

	Event:		Swimming 100 yd Backstroke				
	Women Record Holders						
	SWIMMING – BACKSTROKE 100 YDS – WOMEN (NEW IN 2014)						
	50 – 54	Terri Cameron		Bristow	1:29.37	2018	
	55 - 59	Beth Baker		Arlington	1:15.04	2019	
	60 – 64	Abigail Romanowski		Nokesville	1:19.85	2025*	
		Denise Kirwan		Falls Church	1:20.28	2016	
		Beth Baker		Arlington	1:20.59	2021	
	65 – 69	Denise Kirwan		Leesburg	1:24.94	2019	
	70 – 74	Denise Kirwan		Leesburg	1:26.25	2022	
	75 – 70	Inas Elattar		Alexandria	2:01.05	2024	
	80 – 84	Beth Schreiner		Annandale	1:54.35	2021	
	85 – 89	Geertruida DeRosa		Springfield	3:03.87	2022	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54		54	Renee	LaRue	Sterling	DNP
F	55-59	Gold	59	Marilyn	Lipstreuer	Bristow	1:31.47
F		Silver	57	Laura	Wissing	Ashburn	1:50.81
F	60-64	Gold	62	Abigail	Romanowski	Nokesville	1:19.85*
F		Silver	60	Ann	Chaney	Bristow	1:54.19
F			61	Amy	Levinrad	Ashburn	DNP
F			65	Debbie	Sulik	Springfield	DNP
F	70-74	Gold	73	Denise	Kirwan	Leesburg	1:29.04
F		Silver	72	Bobbe	Duquette	Herndon	1:56.17
F			73	Carol	Rivers	Arlington	DNP
F	75-79	Gold	76	Patricia	Lengle	Tysons	2:03.15
F		Silver	78	Jennifer	Johnston	Springfield	4:09.77
F	80-84	Gold	80	Elizabeth	Hall	Manassas	2:43.16
F	85-89		88	Joyce	Tobias	Haymarket	DNP

	Men Record Holders						
	SWIMMING – BACKSTROKE 100 YDS – MEN (NEW IN 2014)						
	50 – 54	Tom Gittins		Falls Church	1:08.21	2016	
	55 – 59	Tom Gittins		Falls Church	1:08.35	2018	
	60 – 64	Christopher House		Arlington	1:12.71	2025*	
	65 – 69	Bruce Fisher		Fairfax	1:19.6	2014	
	70 – 74	Leo Deege		Vienna	1:20.2	2014	
	75 – 79	Howard Rolston		Arlington	1:24.07	2019	
	80 – 84	Frederick Zamon		Fairfax	1:44.69	2023	
	85 – 89	Lawrence Cohen		Sterling	2:01.25	2022	
	90 – 94	Phil Case		Springfield	2:38.59	2019	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	53	Jeff	Woodall	Sterling	1:28.95
M		Silver	51	Michael	Wardian	Arlington	1:57.93
M	55-59		58	Christopher	Austin	Arlington	DNP
M			58	Tom	Corej	Chantilly	DNP
M	60-64	Gold	62	Christopher	House	Annandale	1:12.71*
M	65-69	Gold	69	Bill	Wilson	Burke	1:42.02
M	70-74	Gold	70	Benjamin	Viellieu	Burke	1:33.15
M		Silver	74	Nathan	Granger	Sterling	1:50.9
M		Bronze	70	Kap	Ro	Nokesville	2:19.94
M	75-79	Gold	76	James	Lengle	Tysons	1:53.44
M		Silver	78	Benyuan	Meng	Vienna	2:08.74
M			75	Steve	Stone	Sterling	DNP
M	80-84	Gold	80	James	Leimkuhler	McLean	1:50.79
M		Silver	83	Hugh	McGee	Annandale	1:54.17
M		Bronze	81	David	Pierce	McLean	2:06.65
M		4	81	Don	Meli	Annandale	2:12.64
M	85-89	Gold	86	Herbert	Levitan	Arlington	2:06.53
M		Silver	86	Carlos	Rodriguez	Dumfries	3:18.75