



2025 5k Run Results

Results and medalists for the MSO 5k road race,
held Aug. 30 through the Kentlands/Lakelands 5k in Gaithersburg.

Women

50-54

Gold — Lisa Wilson (Gaithersburg), 20:57

Silver — Julie Sapper (Rockville), 22:00

Bronze — Jennifer Nash (Gaithersburg), 25:09:00

- 4.) Maria Fernandez (Gaithersburg), 26:29:00
- 5.) Corey Derrenbacher (Gaithersburg), 28:33:00
- 6.) Arunwadee Thirachawalit (Olney), 29:19:00
- 7.) Jennifer Harnish (Clarksburg), 29:50:00
- 8.) Gretchen Dourgarian (Gaithersburg), 30:12:00
- 9.) Rebecca Torma-Kim (Gaithersburg), 30:24:00
- 10.) Natualia Stolbovaia (Gaithersburg), 30:49:00
- 11.) Mariana Cukier Bahat (Rockville), 31:19:00
- 12.) Anika Lalmansingh (Gaithersburg), 33:35:00
- 13.) Betsey Poulos (Gaithersburg), 34:19:00
- 14.) Alexandra Soboleva (Gaithersburg), 35:34:00
- 15.) Mimi Gulloy (Gaithersburg), 36:11:00
- 16.) Jean Foschetti (Gaithersburg), 36:19:00
- 17.) Sharon Frederick (Arlington, Va.), 36:25:00
- 18.) Kiki Li (Gaithersburg), 37:25:00
- 19.) Anna Fortney (Germantown), 37:32:00
- 20.) Amy Li (Boyd), 38:22:00
- 21.) Melissa Peterson (Gaithersburg), 40:43:00
- 22.) Barbara Eaton (Silver Spring), 41:05:00
- 23.) Mary Chu (Gaithersburg), 42:29:00
- 24.) Tanya Johnson (Gaithersburg), 43:17:00
- 25.) Shantel Platt (Gaithersburg), 43:33:00
- 26.) Alison Soffer (Germantown), 45:33:00
- 27.) Anju Varkey (Gaithersburg), 46:01:00
- 28.) Stephanie Menick (Gaithersburg), 48:05:00
- 29.) Kelly Steggles (Gaithersburg), 48:10:00
- 30.) Rebecca Levy (Gaithersburg), 50:52:00
- 31.) Janice Beinart (Gaithersburg), 51:12:00
- 32.) Julianne Ditommaso (Gaithersburg), 52:15:00
- 33.) Sherrie Piper (Germantown), 54:10:00
- 34.) Kayleen Miller (Gaithersburg), 56:18:00
- 35.) Lara Hausman (Gaithersburg), 56:38:00

- 36.) Amy Raskin (Gaithersburg), 56:39:00
- 37.) Lynn Dicker (Gaithersburg), 56:39:00
- 38.) Ann Marie Ulrich (Gaithersburg), 58:14:00
- 39.) Linda Draghici (Gaithersburg), 58:28:00
- 40.) Michelle Thomas (Atlantic City, N.J.), 58:38:00
- 41.) Theadora Quible (Churchton), 59:11:00
- 42.) Katherine Hernandez (Mount Dora, Fla.), 59:40:00
- 43.) Helen Castillo (Rockville), 62:29:00
- 44.) Mary Nasatka (Washington, D.C.), 65:15:00
- 45.) Shannel McBride (Gaithersburg), 65:33:00

55-59

Gold — Jihyeon Lee (Germantown), 24:27:00

Silver — Bridget Ryder (Gaithersburg), 24:51:00

Bronze — Christine Valenti (Gaithersburg), 28:31:00

- 4.) Christine Koubeck (Gaithersburg), 28:31:00
- 5.) Wenchi Hu (Bethesda), 30:43:00
- 6.) Norah Shire (Potomac), 3:06:00
- 7.) Debra Ransing (Gaithersburg), 31:19:00
- 8.) Karen Ehsani (Gaithersburg), 31:27:00
- 9.) Maria Khosroffian (Gaithersburg), 32:18:00
- 10.) Mamitiana Rajaona Ramam (Gaithersburg), 32:21:00
- 11.) Lori Stapleton (Gaithersburg), 32:49:00
- 12.) Alex Stavitsky-Zei (Gaithersburg), 33:28:00
- 13.) Laura Baxter (Gaithersburg), 24:29:00
- 14.) Michell Fishman (Gaithersburg), 35:05:00
- 15.) Becky Green (Gaithersburg), 35:51:00
- 16.) Christine Neal (Gaithersburg), 26:26:00
- 17.) Colleen Sico (Gaithersburg), 40:21:00
- 18.) Micki Palmer (Gaithersburg), 40:51:00
- 19.) Silvia Macdonald (Clarksburg), 45:16:00
- 20.) Lisa Frank (Gaithersburg), 46:18:00
- 21.) Michele Wolven (Germantown), 46:23:00
- 22.) Sandra Menzies (Gaithersburg), 46:34:00
- 23.) Rozalyn Moore (Rockville), 46:42:00
- 24.) Patty Matos (Gaithersburg), 48:38:00
- 25.) Teresa Henderson (Gaithersburg), 51:03:00

