

2023 1500M Meet - 1/28/2023

Results - 1500M Masters Meet

Women 25-29 1500 SC Meter Freestyle**WORLD:16:36.07 * 3/31/1996 Sheila TAORMINA****PAC:17:19.93 # 1/28/2017 Allison A Arnold**

1	Ladd, Catherine V	27	The Olympic Club-38	19:00.76
2	Kukurugya, Hannah	25	The Olympic Club-38	19:23.41
3	Sturzenegger, Selby	27	The Olympic Club-38	20:05.45
4	Knell, Lissi	29	Alameda Aquatic-38	20:29.26
5	Woo, Emily	28	Marcia's Enthusi-38	25:16.43

Women 30-34 200 SC Meter Freestyle**WORLD: 2:00.73 * 11/14/2018 Veronica BALSANO****PAC: 2:06.24 # 12/7/2014 Jennifer D Radeck**

1	Devoto, Cecily	34	Santa Rosa Maste-38	2:38.28
---	----------------	----	---------------------	---------

Women 30-34 400 SC Meter Freestyle**WORLD: 4:14.56 * 10/28/2017 Sophie CASSON****PAC: 4:28.31 # 12/7/2014 Jennifer D Radeck**

1	Devoto, Cecily	34	Santa Rosa Maste-38	5:24.07
2	Hwang, Jenn	31	Walnut Creek Mas-38	5:31.03

Women 30-34 800 SC Meter Freestyle**WORLD: 8:38.58 * 12/4/2011 Dawn HECKMAN****PAC: 9:27.20 # 10/12/2014 Jennifer D Radeck**

1	Devoto, Cecily	34	Santa Rosa Maste-38	10:52.76
2	Hwang, Jenn	31	Walnut Creek Mas-38	11:16.55

Women 30-34 1500 SC Meter Freestyle**WORLD:16:26.93 * 12/2/2011 Dawn HECKMAN****PAC:17:44.19 # 12/31/2004 Alison H Zamanian**

1	Breed, Catherine	30	The Olympic Club-38	17:16.22#
2	Arnold, Allison A	31	The Olympic Club-38	17:39.38#
3	Monsees, Courtney	34	The Olympic Club-38	18:05.76
4	Pedote, Elyssa	30	The Olympic Club-38	20:11.90
5	Devoto, Cecily	34	Santa Rosa Maste-38	20:18.38
6	Hwang, Jenn	31	Walnut Creek Mas-38	21:13.76
7	McBride, Beth	33	Marcia's Enthusi-38	22:21.74
8	Odena, Amy	32	UC38	22:43.20

Women 35-39 400 SC Meter Freestyle**WORLD: 4:22.56 * 12/12/1999 K.PIPES-NEILSEN****PAC: 4:26.57 # 12/31/1999 Jill S Hernandez**

1	Li, Jing	35	San Mateo Master-38	4:50.43
---	----------	----	---------------------	---------

Women 35-39 800 SC Meter Freestyle**WORLD: 8:50.76 * 1/31/2020 Sophie CASSON****PAC: 8:57.60 # 9/27/2015 Heidi S George**

1	Li, Jing	35	San Mateo Master-38	9:47.71
---	----------	----	---------------------	---------

Women 35-39 1500 SC Meter Freestyle**WORLD:16:52.94 * 9/27/2015 Heidi GEORGE****PAC:16:52.94 # 9/27/2015 Heidi S George**

1	Li, Jing	35	San Mateo Master-38	18:25.60
2	Smith, Ashley	39	Walnut Creek Mas-38	24:50.10
3	Woodworth, Kathryn	37	Marcia's Enthusi-38	26:11.11

Women 40-44 1500 SC Meter Freestyle**WORLD:16:50.92 * 12/1/2017 Heidi GEORGE****PAC:16:50.92 # 12/1/2017 Heidi S George**

