

**2023 Women's USMS Long Distance All Americans**

Age Group	Gender	Event	First Name	M.I.	Last Name	APP	Birthdate	Age	Club abbr.	LDAA	LDAS	USMS #	Time or distance	Records
18-24	F	Sprint Distance OW	McKinley		Becraft			24	RIPT			333P-3N2DF	26:01.00	
25-29	F	Sprint Distance OW	Ashley		Quinn			27	NOVA			333M-FMP0U	25:51.00	
30-34	F	Sprint Distance OW	Ann		Tsuchiya			34	ROSE			3336-0B2FE	23:10.00	
35-39	F	Sprint Distance OW	Krysten		Sciacca			35	CHEL			063B-09G9V	23:00.00	
40-44	F	Sprint Distance OW	Lex		Higlett			40	OREG			3732-0B4SC	23:10.00	
45-49	F	Sprint Distance OW	Tesla		Profumo			46	CRUZ			3838-068K7	23:08.00	
50-54	F	Sprint Distance OW	Heather		Meckelborg			53	SBM			333G-0079A	24:52.00	
55-59	F	Sprint Distance OW	Jennifer		Weiderman			57	CVMM			333D-07Z8E	25:21.00	
60-64	F	Sprint Distance OW	Kimberly		Elsbach			60	GFDN			3831-D0NUT	23:48.00	
65-69	F	Sprint Distance OW	Cathy		Ganze			66	SDSM			4435-082NW	26:34.00	
70-74	F	Sprint Distance OW	Christie		Ciraulo			70	WH2O			333K-MERMD	24:23.00	
75-79	F	Sprint Distance OW	Joanne		Menard			75	MMAC			483F-02F1Y	32:20.00	
80-84	F	Sprint Distance OW	Ellen		Shockro			81	NOVA			333A-DCSHK	44:45.00	
18-24	F	Middle Distance OW	Ella		Ward-Zeller			19	UC54			543B-01DBG	51:27.00	
25-29	F	Middle Distance OW	Samantha		Kraft			27	MINN			3038-WZBJ9	51:55.00	
30-34	F	Middle Distance OW	Sallie		Doty			34	SDPM			5433-0850D	56:48.00	
35-39	F	Middle Distance OW	Maryanne		Svoboda			35	CFSC			253J-08C13	57:45.00	
40-44	F	Middle Distance OW	Stacey		Thureen			41	MINN			303H-0AVV7	48:54.00	
45-49	F	Middle Distance OW	Katherine		Olson			46	SDPM			543M-024YY	1:01:00.00	
50-54	F	Middle Distance OW	Nicki		Phillips			54	MINN			303H-024U2	54:59.00	
55-59	F	Middle Distance OW	Carrie		Stolar			56	MINN			3034-025C1	50:17.00	
60-64	F	Middle Distance OW	Elyce		Kastigar			60	SDPM			543K-01HX5	58:02.00	
65-69	F	Middle Distance OW	Laurie		Alioto			65	WISC			203V-01R8P	53:33.00	
70-74	F	Middle Distance OW	Shirley		Loftus-Charley			72	CM-Y			123F-WATER	54:04.00	
25-29	F	Long Distance OW	Becca		Mann			26	WH2O			3330-Z89BZ	1:08:43.00	
30-34	F	Long Distance OW	Paula		Vega			31	CCAM			333S-5GPDH	1:19:53.00	
35-39	F	Long Distance OW	Christina		Calarco			38	MVN			333W-S3ETM	1:10:30.00	
40-44	F	Long Distance OW	Sarah		Sutton			40	NEM			023B-XYEC6	1:16:31.00	
45-49	F	Long Distance OW	Tesla		Profumo			46	CRUZ			3838-068K7	1:11:34.00	
50-54	F	Long Distance OW	Heather		Meckelborg			53	SBM			333G-0079A	1:17:07.00	
55-59	F	Long Distance OW	Kirsten		Pursell			56	SDSM			443X-002UW	1:22:41.00	
60-64	F	Long Distance OW	Kimberly		Elsbach			60	GFDN			3831-D0NUT	1:14:07.00	
65-69	F	Long Distance OW	Joanne		Saul-Zachau			65	LVM			333Y-03EHZ	1:29:11.00	
70-74	F	Long Distance OW	Christie		Ciraulo			70	WH2O			333K-MERMD	1:16:07.00	
75-79	F	Long Distance OW	Joanne		Menard			75	MMAC			483F-02F1Y	1:42:13.00	

