

USMS 2009 3000 Yard Postal Swim Meet

September 15 to November 15, 2009

Held under of the sanction USMS: 559-004

Hosted by the Clemson Aquatic Team, Clemson SC

Meet Director: Jacque Grossman

PO Box 411, Clemson SC 29633-0411

(864)646-8836 or jelg@innova.net

2009 USMS Postal 3000 Yard Individual Results

Place	Name	Age	Team	USMS #	Time	Quality Points	Record
Women's 18-24 3000Y Postal							
	Amanda Beard			(2001)	Record	32:26.99	
1	Caitlin Fee	19	NEM	0209-06JG3	0:36:06.44	899	
2	Kelsey Bowen	24	OREG	379E-0271E	0:39:51.69	814	
3	Sarah Swoch	24	SPM	149U-02TVT	0:40:20.99	804	
4	Sally Decker	20	SPM	149V-05W5M	0:40:47.08	796	
5	Christina Fenske	24	SAWS	599V-01J2R	0:52:37.25	617	
Women's 25-29 3000Y Postal							
	A Whitney			(2005)	Reoord	32:25.21	
1	Erin McCleave	25	TXLA	4399-06G0X	0:33:59.99	954	
2	Erin Popelka	28	OREG	370Z-05GD1	0:38:28.06	843	
3	Melinda Williams	28	NEM	0292-035DF	0:39:34.11	819	
4	Stephanie Griese	27	PMST	549M-05J98	0:44:11.92	734	
5	Karen Raschke	25	NCMS	130M-02K6P	0:44:47.53	724	
6	Tracy Durham	25	MICH	1907-06HGE	0:45:31.35	712	
7	Kristina DeWeese	28	SDS	100S-06JRT	0:47:04.86	689	
8	Melissa Holtmeyer	25	CSPM	229K-06ESA	0:49:28.53	655	
9	Lara Sernoffsky	28	OREG	379E-06FNZ	0:53:02.64	611	
10	Lauren Burnett	26	OREG	3795-06AK9	0:54:49.02	591	
11	Jen Mommens	28	CSPM	229X-0486N	1:00:08.99	539	
12	Kristiane Baker	28	SMS	240T-01U0Y	1:04:34.13	502	
Women's 30-34 3000Y Postal							
1	Jessica Knapp	33	SPM	1406-001VB	0:32:40.73	1,032	Y
	L Welting			(2000)	Record	33:42.51	
2	Cynthia Lewis	34	MVN	3306-02CA2	0:34:17.08	983	
3	Amy Marsh	32	TXLA	4399-02NUE	0:35:05.99	960	
4	Kristi Lee	34	SAWS	599A-01J12	0:35:17.13	955	
5	Lauren Thies	30	OREG	379W-026V5	0:35:33.80	948	
6	Andrea Packard	34	NCMS	130R-033B8	0:36:27.51	925	
7	Alegra Reich	34	SPM	149A-02PXB	0:37:31.36	898	
8	Rachel Hughey	31	MINN	309F-0258G	0:40:00.99	842	
9	Jenny Harvey	32	NEM	020V-001UV	0:40:04.23	841	
10	Stephanie Hiebert	32	SLAM	229B-01NHZ	0:42:07.65	800	
11	Diana Adlowitz	33	NIAG	0497-01XJE	0:42:41.48	790	
12	Adrienne Forkois	30	SPM	1498-02T8G	0:42:55.99	785	
13	Evelyn Pryor	32	OREG	3709-026P2	0:42:56.94	785	
14	Emily Shattuck	32	MERR	0907-0620D	0:44:06.89	764	

Place	Name	Age	Team	USMS #	Time	Quality Points	Record
15	Natalie Coll	34	ARIZ	489F-0028S	0:44:31.52	757	
16	Elizabeth Strausbaugh	33	OREG	3791-026YZ	0:47:33.99	709	
17	Katrina Pon	32	CSPM	220V-0483S	0:54:08.93	623	
18	Stephany Brandt	31	OREG	370T-06JSJ	0:57:19.99	588	
19	Nicole Dufala	33	FACT	1407-06JRF	1:00:54.48	553	
20	Nicole Moen	31	MINN	3094-0259R	1:01:16.99	550	

Women's 35-39 3000Y Postal

	K Pipes-Neilsen		(1999)	Record	32:54.57		
1	Dana Gianniny	40	NIAG	040U-01X7C	0:36:43.57	896	
2	Ann Marie Crye	38	NIAG	0498-05VH3	0:37:40.05	874	
3	Dale LeClair	40	GOLD	500J-02D6N	0:38:55.99	845	
4	Paula Texel	39	SPM	149C-0625D	0:39:19.08	837	
5	Jill Guerrero	36	MICH	190Y-006B1	0:40:47.16	807	
6	Elizabeth Kooy	38	IM	219U-02VBX	0:43:01.74	765	
7	Mary Eggers	35	NIAG	049G-01XT5	0:43:29.67	757	
8	Jennifer Stotelmeyer	36	MVN	3398-03BDM	0:46:20.19	710	
9	Julie Flanagan	35	MVN	339T-03D1E	0:46:21.57	710	
10	Cynthia Smidt	39	OREG	370E-02611	0:46:21.99	710	
11	Jennifer Hodges	35	PMST	549V-01HZM	0:51:03.01	645	
12	Carol Currey	38	SDS	100F-06JS9	0:53:25.03	616	
13	Terry Foytek	39	OREG	379V-05HXJ	0:54:03.48	609	
14	Kathi Mueller	39	PMST	549U-01HZN	0:56:22.99	584	
15	Eva Varga	37	OREG	379K-05G95	0:57:29.99	572	
16	Nadine Olney	37	DBMS	149M-06AJA	1:01:42.99	533	

