

# British Columbia Provincial Master Records

# Long Course (50m)

Updated 13 Aug 2025

## Men, 50m Freestyle

DEE, Kevin	88	HYACK	25.58	Nanaimo
PALASCHUK, Brian	98	UBCM	24.44	Richmond
BEST, Adam	91	ROYAL	23.83	Singapore (SGP)
MARÉCHAL-MCCOY, Maxime	88	DOGW	24.40	Kyushu (JPN)
OLDHAM, Mark	69	EBMSC	25.95	Coloane (GER)
BOTSFORD, Deke	67	VICM	25.59	Montréal
KENNEDY, Mark	72	UBCM	26.46	Federal Way (USA)
COSPER, Scott	69	VICM	27.32	Victoria
HARTFORD, Doug	63	VICM	28.62	Victoria
KELSO, Jack	39	UBCM	29.96	Nanaimo
STAMHUIS, Michael	53	VERN	30.46	Victoria
MORRIS, Alan	49	HST	32.01	Singapore (SGP)
KELSO, Jack	39	DOGW	33.88	Victoria
GILCHRIST, Peter	25	WCMS	47.00	Nanaimo
LOFTS, Peter	23	VCSS	51.00	Victoria
MCGREGOR, Hugh	19	VCSS	1:16.19	Victoria

## Men, 100m Freestyle

HUTTON, Benji	87	WRW	57.49	Victoria
WELBOURN, Graham	61	UBCM	54.01	Tokyo (JPN)
MARÉCHAL-MCCOY, Maxime	88	DOGW	53.24	Gwanqiu (KOR)
MARÉCHAL-MCCOY, Maxime	88	DOGW	53.28	Kyushu (JPN)
WELBOURN, Graham	61	UBCM	56.61	???
ERICKSON, Chris	69	UBCM	57.86	Montréal
VAN BUUREN, John	54	NSM	56.37	Riccione (ITA)
COSPER, Scott	69	VICM	1:00.25	Victoria
STAMHUIS, Michael	53	VERN	1:04.19	Montréal
KELSO, Jack	39	UBCM	1:06.86	Nanaimo
KELSO, Jack	39	UBCM	1:08.64	Nanaimo
MORRIS, Alan	49	HST	1:15.53	Singapore (SGP)
KELSO, Jack	39	DOGW	1:17.47	Victoria
DONOGHUE, Karl	40	DOGW	1:36.00	Singapore (SGP)
LOFTS, Peter	23	VCSS	2:10.14	Victoria
MCGREGOR, Hugh	19	VCSS	2:41.83	Victoria

## Women, 50m Freestyle

MACDONALD, Grace	02	UVPCS	27.56	Richmond	2 Nov 2024
NAESS, Victoria	76	EBMSC	28.20	Coquitlam	1 Mar 2005
NAESS, Victoria	76	EBMSC	27.61	Stanford (USA)	7 Aug 2006
DORRINGTON, Lauren	85	VICM	29.16	Victoria	21 Jan 2023
MACDONALD, Sarah	60	VICM	28.02	Victoria	1 Mar 2003
MACDONALD, Sarah	60	VICM	27.94	Edmonton	22 Jul 2005
MACDONALD, Sarah	60	VICM	28.41	???	1 Jan 2010
MACDONALD, Sarah	60	VICM	29.00	Victoria	31 Jan 2015
MACDONALD, Sarah	60	VICM	29.44	Victoria	2 Feb 2020
MACDONALD, Sarah	60	VICM	30.17	Victoria	25 Jan 2025
LOPEZ, Georgina	44	NSM	36.30	Montréal	6 Aug 2014
LOPEZ, Georgina	44	NSM	35.35	Gwanqiu (KOR)	15 Aug 2019
LOPEZ, Georgina	44	NSM	38.36	Victoria	20 Jan 2024
STAMHUIS, Conny	32	OKAN	56.93	Richmond	5 Nov 2018
MORROW, Noel	18	WRW	1:01.78	???	1 Jan 2009
BRUSSEL, Betty	24	WRW	1:14.51	Victoria	21 Jan 2023
BRUSSEL, Betty	24	WRW	1:19.11	Victoria	25 Jan 2025

## Women, 100m Freestyle

JOHN, Halev	77	NAVY	1:04.62	Federal Way (USA)	16 Aug 2001
NAESS, Victoria	76	EBMSC	1:00.92	Nanaimo	1 Apr 2005
NAESS, Victoria	76	EBMSC	1:00.61	Stanford (USA)	5 Aug 2006
REID, Jennifer	83	VICM	1:04.45	Victoria	4 Feb 2018
MACDONALD, Sarah	60	VICM	1:02.33	Victoria	13 Mar 2004
MACDONALD, Sarah	60	VICM	1:01.39	Edmonton	22 Jul 2005
MACDONALD, Sarah	60	VICM	1:02.95	Nanaimo	21 Mar 2010
MACDONALD, Sarah	60	VICM	1:05.02	Auckland (NZL)	26 Apr 2017
MACDONALD, Sarah	60	VICM	1:06.67	Victoria	2 Feb 2020
MACDONALD, Sarah	60	VICM	1:08.32	Victoria	25 Jan 2025
LOPEZ, Georgina	44	NSM	1:24.05	Montréal	4 Aug 2014
LOPEZ, Georgina	44	NSM	1:26.91	Gwanqiu (KOR)	13 Aug 2019
MACPHERSON, Linda	38	NEBB	1:34.23	Victoria	4 Feb 2018
VARTY, Eulah	34	VICM	2:04.28	Mission Viejo (USA)	9 Aug 2019
BRUSSEL, Betty	24	WKM	2:28.81	???	1 Jan 2014
ANDERSON, M.	DOGW	4:06.70	Edmonton	1 Mar 1998	
BRUSSEL, Betty	24	WRW	2:57.09	Victoria	20 Jan 2024

