

2009 Women's USMS Long Distance All-Americans

compiled by Jennie Quill

3/2/10

Age Group	Event	First Name	M.I.	Last Name	Age	Club abbr.	Time or distance	National Record
18-24	>3/<6 OW	Katie	A.	Braun	23	IM	1:05:44	
18-24	2 mile cable	Alicia	P	Burnett	18	ADMS	49:31.71	
18-24	3000 yd postal	Caitlin	E	Fee	19	NEM	0:36:06.44	
18-24	1 mile OW	Meg	B.	Gill	24	TOC	19:39.0	
18-24	2 mile OW	Laura	K	Kuscan	21	UNAT	0:48:43.000	
18-24	10K postal	Sarah	R.	Levine	19	SPM	2:33:33.00	
18-24	1 hour postal	Elizabeth	A.	Mancuso	23	NEM	5115	
18-24	>6 mile OW	Mallory		Mead	23	ISF	2:28:45	
18-24	5K postal	Elizabeth	S	Munroe	19	DOC	1:11:18.78	
18-24	6000 yd postal	Sarah	R	Swoch	24	SPM	1:24:51.99	
25-29	2 mile cable	Lisa	E	Boettrich	27	GSM	47:10.7	
25-29	6000 yd postal	Tracy	M	Durham	25	MICH	1:33:51.62	
25-29	1 mile OW	Katie	A	Lyons	27	TOC	20:40.0	
25-29	3000 yd postal	Erin		McCleave	25	TXLA	0:33:59.99	
25-29	10K postal	Sarah	M	Mooney	26	PALM	2:36:41.00	
25-29	5K postal	Bridget	A	Pranke	25	ARIZ	1:10:33.00	
25-29	>3/<6 OW	Erica		Rose	27	UNAT	1:00:48	
25-29	>6 mile OW	Erica		Rose	27	UNAT	2:22:44	
25-29	2 mile OW	Jenny	M	Serven	25	NIAG	0:56:40.000	
25-29	1 hour postal	Ashley		Whitney	29	EXCL	5045	
30-34	>6 mile OW	Jenny		Birmelin	32	MICH	2:54:12	
30-34	2 mile OW	Lindsay	J	Della	33	SKY	0:48:56.000	
30-34	1 mile OW	Heidi	S	George	33	LAMV	17:47.0	
30-34	1 hour postal	Jessica	I.	Knapp	32	SPM	5070	
30-34	10K postal	Jessica	I	Knapp	33	SPM	2:15:56.36	NR
30-34	3000 yd postal	Jessica	I	Knapp	33	SPM	0:32:40.73	NR
30-34	6000 yd postal	Jessica	I	Knapp	33	SPM	1:07:26.99	NR
30-34	5K postal	Kristi	D	Lee	33	SAWS	1:09:14.00	
30-34	>3/<6 OW	Kelly	M.	Perry	30	IM	1:01:16	
30-34	2 mile cable	Magdalena		Stovickova	34	GBM	43:42.34	
35-39	1 hour postal	Laurie	Z.	Dodd	36	UCLA	5275	
35-39	>6 mile OW	Melissa	J.	Kelber	35	MICH	3:23:29	
35-39	1 mile OW	Aimee	V	Kolman	39	UNAT	20:51.0	

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35-39	10K postal	Dale	A	LeClair	39	GOLD	2:47:25.56	
35-39	>3/<6 OW	Sarah		Randag	35	CBD	1:09:21	
35-39	5K postal	Kelly	M	Reynolds	39	MOVY	1:12:19.33	
35-39	2 mile cable	Dana	C	Woody (Gianniny)	39	NIAG	45:55.84	
35-39	2 mile OW	Dana	C	Woody (Gianniny)	39	NIAG	0:48:42.000	
35-39	3000 yd postal	Dana	C	Woody (Gianniny)	40	NIAG	0:36:43.57	
35-39	6000 yd postal	Dana	C	Woody (Gianniny)	39	NIAG	1:14:54.70	
40-44	2 mile cable	Charlotte	J	Brynn	43	NEM	46:47.68	
40-44	1 mile OW	Lisa	A	Hazen	44	UNAT	19:08.0	
40-44	1 hour postal	Laurie		Hug	43	1776	5105	
40-44	>6 mile OW	Donna	L.	Johnson	41	SKY	2:35:21	
40-44	6000 yd postal	Kelly	K	Main	44	SLAM	1:14:06.22	
40-44	3000 yd postal	Victoria	L	Rian	43	ISF	0:36:08.54	
40-44	10K postal	Jutta		Schickore	44	DOC	2:19:18.84	
40-44	5K postal	Jutta		Schickore	44	DOC	1:07:41.23	
40-44	>3/<6 OW	Karen		Schmidt	42	SBSM	1:03:13	
40-44	2 mile OW	Anne	L	Tilley	44	TPIT	0:58:41.000	
45-49	1 hour postal	Andrea	J.	Block	47	IM	5120	
45-49	5K postal	Andrea	J	Block	47	IM	1:05:14.77	
45-49	3000 yd postal	Andrea	J	Block	47	IM	0:33:53.41	NR
45-49	1 mile OW	Denise	H	Brown	49	MICH	19:40.0	
45-49	10K postal	Denise	H	Brown	49	MICH	2:21:34.64	
45-49	6000 yd postal	Denise	H	Brown	49	MICH	1:13:20.71	
45-49	2 mile OW	Marcia	E	Cleveland	45	IM	0:53:30.000	
45-49	>3/<6 OW	Eney		Jones	48	UNAT	1:02:10	
45-49	>6 mile OW	Martha		Martin	46	IM	2:33:08	
45-49	2 mile cable	Sheryl	L	Scott	47	NEM	49:21.24	
45-49	2 mile OW	Kay	B	Simonson	48	NIAG	0:53:30.000	
50-54	2 mile cable	Lisa	A	Bennett	50	SQST	47:42.27	
50-54	3000 yd postal	Denise	H	Brown	50	MICH	0:35:47.54	NR
50-54	6000 yd postal	Denise	H	Brown	50	MICH	1:13:22.24	NR
50-54	>3/<6 OW	Heidi	L.	Christensen	50	CSAM	1:06:38	
50-54	1 hour postal	Heidi		Christensen	50	CSAM	4730	
50-54	>6 mile OW	Maddie		Diedo	50	MICH	3:33:52	
50-54	2 mile cable	Tracy	L	Grilli	52	NEM	47:42.27	
50-54	1 mile OW	Marguerite		Meyer	50	TOC	20:05.0	