1	Hardin, Meghan	42	North Bay Aquati-38	19:19.93
2	Hardy, Sara	42	UC38	19:33.45
3	Nehrebecki, Helene	43	Davis Aquatic Ma-38	21:22.64

4	Rueda, Marcela	41	Santa Rosa Maste-38	21:50.90
5	Brumwell, Alexis	41	SF Tsunami Maste-38	22:28.86
6	Lee, Jez	43	Marcia's Enthusi-38	27:15.81

Women 45-49 200 SC Meter Freestyle**WORLD: 2:05.94 * 12/2/2007 K.PIPES-NEILSEN****PAC: 2:10.91 # 12/31/2003 Suzanne M Heim-Bo**

1	Ongerth, Ann Michelle	49	Walnut Creek Mas-38	3:30.83
---	-----------------------	----	---------------------	---------

Women 45-49 400 SC Meter Freestyle**WORLD: 4:24.86 * 8/1/2021 Heidi GEORGE****PAC: 4:24.86 # 8/1/1921 Heidi S George**

1	Ongerth, Ann Michelle	49	Walnut Creek Mas-38	7:13.07
---	-----------------------	----	---------------------	---------

Women 45-49 800 SC Meter Freestyle**WORLD: 9:01.52 * 10/29/2022 Heidi GEORGE****PAC: 9:01.52 # 10/28/1922 Heidi S George**

1	George, Heidi	47	UC38	9:01.09*
2	Ongerth, Ann Michelle	49	Walnut Creek Mas-38	14:38.37

Women 45-49 1500 SC Meter Freestyle**WORLD:17:09.61 * 7/31/2021 Heidi GEORGE****PAC:17:07.20 # 12/2/1922 Heidi S George**

1	George, Heidi	47	UC38	17:01.27#
2	Pledger, Abby	49	North Bay Aquati-38	19:49.02
3	Hahnel, Carrie	45	Marcia's Enthusi-38	20:37.48
4	King, Lanie S	47	Tamalpais Aquati-38	22:51.04
5	Willoughby, Elaine	47	SF Tsunami Maste-38	24:11.27
6	Christen, Jane	46	Sacramento Maste-38	25:24.88
7	Maze, Ghislaine	49	Richmond Plunge-38	25:38.25
8	Ongerth, Ann Michelle	49	Walnut Creek Mas-38	27:27.54
9	Allen, Julie	48	Richmond Plunge-38	30:03.29

Women 50-54 400 SC Meter Freestyle**WORLD: 4:33.86 * 10/17/2021 Alison ZAMANIAN****PAC: 4:33.86 # 10/17/1921 Alison Zamanian**

1	Zamanian, Alison	53	Walnut Creek Mas-38	4:38.92
---	------------------	----	---------------------	---------

Women 50-54 800 SC Meter Freestyle**WORLD: 9:23.30 * 10/16/2021 Alison ZAMANIAN****PAC: 9:23.30 # 10/16/1921 Alison Zamanian**

1	Zamanian, Alison	53	Walnut Creek Mas-38	9:32.48
2	Rothschild, Beccah	50	Manatee Aquatic-38	11:57.77

Women 50-54 1500 SC Meter Freestyle**WORLD:17:47.04 * 1/29/2022 Alison ZAMANIAN****PAC:17:47.04 # 1/29/1922 Alison Zamanian**

1	Zamanian, Alison	53	Walnut Creek Mas-38	18:10.52
2	Rothschild, Beccah	50	Manatee Aquatic-38	22:34.98
3	Edelmann, Friederike	52	UC38	22:56.02
4	Attwell, Carrie	53	The Olympic Club-38	23:37.36
5	Voight, Tina	54	Marcia's Enthusi-38	26:00.19
6	Lewis, Aki	53	San Ramon Valley-38	27:18.84
---	Bjerknes, Wendy	54	UC38	DNF

Women 55-59 50 SC Meter Freestyle**WORLD: 27.42 * 3/10/2022 M.FUZZATI****PAC: 28.49 # 12/31/2009 Laura B Val**

