

Event:	Swimmng 100 Freestyle						
Women Record Holders							
SWIMMING – FREESTYLE 100 YDS – WOMEN (NEW IN 2014)							
50 – 54	Marilyn Lipstreuer	Bristow	1:09.58	2019			
55 – 59	Beth Baker	Arlington	1:06.70	2019			
60 – 64	Beth Baker	Arlington	1:09.19	2022*			
65 – 69	Denise Kirwan	Leesburg	1:11.78	2021			
70 – 74	Denise Kirwan	Leesburg	1:15.81	2022*			
75 – 79	Ruth Bennett	Alexandria	1:29.28	2022*			
80 - 84	Beth Schreiner	Annandale	1:33.62	2021			
85 – 89	Joyce Tobias	Haymarket	3:20.34	2022*			
List of Participants 2022							
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	54	Laura	Wissing	Ashburn	1:20.02
F			54	JT	Thomas	Alexandria	DNP
F	55-59	Gold	58	Amy	Levinrad	Ashburn	2:02.15
F			56	Marilyn	Lipstreuer	Bristow	DNP
F	60-64	Gold	61	Beth	Baker	Arlington	1:09.19* *
F		Silver	63	Duk	Ro	Nokesville	2:05.00
F	65-69	Gold	66	Sallie	Porter	Alexandria	1:23.57
F	70-74	Gold	70	Denise	Kirwan	Leesburg	1:15.81* *
F	75-79	Gold	76	Ruth	Bennett	Alexandria	1:29.28* *
F			75	Ruth	Hamilton	McLean	DNP

F	80-84	Gold	81	Beth	Schreiner	Annandale	1:35.10	
F			82	Marge	Corrieri	Arlington	DNP	
F	85-89	Gold	85	Joyce	Tobias	Haymarket	3:20.34*	*
Men Record Holders								
SWIMMING – FREESTYLE 100 YDS – MEN (NEW IN 2014)								
	50 – 54	Mark Harris	Alexandria	:56.21	2016			
	55 – 59	Tom Gittins	Falls Church	:59.63	2018			
	60 – 64	Chris Laiti	Leesburg	1:05.56	2022*			
	65 – 69	Bruce Fisher	Fairfax	1:06.3	2014			
	70 – 74	Bruce Fisher	Fairfax	1:11.34	2018			
	75 – 79	Howard Rolston	Arlington	1:13.82	2019			
	80 – 84	John Woodward	Fairfax	1:24.06	2018			
	85 – 89	Donald McPherson	Ashburn	2:02.09	2017			
	90 – 94	Phil Case	Springfield	2:36.45	2019			
List of Participants 2022								
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results	
M	55-59	Gold	56	Ronald	Molteni	Arlington	1:19.25	
M		Silver	57	Mark	Ross	Gainesville	1:22.88	
M		Bronze	58	Mark	Christoffersen	Herndon	1:58.69	
M			59	Christopher	House	Annandale	DNP	
M			58	Stephen	Neal	Chantilly	DNP	
M			57	Steve	Vekony	Arlington	DNP	
M	60-64	Gold	62	Chris	Laiti	Leesburg	1:05.56*	*
M			64	John	Gudgel	Herndon	DNP	
M			60	John	Leahy	Springfield	DNP	

M	65-69	Gold	67	Kap	Ro	Nokesville	1:53.00	
M			67	Benjamin	Viellieu	Burke	DNP	
M			69	Ken	Freund	Alexandria	DNP	
M	70-74	Gold	72	James	Hill	Springfield	1:15.78	
M		Silver	71	Douglas	Shaw	Herndon	1:35.88	
M		Bronze	72	Steve	Stone	Sterling	2:21.75	
M	75-79	Gold	78	Donald	Meli	Annandale	1:33.59	
M		Silver	75	Benyuan	Meng	Vienna	1:46.78	
M			78	Charles	Kleymeyer	Arlington	DNP	
M	80-84	Gold	84	John	Woodward	Fairfax	1:32.69	
M		Silver	83	Herb	Levitan	Arlington	1:44.50	
M		Bronze	80	Hugh	McGee	Annandale	1:45.31	
M		4	83	Carlos	Rodriguez	Dumfries	2:49.56	
M	85-89		87	Elmer Robert -	Premo	Arlington	DNP	
M			87	Lawrence	Cohen	Sterling	DNP	
M	95-99		97	Dixon	Hemphill	Fairfax Station	DNP	