

Pleasants Landing Olympic & Sprint Triathlon 2024

Race Date

October 05, 2024

Age Group Results

Run

Sprint Age Group

Male Sprint Overall Winners

Place	Name	City	Age	O'all	Time
1	Alden Basmajian	Richmond VA	41	1	17:02.1
2	Joren Aardema-Gagnon	Moseley VA	15	2	19:53.1
3	Stephen Eid	Ashburn VA	57	8	21:34.9

Male Sprint Masters Overa Winn

Place	Name	City	Age	O'all	Time
1	Bill Deaton	Ruckersville VA	56	9	21:38.7
2	David Stubbs	Culpeper VA	50	11	21:42.0
3	Blair Saunders	Newark DE	59	27	23:02.5

Male 14 and Under

Place	Name	City	Age	O'all	Time
1 *	John Paul Galdo	Lovettsville VA	13	33	23:24.4
2 *	Caden Browning	Glen Allen VA	13	34	23:26.4
3 *	Tommy White	Powhatan VA	13	101	29:34.6
4	Titus Heisig	Crownsville MD	12	104	29:45.7
5	Gavin Toderico	Montpelier VA	13	125	31:38.6
6	Justin Harris	Arlington VA	14	182	40:27.8
7	Jackson Ward-Cummings	Leesburg VA	12	199	46:22.4

Male 15 to 19

Place	Name	City	Age	O'all	Time
1 *	Caleb Harlow	Glen Allen VA	18	4	20:26.3
2 *	Chase Foveaux	Port Republic MD	19	63	26:12.4
3 *	Alexander Heisig	Crownsville MD	15	138	32:49.3
4	Leo Volkov	Mc Lean VA	17	153	35:36.1
5	Baichuan Xin	Charlottesville VA	17	161	36:08.4
6	Aidan Savage	Charlottesville VA	17	191	42:32.7

Male 20 to 24

Place	Name	City	Age	O'all	Time
1 *	John Hayes	Fredericksburg VA	24	22	22:35.4
2 *	Jacob McMurtry	Newport News VA	24	81	27:35.9
3 *	Micah Yost	Ruckersville VA	20	105	29:49.8
4	Grant Heisig	Crownsville MD	20	152	35:23.6

Male 25 to 29

Place	Name	City	Age	O'all	Time
1 *	Tristan Keightley	Alexandria VA	28	5	21:24.5
2 *	John Kenneth McGuire	Arlington VA	26	24	22:57.1
3 *	Heath Holladay	Spotsylvania VA	29	29	23:04.2
4	Evan Martino	Reston VA	26	47	24:43.0
5	Shane Holladay	Spotsylvania VA	27	71	26:45.3
6	Lucas Hidalgo	Richmond VA	28	76	27:14.2
7	Kyle Rigg	Bumpass VA	29	92	28:54.8
8	Spencer Somes	Silver Spring MD	26	98	29:29.3
9	Carter Morcom	Monroe VA	25	106	29:50.4
10	Evan Hornstein	Alexandria VA	27	148	34:50.8

Male 30 to 34

Place	Name	City	Age	O'all	Time
1 *	Guy Barwell	Columbia MD	33	12	21:43.9
2 *	Alexander Harding	Arlington VA	31	14	21:54.2
3 *	Trey Holladay	Spotsylvania VA	31	16	22:15.6
4	James Goodwillie	Mechanicsville VA	34	30	23:04.6
5	Lance Pittman	Gaithersburg MD	33	31	23:11.3
6	David Lilly	Fort Gregg-Adams	33	44	24:31.2
7	Ryan Callahan	Charlottesville VA	34	79	27:25.5
8	Fernando Rochi	Derwood MD	34	111	30:24.6
9	Adam Cook	Falls Church VA	34	139	32:50.6

Male 35 to 39

Place	Name	City	Age	O'all	Time
1 *	Robert Nagel	Reston VA	35	3	20:05.6
2 *	David Sydlik	Philadelphia PA	36	15	22:05.1
3 *	Darin Stiefvater	Williamsburg VA	36	19	22:29.5
4	Drew Atchison	Washington DC	38	23	22:41.2
5	Nicholas Phillips	Burke VA	38	28	23:03.6
6	Geoffrey Briers	Richmond VA	36	58	25:36.9
7	Joshua Gotay	Washington DC	36	85	27:50.7
8	Jose Antonio Alvarez	Harrisonburg VA	38	103	29:43.1
9	Preston Redd	Arlington VA	37	124	31:35.9
10	Cameron Murray	Glen Allen VA	35	154	35:39.2
11	Colin Ormsby	Fredericksburg VA	38	174	39:20.1
WS	Michael McMullen	Washington DC	37	59	25:45.0

