

		EVENT:		Rowing 2K ERG			
	Women Record Holders						
	ROWING – 2 Km - WOMEN (NEW IN 2013)						
	50-54	Tatiana Molyanova	Leesburg	8:26.5	2019		
	55-59	Judi Miller	Bristow	8:20.3	2018		
	60-64	Lois Groth	Fairfax Station	8:37	2023*		
	65-69	Joan Girardi	Manassas	9:44.0	2019		
	70-74	Eileen Ryan	Arlington	8:22.6	2021		
	70-79	Marge Fatula	Woodbridge	12:09.5	2013		
	75-79	Jacqueline Stephens	Fairfax Station	11:20.2	2015		
	80-84	Sheila Gildea	McLean	12:22.0	2014		
	85-89	Sheila Gildea	McLean	13:06.7	2015		
	List of Participants 2023 (DNP = Did Not Participate; * = New Record)						
Sex	Age Group	Age	Place	Firstname	LastName	City	Results
F	50-54	53	Gold	Casey	Weiser	Arlington	9:28
F		53	Silver	Kimberley	Williams	Burke	10:06.9
F		51	-	Yuko	Whitestone	Fairfax	DNP
F	55-59	55	Gold	Laura	Wissing	AshBurn	9:01.5
F		56	Silver	Susanna	Brown	Aldie	12:39.2
F		58	-	Tatiana	Molyanova	Leesburg	DNP
F	60-64	60	Gold	Lois	Groth	Fairfax Station	8:37*
F	65-69	69	Gold	Lillian	Brown	Sterling	10:20.4
F	70-74	73	Gold	Jill	Hill	Springfield	10:08
F	75-79	78	Gold	Georgia	Fuller	Falls Church	19:44
F		75	-	Carol	Patch	Arlington	DNP
F	90-94	90	Gold	Alease	Brooks	Arlington	20:24

Men Record Holders							
ROWING – 2 Km - MEN (NEW IN 2013)							
	50-54	Robert Montenegro	Oakton	7:14.6	2018		
	55-59	John Armstrong	Centerville	7:07.4	2022		
	60-64	Mark Mildorf	Alexandria	7:30.9	2018		
	65-69	Marshall Keith	Gainesville	7:16.8	2022		
	70-74	Peter McGuirk	Arlington	7:18.8	2013		
	75-79	Kenneth Weinsapfel	Gainesville	8:20.7	2017		
	80-84	Karl Mueller	Alexandria	8:33.6	2022		
	85-89	Bill Wieand	McLean	10:47.1	2017		
	90-94	Bill Wieand	McLean	11:29.9	2022		
Sex	Age Group	Age	Place	Firstname	LastName	City	Results
M	55-59	56	-	JJ	Sunday	Arlington	DNP
M	60-64	64	Gold	John	Sullivan	Fairfax	8:15.4
M		61	Silver	Kit	Sheffield	Vienna	8:34
M	65-69	65	Gold	Craig	Mccarthy	Alexandria	7:54.3
M		67	Silver	William	Highsmith	Arlington	7:58.9
M		69	Bronze	John	Cook	Arlington	9:42.8
M		66	-	David	Reip	Springfield	DNP
M	70-74	72	Gold	Michael	Coleman	Falls Church	8:47.5
M		73	Silver	Michael	McCormick	Alexandria	9:34.
M		74	Bronze	Gary	Swenson	Farifax Station	9:43.7
M		70	4	Ken	Freund	Alexandria	10:14.6
M		72	-	Greg	Redding	Fairfax	DNP
M		72	-	James	Carboni	Oak Hill	DNP

M	75-79	76	Gold	Bob	Pearson	Fairfax Station	10:01.3
M		76	Silver	Andrew	Leighton	Arlington	10:02.9
M		77	Bronze	John	Rogers	Arlington	10:47.5
M		78	-	Michael	Nugent	Arlington	DNP
M	80-84	83	Gold	Karl	Mueller	Alexandria	8:46.8
M		80	Silver	Hugh	Haworth	Alexandria	9:10.5
M		82	-	Alton	Lamb	Dumfries	DNP
M		83	-	Herb	Rose	Arlington	DNP
M		84	-	Herb	Levitan	Arlington	DNP
M	85-89	88	Gold	Jay	Edwards	McLean	13:45.7
M	90-94	90	Gold	Nicholas	Fidandis	Alexandria	12:39.7
M		92	Silver	John	Ewing	Falls Church	14:17.6