

Course Records - New York Duathlon - Southern Tier, Randolph, NY

Male Overall	49:45	Jason Toth	2019	East Amherst, NY
Female Overall	56:32	Blair Benson	2021	Rochester, NY
Relay Teams	53:47	The Only Team	2019	
AGE GROUPS				
Female 19&U	1:49:32	Sarah Adams	2021	West Springfield, PA
Male 19&U	52:55	Justin Layer	2021	Ballston Spa, NY
Female 20-24	1:06:09	Melissa Whyman	2021	Plattsburg, NY
Male 20-24	57:13	Patrick Walsh	2019	Lakewood, NY
Female 25-29	1:10:58	Lillian Meaney	2021	Rochester, NY
Male 25-29	1:05:10	Kenneth Chou	2021	East Amherst, NY
Female 30-34	56:32	Blair Benson	2021	Rochester, NY
Male 30-34	59:27	Nicholas Spry	2021	Lakewood, NY
Female 35-39	1:00:15	Kierann Toth	2019	East Amherst, NY
Male 35-39	55:34	Ryan Lawrence	2021	Union City, PA
Female 40-44	1:02:13	Mary Lawrence	2019	Burton, NY
Male 40-44	49:45	Jason Toth	2019	East Amherst, NY
Female 45-49	1:02:33	Mindy Lawson-Crabtree	2021	Frewsburg, NY
Male 45-49	59:08	Rob Kolodziejczak	2021	North East, PA
Female 50-54	1:10:47	Nancy Crissman	2018	Bradford, PA
Male 50-54	57:40	Mark Wilson	2018	Cassadaga, NY

Female 55-59	1:14:41	Lisa Augustine-Glasier	2021	Fredonia, NY
Male 55-59	1:04:59	Martin Hanehan	2021	Saratoga Springs, NY
Female 60-64	1:11:22	Loretta Nelson	2019	Erie, PA
Male 60-64	1:09:50	Jeff Carlson	2018	Jamestown, NY
Female 65-69	1:16:26	Victoria Pedersen	2021	Sherrill, NY
Male 65-69	1:10:07	David Ward	2018	
Female 70-74	1:51:09	Marcia DeLaCerde	2018	Jamestown, NY
Male 70-74	1:04:50	Terry Habecker	2018	