



**U.S. MASTERS  
SWIMMING**  
Long Distance National Championship

## 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

### Mixed 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	Palmetto Masters	19,960	Stacey	Bruce	L	41	PALM	556F-01HAD	4,910	
				Alex	Wood	S	21	PALM	556X-0A4EM	5,080	
				Cheryl	Reinke	M	51	PALM	556B-063UX	4,795	
				Benjamin	Hillebrand	L	20	PALM	556C-0A56C	5,175	
18+	2	Swim Fort Lauderdale	19,685	Brent	McAuliffe	T	34	SFTL	5068-06WXX	5,185	
				Marie	Hanft	F	25	SFTL	5069-09T73	4,835	
				Florencia	Melo		26	SFTL	5067-09U0A	4,615	
				Sean	Monahan	P	23	SFTL	506M-0A8E7	5,050	
18+	3	New England Masters Swim Club	19,665	David	Dornaus	R	41	NEM	0264-001HV	4,975	
				Spencer	Coffin		24	NEM	0269-08669	5,000	
				Alana	Aubin	M	25	NEM	026Y-07TSR	4,855	
				Jessica	Ackerman	L	37	NEM	0260-035ZK	4,835	
18+	4	Wisconsin Masters Aquatic Club	19,630	Valerie	Thorp	M	24	WMAC	206A-0793E	4,810	
				Molly	Woodford		25	WMAC	206B-07VF9	4,810	
				Aaron	Gardner	K	47	WMAC	2069-09KHK	5,000	
				James	Biles	B	54	WMAC	206F-SWMMR	5,010	
18+	5	Swim Fort Lauderdale	17,390	Andres	Rojas	A	21	SFTL	5063-0A5Z9	3,565	
				Desi	Stoyanova		38	SFTL	5063-089RB	4,490	
				Sebastian	Cuellar		31	SFTL	506P-09K5H	4,845	
				Sonja	Koppenwallner		39	SFTL	506J-01YJF	4,490	
18+	6	St Pete Masters Inc	16,060	Dawn	Clark	D	51	SPM	146F-05VRX	4,090	
				Pat	Marzulli		67	SPM	1461-02RMV	3,975	
				Ken	Gersbach	C	55	SPM	1466-065N7	3,945	
				Mary	Reischmann		22	SPM	1463-07DSJ	4,050	
25+	1	St Pete Masters Inc	20,155	Edward (Ted)	Bradley	J	32	SPM	146W-02TT9	5,400	
				Paula	Texel	M	45	SPM	146G-0625D	4,730	
				Anthony	Sullivan	J	46	SPM	146D-07S92	4,995	
				Charlotte	Petersen		51	SPM	1460-02RF8	5,030	
25+	2	New England Masters Swim Club	19,420	Melinda	Williams	B	34	NEM	026U-035DF	4,985	
				Joshua	Mueller	M	33	NEM	0264-09H3P	4,800	
				Elizabeth	Welch	K	36	NEM	0263-0354C	4,735	
				Matthew	Gilson	R	48	NEM	0261-033F6	4,900	
25+	3	Swim Fort Lauderdale	19,170	Jamie	Marks	L	27	SFTL	5063-06Y7S	4,725	
				Peer	Snoep		50	SFTL	506Y-028BK	4,975	
				Amanda	Singleton	L	26	SFTL	5065-07JMK	4,515	
				Alan	Forbes	D	25	SFTL	506C-0A68D	4,955	
25+	4	Swim Fort Lauderdale	18,375	Juan	Cuellar	C	33	SFTL	5060-09NRG	4,715	
				Erica	Moffett	L	46	SFTL	5060-02XND	4,350	
				Christina	Horton		33	SFTL	5064-061JZ	4,485	
				Igor	Galati	C	38	SFTL	506W-09X5J	4,825	
25+	5	Illinois Masters	18,115	Heidi	Kafka		53	IM	216E-02X7X	4,455	
				Stephanie	Henry		42	IM	216T-09R2S	4,130	
