

## Niagara District Shines at the 3000 Postal National Championship!

Written by Rauni English

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The results for 3000/6000 postal swim are now official at <http://www.usms.org/longdist/ldnats10>

Greg Danner broke the M25-29 national record in the 3000 with a time of 30:38.07!! His time was also the fastest time in the entire meet. Mark Matheson took first place in M40-45 and several Niagara District swimmers placed in the top ten.

Niagara District also broke the national record in Men's 25+ relay (Danner, Matheson, Brophy) and two other relays took first place: Men 18+ (Curran, Lange, Poirier) and Mixed 18+ (Danner, Matheson, Mathews, Crye). Congratulations to all who swam!!!

### Speedo One Hour Postal National Championship Swim

January is the month to participate in the One Hour Postal ( <http://www.usms.org/longdist/ldnats11/OHPentry.pdf> ). If you wish to

be considered for a relay, please send your distance to the postal chair:

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