1	Phalen, Jennifer	59	Davis Aquatic Ma-38	43.14
---	------------------	----	---------------------	-------

2023 1500M Meet - 1/28/2023

Results - 1500M Masters Meet

Women 55-59 100 SC Meter Freestyle

WORLD: 1:00.61 * 1/20/2017 Karlyn PIPES

PAC: 1:01.33 # 12/31/2009 Laura B Val

1 Phalen, Jennifer 59 Davis Aquatic Ma-38 1:30.10

Women 55-59 200 SC Meter Freestyle

WORLD: 2:13.58 * 2/28/2016 Lynn MARSHALL

PAC: 2:14.45 # 12/31/2009 Laura B Val

1 Couch, Stephanie 59 Menlo Masters-38 2:46.14

2 Phalen, Jennifer 59 Davis Aquatic Ma-38 3:07.49

Women 55-59 400 SC Meter Freestyle

WORLD: 4:37.35 * 1/23/2016 Lynn MARSHALL

PAC: 4:42.97 # 12/31/2009 Laura B Val

1 Couch, Stephanie 59 Menlo Masters-38 5:36.32

2 Phalen, Jennifer 59 Davis Aquatic Ma-38 6:23.83

Women 55-59 800 SC Meter Freestyle

WORLD: 9:32.63 * 4/23/2017 Lynn MARSHALL

PAC: 9:46.35 # 10/13/2018 Jill S Hernandez

1 Couch, Stephanie 59 Menlo Masters-38 11:17.70

2 Phalen, Jennifer 59 Davis Aquatic Ma-38 12:57.07

Women 55-59 1500 SC Meter Freestyle

WORLD:18:01.79 * 4/23/2017 Lynn MARSHALL

PAC:18:43.73 # 12/31/2010 Laura B Val

1 Couch, Stephanie 59 Menlo Masters-38 21:07.94

2 Coomber, Molly 58 North Bay Aquati-38 21:40.26

3 Bulman, Robin 58 Santa Rosa Maste-38 21:43.61

4 Nelson, Sheila 55 Santa Rosa Maste-38 22:49.74

5 Boone, Danielle 58 Walnut Creek Mas-38 22:50.73

6 Phalen, Jennifer 59 Davis Aquatic Ma-38 24:33.75

Women 60-64 50 SC Meter Freestyle

WORLD: 28.50 * 5/26/2018 Jenny WHITELEY

PAC: 29.23 # 12/6/2013 Laura B Val

1 Focha, Teresa 62 Albany Armada Aq-3 52.38

2 Carroll, Leah 62 Albany Armada Aq-3 57.12

Women 60-64 100 SC Meter Freestyle

WORLD: 1:02.60 * 10/13/2018 Jenny WHITELEY

PAC: 1:03.48 # 12/7/2014 Laura B Val

1 Focha, Teresa 62 Albany Armada Aq-3 1:49.92

2 Carroll, Leah 62 Albany Armada Aq-3 1:59.36

Women 60-64 200 SC Meter Freestyle

WORLD: 2:15.93 * 10/13/2018 Jenny WHITELEY

PAC: 2:20.16 # 12/4/2014 Laura B Val

1 Russell, Jane E 60 Davis Aquatic Ma-38 2:54.35

2 Focha, Teresa 62 Albany Armada Aq-3 3:48.00

3 Carroll, Leah 62 Albany Armada Aq-3 4:06.14

Women 60-64 400 SC Meter Freestyle

WORLD: 4:48.80 * 3/19/2022 Lynn MARSHALL

PAC: 4:53.24 # 8/24/2013 Laura B Val

1 Esahak-Gage, Jane 61 Arizona Masters-48 5:24.86

2 Russell, Jane E 60 Davis Aquatic Ma-38 5:54.94

3 Focha, Teresa 62 Albany Armada Aq-3 7:50.32

4 Carroll, Leah 62 Albany Armada Aq-3 8:16.76

Women 60-64 800 SC Meter Freestyle