Women's 40-44 3000Y Postal

	K Pipes-Neilsen		(2003)	Record	33:18.69		
1	Victoria Rian	43	ISF	160C-02AD8	0:36:08.54	922	
2	Susan Dombkowski	43	MICH	1992-03E8C	0:36:59.40	901	
3	Stephanie Schultz	43	OREG	3794-026G4	0:37:49.67	881	
4	Maureen Bischoff	43	NIAG	049C-01XBB	0:40:09.32	830	
5	Susie Young	40	OREG	370H-026U2	0:40:40.34	819	
6	Debra Wyspianski	42	NIAG	0495-01XXP	0:42:26.31	785	
7	Gillian Salton	41	OREG	3702-05G96	0:44:30.99	748	
8	Amy Talarico	40	NIAG	0492-05EPH	0:44:51.38	743	
9	Melinda Menzer	40	UNAT	550E-01HDZ	0:45:34.19	731	
10	Marisa Frieder	40	OREG	3701-0267V	0:45:59.99	724	
11	Jacqueline Wursta	42	OREG	379C-0270A	0:47:13.99	705	
12	Yvette Indovina	43	NIAG	0408-01XXC	0:48:47.07	683	
13	Julie Parrish	40	MICH	190H-06729	0:50:18.99	662	
14	Flavia Zappa	42	SPM	149U-02RHK	0:52:14.42	638	
15	Kristin Zadrozny	41	FACT	1409-05TUV	0:56:39.50	588	
16	Lana Lambert	42	PMST	549F-01HZR	0:59:25.99	560	
17	Beth Stormshak	43	OREG	370N-06JDC	1:00:02.74	555	

Women's 45-49 3000Y Postal

1	Andrea Block	47	IM	219F-02VBE	0:33:53.41	1,051	Y
2	Ellen Reynolds	45	SAWS	590A-01J04	0:34:15.87	1,039	Y

Place	Name	Age	Team	USMS #	Time	Quality Points	Record
	Andrea Block		(2008)	Record	35:36.37		
3	Denise Brown	49	MICH	199G-01U86	0:35:43.78	997	
4	Arlene Delmage	47	OREG	3794-01Z4F	0:36:24.90	978	
5	Karen Matson	46	OREG	379N-0266T	0:38:13.99	931	
6	Marcia Cleveland	45	IM	2100-01S4Y	0:38:36.19	922	
7	Nicole Vanderpoel	45	CMS	3292-0306H	0:38:48.45	918	
8	Dana Haugli	46	SKY	410V-01WNC	0:39:47.99	895	
9	Heidi Kafka	47	IM	219N-02X7X	0:40:06.77	888	
10	Andrea Woodburn	46	GOLD	5003-027JK	0:42:33.99	836	
11	Laura Kaleel	49	SPM	149Y-02RFY	0:42:39.99	835	
12	Joni Young	48	OREG	379X-0260B	0:43:05.49	826	
13	Sandy Seidel	48	UNAT	4390-06367	0:45:20.99	785	
14	Nancy Sorlie	46	OREG	3793-026K6	0:45:36.00	781	
15	Christine Swanson	47	SPM	1499-02RFD	0:45:52.50	776	
16	Mary Turner	46	PMST	549U-01HXJ	0:45:55.99	775	
17	Lisa Nirell	48	OREG	379E-02C1A	0:46:37.99	764	
18	Susan Nolte	48	CMS	3208-030PV	0:47:09.14	755	
19	Christina Fox	48	OREG	379F-0264J	0:47:09.99	755	
20	Nancy Speer	47	VMST	120A-05XR8	0:47:16.99	753	
21	Stephanie Reid	48	OREG	379S-05Z5G	0:47:50.99	744	
22	Diane Happel	45	IAMA	4000-0469G	0:50:06.99	710	
23	Mary Molony	48	OREG	370Y-06K8D	0:50:55.99	699	
24	Gayle Orner	47	OREG	379M-026E0	0:51:52.78	686	
25	Sandra Schmidt	45	OREG	370H-06J57	0:53:49.99	661	
26	Debbie Pappa	48	OREG	379C-061TE	0:54:25.99	654	
27	Betty Hanson	47	PMST	549E-01HZP	0:55:12.99	645	
28	Roberta Varela-Hein	45	MOST	4391-02NGX	1:05:14.56	546	
29	Iris Threatt-Milton	46	DBMS	1499-02TWP	1:18:49.99	452	

