

# United States Masters Swimming Long Distance National Championship

## RESULTS

CHAMPIONSHIP EVENT: 2014 USMS 5K ePostal National Championship

EVENT DATE(S): May 15 - September 15, 2014

SANCTION NUMBER: 374-S004

SANCTIONING LMSC: Oregon LMSC

SPONSORING ORG: Rogue Valley Masters

EVENT DIRECTOR: Matt Miller

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### WOMEN

Age Group	Place	First Name	Last Name	MI	Age	Club Abbr.	USMS Number	Time	Quality Points	New Record
<b>18-24</b>	1	Andrea	Nunez-Smith		19	TXLA	434H-080XZ	1:13:03.40	878	
	2	Megan	Lambert		22	CTSM	334J-07EBA	1:23:57.72	764	
<b>25-29</b>	1	Marlena	Tonelli	L	25	IM	2147-07DTD	1:09:37.01	943	
	2	Julie	Hintermeister	L	26	GLTR	2141-06SSW	1:18:13.05	839	
	3	Anne	Osborn	E	29	UC08	084B-08DXB	1:23:59.77	781	
<b>30-34</b>	1	Jane	Cardoso	H	33	PSM	364C-03560	1:22:53.40	777	
	2	Jax	Cole	H	34	LBG	334W-03C0H	1:23:29.26	772	
	3	Renee	Ruhaak		32	DAM	384M-075M8	1:26:58.00	741	
<b>35-39</b>	1	Michelle	McRae		38	PSM	364U-04FBZ	1:13:18.52	866	
	2	Suzy	Jajewski		39	OREG	374Z-074MV	1:19:23.00	800	
	3	Sonja	Koppenwallner		37	SFTL	504N-01YJF	1:19:58.80	794	
	4	Stephanie	Dillbeck	K	36	MSCA	334G-080US	1:20:48.99	785	
	5	Melinda	Camus	S	39	GAJA	454R-081EW	1:32:53.36	683	
	6	Marissa	Filippo	S	35	GLTR	214N-07EVU	1:39:05.70	640	
	7	Jessica	Reinhardt-Vitcenda	J	37	CMS	324G-04VAA	1:46:40.99	595	
<b>40-44</b>	1	Nancy	Misage		43	TXLA	4341-07XBX	1:15:13.56	836	
	2	Dale	LeClair	A	44	GOLD	504P-02D6N	1:16:39.31	820	
	3	Tamie	Stewart	A	41	VCM	3340-07RSR	1:17:11.39	815	
	4	Megan	Lassen	M	43	SFTL	504D-02KUC	1:18:11.98	804	
	5	Bonnie	Edwards	B	42	OREG	374F-065UP	1:21:27.99	772	
	6	Anicia	Criscione		40	OREG	3748-EYEEM	1:22:02.49	767	
	7	Lisa	Keith		44	PSM	364F-08514	1:29:10.49	705	
	8	Emily Jane	Woo		44	UC10	104S-036PP	1:36:29.40	652	
	9	Julie	McNeill	A	40	HUNT	154V-06M47	1:41:41.00	618	
	10	Kristin	Volz	R	40	SFTL	504P-DUCKY	1:45:00.44	599	
	11	Cynthia	Kraft	A	44	ARIZ	484W-07Y76	2:20:25.99	448	
<b>45-49</b>	1	Jutta	Schickore		49	DOC	1642-02B6V	1:10:20.20	916	
	2	Victoria	Rian	L	48	NAST	1648-02AD8	1:10:52.66	909	

<b>45-49</b>	3	Brooke	Bowman	J	47	SPM	144T-004KC	1:12:20.99	891
	4	Kristy	Ditzler		49	TXLA	434T-07SF1	1:12:58.19	883
	5	Mary	Jurey	K	48	TXLA	434G-0499Z	1:17:55.19	827
	6	Gillian	Salton	G	45	OREG	374E-05G96	1:24:11.99	765
	7	Karen	Charney	L	45	DAM	3848-0423B	1:24:29.11	763
	8	Gayla	Chalmers	F	49	GAJA	4549-081F5	1:27:18.36	738
	9	Jennifer	Phalen	R	49	DAM	384N-JENNY	1:27:58.39	733
	10	Roxanna	Gonzales-Soza		48	MOST	434F-07SZJ	1:29:45.78	718
	11	Ruth	Giles-Ott		45	IM	214G-02VKN	1:35:19.02	676
	12	Rene	Ruth		46	UC41	414F-0952Z	1:38:08.81	657
	13	Flavia	Medlin	LZ	47	O*H*	184E-02RHK	1:42:57.58	626
	14	Suzanne	Olczak	F	45	CMS	324T-07AD5	1:48:18.88	595
	15	Julie	Campbell	A	49	MOVY	2840-07WE8	2:18:30.99	465

