

**2004 USMS 10k National Championships ~ Results**  
**Huntington Bay, NY 7/10/04 Sanction #064-06**

<b>Name</b>	<b>Sex</b>	<b>Age</b>	<b>Sw #</b>	<b>TIME</b>	<b>PL AG</b>	<b>PL SEX</b>	<b>PL OA</b>
STEWART, Jim	M	47	38	2:20.42	1	1	1
BELL, Alan	M	54	8	2:22.46	1	2	2
PETERSON, Julie	F	27	69	2:24.18	1	1	3
LAUTMAN, Scott	M	51	27	2:24.19	2	3	4
DEWING, Craig	M	34	14	2:27.09	1	4	5
CHARLEY, Craig	M	21	12	2:33.57	1	5	6
CASHIN, Deborah	F	33	57	2:34.20	1	2	7
EINSIDLER, Karen	F	48	59	2:37.15	1	3	8
CLEVELAND, Marcia	F	40	52	2:40.48	1	4	9
MacDONALD, Marcella	F	40	51	2:40.48	1	4	9
SHERMAN, Kevin	M	40	35	2:41.22	1	6	11
HAST, Meghan	F	29	62	2:41.45	2	6	12
BAYLES, James	M	52	2	2:42.21	3	7	13
SHTAB, Steven	M	42	37	2:44.20	2	8	14
NEIDRAUER, Lisa	F	31	68	2:45.15	2	7	15
SHRUM, John	M	55	36	2:48.23	1	9	16
PARCELLS, David	M	46	1	2:48.41	2	10	17
CRANE, Monique	F	39	58	2:50.20	1	8	18
CHALANDON, Gilles	M	47	11	2:50.28	3	11	19
ALLISON, Bobby	M	33	5	2:51.23	2	12	20
FRY, Elizabeth	F	45	53	2:51.33	2	9	21
LAUGHLIN, Terry	M	53	26	2:52.21	4	13	22
BARRA, David	M	39	6	2:55.52	1	14	23
ARMENTROUT, Anna	F	32	55	2:56.10	3	10	24
COLEMAN, T. Scott	M	50	13	2:56.14	5	15	25
LOFTUS, Shirley	F	52	66	2:56.29	1	11	26
McCLINTOCK, Paul	M	53	29	3:02.37	6	16	27
AL-MASHAT, Hashim	M	29	4	3:04.59	1	17	28
SCHWARTZ, Bonnie	F	25	70	3:05.23	3	12	29
LLOREDA, Carlos	M	50	3	3:08.08	7	18	30
TANGOREN-MASSOOD	F	32	72	3:08.41	4	13	31
FALK, Abigail	F	42	60	3:09.12	3	14	32
SPRINGER, Phyllis	F	55	71	3:09.12	1	14	33
KNIGHT, David	M	40	25	3:10.44	3	19	34
BRUNSTAD, George	M	69	10	3:13.42	1	20	35
BEACH, Robert	M	73	7	3:14.00	1	21	36
TORRES,JR, Jaime	M	33	39	3:17.56	3	22	37
PIERCE, Ed	M	42	34	3:17.59	4	22	38
WALLACE, Richard J.	M	56	40	3:18.04	2	24	39
LINCOLN, Laura Beth	F	21	65	3:18.19	4	15	40

