

# 1-Hour ePostal National Championship

## WOMEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
<b>18-24</b>								
	1	Karensa	Tjoa	23	CALM	389R-JSEA7	4,900	
	2	Shaylynn	Spelman	24	PCY	179A-KTGD7	4,750	
	3	Abigail	Bergman	23	IM	219H-09CWT	4,625	
	4	Hana	Rohfeld	22	UC33	339U-0AZ87	4,590	
	5	Danielle	Miller	23	OREG	379D-0B228	4,450	
	6	Cara	Cannilla	23	SCYM	079U-0B8GU	4,300	
	7	Callie	Carchedi	24	NEM	029N-W12RV	4,025	
	8	Liberty	Lyster	22	PBM	509Y-NHGFH	3,920	
	9	Aubrey	Scheibel	20	SFGG	3899-8C9U1	3,900	
	10	Madison	Behan	24	NEM	029W-RSK8H	3,875	
	11	Selene	San Felice	24	MARY	099B-0B5NG	3,400	
<b>25-29</b>								
	1	Kristina	Miller	29	AKMS	5698-0AG4S	5,025	
	2	Valerie	Thorp	28	CRUZ	389Y-0793E	4,835	
	3	Alana	Aubin	29	NEM	0292-07TSR	4,810	
	4	Madeline	Bruce	25	IM	219P-09DA1	4,700	
	5	Madeline	Gilbert	27	NEM	029C-08A8G	4,545	
	6	Erica	Kao	29	MOST	4394-09BNH	4,445	
	6	Sarah	Kletzer	27	CRUZ	3894-08BNA	4,445	
	8	Annie	McArdle	25	IM	219K-1MBSZ	4,400	
	8	Lara	Gruden	29	DDSA	489V-05YCG	4,400	
	10	Caitlin	Gagnon	25	PCY	1794-0ANR8	4,250	
	11	Victoria	Kirkman	27	SPM	149A-09CC9	4,115	
	12	Stephanie	Lemmons	28	GAJA	459C-0AN9S	4,105	
	13	Stacey	Kaiser	29	IM	219V-0B2J0	4,100	
	14	Noelle	Thompson	29	PACM	249Y-W5UZR	3,835	
	15	Kimberly	Minnette	27	NEM	029S-09PF0	3,820	
	16	Senowa	Mize-Fox	29	CMYM	099E-RBR1R	3,650	
	17	Lindsay	Day	29	NEM	0295-0A3V3	3,625	
	18	Elizabeth	Richter	29	OREG	3791-06HJS	3,510	
	19	Tricia	Baldwin	29	SKY	419W-06XAE	3,495	
	20	Kate	Baird	28	SFGG	389M-BA1RD	3,400	

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Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
<b>30-34</b>								
	1	Emily	Parker	34	SDSM	4492-05W50	5,040	
	2	Kate	Dwellely	30	CRUZ	389R-09A1M	5,005	
	3	Heather	Mohorn	32	FINS	089D-07AKS	4,950	
	4	Kendra	Hogg	32	VMST	129F-09RSH	4,855	
	5	Lindsay	Gaudinier	30	WCM	3896-06NAP	4,835	
	6	Jing	Li	31	SMM	389J-J1NG6	4,825	
	7	Sarah	Kwon	30	SPM	149U-0655R	4,820	
	8	Sarah	Dombrowski	31	NEM	029M-0824W	4,725	
	9	Megan	Tosh	34	OREG	379D-09JSX	4,525	
	10	Molly	Brown	33	BUMS	049C-088F6	4,435	
	11	Kathleen	Pelczynski	34	NCMS	139G-06W4X	4,375	
	12	Ryan	Streicker	30	IM	2197-0A5F4	4,285	
	13	Sarah	Swoch	34	SPM	149P-02TVT	4,185	
	14	Hannah	Plimpton	34	1776	0896-05XZT	4,000	
	14	Alexis	Puhala	34	IM	219D-0B341	4,000	
	16	Lisa	Rauschert	32	NEM	029W-084B8	3,950	
	17	Victoria	Bolf	34	IM	219P-06TMW	3,905	
	18	Sarah	Heck	34	NASH	159F-0B4WA	3,825	
	19	Kaiti	Anderson	34	IM	219F-0B6UR	3,775	
	20	Christine	Mellen	33	NEM	0294-083RE	3,670	
	21	Lia	Sacks	30	CMYM	0996-07Z2U	3,650	
	22	Erin	Anderson	34	DMST	409P-0932C	3,635	
	23	Rebekah-Anne	Gebler	30	SUSA	349D-SD1ZX	3,600	
	24	Margaret	Hiestand	32	IM	219P-06W0N	3,575	
	25	Jennifer	Passafiume	34	NEM	029E-0A8XV	3,550	
	26	Heather	Blair	34	OREG	379N-06TFE	3,540	
	27	Ilana	Cloyd	32	OREG	379V-XUQIB	3,475	
	28	Sara	Lark	33	UC42	429H-0A8AY	3,450	
	29	Caroline	Brandau	33	PSM	369A-20CXZ	2,975	
	30	Lauren	Sager	30	NBPB	029N-0AU57	2,770	
	31	Allison	Johnson	30	PSM	3698-PK7SY	2,740	
	32	Edith	Hannigan	32	DAM	3898-07TXP	2,700	
	33	Iliyana	Borisova	33	NEM	029Z-VSTV6	2,500	

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**1-Hour ePostal National Championship****WOMEN**

Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
<b>35-39</b>								
	1	Heather	Frees	36	NTXL	269B-05P9Y	4,730	
	2	Lauren	Au Brinkmeyer	35	CALM	389Z-03RD5	4,475	
	3	Meredith	Stakem	38	DCAC	109A-037K1	4,470	
	4	Kristen	Rambicure	37	SPM	149N-02RWF	4,440	
	5	Jessica	Bailey	36	NEM	029P-ETR9D	4,250	
	6	Diane	Leith-Doucett	37	NEM	0295-06M9Z	4,185	
	7	Stephanie	Winslow	38	NEM	0291-07HAG	4,085	
	8	Melissa	Wideman	36	PCY	179U-0B2US	4,025	
	9	Christine	Hoffmann	35	DDSA	489E-0A0MC	3,935	
	10	Katy	Smith	38	PSM	3695-07HTU	3,880	
	11	Amanda	Callahan	37	OREG	379K-06JB5	3,830	
	12	Alison	Skinner	39	DAM	3897-064KE	3,800	
	12	Sabine	Klensch	39	ALB	389J-0B62H	3,800	
	14	Tralee	Thorn	37	OREG	379D-0A9ED	3,655	
	15	Stephanie	Miller	37	DAM	3898-066JD	3,535	
	16	Erin	McGarry	38	ROCH	0498-09ZYD	3,525	
	17	Emily	Traw	36	IM	219V-09N9K	3,505	
	18	Nerissa	Sintetos	35	DAM	389F-07SXF	3,465	
	19	Lara	Sernoffsky	38	OREG	3792-06FNZ	3,450	
	20	Sara	Chapman	38	IM	219S-08BZK	3,440	
	21	Sandra	Coleman	38	NEM	0291-CV916	3,340	
	22	Moira	Murphy	37	OREG	379D-XTMDM	3,260	
	23	Hannah	Davies	39	MOST	439P-8PX1E	3,235	
	24	Jennifer	Hayes	37	IM	2193-07MPN	3,225	
	25	Catherine	Brinkley	37	UC38	389R-0BATC	3,075	
	26	Sheila	Lutz	39	CMS	329V-0AX4H	3,025	
	27	Tamrya	D'Artenay	37	UC18	1894-MHKCT	2,895	
	28	Annie	Muske-Dukes-Driggs	36	OREG	3795-071YT	2,850	
	29	Sarah	King	36	CONN	059X-07PBT	2,425	
	30	Sarah	Perkins	35	CONN	059K-0ATTH	2,225	
<b>40-44</b>								
	1	Ashley	Whitney	40	NASH	159F-021RZ	5,210	
	2	Tesla	Profumo	42	CRUZ	389M-068K7	4,975	
	3	Kysa	Crusco	43	NEM	0292-07Z08	4,800	

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Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
	3	Erin	Tobias	41	NAST	169T-001N2	4,800	
	5	Kelly	Couch	42	SMM	389R-03X5H	4,755	
	6	Stacey	Kiefer	41	OREG	379N-01RAS	4,640	
	7	Ellen	Geiger	40	DDSA	489Y-05Z9U	4,630	
	7	Jennifer	Downing	41	NEM	029S-034VS	4,630	
	9	Eileen	Epley	44	UAR	1796-07CG9	4,550	
	10	Michelle	McRae	44	PSM	3699-04FBZ	4,525	
	11	Maribeth	Wood	41	1776	089V-0AKEY	4,455	
	12	Abigail	Fairman	42	REDT	069E-05GPA	4,420	
	13	Maud	Abess	42	MESC	029E-07HNT	4,355	
	14	Katherine	Bradley	40	NEM	0295-09RZP	4,245	
	15	Paola	Morchio	43	SCYM	079T-06JNF	4,225	
	16	Rachel	Rivera	41	UC16	169Z-RAE78	4,075	
	16	Mina	Whitmer	41	BNG	249B-D0C13	4,075	
	18	Amy	Porter	43	MOST	4399-02GD0	4,065	
	19	Marcy	Bearden	41	INDY	169V-02B0M	4,050	
	20	Kate	Ufford	44	PBM	509A-09ES7	4,020	
	21	Suzy	Jajewski	44	OREG	3794-074MV	4,000	
	21	Kelly	Riedinger	40	NASH	1598-02HHH	4,000	
	23	Diana	Delcher	40	SKY	419E-1Z6BX	3,920	
	24	Carmel	Stewart	41	DAM	389Y-03HBW	3,900	
	25	Jennifer	Macri	44	PBM	509H-0B58G	3,810	
	26	Amanda	Castle	44	IM	219E-062JD	3,690	
	26	Charlotte	Glenn	42	DDSA	489N-0B7AH	3,690	
	28	Hillary	Morris	44	PBM	5099-095WK	3,600	
	29	Tanya	Baxter	40	OREG	379M-0AGK1	3,580	
	30	Jody	Shoup	43	SKY	419C-093XY	3,425	
	31	Jennifer	Stewart	43	WSY	029G-0A8F7	3,350	
	32	Jessica	Howington	43	SKY	4190-020WX	3,330	
	33	Meredith	Kim	44	GTX	439Y-090KE	3,185	
	34	Lisa	Spitz	43	NEM	0299-07MB4	2,895	
	35	Sara	Donkin	43	SKY	419U-P658G	2,860	
	36	Zoe	Thompson	41	UC02	029V-MT1P5	2,850	

