

# Results Booklet

Sponsored by



Dear swimmers,

Congratulations for completing the 2022 February Fitness Challenge! It takes a lot of dedication, commitment and effort to participate in a month-long endurance event, so you should be proud of your accomplishment.

Of course, the past couple of years have been challenging (no pun intended) and we reluctantly had to cancel the Challenge in 2021 because of the pandemic. We were happy to re-start the event for 2022 and are grateful to all our returning swimmers! Hopefully by 2023 we will truly be back to “normal” and more swimmers will participate.

Congratulations to our overall leader this year, **Sameer Phadke** of Orefield, Pennsylvania, who swam 316,378 yards in February. That is an average of over 6.4 miles per day! Sameer has been participating in the Challenge since 2012. He is regularly near the top of the leader boards but 2022 marks the first time he has been our top overall swimmer. Congratulations, Sameer!

Our top woman swimmer this year is **Maureen Rohrs** of Severna Park, Maryland, who swam 283,000 yards in February. Maureen is also a long-time participant in the FFC and was our 2020 top overall swimmer. She sent us an email asking that an asterisk be placed next to her name because she swam with fins this year and she felt that was an advantage. However, she has nothing to feel bashful about—we clearly state that fins, kickboards, pull buoys, etc. are all allowed, and 283,000 yards with fins is still a tremendous achievement!

We used the same online website this year as we did in 2020, to encourage frequent interaction and to make the event fun. Most of the participants took advantage of the Progress Tracker, in which you could set your monthly target and your expected days for swimming, and you could see how your current pace compared to that target as you proceeded through the month. Most swimmers enjoyed the 15 different Achievement Badges that you could earn for swimming several distance thresholds, swimming on special days, and so on. We received an email from one of our swimmers from the United Kingdom stating that the President’s Day badge isn’t very significant, so we added a bonus badge especially for our UK swimmers who swam on February 6, celebrating the 70<sup>th</sup> anniversary of Queen Elizabeth II’s accession to the throne.

On behalf of all of us at the Tualatin Hills Barracudas, thank you for participating in 2022 and we hope to see you again in 2023!

– Andrew Scott, FFC webmaster

# Club Results

We had swimmers from 8 different clubs (2 or more swimmers, not including “unattached”) participating this year, including 21 swimmers from the host club, Tualatin Hills Barracudas from Beaverton, Oregon.

We’d also like to give a special ‘shout out’ for Del Norte Masters from Sacramento, California, who promote the Challenge within their club and had 13 swimmers participate. Thank you!

<b>Rank</b>	<b>Club Name</b>	<b>Swimmers</b>	<b>Total Yards</b>	<b>Average Yards</b>	<b>Average Miles</b>
1	Tualatin Hills Barracudas	21	1,278,624	60,887	34.6
2	Central Oregon Masters Aquatics	3	551,032	183,677	104.4
3	Del Norte	13	495,571	38,121	21.7
4	Steel Fitness	2	419,403	209,702	119.1
5	Davis Aquatic Masters	3	323,531	107,844	61.3
6	Gateshead & Whickham	2	223,717	111,859	63.6
7	Y We Swim	2	132,489	66,245	37.6
8	Kings Cormorants	2	128,339	64,170	36.5

# Overall Results

Rk	Name	Gd	Age	Yards
1	Sameer Phadke	M	55	316378
2	Maureen Rohrs	W	66	283000
3	Jessica Kieras	W	41	227454
4	Tuffy Gordon	M	58	171050
5	Jayette Pettit	W	54	162428
6	Kimberly Elsbach	W	59	161300
7	Suzy Jajewski	W	46	161150
8	Sandra Carosi	W	55	126117
9	Glenn Jaecks	M	54	125350
10	Nuala Muir- Cochrane	W	57	120499
11	Pete Turner	M	62	120000
12	Helene Nehrebecki	W	42	113081
13	Kathleen Bedford	W	58	109450
14	Verity Dobbie	W	62	103218
15	Sunil Rane	M	54	103025
16	Brad Cota	M	46	101200
17	Erin Cavender	W	27	100802
18	Richard Knowles	M	60	100800
19	Jane Hutzol	W	57	100647
20	Elizabeth Harrison	W	47	100200
21	Anna Davidson	W	26	100100
22	Jonathan Spriggs	M	54	100023
23	Timothy Kirby	M	60	95800
24	Christine Goodair	W	65	95317
25	Rosanna Sikora	W	66	92650
26	Monique Lance	W	51	90100
27	Billy Atkins	M	77	90000
28	Veronica Orantes	W	31	88500
29	Margaret Sandner	W	71	83110
30	Emma France	W	53	77735