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<b>Name</b>	<b>Sex</b>	<b>Age</b>	<b>Sw #</b>	<b>TIME</b>	<b>PL AG</b>	<b>PL SEX</b>	<b>PL OA</b>
BRENTON, J.C. "Buz"	M	69	9	3:20.17	2	25	41
ALLEN, Pamela	F	48	54	3:20.39	3	18	42
PALMER, Lance	M	32	33	3:20.42	4	26	43
BISCHOFBERGER, Ann	F	31	56	3:20.57	5	17	44
DURANT, Peter	M	50	18	3:24.46	8	27	45
GOLDSTEIN, Allan	M	55	24	3:25.39	3	28	46
MARTIN, Richie	M	55	28	3:26.28	4	29	47
MOFFETT, Erica	F	34	67	3:28.08	6	19	48
YEOMANS, Susan	F	56	76	3:37.01	2	20	49
MITCHELL, Heather	F	39	77	3:37.46	2	21	50
EDMUNDS, Mark	M	37	20	3:46.40	2	30	51
McCLUSKEY, Orin	M	53	30	3:49.30	9	31	52
DROWN, Curtis	M	50	17	3:58.40	10	32	53
MEIER, James	M	60	31	4:02.31	1	33	54
FINKELSTEIN, Morris	M	54	22	4:08.14	11	34	55
ECKSTEIN, Henry	M	56	19	4:14.47	5	35	56
GILLESPIE, Thomas	M	42	23	DNF			
JAEGER, Kathleen	F	41	63	DNF			
KATZEFF, Martha	F	52	64	DNF			
TULIAO, Miriam	F	43	74	DNF			
VELLUCCI, Marie	F	55	75	DNF			
BRASWELL, Willis Jr.	M	59	scr	SCR			
DIXON, Patrick	M	55	16	SCR			
EUBANKS, John T.	M	43	21	SCR			
GREENWOOD, Gaile	F	52	61	SCR			
NAPE, Steven	M	35	32	SCR			
THOMAS, Leslie	F	29	73	SCR			

<b>Mixed Team</b>	<b>Cteam</b>	<b>CONN</b>			
Marcy MacDonald	F	40	51	2:40.48	1
Liz Fry	F	45	53	2:51.33	
Jim Bayles	M	52	2	2:42.21	
Dave Parcels	M	46	1	2:48.41	
				<hr/>	
				11:02.43	

**All American Awards**  
**2004 USMS 10k National Championships ~ Results**

<b>19-24</b>	<b>Sex</b>	<b>Age</b>	<b>Team</b>	<b>Reg. #</b>	<b>Race #</b>	<b>Time</b>	<b>PI AG</b>
LINCOLN, Laura Beth	F	21	NIAG	044A-01XHT	65	3:18.19	1
<b>25-29</b>							
PETERSON, Julie	F	27	MARY	0941-01VCR	69	2:24.18	1
<b>30-34</b>							
CASHIN, Deborah	F	33	CONN	054H-01SC1	57	2:34.20	1
<b>35-39</b>							
CRANE, Monique	F	39	CONN	054Y-01SJR	58	2:50.20	1
<b>40-44</b>							
CLEVELAND, Marcia	F	40	IM	2142-01S4Y	52	2:40.48	1
MacDONALD, Marcella	F	40	CONN	054F-01SC4	51	2:40.48	1
<b>45-49</b>							
EINSIDLER, Karen	F	48	CONN	054Y-01S73	59	2:37.15	1
<b>50-54</b>							
LOFTUS, Shirley	F	52	VMST	124D-02HKM	66	2:56.29	1
<b>55-59</b>							
SPRINGER, Phyllis	F	55	REDT	064X-02XDC	71	3:09.12	1
<b>19-24</b>							
CHARLEY, Craig	M	21	VMST	124U-02HRA	12	2:33.57	1
<b>25-29</b>							
AL-MASHAT, Hashim	M	29	METR	064N-02YFV	4	3:04.59	1
<b>30-34</b>							
DEWING, Craig	M	34	CMYM	0943-01VJF	14	2:27.09	1
<b>35-39</b>							
BARRA, David	M	39	ADMS	0341-01M88	6	2:55.52	1
<b>40-44</b>							
SHERMAN, Kevin	M	40	NAST	1649-02ADJ	35	2:41.22	1
<b>45-49</b>							
STEWART, Jim	M	47	MINN	304S-024EY	38	2:20.42	1
<b>50-54</b>							
BELL, Alan	M	54	PNA	364Y-02KUO	8	2:22.46	1
<b>55-59</b>							
SHRUM, John	M	55	VMST	1247-02J39	36	2:48.23	1
<b>60-64</b>							
MEIER, James	M	60	METR	0644-02Z9K	31	4:02.31	1
<b>65-69</b>							
BRUNSTAD, George	M	69	CONN	0541-01S7W	10	3:13.42	1
<b>70-74</b>							
BEACH, Robert	M	73	SPM	144A-02REM	7	3:14.00	1