Male 40 to 44

Place	Name	City	Age	O'all	Time
1 *	Joey Harrington	Arlington VA	43	6	21:28.5
2 *	James Atchison	Henrico VA	41	10	21:41.3
3 *	James Taylor	Midlothian VA	43	17	22:19.5
4	Patrick Feucht	Blacksburg VA	41	21	22:34.7
5	Conor Lastowka	Leesburg VA	43	38	24:07.7
6	Nick Fox	Washington DC	40	41	24:20.1
7	Carter Bowen	Midlothian VA	44	43	24:22.7
8	Nicholas Schey	Midlothian VA	42	53	24:59.2
9	Brent Houck	Pittsburgh PA	40	59	25:48.9
10	Nathan Reed	Springfield VA	40	66	26:15.7
11	Julien Freville	Washington DC	41	78	27:18.3
12	James Bolton	Marriottsville MD	42	82	27:40.3
13	Taylor Youmans	Norfolk VA	43	127	31:46.3
14	Richard Anderson	Leesburg VA	43	150	34:59.5
15	Trevor Redd	Great Falls VA	40	160	36:03.7

Male 45 to 49

Place	Name	City	Age	O'all	Time
1 *	Mike Browning	Glen Allen VA	45	32	23:17.1
2 *	Sergey Volkov	Mc Lean VA	46	51	24:54.2
3 *	Evan Zilliox	Frederick MD	46	70	26:42.7
4	Jared Goodman	Columbia MD	46	84	27:48.5
5	Shaun Reddy	Williamsburg VA	45	86	27:52.2
6	Tim Schnelle	Fairfax VA	49	96	29:11.0
7	Lael Cox	Arlington VA	47	107	29:50.5
8	Ammon Shepherd	Waynesboro VA	47	117	31:00.1
9	Seth Campbell	Bumpass VA	49	136	32:30.1
10	John Bain	Fredericksburg VA	45	137	32:41.7

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Age Group Results

Run

Sprint Age Group

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1 *	Jeffrey Loomis	Mc Lean VA	54	7	21:32.2
2 *	Charles Kreger	Centre Hall PA	54	20	22:31.6
3 *	Nicholas Hill	Washington DC	51	36	23:39.2
4	George David	Falls Church VA	53	72	26:51.6
5	Darren Danilowicz	Warrington PA	54	93	29:01.2
6	David Martin	Columbia MD	52	97	29:14.2
7	Brian Zane	Great Falls VA	52	115	30:55.8
8	Brian Foveaux	Port Republic MD	50	179	40:11.9
9	Tim Walkawicz	Williamsburg VA	51	190	42:16.9
10	Matt Strain	Durham NC	52	196	43:59.6
11	Neil Carrington	Cobbs Creek VA	54	204	56:26.6

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1 *	Jordan Thomas	Alexandria VA	55	35	23:31.0
2 *	David Lassiter	Williamsburg VA	56	56	25:23.6
3 *	David McCready	Falls Church VA	57	57	25:24.9
4	Curt Island	Clarksville MD	55	80	27:26.4
5	Adam Atherly	Richmond VA	58	90	28:17.9
6	Peter Desimone	Virginia Beach VA	59	100	29:31.4
7	Jeffrey Green	Mechanicsville VA	58	113	30:49.6
8	David Zemo	Culpeper VA	59	119	31:22.9
9	Kevin O'Connor	Bethesda MD	55	156	35:40.4
10	Glenford Madamba	Lorton VA	57	168	38:13.6
11	Michael Hale	Leesburg VA	56	180	40:16.7
WS	Stephen Grassi	Sterling VA	56	101	29:31.8

