

# 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

## 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	5000-meter postal
Judy Melcher	OR-thb	5000-meter postal
Lavelle Stoinoff	MACO	1-hour postal

### 2000 (15)

John Collins II	OR-thb	5000-meter postal
Gina Dhom	OR-ea	3000-yard postal
Amy Halligan	OR-coma	6000-yard postal
Pam Himstreet	OR-coma	10,000-meter open water
Amy Imwalle	OR-coma	10,000-meter open water
Greg Jablonski	OR-thb	10,000-meter open water, 5000-meter postal
Steve Johnson	OR-ea	6000-yard postal
Andy Lachman	MACO	10,000-meter open water
Brent Lake	OR-coma	3000-yard postal, 6000-yard postal
Geri Matherson	OR-rvm	10,000 open water
Sara Quan	OR-coma	10,000 open water, 3000-yard postal National Record), 6000-yard postal (National Record)
David Radcliff	OR-thb	10,000-meter open water
Laura Schob	OR-coma	10,000-meter open water
Darlene Staley	OR-thb	10,000-meter postal
Peggy Whiter	OR-coma	10,000-meter postal, 6000-yard postal

### 2001 (12)

Ray Allen	OR-som	3000-meter open water
Elaine Jane Cole	OR-unat	3000-meter open water
Julie Himstreet	OR-ea	3000-meter open water
Pam Himstreet	OR-coma	3000-meter open water, 10,000-meter postal, 3000-yard postal, 6000-yard postal

Kelsey Holmberg	OR-coma	3000-meter open water
Madeleine Holmberg	OR-coma	3000-meter open water
Steve Johnson	OR-ea	5000-meter postal
Takeo Nishimura	OR-coma	3000-meter open water
Sara Quan	OR-coma	3000-meter open water, 1-hour postal, 10,000-meter postal (National Record), 3000-yard postal (National Record)
David Radcliff	OR-thb	3000-meter open water, 5000-meter postal
Darlene Staley	OR-thb	10,000-meter 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	5000-meter 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, 5,000-meter 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, 5000-meter postal
Kerri Roussain	OR-pms	1-mile open water, 10,000-meter 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	5000-meter open water
Joyce Bahler	MACO	5000-meter open water
Gina Dhom	OR-ea	5000-meter open water
Kelsey Holmberg	OR-coma	5000-meter open water
Tam Jenkins	OR-owet	10-km postal
Steve Johnson	OR-ea	5000-meter open water, 5-km postal, 3000-yd postal
Christopher Krenz	OR-cbat	5000-meter open water
Tom Landis	OR-coma	5000-meter open water
Sara Quan	OR-coma	5000-meter open water, 1-hour postal
David Radcliff	OR-thb	5000-meter open water, 1-hour postal, 5-km postal, 3000-yd postal
Lavelle Stoinoff	MACO	1-hour postal (National Record)
Mary Sweat	OR-coma	5000-meter open water, 5-km postal, 10-km postal, 3000-yd postal, 6000-yd postal
Joni Young	OR-scc	5000-meter open water, 6000-yd postal

**2004 (18)**

Ray Allen	OR-som	3500-meter open water, 6000-yard postal
Danielle Ebnother	OR-som	3500-meter open water
Barbara Frid	OR-thb	1-hour postal, 3000-yard postal (National Record)
Pam Himstreet	OR-coma	3500-meter open water
Greg Jablonski	OR-thb	5-km postal
Steve Johnson	OR-ea	3500-meter 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	3500-meter open water
June Mather	OR-rvm	3500-meter open water
Tim Nelson	OR-coma	3500-meter open water
Sara Quan	OR-coma	3500-meter open water, 3000-yard postal, 6000-yard postal
David Radcliff	OR-thb	3500-meter open water, 1-hour postal, 5-km postal, 3000-yd postal, 6000-yard postal
Bill Rash	OR-unat	3500-meter open water
Dan Schmitt	OR-ea	3000-yard postal
Doug Stewart	OR-som	3500-meter open water
Lavelle Stoinoff	MACO	3500-meter open water, 3000-yard postal (National Record)
Mary Sweat	OR-coma	3500-meter open water, 6000-yd postal
Tyrrell, Laura	MACO	3500-meter 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 open water 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