

## 2000 USMS LONG DISTANCE ALL AMERICAN LIST

Compiled by Marcia Cleveland

## WOMEN

\* = New Record

Group	Name	Age	Club	Events
19-24	Sarabeth Schweitzer	21	USAB	1Hr Postal (5500 yds)*
19-24	Noelle Wilhite	21	UNAT	1 Mi OW (25:18)
19-24	Danielle Muraca	21	UNAT	2 Mi cable (44:55)
19-24	Amy Imwalle	20	OREG	10K OW (1:52.23)
19-24	Joy Stover	24	IM	5K OW (1:08:12)
19-24	Britta Hult	20	NEM	3 Mi OW (1:36:27)
19-24	Jodi Jackson	23	UHM	5K Postal (1:04:53.75)*
19-24	Miah Broussard	23	CRAQ	10K Postal (2:42:11.93)
19-24	Gina Dhom	22	OREG	3000 Postal (37:56.19)
25-29	Alison Zamanian	29	SCAM	1Hr Postal (5420 yds)
25-29	Tracy Knight	27	ISF	1 Mi OW (27:45)
25-29	Syril Pettit	26	VMST	2 Mi Cable (47:57)
25-29	Sara Quan	28	OREG	10K OW (1:54.38), 3000 Postal (34:56.40)* 6000 Postal (1:10.44.87)*
25-29	Susie Straube	27	IM	5K OW(1:14:39)
25-29	Kendra Garrow	25	NEM	3 Mi OW(1:44:40), 10K Postal (2:46:41.07)
25-29	Kate Toole	25	DOC	5K Postal (1:17:48.23)
30-34	Martie McKinney	34	STAN	1Hr Postal (5000 yds)
30-34	Marian Keen	33	TPIT	1 Mi OW(21:11)
30-34	Carolyn Kahn-Hall	31	UNAT	2 Mi Cable (46:49)
30-34	Jill Gellatly	33	UNAT	10K OW (1:55.17), 5K Postal(1:07:21.90)*
30-34	Susie Rabiah	33	O*H*	5K OW (1:07:53)
30-34	Carol Prescott	31	NEM	3 Mi OW (1:31:52)
30-34	Ann Hill	31	CRAQ	10K Postal (2:34:14.17)
30-34	Laureen Welting	34	GAJA	3000 Postal (33:42.51)*
30-34	Amy Halligan	33	OREG	6000 Postal (1:13:42.34)
35-39	Kerry Halsted	36	DAM	1Hr Postal (4975 yds)
35-39	Cheryl Atchley	39	ISF	1 Mi OW (28:34)
35-39	Laurie Watson	38	NCMS	2 Mi Cable (46:11)
35-39	Deborah Bryant	37	SRM	10K OW (2:10.55)
35-39	Robin Klestinec	38	GCMT	5K OW (1:08:26)
35-39	Paula Pollard	37	ARIZ	3 Mi OW (1:32:27)
35-39	Jane West	35	TERR	5K Postal (1:10:52.28)
35-39	Lynn Marks	36	CRAQ	10K Postal (3:15:14.37)
35-39	Annie Haxby	37	AKMS	3000 Postal (40:54.18)
40-44	Heidi Christensen	41	DSSM	1Hr Postal (4810 yds)
40-44	Christine Pedersen	41	ISF	1 Mi OW (24:29)
40-44	Lisa Bennett	44	VMST	2 Mi Cable (47:40)
40-44	Laura Schob	41	OREG	10K OW (2:16.14)
40-44	Patty Redig	40	IM	5K OW (1:13:18)
40-44	Tracy Grilli	43	NEM	3 Mi OW (1:32:42), 10K Postal (2:37:12.75)
40-44	Constance Hallet	41	NEM	5K Postal (1:12:51.03)
40-44	Laura Kessler	40	OHIO	3000 Postal (37:46.25)
40-44	JoAnn Harrelson	44	SPM	6000 Postal (1:22:50.96)
45-49	Danielle Ogier	48	TAM	1Hr Postal (4770 yds), 1Mi OW (22:25), 2Mi Cable (47:09.17)* 5KOW (1:14:20), 3Mi OW (1:26:59) 5K Postal (1:11:21.93), 3000 Postal (36:23.94)
45-49	Regina Brittingham	48	USAB	10K OW (2:23.53)
45-49	Shirley Loftus	48	VMST	10K Postal (2:39:07.79), 6000 Postal (1:20:01)

