

# 2018 USMS 3000-Yard ePostal National Championship

## WOMEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS Number	Time	Quality Points	New Record
<b>18-24</b>									
	1	Mads	Bruce	24	IM	218U-09DA1	0:37:03.84	876	
	2	Kira	Lavine	21	SDSM	448Z-C4T20	0:44:51.11	723	
	3	Naomi	Finney	18	SWED	219E-CWPH3	1:12:20.95	449	
<b>25-29</b>									
	1	Kelsey	Liu	26	MOVY	2881-0A4V8	0:37:09.46	873	
	2	Alana	Aubin	28	NEM	028E-07TSR	0:37:24.03	867	
	3	Jennifer	Mohn	27	DAM	388C-09HD8	0:39:00.84	831	
	4	Kayla	Aldan	28	KMLE	1899-WM5JB	0:40:30.76	800	
	5	Ryan	Streicker	29	IM	2183-0A5F4	0:42:43.06	759	
	6	Lauren	Meyer	27	MERR	098N-0ANEN	0:43:05.00	752	
	7	Laura	Richards	29	PBM	5089-0AK3M	0:45:29.99	713	
	8	Victoria	Kirkman	26	SPM	149A-09CC9	0:48:48.00	664	
	9	Molly	Spray	29	SWED	218S-094RT	0:50:11.28	646	
	10	Melissa	High	26	SWED	219G-Z1J4R	0:51:20.80	631	
	11	Renee	Leber	27	SWED	218K-5J6DS	0:55:49.75	581	
<b>30-34</b>									
	1	Kendra	Hogg	31	VMST	128B-09RSH	0:35:53.70	910	
	2	Marlena	Tonelli	30	SWED	218T-07DTD	0:37:11.79	879	
	3	Megan	Tosh	33	OREG	3789-09JSX	0:39:33.97	826	
	4	Molly	Brown	32	BUMS	049C-088F6	0:40:15.00	812	
	5	Alexa	Tang	31	SWED	2190-06NYU	0:42:43.01	765	
	6	Kathleen	Pelczynski	33	NCMS	138M-06W4X	0:43:29.04	752	
	7	Hannah	Plimpton	33	1776	0882-05XZT	0:45:08.00	724	
	8	Leah	Harris	33	OREG	378A-0B4PW	0:46:55.15	696	
	9	Laura	Shope	34	SMST	388H-083N8	0:47:23.30	690	
	10	Pamela	Staton	32	SWED	2184-0AN4B	0:49:02.32	666	
	11	Sarah	Rich	32	SMST	3880-07X25	0:49:57.79	654	
	12	Edith	Hannigan	31	DAM	3884-07TXP	0:58:39.83	557	
	13	Sara	Spray	31	SWED	2183-0ABXW	1:01:20.93	533	
<b>35-39</b>									
	1	Laura	Nuudi	37	PBM	508P-09K0T	0:37:07.51	886	
	2	Megan	Peterson	35	PMST	548R-046CK	0:38:06.22	864	
	3	Karen	Schultz	39	SBM	338B-06DBS	0:38:33.01	854	
	4	Rebecca	Latimer	36	VMST	129J-023UP	0:43:01.28	765	
	5	Katy	Smith	37	PSM	3681-07HTU	0:43:37.00	755	
	6	Lauren	Van Allen	38	TFAM	268J-02HAZ	0:46:39.08	705	
	7	Jessica	Scott	37	CMS	3283-04580	0:50:02.43	658	
	8	Erica	Lazarus	39	PBM	508C-0APJ1	0:50:14.00	655	
	9	Melissa	Mizwa	39	SWED	218Z-Z4GX9	0:52:23.67	628	
	10	Katie	Hayes	39	TFAM	2686-0AGW9	0:56:10.00	586	
	11	Tamrya	d'Artenay	36	KMLE	1880-MHKCT	1:02:43.27	525	
	12	Amy	Fesler	39	CMS	328M-0A8PK	1:04:00.10	514	

