

# British Columbia Provincial Master Records

# Short Course (25m)

Updated 13 Aug 2025

## Men, 50m Freestyle

FRY, Darian	97	WRW	24.01	North Vancouver	16 Oct 2021	18 - 24
THORMEYER, Markus	97	EBMSC	22.66	Nanaimo	26 Apr 2025	25 - 29
BEST, Adam	91	ROYAL	23.13	Nanaimo	26 Apr 2025	30 - 34
MARÉCHAL-MCCOY, Maxime	88	DOGW	23.77	Calgary	28 May 2023	35 - 39
LAURIN, Rvan	76	TAS	24.40	North Vancouver	22 Apr 2016	40 - 44
MCINTRYE, Mike	53	DOGW	25.26	Vancouver	1 Mar 2002	45 - 49
MCINTRYE, Mike	53	VDMSC	25.42	New Westminister	1 Feb 2004	50 - 54
HIGGINS, David	70	DOGW	25.95	Nanaimo	26 Apr 2025	55 - 59
HARTFORD, Douq	63	VMSC	27.68	Vancouver	26 Mar 2023	60 - 64
STAMHUIS, Michael	53	VERN	28.00	Calgary	21 May 2018	65 - 69
SMITH, Ian	41	NEBB	28.31	Pointe-Claire	29 Jan 2011	70 - 74
KELSO, Jack	39	UBCM	31.15	Kelowna	25 Apr 2014	75 - 79
KELSO, Jack	39	UBCM	33.50	???	26 Jan 2019	80 - 84
DONOGHUE, Karl	40	DOGW	40.16	Chilliwack	1 Mar 2025	85 - 89
MCGREGOR, Hugh	19	VCSS	1:01.81	Kelowna	18 May 2012	90 - 94
MCGREGOR, Hugh	19	VCSS	1:08.48	Nanaimo	24 Jan 2014	95 - 99
						100 - 104

## Women, 50m Freestyle

MACDONALD, Grace	02	PCS	26.65	Vancouver	11 Feb 2024
MABEE-HALL, Sarah	97	VICM	26.69	Saskatoon	18 May 2025
DOUGHTY, Nicole	85	WIN	27.01	Calgary	21 May 2018
HINDMARCH, Sofi	81	SEMI	27.84	North Vancouver	22 Apr 2016
MACDONALD, Sarah	60	VICM	27.18	???	1 Jan 2004
MACDONALD, Sarah	60	VICM	27.31	???	1 Jan 2005
MACDONALD, Sarah	60	VICM	27.81	Kelowna	15 Apr 2011
MACDONALD, Sarah	60	VICM	27.91	Nanaimo	24 Apr 2015
MACDONALD, Sarah	60	VICM	29.21	Vancouver	1 Mar 2020
MACDONALD, Sarah	60	VICM	29.10	Nanaimo	26 Apr 2025
LOPEZ, Georgina	44	NSM	36.14	Kelowna	22 Apr 2017
LOPEZ, Georgina	44	NSM	36.18	Victoria	12 Apr 2019
LOPEZ, Georgina	44	NSM	39.05	Surrey	20 Apr 2024
MACPHERSON, Linda	38	RAVE	45.14	Calgary	28 May 2023
DELEEUEW, Elsa	24	WRW	59.20	Vancouver	9 Feb 2014
BRUSSEL, Betty	24	WRW	1:06.82	Victoria	12 Apr 2019
BRUSSEL, Betty	24	WRW	1:13.16	Chilliwack	2 Mar 2024

## Men, 100m Freestyle

BOLL, Ryan	00	KCS	53.66	Kamloops	17 Jun 2023	18 - 24
THORMEYER, Markus	97	EBMSC	48.85	Nanaimo	26 Apr 2025	25 - 29
BEST, Adam	91	ROYAL	51.68	Nanaimo	26 Apr 2025	30 - 34
MARÉCHAL-MCCOY, Maxime	88	DOGW	52.60	Calgary	27 May 2023	35 - 39
TISDALL, Justin	81	NSM	53.42	Surrey	21 Apr 2024	40 - 44
WELBOURN, Graham	61	UBCM	55.03	Calgary	19 May 2006	45 - 49
VAN BUUREN, John	54	NSM	55.95	Coquitlam	20 May 2005	50 - 54
COSPER, Scott	69	VICM	58.06	Windsor	25 May 2024	55 - 59
STAMHUIS, Michael	53	VERN	1:02.29	Kelowna	25 Apr 2014	60 - 64
STAMHUIS, Michael	53	VERN	1:01.93	Calgary	20 May 2018	65 - 69
WATERER, Carl	50	LOCO	1:05.09	Coeur d'Alene (USA)	22 Feb 2020	70 - 74
KELSO, Jack	39	UBCM	1:09.15	Kelowna	25 Apr 2014	75 - 79
KELSO, Jack	39	UBCM	1:14.48	Victoria	12 Apr 2019	80 - 84
DONOGHUE, Karl	40	DOGW	1:33.85	Chilliwack	1 Mar 2025	85 - 89
MCGREGOR, Hugh	19	VCSS	2:11.09	Toronto	15 May 2009	90 - 94
MCGREGOR, Hugh	19	VCSS	2:31.83	Nanaimo	24 Jan 2014	95 - 99
						100 - 104

