



## Jim McDonnell Lake Swims

Location: Lake Audubon, Reston, VA

Date: Sunday, May 24, 2015

Hosted by: Reston Masters Swim Team

Meet Director: Larry Paulson

Email: laurence.paulson@gmail.com

### *2015 JMLS Lake Swim Results - 1 Mile, Non-Wetsuit*

#### F18-24

| Place | Last Name  | First Name | Age | Time  | Club |
|-------|------------|------------|-----|-------|------|
| 1     | SCOGGIN    | SIERRA     | 21  | 24:01 | OEVT |
| 2     | PATERSON   | KATHRYN    | 23  | 24:59 | OEVT |
| 3     | CUNNINGHAM | KATHERINE  | 22  | 28:24 | OEVT |
| 4     | MOYER      | VALERIE    | 22  | 28:36 | RMST |
| 5     | LOVERSKY   | LEAH       | 23  | 31:00 | L4S  |

#### F25-29

| Place | Last Name  | First Name | Age | Time  | Club |
|-------|------------|------------|-----|-------|------|
| 1     | MCCONAUGHY | BETHANY    | 25  | 27:36 | MERR |
| 2     | VAYDA      | SHANNON    | 26  | 29:34 | ALEX |
| 3     | GRINSTEINS | GABRIELA   | 27  | 41:45 | UC10 |

#### F30-34

| Place | Last Name | First Name | Age | Time  | Club |
|-------|-----------|------------|-----|-------|------|
| 1     | SONTAG    | JEN        | 32  | 24:49 | RMST |
| 2     | OSBORN    | ANNE       | 30  | 25:46 | 1ST  |
| 3     | LEE       | ELLEN      | 33  | 26:02 | L4S  |
| 4     | ANDERSON  | VICTORIA   | 34  | 28:09 | DCRP |
| 5     | MILLER    | ALAINA     | 33  | 28:36 | ALEX |
| 6     | FABIAN    | JENNIFER   | 31  | 29:28 | LTSM |
| 7     | CALLIER   | VIVIANE    | 30  | 29:30 | ANCM |
| 8     | VERIGAN   | TERESA     | 31  | 29:44 | ALEX |

|    |           |           |    |       |      |
|----|-----------|-----------|----|-------|------|
| 9  | PINKNEY   | EKATERINA | 31 | 34:12 | UC18 |
| 10 | GOLLHOFER | MEGHAN    | 30 | 36:33 | UC10 |
| 11 | KASIMER   | SUSAN     | 33 | 38:06 | JCCN |

#### F35-39

| Place | Last Name  | First Name | Age | Time  | Club |
|-------|------------|------------|-----|-------|------|
| 1     | FITZGERALD | LAUREN     | 39  | 22:42 | L4S  |
| 2     | MADIGAN    | KATHRYN    | 39  | 23:38 | L4S  |
| 3     | COWDEN     | ALYSSA     | 38  | 23:42 | UC10 |
| 4     | MCCABE     | KATHRYN    | 37  | 28:19 | OEVT |
| 5     | ARRISUENO  | GLADYS     | 36  | 28:53 | ANCM |
| 6     | BURNS      | ROBYN      | 39  | 31:36 | FAC  |
| 7     | PEDERSON   | DEBORAH    | 36  | 32:33 | L4S  |

#### F40-44

| Place | Last Name | First Name | Age | Time  | Club |
|-------|-----------|------------|-----|-------|------|
| 1     | CHEN      | JANET      | 41  | 30:41 | GMUP |
| 2     | TRAVIA    | CYNTHIA    | 43  | 31:25 | ALEX |
| 3     | MECHANIC  | LEAH       | 42  | 37:32 | UC09 |

#### F45-49

| Place | Last Name | First Name | Age | Time  | Club |
|-------|-----------|------------|-----|-------|------|
| 1     | MESSENGER | CARLA      | 46  | 33:08 | OEVT |