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Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
<b>45-49</b>								
	1	Stacey	Bruce	45	PALM	559G-01HAD	4,975	
	2	Alison	Hayden	48	SCYM	0797-045GD	4,750	
	3	Tamara	Koppelberger	47	PSM	369J-09UES	4,645	
	4	Paula	Texel	49	SPM	1490-0625D	4,635	
	5	Merin	Troutman	46	NEM	029V-01SAF	4,625	
	6	Jayna	Tomac	47	OREG	379X-05EJN	4,580	
	7	Juliet	Kadlecek	49	PATZ	069G-0AGUY	4,550	
	7	Jill	Lancaster	46	NEM	029P-080ZP	4,550	
	9	Anna	Armentrout	48	REDT	0698-02XEF	4,535	
	10	Megan	James	48	MICH	199V-006J2	4,530	
	11	Hannah	Borgeson	47	TNYA	069B-02Z4P	4,410	
	12	Heather	Lugassy	49	TAM	3899-03K63	4,350	
	13	Kristin	Wilkes-White	48	NEM	029J-033SB	4,325	
	14	Anicia	Criscione	46	OREG	379M-EYEEM	4,225	
	15	Catharine	Cebrowski	49	MOST	439X-06P0P	4,105	
	16	Nicole	Martin	47	DAM	3893-093VS	4,075	
	17	Stephanie	Cotsonas	49	NEM	0294-061XN	4,050	
	18	Bori	Mazzag	46	HUMM	3896-0056A	4,040	
	19	Carmen	Menocal	45	REDT	069E-02YWJ	4,020	
	20	Megan	OBrien	47	MOST	4395-0BATR	3,895	
	21	Carmen	Coots	47	SDPM	549U-0AVVX	3,840	
	22	Amy	Kaspar	49	CSMT	179G-01UDM	3,785	
	23	Laura	DeVito	47	SCYM	079R-0B1S9	3,750	
	24	Jodi	Ready	48	OREG	379Y-06HZY	3,725	
	25	Maryann	Collins	47	MARY	0993-01VE0	3,715	
	26	Jennifer	Banning	48	O*H*	189X-01PJN	3,700	
	26	Suzanne	Dearworth	47	PBM	509R-027H7	3,700	
	28	Kari	May	47	OREG	379D-0318R	3,680	
	29	Wendi	Lui	47	OREG	3797-0AEAY	3,595	
	30	Jeraine	Ketchem	46	PBM	509D-07P93	3,575	
	31	Tracy	Williams	47	PBM	509U-09DRD	3,565	
	32	Ingrid	Bon	49	PBM	509A-07ZM1	3,500	
	33	Jennifer	Mcdonald	48	MARY	0997-0B3W3	3,465	
	34	Jennifer	Vasko	48	DDSA	489Y-0B8NJ	3,430	

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Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
	35	Gretchen	Curtis	48	NEM	029F-0752J	3,405	
	36	Laura	McTaggart	49	NEM	029K-09R2T	3,400	
	37	Jen	Morin	45	NEM	029Y-07X2P	3,275	
	38	Alexandra	Markarian	46	IM	219J-07M6S	3,225	
	39	Renee	Fatemi	46	SKY	419T-05HS8	3,215	
	40	Jenny	Hodges	45	SDPM	549R-01HZM	3,200	
	40	Alexandra	Cohen	48	WSY	029S-BMAU6	3,200	
	42	Susan	Harrison	45	RCA	1297-074EZ	3,155	
	43	Jennifer	Guirl	49	MOST	439Y-04KSA	2,970	
	44	Catherine	Stober	45	NASH	159W-0AJPJ	2,900	
	45	Barbara	Hoiland	48	OREG	379P-0AHAN	2,875	
	45	Nazanin	Kobari Ghotbi	49	DDSA	489B-068DP	2,875	
	47	JJ	Good	46	LTOH	179H-6YPJ1	2,585	
	48	Kristina	Franklin	47	OREG	379D-0810N	2,470	
	49	Jessica	Russo	48	OREG	3790-MYNJ9	2,305	
<b>50-54</b>								
	1	Laurie	Hug	54	1776	089W-0226X	5,050	
	2	Deborah	Dawson	51	MARY	099J-SWMRR	4,910	
	2	Dana	Gianniny	50	ROCH	0495-01X7C	4,910	
	4	Victoria	Rian	53	NAST	169M-02AD8	4,825	
	5	Anne	Cappola	50	1776	089H-022E0	4,690	
	6	Deena	Esparza	54	SCA	3396-08F15	4,600	
	7	Cynthia	Hertzer	50	CRUZ	3897-CHSWM	4,575	
	8	Mary	Walton	53	NEM	029G-08471	4,560	
	9	Gillian	Langton	52	NEM	0296-0078P	4,525	
	10	Charlotte	Brynn	53	NEM	0292-034BA	4,510	
	11	Emma	Garforth	51	DAM	3898-06SFT	4,425	
	12	Lynn	Sondag	51	TAM	389J-07P2X	4,380	
	13	Livia	Zien	53	SPM	1490-02RN5	4,235	
	14	Cathy	Hallman-Kenner	54	PALM	559P-05YV0	4,180	
	15	Cathy	Gainor	52	ANCM	109K-037TJ	4,175	
	15	Toni	Hecksel	53	OREG	379W-0261S	4,175	
	17	Jennifer	May	50	WMAC	2091-030CU	4,160	
	18	Geneve	Hendricks	51	WM	069E-02Y8D	4,150	
	19	Heather	Huettner	54	MOVY	289K-0AFF1	4,100	

