

	Event:			Swimming Half Mile (900 yds)			
	Women Record Holders						
	SWIMMING – FREESTYLE 900 YDS (~HALF MILE) – WOMEN						
	50 - 54	Maria-Angelica Cortes		Sterling	11:44.27	2005	
	55 - 59	Marilyn Lipstreuer		Bristow	12:31.68	2021	
	60 - 64	Sara Demyanovich		Springfield	12:15.9	2024	
	65 - 69	Denise Kirwan		Falls Church	13:21.60	2019	
	70 - 74	Denise Kirwan		Leesburg	13:32.38	2022	
	75 - 79	Ruth Bennett		Alexandria	15:21.59	2022	
	80 - 84	Beth Schreiner		Annandale	16:27.5	2023	
	85 - 89	Carol Galbraith		Alexandria	19:08.57	2001	
	90 - 94	Mary Lathram		Falls Church	28:25.00	2007	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	55-59	Gold	59	Marilyn	Lipstreuer	Bristow	12:53.66
F		Silver	57	Laura	Wissing	Ashburn	15:57.10
F	60-64	Gold	60	Branka	Bowman	Burke	17:04.28
F		Silver	60	Ann	Chaney	Bristow	17:17.52
F			61	Amy	Levinrad	Ashburn	DNP
F	65-69	Gold	66	Mary Catherine	Malin	Arlington	14:32.36
F		Silver	66	Duk	Ro	Nokesville	18:40.20
F			68	Charlene	O'Brien	Fairfax	DNP
F			65	Debbie	Sulik	Springfield	DNP
F	70-74	Gold	73	Denise	Kirwan	Leesburg	13:38.32
F		Silver	74	Barbara	Burnett	Tysons	22:19.16
F	80-89	Gold	84	Beth	Schreiner	Annandale	17:54.88
F			88	Joyce	Tobias	Haymarket	DNP

	Men Record Holders						
	SWIMMING – FREESTYLE 900 YDS (~HALF MILE) – MEN						
	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	James Leimkuhler		McLean	16:52.44	2025*	
	85 - 89	John Woodward		Fairfax	18:33.37	2023	
	90 – 94	Lawson Winslow		Ashburn	35:18.00	2016	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	53	Jeff	Woodall	Sterling	12:29.97
M		Silver	51	Michael	Wardian	Arlington	17:34.96
M			50	Jane	Bojadzievski	Arlington	DNP
M	55-59		59	Ronald	Molteni	Arlington	DNP
M	60-64	Gold	62	Christopher	House	Annandale	11:42.84
M		Silver	64	Robert	Cox	Alexandria	23:19.27
M	65-69	Gold	66	Bret	Bailey	Bristow	12:06.63
M		Silver	68	Michael	Rinick	Falls Church	27:19.71
M			66	William	Sulik	Springfield	DNP
M	70-74	Gold	72	Daniel	Elliott	Great Falls	18:10.0
M		Silver	70	KAP	RO	Nokesville	19:03.0
M			70	Benjamin	Viellieu	Burke	DNP
M	75-79	Gold	78	Jim	Councilor	Annandale	16:29.32
M		Silver	77	Lee	Griffith	Fairfax	16:39.28
M		Bronze	78	Robert	Bleimann	McLean	24:31.16
M		4	78	George	Dellagiarino	Reston	32:15.0
M			75	Steve	Stone	Sterling	DNP
M	80-84	Gold	80	James	Leimkuhler	McLean	16:52.44*
M		Silver	81	David	Pierce	McLean	24:41.21
M			81	Don	Meli	Annandale	DNP
M			80	Richard	Schiller	Annandale	DNP
M	85-89	Gold	87	John	Woodward	Fairfax	19:15.53