2026 5k Road Race Results

Results and medalists for the MSO 5k road race,
held Sept. 5 through the Kentlands/Lakelands 5k in Gaithersburg.
New Records are in bold. Records are for Maryland residents only.

Women

50-54

Gold — Lisa Levin (Gaithersburg), 20:19
Silver — Julie Sapper (Rockville), 22:11
Bronze — Christine Dunn (Silver Spring), 25:02
4.) Arunwadee Thirachawilt (Olney), 26:48
5.) Cynthia Travia (McHenry), 27:00
6.) Lola Jones (Potomac), 28:35
7.) Carole Welsch (Germantown), 28:50
8.) Robin Dennis (McLean, Va.), 28:58
9.) Rebecca Torma-Kim (Gaithersburg), 29:15
10.) Gretchen Dourgarian (Gaithersburg), 30:28
11.) Stephanie Minnema (Gaithersburg), 30:54
12.) Estelle Yee (Gaithersburg), 30:55
13.) Shelley Roth (Gaithersburg), 32:11
14.) Betsey Poulos (Gaithersburg), 33:29
15.) Helen Cheng (Rockville), 34:52
16.) Margaret Giblin (Brookeville), 35:25
17.) Jennifer Harnish (Clarksburg), 35:28
18.) Shihoko O'Looney (Gaithersburg), 35:29
19.) Daphne Washington (Cockeysville), 36:22
20.) Kari Conklin (Gaithersburg), 36:37
21.) Jodi Rapaport (Gaithersburg), 36:42
22.) Jessica Rodriguez (Germantown), 36:53
23.) Antonina Redko (Gaithersburg), 36:54
24.) Tina Kiang (Germantown), 37:12
25.) Mimi Gulloy (Gaithersburg), 37:13
26.) Mariame Toure (Gaithersburg), 37:48
27.) Misty Whiteford (Gaithersburg), 37:58
28.) Ally Frank (Gaithersburg), 38:33
29.) Bhayal Shah (Gaithersburg), 38:47
30.) Adrienne Hall (Gaithersburg), 39:59
31.) Charis Lyon (Gaithersburg), 40:25
32.) Anna Fortney (Germantown), 40:35
33.) Julianne Ditommaso (Gaithersburg), 42:02
34.) Jeanette Luong (Gaithersburg), 42:12
35.) Jossie Sepulveda (Germantown), 43:18
36.) Radhika Manikumar (Gaithersburg), 43:20
37.) Shantel Platt (Gaithersburg), 45:53
38.) Sherri Piper (Germantown), 46:36
39.) Mariel Behr (Laurel), 46:56
40.) Kimberlyi Allender (Gaithersburg), 47:37
41.) Deborah Fegley (Gaithersburg), 48:26
42.) Stephanie Menick (Gaithersburg), 50:18
43.) Tracy Taylor (Gaithersburg), 51:01
44.) Evelyn Hurry (Montgomery Village), 52:19
45.) Anne Marie Ulrich (Gaithersburg), 53:12
46.) Kimberly Diebling (Gaithersburg), 54:11
47.) Miji Kim (Gaithersburg), 54:50
48.) Renee Mayo (Rockville), 55:20
49.) Ebony-Nico Kelly (Silver Spring), 55:41
50.) Shira Hill (Gaithersburg), 56:51
51.) Lara Hausman (Gaithersburg), 56:52
52.) Lynn Dicker (Gaithersburg), 57:01
53.) Amy Raskin (Gaithersburg), 57:12