- 26.) Mary Holmes (Germantown), 51:57:00
- 27.) Michele Zaiderman (Gaithersburg), 53:37:00
- 28.) Cynthia Murray (Philadelphia, Pa.), 56:31:00
- 29.) Nicole Trudel (Gaithersburg), 57:12:00
- 30.) Dayna Ingrassia (Gaithersburg), 58:27:00
- 31.) Nancy Eaby (Gaithersburg), 59:12:00
- 32.) Vanessa Casillas (Gaithersburg), 68:28:00
- 33.) Susan Snider (Arlington, Va.), 63:28:00
- 34.) Tricia McVeigh (Gaithersburg), 64:41:00
- 35.) Beverly Magda (Harrisburg, Pa.), 65:15:00
- 36.) Marilyn Pierre (Gaithersburg), 65:33:00
- 37.) Pratibha Kaushik (Germantown), 66:33:00

60-64

- Gold* — Robin Lerner (Bethesda), 24:02:00
- Silver* — Melanie Psaltakis (Gaithersburg), 29:47:00
- Bronze* — Julie Donovan (Bethesda), 30:33:00
- 4.) Teresa Carrera (Gaithersburg), 31:44:00
- 5.) Janet Griffiths (Gaithersburg), 33:20:00
- 6.) Jane DiNardo (Germantown), 34:54:00
- 7.) Mun Ling Shum (Gaithersburg), 36:10:00
- 8.) Veronica Kerr (Derwood), 36:33:00
- 9.) Lucile Lisle (Crofton), 36:46:00
- 10.) Wendy Weigant (Frederick), 37:59:00
- 11.) Jennifer Williams (Frederick), 38:01:00
- 12.) Xu Lin (Rockville), 41:28:00
- 13.) Anna Garza (Rockville), 42:30:00
- 14.) Laxmi Prasad (Monrovia), 44:47:00
- 15.) Laura Harper (Gaithersburg), 50:08:00
- 16.) Sandy Iser (Gaithersburg), 51:17:00
- 17.) Tammy Mobarri (Gaithersburg), 51:25:00
- 18.) Jeanie Schmier (Olney), 54:12:00
- 19.) Lisa Edwards (Potomac), 55:02:00
- 20.) Diana Roman (Gaithersburg), 61:28:00
- 21.) Margaret Emerson (Reston, Va.), 65:49:00
- 22.) Shashikal Murthy (Rockville), 66:32:00
- 23.) Niharika Allani (Gaithersburg), 66:34:00

65-69

- Gold* — Sarah McKechnie (Kensington), 24:24:00
- Silver* — Kathy Cea Wergin (Gaithersburg), 26:31:00
- Bronze* — Carolyn Eichberg (Potomac), 27:18:00
- 4.) Karen Craney (North Potomac), 30:20:00
- 5.) Daphne Szanto (Rockville), 33:38:00
- 6.) Regina Flagg (Silver Spring), 36:13:00
- 7.) Linda Kurinsky (Gaithersburg), 38:20:00
- 8.) Mary Collins (Clinton), 38:28:00
- 9.) Amy Berliner (Gaithersburg), 46:18:00
- 10.) Linda Trusilo (Poolesville), 46:28:00
- 11.) Dolce Tapia (Gaithersburg), 49:18:00
- 12.) Terrie Smith (Newburgh, Ind.), 51:33:00
- 13.) Sandy Krems (Gaithersburg), 53:37:00

- 14.) Elizabeth Feldman (Gaithersburg), 55:22:00
- 15.) Erika Ginsburg (Gaithersburg), 56:44:00
- 16.) Patricia Ryan (Rockville), 61:20:00
- 17.) Clara Williams (Frederick), 62:22:00
- 18.) Jennifer Hough (Gaithersburg), 63:58:00
- 19.) Judy Schonberger (Gaithersburg), 66:41:00
- 20.) Barbara Feldman (Gaithersburg), 68:55:00
- 21.) Vicki Porter (Bethesda), 69:50:00
- 22.) Luz Vicuna (Gaithersburg), 70:59:00

