

**2022 Women's USMS Long Distance All Americans**

<b>Age Group</b>	<b>Gender</b>	<b>Event</b>	<b>First Name</b>	<b>M.I.</b>	<b>Last Name</b>	<b>Age</b>	<b>Club abbr.</b>	<b>USMS #</b>	<b>Time or distance</b>	<b>Records</b>
18-24	F	Sprint Distance OW	Danica		Adams	23	UC33	332N-HV10B	22:17.00	
25-29	F	Sprint Distance OW	Hannah		Sakaluk	25	ARIZ	4824-HAUYW	21:06.00	
30-34	F	Sprint Distance OW	Allison		Arnold	30	TOC	382J-09827	21:05.00	
35-39	F	Sprint Distance OW	Katherine		Yang	36	ECAM	382N-09SXY	23:12.00	
40-44	F	Sprint Distance OW	Naoko		Watanabe	40	TOC	3821-03DZ2	25:12.00	
45-49	F	Sprint Distance OW	Tesla		Profumo	45	CRUZ	3829-068K7	23:10.00	
50-54	F	Sprint Distance OW	Cynthia		Hertzer	53	CRUZ	382V-CHSWM	25:18.00	
55-59	F	Sprint Distance OW	Lisa		Ward	58	WCM	3822-006FT	23:18.00	
60-64	F	Sprint Distance OW	Jane		Esahak-Gage	60	ARIZ	482H-02EYH	24:04.00	
65-69	F	Sprint Distance OW	Lorraine		Sommers	66	ECAM	382D-03EXD	27:18.00	
70-74	F	Sprint Distance OW	Laura		Val	71	TAM	3826-03H9F	24:09.00	
75-79	F	Sprint Distance OW	Stephanie		Scott	75	WCM	382U-03K0Y	34:40.00	
80-84	F	Sprint Distance OW	Nancy		Stretch	82	TOC	3821-03GCF	45:19.00	
25-29	F	Middle Distance OW	Abigail		Bergman	26	MELO	382P-09CWT	1:00:38.00	
30-34	F	Middle Distance OW	Valerie		Thorp	31	CRUZ	382F-0793E	57:18.00	
35-39	F	Middle Distance OW	Veronica		Nakagawa	35	WCM	382B-03WM4	1:10:58.00	
40-44	F	Middle Distance OW	Helene		Nehrebecki	42	DAM	3829-06JFA	1:03:43.00	
45-49	F	Middle Distance OW	Anne		Schonauer	46	TEME	382J-03ZWK	1:26:31.00	
50-54	F	Middle Distance OW	Cynthia		Hertzer	53	CRUZ	382V-CHSWM	1:01:34.00	
55-59	F	Middle Distance OW	Lisa		Hazen	58	LAMV	3825-03M46	58:35.00	
60-64	F	Middle Distance OW	Janet		Renner	60	MELO	3821-02000	1:02:12.00	
65-69	F	Middle Distance OW	Linda		Locklin	69	CRUZ	382Y-03FHC	1:08:45.00	
70-74	F	Middle Distance OW	Jenny		McTackett	70	SERC	382F-09F6D	1:31:31.00	
75-79	F	Middle Distance OW	Suzanne		Riedinger	78	CRUZ	382B-000YP	1:30:48.00	
18-24	F	Long Distance OW	Danica		Adams	23	UC33	332N-HV10B	1:04:29.00	
25-29	F	Long Distance OW	Catherine		Breed	29	TOC	3826-0A02H	1:00:44.00	
30-34	F	Long Distance OW	Allison		Arnold	30	TOC	382J-09827	1:03:18.00	
35-39	F	Long Distance OW	Harriet		Tzou	37	TEME	3824-XPM3U	1:25:52.00	
40-44	F	Long Distance OW	Carrie		Hahnel	44	MEMO	3820-GXNY5	1:14:21.00	

