

## 2004 Long Distance All-Americans Women

### 2004 Long Distance All-Americans-Women

Age Group	Event	Name	Age	Time or distance	Club abbr.	Records
19-24	1-3 Mile Swim	Danielle Ebnother	22	0:50:48	OREG	_____
19-24	10K Postal	Elizabeth Fandell	23	3:16:34.09	VACA-PC	_____
19-24	6K Postal	Elizabeth Fandell	23	1:34:31.68	VACA	_____
19-24	1 Mile Swim	Emily Mullet	23	32:11:00	PennyPack	_____
19-24	5K Postal	Farrah L. Hall	22	1:14:25.00	SPM-FL	_____
19-24	One Hour Postal	Gin Morgan	23	5005	LOM	_____
19-24	>6 Mile Swim	Laura Beth Lincoln	21	03:18.2	NIAG	_____
19-24	3K Postal	Rebecca Darling	24	34:29.18	INWM	_____
19-24	2 Mile Cable	Sarah White	19	53:50.3	ISF	_____
25-29	One Hour Postal	Christina Cairns	25	5100	SBM	_____
25-29	6K Postal	Diana Adlowitz	28	1:26:02.29	NIAG	_____
25-29	3-6 Mile Swim	Emily Smith	29	1:10:48	020-NTC	_____
25-29	>6 Mile Swim	Julie Peterson	27	02:24.2	MARY	_____
25-29	5K Postal	Linda N. Gallo	28	1:05:41.91	STAN-PC	_____
25-29	1 Mile Swim	Meghan Hast	29	28:54:00	Metro Mast	_____
25-29	3K Postal	Melanie Williams	26	34:39.39	ISF	X
25-29	2 Mile Cable	Miram Nowak	27	45:38.0	MICH	_____
30-34	One Hour Postal	Alison Zamanian	33	5375	LM	_____
30-34	3-6 Mile Swim	Anna Armentrout	32	1:25:59	000-UNAT	_____
30-34	>6 Mile Swim	Deborah Cashin	33	02:34.2	CONN	_____
30-34	1 Mile Swim	Geanie Young	34	33:31:00	Unattached	_____
30-34	10K Postal	Nadine Day	34	2:17:26.00	IM-IL	_____
30-34	2 Mile Cable	Nadine Day	34	42:39.1	IM	_____
30-34	5K Postal	Nadine Day	34	1:06:19.00	IM-IL	_____
30-34	1-3 Mile Swim	Sara Quan	31	0:43:43	OREG	_____
30-34	3K Postal	Sara Quan	31	34:51.96	OREG	_____
30-34	6K Postal	Sara Quan	31	1:10:15.56	OREG	_____
35-39	2 Mile Cable	Heidi Williams	35	45:52.1	NCMS	_____
35-39	One Hour Postal	Jody Smith	35	5270	STAN	_____
35-39	3-6 Mile Swim	Julie Murphy	37	1:22:51	000-UNAT	_____
35-39	1-3 Mile Swim	Laura Tyrrell	36	0:46:26	OREG	_____
35-39	3K Postal	Laurie Hug	39	33:28.93	1776	_____
35-39	>6 Mile Swim	Monique Crane	39	02:50.2	CONN	_____
35-39	1 Mile Swim	Sandra Parham	39	48:55:00	Unattached	_____
35-39	10K Postal	Victoria Rian	38	2:24:50.45	ISF-IN	_____
35-39	5K Postal	Victoria Rian	38	1:14:09.13	ISF-IN	_____
35-39	6K Postal	Victoria Rian	38	1:15:27.61	ISF	_____
40-44	1-3 Mile Swim	Arlene Delmage	41	0:47:28	WHSC	_____
40-44	3-6 Mile Swim	Cyrise Sanders	40	1:15:05	003-LJCS	_____
40-44	5K Postal	Lisa Hazen	40	1:05:46.49	STAN-PC	_____
40-44	>6 Mile Swim-tie	Marcia Cleveland	40	02:40.5	IM	_____
40-44	2 Mile Cable	Marcia Cleveland	40	45:53.0	IM	_____
40-44	6K Postal	Marcia Cleveland	40	1:18:05.14	IM	_____
40-44	10K Postal	Marcia Cleveland	40	2:27:40.39	IM-IL	_____
40-44	>6 Mile Swim-tie	Marcy MacDonald	40	02:40.5	CONN	_____
40-44	1 Mile Swim	Vibeke Swanson	42	28:54:00	1776 Col.	_____
40-44	3K Postal	Vibeke Swanson	43	35:09.09	1776	_____
40-44	One Hour Postal	Vibeke Swanson	42	5130	1776	_____
45-49	>6 Mile Swim	Karen Einsidler	48	02:37.2	CONN	_____
45-49	1 Mile Swim	Karen Einsidler	48	30:12:00	Conn. Mast	_____
45-49	10K Postal	Karen Einsidler	48	2:26:59.80	CONN-CT	_____
45-49	3K Postal	Karen Einsidler	48	36:28.68	CONN	_____

