

# 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	
		<b>2015 (8)</b>

Bob Bruce	OR-coma	
Arlene Delmage	OR-orm	
Hardy Lussier	OR-coma	
Matt Miller	OR-rvm	
Ralph Mohr	OR-coma	
Dave Radcliff	OR-thb	
Jayna Tomac	OR-coma	
Christian Tujo	OR-coma	
		<b>2016 (6)</b>

Bob Bruce	OR-coma	
Anicia Criscione	OR-cat	
Todd Lantry	OR-rvm	
Hardy Lussier	OR-coma	
Matt Miller	OR-rvm	
Dave Radcliff	OR-thb	
		<b>2017 (6)</b>

Bob Bruce	OR-coma	
Arlene Delmage	OR-orm	
Matt Miller	OR-rvm	
Ralph Mohr	OR-coma	

Dave Radcliff	OR-thb
Christian Tujo	OR-coma

**2018 (7)**

David Hathaway	OR-orm
Hardy Lussier	OR-coma
Matt Miller	OR-soma
Ralph Mohr	OR-coma
Dave Radcliff	OR-thb
Megan Tosh	OR-orm
Don Uhlir	OR coma

**Oregon USMS Long Distance All-Americans**

**1983 (1)**

Lavelle Stoinoff	Unat	1-hour postal (national record)
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**1988 (1)**

Lavelle Stoinoff	Unat	1-hour postal (national record)
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**1995 (2)**

Ginger Pierson	OR	3-mile open water
Lavelle Stoinoff	Unat	1-hour postal (national record)

**1998 (1)**

Lavelle Stoinoff	MACO	1-hour postal
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**1999 (4)**

Greg Jablonski	OR-thb	1-hour postal
Chris Lindstrom	OR-thb	5-km postal
Judy Melcher	OR-thb	5-km postal
Lavelle Stoinoff	MACO	1-hour postal

**2000 (15)**

John Collins II	OR-thb	5-km postal
Gina Dhom	OR-ea	3000-yard postal
Amy Halligan	OR-coma	6000-yard postal
Pam Himstreet	OR-coma	10-km open water
Amy Imwalle	OR-coma	10-km open water
Greg Jablonski	OR-thb	10-km open water, 5-km postal
Steve Johnson	OR-ea	6000-yard postal
Andy Lachman	MACO	10-km open water
Brent Lake	OR-coma	3000-yard postal, 6000-yard postal
Geri Matherson	OR-rvm	10-km open water

Sara Quan	OR-coma	10-km open water, 3000-yard postal (national record), 6000-yard postal (national record)
David Radcliff	OR-thb	10-km open water
Laura Schob	OR-coma	10-km open water
Darlene Staley	OR-thb	10-km postal
Peggy Whiter	OR-coma	10-km postal, 6000-yard postal

### 2001 (12)

Ray Allen	OR-som	3-km open water
Elaine Jane Cole	OR-unat	3-km open water
Julie Himstreet	OR-ea	3-km open water
Pam Himstreet	OR-coma	3-km open water, 10-km postal, 3000-yard postal, 6000-yard postal
Kelsey Holmberg	OR-coma	3-km open water
Madeleine Holmberg	OR-coma	3-km open water
Steve Johnson	OR-ea	5-km postal
Takeo Nishimura	OR-coma	3-km open water
Sara Quan	OR-coma	3-km open water, 1-hour postal, 10-km postal (national record), 3000-yard postal (national record)
David Radcliff	OR-thb	3-km open water, 5-km postal
Darlene Staley	OR-thb	10-km 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	5-km 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-km 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, 5-km postal
Kerri Roussain	OR-pms	1-mile open water, 10-km 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	5-km open water
Joyce Bahler	MACO	5-km open water
Gina Dhom	OR-ea	5-km open water
Kelsey Holmberg	OR-coma	5-km open water