# British Columbia Provincial Master Records

# Long Course (50m)

Updated 13 Aug 2025

## Men, 200m Freestyle

RUSHTON, Tom	79	WIN	1:56.71	???	1 Jan 2002	18 - 24
WELBOURN, Graham	61	UBCM	1:58.95	Tokyo (JPN)	12 Jul 1986	25 - 29
MILLER, Jonathan	77	OKAN	2:00.87	???	29 Mar 2009	30 - 34
CHARLAND, Rob	75	HANEY	2:03.65	Montréal	5 Aug 2014	35 - 39
WELBOURN, Graham	61	UBCM	2:03.53	???	1 Oct 2002	40 - 44
CRAIG, Rod	60	NSM	2:08.92	Nanaimo	1 Apr 2005	45 - 49
WELBOURN, Graham	61	DOGW	2:13.01	Victoria	1 Mar 2011	50 - 54
CRAIG, Rod	60	NSM	2:18.11	Richmond	1 Dec 2015	55 - 59
CARLSEN, Glenn	57	KISU	2:20.62	Budapest (HUN)	16 Aug 2017	60 - 64
CRAIG, Rod	60	CDSC	2:24.03	Federal Way (USA)	9 Aug 2025	65 - 69
STAMHUIS, Michael	53	VERN	2:37.44	Richmond	2 Nov 2024	70 - 74
DONOGHUE, Karl	40	DOGW	2:58.79	Kazan (RUS)	12 Aug 2015	75 - 79
DONOGHUE, Karl	40	PENT	3:19.63	Victoria	2 Feb 2020	80 - 84
DONOGHUE, Karl	40	DOGW	3:26.16	Singapore (SGP)	10 Aug 2025	85 - 89
MCGREGOR, Hugh	19	VCSS	4:54.77	Nanaimo	21 Mar 2010	90 - 94
MCGREGOR, Hugh	19	VCSS	6:30.27	Victoria	1 Mar 2014	95 - 99

## Men, 400m Freestyle

RUSHTON, Tom	79	WIN	4:07.79	???	1 Jan 2002	18 - 24
DEE, Kevin	88	HANEY	4:28.98	Montréal	9 Aug 2014	25 - 29
OLDHAM, Mark	69	EBMSC	4:27.11	Richmond	1 Apr 2000	30 - 34
OLDHAM, Mark	69	EBMSC	4:34.83	Riccione (ITA)	5 Jun 2004	35 - 39
WELBOURN, Graham	61	UBCM	4:22.55	???	1 Jan 2002	40 - 44
CRAIG, Rod	60	NSM	4:36.91	Nanaimo	1 Apr 2005	45 - 49
CRAIG, Rod	60	GYTBS	4:45.63	Nanaimo	21 Mar 2010	50 - 54
CRAIG, Rod	60	NSM	4:55.43	Victoria	2 Apr 2016	55 - 59
CARLSEN, Glenn	57	KISU	4:52.46	Budapest (HUN)	20 Aug 2017	60 - 64
CARLSEN, Glenn	57	DOGW	5:10.68	Mission Viejo (USA)	13 Aug 2022	65 - 69
STAMHUIS, Michael	53	VERN	5:47.85	Richmond	2 Nov 2024	70 - 74
MCORMOND, Phil	47	DOGW	6:25.32	Victoria	21 Jan 2023	75 - 79
DONOGHUE, Karl	40	PENT	6:48.29	Victoria	2 Feb 2020	80 - 84
DONOGHUE, Karl	40	DOGW	7:16.69	Victoria	25 Jan 2025	85 - 89
MCGREGOR, Hugh	19	VCSS	10:37.09	Nanaimo	21 Mar 2010	90 - 94
MCGREGOR, Hugh	19	VCSS	13:19.19	Victoria	1 Mar 2014	95 - 99
						100 - 104

## Women, 200m Freestyle

BERGMAN, Tuesday Astrid	05	VICM	2:19.27	Richmond	2 Nov 2024
NAESS, Victoria	76	EBMSC	2:15.03	Coquitlam	1 Mar 2005
NAESS, Victoria	76	EBMSC	2:12.16	Stanford (USA)	6 Aug 2006
BOOTH, Isabelle	75	NEBB	2:20.03	Montréal	5 Aug 2014
MACDONALD, Sarah	60	VICM	2:18.77	???	21 Mar 2004
MACDONALD, Sarah	60	VICM	2:23.48	Coquitlam	1 Mar 2011
MACDONALD, Sarah	60	VICM	2:24.92	Victoria	1 Mar 2011
MACDONALD, Sarah	60	VICM	2:27.64	Richmond	4 Nov 2017
RHODES, Avila	56	VICM	2:45.27	Richmond	5 Nov 2016
VERSFELD, Hella	50	VERN	2:48.60	Victoria	2 Apr 2016
VERSFELD, Hella	50	VERN	3:05.97	Victoria	2 Feb 2020
PARNELL, Joan	28	NSM	3:36.42	???	21 Mar 2004
MACPHERSON, Linda	38	NEBB	3:27.95	Victoria	4 Feb 2018
BRUSSEL, Betty	24	VICM	4:55.80	Sydney (AUS)	10 Oct 2009
BRUSSEL, Betty	24	WKM	5:12.24	???	1 Jan 2014

## Women, 400m Freestyle

BERGMAN, Tuesday Astrid	05	VICM	4:48.95	Victoria	25 Jan 2025
NAESS, Victoria	76	EBMSC	4:56.10	Coquitlam	1 Mar 2005
HADD, Valerie	78	EBMSC	4:46.57	Gothenburg (SWE)	6 Aug 2010
RODRIGUEZ DIMITRESCU, A.	85	WIN	4:54.27	Victoria	20 Jan 2024
GEISHEIMER, Kelly	83	HYACK	5:00.42	Victoria	21 Jan 2023
MACDONALD, Sarah	60	VICM	4:58.40	Coquitlam	1 Mar 2005
FOSTER, Debbie		TYEE	5:10.57	Victoria	19 Jun 2005
MACDONALD, Sarah	60	VICM	5:14.12	Victoria	4 Feb 2018
RHODES, Avila	56	VICM	5:43.77	Victoria	28 Jan 2017
BLOCKA, Janice	60	HST	5:47.57	Singapore (SGP)	13 Aug 2025
VERSFELD, Hella	50	VERN	6:15.45	Victoria	2 Feb 2020
DELEEUEW, Elsa	24	WRW	8:19.67	Richmond	1 Apr 2000
MACPHERSON, Linda	38	NEBB	7:15.72	Victoria	4 Feb 2018
BRUSSEL, Betty	24	GYTBS	10:02.20	Sydney (AUS)	10 Oct 2009
BRUSSEL, Betty	24	VERN	10:38.12	Montréal	9 Aug 2014
BRUSSEL, Betty	24	WRW	12:34.58	Richmond	5 Nov 2023
BRUSSEL, Betty	24	WRW	12:50.30	Victoria	20 Jan 2024

