

PARK RIDGE 1500 Preliminary Results 2009

<i>Women 20 – 24</i>				<i>Men 40 – 44</i>			
Megan C Garland	23	ABM	20:29.64	Matt Keller	40	BUE	18:37.66
<i>Women 25 – 29</i>				Bryan Malas	42	LSAC	19:47.68
Amy Goodwin	28	GS	22:42.54	John Collet	42	JPD	22:04.41
<i>Women 30 – 34</i>				Tom Hintz	43		22:31.98
D' ArcyLynch	33		21:17.70	David Ziegelski	43	GS	32:56.07
Kate G Lorenz	32	CBD	22:36.56	<i>Men 45 – 49</i>			
Jill Magsam	31	BUE	23:20.97	Dale Jackson	49	MICH	20:06.45
Elizabeth Rosenfeld	32	EB	24:03.75	John E Mitchell	47	LSAC	24:00.06
Emily S Clarke	31	TOPM	31:44.03	Erick Guzman	47	PRP	24:04.06
<i>Women 35 – 39</i>				Jim Rowland	49	LIB	24:10.58
Nadine K Day	39	CENT	19:13.71	Ken Heraty	46	PRP	27:48.44
Carrie Colburn	35	ABM	25:29.37	Doug Little	48	BGMS	28:58.04
Ellen Tobler	38	GS	28:14.29	Brad Gillespie	45		32:44.91
Dina M Collins	35		28:17.80	<i>Men 50 – 54</i>			
<i>Women 40 – 44</i>				Andy Seibt	51	FF	19:03.43 R
Mary Zaug	41	PRP	24:26.48	Kevin Scanlan	54		21:36.38
Heidi Leech	44	GS	33:58.02	Rod Adams	52	ELG	24:25.10
Heidi Musser	43	GS	48:36.16	John Traynor	50	COHO	24:26.99 E
<i>Women 45 – 49</i>				Reid Goodrich	54	CHGO	27:07.09
Andrea J Block	48	COHO	19:13.68 R	Mark Krause	53	PRP	28:28.43
Lida Kuehn	46	ABM	21:44.69	Michael Spratley	51	PRP	28:37.03
Kathryn Froehlich	47	COHO	23:36.59	<i>Men 55 – 59</i>			
Cara Smith	46	OPM	24:29.37	Phil Dodson	56		20:08.50
Maureen Hardy	48	CENT	26:37.14	Mark Anderson	56		22:42.77
Shari Heymann	48		28:14.98	Skip Montanaro	56	FISH	26:24.57
Jean McCarthy	49	GS	29:06.99 E	Barry Coyne	55		28:36.84
<i>Women 50 – 54</i>				Vinny Kucich	56	LSAC	29:03.19
Denise Brown	50	MICH	19:51.16	John H Anderson	59		30:03.32
Paula H Conroy	51	JPD	21:10.53	Stuart N Van Dorn	59	GS	35:57.28
Kathy Ottensmeyer	52	COHO	24:10.75	Jim Weaver	56	GS	38:35.22
Lori Wheelles	51	EBC	24:46.38	<i>Men 60 – 64</i>			
Jane Del Greco	53	COHO	24:50.26	Thomas Maude	60		25:36.04
Kathy Gutnayer	53	EQNX	29:15.00	Sherwood Haynes	60	EB	27:59.21
Lori Potter	51	BAM	30:30.19	Donald J. Alsen	60		31:05.19
Margaret Lucchesi	53	GS	34:15.85	Angelo J Lazzara	63	NWSC	31:09.56
Leslie E Maclin	51		36:40.46	Barry Dayton	64	GS	31:30.37
<i>Women 55-59</i>				<i>Men 65 – 69</i>			
Catherine Quill	59	ELG	24:31.66	Phil Heath	66		27:31.16
Cynthia L Jones	59	NWSC	24:35.25	Kenneth H Cohen	69	GS	37:24.25
Judy Brosnan	57	GS	33:51.27	<i>Men 70 – 74</i>			
<i>Men 25 - 29</i>				Leo L Algminas	74	PRP	32:04.23
Robert Pedersen	25	GS	19:50.86				
Chris Toffolo	28		22:20.65				
<i>Men 35 – 39</i>							
John Morrison	37	LSAC	20:07.66				
Mark Mattson	39	NWSC	21:52.94				
Brendan Loughrey	39		22:34.64				
Roman Wachula	36		25:12.12				
Patrick S Finerty	39	GS	29:07.24				

R = Possible ILMISA Record

E = Estimated time due to timer error

Please direct issues to

Meet Director

Barry Dayton

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Park Ridge 1500, June 27, 2009

*Four Mile Relay*

1	COHO,	Block, Froehlich, Kathy Ottensmeyer, Del Greco	01:31:51.28
2	LSAC	Malas, Morrison, Mitchell, Kucich	01:32:58.59
3	GS A	Pedersen, Goodwin, Tobler, Finerty	01:39:54.93
4	PRP	Guzman, Zaug, Heraty, Krause	01:44:47.41
5	GS B	McCarthy, Dayton, Zieglelski, Brosnan	02:07:24.70
6	GS C	Leech, Lucchesi, Van Dorn, Cohen	02:21:35.40

**New this year!!**

TOP TEN MEET PERFORMANCES

We are using a modification of a method used by FINA to award top swimmers in A meet combining performances in different strokes. Or method is based on The Lithuanian adaptation of the FINA method to Masters swimmers. See Our webpage [www.parkridgepenguins.com](http://www.parkridgepenguins.com) For more information.

Note that 1000 points is considered to be comparable to a national championship Swim.

			Time	Points
1	Denise Brown, 50	MICH	19:51.16	1089
2	Andrea J Block, 48	COHO	19:13.68	991
3	Paula H Conroy, 51	JPD	21:10.53	898
4	Andy Seibt, 51	FF	19:03.43	844
5	Nadine K Day, 39	CENT	19:13.71	785
6	Matt Keller, 40	BUEH	18:37.66	719
7	Phil Dodson, 56		20:08.50	715
8	Catherine Quill, 59	ELG	24:31.66	691
9	Cynthia L Jones, 59	NWSC	24:35.25	686
10	Dale Jackson, 49	MICH	20:06.45	642