

USMS 5k/10k

2005

Postal Swimming Championship

Hosted by: The St. Pete Masters

St. Petersburg, Florida

Sanctioned by Florida LMSC for USMS, Inc – Sanction # 145-001P



"Water sustains the body – but swimming refreshes the spirit"

October 2005

The St. Pete Masters would like to thank you for participating in this year's USMS 5k/10k Postal Championship. The St. Pete Masters have a long history of postal competition participation. We were extremely pleased to be selected to host this year's 5k/10k event. As with all competitions, the usual inquiries were made regarding 'how did I do?' Well, the results are in! Your participation in this event and your continued participation and support of US Masters Swimming makes everyone a winner.

There were a number of records broken during this year's event and a few other notable comments.

- Jeff Irwin continues to amaze with his annual times in both the 5 and 10k. Is there something special in that Boise water?
- Susan Preston of Stanford swam the fastest women's 10k in USMS history.
- Then there is Nadine Day of central Illinois. We were glad to see that aging up had an impact on her times, if ever so slightly (in both directions).
- George Brunstad swam the 5 and 10k and in between the two swims became the oldest man to complete his swim of the English Channel. Check him out in Ripley's Believe It or Not.
- Kathleen Lawrence – you look awfully refreshed after completing your 5k in that hot Arizona sun.
- Michaela Meyers did her swim at Bobby Hicks pool in Tampa where they swim Long Course Open Water from 6:00 to 9:00 am (that is sans lane ropes). She hoped to swim the 10k, but the pool staff promptly switched her to Short Course Open Water at 9:00 am.
- And finally, Ian Redpath from the land down under, who at the age of 80 broke both the men's 5 and 10k records, but can't officially hold them since he is not a USMS member – congratulations Ian.

To all our fellow 'distance' swimmers, wishing you many happy hours in the water,

Christine Swanson and Livia Zien

St. Pete Masters

Contact us at stpetemasters@yahoo.com

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2005 USMS 5k/10k Postal Swimming Championship
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Combined 5k Team Scores

Place	Team Name		Points	Place	Team Name		Points
1	IndySwim Fit	ISF-IN	119	20	Vacaville Swim Club	VACA-PC	17
2	Doc IU Masters	DOC-IN	118	21	Virginia Masters	VMST-VA	11
2	St. Pete Masters	SPM-FL	118	21	Alamo Area Aquatics Assn	AAAA-ST	11
4	Oregon Masters	OREG-OR	70	21	Minnesota Masters	MINN-MN	11
5	Swim Kentucky	SKY-KY	56	24	Arizona Masters	ARIZ-AZ	9
6	San Diego Swim Master	SDSM-SI	41	24	Ojai Masters	OJAI-SP	9
7	Sawtooth Masters	SAWS-SR	34	24	Connecticut Masters	CONN-CT	9
8	Michigan Masters	MICH-MI	33	24	Maine Masters Swim Club	MESC-NE	9
8	Illinois Masters	IM-CE	33	24	Ohio Masters	O*H*-OH	9
10	Stanford Masters	STAN-PC	30	29	Baltimore Area Triathlon C	BATC-MD	8
10	Masters of South Texas	MOST-ST	30	29	Blue Wave Masters	BLUE-FL	8
10	Pacific Northwest Aquatics	PNA-PN	30	31	Mountain View Masters	MVM-PC	7
13	Gold Coast Masters	GOLD-FG	27	32	Team Ridgelea	RIDG-NT	5
14	Inland Northwest Masters	INWM-IW	26	32	NC Masters	NCMS-NC	5
15	Florida Maverick Masters	FMM-FL	23	32	Iowa Masters	IAMA-IA	5
16	New England Masters	NEM-NE	22	35	MiddleTennessee Masters Swim C	MTSC-SE	2
16	Queensland South Masters	QSM	22	35	Missouri Valley Masters	MOVY-MV	2
18	Great Bay Masters	GBM-NE	20	37	Unattached	UNA-PV	1
19	Ventura County Masters	VCM-SP	18	37	Forest Hills Aquatic	FHA-FL	1

Women's 5k Team Scores

Place	Team Name		Points
1	IndySwim Fit	ISF-IN	79
2	St. Pete Masters	SPM-FL	52
3	Illinois Masters	IM-CE	33
4	San Diego Swim Master	SDSM-SI	30
5	Doc IU Masters	DOC-IN	28
6	Sawtooth Masters	SAWS-SR	23
6	Florida Maverick Masters	FMM-FL	23
8	Michigan Masters	MICH-MI	22
8	Stanford Masters	STAN-PC	22
10	Masters of South Texas	MOST-ST	19
11	Gold Coast Masters	GOLD-FG	18
12	Vacaville Swim Club	VACA-PC	17
12	Oregon Masters	OREG-OR	17
14	New England Masters	NEM-NE	14
15	Swim Kentucky	SKY-KY	12
16	Virginia Masters	VMST-VA	11
16	Queensland South Masters	QSM	11
18	Ojai Masters	OJAI-SP	9
18	Arizona Masters	ARIZ-AZ	9
18	Ohio Masters	O*H*-OH	9
21	Great Bay Masters	GBM-NE	7
21	Mountain View Masters	MVM-PC	7
23	Team Ridgelea	RIDG-NT	5
24	Pacific Northwest Aquatics	PNA-PN	4
25	MiddleTennessee Masters Swim C	MTSC-SE	2
26	Unattached	UNA-PV	1
26	Forest Hills Aquatic	FHA-FL	1