Women's 50-54 3000Y Postal

1	Denise Brown	50	MICH	199G-01U86	0:35:47.54	1,021	Y
	Danielle Ogier		(2003)	Record	36:33.58		
2	Heidi Christensen	51	CVMM	3302-03AJU	0:37:56.43	964	
3	Lisa Bennett	53	UNAT	120K-02HZJ	0:38:26.57	951	
4	Mary Sweat	52	OREG	370G-025UM	0:40:09.21	910	
5	Niki Stokols	51	CSAM	339A-03A2E	0:40:26.69	904	
6	Sharon Steinmann	51	SPM	1490-02RG3	0:40:45.13	897	
7	Nancy Kryka	54	MINN	300Y-024BJ	0:41:41.55	877	
8	Sandy Mitchel	50	ARIZ	4807-05U4C	0:43:41.53	837	
9	Janice Kregor	53	SKY	4105-01W54	0:43:56.99	832	
10	Rauni English	51	NIAG	040A-01XHK	0:43:57.08	832	
11	Bess Hilpert	54	TXLA	430E-02P7J	0:44:13.31	827	
12	Cathy Huang	54	USF	3806-03FPW	0:44:43.01	818	
13	Teresa Copeland	51	OREG	379T-0266N	0:45:00.99	812	
14	Maddie Diedo	51	MICH	199G-028U9	0:45:30.97	803	
15	Paula Moores	52	SAWS	5997-01J0E	0:47:35.00	768	
16	Betsy Goode	50	VMST	129C-02K6W	0:48:12.99	758	

Place	Name	Age	Team	USMS #	Time	Quality Points	Record
17	Shayne Malone	51	MOVY	280P-01NZS	0:48:54.23	748	
18	Linda Spadoni	50	MVN	330D-06JNJ	0:51:00.63	717	
19	Patricia Rogers	50	OREG	379N-026UB	0:51:37.22	708	
20	Patricia Nardozzi	50	SPM	149F-02RG2	0:52:14.99	700	
21	Shelley Probbler	52	MOST	439F-04KPK	0:54:15.71	674	
22	Mindy Cheap	54	PMST	540H-0636W	0:57:24.40	637	
23	Sara Pope-Davis	54	IRM	1608-02BMB	0:58:02.99	630	
24	Carrie Jacobson	50	PMST	5402-05HGJ	0:58:54.01	621	
25	Andrea Meyerhoff	50	UNAT	109R-06FF1	1:11:52.99	509	
26	Mary Ruley	53	RCA	1207-02HY2	1:13:39.01	496	
27	Sue Moucha	51	FMM	140H-02RNM	1:17:13.68	473	
28	Debra Finch	51	OREG	379R-03CNH	1:19:57.51	457	

Women's 55-59 3000Y Postal

	Barbara Dunbar		(2004)	Record	36:25.69		
1	Shirley Loftus-Charley	58	SMAM	1295-02HKM	0:39:05.10	932	
2	Kathy Boyer	55	MOST	4394-02G6T	0:39:41.56	918	
3	Laurie Smith	57	SLAM	229N-004WG	0:42:19.99	861	
4	Catherine Kohn	56	SLAM	220U-01ND1	0:42:50.12	850	
5	Elizabeth Budd	55	OREG	370Y-0267K	0:43:51.76	831	
6	Debbie Wilson	55	NCMS	130A-02318	0:44:17.31	823	
7	Jeanna Summers	55	OREG	370D-000PT	0:45:52.99	794	
8	Emily White	56	NEM	020J-034AM	0:46:20.06	786	
9	Pam Geiger	57	SPM	149C-02REZ	0:47:41.99	764	
10	Chris Mayhew	56	MOST	430F-02PW8	0:48:12.57	756	
11	Linda Callaway	56	MOST	430F-02NEV	0:49:01.19	743	
12	Jill Wright	58	SAWS	599W-01J02	0:49:38.02	734	
13	Barbara Boslego	58	VMST	1294-02HV9	0:49:58.90	729	
14	Janet Rush	58	MACA	2590-05SDE	0:50:06.31	727	
15	Barbara Prescott	59	SPM	149D-02RN6	0:50:13.20	725	
16	Storm Eddy	59	SPM	1499-02REW	0:53:08.99	685	
17	Sue Kramer	56	SLAM	220F-061EW	0:53:22.04	683	
18	Colette Scott	55	IAMA	4097-065DV	0:54:26.99	669	
19	Susan Sanders	55	OREG	379H-026SE	0:56:27.55	645	
20	Ruth Thompson	59	DBMS	149N-02RFR	0:59:07.99	616	
21	Carole Dirksmeyer	56	FMM	149H-02RZ8	0:59:49.99	609	
22	Patricia Walsh	59	IRM	169A-05P85	1:01:51.99	589	
23	Stephanie Harris	59	OREG	3708-026NG	1:04:13.12	567	
24	Twyla Dubois	56	MOVY	280N-06102	1:06:18.16	549	
25	Mary Stein	59	FMM	140A-061WR	1:08:57.99	528	
26	Linda West	57	UNAT	4403-02C3M	1:09:04.34	527	
27	Kathryn Rivers	58	NIAG	049Z-01X6M	1:09:58.70	521	

