



2026 Cycling Results

Results and medalists for the MSO cycling 5k time trials,
held July 1 in Davidsonville.

New records are in bold. Records are for Maryland residents only.

Women

55-59

Gold — Erika Griffith (Odenton), 10:08
Silver — Layla Doman (Washington, D.C), 10:12
Silver — LaWanda Benefield (Annapolis), 15:15

60-64

Gold — Betty Keck (Elizabethtown, Pa.), 9:34

70-74

Gold — Sharon Shellenberger (Carlisle, Pa.), 11:02

Men

50-54

Gold — Antonio Abadia (Crofton), 8:49
Silver — Richard Mason (Annapolis), 9:38

55-59

Gold — Dwayne Clacks (Hyattsville), 9:35

60-64

Gold — Michael Sims (Crofton), 8:30
Silver — Anthony Armstead (Upper Marlboro), 8:37
Bronze — Irvin Green (Baltimore), 8:50
4.) Greg Danielewicz (Bensalem, Pa.), 8:53
4.) Kasempath Meesuk (Millersville), 9:05
5.) Dwayne Hudson (New Carrollton), 9:23
7.) Mark Melanson (Falling Waters, W.V.), 9:33

65-69

Gold — Andrew Bonheyo (Frederick), 8:01
Silver — Dennis Courtney (Columbia), 9:12
Bronze — Bernard Shaw (Bowie), 9:23
4.) Jeffrey Andrews (Chevy Chase), 10:00
5.) James McTernan (Sandy Spring), 10:05
6.) Stan McKinney (Upper Marlboro), 10:23

70-74

Gold — Richard Paukstis (Gambrills), 8:45
Silver — Lou Viner (Bethesda), 10:39
Bronze — Lee Wilk (Catonsville), 11:28
4.) Joseph Weiss (Millersville), 11:29
5.) Robert Sharp (Germantown), 11:36
6.) John Jeffers (Springfield, Va.), 12:22

75-79

Gold — Don Forgione (Ellicott City), 9:38
Silver — James Hartnett (Gettysburg, Pa.), 10:10
Silver — Paul Lally (Silver Spring), 10:25
Bronze — Myron Segal (Silver Spring), 12:28
4.) Kenneth Drier (Rising Sun), 12:54

80-84

***Gold* — John Cox (Pikesville), 10:30**
Silver — Franklin Nutter (Port Republic), 11:32
Bronze — Dennis Benson (Cabin John), 12:31

85-89

Gold — Marlyn Hahn (York, Pa.), 14:16