

# Oregon LMSC Long Distance

## Oregon USMS Long Distance All-Stars

**1995 (1)**

Lavelle Stoinoff      MACO

**2001 (3)**

Pam Himstreet      OR-coma  
Steve Johnson      OR-ea  
Sara Quan      OR-coma

**2002 (1)**

Gina Dhom      OR-ea

**2003 (1)**

Mary Sweat      OR-coma

**2004 (2)**

Ray Allen      OR-som  
Steve Johnson      OR-ea

**2005 (2)**

Mary Sweat      OR-coma  
Steve Johnson      OR-ea

**2006 (1)**

Mary Sweat      OR-unat

**2007 (2)**

Doug Asbury      OR-coma  
Bob Bruce      OR-coma

**2008 (4)**

Steve Johnson      OR-ea  
Tom Landis      OR-coma  
Jackie Parker      OR-open  
Mary Sweat      OR-unat

**2009 (2)**

Bob Bruce      OR-coma  
Dave Radcliff      OR-thb

**2010 (2)**

Bob Bruce	OR-coma	
Arlene Delmage	OR-orm	
		<b>2011 (2)</b>
Ralph Mohr	OR-coma	
Dave Radcliff	OR-thb	
		<b>2012 (3)</b>
Tom Landis	OR-coma	
Hardy Lussier	OR-coma	
Matt Miller	OR-rvm	
		<b>2013 (4)</b>
Bob Bruce	OR-coma	
Matt Miller	OR-rvm	
Ralph Mohr	OR-coma	
Dave Radcliff	OR-thb	
		<b>2014 (8)</b>
Bob Bruce	OR-coma	
Bonnie Edwards	OR-orm	
Hardy Lussier	OR-coma	
Matt Miller	OR-rvm	
Ralph Mohr	OR-coma	
Dave Radcliff	OR-thb	
Christian Tujo	OR-coma	
Peggy Whiter	OR-coma	

### Oregon USMS Long Distance All-Americans

		<b>1983 (1)</b>
Lavelle Stoinoff	Unat	1-hour postal (National Record)
		<b>1988 (1)</b>
Lavelle Stoinoff	Unat	1-hour postal (National Record)
		<b>1995 (2)</b>
Ginger Pierson	OR	3-mile open water
Lavelle Stoinoff	Unat	1-hour postal (National Record)
		<b>1998 (1)</b>
Lavelle Stoinoff	MACO	1-hour postal
		<b>1999 (4)</b>
Greg Jablonski	OR-thb	1-hour postal
Chris Lindstrom	OR-thb	5000-meter postal
Judy Melcher	OR-thb	5000-meter postal
Lavelle Stoinoff	MACO	1-hour postal

### 2000 (15)

John Collins II	OR-thb	5000-meter postal
Gina Dhom	OR-ea	3000-yard postal
Amy Halligan	OR-coma	6000-yard postal
Pam Himstreet	OR-coma	10,000-meter open water
Amy Imwalle	OR-coma	10,000-meter open water
Greg Jablonski	OR-thb	10,000-meter open water, 5000-meter postal
Steve Johnson	OR-ea	6000-yard postal
Andy Lachman	MACO	10,000-meter open water
Brent Lake	OR-coma	3000-yard postal, 6000-yard postal
Geri Matherson	OR-rvm	10,000 open water
Sara Quan	OR-coma	10,000 open water, 3000-yard postal National Record), 6000-yard postal (National Record)
David Radcliff	OR-thb	10,000-meter open water
Laura Schob	OR-coma	10,000-meter open water
Darlene Staley	OR-thb	10,000-meter postal
Peggy Whiter	OR-coma	10,000-meter postal, 6000-yard postal

### 2001 (12)

Ray Allen	OR-som	3000-meter open water
Elaine Jane Cole	OR-unat	3000-meter open water
Julie Himstreet	OR-ea	3000-meter open water
Pam Himstreet	OR-coma	3000-meter open water, 10,000-meter postal, 3000-yard postal, 6000-yard postal
Kelsey Holmberg	OR-coma	3000-meter open water
Madeleine Holmberg	OR-coma	3000-meter open water
Steve Johnson	OR-ea	5000-meter postal
Takeo Nishimura	OR-coma	3000-meter open water
Sara Quan	OR-coma	3000-meter open water, 1-hour postal, 10,000-meter postal (National Record), 3000-yard postal (National Record)
David Radcliff	OR-thb	3000-meter open water, 5000-meter postal
Darlene Staley	OR-thb	10,000-meter postal
Jani Sutherland	OR-coma	6000-yard postal

