

			EVENT:		Rowing- ERG		
	Women Record Holders						
	ROWING – 2 Km - WOMEN (NEW IN 2013)						
	50-54	Tatiana Molyanova		Leesburg	8:26.5	2019	
	55-59	Judi Miller		Bristow	8:20.3	2018	
	60-64	Lois Groth		Fairfax Station	8:37	2023	
	65-69	Karen Keith		Gainesville	9:19.7	2026*	
	70-74	Eileen Ryan		Arlington	8:22.6	2021	
	75-79	Eileen Ryan		Arlington	8:51.9	20126*	
	80-84	Beth Baynes		Alexandria	12:16.6	2026*	
	85-89	Sheila Gildea		McLean	13:06.7	2015	
	90-94	Alease Brooks		Arlington	26:36.4	2026*	
	List of Participants 2026						
							Results
Sex	Age Group	Place	Age	Firstname	LastName	City	Time
F	50-54	Gold	52	Miki	Welck	Falls Church	10:00.0
F	55-59	Gold	58	Laura	Wissing	Ashburn	9:02.5
F		Silver	56	Rebecca	Gray	Fairfax	9:24.7
F		Bronze	55	Vicky	Carmody	Falls Church	9:34.6
F			4 57	Jo	Montesa	Arlington	10:04.1
F			5 59	Dziem	Nguyen	Fairfax	11:22.4
F			6 59	Susanna	Brown	Aldie	11:29.4
F	60-64	Gold	61	Laurie	Seaton	Fairfax	10:33.0
F		Silver	62	Elana	Ethridge	Arlington	10:52.3
F			63	Colleen	Cornwell	Manassas	DNP
F			64	Vanstacia	Jackson	Alexandria	DNP
F	65-69	Gold	66	Karen	Keith	Gainesville	9:19.7 *
F		Silver	69	Melissa	Hopkins	Dumfries	10:22.9
F		Bronze	69	Keg	Good	Woodbridge	13:51.6
F			67	Linda	Sudhoff	Alexandria	DNP
F			67	Michelle	Rusk	Arlington	DNP
F	70-74	Gold	72	Lillian	Brown	Sterling	10:19.9
F		Silver	73	Shirley	Walley	Alexandria	10:32.8
F		Bronze	72	Laraine	Field	Alexandria	10:53.4
F			4 72	Katherine	Mattos	Arlington	11:30.4
F			5 71	Judy	wright	Lorton	12:22.3
F	75-79	Gold	77	Eileen	Ryan	Arlington	8:51.9 *
F		Silver	76	Virginia	Grevett	Alexandria	10:15.9
F		Bronze	77	Shirley	Appelhans	Centreville	10:44.5

F	80-84	Gold	80	Beth	Baynes	Alexandria	12:16.6 *
F		Silver	81	Georgia	Fuller	Falls Church	18:32.3
F	90-94	Gold	93	Alease	Brooks	Arlington	26:36.4 *
	Men Record Holders						
	ROWING – 2 Km - MEN (NEW IN 2013)						
	50-54	Robert Montenegro		Oakton	7:14.6	2018	
	55-59	John Armstrong		Centerville	7:07.4	2022	
	60-64	John Hoskins		Falls Church	7:18.1	2024	
	65-69	Marshall Keith		Gainesville	7:16.8	2022	
	70-74	Peter McGuirk		Arlington	7:18.8	2013	
	75-79	Kenneth Weinsapfel		Gainesville	8:20.7	2017	
	80-84	Karl Mueller		Alexandria	8:33.6	2022	
	85-89	Karl Mueller		Alexandria	9:00.3	2025	
	90-94	Bill Wieand		McLean	11:29.9	2022	
	List of Participants 2026						Results
Sex	Age Group	Place	Age	Firstname	LastName	City	Time
M	55-59		59	Sam	Gray	Fairfax	DNP
M	60-64	Gold	62	John	Hoskins	Falls Church	7:35.1
M		Silver	63	Rich	Harfst	Annandale	7:37.0
M		Bronze	60	Richard	Franklin	Alexandria	7:43.0
M			4 61	Steven	Lopes	Arlington	8:29.8
M			5 63	Stephen	Young	Arlington	8:53.7
M			63	Henry	Sobieski	Centreville	DNP
M			64	William	Maurice	Manassas Park	DNP
M			64	Charles	Sheffield	Vienna	DNP
			64	Jeff	Farr	Vienna	DNP
M	65-69	Gold	68	Craig	Mccarthy	Alexandria	7:54.8
M	65-69	Silver	67	John	Sullivan	Fairfax	8:31.0
M	65-69	Bronze	66	Jon	Berglund	Springfield	9:16.9
M	65-69		4 66	James	Doperalski	Alexandria	10:05.3
M	65-69		5 69	Robert	Roll	Arlington	11:40.0
M	65-69		67	Robert	Sudhoff	Alexandria	DNP
M	65-69		67	Brian	Darling	Alexandria	DNP
M	70-74	Gold	70	Steve	Anderson	Arlington	7:44.9
M	70-74	Silver	74	Stephen	Garrison	Arlington	8:05.8
M	70-74	Bronze	73	Robert	Schmitt	Vienna	8:34.7
M	70-74		4 73	Ken	Freund	Alexandria	11:26.9
M	70-74		70	Mark	Mildorf	Alexandria	DNP

M	75-79	Gold	76	Jim	Frison	Arlington	8:34.8
M	75-79	Silver	77	Randall	McCathren	Arlington	8:40.5
M	75-79	Bronze	79	Robert	Fawcett	Sterling	9:06.1
M	75-79	4	75	Thomas	Godwin	McLean	9:28.6
M	75-79	5	77	Kurt	Thiel	Arlington	9:41.5
M	75-79	6	77	Rick	Schapira	Alexandria	9:50.8
M	75-79	7	76	Jorge	Venegas	Arlington	10:21.0
M	75-79		75	Nathan	Granger	Sterling	DNP
M	75-79		78	Douglas	Huff	Fairfax	DNP
M	80-84	Gold	81	Gary	Hopkins	Dumfries	9:16.9
M	80-84	Silver	83	Hugh	Haworth	Alexandria	9:48.9
M	85-89	Gold	87	Amnon	Golan	Arlington	9:10.4
M	85-89	Silver	85	Lenwood	Lloyd	Alexandria	10:17.7
M	85-89		86	Ken	Morrison	Manassas	DNP
M	95-99	Gold	95	John	Ewing	Falls Church	17:09.9