		Gianniny		46	ROCH	LDAA		046V-01X7C	36:14.44	
50-54	F	3000 yd postal	Ellen	M	Reynolds		52	SAWS	LDAA		597S-01J04	34:12.91	√
55-59	F	3000 yd postal	Kelly		Parker Palace		55	VMST	LDAA		126E-02HWU	35:35.02	√
60-64	F	3000 yd postal	Colette	M	Crabbe		60	OREG	LDAA		376E-02645	38:52.36	
65-69	F	3000 yd postal	Shirley	A	Loftus-Charley		65	VMST	LDAA		127Z-WATER	38:40.25	√

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70-74	F	3000 yd postal	Pat		Sherman		71	OREG	LDAA		3766-09ABT	56:26.00	
75-79	F	3000 yd postal	Sarah	L	Kopsky		75	TULS	LDAA		276R-01JW6	51:17.29	√
18-24	F	5K Postal	Madeline	J	Bruce		22	IM	LDAA		2169-09DA1	1:11:00.19	
25-29	F	5K Postal	Marie	F	Hanft		25	SFTL	LDAA		5069-09T73	1:14:24.31	
30-34	F	5K Postal	Christina		Horton		33	SFTL	LDAA		5064-061JZ	1:12:15.10	
35-39	F	5K Postal	Sonja		Koppenwallner		39	SFTL	LDAA		506J-01YJF	1:13:25.03	
40-44	F	5K Postal	Michelle		McRae		40	PSM	LDAA		366R-04FBZ	1:11:42.58	
45-49	F	5K Postal	Nancy		Misage		45	TXLA	LDAA		4364-07XBX	1:14:21.12	
50-54	F	5K Postal	Kimberly	D	Elsbach		53	DAM	LDAA		3864-D0NUT	1:10:59.21	
55-59	F	5K Postal	Denise	H	Brown		56	MICH	LDAA		1963-01U86	1:14:02.51	
60-64	F	5K Postal	Shirley	A	Loftus-Charley		64	VMST	LDAA		1262-WATER	1:15:53.47	
65-69	F	5K Postal	Fran	E	Hare		65	PBM	LDAA		5065-02XHG	1:22:31.71	√
70-74	F	5K Postal	Sarah	L	Kopsky		74	TULS	LDAA		276R-01JW6	1:37:23.21	
75-79	F	5K Postal	Patricia	M	Bond		78	SYSM	LDAA		146T-02RDM	1:47:54.54	
18-24	F	6000 yd postal	Opal	E	Brink		21	QMST	LDAA		126N-08439	1:22:07.49	
25-29	F	6000 yd postal	Jennifer	L	Mohn		25	DAM	LDAA		386G-09HD8	1:16:19.63	
30-34	F	6000 yd postal	Christina		Horton		33	SFTL	LDAA		507X-061JZ	1:16:03.14	
35-39	F	6000 yd postal	Sonja		Koppenwallner		39	SFTL	LDAA		507C-01YJF	1:21:05.05	
40-44	F	6000 yd postal	Michelle		McRae		41	PSM	LDAA		366R-04FBZ	1:15:51.53	
45-49	F	6000 yd postal	Brooke	J	Bowman		49	SPM	LDAA		1478-004KC	1:20:10.33	
50-54	F	6000 yd postal	Kimberly	D	Elsbach		53	DAM	LDAA		3864-D0NUT	1:16:26.34	
55-59	F	6000 yd postal	Kelly		Parker Palace		55	VMST	LDAA		126E-02HWU	1:13:44.99	√
60-64	F	6000 yd postal	Catherine	M	Rust		63	PBM	LDAA		5074-06WNH	1:23:08.01	
65-69	F	6000 yd postal	Shirley	A	Loftus-Charley		65	VMST	LDAA		127Z-WATER	1:18:50.34	√
70-74	F	6000 yd postal	Pat		Sherman		71	OREG	LDAA		3766-09ABT	1:58:08.00	