CassadagaMan Course & Age Group Records

Updated 9/10/2026

DOUBLE

*Combined times with OnondagaMan

LONG 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

Long Course 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
16:07:04	M40-44	Rory Hamilton	8:04:28	8:02:36	Erie, PA	2026
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
12:54:46	M65-69	Kevin Murphy	6:39:29	6:15:17	Painsville, OH	2026

Intermediate Doubles Records

COMBINED TIME	AGE GROUP	NAME	ONONDAGAMAN	CASSADAGAMAN	CITY/STATE	YEAR
TRIATHLON						
5:54:08	M50-54	Chris Smith	2:49:07	3:05:01	Brunswick, OH	2026
7:02:10	F50-54	Pamela Neckar	3:22:02	3:40:08	Cleveland, OH	2026

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
5:20:20	F20-24	Evelyn Siler	Ashtabula, OH	2026
5:18:13	F25-29	Emily Hooke	North Royalton, OH	2026
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
2:58:02	Kristi Tarrant	Painsville, OH	2026	F45-59

Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR
3:11:38	F20-24	Katie Johnson	Tampa, FL	2025
3:24:07	F25-29	Katie Fridley	Glenshaw, PA	2026

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
2:58:02	F45-49	Kristi Tarrant	Painsville, OH	2026
3:31:05	F50-54	Pamela Neckar	Cleveland, OH	2025
4:20:14	F55-59	Jolene Ferrie	Warren, PA	2026
3:27:32	F60-64	Tina Gage	Russell, PA	2026
3:49:59	F65-69	Victoria Pedersen	Sherrill, NY	2024
3:44:31	F70-74	Nancy Johnson	Jamestown, NY	2026
TIME	**AGE GROUP**	**NAME**	**CITY/STATE**	**YEAR**
2:57:24	M20-24	Jacob Kantrowitz	Buffalo, NY	2024
2:53:34	M25-29	Jason Jarrold-Grapes	Cincinnati, OH	2026
2:39:59	M30-34	Collin Mulcahy	Fredonia, NY	2025
2:34:44	M35-39	Ryan Lawrence	Union City, PA	2024
3:02:00	M40-44	Ben Chopra	Guilford, CT	2024
3:16:03	M45-49	Sven Schmid	Cuyahoga Falls, OH	2026
2:40:41	M50-54	Joseph Rogalski	Buffalo, NY	2026
2:50:12	M55-59	Cameron Townsend	Buffalo, NY	2026
2:59:39	M60-64	Matt Meehan	Alison Park, PA	2026
3:15:50	M65-69	Roger Learn	Troy, PA	2024
3:21:41	M70-74	Roger Learn	Troy, PA	2026
AquaBike				
TIME	**AGE GROUP**	**NAME**	**CITY/STATE**	**YEAR**

2:09:02	F55-59	Martha Brennan	East Cleveland, OH	2026
1:59:43	M40-44	Ryan Lawrence	Union City, PA	2026
Relay Team				
2:49:39		Geezers	Hamel, MN	2024