## Women, 100m Freestyle

RUSSO, Christina	95	OKAN	1:01.08	Kelowna	25 Oct 2015
MABEE-HALL, Sarah	97	VICM	59.04	Saskatoon	17 May 2025
NAESS, Victoria	76	EBMSC	59.24	Sainte-Foy	17 May 2008
DORRINGTON, Lauren	85	VMSC	1:01.19	Vancouver	26 Mar 2023
MACDONALD, Sarah	60	VICM	59.77	Montreal	23 May 2003
MACDONALD, Sarah	60	VICM	59.58	???	20 May 2005
MACDONALD, Sarah	60	VICM	1:01.81	Kelowna	15 Apr 2011
MACDONALD, Sarah	60	VICM	1:01.84	Nanaimo	24 Apr 2015
MACDONALD, Sarah	60	VICM	1:06.05	Nanaimo	23 Nov 2024
MACDONALD, Sarah	60	VICM	1:05.61	Nanaimo	25 Apr 2025
VERSFELD, Hella	50	DOGW	1:18.12	Surrey	23 Apr 2022
LOPEZ, Georgina	44	NSM	1:25.92	Victoria	12 Apr 2019
LOPEZ, Georgina	44	NSM	1:32.66	Nanaimo	26 Apr 2025
MACPHERSON, Linda	38	RAVE	1:39.09	Calgary	27 May 2023
DELEEUEW, Elsa	24	WRW	2:10.77	Vancouver	9 Feb 2014
BRUSSEL, Betty	24	WRW	2:25.65	Victoria	12 Apr 2019
BRUSSEL, Betty	24	WRW	2:47.07	Chilliwack	2 Mar 2024

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## Men, 200m Freestyle

CUTLER, Duff	UBCM	2:02.67	Vancouver
THORMEYER, Markus	97 EBMSC	1:48.51	Nanaimo
OLDHAM, Mark	69 EBMSC	1:56.54	Toronto
CHARLAND, Rob	75 HANEY	1:59.76	Kelowna
CHARLAND, Rob	75 HANEY	1:57.93	Nanaimo
WELBOURN, Graham	61 GYTBS	2:01.98	Sainte-Foy
WELBOURN, Graham	61 HYACK	2:04.12	Kelowna
CRAIG, Rod	60 NSM	2:09.63	Nanaimo
CRAIG, Rod	60 CDSC	2:15.55	Surrey
STAMHUIS, Michael	53 VERN	2:18.90	Calgary
WATERER, Carl	50 LOCO	2:29.11	Vernon
WATERER, Carl	50 DOGW	2:44.81	Saskatoon
DONOGHUE, Karl	40 DOGW	3:14.18	Chilliwack
DONOGHUE, Karl	40 DOGW	3:20.84	Nanaimo
MCGREGOR, Hugh	19 VCSS	4:46.74	???
MCGREGOR, Hugh	19 VCSS	5:46.73	Nanaimo

## Men, 400m Freestyle

RUSHTON, Tom	79 WRW	4:13.83	???
WELBOURN, Graham	61 UBCM	4:04.50	???
RUSHTON, Tom	79 WIN	4:10.25	Vancouver
CHARLAND, Rob	75 HANEY	4:24.49	Kelowna
WELBOURN, Graham	61 UBCM	4:11.94	???
WELBOURN, Graham	61 GYTBS	4:20.74	Belview (USA)
WELBOURN, Graham	61 HYACK	4:23.19	Kelowna
CRAIG, Rod	60 NSM	4:38.56	North Vancouver
CARLSEN, Glenn	57 KISU	4:44.49	Québec
CARLSEN, Glenn	57 DOGW	4:56.48	Québec
STAMHUIS, Michael	53 VERN	5:33.76	Penticton
DONOGHUE, Karl	40 DOGW	6:13.13	Montreal
DONOGHUE, Karl	40 PENT	6:30.32	Vernon
PEASE, Tony	39 DRM	8:36.69	Chilliwack
MCGREGOR, Hugh	19 VCSS	10:05.85	Toronto
MCGREGOR, Hugh	19 VCSS	12:08.80	Nanaimo

## Women, 200m Freestyle

1 Apr 1987	18 - 24	BERGMAN, Tuesday	Astrid	05 VICM	2:11.78	Nanaimo	27 Apr 2025
27 Apr 2025	25 - 29	MELODY, Suzanne		62 SFAM	2:08.91	???	1 Jan 1988
1 Jan 2001	30 - 34	NAESS, Victoria		76 EBMSC	2:09.49	Sainte-Foy	19 Mar 2008
25 Apr 2014	35 - 39	HINDMARCH, Sofi		81 SEMI	2:14.20	Chilliwack	5 Mar 2016
24 Apr 2015	40 - 44	MACDONALD, Sarah		60 VICM	2:13.05	Montreal	23 Mar 2003
19 Mar 2008	45 - 49	MABEE, Cindy		69 VICM	2:14.63	Toronto	21 Mar 2016
25 Apr 2014	50 - 54	MACDONALD, Sarah		60 VICM	2:19.78	Anacortes (USA)	22 Jan 2012
24 Apr 2015	55 - 59	MACDONALD, Sarah		60 VICM	2:19.65	Vancouver	15 Feb 2015
24 Apr 2022	60 - 64	RHODES, Avila		56 VICM	2:37.76	Calgary	19 Mar 2018
19 Mar 2018	65 - 69	VERSFELD, Hella		50 VERN	2:41.00	Vancouver	27 Apr 2018
26 Jan 2020	70 - 74	VERSFELD, Hella		50 VERN	2:57.11	Vernon	26 Jan 2020
16 Mar 2025	75 - 79	MACPHERSON, Linda		38 RAVEM	3:08.94	Nanaimo	24 Jan 2014
2 Apr 2022	80 - 84	MACPHERSON, Linda		38 NEBB	3:22.05	Vancouver	27 Apr 2018
27 Apr 2025	85 - 89	MACPHERSON, Linda		38 RAVE	3:37.10	Calgary	26 Mar 2023
25 Jan 2009	90 - 94	DELEEUW, Elsa		24 WRW	4:52.63	???	1 Feb 2002
24 Jan 2014	95 - 99	BRUSSEL, Betty		24 WRW	5:09.24	Victoria	12 Apr 2019
100 - 104		BRUSSEL, Betty		24 WRW	6:01.04	Chilliwack	2 Mar 2024

