

	Event:		Swimming: 100yd Breaststroke				
	Women Record Holders						
	WIMMING – BREAST STROKE 100 YDS – WOMEN (NEW IN 2016)						
	50 – 54	Laura Wissing	Ashburn	1:41.65	2022		
	55 - 59	Marilyn Lipstreuer	Bristow	1:28.59	2021		
	60 - 64	Denise Kirwan	Falls Church	1:27.59	2016		
		Sara Demyanovich	Springfield	1:27.62	2024		
	65 – 69	Denise Kirwan	Leesburg	1:31.03	2017		
	70 – 74	Denise Kirwan	Leesburg	1:38.58	2024		
	75 - 79	Karen Parker		1:59.25	2016		
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	55-59	Gold	59	Marilyn	Lipstreuer	Bristow	1:36.62
F		Silver	57	Laura	Wissing	Ashburn	1:44.42
F		Bronze	59	Susan	Dodson	Midland	3:00.72
F	60-64		61	Amy	Levinrad	Ashburn	DNP
F	65-69	Gold	66	Janet	Palfey	Fairfax	2:12.41
F	70-74	Gold	73	Denise	Kirwan	Leesburg	1:41.03
F	75-79	Gold	78	Jennifer	Johnston	Springfield	4:10.84

	Men Record Holders						
	SWIMMING – BREAST STROKE 100 YDS – MEN (NEW IN 2016)						
	50 – 54	Mark Harris		Alexandria	1:13.46	2016	
	55 – 59	Robert Romo		Oakton	1:22.03	2017	
	60 – 64	Robert Romo		Oakton	1:24.84	2019	
	65 – 69	James Hill		Springfield	1:22.31	2017	
	70 – 74	James Lingle		Arlington	1:29.80	2019	
		James Hill		Springfield	1:29.94	2021	
	75 – 79	James Lingle		Tysons	1:40.74	2025*	
	80 – 84	David Nichols		Oakton	1:51.09	2017	
	85 – 89	Lawrence Cohen		Sterling	2:08.47	2022	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	53	Jeff	Woodall	Sterling	1:35.2
M		Silver	51	Michael	Wardian	Arlington	1:49.0
M	55-59		58	Christopher	Austin	Arlington	DNP
M			58	Tom	Corej	Chantilly	DNP
M	60-64	Gold	60	Mark	Ross	Gainesville	1:39.86
M	65-69		69	Bill	Wilson	Burke	DNP
M	70-74	Gold	74	Douglas	Shaw	Herndon	2:01.03
M			74	Nathan	Granger	Sterling	DNP
M	75-79	Gold	76	James	Lingle	Tysons	1:40.74*
M		Silver	77	Eiji	Yasuhara	Sterling	2:10.76
M			75	Steve	Stone	Sterling	DNP
M	80-84	Gold	80	James	Leimkuhler	McLean	1:59.27
M		Silver	82	Peter	Michel	Alexandria	2:21.11
M		Bronze	81	Don	Meli	Annandale	2:31.42
M	85-89	Gold	86	Herbert	Levitan	Arlington	2:35.38
M		Silver	86	Carlos	Rodriguez	Dumfries	3:01.35