Men's 5k Team Scores

Place	Team Name		Points
1	Doc IU Masters	DOC-IN	90
2	St. Pete Masters	SPM-FL	66
3	Oregon Masters	OREG-OR	53
4	Swim Kentucky	SKY-KY	44
5	IndySwim Fit	ISF-IN	40
6	Inland Northwest Masters	INWM-IW	26
6	Pacific Northwest Aquatics	PNA-PN	26
8	Ventura County Masters	VCM-SP	18
9	Great Bay Masters	GBM-NE	13
10	Sawtooth Masters	SAWS-SR	11
10	Minnesota Masters	MINN-MN	11
10	San Diego Swim Master	SDSM-SI	11
10	Queensland South Masters	QSM	11
10	Masters of South Texas	MOST-ST	11
10	Michigan Masters	MICH-MI	11
10	Alamo Area Aquatics Assn	AAAA-ST	11
17	Maine Masters Swim Club	MESC-NE	9
17	Connecticut Masters	CONN-CT	9
17	Gold Coast Masters	GOLD-FG	9
20	Baltimore Area Triathlon C	BATC-MD	8
20	Blue Wave Masters	BLUE-FL	8
20	Stanford Masters	STAN-PC	8
20	New England Masters	NEM-NE	8
24	NC Masters	NCMS-NC	5
24	Iowa Masters	IAMA-IA	5
26	Missouri Valley Masters	MOVY-MV	2

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Combined 10k Team Scores

Place	Team Name		Points	Place	Team Name		Points
1	Masters of South Texas	MOST-ST	81	21	Ohio Masters	O*H*-OH	9
2	IndySwim Fit	ISF-IN	49	21	Blue Wave Masters	BLUE-FL	9
3	Illinois Masters	IM-CE	45	21	Ohio Splash	OHSP-OH	9
4	Sawtooth Masters	SAWS-SR	38	21	NWS - West Auburn	NWS	9
5	St. Pete Masters	SPM-FL	34	21	Great Bay Masters	GBM-NE	9
6	Ventura County Masters	VCM-SP	26	21	Minnesota Masters	MINN-MN	9
7	San Diego Swim Master	SDSM-SI	22	21	Columbia Masters	COLM-SC	9
8	Florida Maverick Masters	FMM-FL	19	28	Pacific Northwest Aquatics	PNA-PN	6
9	Savannah Masters	SAVM-GA	18				
10	Michigan Masters	MICH-MI	17				
11	New England Masters	NEM-NE	14				
12	Vacaville Swim Club	VACA-PC	11				
12	Virginia Masters	VMST-VA	11				
12	Ojai Masters	OJAI-SP	11				
12	Connecticut Masters	CONN-CT	11				
12	Oregon Masters	OREG-OR	11				
12	Doc IU Masters	DOC-IN	11				
12	Queensland South Masters	QSM	11				
12	Stanford Masters	STAN-PC	11				
12	Baltimore Area Triathlon Club	BATC-MD	11				

Women's 10k Team Scores

Place	Team Name		Points
1	IndySwim Fit	ISF-IN	49
2	Masters of South Texas	MOST-ST	36
3	Illinois Masters	IM-CE	31
4	Sawtooth Masters	SAWS-SR	27
5	Florida Maverick Masters	FMM-FL	19
6	New England Masters	NEM-NE	14
7	Ojai Masters	OJAI-SP	11
7	San Diego Swim Master	SDSM-SI	11
7	Virginia Masters	VMST-VA	11
7	Vacaville Swim Club	VACA-PC	11
7	Stanford Masters	STAN-PC	11
12	Ohio Masters	O*H*-OH	9
12	Blue Wave Masters	BLUE-FL	9
14	Savannah Masters	SAVM-GA	7
15	St. Pete Masters	SPM-FL	6

Men's 10k Team Scores

Place	Team Name		Points
1	Masters of South Texas	MOST-ST	45
2	St. Pete Masters	SPM-FL	28
3	Ventura County Masters	VCM-SP	26
4	Michigan Masters	MICH-MI	17
5	Illinois Masters	IM-CE	14
6	Baltimore Area Triathlon Club	BATC-MD	11
6	Oregon Masters	OREG-OR	11
6	Doc IU Masters	DOC-IN	11
6	Savannah Masters	SAVM-GA	11
6	Sawtooth Masters	SAWS-SR	11
6	Connecticut Masters	CONN-CT	11
6	Queensland South Masters	QSM	11
6	San Diego Swim Master	SDSM-SI	11
14	Great Bay Masters	GBM-NE	9
14	Minnesota Masters	MINN-MN	9
14	Ohio Splash	OHSP-OH	9
14	NWS - West Auburn	NWS	9
14	Columbia Masters	COLM-SC	9
19	Pacific Northwest Aquatics	PNA-PN	6

USMS 5K National Postal Championships - 5/15/05 to 9/15/05

Name USMS # Team-LMSC Age Time Points

18 - 24: 5,000 Meters

Record: J. Jackson		2000		1:04:53.75	
Bick, Tenley	385V-03XS2	STAN-PC	21	1:08:04.63	11
Wright, Sarah R.	165T-02B12	ISF-IN	21	1:23:21.01	9
Fandell, Elizabeth A	385J-03M1J	VACA-PC	24	1:28:43.05	8

