

**1993 Long Distance 10K
National Postal Championship
& 5K Swim**

May 15 – September 30, 1993

**Sponsored by: St. Louis Masters Swim Team
Sanctioned by: Ozark LMSC**

RESULTS

1993 United States Masters Swimming 10 Kilometer Postal Championship

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Sponsored by St. Louis Masters Swim Team

May 15 through September 30, 1993

Leo Letendre, Director

Women 19 - 24		Women 60 - 64		Men 35 - 39	
Record: S. Bella Browstein 09/30/88 2:25:23.15		Record: Ruth Manfredi 09/30/86 3:58:01.00		Record: Jim McConica 09/30/88 2:07:09.01	
1. Denise M Thompson 21 CRAW 2:46:24.40		No Swimmers Entered		1. Rob Copeland 36 BERK 2:12:33.99	
Women 25 - 29		Women 65 - 69		2. Robert E Wright 39 GISA 2:17:57.88	
Record: S. Blaha 09/30/85 2:22:40.00		Record: Lois K Hochman 07/04/93 3:38:50.23		3. William H Black 37 GAKW 2:31:26.08	
1. Sandra L Carosi 27 MICH 2:38:48.12		1. Lois K Hochman 68 MICH 3:38:50.23		4. Hugh C Moore 38 PNA 2:33:53.54	
2. Muriel K Downs 25 CRAW 3:20:42.69		Women 70 - 74		5. Graham Stewart 37 CRAW 2:48:15.07	
3. Penny L Hobin 27 CRAW 4:01:14.85		Record: Rose Steward 09/30/88 4:54:25.78		6. Jeffrey W Nelson 38 CRAW 3:16:01.16	
Women 30 - 34		No Swimmers Entered		7. Dennis McCornack 38 H2O 3:27:18.00	
Record: Patricia Mattson 09/30/85 2:17:19.08		Women 75 - 79		8. David Tuffley 36 QSM 3:29:15.99*	
1. Lori K Schmidt 30 ARIZ 2:27:38.99		Record: Ivy Brown 09/19/90 4:19:19.99		9. Richard L Chauvin Jr 38 CRAW 4:02:40.05	
2. Jane Esahak-Gage 31 ARIZ 2:28:10.99		No Swimmers Entered		10. Dane W Farr 36 CRAW 4:08:36.63	
3. Leslie L Cooper 33 SLAM 2:28:54.99		Men 40 - 44		Record: Keith Bell 09/30/89 2:17:40.29	
4. Leslie J Henshaw 33 TULS 2:30:16.37		Record: None		1. Frank L Thompson 41 MICH 2:20:25.57	
5. Carole Y Funk 33 ARIZ 2:32:31.30		No Swimmers Entered		2. David A Tanner 43 GISA 2:25:31.13	
6. Judi Sheridan 30 UNAT 2:39:56.01		Women 80 - 84		3. Paul H Daniels 43 CRAW 2:29:50.58	
7. Nancy Richards 31 QSM 2:44:47.41*		Record: None		4. David L Benjamin 43 MSC 2:42:35.80	
8. Cindy T Hale 34 CRAW 3:11:59.66		No Swimmers Entered		5. James S Fackler 43 WILD 2:46:10.57	
9. Susan E Hagan 34 CRAW 3:18:02.30		Women 85 - 89		6. Steve Y Heck 43 CRAW 2:46:30.43	
10. Amy M Wright 34 CRAW 3:28:23.07		Record: None		7. Charles D Linsford 42 CRAW 2:57:07.40	
Women 35 - 39		No Swimmers Entered		8. Terry M Dupuy 40 CRAW 3:18:04.33	
Record: Patricia Mattson 09/30/88 2:16:22.59		Women 90 - 94		9. Jose M Vargas 40 CRAW 4:17:50.05	
1. Marcia S Benjamin 36 MSC 2:39:37.78		Record: None		10. Garthe S Wright 43 CRAW 4:25:04.41	