# British Columbia Provincial Master Records

# Long Course (50m)

Updated 13 Aug 2025

## Men, 800m Freestyle

MONK, James	86	WIN	9:52.72	Nanaimo	21	May 2010	18 - 24
DEE, Kevin	88	HANEY	9:46.80	Victoria	1	Mar 2014	25 - 29
OLDHAM, Mark	69	EBMSC	9:29.75	Sydney (AUS)	1	Nov 2002	30 - 34
OLDHAM, Mark	69	EBMSC	9:36.96	Riccione (ITA)	3	Jun 2004	35 - 39
WELBOURN, Graham	61	UBCM	9:07.53	???	1	Jan 2002	40 - 44
CRAIG, Rod	60	NSM	9:42.79	Nanaimo	1	Apr 2005	45 - 49
LANGDON, Mark	56	VICM	9:51.92	Victoria	7	Mar 2009	50 - 54
STAMHUIS, Michael	53	OKAN	10:02.69	Sydney (AUS)	10	Oct 2009	55 - 59
CARLSEN, Glenn	57	KISU	10:02.45	Budapest (HUN)	14	Aug 2017	60 - 64
CARLSEN, Glenn	57	DOGW	10:27.56	Mission Viejo (USA)	13	Aug 2022	65 - 69
STAMHUIS, Michael	53	VERN	12:13.04	Victoria	20	Jan 2024	70 - 74
DONOGHUE, Karl	40	DOGW	13:26.43	Victoria	2	Apr 2016	75 - 79
DONOGHUE, Karl	40	DOGW	14:48.41	Victoria	21	Jan 2023	80 - 84
DYKSTRA, Aldert	40	WRW	18:29.80	Victoria	25	Jan 2025	85 - 89
MCGREGOR, Hugh	19	VCSS	21:55.42	Victoria	7	Mar 2009	90 - 94
MCGREGOR, Hugh	19	VCSS	28:40.69	Victoria	1	Mar 2014	95 - 99

## Men, 1500m Freestyle

TRAJAN, Bvron	81	NEBB	18:38.49	Nanaimo	1	Apr 2005	18 - 24
REID, Scott	73	VICM	18:37.72	Richmond	4	Nov 2000	25 - 29
MONK, James	86	WIN	18:50.83	Victoria	2	Feb 2020	30 - 34
MONK, James	86	WIN	18:49.75	Richmond	2	Nov 2024	35 - 39
HOBBS, Brent	67	OKAN	18:07.70	Nanaimo	21	May 2010	40 - 44
HOBBS, Brent	67	OKAN	18:28.01	Nanaimo	1	Jul 2012	45 - 49
CRAIG, Rod	60	GYTBS	19:10.04	Victoria	1	Feb 2010	50 - 54
STAMHUIS, Michael	53	OKAN	19:35.60	Victoria	15	Mar 2008	55 - 59
CARLSEN, Glenn	57	KISU	19:19.64	???	17	Aug 2017	60 - 64
CARLSEN, Glenn	57	DOGW	19:50.57	Mission Viejo (USA)	12	Aug 2022	65 - 69
STAMHUIS, Michael	53	VERN	22:56.57	Victoria	20	Jan 2024	70 - 74
MCORMOND, Phil	47	DOGW	25:37.46	Victoria	21	Jan 2023	75 - 79
DONOGHUE, Karl	40	DOGW	27:58.20	Victoria	21	Jan 2023	80 - 84
MCGREGOR, Hugh	19	VCSS	37:09.82	???	21	May 2004	85 - 89
MCGREGOR, Hugh	19	VCSS	43:02.08	Nanaimo	21	May 2010	90 - 94

## Women, 800m Freestyle

BERGMAN, Tuesday Astrid	05	VICM	9:42.69	Victoria	25	Jan 2025	
KALAS, Pam	76	UBCM	10:21.08	Nanaimo	1	Apr 2005	
KALAS, Pam	76	UBCM	10:16.79	Stanford (USA)	4	Aug 2006	
RODRIGUEZ DIMITRESCU, A.	85	WIN	10:03.94	Kvushu (JPN)	5	Aug 2023	
GEISHEIMER, Kelly	83	HYACK	10:08.95	Federal Wav (USA)	1	Jul 2023	
HARMER, Annelle	68	CDM	10:25.40	Budapest (HUN)	14	Aug 2017	
FOSTER, Debbie	68	DOGW	10:36.52	Victoria	19	Jun 2005	
MYERS, Mary Anne	55	YGMS	11:15.90	Nanaimo	21	May 2010	
MYERS, Mary Anne	55	YGMS	11:47.81	Victoria	31	Jan 2015	
PRONK, Bonnie L	42	CRKW	13:11.09	The Woodlands (USA)	10	Aug 2007	
MACPHERSON, Linda	38	SAWM	13:47.38	Nanaimo	21	May 2010	
DELEEUW, Elsa	24	WRW	17:13.73	Richmond	1	Apr 2000	
DELEEUW, Elsa	24	WRW	17:07.77	???	21	May 2004	
BRUSSEL, Betty	24	GYTBS	21:21.32	Sydney (AUS)	10	Oct 2009	
BRUSSEL, Betty	24	VERN	22:27.49	Montréal	3	Aug 2014	

## Women, 1500m Freestyle

BERGMAN, Tuesday Astrid	05	VICM	19:23.32	Richmond	2	Nov 2024	
VAN OOSTEN, Elaine	77	UBCM	20:01.22	Nanaimo	27	Jun 2005	
REID, Jennifer	83	VICM	19:58.82	Victoria	15	Jan 2005	
RODRIGUEZ DIMITRESCU, A.	85	WIN	19:36.21	Victoria	21	Jan 2023	
HARMER, Annelle	68	EBMSC	19:51.68	Nanaimo	21	May 2010	
HARMER, Annelle	68	EBMSC	20:39.22	Richmond	29	Nov 2014	
MABEE, Cindy	69	VICM	20:46.51	Victoria	2	Feb 2020	
MACDONALD, Sarah	60	VICM	20:48.03	Victoria	4	Feb 2018	
MYERS, Mary Anne	55	YGMS	22:13.73	Victoria	31	Jan 2015	
PRONK, Bonnie L	42	CRKW	24:38.81	The Woodlands (USA)	10	Aug 2007	
MACPHERSON, Linda	38	SAWM	26:18.46	Nanaimo	21	May 2010	
VARTY, Eulah	34	DST	33:11.08	Indianapolis (USA)	5	Aug 2009	
BALOGH, Sylvia	27	VCSS	34:37.95	Victoria	15	Mar 2008	