18-24	F	Marathon Dist OW	Shaya		Naimi			22	UCLA			333X-7FBMC	3:07:28.50	
25-29	F	Marathon Dist OW	Hallie		Pound			27	PSM			363C-MN6FU	2:47:16.60	
30-34	F	Marathon Dist OW	Natalie		Del Carlo			33	OREG			373F-0B83J	3:19:26.60	
35-39	F	Marathon Dist OW	Virginia		Connell			36	OREG			3739-RHESV	2:48:50.10	
40-44	F	Marathon Dist OW	Lex		Higlett			40	OREG			3732-0B4SC	2:32:15.30	
45-49	F	Marathon Dist OW	Sarabeth		Metzger			45	SNM			383M-002DY	2:40:20.30	
50-54	F	Marathon Dist OW	Cheryl		Morgen			54	OREG			373M-026FA	3:14:22.20	
55-59	F	Marathon Dist OW	Rebecca		Friedlander			57	SNM			383D-02D8U	2:49:07.00	
60-64	F	Marathon Dist OW	Louise		Albershardt			63	BSMT			3137-Y537A	3:00:17.40	
70-74	F	Marathon Dist OW	Shirley		Loftus-Charley			72	CM-Y			123F-WATER	2:50:07.00	
75-79	F	Marathon Dist OW	Joanne		Menard			75	MMAC			483F-02F1Y	3:43:11.80	
18-24	F	Ultramarathon Distance OW	Addie		Paige			23	UC36			362K-134EG	5:02:48.40	
25-29	F	Ultramarathon Distance OW	Erin		Cavender			29	OREG			3738-0AWJ4	5:00:35.70	
30-34	F	Ultramarathon Distance OW	Lisa		Yamamoto			30	OREG			373U-0AZ7Y	5:08:50.50	
35-39	F	Ultramarathon Distance OW	Lynn		Fahey			35	SCAQ			3329-D21WU	4:48:11.80	
40-44	F	Ultramarathon Distance OW	Lex		Higlett			40	OREG			3732-0B4SC	4:46:55.60	
45-49	F	Ultramarathon Distance OW	Shannon		Keegan			49	OREG			373J-01J22	5:43:14.70	
50-54	F	Ultramarathon Distance OW	Sheryl		Mohwinkel-Fleming			51	AKMS			5635-04DJH	5:11:16.20	
55-59	F	Ultramarathon Distance OW	Emily		Watts			56	UC09			093A-01V9Y	5:18:18.50	
60-64	F	Ultramarathon Distance OW	Catheryne		DiPrete			60	TAM			383S-004KX	5:28:55.10	
25-29	F	2-Mile Cable	Laurie		Wei			29	L4S			103E-0AACD	50:41.15	
35-39	F	2-Mile Cable	Denise		Letendre			35	VMST			1237-07JAU	46:08.39	
40-44	F	2-Mile Cable	Lisa		Chin			42	GMM			1038-0757M	47:44.03	
45-49	F	2-Mile Cable	Kysa		Crusco			47	NEMS			023H-07Z08	51:08.32	
50-54	F	2-Mile Cable	Liz		Rosen			54	NCMS			133D-02KZD	58:21.18	
55-59	F	2-Mile Cable	Deborah		Dawson			55	DCAC			103B-SWMRR	46:11.38	
60-64	F	2-Mile Cable	Jane		Esahak-Gage			61	AMSC			483J-02EYH	47:31.60	
65-69	F	2-Mile Cable	Karen		Einsidler			67	SSM			1432-01S73	48:49.33	
70-74	F	2-Mile Cable	Shirley		Loftus-Charley			72	CM			123F-WATER	50:14.54	Y
75-79	F	2-Mile Cable	Joanne		Menard			75	MACM			483F-02F1Y	1:02:25.65	Y
18-24	F	1 Hour Virtual	Jessica		Mi			23	USF			3839-JVTC6	4,350	
25-29	F	1 Hour Virtual	Hannah		Orbach-Mandel			26	DAM			383H-SYRSD	4,875	
30-34	F	1 Hour Virtual	Kim		Larson			32	IA			063Z-2YC8Y	4,700	
35-39	F	1 Hour Virtual	Chelsea		Nauta			35	SPM			1436-09U7X	5,370	
40-44	F	1 Hour Virtual	Sarah		Sutton			40	NEM			023B-XYEC6	5,075	
45-49	F	1 Hour Virtual	Stacey		Bruce			49	PALM			553C-01HAD	5,070	
50-54	F	1 Hour Virtual	Paula		Texel			53	SPM			143K-0625D	4,815	
55-59	F	1 Hour Virtual	Laurie		Hug			58	1776			0830-0226X	4,785	
60-64	F	1 Hour Virtual	Kimberly		Elsbach			60	GFDM			3831-D0NUT	4,730	
65-69	F	1 Hour Virtual	Suzanne		Heim-Bowen			65	WCM			3832-03F3T	4,785	Y