				Eric	Chiu	K	25	IM	216A-09DFR	4,770	
				Chris	Layton		57	IM	216V-02VAE	4,760	
25+	6	Puget Sound Masters	17,765	Isaac	Contreras Sandoval		26	PSM	366K-096AZ	4,510	
				Ellen	Ella		38	PSM	366R-02XBZ	4,340	
				Shelby	Wiegand	J	36	PSM	366S-06TPG	4,280	
				Johnny	Van Velthuyzen		36	PSM	366H-06TTA	4,635	

Age Group	Place	Club Name	Total Distance	First Name	Last Name	MI	Age	Club	USMS #	Ind Distance	✓ if a National Record
25+	7	Oregon Masters	17,610	Matt	Yelin		26	OREG	376D-08650	4,100	
				Jessica	Kieras	E	35	OREG	376D-07U59	4,515	
				Timothy	Nelson	D	50	OREG	3768-025ZB	4,550	
				Serena	Johnson	H	38	OREG	3762-06K7N	4,445	
25+	8	St Pete Masters Inc	16,580	Carl	Selles	H	69	SPM	146F-030YY	4,125	
				Adrienne	Forkois	M	36	SPM	146M-02T8G	4,205	
				Alan	Rook	O	53	SPM	146N-07KB0	4,100	
				Regina	Novak	C	31	SPM	1461-05J01	4,150	
25+	9	About Time Masters Swimming	14,495	James	Aaron	E	36	ATMS	1569-0978M	4,005	
				Frank	Odell		65	ATMS	1569-021FA	3,710	
				Shanon	Barnett		47	ATMS	156P-09B89	3,040	
				Amy	Odell	K	25	ATMS	1561-06J7E	3,740	
35+	1	Oregon Masters	19,605	Sara	Nelson	Q	43	OREG	376B-0263K	4,915	
				Matt	Miller		38	OREG	376N-1500F	5,115	
				Brianna	Showell	E	36	OREG	376D-02732	4,700	
				Robbert	Van Andel		41	OREG	376C-0269U	4,875	
35+	2	New England Masters Swim Club	19,155	Mary	Walton	R	49	NEM	026F-08471	4,650	
				Douglas	Doucet	C	40	NEM	0266-0345M	5,060	
				Albert	Garcia		45	NEM	0267-0738T	4,750	
				Charlotte	Brynn	J	49	NEM	026Y-0348A	4,695	
35+	3	North Carolina Masters Swimming	18,805	Kerry	Lindauer		41	NCMS	136P-0234M	4,370	
				Filippo	Porco	M	38	NCMS	136W-023HB	4,675	
				Heidi	Williams		46	NCMS	136U-022YV	4,725	
				Mark	Rubacky	S	46	NCMS	136V-070MN	5,035	
35+	4	Michigan Masters	18,285	Jenny	Birmelin		38	MICH	196D-0292V	4,290	
				Matthew	West	R	40	MICH	196S-029NG	4,900	
				Pete	Pultz		52	MICH	196A-093CG	4,565	
				Denise	Brown	H	56	MICH	1963-01U86	4,530	
35+	5	Tamalpais Aquatic Masters	17,795	Deacon	Shoenberger	G	41	TAM	386A-03XZW	4,500	
				Catherine Biggs	DiPrete		52	TAM	386N-004KX	4,505	
				Blair	Martin	L	36	TAM	386X-03XP2	4,340	
				Heather	Lugassy		45	TAM	386R-03K63	4,450	
35+	6	Wisconsin Masters Aquatic Club	17,535	Brian	Ruark	L	40	WMAC	206C-01RX6	4,460	
				Debbie	Katzman		48	WMAC	2064-081XU	4,140	
				Craig	Lanza	J	47	WMAC	206Y-0032W	4,625	
				Karen	Kimble	C	54	WMAC	206E-06PS9	4,310	
35+	7	Swim Fort Lauderdale	17,470	Eduard	Tiozzo		42	SFTL	506Z-0662E	4,635	
				Megan	Lassen	M	45	SFTL	5060-02KUC	4,165	