Tam Jenkins	OR-owet	10-km postal
Steve Johnson	OR-ea	5-km open water, 5-km postal, 3000-yd postal
Christopher Krenz	OR-cbat	5-km open water
Tom Landis	OR-coma	5-km open water
Sara Quan	OR-coma	5-km open water, 1-hour postal
David Radcliff	OR-thb	5-km open water, 1-hour postal, 5-km postal, 3000-yd postal
Lavelle Stoinoff	MACO	1-hour postal (National Record)
Mary Sweat	OR-coma	5-km open water, 5-km postal, 10-km postal, 3000-yd postal, 6000-yd postal
Joni Young	OR-scc	5-km open water, 6000-yd postal

### 2004 (18)

Ray Allen	OR-som	3.5-km open water, 6000-yard postal
Danielle Ebnother	OR-som	3.5-km open water
Barbara Frid	OR-thb	1-hour postal, 3000-yard postal (national record)
Pam Himstreet	OR-coma	3.5-km open water
Greg Jablonski	OR-thb	5-km postal
Steve Johnson	OR-ea	3.5-km 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	3.5-km open water
June Mather	OR-rvm	3.5-km open water
Tim Nelson	OR-coma	3.5-km open water
Sara Quan	OR-coma	3.5-km open water, 3000-yard postal, 6000-yard postal
David Radcliff	OR-thb	3.5km open water, 1-hour postal, 5-km postal, 3000-yd postal, 6000-yard postal
Bill Rash	OR-unat	3.5-km open water
Dan Schmitt	OR-ea	3000-yard postal
Doug Stewart	OR-som	3.5-km open water
Lavelle Stoinoff	MACO	3.5-km open water, 3000-yard postal (national record)
Mary Sweat	OR-coma	3.5-km open water, 6000-yd postal
Tyrrell, Laura	MACO	3.5-km 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 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 cable
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Can Ergenekan	OR-unat	2-mile cable
Lindsey Ergenekan	OR-unat	2-mile cable
Janet Gettling	OR-coma	2-mile cable
Amy Holcomb	OR-unat	2-mile cable
Tom Landis	OR-coma	5-km postal (national record); 3000-yd postal; 6000-yd postal; 2-mile 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 cable
Mary Sweat	OR-unat	5-km postal (national record); 3000-yd postal; 6000-yd postal; 2-mile cable
Jayna Tomac	OR-coma	6000-yd postal
Tatum Tyynismaa	OR-cgm	2-mile cable
Terri Tyynismaa	OR-cgm	2-mile 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 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 (national record), 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 cable
Jed Cronin	OR-thb	5-km ePostal
Arlene Delmage	OR-orm	2-mile cable, 10-km ePostal
Tim Holmberg	UC37	2-mile cable
Jessica Kieras	OR-open	2-mile cable
Willard Lamb	OR-orm	1-hour ePostal (National Record), 3000-yd ePostal (national record)
Hardy Lussier	OR-coma	2-mile cable, 5-km ePostal, 10-km ePostal, 6000-yd ePostal
Sheri Markwardt	OR-oct	2-mile cable
Matt Miller	OR-rvm	5-km ePostal, 10-km ePostal
Ralph Mohr	OR-coma	2-mile cable
Nicole Pressprich	OR-coma	2-mile cable
Dave Radcliff	OR-thb	1-mile open water, 10-km open water, 2-mile cable, 1-hour ePostal, 5-km ePostal, 10-km ePostal (national record), 3000-yd ePostal, 6000-yd ePostal
Jeanna Summers	OR-orm	2-mile cable
Jayna Tomac	OR-coma	1-mile Open Water, 10-km Open Water, 2-mile cable, 1-hour ePostal, 5-km ePostal, 10-km ePostal, 3000-yd ePostal, 6000-yd ePostal
Christian Tujo	OR-coma	2-mile cable

### 2016 (12)

Colette Crabbe	OR-orm	3000-yd ePostal
Anicia Criscione	OR-cat	10-km open water
Mark Frost	OR-cgm	10-km open water
Lisa Gibson	NIKE	10-km open water
Willard Lamb	OR-orm	1-hour ePostal
Todd Lantry	OR-rvm	10-km open water
Hardy Lussier	OR-coma	5-km ePostal, 10-km ePostal, 3000-yd ePostal, 10-km open water, 2.7-mile open water