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50-54	10K postal	Ahelee Sue	M	Osborn	51	MVN	2:40:10.58	
50-54	5K postal	Mary		Sweat	52	OREG	1:15:34.29	
55-59	2 mile cable	Shirley	A.	Loftus-Charley	57	SMAM	48:07.11	
55-59	>3/<6 OW	Shirley	A.	Loftus-Charley	57	SMAM	1:10:33	
55-59	>6 mile OW	Shirley	A.	Loftus-Charley	57	SMAM	2:40:29	
55-59	5K postal	Shirley	A.	Loftus-Charley	57	SMAM	1:15:12.62	
55-59	10K postal	Shirley	A.	Loftus-Charley	57	SMAM	2:35:10.00	
55-59	3000 yd postal	Shirley	A.	Loftus-Charley	58	SMAM	0:39:05.10	
55-59	6000 yd postal	Shirley	A.	Loftus-Charley	58	SMAM	1:19:46.53	
55-59	1 mile OW	Laura	B	Val	57	TAM	19:39.0	
55-59	1 hour postal	Laura	B.	Val	57	TAM	4925	
60-64	1 mile OW	Barbara	G	Dunbar	60	SDSM	21:16.0	
60-64	2 mile cable	Barbara	G	Dunbar	60	SDSM	47:32.05	NR
60-64	5K postal	Barbara	G	Dunbar	60	SDSM	1:15:42.56	NR
60-64	3000 yd postal	Barbara	G	Dunbar	60	SDSM	0:39:00.83	NR
60-64	6000 yd postal	Barbara	G	Dunbar	60	SDSM	1:21:33.83	NR
60-64	>3/<6 OW	Joanne		Menard	61	ARIZ	1:27:20	
60-64	2 mile OW	Linda	R	Shoenberger	61	TAM	0:59:21.000	
60-64	1 hour postal	Linda	R.	Shoenberger	61	TAM	4310	NR
60-64	10K postal	Ann		Svenson	63	DCM	3:07:42.74	NR
65-69	1 hour postal	Elaine		Bromwich	66	SPM	3825	
65-69	6000 yd postal	Elaine		Bromwich	66	SPM	1:58:01.99	
65-69	3000 yd postal	Sue	C	Calnek-Morris	66	OREG	0:49:44.99	
65-69	10K postal	Claire	M	Gregg	68	MOST	4:46:19.00	
65-69	1 mile OW	Jackie	M.	Marr	65	SDSM	23:50.0	
65-69	>3/<6 OW	Jennifer		Parks	65	MICH	1:36:51	
65-69	>6 mile OW	Jennifer	A.	Parks	65	MICH	3:44:03	
65-69	5K postal	Jennifer	A	Parks	66	MICH	1:37:28.12	
65-69	2 mile cable	Kathleen	B	Sarg	65	AGUA	1:08:42.11	
70-74	5K postal	Patricia	M	Bond	71	FMM	1:42:48.86	
70-74	3000 yd postal	Patricia	M	Bond	71	FMM	0:51:00.89	
70-74	6000 yd postal	Katie	A	Knight-Perry	74	SPM	2:22:44.99	
70-74	1 mile OW	Susan	L	Munn	70	DAM	30:14.0	
70-74	1 hour postal	Susan	L.	Munn	70	DAM	3590	
75-79	1 mile OW	Donna		Monroe	75	WCM	32:43.0	
75-79	1 hour postal	Donna		Monroe	75	WCM	3040	

Age Group	Event	First Name	M.I.	Last Name	Age	Club abbr.	Time or distance	National Record
75-79	2 mile cable	Adrienne	S	Pipes	75	SDSM	1:09:32.30	NR
75-79	3000 yd postal	Adrienne	S	Pipes	75	SDSM	0:54:22.09	NR
80-84	1 hour postal	Betty	S.	Lorenzi	81	FACT	3125	
85-89	1 mile OW	Margery		Meyer	86	TOC	38:16.0	
85-89	1 hour postal	Margery		Meyer	86	TOC	3000	
90-94	1 hour postal	Rita		Simonton	90	LOST	2720	NR