

## One Hour Postal Results

Thursday, 14 March 2013 20:59

---

Results have been posted on usms.org for the [Speedo USMS One Hour Postal Championship](#). Go to that link and scroll to the bottom of the page. Niagara LMSC had 16 swimmers participate, some of whom are members of the BUMS and RAMS. Two LMSC records were broken: Louise Murray bested her own record from two years ago in swimming 3,430 yards and finishing 3rd in the 70-74 age group. Greg Danner broke Jim Matysek's 30-34 age group record with a distance of 5,350 yards and came in 2nd place. Great job to all competitors!

{comments on}