# 2018 USMS 3000-Yard ePostal National Championship

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40-44									
	1	Jennifer	Downing	40	NEM	028W-034VS	0:38:25.74	867	
	2	Michelle	McRae	43	PSM	3685-04FBZ	0:38:46.24	859	
	3	Sarah	Landrum	40	PSM	368V-099B2	0:41:39.60	800	
	4	Mina	Whitmer	40	BNG	2487-D0C13	0:42:16.50	788	
	5	Stacey	Pitcher	40	CMS	3283-029Z0	0:43:30.93	766	
	6	Catherine	Old	41	NCMS	138H-07ERH	0:44:06.16	755	
	7	Kate	Ufford	43	PBM	5086-09ES7	0:44:50.00	743	
	8	Madelyn	Tan-Cohen	44	SWED	219B-0A7JT	0:45:01.37	740	
	9	Hillary	Morris	43	PBM	5085-095WK	0:48:33.00	686	
	10	Erin	Stiers	41	MINN	309R-0ATPH	0:57:26.35	580	
45-49									
	1	Anne	Cappola	49	1776	088N-022E0	0:38:14.00	886	
	2	Jayna	Tomac	46	OREG	378H-05EJN	0:38:15.09	886	
	3	Tamara	Koppelberger	46	PSM	368P-09UES	0:39:22.08	861	
	4	Anicia	Criscione	45	OREG	379M-EYEEM	0:42:39.60	794	
	5	Catharine	Cebrowski	48	MOST	439X-06POP	0:43:13.97	784	
	6	Melinda	Wight	47	MOST	438M-09MYN	0:44:22.19	764	
	7	Amy	San Filippo	46	UC17	178T-005X2	0:46:05.18	735	
	8	Cynthia	Smidt	48	OREG	379J-02611	0:47:36.99	712	
	9	Tracy	Williams	46	PBM	508Y-09DRD	0:47:54.00	708	
	10	Kari	May	46	OREG	3789-0318R	0:48:51.89	694	
	11	Ingrid	Bon	48	PBM	5086-07ZM1	0:51:14.00	661	
	12	Rosina	Bolen	46	YWMA	088T-0ADB6	0:51:26.81	659	
	13	Darcy	Kinnersley	47	COLO	328F-09TJ8	0:52:09.53	650	
	14	Michelle	Uting	49	SWED	219X-PG0CA	0:59:59.36	565	
	15	Briana	Johnson	49	LOCO	5586-0B19A	1:02:08.76	545	
	16	Eileen	Kristl	49	SWED	218Z-082GV	1:02:08.95	545	
50-54									
	1	Laurie	Hug	53	1776	088G-0226X	0:35:28.99	964	
	2	Charlotte	Petersen	54	SPM	149Z-02RF8	0:37:05.91	922	
	3	Charlotte	Brynn	52	NEM	028E-034BA	0:39:21.02	870	
	4	Gillian	Salton	50	OREG	379Y-05G96	0:40:15.99	850	
	5	Dawn	Clark	54	SPM	148M-05VRX	0:41:06.00	832	
	6	Paula	Pardy	50	PMST	5483-PKP27	0:41:32.66	824	
	7	Marcia	Cleveland	54	IM	218N-MC944	0:42:42.01	801	
	8	Livia	Zien	52	SPM	148C-02RN5	0:42:48.00	799	
	9	Brenda	McLuskie	52	NCMS	138W-00600	0:43:02.00	795	
	10	Karen	Dietrick	53	PBM	5089-0ATS1	0:43:30.00	787	
	11	Pamela	Figoras	53	PBM	508Z-06K1C	0:43:31.00	786	
	12	Kate	Tiedemann	50	WM	068N-02YCA	0:43:32.33	786	
	13	Noreen	Uppstrom	54	1776	088Y-0485W	0:43:46.20	782	
	14	Geneve	Hendricks	50	WM	068A-02Y8D	0:43:47.71	781	
	15	Jennifer	Phalen	54	DAM	388A-JENNY	0:45:47.88	747	