WORLD: 9:59.85 * 11/13/2021 Lynn MARSHALL

PAC:10:21.68 # 1/15/2011 Laura B Val

1 Esahak-Gage, Jane 61 Arizona Masters-48 10:57.24

2 Russell, Jane E 60 Davis Aquatic Ma-38 11:52.35

3 Focha, Teresa 62 Albany Armada Aq-3 16:00.59

Women 60-64 1500 SC Meter Freestyle

WORLD:18:54.83 * 3/19/2022 Lynn MARSHALL

PAC:19:35.32 # 1/18/2020 Suzanne M Heim-Bo

1 Esahak-Gage, Jane 61 Arizona Masters-48 20:41.83

2 Russell, Jane E 60 Davis Aquatic Ma-38 22:24.16

3 Taylor, Catherine 60 Walnut Creek Mas-38 24:58.31

4 Focha, Teresa 62 Albany Armada Aq-3 30:21.06

5 Carroll, Leah 62 Albany Armada Aq-3 31:30.81

Women 65-69 100 SC Meter Freestyle

WORLD: 1:04.40 * 12/1/2017 Laura VAL

PAC: 1:04.40 # 12/1/2017 Laura B Val

1 Helmrich, Susan 68 Streamliners-38 1:27.81

Women 65-69 200 SC Meter Freestyle

WORLD: 2:23.26 * 11/18/2017 Laura VAL

PAC: 2:23.26 # 11/18/2017 Laura B Val

1 Helmrich, Susan 68 Streamliners-38 3:02.12

Women 65-69 400 SC Meter Freestyle

WORLD: 5:02.08 * 9/24/2017 Laura VAL

PAC: 5:02.08 # 9/25/2017 Laura B Val

1 Heim, Suzanne M 65 Walnut Creek Mas-38 5:18.01

2 Helmrich, Susan 68 Streamliners-38 6:08.58

Women 65-69 800 SC Meter Freestyle

WORLD:10:34.67 * 1/30/2016 Laura VAL

PAC:10:34.67 # 1/30/2016 Laura B Val

1 Heim, Suzanne M 65 Walnut Creek Mas-38 10:40.98

2 Helmrich, Susan 68 Streamliners-38 12:21.22

Women 65-69 1500 SC Meter Freestyle

WORLD:20:21.61 * 1/30/2016 Laura VAL

PAC:20:21.61 # 1/30/2016 Laura B Val

1 Heim, Suzanne M 65 Walnut Creek Mas-38 20:05.72*

2 Helmrich, Susan 68 Streamliners-38 23:09.83

3 Neville, Cathy V 66 San Diego Swim M-4 24:29.45

4 Quinn, Phyllis 68 The Olympic Club-38 24:39.24

Women 70-74 800 SC Meter Freestyle

WORLD:11:54.61 * 1/18/2020 Cecilia MCCLOSKEY

PAC:12:43.75 # 1/26/2019 Ruth Y Shaps

1 Guthrie, Sally 73 Davis Aquatic Ma-38 12:59.01

Women 70-74 1500 SC Meter Freestyle

WORLD:22:06.78 * 1/18/2020 Cecilia MCCLOSKEY

PAC:24:02.08 # 1/29/1922 Sally K Guthrie

1 Guthrie, Sally 73 Davis Aquatic Ma-38 24:48.81

2 Willard, Mimi C 70 Tamalpais Aquati-38 26:29.70

3 Blew, Susan 71 South End Rowing-3 30:16.16

Women 75-79 1500 SC Meter Freestyle

WORLD:24:04.75 * 11/26/2006 Jane ASHER

PAC:25:26.12 # 10/7/1922 Ruth Y Shaps

1 Scott, Stephanie 76 Walnut Creek Mas-38 27:49.40

2023 1500M Meet - 1/28/2023

Results - 1500M Masters Meet

Men 25-29 1500 SC Meter Freestyle**WORLD:15:29.68 * 10/24/2003 Greg ORPHANIDES****PAC:16:12.04 # 1/28/2017 Chad E La Tourett**

