

400 PULL FOR TIME ePOSTAL HOSTED BY SEBASTOPOL MASTERS AQUATIC CLUB 8/1/21-8/31/21

AGE GROUP	WOMEN (NO PADDLES)						
18-24	Record: Alice Ricci	2020	21	UC09	5:47.00		
	First Name	Last Name	Age	Team	Time	Points	
1	Alice	Ricci	22	UC09	5:47.04	7	
25-29	Record: LillyBelle Deer	2018	25	DAM	4:39.00		
	First Name	Last Name	Age	Team	Time	Points	
30-34	Record: Laura Condon	2019	33	MEMO	5:09.63		
	First Name	Last Name	Age	Team	Time	Points	
35-39	Record: Elizabeth Flynn	2019	39	MEMO	5:35.34		
	First Name	Last Name	Age	Team	Time	Points	
1	Donita	Flecker	39	SMAC	5:53.99	7	
2	Meredith	West	37	SMM	6:05.89	5	
3	Sarah	Perkins	37	CONN	6:37.03	4	
4	Regina	Chien	35	MEMO	6:53.89	3	
5	Koung	Chaiyasane	37	MEMO	7:06.00	2	
6	Sarah	King	38	CONN	9:38.35	1	
40-44	Record: Alison Aylesworth	2021	44	BWAQ	5:11.99		
	First Name	Last Name	Age	Team	Time	Points	
3RD (MEDAL)	1	Alison	Aylesworth	44	BWAQ	5:11.99	7
	2	Stacy	Readal	44	MEMO	5:24.24	5
	3	Helene	Nehrebecki	41	DAM	5:28.99	4
	4	Elizabeth	Flynn	42	MEMO	5:37.69	3
	5	Melanie	Belluomini	44	DAM	5:47.75	2
	6	Jez	Lee	41	MEMO	6:22.50	1
	7	Qi	Han	43	MEMO	8:15.99	
45-49	Record: Julie Dussliere	2021	49	UC50	5:05.43		
	First Name	Last Name	Age	Team	Time	Points	
1ST (MEDAL)	1	Julie	Dussliere	49	UC50	5:05.43	7
	2	Holly	Lickwala	45	PSM	5:13.22	5
	3	Anne Marie	O'Dell	46	SMAC	6:18.31	4
50-54	Record: Grietje Reuter	2020	53	SACMA	5:09.28		
	First Name	Last Name	Age	Team	Time	Points	
	1	Vicki	Shu	53	MEMO	5:17.15	7
	2	Christina	Cavalli	53	MEMO	5:43.00	5
	3	Amy	Wolfe	51	PSM	6:04.10	4
	4	Connie	Tong	50	STAN	6:17.99	3
55-59	Record: Grietje Reuter	2021	55	SACMA	5:08.30		

	First Name	Last Name	Age	Team	Time	Points
2ND (MEDAL)						
1	Grietje	Reuter	55	SACMA	5:08.30	7
2	Rebecca	Perry	57	MAM	5:32.99	5
3	Jennifer	Phalen	57	DAM	5:45.99	4
4	Liz	Hurt	57	MEMO	5:53.99	3
5	Karen	Harris	55	RPM	6:19.99	2
6	Jean	Lieske	55	SMAC	6:27.44	1
7	Laurie	Ross	59	SMAC	6:40.42	
8	Jennifer	Eisley	56	SMAC	8:10.27	
9	Janet	Knight	59	ETM	8:54.04	
10	Kathleen	Fischer	55	SMAC	9:04.99	
60-64	Record: Merrie Walts	2021	61	SRM	5:42.22	
	First Name	Last Name	Age	Team	Time	Points
1	Merrie	Walts	61	SRM	5:42.22	7
2	Marilyn	Nelson	60	YCFM	5:48.04	5
3	Mary	Rogers	64	SMAC	6:13.99	4
4	Pamela	Ogden	64	MINN	6:28.99	3
5	Leah	Carroll	60	ALB	6:54.86	2
6	Felicity	McNichol	62	SMAC	8:06.99	1
7	Ceylan	Crow	63	SMAC	8:49.11	
8	Kamala	Crompton	64	SMAC	9:03.81	
9	Briahn	Kelly-brennan	63	SMAC	10:43.99	
65-69	Record: Linda Hepworth	2021	68	RHMS	5:59.10	
	First Name	Last Name	Age	Team	Time	Points
1	Linda	Hepworth	68	RHMS	5:59.10	7
2	Margaret	Hair	66	LCNM	5:59.99	5
3	Molly	Singer	67	MEMO	7:13.00	4
4	Janet	Mack	65	ALB	7:28.99	3
5	Virginia	Anderegg	69	SMAC	7:42.00	2
6	Sally	Dunn	69	TCAM	7:53.57	1
7	Pamela	Chang	66	ALB	8:13.99	
70-74	Record: Sally Dillon	2020	73	PSM	6:23.78	
	First Name	Last Name	Age	Team	Time	Points
1	Carol	Yunker	74	NEM	6:35.50	7
2	Fiona	Atkinson	71	NEM	6:41.99	5
3	Sheryl	Parola	73	TCAM	6:49.68	4
4	Annette	Coholan	73	RHMS	6:56.31	3
5	Judy	Armstrong	74	MEMO	8:47.93	2
75-79	Record: Leslie Westergaard	2021	78	DAM	6:59.99	
	First Name	Last Name	Age	Team	Time	Points
1	Leslie	Westergaard	78	DAM	6:59.99	7
2	Lois	Jacobs	78	MEMO	8:59.02	5