# British Columbia Provincial Master Records

# Long Course (50m)

Updated 13 Aug 2025

## Men, 50m Backstroke

VANDENDUNGEN, Daniel	79	DST	29.78	Victoria	1 Mar 2003	18 - 24
BRAZIER, Craig	91	HBSC	27.94	Victoria	2 Feb 2020	25 - 29
BEST, Adam	91	ROYAL	26.64	Singapore (SGP)	13 Aug 2025	30 - 34
MARKEY, Jason	72	EBMSC	30.84	Victoria	1 Mar 2011	35 - 39
COLLINS, Michael	75	WRW	30.99	Victoria	31 Jan 2015	40 - 44
CHARLAND, Rob	75	GYTBS	30.99	Victoria	31 Jan 2015	
BOTSFORD, Deke	67	VICM	29.78	Montréal	7 Aug 2014	45 - 49
VAN BUUREN, John	54	NSM	29.95	???	21 May 2004	50 - 54
DOWNING, Michael	68	VICM	33.59	Victoria	21 Jan 2023	55 - 59
VAN DYKE, Peter	63	DOGW	34.43	Richmond	5 Nov 2023	60 - 64
HAMILTON, Gary	60	LGCY	34.30	Victoria	25 Jan 2025	65 - 69
ALEXANDER, Richard	44	CDM	36.20	Nanaimo	24 Jan 2014	70 - 74
MORRIS, Alan	49	HST	38.91	Singapore (SGP)	13 Aug 2025	75 - 79
DONOGHUE, Karl	40	PENT	42.43	Victoria	2 Feb 2020	80 - 84
DONOGHUE, Karl	40	DOGW	45.97	Singapore (SGP)	13 Aug 2025	85 - 89
SCHULHOF, Alfred	19	NVM	58.96	Nanaimo	21 May 2010	90 - 94
SCHULHOF, Alfred	19	NSM	1:07.47	Richmond	29 Nov 2014	95 - 99

## Women, 50m Backstroke

JOHN, Haley	77	NAVY	34.16	Federal Way (USA)	16 Aug 2001	
SLINN, Jenny	77	HYACK	33.02	???	21 May 2004	
IKEHATA, Mariko	83	VICM	32.31	Montréal	9 Aug 2014	
MABEE, Cindy	69	VICM	31.28	Victoria	15 Mar 2008	
MABEE, Cindy	69	VICM	31.49	Victoria	7 Mar 2009	
MABEE, Cindy	69	VICM	31.02	Gresham (USA)	17 Aug 2016	
MABEE, Cindy	69	VICM	33.45	Victoria	2 Feb 2020	
SHEEHAN, Cathy	60	KISU	34.91	Victoria	31 Jan 2015	
GRAHAM, Kathy	58	KISU	38.56	Victoria	4 Feb 2018	
GRAHAM, Kathy	58	DOGW	39.67	Victoria	21 Jan 2023	
VERSFELD, Hella	50	VERN	42.27	Victoria	2 Feb 2020	
PARNELL, Joan	28	NSM	46.30	Victoria	13 Mar 2004	
PARNELL, Joan	28	NSM	52.93	Victoria	15 Mar 2008	
MORROW, Noel	18	VICM	59.85	???	12 Mar 2005	
MORROW, Noel	18	WRW	1:04.78	???	1 Jan 2009	
BRUSSEL, Betty	24	WRW	1:20.42	Victoria	21 Jan 2023	
BRUSSEL, Betty	24	WRW	1:24.91	Victoria	20 Jan 2024	

## Men, 100m Backstroke

VANDENDUNGEN, Daniel	79	DST	1:04.82	Victoria	1 Mar 2003	18 - 24
VANDENDUNGEN, Daniel	79	DST	1:04.66	Victoria	1 Mar 2007	25 - 29
BEST, Adam	91	ROYAL	57.85	Singapore (SGP)	12 Aug 2025	30 - 34
MARKEY, Jason	72	EBMSC	1:07.56	Victoria	1 Mar 2011	35 - 39
BOTSFORD, Deke	67	CRKW	1:01.09	Nanaimo	21 May 2010	40 - 44
BOTSFORD, Deke	67	VICM	1:02.43	Montréal	8 Aug 2014	45 - 49
VAN BUUREN, John	54	NSM	1:06.91	???	21 May 2004	50 - 54
VAN DYKE, Peter	63	DOGW	1:13.48	Victoria	2 Feb 2020	55 - 59
VAN DYKE, Peter	63	DOGW	1:12.71	Richmond	5 Nov 2023	60 - 64
HAMILTON, Gary	60	LGCY	1:18.16	Victoria	25 Jan 2025	65 - 69
DONOGHUE, Karl	40	OKAN	1:22.40	???	1 Jan 2010	70 - 74
DONOGHUE, Karl	40	DOGW	1:27.34	Auckland (NZL)	23 Apr 2017	75 - 79
DONOGHUE, Karl	40	PENT	1:35.89	Victoria	2 Feb 2020	80 - 84
DONOGHUE, Karl	40	DOGW	1:40.13	Singapore (SGP)	12 Aug 2025	85 - 89
SCHULHOF, Alfred	19	NVM	2:15.97	Victoria	1 Feb 2010	90 - 94
SCHULHOF, Alfred	19	NSM	2:41.42	Richmond	29 Nov 2014	95 - 99

## Women, 100m Backstroke

JOHN, Haley	77	NAVY	1:12.01	Federal Way (USA)	16 Aug 2001	
HADD, Valerie	78	EBMSC	1:10.38	Stanford (USA)	9 Aug 2006	
HADD, Valerie	78	EBMSC	1:09.11	Gothenburg (SWE)	5 Aug 2010	
MABEE, Cindy	69	VICM	1:07.94	Victoria	15 Mar 2008	
MABEE, Cindy	69	VICM	1:07.06	Victoria	7 Mar 2009	
MABEE, Cindy	69	VICM	1:07.31	Gresham (USA)	17 Aug 2016	
SHEEHAN, Cathy	60	KISU	1:13.89	Nanaimo	21 May 2010	
SHEEHAN, Cathy	60	KISU	1:16.78	Victoria	31 Jan 2015	
PRONK, Bonnie L	42	CRKW	1:25.79	Cleveland (USA)	15 Aug 2002	
PRONK, Bonnie L	42	CRKW	1:26.61	???	18 Apr 2008	
VERSFELD, Hella	50	VERN	1:31.37	Victoria	2 Feb 2020	
PARNELL, Joan	28	NSM	1:42.81	Victoria	1 Mar 2003	
PARNELL, Joan	28	NSM	1:58.43	Victoria	15 Mar 2008	
STAMHUIS, Conny	32	OKAN	2:14.15	Budapest (HUN)	19 Aug 2017	
MORROW, Noel	18	WRW	2:34.29	???	1 Jan 2009	
ANDERSON, M.		DOGW	4:16.79	Edmonton	1 May 1998	