## Women, 400m Freestyle

1 Jan 2003	18 - 24	BERGMAN, Tuesday	Astrid	05 VICM	4:36.90	Nanaimo	26 Apr 2025
1 Jan 1987	25 - 29	MELODY, Suzanne		62 SFAM	4:34.19	???	1 Jan 1988
17 Apr 2009	30 - 34	NAESS, Victoria		76 EBMSC	4:40.32	Sainte-Foy	18 Mar 2008
25 Apr 2014	35 - 39	RODRIGUEZ DIMITRESCU, A.		85 WIN	4:39.72	Surrey	20 Apr 2024
18 Apr 2003	40 - 44	MALAR, Joanne		75 SOSCM	4:44.76	Kelowna	25 Oct 2015
17 Feb 2008	45 - 49	MABEE, Cindy		69 VICM	4:47.16	North Vancouver	22 Apr 2016
18 Mar 2012	50 - 54	FOSTER, Debbie		TYEE	5:02.03	Duncan	1 Jan 1999
22 Apr 2016	55 - 59	MACDONALD, Sarah		60 VICM	4:57.59	Vancouver	15 Feb 2015
13 Mar 2017	60 - 64	BROWN, Janis		61 OKAN	5:30.38	Québec	21 Mar 2022
21 Mar 2022	65 - 69	VERSFELD, Hella		50 VERN	5:50.28	Nanaimo	24 Apr 2015
8 Dec 2024	70 - 74	VERSFELD, Hella		50 DOGW	6:07.95	Surrey	23 Apr 2022
17 Mar 2015	75 - 79	MACPHERSON, Linda		38 SAWM	6:42.00	Nanaimo	26 Apr 2013
26 Jan 2020	80 - 84	MACPHERSON, Linda		38 NEBB	7:06.88	Vancouver	27 Apr 2018
2 Mar 2024	85 - 89	MACPHERSON, Linda		38 RAVE	7:42.77	Calgary	27 Mar 2023
15 Mar 2009	90 - 94	BRUSSEL, Betty		24 DOGW	10:06.85	???	22 Nov 2015
24 Jan 2014	95 - 99	BRUSSEL, Betty		24 WRW	10:39.87	Victoria	12 Apr 2019
100 - 104		BRUSSEL, Betty		24 WRW	12:23.26	Vancouver	11 Feb 2024

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## Men, 800m Freestyle

MONK, James	86	WIN	8:53.10	Vancouver	17 Apr 2009	18 - 24
WELBOURN, Graham	61	UBCM	8:49.03	???	1 Jan 1987	25 - 29
RUSHTON, Tom	79	WIN	8:40.25	Vancouver	17 Apr 2009	30 - 34
MONK, James	86	WIN	9:13.76	Surrey	24 Apr 2022	35 - 39
WELBOURN, Graham	61	UBCM	8:46.43	Montreal	23 May 2003	40 - 44
WELBOURN, Graham	61	UBCM	9:09.29	Surrey	20 Apr 2007	45 - 49
WELBOURN, Graham	61	HYACK	9:17.99	Montréal	20 May 2011	50 - 54
CARLSEN, Glenn	57	KISU	9:44.10	North Vancouver	22 Apr 2016	55 - 59
CARLSEN, Glenn	57	KISU	9:45.75	Québec	14 May 2017	60 - 64
CARLSEN, Glenn	57	DOGW	10:05.56	Québec	22 May 2022	65 - 69
STAMHUIS, Michael	53	VERN	11:36.96	Penticton	17 Dec 2023	70 - 74
DONOGHUE, Karl	40	DOGW	12:35.73	Montreal	18 May 2015	75 - 79
DONOGHUE, Karl	40	DOGW	13:43.65	Surrey	22 Apr 2022	80 - 84
MCGREGOR, Hugh	19	VCSS	19:11.96	Delta	23 Apr 2004	85 - 89
MCGREGOR, Hugh	19	VCSS	20:33.27	Toronto	15 May 2009	90 - 94

## Men, 1500m Freestyle

CATHERS, Jason	73	LCSC	17:59.00	Victoria	1 May 1995	18 - 24
WELBOURN, Graham	61	UBCM	16:41.55	???	1 Jan 1987	25 - 29
RUSHTON, Tom	79	WIN	17:16.33	Tsawwassen	1 Jan 2009	30 - 34
HUTTON, Ralph		UBCM	17:35.29	Etobicoke	1 Jan 1987	35 - 39
HOBBS, Brent	67	OKAN	17:38.70	Kamloops	18 Apr 2008	40 - 44
CRAIG, Rod	60	CDM	18:00.53	Coquitlam	20 May 2005	45 - 49
CRAIG, Rod	60	NSM	18:26.64	Nanaimo	26 Apr 2013	50 - 54
CARLSEN, Glenn	57	KISU	18:29.24	Toronto	23 May 2016	55 - 59
CARLSEN, Glenn	57	KISU	18:35.51	Québec	12 May 2017	60 - 64
CARLSEN, Glenn	57	DOGW	19:02.50	Québec	20 May 2022	65 - 69
STAMHUIS, Michael	53	VERN	22:00.23	Penticton	17 Dec 2023	70 - 74
DONOGHUE, Karl	40	DOGW	24:12.42	North Vancouver	22 Apr 2016	75 - 79
DONOGHUE, Karl	40	DOGW	25:57.91	Surrey	22 Apr 2022	80 - 84
MCGREGOR, Hugh	19	VCSS	36:30.92	Delta	23 Apr 2004	85 - 89
MCGREGOR, Hugh	19	VCSS	38:53.33	Vancouver	17 Apr 2009	90 - 94