				Robert	Pardo	R	42	SFTL	506T-0733U	4,600	
				Tatiana	Barbosa	B	36	SFTL	506C-027CP	4,070	
35+	8	Illinois Masters	16,235	Lynne	Lasser		53	IM	216W-04U3A	3,685	
				Douglas	Mc Connell	P	58	IM	216C-02VN9	4,300	
				Vincent	Blot		40	IM	216C-07Z9E	4,300	
				Amanda	Castle	H	40	IM	216J-062JD	3,950	
35+	9	Wisconsin Masters Aquatic Club	16,070	Crystal	Toll		37	WMAC	2061-08B59	3,750	
				Jeffrey	Rogers	I	37	WMAC	2065-08928	4,195	
				Linda	Pedraza		45	WMAC	206M-080K0	3,775	
				David	Drury	L	56	WMAC	206W-05GCE	4,350	
35+	10	Triton Swimming and Triathlon Team	13,125	Melissa	Kramer-Sarrett	R	35	TSTT	3367-097B0	3,015	
				Colleen	Toumayan		49	TSTT	336Y-08DSU	3,200	
				Marlon	Duarte		40	TSTT	3360-07TRJ	3,600	
				John	Schwartz		52	TSTT	336P-087GG	3,310	
35+	11	Alaska Masters Swim Club	13,065	Richard	Petticrew	S	37	AKMS	5662-0A787	3,435	
				Peter	Branson	A	59	AKMS	566W-0A43F	3,910	
				Kara	Helgeson		49	AKMS	566E-0A55S	2,895	
				Jamie	Roberts		43	AKMS	566J-0A35V	2,825	
35+	12	Huntsville Swim Assoc	12,755	Melissa	Waters	C	37	HUNT	156N-092VN	2,525	
				Jeff	Hinely	T	52	HUNT	156Y-05S26	3,350	
				George	DeWitt		57	HUNT	156Y-088A3	3,520	
				Carol	Munster	A	55	HUNT	156T-087JJ	3,360	
45+	1	Ventura County Masters	19,695	Robbie	Allen	E	50	VCM	336D-01W9S	4,950	
				Mike	Shaffer	G	50	VCM	336P-03B3B	5,525	
				Nacey	Warmuth	S	59	VCM	3361-03ERT	4,800	
				Nadean	Hudson		49	VCM	3361-007YN	4,420	
45+	2	Puget Sound Masters	19,270	Mats	Nygren	O	49	PSM	366U-007EK	5,165	
				Elizabeth	Lucco	D	49	PSM	3666-02KK5	4,305	
				David	Kays	E	48	PSM	366M-02MMWB	5,300	
				Mary	Armstrong	C	48	PSM	366V-05Z35	4,500	

Age Group	Place	Club Name	Total Distance	First Name	Last Name	MI	Age	Club	USMS #	Ind Distance	v if a National Record
45+	3	Longhorn Aquatics	19,210	Katy	Dooley		49	TXLA	436V-077HF	5,060	
				Ed	Coates	M	49	TXLA	4363-02NS9	4,670	
				Sharon	Smith	V	57	TXLA	436A-04KHX	4,675	
				Larry	Wood	W	62	TXLA	436E-02NJF	4,805	
45+	4	Colonials 1776	18,980	Bryan	Richardson	T	59	1776	0863-0224B	4,735	
				Robert	Bonsall	A	52	1776	086J-042GW	4,475	
				Vibeke	Swanson	L	54	1776	086V-02223	4,660	
				Laurie	Hug		50	1776	0863-0226X	5,110	
45+	5	Oregon Masters	18,880	Arlene	Delmage		53	OREG	376S-0124F	4,485	
				Kris	Calvin		54	OREG	376C-008NK	4,750	
				Eilhard	Lussier	C	50	OREG	376U-025VX	5,350	
				Sue	Phillips		51	OREG	3760-06W7A	4,295	
45+	6	New England Masters Swim Club	18,790	Kaan	Duru		45	NEM	026U-066NG	4,675	
				Patrick	Autissier		53	NEM	026Z-06REW	5,050	
