

# 2011 USMS Long Distance All-Americans – WOMEN

compiled by Jennie Quill and Greta van Meeteren

Age Group	Gender	Event	First Name	M.I.	Last Name	Age	Club abbr.	USMS #	Time or distance
18-24	W	>3/<6 OW	Jessica		Lester	21	AQFT	0615-06DET	1:19:29
18-24	W	>6/<9 OW	Mary	E	Holman	24	GSC	1417-06REH	2:37:18.0
18-24	W	>9 Mile OW	Morgan	A	Sawin	23	GSM	071F-06WKD	6:32:03
18-24	W	1 Hour Postal	Shauna	J	Nelson	23	CMS	3214-076AB	5,210
18-24	W	10K postal	Mary	E	Holman	24	GSC	1417-06REH	2:18:39.13
18-24	W	2 mile cable	Molly	A	Merkel	18	ARMS	1016-07CFH	43:05.11
18-24	W	3000 yd postal	Mary	E	Holman	24	GSC	142U-06REH	0:34:50.44
18-24	W	5K postal	Shauna	J	Nelson	23	CMS	481H-076AB	1:05:03.24
18-24	W	6000 yd postal	Sara	E	Holman	24	GSC	142D-05UV9	1:10:34.69
25-29	W	>1/<3 OW	Annie		Wysock	27	ELG	211J-078U0	1:02:13
25-29	W	>3/<6 OW	Joelle	A	Brown	25	SCAM	381E-04Z2K	1:25:25
25-29	W	>6/<9 OW	Nicole	J	Gundersen	26	YBBM	5014-046H8	3:15:09.2
25-29	W	>9 Mile OW	Amy	C	Charley	26	VMST	1210-061BG	7:18:35
25-29	W	1 Hour Postal	Sarah	M	Hernandez	26	DAM	381W-064WN	5,010
25-29	W	1 Mile OW	Ashley	M	Salter	28	DUCK	3715-06XAK	0:31:42.75
25-29	W	10K postal	Amy	C	Charley	26	VMST	1210-061BG	2:38:17.85
25-29	W	2 mile cable	Cassandra	M	Sisti	26	ADMS	031C-077ZV	51:10.18
25-29	W	3000 yd postal	Sara	E	Holman	25	GSC	142D-05UV9	0:34:28.19
25-29	W	5K postal	Amy	C	Charley	26	VMST	1210-061BG	1:18:02.22
25-29	W	6000 yd postal	Sara	E	Holman	25	GSC	142D-05UV9	1:10:09.79
30-34	W	>1/<3 OW	Megan	A	Ryther	32	WMAC	201B-05SDU	54:26
30-34	W	>3/<6 OW	Meaghan	C	Casey	30	NEM	021W-06S0H	1:18:00
30-34	W	>6/<9 OW	Abigail	E	Boburka	31	GOLD	501Y-0785K	3:25:59.2
30-34	W	>9 Mile OW	LaurieJo		Hall	34	DOC	161Z-00221	7:05:53
30-34	W	1 Hour Postal	Kelly	H	Williamson	33	TXLA	431E-06KUD	5,210
30-34	W	1 Mile OW	Amy	J	Holcomb	31	OREG	3713-00172	0:22:40.36
30-34	W	10K postal	Jenny	L	Birmelin	34	MICH	191C-0292V	2:45:47.65
30-34	W	2 mile cable	Kaye-Lani	M	Laughna	31	NEM	0216-047C7	50:44.14
30-34	W	3000 yd postal	Maura	J	Bolger	30	VMST	1223-06NK1	0:35:44.80
30-34	W	5K postal	Serena	H	Johnson	33	SWMS	3711-06K7N	1:15:18.00
30-34	W	6000 yd postal	Elizabeth	I	Cohen	30	VMST	121N-05H6X	1:39:36.00
35-39	W	>1/<3 OW	Jen	A	Johnson	36	UNAT	2112-05YEU	1:05:49
35-39	W	>3/<6 OW	Anna	S	Armentrout	39	REDT	061T-02XEF	1:23:06
35-39	W	>6/<9 OW	Tracy	L	Kubiak	36	WIN	141F-070G5	3:04:06.3
35-39	W	>9 Mile OW	Malena		Hankins	37	GAJA	451V-04E91	6:43:09
35-39	W	1 Hour Postal	Andrea	H	Packard	36	NCMS	131T-033B8	5,075
35-39	W	1 Mile OW	Amy	K	Ward	38	OREG	371T-026SW	0:23:07.93
35-39	W	10K postal	Kristi	D	Lee	35	SAWS	591K-01J12	2:28:04.96
35-39	W	2 mile cable	Dennie	L	Swan-Scott	36	ADMS	0314-062ZR	46:16.14
35-39	W	3000 yd postal	Cynthia	J	Lewis	36	NOVA	3314-02CA2	0:33:55.99
35-39	W	5K postal	Joy		Stover	35	MOVY	2810-01NSH	1:06:37.13
35-39	W	6000 yd postal	Kristi	D	Lee	36	SAWS	592B-01J12	1:14:03.46
40-44	W	>1/<3 OW	Megan	M	Lassen	40	WMAC	2010-02KUC	1:03:17
40-44	W	>3/<6 OW	Rondi	M	Davies	41	UNAT	061V-05NY6	1:15:04
40-44	W	>6/<9 OW	Lynn		Ascione	44	BERK	071W-01YYE	3:15:48.3

