

1995 Long Distance 5K & 10K

Postal National Championship

May 15 – September 30, 1995

Sponsored and Sanctioned by

Pacific Northwest Association of Masters Swimming

RESULTS

1995 USMS 5K & 10K National Championship Results

Hosted by Pacific Northwest Association of Masters Swimmers

Congratulations Swimmers! Enclosed are your awards and meet results, including club scores. There were a total of 118 entries including 28 women and 30 men in the 5K and 22 women and 38 men in the 10K. 18 new national records were set, 5 women's and 8 men's in the 5K and 2 women's and 3 men's in the 10K. If you have any corrections or comments regarding this years event, contact the meet director:

Jane Moore
 1867 58th ST NE
 Tacoma, WA 98422
 phone (206)925-0803 (before 9 PM PST)

Once again Crawfish Masters, with 25 entries, more than twice as many as any other club, won the overall club score. As a penalty, Scott Rabalais will be next year's meet director. For information regarding the 1996 5K & 10K Championship, contact:

Scott Rabalais
 3537 Christina AVE
 Baton Rouge, LA 70820
 phone (504)766-5937

ABBR	CLUB NAME	# of swimmers				Total
		10K		5K		
		W	M	W	M	
ANCM	Montgomery Ancient Mariners	1		1		2
ARIZ	Arizona Masters	3		1		4
Aussi	Australia Masters	2		2		4
CRAW	Crawfish Masters	10	14		1	25
DADS	Dad's Club YMCA	1				1
DUST	Dalund United Swim Team	1				1
GOLD	Gold Coast Masters				1	1
GOST	Greater Ohio Swim Team		1			1
GRIN	Greater Indiana		1		1	2
HBSC	Huntington Beach Swim Club		2		2	4
IHAC	Industry Hills Aquatic Club	1		1		2
MICH	Michigan Masters	2	3	2	5	12
MINN	Minnesota Masters Swim Club		2			2
MOVY	Missouri Valley	1	1			2
NEM	New England Masters			1	1	2
NEWP	Newport Beach Masters Swimmers		1		1	2
PNA	Pacific Northwest Aquatics		4	1	3	8
PSV	Holland				1	1
QSM	Queensland-Brisbane Southside	1	2	6	2	11
RMM	Rocky Mountain Masters	1				1
ROSE	Rosebowl Masters	2		1		3
SDSM	San Diego Swim Masters	1		1	1	3
SLAM	St. Louis Masters Swim Club		1			1
SLOM	San Luis Obispo Masters	1				1
SPCO	Space Coast Masters				1	1
SPM	St. Petersburg Masters			7	4	11
TGM	Team Greenville Masters		1			1
TULS	Tulsa Masters	1				1
TXAM	Texas Aquatics Masters		2	2	3	7
WILD	Wildcat Masters	1				1
Total		22	38	28	30	118

1995 USMS 5K & 10K National Championship Club Scores

5K WOMEN

1	SPM	65
2	QSM	46
3	Aussi	22
4	TXAM	19
5	ARIZ	18
6	MICH	17
7	IHAC	11
	ROSE	11
	SDSM	11
10	NEM	9
	SPCO	9
12	PNA	7

5K MEN

1	MICH	45
2	SPM	30
	TXAM	30
4	PNA	24
5	QSM	22
6	Aussi	20
	HBSC	20
8	CRAW	11
	GOLD	11
10	ARIZ	9
	GRIN	9
	NEM	9
13	NEWP	8
	SDSM	8
15	ANCM	7
16	PSV	6

5K COMBINED

1	SPM	95
2	QSM	68
3	MICH	62
4	TXAM	49
5	Aussi	42
6	PNA	31
7	ARIZ	27
8	HBSC	20
9	SDSM	19
10	NEM	18
11	CRAW	11
	GOLD	11
	IHAC	11
	ROSE	11
15	GRIN	9
	SPCO	9
17	NEWP	8
18	ANCM	7
19	PSV	6

10K WOMEN

1	CRAW	69
2	ROSE	22
3	MICH	20
4	MOVY	11
	RMM	11
	SDSM	11
7	SLOM	9
	TULS	9
9	IHAC	8
	WILD	8
11	QSM	6

10K MEN

1	CRAW	106
2	MICH	25
3	PNA	21
4	MINN	19
5	HBSC	17
	TXAM	17
7	QSM	15
8	DADS	11
	DUST	11
	GOST	11
	SLAM	11
12	GRIN	9
13	NEWP	8
	TGM	8
15	ANCM	7
16	MOVY	3