70-74

- Gold* — Loveleen Gupta (Gaithersburg), 25:57:00
- Silver* — Laurie Fisher (Hyattsville), 32:17:00
- Bronze* — Gail Heymsfield (North Potomac), 34:07:00
- 4.) Rosie O'Connor (Gaithersburg), 34:56:00
- 5.) Beth Lynch (Gaithersburg), 35:45:00
- 6.) Sheila Moore (Gaithersburg), 37:11:00
- 7.) Terri Binder (Germantown), 40:23:00
- 8.) Anna Schiefer (Germantown), 45:13:00
- 9.) Nelly Korec (Gaithersburg), 45:31:00
- 10.) Marian Coger (Gaithersburg), 48:00:00
- 11.) Lucy Younes (Hyattsville), 49:02:00
- 12.) Margaret Brown (Gaithersburg), 49:05:00
- 13.) Susanne Metzger (Gaithersburg), 56:45:00
- 14.) Judi Dunbar (Gaithersburg), 60:24:00
- 15.) Kim Pond (Gaithersburg), 60:26:00
- 16.) Maryann Ortega (Gaithersburg), 63:59:00

75-79

- Gold* — Lizzie Sadoff (Washington, D.C.), 29:37:00
- Silver* — Rosemary Dew (Frederick), 38:30:00
- Bronze* — Carolyn Potts (Silver Spring), 44:11:00
- 4.) Kathy Thelin (Gaithersburg), 46:11:00
- 5.) Janice Derr (Potomac), 46:58:00
- 6.) Marilyn Menick (Bethesda), 47:46:00
- 7.) Cheryl Frank (Gaithersburg), 60:27:00
- 8.) Clara Michael (Gaithersburg), 62:50:00
- 9.) Barbara Abrams (Gaithersburg), 64:00:00
- 10.) Lisa Doiron (Gaithersburg), 64:06:00

80-84

- Gold* — Petra Draghici (Gaithersburg), 58:29:00
- Silver* — Angela Little (Gaithersburg), 63:23:00
- Bronze* — Nancy Meza Cuello (Potomac), 64:48:00

Men

50-54

- Gold* — Chris Shaw (Silver Spring), 17:47:00
- Silver* — Ronald Polcawich (Derwood), 20:26:00
- Bronze* — Michael Chen (Gaithersburg), 20:45:00
- 4.) Charlie Scott (Gaithersburg), 21:01:00
- 5.) Christophe Burnett (Gaithersburg), 21:49:00

- 6.) Brian Hensel (Gaithersburg), 21:51:00
- 7.) John Kiang (Gaithersburg), 22:56:00
- 8.) John Ciulla (Poolesville), 23:13:00
- 9.) Mark Rodgaard (North Potomac), 23:37:00
- 10.) Ron Ely (North Potomac), 23:50:00
- 11.) Diego Arbulu (Gaithersburg), 24:47:00
- 12.) Scott Miller (Gaithersburg), 25:45:00
- 13.) Steve Kim (Gaithersburg), 25:54:00
- 14.) Justin Ried (Gaithersburg), 26:32:00
- 15.) Tuan Pham (Gaithersburg), 27:11:00
- 16.) David Muentes (Gaithersburg), 27:15:00
- 17.) Stuart Barr (Gaithersburg), 27:18:00
- 18.) Neil Loewentritt (Gaithersburg), 27:23:00
- 19.) Panagiotis Kourtesis (Gaithersburg), 27:54:00
- 20.) James Conway (Gaithersburg), 29:55:00
- 21.) Chu-Chu Li (Boyds), 29:55:00
- 22.) Enrique Parra (Gaithersburg), 30:26:00
- 23.) Dan Anderson (Silver Spring), 31:27:00
- 24.) Andy Roth (Gaithersburg), 31:31:00
- 25.) Sabin Basnyat (Kensington), 31:48:00
- 26.) Rick Hinshaw (Gaithersburg), 31:49:00
- 27.) Garland Christmas (Boyds), 31:57:00
- 28.) Jeffrey Bush (Glen Burnie), 33:59:00
- 29.) Jud Ashman (Gaithersburg), 24:26:00
- 30.) Grant Cheung (Gaithersburg), 24:59:00
- 31.) Allen Ford (Germantown), 35:38:00
- 32.) Neil Sharma (Gaithersburg), 36:10:00
- 33.) Matthew Alma (Gaithersburg), 37:02:00
- 34.) Chris Harding (Clarksburg), 37:54:00
- 35.) Christopher Van Wert (Gaithersburg), 39:09:00
- 36.) Freeman Johnson II (Gaithersburg), 43:16:00
- 37.) Alberto Duarte (Gaithersburg), 44:42:00
- 38.) Brandon Atkins (Clarksburg), 44:59:00
- 39.) Bobby Mozumder (Germantown), 47:37:00
- 40.) Dan Shereika (Gaithersburg), 53:21:00
- 41.) Arun Muthuswami (Gaithersburg), 58:05:00
- 42.) Herminio Bosques (Gaithersburg), 61:17:00