1	Rosenbaum, Ryan	29	Swim Fort Lauder-50	17:44.06
2	Whittle, Matthew	27	The Olympic Club-38	18:04.38

Men 30-34 1500 SC Meter Freestyle**WORLD:15:30.92 * 1/26/2019 Chad LA TOURETTE****PAC:15:30.92 # 1/26/2019 Chad E La Tourett**

1	Dowley, Thomas	32	The Olympic Club-38	17:38.28
2	Clark, Jamie	32	San Francisco Re-38	18:41.59
3	Calhoun, Jack	34	Santa Cruz Maste-38	18:45.18
4	Frayler, Arthur	30	Gator Swim Club-14	18:49.10
5	Bardales, Christopher	33	SF Tsunami Maste-38	22:56.46

Men 35-39 800 SC Meter Freestyle**WORLD: 8:16.19 * 12/6/2009 Alex KOSTICH****PAC: 8:16.19 # 12/31/2009 Alex Kostich**

1	La Tourette, Chad	35	The Olympic Club-38	8:19.24
---	-------------------	----	---------------------	---------

Men 35-39 1500 SC Meter Freestyle**WORLD:15:56.57 * 12/4/2009 Alex KOSTICH****PAC:15:56.57 # 12/31/2009 Alex Kostich**

1	La Tourette, Chad	35	The Olympic Club-38	15:41.78*
2	Frink, Stephen	38	Richmond Plunge-38	19:14.24
3	Narodick, Phil	38	Manatee Aquatic-38	19:37.95
4	Matthews, Gregory	39	San Mateo Master-38	20:12.74

Men 40-44 400 SC Meter Freestyle**WORLD: 4:00.67 * 11/7/2004 Kai DITZEL****PAC: 4:13.84 # 10/11/2004 Geoff Glaser**

1	Song, Jimmy	40	Marcia's Enthusi-38	5:46.79
---	-------------	----	---------------------	---------

Men 40-44 800 SC Meter Freestyle**WORLD: 8:15.69 * 2/25/2017 Samuele PAMPANA****PAC: 8:21.78 # 12/31/2011 Alex Kostich**

1	Song, Jimmy	40	Marcia's Enthusi-38	11:33.57
---	-------------	----	---------------------	----------

Men 40-44 1500 SC Meter Freestyle**WORLD:15:51.60 * 2/21/2016 Samuele PAMPANA****PAC:16:34.84 # 12/5/2010 Alex Kostich**

1	Valdivieso, Juan	42	The Olympic Club-38	17:01.52
2	Ferguson, Andrew	44	UC38	18:26.43
3	Paglio, Daniel	41	South End Rowing-3	20:17.23
4	Song, Jimmy	40	Marcia's Enthusi-38	21:30.83
5	Wada, Ellison	44	Marcia's Enthusi-38	23:28.98
6	Walter, Brent	41	South End Rowing-3	24:38.39

Men 45-49 1500 SC Meter Freestyle**WORLD:16:13.34 * 2/15/2015 Fabio CALMASINI****PAC:17:13.99 # 10/5/2014 Barton S Wells**

1	Salomaa, Jari	45	China Beach Swim-3	19:17.68
2	Donlon, Kevin	45	University of Sa-38	19:31.60
3	Sarrigeorgidis, Kostas	49	UC38	19:35.58
4	Murray, Steven	49	The Olympic Club-38	25:41.89

Men 50-54 1500 SC Meter Freestyle**WORLD:16:23.36 * 2/22/2020 Fabio CALMASINI****PAC:17:11.44 # 12/1/2017 Barton S Wells**