Rk	Name	Gd	Age	Yards
31	Jonathan Wildi	M	38	76950
32	George Nelson	M	76	66382
33	Jim Will	M	72	66107
34	Sara Shepherd	W	39	65800
35	Elizabeth Tronoski	W	60	65000
36	Tracy Havnaer	W	55	63325
37	Andrew Scott	M	56	60000
38	Kent Price	M	83	55200
39	Paul Slotemaker	M	47	53950
40	Hannah Woolsey	W	35	53400
41	Trevor Williams	M	61	50300
42	Jennifer Phalen	W	57	49150
43	Dorothy Aicega	W	69	47729
44	Chris Loberg	M	61	47700
45	Deborah Hopwood	W	65	46450
46	Lee OConnor	M	54	46300
47	Craig Davis	M	70	44850
48	Steph Ramsay	W	29	35203
49	Ewa Cech	W	45	33700
50	Claire Browse	W	66	33022
51	Erika Schumacher	W	55	32300
52	Irene Bersola- Nguyen	W	53	31522
53	Kira Wright	W	48	30025
54	Melissa Hightower	W	45	28790
55	Meegan Wilson	W	73	26750
56	Emily Wolf	W	28	25098
57	Janine Brown	W	49	24000
58	Mike Mitlehner	M	55	22700
59	Don Chernich	M	59	22182

<b>Rk</b>	<b>Name</b>	<b>Gd</b>	<b>Age</b>	<b>Yards</b>
60	Tracey Dron	W	49	21700
61	Léa Kujala	W	36	20400
62	Andy Hutchinson	M	36	18390
63	Shannon Coates	W	36	17122
64	Michael Silves	M	78	16100
65	Linda Wainio	W	68	13800
66	Megan Gonzalez	W	39	13500

<b>Rk</b>	<b>Name</b>	<b>Gd</b>	<b>Age</b>	<b>Yards</b>
67	Katie Frankland	W	31	11265
68	Sarah Vogeli	W	67	11000
69	Nick Alexander	M	32	8650
70	Colleen Farnham	W	69	8194
71	Julie Campbell	W	61	4500
72	Jackie Elliott	W	55	2844

# Age Group Results

## Women 25–29

Record: 238,500 yards — Kathleen Davison — Reston, VA — 2006

Rank	Name	Age	City, State	Yards	Miles
1	Erin Cavender	27	Beaverton, OR	100,802	57.3
2	Anna Davidson	26	Saint Helens, OR	100,100	56.9
3	Steph Ramsay	29	London, UK	35,203	20.0
4	Emily Wolf	28	Sacramento, CA	25,098	14.3

## Women 30–34

Record: 258,000 yards — Tricia Commons — Thousand Oaks, CA — 1997

Rank	Name	Age	City, State	Yards	Miles
1	Veronica Orantes	31	Portland, OR	88,500	50.3
2	Katie Frankland	31	Leeds, UK	11,265	6.4

## Women 35–39

Record: 418,400 yards — Dawn Bergeson — Cottonwood, MN — 2001

Rank	Name	Age	City, State	Yards	Miles
1	Sara Shepherd	39	Beaverton, OR	65,800	37.4
2	Hannah Woolsey	35	Sacramento, CA	53,400	30.3
3	Léa Kujala	36	Tigard, OR	20,400	11.6
4	Shannon Coates	36	Portland, OR	17,122	9.7
5	Megan Gonzalez	39	Sacramento, CA	13,500	7.7