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Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
	20	Karen	Simontacchi Brisson	51	TAM	389D-03H68	4,035	
	21	Brenda	McLuskie	53	NCMS	139S-00600	4,025	
	22	Jayette	Pettit	52	OREG	3794-0A8HS	4,000	
	23	Gillian	Salton	51	OREG	379Y-05G96	3,975	
	24	Cheryl	Morgen	50	OREG	379F-026FA	3,970	
	25	Barbara	Lincoln	54	MOST	439W-0A8RY	3,740	
	26	Christine	Hirsch	50	OREG	379W-07MKJ	3,715	
	27	Cindy	Watson	53	KMAN	339K-0A61Z	3,700	
	28	Jennifer	Barlow	53	NEM	0291-06F3A	3,660	
	29	Jane	Urban	50	WSY	029N-0A60N	3,650	
	30	Angela	Fadlovich	53	OREG	379H-0731V	3,625	
	31	Mary	Gurchiek	54	NEM	029V-3HKGR	3,615	
	32	Lauren	Rhim	53	NEM	0298-095RH	3,570	
	33	Cathy	Goodwin	54	PBM	509G-08CWV	3,565	
	34	Alicia	Schultz	53	PBM	509N-3BJ04	3,540	
	35	Jane	Schwechheimer	53	NEM	029M-0AVCD	3,520	
	36	Mary	Kutcher	53	NEM	029K-0A5MW	3,495	
	37	Daphne	Elliott	51	SHARK	1491-096KB	3,475	
	38	Julie	Disilvestro	54	NEM	029N-06M6B	3,435	
	39	Jaime	Mack	52	OREG	379S-026PG	3,420	
	40	Crystal	Obregon	50	CRUZ	3897-03NGS	3,415	
	41	Maria	Delton	54	IM	2195-0AKMA	3,400	
	41	Lynne	Czech	52	NEM	029W-005K7	3,400	
	41	Christele	Schwerer	54	WMAC	209G-W36Z3	3,400	
	44	Laura	Albee	50	SPM	1492-02RK4	3,385	
	45	Kylee	Hitz	50	NEM	029H-07WHH	3,370	
	46	Suzanne	Roberts	51	UC27	279P-06T58	3,350	
	47	Theresa	Allison	51	DDSA	489J-06M8H	3,335	
	48	Denise	Lavin	52	O*H*	189N-07720	3,300	
	49	Sarah	Camp	51	SKY	4199-09KV9	3,295	
	50	Tamar	Swan	50	VCM	339J-UY12F	3,225	
	51	Lindsay	Chance	51	NASH	1599-044EF	3,075	
	52	Kimberly	Raymond	53	NEM	029S-08214	3,040	
	53	Shari	Bergstein	54	IM	2191-09D7Z	3,035	
	54	Flavia	Medlin	52	O*H*	189Y-02RHK	3,025	

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Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
	55	Briana	Johnson	50	LOCO	559A-0B19A	3,015	
	56	Yumiko	Luke	54	SAWS	5993-09XTD	3,000	
	57	Kathy	Viatella	53	DAM	389C-0A2W1	2,970	
	58	Kira	Halpern	53	ALB	389A-0A2CG	2,960	
	59	Ute	Zimmermann	54	UC33	339K-03EDW	2,900	
	60	Heidi	Herzog	53	LPM	1590-WA4KP	2,875	
	61	Donna	Waltmann	50	VCM	3390-09G31	2,860	
	62	Peggy	Foley	51	NBPB	029W-0B7J1	2,700	
	63	Joanna	Fox	52	AKMS	569F-0BACX	2,600	
	64	Martha	Paniagua	52	DIA	5097-0AAM7	2,535	
	65	Lori	Anthony	53	PCY	179J-09UAR	2,525	
<b>55-59</b>								
	1	Susan	Preston	57	STAN	389X-03JTT	5,250	Y
	2	Charlotte	Petersen	55	SPM	149Z-02RF8	4,810	
	3	Kimberly	Elsbach	56	DAM	389V-D0NUT	4,755	
	4	Patricia	Campbell	55	RIDG	269S-07HAU	4,700	
	5	Stephanie	Saucy	56	1776	089M-07VRM	4,655	
	6	Vibeke	Swanson	58	1776	0895-02223	4,620	
	7	Linda	Irish Bostic	56	PBM	509U-06BTX	4,445	
	8	Valerie	Jenkins	56	OREG	379N-0265K	4,410	
	9	Mary	Dore	56	NCMS	139E-023CF	4,400	
	10	Denise	Landers	57	WFAC	129M-0073S	4,390	
	11	Arlene	Delmage	57	OREG	3798-01Z4F	4,360	
	12	Martha	Joyce	59	TAM	389M-03NAZ	4,340	
	13	Dawn	Clark	55	SPM	149G-05VRX	4,325	
	14	Liz	Huelsman	57	UAR	1791-04P18	4,300	
	15	Cheryl	Kupan	55	SPM	149K-01SAD	4,290	
	16	Marcia	Cleveland	55	IM	219H-MC944	4,200	
	17	Ann	Cardoza	57	CRUZ	3892-03FGT	4,155	
	18	Sheila	Flanigan	55	NEM	029Z-05UG1	4,135	
	19	Karen	Lundgren	55	IM	219G-09E7N	4,125	
	20	Mel	Latt	56	CVMM	3393-SW1MY	4,115	
	21	Jeanne	Danford	56	PBM	509W-028BV	4,105	
	22	Jane	Russell	56	DAM	3898-074TS	4,080	
	23	Julie	Eakle	59	MOST	4396-02NPK	4,075	

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# 1-Hour ePostal National Championship

## WOMEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
	23	Kelley	Ryan-Warner	56	TAM	3897-03JEB	4,075	
	25	Carolyn	KielyKilpatrick	55	NEM	0295-072DN	4,040	
	26	Heidi	Kafka	57	IM	219H-02X7X	4,000	
	27	Nancy	Speer	57	VMST	129P-05XR8	3,985	
	28	Kristina	Rebert	56	YWMA	0897-070MC	3,880	
	29	Marieke	Thayer	58	SDSM	449H-07H8P	3,810	
	30	Julia	Palmer	59	PCY	179F-005G1	3,800	
	31	Mary	Gentry	58	NEM	029W-033PZ	3,785	
	32	Jennifer	Schmidt	59	NEM	029K-0A61T	3,770	
	33	Celia	Morse	58	NASH	1591-08AHS	3,750	
	34	Julie	Hall	55	OREG	3794-0B7SG	3,740	
	35	Laura	Gooch	59	UC18	189M-HHT6F	3,720	
	35	Mary Ann	Stich	58	TAM	3897-03SAF	3,720	
	37	Liz	Elder	59	PCY	179J-094FH	3,700	
	38	Karen	Gleason	59	UC02	0290-033GX	3,695	
	39	Amy	Mazur	57	MCM	3594-0A329	3,690	
	40	Jean	Lambert	59	NEM	029T-04783	3,685	
	41	Julie	Langston	57	DAM	3894-03GYT	3,665	
	42	Jennifer	Phalen	55	DAM	389E-JENNY	3,640	
	43	Christina	Fox	59	OREG	3793-0264J	3,605	
	44	Gail	Miller	59	SRAY	489P-0AAUC	3,600	
	44	Mary	Eklund	55	LOCO	5590-07HXG	3,600	
	46	Sarah	Jamieson	59	MARY	099P-01VBX	3,590	
	47	Kathleen	Bedford	56	OREG	379P-0AD0E	3,575	
	48	Anne	Eggert	58	IM	2190-06M6K	3,550	
	48	Julie	Langenbacher	57	NIAG	049A-061KF	3,550	
	50	Emily	Shepard	58	ALB	389H-03PKU	3,525	
	51	Alison	Dixon	57	NEM	029D-05FAC	3,520	
	52	Terri	Ruggiero	59	NEM	029N-06Y3D	3,495	
	52	Caitlin	McVarish	59	TAM	3896-01SCF	3,495	
	54	Diane	Happel	55	IAMA	409G-0469G	3,450	
	55	Beth	Rodewig	57	NEM	029H-061KY	3,420	
	*	Sue	Lyon	55			3,390	
	56	Judianne	Davis	58	NEM	0291-04CB1	3,375	
	57	Kristina	Fayyad	57	SMM	3895-0B5XV	3,370	