25-29: 5,000 Meters

Record: G. Cornelius		2001		1:05:38.54	
Nowak, Miriam E.	1956-028VF	MICH-MI	28	1:10:58.13	11
Warren, Elizabeth T.	165B-02AAT	ISF-IN	28	1:25:29.34	9

30-34: 5,000 Meters

Record: N. Day		2003		1:04:24.99	
Day, Nadine K.	2153-02UZE	IM-CE	34	1:05:58.61	11
Boothe, Shannon L.	435X-02P2B	MOST-ST	32	1:20:44.56	9
Atkinson, Karen E.	0256-034CU	NEM-NE	30	1:22:23.74	8
Rees, Karla E.	3859-03gB5	MVM-PC	32	1:29:00.78	7
Campbell, Shelly L.	435T-02ROF	MOST-ST	33	1:29:19.02	6
Terry, Jennifer	595Z-01J2A	SAWS-SR	34	1:31:54.68	5
Hoegberg, Elisabeth	165V-02B8T	ISF-IN	33	1:32:11.18	4
Gonzalez-Flores, Shirley	435E-02R02	MOST-ST	33	1:53:41.50	3

35-39: 5,000 Meters

Record: K. Pipes-Neilsen		1999		1:03:28.06	
Day, Nadine K.	2153-02UZE	IM-CE	35	1:08:35.30	11
Rians, Victoria L.	1658-02AD8	ISF-IN	38	1:12:05.34	9
O'Dea, Anne M.	165P-02AD3	ISF-IN	39	1:16:24.02	8
Prescott, Carol L.	0252-0339W	GBM-NE	36	1:19:56.84	7
Zien, Livia L.	145K-02RN5	SPM-FL	39	1:20:18.00	6
Segnitz, Robin P.	415P-01WG0	SKY-KY	37	1:21:27.29	5
Ward, Michelle	415U-01W95	SKY-KY	36	1:22:32.06	4
McElwain, Nancy	415N-01W6S	SKY-KY	39	1:25:28.23	3

50-54: 5,000 Meters

Name USMS # Team-LMSC Age Time Points

35-39: 5,000 Meters (cont'd)

Baillie, Bridget A.	165W-02ABV	ISF-IN	35	1:26:21.17	2
Woo, Jane	105S-036PP	UNAT-PV	35	1:30:31.84	1
Morris, Kathleen S.	365Z-02KK4	PNA-PN	36	1:31:38.27	
Zappa, Flavia L.	1456-02RHK	SPM-FL	38	1:41:59.61	

40-44: 5,000 Meters

Record: K. Pipes-Neilsen		2003		1:02:53.42	
Preston, Susan H.	385G-03JTT	STAN-PC	43	1:04:26.43	11
Reynolds, Ellen M.	5956-01J04	SAWS-SR	41	1:11:35.20	9
Cleveland, Marcia E.	215C-01S4Y	IM-CE	41	1:12:39.68	8
Schickore, Jutta	1652-02B6V	DOC-IN	40	1:14:05.59	7
Gulley, Wendy J.	025Y-033HK	NEM-NE	40	1:16:54.92	6
Kaleel, L. Kaleel	1452-02RFY	SPM-FL	44	1:21:51.00	5
McAteer, Katherine M.	1657-02ACS	ISF-IN	42	1:22:23.63	4
Swanson, Christine T.	145P-02RFD	SPM-FL	42	1:25:19.15	3
Myers, Tina M.	165U-02ACZ	ISF-IN	43	1:29:10.04	2
Varela-Hein, Roberta K.	435Y-02NGX	MOST-ST	41	1:57:59.01	1

45-49: 5,000 Meters

Record: S. Heim-Bowen		2004		1:04:26.97	
Sweat, Mary	375M-025UM	OREG-OR	47	1:11:22.56	11
Morlan, Katheryn R.	385T-03PMW	VACA-PC	46	1:16:21.49	9
Harrelson, JoAnn	1453-02RWB	SPM-FL	49	1:18:36.00	8
Stewart, Sharon M.	5058-027NJ	GOLD-FG	46	1:23:36.36	7
Gettelfinger, Cheryl M.	1650-02A8X	ISF-IN	47	1:26:46.53	6
James, Aja	265Z-02HIG	RIDG-NT	45	1:31:28.60	5
Moore, Paula J.	595S-01JOE	SAWS-SR	47	1:33:56.02	4
Delanois, Barbara	215P-02UFX	IM-CE	49	1:35:27.80	3
Thompson, Regina	155V-021WN	MTSC-SE	45	1:41:29.33	2
Meyers, Michaela	1452-02TKY	FHA-FL	45	2:00:01.00	1
Moucha, Sue A.	145N-02RNM	BLUE-FL	47	2:16:45.21	

65-69: 5,000 Meters

USMS 5K National Postal Championships - 5/15/05 to 9/15/05

Name	USMS #	Team-LMSC	Age	Time	Points
Record: B. Dunbar		2003		1:10:29.29	
Luftus-Charley, Shirley A.	125V-02HKM	VMST-VA	53	1:20:03.35	11
Stager, Nan H.	165J-02AHA	DOC-IN	50	1:24:34.75	9
Geiger, Pam	145K-02REZ	SPM-FL	52	1:27:05.43	8
Johnson, Jan C.	165T-02A9C	ISF-IN	50	1:32:43.01	7
Schleicher, Chris S.	165N-02BF5	DOC-IN	54	1:33:03.20	6
Wright, Jill M.	5954-01J02	SAWS-SR	54	1:37:12.91	5
Moore, Jane A.	365U-02KWA	PNA-PN	54	1:53:59.00	4