# 2018 USMS 3000-Yard ePostal National Championship

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	16	Anne Marie	Gladding	50	MICH	198P-0AP03	0:46:23.68	737	
	17	Kirsten	Derr	54	CMS	3280-03316	0:47:48.36	716	
	18	Michelle	Gross	54	OREG	378G-031BA	0:50:23.95	679	
	19	Beth	Scognamillo	51	PBM	508C-0ACX4	0:51:48.99	660	
	20	Cathy	Goodwin	53	PBM	508M-08CWV	0:52:01.99	658	
	21	Deborah	Pearson	52	NMMS	428U-098DA	0:53:08.47	644	
	22	Mary	Eklund	54	LOCO	5590-07HXG	0:53:25.06	641	
	23	Sue	Langley	53	SAWS	599S-0B8DP	0:54:05.13	633	
	24	Gretchen	Wahl	54	SWED	219R-087N0	0:54:24.21	629	
	25	Lisa	Jillson	51	SWED	218Z-09TNU	0:54:55.33	623	
	26	Flavia	Medlin	51	O*H*	188J-02RHK	0:58:01.54	590	
	27	Yumiko	Luke	53	SAWS	598F-09XTD	1:00:00.00	570	
	28	Susan	Smith	54	PBM	508H-0A55G	1:01:40.99	555	
	29	Heidi	Bettendorf	54	PBM	508V-0B0PC	1:04:22.99	531	
	30	Martha	Paniagua	51	DAP	5083-0AAM7	1:14:38.00	458	

### 55-59

1	Kimberly	Elsbach	55	DAM	388Z-D0NUT	0:37:25.08	951	
2	Vibeke	Swanson	57	1776	0881-02223	0:38:21.00	928	
3	Ellie	Najjar	57	COLO	3281-045G5	0:38:24.11	927	
4	Stephanie	Saucy	55	1776	088S-07VRM	0:39:13.00	907	
5	Linda	Irish Bostic	55	PBM	509U-06BTX	0:39:33.78	899	
6	Betsy	Hanson	57	OREG	379F-03D7C	0:41:44.99	852	
7	Angi	Smith	56	CMS	328U-0A8NW	0:43:17.36	822	
8	Brigid	Bunch	55	ARIZ	488T-02F0M	0:43:58.00	809	
9	Jeanne	Danford	55	PBM	509W-028BV	0:44:00.99	808	
10	Kristina	Rebert	55	YWMA	0883-070MC	0:44:50.20	794	
11	Ann	Brown	56	MERR	098A-0759J	0:45:57.00	774	
12	Kathy	Francis	59	CMS	328K-030EC	0:51:27.05	692	
13	Susan	Nolte	57	CMS	329S-030PV	0:55:09.06	645	
14	Nancy	Seay	59	NCMS	138A-07759	0:57:16.23	621	
15	Sharon	Friedman	59	PBM	508A-06BNV	0:57:59.99	614	
16	Melanie	Bowden	55	DAM	3882-03FZX	0:58:45.00	606	
17	Patricia	Deters	57	CMS	328B-0AV1K	0:59:12.02	601	
18	Ilse	Krause	57	SWED	219N-5RBM6	0:59:58.00	593	
19	Andrea	Meyerhoff	59	UC10	108R-06FF1	1:16:23.94	466	
20	Sue	Bennett	56	MEMO	388S-09VAZ	1:24:18.72	422	

### 60-64

1	Karen	Einsidler	62	AGUA	069F-01S73	0:38:27.76	975	
2	Colette	Crabbe	62	OREG	378N-02645	0:39:01.19	962	
3	Darcy	LaFountain	63	PBM	508C-0212Z	0:41:40.63	900	
4	Tamara	Burton	60	PBM	5085-099CG	0:41:49.99	897	
5	Sharon	Steinmann	60	SPM	1480-02RG3	0:42:33.15	882	
6	Debbie	Wilson	64	NCMS	138U-02318	0:44:08.28	850	
7	Margaret	Haskins	60	NEM	029M-05UC8	0:44:51.35	836	