55-59

- Gold* — Pete Wergin (Gaithersburg), 18:23:00
Silver — Gene Park (Gaithersburg), 18:37:00
Bronze — Kevin Downie (North Potomac), 19:13:00
- 4.) Abdurahman Abdulkadir (Gaithersburg), 19:58:00
 - 5.) Roberto Pedraza (Bethesda), 20:14:00
 - 6.) Kam Yee (Gaithersburg), 20:49:00
 - 7.) Robert Hasson (Gaithersburg), 21:01:00
 - 8.) Robert Lamb (Gaithersburg), 22:48:00
 - 9.) Pete Silvestre (Boyds), 23:01:00
 - 10.) Patrick McCalley (Ewards. Colo.), 24:08:00
 - 11.) Andrew Winter (North Potomac), 25:41:00
 - 12.) Adam Kiely (Gaithersburg), 25:43:00
 - 13.) Dean Chang (Gaithersburg), 25:45:00

- 14.) Gregory Hamilton (Derwood), 25:45:00
- 15.) Christopher Zindash (Gaithersburg), 25:46:00
- 16.) Ira Greenspan (Boyds), 25:50:00
- 17.) David Lukowski (Germantown), 25:54:00
- 18.) Keith Levchenko (Germantown), 26:14:00
- 19.) Julio Sosa (Derwood), 26:56:00
- 20.) Bryan Mowell (Olney), 27:19:00
- 21.) Anirud Sahoo (Gaithersburg), 28:50:00
- 22.) Dennis Vick (Columbia), 29:19:00
- 23.) Javier Isassi (Gaithersburg), 29:36:00
- 24.) Richard Goorevich (Gaithersburg), 29:43:00
- 25.) Jeremy Mears (Rockville), 29:59:00
- 26.) Roger Hernandez (Mount Dora, Fla.), 30:11:00
- 27.) Austin Devereux (Germantown), 30:22:00
- 28.) Harold Yu (Gaithersburg), 30:33:00
- 29.) Brian O'Looney (Gaithersburg), 30:34:00
- 30.) Shawn Dowell (Frederick), 31:50:00
- 31.) Craig Mintz (Gaithersburg), 32:24:00
- 32.) Kevin Puscas (Gaithersburg), 32:53:00
- 33.) Andrew Kaufman (Gaithersburg), 32:54:00
- 34.) Jeff Frank (Gaithersburg), 33:00:00
- 35.) Keith Buchalla (Gaithersburg), 34:57:00
- 36.) Matt Eisman (Gaithersburg), 36:20:00
- 37.) David Asofsky (Gaithersburg), 37:27:00
- 38.) Trent Palmer (Gaithersburg), 42:09:00
- 39.) Paul Zeineddin (Gaithersburg), 43:27:00
- 40.) Andy Steggles (Gaithersburg), 48:11:00
- 41.) Brian Bennighoff (Germantown), 49:24:00
- 42.) James Quinn (Gaithersburg), 50:36:00
- 43.) Tony Neal (Gaithersburg), 50:44:00
- 44.) Will Corbin (Gaithersburg), 65:48:00
- 45.) Donald Darrenbacher (Gaithersburg), 66:10:00

60-64

- Gold* — Paul Jacobson (Gaithersburg), 20:34:00
Silver — John Way (Silver Spring), 21:59:00
Bronze — James Menzies (Gaithersburg), 22:51:00
- 4.) Weiman Hu (Rockville), 25:54:00
 - 5.) Mark Robien (Rockville), 26:09:00
 - 6.) Robert Hanson (Gaithersburg), 26:34:00
 - 7.) Brian Boxman (North Potomac), 26:45:00
 - 8.) Terry Eickel (Germantown), 27:00:00
 - 9.) Edward Murphy (Gaithersburg), 28:41:00
 - 10.) David He (Nort Potomac), 28:48:00
 - 11.) Arthur Menis (Gaithersburg), 30:25:00
 - 12.) James Stewart (Ellicott City), 30:47:00
 - 13.) Bernard Dardzinski (Potomac), 31:02:00
 - 14.) Michael Entwisle (Gaithersburg), 32:26:00
 - 15.) Christopher Taylor (Gaithersburg), 33:11:00
 - 16.) Todd Lennon (Rockville), 33:54:00
 - 17.) Ronald Ramamonjisoa (Gaithersburg), 35:34:00
 - 18.) Timothy O'Brien (Gaithersburg), 36:14:00