### 2002 (16)

Ray Allen	OR-som	6000-yard postal
Joyce Bahler	MACO	1-mile open water
Gina Dhom	OR-ea	5000-meter postal, 3000-yard postal
Mike Douglas	OR-coma	1-mile open water
Julie Himstreet	OR-ea	1-mile open water
Kelsey Holmberg	OR-coma	1-mile open water
Steve Johnson	OR-ea	1-mile open water
Tom Landis	OR-coma	1-mile open water, 5,000-meter postal (National Record)
Takeo Nishimura	OR-coma	1-mile open water

Sara Quan	OR-coma	1-mile open water, 1-hour postal
David Radcliff	OR-thb	1-mile open water, 1-hour postal, 5000-meter postal
Kerri Roussain	OR-pms	1-mile open water, 10,000-meter postal
Lavelle Stoinoff	MACO	1-hour postal
Mary Sweat	OR-coma	1-mile open water
Ron Thompson	OR-coma	1-mile open water
Gil Young	OR-mhm	1-mile open water

### 2003 (13)

Ray Allen	OR-som	5000-meter open water
Joyce Bahler	MACO	5000-meter open water
Gina Dhom	OR-ea	5000-meter open water
Kelsey Holmberg	OR-coma	5000-meter open water
Tam Jenkins	OR-owet	10-km postal
Steve Johnson	OR-ea	5000-meter open water, 5-km postal, 3000-yd postal
Christopher Krenz	OR-cbat	5000-meter open water
Tom Landis	OR-coma	5000-meter open water
Sara Quan	OR-coma	5000-meter open water, 1-hour postal
David Radcliff	OR-thb	5000-meter open water, 1-hour postal, 5-km postal, 3000-yd postal
Lavelle Stoinoff	MACO	1-hour postal (National Record)
Mary Sweat	OR-coma	5000-meter open water, 5-km postal, 10-km postal, 3000-yd postal, 6000-yd postal
Joni Young	OR-scc	5000-meter open water, 6000-yd postal

### 2004 (18)

Ray Allen	OR-som	3500-meter open water, 6000-yard postal
Danielle Ebnother	OR-som	3500-meter open water
Barbara Frid	OR-thb	1-hour postal, 3000-yard postal (National Record)
Pam Himstreet	OR-coma	3500-meter open water
Greg Jablonski	OR-thb	5-km postal
Steve Johnson	OR-ea	3500-meter open water, 5-km postal, 10-km postal, 3000-yard postal, 6000-yard postal
Brent Lake	OR-coma	3000-yard postal, 6000-yard postal
Todd Lantrey	OR-rvm	3500-meter open water
June Mather	OR-rvm	3500-meter open water
Tim Nelson	OR-coma	3500-meter open water
Sara Quan	OR-coma	3500-meter open water, 3000-yard postal, 6000-yard postal
David Radcliff	OR-thb	3500-meter open water, 1-hour postal, 5-km postal, 3000-yd postal, 6000-yard postal
Bill Rash	OR-unat	3500-meter open water
Dan Schmitt	OR-ea	3000-yard postal
Doug Stewart	OR-som	3500-meter open water
Lavelle Stoinoff	MACO	3500-meter open water, 3000-yard postal (National Record)
Mary Sweat	OR-coma	3500-meter open water, 6000-yd postal

Tyrrell, Laura                      MACO                      3500-meter open water

**2005 (16)**

Doug Asbury	OR-coma	1-mile open water
Hilda Buel	OR-unat	1-hour postal
Scot Elliott	OR-coma	1-mile open water
Barbara Frid	OR-thb	3000-yd postal
David Fryefield	OR-ea	1-mile open water
Pamela Gottlieb	OR-unat	1-mile open water
Kelsey Holmberg	OR-coma	1-mile open water
Madeleine Holmberg	OR-coma	1-mile open water
Steve Johnson	OR-ea	1-mile open water, 5-km postal, 10-km postal, 3000-yd postal, 6000-yd postal
Tom Landis	OR-coma	1-mile open water
Thomas Maffai	OR-coma	1-mile open water
Tim Nelson	OR-coma	1-mile open water
Nick Norton	OR-coma	1-mile open water
Sara Quan	OR-unat	1-mile open water
David Radcliff	OR-thb	5-km postal, 3000-yd postal
Mary Sweat	OR-coma	1-mile open water, 5-km postal, 3000-yd postal, 6000-yd postal

**2006 (6)**

Ray Allen	OR-som	6000-yd postal
Ralph Mohr	OR-coma	6000-yd postal
Dave Radcliff	OR-thb	5-km postal, 3000-yd postal, 6000-yd-postal
Michael Riccitelli	OR-coma	10-km postal
Kerry Roussain	OR-gvam	3000-yd postal
Mary Sweat	OR-unat	5-km postal, 6000-yd postal