## Women 40–44

Record: 486,800 yards — Dawn Bergeson — Cottonwood, MN — 2004

Rank	Name	Age	City, State	Yards	Miles
1	Jessica Kieras	41	Redmond, OR	227,454	129.2
2	Helene Nehrebecki	42	Rocklin, CA	113,081	64.3

## Women 45–49

Record: 422,577 yards — Lynn Kubasek — Laguna Beach, CA — 2008

Rank	Name	Age	City, State	Yards	Miles
1	Suzy Jajewski	46	Vancouver, WA	161,150	91.6
2	Elizabeth Harrison	47	Aloha, OR	100,200	56.9
3	Ewa Cech	45	Portland, OR	33,700	19.1
4	Kira Wright	48	Portland, OR	30,025	17.1
5	Melissa Hightower	45	Sacramento, CA	28,790	16.4
6	Janine Brown	49	Sacramento, CA	24,000	13.6
7	Tracey Dron	49	Carmichael, CA	21,700	12.3

## Women 50–54

Record: 633,600 yards — Lynn Kubasek — Laguna Beach, CA — 2009

Rank	Name	Age	City, State	Yards	Miles
1	Jayette Pettit	54	Vancouver, WA	162,428	92.3
2	Monique Lance	51	Portland, OR	90,100	51.2
3	Emma France	53	Guildford, UK	77,735	44.2
4	Irene Bersola-Nguyen	53	Sacramento, CA	31,522	17.9

## Women 55–59

Record: 460,100 yards — Lynn Kubasek — Laguna Beach, CA — 2014

Rank	Name	Age	City, State	Yards	Miles
1	Kimberly Elsbach	59	Davis, CA	161,300	91.6
2	Sandra Carosi	55	Lebanon, NJ	126,117	71.7
3	Nuala Muir-Cochrane	57	Poole, UK	120,499	68.5
4	Kathleen Bedford	58	Beaverton, OR	109,450	62.2
5	Jane Hutzol	57	Grand Forks, ND	100,647	57.2
6	Tracy Havnaer	55	Portland, OR	63,325	36.0
7	Jennifer Phalen	57	Davis, CA	49,150	27.9
8	Erika Schumacher	55	Shady Cove, OR	32,300	18.4
9	Jackie Elliott	55	Beckenham, UK	2844	1.6

## Women 60–64

Record: 390,720 yards — Carlita 'Lee' Durand — San Diego, CA — 2003

Rank	Name	Age	City, State	Yards	Miles
1	Verity Dobbie	62	Ebchester, UK	103,218	58.6
2	Elizabeth Tronoski	60	Lexington, KY	65,000	36.9
3	Julie Campbell	61	Wilmette, IL	4500	2.6

## Women 65–69

Record: 515,800 yards — Jewell Grigsby-Martin — Stafford, VA — 2000

Rank	Name	Age	City, State	Yards	Miles
1	Maureen Rohrs	66	Severna Park, MD	283,000	160.8
2	Christine Goodair	65	London, UK	95,317	54.2
3	Rosanna Sikora	66	Morgantown, WV	92,650	52.6
4	Dorothy Aicega	69	Sacramento, CA	47,729	27.1
5	Deborah Hopwood	65	Sacramento, CA	46,450	26.4
6	Claire Browse	66	London, UK	33,022	18.8
7	Linda Wainio	68	Maplewood, MN	13,800	7.8
8	Sarah Vogeli	67	Sacramento, CA	11,000	6.3
9	Colleen Farnham	69	Walla Walla, WA	8194	4.7

## Women 70–74

Record: 601,650 yards — Jewell Grigsby-Martin — Stafford, VA — 2005

Rank	Name	Age	City, State	Yards	Miles
1	Margaret Sandner	71	Morrison, CO	83,110	47.2
2	Meegan Wilson	73	Gainesville, FL	26,750	15.2



## Men 30–34

Record: 353,000 yards — Mike Hall — Terre Haute, IN — 2002

Rank	Name	Age	City, State	Yards	Miles
1	Nick Alexander	32	Puyallup, WA	8650	4.9

## Men 35–39

Record: 541,000 yards — Chris Shoup — Conyers, GA — 2000

Rank	Name	Age	City, State	Yards	Miles
1	Jonathan Wildi	38	Portland, OR	76,950	43.7
2	Andy Hutchinson	36	Edinburgh, Scotland, UK	18,390	10.4