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40-44	W	>9 Mile OW	Victoria	L	Rian	44	INDY	161A-02AD8	6:20:36
40-44	W	1 Hour Postal	Alison	H	Zamanian	40	WCM	381X-03FP1	5,505
40-44	W	1 Mile OW	Susie	S	Young	41	OREG	371K-026U2	0:24:25.03
40-44	W	10K postal	Victoria	L	Rian	44	INDY	161A-02AD8	2:21:25.16
40-44	W	2 mile cable	Dana	C	Gianniny	41	NIAG	041W-01X7C	46:43.62
40-44	W	3000 yd postal	Amy	S	Collins	40	NOVA	3318-07GK0	0:36:20.00
40-44	W	5K postal	Victoria	L	Rian	44	INDY	161A-02AD8	1:08:23.60
40-44	W	6000 yd postal	Haleigh	A	Werner	42	PNA	3622-02M0U	1:13:34.01
45-49	W	>1/<3 OW	Marcia	E	Cleveland	47	IM	211E-01S4Y	1:04:41
45-49	W	>3/<6 OW	Marcia	E	Cleveland	47	IM	211E-01S4Y	1:24:22
45-49	W	>3/<6 OW	Janet		Harris	45	AGUA	061C-02X8N	1:24:22
45-49	W	>6/<9 OW	Laurie		Hug	46	1776	0812-0226X	2:36:02.5
45-49	W	>9 Mile OW	Anna	R	DeLozier	48	ARIZ	4818-02DDN	6:55:44
45-49	W	1 Hour Postal	Laurie		Hug	45	1776	0812-0226X	5,160
45-49	W	1 Mile OW	Elizabeth	A	Watkins	46	OREG	371C-003YG	0:23:52.54
45-49	W	10K postal	Victoria	L	Rian	45	INDY	161A-02AD8	2:26:43.00
45-49	W	2 mile cable	Janet		Harris	45	AGUA	061C-02X8N	49:17.27
45-49	W	3000 yd postal	Andrea	J	Block	49	IM	2120-02VBE	0:35:12.67
45-49	W	5K postal	Charlotte		Petersen	47	SPM	141F-02RF8	1:08:17.00
45-49	W	6000 yd postal	Victoria	L	Rian	45	INDY	162R-02AD8	1:14:15.19
50-54	W	>1/<3 OW	Laurie	J	Alioto	53	WMAC	201T-01R8P	1:01:19
50-54	W	>3/<6 OW	Maddie		Diedo	52	MICH	1912-028U9	1:45:33
50-54	W	>6/<9 OW	Eney		Jones	50	DAMM	261F-045AV	2:32:35.7
50-54	W	>9 Mile OW	Denise	H	Brown	51	MICH	1912-01U86	6:01:35
50-54	W	1 Hour Postal	Denise	H	Brown	51	MICH	1912-01U86	4,900
50-54	W	1 Mile OW	Mary		Sweat	53	OREG	371J-025UM	0:22:45.55
50-54	W	10K postal	Denise	H	Brown	51	MICH	1912-01U86	2:25:49.37
50-54	W	2 mile cable	Kay	B	Simonson	50	NIAG	0416-01X78	49:34.90
50-54	W	3000 yd postal	Ellie	S	Najjar	50	CMS	3222-045G5	0:36:59.03
50-54	W	5K postal	Denise	H	Brown	51	MICH	1912-01U86	1:10:53.28
50-54	W	6000 yd postal	Denise	H	Brown	52	MICH	1912-01U86	1:17:06.38
55-59	W	>1/<3 OW	Shirley	A	Loftus-Charley	59	VMST	121S-02HKM	1:00:54
55-59	W	>3/<6 OW	Nancy		Steadman Martin	56	GSM	0715-01Y2C	1:21:06
55-59	W	>6/<9 OW	Terry		Latham	56	DAMM	2612-02G CJ	3:26:41.0
55-59	W	>9 Mile OW	Shirley	A	Loftus-Charley	59	VMST	121S-02HKM	6:46:35
55-59	W	1 Hour Postal	Shirley	A	Loftus-Charley	59	VMST	121S-02HKM	4,785
55-59	W	1 Mile OW	Jeanna		Summers	57	OREG	371B-000PT	0:27:32.46
55-59	W	10K postal	Shirley	A	Loftus-Charley	59	VMST	121S-02HKM	2:28:30.20
55-59	W	2 mile cable	Shirley	A	Loftus-Charley	59	VMST	121S-02HKM	46:14.58
55-59	W	3000 yd postal	Shirley	A	Loftus-Charley	59	VMST	1226-02HKM	0:37:07.17
55-59	W	5K postal	Shirley	A	Loftus-Charley	59	VMST	121S-02HKM	1:14:33.50
55-59	W	6000 yd postal	Shirley	A	Loftus-Charley	59	VMST	1226-02HKM	1:16:17.03
60-64	W	>1/<3 OW	Sally	A	Dillon	64	PNA	361Z-02KJU	1:15:43
60-64	W	>3/<6 OW	Francis	E	Hare	60	AGUA	061V-02XHG	1:37:17
60-64	W	1 Hour Postal	Frances	E	Hare	60	AGUA	061V-02XHG	4,275
60-64	W	1 Mile OW	Catherine	J	Imwalle	61	OREG	371B-0266R	0:27:13.96
60-64	W	10K postal	Jill	M	Wright	60	SAWS	5916-01J02	3:16:27.12
60-64	W	2 mile cable	Frances	E	Hare	60	AGUA	061V-02XHG	50:53.81
60-64	W	3000 yd postal	Shirley	A	Loftus-Charley	60	VMST	1226-02HKM	0:37:31.06