#### F50-54

| Place | Last Name        | First Name | Age | Time  | Club |
|-------|------------------|------------|-----|-------|------|
| 1     | VAN HORN PATE    | VAL        | 52  | 23:42 | VMST |
| 2     | DAWSON           | MANDY      | 53  | 26:44 | RMST |
| 3     | HYDER-DARLINGTON | LOUISE     | 54  | 35:27 | UC08 |
| 4     | SMITH            | ANDREA     | 52  | 35:36 | OEVT |
| 5     | ADAMS            | ALLYSON    | 50  | 36:36 | TERR |
| 6     | HUDDLE           | HOLLY      | 50  | 40:42 | OEVT |
| 7     | BOYNTON          | ALISON     | 52  | 56:32 | OEVT |

#### F55-59

| Place | Last Name | First Name | Age | Time  | Club |
|-------|-----------|------------|-----|-------|------|
| 1     | ATKINS    | DEBRA      | 57  | 38:38 | OEVT |

#### F60-64

| Place | Last Name      | First Name | Age | Time  | Club |
|-------|----------------|------------|-----|-------|------|
| 1     | LOFTUS-CHARLEY | SHIRLEY    | 63  | 24:11 | VMST |

#### M18-24

| Place | Last Name | First Name  | Age | Time  | Club |
|-------|-----------|-------------|-----|-------|------|
| 1     | CLOUSE    | JASON       | 24  | 25:28 | RMST |
| 2     | ASELTON   | JOHN        | 24  | 26:04 | UC26 |
| 3     | BROWN     | CHRISTOPHER | 23  | 27:02 | OEVT |
| 4     | EVANS     | THOMAS      | 18  | 27:53 | RMST |
| 5     | MATTHEWS  | CHRISTIAN   | 23  | 29:27 | RMST |
| 6     | AHLERS    | PETER       | 19  | 30:09 | OEVT |
| 7     | ZHIGUNOV  | DMITRIY     | 20  | 33:15 | OEVT |

#### M25-29

| Place | Last Name  | First Name | Age | Time  | Club |
|-------|------------|------------|-----|-------|------|
| 1     | SOPKO      | ADAM       | 27  | 24:58 | OEVT |
| 2     | VAYDA      | ROBERT     | 27  | 30:42 | ALEX |
| 3     | MCCONAUGHY | NATHAN     | 29  | 33:45 | MERR |

#### M30-34

| Place | Last Name | First Name | Age | Time  | Club |
|-------|-----------|------------|-----|-------|------|
| 1     | RIVERA    | BRYAN      | 31  | 22:53 | OEVT |
| 2     | LEE       | PATRICK    | 34  | 23:10 | L4S  |
| 3     | PINKNEY   | SEAN       | 30  | 24:15 | LTLE |
| 4     | BUSSEY    | ADAM       | 33  | 28:55 | NBAC |

#### M35-39

| Place | Last Name | First Name | Age | Time  | Club |
|-------|-----------|------------|-----|-------|------|
| 1     | SULLIVAN  | JAMES      | 38  | 24:04 | SPRY |

#### M40-44

| Place | Last Name | First Name | Age | Time  | Club |
|-------|-----------|------------|-----|-------|------|
| 1     | BALDWIN   | CRAIG      | 41  | 26:10 | RMST |
| 2     | BRENNAN   | ROBERT     | 44  | 35:43 | UC10 |
| 3     | COHEN     | MICHAEL    | 42  | 45:38 | OEVT |
| 4     | FLOYD     | JASON      | 43  | 47:03 | OEVT |
| 5     | SARASANA  | KRISHNA    | 43  | 48:18 | FAFF |

#### M45-49

| Place | Last Name | First Name | Age | Time  | Club |
|-------|-----------|------------|-----|-------|------|
| 1     | REES      | MATT       | 47  | 23:40 | L4S  |
| 2     | HOUGH     | GRADY      | 45  | 26:45 | OEVT |
| 3     | MORGAN    | BRIAN      | 48  | 29:07 | OEVT |
| 4     | ZHIGUNOV  | SERGEY     | 49  | 32:37 | OEVT |
| 5     | HARPER    | BILL       | 47  | 34:44 | OEVT |

