

Oregon Postal One-Hour Swim Records

(as of March 1, 2020)

One-Hour Swim: Women's Individual Records

<u>Age Group</u>	<u>Distance</u>	<u>Swimmer</u>	<u>Year</u>
W18-24	4835 yds	Lydia Kapsenberg	2007
W25-29	5310 yds	Sara Quan	2002
W30-34	5125 yds	Sara Quan	2003
W35-39	5090 yds	Sara Nelson	2008
W40-44	4915 yds	Sara Nelson	2016
W45-49	5030 yds	Sara Nelson	2017
W50-54	4745 yds	Mary Sweat	2012
W55-59	4735 yds	Mary Sweat	2013
W60-64	4550 yds	Colette Crabbe	2017
W65-69	4135 yds	Lavelle Stoinoff	1999
W70-74	3960 yds	Lavelle Stoinoff	2003
W75-79	3495 yds	Sue Calnek-Morris	2019
W80-84	2590 yds	Pat Hunt	2012
W85-89	1890 yds	Bonnie Speer	2019
W90-94	1180 yds	Hilda Buel	2007

One-Hour Swim: Men's Individual Records

<u>Age Group</u>	<u>Distance</u>	<u>Swimmer</u>	<u>Year</u>
M18-24	4400 yds	Kevin Pearson	2007
M25-29	5585 yds	Alex Stiles	1993
M30-34	5550 yds	Jeff Stiling	1995
M35-39	5365 yds	Doug Stewart	2003
M40-44	5330 yds	Doug Stewart	2007
M45-49	5515 yds	Hardy Lussier	2012
M50-54	5515 yds	Hardy Lussier	2017
M55-59	5105 yds	Hardy Lussier	2020
M60-64	4935 yds	Steve Johnson	2009
M65-69	4680 yds	Tom Landis	2008
M70-74	4710 yds	Dan Kirkland	2019
M75-79	4520 yds	Dave Radcliff	2010
M80-84	4300 yds	Dave Radcliff	2015
M85-89	3805 yds	Dave Radcliff	2019
M90-94	2990 yds	Willard Lamb	2015
M95-99	2885 yds	Willard Lamb	2017

One-Hour Swim: Women's Relay Records (3 x One-Hour)

<u>Age Group</u>	<u>Distance</u>	<u>Swimmers</u>	<u>Year</u>
W18+	14,215 yds	Sara Nelson, Erin Ford, Lydia Kapsenberg	2007
W25+	14,590 yds	Chris Lindstrom, Amy Halligan, Sara Quan	2001
W35+	14,285 yds	Megan Lassen, Betsy Watkins, Kristine Senkier	2010
W45+	13,915 yds	Mary Sweat, Karen Matson, Arlene Delmage	2010 & 2011
W55+	13,535 yds	Stephanie Martin, Colette Crabbe, Valerie Jenkins	2020
W65+	10,210 yds	Jane Nichols, Geri Mathewson, Janet Gettling	2015
W75+	8,535 yds	Jeanne Magmer, Judy Ziemer, Sue Calnek-Morris	2019

One-Hour Swim: Men's Relay Records (3 x One-Hour)

<u>Age Group</u>	<u>Distance</u>	<u>Swimmers</u>	<u>Year</u>
M18+	14,140 yds	Kevin Pearson, Rob Higley, Nathan Boal	2007
M25+	14,770 yds	Bill Volckening, Lee O'Connor, Greg Jablonski	1999
M35+	15,485 yds	Kris Calvin, Hardy Lussier, Doug Stewart	2007
M45+	15,800 yds	Scot Sullivan, Kurt Grote, Hardy Lussier	2019

M55+	14,180 yds	Tom Landis, Bob Bruce, Steve Johnson	2004
M65+	13,235 yds	Michael Stephenson, Bob Bruce, Dan Kirkland	2019
M75+	11,065 yds	Barry Fasbender, Ralph Mohr, Dave Radcliff	2017

One-Hour Swim: Mixed Relay Records (4 x One-Hour)

<u>Age Group</u>	<u>Distance</u>	<u>Swimmers</u>	<u>Year</u>
Mx18+	18,510 yds	Jed Cronin, Tom Landis, Gina Dhom, Sara Quan	2003
Mx25+	20,255 yds	Mary Sweat, Greg Jablonski, Tim Nelson, Sara Quan	2002
Mx35+	20,105 yds	Karen Matson, Sara Nelson, Doug Stewart, Hardy Lussier	2008
Mx45+	19,890 yds	Karen Matson, Mary Sweat, Michael Baele, Hardy Lussier	2012
Mx55+	18,890 yds	Colette Crabbe, Valerie Jenkins, Pat Allender, Hardy Lussier	2020
Mx65+	16,405 yds	Rebecca Kay, Jeanna Summers, Bob Bruce, Dan Kirkland	2019
Mx75+	13,750 yds	Judy Ziemer, Sue Calnek-Morris, Ralph Mohr, Dave Radcliff	2019