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60-64	W	5K postal	Meredith	A	Moore	61	T2NM	141P-01S4X	1:27:01.79
60-64	W	6000 yd postal	Shirley	A	Loftus-Charley	60	VMST	1226-02HKM	1:15:32.34
65-69	W	1 Hour Postal	Suzanne	L	Dills	65	PNA	3614-01N00	4,050
65-69	W	1 Mile OW	Suzanne	L	Dills	66	PNA	3614-01N00	0:26:39.14
65-69	W	10K postal	Ann		Svenson	65	ADMS	0319-01M4T	3:19:37.02
65-69	W	2 mile cable	Ann		Svenson	65	ADMS	0319-01M4T	1:00:25.14
65-69	W	3000 yd postal	Suzanne	L	Dills	66	PNA	362X-01N00	0:44:11.55
65-69	W	5K postal	Suzanne	L	Dills	66	PNA	3614-01N00	1:33:45.81
65-69	W	6000 yd postal	Suzanne	L	Dills	66	PNA	362X-01N00	1:33:38.55
70-74	W	1 Hour Postal	Susan	L	Munn	72	DAM	3814-03FZM	3,625
70-74	W	1 Mile OW	Peggie	H	Hodge	71	OREG	3718-026A6	0:47:45.69
70-74	W	10K postal	Claire	M	Gregg	70	MOST	431X-04KW9	5:05:05.50
70-74	W	3000 yd postal	Patricia	M	Bond	73	FMM	1424-02RDM	0:52:36.45
70-74	W	5K postal	Patricia	M	Bond	73	FMM	141U-02RDM	1:49:56.09
70-74	W	6000 yd postal	Sandy	L	Steer	72	SPM	141N-02RFC	2:18:45.00
75-79	W	1 Hour Postal	Ronnie		Kamphausen	76	MESC	021G-01S70	3,305
75-79	W	1 Mile OW	Adrienne	S	Pipes	77	SDSM	441H-02BPX	0:39:13.05
75-79	W	3000 yd postal	Adrienne	S	Pipes	77	SDSM	442D-02BPX	0:55:08.65
75-79	W	5K postal	Jacque		Anderson	75	KCM	331R-0676M	2:09:12.00
80-84	W	1 Hour Postal	Mary	C	Tusa	80	FACT	1415-02TEA	2,875
80-84	W	2 mile cable	June		Vyse Gravener	80	UNAT	0312-01M9S	1:53:59.81
80-84	W	3000 yd postal	Pat		Hunt	80	OREG	371A-06PDK	1:12:15.24
85-89	W	1 Hour Postal	Lois Kivi		Nochman	86	MICH	191Z-028XK	2,450
85-89	W	1 Hour Postal	Maurine	E	Kornfeld	89	MVN	331P-03AD6	2,450
90-94	W	1 Hour Postal	Patricia	M	Lax	90	DAM	3810-03GXX	1,645
95-99	W	1 Hour Postal	Mary		Lathram	95	DCM	101V-03660	1,360