10K COMBINED

1	CRAW	175
2	MICH	45
3	ROSE	22
4	PNA	21
	QSM	21
6	MINN	19
7	HBSC	17
	TXAM	17
9	MOVY	14
10	DADS	11
	DUST	11
	GOST	11
	RMM	11
	SDSM	11
	SLAM	11
16	GRIN	9
	TULS	9
	SLOM	9
19	IHAC	8
	NEWP	8
	TGM	8
	WILD	8
23	ANCM	7

BOTH WOMEN

1	CRAW	69
2	SPM	65
3	QSM	52
4	MICH	37
5	ROSE	33
6	Aussi	22
	SDSM	22
8	IHAC	19
	TXAM	19
10	ARIZ	18
11	MOVY	11
	RMM	11
13	NEM	9
	SLOM	9
	SPCO	9
	TULS	9
17	WILD	8
18	PNA	7

BOTH MEN

1	CRAW	117
2	MICH	70
3	TXAM	47
4	PNA	45
5	HBSC	37
	QSM	37
7	SPM	30
8	Aussi	20
9	MINN	19
10	GRIN	18
11	NEWP	16
12	ANCM	14
13	DADS	11
	DUST	11
	GOLD	11
	GOST	11
	SLAM	11
18	ARIZ	9
	NEM	9
20	TGM	8
	SDSM	8
22	PSV	6
23	MOVY	3

BOTH COMBINED

1	CRAW	186
2	MICH	107
3	SPM	95
4	QSM	89
5	TXAM	66
6	PNA	52
7	Aussi	42
8	HBSC	37
9	ROSE	33
10	SDSM	30
11	ARIZ	27
12	IHAC	19
	MINN	19
14	GRIN	18
	NEM	18
16	NEWP	16
17	MOVY	14
	ANCM	14
19	DADS	11
	DUST	11
	GOLD	11
	GOST	11
	RMM	11
	SLAM	11
25	SLOM	9
	SPCO	9
	TULS	9
28	TGM	8
	WILD	8
30	PSV	6

1995 USMS 10K National Championship Results

** denotes foreign swimmer

Women 19-24 No Entrants

Record: S Bella Browstein 2:25:23.15 09/30/88

Women 25-29

Record: S. Blaha 2:22:40.00 09/30/85

1 Muriel K Rabalais 27 CRAW 3:14:41.69
2 Kerry K Kappes 27 CRAW 3:41:15.49

Women 30-34

Record: Patricia Mattson 2:17:19.08 09/30/85

1 Sharon L Blaha 34 ROSE 2:30:22.67
2 Leslie J Stanley 33 CRAW 2:40:44.59
3 Julie Pauley 30 WILD 2:46:22.09

Women 35-39

Record: Patricia Mattson 2:16:22.59 09/30/88

1 Sharon L Blaha 35 ROSE 2:26:26.75
2 Leslie J Henshaw 36 TULS 2:32:03.99
3 Linda L Tucker 35 CRAW 2:48:25.21
4 Amy M Wright 36 CRAW 2:54:10.99
5 Angela Tuffley ** 37 QSM 3:22:09.99
6 Susan E Berg 36 CRAW 3:29:20.73
7 Meg Haviland 37 CRAW 3:43:02.47
8 Jan H Beard 39 CRAW 3:45:27.02
9 Ellen J Young 35 CRAW 4:09:19.73

