

			EVENT:		Swimming 50yd Backstroke		
	Women Record Holders						
	SWIMMING – BACKSTROKE 50 YDS – WOMEN						
	50 - 54	Andrea Haines		Alexandria	:37.83	1998	
	55 - 59	Beth Baker		Arlington	:34.40	2019	
	60 - 64	Abigail Romanowski		Nokesville	:35.90	2025	
	65 - 69	Denise Kirwan		Leesburg	:39.47	2018	
	70 - 74	Denise Kirwan		Leesburg	:40.72	2022	
	75 - 79	Anne Walker		Arlington	:47.90	1992	
	80 - 84	Anne Walker		Arlington	:50.70	1997	
	85 - 89	Carol Galbraith		Alexandria	1:00.75	2001	
	90 - 94	Mary Lathram		Falls Church	1:10.31	2006	
		Joan Doupe		Falls Church	1:10	2012	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	50-54	Gold	51	Whitney	Colella	Alexandria	59.34
F	55-59	Gold	58	Laura	Wissing	Ashburn	47.43
F		Silver	59	Susanna	Brown	Aldie	1:08.94
F		Bronze	55	Adriana	Iglesias	Herndon	1:40.62
F	60-64		64	Grace	CLARK	Falls Church	DNP
F			60	Marilyn	Lipstreuer	Bristow	DNP
F			64	Ruth	Bollinger	Mclean	DNP
F			60	Susan	Dodson	Midland	DNP
F	65-69	Gold	66	Deborah	Sulik	Springfield	47.47
F		Gold	67	Mary Catherine	Malin	Arlington	47.47
F			65	Judy	Wiles	Haymarket	DNP
F	70-74	Gold	74	Denise	Kirwan	Leesburg	42.06
F		Silver	71	Tang	Xu	Fairfax	1:09.94
F		Bronze	74	Carol	Rivers	Arlington.	2:46.81
F	75-79	Gold	77	Patricia	Lengle	Tysons	55.85
F		Silver	79	Inas	Elattar	Alexandria	1:00.06
F		Bronze	79	Valerie	Campbell	Manassas	1:11.29
F			4 79	Jennifer	Johnston	Springfield	2:07.70
F			79	Ruth	Hamilton	McLean	DNP
F	80-84		81	Elizabeth	Hall	Manassas	DNP
F			80	Margaret	Brolin	Alexandria	DNP

	Men Record Holders						
	SWIMMING – BACKSTROKE 50 YDS – MEN						
	50 - 54	Dave Bell		Burke	:26.07	2026*	
	55 - 59	Tom Gittins		Falls Church	:31.75	2018	
	60 - 64	Chris Laiti		Leesburg	:34.69	2024	
	65 - 69	Kevin Culhane		Lorton	:34.91	2013	
	70 - 74	Kevin Culhane		Lorton	:35.35	2018	
	75 - 79	Howard Rolston		Arlington	:37.35	2019	
	80 - 84	Frederick Zamon		Fairfax	:45.44	2023	
	85 - 89	Herb Levitan		Arlington	:56.07	2025	
		Chester Myslicki		McLean	:56.49	2006	
	90 - 94	Phil Case		Springfield	1:05.10	2019	
	95 – 99	J.R. Cassidy		Manassas	1:21.03	2011	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	50-54	Gold	51	Dave	Bell	Burke	26.07**
M		Silver	53	Patrick	Fry	Falls Church	29.82
M		Bronze	54	Jeff	Woodall	Sterling	42.54
M	60-64	Gold	64	James	Patteson	Fairfax	44.97
M		Silver	62	Mark	Christoffersen	Herndon	1:22.07
M			62	Stephen	Neal	Chantilly	DNP
M	65-69	Gold	65	Gregory	DeRosa	Herndon	36.91
M		Silver	66	Christopher	Laiti	Leesburg	36.98
M		Bronze	67	Bret	Bailey	Bristow	37.38
M			68	Robert	Best	Arlington	DNP
M	70-74	Gold	70	William	Wilson	Burke	44.54
M		Silver	73	Daniel	Elliott	Great Falls	53.25
M		Bronze	72	Robert	Stites	Reston	1:00.59
M			4 71	Kap	Ro	Nokesville	1:00.84
M			5 71	Bill	Herberger	Ashburn	1:07.54
M			71	Benjamin	Viellieu	Burke	DNP
M			73	Ken	Freund	Alexandria	DNP
M			74	Thomas C	Ackerly Jr	The Plains	DNP
M	75-79	Gold	75	Nathan	Granger	Sterling	43.16
M		Silver	77	James	Lengle	Tysons	51.98
M		Bronze	75	Douglas Alan	Shaw	Herndon	56.43
M	80-84	Gold	84	Hugh	McGee	Springfield	51.37
M		Silver	82	David	Pierce	McLean	1:00.34
M		Bronze	83	Peter	Michel	Alexandria	1:05.66
M			4 84	Sterling	Pilette	Reston	1:07.68
M	85-89	Gold	85	Mel	Chaskin	Fairfax Station	1:07.5