

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

## Sprint Course

**\*2021 new and established course**

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

## 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
1:56:40	F75-79	Margaret Wallace	Queensbury, NY	2024
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
1:09:32	M50-54	Tjibbe Lambers	Cooperstown, NY	2024
1:06:27	M55-59	Carl Regenauer	Saratoga Springs, NY	2021
1:14:59	M60-64	Tom Dillon	Bethlehem, PA	2021
1:15:12	M65-69	Tom Dillon	Bethlehem, PA	2024
1:17:58	M70-74	Jonathan Reik	Farmington, CT	2022
1:27:43	M75-79	David Dibelius	Lake George, NY	2021
1:57:13	M80-84	Jim Cunningham	Ticonderoga, NY	2024
<b>AquaBike</b>				
49:43	M55-59	Paul Bisaccia	New Hartford, NY	2023
53:02	F35-39	Jocelyn Midgett	East Arlington, VT	2024
<b>Relay Team</b>				
1:24:52		No Mercy	Ballston Lake, NY	2024

## Olympic Course

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

TIME	AGE GROUP	NAME	CITY/STATE	YEAR
2:39:22	F15-19	Julia Hendricks	Clifton Park, NY	2024
2:47:04	F20-24	Harriet Mueller	Arlington, MA	2022
2:27:37	F25-29	Megan Doster	Queensbury, NY	2024
2:13:37	F30-34	Katie Ehmann	Ballston Spa, NY	2023
2:26:20	F35-39	Kelly Rogers	Castleton, VT	2024
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
2:40:11	F65-69	Beth Stalker	Chestertown, NY	2024
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
2:08:58	M45-49	Matthew Crave	Schenectady, NY	2024
2:03:37	M50-54	Todd Smith	Bristol, VT	2024
2:03:49	M55-59	Don Kjelleren	Williamstown, MA	2021



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
5:11:11	M65-69	Stuart Cartwright	Wayland, MA	2024

**DOUBLE TI AQUABIKE**  
**Sprint & Olympic combined time**

<b>2:42:26</b>	<b>F35-39</b>	<b>Jocelyn Midgett</b>	<b>East Arlington, VT</b>	<b>2024</b>
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