## Men 45–49

Record: 761,000 yards — Jim Fitzpatrick — Laguna Niguel, CA — 2000

Rank	Name	Age	City, State	Yards	Miles
1	Brad Cota	46	Portland, OR	101,200	57.5
2	Paul Slotemaker	47	Beaverton, OR	53,950	30.7

## Men 50–54

Record: 616,000 yards — Jim McConica — Ventura, CA — 2005  
Jim Fitzpatrick — Laguna Niguel, CA — 2009

Rank	Name	Age	City, State	Yards	Miles
1	Glenn Jaecks	54	Sacramento, CA	125,350	71.2
2	Sunil Rane	54	Orefield, PA	103,025	58.5
3	Jonathan Spriggs	54	Chelmsford, Essex, UK	100,023	56.8
4	Lee OConnor	54	Portland, OR	46,300	26.3

## Men 55–59

Record: 575,000 yards — Kent Price — Palo Alto, CA — 1994

Rank	Name	Age	City, State	Yards	Miles
1	Sameer Phadke	55	Orefield, PA	316,378	179.8
2	Tuffy Gordon	58	Franklin, TN	171,050	97.2
3	Andrew Scott	56	Beaverton, OR	60,000	34.1
4	Mike Mitlehner	55	Portland, OR	22,700	12.9
5	Don Chernich	59	Sacramento, CA	22,182	12.6

## Men 60–64

Record: 443,920 yards — Michael Nasta — East Meadow, NY — 2008

Rank	Name	Age	City, State	Yards	Miles
1	Pete Turner	62	Palm Bay, FL	120,000	68.2
2	Richard Knowles	60	Temperance, MI	100,800	57.3
3	Timothy Kirby	60	McMinnville, OR	95,800	54.4
4	Trevor Williams	61	Beaverton, OR	50,300	28.6
5	Chris Loberg	61	Beaverton, OR	47,700	27.1

## Men 70–74

Record: 297,000 yards — Virgil Young — Hannibal, MO — 1996

Rank	Name	Age	City, State	Yards	Miles
1	Jim Will	72	Saint Louis, MO	66,107	37.6
2	Craig Davis	70	Sacramento, CA	44,850	25.5

## Men 75–79

Record: 396,000 yards — Richard Taylor — Levittown, PA — 1996

Rank	Name	Age	City, State	Yards	Miles
1	Billy Atkins	77	Morgantown, WV	90,000	51.1
2	George Nelson	76	Kirkwood, MO	66,382	37.7
3	Michael Silves	78	Bainbridge Island, WA	16,100	9.1

















## Men 80–84

Record: 181,000 yards — Harry Redpath — Brisbane, QLD AUS — 1999  
Ian Redpath — Brisbane, QLD AUS — 2005

<b>Rank</b>	<b>Name</b>	<b>Age</b>	<b>City, State</b>	<b>Yards</b>	<b>Miles</b>
1	Kent Price	83	San Carlos, CA	55,200	31.4

# Achievements

Here are the statistics that show how easy (or difficult!) it was to earn each badge:

Achievement	Met
 First swim of the month	97%
 Swim three or more consecutive days	71%
 Swim seven or more consecutive days	44%
 Swim on every day in February	17%
 Swim on National Pizza Day (February 9)	77%
 Swim on Super Bowl Sunday (February 13)	43%
 Swim on Valentine's Day (February 14)	70%
 Swim on President's Day (February 21)	64%
 Swim at least 5000 yards in one day	44%
 Swim at least 10000 yards in one day	14%
 Swim at least one mile	97%
 Swim at least ten miles in February	83%
 Swim at least the marathon distance (26 miles 385 yards) in February	62%
 Swim at least 100,000 yards in February	29%
 Meet your target yardage for the month	77%
 BONUS (UK swimmers only) Queen Elizabeth Accession Day	70%