# British Columbia Provincial Master Records

# Long Course (50m)

Updated 13 Aug 2025

## Men, 200m Backstroke

TRAJAN, Byron	81	NEBB	2:23.43	Nanaimo	1 Apr 2005	18 - 24
DEE, Kevin	88	HANEY	2:24.67	Victoria	31 Jan 2015	25 - 29
MANNUCCI, Gabrio	87	HBSC	2:18.81	Victoria	2 Feb 2020	30 - 34
DEE, Kevin	88	DOGW	2:27.07	Federal Way (USA)	10 Aug 2025	35 - 39
BOTSFORD, Deke	67	CRKW	2:14.71	Nanaimo	21 May 2010	40 - 44
MACKIE, Dean	67	NSM	2:37.36	Victoria	31 Jan 2015	45 - 49
SZIRMAI, Alex	57	RAVEM	2:41.64	Victoria	1 Mar 2011	50 - 54
VAN DYKE, Peter	63	DOGW	2:36.76	Victoria	2 Feb 2020	55 - 59
VAN DYKE, Peter	63	DOGW	2:39.19	Richmond	5 Nov 2023	60 - 64
HAMILTON, Gary	60	LGCY	2:44.53	Victoria	25 Jan 2025	65 - 69
STAMHUIS, Michael	53	VERN	2:58.31	Victoria	20 Jan 2024	70 - 74
DONOGHUE, Karl	40	DOGW	3:10.36	Victoria	31 Jan 2015	75 - 79
DONOGHUE, Karl	40	PENT	3:23.94	Victoria	2 Feb 2020	80 - 84
DONOGHUE, Karl	40	DOGW	3:43.18	Singapore (SGP)	8 Aug 2025	85 - 89
SCHULHOF, Alfred	19	NVM	4:54.50	Nanaimo	21 May 2010	90 - 94

## Men, 50m Breaststroke

GORDON, Jayme	76	UBCM	31.65	Richmond	4 Nov 2000	18 - 24
SHIROKOV, Vlad	89	PNW	30.95	Richmond	5 Nov 2016	25 - 29
SHIROKOV, Vlad	89	HBSC	30.37	Victoria	2 Feb 2020	30 - 34
CHARLAND, Rob	75	HANEY	30.65	Montréal	6 Aug 2014	35 - 39
CHARLAND, Rob	75	GYTBS	32.03	Victoria	31 Jan 2015	40 - 44
HOOPER, James	71	UBCM	31.44	Richmond	5 Nov 2018	45 - 49
HOOPER, James	71	UBCM	32.01	Rotterdam (NED)	24 Jul 2022	50 - 54
COSPER, Scott	69	VICM	34.42	Victoria	25 Jan 2025	55 - 59
KELSO, Jack	39	UBCM	36.29	Richmond	1 Apr 2000	60 - 64
TEMPLEMAN, Nick	31	NSM	37.38	Winnipeg	1 May 1996	65 - 69
KELSO, Jack	39	UBCM	38.28	Nanaimo	21 May 2010	70 - 74
BELL, Peter	35	NSM	41.35	Nanaimo	21 May 2010	75 - 79
KELSO, Jack	39	DOGW	44.27	Victoria	2 Feb 2020	80 - 84
SCHULHOF, Alfred	19	NVM	52.32	Edmonton	22 Jul 2005	85 - 89
SCHULHOF, Alfred	19	NVM	1:02.56	Nanaimo	21 May 2010	90 - 94
SCHULHOF, Alfred	19	NSM	1:16.52	???	29 Nov 2014	95 - 99

## Women, 200m Backstroke

BEYNON, Heather	76	VICM	2:43.52	Richmond	1 Apr 2000	18 - 24
HADD, Valerie	78	EBMSC	2:29.01	Stanford (USA)	5 Aug 2006	25 - 29
HADD, Valerie	78	EBMSC	2:28.06	Gothenburg (SWE)	1 Aug 2010	30 - 34
MABEE, Cindy	69	VICM	2:29.42	Victoria	15 Mar 2008	35 - 39
GEISHEIMER, Kelly	83	HYACK	2:44.72	Victoria	20 Jan 2024	40 - 44
MABEE, Cindy	69	VICM	2:34.26	???	5 Dec 2015	45 - 49
SHEEHAN, Cathy	60	KISU	2:41.59	Nanaimo	21 May 2010	50 - 54
PRONK, Bonnie L	42	VCSS	3:00.79	Federal Way (USA)	16 Aug 2001	55 - 59
PRONK, Bonnie L	42	VCSS	2:59.01	Christchurch (NZL)	23 Mar 2002	60 - 64
PRONK, Bonnie L	42	CRKW	3:06.41	???	18 Apr 2008	65 - 69
PARNELL, Joan	28	NSM	3:40.23	Edmonton	1 May 1998	70 - 74
PARNELL, Joan	28	NSM	3:49.73	Victoria	1 Mar 2003	75 - 79
PARNELL, Joan	28	NSM	4:20.79	Victoria	15 Mar 2008	80 - 84
STAMHUIS, Conny	32	OKAN	4:52.88	Victoria	28 Jan 2017	85 - 89
BRUSSEL, Betty	24	OKAN	6:30.68	Budapest (HUN)	15 Aug 2017	90 - 94

## Women, 50m Breaststroke

MAGEAU, Danielle	92	DOGW	38.68	Richmond	5 Nov 2016	18 - 24
MCEVOY, Katie	92	VICM	34.90	Auckland (NZL)	26 Apr 2017	25 - 29
THOMPSON, Laura	91	NSM	36.05	Richmond	2 Nov 2024	30 - 34
BOOTH, Isabelle	75	NEBB	36.85	Montréal	6 Aug 2014	35 - 39
WOODWARD, Judv	58	VICM	37.37	Victoria	1 Mar 2000	40 - 44
WOODWARD, Judv	58	VICM	36.67	???	1 Jan 2003	45 - 49
MACDONALD, Sarah	60	VICM	37.17	Montréal	6 Aug 2014	50 - 54
MACDONALD, Sarah	60	VICM	37.92	Auckland (NZL)	26 Apr 2017	55 - 59
MACDONALD, Sarah	60	VICM	39.16	Victoria	2 Feb 2020	60 - 64
PRONK, Bonnie L	42	CRKW	39.16	Christchurch (NZL)	23 Mar 2002	65 - 69
MACDONALD, Sarah	60	VICM	40.76	Victoria	25 Jan 2025	70 - 74
LOPEZ, Georaina	44	NSM	49.82	Montréal	6 Aug 2014	75 - 79
LOPEZ, Georaina	44	NSM	48.94	Gwangju (KOR)	18 Aug 2019	80 - 84
LOPEZ, Georaina	44	NSM	56.59	Victoria	20 Jan 2024	85 - 89
STAMHUIS, Conny	32	OKAN	1:04.23	Victoria	28 Jan 2017	90 - 94
BRUSSEL, Betty	24	OKAN	1:32.41	Richmond	5 Nov 2016	95 - 99
BRUSSEL, Betty	24	WRW	1:55.60	Victoria	21 Jan 2023	100 - 104
BRUSSEL, Betty	24	WRW	1:56.22	Victoria	20 Jan 2024	100 - 104