54.) Thea Quibke (Gaithersburg), 64:48
55.) Li Hui Sun (Gaithersburg), 67:52

55-59

Gold — Jihyeon Lee (Germantown), 22:43
Silver — J. Andreoli (Arlington, Va.), 22:46
Bronze — Min Patk (McLean, Va.), 24:06
4.) Jacqueline Whitney (Waldorf), 25:22
5.) Jana Bravo (Washington, D.C.), 27:13
6.) Joy Homar (McHenry), 27:17
7.) Val Venus (Gaithersburg), 29:48
8.) Karen Ehsani (Gaithersburg), 31:47
9.) Kellene Parra (Gaithersburg), 32:02
10.) Regina Oliveira (Gaithersburg), 32:09
11.) Marlo Greenspan (Boyds), 32:15
12.) Yuna Lee (Gaithersburg), 32:54
13.) Mitchell Fishman (North Potomac), 33:02
14.) Tracy Wikse (Gaithersburg), 33:27
15.) Mary Rettig (Damascus), 33:54
16.) Jennifer Benkstein (Poolesville), 34:14
17.) Bin Hu (Rockville), 35:00
18.) Julie Liu (Gaithersburg), 35:37
19.) Angela Godman (Gaithersburg), 35:59
20.) Karen Woolery (Gaithersburg), 37:12
21.) Saida Garay (Germantown), 37:13
22.) Sancha Carbonaro (Gaithersburg), 38:47
23.) Micki Palmer (Gaithersburg), 39:01
24.) Alexandra Soboleva (Gaithersburg), 39:38
25.) Beth Culbertson (Poolesville), 40:48
26.) Janine Morinigo (Olney), 42:17
27.) Amy Li (Boyds), 42:21
28.) Sandra Menzies (Gaithersburg), 44:12
29.) Deirdre Cryor (Washington Grove), 45:57
30.) Sonia Ramos da Rocha (Gaithersburg), 46:16
31.) Sharmilla Pradhan (Gaithersburg), 48:28
32.) Michele Wolven (Germantown), 49:37
33.) Theresa Catterton-Doherty (Silver Spring), 49:51
34.) Corrine Lutz (Gaithersburg), 50:21
35.) Leslie Case (Potomac), 51:01
36.) Lorena Velarde-Stick (Boyds), 51:21
37.) Patty Matos (Gaithersburg), 56:48
38.) Jonelle Drugan (Montgomery Village), 57:22
39.) Darlene Din (Derwood), 59:07
40.) Emily Asofsky (Gaithersburg), 59:14
41.) Amee Zeradnick (Gaithersburg), 62:38
42.) Nancy Eaby (Gaithersburg), 64:53
43.) Dayna Ingrassia (Gaithersburg), 65:57
44.) Beverly Magda (Harrisburg, Pa.), 65:59
45.) Maria Khosrofian (Gaithersburg), 66:14
46.) Cara Garrhetson (Gaithersburg), 66:36

60-64

Gold — Robin Lerner (Bethesda), 25:42
Silver — Mary Piper (Germantown), 30:39
Bronze — Mamitiana Rajaona Ramamo (Gaithersburg), 31:45
4.) Sawsan Ghurani (North Potomac), 32:43
5.) Alex Stavitsky-Zein (Gaithersburg), 34:53
6.) Jane Poetker (Gaithersburg), 35:27
7.) Claudia Owen (Germantown), 36:18
8.) Chiew Foon Wong (Germantown), 36:22
9.) Jennifer Williams (Frederick), 37:13
10.) Terry Mayo (Gaithersburg), 37:22
11.) Giovanna Wood (North Potomac), 39:08
12.) Maria Peters (Fallston), 39:46
13.) Mun Ling Shum (Gaithersburg), 39:48
14.) Blanca Sibrian (Boyds), 40:10
15.) Sheepo Fisher (Brockton, Mass.), 42:11
16.) Rose Sepulveda (Germantown), 44:59
17.) Cece Borrelli (Germantown), 45:58
18.) Jeanie Schmier (Olney), 46:25
19.) Maria Ivnonete (Gaithersburg), 49:56
20.) Sandy Iser (Gaithersburg), 52:42
21.) Regina Ancalmo (Damascus), 56:56
22.) Jasmine Jian (Rockville), 59:08
23.) Diana Roman (Gaithersburg), 59:12
24.) Fern Friedberg (Gaithersburg), 60:51

