



2025 Triathlon Results

Results and medalists for the second MSO triathlon,
held June 1 as part of the Sprint Rock Hall Triathlon in Rock Hall.

Women

50-54

Gold — Emily Holcroft (Middletown, Del.) 1:30:10.8

Silver — Delissa Biggs (Huntingtown), 1:34:29.1

Bronze — Mollie Manier (Silver Spring), 1:36:27.3

4.) Melissa Moore (Rockville), 1:38:25.0

5.) Jennifer Zanni (Cockeysville), 1:40:15.9

6.) Theresa Kaufman (Olney), 1:42:01.7

7.) Tami Smith (Severna Park), 1:44:21.3

8.) Jessica Lucas-Judy (Falls Church, Va.), 1:49:15.7

9.) Zong Luo (Swarthmore, Pa.), 1:49:20.4

10.) Kate Kaufer (Annapolis), 1:50:36.5

11.) Krista Knowles (Purcellville, Va.), 1:51:01.6

12.) Tasha Trusty (Cambridge), 1:58:46.4

13.) Tina Masington Tummonds (Bethesda), 2:00:41.5

14.) Alina Newland (Millersville), 2:06:10.2

55-59

Gold — Merle Nillk (Washington, D.C.), 1:27:13.2

Silver — Jocelyn Brannan (Edgewater), 1:41:04.0

Broze — Gerene Behrens (Ocean City), 1:46:08.1

4.) Kelly Gauger (Washington, D.C.), 1:46:58.0

5.) Beth Baillet Cohen (Centreville), 1:49:28.2

6.) Ronna Webster (Lawrenceville, N.J.), 1:51:08.5

7.) Tamara Belt (Washington, D.C.), 1:57:02.9

8.) Marycel Tuazon (Purcellville, Va.), 1:59:06.0

9.) Laura Vukson (Purcellville, Va.), 2:01:55.1

10.) Anymouos Participant, 2:02:29.0

11.) Lorie Preheim (Washington, D.C.), 2:02:56.7

12.) Kristy Thiry (Lancaster, Pa.), 2:03:13.3

13.) Melissa Ensor (Forest Hill), 2:04:17.1

14.) Laura Parsons-Wandell (Bethesda), 2:09:09.5

15.) Michelle Gagnon (Annapolis), 2:12:30.8

16.) Karen Kuhn (Gambrills), 2:15:52.4

17) Georgie Brophy (Bethesda), 2:17:22.7

18.) Jean Keegan (Annapolis), 2:36:31.3

60-64

Gold — Polly Nagell (Richmond, Va.), 1:34:04.1

Silver — Susan Kim (Baltimore), 1:35:29.9

Bronze — Christine Mackrides (Holland, Pa.), 1:35:39.1

4.) Christine Larsen (Eldersburg), 1:44:53.5

5.) Anne Kurtz (Severna Park), 1:45:28.7

6.) Lisa Dignazio (Columbia), 1:47:20.1

7.) Jill Anderson (Phoenix), 1:48:480.1

8.) Lisa Wynn (Ocean View, Del.), 1:51:43.7

9.) Gina Welc (Springfield, Va.), 1:52:19.5

10.) Jane Bergan (Berwyn, Pa.), 1:53:13.0

11.) Kim Musheno (Silver Spring), 1:56:21.7

12.) Elizabeth Fuhrman (Rockville), 2:02:42.0

13.) Jill Ortman-Fouse (Silver Spring), 2:05:48.9

14.) Sheila Welton (Centennial, Color.), 2:11:05.7

15.) Jill Plate (Lansing, Mich.), 2:15:41.4

16.) Margaret Breeding (Harrington, Del.), 2:15:25.3

17.) Robyn Holt (Marydel), 2:15:41.4

18.) Wendy Hall (Columbia), 2:17:10:06

19.) Amy Bose (Annapolis), 2:28:14.1

20.) Marianne Vannatta (Alexandria, Va.), 2:45:35.5

65-69

Gold — Claire de Boer (Mount Gretna, Pa.), 1:38:03.1

Silver — Debra Spatz (Prince Frederick), 1:43:55.9

Bronze — Julie Dawley (Culpeper, Va.), 1:48:34.5

4.) Eileen Corrigan (Milford, Del.), 1:50:34.2

5.) Barbara Clarke (West Chester, Pa.), 1:56:45.4

6.) Kathy Witter (North East), 2:07:33.3

70-74

Gold — Charlene Wilczynski (North East), 1:54:50.3

Silver — Deanna Carmen (Millsboro, Del.), 2:39:18.5

Men

50-54

Gold — Patrick Mish (Odenton), 1:22:04.5

Silver — Andrew Lowe (Lebanon, Pa.), 1:24:46.7

Bronze — Gene Lee (Greenwich, Conn.), 1:28:11.2