Group	Name	Age	Club	Events
50-54	Barbara Dunbar	51	SDSM	1Hr Postal (4725 yds)*, 2 Mi Cable (44:56) 5K Postal (1:10.37.48)*, 3000 Postal (36:47.74)* 6000 Postal (1:16.32.23)*
50-54	Joan Diercks	52	ISF	1Mi OW (25:30)
50-54	Geri Mathewson	52	OREG	10K OW (2:36.58)
50-54	Catherine Quill	50	IM	5K OW (1:23:52)
50-54	Ann Svenson	54	ADMS	3 Mi OW (2:00.43)
50-54	Darlene Staley	50	OREG	10K Postal (3:08:22.36)
55-59	Nancy Ridout	58	TAM	1Hr Postal (4240 yds)
55-59	Jennifer Parks	56	MICH	1 Mi OW (28:51); 5K OW (1:41:16), 5K Postal (1:40:06.74) 3000 Postal (49:51.42)
55-59	Nancy Kirkendall	57	DCM	2 Mi Cable (1:02:03.66)
55-59	Pam Himstreet	56	OREG	10K OW (2:48.59)
55-59	Peggy Whiter	57	OREG	10 K Postal (3:45:37.01), 6000 Postal (1:57:14.53)
60-64	Susan Munn	61	DAM	1Hr Postal (4005 yds)
60-64	Susan Bond	63	MICH	1 Mi OW (51:42); 5K OW (1:58:08)
60-64	Betsy Jordan	63	SDSM	2 Mi Cable (59:01); 5K Postal (1:29:43.23)* 3000 Postal (47:16.10)6000 Postal (1:38.57.43)
60-64	Claire O'Brien	61	NEM	3 Mi OW (1:55.57)
65-69	Ronnie Kamphausen	65	CONN	1Hr Postal (3690 yds)
65-69	Marianne Brogan	65	O*H*	1 Mi OW (34:17), 2 Mi Cable (1:15:52.71) 5K OW (1:50:04), 3 Mi OW (2:27.42) 6000 Postal (2:05.59.11)
65-69	Kate Knight-Perry	65	SPM	5K Postal (1:44:04.99)
65-69	Beverly Myers	65	MICH	3000 Postal (51:04.02)
70-74	Nancy Durstein	70	CATM	1Hr Postal (3170 yds)
70-74	Gail Roper	71	UNAT	3000 Postal (52:21.02)*
75-79	Lois Kivi Nochman	76	MICH	1Hr Postal (3285 yds),1 Mi OW (35:03) 5K Postal (1:54:31.32)*, 3000 Postal (1:01:05.85) 6000 Postal (2:09.39.17)*
80-84	Rita Simonton	81	GWSC	1Hr Postal (3235 yds)*
80-84	Peggy Hughes	80	SPM	5K Postal (2:43:04.99)*, 6000 Postal (2:59.46.97)
80-84	Gertrud Zint	83	IRCC	3000 Postal (1:22:36.10)
85-89	Hilda Buel	85	SMMM	1Hr Postal (1235 yds)

