



**Long Distance National Championship**

**RESULTS**

**CHAMPIONSHIP EVENT:** 2017 Women's 3000 ePostal Relays

**EVENT DATE(S):** September 15-November 15, 2017

**SANCTION NUMBER:** 327-S007

**SANCTIONING LMSC:** Colorado LMSC

**SPONSORING ORG:** Loveland Masters

**EVENT DIRECTOR:** Doug Garcia

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Age Group	Place	Club	Total Time	First Name	Last Name	MI	Age	Club	USMS #	Ind Time	Record
18+	1	Illinois Masters	2:00:01.89	Marcia	Cleveland	E	53	IM	217K-MC944	43:35.59	
				Heidi	Kafka		55	IM	217K-02X7X	40:32.31	
				Madeline	Bruce	J	23	IM	217S-09DA1	35:53.99	
25+	1	Virginia Masters Swim Team	1:53:08.65	Kate	Stephensen	A	28	VMST	127Y-06ZS2	36:19.37	
				Kendra	Hogg		30	VMST	127D-09RSH	37:20.63	
				Shirley	Loftus-Charley	A	66	VMST	128H-WATER	39:28.65	
25+	2	Colonials 1776	2:08:32.38	Hannah	Plimpton		32	1776	0874-05XZT	44:31.40	
				Sue	Watts	N	63	1776	088V-05TSF	45:17.99	
				Stephanie	Saucy	A	54	1776	087P-07VRM	38:42.99	
25+	3	North Carolina Masters Swimming	2:10:14.83	Heather	Frees	M	34	NCMS	137C-05P9Y	36:47.39	
				Kathleen	Pelczynski		32	NCMS	137J-06W4X	40:13.25	
				Amanda	Law	M	42	NCMS	137Z-09S14	53:14.19	
25+	4	Chicago Swedish Fish Masters	2:19:16.25	Julie	Hintermeister	L	30	SWED	217X-06SSW	40:54.48	
				Pamela	Staton	J	30	SWED	2176-0AN4B	49:53.48	
				Molly	Spray	M	28	SWED	217P-094RT	48:28.29	

Age Group	Place	Club	Total Time	First Name	Last Name	MI	Age	Club	USMS #	Ind Time	Record
25+	5	Palm Beach Masters	2:22:49.45	Laura	Richards	M	27	PBM	5089-0AK3M	46:42.20	
				Alicia	Easterling-Sorrentino		40	PBM	507M-0B1E7	48:58.24	
				Stephanie	Rock	L	30	PBM	5074-098BE	47:09.01	
25+	6	Illinois Masters	2:24:16.26	Sara	Chapman		35	IM	217U-08BZK	50:46.40	
				Victoria	Bolf	A	32	IM	217S-06TMW	46:52.99	
				Kristen	Ellison	L	32	IM	2179-074H7	46:36.87	
25+	7	Chicago Swedish Fish Masters	3:36:31.81	Heidi	Musser		51	SWED	218U-05F45	1:28:52.23	
				Erica	Strater	B	48	SWED	217E-0B1XE	1:09:52.43	
				Sara	Spray		30	SWED	2183-0ABXW	57:47.15	
35+	1	Puget Sound Masters	2:03:06.28	Elizabeth	Kassen		65	PSM	367N-04F98	44:41.65	
				Tammy	Regan Koppelberger		45	PSM	367M-09UES	40:36.89	
				Michelle	McRae	K	42	PSM	3677-04FBZ	37:47.74	
35+	2	St Pete Masters Inc	2:06:05.05	Henrietta	Szeredi		41	SPM	148S-09JDX	42:47.00	
				Livia	Zien	L	51	SPM	148C-02RN5	42:37.05	
				Dawn	Clark		53	SPM	147J-05VRX	40:41.00	
35+	3	Waterloo Swimming	2:12:42.35	Emily	Lewis-Pinnell	M	42	WLOO	438S-0AKW0	45:33.58	
				Renee	Parys		45	WLOO	438E-0AKF1	45:52.20	
				Tracy	Wells	J	45	WLOO	437K-0AHKW	41:16.57	
35+	4	Palm Beach Masters	2:20:00.43	Tracy	Williams		45	PBM	507W-09DRD	46:22.02	
				Hillary	Morris		42	PBM	5077-095WK	48:33.41	
				Kate	Ufford	A	41	PBM	5078-09ES7	45:05.00	
35+	5	Chicago Swedish Fish Masters	2:22:38.43	Caroline	Lubbers		42	SWED	2171-084R7	48:30.34	
				Ali	Massoud		43	SWED	218X-09NW7	49:57.18	
				Madelyn	Tan-Cohen	J	43	SWED	2179-0A7JT	44:10.91	
35+	6	Swim Fort Lauderdale	2:36:18.81	Christina	Hitchcock		34	SFTL	507X-061JZ	44:22.67	
				Kristin	Volz	R	44	SFTL	507B-DUCKY	59:01.08	
				Sarah	Bennett	L	54	SFTL	507H-G00SE	52:55.06	
35+	7	Palm Beach Masters	2:58:02.65	Sabina	Cowie	A	60	PBM	5074-09DVT	1:06:28.67	
				Jeraine	Ketchem	C	43	PBM	5089-07P93	53:34.99	
				Susan	Smith	M	53	PBM	508H-0A55G	57:58.99	
45+	1	Colonials 1776	1:52:25.45	Vibeke	Swanson	L	56	1776	0881-02223	38:26.30	
				Anne	Cappola	R	48	1776	087K-022E0	38:27.00	
				Laurie	Hug		52	1776	087Y-0226X	35:32.15	
45+	2	Palm Beach Masters	2:06:43.42	Linda	Irish Bostic		53	PBM	507W-06BTX	39:26.01	
				Suzanne	Dearworth	R	45	PBM	507T-027H7	44:36.94	
				Pamela	Figoras	C	52	PBM	508Z-06K1C	42:40.47	