80-84	Record: Toni Wivell	2018	81	TCAM	9:27.71	
	First Name	Last Name	Age	Team	Time	Points
85-89	Record: No one, darn!					
	First Name	Last Name	Age	Team	Time	Points
AGE GROUP	MEN (NO PADDLES)					
18-24	Record: Brendan Hurley	2018	24	TCAM	4:45.30	
	First Name	Last Name	Age	Team	Time	Points
25-29	Record: Michael Thomas	2020	27	MVM	4:23.63	
	First Name	Last Name	Age	Team	Time	Points
1	Kevin	Moy	29	STAN	4:44.99	7
2	Michael	Thomas	29	MVM	5:00.99	5
30-34	Record: Steven Frink	2019	34	RPM	4:24.00	
	First Name	Last Name	Age	Team	Time	Points
35-39	Record: Stephen Massaro	2021	39	MEMO	4:32.90	
	First Name	Last Name	Age	Team	Time	Points
2ND (MEDAL)						
1	Stephen	Massaro	39	MEMO	4:32.90	7
2	Remi	Trang	37	MEMO	6:40.30	5
40-44	Record: Mike Callahan	2019	44	TCAM	4:33.27	
	First Name	Last Name	Age	Team	Time	Points
1	Chad	Holbrook	42	WCM	4:49.10	7
2	Kevin	Waterson	42	DAM	4:58.99	5
45-49	Record: Eric Wright	2021	48	CGM	4:38.97	
	First Name	Last Name	Age	Team	Time	Points
3RD (MEDAL)						
1	Eric	Wright	48	CGM	4:38.97	7
2	Ahren	Lehnert	48	MEMO	4:56.02	5
3	Joseph	Berglund	47	SMAC	5:09.88	4
4	Michael	Rozendal	48	MEMO	6:19.70	3
5	Bobby	Parizi	49	TCAM	6:51.00	2
50-54	Record: Ted Krovetz	2019	52	DAM	4:24.59	
	First Name	Last Name	Age	Team	Time	Points
1ST (MEDAL)						
1	Andy	Kroupa	52	YCFM	4:27.29	7
2	Paul	Dooley	53	MEMO	5:14.26	5
55-59	Record: Tim Keighley	2020	59	QSSSJ	4:37.00	
	First Name	Last Name	Age	Team	Time	Points
1	Kevin	Keating	58	SMAC	4:39.99	7
2	Jeffrey	Foster	55	MEMO	5:22.36	5
3	Howard	Lee	57	STAN	6:45.99	4