NO WOMEN IN 90 AND OVER AGE GROUPS

## 2000 USMS LONG DISTANCE ALL AMERICAN LIST

Compiled by Marcia Cleveland

## MEN

\* = New Record

Group	Name	Age	Club	Events
19-24	Jeff Henderson	24	NEM	1Hr Postal (5270 yds)
19-24	Adam Dawkins	24	ISF	1Mi 5K Postal (19:39)
19-24	Graeme Leiser	23	UNAT	2Mi Cable (51:55)
19-24	Andy Lachman	19	MACO	10K 5K Postal (1:55.44)
19-24	Jamie Mills	24	IM	5K 5K Postal (1:16:47)
19-24	John Collins	21	OREG	5K Postal (1:25:17.66)
19-24	Nathan Jaye	22	DST	3000 Postal (48:48.76)
19-24	Chris Hutt	20	OMAH	6000 Postal (1:10:27.34*)
25-29	Andrew Farrell	29	ORLM	1Hr Postal (5255 yds)
25-29	Grant Comer	25	ISF	1Mi 5K Postal (19:48)
25-29	Martin Fayer	27	TRIM	2Mi Cable (44:23)
25-29	Brandon Carter	29	DAM	10K 5K Postal (1:58.1)
25-29	Chris Kohl	28	IM	5K 5K Postal (1:06:27)
25-29	Joseph Sheehan	28	NEM	3 Mi 5K Postal (1:21:58)
25-29	Daniel Bachrach	27	DOC	5K Postal (1:20:11.85)
25-29	Curtis Sawin	29	GSM	3000 Postal (34:52.18)
25-29	Andrew Kaltenbach	29	NIAG	6000 Postal (1:24:25.78)
30-34	Robbie Allen	34	GMUP	1Hr Postal (5600 yds), 2Mi Cable (41:42)
30-34	Chad Heiser	34	ISF	1Mi OW (22:38)
30-34	Gregory Jablonski	33	OREG	10K OW (1:48.21), 5K Postal (1:04:18.30)
30-34	James Allen	34	HOTS	5K OW (1:04:02), 3000 Postal (33:16.25) 6000 Postal (1:08.43.93)
30-34	Thomas Brown	32	NEM	3 Mi (1:32:10)
30-34	Michael Bell	31	MICH	10K Postal (2:29:48.58)
35-39	Jeff Erwin	36	SAWS	1Hr Postal (5605 yds), 6000 Postal (1:04:18.42*)
35-39	Todd Clark	35	KENT	1Mi OW (20:07)
35-39	Matthew Fetters	39	DCRP	2Mi Cable (46:05)
35-39	Chris Yontez	35	SCAQ	10K OW (1:47.56)
35-39	Jim Dugan	37	DAMM	5K OW (1:03:49), 5K Postal (1:01.42.48*)
35-39	Stuart Cromarty	35	NEM	3 Mi OW (1:21:10)
35-39	Edmund Gendreau	38	NEM	10K Postal (2:13:26.01)
35-39	Mike Shaffer	35	VCM	3000 Postal (32:15.60)
40-44	Robert Placak	40	TOC	1Hr Postal (5645 yds)*
40-44	Mark Spratt	44	SDSM	1Mi OW (21:34)
40-44	James Kegley	42	DCRP	2Mi Cable (41:33)
40-44	James Stewart	43	MINN	10K OW (1:50.05), 5K OW (1:06.26)
40-44	Rob Copeland	43	GSM	3 Mi OW (1:23:17)
40-44	Sandy MacDonald	44	SAC	5K Postal (1:02.24.61)
40-44	David Santos	41	PNA	6000 Postal (1:09:22.00)
45-49	Larry Wood	46	HOTS	1Hr Postal (5190 yds), 5K Postal (1:07.44.69)
45-49	Frank L. Thompson	48	MICH	1Mi OW (21:55), 10K Postal (2:34:33.03) 6000 Postal (1:14:21.22)
45-49	Benjamin Schleider	47	MASH	2Mi Cable (56:54)
45-49	Jim McConica	49	VCM	10K OW (1:46.34), 3000 Postal (31:10.18)
45-49	Phil Dodson	47	IM	5K OW (1:07:56)
45-49	Judge Jones	49	NEM	3 Mi OW (1:40:04)