<b>50-54</b>	1	Ellie	Najjar	S	52	CMS	324Y-045G5	1:10:19.55	932
	2	Charlotte	Petersen		50	SPM	144D-02RF8	1:11:00.20	923
	3	Kimberly	Elsbach	D	51	DAM	3849-03NH6	1:11:46.00	913
	4	Denise	Brown	H	54	MICH	1940-01U86	1:14:20.67	881
	5	Marcia	Cleveland	E	50	IM	214C-01S4Y	1:16:53.99	852
	6	Nicole	Vanderpoel	L	50	CMS	324X-0306H	1:17:08.45	849
	7	Heidi	Kafka		51	IM	214B-02X7X	1:17:28.42	846
	8	Andrea	Woodburn		50	GOLD	504F-027JK	1:18:06.79	839
	9	Arlene	Delmage		51	OREG	374V-01Z4F	1:19:51.70	820
	10	Melissa	Harasz		54	SPM	144G-05H1D	1:19:57.02	819
	11	Leslie	Sauber		54	TULS	274K-01JWY	1:20:55.39	810
	12	Dawn	Clark		50	SPM	144C-05VRX	1:22:13.00	797
	13	Kathy	Gifford	M	54	DOC	164X-06C7T	1:23:10.02	788
	14	Suzanne	Cuda	E	54	MOST	434E-008RJ	1:24:18.19	777
	15	Allison	Villarreal		51	MATT	154B-094UE	1:25:16.99	768
	16	Ann	Thomas	B	54	SFTL	504Z-0287G	1:36:13.25	681
	17	Sarah	Bennett	L	51	SFTL	504D-G00SE	1:43:18.12	634
	18	Allison	LaField		51	MOST	4349-06MXY	1:44:29.51	627
	19	Voni	Oerman	M	53	CMS	324P-030UC	1:46:40.99	614
	20	Liz	Reichman		52	MOST	434D-04KK5	1:58:24.09	553
	21	Lorraine	Basham	A	52	CTSM	334Z-07MHB	1:59:07.32	550
	22	Roberta	Varela-Hein	K	50	MOST	434Y-02NGX	2:04:43.00	525
	23	Marie	DeGennaro	E	54	MOST	434U-02PWB	2:24:38.99	453

<b>55-59</b>	1	Sharon	Smith	V	56	TXLA	4347-04KHX	1:12:37.60	968
	2	Mary	Sweat		56	OREG	374M-025UM	1:13:19.82	958
	3	Karen	Einsidler	L	58	AGUA	064M-01S73	1:13:43.56	953
	4	Sally	Dykstra	K	55	TXLA	434T-02NEE	1:16:36.21	917
	5	Bess	Hilpert		58	TXLA	434A-02P7J	1:19:36.99	883
	6	Jana	Fitzpatrick	B	56	ZEN	5945-026YE	1:26:18.99	814
	7	Linda	Larson	L	58	SFTL	5041-2WNDA	1:26:27.12	813
	8	Joan	Gamso	E	56	T2NM	1443-02TBP	1:32:45.99	758
	9	Maddie	Diedo		55	MICH	1940-028U9	1:32:51.13	757
	10	Cynthia	Henley	P	55	SFTL	5048-07SFD	1:33:42.76	750
	11	Ellen	Itzler	R	55	SFTL	504N-027D0	1:34:07.61	747
	12	Paula	Moores	J	56	SAWS	594S-01J0E	1:36:52.99	725
	13	Shelley	Probber	R	57	MOST	434G-04KPK	1:47:52.10	651
	14	Connie	Shuman		59	OREG	3740-026A0	1:51:26.99	631
	15	Michelle	Marshall	M	56	MOST	4344-08CGN	2:20:45.67	499