Matt Miller	OR-rvm	1-hour ePostal, 5-km ePostal, 10-km ePostal, 2-mile Cable, 10-km open water, 2.7-mile open water
Ralph Mohr	OR-coma	5-km ePostal, 3000-yd ePostal
Sara Nelson	OR-coma	1-hour ePostal, 3000-yd ePostal
Dave Radcliff	OR-thb	1-hour ePostal, 5-km ePostal, 10-km ePostal, 3000-yd ePostal, 6000-yd ePostal, 10-km open water
Pat Sherman	OR-coma	3000-yd ePostal, 6000-yd ePostal

### 2017 (23)

Ted Bonus	OR-maco	5-km open water
Bob Bruce	OR-coma	5-km open water, 3000-yd ePostal
Colette Crabbe	OR-orm	1-hour ePostal, 3000-yd ePostal
Arlene Delmage	OR-orm	9.2-mile open water, 2.4-mile open water
Bonnie Edwards	OR-orm	5-km open water
Lisa Gibson	OR-nike	9.2-mile open water, 2-mile cable, 5-km open water
Kurt Grote	OR-maco	5-km open water
Amy Holcomb	OR-coma	5-km open water
Stacy Kiefer	OR-coma	2-mile cable
Dan Kollar	OR-unat	1-mile open water
Willard Lamb	OR-orm	1-hour ePostal, 3000-yd ePostal
Matt Marceau	OR-cat	2-mile cable
Emily Melina	OR-un	5-km ePostal
Matt Miller	OR-rvm	2-mile cable, 1-mile open water, 1-hour ePostal, 5-Km ePostal, 10-km ePostal, 3000-yd ePostal, 6000-yd ePostal
Ralph Mohr	OR-coma	1-hour ePostal, 2-mile cable, 5-km open water, 5-km ePostal
Sara Nelson	OR-coma	1-hour ePostal
Sue Phillips	OR-cat	1-mile open water
Dave Radcliff	OR-thb	1-hour ePostal, 2-mile cable, 1-mile open water, 5-km ePostal, 3000-yd ePostal
Laura Schob	OR-coma	2-mile cable
Megan Tosh	OR-unat	5-km open water, 1-mile open water
Adam Trexler	OR-orm	5-km open water, 1-mile open water
Betsy Watkins	OR-orm	2-mile cable, 5-km open water
Kermit Yensen	OR-coma	2-mile cable

### 2018 (22)

Erin Cavender	OR-thb	11-mile open water
Drew Ibarra	OR-cbat	2-mile cable
Stacey Kiefer	OR-coma	2-mile cable
Jessica Kieras	OR-coma	10-km open water
Willard Lamb	OR-soma	1-hour postal, 5-km postal
Hardy Lussier	OR-coma	11-mile open water, 5-km postal, 10-km postal

Janie Malloy	OR-open	2-mile cable
Matt Miller	OR-soma	1-mile open water, 2-mile cable, 1-hour postal, 10-km postal, 3000-yd postal, 6000-yd postal
Ralph Mohr	OR-coma	2-mile cable
David Poulshock	OR-unat	11-mile open water
Dave Radcliff	OR-thb	2-mile cable, 10-km open water, 1-hour postal, 5-km postal, 3000-yd postal
Jennifer Robeson	OR-coma	2-mile cable
Sara Shepherd	OR-thb	11-mile open water, 5-km postal
Galen Sollon-Brotherton	OR-unat	11-mile open water
Rebecca Sortor	OR-coma	10-km open water
Kyle Stefanides	OR-coma	2-mile cable
Jeanna Summers	OR-orm	11-mile open water
Megan Tosh	OR-orm	11-mile open water, 2-mile cable, 10-km open water
Adam Trexler	OR-orm	11-mile open water
Don Uhlir	OR-coma	10-km postal
Betsy Watkins	OR-coma	11-mile open water, 2-mile cable
Kermit Yensen	OR-coma	11-mile open water

**2019 (??)**