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## Men, 100m Breaststroke

SMIRL, C.	GVAC	1:15.59	Victoria	1 Mar 1998	18 - 24
SHIROKOV, Vlad	89 PNW	1:08.62	Victoria	1 Mar 2014	25 - 29
SHIROKOV, Vlad	89 HBSC	1:07.44	Victoria	2 Feb 2020	30 - 34
CHARLAND, Rob	75 HANEY	1:08.82	Montréal	4 Aug 2014	35 - 39
CHARLAND, Rob	75 HANEY	1:09.73	Victoria	31 Jan 2015	40 - 44
HOOPER, James	71 UBCM	1:11.80	Richmond	5 Nov 2018	45 - 49
HOOPER, James	71 UBCM	1:14.69	Rotterdam (NED)	25 Jul 2022	50 - 54
BEAUDIN, Gilles	54 EBMSC	1:21.46	Nanaimo	21 May 2010	55 - 59
HARTFORD, Doug	63 VICM	1:25.17	Richmond	5 Nov 2023	60 - 64
TEMPLEMAN, Nick	31 NSM	1:26.06	Winnipeg	1 May 1996	65 - 69
BELL, Peter	35 NSM	1:28.27	Nanaimo	1 Apr 2005	70 - 74
BELL, Peter	35 NSM	1:32.46	Nanaimo	21 May 2010	75 - 79
BELL, Peter	35 NSM	1:47.08	Victoria	28 Jan 2017	80 - 84
SCHULHOF, Alfred	19 NVM	2:03.77	???	1 Jan 2004	85 - 89
SCHULHOF, Alfred	19 NVM	2:30.45	Nanaimo	21 May 2010	90 - 94

## Men, 200m Breaststroke

TRAJAN, Byron	81 NEBB	2:40.06	Edmonton	22 Jul 2005	18 - 24
IIDA, Ryoma	97 ROYAL	2:26.89	Singapore (SGP)	12 Aug 2025	25 - 29
JACKSON, Ian	73 UBCM	2:26.89	Munich (GER)	30 Jul 2000	
DEE, Kevin	88 OS	2:41.67	Richmond (USA)	6 Aug 2022	30 - 34
CHARLAND, Rob	75 HANEY	2:32.28	Montréal	8 Aug 2014	35 - 39
CHARLAND, Rob	75 GYTBS	2:35.52	Victoria	31 Jan 2015	40 - 44
CHARLAND, Rob	75 DOGW	2:44.05	Victoria	2 Feb 2020	45 - 49
DOYLEY, Doug	58 UBCM	2:52.97	Perth (AUS)	22 Apr 2008	50 - 54
BEAUDIN, Gilles	54 EBMSC	2:56.63	Nanaimo	21 May 2010	55 - 59
CARLSEN, Glenn	57 KISU	3:08.30	Budapest (HUN)	19 Aug 2017	60 - 64
BELL, Peter	35 NSM	3:13.59	Victoria	4 Mar 2001	65 - 69
BELL, Peter	35 NSM	3:18.11	Edmonton	22 Jul 2005	70 - 74
BELL, Peter	35 NSM	3:30.58	Nanaimo	21 May 2010	75 - 79
BELL, Peter	35 NSM	4:00.52	Victoria	28 Jan 2017	80 - 84
SCHULHOF, Alfred	19 NVM	4:24.30	Nanaimo	1 Apr 2005	85 - 89
SCHULHOF, Alfred	19 NVM	6:04.55	Nanaimo	21 May 2010	90 - 94

## Men, 50m Butterfly

ROSS, Issac	98 WSM	27.36	Victoria	4 Feb 2018	18 - 24
FRY, Darian	97 WRW	25.78	Richmond	5 Nov 2023	25 - 29
MARÉCHAL-MCCOY, Maxime	88 DOGW	25.69	Gwanaju (KOR)	14 Aug 2019	30 - 34
MARÉCHAL-MCCOY, Maxime	88 DOGW	25.90	Kyushu (JPN)	7 Aug 2023	35 - 39
BOTSFORD, Deke	67 CRKW	27.06	Nanaimo	21 May 2010	40 - 44
OUCHI, Kurt	75 VERN	27.58	Federal Way (USA)	6 Jul 2024	45 - 49
KHORVIN, Alexey	73 LGCY	27.16	Victoria	21 Jan 2023	50 - 54
COSPER, Scott	69 VICM	29.17	Victoria	25 Jan 2025	55 - 59
MARSH, Ian	62 DRM	32.04	Richmond	2 Nov 2024	60 - 64
BURVILL, Ian	46 NEBB	35.34	Victoria	19 Jan 2013	65 - 69
KELSO, Jack	39 UBCM	34.09	Nanaimo	21 May 2010	70 - 74
MORRIS, Alan	49 HST	35.86	Singapore (SGP)	10 Aug 2025	75 - 79
HALL, Grant	35 VCSS	51.87	Victoria	31 Jan 2015	80 - 84

## Women, 100m Breaststroke

BERGMAN, Tuesday Astrid	05 VICM	1:18.17	Victoria	25 Jan 2025	
MCEVOY, Katie	92 VICM	1:17.77	Auckland (NZL)	22 Apr 2017	
VON BECKMANN, Ingrid	82 EBMSC	1:21.63	Riccione (ITA)	11 Jun 2012	
BOOTH, Isabelle	75 NEBB	1:21.19	Montréal	4 Aug 2014	
WOODWARD, Judy	58 VICM	1:21.51	Edmonton	1 Mar 1998	
MACDONALD, Sarah	60 VICM	1:22.46	Stanford (USA)	5 Aug 2006	
RHODES, Avila	56 VICM	1:23.67	Stanford (USA)	5 Aug 2006	
MACDONALD, Sarah	60 VICM	1:25.07	Auckland (NZL)	22 Apr 2017	
RHODES, Avila	56 VICM	1:27.08	Victoria	2 Apr 2016	
PRONK, Bonnie L	42 CRKW	1:34.53	Gresham (USA)	14 Aug 2008	
PARNELL, Joan	28 NSM	1:51.82	Edmonton	1 Mar 1998	
PARNELL, Joan	28 NSM	2:02.29	???	21 May 2004	
PARNELL, Joan	28 NSM	2:19.24	???	21 May 2004	
DEVITT, Marion	19 VCSS	2:47.42	Victoria	12 Mar 2005	
BRUSSEL, Betty	24 VERN	3:30.39	Montréal	4 Aug 2014	