				Tracy	Grilli	L	58	NEM	026J-RDSOX	4,515	
				Cecilia	Emblidge	V	51	NEM	026V-062W3	4,550	
45+	7	St Pete Masters Inc	18,695	John	Doolittle	W	46	SPM	146H-002TU	4,680	
				Kern	Davis	M	61	SPM	146P-02RET	4,980	
				Karen	Westerman	L	48	SPM	1463-02RX6	4,525	
				Brooke	Bowman	J	48	SPM	146P-004KC	4,510	
45+	8	St Pete Masters Inc	17,505	Vincent	Brockman	C	52	SPM	146F-08DHS	4,275	
				Livia	Zien	L	49	SPM	146G-02RN5	4,325	
				Joshua	Smith	C	47	SPM	146H-064F4	4,520	
				Cheryl	Kupan	A	51	SPM	146C-01SAD	4,385	
45+	9	Tamalpais Aquatic Masters	16,880	Elizabeth	Lowe	H	50	TAM	3866-03PVT	4,310	
				Philip	Jonckheer	W	63	TAM	386A-03K5W	4,060	
				Lynn	Sondag	S	47	TAM	386D-07P2X	4,435	
				Jon	Haveman	D	51	TAM	386S-03SAG	4,075	
45+	10	Illinois Masters	16,830	Bill	Lee		59	IM	2169-05YJM	4,470	
				Marcia	Cleveland	E	51	IM	216F-01S4Y	4,125	
				Stephanie	Boles	A	47	IM	216S-03A5F	3,835	
				Jon	Teppo		48	IM	2161-02X2U	4,400	
45+	11	Blue Wave Aquatics	16,510	Michelle	Menkens		59	BWAQ	366B-04F9S	4,005	
				Judy	Williams	K	67	BWAQ	366N-02KUU	3,285	
				Daniel	Smith	C	53	BWAQ	366P-02M4K	4,840	
				Eric	Durban		60	BWAQ	3668-02KPA	4,380	
45+	12	Colonials 1776	16,195	Michael	Ansel	A	50	1776	086W-042H2	3,400	
				Stephanie	Saucy	A	52	1776	086B-07VRM	4,625	
				Jack	Martin	R	64	1776	086H-0220V	3,560	
				Anne	Cappola	R	46	1776	086E-022E0	4,610	
45+	13	Michigan Lakeshore Aquatics Masters	14,725	Rex	Young	A	62	MLAM	196R-0A8AF	3,750	
				Judy	Jansen	A	65	MLAM	196C-07MYZ	3,275	
				Barbara	Bos	J	66	MLAM	196P-029CU	3,675	
				Billy	Blair		52	MLAM	196G-06RRF	4,025	
45+	14	Wisconsin Masters Aquatic Club	13,890	Daniel	DeWeerd	L	48	WMAC	206C-0816C	4,195	
				Pamela	Busalacchi		51	WMAC	206Y-05U6D	3,485	
				Carl	Whitney	F	52	WMAC	206Z-09JRT	3,435	
				Renee	Scherck-Meyer	M	50	WMAC	2060-081Z8	2,775	
55+	1	New England Masters Swim Club	17,995	Sheldon	Katz	M	56	NEM	0266-06XU0	4,635	
				Frank	Wuest	C	55	NEM	026G-033YW	4,685	
				Leslie	Craven	A	56	NEM	0267-004WN	4,300	
				Beth	Estel	A	59	NEM	026P-008J3	4,375	
55+	2	Puget Sound Masters	17,245	Lars	Durban	R	58	PSM	366Y-02KNC	4,685	
				Elizabeth	Kassen	K	63	PSM	366C-04F98	4,000	
				Michael	Fitzgerald	J	58	PSM	366Y-0084N	4,535	
				Sheila	Moore	E	56	PSM	3666-02KNT	4,025	
55+	3	Oregon Masters	17,225	Tom	Phipps		62	OREG	3764-075TR	4,315	
				Marlys	Cappaert	R	57	OREG	3769-025XB	4,100	
				Colette	Crabbe	M	59	OREG	376E-02645	4,555	
				Cliff	Stephens	C	60	OREG	376Z-00585	4,255	