## Women, 800m Freestyle

BERGMAN, Tuesday Astrid	05	VICM	9:29.35	Nanaimo	27 Apr 2025	
SAVAGE, Jill	74	KISU	9:31.20	???	1 Jan 2002	
RODRIGUEZ DIMITRESCU, A.	85	WIN	9:48.21	Montreal	26 May 2019	
RODRIGUEZ DIMITRESCU, A.	85	WIN	9:33.29	Surrey	21 Apr 2024	
HARMER, Annelle	68	EBMSC	10:04.34	Vancouver	18 May 2012	
MACDONALD, Sarah	60	VICM	10:04.89	???	1 Jan 2005	
MABEE, Cindy	69	VICM	10:15.56	Victoria	12 Apr 2019	
ABDOU, Anjaie	69	EVDSC	10:27.70	Windsor	24 May 2024	
BROWN, Janis	61	OKAN	11:23.33	Calgary	28 May 2023	
VERSFELD, Hella	50	VERN	12:13.97	Nanaimo	24 Apr 2015	
VERSFELD, Hella	50	VERN	13:05.56	Penticton	18 Dec 2022	
MACPHERSON, Linda	38	SAWM	14:00.66	Nanaimo	26 Apr 2013	
MACPHERSON, Linda	38	NEBB	14:39.56	Vancouver	27 Apr 2018	
MACPHERSON, Linda	38	RAVE	15:46.65	Calgary	28 May 2023	
BRUSSEL, Betty	24	WKM	20:07.33	???	8 Oct 2014	
BRUSSEL, Betty	24	WRW	21:29.68	Victoria	12 Apr 2019	
BRUSSEL, Betty	24	WRW	26:17.29	Surrey	21 Apr 2024	

## Women, 1500m Freestyle

STOCKSTAD, Danica	92	SEMI	19:48.11	North Vancouver	22 Apr 2016	
LESLIE, Amanda	83	DST	18:36.10	Victoria	30 Mar 2012	
RODRIGUEZ DIMITRESCU, A.	85	WIN	18:52.20	Montreal	24 May 2019	
RODRIGUEZ DIMITRESCU, A.	85	WIN	18:17.62	Surrey	22 Apr 2022	
HARMER, Annelle	68	EBMSC	19:22.81	Vancouver	17 Apr 2009	
HARMER, Annelle	68	EBMSC	19:17.37	Montreal	15 May 2015	
ABDOU, Anjaie	69	EVDSC	20:19.52	Edmonton	25 Mar 2023	
ABDOU, Anjaie	69	EVDSC	19:51.85	Windsor	26 May 2024	
VERSFELD, Hella	50	VERN	22:26.18	Kelowna	15 Apr 2011	
VERSFELD, Hella	50	VERN	23:15.65	Nanaimo	24 Apr 2015	
MANLEY, Theo	55	SAWM	25:41.73	Nanaimo	25 Apr 2025	
MACPHERSON, Linda	38	SAWM	26:20.36	Nanaimo	26 Apr 2013	
MACPHERSON, Linda	38	NEBB	28:05.55	Victoria	12 Apr 2019	
MACPHERSON, Linda	38	NEBB	31:32.96	Nanaimo	25 Apr 2025	

# British Columbia Provincial Master Records

# Short Course (25m)

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## Men, 50m Backstroke

PEACE, Regan	00	KCS	26.08	Kamloops	17 Jun 2023	18 - 24
THORMEYER, Markus	97	EBMSC	24.86	Nanaimo	25 Apr 2025	25 - 29
BEST, Adam	91	ROYAL	25.56	Nanaimo	25 Apr 2025	30 - 34
MARKEY, Jason	72	EBMSC	28.67	Kelowna	15 Apr 2011	35 - 39
BOTSFORD, Deke	67	CRKW	27.77	Vancouver	23 Apr 2010	40 - 44
OUCHI, Kurt	75	VERN	28.57	Surrey	20 Apr 2024	45 - 49
OUCHI, Kurt	75	VERN	28.92	Nanaimo	25 Apr 2025	50 - 54
MCINTRYE, Mike	53	OKAN	30.33	Kelowna	15 Apr 2011	55 - 59
VAN DYKE, Peter	63	DOGW	33.15	North Vancouver	14 Oct 2023	60 - 64
HAMILTON, Gary	60	LGCY	33.62	Nanaimo	26 Apr 2025	65 - 69
STAMHUIS, Michael	53	VERN	36.37	Surrey	20 Apr 2024	70 - 74
DONOGHUE, Karl	40	DOGW	39.26	Montreal	16 May 2015	75 - 79
DONOGHUE, Karl	40	PENT	41.89	Vernon	26 Jan 2020	80 - 84
DONOGHUE, Karl	40	DOGW	44.42	Nanaimo	25 Apr 2025	85 - 89
SCHULHOF, Alfred	19	NVM	57.42	???	17 Sep 2009	90 - 94
SCHULHOF, Alfred	19	NSM	1:05.82	North Vancouver	18 Oct 2014	95 - 99
						100 - 104