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45+	3	Michigan Masters	2:14:54.73	Anne Marie	Gladding		49	MICH	197M-0AP03	46:17.67	
				Maddie	Diedo		59	MICH	197Y-028U9	50:09.17	
				Denise	Brown	H	58	MICH	197Y-01U86	38:27.89	
45+	4	Oregon Masters	2:16:46.42	Gillian	Salton	G	49	OREG	377G-05G96	43:41.00	
				Jan	Hildebrandt	D	59	OREG	3780-09TBG	47:46.38	
				Jeanna	Summers		63	OREG	377N-000PT	45:19.04	
45+	5	Palm Beach Masters	2:34:19.98	Jeanne	Danford	G	54	PBM	507Y-028BV	45:40.99	
				Ingrid	Bon		47	PBM	5078-07ZM1	53:29.00	
				Cathy	Goodwin	W	52	PBM	507J-08CWV	55:09.99	
45+	6	Chicago Swedish Fish Masters	2:38:31.02	Terrie	Albano		54	SWED	217P-081K6	54:00.80	
				Jennifer	McBride		48	SWED	217M-06MSU	50:20.05	
				Gretchen	Wahl		53	SWED	217T-087N0	54:10.17	
45+	7	Chicago Swedish Fish Masters	3:11:27.72	Andrea	Brands	B	54	SWED	218D-09MKJ	1:01:50.44	
				Eileen	Kristl		48	SWED	217X-082GV	1:03:43.58	
				Nicole	Vidales	M	46	SWED	2176-0ATWF	1:05:53.70	
55+	1	Oregon Masters	2:01:05.54	Betsy	Hanson	A	56	OREG	378B-03D7C	41:34.99	
				Arlene	Delmage		55	OREG	3776-01Z4F	40:01.81	
				Colette	Crabbe	M	61	OREG	377K-02645	39:28.74	
55+	2	Palm Beach Masters	2:05:19.97	Darcy	LaFountain	H	62	PBM	507E-0212Z	42:59.57	
				Catherine	Rust	M	64	PBM	5074-06W/NH	42:25.99	
				Julia	Leo	E	56	PBM	5083-0966W	39:54.41	
55+	3	Swim Fort Lauderdale	2:28:20.29	Debra	Attin Neville		58	SFTL	507B-027HM	50:27.87	
				Cynthia	Henley	P	59	SFTL	507P-07SFD	50:27.87	
				Mary Shawn	Kelly		55	SFTL	507F-0AEU1	47:24.55	
55+	4	Palm Beach Masters	2:38:51.73	Nancy	Wright		57	PBM	508Y-09WDK	50:50.95	
				Tamara	Burton		59	PBM	5077-099CG	54:13.78	
				Jo-Ann	Berry	E	60	PBM	507K-027YV	53:47.00	
55+	5	Arizona Masters Swim Club Inc	2:53:29.00	Joyce	Howard		62	ARIZ	488A-06JJ3	58:45.00	
				Laurie	Loose	W	60	ARIZ	488J-06Y9B	57:07.00	
				Terese	Butler	A	60	ARIZ	488V-061ZM	57:37.00	
55+	6	Chicago Swedish Fish Masters	3:54:03.89	Aliza	Becker	C	59	SWED	218C-090J4	1:12:45.80	
				Jane	Montes	A	61	SWED	2185-06NXH	1:20:48.88	
				Marla	Cohen		62	SWED	217F-06AY3	1:20:29.21	
65+	1	Chicago Swedish Fish Masters	3:52:09.42	Florence	Estes	S	65	SWED	2174-0APEH	1:21:27.43	
				Ronna	Feldman	E	69	SWED	218W-02UU9	1:25:54.58	
				Sarah	Ludden	M	65	SWED	218M-098CX	1:04:47.41	