55+	4	St Pete Masters Inc	17,180	Melissa	Harasz		55	SPM	146X-05H1D	4,365	
				Stephan	Freeman	J	59	SPM	146J-02REX	4,370	
				Patricia	Nardozi	J	56	SPM	146X-02RG2	3,870	
				Timothy	Kennedy	C	59	SPM	146Z-02RF0	4,575	
55+	5	Tamalpais Aquatic Masters	16,520	Andy	Mascheroni		58	TAM	3869-03SM3	3,970	
				Barbara	Wheeler	C	58	TAM	3865-03JOK	4,295	
				James	Tull	C	62	TAM	386F-03HT5	4,040	
				Martha	Joyce	O	55	TAM	386B-03NAZ	4,215	

Age Group	Place	Club Name	Total Distance	First Name	Last Name	MI	Age	Club	USMS #	Ind Distance	v if a National Record
55+	6	Swim Fort Lauderdale	16,245	Sherif	Shaaalan		57	SFTL	506B-01V2P	4,370	
				John	Andrews	S	57	SFTL	5065-027G2	4,515	
				Ellen	Itzler	R	57	SFTL	506J-027D0	3,680	
				Ann	Thomas	B	55	SFTL	506W-0287G	3,680	
55+	7	Indy Aquatic Masters	15,750	Christopher	Shrader	J	55	INDY	166W-02AAP	4,000	
				Thierry	Wilbrandt	D	59	INDY	166E-02AV9	3,775	
				Cheryl	Gettelfinger	M	58	INDY	1663-02A8X	4,050	
				Christine	Pedersen	E	57	INDY	1660-02AGG	3,925	
55+	8	Colonials 1776	15,480	Brian	Ledwith	J	56	1776	0861-003G2	4,100	
				Rick	Heimann		57	1776	086C-022PP	3,950	
				Susan	Underwood	E	55	1776	0865-02FD8	3,490	
				Sue	Watts	N	61	1776	0868-05TSF	3,940	
55+	9	Arizona Masters Swim Club Inc	14,490	Joyce	Howard		60	ARIZ	486J-06J13	3,075	
				Douglas	Springer	A	69	ARIZ	486A-0464F	3,980	
				Jack	Allison		65	ARIZ	486V-0837H	3,900	
				Allison	Lehman	R	58	ARIZ	486D-086FS	3,535	
55+	10	St Pete Masters Inc	14,210	Kathy	Selles	A	63	SPM	146P-06P54	2,935	
				Jo Ann	Harrelson		60	SPM	146E-02RWB	3,750	
				Steve	Seligson		68	SPM	146D-006SW	3,865	
				Philip	Harasz		57	SPM	146A-07GD6	3,660	
55+	11	Triton Swimming and Triathlon Team	13,535	Wendy	Scherwat Ducourneau		65	TSTT	336S-0A2JN	2,855	
				David	Gaines		62	TSTT	336E-09102	3,245	
				Chris	Georges	R	57	TSTT	336Y-049ZZ	4,075	
				Lisa	Bove	A	55	TSTT	336P-03BSY	3,360	
55+	12	Florida Maverick Masters	9,095	Mary	Stein	A	65	FMM	1469-061WR	2,645	
				Rodney	Swanigan	E	64	FMM	1465-02SW6	3,000	
				Beatrice	Bohm		74	FMM	146A-062PW	2,125	
				William	Ragan	E	73	FMM	146W-FMMWR	1,325	
65+	1	Puget Sound Masters	17,605	Suzanne	Dills	L	70	PSM	3665-01N00	4,015	v
				Alan	Bell		65	PSM	366A-02KU0	4,860	
				Dan	Kirkland	L	67	PSM	366C-069B3	4,825	
				Toni	LeClercq	M	67	PSM	366U-05UEM	3,905	
65+	2	New England Masters Swim Club	16,125	Bill	Ryan		65	NEM	026H-06JH3	4,250	
				Sue	Tendy		66	NEM	026Z-033T8	3,260	
				Fred	Schlicher	J	67	NEM	0263-033W5	4,440	
				Christie	Hayes	M	67	NEM	0269-01S5E	4,175	