60-64	Record: Mark Medei	2021	61	YCFM	4:40.97	
	First Name	Last Name	Age	Team	Time	Points
1	Mark	Medei	61	YCFM	4:40.97	7
2	Eric	Hektner	63	SMAC	5:48.31	5
3	Peter	Tsugawa	63	MEMO	6:06.78	4
65-69	Record: Don Foreaker	2018	66	SRM	5:05.00	
	First Name	Last Name	Age	Team	Time	Points
1	Stephen	Small	69	MEMO	5:10.34	7
2	Bob	Anderson	66	PCCM	5:29.99	5
3	Jeffrey	Citron	66	MEMO	5:41.99	4
70-74	Record: John Stafford	2021	74	JMMS	5:14.25	
	First Name	Last Name	Age	Team	Time	Points
1	John	Stafford	74	JMMS	5:14.25	7
2	Andrew	McPherson	74	DAM	5:25.99	5
3	Greg	Jacobus	70	TCAM	5:38.44	4
4	Bob	Upshaw	72	WCM	5:41.99	3
5	Alan	Bernard	72	TAM	5:44.42	2
6	Robert	Jones	70	1776	6:01.99	1
7	Chris	Toole	70	OREG	6:03.99	
8	David	Benjamin	72	MEMO	6:14.70	
9	Samuel	Leader	74	SMAC	7:03.99	
75-79	Record: Richard Todd	2021	79	TCAM	5:48.97	
	First Name	Last Name	Age	Team	Time	Points
1	Richard	Todd	79	TCAM	5:48.97	7
2	Christian	Iselin	78	YCFM	6:13.72	5
80-84	Record: David Fairfield	2019	80	TCAM	6:08.84	
	First Name	Last Name	Age	Team	Time	Points
85-89	Record: David Radcliff	2021	87	OREG	6:46.99	
	First Name	Last Name	Age	Team	Time	Points
1	David	Radcliff	87	OREG	6:46.99	7
AGE GROUP	WOMEN (PADDLES)					
18-24	Record: Vivian Crow	2019	22	DAM	4:39.00	
	First Name	Last Name	Age	Team	Time	Points
25-29	Record: Sarah Kletzer	2021	29	CRUZ	4:46.12	
	First Name	Last Name	Age	Team	Time	Points
1ST (MEDAL)						
1	Sarah	Kletzer	29	CRUZ	4:46.12	7
30-34	Record: Amanda Bratberg	2018	33	FGMS	5:46.00	

	First Name	Last Name	Age	Team	Time	Points
35-39	Record: Lindsey Urbatchka		2020	36	MMAC	4:38.00
	First Name	Last Name	Age	Team	Time	Points
1	Donita	Flecker	39	SMAC	5:47.99	7
2	Meredith	West	37	SMM	6:01.89	5
3	Sarah	Perkins	37	CONN	6:22.06	4
4	Sarah	King	38	CONN	10:20.06	3
40-44	Record: Helene Nehrebecki		2021	41	DAM	4:58.99
	First Name	Last Name	Age	Team	Time	Points
1	Helene	Nehrebecki	41	DAM	4:58.99	7
2	Alison	Aylesworth	44	BWAQ	5:08.99	5
3	Melanie	Belluomini	44	DAM	5:24.02	4
4	Patricia	Chico	40	SMAC	6:15.00	3
45-49	Record: Julie Dussliere		2021	49	UC50	4:47.24
	First Name	Last Name	Age	Team	Time	Points
2ND (MEDAL) 1	Julie	Dussliere	49	UC50	4:47.24	7
50-54	Record: LaDeane Hansten		2021	54	TCAM	4:47.87
	First Name	Last Name	Age	Team	Time	Points
3RD (MEDAL) 1	LaDeane	Hansten	54	TCAM	4:47.87	7
2	Connie	Tong	50	STAN	5:43.99	5
3	Amy	Wolfe	51	PSM	5:47.50	4
55-59	Record: Rebecca Perry		2021	57	MAM	5:04.99
	First Name	Last Name	Age	Team	Time	Points
1	Rebecca	Perry	57	MAM	5:04.99	7
2	Jennifer	Phalen	57	DAM	5:27.99	5
3	Liz	Hurt	57	MEMO	5:34.88	4
4	Janet	Knight	59	ETM	8:45.04	3
60-64	Record: Olivia Moore		2021	62	WCM	5:06.99
	First Name	Last Name	Age	Team	Time	Points
1	Olivia	Moore	62	WCM	5:06.99	7
2	Cynthia	Clutter	61	MMAC	5:23.79	5
3	Marilyn	Nelson	60	YCFM	5:29.49	4
4	Susan	Haufler	64	MEMO	5:34.45	3
5	Pamela	Ogden	64	MINN	5:57.99	2
6	Rita	Polatin	62	NEM	6:14.99	1
7	Leah	Carroll	60	ALB	7:02.99	
65-69	Record: Katy Lantz		2019	65	DAM	6:16.00
	First Name	Last Name	Age	Team	Time	Points
1	Jamie	Anderson	66	DAM	6:22.36	7

