

2017 TAM MILE POSTAL - Women

**Women 18-24 Shoemaker, Lara, 22, 2010, WMST, 17:33.95**

1 Midori Hook 20 CRUZ 22:11.64

**Women 25-29 Laurin Weisenthal, 25, 2009, MVM, 17:57.07**

1 Kala Chapman 28 GOOG 28:40.34  
2 Edith Hannigan 29 DAM 32:06.00

**Women 30-34 Nadine Day, 33, 2004, IM, 18:22.43**

1 Kristin More 32 MVM 23:40.17  
2 Sarah A. Rich 30 SMST 26:09.28  
3 Maria Laura Borghes 33 GOOG 26:40.74

**Women 35-39 Suzanne Heim, 38, 1997, TERA, 18:14.66**

1 Veronica Flanagan 39 CRUZ 23:42.88  
2 Rachel Rivera 38 MMA 24:30.02  
3 Melanie Belluomini 39 DAM 26:11.30  
4 Thea Egelhofer 38 CRUZ 28:07.38

**Women 40-44 Marguerite Meyer, 44, 2004, TOC, 19:21.23**

1 Chris Lindstrom 44 MVM 21:52.66  
2 Kelli Broussard 44 UNATT 22:24.09  
3 Tara Dolan 44 Kman 23:14.77  
4 Kelly Crowley 40 MELO 26:02.47  
5 Samantha Forde 44 CRUZ 26:11.85  
6 Melissa Mahoney 43 CRUZ 27:20.69  
7 Holly Hammer 44 AKMS 39:42.52

**Women 45-49 Suzanne Heim-Bowen, 45, 2004, WCM, 18:06.78**

1 Cynthia Hertzner 47 CRUZ 20:06.96  
2 Martha Bechhoefer 49 CRUZ 22:32.66  
3 Bridget Lyons 47 CRUZ 23:01.85  
4 Michelle Ignoffo 47 CRUZ 24:48.37  
5 Tana Jackson 46 MVM 27:03.18  
6 Terri Steinhubel 46 DLMA 27:35.19

**Women 50-54 Laura Val, 53, 2005, TAM, 19:01.00**

1 Charlotte J. Brynn 50 NEM 20:52.06  
2 Jane Russell 53 DAM 22:01.74  
3 Marcia Cleveland 52 IM 23:22.50  
5 Jennifer Pharlen 52 DAM 23:31.43  
6 Tasha Capen 50 MELO 24:12.55  
7 Allison Villareal 54 MATT 25:12.00  
8 Mary Kelly Dakin 52 Kman 27:26.98  
9 Cindy Ruggiero 53 BAM 34:40.70  
10 Sheira Kahn 52 TAM 43:13.53

**Women 55-59 Laura Val, 58, 2010, TAM, 18:47.10**

1	Barb Wheeler	59 TAM	22:06.75
2	Martha Joyce	57 TAM	22:30.05
3	Margaret Haskins	58 STOW	23:16.87
4	Mary Kahn	57 DAM	23:50.60
5	Nancy Prier	57 Kman	24:23.71
6	Anne Clark Claman	59 TAM	25:16.50
7	Elizabeth Blackstone	56 CRUZ	26:37.80
8	Caitlin McVarish	56 TAM	26:59.96
9	Karen Waska	57 Kman	27:20.09
10	Nancy Kunzle	58 SRQM	29:00.00
11	Robin Gantzos	55 MVM	29:32.26
12	Lori Bickel	56 Kman	31:11.51
13	Elyse B. Rudner	55 TSH	31:46.47
14	Dawn Wilt	55 Kman	32:58.92
15	Jessica Jakobi	58 TAM	33:47.75

**Women 60-64 Laura Val, 61 2013, TAM, 19:44.06**

1	Judy Eisenman	63 TAM	23:24.15
2	Paula Yankauskas	62 NEM	25:17.69
3	Pamela C Ogden	60 MINN	27:04.19
4	Genine Scelfo	61 CRUZ	28:50.03
5	Sandy Casper	62 Kman	30:10.46
6	Katy Lantz	63 DAM	30:20.00
7	Vicki Lynn Carroll	61 Kman	31:10.54
8	Christine M. Foote	63 TAM	31:18.60
9	Jeri Jensen	61 CRUZ	31:24.63
10	Jane Hook	62 TAM	32:34.50
11	Rita D. Wolf	62 TCAM	32:42.12
12	Christine King	64 CRUZ	32:49.86
13	MARY AVILLA KING	60 Kman	34:50.23
14	Yuko Hook	61 CRUZ	38:32.17
15	Barbara Bauman	62 NEM	41:33.57

**Women 65-69 Ellen Rockholm, 66, 2015, KMAN, 23:23.92**

1	Linda Shoenberger	69 TAM	25:06.26
2	Stephanie Scott	69 WCM	28:17.50
3	Peggy Zappas	66 Kman	28:43.76
4	Celia DeMartini	65 TAM	29:28.00
5	Tish Borden	65 MTRC	30:16.36
6	Sheryl A. Parola	68 TCAM	30:39.10
7	Tricia Kules	65 NEMS	34:08.64
8	Cheryl Ptak	69 VMST	34:28.99
9	Lori Vitti	68 TAM	35:44.00
10	Dion Farquhar	69 CRUZ	38:16.39

11	Mary Rose Campbell	68 AKMS	42:52.21
12	Ellen Singer	67 LNRS	48:46.36
13	Jennifer Johnston	69 L4SWIM	54:08.00

**Women 70-74 Nancy Ridout, 70, 2012, TAM, 26:43.90**

1	Leslie M. Westergaar	73 DAM	31:33.99
2	Glenda Carroll	73 TAM	31:56.2
3	Barbara Charles	71 Red T	33:01.74
4	Alida Canale	71 CRUZ	34:34.51
5	Diane Renshaw	71 MVM	38:18.95
6	Meredith Pechoultres	73 TAM	38:30.00

**Women 75-79 Patricia Bond, 75, 2014 FMM 27:43.76**

1	Patricia M Bond	78 SYSM	28:38.09
2	Nancy Ridout	75 TAM	28:39.21
3	Susan L. Munn	78 DAM	32:41.88

**Women 80-84 Margery Meyer, 82, 2005, TOC, 31:09.25**

1	Mary Alexandre	82 TAM	35:25.00
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