



2024 Cycling 5k Results

Final results for the MSO 5k time trial, held Aug. 7 in Davidsonville.

No new records were set in this event.

Women

50-54

Gold — Erika Griffith (Odenton), 10:11

Silver — Keely Maxwell (Takoma Park), 11:33

70-74

Gold — Sharon Shellenberger (Carlisle, Pa.) 10:53

Gold — Diane Harris (Fort Washington), 11:09

Silver — Francoise Ramsey (Kensington), 15:30

Men

50-54

Gold — Matthew Emeott (Baltimore), 08:22

Silver — Antonio Abadia (Crofton), 08:46

Bronze — Jason Spitzer (Annapolis), 08:59

55-59

Gold — Richard Kennedy (Milton, Del.), 08:30

Gold — Lars Myren (Williamsport), 08:37

Silver — Andrew Kolaja (North Beach), 08:39

Bronze — Irvin Green (Baltimore), 08:54

60-64

Gold — Andrew Bonheyo (Frederick), 08:06

Silver — Steve Owens (Friendship), 08:33

Bronze — Kasempath Meesuk (Millersville), 09:16

65-69

Gold — Jim Crowley (Alexandria, Va.), 08:30
Gold — Stephen Poole (Beltsville), 10:00
Silver — Jere Ballard (Spring Grove, Pa.), 08:42
Silver — Richard Barr (Beltsville), 10:28
Bronze — Jeffrey Andrews (Chevy Chase), 10:32
4.) Lee Wilk (Catonsville), 11:05
5.) Randall Nixon (Columbia), 13:14
7.) John Jeffers (Springfield, Va.), 12:58

70-74

Gold — Chris Barritt (Mt. Airy), 09:02
Silver — Paul Feldman (Crownsville), 09:05
Bronze — Steve Esmacher (Crownsville), 09:08
4.) Donald Forgione (Ellicott City), 09:15
5.) Keith Shuey (Halethorpe), 09:26
6.) Edward Caldeira (Crofton), 09:42
7.) Michael Fitzsimmons (Sykesville), 09:45
8.) Gary Wilson (Hanover, Pa.), 10:02
8.) Richard Viner (Bethesda), 10:17
9.) George Smith (Bethesda), 10:54
10.) Paul Lally (Silver Spring), 11:24
12.) Gene Williams (Lewes, Del.), 16:47

75-79

Gold — James Hartnett (Gettysburg, Pa.), 09:48
Gold — John Cox (Parkville), 09:53
Silver — Myron Segal (Silver Spring), 12:10

80-84

Gold — James Miner (Annapolis), 11:15
Silver — Douglas Corby (Edgewater), 11:38
Bronze — Marlyn Hahn (York, Pa.), 11:39
Bronze — Dennis Benson (Cabin John), 12:41
4.) Charles Rogers (Annapolis), 13:50

85-89

Gold — Dave Hirst (Glen Mills, Pa.), 14:04

Men's Recumbent**50-54**

Gold — David Kern (Potomac), 12:10

70-74

Gold — Ronald Keech (Rockville), 09:53