#### M50-54

| Place | Last Name     | First Name | Age | Time  | Club |
|-------|---------------|------------|-----|-------|------|
| 1     | SHACKLEY      | DAVID      | 52  | 22:15 | L4S  |
| 2     | SCHUTZMEISTER | SCOTT      | 50  | 25:26 | L4S  |
| 3     | BROWN         | DAVID      | 53  | 25:54 | VMST |
| 4     | SCOGGIN       | SAM        | 54  | 26:40 | RMST |
| 5     | EVANS         | BRIAN      | 50  | 27:39 | RMST |
| 6     | INGHOLT       | PAUL       | 54  | 28:45 | UC10 |
| 7     | CARLSON       | JOHN       | 52  | 29:13 | YBCC |
| 8     | DUAN          | XU         | 50  | 29:42 | UC12 |
| 9     | YOUNG         | MICHAEL    | 54  | 29:52 | UC10 |
| 10    | HONIOUS       | DAN        | 54  | 30:05 | UC22 |
| 11    | FINN          | STEPHEN    | 54  | 32:57 | OEVT |
| 12    | SMITH         | STEPHEN    | 52  | 35:54 | OEVT |
| 13    | GUADAGNOLI    | DAN        | 53  | 37:05 | UC12 |
| 14    | MCINTIRE      | CRAIG      | 52  | 37:18 | OEVT |

#### M55-59

| Place | Last Name | First Name | Age | Time  | Club |
|-------|-----------|------------|-----|-------|------|
| 1     | PICK      | DANIEL     | 58  | 27:05 | JCCN |
| 2     | BALES     | PAUL       | 56  | 27:08 | ALEX |
| 3     | WATSON    | JON        | 57  | 27:21 | UC10 |
| 4     | HALL      | RICHARD    | 55  | 27:26 | OEVT |
| 5     | DENES     | THOMAS     | 57  | 27:38 | ANCM |
| 6     | COLLINS   | SEAN       | 56  | 28:44 | UC10 |
| 7     | AHLERS    | STEPHEN    | 58  | 30:42 | L4S  |
| 8     | HOWICK    | WARD       | 59  | 35:42 | OEVT |
| 9     | SCOTT     | EVAN       | 56  | 40:01 | UC08 |
| 10    | YOUNG     | GREG       | 57  | 40:19 | OEVT |

#### M60-64

| Place | Last Name | First Name | Age | Time  | Club |
|-------|-----------|------------|-----|-------|------|
| 1     | SANDER    | DAVID      | 62  | 27:31 | L4S  |
| 2     | CRADDOCK  | HOWARD     | 61  | 32:26 | VMST |
| 3     | WILLETT   | JAMES      | 62  | 32:47 | OEVT |
| 4     | REDMOND   | JOHN       | 62  | 32:47 | OEVT |
| 5     | DRAIM     | BOB        | 60  | 40:07 | OEVT |
| 6     | LANG      | GORDON     | 64  | 40:09 | UC10 |
| 7     | MERCER    | GARY       | 60  | 46:40 | NBAC |
| 8     | SELIGMAN  | PAUL       | 64  | 53:29 | ANCM |

#### M65-69

| Place | Last Name | First Name | Age | Time  | Club |
|-------|-----------|------------|-----|-------|------|
| 1     | FUNK      | MAX        | 65  | 31:05 | OEVT |
| 2     | PAULSON   | LAURENCE   | 66  | 31:18 | RMST |
| 3     | POST      | JOHN       | 67  | 31:20 | VMST |

#### M70-74

| Place | Last Name | First Name | Age | Time  | Club |
|-------|-----------|------------|-----|-------|------|
| 1     | BRASWELL  | WILLIS     | 70  | 29:52 | DCM  |