<b>55-59</b>	16	Blair	Brockman	S	58	TULS	274Z-080YC	2:28:10.01	474	
	17	Aliza	Becker	C	56	GLTR	214K-090J4	2:36:13.00	450	
<b>60-64</b>	1	Shirley	Loftus-Charley	A	62	VMST	124F-WATER	1:15:41.01	952	
	2	Frances	Hare	E	63	AGUA	064X-02XHG	1:22:29.88	874	
	3	Debbie	Wilson	R	60	NCMS	1346-02318	1:26:19.17	835	
	4	Meredith	Moore	A	64	T2NM	144S-01S4X	1:28:14.30	817	
	5	Jeanna	Summers		60	OREG	3749-000PT	1:32:29.25	779	
	6	Jill	Wright	M	63	SAWS	5944-01J02	1:38:19.91	733	
	7	Linda	Callaway		61	MOST	434B-02NEV	1:39:42.06	723	
	8	NlNa	Clarkson	W	62	MOST	4348-093N8	2:26:39.79	492	
	9	Rita	Maynard		62	NCMS	1342-06J2A	2:26:46.71	491	
<b>65-69</b>	1	Linda	Webb		69	SFTL	5041-02FR0	1:42:09.88	829	
	2	Greta	Van Meeteren		67	NCMS	134N-0232R	1:47:45.32	786	
	3	Jeanne	Seidler	E	67	WMAC	2044-01R6A	2:37:37.99	537	
<b>70-74</b>	1	Betsy	Beddow	J	70	TULS	274Z-SWMER	1:58:58.26	798	
	2	Peggy	Whiter	S	70	OREG	3742-025YR	2:18:09.00	687	
	3	Lynn	Francis	A	70	MOST	4340-02NGK	2:48:26.15	563	
<b>75-79</b>	1	Patricia	Bond	M	76	FMM	144W-02RDM	1:40:52.82	1,135	Y

## MEN

Age Group	Place	First Name	Last Name	MI	Age	Club Abbr.	USMS Number	Time	Quality Points	New Record
<b>18-24</b>	1	Alexander	Aceino	M	23	MICH	194U-08AR7	1:01:49.77	1,054	Y
	2	Luke	Griffioen		23	MICH	194Z-088T6	1:19:15.99	822	
	3	Sean	Maynard		23	NCMS	134U-0729X	1:35:09.89	685	
<b>25-29</b>	1	Michael	Scott	B	28	PSM	364J-MSCTT	1:20:31.09	775	
	2	Daniel	Miller		29	CTSM	3343-09FB7	1:32:44.97	673	
<b>30-34</b>	1	Ted	Bradley	J	31	SPM	144Z-02TT9	1:03:26.00	944	
	2	Andrew	Schaefer	F	30	BUMS	044R-06Z6S	1:07:48.99	883	
	3	Michael	Kleinert		33	UC44	444F-05VJR	1:08:17.62	877	
	4	John	Batchelder	R	33	CMS	324G-086NY	1:12:19.00	828	
	5	Brock	Jones	H	32	PSM	364R-07FYR	1:12:26.37	827	
	6	Johannes	Harmse	A	32	CTSM	334P-07ZKC	1:13:41.64	813	
	7	Nicholas	Mathers		34	MOST	434D-01YSY	1:18:20.89	764	
	8	Ian	Douglass	C	34	MICH	194Y-084N7	1:24:01.10	713	
	9	Aleksandr	Sigalus		31	SFTL	504F-0891N	1:29:54.85	666	
<b>35-39</b>	1	Matt	Miller		36	OREG	374S-1500F	1:08:21.28	851	
	2	Eric	Hatch		39	CMS	3245-02WHA	1:14:06.17	785	
	3	Josh	Green		35	SLOW	344X-06BWV	1:21:24.19	715	
	4	Grant	Sutton	C	39	GLTR	214F-091GB	1:22:00.40	710	
	5	Matt	Durante	J	39	MERR	094C-06DRH	1:26:07.99	676	
	6	Goody	Tyler		37	SLOW	3448-06VCS	1:30:30.00	643	
<b>40-44</b>	1	George	Villarreal	C	42	TULS	2746-00677	1:07:08.43	870	
	2	Robert	Pardo	R	40	SFTL	504W-0733U	1:14:44.20	781	