Women's 60-64 3000Y Postal

1	Barbara Dunbar	60	SDSM	440D-02BP0	0:39:00.83	1,075	Y
	Marcia Barry		(2008)	Record	41:56.03		
2	Barbara Bos	60	NEM	0292-029CU	0:44:45.09	937	
3	Ann Svenson	64	DCM	100Y-01M4T	0:46:14.93	907	

Place	Name	Age	Team	USMS #	Time	Quality Points	Record
4	Meegan Wilson	61	FACT	1498-02REA	0:47:49.62	877	
5	Beverly Montrella	63	MVN	3306-048YV	0:48:58.68	856	
6	Mary Pohlmann	64	SLAM	220N-02UN9	0:51:44.12	811	
7	Greta Van Meeteren	62	NCMS	130H-0232R	0:52:10.00	804	
8	Ginny Saunders	62	OREG	3797-026ZP	0:55:07.30	761	
9	Tam Jenkins	61	OREG	379W-025W7	0:55:45.69	752	
10	Wendy Weinberg	64	ARIZ	480M-02FX9	0:57:26.92	730	
11	Krista Gomes	60	PNA	360J-05R24	0:59:03.29	710	
12	Florence Delaney	64	FACT	140S-02T4T	0:59:48.16	701	
13	Susan Paris	63	SKY	410P-01WC8	1:01:59.99	676	
14	Kristi Panayotoff	61	MESC	020G-025Y6	1:03:36.99	659	
15	Carol Stark	61	OREG	370J-026UJ	1:11:05.27	590	
16	Camille Klotz	64	NCMS	1394-0245H	1:12:36.67	578	
17	Diane Byers	60	NCMS	130M-06JVG	1:18:28.99	534	
18	Jennifer Johnston	62	CUBU	1093-039KC	1:29:18.20	470	
19	Maria Buda O'Toole	64	FACT	1400-02T9Y	1:46:42.85	393	

Women's 65-69 3000Y Postal

	S Munn		(2003)	Record	45:42.24		
1	Sue Calnek-Morris	66	OREG	370T-02EVM	0:49:44.99	919	
2	Jennifer Parks	66	MICH	199P-028W4	0:52:15.01	875	
3	Louise Murray	69	NIAG	0496-01X4Z	0:53:24.54	856	
4	Elaine Bromwich	66	SPM	149M-02REP	0:57:36.99	793	
5	Marianne Bradley	66	FACT	140N-02RGU	0:57:38.75	793	
6	De Ette Sauer	68	MOST	430U-01Z66	0:58:02.98	787	
7	Lynda Christiansen	65	OREG	370B-025XV	0:58:04.59	787	
8	Bonnie Bence	65	SLAM	229N-0483A	0:59:27.54	769	
9	Lucy Manheim	67	RMST	100H-039UA	1:02:44.80	728	
10	Sandra Stenglein	66	CGCC	2908-01JEZ	1:03:00.06	725	
11	Peggie Hodge	69	OREG	370A-026A6	1:09:30.99	657	
12	Margie Hutinger	69	FMM	140X-02RCY	1:18:06.18	585	

Women's 70-74 3000Y Postal

	Lavelle Stoinoff		(2004)	Record	45:35.99		
1	Patricia Bond	71	FMM	140S-02RDM	0:51:00.89	894	
2	Jane Oberg	72	CMS	3209-03105	0:52:49.30	863	
3	Anne Olson	71	PNA	360E-04FCC	0:57:35.52	792	
4	Sandy Steer	70	SPM	1498-02RFC	1:07:15.99	678	

Women's 75-79 3000Y Postal

1	Adrienne Pipes	75	SDSM	440Z-02BPX	0:54:22.09	1,084	Y
	JoAnn Campbell		(2006)	Record	58:56.77		
2	Nancy Durstein	79	FACT	140J-02RGX	1:03:46.53	924	
3	Ruth Hoskinson	79	FMM	140U-02RDJ	1:13:27.09	803	

Place	Name	Age	Team	USMS #	Time	Quality Points	Record
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Men's 18-24 3000Y Postal

	S Whitbeck	(2005)		Record	30:10.37		
1	Sean Esterly	24	SPM	1491-05RS0	0:37:32.27	804	
2	Michael Schofield	19	NEM	029A-06H34	0:37:37.99	802	
3	Thomas Alne	21	GSM	070F-01YZH	0:38:12.21	790	
4	Billy Stratton	19	UNAT	229W-06B0F	0:42:24.85	711	