65-69

Gold — Sarah McKechnie (Kensington), 24:25
Silver — Claudia Kirkup (Annapolis), 27:45
Bronze — Carolyn Eichberg (Potomac), 28:07
4.) Rebecca Geurts (Dayton), 30:17

5.) Kathryn Shipman (Gaithersburg), 30:42
6.) Gina Cecconi (Cannonsburg, Pa.), 30:54
7.) Margaret Shank (Gaithersburg), 33:01
8.) Linda Burrell (Derwood), 37:10
9.) Cathy Oliveri (Gaithersburg), 37:40
10.) Mary Collins (Clinton), 38:03
11.) Eileen Noseworthy (Gaithersburg), 38:52
12.) Linda Kurinsky (Gaithersburg), 40:10
13.) Regina Flagg (Silver Spring), 40:28
14.) Dolce Tapia (Gaithersburg), 49:22
15.) Biji Gopi Ram (Gaithersburg), 50:28
16.) Amy Berliner (Gaithersburg), 50:55
17.) Luz Vicuna (Gaithersburg), 53:58
18.) Margaret Emerson (Reston, Va.), 55:17
19.) Elizabeth Feldman (North Potomac), 55:20
20.) Tammy Mobarry (Gaithersburg), 60:52
21.) Nancy Treptow (Gaithersburg), 72:30

70-74

Gold — Debra Isser (Milton, Del.), 25:47
Silver — Kathryn Brown (Derwood), 31:55
Bronze — Aileen Kroll (Greenbelt), 32:58
4.) Karen Craney (North Potomac), 33:42
5.) Sheila Moore (Gaithersburg), 39:14
6.) Jan Thomas (Gaithersburg), 39:38
7.) Terri Binder (Germantown), 45:09
8.) Erika Ginsburg (Gaithersburg), 45:47
9.) Diane Paul (Rockville), 45:57
10.) Fran Leibowitz (Milton, Del.), 51:51
11.) Linda Trusilo (Poolesville), 52:35
12.) Judi Dunbar (Gaithersburg), 53:12
13.) Linda Schwartzstein (Potomac), 55:18
14.) Margaret Mann (Gaithersburg), 63:47
15.) Kim Pond (Gaithersburg), 64:54

75-79

Gold — Sally Rogers (West Chester, Pa.), 31:32
Silver — Alice Franks (Rockville), 32:38
Bronze — Lizzie Sadoff (Washington, D.C.), 32:40
4.) Laurie Fizher (Hyattsville), 33:51
5.) Rosemary Dew (Frederick), 42:25
6.) Kathy Thelin (Gaithersburg), 47:39
7.) Marilyn Menick (Bethesda), 50:20
8.) Janice Derr (Potomac), 51:30
9.) Margaret Brown (Gaithersburg), 52:34
10.) Grace Jiang (Rockville), 57:36
11.) Janis Whittier (Ellicott City), 59:37
12.) Cheryl Frank (Gaithersburg), 63:33

80-84

Gold — Carolyn Potts (Silver Spring), 43:58
Silver — Merrilynn Kessler (Newville, Pa.), 46:16
Bronze — Angela Little (Gaithersburg), 68:10
4.) Olivia Stevens (Gaithersburg), 68:53