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**Huntington Bay, NY 7/10/04 Sanction #064-06**

Name	Sex	Age	Team	Reg. #	Sw #	TIME	PL AG	PL M	PL OA
<b>19-24</b>									
CHARLEY, Craig	M	21	VMST	124U-02HRA	12	2:33.57	1	5	6
<b>25-29</b>									
AL-MASHAT, Hashim	M	29	METR	064N-02YFV	4	3:04.59	1	17	28
<b>30-34</b>									
DEWING, Craig	M	34	CMYM	0943-01VJF	14	2:27.09	1	4	5
ALLISON, Bobby	M	33	METR	064B-02XUX	5	2:51.23	2	12	20
TORRES, JR, Jaime	M	33	METR	0644-02YUV	39	3:17.56	3	22	37
PALMER, Lance	M	32	HUMS	064F-02YGV	33	3:20.42	4	26	43
<b>35-39</b>									
BARRA, David	M	39	ADMS	0341-01M88	6	2:55.52	1	14	23
EDMUNDS, Mark	M	37	MARY	094A-01VMT	20	3:46.40	2	30	51
NAPE, Steven	M	35	UN-VA	1242-02J1P	32	SCR			
<b>40-44</b>									
SHERMAN, Kevin	M	40	NAST	1649-02ADJ	35	2:41.22	1	6	11
SHTAB, Steven	M	42	METR	064F-02XYT	37	2:44.20	2	8	14
KNIGHT, David	M	40	CONN	054F-01SJN	25	3:10.44	3	19	34
PIERCE, Ed	M	42	UN-VA	124A-02J4C	34	3:17.59	4	22	38
GILLESPIE, Thomas	M	42	REDT	064W-02HY6	23	DNF			
EUBANKS, John T.	M	43	UN-PV	1040-036NX	21	SCR			
<b>45-49</b>									
STEWART, Jim	M	47	MINN	304S-024EY	38	2:20.42	1	1	1
PARCELLS, David	M	46	CONN	0542-01S93	1	2:48.41	2	10	17
CHALANDON, Gilles	M	47	METR	0643-02YE4	11	2:50.28	3	11	19
<b>50-54</b>									
BELL, Alan	M	54	PNA	364Y-02KUO	8	2:22.46	1	2	2
LAUTMAN, Scott	M	51	PNA	364M-02M55	27	2:24.19	2	3	4
BAYLES, James	M	52	CONN	054X-01SF8	2	2:42.21	3	7	13
LAUGHLIN, Terry	M	53	ADMS	034B-02XAC	26	2:52.21	4	13	22
COLEMAN, T. Scott	M	50	GOLD	504K-027C9	13	2:56.14	5	15	25
McCLINTOCK, Paul	M	53	CONN	054J-01SB5	29	3:02.37	6	16	27
LLOREDA, Carlos	M	50	GOLD	5042-027A2	3	3:08.08	7	18	30
DURANT, Peter	M	50	METR	0646-02XHF	18	3:24.46	8	27	45
McCLUSKEY, Orin	M	53	METR	0649-02XZK	30	3:49.30	9	31	52
DROWN, Curtis	M	50	UN-AD	034P-01M6R	17	3:58.40	10	32	53
FINKELSTEIN, Morris	M	54	CONN	054E-01S9H	22	4:08.14	11	34	55

