



RESULTS

CHAMPIONSHIP EVENT: One Hour ePostal National Championship
 EVENT DATE(S): 1 - 31 January, 2016
 SANCTION NUMBER: 386-S001
 SANCTIONING LMSC: Pacific
 SPONSORING ORG: Tamalpais Aquatic Masters
 EVENT DIRECTOR: Jim Stambolis and Cindy Clements
 E-mail 2016onehour@gmail.com

Women's Relays

Age Group	Place	Club Name	Total Distance	First Name	Last Name	MI	Age	Club	USMS #	Ind Distance	V if a National Record
18+	1	New England Masters Swim Club	14,160	Elizabeth	Welch	K	36	NEM	0263-0354C	4,735	
				Alana	Aubin	M	25	NEM	026Y-07TSR	4,855	
				Madeline	Gilbert		24	NEM	026M-08A8G	4,570	
18+	2	Wisconsin Masters Aquatic Club	13,930	Valerie	Thorp	M	24	WMAC	206A-0793E	4,810	
				Molly	Woodford		25	WMAC	206B-07VF9	4,810	
				Karen	Kimple	C	54	WMAC	206E-06PS9	4,310	
18+	3	Palmetto Masters	13,725	Jessica	Ballard		27	PALM	5568-0A4VZ	4,700	
				Hailey	Nievergelt	B	22	PALM	5568-0A1CK	4,475	
				Jennifer	Cranny	R	47	PALM	5563-01HJA	4,550	
18+	4	St Pete Masters Inc	12,125	Mary	Reischmann		22	SPM	1463-07DSJ	4,050	
				Adrienne	Forkois	M	36	SPM	146M-02T8G	4,205	
				Patricia	Nardozi	J	56	SPM	146X-02RG2	3,870	
25+	1	Santa Cruz Masters Aquatics	14,260	Cynthia	Hertzer	J	46	CRUZ	386T-CHSWM	4,700	
				Rainey	Graeven	H	26	CRUZ	386V-06ECC	4,705	
				Tesla	Profumo	E	38	CRUZ	386B-068K7	4,855	
25+	2	New England Masters Swim Club	14,235	Mary	Walton	R	49	NEM	026F-08471	4,650	
				Jill	Lancaster		42	NEM	0269-0802P	4,600	
				Melinda	Williams	B	34	NEM	026U-035DF	4,985	
25+	3	Swim Fort Lauderdale	14,175	Marie	Hanf	F	25	SFTL	5069-09T73	4,835	
				Jamie	Marks	L	27	SFTL	5063-06V7S	4,725	
				Florencia	Melo		26	SFTL	5067-09U0A	4,615	
25+	4	Ventura County Masters	13,290	Holly	Nuckols	J	53	VCM	336E-03DN6	4,220	
				Karina	Garcia	R	29	VCM	336H-049BT	4,620	
				Tamie	Stewart	A	42	VCM	3363-07RSR	4,450	
25+	5	Swim Fort Lauderdale	13,150	Amanda	Singleton	L	26	SFTL	5065-07JMK	4,515	
				Christina	Horton		33	SFTL	5064-061JZ	4,485	
				Kelly	Abner	A	25	SFTL	506Y-07DB2	4,150	
25+	6	Oregon Masters	12,870	Heather	Blair	E	30	OREG	376A-06TFE	4,050	
				Serena	Iohnson	H	38	OREG	3762-06K7N	4,445	
				Bonnie	Edwards	B	43	OREG	3762-065UP	4,375	
25+	7	Colonials 1776	12,850	Anne	Cappola	R	46	1776	086E-022E0	4,610	
				Laura	Kuczynski		30	1776	086C-095AE	4,300	
				Hannah	Plimpton		30	1776	086U-05X2T	3,940	
25+	8	St Pete Masters Inc	12,565	Regina	Novak	C	31	SPM	1461-05J01	4,150	
				Livia	Zien	L	49	SPM	146G-02RNS	4,325	
				Dawn	Clark	D	51	SPM	146F-05VRX	4,090	
25+	9	Illinois Masters	11,845	Alyssa	Galinitis		32	IM	216P-09HC6	3,920	
				Kristen	Ellison	L	30	IM	216N-074H7	3,875	