85-89

***Gold* — Selma Ridgway (Gaithersburg), 52:22**

Men

50-54

Gold — David Storper (Bethesda), 18:01
Silver — Brian Fields (Gaithersburg), 19:29
Bronze — Masashi Saito (Bethesda), 19:38
4.) Adam Longo (North Potomac), 20:26
5.) Benjamin Wolfe (Boyds), 21:49
6.) Chu-Chu Li (Boyds), 23:56
7.) Thomas Benson (Silver Spring), 24:10
8.) Paul Honigfort (Rockville), 24:20
9.) Anders Sundstrom (Clarksburg), 24:26
10.) Christophe Luchtefeld (Chevy Chase), 24:42
11.) Kelly Dunbar (Bethesda), 24:45
12.) Mark Rodgaard (Gaithersburg), 25:31
13.) Diego Arbulu (Gaithersburg), 25:46
14.) Jay Rapaport (Gaithersburg), 26:20
15.) Fred Bernal (Gaithersburg), 27:16
16.) Mikkel Petrich (Gaithersburg), 27:28
17.) David Jiang (Washington, D.C.), 28:07
18.) Neil Loewentritt (Gaithersburg), 28:24
19.) Ken Wormald (Gaithersburg), 28:25
20.) Dean Roy (Gaithersburg), 29:02
21.) Enrique Parra (Gaithersburg), 29:07
22.) Justin Reid (Gaithersburg), 29:26
23.) Christophe Bowen (Gaithersburg), 30:16
24.) Stuart Barr (Gaithersburg), 30:49

25.) Jeffrey Bush (Glen Burnie), 32:11
26.) Matthew Alman (Gaithersburg), 32:18
27.) Charles Lee (Potomac), 33:00
28.) James Conway (Gaithersburg), 33:19
29.) Rick Hinshaw (Gaithersburg), 33:44
30.) Omar Ancheta (Germantown), 33:50
31.) Garland Christmas (Frederick), 34:04
32.) Arun Ou (King George, Va.), 34:32
33.) Barry Harris (Silver Spring), 35:40
34.) Neil Sharma (Gaithersburg), 35:53
35.) Brian Conklin (Gaithersburg), 35:59
36.) Kelly Ford (Annapolis), 36:11
37.) Derek Newmn (Silver Spring), 36:12
38.) Tuan Pham (Gaithersburg), 36:50
39.) Vasanth Manikumar (Gaithersburg), 37:04
40.) Jose Garcia (Gaithersburg), 37:49
41.) Grant Cheung (Gaithersburg), 38:22
42.) Gustavo Pared (Alexandria, Va.), 38:31
43.) David Muentes (Gaithersburg), 38:53
44.) Nathaniel Robinson (Rockville), 39:27
45.) Atish Ghosh (Gaithersburg), 39:59
46.) Hector Hernandez (Gaithersburg), 42:44
47.) Edmund Liu (Clarksburg), 43:24
48.) Kodandapan Ayyaru (Gaithersburg), 44:39
49.) Jason Snyder (Olney), 49:45
50.) Paul Phelan (Gaithersburg), 51:13
51.) Arun Muthuswami (Gaithersburg), 53:30
52.) Shane Wolfe (Washington, D.C.), 53:32
53.) Peter Hitchener (Gaithersburg), 55:02
54.) Hansel Pham (Gaithersburg), 59:48
55.) Arun Sharma (Olney), 64:11

55-59

Gold — Gene Park (Gaithersburg), 18:58
Silver — Tom Yinger (Westminster), 19:17
Bronze — Michael Chen (Gaithersburg), 21:27
4.) Kam Yee (Gaithersburg), 22:22
5.) John Kiang (Gaithersburg), 22:38
6.) Jeffrey Gurley (Chantilly, Va.), 22:52
7.) John Spano (Gaithersburg), 24:41
8.) Jack Cline (Gaithersburg), 25:00
9.) Pete Silvestre (Boyds), 25:16
10.) Ira Greenspan (Boyds), 25:29
11.) Jens Bolch (Gaithersburg), 26:04
12.) Keith Buchalla (Gaithersburg), 26:51
13.) Christophe Zindash (Gaithersburg), 26:53
14.) Scott Case (Gaithersburg), 26:54
15.) Julio Sosa (Derwood), 26:59
16.) Panagiotis Kourtesis (Gaithersburg), 27:10
17.) James Eppard (North Potomac), 27:43
18.) Keith Levchenko (Germantown), 27:49
19.) Will Rust (Germantown), 28:20
20.) David Lukowski (Germantown), 28:56
21.) Michael Pfeiffer (Gaithersburg), 29:25
22.) Alain Leukam (Gaithersburg), 29:34
23.) David Bates (Gaithersburg), 30:24
24.) Kevin Wong (Gaithersburg), 30:57
25.) Chris Phillips (Gaithersburg), 31:00
26.) Javier Isassi (Gaithersburg), 31:11
27.) Jeremey Mears (Rockville), 31:18
28.) Andy Roth (Gaithersburg), 31:43
29.) Shawn Dowell (Frederick), 32:05
30.) Seung Lee (Germantown), 32:13
31.) Brian O'Looney (Gaithersburg), 32:46
32.) Austin Devereaux (Germantown), 33:53
33.) Adam Lee (Potomac), 35:01
34.) Andrew Kaufman (Gaithersburg), 35:31
35.) Dan Blitz (Gaithersburg), 36:06
36.) Scott Wallace (Bethesda), 36:11
37.) David Asofsky (Gaithersburg), 36:55
38.) Derrick Sudler (Frederick), 37:03
39.) Andrew Choi (Gaithersburg), 38:16
40.) Matt Eisman (Gaithersburg), 38:41
41.) Brad Stewart (Gaithersburg), 40:26
42.) Cesar Morinigo (Olney), 42:18
43.) Kwok Wong (Montgomery Village), 43:32
44.) Alberto Duarte (Gaithersburg), 44:50
45.) Manish Kohli (Gaithersburg), 52:03

