

Oregon Masters Swimming

3000-Yard ePostal National Championships

Oregon LMSC Results 2015

Place numbers are national places

OR = Oregon Record; NR = National Record

* = Oregon All-Time Top Twelve Time

Women 25-29

17 Hsieh, Rachel 28 EA 53:17.82 608

Women 35-39

20 Taylor, Tammy 38 COMA 1:00:26.00 545

Women 40-44

1 Tomac, Jayna 43 COMA 36:32.84 911

3 Nelson, Sara 42 COMA 37:10.08* 896

10 Edwards, Bonnie 43 ORM 41:42.78* 799

11 Galas, Anna 44 EA 42:20.22 787

16 Proudfoot, Tasha 42 EA 45:52.10 726

25 Heindel, Jeannette 41 COMA 52:22.83 636

Women 45-49

9 Morgen, Cheryl 46 COMA 43:07.00 786

19 Hirsch, Christine 46 CAT 47:47.00 709

39 Stormshack, Beth 49 OR-un 58:54.11 575

Women 50-54

7 Delmage, Arlene 52 ORM 38:45.06 924

11 Matson, Karen 52 COMA 40:08.17 892

28 Fox, Christina 54 CAT 49:49.00 718

36 Hyland, Kim 53 EA 54:31.09 657

48 Bowman, Marcie 51 OMVM 1:05:03.34 550

Women 55-59

8 Cappaert, Marlys 57 CBAT 44:03.00 827

Women 60-64

8 Summers, Jeanna 61 ORM 46:22.49* 809

21 Doters, Deb 62 EA 54:10.12* 693

29 White, Sue 60 COMA 59:08.00 634

Women 65-69

5 Johnson, Monika 67 VSC 52:13.64* 846

Women 70-74

11 Newton, Gail 71 EA 1:20:09.01* 569

Men 35-39

3 Miller, Matt 38 RVM 34:49.56* 869

7 Palma, Rudolfo 38 EA 38:20.03* 790

12 Hemphill, Brian 39 COMA 42:06.00 719

Men 40-44

15 Tujo, Chris 43 COMA 41:20.00 736

Men 45-49

7 Nelson, Tim 49 COMA 39:48.11 782

13 Wursta, Steve 49 COMA 42:14.00 737

Men 50-54

2 Lussier, Hardy 50 COMA 33:06.99* OR 955

12 Chalmers, John 52 EA 40:35.60 779

25 Voeller, Jan 54 COMA 47:28.99 666

38 Kersey, Kyle 51 OR-un 1:02:43.18 504

Men 55-59

9 Seton, John 57 OR-un 41:05.69* 792

16 Palmer, Kevin 55 COMA 45:01.91 722

28 Jensen, Steve 59 COMA 54:20.00 599

32 Lane, Mark 58 COMA 58:03.00 560

Men 60-64

4 Fryefield, David 61 EA 40:47.16* 832

6 Richardson, Brooks 62 COMA 42:33.00 797

9 Hopkins, Ben 60 COMA 44:30.00 762

13 Larson, Allen 62 ORM 45:39.08 743

18 Yensen, Kermit 62 COMA 48:10.99 704

33 Darnell, Steve 61 LHSC 1:05:05.72 521

Men 65-69

3 Johnson, Steve 67 EA 41:08.86 906

4 Bruce, Bob 67 COMA 41:18.37 902

10 Henderson, Matt 65 COMA 45:59.99 810

11 Carew, Mike 65 COMA 46:04.55* 809

Men 70-74

3 Mohr, Ralph 74 COMA 48:08.70 854

8 Landis, Tom 73 COMA 52:49.99 725

Men 75-79

3 Thayer, George 79 COMA 1:07:00.06 588

Men 80-84

1 Radcliff, Dave 81 THB 43:05.77 975

Men 90-94

1 Lamb, Willard 94 ORM 1:01:08.36* NR 1000

Women 25+: 3 x 3000

4 OREG (Hsieh, Proudfoot, Galas) 2:21:30.14

Women 35+: 3 x 3000

1 OREG (Edwards, Nelson, Tomac) 1:55:25.70

Women 45+: 3 x 3000

2 OREG (Morgen, Matson, Delmage) 2:02:00.23

Women 55+: 3 x 3000

4 OREG (Johnson, Summers, Cappaert) 2:22:39.13

Men 35+: 3 x 3000

2 OREG (Tujo, Palma, Miller) 1:54:29.59

Men 45+: 3 x 3000

2 OREG (Chalmers, Nelson, Lussier) 1:53:30.70

Men 55+: 3 x 3000

2 OREG (Richardson, Seton, Fryefield) 2:04:25.85

Men 65+: 3 x 3000

1 OREG (Henderson, Bruce, Johnson) 2:08:26.23

Men 75+: 3 x 3000

1 OREG (Thayer, Lamb, Radcliff) 2:51:14.19

Mixed 35+: 4 x 3000

1 OREG (S Nelson, Tomac, Palma, Miller) 2:26:52.51

Mixed 45+: 4 x 3000

1 OREG (Matson, Delmage, T Nelson, Lussier) 2:31:48.33

Mixed 55+: 4 x 3000

2 OREG (Summers, Cappaert, Seton, Fryefield) 2:52:18.34

Mixed 65+: 4 x 3000