# 2018 USMS 3000-Yard ePostal National Championship

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	8	Jeanna	Summers	64	OREG	378R-000PT	0:44:55.56	835	
	9	Joanne	Wainwright	63	NCMS	1385-01P94	0:46:28.82	807	
	10	Maddie	Diedo	60	MICH	198G-028U9	0:48:00.57	781	
	11	Paula	Moores	61	SAWS	5987-01J0E	0:48:34.98	772	
	12	Janet	Siniscalchi	62	PBM	5085-079VZ	0:48:48.00	769	
	13	Jo-Ann	Berry	62	PBM	508N-027YV	0:51:48.99	724	
	14	Charlotte	Kramer	64	BUMS	048B-0926U	0:51:51.00	724	
	15	Paula	Yankauskas	64	NEM	0285-WOWSA	0:51:55.89	722	
	16	Hope	Knauer	61	HHM	2196-00CCY	0:52:53.00	709	
	17	Blair	Brockman	63	SFTL	509V-080YC	0:54:18.50	691	
	18	Deanna	Johnson	62	DAM	388N-041KE	0:54:27.00	689	
	19	Gale	Tinglov	62	MINN	3080-073TV	0:54:35.02	687	
	20	Karen	Lewin	62	PBM	508T-06124	0:57:15.81	655	
	21	Debbie	Buehler	60	CMS	3282-09RS3	0:59:32.58	630	
	22	Nancy	Kiernan	64	SPM	148E-02RN7	1:01:50.00	607	
	23	Laura	Richardson	63	LOCO	5587-01HA2	1:03:12.03	594	
	24	Suzzette	Seril	60	SPM	149X-02RFA	1:07:01.00	560	
	25	Robin	Downing	60	CMS	328W-03256	1:07:57.59	552	
	26	Sandi	DuBose	64	PBM	508B-09XVK	1:09:37.00	539	
	27	Colleen	Brown	61	BUMS	049P-0AM6X	1:12:14.00	519	
<b>65-69</b>									
	1	Shirley	Loftus-Charley	67	VMST	128H-WATER	0:39:55.87	968	
	2	Catherine	Rust	65	PBM	5082-06WNH	0:41:33.99	930	
	3	Fran	Hare	68	PBM	508Y-02XHG	0:43:39.00	886	
	4	Elizabeth	Kassen	66	PSM	368R-04F98	0:45:48.14	844	
	5	Tracy	Clarkson	69	1776	0889-09NEX	0:46:59.10	823	
	6	Jill	Wright	67	SAWS	598W-01J02	0:50:28.76	766	
	7	Linda	Callaway	65	MOST	438N-02NEV	0:54:31.85	709	
	8	Christine	Schroeder	69	1776	088V-0225J	0:55:30.87	697	
	9	Katy	Lantz	65	DAM	388P-040UN	0:59:00.00	655	
	10	Lucy	Fleming	69	BUMS	048M-0A4X5	1:02:27.00	619	
	11	Sarah	Ludden	66	SWED	218M-098CX	1:04:26.58	600	
	12	Monica	Brogan	66	TMAS	128C-0A84Y	1:16:31.00	505	
<b>70-74</b>									
	1	Joanne	Menard	70	MMAC	489X-02F1Y	0:46:10.55	988	
	2	Suzanne	Mitchell	70	PBM	508K-08CXY	0:52:04.99	876	
	3	Janet	Jastremski	70	1776	088A-0226H	0:52:51.49	863	
	4	Babs	Larsen	71	MINN	3084-02A9M	0:55:41.46	819	
	5	Ann	Vitt	72	MOST	438N-02R7K	0:55:47.00	817	
	6	Cynthia	Needham	70	NEM	029Z-071D8	1:04:22.54	708	
	7	Susan	Paris	72	O*H*	188G-01WC8	1:04:34.20	706	
	8	Sue	Cosper	70	INDY	168X-02AC3	1:15:00.00	608	

# 2018 USMS 3000-Yard ePostal National Championship

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75-79									
	1	Sarah	Kopsky	77	TULS	2785-01JW6	0:54:27.37	942	
	2	Susan	Meyers	76	SHARK	149P-02ACV	0:59:07.04	868	
	3	Jennifer	Parks	75	MLAM	199P-JPSWM	1:14:27.30	689	
	4	Lois	Jacobs	75	MEMO	3889-091E7	1:35:05.46	539	
80-84									
	1	Patricia	Bond	80	SYSM	1483-02RDM	0:57:00.26	969	
	2	Jane	Oberg	81	CMS	329R-03105	1:01:04.46	904	