55-59: 5,000 Meters

Record: B. Dunbar		2004		1:11:37.38	
Mancino, Cathy	505X-027JX	GOLD-FG	55	1:22:46.12	11
Watson, Katherine A.	3357-03AR8	OJAI-SP	57	1:28:33.31	9
Prescott, Barbara	145J-02RN6	SPM-FL	55	1:37:04.00	8
Thompson, Ruth A.	145B-02RFR	FMM-FL	55	1:39:50.74	7
Jenkins, Tam K.	3754-025W7	OREG-OR	57	1:39:57.00	6
Beeler, Kirsten J.	165S-02AFK	ISF-IN	58	1:41:31.21	5
Larsen, Barbara H.	1656-02A9M	ISF-IN	58	1:45:38.21	4
Cosper, Sue	1653-02AC3	ISF-IN	56	2:06:32.19	3
Hall, Carol A.	165T-02AG3	ISF-IN	57	2:34:15.84	2

60-64: 5,000 Meters

Record: S. Brougher		2002		1:26:50.00	
Meyers, Susan L.	165A-02ACV	ISF-IN	63	1:43:27.41	11
Lawrence, Kathleen O.	485J-02ESW	ARIZ-AZ	61	2:49:09.14	9

Name	USMS #	Team-LMSC	Age	Time	Points
Record: L. Stoinoff		1998		1:24:42.84	
Jordan, Betsy T.	445Y-02BS4	SDSM-SI	68	1:36:28.62	11
Bond, Patricia M.	145W-02RDM	FMM-FL	67	1:36:42.89	9
Williams, Anne H.	445H-02CT0	SDSM-SI	66	1:38:09.12	8
Prokopi, Doris C.	145G-02RDG	FMM-FL	69	2:00:56.37	7
Steer, Sandy L.	145R-02RFC	SPM-FL	66	2:15:58.03	6

70-74: 5,000 Meters

Record: A. Pipes		2004		1:34:53.71	
Pipes, Adrienne S.	445K-02BPX	SDSM-SI	70	1:38:34.74	11
Brogan, Marianne	1852-01PKF	O*H*-OH	70	1:59:18.39	9
Knight-Perry, Kate A.	145D-02RMX	SPM-FL	70	2:03:57.00	8

75-79: 5,000 Meters

Record: L. Kivi Nochman		2000		1:54:31.32	
Nyberg, Mary	425036	QBN-AUS*	78	2:48:46.40	11

80-84: 5,000 Meters

Record: L. Kivi Nochman		2005		2:10:49.50	NR
Nochman, Lois Kivi	195H-028XK	MICH-MI	81	2:10:49.50	11

USMS 5K National Postal Championships - 5/15/05 to 9/15/05

Name USMS # Team-LMSC Age Time Points

18 - 24: 5,000 Meters

Record: J. Skube 1999 1:05:10.62

Nieto, Jose Manuel	4155-01WF2	SKY-KY	24	1:07:51.75	11
Bradley, Ted	145Z-02TT9	SPM-FL	22	1:08:00.26	9
Porter, Michael L.	165Z-02B2E	DOC-IN	24	1:15:16.06	8

25-29: 5,000 Meters

Record: J. Kappler 2005 1:02:25.71 NR

Kappler, Jerrod	415B-01W9K	SKY-KY	28	1:02:25.71	11
Haley, Tim A.	165M-02BF6	DOC-IN	25	1:08:10.78	9
Overbosch, Bas J.	025P-0343C	NEM-NE	28	1:14:07.00	8
Taylor, RJ	165Y-02AGX	ISF-IN	26	1:21:57.09	7
Chaburkin, Sergei V.	435R-02PX2	MOST-ST	26	1:40:39.81	6

30-34: 5,000 Meters

Record: J. Erwin 1996 59:53.17

Hooper, Matt	4353-02PZM	AAAA-ST	31	1:00:54.87	11
Morse, Benjamin	025V-034ON	MESC-NE	33	1:06:35.31	9
Joubert, Kevin	095G-01VD7	BATC-MD	33	1:13:29.00	8
Simons, Will B	165Y-02AAR	ISF-IN	30	1:14:09.18	7

35-39: 5,000 Meters

Record: J. Erwin 2003 58:11.13

Allen, Robbie	415S-01W9S	SKY-KY	39	1:04:23.60	11
Houchens, Jeremy B.	165T-02ACF	ISF-IN	35	1:10:24.18	9
Pendergast, Sean T.	165S-02AK7	DOC-IN	35	1:11:53.21	8
Stokes, Carlton R.	165B-02B6M	DOC-IN	37	1:12:14.00	7
Rimel, Brian S.	145R-02RN1	SPM-FL	38	1:13:13.00	6
Bell, Michael A	195R-0292H	MICH-MI	36	1:14:51.47	5
Vandivier, Hugh E.	165Y-02BCS	ISF-IN	36	1:21:54.11	4
Leonard, John R.	435T-02NWN	MOST-ST	35	1:25:20.53	3
Drew, John M.	1652-02AE3	DOC-IN	38	1:28:42.00	2

