

**Southern LMSC Records - Virtual Championships (Updated 2/11/2026)**

<b>18-24</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>	<b>18-24</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard	Joan Chevk	53:40.72	1996	3000 yard			
6000 yard				6000 yard			
5K				5K			
10K	Denise Thompson	2:34:42.44	1994	10K	Mike Dibens	2:34:46.63	1996
1 Hour Swim	Chantal Harrison	4590 yds	1999	1 Hour Swim	John Cochran	4625 yds	2004
<b>25-29</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>	<b>25-29</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard	Ann Hill	38:03.86	1998	3000 yard			
6000 yard				6000 yard			
5K	Ann Hill	1:10:15.28	1998	5K	Daniel Crews	1:15:01.84	2025
10K	Ann Hill	2:27:30.41	1998	10K	Scott Rabalais	2:14:44.14	1988
1 Hour Swim	Ann Hill	4775 yds	1998	1 Hour Swim	Anders Grender	5165 yds	1989
<b>30-34</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>	<b>30-34</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard	Leslie Stanley	39:23.43	1996	3000 yard	Ken Roark	47:34.18	1998
6000 yard				6000 yard	Jeff Maynor	1:12:47.46	2010
5K	Allison Roark	1:46:47.39	2001	5K			
10K	Ann Hill	2:34:14.17	2000	10K	David Matthews	2:31:12.42	1993
1 Hour Swim	Leslie Stanley	4530 yds	1996	1 Hour Swim	Scott Rabalais	5415 yds	1989
<b>35-39</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>	<b>35-39</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard	Linda Tucker	42:19.81	1995	3000 yard	Scott Rabalais	32:40.02	1997
6000 yard				6000 yard			
5K	Heather Roka	1:17:37.59	2025	5K	Scott Rabalais	1:03:29.99	1997
10K	Amy Wright	2:43:18.82	1998	10K	Scott Rabalais	2:10:52.23	1996
1 Hour Swim	Mary Cordaro	4035 yds	2004	1 Hour Swim	Scott Rabalais	5410 yds	1996
<b>40-44</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>	<b>40-44</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard	Mary Speyrer	48:50.74	1999	3000 yard	Alan Braaten	38:20.47	1998
6000 yard				6000 yard			
5K	Ruth Niedrich	1:25:50.00	2002	5K	Tim Ratchford	1:14:32.60	1998
10K	Jenifer Slonaker	2:45:19.76	2000	10K	Scott Rabalais	2:19:00.44	2001
1 Hour Swim	Christine Frederic	4415 yds	2009	1 Hour Swim	Scott Rabalais	5275 yds	2000
<b>45-49</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>	<b>45-49</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard				3000 yard	Mark Welker	38:03.14	2010
6000 yard	Karlene Wise	1:19:25.41	1999	6000 yard	Fritz Simonson	1:27:37.79	1997
5K	Karlene Wise	1:14:02.99	1998	5K	Edward Pittman	1:30:32.00	2002
10K	Karlene Wise	2:31:27.60	1998	10K	Paul Hebert	2:37:00.17	1993
1 Hour Swim	Christine Frederic	4350 yds	2010	1 Hour Swim	Ronald Niedrich	4720 yds	2008
<b>50-54</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>	<b>50-54</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard	Stephanie Santini	42:13.01	2010	3000 yard	Ronald Niedrich	38:22.10	2010
6000 yard				6000 yard			
5K	Pamela Walston	1:43:37.21	2017	5K			
10K	Vicki Buccino	3:10:46.35	1996	10K	Aaron Schneider	2:34:46.01	2024
1 Hour Swim	Stephanie Santini	4200 yds	2013	1 Hour Swim	Jared Tees	4800 yds	2024
<b>55-59</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>	<b>55-59</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>

3000 yard	Jenifer Slonaker	48:17.13	2016		3000 yard			
6000 yard					6000 yard			
5K					5K			
10K					10K	Bob Knight	3:30:00.85	1995
1 Hour Swim	Helen Connault	4000 yds	2017		1 Hour Swim	John Walker	4925 yds	2012
<b>60-64</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>		<b>60-64</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard	Cecile Many	49:09.20	2016		3000 yard	Rick Wery	42:46.46	2016
6000 yard					6000 yard			
5K	Sedley Josserand	2:17:40.99	2017		5K	Douglas Kopp	1:59:31.00	2010
10K					10K	Clarke Mitchell	3:20:25.37	1993
1 Hour Swim	Ginger Spansel	3845 yds	2024		1 Hour Swim	Tomus Enclade	3125 yds	2009
<b>65-69</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>		<b>65-69</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard					3000 yard			
6000 yard					6000 yard			
5K					5K			
10K					10K			
1 Hour Swim	Barbara Owens	3275 yds	1996		1 Hour Swim	Rick Wery	3900 yds	2017
<b>70-74</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>		<b>70-74</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard					3000 yard			
6000 yard					6000 yard			
5K					5K	Anthony Vitale	1:59:10.50	1994
10K					10K	Anthony Vitale	4:11:08.28	1993
1 Hour Swim					1 Hour Swim	Don Carroum	3125 yds	2021
<b>75-79</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>		<b>75-79</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard					3000 yard	Douglas Holmes	55:29.10	2011
6000 yard					6000 yard	Douglas Holmes	1:58:12.67	2011
5K					5K	Douglas Holmes	2:07:08.20	2012
10K					10K	Anthony Vitale	4:12:47.03	1996
1 Hour Swim	Ruth Hamilton	2030 yds	1994		1 Hour Swim	Douglas Holmes	3165 yds	2012
<b>80-84</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>		<b>80-84</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard					3000 yard	Douglas Holmes	1:08:08.58	2016
6000 yard					6000 yard	Douglas Holmes	2:17:17.99	2016
5K					5K	Douglas Holmes	2:26:44.57	2020
10K					10K	Douglas Holmes	6:29:18.03	2016
1 Hour Swim	Ruth Hamilton	2075 yds	1995		1 Hour Swim	Douglas Holmes	2655 yds	2017
<b>85-89</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>		<b>85-89</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard					3000 yard	Douglas Holmes	1:07:06.14	2024
6000 yard					6000 yard	Douglas Holmes	2:11:56.17	2024
5K					5K	Douglas Holmes	2:39:02.99	2022
10K					10K			
1 Hour Swim					1 Hour Swim	Douglas Holmes	2645 yds	2022
<b>90-94</b>	<b>Women</b>	<b>Time</b>	<b>Year</b>		<b>90-94</b>	<b>Men</b>	<b>Time</b>	<b>Year</b>
3000 yard					3000 yard			
6000 yard					6000 yard			

5K			
10K			
1 Hour Swim			

5K			
10K			
1 Hour Swim	Douglas Holmes	1875 yds	2026