Women 40-44

Record: Danielle Ogier 2:22:35.99 09/25/93

1 Lynn M Rhue 43 RMM 2:52:36.39
2 Sue A Lokay 40 CRAW 5:17:27.38

Women 45-49

Record: Barbara Dunbar 2:24:49.60 08/30/95

1 Barbara G Dunbar 46 SDSM 2:24:49.60
2 May Coors 46 SLOM 2:48:21.03
3 Katherine Watson 47 IHAC 3:14:15.20

Women 50-54

Record: Helen Buss 2:47:12.49 06/23/90

1 Mary O Anderson 53 MOVY 2:53:58.99
2 Fredericka Rapp 51 Mich 3:21:38.05

Women 55-59 No Entrants

Record: Clarine Anderson 3:12:13.99 09/30/92

Women 60-64 No Entrants

Record: Ruth Manfredi 3:58:01.00 09/30/86

Women 65-69 No Entrants

Record: Lois K. Nochman 3:38:50.23 07/04/93

Women 70-74

Record: Lois Nochman 3:48:10.65 09/03/95

1 Lois K Nochman 70 MICH 3:48:10.65

Women 75-79 No Entrants

Record: Ivy Brown 4:19:19.99 09/19/90

Men 19-24 No Entrants

Record: Steve Cohen 2:11:58.09 07/04/93

Men 25-29

Record: Mike Volk 2:04:50.00 09/30/89

1 Clark P Allen 25 CRAW 3:10:11.82
2 Lewis J Schmitt 26 CRAW 3:46:16.10

Men 30-34

Record: Buddy Patten 2:03:08.74 09/25/93

1 Joseph M Lee 30 CRAW 2:45:09.90
2 Selim M Alparslan 30 CRAW 3:02:30.08

Men 35-39

Record: Jim McConica 2:07:09.01 09/30/88

1 Scott F Rabalais 37 CRAW 2:17:12.99
2 William H Brigham 36 CRAW 2:31:33.02
3 Wayde E Mulhern 35 MINN 2:33:20.01
4 Thomas A Denes 37 ANCM 2:44:06.77
5 Alfred P Boudreaux 37 CRAW 2:59:30.31
6 Patrice J Calmels 35 PNA 3:00:16.82
7 Charlie Vanderstam ** 36 QSM 3:10:33.99
8 Michael A Neel 37 CRAW 3:17:12.67
9 Bill Beard 36 CRAW 3:23:15.39
10 Joe Wills 39 CRAW 5:34:25.17

Men 40-44

Record: Neil Wasserman 2:17:30.99 08/02/95

1 Neil R Wasserman 40 GOST 2:17:30.99
2 Robert E Wright 41 GRIN 2:19:32.38
3 Frank L Thompson 43 MICH 2:25:05.42
4 John R Lorimer 44 PNA 2:33:36.99
5 Bill B Ransom-Nelson 43 TXAM 2:34:07.26
6 Stephen L Freeborn 40 PNA 2:37:08.99
7 Hugh C Moore 41 PNA 2:43:46.99
8 Allen F Koscoy 42 MOVY 3:48:21.22

Men 45-49

Record: Keith Bell 2:16:34.69 09/19/95

1 Keith F Bell 47 TXAM 2:16:34.69
2 Paul M Habert 49 CRAW 2:51:58.10
3 Thomas E Moyer 47 MICH 2:54:20.09
4 Jerry W Lindig 48 CRAW 3:18:42.24

Men 50-54

Record: Steven Thrasher 2:28:24.08 07/10/93

1 Vince Herring 52 MINN 2:43:57.15
2 Donald J Kroeger 51 MICH 3:04:02.99
3 Wilfred C Lyon 51 TGM 4:36:23.08

Men 55-59

Record: Charles LeBourgeois 2:39:52.59 08/15/93

1 Bob Coale 55 DUST 2:59:38.07
2 Bob Knight 58 CRAW 3:30:00.85

Men 60-64

Record: Graham Johnston 2:34:53.99 09/30/95

1 Graham Johnston 64 DADS 2:34:53.99
2 Buddy Belshe 61 HBSC 2:54:18.05
3 Frank E Reynolds 63 HBSC 2:57:37.83

Men 65-69 No Entrants

Record: No US Record

Men 70-74

Record: H. Howe 2:57:58.03 09/30/84

1 Robert S Blake 70 SLAM 3:22:04.35
2 Anthony J Vitale 74 CRAW 4:11:40.51
3 T R Johnson 72 NEWP 5:50:52.15

Men 75-79

Record: No US Record

1 Harry C Redpath ** 76 QSM 5:21:03.00

Aldo Da Rosa
85 2:58.08.83

Steve

1995 USMS 5K National Championship Results

** denotes foreign swimmer

Women 19-24 No Entrants

Record: Cindy Lampman 1:16:57.19 08/24/91

Women 25-29

Record: Sheri Predmore 1:10:47.33 09/17/95

1 Sheri B Predmore 28 SPM 1:10:47.33

Women 30-34

Record Leslie L. Cooper 1:10:25.46 05/15/93

1 Donna O'Donnell ** 33 QSM 1:11:32.99
 2 Nancy Richards ** 33 QSM 1:16:13.99
 3 Jane Schweppe 32 TXAM 1:17:59.03
 4 Marianne Pochop 32 ARIZ 1:18:57.99
 5 Tish P Oleksy 33 SPM 1:20:58.99
 6 Kay Huysing ** 32 QSM 1:21:43.98
 7 Catherine Keenan 33 ARIZ 1:41:13.99

