

		EVENT:	Swim 100 Breaststroke				
Women Record Holders							
SWIMMING – BREAST STROKE 100 YDS – WOMEN (NEW IN 2016)							
	50 – 54		Laura Wissing	Ashburn	1:41.65	2022	
	55 - 59		Marilyn Lipstreuer	Bristow	1:28.59	2021	
	60 - 64		Denise Kirwan	Falls Church	1:27.59	2016	
	65 – 69		Denise Kirwan	Leesburg	1:31.03	2017	
	70 – 74		Denise Kirwan	Leesburg	1:38.84	2022	
	75 - 79		Karen Parker		1:59.25	2016	
List of Participants 2023							
Sex	Age Group	Age	Place	Firstname	LastName	City	Results
F	55-59	57	Gold	Marilyn	Lipstreuer	Bristow	1:33.78
F		55	Silver	Laura	Wissing	AshBurn	1:41.72
F		58	Bronze	Ann	Chaney	Bristow	2:06.95
F	65-69	67		Jacqueline	Fogg	Arlington	DNP
F	70-74	71	Gold	Denise	Kirwan	Leesburg	2:00.82
F	75-79	76	Gold	Jennifer	Johnston	Annandale	3:46.25
F		76		Ruth	Hamilton	McLean	DNP
Men Record Holders							
SWIMMING – BREAST STROKE 100 YDS – MEN (NEW IN 2016)							
	50 – 54		Mark Harris	Alexandria	1:13.46	2016	
	55 – 59		Robert Romo	Oakton	1:22.03	2017	
	60 – 64		Robert Romo	Oakton	1:24.84	2019	
	65 – 69		James Hill	Springfield	1:22.31	2017	
	70 – 74		James Lenge	Arlington	1:29.80	2019	
			James Hill	Springfield	1:29.94	2021	
	75 – 79		James Leimkuhler	McLean	1:48.81	2021	
	80 – 84		David Nichols	Oakton	1:51.09	2017	
	85 – 89		Lawrence Cohen	Sterling	2:08.47	2022	
Sex	Age Group	Age	Place	Firstname	LastName	City	Results
M	50-54	51	Gold	Jeff	Woodall	Sterling	1:33.87
M	55-59	58	Gold	Mark	Ross	Gainesville	1:33.50
M		57	Silver	Sean	Sinclair	Vienna	1:36.50

M	60-64	64	Gold	Slawomir	Olender	McLean	1:49.03
M		62	Silver	Ken	Moreland	Aldie	2:30.0
M	65-69	68	Gold	Mark	Monaco	Manassas	2:51.5
M	70-74	73	Gold	James	Hill	Springfield	1:30.44
M		70		Ken	Freund	Alexandria	DNP
M		73		Steve	Stone	Frederick	DNP
M	75-79	78	Gold	James	Leimkuhler	McLean	1:52.50
M		75	Silver	Eiji	Yasuhara		2:06.75
M		79	Bronze	Don	Meli	Annandale	2:16.81
M		78		Michael	Nugent	Arlington	DNP
M	80-84	81	Gold	Frederick	Zamon	Fairfax	1:57.89
M		84	Silver	Carlos	Rodriguez	Dumfries	3:05.15
M		84		Herb	Levitan	Arlington	DNP
M	85-89	88		Lawrence	Cohen	Sterling	DNP
M	90-94	92		John	Ewing	Falls Church	DNP