				Victoria	Bolf	A	30	IM	2169-06TMW	4,050	
25+	10	Michigan Lakeshore Aquatics Masters	9,010	Rhonda	Pardue	L	42	MLAM	196U-02A2V	3,135	
				Mary	Nienhuis	J	65	MLAM	196M-09MB7	2,700	
				Morgan	Haskell		30	MLAM	1969-06TD5	3,175	
35+	1	Palmetto Masters	14,385	Erin	Moro	C	37	PALM	556M-095S3	4,680	
				Stacey	Bruce	L	41	PALM	556F-01HAD	4,910	
				Cheryl	Reinke	M	51	PALM	556B-063UX	4,795	
35+	2	Eagle Swim Team Masters	14,175	Tobi	Limke	L	40	EST	0967-002J8	4,585	
				Deborah	Dawson		47	EST	096D-SWMRR	4,950	
				Lisa	Rapuano	O	50	EST	096S-01W1T	4,640	
35+	3	Oregon Masters	14,130	Jessica	Kieras	E	35	OREG	376D-07U59	4,515	
				Sara	Nelson	Q	43	OREG	376B-0263K	4,915	
				Brianna	Showell	E	36	OREG	376D-02732	4,700	
35+	4	New England Masters Swim Club	13,885	Cecilia	Emblidge	V	51	NEM	026V-062W3	4,550	
				Jessica	Ackerman	L	37	NEM	0260-0352K	4,835	
				Hilliary	Thompson	G	40	NEM	026U-02BT3	4,500	
35+	5	Swim Fort Lauderdale	13,330	Desi	Stoyanova		38	SFTL	5063-089RB	4,490	
				Erica	Moffett	L	46	SFTL	5060-02XND	4,350	
				Sonja	Koppenwallner		39	SFTL	506J-01YJF	4,490	
35+	6	Puget Sound Masters	12,840	Michelle	McRae		40	PSM	366R-04FBZ	4,220	
				Shelby	Wiegand	J	36	PSM	366S-06TPG	4,280	
				Ellen	Ella		38	PSM	366R-02XBZ	4,340	

Age Group	Place	Club Name	Total Distance	First Name	Last Name	MI	Age	Club	USMS #	Ind Distance	V if a National Record
35+	7	Illinois Masters	12,710	Marcia	Cleveland	E	51	IM	216F-0154Y	4,125	
				Heidi	Kafka		53	IM	216E-02X7X	4,455	
				Stephanie	Henry		42	IM	216T-09R25	4,130	
35+	8	Michigan Masters	12,535	Jenny	Birmelin		38	MICH	196D-0292V	4,290	
				Lori	Friesner	J	54	MICH	1968-0285B	3,715	
				Denise	Brown	H	56	MICH	1963-01U86	4,530	
35+	9	Masters of South Texas	12,140	Martha	Towers		44	MOST	436J-005M6	4,015	
				Amy	Porter	M	39	MOST	436R-02GD0	4,100	
				Julie	Eakle	O	55	MOST	436U-02NPK	4,025	
35+	10	Wisconsin Masters Aquatic Club	11,665	Crystal	Toll		37	WMAC	2061-08B59	3,750	
				Debbie	Katzman		48	WMAC	2064-081XU	4,140	
				Linda	Pedraza		45	WMAC	206M-080K0	3,775	
35+	11	Blue Wave Aquatics	10,570	Judy	Williams	K	67	BWAQ	366N-02KUU	3,285	
				Kimberly	Wood	C	43	BWAQ	3660-095JU	3,280	
				Michelle	Menkens		59	BWAQ	366B-04F9S	4,005	
35+	12	Triton Swimming and Triathlon Team	8,785	Melissa	Kramer-Sarrett	R	35	TSTT	3367-097B0	3,015	
				Colleen	Toumayan		49	TSTT	336Y-08DSU	3,200	
				Maria	Schwartz	E	37	TSTT	336U-07WZP	2,570	
45+	1	Colonials 1776	14,395	Vibeke	Swanson	L	54	1776	086V-02223	4,660	
				Stephanie	Saucy	A	52	1776	086B-07VRM	4,625	
				Laurie	Hug		50	1776	0863-0226X	5,110	
45+	2	Longhorn Aquatics	14,355	Katy	Dooley		49	TXLA	436V-077HF	5,060	
