

OnondagaMan Course & Age Group Records

Updated 6.1.2026

DOUBLE

* Combined times with CassadagaMan

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
4:25:40	Tim Russell	Saratoga Springs, NY	2024	M35-39
5:28:09	Lindsay Leigh	Hamburg, PA	2024	F45-49

Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR
6:55:56	F20-24	Savanna Hardt	Ballston Spa, NY	2024
6:14:55	F25-29	Aine Haugh	Albany, NY	2026
5:42:40	F30-34	Lauren Lounsbery	Ballston Spa, NY	2024
6:07:23	F35-39	Anna Harrod-McGrew	Kingston, NY	2024
6:11:01	F40-44	Dana Clarke	Berwyn, PA	2024
5:28:09	F45-49	Lindsay Leigh	Hamburg, PA	2024

6:04:50	F50-54	Kristine Urban	Avon, OH	2024
6:28:09	F55-59	Chris McCloe	Endicott, NY	2024
7:28:28	F60-64	Marjory McCoy	Haddonfield, NJ	2024
6:17:08	F65-69	Mary Duprey	Plattsburgh, NY	2024
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
5:42:14	M15-19	Timur Urazgildiiev	Ithaca, NY	2026
5:47:43	M20-24	Jacob Levin	New York, NY	2026
4:53:02	M25-29	Lucas Mohr	Ohlungen, France	2024
5:18:31	M30-34	Nathan Zigler	Warren, PA	2025
4:25:40	M35-39	Tim Russell	Saratoga Springs, NY	2024
5:00:10	M40-44	Jeff Dugan	Syracuse, NY	2024
5:19:53	M45-49	Mark Hoffmann	Newtown Square, PA	2024
5:02:21	M50-54	Joseph Rogalski	Buffalo, NY	2024
5:38:39	M55-59	Todd Elmore	Newburyport, MA	2025
6:04:19	M60-64	Kevin Murphy	Painesville, OH	2024
6:39:29	M65-69	Kevin Murphy	Painesville, OH	2026
7:22:30	M70-74	Eric Winn	Charlestown, RI	2024
AquaBike				
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
3:21:32	M50-54	Joseph Rogalski	Buffalo, NY	2025
3:43:30	F60-64	Karin Daun	Brownsburg, IN	2024
Relay Team				

5:11:49		APE-X	Binghamton, NY	2024
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Intermediate Distance *beginning 2026

TIME	NAME	CITY/STATE	YEAR	AGE GROUP
2:07:29	Josh Edmonds	Cooperstown, NY	2026	M35-39
2:42:23	Michelle Carr	Schenectady, NY	2026	F35-39

Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR
2:42:23	F35-39	Michelle Carr	Schenectady, NY	2026
3:22:02	F50-54	Pamela Neckar	Cleveland, OH	2026
3:01:37	F65-69	Patricia Ouimet	Millbrook, NY	2026
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
2:58:24	M15-19	Christopher Aloi, Jr.	Baldwinsville, NY	2026
2:37:42	M20-24	Ben DeGirolamo	Liverpool, NY	2026
2:45:02	M25-29	Ryan Mead	Clay, NY	2026
3:33:58	M30-34	Alex Kingsbury	Watertown, NY	2026
2:07:29	M35-39	Josh Edmonds	Cooperstown, NY	2026
3:07:21	M40-44	Jon Foster	Vincentown, NJ	2026

3:01:03	M45-49	Brett Hayes	Jamesville, NY	2026
2:20:28	M50-54	Tjibbe Lambers	Cooperstown, NY	2026
3:36:10	M55-59	Dan Bendell	Liverpool, NY	2026
3:07:58	M65-69	Gordon Fesenger	Cazenovia, NY	2026
AquaBike				
TIME	AGE GROUP	NAME	CITY/STATE	YEAR
Relay Team				
2:39:31		FMCC	Manlius, NY	2026