Name USMS # Team-LMSC Age Time Points

40-44: 5,000 Meters

Record: J. Erwin 2005 58:23.56 NR

Erwin, Jeff T.	595W-01JOA	SAWS-SR	41	58:23.56	11
Gendreau, Edmund J.	025H-0339U	GBM-NE	43	1:06:12.69	9
MacDonald, Peter S.	385C-03GZG	STAN-PC	43	1:09:36.31	8
Roby, Brad L.	165N-02AGP	ISF-IN	44	1:13:18.42	7
Brown, Geoffrey M.	165G-02B6G	DOC-IN	44	1:16:01.11	6
Johmann, Michael	415J-01WPK	SKY-KY	43	1:18:22.43	5
Laserohn, Jim A.	3659-02M2C	PNA-PN	40	1:19:34.34	4
Gardner, Chris	375Y-025WD	OREG-OR	40	1:19:46.20	3
Hudson, Neff K.	435V-02P3J	MOST-ST	40	1:23:20.42	2
Kincaid, Jay W.	165Y-02AWU	DOC-IN	44	1:24:30.61	1
Miller, Andrew H.	165B-023XK	DOC-IN	41	1:25:11.13	
Beauvais, Ernest E.	1356-0233F7	NCMC-NC	43	1:31:06.13	
Osterneck, Alex	0853-022JY	UNAT-DV	40	1:31:28.00	
Roerden, Jeffrey J.	1350-023R8	NCMC-NC	43	1:35:52.25	
Hardesty, Stephen	595W-01J2D	SAWS-SR	42	1:39:12.69	
Powers, Barrett	165S-02BF2	ISF-IN	42	1:50:09.42	

45-49: 5,000 Meters

Record: S. MacDonald 2001 1:01:17.02

Stewart, James A.	305E-024EY	MINN-MN	48	1:04:37.99	11
Robinson, Dan L.	365A-02M2D	PNA-PN	48	1:10:55.10	9
Kennedy, Timothy C.	145J-02RF0	SPM-FL	48	1:12:17.00	8
Fouts, Brian D.	165X-02AB9	DOC-IN	46	1:17:39.48	7
Morey, Bruce E.	195N-028TV	MICH-MI	47	1:22:26.62	6
Hugo, Steve D.	405G-01MN8	IAMA-IA	47	1:26:11.96	5

USMS 5K National Postal Championships - 5/15/05 to 9/15/05

Name	USMS #	Team-LMSC	Age	Time	Points
50-54: 5,000 Meters					
Record: J. McConica		2003		1:00:53.84	
Krauser, Larry B.	3558-01MXU	INWM-IW	52	1:05:14.75	11
Owen, David H.	5056-027BK	GOLD-FG	53	1:09:21.54	9
Lautman, Scott	445J-02M5S	UNAT-PN	52	1:09:33.12	8
Wright, Robert E.	1653-02AE4	DOC-IN	51	1:12:08.15	7
Davis, Kern M.	145T-02RET	SPM-FL	50	1:13:19.10	6
Stager, Joel M.	165H-02AHB	DOC-IN	52	1:18:55.15	5
Swanson, Charlie E.	375R-026EP	OREG-OR	53	1:19:25.70	4
Mester, Thomas	4154-01W36	SKY-KY	54	1:24:01.39	3
Moore, Hugh C.	365T-02KWB	PNA-PN	51	1:24:19.99	2
McDonald, Kent C.	285P-01NS4	MOVY-MV	52	1:24:37.51	1
Lewis, David W.	165A-02A9S	ISF-IN	53	1:25:18.57	
Baranyi, Rick	155P-021W5	MTSC-SE	53	1:25:26.01	
Begert, Mark	285A-01NVG	MOVY-MV	53	1:26:58.82	
Vosilla, Steve J.	505B-027JY	GOLD-FG	51	1:28:48.21	
Johnson, Bryon G.	1658-02BE9	ISF-IN	50	1:30:53.01	
Hartkemeyer, Randall	155W-02IR0	MTSC-SE	53	1:35:48.27	
Montanaro, Skip	215J-02W65	IM-CE	51	1:37:55.62	
Kossoy, Allen F.	285A-01NRW	MOVY-MV	52	1:39:42.92	
Watt, Stephen M.	165P-02BF4	DOC-IN	54	1:39:55.00	

55-59: 5,000 Meters

Record: S. Johnson		2005		1:08:37.32	NR
Johnson, Steve M.	3753-0264Y	OREG-OR	57	1:08:37.32	11
Bruce, Bob A.	375G-025YX	OREG-OR	57	1:15:57.44	9
Cronin, Jed P.	3755-0262E	OREG-OR	56	1:16:20.43	8
Derr, John M.	335U-03B3A	VCM-SP	56	1:20:13.85	7
Winston, Wayne L.	1653-02AX2	DOC-IN	55	1:21:52.07	6
Aldrich, Robert E.	145J-02T7P	SPM-FL	56	1:22:48.00	5
Smith, Stephen H.	025T-03529	GBM-NE	55	1:22:48.16	4
Graham, John M.	4159-01W6E	SKY-KY	59	1:24:39.23	3
Marzulli, Pat	145E-02RMY	SPM-FL	56	1:25:12.00	2

