

			EVENT:		Swimming 50 Yd 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	Beth Schreiner		Annandale	:45.69	2026*	
	90 +	Mary Lathram		Falls Church	1:09.54	2006	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	50-54	Gold	53	Sue	Budd	Arlington	41.0
F		Silver	51	Whitney	Colella	Alexandria	49.40
F	55-59	Gold	58	Laura	Wissing	Ashburn	39.79
F		Silver	59	Susanna	Brown	Aldie	59.80
F	60-64	Gold	64	Ruth	Bollinger	McLean	34.5
F		Silver	61	Ann	Chaney	Bristow	42.50
F		Bronze	64	Lynne	Giordano	Fairfax	45.70
F		4	61	Holly	Giehler	Manassas Park	49.06
F			64	Grace	Clark	Falls Church	DNP
F			60	Susan	Dodson	Midland	DNP
F	65-69	Gold	67	Mary Catherine	Malin	Arlington	36.79
F		Silver	65	Judy	Wiles	Haymarket	44.02
F	70-74	Gold	74	Denise	Kirwan	Leesburg	36.53
F		Silver	73	Janice	Canterbury	Arlington	59.79
F		Bronze	74	Carol	Rivers	Arlington.	2:16.05
F			72	Laraine	Field	Alexandria	DNP
F	75-79	Gold	77	Patricia	Lengle	Tysons	44.92
F		Silver	79	Inas	Elattar	Alexandria	52.86
F		Bronze	75	Susan	Gallagher	Ashburn	56.78
F		4	79	Valerie	Campbell	Manassas	1:07.03
F			79	Ruth	Hamilton	McLean	DNP
F	80-84	Gold	83	Susan	Poretz	McLean	55.83
F			81	Elizabeth	Hall	Manassas	DNP
F			80	Margaret	Brolin	Alexandria	DNP
F	85-89	Gold	85	Beth	Schreiner	Annandale	45.69**

	Men Record Holders						
	SWIMMING – FREESTYLE 50 YDS – MEN						
	50 – 54	Dave Bell		Burke	:24.81	2026*	
	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 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	50-54	Gold	51	Dave	Bell	Burke	24.81**
M		Silver	53	Patrick	Fry	Falls Church	26.32
M		Bronze	54	Jeff	Woodall	Sterling	33.56
M			51	Greg	Diephouse	Falls Church	DNP
M	55-59		56	Roby	Senderowitsch	Falls Church	DNP
M			59	Sam	Gray	Fairfax	DNP
M	60-64	Gold	64	James	Patteson	Fairfax	33.52
M		Silver	61	John	Hitt	Alexandria	33.94
M		Bronze	63	Stephen	Young	Arlington	44.94
M		4	62	Mark	Christoffersen	Herndon	45.31
M			61	Mark	Ross	Gainesville	DNP
M			62	Stephen	Neal	Chantilly	DNP
M			62	Timothy	Benz	Clifton	DNP
M	65-69	Gold	67	Bret	Bailey	Bristow	29.81
M		Silver	66	Christopher	Laiti	Leesburg	30.16
M		Bronze	65	Gregory	DeRosa	Herndon	30.52
M		4	65	Michael	Connor	Haymarket	31.23
M		5	66	William	Melis	Ashburn	37.53
M		6	67	William	Sulik	Springfield	46.66
M			67	Chris	Collins	Annandale	DNP
M			68	Robert	Best	Arlington	DNP
M			68	Terry	Green	McLean	DNP
M	70-74	Gold	70	William	Wilson	Burke	38.66
M		Silver	73	Daniel	Elliott	Great Falls	39.55
M		Bronze	71	Kap	Ro	Nokesville	47.09
M		4	71	Bill	Herberger	Ashburn	51.33
M			73	Ken	Freund	Alexandria	DNP
M			71	Mark	Monaco	Annandale	DNP

M	75-79	Gold	77	James	Lengle	Tysons	39.13
M		Silver	75	Nathan	Granger	Sterling	40.51
M		Bronze	75	Thomas	Godwin	McLean	42.66
M		4	75	Douglas Alan	Shaw	Herndon	48.74
M		5	77	Harvey	Sawatis	Lorton	1:14.55
M	80-84	Gold	84	Sterling	Pilette	Reston	45.70
M		Silver	84	HUGH	McGee	Springfield	47.16
M		Bronze	82	David	Pierce	McLean	53.85
M		4	83	Peter	Michel	Alexandria	56.00
M			82	Chuck	Kleymeyer	Arlington	DNP
M	85-89	Gold	88	John	Woodward	Fairfax	42.5
M		Silver	85	Mel	Chaskin	Fairfax Statiion	59.05
			87	Carlos	Rodriguez	Dumfries	DNP