

The 14.06
September 18, 2022

Entry List
updated 9/16/2022

Last Name	First Name	Gender	Bib	Age Group	Category	City	State
Ailawadi	Jai	MALE	483	16-19	Triathlon	Easton	PA
Ailawadi	Naveen	MALE	482	20-24	Triathlon	Easton	PA
Atangan	Kelli	FEMALE	479	40-44	Triathlon	Brambleton	VA
Awson	Marci	FEMALE	570	55-59	Triathlon		
Baillie	Andrew	MALE	546	55-59	Triathlon	Nokesville	VA
Barnes	Lindsay	FEMALE	564	30-34	Triathlon	Washington	DC
Biesiada	Mark	MALE	554	45-49	Triathlon	Washington	DC
Blackman	Allen	MALE	534	60-64	Triathlon	Chevy Chase	MD
Bock	Lauren	FEMALE	465	40-44	Triathlon	Fredericksburg	VA
Boyce	Amy	FEMALE	519	40-44	Triathlon	Washington	DC
Boyer	John	MALE	495	40-44	Triathlon	Derwood	MD
Brellenthin	Jacqueline	FEMALE	487	35-39	Triathlon	Arlington	VA
Brino-Dean	Tylor	FEMALE	476	16-19	Triathlon		
Brodsky	Julia	FEMALE	474	40-44	Triathlon	Gainesville	VA
Brown	James	MALE	569	55-59	Triathlon	Manassas	VA
Brown	Kwame	MALE	595	Du	Duathlon		
Brown	Lauren	FEMALE	588	Du	Duathlon	Washington	DC
Bruton	Robert	MALE	477	55-59	Triathlon	Waterford	VA
Burnstein	Sam	MALE	463	20-24	Triathlon	Washington	DC
Campbell	Michael	MALE	575	70-74	Triathlon	Manassas	VA
Cardenal	Rhina	FEMALE	592	Du	Duathlon	Alexandria	VA
Carlson	Ethan	MALE	459	25-29	Triathlon	Alexandria	VA
Cassel	Kaitlin	FEMALE	496	Aquabike	Aquabike	Reston	VA
Cassel	Megan	FEMALE	548	30-34	Triathlon	Allentown	PA
Cautero	Joe	MALE	530	45-49	Triathlon	Springfield	VA
Chazan	Nora	FEMALE	552	30-34	Triathlon	Arlington	VA
Ciccone	Tj	MALE	457	45-49	Triathlon	Leesburg	VA
Cordero	Yamil	FEMALE	591	Du	Duathlon	Alexandria	VA
Coss	Erica	FEMALE	571	Aquathlon	Aquathlon	McLean	VA
Cuccinelli	Kris	MALE	489	40-44	Triathlon	Manassas Park	VA
Curtis	Brandon	MALE	565	35-39	Triathlon	Richmond	VA
Cusumano	Sara	FEMALE	470	Aquathlon	Aquathlon	Falls Church	VA
Davis	Maryruth	FEMALE	498	25-29	Triathlon	Covington	GA
Dayan	Gil	MALE	532	30-34	Triathlon	Washington	DC
Diaz	Zelphanie	FEMALE	590	Du	Duathlon	Fredericksbrg	VA
Dixon	Sean	MALE	543	55-59	Triathlon	Waldorf	MD
Do	Tom	MALE	471	50-54	Triathlon	Springfield	VA
Drake	Peter	MALE	478	40-44	Triathlon	Ashburn	VA
Duffy	John	MALE	522	60-64	Triathlon	Manassas	VA
Earnhart	Mary	FEMALE	475	30-34	Triathlon	Arlington	VA
Femano	Cynthia	FEMALE	512	60-64	Triathlon	McLean	VA
Figueroa	Leonardo	MALE	573	50-54	Triathlon	Forest Hill	MD
Ford	Richard	MALE	586	65-69	Triathlon	New Haven	CT

