

**2021 U.S. Masters Swimming Long Distance National Championships  
Postal Relay All Americans**

**Women's Relays (3 Swimmers)**

Age Group	Event	Club Name	Total Time/ Distance	First Name	Last Name	Age	Club Abbr	USMS Number	Individual Time/ Distance	National Record
18+	1-Hour ePostal	Illinois Masters	12,565	Julia	Green	23	IM	211Z-JCG98	4,180	
				Stephanie	Henry	47	IM	2114-09R25	4,275	
				Marcia	Cleveland	57	IM	211M-MC944	4,110	
	2-Mile Cable	Oregon Masters	2:20:50.77	Celia	Van Den Wymelenberg	18	OREG	371R-EPHU5	0:49:50.41	Y
				Amy	Johnson	42	OREG	3712-01NWE	0:46:15.42	Y
				Alexis	Higlett	38	OREG	371X-0B4SC	0:44:44.94	Y
25+	1-Hour ePostal	Santa Cruz Masters Aquatics	14,020	Valerie	Thorp	30	CRUZ	381H-0793E	4,675	
				Tesla	Profumo	44	CRUZ	381R-068K7	4,820	
				Cynthia	Hertzer	52	CRUZ	3814-CHSWM	4,525	
	5K ePostal	Virginia Masters Swim Team	4:15:33.50	Kay	Wakeman	34	VMST	1218-074ZM	1:28:48.29	
				Rebecca	Latimer	39	VMST	121N-023UP	1:27:51.99	
				Shirley	Loftus-Charley	70	VMST	121G-WATER	1:18:53.22	
	10K ePostal	Walnut Creek Masters	7:06:43.72	Lindsay	Flores-Gaudinier	32	WCM	3813-06NAP	2:22:56.91	Y
				Alison	Zamanian	51	WCM	3811-03FP1	2:17:50.72	Y
				Suzanne	Heim-Bowen	63	WCM	381X-03F3T	2:25:56.09	Y
	3000 ePostal	Virginia Masters Swim Team	2:12:15.45	Kay	Wakeman	34	VMST	1218-074ZM	0:46:11.21	
				Rebecca	Latimer	39	VMST	121N-023UP	0:44:19.52	
				Shirley	Loftus-Charley	70	VMST	121G-WATER	0:41:44.72	
35+	1-Hour ePostal	St Pete Masters Inc	14,005	Sarah	Swoch	36	SPM	141T-02TVT	4,500	
				Valerie	Valle	44	SPM	141P-02ER1	4,820	
				Paula	Texel	51	SPM	141D-0625D	4,685	
	5K ePostal	Oregon Masters	3:55:24.82	Alexis	Higlett	38	OREG	371X-0B4SC	1:12:01.17	
				Anicia	Criscione	48	OREG	371R-EYEEM	1:19:13.56	
				Betsy	Hanson	60	OREG	371C-03D7C	1:24:10.09	
	3000 ePostal	Oregon Masters	2:01:59.97	Alexis	Higlett	38	OREG	371X-0B4SC	0:35:16.97	
				Suzy	Jajewski	46	OREG	3711-074MV	0:43:32.00	
				Cheryl	Morgen	52	OREG	371C-026FA	0:43:11.00	
	6000 ePostal	Oregon Masters	4:12:51.57	Alexis	Higlett	38	OREG	371X-0B4SC	1:13:22.57	
				Suzy	Jajewski	46	OREG	3711-074MV	1:29:40.00	
				Jayette	Pettit	54	OREG	3711-0A8HS	1:29:49.00	
	2-Mile Cable	Arizona Masters Swim Club Inc	2:55:41.78	Christine Guidi	Nelson	37	ARIZ	481V-04663	0:55:19.24	
				Jessica	Bagley	38	ARIZ	4818-02WUB	0:59:50.24	
				Elaine Kathryn	Kratz	36	ARIZ	481N-05R5U	1:00:32.30	
45+	1-Hour ePostal	New England Masters Swim Club	12,935	Emily	Mitchell	48	NEM	021X-046HW	4,000	
				Kysa	Crusco	45	NEM	021F-07Z08	4,575	
				Kristin	Wilkes-White	50	NEM	021N-033SB	4,360	