Men's 25-29 3000Y Postal

	C Hobson	(1996)		Record	31:57.00		
1	Josh Kercheval	28	IM	2197-05W85	0:32:40.42	978	
2	Chris Seibert	25	IRM	169X-04R2Y	0:33:42.99	948	
3	Ted Bradley	26	SPM	1490-02TT9	0:35:04.34	911	
4	Eric Caines	29	NEM	0290-05PF0	0:36:11.17	883	
5	Craig Charley	26	SMAM	1297-02HRA	0:37:23.64	854	
6	Nicholas Levine	28	CMS	329D-03313	0:39:02.56	818	
7	Rykk Bracamonte	29	MVN	339K-06G37	0:39:38.72	806	
8	Michael Kalk	29	OREG	3799-064WU	0:41:28.59	770	
9	Cody Byrum	28	PMST	540U-06J6N	0:46:04.99	693	
10	Daniel O'Kane	29	UNAT	3097-05TNN	0:48:35.17	658	

Men's 30-34 3000Y Postal

	Jeff Erwin	(1996)		Record	31:15.24		
1	Kevin Everett	34	SAWS	599A-06H2U	0:32:23.13	965	
2	Brandon Marsh	34	TXLA	439H-02NK4	0:32:58.44	948	
3	Benjamin Price	31	UNAT	179Z-05UDV	0:34:39.95	902	
4	Pieter De Hart	31	NEM	0296-01P4S	0:35:24.61	883	
5	Adam Parker	33	IM	219Y-02V85	0:36:25.07	858	
6	Steve Brenner	33	MICH	190V-0296Y	0:37:27.40	834	
7	Matt Chambers	33	MERR	099Z-01VGW	0:38:30.27	812	
8	Bryan Mueller	32	SAWS	5903-06477	0:38:32.48	811	
9	Michael Thiry	34	IM	210H-062GC	0:40:06.96	779	
10	Randy Stotler	31	MOVY	2898-06G5W	0:40:34.27	770	
11	Jeff Berebitsky	33	OREG	379Y-026XN	0:40:51.99	765	
12	Jeremy White	33	SKY	4196-01W9R	0:44:45.00	698	
13	Peter De Weese	31	UNAT	109S-038CK	0:46:04.72	678	
14	Jeff Hodges	34	PMST	5490-05GJZ	0:51:03.02	612	

Men's 35-39 3000Y Postal

	Mike Shaffer	(2002)		Record	30:16.43		
1	Mark Matheson	39	NIAG	040E-01X8E	0:31:19.36	967	
2	Tyler Blessing	37	TXLA	439H-02RA9	0:31:44.50	954	
3	Shane Ely	38	GAJA	459S-04ECG	0:32:52.20	921	
4	Steve Robling	39	NCMS	139E-01GW4	0:35:07.09	862	
5	Mike Broglio	38	NEM	0291-035GH	0:35:20.96	856	
6	Kevin Joubert	37	MERR	0904-01VD7	0:36:40.99	825	
7	Ralph Yanes	38	OREG	370M-06J54	0:40:20.99	750	
8	Mark Braun	38	OREG	370N-067KD	0:41:21.66	732	
9	James Fick	35	MERR	099H-061UM	0:41:24.17	731	
10	Christian Tujo	38	OREG	379F-026K2	0:42:20.99	715	

Place	Name	Age	Team	USMS #	Time	Quality Points	Record
11	Michael Asam	38	GAJA	4593-060NE	0:43:20.40	699	
12	Brian Schilf	37	UNAT	180W-0618W	0:43:38.99	694	
13	Jason Lassen	37	OREG	3793-04F74	0:49:11.93	615	
14	Christopher Jansmann	37	ARIZ	489H-008M6	0:52:34.99	576	
15	Watson Potter	39	MACA	259C-068W8	0:59:23.69	510	

Men's 40-44 3000Y Postal

1	Mike Shaffer	44	VCM	330N-03B3B	0:30:25.06	1,004	Y
	Jeff Erwin	(2004)	Record		30:31.55		
2	Lawrence Lee	41	NCMS	130F-02E76	0:33:52.03	901	
3	Hardy Lussier	44	OREG	3792-025VX	0:34:25.51	887	
4	David Barra	44	ADMS	039A-01M88	0:34:40.91	880	
5	Steven Litchfield	40	MVN	339J-03BY2	0:35:11.06	868	
6	Sean Frampton	43	GOLD	500S-027T4	0:35:43.99	854	
7	William Davis	42	NCMS	130V-022Y8	0:35:50.09	852	
8	Larry Caldwell	44	GOLD	500T-028CR	0:36:12.99	843	
9	David LeClair	42	GOLD	500H-02D6P	0:36:22.99	839	
10	Bruce Hopson	43	SLAM	2290-01ND0	0:36:56.06	826	
11	William Cordero	42	IM	219M-065ZF	0:37:02.28	824	
12	Dan Beatty	43	GAJA	4594-02D7H	0:37:04.09	824	
13	Timothy Waud	42	OREG	370N-003DK	0:37:27.21	815	
14	Randy Mayall	43	NIAG	049Z-01XTR	0:37:46.18	808	
15	Robert Fernald	42	GBM	0293-03H3V	0:37:58.33	804	
16	Robert Higley	44	OREG	3799-025VM	0:38:24.37	795	
17	Michael Bell	41	MICH	190K-0292H	0:38:26.47	794	
18	Eric Wan	43	OREG	3792-0274N	0:39:14.03	778	
19	Eduardo Cruz	40	CMS	3291-05XNM	0:40:39.00	751	
20	Robert Clayton	41	SAWS	599U-062GB	0:41:09.01	742	
21	Tom Leonard	44	UNAT	1491-02SMR	0:41:55.99	728	
22	Peter Kirkham	42	SDS	1008-05XM3	0:42:38.80	716	
23	Mike Isaacs	43	PMST	540W-06HVR	0:43:59.99	694	
24	Patrick Bradley	43	RCA	129U-02HZZ	0:47:18.99	645	
25	Thomas Witmer	43	NIAG	040T-01XWK	0:48:03.94	635	
26	William Finch	44	CSI	169E-02BFS	0:54:29.94	560	
27	Keith Nelson	44	SPM	149X-0655S	0:59:17.99	515	