				Kristy	Ditzler		51	TXLA	436P-075F1	4,620	
				Sharon	Smith	V	57	TXLA	436A-04KHX	4,675	
45+	3	St Pete Masters Inc	14,285	Paula	Texel	M	45	SPM	146G-0625D	4,730	
				Karen	Westerman	L	48	SPM	1463-02RX6	4,525	
				Charlotte	Petersen		51	SPM	1460-02RF8	5,030	
45+	4	Ventura County Masters	13,605	Nadean	Hudson		49	VCM	3361-007YN	4,420	
				Stacey	Warmuth	S	59	VCM	3361-03ERT	4,800	
				Jill	Shaffer	M	54	VCM	3364-03B5F	4,385	
45+	5	Conejo Valley Multisport Masters	13,410	Jennifer	Weiderman		49	CVMM	3360-07Z8E	4,565	
				Deanna	Koehler	C	46	CVMM	336F-03AF4	4,575	
				Niki	Stokols	F	58	CVMM	336J-03A2E	4,270	
45+	6	Tamalpais Aquatic Masters	13,390	Heather	Lugassy		45	TAM	386R-03K63	4,450	
				Lynn	Sondag	S	47	TAM	386D-07P2X	4,435	
				Catherine Biggs	DiPrete		52	TAM	386N-004KX	4,505	
45+	7	New England Masters Swim Club	13,370	Charlotte	Brynn	J	49	NEM	026Y-034BA	4,695	
				Beth	Estel	A	59	NEM	026P-008J3	4,375	
				Leslie	Craven	A	56	NEM	0267-004WN	4,300	
45+	8	St Pete Masters Inc	13,260	Brooke	Bowman	J	48	SPM	146P-004KC	4,510	
				Cheryl	Kupan	A	51	SPM	146C-01SAD	4,385	
				Melissa	Harasz		55	SPM	146X-05H1D	4,365	
45+	9	Oregon Masters	13,045	Arlene	Delmarge		53	OREG	3765-0124F	4,485	
				Sue	Phillips		51	OREG	3760-06W7A	4,295	
				Jayette	Pettit	R	48	OREG	376W-0A8HS	4,265	
45+	10	Puget Sound Masters	13,005	Mary	Armstrong	C	48	PSM	366V-05Z35	4,500	
				Wendy	Polidori		46	PSM	366P-07GD5	4,200	
				Elizabeth	Lucco	D	49	PSM	3666-02KK5	4,305	
45+	11	Tamalpais Aquatic Masters	12,745	Elizabeth	Lowe	H	50	TAM	3866-03PVT	4,310	
				Karen	Brisson	S	47	TAM	386K-03H68	4,295	
				Kelley	Ryan-Warner	A	52	TAM	386T-03JEB	4,140	
45+	12	Masters of South Texas	12,610	Catharine	Cebrowski	L	45	MOST	4362-06POP	4,225	
				Tiitta	Elias	K	48	MOST	4360-02PPN	4,085	
				Sharon	Sander	E	53	MOST	436Y-02R1T	4,300	
45+	13	Swim Fort Lauderdale	11,985	Megan	Lassen	M	45	SFTL	5060-02KUC	4,165	
				Jamie	Herrington	S	50	SFTL	506U-027GB	3,940	
				Kristen	Finn	C	45	SFTL	506M-08E9W	3,880	
45+	14	Conejo Valley Multisport Masters	11,935	Mel	Latt	J	52	CVMM	336X-SW1MY	4,000	
				Arlette	Godges	A	51	CVMM	3364-03B5G	4,150	
				Kimberly	Meyer	H	57	CVMM	336J-07AUT	3,785	
45+	15	Colonials 1776	11,205	Susan	Underwood	E	55	1776	0865-02FD8	3,490	
				Sue	Watts	N	61	1776	0868-05TSF	3,940	
				Jill	Swavely		49	1776	0867-085DV	3,775	
45+	16	Illinois Masters	11,020	Ruth	Giles-Ott		47	IM	216X-02VKN	3,500	
				Lynne	Lasser		53	IM	216W-04U3A	3,685	
				Stephanie	Boles	A	47	IM	2165-03A5F	3,835	
45+	17	Swim Fort Lauderdale	10,610	Jennifer	Hulett	A	47	SFTL	506U-028GB	3,685	
				Ana	Carbonell	M	54	SFTL	506K-074ZV	3,490	