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# 1-Hour ePostal National Championship

## WOMEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
	58	Lisa	Dougherty	55	AMI	1496-02SEJ	3,315	
	59	Margaret	Holland Sparages	56	NEM	029K-046XE	3,310	
	60	Anita	Burkard	56	OREG	379M-02VU4	3,305	
	61	Laurie	Amaro	55	ALB	389X-07ZAG	3,300	
	62	Karen	Hoffman	56	WMAC	2091-09ESD	3,250	
	63	Claire	Caine	59	NEM	029V-0A8DB	3,245	
	64	Susan	Hannel	56	NEM	029K-05GYM	3,235	
	65	Marianne	McNamara	55	NEM	029A-0608R	3,225	
	66	Tryntje	Young	58	CRUZ	3892-0B71W	3,220	
	67	Janine	Serell	58	PALM	5591-07H27	3,175	
	68	Karin	Stokes	58	NEM	029Y-ST0KD	3,135	
	69	Leah	Carroll	58	ALB	389E-09H3C	3,110	
	70	Melanie	Bowden	56	DAM	3896-03FZX	3,080	
	71	Claudia	Ainslie	57	NEM	029E-0303J	3,075	
	72	Patricia	Deters	58	ARIZ	489P-0AV1K	3,050	
	73	Liz	Reichman	57	MOST	439Z-04KK5	3,040	
	74	Sharon	Winiewicz	56	NICK	049Z-0B30D	3,025	
	75	Christine	Knight	59	GTX	4394-04KK0	3,020	
	76	Susan	Smith	55	PBM	509X-0A55G	3,015	
	77	Tammy	Duhaime	57	MOST	439S-05NXR	3,005	
	78	Liz	Baum	59	NEM	0295-075MU	3,000	
	78	Norma	DeGuenther	57	TBAM	1498-065VR	3,000	
	78	Carolyn	Snyder	58	NEM	029G-0AHWV	3,000	
	78	Sheryl	Scott	57	NEM	0290-SC0TY	3,000	
	82	Joan	Crow	55	DAM	3898-068F9	2,985	
	83	Rachel	Hilgeford	57	DDSA	489B-0463X	2,970	
	84	Bo	Hatfield	58	NEM	029Z-069RW	2,950	
	85	Faylan	Cannon	56	TCAM	389M-07PFP	2,935	
	86	Junko	Altman	55	PBM	509E-09XJ9	2,915	
	87	Heidi	Bettendorf	55	PBM	509R-0B0PC	2,910	
	88	Linda	Platt	55	NEM	0293-ZM92F	2,905	
	89	Ellen	Hart	58	UC12	129W-0A8H5	2,900	
	90	Carrie	Hymer	58	IM	2192-09TV6	2,885	
	91	Phyllis	Scheidt	59	SPM	1496-07NP2	2,850	
	92	Susan	O'brien	58	MOST	4397-0AVNN	2,845	

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# 1-Hour ePostal National Championship

## WOMEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
	93	Sheira	Kahn	55	TAM	389R-0664R	2,760	
	94	Christina	Malango	59	OREG	379M-09WVX	2,725	
	95	Marie	DeGennaro	59	MOST	4399-02PWB	2,720	
	96	Betty	Hanson	57	SDPM	5492-01HZP	2,700	
	97	Anne	Reynolds	58	NEM	029N-07NJJN	2,600	
	98	Deborah	Wilson	57	LTOH	1798-0B33V	2,595	
	99	Allison	Richards	59	NEM	029J-07NTY	2,415	
	100	Alice	Caroompas	55	BUMS	049W-0A6HE	2,400	
	100	Rita	Hansen	57	NEM	0293-06G8G	2,400	
	102	Linda	Wright	58	UTAH	349V-0AP52	2,350	
<b>60-64</b>								
	1	Karen	Einsidler	63	AGUA	069F-01S73	4,685	
	2	Colette	Crabbe	63	OREG	379H-02645	4,485	
	3	Susan	Ingraham	60	MOST	439Z-SUSAN	4,400	
	4	Denise	Brown	60	MICH	199W-01U86	4,380	
	5	Barbara	Wheeler	62	TAM	389U-03J0K	4,315	
	6	Elaine	Valdez	64	MOST	439Y-02P0H	4,285	
	7	Darcy	LaFountain	64	PBM	5090-0212Z	4,260	
	8	Judith	Norton	62	O*H*	1895-01PJY	4,240	
	9	Tamara	Burton	61	PBM	5099-099CG	4,230	
	10	Leslie	Craven	60	NEM	029S-004WN	4,225	
	11	Kathy	Murray	60	NCMS	139P-0680P	4,105	
	12	Stephanie	Hevenor	61	NEM	029G-06NB3	4,035	
	13	Mimi	Ward	61	SKY	4193-01WAH	4,025	
	13	Karen	Rokich	60	SKY	419M-01UB5	4,025	
	15	Julie	Van Cleave	60	WMAC	209E-01R7V	4,010	
	16	Cheryl	Gettelfinger	62	INDY	169W-02A8X	3,975	
	16	Margaret	Haskins	61	NEM	029M-05UC8	3,975	
	18	Jessica	Jakobi	61	TAM	389B-03FM5	3,945	
	19	Phyllis	Quinn	64	TOC	3890-03F7Y	3,825	
	19	Patricia	Saint Aubin	61	NEM	029T-046F9	3,825	
	21	Ann	Goodman	60	OREG	379C-0263B	3,810	
	22	Cindy	Gilmore	64	SUSA	3498-05J4V	3,800	
	23	Donna	Taylor	61	HUMM	3898-026TZ	3,780	
	24	Janice	Kregor	63	SKY	419V-01W54	3,760	

