

1989 USMS Long Distance

6th Annual National 10K Postal Championship & 5K Postal Swim

May 1 – September 30, 1989

**Sponsored by: USMS Long Distance Swimming Committee
Sanctioned By: Arizona Masters Swim Committee**

RESULTS

1989 10K SWIM RESULTS

TIME NAME AGE CITY STATE

MEN 19-24 YEARS (No entrants)

MEN 25-29 YEARS

Current Record: 2:10:56.42 G. Rodrigues 1988
*NEW RECORD: 2:04:50.00 M. Volk

*1st	2:04:50.00	Mike Volk	(25)	Tempe, AZ.
2nd	2:21:48.00	David Blanke	(29)	Dallas, Tx.
3rd	3:01:22.23	William McMann	(26)	Midland, Tx.
	4:18:44.00	Ian Wakeling	(29)	Capalaba, Australia

MEN 30-34 YEARS

Current Record: 2:08:13.89 S. Breiter 1987

1st	2:24:35.93	Michael Skarp	(31)	Chanhassen, MN
2nd	2:25:13.00	Tom Monica	(31)	Stanford, CA.
3rd	2:25:16.45	Wayde Mulhern	(30)	Blaine, MN
	2:29:19.79	Phil Hedges	(30)	Anchorage, AK
	2:32:17.98	Kern Davis	(34)	St. Petersburg, FL
	2:40:31.00	Hugh Moore	(34)	Federal Way, WA
	3:26:48.00	David Lewis	(30)	Midland, TX
	3:28:57.46	Jay Hogan	(30)	Boulder, CO
	3:42:07.94	Charles Vanderstam	(33)	Brisbane, Australia
	3:57:48.47	David Haley	(33)	Annerley, Australia

MEN 35-59 YEARS

Current Record: 2:07:09.01 J. McConica 1988

1st	2:10:32.15	Jim McConica	(38)	Ventura, CA
2nd	2:21:54.23	Frank McIntyre	(38)	Dallas, TX
3rd	2:27:07.28	Craig Tribuzi	(35)	Garland, TX
	2:47:20.35	Mark Rowley	(37)	Mesa, AZ
	2:48:36.00	Todd Connelly	(37)	Gilbert, AZ
	3:15:35.00	Michael Clancy	(36)	Phoenix, AZ
	3:21:44.00	Jim Edwards	(37)	Topeka, AZ KS

MEN 40-44 YEARS

Current Record: 2:17:42.81 Keith Bell 1988
*NEW RECORD 2:17:40.29

1st	2:17:40.29	Keith Bell	(41)	Ventura, CA
2nd	2:53:15.00	Lou Flynn	(44)	Minneapolis, MN
3rd	2:55:13.00	Vern Fuller	(42)	Mesa, AZ
	3:01:48.60	Mark Paulson	(43)	Tucson, AZ
	3:11:18.00	Jay Caldwell	(44)	Anchorage, AK
	3:26:24.17	Bill Lorch	(43)	Eagle River, AK

MEN 45-49 YEARS

CURRENT RECORD: 2:33:40.56 R. Bosveld 1984

1st	2:45:56.14	Mike Sullivan	(45)	Walnut Creek, CA
2nd	3:14:19.80	Arthur Hale	(47)	Hacienda Heights, CA
3rd	3:43:05.00	Richard Siviok	(46)	Tucson, AZ
	4:08:10.46	Jan Nyboer	(46)	Anchorage, AK

MEN 50-54 YEARS

CURRENT RECORD: 2:31:06.00 B. Jones 1985

1st	2:33:09.19	Kent Price	(51)	Palo Alto, CA
2nd	2:53:34.10	Ray Burns	(54)	St. Petersburg, FL
3rd	3:05:12.00	Robert Haig	(50)	East Providence, RI
	3:07:21.00	Don May	(52)	Boulder, CO
	3:32:07.00	Richard Cooke	(53)	Eagle, ID

MEN 55-59 YEARS

Current Record: 2:44:46.26 R. Beach 1985

1st	3:02:58.00	Thomas Taylor	(58)	Federal Way, WA
2nd	3:51:07.00	Edward Allen	(59)	St. Petersburg, FL