70-74	F	1 Hour Virtual	Shirley		Loftus-Charley			72	CM-Y			123F-WATER	4,390	
75-79	F	1 Hour Virtual	Christie		Hayes			75	NEM			0236-01S5E	3,840	Y
80-84	F	1 Hour Virtual	Leslie		Westergaard			80	DAM			383E-03GEZ	2,940	
85-89	F	1 Hour Virtual	Kristin		Jaffe			85	TAM			383S-07G39	2,395	
100-104	F	1 Hour Virtual	Charlotte		Sanddal			101	BSMT			313H-01JR1	1,270	Y
18-24	F	5K Virtual	Dea		Sustaita			18	WSC			503T-1AVGU	1:29:11.99	
25-29	F	5K Virtual	Cathleen		Pruden			29	AAMAH			4338-0VWBT	1:18:39.77	
30-34	F	5K Virtual	Ilsa		Feierabend			31	OREG			3732-69VC2	1:12:39.94	
35-39	F	5K Virtual	Allison		Retotar			36	SPM			1432-088S8	1:15:25.99	
40-44	F	5K Virtual	Shelley		Gajus			44	UC15			1533-3VRMW	1:15:43.66	
45-49	F	5K Virtual	Stephanie		Henry			49	IM			213W-09R25	1:17:24.58	
50-54	F	5K Virtual	Haleigh		Werner			54	PSM			3634-02M0U	1:10:41.19	
55-59	F	5K Virtual	Marcia		Cleveland			59	IM			213B-MC944	1:19:16.06	
60-64	F	5K Virtual	Kelly		Parker Palace			62	MELB			143T-KERTY	1:10:14.65	
65-69	F	5K Virtual	Karen		Einsidler			67	SHARK			1432-01S73	1:14:17.50	
70-74	F	5K Virtual	Shirley		Loftus-Charley			72	CM-Y			123F-WATER	1:20:15.06	
75-79	F	5K Virtual	Joanne		Menard			75	MMAC			483F-02F1Y	1:33:14.02	Y
25-29	F	10K Virtual	Macarena		Martin Mayor			25	SPM			143G-V99EX	2:39:20.99	
35-39	F	10K Virtual	Sarah		Swoch			38	SPM			1436-02TVT	2:43:11.91	
40-44	F	10K Virtual	Stephanie		Gibson			40	SPM			143N-H37MJ	2:39:24.99	
45-49	F	10K Virtual	Stephanie		Henry			49	IM			213W-09R25	2:42:41.08	
50-54	F	10K Virtual	Suzanne		Dearworth			51	PBM			5035-027H7	2:40:59.54	
55-59	F	10K Virtual	Marcia		Cleveland			59	IM			213B-MC944	2:42:48.06	
60-64	F	10K Virtual	Kimberly		Elsbach			60	GFDM			3831-D0NUT	2:35:45.20	
65-69	F	10K Virtual	Karen		Einsidler			67	SHARK			1432-01S73	2:32:00.54	
70-74	F	10K Virtual	Shirley		Loftus-Charley			72	CM-Y			123F-WATER	2:40:53.45	Y
18-24	F	3000 Virtual	Lauren		Green			24	TOC			383M-6CBHZ	37:44.18	
25-29	F	3000 Virtual	Abigail		Malakiman			29	TXLA			433N-0ASNE	36:35.52	
30-34	F	3000 Virtual	Allison		Arnold			31	TOC			384E-09827	33:57.25	
35-39	F	3000 Virtual	Lynn		Fahey			35	UC33			3338-D21WU	36:50.62	
40-44	F	3000 Virtual	Irish		Holland			43	NCMS			1330-0B0MF	34:50.44	
45-49	F	3000 Virtual	Jennifer		Mihalik			45	NCMS			133P-07R9X	34:01.24	
50-54	F	3000 Virtual	Alison		Hayden			52	SPM			143F-045GD	36:24.52	
55-59	F	3000 Virtual	Charlotte		Brynn			57	NEM			023H-034BA	39:35.65	
60-64	F	3000 Virtual	Kelly		Parker Palace			62	MELB			143T-KERTY	36:27.63	Y
65-69	F	3000 Virtual	Colette		Crabbe			67	OREG			373B-02645	40:51.88	
70-74	F	3000 Virtual	Shirley		Loftus-Charley			72	CM-Y			123F-WATER	41:09.80	
75-79	F	3000 Virtual	Marcia		Barry			75	NCMS			133U-027G9	47:20.25	Y
80-84	F	3000 Virtual	Leslie		Westergaard			80	DAM			383E-03GEZ	1:05:20.99	
18-24	F	6000 Virtual	Danica		Adams			24	UC02			0241-HV10B	1:08:24.13	Y

30-34	F	6000 Virtual	Kate		Darby			32	DAM			383P-KTHRC	1:53:01.00	
35-39	F	6000 Virtual	Sarah		Swoch			38	SPM			1436-02TVT	1:20:52.03	
40-44	F	6000 Virtual	Marcela		Rueda			41	SRM			3830-03YSX	1:20:44.22	
45-49	F	6000 Virtual	Stephanie		Henry			49	IM			213W-09R25	1:20:21.27	
50-54	F	6000 Virtual	Suzanne		Dearworth			51	PBM			5035-027H7	1:23:55.99	
55-59	F	6000 Virtual	Charlotte		Brynn			57	NEM			023H-034BA	1:20:35.72	
60-64	F	6000 Virtual	Kimberly		Elsbach			60	GFDM			3831-D0NUT	1:18:49.80	
65-69	F	6000 Virtual	Tamara		Burton			65	PBM			503U-099CG	1:29:03.00	
70-74	F	6000 Virtual	Shirley		Loftus-Charley			72	CM-Y			123F-WATER	1:23:16.49	Y
75-79	F	6000 Virtual	Babs		Larsen			76	MINN			303V-02A9M	2:00:33.10	