

Ticonderoga Triathlon Festival Course & Age Group Records Sprint & Olympic & Double Tri

Sprint Course

***2021 new and established course**

1:02:26	Tim Russell	Saratoga Springs, NY	2021	M30-34
1:08:23	Tara Trout	Brooklyn, NY	2023	F40-44

Sprint Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR
1:14:14	F19&U	Leila Paltrowitz	New York, NY	2021
1:26:19	F20-24	Renee Madcharo	Ballston Spa, NY	2022
1:18:03	F25-29	Bianca Rhodenbaugh	Cincinnati, OH	2023
1:12:51	F30-34	Kendra Kline	Saratoga Springs, NY	2023
1:09:40	F35-39	Kelly Rogers	Castleton, VT	2023
1:08:23	F40-44	Tara Trout	Brooklyn, NY	2023
1:21:51	F45-49	Nicola MacNeil	Rotterdam Junction, NY	2021
1:21:19	F50-54	Michelle Gillian	Poughkeepsie, NY	2022
1:22:00	F55-59	Amy Sherman	New York, NY	2022
1:22:09	F60-64	Dot Martin	Montpelier, VT	2021
1:18:02	F65-69	Susan Kreplin-Michaels	Auburn, NY	2021
1:50:38	F70-74	Margaret Wallace	Queensbury, NY	2022
2:06:28	F80-84	Sibyl Jacobson	Palm Beach Gardens, FL	2023

TIME	AGE GROUP	NAME	CITY/STATE	YEAR
1:11:59	M19&U	Spencer Anderson	Rochester, NY	2021
1:07:27	M20-24	Samuel Cottrell	Walworth, NY	2021
1:08:51	M25-29	Patrick Smotzer	Brooklyn, NY	2021
1:02:26	M30-34	Tim Russell	Saratoga Springs, NY	2021
1:05:25	M35-39	Sean Fleming	Charlotte, VT	2022
1:03:05	M40-44	Sean Fleming	Charlotte, VT	2023
1:11:27	M45-49	Matthew Tebo	Clifton Park, NY	2023
1:13:30	M50-54	Steve Gillian	Poughkeepsie, NY	2021
1:06:27	M55-59	Carl Regenauer	Saratoga Springs, NY	2021
1:14:59	M60-64	Tom Dillon	Bethlehem, PA	2021
1:15:47	M65-69	Tom Dillon	Bethlehem, PA	2022
1:17:58	M70-74	Jonathan Reik	Farmington, CT	2022
1:27:43	M75-79	David Dibelius	Lake George, NY	2021
AquaBike				
49:43	M55-59	Paul Bisaccia	New Hartford, NY	2023
1:01:56	F50-54	Karen Phillips	Clifton Park, NY	2023
Relay Team				
1:30:01		Black Point Sentinels	Ticonderoga, NY	2023

Olympic Course

1:52:44	Tim Russell	Saratoga Springs, NY	2023	M30-34
2:11:32	Carol Henry	Ballston Spa, NY	2021	F60-64

TIME	AGE GROUP	NAME	CITY/STATE	YEAR
2:47:04	F20-24	Harriet Mueller	Arlington, MA	2022
2:28:09	F25-29	Lauren Rabideau	Ballston Spa, NY	2022
2:13:37	F30-34	Katie Ehmann	Ballston Spa, NY	2023
2:33:03	F35-39	Jessica Corwin	Ballston Spa, NY	2021
2:12:13	F40-44	Amy Farrell	Tupper Lake, NY	2021
2:33:13	F45-49	Lea Foster	Voorheesville, NY	2022
2:41:10	F50-54	Jennifer Kresge	Rexford, NY	2022
2:42:55	F55-59	Amy Sherman	New York, NY	2022
2:11:32	F60-64	Carol Henry	Ballston Spa, NY	2021
3:16:52	F70-74	Margaret Phillips	East Schodack, NY	2023
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
2:08:45	M19&U	Justin Layer	Ballston Spa, NY	2021
1:58:22	M20-24	Kevin Cronin	Greenfield Center, NY	2021
1:59:22	M25-29	Christopher Halsey	Ithaca, NY	2022
1:52:44	M30-34	Tim Russell	Saratoga Springs, NY	2023
2:07:29	M35-39	Joseph Wells	Vergennes, VT	2023
2:04:03	M40-44	Matthew Crave	Schenectady, NY	2021

2:23:20	M45-49	Christopher Frasca	New York, NY	2021
2:11:37	M50-54	Marc Silberman	Gillette, NJ	2022
2:03:49	M55-59	Don Kjelleren	Williamstown, MA	2021
2:14:03	M60-64	Michael Stalker	Chestertown, NY	2023
2:38:51	M65-69	Michel Gagne	Levis, QC, CAN	2022
2:23:18	M70-74	Jonathan Reik	Farmington, CT	2023
AquaBike				
1:44:36	F25-29	Laura Szczesniak	Syracuse, NY	2021
1:37:25	M55-59	Bryan Oriel	Fairport, NY	2023
Relay Team				
2:25:12		Flynn/Ross/Trout		2022

DOUBLE TI
Sprint & Olympic combined time

3:04:40	M30-34	Tim Russell	Saratoga Springs, NY	2021
4:04:55	F55-59	Amy Sherman	New York, NY	2022
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
4:44:29	F40-44	Jessie Sangster	Wilmington, NY	2021
4:11:27	F50-54	Michelle Gillian	Poughkeepsie, NY	2021
4:04:55	F55-59	Amy Sherman	New York, NY	2022

3:04:40	M30-34	Tim Russell	Saratoga Springs, NY	2021
3:32:32	M35-39	Aaron Anderson	Syracuse, NY	2023
3:41:13	M40-44	Stephen Maas	Barre, VT	2021
4:03:44	M45-49	Brian Connery	New Hartford, NY	2022
3:49:40	M50-54	Neil Sergott	Clifton Park, NY	2023
3:24:36	M55-59	Paul Locke	South Dayton, NY	2023
5:22:25	M60-64	John Harvey	Queensbury, NY	2021