## Men, 100m Backstroke

PEACE, Regan	00	KCS	56.95	Kamloops	17 Jun 2023	18 - 24
ZAKALA, Josh	98	EBMSC	57.74	Nanaimo	27 Apr 2025	25 - 29
BEST, Adam	91	ROYAL	55.43	Nanaimo	26 Apr 2025	30 - 34
BATES, Kevan	71	WIN	1:01.79	Calgary	19 May 2006	35 - 39
BOTSFORD, Deke	67	CRKW	59.42	Vancouver	23 Apr 2010	40 - 44
OUCHI, Kurt	75	VERN	1:03.78	Surrey	20 Apr 2024	45 - 49
VAN BUUREN, John	54	NSM	1:04.52	Coquitlam	20 May 2005	50 - 54
MCINTRYE, Mike	53	OKAN	1:08.24	Kelowna	15 Apr 2011	55 - 59
HAMILTON, Gary	60	LGCY	1:13.41	Nanaimo	23 Nov 2024	60 - 64
HAMILTON, Gary	60	LGCY	1:12.80	Nanaimo	27 Apr 2025	65 - 69
STAMHUIS, Michael	53	VERN	1:19.04	Surrey	20 Apr 2024	70 - 74
DONOGHUE, Karl	40	DOGW	1:28.22	Montreal	17 May 2015	75 - 79
DONOGHUE, Karl	40	PENT	1:30.49	Vernon	26 Jan 2020	80 - 84
DONOGHUE, Karl	40	DOGW	1:38.95	Nanaimo	27 Apr 2025	85 - 89
SCHULHOF, Alfred	19	NSM	2:12.11	Kelowna	15 Apr 2011	90 - 94
SCHULHOF, Alfred	19	NSM	2:33.97	Nanaimo	24 Jan 2014	95 - 99
						100 - 104

## Women, 50m Backstroke

MACDONALD, Grace	02	UVPCS	30.89	Vancouver	26 Mar 2023	
LAVIGNA, Lauren	89	CDM	29.51	???	9 Nov 2014	
HADD, Valerie	78	EBMSC	31.67	Sainte-Foy	18 May 2008	
MABEE, Cindv	69	VICM	29.91	Duncan	27 Jan 2008	
MABEE, Cindv	69	VICM	30.00	Vancouver	17 Apr 2009	
MABEE, Cindv	69	VICM	30.25	Nanaimo	24 Jan 2014	
MABEE, Cindv	69	VICM	31.10	Montreal	26 May 2019	
MABEE, Cindv	69	VICM	32.00	Saskatoon	18 May 2025	
GRAHAM, Kathy	58	KISU	36.30	Calgary	19 May 2018	
GRAHAM, Kathy	58	DOGW	37.78	Kamloops	17 Jun 2023	
VERSFELD, Hella	50	DOGW	41.96	Surrey	24 Apr 2022	
PARNELL, Joan	28	VDMSC	45.28	Delta	23 Apr 2004	
PARNELL, Joan	28	NSM	49.07	Sainte-Foy	18 May 2008	
MORROW, Noel	18	VICM	58.02	???	1 Jan 2004	
MORROW, Noel	18	WRW	1:08.16	Vancouver	17 Apr 2009	
BRUSSEL, Betty	24	WRW	1:19.27	Vancouver	10 Feb 2019	
BRUSSEL, Betty	24	WRW	1:21.46	Vancouver	11 Feb 2024	

## Women, 100m Backstroke

PFEIFFER, Cynthia	92	SAWM	1:10.56	Vancouver	18 May 2012	
LAVIGNA, Lauren	89	CDM	1:02.58	North Vancouver	18 Oct 2014	
HADD, Valerie	78	EBMSC	1:06.59	Toronto	15 May 2009	
MABEE, Cindv	69	VICM	1:04.61	???	18 Apr 2008	
MABEE, Cindv	69	VICM	1:04.63	Vancouver	17 Apr 2009	
MABEE, Cindv	69	VICM	1:04.49	Kelowna	25 Apr 2014	
MABEE, Cindv	69	VICM	1:07.28	Victoria	12 Apr 2019	
MABEE, Cindv	69	VICM	1:09.25	Nanaimo	27 Apr 2025	
GRAHAM, Kathy	58	PENT	1:21.41	Montreal	26 May 2019	
PRONK, Bonnie L	42	CRKW	1:25.00	Duncan	28 Jan 2007	
VERSFELD, Hella	50	DOGW	1:29.63	Surrey	24 Apr 2022	
PARNELL, Joan	28	VDMSC	1:43.73	???	1 Mar 2003	
PARNELL, Joan	28	NSM	1:49.83	Duncan	18 Apr 2008	
MORROW, Noel	18	VICM	2:13.95	???	1 Jan 2004	
MORROW, Noel	18	WRW	2:33.82	Vancouver	17 Apr 2009	
BRUSSEL, Betty	24	WRW	2:50.50	Victoria	12 Apr 2019	
BRUSSEL, Betty	24	WRW	3:19.48	Surrey	21 Apr 2024	

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# Short Course (25m)

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## Men, 200m Backstroke

RUSHTON, Tom	79	WIN	2:04.04	???
ZAKALA, Josh	98	EBMSC	2:05.07	Nanaimo
RUSHTON, Tom	79	WIN	2:04.76	Vancouver
HARVEY, Neil	56	ISC	2:17.27	Victoria
BOTSFORD, Deke	67	CRKW	2:09.30	Vancouver
HAMILTON, Gary	60	CDM	2:21.28	Toronto
MCINTRYE, Mike	53	VDMSC	2:22.12	Delta
MCINTRYE, Mike	53	OKAN	2:26.54	Kelowna
VAN DYKE, Peter	63	DOGW	2:31.44	North Vancouver
HAMILTON, Gary	60	LGCY	2:38.04	Nanaimo
STAMHUIS, Michael	53	VERN	2:50.66	Vernon
DONOGHUE, Karl	40	DOGW	3:04.84	Montreal
DONOGHUE, Karl	40	PENT	3:17.15	Vernon
DONOGHUE, Karl	40	DOGW	3:30.19	Chilliwack
SCHULHOF, Alfred	19	NSM	4:54.70	???
SCHULHOF, Alfred	19	NSM	5:29.49	Nanaimo

