

2010 RECIPIENTS OF THE POSTAL SERIES

EACH PARTICIPANT COMPETED IN THE USMS NATIONAL LONG DISTANCE CHAMPIONSHIPS IN THE FOLLOWING 5 EVENTS:
ONE HOUR POSTAL, 5000 METER POSTAL, 10,000 METER POSTAL, 3000 YARD POSTAL, 6000 YARD POSTAL

Gender/ Age Group	Name	Club	Gender/ Age Group	Name	Club
W 25-29	Sarah Thomas	CMS	M 25-29	Adam Barley	VMST
W 25-29	Tracy Durham	MICH	M 25-29	Craig Charley	RCA
W 25-29	Sarah Swoch	SPM			
W 30-34	Kristi Lee	SAWS	M 40-44	Timothy Waud	OREG
W 30-34	Serena Johnson	SWMS	M 40-44	Robert Clayton	SAWS
W 30-34	Maresa Jackson	SWMS	M 45-49	David Sebastian	IM
W 35-39	Anicia Criscione	OREG	M 45-49	David Hathaway	OREG
W 35-39	Heather Melrose	CMS	M 45-49	Craig Kercher	MOST
W 40-44	Victoria Rian	ISF	M 50-54	Chris Layton	IM
W 40-44	Dale LeClare	GOLD	M 50-54	Joe Aumiller	MICH
W 40-44	Gloria O'Conner	CMS	M 50-54	Kyle Murray	GBM
W 40-44	Flavia Zappa	SPM	M 55-59	Larry Wood	TXLA
W 40-44	Jaime Mack	OREG	M 55-59	Wes Edwards	SWMS
W 45-49	Arlene Delmage	OREG	M 55-59	Allen Larson	OREG
W 45-49	Heidi Kafka	IM	M 55-59	Larry Beck	OREG
W 45-49	Nicole Vanderpoel	CMS	M 60-64	Jack Fritts	IAMA
W 45-49	Marcia Cleveland	IM	M 60-64	Bob Bruce	OREG
W 45-49	Ali Hall	MARY	M 60-64	Craig Anderson	NCMS
W 45-49	Dawn Clark	SPM	M 60-64	John Ellis	SWMS
W 45-49	Katherine Kardok	NEM	M 60-64	Michael Carew	OREG
W 45-49	Anita Burkard	SWMS	M 60-64	Max Maust	CGCC
W 45-49	Gayle Orner	OREG			
W 45-49	Allison LaField	MOST	M 65-69	Larry Raffaelli	VCM
W 45-49	Roberta Varela-Hein	MOST	M 65-69	Henry Halff	MOST
W 50-54	Denise Brown	MICH			
W 50-54	Mary Sweat	OREG			
W 50-54	Maddie Diedo	MICH	Women	37	CLUB # of swimmers
W 50-54	Sherry Bender	SWMS	Men	22	SAWS 3
			Total Swimmers	59	OREG 13
					GOLD 1
W 55-59	Shirley Loftus-Charley	VMST			IM 4
W 55-59	Kathy Boyer	MOST			SPM 3
W 55-59	Elizabeth Budd	OREG			MICH 4
W 55-59	Linda Callaway	MOST			CMS 4
W 55-59	Jeanna Summers	OREG			MOST 6
W 55-59	Jill Wright	SAWS			SWMS 7
					NEM 1
W 60-64	Ann Svenson	DCM			ISF 1
W 60-64	Greta VanMeeteren	NCMS			DCM 1
					NCMS 2
W 65-69	Esther Ellis	SWMS			MARY 1
					TXLA 1
					GBM 1
					VCM 1
					VMST 2
					RCA 1
					IAMA 1
					CGCC 1