**2007 (7)**

Ray Allen	OR-som	6000-yd postal
Hilda Buel	OR-unat	1-hour postal
Charles Bushey	OR-unat	1-hour postal
Arlene Delmage	OR-gvam	1.76-mile open water
Steve Johnson	OR-ea	3000-yd postal
Tom Landis	OR-coma	5-km postal, 3000-yd postal
Dave Radcliff	OR-thb	1.76-mile open water, 1-hour swim, 5-km postal, 3000-yd postal, 6000-yd postal
Mary Sweat	OR-unat	1.76-mile open water, 5-km postal, 3000-yd postal

**2008 (12)**

Doug Asbury	OR-coma	5-km open water, 5-km postal
Elizabeth Budd	OR-cat	25-km open water
Dave Cloninger	OR-coma	3000-yd postal
Keith Dow	OR-open	5-km open water
Cristina Hayter	OR-unat	5-km open water

Julie Himstreet	OR-ea	5-km open water
Madeleine Holmberg	OR-coma	5-km open water
Steve Johnson	OR-ea	5-km open water, 5-km postal (National Record), 10-km postal, 3000-yard postal (National Record), 6000-yard postal (National Record)
Tom Landis	OR-coma	5-km open water, 1-hour postal (National Record), 5-km postal, 3000-yard postal
Jackie Parker	OR-open	5-km open water
Dave Radcliff	OR-thb	1-hour postal, 5-km postal, 3000-yard postal, 6000-yard postal
Mary Sweat	OR-unat	1-hour postal, 6000-yard postal

### 2009 (7)

Bob Bruce	OR-coma	2-mile open water cable, 5-km postal, 6000-yard postal
Sue Calnek-Morris	OR-orm	3000-yard postal
Steve Johnson	OR-ea	10-km postal (National Record), 3000-yard postal
Brent Lake	OR-coma	6000-yard postal
Tom Landis	OR-coma	1-mile open water, 1-hour postal
Dave Radcliff	OR-thb	1-mile open water, 1-hour postal, 5-km postal (National Record), 10-km postal (National Record), 3000-yard postal (National Record), 6000-yard postal (National Record)
Mary Sweat	OR-unat	5-km postal

### 2010 (7)

Charles Bushey	OR-unat	1-hour Postal
Sue Calnek-Morris	OR-orm	3000-yard Postal
Arlene Delmage	OR-orm	1-mile Open Water
Esther Ellis	SWMS-lswm	10-km Postal, 6000-yard Postal
Steve Johnson	OR-ea	3000-yard Postal
Tom Landis	OR-coma	3000-yard Postal
Dave Radcliff	OR-thb	1-hour Postal (National Record), 5-km Postal, 3000- yard Postal, 6000-yard Postal

### 2011 (20)

Mark Braun	OR-orm	1-mile Open Water (Cable)
Charles Bushey	OR-unat	1-hour Postal
David Hathaway	OR-orm	1-mile Open Water (Cable)
Peggie Hodge	OR-coma	1-mile Open Water (Cable)
Amy Holcomb	OR-coma	1-mile Open Water (Cable)
Pat Hunt	OR-coma	3000-yd Postal
Cathy Imwalle	OR-coma	1-mile Open Water (Cable)
Serena Johnson	SW-lswm	5-km Postal
Brent Lake	OR-coma	1-mile Open Water (Cable)
Tom Landis	OR-coma	3000-yd Postal, 1-mile Open Water (Cable)

Ralph Mohr	OR-coma	10-km Postal, 3000-yd Postal, 6000-yd Postal
Dave Radcliff	OR-thb	1-hour Postal, 5-km Postal, 3000-yd Postal, 6000-yd Postal, 1-mile Open Water (Cable)
Ashley Salter	DK	1-mile Open Water (Cable)
Grant Schoepper	OR-ncms	1-mile Open Water (Cable)
Jeanna Summers	OR-orm	1-mile Open Water (Cable)
Mary Sweat	OR-unat	1-mile Open Water (Cable)
Chris Tujo	OR-coma	10-km Postal
Amy Ward	OR-coma	1-mile Open Water (Cable)
Betsy Watkins	OR-orm	1-mile Open Water (Cable)
Susie Young	OR-thb	1-mile Open Water (Cable)

### 2012 (14)

Brett Crandall	OR-coma	2-mile Open Water Cable
Can Ergenekan	OR-unat	2-mile Open Water Cable
Lindsey Ergenekan	OR-unat	2-mile Open Water Cable
Janet Gettling	OR-coma	2-mile Open Water Cable
Amy Holcomb	OR-unat	2-mile Open Water Cable
Tom Landis	OR-coma	5-km Postal (national Record) ; 3000-yd Postal; 6000-yd Postal; 2-mile Open Water Cable
Hardy Lussier	OR-coma	10-km Postal (National Record); 3000-yd Postal
Matt Miller	OR-rvm	3000-yd Postal, 6000-yd Postal
Dave Radcliff	OR-thb	1-hour Postal, 5-km Postal, 3000-yd Postal, 6000-yd Postal
Erin Stone	OR-	2-mile Open Water Cable
Mary Sweat	OR-unat	5-km Postal (National Record); 3000-yd Postal; 6000-yd Postal; 2-mile Open Water Cable
Jayna Tomac	OR-coma	6000-yd Postal
Tatum Tynismaa	OR-cgm	2-mile Open Water Cable
Terri Tynismaa	OR-cgm	2-mile Open Water Cable