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<b>45+</b>	5K ePostal	Swim Kentucky Masters	4:34:33.22	Julie	May	54	SKY	411Z-06T3A	1:19:18.76	
				Jennifer	Ackerman	54	SKY	4115-2MS6S	1:38:26.99	
				Jean	Dentinger	61	SKY	411R-01PJZ	1:36:47.47	
	10K ePostal	Palm Beach Masters	12:03:05.63	Suzanne	Dearworth	49	PBM	501U-027H7	2:48:12.83	
				Heidi	Bettendorf	57	PBM	501U-0B0PC	4:59:31.99	
				Karen	Lewin	65	PBM	501S-06124	4:15:20.81	
				Anicia	Criscione	48	OREG	371R-EYEEM	0:42:13.43	
	3000 ePostal	Oregon Masters	2:04:47.93	Gillian	Salton	53	OREG	372F-05G96	0:41:30.99	
				Jayette	Pettit	54	OREG	3711-0A8HS	0:41:03.51	
				Laura	Schob	63	OREG	371P-026DX	1:00:37.21	
	2-Mile Cable	Oregon Masters	2:44:52.95	Anicia	Criscione	48	OREG	371R-EYEEM	0:52:40.32	
				Suzy	Jajewski	46	OREG	3711-074MV	0:51:35.42	
Charlotte				Brynn	55	NEM	021F-034BA	4,470		
<b>55+</b>	1-Hour ePostal	New England Masters Swim Club	13,085	Jane	Cheney	60	NEM	021K-05ECA	4,065	
				Tracy	Grilli	64	NEM	021B-RDS0X	4,550	
				Heather	Kemp	55	SKY	411C-2TJ9X	1:55:34.00	
	5K ePostal	Swim Kentucky Masters	5:25:52.99	Frances	Jones	59	SKY	411X-01WEE	1:47:12.00	
				Nancy	Ackerson	60	SKY	411J-01WR3	1:43:06.99	
				Cathy	Goodwin	56	PBM	501K-08CWV	3:13:39.99	
	10K ePostal	Palm Beach Masters	9:12:16.97	Tamara	Burton	63	PBM	5016-099CG	3:04:55.99	
				Catherine	Rust	68	PBM	5013-06WNH	2:53:40.99	
				Arlene	Delmage	59	OREG	3715-01Z4F	0:44:47.01	
				Jeanna	Summers	67	OREG	371P-000PT	0:47:16.04	
	3000 ePostal	Oregon Masters	2:12:00.39	Colette	Crabbe	65	OREG	371M-02645	0:39:57.34	
				Karen	Einsidler	65	SHARK	141X-01S73	4,645	
June				Carson	73	SHARK	1416-04BSY	3,325		
<b>65+</b>	1-Hour ePostal	Sarasota Shark Masters	11,595	Meredith	Moore	72	SHARK	1418-01S4X	3,625	
				Catherine	Rust	68	PBM	5013-06WNH	1:23:32.99	
				Joan	Craffey	68	PBM	501A-06MBR	1:30:14.99	
	5K ePostal	Palm Beach Masters	4:20:31.26	Darcy	LaFountain	66	PBM	501D-0212Z	1:26:43.28	
				Lizzie	Cheney	65	OREG	3712-02655	1:03:56.71	Y
				Mary Anne	Royle	69	OREG	3718-026GP	1:03:18.94	Y
	2-Mile Cable	Oregon Masters	3:08:11.08	Jeanna	Summers	67	OREG	371P-000PT	1:00:55.56	Y

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**Men's Relays (3 Swimmers)**

