

			EVENT:	100 Yd Breaststroke			
	Women Record Holders						
SWIMMING – 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 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	50-54	Gold	51	Whitney	Colella	Alexandria	1:57.9
F	55-59	Gold	58	Laura	Wissing	Ashburn	1:40.96
F	60-64		60	Susan	Dodson	Midland	DNP
F	65-69		66	Regina	Hart	Springfield	DNP
F	70-74	Gold	74	Denise	Kirwan	Leesburg	1:40.85
F			72	Laraine	Field	Alexandria	DNP
F	75-79	Gold	79	Jennifer	Johnston	Springfield	4:26.4

	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 Lengle			Arlington	1:29.80	2019	
	James Hill			Springfield	1:29.94	2021	
75 – 79	James Hill			Springfield	1:31.4	2026*	
80 – 84	David Nichols			Oakton	1:51.09	2017	
85 – 89	Lawrence Cohen			Sterling	2:08.47	2022	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	50-54	Gold	50	Dai	Tran Trong	Alexandria	1:13.93
M		Silver	53	Patrick	Fry	Falls Church	1:18.02
M		Bronze	53	Robert	Kugler	Springfield	1:29.0
M		4	54	Jeff	Woodall	Sterling	1:34.63
M	60-64	Gold	61	John	Hitt	Alexandria	1:26.07
M		Silver	63	Stephen	Young	Arlington	2:13.9
M			61	Jeroen	van Ek	Reston	DNP
M	65-69	Gold	65	Michael	Connor	Haymarket	1:38.9
M			68	Terry	Green	McLean	DNP
M	70-74	Gold	71	Benjamin	Viellieu	Burke	1:38.6
M		Silver	74	Thomas C	Ackerly Jr	The Plains	2:01.4
M			71	Mark	Monaco	Annandale	DNP
M			70	William	Wilson	Burke	DNP
M	75-79	Gold	76	James	Hill	Springfield	1:31.4**
M		Silver	77	James	Lengle	Tysons	1:46.6
M		Bronze	75	Douglas Alan	Shaw	Herndon	2:02.6
M		4	75	Nathan	Granger	Sterling	2:21.8
M	80-84	Gold	83	Peter	Michel	Alexandria	2:18.0