

Tri It Now
Spring Ridge Sprint Tri
August 30, 2009
Frederick, MD

AWARD LIST

OVERALL MALE WINNERS

1	Joey Pickens	37	14	Glenelg	MD	30:04
2	Daniel Fletcher	344	38	Harpers Ferry	WV	30:39
3	Russell Deighton	98	34	Kensington	MD	30:46

OVERALL FEMALE WINNERS

1	Carolina Soto	39	31	Fairfax Station	VA	35:43
2	Emily Pierce	51	34	Silver Spring	MD	36:19
3	Micki Hultquist	54	39	Gaithersburg	MD	36:42

FEMALE AGE GROUP: 10 - 12

1	Kayla Snyder	24	10	Ellicott City	MD	40:52
2	Lucy Srour	38	12	Potomac	MD	40:56
3	Jacqueline Courtney	29	12	Frederick	MD	41:17

MALE AGE GROUP: 10 - 12

1	Thomas Bryn	104	11	Leesburg	VA	37:27
2	Addison White	30	12	New Market	MD	39:17
3	Luke Robertson	21	11	Annapolis	MD	40:02

FEMALE AGE GROUP: 13 - 15

1	Cailin Fredrickson	11	14	Columbia	MD	38:02
2	Shelby Fredrickson	16	14	Columbia	MD	38:24
3	Kathryn Romanchuk	19	14	Mt. Airy	MD	40:07

MALE AGE GROUP: 13 - 15

1	Benjamin Lawless	28	13	Owings	MD	35:56
2	Christopher Lamont	12	13	Frederick	MD	37:57
3	Noah Bell	93	13	Washington	DC	39:48

FEMALE AGE GROUP: 16 - 19

1	Alexandra Moritz	318	19	Parkton	MD	52:10
2	Sydney Eliff	56	18	Frederick	MD	1:05:19

MALE AGE GROUP: 16 - 19

1	Andrew Boddicker	147	16	Frederick	MD	33:42
2	Connor Eliff	49	17	Frederick	MD	36:21
3	Brandon Nasuti	71	16	Frederick	MD	38:12

FEMALE AGE GROUP: 20 - 24

1	Kristin Arbaugh	152	22	New Windsor	MD	41:29
2	Marissa Rogich	53	20	Levittown	NY	56:38
3	Colleen Reeping	40	21	Frederick	MD	1:01:18

MALE AGE GROUP: 20 - 24

1	Martin Mooney	41	22	Germantown	MD	32:50
2	Luke Pye	15	21	Annapolis	MD	35:34
3	Jose Acosta	45	20	Fairfax Station	VA	35:39

FEMALE AGE GROUP: 25 - 29

1	Tina Necciai	142	29	Frederick	MD	38:51
2	Becky McClure	27	29	Alexandria	VA	39:27
3	Alison Getty	222	29	Frederick	MD	41:00

MALE AGE GROUP: 25 - 29

1	Timothy McShane	68	29	Washington	DC	33:30
2	Kurt Craven	59	25	Lorton	VA	34:14
3	John Eterno	84	28	Ashburn	VA	34:57

FEMALE AGE GROUP: 30 - 34

1	Laura McKenna	46	31	Charlottesville	VA	37:39
2	Catherine Hadfield	188	33	Baltimore	MD	38:46
3	Melissa Grabill	89	30	Parkville	MD	40:22

MALE AGE GROUP: 30 - 34

1	Justin Owen	34	32	Mount Airy	MD	30:56
2	Eugene Huang	192	34	Beverly Hills	CA	34:38
3	Jason Conlon	276	34	Mt Airy	MD	35:48

FEMALE AGE GROUP: 35 - 39

1	Leigh Clayton	312	39	Severna Park	MD	38:31
2	Lisa Paull	203	39	Frederick	MD	38:35
3	Andrea Rowell	124	38	Olney	MD	39:07

MALE AGE GROUP: 35 - 39

1	Bob Mellor	70	38	Emmitsburg	MD	37:26
2	Pete Terech	139	36	Annapolis	MD	42:31
3	Charles Rukus	334	38	Laurel	MD	43:50

FEMALE AGE GROUP: 40 - 44

1	Jenny Snuffer	131	42	Thurmont	MD	36:59
2	Cynthia Liparini	190	40	Ellicott City	MD	37:32
3	Stephanie Kramer	112	41	New Market	MD	40:10

MALE AGE GROUP: 40 - 44

1	Lester Benitez	88	40	Ashburn	VA	34:21
2	Christopher Ohm	73	40	New Market	MD	35:53
3	Ryan Hemingway	140	40	Boyds	MD	37:20

FEMALE AGE GROUP: 45 - 49

1	Jill Ortman-Fouse	132	45	Silver Spring	MD	37:28
2	Peggy Martz	303	47	Ellicott City	MD	41:34
3	Barbara Reeser	300	45	Ellicott City	MD	42:04

MALE AGE GROUP: 45 - 49

1	Richard Fitzgerald	42	47	Highland	MD	31:28
2	Bruce McAllister	31	45	Crofton	MD	31:38
3	Ronald Teribery	60	49	Warrenton	VA	33:34

FEMALE AGE GROUP: 50 - 54

1	Theresa Shea	103	51	Catonsville	MD	42:54
2	Kimberly Belmore	167	50	Pasadena	MD	45:03
3	Carla Larrick	162	53	Bethesda	MD	45:33

MALE AGE GROUP: 50 - 54

1	Garret Smith	274	51	Sterling	VA	45:27
2	Allen Melton	183	50	Damascus	MD	49:29
3	Joe Ferrer	83	50	Charles Town	WV	55:17

FEMALE AGE GROUP: 55 - 59

1	Tara Ross	263	55	Keymar	MD	44:54
2	Jo Harris	197	57	Frederick	MD	49:46
3	Ellen Rosen	236	55	McLean	VA	1:00:01

MALE AGE GROUP: 55 - 59

1	James Ross	164	56	Keymar	MD	38:03
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FEMALE AGE GROUP: 60 - 64

1	Susan Cowart	262	60	Darnestown	MD	56:44
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MALE AGE GROUP: 60 - 64

1	Doug Cowart	234	60	Darnestown	MD	59:04
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FEMALE AGE GROUP: 65 - 69

1	Margaret Northam	204	65	Middletown	MD	54:49
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