

	Event:			Rowing-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	
	65-69	Linda Sudhoff		Alexandria	9:43.9	2025*	
	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 2025						
							Results
Sex	Age Group	Place	Age	Firstname	Lastname	City	Time
F	50-54	Gold	53	Yuko	Whitestone	Fairfax	10:47.9
F		DNP	52	Kendra	Riggs	Arlington	
F	55-59	DNP	58	Susanna	Brown	ALDIE	
F		DNP	58	Lisa	Franklin	Alexandra	
F	60-64	Gold	60	Laurie	Seaton	Fairfax	10:38.7
F		Silver	63	Seileen	Mullen	Alexandria	11:05. 5
F		Bronze	63	Vanstacia	Jackson	Alexandria	12:42.3
F	65-69	Gold	66	Linda	Sudhoff	Alexandria	9:43.9*
F		Silver	66	Ceresa	Haney	Falls Church	10:13.8
F		Bronze	68	Keg	Good	Woodbridge	12:24.8
F	70-74	Gold	71	Kate	Mattos	Arlington	10:57.2
F		DNP	70	Doris	Granger	Sterling	
F	75-79	Gold	79	Beth	Baynes	Alexandria	12:54.6
F		DNP	78	Jacqueline	Miller	Alexandra	

F	80-84	Gold	80	Nancy D	Joyner	Annandale	15:38.2
F		Silver	80	Georgia	Fuller	Falls Church	27:20
F	90-94	Gold	92	Alease	Brooks	Arlington	29.10.5

	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	John Hoskins		Falls Church	7:18.1	2024	
	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	Karl Mueller		Alexandria	9:00.3	2025*	
	90-94	Bill Wieand		McLean	11:29.9	2022	
	List of Participants 2025						Results
Sex	Age Group	Place	Age	Firstname	Lastname	City	Time
M	50-54	Gold	51	Michael	Wardian	Arlington	7:48.8
M	55-59	DNP	59	Richard	Franklin	Alexandria	
M	60-64	Gold	61	John	Hoskins	Falls Church	7:19.4
M		Silver	62	Rich	Harfst	Annandale	7:54.5
M		Bronze	63	Kit	Sheffield	Vienna	8:28.6
		4	63	Jeff	Farr	Farifax	8:38.0
		5	61	Rich	Taylor	Arlington	8:40.4
M		6	60	Steven	Lopes	Arlington	8:44.0
		7	62	Stephen	Young	Arlington	9:44.4
M		8	62	Henry	Sobieski	Centreville	10:45.8
M		DNP	60	Joseph	Czopek	Annandale	
M	65-69	Gold	66	Robert	Sudhoff	Alexandria	7:38,9
M		Silver	66	John	Sullivan	Fairfax	8:20.7
M		Bronze	66	Michael	Shelkin	Alexandria	8:28.8
M		4	68	David	Reip	Springfield	9:14.2
		5	68	Robert	Roll	Arlington	11:22.2
M		DNP	69	Mark	Mildorf	Alexandria	
M	70-74	Gold	74	Nathan	Granger	Sterling	9:08.5
M		Silver	72	Ken	Freund	Alexandria	11:45.6

M	75-79	Gold	76	Kurt	Thiel	Arlington	9:23.1
M		Silver	75	Michael	McCormick	Alexandria	9:32.8
M		Bronze	76	Rick	Schapira	Alexandria	9:32.9
M		4	75	Jorge	Venegas	Arlington	9:46.9
M		DNP	79	John	Rogers	Arlington	
M	80-84	Gold	82	Hugh	Haworth	Alexandria	8:58.2
M		Silver	80	Gary	Hopkins	Dumfries	9:19.1
M		Bronze	84	Lenwood	Lloyd	Alexandria	10:14.1
M		DNP	84	Floyd	McGraw	Arlington	
M		DNP	81	Naresh	Bhagat	Ashburn	
M	85-89	Gold	85	Karl	Mueller	Alexandria	9:00.3*
M		Silver	86	Herbert	Levitan	Arlington	10:17.6
M		Bronze	86	Amnon	Golan	Arlington	10:25.3
M		4	85	Herb	Rose	Arlington	14.12
M	90-94	Gold	93	William	Wieand	McLean	15:15.3
M		Silver	94	John	Ewing	Falls Church	16:40