Men's 45-49 3000Y Postal

	Jim McConica	(2000)	Record		31:10.18		
1	Neil Brophy	48	NIAG	040F-01XC3	0:31:19.72	995	
2	Jeff Erwin	45	SAWS	5993-01J0A	0:31:19.92	995	
3	Frank Wuest	49	NEM	029C-033YW	0:33:51.40	921	
4	Kurtis Baron	45	VCM	3390-03BBC	0:34:19.21	908	
5	Christopher Cooper	45	VCM	3396-049UJ	0:34:39.09	900	
6	James Biles	48	WMAC	209Z-0204D	0:35:04.07	889	
7	David Sebastian	48	IM	219U-02WHJ	0:35:41.95	873	
8	David Hathaway	49	OREG	379X-0270T	0:36:47.66	847	
9	Ron Collins	47	SPM	149T-02RMR	0:37:12.81	838	
10	Mike Burns	49	MINN	309D-024UJ	0:37:15.99	836	

Place	Name	Age	Team	USMS #	Time	Quality Points	Record
11	Kris Calvin	47	OREG	379R-008NK	0:37:31.99	830	
12	James Byers	47	NIAG	049M-01X2V	0:37:44.90	826	
13	William Murray	45	NIAG	040Z-01X6S	0:37:58.13	821	
14	Steve Cochran	46	TXLA	439M-02RAR	0:38:19.59	813	
15	Mark Doyle	49	NCMS	1307-023Y2	0:38:42.34	805	
16	Bernard Russell	45	NIAG	049A-0614N	0:38:52.91	802	
17	Robert Tullman	45	SPM	149C-02SGD	0:39:51.72	782	
18	Konrad Fritz	49	UNAT	089V-042NJ	0:40:21.40	772	
19	Bradley Stolshek	48	CVMM	3308-067TC	0:40:42.58	766	
20	John Muhich	47	NORT	309C-04TE3	0:41:17.10	755	
21	Ken Stoney	46	UNAT	080U-022TT	0:41:28.99	751	
22	Stephen Flanagan	47	OREG	379R-03PDF	0:42:12.01	739	
23	Aaron Kelson	49	NORT	3095-025M3	0:42:54.13	727	
24	David Nobles	49	COM	5399-01J4B	0:43:15.61	721	
25	Tom Roberts	47	OREG	3793-06FAS	0:43:33.99	715	
26	Wayne Pliss	49	WFLM	1490-04RZM	0:43:56.50	709	
27	Mark Conway	47	PMST	549Y-05HMA	0:45:17.01	688	
28	Scott Weiler	47	NIAG	0408-05R1X	0:45:25.18	686	
29	John Woodruff	48	SPM	1490-02RZJ	0:46:02.99	677	
30	William Marshall	46	COM	530X-01J63	0:46:38.00	668	
31	Doug Garcia	48	CMS	320C-01N12	0:47:03.43	662	
32	John Griley	47	OREG	370N-06DSU	0:49:12.99	633	
33	Andrew Keen	46	UNAT	320E-06GZD	0:52:03.47	599	
34	Mark Rush	48	VMST	1206-02K7A	1:00:57.99	511	
35	Bill Schuller	48	UNAT	0797-06FBN	1:01:52.50	504	
36	Jeff Hinely	45	HUNT	159E-05SZ6	1:04:58.07	480	

Men's 50-54 3000Y Postal

	Jim McConica		(2001)	Record	31:37.55		
1	Sandy Mac Donald	54	SMST	389E-03H4C	0:33:09.60	954	
2	Tim Buckley	54	FMT	330P-03AHS	0:34:32.60	916	
3	James Stewart	53	MINN	3002-024EY	0:34:37.61	913	
4	Kern Davis	55	SPM	1496-02RET	0:34:43.71	911	
5	Patrick Allender	51	OREG	3797-025Y4	0:36:17.11	872	
6	Christopher Nolte	52	CMS	329V-030PW	0:36:21.69	870	
7	Daniel Newhaller	50	SPM	149Z-02TD6	0:36:36.69	864	
8	Timothy Kennedy	53	SPM	149D-02RF0	0:36:57.56	856	
9	John Erb	53	DCM	100Z-004UX	0:37:16.30	849	
10	Thomas Emison	51	MINN	3099-024P9	0:37:29.99	843	
11	Douglas Otto	50	OREG	3793-025ZJ	0:37:30.78	843	
12	Tim McGough	52	MERR	099K-01V4X	0:38:25.96	823	
13	Chris Layton	50	IM	2191-02VAE	0:38:30.31	821	
14	G. Mark Doyle	50	NCMS	1307-023Y2	0:38:58.96	811	
15	Joe Aumiller	52	MICH	190C-029JT	0:39:15.59	806	
16	Darrell Smith	53	MINN	3090-024ES	0:39:46.06	795	
17	Philipp Djang	55	NMMS	429T-01J3Z	0:40:26.99	782	
18	Stephan Freeman	53	SPM	149A-02REX	0:41:50.99	756	

