



Congratulations to everyone who completed the 2009 One Hour Swim.

The 2009 One Hour Postal National Championship was the largest ever with 2577 entries. The previous record was 2276. Ages of swimmers ranged from 18 to 93.

Six new records were set; two women's, two men's, and two relays.

Linda Shoenberger	W 60-64	5075 yards
Rita Simonton	W 90-94	2720 yards
Mike Shaffer	M 40-44	5910 yards
Fred Schlicher	M 60-64	5075 yards
New England Masters	M 45+	15325 yards
Frank Wuest, Fred Schlicher, and Douglas Bosley		
Tamalpais Aquatic Masters	W 55+	13450 yards
Laura Val, Linda Shoenberger, and Judy Eisenman		

Andrea Block, age 47, Illinois Masters set a record of 35:05.29 for 3000 yards on the way to 5120 yards in one hour.

Three people aged up during January and did the swim twice, once in each age group.

Elizabeth Budd, Oregon Masters: age 54 and age 55 4185 yards both swims  
Debbie Wilson, North Carolina Masters Swimming: age 54 4330 yards; age 55 4385 yards  
Richie Martin, New England Masters: age 59 4000 yards; age 60 4130 yards

Two swam all butterfly: Rosana Andrade, age 48, Masters of South Texas, 3045 yards; Mark O'Malley, age 32, Indy Swim Fit, 4300 yards. Phillip Bly of Indy Swim Fit at age 55 swam 3800 yards breaststroke. Elizabeth Engelskirchen, age 43, Tamalpais Aquatic Masters, kicked 3140 yards in one hour. Michael Hennessey, age 42, Masters of South Texas did the swim three times and increased his distance each swim: 4210, 4235, and finally 4400 yards.

Timothy Zadalis is in the Air Force and currently stationed in the Middle East. He managed to find a pool and swim in Qatar.

There are 3 women and one man in the 90-94 age group: record-setting Rita Simonton, 90, Lompoc's Other Swim Team, 2720 yards; Mary Lathram, 93, DC Masters, 1725 yards; Gertrude Zint, 91, Florida Maverick Masters, 1550 yards; and Allen Fardie, 90, New England Masters, 1540.

Davis Aquatic Masters had 299 swimmers and logged over 1 million yards – 1,040,860 to be exact.

Jane Moore, Event Director