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Fredrick	Brian	MALE	516	40-44	Triathlon	Bristow	VA
Fuentes	Christine	FEMALE	597	Du	Duathlon	Herndon	VA
Gabriel	Christopher	MALE	533	25-29	Triathlon	Altoona	PA
Garver	Andrew	MALE	456	relay	Tri Relay		
Giavis	Maha	FEMALE	502	55-59	Triathlon	Vienna	VA
Gilmartin	Kelly	FEMALE	551	35-39	Triathlon	Baltimore	MD
Gitchel	Marisa	FEMALE	578	35-39	Triathlon	Richmond	VA
Goforth	Julia	FEMALE	469	Aquathlon	Aquathlon	Norfolk	VA
Gray	Sam	MALE	490	55-59	Triathlon	Fairfax	VA
Hardie	Ryan	FEMALE	505	35-39	Triathlon	Lansdale	PA
Harris	Akeem	MALE	458	40-44	Triathlon	Reisterstown	MD
Haslett	Tia	FEMALE	454	Aquabike	Aquabike	Alexandria	VA
Higgins	Matthew	MALE	501	30-34	Triathlon	Reston	VA
Hoffman	Ron	MALE	585	80+	Triathlon	Annapolis	MD
Holmes	Trish	FEMALE	549	55-59	Triathlon	Centreville	VA
Holton	Brian	MALE	527	30-34	Triathlon	Sterling	VA
Hong	Andrea	FEMALE	560	35-39	Triathlon	Glenn Dale	MD
Hunter	Sharleas	FEMALE	529	45-49	Triathlon	Linden	VA
Irish	Gabriella	FEMALE	488	13-15	Triathlon		
Jacob	Aaron	MALE	555	35-39	Triathlon	Silver Spring	MD
Jenkins	Denis	MALE	456	relay	Tri Relay		
Johnson	Denise	FEMALE	576	50-54	Triathlon	Washington	DC
Jones	George	MALE	462	65-69	Triathlon	Reston	VA
Jones	Jessica	FEMALE	510	55-59	Triathlon	Gaithersburg	MD
Kellan	Laura	FEMALE	480	25-29	Triathlon	Arlington	VA
Khraibani	Fatme	FEMALE	517	20-24	Triathlon	Falls Church	VA
Lagria	Jason	MALE	561	40-44	Triathlon	Bethesda	MD
Lane	Joey	MALE	525	40-44	Triathlon	Fairfax	VA
Lear	Erin	FEMALE	584	35-39	Triathlon		
Lear	Matthew	MALE	464	40-44	Triathlon	Herndon	VA
Lemons	Janette	FEMALE	545	Aquathlon	Aquathlon	Alexandria	VA
Levinrad	Amy	FEMALE	524	55-59	Triathlon	Ashburn	VA
Lieberman	Richard	MALE	557	Aquabike	Aquabike	Bethesda	MD
Mack	Lynne	FEMALE	486	60-64	Triathlon	Langley Afb	VA
Mack	Russ	MALE	537	60-64	Triathlon		VA
Matbouli	Ali	MALE	508	30-34	Triathlon	Blue Ash	OH
Mcbride	Christopher	MALE	472	45-49	Triathlon	Falls Church	VA
McCusker	Megan	FEMALE	572	30-34	Triathlon	Alexandria	VA
Milhous	Sadie	FEMALE	528	20-24	Triathlon	Frederick	MD
Mills-Sampson	JoAnna	FEMALE	582	55-59	Triathlon	Virginia Bch	VA
Nease	Elena	FEMALE	521	30-34	Triathlon	Norfolk	VA
Nease	Jacob	MALE	518	30-34	Triathlon	Norfolk	VA
Ngo	Teri	FEMALE	515	45-49	Triathlon	Ashburn	VA