65+	3	Tamalpais Aquatic Masters	15,585	Linda	Shoenberger	R	68	TAM	386B-03F82	3,805	
				Nancy	Ridout	J	73	TAM	386N-NANCY	3,410	
				Richard	Burns		72	TAM	386F-BURNS	4,200	
				Kenneth	Frost	A	71	TAM	386P-03HJH	4,170	
65+	4	Oregon Masters	15,160	Steve	Johnson	M	67	OREG	376E-0264Y	4,310	
				Bob	Bruce	A	67	OREG	376X-025YX	4,365	
				Jeanette	Groesz	G	66	OREG	376X-0271F	3,285	
				Pat	Sherman		70	OREG	376E-09ABT	3,200	
65+	5	Palm Beach Masters	14,940	Patrick	Cannan		75	PBM	506V-07KE4	3,135	
				David	Quiggin		71	PBM	506H-01PH6	4,390	
				Fran	Hare	E	65	PBM	5065-02XHG	4,140	
				Suzanne	Mitchell		67	PBM	5060-08CXY	3,275	
65+	6	Swim Fort Lauderdale	14,565	Don	Mitchell		69	SFTL	5068-028GP	3,830	
				Andrew	Scheer	J	66	SFTL	506V-05H8W	3,570	
				Linda	Webb		70	SFTL	5064-02FR0	3,490	
				Rosa	Ventura	V	68	SFTL	5065-07GC7	3,675	
65+	7	Tamalpais Aquatic Masters	13,515	Mary	Alexandre	Y	80	TAM	386E-03HEB	2,885	
				James	Stambolis	N	68	TAM	386N-03FUB	3,650	
				Glenda	Carroll	G	72	TAM	386S-03JEC	3,085	
				Gary	Parlapiano	J	68	TAM	3864-03H4R	3,895	
65+	8	Swim Fort Lauderdale	12,175	Anita	Mitchell	M	65	SFTL	506P-028DC	2,060	
				Walter	Woolley	C	66	SFTL	5061-028N2	3,355	
				David	Solomon	L	67	SFTL	5069-0010B	3,640	
				Michelle	Martin	E	66	SFTL	506X-02D6V	3,120	
65+	9	Taos Masters Swimming	11,700	Ann	Bancroft		71	TAOS	426P-09EHH	3,600	
				Richard	Gilbert	P	70	TAOS	4269-08775	3,500	
				Linda	Aubrecht	S	72	TAOS	426P-073DP	2,400	
				Richard	Lubin		71	TAOS	426K-09T6Y	2,200	

Age Group	Place	Club Name	Total Distance	First Name	Last Name	MI	Age	Club	USMS #	Ind Distance	✓ if a National Record
75+	1	Oregon Masters	11,270	Bonnie	Speer	B	81	OREG	3760-0692S	2,065	
				Jeanne	Magmer	R	76	OREG	3767-07T8R	2,200	
				David	Radcliff	A	81	OREG	376Y-025V8	4,115	
				Willard	Lamb	J	93	OREG	376Z-026V7	2,890	
75+	2	Arizona Masters Swim Club Inc	10,590	Jill	Fritz	D	75	ARIZ	486X-02NCX	2,615	
				Patricia	Tewksbury	L	75	ARIZ	486K-07RZB	2,235	
				Phil	Simpson		75	ARIZ	486D-07PWH	2,850	
				Glenn	Tewksbury	A	82	ARIZ	486K-070K8	2,890	
75+	3	New England Masters Swim Club	10,245	Ruth	Stavis	L	78	NEM	026W-033F0	2,700	
				Trent	Toensing	D	76	NEM	026C-0346R	2,930	
				Linda	Ader	S	77	NEM	0265-0A2BF	1,595	
				George	Coupe	J	75	NEM	0266-C0UPE	3,020	
75+	4	Florida Maverick Masters	8,100	Rosie	Vijil	R	81	FMM	146B-006R9	1,825	
				James	Pitts	T	85	FMM	146N-02RDS	2,125	
				Charles	Schlegel	H	85	FMM	146D-02RE3	1,950	
				Doris	Prokopi	C	80	FMM	146X-02RDG	2,200	