				Sarah	Bennett	L	53	SFTL	5060-G005E	3,435	
45+	18	Wisconsin Masters Aquatic Club	8,660	Renee	Scherck-Meyer	M	50	WMAC	2060-081Z8	2,775	
				Pamela	Busalacchi		51	WMAC	206Y-05U6D	3,485	
				Cheryl	Drury	L	55	WMAC	206X-05GCD	2,400	
45+	19	Michigan Lakeshore Aquatics Masters	8,010	Wendy	Willoughby	K	56	MLAM	1965-09JW5	2,690	
				Marilynn	Webster		56	MLAM	196G-09HEH	2,670	
				Michelle	Hoffman		47	MLAM	1967-0A6V5	2,650	
45+	20	Alaska Masters Swim Club	7,915	Mary	Campbell	R	67	AKMS	566M-07B3C	2,250	
				Nancy	McQueen		59	AKMS	5667-0A1HX	2,770	
				Kara	Helgeson		49	AKMS	566E-0A555	2,895	

Age Group	Place	Club Name	Total Distance	First Name	Last Name	MI	Age	Club	USMS #	Ind Distance	V if a National Record
55+	1	Masters of South Texas	13,330	Elaine	Valdez	S	60	MOST	4361-02POH	4,370	
				Susan	Ingraham		56	MOST	4360-SUSAN	4,560	
				Suzanne	Cuda	E	55	MOST	4361-008RJ	4,400	
55+	2	Palm Beach Masters	13,330	Catherine	Rust	M	62	PBM	506U-06WNNH	4,400	
				Laurie	Samuelson	E	60	PBM	5067-006F3	4,480	
				Darcy	LaFontain	H	60	PBM	506G-0212Z	4,450	
55+	3	Oregon Masters	12,690	Barb	Harris		56	OREG	376W-025YY	4,035	
				Colette	Crabbe	M	59	OREG	376E-02645	4,555	
				Marlys	Cappaert	R	57	OREG	3769-025XB	4,100	
55+	4	Tamalpais Aquatic Masters	12,690	Martha	Joyce	O	55	TAM	386B-03NAZ	4,215	
				Judy	Eisenman	A	62	TAM	386X-03K2U	4,180	
				Barbara	Wheeler	C	58	TAM	3865-03JOK	4,295	
55+	5	New England Masters Swim Club	12,585	Betsy	Feldmann		62	NEM	0269-06T5K	4,040	
				Tracy	Grilli	L	58	NEM	026J-RDS0X	4,515	
				Stephanie	Hevenor		57	NEM	026F-06NB3	4,030	
55+	6	Puget Sound Masters	11,750	Sheila	Moore	E	56	PSM	3666-02KNT	4,025	
				Elizabeth	Kassen	K	63	PSM	366C-04F98	4,000	
				Wanda	Bolerjack	R	59	PSM	366G-09P4F	3,725	
55+	7	Indy Aquatic Masters	11,645	Christine	Pedersen	E	57	INDY	1660-02AGG	3,925	
				Robin	Walker		60	INDY	166R-02B11	3,670	
				Cheryl	Gettlefinger	M	58	INDY	1663-02A8X	4,050	
55+	8	Taos Masters Swimming	11,200	Carol	Wildman	J	61	TAOS	426U-06811	3,900	
				Nancy	Call	A	61	TAOS	4268-01J3X	3,700	
				Ann	Bancroft		71	TAOS	426P-09EHH	3,600	
55+	9	Swim Fort Lauderdale	11,135	Ann	Thomas	B	55	SFTL	506W-0287G	3,680	
				Ellen	Itzler	R	57	SFTL	506J-027D0	3,680	
				Linda	Larson	L	60	SFTL	5064-2WVDA	3,775	
55+	10	Tamalpais Aquatic Masters	10,965	Celia	De Martini	A	64	TAM	3865-03JUS	3,275	
				Jessica	Jakobi		57	TAM	386N-03FM5	4,000	
				Caitlin	McVarish		55	TAM	386U-01SCF	3,690	
55+	11	Arizona Masters Swim Club Inc	9,610	Joyce	Howard		60	ARIZ	486J-06J13	3,075	
				Kimberly	Dobson	H	59	ARIZ	486Y-0A3UH	3,000	
				Allison	Lehman	R	58	ARIZ	486D-086FS	3,535	
