



2024 Cycling 10k Results

Final results and medalists for the MSO 10k time trial,
held May 1 in Davidsonville.

New records are in bold.

Women

50-54

Gold—Layla Doman (Washington, D.C.), 21:28

Gold—Erika Griffith (Odenton), 21:54

Silver—Elizabeth Evans (Manchester, Pa.), 23:31

Silver—Keely Maxwell (Takoma Park), 24:49

55-59

Gold—Elizabeth Foxx (Williamsburg, Va.), 17:08

Gold—Stephanie McMahill (Edgewater), 20:42

65-69

Gold—Julie Evans (Silver Spring), 22:50

70-74

Gold—Sharon Shellenberger (Carlisle, Pa.) 21:49

Gold—Diane Harris (Fort Washington), 22:28

Silver—Tracy Lea (Taneytown), 24:05

Bronze—Francoise Ramsey (Kensington), 36:50

Men

50-54

Gold—Matthew Emeott (Baltimore), 16:58

Silver—Antonio Abadia (Crofton), 17:35

55-59

Gold—Lance Fargo (Reisterstown), 16:17

Silver—Andrew Kolaja (North Beach), 17:22

60-64

Gold—Andrew Bonheyo (Frederick), 16:10
Silver—Steve Owens (Friendship), 16:52
Bronze—David Brodmann (Hagerstown), 17:42
4.) Kasempath Meesuk (Millersville), 18:09
5.) Paul Garza (Odenton), 19:19
6.) Calvin Ball (Huntingtown), 20:55
7.) Michael Miller (Waldorf), 1:05:59

65-69

Gold—Jim Crowley (Alexandria, Va.), 17:14
Silver—Peter Czapiewski (Alexandria, VA), 18:54,
Bronze—Scott Daubert (Hanover, Pa.), 19:00
Gold—Jeffrey Andrews (Chevy Chase), 21:00
5.) John Jeffers (Springfield, Pa.), 26:42

70-74

Gold—Mark Holt (Williamsburg, Va.), 17:12
Gold—Paul Feldman (Crownsville), 17:47
Silver—Chris Barritt (Mt. Airy), 18:11
Bronze—Don Forgione (Ellicott City), 18:15
4.) Michael Fitzsimmons (Sykesville), 18:36
6.) Wesley Scholz (Washington, D.C.), 18:47
5.) Keith Shuey (Halethorpe), 18:49
6.) Edward Caldeira (Crofton), 18:56
9.) Gary Wilson (Hanover, Pa.), 19:15
7.) Jerry Yetter (Columbia), 19:32
8.) Paul Lally (Silver Spring), 20:08
9.) Richard Viner (Bethesda), 20:20
10.) Ron Hill (Laurel), 21:52
11.) George Smith (Bethesda), 22:40

75-79

Gold—James Hartnett (Gettysburg, Pa.), 19:37
Gold—John Cox (Parkville), 19:50
Bronze—Bruce Kessler (Newville, Pa.), 21:20
Silver—Franklin Nutter (Port Republic), 23:09
Bronze—Myron Segal (Silver Spring), 23:27

80-84

Gold—Douglas Corby (Edgewater), 22:29
Silver—James Miner (Annapolis), 23:18
Bronze—Marlyn Hahn (York, Pa.), 24:50
Bronze—Charles Rogers (Annapolis), 29:04

90-94

Gold—James Dupree (Bethesda), 31:50

Men's Recumbent

50-54

Gold—David Kern (Potomac), 26:35

70-74

Gold—Ronald Keech (Rockville), 20:36