



2025 Cycling 5k Results

Results and medalists for the MSO cycling 5k time trials,
held June 4 in Davidsonville.

Bold indicates new age group standard.

Women

50-54

Gold — Layla Doman (Washington, D.C.), 10:25

55-59

Gold — Heather Grant (Easton), 11:10

Silver — Naira Darius (Bethesda), 13:14

65-69

Gold — Julie Evans (Silver Spring), 11:01

70-74

Gold — Sharon Shellenberger (Carlisle, Pa.), 10:55

Silver — Diane Harris (Fort Washington), 11:20

Bronze — Diane Smith (Bethesda), 13:15

4.) Francoise Ramsey (Kensington), 16:05

80-84

***Gold* — Jeanne Davis (Earleville), 13:15**

Men

50-54

Gold — Matthew Emeott (Baltimore), 8:30

Silver — Antonio Abadia (Crofton), 8:40

Bronze — Richard Mason (Annapolis), 9:43

55-59

Gold — Irvin Green (Baltimore), 8:42

Silver — Dwayne Clacks (Hyattsville), 9:12

Bronze — Darren Willoughby (Rosedale), 11:42

60-64

Gold — Andrew Bonheyo (Frederick), 8:09

Silver — Steve Owens (Friendship), 8:25

Bronze — Kasempath Meesuk (Millersville), 8:56

65-69

Gold — James Crowley (Alexandria, Va.), 8:35

Gold — Brian Daugherty (Edgewater), 8:58

Bronze — Scott Daubert (Hanover, Pa.), 9:40

Silver — James McTernan (Sandy Spring), 9:41

Bronze — Rick Ridgely (Ellicott City), 9:55

4.) Randall Nixon (Columbia), 12:26

70-74

Gold — Richard Paukstitus (Gambrills), 8:31

Silver — Mark Holt (Williamsburg, Va.), 8:50

Silver — Christopher Barritt (Mt. Airy), 9:06

Bronze — Ed Caldeira (Crofton), 9:22

4.) Stephen Esmacher (Crownsville), 9:29

5.) Jerry Yetter (Columbia), 9:35

6.) Don Forgione (Ellicott City), 9:38

8.) Gary Wilson (Hanover, Pa.), 9:50

7.) Richard Viner (Bethesda), 10:34

8.) George Smith (Bethesda), 11:15

9.) Lee Wilk (Catonsville), 11:32

12.) Patrick Cabrey (Wilmington, Del.), 11:51

75-79

Gold — James Hartnett (Gettysburg, Pa.), 10:00

Gold — John Cox (Parkville), 10:19

Silver — Paul Lally (Silver Spring), 10:48

Bronze — Myron Segal (Silver Spring), 11:42

4.) Bobby Phillips (Baltimore), 12:23

5.) Eric Longley (Indian Head), 13:24

80-84

Gold — Douglas Corby (Edgewater), 11:30

Silver — Dennis Benson (Cabin John), 12:29

Bronze — Marlyn Hahn (York, Pa.), 12:35

4.) Max Prola (Naples, Fla.), 12:39

85-59

Gold — James Crafton (Silver Spring), 13:40

Men's Recumbent**50-54**

***Gold* — Doran Flowers (Bethesda), 10:08**

70-74

Gold — Ronald Keech (Potomac), 12:44