Name	USMS #	Team-LMSC	Age	Time	Points
55-59: 5,000 Meters (cont'd)					
Salkind, Neil J.	285C-01NSF	MOVY-MV	58	1:25:24.10	1
Greenberg, Henry	355C-03A2S	NOVA-SP	57	1:29:55.68	
Wunsch, Gerald A.	165V-02ABB	DOC-IN	59	1:42:27.32	

60-64: 5,000 Meters

Record: L. Raffaelli		2003		1:11:20.00	
Raffaelli, Larry L.	3359-03B35	VCM-SP	62	1:13:54.89	11
Somers, Alan B.	165Z-02AWT	DOC-IN	64	1:18:40.00	9
Rollins, Jack D.	165X-02AWV	DOC-IN	62	1:50:47.91	8
Dills, John H.	355Y-01MZZ	INWM-IW	64	1:51:56.19	7

65-69: 5,000 Meters

Record: G. Johnson		1996		1:12:17.40	
Coale, Bob	445E-03A6U	SDSM-SI	65	1:22:42.69	11
Euler, Dr. Konrad P.	1457-02RTV	SPM-FL	69	1:31:08.00	9
Ellis, Earl N.	3552-01MZR	INWM-IW	69	1:31:15.04	8
Lake, Brent L.	3755-025UP	OREG-OR	67	1:35:15.96	7
Goldstein, Mel E.	1651-02A8Y	ISF-IN	67	1:36:23.04	6
Macartney, Norman S.	1353-022Y2	NCMS-NC	66	1:58:30.65	5
McDaniel, Forest R.	145U-02RU2	SPM-FL	69	2:30:21.00	4

70-74: 5,000 Meters

Record: G. Johnson		2002		1:15:39.02	
Radcliff, David A.	375H-025V8	OREG-OR	71	1:20:06.80	11
Brunstad, George E.	055D-0157W	CONN-CT	71	1:26:13.23	9
Cox, John R.	145E-02RFU	SPM-FL	70	1:49:20.00	8
Fouts, Charles D.	165G-02B61	DOC-IN	73	3:44:25.05	7

USMS 5K National Postal Championships - 5/15/05 to 9/15/05

Name	USMS #	Team-LMSC	Age	Time	Points
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75-79: 5,000 Meters

Record: B. Miller		2005		1:25:43.15	NR
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Miller, Bob K.	365K-02EUJ	PNA-PN	76	1:25:43.15	11
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Beach, Robert E	145A-02REM	SPM-FL	75	1:31:33.00	9
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Burbridge, Keith	145F-02RNG	BLUE-FL	76	3:17:50.53	8
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80-84: 5,000 Meters

Record: G. Weisenthal		1997		2:15:35.65	
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Redpath, Ian	413017	QSM-AUS*	80	2:12:05.49	11
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Name	USMS #	Team-LMSC	Age	Time	Points
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USMS 10K National Postal Championships - 5/15/05 to 9/15/05

Name	USMS #	Team-LMSC	Age	Time	Points
18 - 24: 10,000 Meters					
Record: M. Carlson		2001		2:19:19.80	
Fandell, Elizabeth A.	385J-03M1J	VACA-PC	24	3:16:44.13	11

30-34: 10,000 Meters					
Record: P. Mattson		1985		2:17:19.08	
Day, Nadine K.	2153-02UZE	IM-IL	34	2:21:47.48	11
Boothe, Shannon L.	435X-02P2B	MOST-ST	32	2:42:02.75	9
Atkinson, Karen E.	0256-034CU	NEM-NE	30	2:55:31.43	8
Campbell, Shelly L.	435T-02ROF	MOST-ST	33	3:08:54.21	7

35-39: 10,000 Meters					
Record: S. Heim		1996		2:14:08.75	
Day, Nadine K.	2153-02UZE	IM-CE	35	2:17:22.29	11
Rians, Victoria L.	1658-02AD8	ISF-IN	38	2:24:31.16	9
Baillie, Bridget A.	165W-02ABV	ISF-IN	35	2:53:01.44	8
Copeland, Amy Lee	455C-02D5Y	SAVH-GA	37	3:22:54.08	7
Zappa, Flavia L.	1456-02RHK	SPM-FL	38	3:50:04.09	6

40-44: 10,000 Meters					
Record: S. Preston		2005		2:12:19.31	NR
Preston, Susan H.	385G-03JTT	STAN-PC	43	2:12:19.31	11
Cleveland, Marcia E.	215C-01S4Y	IM-IL	41	2:26:56.30	9
Reynolds, Ellen M.	5956-01J04	SAWS-SR	40	2:31:51.08	8
Rivas, Suzy	435V-02PN2	MOST-ST	42	2:45:39.59	7
Gulley, Wendy J.	025Y-033HK	NEM-NE	40	2:46:51.03	6
Myers, Tina M.	165U-02ACZ	ISF-IN	44	3:03:39.80	5
Varela-Hein, Roberta K.	435Y-02NGX	MOST-ST	41	4:12:02.50	4

45-49: 10,000 Meters					
Record: K. Einsidler		2002		2:19:42.34	
Moores, Paula J.	595S-01JOE	SAWS-SR	47	3:18:02.68	11
Moucha, Sue A.	145N-02RNM	BLUE-FL	47	4:51:14.02	9

Name	USMS #	Team-LMSC	Age	Time	Points
50-54: 10,000 Meters					
Record: B. Dunbar		2003		2:26:41.84	
Luftus-Charley, Shirley A.	125V-02HKM	VMST-VA	53	2:44:55.14	11
Johnson, Jan C.	165T-02A9C	ISF-IN	50	3:13:43.01	9
Wright, Jill M.	5954-01J02	SAWS-SR	54	3:24:37.93	8