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# 1-Hour ePostal National Championship

## WOMEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
	25	Janet	Siniscalchi	63	PBM	5099-079VZ	3,740	
	26	Martha	Gipson	64	SPM	149F-02G5B	3,720	
	27	Nancy	Vincent	60	OREG	379A-0260N	3,710	
	28	Patricia	Nardoizzi	60	SPM	1493-02RG2	3,700	
	28	Laura	Davis	60	WSY	029C-075N1	3,700	
	30	Karen	Waska	60	KMAN	339U-05HDK	3,680	
	31	Paula	Moore	62	SAWS	599B-01J0E	3,675	
	32	Tracy	Grilli	62	NEM	029E-RDS0X	3,650	
	33	Maddie	Diedo	61	MICH	199W-028U9	3,610	
	*	Karina	Horton	61			3,605	
	34	Sharleen	Goguen	62	NEM	029F-033S4	3,600	
	35	Mary	Phelan	63	NEM	029A-0620Y	3,575	
	36	Roxane	Lyons	62	IM	219C-0A9Y4	3,550	
	37	Susan	Taylor	61	MARY	099C-01VKZ	3,535	
	38	Cheryl	McElroy	62	NEM	029A-034C3	3,520	
	39	Jo-Ann	Berry	63	PBM	509H-027YV	3,475	
	40	Norah	Kute	62	SKY	419X-08C9Z	3,465	
	41	Anne	Gallier	62	NEM	0292-01S81	3,450	
	41	Sara	Stoltman	62	MINN	3095-025HB	3,450	
	43	Valerie	Romberg	63	INDY	169T-0A1W3	3,400	
	44	Hope	Knauer	62	HHM	2196-00CCY	3,375	
	45	Christine	Brotherton-Pleiss	61	FREM	389Z-095YC	3,350	
	46	Karen	Olson	64	DAM	3891-03GXM	3,300	
	47	Mary	Breslin	60	SCYM	079B-9U3GG	3,295	
	48	Allison	Travers	60	MARY	099G-08F4F	3,270	
	49	Deborah	Pederson	62	MOST	439R-09U2V	3,225	
	50	Deanna	Johnson	63	DAM	389H-041KE	3,200	
	50	Diane	Barrett	63	DAM	3893-03HB4	3,200	
	52	Sarah	Carter	63	NEM	029M-093GS	3,185	
	53	Sue	Gray	62	NEM	0295-080MF	3,165	
	54	Andrea	Borchers	61	ARIZ	489J-0635E	3,125	
	55	Laurie	Brenner	64	NEM	029C-094RR	3,100	
	56	Kathryn	Cronin	61	PBM	509E-033U1	3,065	
	56	Alana	Watts	63	PBM	5098-0AGRM	3,065	
	58	Susan	Loyd	60	TCAM	389P-04Z5G	3,060	

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# 1-Hour ePostal National Championship

## WOMEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
	58	Diane	Roston	64	NEM	029Z-065GS	3,060	
	60	Lesley	Engelson	63	NEM	029W-0AS50	3,050	
	61	Barbara	Cocci	61	NEM	0297-086X4	3,025	
	62	Jeri	Jensen	64	CRUZ	3892-037VX	3,020	
	63	Marilyn	Hickey	60	NEM	029X-07K7P	3,015	
	64	Gwen	Hooper	60	MICH	199X-0AUNU	3,000	
	65	Kathy	Pazera	61	NEM	029V-06T7F	2,995	
	66	Karen	Lewin	63	PBM	509N-06124	2,980	
	67	Sharon	Friedman	60	PBM	509E-06BNV	2,960	
	68	Lynn	Cabana	63	NEM	0296-07EDV	2,920	
	69	Jennifer	Brehob	61	NEM	0297-03547	2,900	
	70	Kathleen	Gorman	63	NEM	029C-07K98	2,875	
	70	Martha	Piemonte	61	NEM	0299-0AUFP	2,875	
	72	Laura	Richardson	64	LOCO	559B-01HA2	2,850	
	73	Francine	Eder	62	OREG	3790-01PC8	2,800	
	74	Lori	Kletzer	62	CRUZ	389N-H5FY9	2,785	
	75	Leisa	Begley	60	SCYM	0798-0AFDT	2,770	
	76	Suzzette	Seril	61	SPM	149X-02RFA	2,650	
	76	Carrie	Jacobson	60	SDPM	549Y-05HGJ	2,650	
	76	Taylor	Reed	63	DDSA	489U-0B658	2,650	
	79	Caryl	Schiavon	61	OREG	379V-07KY0	2,575	
	80	Deirdre	Flicker	60	NEM	029F-081K7	2,565	
	81	Paula	Shea	62	SPM	149J-0B3TA	2,550	
	82	Yuko	Hook	63	CRUZ	389C-06NBD	2,535	
	83	Colleen	Brown	62	BUMS	049P-0AM6X	2,530	
	84	Althea	John	61	TSTT	339W-07SGG	2,450	
	85	Andrea	Meyerhoff	60	UC10	109K-06FF1	2,375	
	86	Valerie	Andersen	63	NEM	029W-0832J	2,295	
	86	Claire	Walton	62	NEM	0297-09RRF	2,295	
	88	Grace	Moran	64	LPM	159A-0B21C	2,275	
	89	Cynthia	Kepler	62	PBM	509P-09YCN	2,140	
	90	Patricia	Maloy	60	OREG	379N-BFVV7	1,925	
	91	Peggy	Dold	62	LPM	159G-0A6PU	1,825	