40-44	3	Gordon	Gridley	R	42	SLOW	344J-060M7	1:20:50.00	722
	4	Jarek	Tadla		42	SFTL	504J-096YC	1:25:34.99	682
	5	Eduardo	Cruz		44	CMS	324Y-05XNM	1:25:51.60	680
	6	Jason	Lassen	D	41	SFTL	504R-04F74	1:35:37.93	611
45-49	1	Hardy	Lussier	C	48	OREG	374X-025VX	1:03:13.99	955
	2	Billy	Cordero		46	IM	214C-065ZF	1:09:29.99	869
	3	Mark	Frost		47	OREG	374Y-07KU4	1:12:44.79	831
	4	Ed	Coates	M	48	TXLA	4340-02NS9	1:13:51.52	818
	5	Darrin	Lajoie	M	49	OREG	3746-072NV	1:14:04.01	816
	6	David	Gray	L	46	T2NM	1446-07C7R	1:16:15.02	792
	7	Andy	Fischer		47	SFTL	504H-0356H	1:16:18.99	792
	8	Colin	Smiley		47	TXLA	434P-06SX0	1:17:15.70	782
50-54	1	James	Biles	B	53	WMAC	204C-SWMMR	1:09:54.44	871
	2	Bill	Korey	S	50	GOLD	504F-027K2	1:12:41.36	838
	3	Seth	Hoff		51	IM	214C-003C9	1:14:16.95	820
	4	David	Kough	S	51	MINN	304W-08229	1:16:56.49	791
	5	Steve	Cochran		51	TXLA	434C-02RAR	1:17:52.60	782
	6	Jeff	Dziedzowski		51	SAWS	594G-08D36	1:37:58.99	622
	7	Jeff	Hinely	T	50	HUNT	154H-05SZ6	1:41:44.99	599
55-59	1	Jim	Sauer		57	TXLA	4348-06N4M	1:05:31.16	967
	2	Kern	Davis	M	59	SPM	144T-02RET	1:10:11.99	902
	3	Craig	Siegel		56	TXLA	434H-0239K	1:12:24.51	875
	4	Chris	Layton		55	IM	214Y-02VAE	1:12:28.20	874
	5	Jeff	Wetzel		58	TXLA	434V-02NM3	1:12:28.41	874
	6	Dan	Robinson	L	57	PSM	364A-02M2D	1:14:25.09	851
	7	Timothy	Kennedy	C	57	SPM	144J-02RF0	1:15:07.00	843
	8	Patrick	Allender		55	OREG	374S-025Y4	1:16:18.99	830
	9	Marty	Hendrick		56	SFTL	5040-027T9	1:17:52.53	813
	10	Joe	Aumiller		57	MICH	1948-029JT	1:22:45.99	765
	11	William	Zenga	T	59	SFTL	504G-0279H	1:23:13.37	761
	12	Gilles	Chalandon	A	57	AGUA	064K-02YE4	1:25:29.26	741
	13	Charles	Springer	A	58	IAMA	404W-046CJ	1:36:37.99	656
	14	Duane	Grassell	V	57	O*H*	184P-01PH5	1:38:28.49	643
	15	George	DeWitt		55	HUNT	154H-088A3	1:41:22.99	625
	16	Philip	Harasz		55	SPM	1441-07GD6	1:46:08.06	597
60-64	1	Dick	Worrel		60	TXLA	434P-02NHM	1:09:47.99	917
	2	Jim	Mc Conica		63	VCM	334U-03B07	1:09:59.97	914
	3	Larry	Wood	W	60	TXLA	434B-02NJF	1:10:45.23	904
	4	Robert	Wright	E	60	DOC	1643-02AE4	1:12:22.08	884
	5	Will	Reeves	W	61	SALT	344B-0310P	1:13:38.50	869
	6	Craig	Saint-Amour	E	61	REDT	0649-02XVR	1:19:41.99	803
	7	Robert	Richardson	B	61	OREG	374H-049YA	1:22:22.99	777
	8	Charlie	Swanson	E	62	OREG	374R-026EP	1:22:23.71	776
	9	Allen	Larson	J	61	SFTL	504M-05VZ3	1:25:54.40	745
	10	Matt	Henderson		64	OREG	374R-07UME	1:31:01.99	703
	11	Curtis	Finley	M	60	DAM	384E-062BC	1:44:31.99	612
	12	Kevin	Johnson	B	60	SLOW	344M-003YP	1:48:25.55	590
	13	Allen	Kossoy	F	61	MOVY	284A-01NRW	1:52:58.99	566

<b>65-69</b>	1	Steve	Johnson	M	66	OREG	3743-0264Y	1:18:26.23	922	
	2	Bob	Bruce	A	66	OREG	374G-025YX	1:20:46.90	895	
	3	Rich	Bernstein		68	AGUA	064Z-0301W	1:23:32.97	865	
	4	Pat	Marzulli		65	SPM	144E-02RMY	1:26:55.00	832	
	5	Neil	Salkind	J	67	ARIZ	484S-01NSF	1:31:19.12	792	
	6	Bren	Hirschberg		68	OREG	3746-06MC1	1:33:59.99	769	
	7	Mike	Garibaldi	S	68	OREG	374V-03JTK	1:35:27.99	757	
<b>70-74</b>	1	Larry	Raffaelli	L	71	VCM	3349-03B35	1:23:01.77	904	
	2	Ralph	Mohr		73	OREG	374K-0261C	1:36:25.53	779	
	3	John	Foges		70	OREG	374H-026R3	1:56:20.99	645	
<b>80-84</b>	1	David	Radcliff	A	80	OREG	374H-025V8	1:19:35.57	1,384	Y