## Men, 50m Breaststroke

SHIROKOV, Vlad	89	PNW	29.72	Nepean
SHIROKOV, Vlad	89	EBMSC	29.40	Kelowna
SHIROKOV, Vlad	89	PNWM	29.04	Victoria
SWEET, Andrew	82	VICM	29.98	Victoria
BREKKE, Trevor	77	DOGW	29.53	Montreal
BREKKE, Trevor	77	DOGW	29.89	Surrey
HOOPER, James	71	UBCM	31.35	Surrey
SCORE, Serge	61	OS	33.13	Victoria
SCORE, Serge	61	DOGW	33.80	Kamloops
TEMPLEMAN, Nick	31	NSM	36.33	???
KELSO, Jack	39	UBCM	38.25	Vancouver
KELSO, Jack	39	UBCM	39.84	Nanaimo
KELSO, Jack	39	UBCM	42.41	???
CARVIEL, Ross	30	VICM	52.59	Nanaimo
SCHULHOF, Alfred	19	NVM	1:01.52	???
SCHULHOF, Alfred	19	NSM	1:11.36	North Vancouver

## Women, 200m Backstroke

1 Jan 2002	18 - 24	LESLIE, Amanda	83	DST	2:27.50	Surrey	20 Apr 2007
26 Apr 2025	25 - 29	LAVIGNA, Lauren	89	CDM	2:16.35	???	9 Nov 2014
17 Apr 2009	30 - 34	HADD, Valerie	78	EBMSC	2:21.41	Toronto	15 May 2009
1 May 1995	35 - 39	MABEE, Cindv	69	VICM	2:22.08	Duncan	27 Jan 2008
23 Apr 2010	40 - 44	MABEE, Cindv	69	VICM	2:22.02	Vancouver	17 Apr 2009
15 May 2009	45 - 49	MABEE, Cindv	69	VICM	2:23.92	Toronto	20 May 2016
23 Apr 2004	50 - 54	MABEE, Cindv	69	VICM	2:29.08	Montreal	25 May 2019
15 Apr 2011	55 - 59	MABEE, Cindv	69	VICM	2:35.27	Nanaimo	26 Apr 2025
14 Oct 2023	60 - 64	BROWN, Janis	61	OKAN	2:55.51	Québec	21 May 2022
26 Apr 2025	65 - 69	PRONK, Bonnie L	42	CRKW	3:01.88	Duncan	28 Jan 2007
14 Jan 2024	70 - 74	VERSFELD, Hella	50	VERN	3:13.31	Vernon	26 Jan 2020
15 May 2015	75 - 79	PARNELL, Joan	28	VDMSC	3:46.88	Toronto	18 Apr 2003
26 Jan 2020	80 - 84	PARNELL, Joan	28	NSM	4:08.87	Duncan	18 Apr 2008
1 Mar 2025	85 - 89	STAMHUIS, Connv	32	OKAN	4:42.64	Vernon	28 Jan 2018
23 Oct 2010	90 - 94	STAMHUIS, Conny	32	OKAN	5:45.16	Surrey	24 Apr 2022
24 Jan 2014	95 - 99						

## Women, 50m Breaststroke

17 May 2013	18 - 24	MACDONALD, Grace	02	PCS	34.84	Vancouver	11 Feb 2024
22 Apr 2017	25 - 29	LIGHT, Selena	87	VICM	34.13	Vancouver	18 May 2012
12 Apr 2019	30 - 34	THOMPSON, Laura	91	NSM	35.00	North Vancouver	14 Oct 2023
12 Apr 2019	35 - 39	JAY, Jocelyn	72	COMOX	36.93	Vancouver	17 Apr 2009
26 May 2019	40 - 44	WOODWARD, Judv	58	VICM	36.47	???	1 Jan 1999
23 Apr 2022	45 - 49	MACDONALD, Sarah	60	VICM	35.58	Vancouver	17 Apr 2009
23 Apr 2022	50 - 54	MACDONALD, Sarah	60	VICM	35.88	Montréal	22 May 2011
12 Apr 2019	55 - 59	MACDONALD, Sarah	60	VICM	37.11	Vancouver	15 Feb 2015
17 Jun 2023	60 - 64	RHODES, Avila	56	VICM	38.63	Toronto	22 May 2016
1 Jan 1996	65 - 69	MACDONALD, Sarah	60	VICM	39.31	Nanaimo	26 Apr 2025
23 Apr 2010	70 - 74	PRONK, Bonnie L	42	CRKW	45.95	Kelowna	18 May 2012
24 Apr 2015	75 - 79	LOPEZ, Georgina	44	NSM	49.43	Victoria	12 Apr 2019
26 Jan 2019	80 - 84	PARNELL, Joan	28	NSM	54.63	Duncan	18 Apr 2008
24 Apr 2015	85 - 89	STAMHUIS, Connv	32	OKAN	1:03.56	Kelowna	22 Apr 2017
17 Sep 2009	90 - 94	STAMHUIS, Conny	32	OKAN	1:22.53	Surrey	23 Apr 2022
18 Oct 2014	95 - 99	BRUSSEL, Betty	24	WRW	1:35.66	Vancouver	7 May 2022
100 - 104		BRUSSEL, Betty	24	WRW	1:56.99	Surrey	21 Apr 2024

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## Men, 100m Breaststroke

RUSHTON, Tom	79	WIN	1:08.78	Tsawwassen
SHIROKOV, Vlad	89	EBMSC	1:04.41	Nanaimo
SHIROKOV, Vlad	89	PNWM	1:03.24	Victoria
SWEET, Andrew	82	VICM	1:05.34	Victoria
CHARLAND, Rob	75	HANEY	1:06.21	Nanaimo
BREKKE, Trevor	77	DOGW	1:06.78	Surrey
HOOPER, James	71	UBCM	1:10.26	Surrey
SCORE, Serge	61	OS	1:14.09	Kelowna
SCORE, Serge	61	DOGW	1:13.49	Kamloops
TEMPLEMAN, Nick	31	NSM	1:21.34	???
KELSO, Jack	39	UBCM	1:24.85	Vancouver
KELSO, Jack	39	UBCM	1:28.22	Nanaimo
BELL, Peter	35	NSM	1:38.22	Nanaimo
SCHULHOF, Alfred	19	NVM	2:07.15	Delta
SCHULHOF, Alfred	19	NVM	2:33.67	???
SCHULHOF, Alfred	19	NSM	3:01.83	North Vancouver