Place	Name	Age	Team	USMS #	Time	Quality Points	Record
19	Keith Henthorne	52	SPM	1493-02TE2	0:42:27.99	745	
20	Daniel Mullett	52	FACT	140D-02RH5	0:43:00.72	735	
21	Brian Balfour	52	CSPM	2294-0484W	0:46:00.56	687	
22	Ron Kaufmann	51	OREG	3701-0616M	0:47:14.99	669	
23	Kyle Murray	50	GBM	0297-06242	0:47:40.99	663	
24	Jim Hafdahl	54	NORT	309C-024PC	0:48:22.35	654	
25	Steven Erickson	52	NORT	309H-02533	0:48:27.34	653	
26	Stephan Jones	53	CSI	160U-02AXU	0:48:53.96	647	
27	Jon Wiley	51	CSI	1691-04PZH	0:50:44.79	623	
28	Michael McCarthy	54	FACT	140M-064XD	0:51:01.99	620	
29	Thomas Andrews	53	SPM	1496-062XZ	0:53:14.99	594	
30	Michael Dunn	53	NIAG	040Z-01X5P	0:53:41.04	589	
31	Bruce Mann	51	FACT	140E-05XBC	0:55:41.69	568	
32	Steven Kineman	50	MICH	190Z-069KV	0:57:03.28	554	
33	Mark Lavner	53	NIAG	040A-06H0M	0:58:00.50	545	
34	Paul Cajka	52	SYSM	1495-02U4A	1:02:12.99	508	
35	Tony Thomas	53	FACT	140P-02M8N	1:13:54.20	428	

Men's 55-59 3000Y Postal

	Jim McConica	(2006)	Record		32:31.77	
1	Jim Mc Conica	58	VCM	330P-03B07	0:32:52.80	989
2	Larry Wood	55	TXLA	439N-02NJF	0:34:04.61	955
3	William Reeves	56	UTAH	340F-0310P	0:35:39.89	912
4	Phil Dodson	56	IM	219R-02UY2	0:35:47.49	909
5	Frank Thompson	57	MICH	199G-028XC	0:37:27.92	868
6	Bruce Gianniny	58	NIAG	040F-01X2U	0:37:52.52	859
7	Charlie Swanson	57	OREG	3798-026EP	0:38:09.21	853
8	William Penn	58	PNA	369T-02M7Z	0:38:21.99	848
9	Jack Fritts	59	IAMA	409R-01MM7	0:38:36.70	842
10	Paul Hoffman	57	UNAT	339H-03CKS	0:39:45.38	818
11	Mark Wright	56	MERR	099X-01V96	0:40:36.18	801
12	Kent Mc Donald	57	MOVY	2899-01NS4	0:41:32.68	783
13	Jim Wallace	56	OREG	379A-026UK	0:42:16.64	769
14	Wes Edwards	56	OREG	3704-026NC	0:42:35.28	764
15	Allen Larson	56	OREG	3796-05VZ3	0:42:48.19	760
16	Leslie Lange	56	NIAG	040U-01X49	0:43:29.72	748
17	Michael Moore	59	USF	3808-03F7D	0:43:48.21	743
18	Frederick Lewis	59	SPM	149D-02RG0	0:43:49.99	742
19	Howard Craddock	56	VMST	1293-02HV8	0:44:55.10	724
20	Douglas Dunlap	58	OREG	379H-0628R	0:44:55.89	724
21	Mark Begert	57	MOVY	280E-01NVG	0:45:03.15	722
22	Sat Ganesha Khalsa	55	OREG	370K-060WY	0:45:04.98	722
23	Michael Carew	60	OREG	379U-025XU	0:47:46.99	681
24	Kip Bohachek	55	UNAT	1798-069CD	0:48:37.91	669
25	Terrell Brown	55	MINN	309J-025DD	0:48:39.99	668
26	James Davis	57	SPM	149P-04S6X	0:48:57.99	664
27	Thomas Pogue	55	NORT	3092-0253F	0:49:20.84	659

