

			EVENT:		Swimming Half Mile (900yd)		
	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	Beth Schreiner		Annandale	18:20.17	2026*	
	90 - 94	Mary Lathram		Falls Church	28:25.00	2007	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	50-54	Gold	53	Sue	Budd	Arlington	17:41.01
F		Silver	51	Whitney	Colella	Alexandria	18:44.33
F	55-59	Gold	56	Ann	Wendel	Oakton	15:13.61
F		Silver	58	Laura	Wissing	Ashburn	15:14.66
F	60-64	Gold	61	Ann	Chaney	Bristow	17:42.22
F		Silver	64	Lynne	Giordano	Fairfax	18:52.30
F			60	Marilyn	Lipstreuer	Bristow	DNP
F			60	Susan	Dodson	Midland	DNP
F	65-69	Gold	67	Mary Catherine	Malin	Arlington	14:51.62
F		Silver	66	Deborah	Sulik	Springfield	18:44.9
F		Bronze	67	Duk	Ro	Nokesville	19:19.03
F			69	Charlene	O'Brien	Fairfax	DNP
F			68	Suzanne	Doggett	Alexandria	DNP
F	70-74		74	Denise	Kirwan	Leesburg	DNP
F	75-79		79	Ruth	Hamilton	McLean	DNP
F			79	Valerie	Campbell	Manassas	DNP
F	80-84	1	81	Dianna	Pierce	McLean	27:38.46
F	85-89	1	85	Beth	Schreiner	Annandale	18:20.17**

	Men Record Holders						
	SWIMMING – FREESTYLE 900 YDS (~HALF MILE) – MEN						
	50 - 54	Mark Harris		Alexandria	10:55.50	2016	
	55 - 59	Stephen Eid		Ashburn	11:21.69	2026*	
	60 - 64	Christopher House		Annandale	11:18.60	2026*	
	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 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
	50-54	Gold	54	Jeff	Woodall	Sterling	13:09.15
M			51	Dave	Bell	Burke	DNP
M			53	Patrick	Fry	Falls Church	DNP
M	55-59	Gold	59	Stephen	Eid	Ashburn	11:21.69**
M	60-64	Gold	63	Christopher	House	Annandale	11:18.60**
M		Silver	62	Mark	Christoffersen	Herndon	23:34.43
M	65-69	Gold	65	Jeffrey	Milnes	Gainesville	12:06.96
M		Silver	67	William	Sulik	Springfield	17:13.00
M		Bronze	65	Robert	Cox	Alexandria	22:55.05
M			67	Bret	Bailey	Bristow	DNP
M			66	Roger	Aberth	Arlington	DNP
M			68	Terry	Green	McLean	DNP
M	70-74	Gold	71	Rob	Colburn	Broadlands	16:12.65
M		Silver	73	Daniel	Elliott	Great Falls	17:42.04
M		Bronze	71	Kap	Ro	Nokesville	19:27.83
M			71	Benjamin	Viellieu	Burke	DNP
M	75-79	Gold	79	Jim	Councilor	Annandale	17:05.65
M	80-84	Gold	82	David	Pierce	McLean	25:34.28
M		Gold	88	John	Woodward	Fairfax	19:01.87