55-59: 10,000 Meters					
Record: B. Dunbar		2004		2:29:21.48	
Watson, Katherine A.	3357-03AR8	OJAI-SP	57	3:02:57.04	11
Paukert, Judy L.	4358-02NR1	MOST-ST	57	3:33:05.35	9
Thompson, Ruth A.	145B-02RFR	FMM-FL	55	3:36:18.81	8
Larsen, Barbara H.	1656-02A9M	ISF-IN	58	3:40:37.17	7
Cosper, Sue	1653-02AC3	ISF-IN	56	4:24:07.20	6
Hall, Carol A.	165T-02AG3	ISF-IN	57	5:23:38.19	5

65-69: 10,000 Meters					
Record: B. Jordon		2002		3:13:22.48	
Prokopi, Doris C.	145G-02RDG	FMM-FL	69	4:16:40.52	11

70-74: 10,000 Meters					
Record: A. Pipes		2005		3:18:11.35	NR
Pipes, Adrienne S.	445K-02BPX	SDSM-SI	71	3:18:11.35	11
Brogan, Marianne	1852-01PKF	O*H*-OH	70	4:13:42.03	9

USMS 10K National Postal Championships - 5/15/05 to 9/15/05

Name USMS # Team-LMSC Age Time Points

18 - 24: 10,000 Meters

Record: S. Cohen 1993 2:11:58.09

Cox, Michael E. 165C-02BCC DOC-IN 24 2:36:34.41 11

25-29: 10,000 Meters

Record: M. Volk 1989 2:04:50.00

Chaburkin, Sergei V. 435R-02PX2 MOST-ST 26 3:56:12.60 11

30-34: 10,000 Meters

Record: B. Patten 1993 2:03:08.74

Joubert, Kevin 095G-01VD7 BATC-MD 33 2:36:37.47 11

35-39: 10,000 Meters

Record: M. Shaffer 2003 2:00:39.67

Bell, Michael A. 195R-0292H MICH-MI 36 2:35:50.71 11

Leonard, John R. 435T-02NWN MOST-ST 35 3:00:04.05 9

40-44: 10,000 Meters

Record: J. Barber 2003 2:03:06.33

Erwin, Jeff T. 595W-01JOA SAWS-SR 41 2:04:45.44 11

Hudson, Neff K. 435V-02P3J MOST-ST 41 2:43:31.31 9

Perelstein, David 435A-02PGC MOST-ST 43 2:49:42.00 8

45-49: 10,000 Meters

Record: J. Stewart 2004 2:13:47.24

Rablais, Scott F. 455Y-02OAO SAVH-GA 46 2:15:44.47 11

Stewart, James A. 305E-024EY MINN-MN 48 2:16:28.48 9

Kennedy, Timothy C. 145J-02RF0 SPM-FL 48 2:29:02.00 8

Martin, John 215X-02V2T IM-CE 49 2:32:36.75 7

Morey, Bruce E. 195N-028TV MICH-MI 47 2:53:15.07 6

Name USMS # Team-LMSC Age Time Points

50-54: 10,000 Meters

Record: J. McConica 2003 2:05:55.37

Davis, Kern M. 145T-02RET SPM-FL 50 2:23:58.38 11

Clark, Barry W. 555G-01GWX COLM-SC 51 2:53:19.67 9

Morley, Don T. 435U-02NT8 MOST-ST 54 3:12:48.00 8

Montanaro, Skip 215J-02W65 IM-CE 51 3:21:27.84 7

55-59: 10,000 Meters

Record: K. Bell 2003 2:25:32.50

Johnson, Steve M. 3753-0264Y OREG-OR 57 2:27:33.46 11

Smith, Stephen H. 025T-03529 GBM-NE 55 2:51:34.62 9

Derr, John M. 335U-03B3A VCM-SP 56 2:51:45.61 8

Foote, David 3359-03BDX VCM-SP 55 2:52:47.81 7

Kimball, Hugh 365X-02MOA PNA-PN 58 3:18:57.02 6

60-64: 10,000 Meters

Record: L. Raffaelli 2004 2:29:06.76

Raffaelli, Larry L. 3359-03B35 VCM-SP 62 2:30:06.15 11

Aponte, Julio 1759-01PH8 OHSP-OH 60 3:48:10.21 9

65-69: 10,000 Meters

Record: G. Johnson 1996 2:35:50.99

Coale, Bob 445E-03A6U SDSM-SI 65 3:06:46.00 11

Euler, Dr. Konrad P. 1457-02RTV SPM-FL 69 3:08:48.00 9

70-74: 10,000 Meters

Record: G. Johnson 2001 2:52:22.00

Brunstad, George E. 055D-0157W CONN-CT 70 2:59:53.34 11

Cliff, Colin 408899 WA-AUS* 70 3:09:15.73 9

80-84: 10,000 Meters

Record: TR Johnson 2004 6:56:25.65

Redpath, Ian 413017 QSM-AUS* 80 4:33:54.21 11

2005 USMS 5k / 10k Relays

Age Group	Team	Name #1	Age	Name #2	Age	Name #3	Age	Name #4	Age	Time	Points
Womens 5k Relays											
Record: 2003 Oregon Masters 3:34:41.12											
25+	IM-CE	Nadine K. Day	34	Marcia E. Cleveland	41	Barbara Delanois	49			3:54:06.09	11
Record: 2003 San Diego Swim Master 3:47:49.80											