MEN 60-64 YEARS

Current Record: 3:02:11.00 M. Lombardi 1984

1st	4:16:27.89	Harry Hauck	(60)	Ft. Buchanan, Puerto Rico
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MEN 65-69 YEARS

Current Record: 2:58:08.83 A. DaRosa 1985

1st	3:12:54.50	Dan Miles	(68)	Los Alamos, NM
2nd	3:21:01.28	Jim Edwards	(66)	Providence, RI

MEN 70-74 YEARS

Current Record: 2:57:58.03 H. Howe 1984

1st	4:17:16.00	Harry Redpath	(71)	Queensland, Australia
2nd	5:00:57.00	George Hale	(72)	Anchorage, AK

WOMEN: 19-24 YEARS

Current Record: 2:25:23.15 S. Bella Brownstein 1988

1st 2:53:21.73 Sandra Carosi (23) Houston, TX

WOMEN: 25-29 YEARS

Current Record: 2:22:40.00 S. Blaha 1985

1st 2:34:12.05 Laura Kaleel (28) St. Petersburg, FL
2nd 2:34:58.01 Sarah Burch (29) Walnut Creek, CA
3rd 2:40:39.00 Peggy Dursthoff (29) Colorado Springs, CO
3:04:02.00 Thorunn Helgason (26) Houston, TX
3:11:37.28 Kathleen Woods (29) Decatur, GA
3:12:52.00 Chrissie Mee (27) Midland, TX
3:14:36.31 Sara Welch (28) Midland, TX

WOMEN: 30-34 YEARS

Current Record: 2:17:19.08 P. Mattson 1985

1st 2:39:34.00 Stefani Hernandez (30) Dallas, TX
2nd 2:55:36.00 Diane Siegal (33) Tempe, AZ
3rd 3:03:36.74 Sheila Baskett (31) Houston, TX
3:09:37.00 Julie Kupecz (32) Eagle River, AK
3:11:10.63 Kathy Keffer-Sharpe (30) Oklahoma City, OK
3:17:40.31 Penny Bianconi (34) Houston, TX
3:47:28.00 Paula Howard (31) Boise, ID
4:04:37.62 Deborah Ringma (32) Brisbane, Australia
4:13:58.88 Carolyn Collins (34) Rochedale, Australia

WOMEN: 35-39 YEARS

Current Record: 2:16:22.59 P. Mattson 1988

1st 2:22:06.78 Patricia Mattson (36) Atlanta, GA
2nd 2:38:07.01 Louise Stacy (35) Edmond, OK
3rd 2:43:46.00 Pamela Geiger (36) Tierra Verde, FL
2:56:08.03 Mary Barker (39) St. Petersburg, FL
3:00:25.55 Jane Moore (38) Federal Way, WA
3:10:12.73 Susy Reiersen (37) Houston, TX

WOMEN: 40-44 YEARS

Current Record: 2:57:13.06 K. Watson 1988

1st 3:07:58.04 Katharine Watson (41) Newport Beach, CA
2nd 3:19:33.00 Carolyn Chalmers (40) Faddington, Australia
3rd 3:44:01.00 Janet Romayko (44) East Hartford, CT
3:45:36.00 Genevieve Howse (41) Boulder, CO

WOMEN: 45-49 YEARS

Current Record: 2:47:07.36 L. B. Weir 1986

1st 2:57:13.00 Mary Cheng (47) Lawrence, KS
2nd 3:55:16.65 Josi Reuter (48) Tucson, AZ

WOMEN: 50-54 YEARS

Current Record: 3:12:10.00 N. Whitehall 1984

1st 3:30:51.24 Char Ernstein (51) Tucson, AZ
2nd 3:44:23.00 Mary Pudim (50) Longmont, CO
3rd 4:46:51.88 Edna Spring (51) Tucson, AZ