## Men, 200m Breaststroke

TRAJAN, Bvron	81	NEBB	2:33.43	Nanaimo
ZAKALA, Josh	98	EBMSC	2:22.28	Nanaimo
SCORE, Serge	61	OS	2:24.52	Victoria
SCORE, Serge	61	LOMSC	2:22.64	Burnaby
CHARLAND, Rob	75	HANEY	2:26.36	Nanaimo
CHARLAND, Rob	75	DOGW	2:31.29	Surrey
DOYLEY, Doug	58	EBMSC	2:44.47	Vancouver
SCORE, Serge	61	OS	2:36.61	Victoria
SCORE, Serge	61	DOGW	2:40.34	Vancouver
BELL, Peter	35	NSM	3:05.24	???
BELL, Peter	35	NSM	3:09.86	Coquitlam
BELL, Peter	35	NSM	3:32.41	Montréal
BELL, Peter	35	NSM	3:45.76	Nanaimo
SCHULHOF, Alfred	19	NVM	4:49.45	???
SCHULHOF, Alfred	19	NVM	6:05.47	???

## Women, 100m Breaststroke

1 Jan 2002	18 - 24	BERGMAN, Tuesday Astrid	05	VICM	1:15.31	Nanaimo	26 Apr 2025
24 Apr 2015	25 - 29	MCEVOY, Katie	92	VICM	1:14.40	Vancouver	27 Apr 2018
12 Apr 2019	30 - 34	THOMPSON, Laura	91	NSM	1:16.95	North Vancouver	14 Oct 2023
12 Apr 2019	35 - 39	JAY, Jocelyn	72	COMOX	1:19.57	Vancouver	17 Apr 2009
24 Apr 2015	40 - 44	WOODWARD, Judy	58	VICM	1:18.85	North Vancouver	1 Apr 1998
23 Apr 2022	45 - 49	PENDERGAST, Christina	77	NEBB	1:18.82	Windsor	24 May 2024
23 Apr 2022	50 - 54	MACDONALD, Sarah	60	VICM	1:19.45	Nepean	17 May 2013
23 Apr 2017	55 - 59	MACDONALD, Sarah	60	VICM	1:21.15	Nanaimo	24 Apr 2015
17 Jun 2023	60 - 64	MACDONALD, Sarah	60	VICM	1:25.09	Vancouver	1 Mar 2020
1 Jan 1996	65 - 69	MACDONALD, Sarah	60	VICM	1:26.34	Nanaimo	26 Apr 2025
23 Apr 2010	70 - 74	PRONK, Bonnie L	42	CRKW	1:43.55	Kelowna	18 May 2012
24 Apr 2015	75 - 79	CATTRALL, Yvonne	48	VICM	2:00.13	Nanaimo	23 Nov 2024
24 Apr 2015	80 - 84	PARNELL, Joan	28	NSM	2:12.79	Vernon	9 Mar 2013
23 Apr 2004	85 - 89	DELEEUEW, Elsa	24	WRW	2:35.43	???	1 Jan 2009
1 Jan 2010	90 - 94	BRUSSEL, Betty	24	WRW	3:16.10	Grande Prairie	25 Apr 2015
18 Oct 2014	95 - 99	BRUSSEL, Betty	24	WRW	3:52.50	Victoria	12 Apr 2019

## Women, 200m Breaststroke

3 Dec 2005	18 - 24	FLYNN, Stephanie	86	UBCM	2:56.55	Vancouver	14 Nov 2010
27 Apr 2025	25 - 29	ADAMCZYK, Emily	91	EBMSC	2:41.74	North Vancouver	22 Apr 2016
1 May 1995	30 - 34	VON BECKMANN, Ingrid	82	EBMSC	2:49.33	Victoria	30 Mar 2012
1 Jan 1996	35 - 39	JAY, Jocelyn	72	COMOX	2:51.05	Vancouver	17 Apr 2009
24 Apr 2015	40 - 44	UUNILA, Kathryn	85	HYACK	2:56.60	Saskatoon	16 May 2025
24 Apr 2022	45 - 49	PENDERGAST, Christina	77	NEBB	2:51.53	Surrey	19 Apr 2024
15 Feb 2009	50 - 54	RHODES, Avila	56	VICM	3:02.41	Surrey	20 Apr 2007
12 Apr 2019	55 - 59	RHODES, Avila	56	VICM	3:06.14	Kelowna	25 Apr 2014
7 May 2022	60 - 64	PRONK, Bonnie L	42	CRKW	3:06.48	???	1 Jan 2002
1 Jan 2000	65 - 69	PRONK, Bonnie L	42	CRKW	3:23.72	Duncan	28 Jan 2007
20 May 2005	70 - 74	PRONK, Bonnie L	42	CRKW	3:53.73	Kelowna	25 Apr 2014
20 May 2011	75 - 79	VARTY, Eulah	34	DST	4:22.90	Toronto	15 May 2009
24 Apr 2015	80 - 84	BRICHON, Alida	41	WRW	4:49.12	Surrey	19 Apr 2024
1 Dec 2004	85 - 89	DELEEUEW, Elsa	24	WRW	5:29.71	Vancouver	15 Feb 2009
28 Nov 2009	90 - 94	BRUSSEL, Betty	24	WRW	6:59.08	Chilliwack	5 Mar 2016
	95 - 99	BRUSSEL, Betty	24	WRW	8:27.91	Victoria	12 Apr 2019