Women 35-39

Record: Sharon Blaha 1:10:11.62 09/25/95

1 Sharon L Blaha 35 ROSE 1:10:11.62
 2 Leslie L Cooper 35 NEM 1:11:22.31
 3 JoAnn Harrelson 39 SPM 1:18:54.99
 4 Angela Tuffley ** 37 QSM 1:39:30.99

Women 40-44

Record: Karlene Wise 1:12:46.18 09/26/95

1 Karlene Wise 42 TXAM 1:12:46.18
 2 Pam Geiger 42 SPM 1:22:58.99
 3 Cassandra E Garry 40 MICH 1:27:45.99
 4 Jane A Moore 44 PNA 1:38:32.17
 5 Diane T Kenneally 44 ARIZ 1:52:37.99

Women 45-49

Record: May L. Coors 1:23:40.62 09/10/94

1 Katherine Watson 47 IHAC 1:33:56.10
 2 Barbara Prescott 45 SPM 1:39:34.99

Women 50-54

Record: Sarah L. Brouger 1:20:18.99 06/19/93

1 Linda Bessemer 53 SDSM 1:27:39.56
 2 Fredericka Rapp 51 Mich 1:38:25.03
 3 Virginia Head ** 53 QSM 1:42:59.16
 4 Kathy Morden ** 52 QSM 2:01:46.99

Women 55-59

Record: Jayne Lambke 1:26:34.99 09/17/95

1 Jayne M Lambke 56 SPM 1:26:34.99
 2 Joan A Joesting-Mahoney 57 SPCO 2:57:06.99

Women 60-64

Record: Kate Knight-Perry 1:45:02.34 09/17/95

1 Kate Knight-Perry 60 SPM 1:45:02.34

Women 65-69

Record: Lois K. Nochman 1:49:11.68 07/24/94

1 Doreen Bondfield ** 65 Aussi 1:44:14.99

Women 70-74

Record: No US Record

1 Norma P Rudolph ** 72 Aussi 1:54:32.31

Men 19-24 No Entrants

Record: No US Record

Men 25-29 No Entrants

Record: No US Record

Men 30-34

Record: Eric Nordlund 1:09:09.10 08/20/95

1 Eric R Nordlund 31 Mich 1:09:09.10

Men 35-39

Record: Scott Rabalais 1:06:55.21 09/16/95

1 Scott F Rabalais 37 CRAW 1:06:55.21
 2 Gregory J Dozer 37 ARIZ 1:11:10.08
 3 James C Bach 37 SDSM 1:17:31.33
 4 Frederick J Leadbetter 35 SPM 1:20:14.60
 5 Ad Brouwers ** 39 PSV 1:29:53.07

Men 40-44

Record Larry Wood 1:05:42.12 09/26/95

1 Larry Wood 41 TXAM 1:05:42.12
 2 Frank L Thompson 43 MICH 1:09:26.09
 3 Bill B Ransom-Nelson 43 TXAM 1:09:44.50
 4 Hugh C Moore 41 PNA 1:14:59.91
 5 Elmer A Sperry 41 MICH 1:21:34.84

Men 45-49

Record: Keith Bell 1:06:12.31 09/26/95

1 Keith F Bell 47 TXAM 1:06:12.31
 2 David A Tanner 45 GRIN 1:13:09.25
 3 Thomas E Moyer 47 MICH 1:21:45.64
 4 Alan Pollin 48 ANCM 1:26:17.99
 5 Bruce E Day 45 SPM 1:39:21.34

Men 50-54

Record: Donald Kroeger 1:25:57.99 08/05/95

1 Donald J Kroeger 51 MICH 1:25:57.99
 2 Peter R Betzer 53 SPM 1:30:50.69

Men 55-59

Record: Ernie Leskovitz 1:17:00.28 09/28/95

1 Ernie Leskovitz 58 GOLD 1:17:00.28
 2 Frank M Newquist 57 PNA 1:39:22.99

Men 60-64

Record: Buddy Belshe 1:25:30.99 09/18/95

1 Buddy Belshe 61 HBSC 1:25:30.99
 2 Frank E Reynolds 63 HBSC 1:26:03.10
 3 Thomas T Taylor 64 PNA 1:27:12.99
 4 Ralph G Perry 62 SPM 1:55:22.99

Men 65-69

Record: No US Record

1 Stanley Jacobs ** 67 QSM 1:27:19.99
 2 George Maina ** 66 Aussi 1:36:52.99

Men 70-74

Record: James K Edwards 1:38:24.50 07/6/95

1 Royce Jackson ** 70 Aussi 1:36:30.99
 2 James K Edwards 72 NEM 1:38:24.50
 3 T R Johnson 72 NEWP 2:49:15.02

Men 75-79

Record: No US Record

1 Harry C Redpath ** 76 QSM 2:14:03.99

was not an event?