### 2013 (11)

Bob Bruce	OR-coma	10-km Postal
Can Ergenekan	OR-maco	3000-yd Postal
Steve Johnson	OR-ea	5-km Postal; 3000-yd Postal; 6000-yd Postal
Tom Landis	OR-coma	1-hour Postal; 5-km Postal; 3000-yd Postal
Hardy Lussier	OR-coma	10-km Postal
Matt Miller	OR-rvm	10-km Postal; 6000-yd Postal; 2.4-mile Open Water
Ralph Mohr	OR-coma	1-mile Open Water
Jeff Nason	OR-cat	3000-yd Postal
Dave Radcliff	OR-thb	1-hour Postal; 3000-yd Postal; 6000-yd Postal; 5-km Open Water; 2.4-mile Open Water
Mary Sweat	OR-unat	1-hour Postal; 5-km Postal; 10-km Postal; 3000-yd Postal; 6000-yd Postal
Jayna Tomac	OR-coma	5-km Postal; 10-km Postal; 3000-yd Postal; 6000-yd Postal

**2014 (18)**

Pat Allender	OR-cat	5-km Open Water
Bob Bruce	OR-coma	2-mile Open Water Cable , 10-km Open Water, 10-km ePostal
Charles Bushey	OR-un	1-hour ePostal
Hannah Cutts	OR-un	5-km Open Water
Earl Ellis	OR-coma	3000-yd ePostal
Amy Holcomb	OR-coma	5-km Open Water
Amy Johnson	OR-coma	5-km Open Water
Steve Johnson	OR-ea	5-km Open Water, 5-km ePostal, 3000-yd ePostal, 6000-yd ePostal
Tom Landis	OR-coma	5-km Open Water, 3000-yd ePostal
Hardy Lussier	OR-coma	5-km Open Water, 5-km ePostal, 10-km ePostal, 3000-yd ePostal
Matt Miller	OR-rvm	5-km ePostal, 10-km ePostal, 3000-yd ePostal, 6000-yd ePostal
Jeff Nason	OR-cat	5-km Open Water
Dave Radcliff	OR-thb	5-km Open Water, 1-hour ePostal, 5-km ePostal (National Record), 3000-yd ePostal (National Record), 6000-yd ePostal (National Record)
Jeanna Summers	OR-orm	5-km Open Water
Mary Sweat	OR-un	5-km Open Water
Ron Thompson	OR-coma	5-km Open Water
Jayna Tomac	OR-coma	10-km ePostal, 3000-yd ePostal, 6000-yd ePostal
Peggy Whiter	OR-coma	5-km Open Water, 10-km ePostal, 3000-yd ePostal

**2015 (16)**

Bob Bruce	OR-coma	10-km Open Water
Marlys Cappaert	OR-cbat	2-mile Open Water Cable
Jed Cronin	OR-thb	5-km ePostal
Arlene Delmage	OR-orm	2-mile Open Water Cable, 10-km ePostal
Tim Holmberg	UC37	2-mile Open Water Cable
Jessica Kieras	OR-open	2-mile Open Water Cable
Willard Lamb	OR-orm	1-hour ePostal (National Record), 5-km ePostal (National Record), 3000-yd ePostal (National Record)
Hardy Lussier	OR-coma	2-mile Open Water Cable, 5-km ePostal, 10-km ePostal, 6000-yd ePostal
Sheri Markwardt	OR-oct	2-mile Open Water Cable
Matt Miller	OR-rvm	5-km ePostal, 10-km ePostal
Ralph Mohr	OR-coma	2-mile Open Water Cable
Nicole Pressprich	OR-coma	2-mile Open Water Cable
Dave Radcliff	OR-thb	1-mile Open Water, 10-km Open Water, 2-mile Open Water Cable, 1-hour ePostal (National Record), 5-km ePostal, 10-km ePostal (National Record), 3000-yd ePostal, 6000-yd ePostal
Jeanna Summers	OR-orm	2-mile Open Water Cable
Jayna Tomac	OR-coma	1-mile Open Water, 10-km Open Water, 2-mile Open Water Cable, 1-hour ePostal, 5-km ePostal,



Christian Tujo

OR-coma

10-km ePostal, 3000-yd ePostal, 6000-yd ePostal  
2-mile Open Water Cable

**2016 (?)**