2	Katy	Lantz	68	DAM	6:29.00	5
70-74	Record: Joanne Menard	2020	72	MMAC	5:18.87	
	First Name	Last Name	Age	Team	Time	Points
1	Carol	Yunker	74	NEM	6:12.20	7
2	Kris	Kloppe	71	SHARK	6:42.43	5
3	Judy	Armstrong	74	MEMO	8:37.18	4
75-79	Record: Daniela Barnea	2019	75	STAN	6:18.89	
	First Name	Last Name	Age	Team	Time	Points
1	Leslie	Westergaard	78	DAM	6:29.99	7
80-84	Record: No one, darn!					
	First Name	Last Name	Age	Team	Time	Points
85-89	Record: No one, darn!					
	First Name	Last Name	Age	Team	Time	Points
AGE GROUP	MEN (PADDLES)					
18-24	Record: No one, darn!		Age	Team	Time	Points
	First Name	Last Name				
25-29	Record: Casey Woudenberg	2018	25	UC41	3:44.37	
	First Name	Last Name	Age	Team	Time	Points
1	Tyler	Phelps	28	USF	4:27.66	7
2	Kevin	Moy	29	STAN	4:34.99	5
30-34	Record: Alexander Rossbach	2020	30	ALB	4:40.87	
	First Name	Last Name	Age	Team	Time	Points
35-39	Record: Andy Nonaka	2019	39	WCM	3:53.18	
	First Name	Last Name	Age	Team	Time	Points
40-44	Record: Andy Nonaka	2020	40	WCM	3:56.01	
	First Name	Last Name	Age	Team	Time	Points
1ST (MEDAL)						
1	William	Kloppe	41	SHARK	3:56.53	7
2	Chad	Holbrook	42	WCM	4:32.41	5
3	Kevin	Waterson	42	DAM	4:37.99	4
45-49	Record: Michael Kruse	2020	48	TOC	4:15.00	
	First Name	Last Name	Age	Team	Time	Points
1	Eric	Wright	48	CGM	4:31.49	7
2	Ryan	Freebern	48	SMAC	6:58.99	5
50-54	Record: Kenneth Doo	2018	51	UC38	4:21.00	
	First Name	Last Name	Age	Team	Time	Points

55-59	Record: David Boatwright	2020	58	WCM	4:03.05	
	First Name	Last Name	Age	Team	Time	Points
1	Patrick	Harris	59	ENSW	4:26.63	7
2	Ian	King	59	WCM	4:38.99	5
3	Howard	Lee	57	STAN	6:36.99	4
60-64	Record: Tim Keighley	2021	60	QSSJ	4:25.20	
	First Name	Last Name	Age	Team	Time	Points
2ND (MEDAL)						
1	Tim	Keighley	60	QSSJ	4:25.20	7
2	Wayne	Baker	63	YCFM	4:37.50	5
3	Matthew	Gass	64	TCAM	4:41.37	4
4	Eric	Hektner	63	SMAC	5:32.01	3
65-69	Record: Sandy Mac Donald	2021	66	UC38	4:25.99	
	First Name	Last Name	Age	Team	Time	Points
3RD (MEDAL)						
1	Sandy	Mac Donald	66	UC38	4:25.99	7
2	Stephen	Small	69	MEMO	5:05.69	5
3	Bob	Anderson	66	PCCM	5:55.99	4
70-74	Record: Robert Jones	2021	70	1776	5:27.10	
	First Name	Last Name	Age	Team	Time	Points
1	Robert	Jones	70	1776	5:27.10	7
2	Bob	Upshaw	72	WCM	5:27.99	5
3	Alan	Bernard	72	TAM	5:30.10	4
4	Bill	Kloppe	70	SHARK	5:38.73	3
5	Andrew	McPherson	74	DAM	5:39.99	2
75-79	Record: Richard Burns	2021	78	TAM	5:21.99	
	First Name	Last Name	Age	Team	Time	Points
1	Richard	Burns	78	TAM	5:21.99	7
80-84	Record: David Fairfield	2021	82	TCAM	5:46.78	
	First Name	Last Name	Age	Team	Time	Points
1	David	Fairfield	82	TCAM	5:46.78	7
2	James	Krueger	83	TAM	8:34.10	5
85-89	Record: John Sulzbach	2020	86	MELO	7:23.00	
	First Name	Last Name	Age	Team	Time	Points