



Men Record Holders							
<b>SWIMMING – FREESTYLE 900 YDS (~HALF MILE) – MEN</b>							
Sex	Age Group	Age	Place	Firstname	LastName	City	Results
	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			John Woodward	Fairfax		18:33.37 2023*
	90 – 94			Lawson Winslow	Ashburn		35:18.00 2016
M	50-54	51	Gold	Jeff	Woodall	Sterling	12:53.6
M	55-59	56	Gold	Michael	Tyson	Alexandria	14:46.47
M		57	Silver	Ronald	Molteni	Arlington	15:48.56
M		57	Bronze	Sean	Sinclair	Vienna	18:59.94
M	60-64	64	Gold	Bret	Bailey	Bristow	12:11.5
M		64	Silver	William	Sulik	Springfield	18:47.0
M		64	Bronze	Slawomir	Olender	McLean	19:58.0
M		63		Roger	Aberth	Arlington	DNP
M	65-69	68	Gold	Benjamin	Viellieu	Burke	14:32.31
M		65	Silver	John	Gudgel	Herndon	17:33.0
M		68	Bronze	Kap	Ro	Nokesville	18:40.0
M	70-74	73	Gold	James	Hill	Springfield	14:42.78
M		73	Silver	Jim	Donahue	Oakton	15:06.31
M		72	Bronze	Rafe	Katkin	Burke	20:45.88
M		73		Steve	Stone	Frederick	DNP
M	75-79	78	Gold	James	Leimkuhler	McLean	16:11.87
M		79	Silver	Don	Meli	Annandale	21:20.99
M		76	Bronze	George	Dellagiarino	Reston	28:50.25
M	80-84	81	Gold	Hugh	McGee	Annandale	18:24.44
M		80	Silver	Alphonse	Piekut	Vienna	25:10.88
M		83	Bronze	Roland	Blocksom	Springfield	27:18.65
M		83	4	Larry	Medley	Gainesville	30:33.0
M	85-89	85	Gold	John	Woodward	Fairfax	18:33.37*
M		88		Lawrence	Cohen	Sterling	DNP