- 19.) Joe Paiva (Gaithersburg), 36:15:00
- 20.) Ismael Delcid (Gaithersburg), 37:31:00
- 21.) George Snider (Arlington, Va.), 38:17:00
- 22.) Randy Abate (Gaithersburg), 42:24:00
- 23.) Vijay Kalihdas (Germantown), 49:51:00
- 24.) Madhu Allani (Gaithersburg), 49:51:00
- 25.) Michael Rafter (Annapolis), 49:51:00
- 26.) Mikel Draghici (Gaithersburg), 58:28:00
- 27.) Lou Parnes (Ellicott City), 58:48:00
- 28.) Bolivar Guzman (Gaithersburg), 61:15:00

65-69

- Gold* — Mark Adams (Gaithersburg), 22:15:00
Silver — Marty Horan (Bethesda), 22:53:00
Bronze — Steve Pulleng (Montgomery Village), 24:29:00
- 4.) Brian Berry (Gaithersburg), 26:24:00
 - 5.) Muraji Nakazawa (Great Falls, Va.), 26:33:00
 - 6.) Joe Hayes (Gaithersburg), 29:23:00
 - 7.) Bill Shimp (Arlington, Va.), 30:12:00
 - 8.) James Cannistra (Chevy Chase), 32:06:00
 - 9.) J. Smart (Kensington), 33:16:00
 - 10.) George McPherson (Gaithersburg), 33:32:00
 - 11.) Thomas Soileau (Damascus), 33:55:00
 - 12.) Jeff Cohen (Gaithersburg), 34:43:00
 - 13.) Roy Wolven (Germantown), 34:51:00
 - 14.) Guan Hsu (Derwood), 35:53:00
 - 15.) Clark Mobarry (Gaithersburg), 36:05:00
 - 16.) John Schlichting (Gaithersburg), 36:14:00
 - 17.) Michael Burke (Annapolis), 36:51:00
 - 18.) James Lerner (Bethesda), 49:00:00
 - 19.) Jim Magno (Potomac), 61:20:00
 - 20.) Mark Feldman (Gaithersburg), 63:06:00

70-74

- Gold* — Bruce Myles (Montgomery Village), 23:51:00
Silver — Kerry Lanham (Montgomery Village), 26:19:00
Bronze — Ted Weiner (Germantown), 28:00:00
- 4.) Robert Olshin (Rockville), 30:38:00
 - 5.) Jai Row (Gaithersburg), 31:49:00
 - 6.) Rob McDowell (Sykesville), 36:22:00
 - 7.) David Kerr (Derwood), 39:07:00
 - 8.) Michael Murray (Annapolis), 40:06:00
 - 9.) Michael Sesma (Gaithersburg), 44:23:00
 - 10.) Martin Kiebert (Germantown), 46:10:00
 - 11.) Lawrence Tsang (Gaithersburg), 47:09:00
 - 12.) Jacek Glinkowski (Gaithersburg), 48:17:00
 - 13.) Barry Oring (Gaithersburg), 49:18:00
 - 14.) Juan Matos (Gaithersburg), 67:34:00

75-79

- Gold* — Pim Brouwers (Silver Spring), 26:14:00
Silver — Tom Roberts (Bethesda), 28:15:00
Bronze — Richard Hoffman (Salisbury), 32:21:00
- 4.) Elliott Alman (Gaithersburg), 39:59:00
 - 5.) Reggie Haseltine (Crofton), 41:29:00
 - 6.) Ron Edelstein (Gaithersburg), 65:17:00
 - 7.) Madan Basnyat (Kensington), 67:27:00
 - 8.) Alan Rosen (Gaithersburg), 87:46:00

80-84

- Gold* — Jerry Frankenheim (Germantown), 34:44:00
Silver — John Ord (Potomac), 40:47:00
Bronze — Harris Liebergot (Gaithersburg), 60:23:00

85-89

- Gold* — Malcom O'Hagan (Chevy Chase), 33:49