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# 1-Hour ePostal National Championship

## WOMEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
<b>65-69</b>								
	1	Shirley	Loftus-Charley	68	VMST	129X-WATER	4,495	
	2	Catherine	Rust	66	PBM	5096-06WNH	4,315	
	3	Fran	Hare	69	PBM	509U-02XHG	4,235	
	4	Linda	Locklin	66	CRUZ	3894-03FHC	4,115	
	5	Joan	Craffey	66	PBM	509D-06MBR	4,075	
	6	Debbie	Wilson	65	NCMS	139P-02318	4,065	
	7	Jeanna	Summers	65	OREG	379K-000PT	3,900	
	7	Jeanne	Garr	65	NEM	029D-033VP	3,900	
	9	Elizabeth	Kassen	67	PSM	369K-04F98	3,895	
	10	Judy	Eisenman	65	TAM	3893-03K2U	3,875	
	11	Linda	Bamber	65	LOCO	5597-003ST	3,745	
	12	Emily	White	66	NEM	029D-034AM	3,695	
	13	Jennifer	Fiden	69	UAR	179V-01UC9	3,660	
	14	Jill	Wright	68	SAWS	599S-01J02	3,575	
	15	Barbara	Boslego	68	VMST	1298-02HV9	3,555	
	16	Kathy	Lewis	65	NEM	0294-0732S	3,550	
	17	Diane	Ragalie	67	PBM	509E-02UWY	3,460	
	18	Paula	Yankauskas	65	NEM	0299-W0WSA	3,440	
	19	Pam	Geiger	67	SPM	1490-02REZ	3,420	
	20	Kathy	Berger	65	INDY	1690-02A80	3,400	
	21	Chris	Adamson	69	PCY	1792-0A3SS	3,325	
	22	Storm	Eddy	69	SPM	149D-02REW	3,300	
	23	Susan	Bonis	66	WMAC	2091-08BE6	3,250	
	24	Linda	Callaway	66	MOST	439H-02NEV	3,210	
	25	Martha	Erickson	68	NASH	159C-GG0F3	3,165	
	26	Mary	Schneider	67	WMAC	2091-01RMA	3,160	
	27	Peggy	Zappas	69	KMAN	339T-05F09	3,140	
	28	Judith	Patton	65	MOST	439S-02PSY	3,135	
	29	Nancy	Kiernan	65	SPM	1492-02RN7	3,125	
	30	Judy	Sears	68	ARIZ	4895-06SVE	3,120	
	31	Barbara	Hummel	67	NEM	029W-0348H	3,110	
	32	Cynthia	Gardner	68	NEM	029X-07KBA	3,080	
	33	Jane	Hook	65	TAM	3897-03NAJ	3,065	
	34	Katy	Lantz	66	DAM	389J-040UN	3,060	

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# 1-Hour ePostal National Championship

## WOMEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
	35	Kathy	Gill	65	DAM	389F-03GY3	3,040	
	36	Christine	Foote	66	TAM	389V-03F8W	3,025	
	36	Laraine	Smith	68	ARIZ	489Z-097ZU	3,025	
	38	Kathy	Selles	67	SPM	149A-06P54	2,850	
	39	Suzanne	Klein	65	SCYM	079K-0A8YX	2,845	
	40	Martha	Buthmann	67	TCAM	389W-0A8H1	2,815	
	41	Anne	Kendrick	68	NASH	159Z-0ARK6	2,800	
	42	Lorraine	Miller-Horton	65	NEM	0297-0ASEN	2,770	
	43	Patricia	Sable	69	DDSA	4890-05VE7	2,755	
	44	Lyra	Halprin	68	DAM	3899-03G0F	2,740	
	45	Starr	Campbell	67	ARKM	239P-06TBK	2,725	
	46	Janette	Coker	69	DAM	389A-0B0DN	2,685	
	47	Diane	McManus	69	1776	089R-042FC	2,680	
	48	Catherine	Rotch	67	VMST	1294-02JHB	2,650	
	49	Nancy	Fields	68	MOST	439M-02RC5	2,595	
	50	Margaret	Johns	65	TAOS	429T-PUGZZ	2,550	
	51	Melanie	Sellers	67	OLD1	1595-01ZSR	2,500	
	52	Lynn	Narlesky	67	DAM	3893-03HHA	2,490	
	53	Monica	Brogan	67	TMAS	1290-0A84Y	2,390	
	54	Louise	Cobetto	65	PBM	5094-0B5VG	2,370	
	55	Nancy	Wood	68	MOST	439J-02P50	2,355	
	56	L. Renee	Solomon	66	NEM	0291-09P4T	2,270	
	57	Carolyn	Lavadie	67	TAOS	4299-09UAD	2,200	
	58	Susan	Stowell	67	DAM	389A-06KST	2,000	
	59	Marjorie	Pannell	69	IM	219K-05NZC	1,950	
<b>70-74</b>								
	1	Christie	Hayes	71	NEM	029P-01S5E	4,015	
	2	Tracy	Clarkson	70	1776	089D-09NEX	3,960	
	3	Sally	Dillon	73	PSM	3692-02KJU	3,525	
	4	Suzanne	Mitchell	71	PBM	509Z-08CXY	3,485	
	5	Stephanie	Scott	72	WCM	3898-03K0Y	3,435	
	6	Rebecca	Kay	73	OREG	3791-05FV1	3,400	
	7	Anne	Page	71	SPM	149D-02SGA	3,375	
	8	Sue	Tendy	70	NEM	0291-033T8	3,310	
	8	Susan	Collins	70	WCM	3898-03NKB	3,310	