4.) Ingo McLean (Annapolis), 1:35:05.5

5.) John Ahearn (Garden City, N.Y.), 1:36:55.7

6.) Christopher Egan (Washington, D.C.), 1:37:45.5

7.) David Colvin (Falls Church), 1:39:47.5

8.) Benjamin Grogg (Mechanicsburg, Pa.), 1:42:05.6

9.) David Belitskus (Middletown, Del.), 1:42:14.2

10.) Matthew Gray (West Grove, Pa.), 1:42:44.0

11.) Shawn Belovich (Rockville), 1:43:33.9

12.) Doug Wandell (Bethesda), 1:52:49.6

13.) Constantine Ananiadis (Chestertown), 1:55:45.5

14.) Jason Hammond (Reisterstown), 1:58:17.4

15.) Jonathan Jeffress (Washington, D.C.), 2:09:11

16.) Tret Eckels (Burke, Va.), 2:20:01.4

17.) Doran Flowers (Bethesda), 2:26:37.2

18.) Kevin Hicks (Chadds Ford, Pa.), 2:29:08.8

55-59

Gold — Jeff Andrews (Phoenixville, Pa.), 1:15:38.7

Silver — David Lane (New Hope, Pa.), 1:23:46.8

Bronze — Jeffrey Loomis (McLean, Va.), 1:26:42.4

4.) David Deal (Washington, D.C.), 1:29:57.1

5.) Michael Rosenthal (Arlington, Va.), 1:30:23.2

6.) Philip Whaling (Severna Park), 1:33:00.8

7.) Harold Harris (Windsor Mill), 1:33:08.3

8.) Mike Raue (Bethesda), 1:34:03.0

9.) Eric Berger (Philadelphia, Pa.), 1:34:24.6

10.) Dave Shenk-Evans (Hyattsville), 1:41:55.3

11.) Robert Mark (Lawrenceville, N.J.), 1:42:06.9

12.) David Davis (Falls Church, Va.), 1:43:02.5

13.) Charlie Parsons (Leesburg, Va.), 1:46:08.9

14.) Joe Silvestri (Potomac), 1:49:39.5

15.) David Rotstein (Olney), 1:49:54.4

16.) Eric Dyckman (Jarrettsville), 1:52:21.4

17.) John Marshall (Monkton), 1:54:42.2

60-64

Gold — Donald White (Fuquay-Varina, N.C.), 1:20:40.2

Silver — James Lutz (Gaithersburg), 1:28:28.6

Bronze — Paul Shapiro (Baltimore), 1:29:08.5

4.) James Keister (Ocean City), 1:31:28.3

5.) David Brindley (Washington, D.C.), 1:36:17.6

6.) David Lohff (Severna Park), 1:39:19.8

7.) Johnny B Greenwood (Bethesda), 1:40:12.3

8.) Dan Coffman (Gaithersburg), 1:40:55.3

9.) Richard Snyder (Annapolis), 1:41:21.3

10.) John Houfek (Annapolis), 1:44:45.7

11.) Glen Hess (Brambleton, Va.), 1:58:19.3

12.) Phil McLaughlin (Washington Crossing, Pa.),
2:09:17.4

13.) Boty McDonald (Canton, Miss), 2:11:12.6

65-69

Gold — Robert Hartman (Etters, Pa.), 1:23:13.3

Silver — Daniel Sack (Cockeysville), 1:37:36.5

Bronze — Robert Barnwell (Silver Spring), 1:44:37.3

4.) Robert Nachman (Ellicott City), 1:44:57.9.5

5.) Peter Fillat (Pasadena), 1:47:14.7

6.) Robert Rudolph (Mechanicsburg, Pa.), 1:47:31.6

7.) Kevin Perkins (Annapolis), 1:48:33.1

8.) Walt Gianelle (Salisbury), 1:55:45.6

9.) Ron Plichta (Fairfax, Va.), 1:57:08.1

10.) Rob Helwig (Rockville), 1:58:22.1

11.) Steven Kramer (Kensington), 2:01:05.5

12.) Brian Nip Brown (Millersville, Pa.), 2:14:17.2

13.) Chip Anderson (Phoenix), 2:36:07.6

70-74

Gold — Ed Jordan (Parsonsborg), 1:25:40.6

Silver — Steve Vaughn (Elkridge), 1:28:59.1

Bronze — Rob Colburn (Ashburn, Va.), 1:33:33.4

4.) David Travis (Milton, Del.), 1:37:04.7

5.) Edward Bessman (Millersville), 1:37:04.7

6.) Mitchell Lewis (Gladwyne, Pa.), 2:12:57.4

75-79

Gold — David Conover (Great Falls, Va.), 1:32:45.9

Silver — Rob Holmes (Tubac, Ariz.), 1:42:36.9

80-84

Gold — Brad Kirley (Lake Anna, Va.), 2:05:57