



2025 Cycling 10k Results

Medalists for the MSO cycling 10k time trials,
held May 7 in Davidsonville.

New MSO records are in bold.

Women

50-54

Gold — Keely Maxwell (Takoma Park), 23:69

55-59

Gold — Erika Griffith (Odenton), 20:28
Silver — Kim Ostenso (Crownsville), 21:55
Bronze — Heather Grant (Easton), 22:21
4.) Caroline Curtis (Ellicott City), 24:21

60-64

Gold — Janet Howard (Catonsville), 20:05

65-69

Gold — Julie Evans (Silver Spring), 22:51

70-74

Gold — Sharon Shellenberger (Carlisle, Pa.), 21:58
Gold — Diane Harris (Fort Washington), 22:30
Silver — Diane Smith (Bethesda), 27:32

80-84

Gold — Jeanne Davis (Earleville), 28:11

Men

50-54

Gold — Matthew Emeott (Baltimore), 17:15
Silver — Antonio Abadia (Crofton), 17:34
Bronze — Richard Mason (Annapolis), 19:13

55-59

Gold — Lance Fargo (Reisterstown), 15:58
Silver — Irvin Green (Baltimore), 17:36
Bronze — Barry Hartman (Severn), 18:03
4.) Mark Melanson (Falling Waters, W.V.), 18:20
4.) Mike Curtis (Ellicott City), 18:53
5.) Dwayne Clacks (Hyattsville), 18:58
6.) Darren Willoughby (Rosedale), 26:15

60-64

Gold — Andrew Bonheyo (Frederick), 16:00
Silver — Steve Owens (Friendship), 16:43
Bronze — Michael Ryan (Selbyville, Del.), 18:53

65-69

Gold — Brian Daugherty (Edgewater), 18:50
Silver — Scott Daubert (Hanover, Pa.), 18:58
Silver — James McTernan (Sandy Spring), 19:40
Bronze — Rick Barr (Laurel), 21:15
4.) Jeffrey Andrews (Chevy Chase), 21:52
5.) Randall Nixon (Columbia), 24:38
7.) John Jeffers (Springfield, Va.), 30:17

70-74

Gold — Richard Paukstis (Gambrills), 17:19
Silver — Mark Holt (Williamsburg, Va.), 17:28
Silver — Don Forgione (Ellicott City), 18:32
Bronze — Ed Caldeira (Crofton), 19:01
4.) Stephen Esmacher (Crownsville), 19:08
6.) Peter Czapiewski (Alexandria, Va.), 19:11
5.) Jerry Yetter (Columbia), 19:15
8.) Gary Wilson (Hanover, Pa.), 19:45

- 6.) Bob Leker (Columbia), 20:29
- 7.) Larry Schofield (Columbia), 20:32
- 8.) Richard Viner (Bethesda), 22:02
- 9.) George Smith (Bethesda), 22:11

75-79

Gold — James Hartnett (Gettysburg, Pa.), 20:30

Gold — John Cox (Parkville), 21:06

Silver — Myron Segal (Silver Spring), 24:16

Bronze — Eric Longley (Indian Head), 27:29

4.) Michael Luginbill (Ellicott City), 33:03

5.) Ascension Marquez (Bethesda), 35:48

80-84

Gold — Douglas Corby (Edgewater), 22:55

Silver — Marlyn Hahn (York, Pa.), 26:28

90-94

***Gold* — James Dupree (Bethesda), 32:31**

Men's Recumbent

50-54

Gold — Doran Flowers (Bethesda), 27:18

70-74

Gold — Ronald Keech (Potomac), 20:50