45-49	F	Long Distance OW	Heidi		George	46	UC38	3826-03KD2	58:55.00	
50-54	F	Long Distance OW	Cynthia		Hertzner	53	CRUZ	382V-CHSWM	1:14:35.00	
55-59	F	Long Distance OW	Kimberly		Elsbach	59	DAM	3822-D0NUT	1:09:20.00	
60-64	F	Long Distance OW	Jane		Esahak-Gage	60	ARIZ	482H-02EYH	1:11:22.00	
65-69	F	Long Distance OW	Phyllis		Quinn	67	TOC	382J-03F7Y	1:25:39.00	
70-74	F	Long Distance OW	Laura		Val	71	TAM	3826-03H9F	1:10:23.00	
18-24	F	Marathon Dist OW	Gwyneth		Maloy	24	UC05	052T-1YT9R	2:41:35.90	
25-29	F	Marathon Dist OW	Kelly		Craig	25	DLMA	1628-0AZS6	2:23:34.40	
30-34	F	Marathon Dist OW	Emily		Fogle	31	UC06	062R-4ACRF	2:39:39.30	
35-39	F	Marathon Dist OW	Julia		Dunne	38	UC05	052V-NMJNC	2:39:58.10	
40-44	F	Marathon Dist OW	Erica		Flickinger	44	LASH	082G-G9P9A	3:05:01.00	
45-49	F	Marathon Dist OW	Christy		Donley	47	ANCM	102W-K3XR8	2:48:49.20	
50-54	F	Marathon Dist OW	Heidi		Williams	53	NCMS	132W-022YV	2:33:53.40	
55-59	F	Marathon Dist OW	Hope Mao		Oehler	56	MARY	0928-083YG	3:25:08.30	
60-64	F	Marathon Dist OW	Denise		Brown	63	MICH	1921-01U86	2:57:42.30	
65-69	F	Marathon Dist OW	Nancy		Steadman Martin	68	GSM	0724-01Y2C	2:31:20.80	
70-74	F	Marathon Dist OW	Shirley		Loftus-Charley	71	ETM	1220-WATER	2:44:47.00	
18-24	F	2-Mile Cable	Elizabeth		Mao	20	UC10	102U-ESVB9	55:11.00	
25-29	F	2-Mile Cable	Staci		Schaffling	28	1776	082T-0A2FV	50:01.83	
30-34	F	2-Mile Cable	Rachel		Reynolds	31	NEM	022D-09NDS	51:10.86	
35-39	F	2-Mile Cable	Kasia		Sawicz	38	CHEL	0628-04BXW	49:45.86	
40-44	F	2-Mile Cable	Ildiko		Szekely	43	NEM	022S-03ZEU	43:48.17	
45-49	F	2-Mile Cable	Rebecca		Wassner	47	AGUA	062N-02Y5U	43:39.80	
50-54	F	2-Mile Cable	Dana		Gianniny	53	ROCH	042X-01X7C	43:43.39	Y
55-59	F	2-Mile Cable	Laurie		Hug	57	1776	0821-0226X	46:00.02	
60-64	F	2-Mile Cable	Kelly		Parker Palace	61	MELB	142S-KERTY	46:08.86	
65-69	F	2-Mile Cable	Karen		Einsidler	66	SHARK	1423-01S73	48:29.45	Y
70-74	F	2-Mile Cable	Shirley		Loftus-Charley	71	ETM	1220-WATER	51:11.64	Y
75-79	F	2-Mile Cable	Marge		Burley	77	MARY	0925-01V8S	1:13:54.49	
80-84	F	2-Mile Cable	Luise		Easton	84	O*H*	1820-01PNS	1:34:38.02	
18-24	F	1 Hour ePostal	Julia		Green	24	IM	2121-JCG98	4,365	
25-29	F	1 Hour ePostal	Cathleen		Pruden	28	AAMAH	4329-0VWBT	4,550	
30-34	F	1 Hour ePostal	Jing		Li	34	SMM	382B-J1NG6	5,000	
35-39	F	1 Hour ePostal	Alexis		Higlett	39	OREG	3723-0B4SC	4,905	

