

**2004 USMS 10K National Championships - 1  
Huntington Bay, NY Sanction #064-06**

Name	Sex	Age	Team	Time	PL F/M	PL OA	Remarks
<b>F19-24</b>							
1 LINCOLN, Laura Beth	F	21	NIAG	3:18.19	15	40	
<b>F25-29</b>							
1 PETERSON, Julie	F	27	MARY	2:24.18	1	3	
2 HAST, Meghan	F	29	METR	2:41.45	6	12	
3 SCHWARTZ, Bonnie	F	25	METR	3:05.23	12	29	
THOMAS, Leslie	F	29	UN-CA	SCR			
<b>F30-34</b>							
1 CASHIN, Deborah	F	33	CONN	2:34.20	2	7	
2 NEIDRAUER, Lisa	F	31	METR	2:45.15	7	15	
3 ARMENTROUT, Anna	F	32	REDT	2:56.10	10	24	
4 TANGOREN-MASSOOD, I	F	32	METR	3:08.41	13	31	
5 BISCHOFBERGER, AnnM	F	31	METR	3:20.57	17	44	
6 MOFFETT, Erica	F	34	REDT	3:28.08	19	48	
<b>F35-39</b>							
1 CRANE, Monique	F	39	CONN	2:50.20	8	18	
2 MITCHELL, Heather	F	39	CONN	3:37.46	21	50	
<b>F40-44</b>							
1 CLEVELAND, Marcia	F	40	IM	2:40.48	4	9	
1 MacDONALD, Marcella	F	40	CONN	2:40.48	4	9	
3 FALK, Abigail	F	42	REDT	3:09.12	14	32	
JAEGER, Kathleen	F	41	METR	DNF			
TULIAO, Miriam	F	43	METR	DNF			unoff'l = 4:48 +
<b>F45-49</b>							
1 EINSIDLER, Karen	F	48	CONN	2:37.15	3	8	
2 FRY, Elizabeth	F	45	CONN	2:51.33	9	21	
3 ALLEN, Pamela	F	48	O*H*	3:20.39	18	42	
<b>F50-54</b>							
1 LOFTUS, Shirley	F	52	VMST	2:56.29	11	26	
KATZEFF, Martha	F	52	METR	DNF			only 5k, 2:25 +
GREENWOOD, Gaile	F	52	CONN	SCR			
<b>F55-59</b>							
1 SPRINGER, Phyllis	F	55	REDT	3:09.12	14	33	
2 YEOMANS, Susan	F	56	REDT	3:37.01	20	49	
VELLUCCI, Marie	F	55	METR	DNF			pulled at 4:25 +
<b>M19-24</b>							
1 CHARLEY, Craig	M	21	VMST	2:33.57	5	6	
<b>M25-29</b>							
1 AL-MASHAT, Hashim	M	29	METR	3:04.59	17	28	
<b>M30-34</b>							
1 DEWING, Craig	M	34	CMYM	2:27.09	4	5	

**2004 USMS 10K National Championships - 2**  
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Name	Sex	Age	Team	Time	PL F/M	PL OA	Remarks
2 ALLISON, Bobby	M	33	METR	2:51.23	12	20	
3 TORRES, JR, Jaime	M	33	METR	3:17.56	22	37	
4 PALMER, Lance	M	32	HUMS	3:20.42	26	43	
<b>M35-39</b>							
1 BARRA, David	M	39	ADMS	2:55.52	14	23	
2 EDMUNDS, Mark	M	37	MARY	3:46.40	30	51	
NAPE, Steven	M	35	UN-VA	SCR			
<b>M40-44</b>							
1 SHERMAN, Kevin	M	40	NAST	2:41.22	6	11	
2 SHTAB, Steven	M	42	METR	2:44.20	8	14	
3 KNIGHT, David	M	40	CONN	3:10.44	19	34	
4 PIERCE, Ed	M	42	UN-VA	3:17.59	22	38	
GILLESPIE, Thomas	M	42	REDT	DNF			
EUBANKS, John T.	M	43	UN-PV	SCR			
<b>M45-49</b>							
1 STEWART, Jim	M	47	MINN	2:20.42	1	1	
2 PARCELLS, David	M	46	CONN	2:48.41	10	17	
3 CHALANDON, Gilles	M	47	METR	2:50.28	11	19	
<b>M50-54</b>							
1 BELL, Alan	M	54	PNA	2:22.46	2	2	
2 LAUTMAN, Scott	M	51	PNA	2:24.19	3	4	
3 BAYLES, James	M	52	CONN	2:42.21	7	13	
4 LAUGHLIN, Terry	M	53	ADMS	2:52.21	13	22	
5 COLEMAN, T. Scott	M	50	GOLD	2:56.14	15	25	
6 McCLINTOCK, Paul	M	53	CONN	3:02.37	16	27	
7 LLOREDA, Carlos	M	50	GOLD	3:08.08	18	30	
8 DURANT, Peter	M	50	METR	3:24.46	27	45	
9 McCLUSKEY, Orin	M	53	METR	3:49.30	31	52	
10 DROWN, Curtis	M	50	UN-AD	3:58.40	32	53	
11 FINKELSTEIN, Morris	M	54	CONN	4:08.14	34	55	
<b>M55-59</b>							
1 SHRUM, John	M	55	VMST	2:48.23	9	16	
2 WALLACE, Richard J.	M	56	GSM	3:18.04	24	39	
3 GOLDSTEIN, Allan	M	55	REDT	3:25.39	28	46	
4 MARTIN, Richie	M	55	NEM	3:26.28	29	47	
5 ECKSTEIN, Henry	M	56	METR	4:14.47	35	56	
DIXON, Patrick	M	55	SCAQ	SCR			
BRASWELL, Willis Jr.	M	59	DCM	SCR			
<b>M60-64</b>							
1 MEIER, James	M	60	METR	4:02.31	33	54	
<b>M65-69</b>							
1 BRUNSTAD, George	M	69	CONN	3:13.42	20	35	

**2004 USMS 10K National Championships - 3**  
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<b>Name</b>	<b>Sex</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>PL F/M</b>	<b>PL OA</b>	<b>Remarks</b>
2 BRENTON, J.C. "Buz"	M	69	IAMA	3:20.17	25	41	
<b>M70-74</b>							
1 BEACH, Robert	M	73	SPM	3:14.00	21	36	