2. Sharon E Mayo 36 MOYY 2:52:01.57		No Swimmers Entered		11. Ravi Ayer 42 CRAW 7:08:31.09	
3. Janet G Simonson 39 CRAW 3:07:31.70		Women 95 and over		Men 45 - 49	
4. Lucila S Biles 37 CRAW 3:29:08.22		Record: None		Record: Keith Bell 09/29/93 2:18:54.83	
Women 40 - 44		No Swimmers Entered		1. Keith F Bell 45 UNAT 2:18:54.83	
Record: Danielle Ogier 09/25/93 2:22:35.99		Men 19 - 24		2. Stephen M Johnson 45 OREG 2:19:49.14	
1. Danielle Ogier 41 UNAT 2:22:35.99		Record: Steve Cohen 07/04/93 2:11:58.09		3. Paul M Hebert 47 CRAW 2:37:00.17	
2. Gayle Benty 40 SAC 2:31:29.30		1. Steve Cohen 21 MICH 2:11:58.09		4. Gene W Matthews 48 GAKW 2:49:37.07	
3. Sherry L Kittrell 41 PCA 2:32:39.13		2. John S Argraves 19 ARIZ 2:39:06.32		5. Thomas E Moyer 45 MICH 2:52:04.44	
4. Luanne E Beinke 40 UNAT 2:36:57.99		3. Christopher F Eriksen 21 CRAW 3:03:05.56		6. Gordon I Gould Jr 49 UNAT 3:03:21.99	
5. Pam J Geiger 40 SPM 2:50:29.99		4. Cullen R Talley 21 CRAW 3:20:52.82		7. Donald J Kroeger 49 MICH 3:07:33.99	
6. Jane A Moore 42 PNA 3:25:15.76		Men 25 - 29		8. Jerry W Lindig 46 CRAW 3:17:40.85	
7. Mary G Thompson 42 CRAW 3:47:37.19		Record: Mike Volk 09/30/89 2:04:50.00		9. Wilfred C Lyon 49 CRAW 4:51:54.20	
8. Donna D Macsaro 44 CRAW 3:48:20.68		1. John D Thomas 28 GAKW 2:26:52.98		Men 50 - 54	
9. Kellogg Patton 41 ARIZ 3:55:10.99		2. Charles M Bombet 29 CRAW 3:14:22.72		Record: Steven Thrasher 07/10/93 2:28:24.08	
Women 45 - 49		Men 30 - 34		1. Steven Thrasher 51 PNA 2:28:24.08	
Record: L. B. Yeir 09/30/86 2:47:07.36		Record: Bobby Patten 09/25/93 2:03:08.74		2. Richard S Doerr 50 TULS 2:55:42.64	
1. Katherine A Watson 45 IHAC 3:28:01.10		1. Bobby Patten 30 BLS 2:03:08.74		Men 55 - 59	
2. Diana T Mahaffey 46 CRAW 3:32:05.54		2. David G Matthews 30 CRAW 2:31:12.42		Record: Charless LeBourgeois 08/15/93 2:39:52.59	
Women 50 - 54		3. Gerard J Gonthier 31 CRAW 2:39:47.62		1. Charless LeBourgeois 59 RAM 2:39:52.59	
Record: Helen Buss 06/23/90 2:47:12.49		4. Dean R Przyms 32 CRAW 2:48:51.23		2. Buddy G Belshe 59 HBSC 2:52:36.98	
1. Mary O Anderson 51 MOYY 2:54:26.99		5. Aaron M Altura 30 CRAW 2:56:39.54		3. Thomas J Hetzel 57 STXM 3:10:15.03	
2. Josie D Reuter 52 ARIZ 3:57:42.18		6. Gary P Williams 31 CRAW 2:59:03.57		4. Richard E Cooke 57 SAWM 3:28:05.99	
Women 55 - 59		7. Donald P Haase 31 CRAW 2:59:29.68		5. Peter F Pleune 58 CRAW 3:38:38.11	
Record: Clarine Anderson 09/30/92 3:12:13.99		8. Paul L Larue 32 CRAW 3:20:25.23		6. Bob Knight 56 CRAW 3:51:51.62	
No Swimmers Entered				7. Lamy J Chopin 56 CRAW 4:08:11.46	

