

Oregon Postal One-Hour Swim Records (as of February 1, 2011)

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	4800 yds	Arlene Delmage	2006
W45-49	4765 yds	Arlene Delmage	2008
W50-54	4735 yds	Mary Sweat	2011
W55-59	4415 yds	Lavelle Stoinoff	1988
W60-64	4260 yds	Lavelle Stoinoff	1995
W65-69	4135 yds	Lavelle Stoinoff	1999
W70-74	3960 yds	Lavelle Stoinoff	2003
W75-79	2920 yds	Geri Kawabata	2010
W80-84	1885 yds	Leola Baumgartner	1999
W85-89	1000 yds	Hilda Buel	2004
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	5495 yds	Dennis Baker	2011
M50-54	5020 yds	Steve Johnson	1999
M55-59	5025 yds	Steve Johnson	2006
M60-64	4935 yds	Steve Johnson	2009
M65-69	4680 yds	Tom Landis	2008
M70-74	4490 yds	Dave Radcliff	2007
M75-79	4520 yds	Dave Radcliff	2010
M80-84	2550 yds	Ray Allen	2007
M85-89	2355 yds	Charles Bushey	2007

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+	12,445 yds	Madeleine Holmberg, Elizabeth Budd, Cathy Imwalle	2009
W65+	10,015 yds	Judy Ziemer, Joy Ward, Sue Calnek-Morris	2011
W75+	7,680 yds	Nina Gee, Pat Hunt, Geri Kawabata	2011

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+	15,250 yds	Keith Peters, David Hathaway, Dennis Baker	2011
M55+	14,180 yds	Tom Landis, Bob Bruce, Steve Johnson	2004
M65+	13,085 yds	Ralph Mohr, Dave Radcliff, Tom Landis	2008

M75+ 10,410 yds Peter Watson, Dick Weick, Dave Radcliff 2011

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+	19,790 yds	Arlene Delmage, Mary Sweat, David Hathaway, Dennis Baker	2011
Mx55+	18,030 yds	Elizabeth Budd, Cathy Imwalle, Jed Cronin, Steve Johnson	2009
Mx65+	15,215 yds	Joy Ward, Sue Calnek-Morris, Ralph Mohr, Tom Landis	2011
Mx75+	13,365 yds	Pat Hunt, Geri Kawabata, Dick Weick, Dave Radcliff	2010