60-64

Gold — Pete Wergin (Gaithersburg), 18:47
Silver — Mark Neff (Derwood), 18:55
Bronze — John Way (Silver Spring), 22:10
4.) RJ Spalding (Bethesda), 23:03

5.) Eric Johnston (Ellicott City), 23:22
6.) Antelmo Rojas (Upper Marlboro), 23:34
7.) Hector Montesinos (Silver Spring), 23:58
8.) Jeff Farr (Vienna, Va.), 25:22
9.) Antonio Carrillo (Gaithersburg), 26:00
10.) Greg Poirier (Gwynn Oak), 27:38
11.) Leonel Parra (Gaithersburg), 28:33
12.) Kamalaker Chikyala (Gaithersburg), 29:21
13.) Edward Murphy (Gaithersburg), 29:44
14.) Oscar Valdez (Montgomery Village), 30:16
15.) George Bucha (Brunswick), 31:01
16.) Jose Valdez (Gaithersburg), 31:10
17.) Ron Walton (Gaithersburg), 32:00
18.) James Stewart (Ellicott City), 32:05
19.) Anirud Sahoo (Clarksburg), 32:55
20.) Timothy O'Brien (Gaithersburg), 33:45
21.) Todd Purring (North Potomac), 33:58
22.) Chee Keong Wong (Montgomery Village), 35:03
23.) William Beisner (Gaithersburg), 36:06
24.) Wolfram Schaefer (Gaithersburg), 38:51
25.) Ismael Delcid (Gaithersburg), 40:45
26.) Trent Palmer (Gaithersburg), 41:16
27.) Arthur Menis (Gaithersburg), 41:29
28.) Dave Henderson (Middletown, Conn.), 45:45u
29.) Jawaharlal Buddhavarapu (Gaithersburg), 46:56
30.) Joseph Gartin (Ashburn, Va.), 47:16
31.) Javier Ancalmo (Damascus), 53:17
32.) Jeffrey Thomas (Montgomery Village), 56:58
33.) Bolivar Guzman (Gaithersburg), 59:12
34.) Mikel Draghici (Gaithersburg), 65:58

