

	Event:		Swimming 50yd Freestyle				
	Women record Holders						
	SWIMMING – FREESTYLE 50 YDS – WOMEN						
	50 - 54	Andrea Haines		Alexandria	:33.05	1998	
	55 - 59	Beth Baker		Arlington	:29.86	2019	
	60 - 64	Beth Baker		Arlington	:31.94	2022	
	65 - 69	Catherine Pennington		Fairfax	:34.75	2025*	
	65 - 69	Denise Kirwan		Leesburg	:34.78	2021	
	70 - 74	Denise Kirwan		Leesburg	:34.78	2024	
	75 - 79	Ruth Bennett		Alexandria	:41.22	2022	
	80 - 84	Beth Schreiner		Annandale	:41.16	2021	
	85 - 89	Carol Galbraith		Alexandria	:51.97	2001	
	90 +	Mary Lathram		Falls Church	1:09.54	2006	
	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	33.38
F		Silver	57	Laura	Wissing	Ashburn	39.84
F		Bronze	59	Susan	Dodson	Midland	54.64
F			58	Susanna	Brown	Aldie	DNP
F	60-64		61	Amy	Levinrad	Ashburn	DNP
F	65-69	Gold	67	Catherine	Pennington	Fairfax	34.75*
F		Silver	66	Mary Catherine	Malin	Arlington	36.56
F		Bronze	69	Phyllis	Rogers	Fairfax	46.46
F		4	66	Janet	Palfey	Fairfax	48.93
F		5	67	Mary	Gotschall	Falls Church	50.39
F			65	Kathy	Peck	Alexandria	DNP
F			66	Noela	Francis	Alexandria	DNP
F	70-74	Gold	73	Denise	Kirwan	Leesburg	37.28
F		Silver	72	Bobbe	Duquette	Herndon	39.64
F		Bronze	71	Joan	Flaherty	Alexandria	1:01.60
F			73	Carol	Rivers	Arlington	DNP
F	75-79	Gold	76	Patricia	Lengle	Tysons	43.63
F		Silver	78	Valerie	Campbell	Manassas	1:05.64
F	80-84	Gold	84	Beth	Schreiner	Annandale	45.61
F		Silver	82	Susan	Poretz	McLean	53.37
F		Bronze	80	Elizabeth	Hall	Manassas	1:08.22
F		4	84	Sally	Michel	Falls Church	1:11.55
F	85-89	Gold	86	Susan	Daniels	Falls Church	58.17

	Men Record Holders						
	50 - 54	Michael Doane		Falls Church	:25.09	2024	
	55 - 59	Tom Gittins		Falls Church	:27.31	2018	
	60 - 64	Chris Laiti		Leesburg	:27.87	2021	
	65 - 69	Kevin Culhane		Lorton	:28.56	2013	
	70 - 74	Kevin Culhane		Lorton	:29.44	2018	
	75 - 79	Kevin Culhane		Lorton	:31.88	2022	
	80 - 84	John Woodward		Fairfax	:35.09	2018	
	85 - 89	John Woodward		Fairfax	:38.38	2023	
	90 - 94	J.R. Cassidy		Manassas	:57.46	2006	
	95 – 99	Gene Mulligan		Falls Church	1:51.72	2022	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	52	Patrick	Fry	Falls Church	26.15
M		Silver	50	Adam	Sproule	Haymarket	28.22
M		Bronze	53	Jeff	Woodall	Sterling	34.59
M		4	51	Michael	Wardian	Arlington	38.38
M			50	Jane	Bojadzievski	Arlington	DNP
M	55-59		58	Christopher	Austin	Arlington	DNP
M			59	Ronald	Molteni	Arlington	DNP
M	60-64	Gold	64	Gregory	DeRosa	Herndon	30.0
M		Silver	60	Mark	Ross	Gainesville	34.33
M		Bronze	61	Stephen	Neal	Chantilly	55.0
M	65-69	Gold	66	Bret	Bailey	Bristow	28.84
M		Silver	69	Bill	Wilson	Burke	39.05
M		Bronze	68	Micichael	Rinick	Falls Church	56.41
M			65	Chris	Laiti	Leesburg	DNP
M			66	William	Sulik	Springfield	DNP
M	70-74	Gold	74	Nathan	Granger	Sterling	38.35
M		Silver	72	Daniel	Elliott	Great Falls	43.72
M		Bronze	74	Douglas	Shaw	Herndon	44.75
M		4	70	Kap	Ro	Nokesville	47.13
M		5	70	Bill	Herberger	Ashburn	54.12
M			70	Benjamin	Viellieu	Burke	DNP
M			74	Michael	Schlabs	Oakton	DNP
M	75-79	Gold	79	Kevin	Culhane	Purcellville	33.59
M		Silver	75	Jim	Donahue	Oakton	34.70
M		Bronze	76	James	Lengle	Tysons	38.61
M		4	75	Joe	White	Fairfax	49.78
M		5	77	Eiji	Yasuhara	Sterling	50.16
M		6	77	Mark	Anderson	Fairfax	55.81
M		7	78	George	Dellagiarino	Reston	1:17.61
M			75	Steve	Stone	Sterling	DNP

M	80-84	Gold	83	Fred	Zamon	Fairfax	38.24
M		Silver	80	James	Leimkuhler	McLean	41.86
M		Bronze	83	Sterling	Pilette	Reston	45.22
M		4	81	Don	Meli	Annandale	47.77
M		5	81	Chuck	Kleymeyer	Arlington	48.70
M		6	84	Mel	Chaskin	Fairfax Station	49.66
M		7	83	Hugh	McGee	Annandale	50.20
M		8	81	David	Pierce	McLean	50.53
M		9	82	Peter	Michel	Alexandria	57.05
M	85-89	Gold	87	John	Woodward	Fairfax	39.82
M		Silver	86	Herbert	Levitan	Arlington	52.25
M		Bronze	87	Nick	Nobbe	Reston	1:03.47
M		4	86	Carlos	Rodriguez	Dumfries	1:22.73
M			85	John	Dineen	Springfield	DNP