## Women, 200m Breaststroke

FLYNN, Stephanie	86 UBCM	3:07.98	Nanaimo	21 May 2010	
MCEVOY, Katie	92 VICM	2:49.87	Auckland (NZL)	27 Apr 2017	
VON BECKMANN, Ingrid	82 EBMSC	2:54.04	Riccione (ITA)	15 Jun 2012	
BOOTH, Isabelle	75 NEBB	2:58.29	Montréal	8 Aug 2014	
RHODES, Avila	56 VICM	3:03.76	Munich (GER)	30 Jul 2000	
PENDERGAST, Christina	77 NEBB	2:58.10	Singapore (SGP)	12 Aug 2025	
RHODES, Avila	56 VICM	3:04.47	Stanford (USA)	9 Aug 2006	
RHODES, Avila	56 VICM	3:07.76	Montréal	8 Aug 2014	
RHODES, Avila	56 VICM	3:13.11	Victoria	2 Apr 2016	
PRONK, Bonnie L	42 CRKW	3:28.49	Gresham (USA)	14 Aug 2008	
PARNELL, Joan	28 NSM	4:13.16	Hawaii (USA)	1 Nov 1998	
WARREN, Susan	41 VCSS	4:35.40	Gresham (USA)	17 Aug 2016	
PARNELL, Joan	28 NSM	5:04.10	Nanaimo	21 May 2010	
BRUSSEL, Bettv	24 GYTBS	6:18.01	Sydney (AUS)	10 Oct 2009	
BRUSSEL, Betty	24 VERN	7:10.69	Montréal	8 Aug 2014	

## Women, 50m Butterfly

MACDONALD, Grace	02 UVPCS	28.89	Richmond	2 Nov 2024	
RYAN, Jordyn	99 VICM	28.18	Victoria	25 Jan 2025	
KEHATA, Mariko	83 VICM	30.42	Montréal	5 Aug 2014	
HINDMARCH, Sofi	81 SEMI	30.89	Victoria	28 Jan 2017	
THOMPSON, Diana	74 WIN	30.99	Montréal	5 Aug 2014	
MABEE, Cindy	69 VICM	30.72	Montréal	5 Aug 2014	
MACDONALD, Sarah	60 VICM	31.61	Montréal	5 Aug 2014	
MACDONALD, Sarah	60 VICM	32.50	Auckland (NZL)	23 Apr 2017	
MACDONALD, Sarah	60 VICM	32.79	Victoria	2 Feb 2020	
MACDONALD, Sarah	60 VICM	34.69	Victoria	25 Jan 2025	
VERSFELD, Hella	50 VERN	43.35	Victoria	2 Feb 2020	
LOPEZ, Georgina	44 NSM	49.84	Gwanaju (KOR)	14 Aug 2019	
LOPEZ, Georgina	44 NSM	51.07	Singapore (SGP)	10 Aug 2025	

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## Men, 100m Butterfly

KONGE, Leo	04	SAWM	1:04.38	Victoria	25 Jan 2025	18 - 24
VANDENDUNGEN, Daniel	79	DST	1:01.09	Victoria	1 Mar 2007	25 - 29
MARÉCHAL-MCCOY, Maxime	88	DOGW	59.99	Gwanzu (KOR)	15 Aug 2019	30 - 34
MARÉCHAL-MCCOY, Maxime	88	DOGW	59.72	Kyushu (JPN)	8 Aug 2023	35 - 39
BOTSFORD, Deke	67	CRKW	59.17	Nanaimo	21 Mar 2010	40 - 44
BOTSFORD, Deke	67	VICM	1:00.14	Montréal	6 Aug 2014	45 - 49
VAN BUUREN, John	54	NSM	1:01.43	Riccione (ITA)	6 Jun 2004	50 - 54
CRAIG, Rod	60	NSM	1:08.96	Richmond	1 Dec 2015	55 - 59
BARNUM, David	61	HYACK	1:24.00	Victoria	21 Jan 2023	60 - 64
CRAIG, Rod	60	CDSC	1:13.95	Federal Way (USA)	9 Aug 2025	65 - 69
BELL, Peter	35	NSM	1:41.96	Coquitlam	1 Jun 2005	70 - 74
HALL, Grant	35	VCSS	1:55.04	Victoria	1 Feb 2010	75 - 79
DYKSTRA, Aldert	40	HYDE	2:28.95	Victoria	2 Feb 2020	80 - 84

## Men, 200m Butterfly

MONK, James	86	WIN	2:40.08	Nanaimo	21 Mar 2010	18 - 24
TORRANCE, Christopher	69	UBCM	2:25.08	Vancouver	1 Apr 1995	25 - 29
DEE, Kevin	88	OS	2:28.05	Richmond (USA)	5 Aug 2022	30 - 34
MARKEY, Jason	72	EBMSC	2:26.01	Victoria	1 Feb 2010	35 - 39
OLDHAM, Mark	69	EBMSC	2:26.70	Coloane (GER)	3 Aug 2010	40 - 44
OUCHI, Kurt	75	VERN	2:31.53	Victoria	20 Jan 2024	45 - 49
OUCHI, Kurt	75	VERN	2:36.48	Victoria	25 Jan 2025	50 - 54
SZIRMAI, Alex	57	RAVEM	2:54.20	Omaha (USA)	5 Jul 2012	55 - 59
WALLACE, Steve	49	VICM	3:24.21	Victoria	7 Mar 2009	60 - 64
DOWLING, Mike	47	NSM	4:04.58	Victoria	19 Jan 2013	65 - 69
SZASZ, Ivan	36	UBCM	4:11.19	Stanford (USA)	9 Aug 2006	70 - 74
SZASZ, Ivan	36	UBCM	4:25.96	Victoria	1 Mar 2011	75 - 79
DYKSTRA, Aldert	40	HYDE	5:39.85	Victoria	2 Feb 2020	80 - 84

## Men, 200m Medley

TRAJAN, Byron	81	NEBB	2:20.96	Nanaimo	1 Apr 2005	18 - 24
IIDA, Ryoma	97	ROYAL	2:16.71	Singapore (SGP)	11 Aug 2025	25 - 29
DEE, Kevin	88	OS	2:21.20	Richmond (USA)	6 Aug 2022	30 - 34
CHARLAND, Rob	75	HANEY	2:19.80	Montréal	6 Aug 2014	35 - 39
BOTSFORD, Deke	67	CRKW	2:15.78	Nanaimo	21 Mar 2010	40 - 44
AAMODT, Tor	73	CDM	2:30.87	Richmond	5 Nov 2018	45 - 49
VAN BUUREN, John	54	NSM	2:27.73	???	21 Mar 2004	50 - 54
MORROW, Mike	50	DOGW	2:37.74	Edmonton	22 Jul 2005	55 - 59
KELSO, Jack	39	UBCM	2:47.02	Richmond	1 Apr 2000	60 - 64
STAMHUIS, Michael	53	VERN	2:48.77	Richmond	5 Nov 2018	65 - 69
KELSO, Jack	39	UBCM	2:58.81	Nanaimo	21 Mar 2010	70 - 74
JOHNSON, Alex	31	VCSS	4:08.43	Victoria	11 Mar 2006	75 - 79
COVERDALE, Leonard	25	VCSS	5:02.64	Victoria	12 Mar 2005	80 - 84

