



2024 10k Run Results

Medalists for the MSO 10k run qualifier for the 2025 National Senior Games, held Sept. 22 through the Robert I. Daime Race For Our Kids in Baltimore.

Men

50-54

Gold—Michael Chen (Gaithersburg), 42:23
Silver—Kam Yee (Gaithersburg), 43:10
Bronze—Bradley Burgunder (Baltimore), 46:21
4.) Frank Tanon (Baltimore), 1:13.35

55-59

Gold—Samuel Collins (Timonium), 48:31
Silver—Thomas Pollehn (Mt. Pleasant, S.C.), 47:32
Bronze—Ira Greenspan (Boyds), 55:39
4.)—Dawit Lakew (Burtonsville), 1:04.03
5.) David Rotstein (Olney), 1:04.28
6.) Netanel Schwob (Baltimore), 1:08.30

60-64

Gold—Craig Carmichael (Baltimore), 49:14
Silver—Thomas Grutsch (Omaha, Neb.), 50:58
Bronze—Michael Bainum (Baltimore), 58:09
4.) James Stewart (Ellicott City), 1:03.46
5.) Kassa Mesfin (Silver Spring), 1:04.31
6.) Vincent Pearson (Owings Mills), 1:17.10

65-69

Gold—Duncan Smith (Cockeysville), 49:45
Silver—Dave McSherry (Camp Mill, Pa.), 1:02.54

70-74

Gold—Steve Sharpe (Westminster), 50:57

75-79

Gold—Wilson Trueheart (Baltimore), 1:05.04

Women

50-54

Gold—Michelle Davey (Pikesville), 1:16.34

55-59

Gold—Teri McCambridge (Towson), 55:40
Silver—Karen Werber (Olney), 55:57
Bronze—Jennifer Ballengee (Baltimore), 56:28
4.) Melinda Michel (Owings Mills), 1:05.27

60-64

Gold—Maureen Skoog (Omaha, Neb.), 59:52
Silver—Deborah Donohue (Towson), 1:00.08

70-74

Gold—Laurie Fisher (Hyattsville), 1:06.09
Silver—Lucy Younes (Hyattsville), 1:36.17