1995 Long Distance 5K & 10K Postal National Championship

Sponsored and Sanctioned by The Pacific Northwest Association of Masters Swimmers. Sanction # 369506.

EVENT: Both the 5 Kilometer and 10 Kilometer swims are National Championships (Note: this is the first year that the 5K has been recognized as a national championship).

Location: Any 50 Meter pool on the planet Earth.

Date: The swim must be completed between May 15 and September 30, 1995.
Entries must be received by the meet director by October 20, 1995.

Eligibility: Open to all USMS members with valid 1995 registration. A photo copy of your 1995 USMS card must be sent with your entry. Foreign swimmers nineteen years of age and older are invited to participate. Proof of Masters membership is required. Foreign swimmers are not eligible for USMS records or All American status. Your age group is determined by your actual age on the date of your swim. Swimmers who change age groups during the event period may swim twice and enter in each age group. You may enter both the 5K and 10K. However, you may not use a split time from the 10K for the 5K.

Age Groups: Female and male in five year age groups 19-24, 25-29, etc., to 100+.

Awards: USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group for the 5K and 10K Championship. Championship patches will be awarded to each age group winner.

Scoring: Unofficial club scoring will be tabulated based on the top ten finishers in each age group. Scores will be kept for the men, women, and combined in three categories: 5K, 10K, and combined distances.

Rules: The 1995 USMS Rules for Long Distance Swimming govern this event. These include: 1) No drafting, two or more swimmers in one lane must maintain at least 10 meters of separation except when passing; 2) one or more adults must be present for the entire swim in the capacity of starter/head timer/referee; 3) A lap counter/timer/witness must record cumulative splits every 100 meters on the split sheet on the entry form; 4) Any swim entry which would establish a new USMS record must include an "Application for USMS Long Distance Record" (the form can be found in the USMS 1995 Rule Book, Appendix B). The 5K swim is 100 lengths of a 50 meter pool. The 10K swim is 200 lengths of a 50 meter pool. We suggest that 2 watches with fresh batteries be used to ensure that an official swim can be recorded, to the nearest hundredth of a second.

Fees: The entry fee for each event is \$8.00. Do not send cash. Make checks payable to: PNA Masters Swimmers. Foreign entrants, please submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

Results: Results will be distributed to all participants.

T-Shirts: Commemorative T-shirts for swimmers and special T-shirts for counters can be purchased for \$12. For non-US delivery include \$3 for foreign postage for each shirt.

**United States
Masters
Swimming**

5K & 10K Postal Swim
1995 Long Distance National Championship



Name: _____ Sex: _____ Age: _____

Address: _____ Phone: (____) ____-____

City: _____ State: _____ Country: _____ Zip: _____

USMS#: ____-____ Club: _____ Birthdate: ____/____/____

Entries must be received by the meet director by October 20, 1995.

LIABILITY RELEASE:

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 all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGE, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE: _____ DATE: _____

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

OFFICIAL TIME: ____:____:____.

We certify that on ____/____/____ (date) the entrant completed the 5K_/10K_ (check only one event), in the official time recorded above.

Signature of Swimmer (Required) _____ Signature of Verifier (required) _____
 Mail completed & signed entry form (liability release & time verification must both be signed), check for fees (entry, T-shirt, & foreign postage) payable to PNA Masters Swimmers, copy of your 1995 registration card, OPTIONAL self-addressed stamped postcard for entry receipt verification to:

Jane Moore
1867 58th St NE
Tacoma, WA 98422-1517
USA

FEES: Entry Fee (\$8.00 US) \$8.00
 T-shirts \$12.00 each sizes(swimmer) S _ M _ L _ XL _
 T-shirts \$12.00 each sizes(counter) S _ M _ L _ XL _
 Foreign T-shirt postage (\$3.00) _____
 TOTAL payable to PNA Masters Swimmers _____