Age Group	Event	Club Name	Total Time/ Distance	First Name	Last Name	Age	Club Abbr	USMS Number	Individual Time/ Distance	National Record
25+	1-Hour ePostal	St Pete Masters Inc	15,395	Brayden	Amendola	28	SPM	1415-0AW3F	5,400	
				Christopher	Stickle	31	SPM	141N-06HTS	5,120	
				Christopher	Burke	59	SPM	1413-02RPB	4,875	
	5K ePostal	Swim Kentucky Masters	3:54:15.29	Stephen	Bradley	28	SKY	4114-0DSUM	1:19:25.15	
				George	Villarreal	50	SKY	411M-00677	1:10:45.55	
				John	Gover	64	SKY	411J-SW1MD	1:24:04.59	
	2-Mile Cable	Oregon Masters	2:17:43.03	Reuben	White	26	OREG	371M-09EYZ	0:49:14.28	Y
				Adam	Trexler	43	OREG	3710-07U45	0:44:16.44	Y
				Benjamin	Weston	40	OREG	371P-02CW6	0:44:12.31	Y
35+	1-Hour ePostal	Illinois Masters	13,555	Brandon	Albee	40	IM	211K-06DWM	4,950	
				Paul	Tzur	43	IM	211B-067KS	4,170	
				Dave	Jacobs	54	IM	2117-09BR7	4,435	
45+	1-Hour ePostal	New England Masters Swim Club	13,290	Matthew	Gilson	54	NEM	021H-033F6	4,600	
				Jim	Porter	52	NEM	021E-07PK2	3,990	
				Albert	Garcia	51	NEM	021V-0738T	4,700	
	3000 ePostal	Oregon Masters	2:17:34.62	Robbert	Van Andel	47	OREG	371P-0269U	0:39:28.31	
				Paul (Tank)	McNamara	58	OREG	371G-0601J	0:48:24.30	
				Doug	Brockbank	68	OREG	371C-0269M	0:49:42.01	
	2-Mile Cable	Oregon Masters	2:33:27.70	Kris	Calvin	59	OREG	371P-008NK	0:53:27.26	
				Brad	Biddle	53	OREG	371W-0460D	0:52:42.90	
				Lee	O'Connor	54	OREG	371Z-004WK	0:47:17.54	
55+	1-Hour ePostal	Sawtooth Masters	14,575	Kurt	Baron	57	SAWS	591R-03BBC	4,650	
				Jeff	Erwin	57	SAWS	5914-01J0A	5,325	
				Jim	Clemmons	71	SAWS	591T-03F93	4,600	
	5K ePostal	Longhorn Aquatics	3:39:43.26	Christopher	Born	58	TXLA	4319-0821C	1:16:59.00	
				Paul	Walker	60	TXLA	431H-03FMA	1:09:05.02	
				Larry	Wood	67	TXLA	431M-02NJF	1:13:39.24	
	3000 ePostal	Oregon Masters	1:46:18.69	Scot	Sullivan	55	OREG	371A-003C6	0:35:00.74	
				Eilhard	Lussier	56	OREG	3713-025VX	0:33:54.27	
				Dan	Kirkland	73	OREG	3717-069B3	0:37:23.68	
	6000 ePostal	Oregon Masters	3:53:37.22	Eilhard	Lussier	56	OREG	3713-025VX	1:10:31.99	
				Dan	Kirkland	73	OREG	3717-069B3	1:17:56.58	
				Bob	Bruce	73	OREG	3710-025YX	1:25:08.65	
2-Mile Cable	Oregon Masters	2:17:07.26	Jeff C	Stiling	61	OREG	371Z-006A0	0:47:35.49	Y	
			Scot	Sullivan	55	OREG	371A-003C6	0:44:48.68	Y	
			James	Proffitt	56	OREG	371X-007A2	0:44:43.09	Y	
65+	1-Hour ePostal	Oregon Masters	13,350	Jeffrey	Piette	66	OREG	371W-05P20	4,360	
				Bob	Bruce	73	OREG	3710-025YX	4,295	
				Dan	Kirkland	73	OREG	3717-069B3	4,695	

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65+	3000 ePostal	Oregon Masters	2:10:45.97	Kermit	Yensen	68	OREG	371J-025Y1	0:48:55.00	
				Jeffrey	Piette	66	OREG	371W-05P20	0:40:34.98	
				Bob	Bruce	73	OREG	3710-025YX	0:41:15.99	
75+	2-Mile Cable	Oregon Masters	2:38:47.18	Jeffrey	Piette	66	OREG	371W-05P20	0:55:16.83	Y
				David	Fryefield	67	OREG	371R-0260Z	0:53:08.14	Y
				Dan	Kirkland	73	OREG	3717-069B3	0:50:22.21	Y
				Dick	Hutchings	80	NEM	021W-07HTD	3,505	
75+	1-Hour ePostal	New England Masters Swim Club	9,365	Nicholas	Ribush	80	NEM	021N-07TUB	2,910	
				Santiago	Tapia-Perez	82	NEM	0215-0APME	2,950	

