

Record Holders: Male

SWIMMING – FREESTYLE 900 YDS (~HALF MILE) – MEN

50 - 54	Mark Harris	Alexandria	10:55.50	2016
55 - 59	James Hill	Springfield	12:29.61	2006
60 - 64	Willis Braswell	Arlington	11:32.07	2008
65 - 69	Bruce Fisher	Fairfax	13:03.31	2015
70 - 74	Bruce Fisher	Fairfax	13:48.86	2018*
75 - 79	David Nichols	Oakton	15:00.50	2015
80 - 84	Lawrence Cohen	Sterling	17:11.44	2015
85 - 89	Pat Russell	McLean	22:54.00	2004
90 – 94	Lawson Winslow	Ashburn	35:18.00	2016

Sex	Age Group	Place	Age	Firstname	Surname	City	Score/Time
M	50-54	Gold	51	Brian	Ellis	Chantilly	11:18.25
M	50-54	DNP	53	Donald	Hepburn	Arlington	
M	55-59	Gold	55	Garry	Young	Arlington	16:18.09
M	55-59	DNP	55	Christopher	House	Annandale	
M	60-64	Gold	60	Robert	Romo	Oakton	13:31.24
M	60-64	Silver	62	Ralph	Swiger	Leesburg	16:26.19
M	60-64	DNP	63	Ben	Viellieu	Burke	
M	65-69	Gold	68	James	Hill	Springfield	13:37.38
M	65-69	Silver	68	John	Sexton	McLean	14:13.22
M	65-69	DNP	65	Ken	Freund	Alexandria	
M	70-74	Gold	70	Bruce	Fisher	Fairfax	13:48.86*
M	70-74	Silver	72	Vince	Romano	Annandale	16:05.41
M	70-74	Bronze	74	Don	Meli	Annandale	19:42.03
M	70-74		4 71	Benyuan	Meng	Vienna	20:31.19
M	70-74	DNP	73	James	Leimkuhler	McLean	
M	70-74	DNP	70	Mac	Cauley	Ashburn	
M	75-79	Gold	79	Herb	Levitan	Arlington	18:55.22
M	75-79	Silver	75	Craig	Olson	Arlington	24:18.40
M	75-79	Bronze	78	Larry	Medley	Gainesville	29:43.06
M	80-84	DNP	80	John	Woodward	Fairfax	
M	80-84	DNP	81	Pierre	Shostal	Alexandria	
M	90-94	DNP	93	Dixon	Hemphill	Fairfax Station	