en 60 - 64

Record: Frank E Reynolds 06/16/93 2:56:11.80
 1. Frank E Reynolds 61 HBSC 2:56:11.80
 2. Stan Jacobs 64 QSM 3:02:20.03*
 3. Clarke E Mitchell 61 CRAW 3:20:25.37
 4. Ed Felicioni 61 ARIZ 4:02:14.89

en 65 - 69

Record: A. Darosa 09/30/85 2:58:08.83
 1. Stan Jacobs 65 QSM 3:03:00.08*
 2. Royce Jackson 68 TTSM 3:12:49.00*
 3. Robert S Blake 68 SLAN 3:24:09.71

en 70 - 74

Record: H. Howe 09/30/84 2:57:58.03
 1. Anthony J Vitale 72 CRAW 4:11:08.28
 2. Harry Redpath 74 QSM 4:41:55.53*

en 75 - 79

Record: None
 1. Harry Redpath 75 QSM 4:34:04.99*

en 80 - 84

Record: None
 No Swimmers Entered

en 85 - 89

Record: None
 No Swimmers Entered

en 90 - 94

Record: None
 No Swimmers Entered

en 95 and over

Record: None
 No Swimmers Entered

* denotes foreign swimmer

1993 United States Masters Swimming 5 Kilometer Swim
 Sponsored by St. Louis Masters Swim Team
 May 15 through September 30, 1993
 Leo Letendre, Director

Non-championship

Page: 1 -

Women 19 - 24

Record: Cindy Lampman 08/24/91 1:16:57.19
 No Swimmers Entered

Women 25 - 29

Record: Donna L Neumann 09/04/93 1:15:24.08
 1. Donna L Neumann 29 UNAT 1:15:24.08
 2. Tiffany K Couch 28 OKMS 1:27:13.32

Women 30 - 34

Record: Leslie L Cooper 05/15/93 1:10:25.46
 1. Leslie L Cooper 33 SLAM 1:10:25.46
 2. Patricia A Leahy-Rohner 33 MICH 1:16:37.38
 3. Nancy Richards 31 QSM 1:18:08.10*
 4. Meg Malone 30 IOWA 1:22:30.99

Women 35 - 39

Record: Barbara Lancaster 09/15/91 1:26:45.14
 1. Barbara A Lancaster 39 ARIZ 1:28:24.17
 2. Jacqueline A Soule 37 STXM 1:33:57.99

Women 40 - 44

Record: Pam J Geiger 09/05/93 1:23:26.99
 1. Pam J Geiger 40 SPH 1:23:26.99
 2. Barbara Prescott 43 SPH 1:40:42.99

Women 45 - 49

Record: Katherine A Watson 09/10/93 1:32:02.53
 1. Katherine A Watson 45 IHAC 1:32:02.53
 2. Marcia Avery 47 QTV 2:05:42.52*

Women 50 - 54

Record: Sarah L Brougher 06/19/93 1:20:18.99
 1. Sarah L Brougher 51 TULS 1:20:18.99
 2. Josie D Reuter 52 ARIZ 1:59:15.99
 3. Joy Andersen 54 QTV 2:07:50.65*

Women 55 - 59

Record: Claudia Fodor 08/24/93 1:50:49.15
 1. Claudia Fodor 56 QTV 1:50:49.15*
 2. Elin Schoer 56 TISM 1:54:31.32*

Women 60 - 64

Record: Doris Peters 09/30/90 2:15:19.99
 No Swimmers Entered

Women 65 - 69

Record: None
 No Swimmers Entered

Women 70 - 74

Record: Norma Rudolph 07/19/93 1:56:21.55
 1. Norma Rudolph 70 QSC 1:56:21.55*

Women 75 - 79

Record: None
 No Swimmers Entered

Women 80 - 84

Record: None
 No Swimmers Entered

Women 85 - 89

Record: None
 No Swimmers Entered

Women 90 - 94

Record: None
 No Swimmers Entered

Women 95 and over

Record: None
 No Swimmers Entered

Men 19 - 24

Record: None
 No Swimmers Entered

Men 25 - 29

Record: Vladimir Fordor* 08/24/93 59:33.37
 1. Vladimir Fordor 28 QSM 59:33.37*
 2. Carl I Duffy 26 STXM 1:19:22.00