Place	Name	Age	Team	USMS #	Time	Quality Points	Record
28	Allen Kossoy	56	MOVY	289P-01NRW	0:50:10.32	648	
29	Larry Beck	58	OREG	379B-05G3R	0:53:33.29	607	
30	Dallas Figley	57	OREG	3797-0265W	0:55:09.33	590	
31	Rolly Kleeman	59	CGCC	2999-05SFW	0:59:42.28	545	
32	Thomas Bidwell	56	NIAG	049M-01X6F	0:59:43.73	545	
33	John Pfeifer	58	AKMS	5605-05XPX	1:00:09.64	541	
34	Larry Squillace	58	NORT	309T-04TF7	1:00:57.00	534	
35	Michael Muma	58	MICH	199Z-05EV9	1:07:02.65	485	

Men's 60-64 3000Y Postal

	Steve Johnson	(2008)	Record	35:47.04		
1	Steve Johnson	61	OREG	379X-0264Y	0:35:47.58	1,000
2	Bob Bruce	61	OREG	379F-025YX	0:38:21.13	933
3	Jed Cronin	61	OREG	3709-0262E	0:39:35.24	904
4	John Shrum	60	VMST	129X-02J39	0:39:46.32	900
5	Vern Dasch	60	OREG	3702-0267W	0:41:47.59	856
6	John Derr	60	VCM	3395-03B3A	0:42:04.30	851
7	Pat Marzulli	61	SPM	149J-02RMY	0:43:21.99	825
8	Robert Aldrich	60	SPM	149D-02T7P	0:43:29.99	823
9	Neil Salkind	62	MOVY	2800-01NSF	0:43:35.62	821
10	Byron Oberst	60	OREG	370C-025VA	0:45:29.99	787
11	Richard Holloway	61	PNA	360T-02MZ8	0:47:24.29	755
12	John Ellis	63	OREG	370C-026TR	0:47:41.30	750
13	Chuck Zeese	62	MICH	1909-02A0M	0:47:51.68	748
14	Michael Biggs	61	FMM	140Z-02TJE	0:48:25.99	739
15	Henry Greenberg	61	NOVA	3300-03A2S	0:48:46.97	734
16	Max Maust	63	CGCC	290S-062ZX	0:48:56.42	731
17	Stephen Everhart	63	FMM	140Z-02SEC	0:55:46.78	642
18	Peter Blume	63	CSI	160G-02AZR	0:57:50.56	619
19	Bruce Heiberg	60	MACA	2595-060CU	0:59:41.75	600
20	John Marzulli	60	FACT	149V-02T8N	0:59:44.23	599
21	Larry Gillham	60	OREG	3707-062ZJ	1:03:21.99	565
22	Mike Harris	64	OREG	379Z-0274B	1:12:31.00	494

Men's 65-69 3000Y Postal

	Graham Johnston	(1996)	Record	37:16.16		
1	Larry Raffaelli	66	VCM	339R-03B35	0:40:23.14	923
2	Tom Landis	67	OREG	370R-025X1	0:42:33.02	876
3	Bart Bleuel	68	VCM	330C-03B01	0:43:40.96	853
4	Michael Wood	67	VCM	339C-03BDB	0:43:51.12	850
5	Ralph Mohr	68	OREG	379C-0261C	0:44:55.99	829
6	Keith Meiklereid	65	SKY	419D-01X0N	0:47:13.99	789
7	Michael Colonnese	65	MVN	3395-048ZS	0:47:30.74	784
8	Robert Bergstrom	68	FMT	330W-03AK4	0:47:36.80	783
9	Brian Buzby	66	UNAT	159U-0211B	0:47:54.18	778
10	Scott Woodburn	66	GOLD	500R-0280D	0:48:15.99	772
11	Hans Van Meeteren	65	NCMS	130E-023NH	0:53:02.48	703
12	Frank Brandt	69	FACT	140F-02F8P	0:54:07.13	689

Place	Name	Age	Team	USMS #	Time	Quality Points	Record
13	Roger Rudolph	66	OREG	3798-02KV6	0:56:09.00	664	
14	Peter Betzer	67	SPM	149K-02RFT	0:57:50.99	644	
15	David Longhurst	66	MOVY	289K-01NRZ	1:03:22.99	588	

Men's 70-74 3000Y Postal

	Graham Johnston	(2001)	Record		38:17.10		
1	Donald Puchalski	70	FACT	140P-02RMD	0:45:15.63	846	
2	Brent Lake	71	OREG	3709-025UP	0:48:37.99	787	
3	Earl Ellis	73	UNAT	359Y-01MZR	0:49:45.99	769	
4	George Thayer	73	OREG	370P-025X2	1:00:10.99	636	

Men's 75-79 3000Y Postal

1	David Radcliff	75	OREG	370X-025V8	0:39:22.67	1,072	Y
	Graham Johnston	(2007)	Record		42:13.00		
2	Dick Weick	75	OREG	370S-025WF	0:49:58.04	845	
3	Robert Beach	79	SPM	149P-02REM	0:51:33.99	819	
4	Charles Weatherbee	76	FMM	140H-02RR4	0:53:31.99	789	
5	Thomas Weber	79	NIAG	0499-01X8P	1:11:32.99	590	
6	Harold Ferris	78	SPM	149B-02REY	1:13:58.99	571	