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# 1-Hour ePostal National Championship

## WOMEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
	10	Linda	Williams	73	CALM	389D-03FSX	3,100	
	11	Babs	Larsen	72	MINN	3098-02A9M	3,080	
	12	Linda	Shoenberger	72	TAM	389M-03F82	3,050	
	13	Kristine	Hornof	72	DAM	389K-03HAN	3,025	
	14	Anne	Stoddard	73	TNYA	069C-02Y4R	2,930	
	15	Jane	Wright	70	SAWS	599U-077FJ	2,925	
	16	Sheryl	Parola	71	TCAM	389E-03U7K	2,915	
	17	Cynthia	Needham	71	NEM	029Z-071D8	2,880	
	18	Martha	Samuelson	70	SHARK	149V-03410	2,800	
	18	Karen	Kessel	70	TCAM	389K-0A6SK	2,800	
	20	Susan	Paris	73	O*H*	189W-01WC8	2,775	
	21	Dexter	Yeats	74	KM	359U-083HH	2,770	
	22	Lucy	Fleming	70	BUMS	049G-0A4X5	2,750	
	23	Mizuho	Iwamoto	71	DAM	3894-082HE	2,735	
	24	Patricia	McGovern	70	BURN	0696-02Y3H	2,725	
	25	Marilyn	Williams	73	NEM	029X-K7JBP	2,660	
	26	Eileen	Shakespear	70	NEM	029C-035W3	2,655	
	27	Ginger	Pierson	73	OREG	3794-025WC	2,580	
	28	Marjorie	Safran	70	NEM	029T-08301	2,525	
	29	Elizabeth	Stengel	73	NEM	0296-09PRZ	2,450	
	30	Ginny	Saywell	73	ARIZ	489R-0B0P0	2,400	
	31	Margaret laura	Welch	73	ARIZ	4894-09SY2	2,350	
	32	Jan	Walker	70	DAM	3896-07KEW	2,300	
	33	Lynn	Dusenbury	71	MOST	439F-099VK	2,255	
	34	Patricia	Quinn	73	DAM	389M-0969K	2,125	
	35	Robyne	Camp	72	PBM	509Z-09K1B	1,800	
	36	Joan	Sampson	70	LPM	159K-0ATSR	1,685	
	37	Jennifer	Johnston	72	L4S	1097-039KC	1,675	
<b>75-79</b>								
	1	Sue	Calnek-Morris	76	OREG	3796-02EVM	3,495	
	2	Sarah	Kopsky	78	TULS	2799-01JW6	3,275	
	3	Daniela	Barnea	75	STAN	389W-03JTU	3,250	
	4	Leslie	Westergaard	76	DAM	389Y-03GEZ	3,035	
	5	Glenda	Carroll	76	TAM	3898-03JEC	2,905	
	6	Gail	Rodd	77	TCAM	389G-03F0G	2,845	

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# 1-Hour ePostal National Championship

## WOMEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS #	Distance	National Record
	7	Carolynn	Foley	76	PBM	509P-01W0J	2,820	
	8	Karen	Zentgraf	78	CMS	329A-0309S	2,800	
	9	Judy	Ziemer	75	OREG	379H-026R8	2,790	
	10	Susan	Marens	77	VMST	129U-02HSX	2,785	
	11	Barbara	Paulson	76	DAM	389N-03G0A	2,455	
	12	Meredith	Pechoultres	76	TAM	389Y-040N4	2,440	
	12	Claire	Gregg	78	MOST	4394-04KW9	2,440	
	14	Emily	Trueblood	77	TNYA	069P-02Y4X	2,385	
	15	Susan	Mann	76	DAM	389X-03HWP	2,300	
	16	Jeanne	Magmer	79	OREG	379S-07T8R	2,250	
	16	Ethel	Rose	79	UC42	429D-06TB0	2,250	
	18	Roswita	Norris	77	DAM	389F-03GE3	2,135	
	19	Polly	Kegler	76	UTAH	349H-0ARMA	2,045	
	20	Hannah	Gilman	75	NEM	029K-084MU	2,000	
	21	Lynn	Francis	75	MOST	439W-02NGK	1,950	
	22	Regina	Goodman	75	LTOH	179D-0AUY3	1,720	
<b>80-84</b>								
	1	Patricia	Bond	81	SHARK	1497-02RDM	3,135	
	2	Margit	Jebe	81	T2NM	149P-01SAA	3,075	
	3	Susan	Munn	81	DAM	389U-03FZM	2,900	
	4	Mary	Alexandre	84	TAM	389H-03HEB	2,815	
	5	Martha	Henderson	83	FACT	149C-02RS4	2,730	
	6	Joan	Griffin	82	PBM	509H-02ZVH	2,705	
	7	Luise	Easton	81	O*H*	189X-01PNS	2,585	
	8	Lynn	Schroeder	81	DAM	389D-03HG2	2,520	
	9	Beverly	Linnihan	81	ARIZ	489C-02FM1	2,510	
	10	Miek	Mc Cubbin	84	SMM	389D-03HJM	2,500	
	11	Ruth	Stavis	82	NEM	0294-033F0	2,440	
	12	Dorothy	Kennedy	83	UTAH	3491-09699	2,075	
	13	Nana	Whalen	82	MARY	099E-09KDV	2,045	
<b>85-89</b>								
	1	Bonnie	Speer	85	OREG	379Z-0692S	1,890	
	2	Betty	Sanslow	88	LPM	159T-0A4KZ	1,535	
<b>95-99</b>								
	1	Maurine	Kornfeld	98	ROSE	339B-03AD6	1,975	

\* Swimmers with no USMS number cannot place in a National Championship event