Group	Name	Age	Club	Events
50-54	R. Todd Spieker	51	TOC	1Hr Postal (5390 yds*)
50-54	Leo French	52	ISF	1Mi OW (21:26)
50-54	Jorge Gonzalez	51	NCMS	2Mi Cable (45:32)
50-54	Alan Bell	50	PNA	10K OW (1:54.19)
50-54	George Wendt	52	IM	5K OW (1:06:22)
50-54	Fred Schlicher	52	NEM	3 Mi OW (1:26:12)
50-54	Keith Bell	52	TTEX	5K Postal (1:07:51.07*), 10 K Postal (2:20:54.66*)
50-54	John Shrum	51	VMST	3000 Postal (37:25.59)
50-54	Stephen Johnson	52	OREG	6000 Postal (1:16:16.29)
55-59	Don Davis	55	WCM	1Hr Postal (4625 yds)
55-59	Robert Tesch	59	GOST	1Mi OW (23:15), 5K (1:15:18)
55-59	Willis Braswell	55	DCM	2Mi Cable (48:21:41*)
55-59	Robert Williams	58	SDSM	2Mi Cable (48:21:41*), 5K Postal (1:12:34.67*) 10K Postal (2:33:53.84), 3000 Postal (38:03.06)
55-59	John Selmer	55	USF	10K OW (2:06.42)
55-59	William Muter	57	UNAT	3 Mi OW (1:34:33)
55-59	Donald Kroeger	56	MICH	6000 Postal (1:26:15.33)
60-64	Bob Coale	60	DSSM	1Hr Postal (4505 yds), 1Mi OW (22:52) 5K OW (1:19:35), 5K Postal (1:15:34.99*) 10K Postal (2:49:53.82)
60-64	Arthur Smith	61	DCM	2Mi Cable (1:06:02.30)
60-64	Emory Haworth	64	WCM	10K OW (2:41.53)
60-64	Jim O'Donnell	61	CHIC	3 Mi OW (2:06:12)
60-64	Brent Lake	62	OREG	3000 Postal (49:14.09), 6000 Postal (1:45:45.71)
65-69	Graham Johnston	69	TTEX	1Hr Postal (4440 yds)
65-69	Robert Beach	69	SPM	1Mi OW (27:28), 2Mi Cable (57:34)
65-69	David Radcliff	66	OREG	10K OW (2:23.16)
65-69	George Brunstad	66	CONN	5K OW (1:25:44), 3 Mi (1:51:37) 5K Postal (1:23.12.06), 10 K Postal (2:54:54.37), 3000 Postal (43:15.34), 6000 Postal (1:29:16.26)
70-74	W. Morgan Byers	72	WMAC	1Hr Postal (3590 yds)
70-74	Frank Samoya	74	GOST	1Mi OW (33:14)
70-74	John Alleva	72	UNAT	2Mi Cable (61.57.90)
70-74	Robert Beach	70	SPM	5K Postal (1:26:24.01*), 3000 Postal (48:16.06*) 6000 Postal (1:33:37.52*)
75-79	Frank Piemme	75	OSB	1Hr Postal (4085 yds)
75-79	Richard Selden	78	UNAT	2Mi Cable (1:14.31.31)
75-79	Doug Strong	75	DOC	5K Postal (1:53:45.01)
75-79	T R Johnson	77	TTSC	10K Postal (6:50:59.67), 6000 Postal (3:14:58.38)
75-79	Paul Hutinger	75	FMM	3000 Postal (52:25.03)
80-84	Ray Taft	80	SMMM	1Hr Postal (3585 yds)
80-84	Robert Johnston	83	NIAG	3000 Postal (1:04:43.62)
85-89	Gary Weisenthal	86	LAKE	1Hr Postal (2880 yds), 1Mi OW (45:16) 3000 Postal (1:09:39.00)

NO MEN IN 90 AND OVER AGE GROUPS