

2009 RECIPIENTS OF THE POSTAL SERIES

**EACH PARTICIPANT COMPETED IN THE USMS NATIONAL LONG DISTANCE CHAMPIONSHIPS IN THE FOLLOWING 5 EVENTS:
ONE HOUR POSTAL, 5000 METER POSTAL, 10,000 METER POSTAL, 3000 YARD POSTAL, 6000 YARD POSTAL**

WOMEN

Age Group	Name	Club
W 30-34	Kristi Lee	SAWS
W 30-34	Evelyn Prior	OREG
W 35-39	Dale LeClair	GOLD
W 35-39	Elizabeth Kooy	IM
W 40-44	Victoria Rian	GOLD
W 40-44	Flavia Zappa	SPM
W 45-49	Denise Brown	MICH
W 45-49	Marcia Cleveland	IM
W 45-49	Heidi Kafka	IM
W 45-49	Nicole Vanderpoel	CMS
W 45-49	Joni Young	OREG
W 50-54	Maddie Diedo	MICH
W 50-54	Teresa Copeland	OREG
W 50-54	Paula Moores	SAWS
W 50-54	Shelley Propper	MOST
W 50-54	Patricia Rogers	OREG
W 55-59	Shirley Loftus-Charley	SMAM
W 55-59	Kathy Boyer	MOST
W 55-59	Elizabeth Budd	OREG
W 55-59	Emily White	NEM
W 55-59	Linda Callaway	MOST
W 55-59	Jill Wright	SAWS
W 55-59	Ruth Thompson	DBMS
W 60-64	Ann Svenson	DCM
W 60-64	Greta VanMeeteren	NCMS
W 60-64	Tam Jenkins	OREG

MEN

Age Group	Name	Club
M 18-24	Thomas Alne	GSM
M 25-29	Craig Charley	GSM
M 35-39	Tyler Blessing	TXLA
M 40-44	Michael Bell	MICH
M 40-44	Robert Higley	OREG
M 40-44	Robert Fernald	GBM
M 40-44	Keith Nelson	SPM
M 45-49	Kurtis Baron	VCM
M 45-49	James Biles	WMAC
M 45-49	David Sebastian	IM
M 45-49	Frank Wuest	NEM
M 45-49	David Nobles	COM
M 50-54	James Stewart	MINN
M 50-54	Timothy Kennedy	SPM
M 50-54	Chris Layton	IM
M 50-54	Joe Aumiller	MICH
M 50-54	Kyle Murray	GBM
M 55-59	Jim McConica	VCM
M 55-59	Larry Wood	TXLA
M 55-59	Frank Thompson	MICH
M 55-59	William Reeves	UTAH
M 55-59	Jack Fritts	IAMA
M 55-59	Michael Carew	OREG
M 55-59	Larry Beck	OREG
M 60-64	Bob Bruce	OREG
M 60-64	John Derr	VCM
M 60-64	John Ellis	OREG
M 60-64	Chuck Zeese	MICH
M 60-64	Henry Greenberg	NOVA
M 65-69	Larry Raffaelli	VCM
M 75-79	David Radcliff	OREG
M 75-79	Robert Beach	SPM

women	26	SAWS
men	32	OREG
total swimmers	58	GOLD
		IM
		SPM
		MICH
		CMS
		MOST
		SMAM
		NEM
		DBMS
		DCM
		NCMS
		GSM
		TXLA
		GBM
		VCM
		WMAC
		COM
		MINN
		UTAH
		IAMA
		NOVA