



2023 Cycling 5k Results

Results for the Maryland 10k cycling time trial, held Aug. 9
at Davidsonville Elementary School in Davidsonville.

New records are in bold.

Women

50-54

Gold—Erika Griffiths (Odenton), 10:15

55-59

Gold—**Lynne Blake-Hedges (Port Tobacco), 9:35**

Silver—Naira Darius (Bethesda), 12:46

60-64

Gold—Julie Evans (Silver Spring), 11:19

Silver—Marie Sneddon (Centreville), 13:41

65-69

Gold—Sharon Shellenberger (Carlisle, Pa.), 10:38

Gold—**Diane Harris (Fort Washington), 10:55**

Silver—Diane Smith (Bethesda), 11:55

75-79

Gold—Francoise Ramsey (Kensington), 17:04

Men

50-54

Gold—Antonio Abadia (Crofton), 8:34

Silver—Matthew Emeott (Baltimore), 8:38

Bronze—Barry Hartman (Potomac), 9:31

4.) David Kern (Potomac), 14:58

55-59

Gold—Lance Fargo (Reisterstown, Del.), 8:15

Gold—Richard Kennedy (Glen Burnie), 8:21

Silver—Irvin Green (Baltimore), 8:42

Bronze—Patrik Myren (Williamsport), 8:48

5.) Kasempath Meesuk (Millersville), 8:58

6.) Darren Willoughby (Rosedale), 9:28

60-64

Gold—Jere Ballard (Spring Grove, Pa.), 8:23

Gold—Steve Owens (Friendship), 8:19

Silver—Robert McLean (Owings Mills), 9:00

Bronze—Rick Ridgely (Ellicott City), 9:38

65-69

Gold—Rick Paukstitus (Gambills), 8:11

Silver—Paul Feldman (Crownsville), 8:51

Bronze—Steve Esmacher (Crownsville), 8:53

4.) Jeff Andrews (Chevy Chase), 9:43

5.) George Smith (Aberdeen), 10:17

6.) Lee Wilk (Catonsville), 10:55

7.) Ronald Keech (Potomac), 11:12

8.) Larry Steinly (Thurmont), 12:56

70-74

Gold—Timothy Rohrbaugh (Spring Grove), 8:19

Silver—Don Forgione (Ellicott City), 8:46

Bronze—Keith Shuey (Halethorpe), 8:53

4.) Michael Fitzsimmons (Sykesville), 9:13

5.) James Hartnett (Gettysburg, Pa.), 9:23

6.) Gary Wilson (Hanover, Pa.), 9:27

7.) Christopher Barritt (Mount Airy), 9:36

8.) Paul Lally (Silver Spring), 10:00

9.) Michael Hill (Baltimore), 10:08

10.) Richard Viner (Bethesda), 10:46

75-79

Gold—John Cox (Parkville), 9:56

Silver—Myron Segal (Silver Spring), 11:30

80-84

***Gold*—Myron Richardson (Centreville), 10:35**

Silver—Russell Loy (Cockeysville), 11:30

Bronze—Marlyn Hahn (York, Pa.), 11:44