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1 *	Joaquín Diz	Falls Church VA	61	18	22:26.8
2 *	Donald White	Fuquay-Varina NC	61	25	23:02.4
3 *	Doug Landau	Herndon VA	64	48	24:45.7
4	John Hoffman	Centreville VA	60	75	27:14.0
5	Dave Middleton	Ashburn VA	63	77	27:16.3
6	Adam Greer	Clifton VA	60	88	27:54.1
7	James Patteson	Fairfax VA	62	94	29:04.9
8	Greg Elman	Cocoa Beach FL	62	102	29:38.2
9	Michael Waple	Mineral VA	61	135	32:13.7
10	Jeffrey Snow	Mechanicsburg PA	63	163	36:43.7
11	Stephen Smith	Richmond VA	62	194	43:13.1
12	James McLaughlin	Henrico VA	63	200	46:46.2

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1 *	Mark Sposito	North Myrtle Beach	66	50	24:53.6
2 *	Robert Hartman	Etters PA	65	69	26:41.0
3 *	Rob Colburn	Ashburn VA	69	133	32:05.9
4	John White	Richmond VA	67	173	39:18.3
5	Mark Tarosky	Apollo PA	65	195	43:30.5
6	Hugh Redd	Great Falls VA	67	202	52:42.0

Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1 *	Mike Callan	Virginia Beach VA	71	109	30:07.2
2 *	Dennis Barr	Ridge MD	70	132	31:59.9
3 *	Michael Asip	Powhatan VA	71	149	34:53.1
4	Grant Pettrie	Alexandria VA	70	164	37:20.0

Male 75 to 79

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1 *	Michael Scheurer	Reston VA	75	185	41:49.5

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Sprint Age Group

Female Sprint Overall Winners

Place	Name	City	Age	O'all	Time
1	Ellie Harlow	Glen Allen VA	14	13	21:48.3
2	Sylvie Aardema-Gagnon	Moseley VA	17	26	23:02.5
3	Milana Berry	Virginia Beach VA	26	54	24:59.6

Female Sprint Masters Overa Wi

Place	Name	City	Age	O'all	Time
1	Jess Saalfield	Washington DC	56	37	23:43.1
2	Erika Carlson	Reston VA	47	40	24:15.9
3	Jan Morris	Washington DC	46	60	25:55.4

Female 14 and Under

Place	Name	City	Age	O'all	Time
1 *	Tyla Simpson	Ashburn VA	14	45	24:41.5
2 *	Kate Abrams	Chevy Chase MD	13	157	35:43.5
3 *	Annalise Heisig	Crownsville MD	14	171	39:07.2
4	Sienna Burge	Crownsville MD	13	176	39:34.6

Female 15 to 19

Place	Name	City	Age	O'all	Time
1 *	Chrysanthi Euripides	Fredericksburg VA	16	39	24:13.4
2 *	Ella Stufflebeem	Virginia Beach VA	17	49	24:48.9
3 *	Caileigh Foveaux	Port Republic MD	17	64	26:12.9
4	Kendyll Lewis	Saint Leonard MD	17	99	29:29.9
5	Bethany Yost	Ruckersville VA	18	183	40:39.2
6	Ariana Burge	Crownsville MD	16	192	42:33.8

Female 20 to 24

Place	Name	City	Age	O'all	Time
1 *	Sophia Hanway	Charlottesville VA	21	55	25:17.1
2 *	Lindsey Esquirell	Lynchburg VA	24	114	30:51.3
3 *	Madison Holtz	Haymarket VA	23	187	41:53.3

Female 25 to 29

Place	Name	City	Age	O'all	Time
1 *	Emma Sweeney	Chantilly VA	29	61	26:07.6
2 *	Danae Rudy	Lynchburg VA	29	89	28:01.5
3 *	Melissa Morella	Charlottesville VA	29	91	28:45.1
4	Kerry Smith	Fairfax VA	27	155	35:39.9
5	Natalie Nogueira	Washington DC	27	159	35:48.7
6	Jenna Burling	Lynchburg VA	26	170	39:02.9
7	Erica Frank	Bethesda MD	29	181	40:19.6
8	Hannah Allebach	Arlington VA	28	184	40:51.0
9	Mackenzie Doss	Fairfax VA	28	186	41:53.3
WS	Ana Shabestar	Spartanburg SC	25	118	31:02.4

Female 30 to 34

Place	Name	City	Age	O'all	Time
1 *	Marciane Foote	Harleysville PA	33	42	24:21.0
2 *	Kathryn Gantley	Washington DC	30	52	24:58.5
3 *	Nicole Davidow	Washington DC	32	68	26:34.3
4	Lilah Pittman	Gaithersburg MD	30	73	26:59.4
5	Sarah Mueller	Washington DC	32	118	31:09.9
6	Monica Parada	Washington DC	32	122	31:34.2