1	Jeffery, Kevin	52	Santa Cruz Maste-38	19:03.47
2	Kneubuhler, Yann	51	Richmond Plunge-38	20:44.12

3	Murray, Brian	53	Wildcat Alumni M-38	20:50.02
4	Wehmann, Todd	51	Marcia's Enthusi-38	21:09.01
5	Wall, Brian	50	Alpine Hills Swi-38	22:22.04
6	Lehnert, Ahren	50	Marcia's Enthusi-38	22:49.69

Men 55-59 1500 SC Meter Freestyle**WORLD:16:59.70 * 6/4/2022 Brent FOSTER****PAC:17:21.15 # 12/2/1922 Barton S Wells**

1	Wells, Barton	56	UC38	17:24.62
2	Arris, Todd	58	The Olympic Club-38	19:20.07
3	Ten Grotenhuis, Dirk	57	Manatee Aquatic-38	20:35.73
4	Chandler, Peter J	59	Santa Cruz Maste-38	22:56.00
5	Barta, Chris	57	Temescal Aquatic-38	23:34.86
6	Johnstone, Mike	55	The Olympic Club-38	24:08.92
7	Downey, Patrick	56	Marcia's Enthusi-38	24:48.77
8	Keating, Brian	58	The Olympic Club-38	26:02.83
9	Wu, Long	58	Marcia's Enthusi-38	27:58.12
10	Bedsworth, Jay	59	San Ramon Valley-38	28:29.36
11	Devlin, Patrick	57	The Olympic Club-38	29:45.60
12	Blumberg, Robert	56	San Ramon Valley-38	30:36.99
---	Gardner, William	59	Alameda Aquatic-38	DQ

Men 60-64 1500 SC Meter Freestyle**WORLD:17:34.51 * 1/29/2022 Arnaldo PEREZ****PAC:18:28.64 # 12/31/2010 Jim Clemmons**

1	Spitzler, David	60	Burlingame Aquat-38	19:50.46
2	Notaro, Michael	61	Manatee Aquatic-38	20:02.08
3	Boone, Jon	60	Walnut Creek Mas-38	21:11.76
4	White, Mark	60	SF Tsunami Maste-38	21:50.04
5	King, Ian	61	Walnut Creek Mas-38	22:30.44
6	Mc Ginley, Patrick	60	Rose Bowl Master-38	22:31.61
7	Coombs, Craig	63	Marcia's Enthusi-38	24:29.09
8	deBenedetti, John	61	The Olympic Club-38	30:15.78

Men 65-69 1500 SC Meter Freestyle**WORLD:18:53.75 * 4/2/2015 Jim MCCONICA****PAC:19:31.11 # 1/24/2015 Jim Clemmons**

1	Campbell, Frank	65	Rose Bowl Master-38	22:17.57
2	Haris, Lee	69	The Olympic Club-38	22:22.68
3	Anderson, Bob	68	Menlo Masters-38	23:48.65

Men 70-74 1500 SC Meter Freestyle**WORLD:18:29.71 * 1/30/2022 Rick COLELLA****PAC:22:05.60 # 1/19/2013 Richard Burns**

1	Ferroggiaro, Fred	70	The Olympic Club-38	21:02.57#
2	Winterrowd, Dan	73	Marcia's Enthusi-38	25:37.16
3	Ruff, Gary	70	North Bay Aquati-38	28:03.11

Men 75-79 1500 SC Meter Freestyle**WORLD:20:39.50 * 4/17/2009 David RADCLIFF****PAC:23:37.09 # 1/29/1922 Edward Rudloff**

1	Owens, Robert	77	Ventura County M-38	29:00.10
2	Crockett, Robert	75	Menlo Masters-38	31:10.12
3	Feiring, Keith	76	Walnut Creek Mas-38	33:40.67
4	Haynes, Ted	78	Peninsula Commun-	37:28.60

Men 85-89 1500 SC Meter Freestyle**WORLD:25:18.19 * 4/12/2019 David RADCLIFF****PAC:32:06.87 # 10/12/2018 Robert W Mayo**

1	Fleming, Jack	88	University of Sa-38	38:22.86
---	---------------	----	---------------------	----------