65-69

Gold — Marty Hornan (Bethesda), 21:56
Silver — Mark Adams (Gaithersburg), 23:08
Bronze — Phil Andrews (Gaithersburg), 23:29
4.) John Donegan (Gaithersburg), 23:55
5.) Elias Tinta (Rockville), 24:52
6.) Edward Maibach (Potomac), 27:08
7.) Brian O'Berry (Gaithersburg), 27:45
8.) John Vierra (Gaithersburg), 28:53
9.) Michael Elkonoh (Columbia), 29:26
10.) Scott Strickler (Boyds), 30:55
11.) Kent Huzzey (Suitland), 31:49
12.) Gary Myers (Gaithersburg), 31:56
13.) Clark Mobarry (Gaithersburg), 32:11
14.) Bill Shimp (Arlington, Va.), 32:25
15.) James Cannistra (Chevy Chase), 33:14
16.) Roland Ramamonjisoa (Gaithersburg), 34:10
17.) Maurice Brown (Capitol Heights), 34:48
18.) Jeff Smart (Clarksville), 35:30
19.) Thomas Soileau (Damascus), 35:51
20.) Michael Burke (Annapolis), 36:23
21.) John Sclichting (Gaithersburg), 38:18
22.) Roy Wolven (Germantown), 38:41
23.) Robert Auchter (Arlington, Va.), 40:28
24.) Henry Tembo (Gaithersburg), 41:18
25.) Blas Humbe Soler (Germantown), 42:54
26.) Dale Shipman (Gaithersburg), 43:23
27.) Paul Heydon (Gaithersburg), 51:31
28.) Vincent Hayes (Clarksburg), 53:41
29.) Mark Feldman (Gaithersburg), 63:36

70-74

Gold — Tom Nolan (Kensington), 24:01
Silver — Bruce Myles (Montgomery Village), 25:23
Bronze — Steve Sharpe (Westminster), 25:29
4.) Bruce Delaplaine (Bethesda), 25:35
5.) Michael Mason (Spencerville), 27:29
6.) Kerry Lanham (Montgomery Village), 27:47
7.) Robert Olshin (Rockville), 28:51
8.) Robert Lembo (Gaithersburg), 29:11
9.) John Economos (Greencastle, Pa.), 30:20
10.) Jai Row (Gaithersburg), 36:29
11.) Jay Embree (Frederick), 37:53
12.) Ted Weiner (Germantown), 38:17
13.) Seth Greenstein (Potomac), 39:12
14.) Steven Sonkin (Mt. Airy), 42:03
15.) Klaus Steinnagel (Germantown), 43:51
16.) Lawrence Tsang (Gaithersburg), 44:16
17.) Mike Duffey (Potomac), 44:31
18.) Jack Edwards (Milton, Del.), 44:31
19.) Michael Sesma (Gaithersburg), 45:12

20.) Wayne Bernstone (Bethesda), 45:15
21.) David Yaccino (Gaithersburg), 45:19
22.) Edward Axler (Gaithersburg), 45:39
23.) James Lerner (Bethesda), 47:57
24.) Barry Oring (Gaithersburg), 51:50
25.) Jacek Glinkowski (Gaithersburg), 53:53
26.) Juan Matos (Gaithersburg), 56:55

75-79

Gold — Don Morrison (Coatesville, Pa.), 22:49
Silver — Tom Roberts (Bethesda), 29:15
Bronze — Jeff Jones (Hagerstown), 32:31
4.) Lee Feldstein (Takoma Park), 34:49
5.) Marc Gunther (Bethesda), 35:13
6.) Elliott Alman (Gaithersburg), 41:23
7.) Bruce Goodman (Gaithersburg), 42:43
8.) Martin Kiebert (Germantown), 48:29
9.) Lawrence Rutledge (Potomac), 55:20
10.) Reggie Haseltine (Crofton), 61:42
11.) Ron Edelstein (Gaithersburg), 64:31

80-84

Gold — Frank Snyder (Gaithersburg), 33:04
Silver — Bruce Kessler (Newville, Pa.), 34:30
Bronze — Tim Casey (Phoenix), 41:02
4.) John Ord (Potomac), 42:24
5.) Roy Davis (Montgomery Village), 49:17
6.) Allan Jiang (Rockville), 49:43
7.) Harris Liebergot (Gaithersburg), 55:26
8.) Howard Chernoff (Derwood), 57:40

85-89

Gold — Malcolm O'Hagan (Chevy Chase), 35:29
Silver — Chet Coates (Silver Spring), 51:30