35+	SPM-FL	Livia L. Zien	39	Laura L. Kaleel	44	Christine T. Swanson	42			4:07:28.15	11
35+	SKY-KY	Robin P Segnitz	37	Nancy McElwain	39	Michelle Ward	36			4:09:27.58	9
35+	DOC-IN	Jutta Schickore	40	Nan H. Stager	50	Chris S. Schleicher	54			4:11:43.54	8
Record: 2001 Metro Masters 3:53:36.40											
45+	SPM-FL	JoAnn Harrelson	49	Pam Geiger	52	Barbara Prescott	55			4:12:45.43	11
Record: 2005 San Diego Swim Master 4:53:12.48 NR											
65+	SDSM-SI	Betsy T. Jordan	68	Anne H. Williams	66	Adrienne S. Pipes	70			4:53:12.48	11
Mens 5K Relays											
Record: 2005 Swim Kentucky 3:14:41.06 NR											
18+	SKY-KY	Jerrod Kappler	28	Jose Manual Nieto	24	Robbie Allen	39			3:14:41.06	11
18+	DOC-IN	Michael L. Porter	24	Tim A. Haley	25	Robert E. Wright	51			3:35:34.99	9
Record: 2002 Ventura County Masters 3:03:36.63											
35+	SPM-FL	Kern M. Davis	50	Timothy C. Kennedy	48	Brian S. Rimel	38			3:38:49.10	11
35+	DOC-IN	Sean T. Pendergast	35	Carlton R. Stokes	37	Geoffrey M. Brown	44			3:40:08.21	9
35+	PNA-PN	Jim A. Lasersohn	40	Dan L. Robinson	48	Hugh C. Moore	51			3:54:49.43	8
35+	SKY-KY	John M. Graham	59	Thomas Mester	54	Michael Johmann	43			4:07:03.05	7
35+	DOC-IN	John M. Drew	38	Andrew H. Miller	41	Jay W. Kincaid	44			4:18:23.74	6
Record: 2003 Ventura County Masters 3:27:52.95											
45+	DOC-IN	Brian D. Fouts	46	Joel M. Stager	52	Alan B. Somers	64			3:55:14.63	11
45+	MOVY-MV	Neil J Salkind	58	Kent C. McDonald	52	Mark Begert	53			4:17:42.43	9
Record: 2003 Oregon Masters 3:41:29.07											
55+	SPM-FL	Pat Marzulli	56	Robert E. Aldrich	56	Dr. Konrad P. Euler	69			4:19:08.00	11
55+	DOC-IN	Wayne L. Winston	55	Gerald A. Wunsch	59	Jack D. Rollins	62			4:55:07.30	9
Record: 2001 St. Pete Masters 5:02:53.37											
65+	SPM-FL	Forest R. McDaniel	69	John R. Cox	70	Robert E. Beach	75			5:44:14.00	11

2005 USMS 5k / 10k Relays

Age Group	Team	Name #1	Age	Name #2	Age	Name #3	Age	Name #4	Age	Time	Points
Mixed 5K Relays											
Record: 2000 DOC - IU Masters 4:34:58.61											
18+	SPM-FL	Ted Bradley	22	Livia L. Zien	39	Brian S. Rimel	38	Laura L. Kaleel	44	5:03:22.26	11
Record: 2003 Stanford 4:19:09.57											
35+	DOC	Jutta Schkickore	40	Nan H. Stager	50	Sean T. Pendergast	35	Robert E. Wright	51	5:02:51.70	11
35+	SPM-FL	Christine T. Swanson	42	Flavia L. Zappa	38	Pat Marzulli	56	Robert E. Aldrich	56	5:55:18.76	9
35+	PNA-PN	Jim Lasersohn	40	Dan L. Robinson	48	Jane A. More	54	Kathleen S. Morris	36	5:56:07.70	8
Record: 2003 Oregon Masters 4:51:31.75											
45+	SPM-FL	Timothy C. Kennedy	48	Kern M. Davis	50	Pam Geiger	52	JoAnn Harrelson	49	5:11:17.53	11
45+	GOLD-FG	David H. Owen	53	Cathy Mancino	55	Steven Vosilla	51	Sharon M. Stewart	46	5:24:32.23	9
Record: 2000 St. Pete Masters 6:55:23.23											
65+	SPM-FL	Sandy L. Steer	66	Kate A. Knight-Perry	70	Robert E. Beach	75	Dr. Konrad P. Euler	69	7:22:36.03	11
Mens 10K Relays											
Record: 2003 Ventura County Masters 7:23:26.26											
45+	SPM-FL	Dr. Konrad P. Euler	69	Kern M. Davis	50	Timothy C. Kennedy	48			8:01:48.38	11
Record: 2003 Oregon Masters 7:42:06.08											
55+	VCM-SP	Larry L. Raffaelli	62	John M. Derr	56	David Foote	55			8:14:39.57	11
Mixed 10K Relays											
Record: 2005 Illinois Masters 10:42:48.37 NR											
25+	IM-CE	Nadine Day	34	Marcia Cleveland	41	John Martin	49	Skip Montanaro	51	10:42:48.37	11