**Mixed Relays (2 Women, 2 Men)**

Age Group	Event	Club Name	Total Time/ Distance	First Name	Last Name	Age	Club Abbr	USMS Number	Individual Time/ Distance	National Record	
18+	1-Hour ePostal	Illinois Masters	18,350	Julia	Green	23	IM	211Z-JCG98	4,180		
				Brandon	Albee	40	IM	211K-06DWM	4,950		
				Stephanie	Henry	47	IM	2114-09R25	4,275		
				Andreas	Seibt	63	IM	211W-02VB9	4,945		
				Celia	Van Den Wymelenberg	18	OREG	371R-EPHU5	0:49:50.41	Y	
25+	2-Mile Cable	Oregon Masters	3:03:04.10	Alexis	Higlett	38	OREG	371X-0B4SC	0:44:44.94	Y	
				Adam	Trexler	43	OREG	3710-07U45	0:44:16.44	Y	
				Benjamin	Weston	40	OREG	371P-02CW6	0:44:12.31	Y	
				Brayden	Amendola	28	SPM	1415-0AW3F	5,400		
				Christopher	Stickle	31	SPM	141N-06HTS	5,120		
				Valerie	Valle	44	SPM	141P-02ER1	4,820		
25+	5K ePostal	Swim Kentucky Masters	5:32:36.45	Paula	Texel	51	SPM	141D-0625D	4,685		
				Stephen	Bradley	28	SKY	4114-0DSUM	1:19:25.15		
				Julie	May	54	SKY	411Z-06T3A	1:19:18.76		
				George	Villarreal	50	SKY	411M-00677	1:10:45.55		
				Nancy	Ackerson	60	SKY	411J-01WR3	1:43:06.99		
35+	1-Hour ePostal	New England Masters Swim Club	17,635	Sarah	Sutton	38	NEM	021M-XYEC6	4,750		
				Diane	Leith-Doucett	39	NEM	0212-06M9Z	4,570		
				Michael	Leake	43	NEM	0216-0AVED	4,435		
				Richard	Sweetman	43	NEM	021C-0AAM2	3,880		
	35+	5K ePostal	Oregon Masters	5:10:45.65	Alexis	Higlett	38	OREG	371X-0B4SC	1:12:01.17	
					Anicia	Criscione	48	OREG	371R-EYEEM	1:19:13.56	
					Patrick	Allender	63	OREG	3718-025Y4	1:17:54.20	
					Bob	Bruce	73	OREG	3710-025YX	1:21:36.72	



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<b>55+</b>	3000 ePostal	Tampa Bay Aquatic Masters	4:20:20.97	Norma	DeGuenther	59	TBAM	1415-065VR	0:55:15.01	
				Jay	Medlock	58	TBAM	1410-R1M0D	1:25:14.00	
				Becky	Nelson	57	TBAM	1419-02RXR	0:48:55.32	
				Charles	Ashbaugh	71	TBAM	141A-02SCP	1:10:56.64	
	2-Mile Cable	Oregon Masters	3:45:36.67	Laura	Schob	63	OREG	371P-026DX	1:00:37.21	
				Lizzie	Cheney	65	OREG	3712-02655	1:03:56.71	
<b>65+</b>	1-Hour ePostal	Oregon Masters	16,970	Kris	Calvin	59	OREG	371P-008NK	0:53:27.26	
				Jeff C	Stiling	61	OREG	371Z-006A0	0:47:35.49	
				Colette	Crabbe	65	OREG	371M-02645	4,265	
				Jeffrey	Piette	66	OREG	371W-05P20	4,360	
				Lizzie	Cheney	65	OREG	3712-02655	3,650	
	3000 ePostal	Oregon Masters	2:45:12.04	Dan	Kirkland	73	OREG	3717-069B3	4,695	
				Colette	Crabbe	65	OREG	371M-02645	0:39:57.34	Y
				Jeffrey	Piette	66	OREG	371W-05P20	0:40:34.98	Y
	2-Mile Cable	Oregon Masters	3:47:44.85	Jeanna	Summers	67	OREG	371P-000PT	0:47:16.04	Y
				Dan	Kirkland	73	OREG	3717-069B3	0:37:23.68	Y
				Mary Anne	Royle	69	OREG	3718-026GP	1:03:18.94	Y
				Jeanna	Summers	67	OREG	371P-000PT	1:00:55.56	Y
<b>75+</b>	1-Hour ePostal	New England Masters Swim Club	11,200	David	Fryefield	67	OREG	371R-0260Z	0:53:08.14	Y
				Dan	Kirkland	73	OREG	3717-069B3	0:50:22.21	Y
				Elizabeth	Stengel	75	NEM	0213-09PRZ	2,425	
				Dick	Hutchings	80	NEM	021W-07HTD	3,505	
				Santiago	Tapia-Perez	82	NEM	0215-0APME	2,950	
Ruth	Stavis	84	NEM	0211-033F0	2,320					