

CassadagaMan Course & Age Group Records

Updated 9/4/2025

DOUBLE

* Combined times with OnondagaMan

COURSE RECORDS

COMBINED TIME	AGE GROUP	NAME	ONONDAGAMAN	CASSADAGAMAN	CITY/STATE	YEAR
TRIATHLON						
9:49:12	M35-39	Ryan Lawrence	4:55:41	4:53:31	Union City, PA	2025
12:20:42	F50-54	Kristine Urban	6:04:50	6:15:52	Avon, OH	2024
AQUABIKE						
6:44:25	M50-54	Joseph Rogalski	3:21:32	3:22:53	Buffalo, NY	2024

Age Group Records

COMBINED TIME	AGE GROUP	NAME	ONONDAGAMAN	CASSADAGAMAN	CITY/STATE	YEAR
13:41:26	F30-34	Erica Parriott	6:55:21	6:46:05	Ringwood, NY	2025
12:46:44	F35-39	Alison Veldhuizen	6:32:55	6:13:49	Fairview, PA	2025
13:11:13	F45-49	Willow Fodor	6:44:08	6:27:05	Jamestown, NY	2025
12:20:42	F50-54	Kristine Urban	6:04:50	6:15:52	Avon, OH	2024
12:04:47	M25-29	James Kurzdorfer	6:18:33	5:46:14	Depew, NY	2024

COMBINED TIME	AGE GROUP	NAME	ONONDAGAMAN	CASSADAGAMAN	CITY/STATE	YEAR
9:49:12	M35-39	Ryan Lawrence	4:55:41	4:53:31	Union City, PA	2025
10:15:11	M50-54	Joe Rogalski	5:02:21	5:12:50	Buffalo, NY	2024
11:42:33	M55-59	Mark Durno	5:57:14	5:45:19	Fairview Park, OH	2024

LONG COURSE

COURSE RECORD

TIME	NAME	CITY/STATE	YEAR	AGE GROUP
4:34:34	Mark Van Mechelen	Stamford, CT	2020	M35-39
4:50:09	Jennie Hansen	Rochester, NY	2020	F35-39
	Paratriathlete			
7:43:47	Ulf Oesterle	Fayetteville, NY	2020	M40-44

Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR
7:41:02	F15-19	Citrus Triplett	Tivoli, NY	2020
6:34:18	F20-24	Christina Nee	Brooklyn, NY	2020
5:28:17	F25-29	Emily Hooke	North Royalton, OH	2025
5:16:26	F30-34	Blair Benson	Rochester, NY	2021
4:50:09	F35-39	Jennie Hansen	Rochester, NY	2020
5:00:58	F40-44	Jen Reschke	Geneseo, NY	2020

5:34:46	F45-49	Mindy Lawson-Crabtree	Frewsburg, NY	2020
5:52:06	F50-54	Deb Battaglia	Centre Hall, PA	2021
5:46:08	F55-59	Karen Cummins	Sparta, NJ	2020
6:13:38	F60-64	Joanne Collins	Avon, OH	2020
6:48:18	F65-69	Joanne Collins	Avon, OH	2025
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
4:41:00	M20-24	Jacob Oswald	Buffalo, NY	2020
5:21:00	M25-29	Jack Lance	Pittsburgh, PA	2022
4:52:57	M30-34	Ryan Lawrence	Union City, PA	2020
4:34:34	M35-39	Mark Van Mechelen	Stamford, CT	2020
5:12:05	M40-44	James Libecco	Solon, OH	2020
4:58:58	M45-49	Joe Rogalski	Buffalo, NY	2020
5:09:16	M50-54	Mark Durno	Fairview Park, OH	2021
5:36:51	M55-59	Mark Durno	Fairview Park, OH	2025
5:53:47	M60-64	Howard Konicov	South Orange, NJ	2024
6:11:06	M65-69	Bob Bowers	Chautauqua, NY	2024
7:48:07	M70-74	Jim Adams	Altona, NY	2020
AquaBike				
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
3:22:53	M50-54	Joseph Rogalski	Buffalo, NY	2025
3:32:08	F50-54	Mindy Lawson-Crabtree	Frewsburg, NY	2024
Relay Team				
4:58:11		GoOneMore	Lakewood, NY	2024

Intermediate COURSE

TIME	NAME	CITY/STATE	YEAR	AGE GROUP
2:34:44	Ryan Lawrence	Union City, PA	2024	M35-39
3:04:24	Angela Harkey	St. Catharines, Ontario	2025	F40-44

Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR
3:11:38	F20-24	Katie Johnson	Tampa, FL	2025
3:08:57	F30-34	Emilie Jacobs	Buffalo, NY	2024
3:22:47	F35-39	Anna Carapella	Fredonia, NY	2024
3:04:24	F40-44	Angela Harkey	St. Catharines, Ontario	2025
3:31:37	F45-49	Pamela Neckar	Cleveland, OH	2024
3:31:05	F50-54	Pamela Neckar	Cleveland, OH	2025
4:58:10	F55-59	Michelle Pattison	Cassadaga, NY	2024
4:07:23	F60-64	Kathy Metivier	Tonawanda, NY	2025
3:49:59	F65-69	Victoria Pedersen	Sherrill, NY	2024
3:54:04	F70-74	Nancy Johnson	Jamestown, NY	2025
TIME	AGE GROUP	NAME	CITY/STATE	YEAR

2:57:24	M20-24	Jacob Kantrowitz	Buffalo, NY	2024
3:01:22	M30-34	Matt Turek	Fairview, PA	2024
2:34:44	M35-39	Ryan Lawrence	Union City, PA	2024
3:02:00	M40-44	Ben Chopra	Guilford, CT	2024
3:28:54	M45-49	Edward Kosek	Brecksville, OH	2024
3:20:03	M50-54	Greg Steinberg	Westlake, OH	2024
4:25:43	M55-59	Terry Hokaj	Erie, PA	2024
3:10:22	M60-64	Steven Metivier	Tonawanda, NY	2025
3:15:50	M65-69	Roger Learn	Troy, PA	2024
3:47:41	M70-74	Roger Learn	Troy, PA	2025
AquaBike				
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
2:09:49	F50-54	Mindy Lawson-Crabtree	Frewsburg, NY	2025
2:15:30	M40-44	Michael Mort	Liverpool, NY	2024
Relay Team				
2:49:39		Geezers	Hamel, MN	2024