## Women, 100m Butterfly

BELLCHAMBER, Trish	77	EBMSC	1:10.96	Richmond	4 Nov 2000	
DOUGLAS, Kirsten	98	EBMSC	1:06.37	Richmond	2 Nov 2024	
JAEGGI, Christine	81	EBMSC	1:09.90	Riccione (ITA)	13 Jun 2012	
GILMORE, P.		VDMSC	1:11.21	???	10 Jun 2005	
GUIDI-SWAN, Carmelle	72	OKAN	1:09.62	Montréal	6 Aug 2014	
MABEE, Cindy	69	VICM	1:08.87	Gresham (USA)	17 Aug 2016	
SCHIER, Catherine	72	NSM	1:18.25	Richmond	2 Nov 2024	
GRAHAM, Kathy	58	WIN	1:29.24	Victoria	19 Jan 2013	
RHODES, Avila	56	VICM	1:27.89	Richmond	5 Nov 2016	
GRAHAM, Kathy	58	DOGW	1:29.98	Victoria	21 Jan 2023	
FABRE, Anne	48	VICM	2:04.14	Victoria	2 Feb 2020	
VARTY, Eulah	34	DST	2:34.73	Sydney (AUS)	10 Oct 2009	
VARTY, Eulah	34	VICM	2:50.67	College Park (USA)	13 Aug 2014	

## Women, 200m Butterfly

LANGELO, Chelsea	90	DST	2:54.92	Victoria	19 Jan 2013	
RYAN, Jordyn	99	VICM	2:40.65	Victoria	25 Jan 2025	
JAEGGI, Christine	81	EBMSC	2:37.03	Riccione (ITA)	15 Jun 2012	
RODRIGUEZ DIMITRESCU, A.	85	WIN	2:50.67	Victoria	20 Jan 2024	
GUIDI-SWAN, Carmelle	72	OKAN	2:32.58	Montréal	8 Aug 2014	
GOSKI, Sam	64	WIN	2:54.00	Nanaimo	21 Mar 2010	
GOSKI, Sam	64	VICM	3:12.14	Victoria	2 Apr 2016	
MACPHERSON, Linda	38	NEBB	3:23.15	Vancouver	1 Apr 1995	
MACPHERSON, Linda	38	DOGW	3:37.78	Edmonton	1 Mar 1998	
FABRE, Anne	48	VICM	4:04.71	Victoria	31 Jan 2015	
VARTY, Eulah	34	DST	5:13.97	The Woodlands (USA)	10 Aug 2007	
VARTY, Eulah	34	DST	6:02.19	Indianapolis (USA)	5 Aug 2009	

## Women, 200m Medley

BEYNON, Heather	76	VICM	2:43.26	Richmond	1 Apr 2000	
HADD, Valerie	78	EBMSC	2:29.76	Stanford (USA)	7 Aug 2006	
HADD, Valerie	78	EBMSC	2:27.04	Gothenburg (SWE)	3 Aug 2010	
GILMORE, P.		VDMSC	2:37.26	???	10 Jun 2005	
MACDONALD, Sarah	60	VICM	2:39.45	???	21 Mar 2004	
MABEE, Cindy	69	VICM	2:33.72	Gresham (USA)	17 Aug 2016	
RHODES, Avila	56	VICM	2:58.26	Nanaimo	21 Mar 2010	
MACDONALD, Sarah	60	VICM	2:53.82	Richmond	4 Jun 2017	
PRONK, Bonnie L	42	VCSS	3:00.52	Christchurch (NZL)	23 Mar 2002	
BLOCKA, Janice	60	HST	3:10.52	Singapore (SGP)	11 Aug 2025	
PARNELL, Joan	28	NSM	4:03.36	Hawaii (USA)	1 Nov 1998	
FABRE, Anne	48	VICM	4:18.11	Victoria	25 Jan 2025	
DELEEUW, Elsa	24	WRW	4:40.75	???	21 Mar 2004	
VARTY, Eulah	34	VICM	5:41.37	Mission Viejo (USA)	10 Aug 2019	

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### Men, 400m Medley

TRAJAN, Byron	81	NEBB	5:07.15	Edmonton	22 Jul 2005	18 - 24
DEE, Kevin	88	HANEY	5:07.49	Montréal	5 Aug 2014	25 - 29
DEE, Kevin	88	OS	5:03.41	Richmond (USA)	7 Aug 2022	30 - 34
DEE, Kevin	88	DOGW	5:15.78	Federal Way (USA)	7 Aug 2025	35 - 39
FOMINE, Vladimir	62	HYACK	5:16.22	Coquitlam	1 Mar 2005	40 - 44
BOTSFORD, Deke	67	VICM	4:57.89	Montréal	5 Aug 2014	45 - 49
DOYLEY, Douq	58	UBCM	5:48.82	Perth (AUS)	19 Apr 2008	50 - 54
MORROW, Mike	50	DOGW	5:44.19	Edmonton	22 Jul 2005	55 - 59
CARLSEN, Glenn	57	KISU	4:57.10	Victoria	28 Jan 2017	60 - 64
HAMILTON, Gary	60	LGCY	6:23.01	Victoria	25 Jan 2025	65 - 69
DOWLING, Mike	47	NSM	8:19.68	Richmond	3 Nov 2019	70 - 74
BELL, Peter	35	NSM	7:14.14	???	1 Mar 2010	75 - 79
DYKSTRA, Aldert	40	HYDE	9:40.11	Victoria	2 Feb 2020	80 - 84
DYKSTRA, Aldert	40	WRW	11:06.94	Victoria	25 Jan 2025	85 - 89

### Women, 400m Medley

BEYNON, Heather	76	VICM	5:50.60	Richmond	1 Apr 2000
HADD, Valerie	78	EBMSC	5:25.70	Stanford (USA)	6 Aug 2006
HADD, Valerie	78	EBMSC	5:15.37	Gothenburg (SWE)	2 Aug 2010
THIBODEAU, Karen	79	WTMS	5:33.51	Victoria	31 Jan 2015
GOSKI, Sam	64	WIN	6:11.64	Victoria	11 Mar 2006
MACDONALD, Sarah	60	VICM	6:04.24	Coquitlam	1 Mar 2005
MABEE, Cindy	69	VICM	5:52.22	Victoria	2 Feb 2020
MACDONALD, Sarah	60	VICM	6:10.41	Victoria	4 Feb 2018
RHODES, Avila	56	VICM	6:35.64	Richmond	5 Nov 2016
DE GROOT-HEDLIN, Catherine	60	VICM	6:39.91	Victoria	25 Jan 2025
VARTY, Eulah	34	DST	9:25.00	Stanford (USA)	6 Aug 2006
VARTY, Eulah	34	DST	9:38.07	Indianapolis (USA)	5 Aug 2009
VARTY, Eulah	34	VICM	10:37.97	Montréal	5 Aug 2014