40-44	F	1 Hour ePostal	Helene		Nehrebecki	42	DAM	3829-06JFA	4,500	
45-49	F	1 Hour ePostal	Stacey		Bruce	48	PALM	552D-01HAD	4,960	
50-54	F	1 Hour ePostal	Alison		Hayden	51	SPM	1420-045GD	4,810	
55-59	F	1 Hour ePostal	Laurie		Hug	57	1776	0821-0226X	4,810	
60-64	F	1 Hour ePostal	Amy		Rieger	61	DAM	382W-03JMG	4,575	
65-69	F	1 Hour ePostal	Karen		Einsidler	66	SHARK	1423-01S73	4,710	Y
70-74	F	1 Hour ePostal	Laura		Val	71	TAM	3826-03H9F	4,475	Y
75-79	F	1 Hour ePostal	Stephanie		Scott	75	WCM	382U-03K0Y	3,440	
80-84	F	1 Hour ePostal	Nancy		Ridout	80	TAM	382R-NANCY	2,800	
85-89	F	1 Hour ePostal	Mary		Alexandre	87	TAM	382C-03HEB	2,700	
90-94	F	1 Hour ePostal	Jeanne		Meredith	94	VMST	122T-02HT9	1,745	
18-24	F	5K ePostal	Macarena		Martin Mayor	24	SPM	142Z-V99EX	1:17:37.99	
25-29	F	5K ePostal	Madeline		Bruce	28	IM	2127-09DA1	1:11:08.49	
30-34	F	5K ePostal	Caitlin		Dundey	34	PBM	502S-0B9NW	1:14:21.99	
35-39	F	5K ePostal	Sarah		Harriman	39	PALM	5522-0A663	1:16:01.71	
40-44	F	5K ePostal	Helene		Nehrebecki	42	DAM	3829-06JFA	1:19:43.63	
45-49	F	5K ePostal	Anicia		Criscione	49	OREG	3729-EYEEM	1:20:17.99	
50-54	F	5K ePostal	Beth		Martell	50	OREG	372S-0A863	1:11:25.44	
55-59	F	5K ePostal	Kimberly		Elsbach	59	DAM	3822-D0NUT	1:11:27.20	
60-64	F	5K ePostal	Arlene		Delmage	60	OREG	372U-01Z4F	1:17:41.71	
65-69	F	5K ePostal	Stacey		Warmuth	66	VCM	332F-03ERT	1:12:16.09	Y
70-74	F	5K ePostal	Shirley		Loftus-Charley	71	ETM	1220-WATER	1:18:37.12	Y
75-79	F	5K ePostal	Babs		Larsen	75	MINN	302U-02A9M	1:52:31.82	
18-24	F	10K ePostal	Macarena		Martin Mayor	24	SPM	142Z-V99EX	2:35:57.99	
25-29	F	10K ePostal	Madeline		Bruce	28	IM	2127-09DA1	2:31:08.19	
30-34	F	10K ePostal	Caitlin		Dundey	34	PBM	502S-0B9NW	2:26:21.71	
35-39	F	10K ePostal	Alexis		Higlett	39	OREG	3723-0B4SC	2:27:20.63	
40-44	F	10K ePostal	Helene		Nehrebecki	42	DAM	3829-06JFA	2:49:03.60	
45-49	F	10K ePostal	Tina		Calub	49	IM	212W-G4AEA	3:16:33.92	
50-54	F	10K ePostal	Gillian		Salton	54	OREG	372F-05G96	2:48:43.99	
55-59	F	10K ePostal	Kimberly		Elsbach	59	DAM	3822-D0NUT	2:29:24.50	
60-64	F	10K ePostal	Arlene		Delmage	60	OREG	372U-01Z4F	2:46:59.09	
65-69	F	10K ePostal	Karen		Einsidler	66	SHARK	1423-01S73	2:32:17.30	
70-74	F	10K ePostal	Shirley		Loftus-Charley	71	ETM	1220-WATER	2:41:46.83	Y

75-79	F	10K ePostal	Babs		Larsen	75	MINN	302U-02A9M	3:55:49.15	Y
18-24	F	3000 ePostal	Erika		Beyer	24	UC09	092X-NUG1R	41:17.44	
25-29	F	3000 ePostal	Madeline		Bruce	28	IM	2127-09DA1	38:22.49	
30-34	F	3000 ePostal	Stacey		Monroe	32	PALM	552U-0B2J0	39:30.00	
35-39	F	3000 ePostal	Lauren		Schudde	39	TXLA	433X-077DD	37:50.00	
40-44	F	3000 ePostal	Marcela		Rueda	40	SRM	3830-03YSX	39:28.93	
45-49	F	3000 ePostal	Anicia		Criscione	49	OREG	3738-EYEEM	42:17.93	
50-54	F	3000 ePostal	Deborah		Dawson	54	DCAC	102U-SWMRR	35:52.81	
55-59	F	3000 ePostal	Kimberly		Elsbach	59	DAM	3822-D0NUT	37:50.80	
60-64	F	3000 ePostal	Arlene		Delmage	60	OREG	372U-01Z4F	40:46.50	
65-69	F	3000 ePostal	Karen		Einsidler	66	SHARK	1423-01S73	39:07.32	
70-74	F	3000 ePostal	Shirley		Loftus-Charley	71	ETM	1220-WATER	40:26.14	Y
75-79	F	3000 ePostal	Babs		Larsen	75	MINN	303V-02A9M	56:38.76	Y
25-29	F	6000 ePostal	Madeline		Bruce	28	IM	2127-09DA1	1:19:02.95	
30-34	F	6000 ePostal	Jacky		Yen	31	LSM	262N-KU9SX	1:41:31.19	
35-39	F	6000 ePostal	Sarah		Swoch	37	SPM	1427-02TVT	1:20:48.50	
40-44	F	6000 ePostal	Helene		Nehrebecki	42	DAM	3838-06JFA	1:20:46.40	
45-49	F	6000 ePostal	Diana		Brodeur	47	LSM	263S-05T4R	1:41:33.49	
50-54	F	6000 ePostal	Alison		Hayden	51	SPM	1420-045GD	1:16:13.00	
55-59	F	6000 ePostal	Charlotte		Brynn	56	NEM	022G-034BA	1:20:39.46	
60-64	F	6000 ePostal	Tamara		Burton	64	PBM	503U-099CG	1:32:57.99	
65-69	F	6000 ePostal	Karen		Einsidler	66	SHARK	1423-01S73	1:19:30.92	
70-74	F	6000 ePostal	Shirley		Loftus-Charley	71	ETM	1220-WATER	1:23:50.09	Y
75-79	F	6000 ePostal	Babs		Larsen	75	MINN	303V-02A9M	1:56:40.42	Y