55+	12	Illinois Masters	8,990	Valerie	Golbus		60	IM	216A-09DCM	3,340	
				Bobbe	Greenberg		69	IM	216J-094KF	2,525	
				Margaret	Ballantyne	H	56	IM	2160-04U8N	3,125	
55+	13	Triton Swimming and Triathlon Team	8,765	Althea	John		57	TSTT	3363-075GG	2,550	
				Wendy	Scherwat Ducourneau		65	TSTT	3365-0A2JN	2,855	
				Lisa	Bove	A	55	TSTT	336P-03BSY	3,360	
65+	1	Puget Sound Masters	11,560	Toni	LeClercq	M	67	PSM	366U-05UEM	3,905	
				Suzanne	Dills	L	70	PSM	3665-01N00	4,015	
				Sally	Dillon	A	69	PSM	366Y-02KJU	3,640	
65+	2	New England Masters Swim Club	10,655	Christie	Hayes	M	67	NEM	0269-0155E	4,175	
				Carol	Yunker	M	68	NEM	026X-033BB	3,220	
				Sue	Tendy		66	NEM	026Z-033T8	3,260	
65+	3	Palm Beach Masters	10,385	Suzanne	Mitchell		67	PBM	5060-08CXV	3,275	
				Carolynn	Foley		72	PBM	5069-01W0J	2,970	
				Fran	Hare	E	65	PBM	5065-02XHG	4,140	
65+	4	Tamalpais Aquatic Masters	10,300	Nancy	Ridout	J	73	TAM	386N-NANCY	3,410	
				Glenda	Carroll	G	72	TAM	3865-03JEC	3,085	
				Linda	Shoenberger	R	68	TAM	386B-03F82	3,805	
65+	5	Swim Fort Lauderdale	10,285	Rosa	Ventura	V	68	SFTL	5065-07GC7	3,675	
				Michelle	Martin	E	66	SFTL	506X-02D6V	3,120	
				Linda	Webb		70	SFTL	5064-02FR0	3,490	
65+	6	Michigan Lakeshore Aquatics Masters	9,825	Judy	Jansen	A	65	MLAM	196C-07MYZ	3,275	
				Jennifer	Parks	A	72	MLAM	1969-JPSWM	2,875	
				Barbara	Bos	J	66	MLAM	196P-029CU	3,675	
65+	7	Oregon Masters	9,310	Jeanette	Groesz	G	66	OREG	376X-0271F	3,285	
				Pat	Sherman		70	OREG	3766-09ABT	3,200	
				Judy	Ziemer		71	OREG	376E-026R8	2,825	
65+	8	Tamalpais Aquatic Masters	8,160	Mary	Alexandre	Y	80	TAM	386E-03HEB	2,885	
				Meredith	Pechoultres		72	TAM	3861-040N4	2,465	
				Lori	Viti	A	67	TAM	386N-07UBS	2,810	
65+	9	New England Masters Swim Club	6,510	Elizabeth	Stengel	B	69	NEM	026U-09PRZ	2,160	
				Susan	Benizio	D	68	NEM	026F-0A6F8	2,200	
				Sandra	Bernier	L	71	NEM	0264-0A7BT	2,150	
65+	10	Masters of South Texas	5,695	Josefina	Rodriguez	R	67	MOST	436C-0970H	1,345	
				Lynn	Francis	A	71	MOST	4363-02NGK	1,930	
				Lynn	Dusenbury	M	67	MOST	436H-099VK	2,420	
65+	11	New England Masters Swim Club	4,205	Linda	Ader	S	77	NEM	0265-0A2BF	1,595	
				Elizabeth	Allis	M	68	NEM	026R-0A793	1,510	
				Priscilla	Ryan		68	NEM	026N-0A77N	1,100	
75+	1	Arizona Masters Swim Club Inc	7,050	Patricia	Tewksbury	L	75	ARIZ	486K-07R2B	2,235	
				Gloria	Tolaro	M	85	ARIZ	486N-02KPF	2,200	
				Jill	Fritz	D	75	ARIZ	486X-02NCX	2,615	
75+	2	Florida Maverick Masters	5,600	Doris	Prokopi	C	80	FMM	146X-02RDG	2,200	
				Margie	Hutinger		76	FMM	146Y-02RCY	1,575	
				Rosie	Vijil	R	81	FMM	146B-006R9	1,825	