

**2024 MIRACLE MILE FOR LUNG CANCER
TAMALPAIS AQUATIC MASTERS
WOMEN**

Age Group Place	Overall Place	First Name	Last Name	Age(As of 3/18/2023)	USMS Club	Time Swum	<i>* Converted from meters</i>
		Women 25-29 Laurin Weisenthal, 25, 2009, MVM, 17:57.07					
1	16	Vivian	Crow	26	DAM	0:22:28.53	
		Women 30-34 Nadine Day, 33, 2004, IM, 18:22.43					
1	21	Brianna	Castaldo	31	TAM	0:23:45.00	
		Women 35-39 Suzanne Heim, 38, 1997, TERA, 18:14.66 no entries this year					
		Women 40-44 Tesla Profumo, 40, 2018, CRUZ, 19:14.38					
1	41	Melissa	Foley	43	TAM	0:27:21.47	
2	43	Jez	Lee	43	SMAC	0:27:47.82	
		Women 45-49 Suzanne Heim-Bowen, 45, 2004, WCM, 18:06.78					
1	3	Rebecca	Aten	47	Shark	19:43.0	
2	24	Lanie	King	47	TAM	0:24:16.00	
3	32	Wendy	Rash	47	VACA	0:25:28.99	
4	59	Adi	Wise	45	TAM	0:30:29.56	
		Women 50-54 Laura Val, 53, 2005, TAM, 19:01.00					
1	9	Shannon	Wolford	51	TAM	0:21:24.00	
2	37	Jo	Singh	51	MELO	0:26:27.00	
		Women 55-59 Laura Val, 58, 2010, TAM, 18:47.10					
1	5	Michelle	Goldberg	55	DAM	19:57.36	*
2	8	Charlotte	Brynn	57	NEM	21:22.83	*
3	10	Emma	Garforth	55	DAM	21:27.12	*
4	12	Lynn	Sondag	56	TAM	0:21:47.60	
5	26	Jennifer	Phalen	59	DAM	0:24:22.00	
6	49	Daphne	Elliott	55	Shark	28:55.00	
7	73	Zheng	Jin	57	TAM	0:33:58.10	
8	80	Joan	Crow	59	DAM	0:38:57.00	
		Women 60-64 Laura Val, 61 2013, TAM, 19:44.06					
1	7	Catheryne	DiPrete	60	TAM	0:21:15.80	
2	14	Jane	Russell	60	DAM	22:16.23	*
3	27	Elizabeth	Musser	60	TAM	0:24:23.42	
4	29	Martha	Joyce	64	TAM	0:24:42.36	
5	46	Cassandra	Coffee	62	TAM	0:28:42.00	
6	52	Kelly	Haechler	62	TAM	0:29:27.44	
7	66	Leah	Carroll	62	ALB	0:31:35.02	
8	67	Kimberley	Leslie	63	CMAM	0:31:37.64	
9	71	Teresa	Focha	63	ALB	0:32:47.14	
10	72	Leslie	Bjelk	62	TAM	0:33:01.10	
11	79	Bea	Langsdorf	62	Shark	38:46.00	
		Women 65-69 Ellen Rockholm, 66, 2015, KMAN, 23:23.92					
1	20	Tracy	Grilli	66	Shark	23:29.00	
2	33	Anne	Claman	66	TAM	0:25:42.30	

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Place	Place						
3	42	Janice	Rea	67	TCAM	0:27:45.57	
4	44	Paula	Yankauskas	69	NEM	28:09.89	*
5	47	Reina	Sauer	66	TAM	0:28:44.00	
6	48	Mary	Rogers	66	SMAC	0:28:47.13	
7	50	Jessica	Jakobi	65	TAM	0:29:04.52	
8	63	Karen	Olson	69	DAM	0:30:42.00	
9	65	Deanna	Johnson	67	DAM	0:31:34.00	
10	68	Jane	Hook	69	TAM	0:31:53.81	
11	77	Rita	Wolf	69	TCAM	0:37:03.26	
		Women 70-74	Nancy Ridout, 70, 2012, TAM, 26:43.90				
1	38	Mimi	Willard	70	TAM	26:33.67	*
2	69	Kate	Latham	71	MVM	0:32:19.07	
3	70	Katy	Lantz	70	DAM	0:32:30.71	
4	75	Kathy	Gill	70	DAM	0:36:04.30	
		Women 75-79	Patricia Bond, 75, 2014 FMM 27:43.76				
		no entries in 2024					
		Women 80-84	Patricia Bond, 80, 2018 SYSM, 30:12.20				
1	74	Leslie	Westergaard	81	DAM	0:35:37.99	
2	85	Meredith	Pechoultres	80	TAM	0:45:04.31	
3	87	Nancy	Ridout	82	TAM	0:49:10.41	
		Women 85-90	Mary Alexander, 85. 2021 TAM, 35:20.28				
1	76	Mary	Alexandre	88	TAM	0:36:13.05	