Men 30 - 34

Record: David Cramer 08/24/91 1:20:05.81
 No Swimmers Entered

Men 35 - 39

Record: Edward G Boaz 09/30/90 1:21:10.99
 1. Paul Manton 39 QSM 1:32:34.00*
 2. Mark S Movic 36 IOWA 1:39:28.99

Men 40 - 44

Record: Peter Emery 09/22/91 1:09:57.64
 1. Allen F Kossoy 40 MOVY 1:45:10.99

Men 45 - 49

Record: Keith Bell 09/29/93 1:08:42.79
 1. Keith F Bell 45 UNAT 1:08:42.79
 2. Donald J Kroeger 49 MICH 1:28:40.99

Men 50 - 54

Record: Rene Diezl 09/30/91 1:33:59.99
 1. Trevor Andersen 54 QTV 1:44:39.00*

Men 55 - 59

Record: Buddy G Belshe 07/03/93 1:25:17.70
 1. Buddy G Belshe 59 HBSC 1:25:17.70

Men 60 - 64

Record: Stan Jacobs* 05/08/93 1:25:26.72
 1. Stan Jacobs 64 QSM 1:25:26.72*
 2. Frank E Reynolds 61 HBSC 1:27:59.62
 3. George Maina 64 TISM 1:36:15.88*
 4. William C Cannon 63 SLAM 1:42:56.98

Men 65 - 69

Record: Stan Jacobs* 09/12/93 1:27:52.00
 1. Stan Jacobs 65 QSM 1:27:52.00*

Men 70 - 74

Record: Harry Redpath* 07/10/93 2:13:03.99
 1. Harry Redpath 74 QSM 2:13:03.99*

Men 75 - 79

Record: John D Johnston 09/22/91 1:55:08.71
 1. Harry Redpath 75 QSM 2:07:51.42*

Men 80 - 84

Record: None
 No Swimmers Entered

Men 85 - 89

Record: None
 No Swimmers Entered

Men 90 - 94

Record: None
 No Swimmers Entered

Men 95 and over

Record: None
 No Swimmers Entered

* denotes foreign swimmer

1993 USMS National Postal 10K Championship And 5K Swim

Sponsored by
St. Louis Master Swim Team

Events: The 1993 USMS 10 Kilometer Postal Championship and for those not yet ready for the 10K a non-championship 5 kilometer swim is also offered. Ozark LMSC sanction # 3327.

Location: Any 50 meter pool that is available to you.

When: Any time between May 15, 1993 and September 30, 1993 inclusive.

Eligibility: All USMS registered swimmers are eligible. A photocopy of your USMS card is required with your entry. Foreign swimmers are also invited to participate. Similar proof of membership is also requested. The swimmer's age group is determined by the date of the swim. Swimmers who change age groups during the event period may enter in both age groups but they must swim once in each age group. Standard USMS age groups will be used (19-24, 25-29, ...).

Awards: For the Championship 10K event, medals will be given for first, second and third place in each age group. A championship patch will be given to the winner in each age group. The top USMS finisher in each age group will become the 10K All-American.

Scoring: An unofficial club championship score will be tabulated based upon scoring the top six places in each age group. Scores will be kept for the 10K, the 5K and combined.

Entry Deadline: Entries must be **received** by October 15, 1993. Don't delay entry because you may swim the event again. If you do swim the event twice and your second time is faster, you may submit the second completed form later (please indicate that this is a second submission) and your original entry fees will still apply unless the second swim is in a new age group.