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<b>45-49</b>	1-3 Mile Swim	Mary Sweat	47	0:44:06	OREG	_____
<b>45-49</b>	6K Postal	Mary Sweat	47	1:17:27.00	OREG	_____
<b>45-49</b>	2 Mile Cable	Pam Beck	47	55:12.7	O*H*	_____
<b>45-49</b>	3-6 Mile Swim	Sharon Salzman	46	1:23:54	004-SPM	_____
<b>45-49</b>	One Hour Postal	Suzanne Heim-Bowen	45	5205	WCM	X
<b>45-49</b>	5K Postal	Suzanne Heim-Bowen	48	1:04:26.97	WCM	X
<b>50-54</b>	One Hour Postal	Barbara Dunbar	54	4840	SDSM	_____
<b>50-54</b>	3-6 Mile Swim	Cathy Mancino	54	1:32:35	001-GOLD	_____
<b>50-54</b>	2 Mile Cable	Joan Byrne	50	51:26.0	ISF	_____
<b>50-54</b>	6K Postal	Joan Byrne	50	1:21:11.28	ISF	_____
<b>50-54</b>	1-3 Mile Swim	June Mather	51	1:08:41	OREG	_____
<b>50-54</b>	1 Mile Swim	Karlene Trebesiner	50	34:22:00	Unattached	_____
<b>50-54</b>	10K Postal	Shirley Loftus	52	2:39:38.10	VMST-VA	_____
<b>50-54</b>	5K Postal	Shirley Loftus	52	1:16:33.01	VMST-VA	_____
<b>50-54</b>	>6 Mile Swim	Shirley Loftus	52	02:56.3	VMST	_____
<b>50-54</b>	3K Postal	Shirley Loftus	52	39:46.50	VMST	_____
<b>55-59</b>	2 Mile Cable	Barbara Dunbar	55	46:23.2	SDSM	X
<b>55-59</b>	3K Postal	Barbara Dunbar	55	36:25.69	SDSM	X
<b>55-59</b>	6K Postal	Barbara Dunbar	55	1:14:10.46	SDSM	X
<b>55-59</b>	10K Postal	Barbara Dunbar	55	2:29:21.48	_____	X
<b>55-59</b>	5K Postal	Barbara Dunbar	55	1:11:37.33	SDSM	X
<b>55-59</b>	1 Mile Swim	Christine Schroeder	55	38:41:00	1776 Col.	_____
<b>55-59</b>	3-6 Mile Swim	Linda Schoenberger	56	1:31:50	037-SNM	_____
<b>55-59</b>	1-3 Mile Swim	Linda Schoenberger	56	0:52:42	PMS	_____
<b>55-59</b>	One Hour Postal	Marcia Barry	55	4335	VMST	_____
<b>55-59</b>	>6 Mile Swim	Phyllis Springer	55	03:09.1	REDT	_____
<b>60-64</b>	3K Postal	Barbara Frid	62	45:00.11	OREG	_____
<b>60-64</b>	One Hour Postal	Barbara Frid	61	4005	OREG	X
<b>60-64</b>	1 Mile Swim	Kate Coleman	61	41:41:00	Unattached	_____
<b>60-64</b>	10K Postal	Lynn A. Francis	60	5:23:01.19	MOST-ST	_____
<b>60-64</b>	5K Postal	Lynn A. Francis	60	2:36:26.90	MOST-ST	_____
<b>60-64</b>	1-3 Mile Swim	Pam Himstreet	60	1:06:17	OREG	_____
<b>65-69</b>	2 Mile Cable	Barbara Zaremski	67	1:09:34.1	VMST	_____
<b>65-69</b>	6K Postal	Betsy Jordan	67	1:38:04.31	SDSM	_____
<b>65-69</b>	10K Postal	Betsy Jordan	67	3:14:54.90	SDSM-SI	_____
<b>65-69</b>	5K Postal	Betsy Jordan	67	1:35:11.62	SDSM-SI	_____
<b>65-69</b>	1-3 Mile Swim	Susan Munn	65	0:59:08	OREG	_____
<b>65-69</b>	3K Postal	Susan Munn	65	46:24.13	DAM	_____
<b>65-69</b>	One Hour Postal	Susan Munn	65	3865	DAM	_____
<b>70-74</b>	6K Postal	Adrienne Pipes	70	1:41:12.20	SDSM	X
<b>70-74</b>	5K Postal	Adrienne Pipes	70	1:34:53.71	SDSM-SI	X
<b>70-74</b>	One Hour Postal	Joan Campbell	73	3375	FACT	_____
<b>70-74</b>	3K Postal	Lavelle Stoinoff	71	45:35.99	MACO	X
<b>70-74</b>	1-3 Mile Swim	Lavelle Stoinoff	71	0:54:46	MACO	_____
<b>75-79</b>	One Hour Postal	Lois Nochman	79	3015	MICH	_____
<b>75-79</b>	2 Mile Cable	Lois Nochman	79	1:20:58.0	MICH	_____
<b>75-79</b>	3K Postal	Lois Nochman	79	1:03:26.56	MICH	_____
<b>80-84</b>	One Hour Postal	Margery Meyer	81	3025	TOC	_____
<b>80-84</b>	1 Mile Swim	Marion Chadwick	82	1:44:29	Unattached	_____
<b>85-89</b>	One Hour Postal	Rita Simonton	85	3005	GWSC	X