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<b>Name</b>	<b>Sex</b>	<b>Age</b>	<b>Team</b>	<b>Reg. #</b>	<b>Sw #</b>	<b>TIME</b>	<b>PL AG</b>	<b>PL M</b>	<b>PL OA</b>
<b>55-59</b>									
SHRUM, John	M	55	VMST	1247-02J39	36	2:48.23	1	9	16
WALLACE, Richard J.	M	56	GSM	074W-01Y27	40	3:18.04	2	24	39
GOLDSTEIN, Allan	M	55	REDT	064G-02XDB	24	3:25.39	3	28	46
MARTIN, Richie	M	55	NEM	0242-0344C	28	3:26.28	4	29	47
ECKSTEIN, Henry	M	56	METR	064T-02XKF	19	4:14.47	5	35	56
DIXON, Patrick	M	55	SCAQ	334X-03A76	16	SCR			
BRASWELL, Willis Jr.	M	59	DCM	104R-0365Y	scr	SCR			
<b>60-64</b>									
MEIER, James	M	60	METR	0644-02Z9K	31	4:02.31	1	33	54
<b>65-69</b>									
BRUNSTAD, George	M	69	CONN	0541-01S7W	10	3:13.42	1	20	35
BRENTON, J.C. "Buz"	M	69	IAMA	404A-01MST	9	3:20.17	2	25	41
<b>70-74</b>									
BEACH, Robert	M	73	SPM	144A-02REM	7	3:14.00	1	21	36

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**Huntington Bay, NY 7/10/04 Sanction #064-06**

Name	Sex	Age	Team	Reg. #	#	Time	PL AG	PL F	PL OA
<b>19-24</b>									
LINCOLN, Laura Beth	F	21	NIAG	044A-01XHT	65	3:18.19	1	15	40
<b>25-29</b>									
PETERSON, Julie	F	27	MARY	0941-01VCR	69	2:24.18	1	1	3
HAST, Meghan	F	29	METR	064A-02Y2N	62	2:41.45	2	6	12
SCHWARTZ, Bonnie	F	25	METR	0642-02Y4D	70	3:05.23	3	12	29
THOMAS, Leslie	F	29	UN-CA	384X-03NNZ	73	SCR			
<b>30-34</b>									
CASHIN, Deborah	F	33	CONN	054H-01SC1	57	2:34.20	1	2	7
NEIDRAUER, Lisa	F	31	METR	064W-02YNX	68	2:45.15	2	7	15
ARMENTROUT, Anna	F	32	REDT	0641-02XEF	55	2:56.10	3	10	24
TANGOREN-MASSOOD, Meryen	F	32	METR	064T-02YCT	72	3:08.41	4	13	31
BISCHOFBERGER, AnnMarie	F	31	METR	064H-02Z7B	56	3:20.57	5	17	44
MOFFETT, Erica	F	34	REDT	064K-02XND	67	3:28.08	6	19	48
<b>35-39</b>									
CRANE, Monique	F	39	CONN	054Y-01SJR	58	2:50.20	1	8	18
MITCHELL, Heather	F	39	CONN	0548-01SJP	77	3:37.46	2	21	50
<b>40-44</b>									
CLEVELAND, Marcia	F	40	IM	2142-01S4Y	52	2:40.48	1	4	9
MacDONALD, Marcella	F	40	CONN	054F-01SC4	51	2:40.48	1	4	9
FALK, Abigail	F	42	REDT	064F-02XE0	60	3:09.12	3	14	32
JAEGER, Kathleen	F	41	METR	064W-02Y2W	63	DNF			
TULIAO, Miriam	F	43	METR	064D-02Y4Y	74	DNF			
<b>45-49</b>									
EINSIDLER, Karen	F	48	CONN	054Y-01S73	59	2:37.15	1	3	8
FRY, Elizabeth	F	45	CONN	054G-01S8X	53	2:51.33	2	9	21
ALLEN, Pamela	F	48	O*H*	1849-01PMG	54	3:20.39	3	18	42
<b>50-54</b>									
LOFTUS, Shirley	F	52	VMST	124D-02HKM	66	2:56.29	1	11	26
KATZEFF, Martha	F	52	METR	064C-02Y31	64	DNF			
GREENWOOD, Gaile	F	52	CONN	054D-01S84	61	SCR			
<b>55-59</b>									
SPRINGER, Phyllis	F	55	REDT	064X-02XDC	71	3:09.12	1	14	33
YEOMANS, Susan	F	56	REDT	064U-02XCD	76	3:37.01	2	20	49
VELLUCCI, Marie	F	55	METR	064P-02XU2	75	DNF			