WOMEN: 55-59 YEARS

Current Record: 3:31:01.21 E. Gruender 1985

No swimmers this year

WOMEN: 60-64 YEARS

Current Record: 3:58:01.00 R. Manfredi 1986

No swimmers this year

WOMEN: 65-69 YEARS

Current Record: 4:32:01.29 M. Chadwick 1988
*NEW RECORD: 3:58:55.00

*1st 3:58:55.00 Ruth Manfredi (65) Tempe, AZ
2nd 4:45:51.39 Marion Chadwick (67) Mercer Island, WA

WOMEN: 70-74 YEARS

Current Record: 4:54:25.78 R. Steward 1988

1st 5:08:17.00 Rose Steward (71) Tempe, AZ

ABOUT THE 10K SWIMMERS of 1989

We had a great group of swimmers from Australia join us this year--The Brisbane Southside Masters. They're even getting ready for next year's swim. Their Debbie Ringma was a beginner swimmer only 12 months ago. Harry Redpath writes that they are interested in trading patches--their platypus for yours. Write to:



Brisbane Southside Masters AUSSi
P. O. Box 180
Carina Queensland 4152
Australia

ATTN: Harry Redpath

Harry Hauck out of Fort Buchanan, Puerto Rico, has done the 10K several times. The Hauck family was the first to ever finish a relay swim of the English Channel as a family. In 1988 Harry swam around Puerto Rico, some 325 miles, some 200 hours. It was an anti-drug swim with 14,000 pledges from school kids when to stop? He also challenged the English Channel solo missing by less than 20 miles. Harry, do you know

that they wouldn't do drugs. Channel solo missing by less than 20 miles. Harry, do you know when to stop?

Rose Steward has swum all the 10Ks but one--taking first place every time!!

Received notes from a few people who solemnly vowed NEVER AGAIN--EVER! Wanna bet?

The Alaska Sports Medicine entered a team of six swimmers; the University of Houston five swimmers; and, the St. Petersburg swimmers had a group of six swimmers. Perhaps next year we can offer team swimming. Blaine, Minnesota swimmers five swam a rough, cold five-mile open water swim eight days before they did the 10K. They're also hosting a Pentathlon. Midland (TX) Masters' coach Scott Tuttle entered his team rewarding them with a six-foot sub sandwich which was practically inhaled before the ants even knew it arrived.

Art Hale dedicated his swim to his father who held butterfly age group records 75-79. Art wasn't satisfied with his first swim this year so two weeks later he repeated the 10K--then went off honeymooning with his bride to New York. His little daughter conscientiously timed his two swims--she was a stern taskmaster he says barking at him to "speed it up".

The Arizona Masters silently dedicated the 1989 10K to Dorothy LaPorte whose tragic death last year saddened all of us. Dorothy invented the 10K but the rest of the swim seems to be lost to history.

We would like to restructure as much of the 10K as possible. Does anyone have:

- a. The rosters of the five previous swims?
- b. Who were previous 10K race directors--Dorothy didn't do them all.
- c. Any interesting facts and/or figures.

Please send to me

Edna K. Laflin - 10K Swim
P. O. Box 5231
Sun City West, AZ 85375

I've enjoyed my telephone conversations with so many of you -- you are all wonderful water animals -- God Bless and Merry Christmas.

A handwritten signature in cursive script that reads "Edna".



1989 USMS NATIONAL CHAMPIONSHIP THE 6th ANNUAL 10K POSTAL SWIM

SPONSORS AND SANCTIONS: This meet is sponsored by the USMS Long Distance Swimming Committee and is sanctioned by the MASTERS SWIM COMMITTEE OF ARIZONA. Sanction # MSCA 4889-5.

ELIGIBILITY: Open to all registered United States Masters Swimmers ages 19 to 100 and Non-United States Masters Swimmers, subject to their country's rules and regulations concerning this competition.

MEDICAL: All contestants are urged to have a complete physical before starting this event. Meet managers must have a competent medical assistant available during the competition and be extremely watchful for cases of exhaustion, hypo-thermia, and dehydration. We urge contestants not to start if there is a question that they will not be able to finish in reasonable time. If you expect to swim more than 2 hours we recommend stopping for liquids and/or nourishment. The clock keeps running - (same for potty breaks and rest stops).

