

Event:	900 yd Freestyle						
Women Record Holders							
SWIMMING – FREESTYLE 900 YDS (~HALF MILE) – WOMEN							
50 - 54	Maria-Angelica Cortes	Sterling	11:44.27	2005			
55 - 59	Marilyn Lipstreuer	Bristow	12:31.68	2021			
60 - 64	Denise Kirwan	Falls Church	13:10.53	2016			
65 - 69	Denise Kirwan	Falls Church	13:21.60	2019			
70 - 74	Denise Kirwan	Leesburg	13:32.38	2022*			
75 - 79	Ruth Bennett	Alexandria	15:21.59	2022*			
80 - 84	Beth Schreiner	Annandale	17:55.22	2022*			
85 - 89	Carol Galbraith	Alexandria	19:08.57	2001			
90 - 94	Mary Lathram	Falls Church	28:25.00	2007			
List of Participants 2022							
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	54	Caitlyn	Ramsey	Chantilly	14:09.28
F		Silver	54	Laura	Wissing	Ashburn	14:54.44
F			54	JT	Thomas	Alexandria	DNP
F	55-59	Gold	57	Ann	Chaney	Bristow	18:09.53
F		Silver	58	Amy	Levinrad	Ashburn	21:04.00
F			56	Marilyn	Lipstreuer	Bristow	DNP
F	60-64	Gold	63	Duk	Ro	Nokesville	20:05.87
F	70-74	Gold	70	Denise	Kirwan	Leesburg	13:32.38* *
F	75-79	Gold	76	Ruth	Bennett	Alexandria	15:21.59* *
F			75	Ruth	Hamilton	McLean	DNP

F	80-84	Gold	81	Beth	Schreiner	Annandale	17:55.22*	*
F	85-89	Gold	85	Joyce	Tobias	Haymarket	30:51.00	
Men Record Holders								
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	Jerry DeMuro	Great Falls	10:31.66	2021			
	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			
List of Participants 2022								
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results	
M	55-59	Gold	56	Ronald	Molteni	Arlington	15:35.42	
M		Silver	58	Mark	Christoffersen	Herndon	23:58.15	
M			59	Christopher	House	Annandale	DNP	
M			57	Steve	Vekony	Arlington	DNP	
M			59	Tim	Stroud	Alexandria	DNP	
M	60-64	Gold	61	Ivan	Pierce	Arlington	17:43.81	
M			64	John	Gudgel	Herndon	DNP	
M			60	John	Leahy	Springfield	DNP	
M	65-69	Gold	67	Jerry	DeMuro	Great Falls	10:51.57	
M		Silver	67	Kap	Ro	Nokesville	20:30.0	
M			67	Benjamin	Viellieu	Burke	DNP	

M	70-74	Gold	72	James	Hill	Springfield	15:27.21	
M		Silver	71	Raphael	Katkin	Burke	19:57.31	
M		Bronze	72	Steve	Stone	Sterling	23:49.47	
M	75-79	Gold	75	Eric	Assur	Fairfax	19:24.00	
M		Silver	78	Donald	Meli	Annandale	20:59.31	
M		Bronze	75	Benyuan	Meng	Vienna	23:17.07	
M		4	79	Craig	Olson	Arlington	32:24.00	
M		5	75	George	Dellagiarino	Reston	33:04.00	
M	80-84	Gold	80	Hugh	McGee	Annandale	18:08.03	
M			83	Herb	Levitan	Arlington	DNP	
M			84	John	Woodward	Fairfax	DNP	
M			82	Larry	Medley	Gainesville	DNP	
M	85-89		87	Lawrence	Cohen	Sterling	DNP	