2 OREG (Newton, M Johnson, Bruce, S Johnson) 3:34:49.88

Combined National Club Scores:

1 Swim Fort Lauderdale 57,904 pts

2 Davis Aquatic Masters 46,687

3 Oregon 38,176

A note about club scoring: Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the current USMS Record for the gender & age group and expressed as the three-digit number that you see following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!

To help settle the side wagers concerning who had the best 3000 swim—across gender and age group lines—here is the list of the top 12 swimmers by Quality Points:

1 Willard Lamb 1,000 pts (set the National Record!)

2 Dave Radcliff 975

Oregon Masters Swimming

3	Hardy Lussier	955
4	Arlene Delmage	924
5	Jayna Tomac	911
6	Steve Johnson	906
7	Bob Bruce	902
8	Sara Nelson	896
9	Karen Matson	892
10	Ralph Mohr	854
12	Monica Johnson	846
12	David Fryefield	832

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Women 40-44

1	Tomac, Jayna	43	COMA	1:14:45.07* OR	921
4	Edwards, Bonnie	43	ORM	1:25:06.18*	809

Women 50-54

2	Delmage, Arlene	52	ORM	1:20:48.01	908
5	Matson, Karen	52	COMA	1:25:05.31	862

Men 35-39

3	Miller, Matt	38	RVM	1:11:16.78* OR	871
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Men 40-44

2	Tujo, Chris	43	COMA	1:31:04.65	677
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Men 45-49

6	Nelson, Tim	49	COMA	1:20:34.62	791
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Men 50-54

1	Lussier, Hardy	50	COMA	1:07:25.41* OR	965
4	Calvin, Kris	53	COMA	1:15:45.00*	859
11	McNamara, Tank	53	COMA	1:28:28.95	736

Men 55-59

8	Graeber, Doug	56	COMA	1:37:47.00*	683
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Men 60-64

6	Richardson, Brooks	62	COMA	1:27:23.00*	794
11	Larson, Allen	62	ORM	1:34:38.17	733

Men 65-69

2	Bruce, Bob	67	COMA	1:24:34.28*	908
4	Johnson, Steve	67	EA	1:26:46.39	885
5	Carew, Mike	65?	COMA	1:36:01.94*	800

Men 70-74

3	Mohr, Ralph	74	COMA	1:38:50.94	809
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Men 80-84

1	Radcliff, Dave	81	THB	1:31:01.65	954
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Women 35+: 3 x 6000

1	OREG (Matson, Delmage, Tomac)	4:00:38.39
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Men 35+: 3 x 6000

2	OREG (McNamara, Tujo, Miller)	4:10:49.73
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Men 45+: 3 x 6000

1	OREG (Nelson, Calvin, Lussier)	3:43:45.03
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Men 55+: 3 x 6000

2	OREG (Carew, Larson, Richardson)	4:38:03.11
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Men 65+: 3 x 6000

1	OREG (Radcliff, Johnson, Bruce)	4:22:22.32
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Mixed 35+: 4 x 6000

1	OREG (Edwards, Tomac, Nelson, Miller)	5:11:42.65
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Mixed 45+: 4 x 6000

1	OREG (Matson, Delmage, Calvin, Lussier)	5:09:03.73
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Combined National Club Scores:

1	Oregon	14,965 pts
2	Davis Aquatic Masters	13,807
3	St. Pete Masters	8,307

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2	Dave Radcliff	954
3	Jayna Tomac	921
4t	Arlene Delmage	908
4t	Bob Bruce	908
6	Steve Johnson	885
7	Matt Miller	871
8	Karen Matson	862
9	Kris Calvin	859
10t	Bonnie Edwards	809
10t	Ralph Mohr	809
12	Mike Carew	800