EVENT: 10,000 meters in a *50 meter pool of your choice. Dates - May 1 through September 30, 1989. *25 meter or 25 yard pool not acceptable. An indepth study was made concluding that there is no way that different sized pools can be used fairly for all participants.

REQUIREMENTS FOR NATIONAL CHAMPIONSHIP STATUS: You must have: (1) An adult acting in the capacity of the starter, head timer and referee only; (2) A separate lap counter for each swimmer taking splits; (3) A stop watch must be used - no calculators and no pace clocks for official timing. **NO DRAFTING PERMITTED (USMS RULES).**

T-SHIRTS: Special " I Swam the 1989 10K " T- shirts will be available at the cost of \$8.00. Order submitted with the entry form. Out-of-country swimmers please add \$2.50 for additional postage. T-shirts for counter also available for \$8.00.

TIMERS AND COUNTERS: Please insure accuracy by paying strict attention to the laps swum. We urge you to use a check-off the system noting cumulative time at each 100 meters. If you are using a mechanical watch, please wind it periodically. If you are using a battery-operated watch, please start with fresh batteries. Only one swimmer per lap counter is mandatory.

ENTRY & FEES: Mail entry form and \$6.00 entry fee (U.S. currency, check or money order) payable to 10K Swim to: 10K Swim, Edna Laflin, P.O. Box #5231, Sun City West, AZ. 85375. Due by Oct. 15, 1989.

AWARDS: National championship patches to first place in each category. USMS Championship medals to the top three finishers in each category, certificate of participation for all finishers, winners of each age group, male and female, qualify to be on the masters ALL AMERICAN SWIM TEAM. Instructions will be mailed to winners on how to order All-American certificates. Non-USMS Swimmers are not eligible for All-American status. USMS mails winners their All-American certificates.

QUESTIONS: Edna Laflin, (602)584-3190 and Mark Rowley (602)892-6369

OFFICIAL ENTRY FORM - 1989 10K POSTAL SWIM

SWIMMER: _____ AGE _____ MALE _____ FEMALE _____
 ADDRESS: _____ HOURS _____ MIN. _____ SEC. _____ 100ths _____
 _____ CLUB: _____
 ZIP _____ PHONE _____ USMS NO. _____ DATE OF SWIM _____

VERIFICATION: I certify that the correct information above is correct, the time is accurate, and the distance was 10,000 meters. Please sign in the appropriate place. (A copy of lap count sheet is NOT required for entry).

SWIMMER: _____	TIMER/COUNTER: _____
ENTRY: \$6.00	Size: (Unisex)
T-shirts at \$8.00 each	SWIMMER: S M L XL XXL
Extra postage for foreign mail at \$2.50 each	COUNTER: S M L XL XXL
TOTAL	_____

Date Deposited Check _____

Date Mailed: _____
Certificate Medal Patch T-Shirt

ARIZONA MASTERS 10K AND 5K SWIMS - OPEN WATER FUN SWIMS

Plans are under way for the 1989 USMS National Championship 6th Annual 10K Postal Swim together with Arizona Masters 10K Swim. Tim Joganich is Swim Director. Our AZ 10K Swim will be a quality event. Interested swimmers are advised to start stretching out their training periods NOW.

10K Swimmers may swim in any 50 meter pool of their choice -- as indicated in the entry form attached to this edition of the Aquatic. Tim has tentatively set June 3, Saturday, for our Arizona Masters 10K swim. We are also offering a 5K swim on that date. Both are quality events (as we said before and above); lap counters will be provided as well as shaded areas for spectators and perhaps breakfast will be offered.

Open water swims are also in the planning stage. Initially, those swims will be in Lakes Pleasant and Saguaro varying in distance from approximately one to four miles.

Swimmers interested in participating in any or all of the swims please indicate your preference on the form and send to:

Edna K. Laflin
P. O. BOX #5231
Sun City West, AZ 85375

Complete information will be sent as these events firm up.

_____ AZ Masters 10K Swim
_____ AZMasters 5K Swim
_____ Long Distance Open Water Swims

Suggestions or comments:

Name: _____ Address _____

Phone Number: _____