Rules: The 1993 USMS Long Distance Swimming Rules will govern the event. The 10K swim is 200 lengths of a 50 meter pool while the 5K swim is 100 lengths of a 50 meter pool. The USMS rules include a requirement that a starter/referee be present and a timer/recorder/witness count laps, record splits and final times. Drafting (circle swimming) is not permitted. **Cumulative** splits must be recorded every 100 meters. A sheet is provided. (Perfection is **not** required so don't worry if you miss a split.) Please refer to the USMS rule book for complete rules. All swims which, if accepted, would establish a new 10K record must be documented completely including a copy of the Application for USMS Long Distance Record included in the USMS rule book. For the sake of the swimmer please use more than one watch. (Batteries do fail.) The participant's and witness' signatures are required on the entry form. Please record times to the hundredth of a second.

Fees: The entry fee for the 10K swim is \$6.00. The entry fee for the 5K swim is \$4.00. Do not send cash. Make fees payable to "St. Louis Masters Swim Club". Foreign entrants please submit US funds via international money order or bank check drawn on a bank with a US affiliate. For an entry receipt, enclose a self-addressed stamped postcard.

T-Shirts: A 1993 USMS Postal 10K Championship T-Shirt will be available at a cost of \$10.00. Foreign entrants please include \$2.00 postage for each shirt.

Official Entry

This must be **received** by October 15, 1993 and **accompanied** by a copy of your current USMS or foreign registration card

Name _____ Sex _____ Age _____
Address _____ Phone _____
City _____ State _____ Country _____ Zip _____
USMS # _____ Club _____ Birthdate _____

Fees: Entry fee (\$6.00 for 10K, \$4.00 for 5K) _____
Number of T-Shirts ___ x \$10.00 each _____ Sizes: S M L XL
Foreign T-Shirt Postage ___ x \$2.00 each _____
Total _____ (Payable to St. Louis Masters)

Release from Liability:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of the risks inherent in Masters Swimming (training, and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, the St. Louis Area Masters Swim Club, the meet committee, or any individuals officiating at the meet or supervising such activities as a condition of my participation in Masters Swimming.

Date _____ Signature _____
I certify that on _____ (date) I swam the 10K/5K (circle one) in the above time.

Signature of swimmer

Signature of verifier

Mail Entry to: Leo Letendre, 10K Championship, 267 Glandore Dr., Manchester, MO 63021, USA
Telephone questions: Contact Leo Letendre at (314) 394-6395

Split Sheet

100 _____	2100 _____	4100 _____	6100 _____	8100 _____
200 _____	2200 _____	4200 _____	6200 _____	8200 _____
300 _____	2300 _____	4300 _____	6300 _____	8300 _____
400 _____	2400 _____	4400 _____	6400 _____	8400 _____
500 _____	2500 _____	4500 _____	6500 _____	8500 _____
600 _____	2600 _____	4600 _____	6600 _____	8600 _____
700 _____	2700 _____	4700 _____	6700 _____	8700 _____
800 _____	2800 _____	4800 _____	6800 _____	8800 _____
900 _____	2900 _____	4900 _____	6900 _____	8900 _____
1000 _____	3000 _____	5000 _____	7000 _____	9000 _____
1100 _____	3100 _____	5100 _____	7100 _____	9100 _____
1200 _____	3200 _____	5200 _____	7200 _____	9200 _____
1300 _____	3300 _____	5300 _____	7300 _____	9300 _____
1400 _____	3400 _____	5400 _____	7400 _____	9400 _____
1500 _____	3500 _____	5500 _____	7500 _____	9500 _____
1600 _____	3600 _____	5600 _____	7600 _____	9600 _____
1700 _____	3700 _____	5700 _____	7700 _____	9700 _____
1800 _____	3800 _____	5800 _____	7800 _____	9800 _____
1900 _____	3900 _____	5900 _____	7900 _____	9900 _____
2000 _____	4000 _____	6000 _____	8000 _____	10000 _____

Final Time(s): (1) _____ (2) _____ (3) _____
Official Time: _____ Event: 10K ___ 5K ___ (check one, only one per sheet)