7	Lauren Charlet	Arlington VA	33	141	32:59.1
8	Carmen Nixon	Derwood MD	33	143	33:44.8
9	Thalia Pinto	Germentown MD	33	151	35:13.7
10	Kimberly Kline	Madison IN	31	165	37:38.6
WS	Carley Marcouillier	Lynchburg VA	32	88	27:52.3

Female 35 to 39

Place	Name	City	Age	O'all	Time
1 *	Olivia Prevost	Fairfax VA	38	46	24:42.5
2 *	Liz Winn	Charlottesville VA	39	95	29:05.1
3 *	Rozanne Larsen	Washington DC	39	110	30:18.2
4	Sally Stras	Asbury Park NJ	35	123	31:35.8
5	Sara Zurmuhlen	Elkridge MD	36	134	32:12.5
6	Rachel Payne	Arlington VA	35	177	39:45.1

Female 40 to 44

Place	Name	City	Age	O'all	Time
1 *	Rachel Heisig	Crownsville MD	44	65	26:13.7
2 *	Aimee West	Powhatan VA	44	67	26:33.8
3 *	Amy Bolton	Marriottsville MD	41	74	26:59.9
4	Rebecca Wolf	Washington DC	44	87	27:52.3
5	Allison Houck	Pittsburgh PA	40	112	30:43.5
6	Kim Feucht	Blacksburg VA	41	121	31:28.6
7	Stacy Crawford	Mechanicsville VA	44	126	31:40.7
8	Carlie Bissler	Richmond VA	41	130	31:49.2
9	Lismarie Hernandez	Gaithersburg MD	43	140	32:58.6
10	Jacquelyn Clark	Virginia Beach VA	40	144	33:54.9
11	Ilda Rubio	Arlington VA	42	146	34:24.1
12	Karen Long	Mechanicsburg PA	41	175	39:23.6
13	Angela McLaughlin	Dunkirk MD	43	198	45:50.7

Female 45 to 49

Place	Name	City	Age	O'all	Time
1 *	Melissa Hill	Washington DC	46	62	26:08.0
2 *	Megin Kennett	Virginia Beach VA	46	83	27:45.7
3 *	Debra Stroiney	Fairfax VA	45	145	34:13.5
4	Kristen Koch	Fredericksburg VA	46	166	37:45.5
5	Ratanak Conquest	Damascus MD	49	188	42:04.0
6	Stela Turelli	Virginia Beach VA	46	197	45:05.2
7	Valerie Reid	Gainesville VA	47	203	52:52.8

Female 50 to 54

Place	Name	City	Age	O'all	Time
1 *	Ellen Marcus	Alexandria VA	50	116	30:58.3
2 *	Lori Murphy	Washington DC	54	172	39:17.0
3 *	Deborah Scott	Lorton VA	54	189	42:07.7

Female 55 to 59

Place	Name	City	Age	O'all	Time
1 *	Julie Flournoy	Henrico VA	57	129	31:48.2
2 *	Lisa Carlisle	Chantilly VA	58	131	31:50.3
3 *	Penney Azcarate	Falls Church VA	58	147	34:28.3
4	Christine Wallace	Bethesda MD	57	158	35:48.6
5	Bonnie McCready	Falls Church VA	56	169	38:35.8
6	Anna Necheles	Arlington VA	59	193	43:04.6
WS	Kathy Lineburg	Stephens City VA	56	116	30:57.1

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Run

Sprint Age Group

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1 *	Jo Ann Colbert	Oakton VA	63	108	30:05.5
2 *	Tina Snee	Falls Church VA	61	120	31:25.6
3 *	Kelly Vidunas	Henrico VA	60	128	31:47.5
4	Gina Welc	Springfield VA	60	162	36:30.7
5	Lois Colbert	Bumpass VA	61	178	39:46.8

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1 *	Pat Tarosky	Apollo PA	65	167	38:08.4
2 *	Cindy Redd	Great Falls VA	66	201	52:41.9

Female 75 to 79

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>O'all</u>	<u>Time</u>
1 *	Kathleen Doswell	Columbia VA	75	142	33:43.8