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Noland	Aaron	MALE	579	40-44	Triathlon	Harrisonburg	VA
Norman	Amanda	FEMALE	499	35-39	Triathlon	Fort Benning	GA
O'Brien	Connor	MALE	580	25-29	Triathlon	Westport	CT
Ochs	Karen	FEMALE	491	35-39	Triathlon	Frederick	MD
Odell	Caroline	FEMALE	566	16-19	Triathlon		
Orgler	Katie	FEMALE	523	40-44	Triathlon	Woodbridge	VA
Packard	Lauren	FEMALE	558	35-39	Triathlon	Spring Grove	PA
Paisner	Susan	FEMALE	467	Aquabike	Aquabike	Silver Spring	MD
Pallas	Ryan	MALE	468	Aquabike	Aquabike	San Diego	CA
Pedersen	John	MALE	492	13-15	Triathlon		
Pham	Kelly	FEMALE	481	35-39	Triathlon	Arlington	VA
Porter	David	MALE	563	60-64	Triathlon	Springfield	VA
Powell	Drusilla	FEMALE	473	60-64	Triathlon	Chesapeake	VA
Purnell-Sayle	Richena	FEMALE	513	35-39	Triathlon	Manassas	VA
Regan	Austin	MALE	461	Aquathlon	Aquathlon	Arlington	VA
Repogle	Tanya	FEMALE	581	45-49	Triathlon	Lake Ridge	VA
Ro	Duk	FEMALE	497	60-64	Triathlon	Bristow	VA
Ro	Kap	MALE	535	65-69	Triathlon	Bristow	VA
Rodgers	Laurel	FEMALE	550	40-44	Triathlon	Winchester	VA
Rodriguez	Lydia	FEMALE	577	50-54	Triathlon	Chantilly	VA
Rodriguez	Martin	MALE	485	35-39	Triathlon	Dumfries	VA
Roever	Sally	FEMALE	511	50-54	Triathlon	Falls Church	VA
Rosen	Daniela	FEMALE	531	25-29	Triathlon	Boonton	NJ
Roth	Alden	MALE	494	25-29	Triathlon	Charles Town	WV
Rotstein	Dave	MALE	455	55-59	Triathlon	Olney	MD
Russell	Kara	FEMALE	593	Du	Duathlon	Stafford	VA
Salmoiraghi	Jessica	FEMALE	466	45-49	Triathlon	Falls Church	VA
Sampson	Norbert	MALE	542	50-54	Triathlon	Virginia Bch	VA
Scholtz	Sarah	FEMALE	574	30-34	Triathlon	Arlington	VA
Schuster	Beth	FEMALE	536	50-54	Triathlon	Purcellville	VA
Shaffer	Douglas	MALE	506	55-59	Triathlon	Takoma Park	MD
Shortsleeve	Evan	MALE	587	25-29	Triathlon	Woodbridge	VA
Sill	Elizabeth	FEMALE	594	Du	Duathlon	Vienna	VA
Skoyles	Aidan	MALE	562	35-39	Triathlon	Great Falls	VA
Skrzypczak	John	MALE	559	60-64	Triathlon	Burke	VA
Smallwood	Camilla	FEMALE	520	50-54	Triathlon	Bowie	MD
Smallwood	Darron	MALE	583	Aquathlon	Aquathlon		
Spaulding	Sarah	FEMALE	567	45-49	Triathlon	Pasadena	MD
Stahr	Bill	MALE	556	60-64	Triathlon	The Plains	VA
Storey	Rick	MALE	507	50-54	Triathlon	Warrenton	VA
Stubbs	Rebekah	FEMALE	509	45-49	Triathlon	Culpeper	VA
Sumner	Catherine	FEMALE	589	Du	Duathlon	Vienna	VA
Upham	Daniel	MALE	460	12-Oct	Triathlon	Alexandria	VA

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Upham	Julie	FEMALE	514	40-44	Triathlon	Alexandria	VA
Velas	Andrea	FEMALE	484	40-44	Triathlon	Spring Grove	PA
Verderame	Kristen	FEMALE	596	Du	Duathlon	Mclean	VA
Wandel	Kyle	MALE	547	25-29	Triathlon	Fairfax	VA
Wilbern	Jack	MALE	500	60-64	Triathlon	Vienna	VA
Williams	Alan	MALE	526	50-54	Triathlon	Chantilly	VA
Wilson	Geoff	MALE	568	40-44	Triathlon	Lorton	VA
Woodward	Nancy	FEMALE	544	Aquabike	Aquabike	Reston	VA
Young	Karen	FEMALE	493	50-54	Triathlon	Boyds	MD
Zadezensky	Immo	MALE	503	45-49	Triathlon	Bethesda	MD
Zang	Bryan	MALE	456	relay	Tri Relay		
Zdrojewski	Horst	MALE	504	75-79	Triathlon		
Zucker	Alan	MALE	553	60-64	Triathlon	Arlington	VA

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