



2023 Cycling 10k Results

Results for the Maryland 10k cycling time trial, held May 3
at Davidsonville Elementary School in Davidsonville.

No new records were set this season.

Women

50-54

Gold—Keely Maxwell (Takoma Park), 25:50

55-59

Gold—Elizabeth Foxx (Williamsburg, VA), 18:02

Silver—Natalie Barron, (Lanexa, Va.), 20:00

60-64

Gold—Julie Evans, (Silver Spring), 24:49

65-69

Gold—Sharon Shellenberger, (Carlisle, Pa.), 22:48

Men

50-54

Gold—Matthew Emeott, (Baltimore), 17:13

Silver—Antonio Abadia, (Crofton), 18:24

55-59

Gold—Richard Kennedy, (Glen Burnie), 18:20

Silver—Mark Melanson, (Falling Waters, W. Va.), 18:29

Silver—Irvin Green, (Baltimore), 18:40

Bronze—Darren Willoughby, (Rosedale), 22:35

60-64

Gold—Steve Owens, (Friendship), 17:10

Silver—Scott Daubert, (Hanover, Pa.), 19:35

Silver—Rick Ridgely (Ellicott City), 20:04

65-69

Gold—James Crowley, (Alexandria, Va.), 16:53

Gold—Rick Paukstitus (Gambrills), 17:18

Silver—Paul Feldman (Crownsville), 18:38

Bronze—Steve Esmacher (Crownsville), 18:46

5.) Peter Gzapiewski (Alexandria, Va.), 19:38

4.) Jeff Andrews (Chevy Chase), 21:23

5.) George Smith (Bethesda), 22:35

6.) Lee Wilk (Catonsville), 22:38

65-69 Recumbent

Gold—Ron Keech (Potomac), 23:18

70-74

Gold—Mark Holt (Williamsburg, Va.), 18:05

Gold—Timothy Rohrbaugh (Spring Grove, PA), 18:05

Bronze—Wesley Scholz (Washington, D.C.), 18:38

Gold—Keith Shuey (Halethorpe), 19:08

Silver—Don Forgione (Ellicott City), 19:10

6.) James Hartnett (Gettysburg, Pa.), 19:48

Bronze—Christopher Barritt (Mt. Airy), 19:53

4.) Michael Fitzsimmons (Sykesville), 19:59

5.) Jerry Yetter (Columbia), 20:01

10.) Gary Wilson (Hanover, Pa.), 20:11

6.) Paul Lally (Silver Spring), 21:44

75-79

Gold—John Cox (Parkville), 22:15

Silver—Myron Segal (Silver Spring), 24:59

80-84

Gold—Douglas Corby (Edgewater), 23:38

Silver—Marilyn Hahn (York, Pa.), 25:25

Silver—Charles Rogers (Annapolis), 45:12