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FRY, Darian	97	WRW	25.41	Nanaimo	27 Nov 2021	18 - 24
FRY, Darian	97	WRW	24.60	Vancouver	7 May 2022	25 - 29
MARÉCHAL-MCCOY, Maxime	88	DOGW	25.46	Surrey	24 Apr 2022	30 - 34
MARÉCHAL-MCCOY, Maxime	88	DOGW	25.45	Calgary	27 May 2023	35 - 39
OUCHI, Kurt	75	VERN	26.83	Victoria	12 Apr 2019	40 - 44
BOTSFORD, Deke	67	CRKW	26.45	Kelowna	18 May 2012	45 - 49
OUCHI, Kurt	75	VERN	27.08	Nanaimo	27 Apr 2025	50 - 54
COSPER, Scott	69	VICM	29.08	Surrey	21 Apr 2024	55 - 59
MARSH, Ian	62	DRM	30.82	Surrey	21 Apr 2024	60 - 64
CRAIG, Rod	60	CDSC	32.52	Chilliwack	1 Mar 2025	65 - 69
SMITH, Ian	41	NEBB	32.62	Montréal	21 May 2011	70 - 74
KELSO, Jack	39	UBCM	35.74	Kelowna	25 Apr 2014	75 - 79
KELSO, Jack	39	UBCM	41.99	???	26 Jan 2019	80 - 84

## Women, 50m Butterfly

MACDONALD, Grace	02	PCS	28.38	Vancouver	11 Feb 2024	
DOUGLAS, Kirsten	98	EBMSC	28.19	Vancouver	11 Feb 2024	
IKEHATA, Mariko	83	CDM	29.62	Nanaimo	24 Apr 2015	
HINDMARCH, Sofi	81	SEMI	30.08	Kelowna	23 Apr 2017	
MACDONALD, Sarah	60	VICM	30.45	Montreal	23 May 2003	
MABEE, Cindy	69	VICM	30.26	North Vancouver	22 Apr 2016	
MABEE, Cindy	69	VICM	30.73	Victoria	12 Apr 2019	
MACDONALD, Sarah	60	VICM	31.23	Nanaimo	24 Apr 2015	
MACDONALD, Sarah	60	VICM	33.10	Vancouver	1 Mar 2020	
MACDONALD, Sarah	60	VICM	33.79	Nanaimo	27 Apr 2025	
VERSFELD, Hella	50	DOGW	41.08	Surrey	24 Apr 2022	
LOPEZ, Georgina	44	NSM	46.32	Victoria	12 Apr 2019	
LOPEZ, Georgina	44	NSM	50.82	North Vancouver	6 Apr 2025	

## Men, 100m Butterfly

JENSEN, Ethan	99	KCS	59.47	Kamloops	17 Jun 2023	18 - 24
THORMEYER, Markus	97	EBMSC	55.49	Nanaimo	27 Apr 2025	25 - 29
TORO, Esteban	94	NSM	57.91	Surrey	21 Apr 2024	30 - 34
MARKEY, Jason	72	EBMSC	59.42	Kelowna	15 Apr 2011	35 - 39
OUCHI, Kurt	75	VERN	59.44	Victoria	12 Apr 2019	40 - 44
BOTSFORD, Deke	67	CRKW	56.78	Kelowna	18 May 2012	45 - 49
VAN BUUREN, John	54	NSM	1:00.82	Coquitlam	20 May 2005	50 - 54
CRAIG, Rod	60	CDM	1:08.43	Kelowna	22 Apr 2017	55 - 59
MARSH, Ian	62	DRM	1:08.88	Surrey	21 Apr 2024	60 - 64
STAMHUIS, Michael	53	VERN	1:20.01	Penticton	8 Dec 2018	65 - 69
KELSO, Jack	39	UBCM	1:22.54	Vancouver	17 Apr 2009	70 - 74
SZASZ, Ivan	36	UBCM	1:50.45	Vancouver	13 Feb 2011	75 - 79
SZASZ, Ivan	36	UBCM	2:23.73	North Vancouver	22 Apr 2016	80 - 84

## Women, 100m Butterfly

DOUGLAS, Kirsten	98	EBMSC	1:04.02	Vancouver	7 May 2022	
DOUGLAS, Kirsten	98	EBMSC	1:02.58	Surrey	21 Apr 2024	
IKEHATA, Mariko	83	CDM	1:06.10	Nanaimo	24 Apr 2015	
GUIDI-SWAN, Carmelle	72	OKAN	1:07.54	Kelowna	15 Apr 2011	
GUIDI-SWAN, Carmelle	72	OKAN	1:07.50	Victoria	30 Mar 2012	
MABEE, Cindy	69	VICM	1:08.42	North Vancouver	22 Apr 2016	
MABEE, Cindy	69	VICM	1:08.77	Montreal	24 May 2019	
MACDONALD, Sarah	60	VICM	1:17.49	Calgary	19 May 2018	
GRAHAM, Kathy	58	KISU	1:24.81	Calgary	19 May 2018	
DE GROOT-HEDLIN, Catherine	60	VICM	1:28.00	Nanaimo	27 Apr 2025	
FABRE, Anne	48	VICM	1:40.89	Vancouver	27 Apr 2018	
VARTY, Eulah	34	DST	2:22.93	Toronto	15 May 2009	

## Men, 200m Butterfly

RUSHTON, Tom	79	WIN	2:08.59	Tsawwassen	1 Jan 2002	18 - 24
COOTE, Brian	74	WIN	2:13.10	Calgary	1 Jan 2001	25 - 29
RUSHTON, Tom	79	WIN	2:08.23	Vancouver	23 Apr 2010	30 - 34
MARKEY, Jason	72	EBMSC	2:18.83	Kelowna	15 Apr 2011	35 - 39
OUCHI, Kurt	75	VERN	2:17.63	Victoria	12 Apr 2019	40 - 44
BOTSFORD, Deke	67	CRKW	2:10.72	Kelowna	18 May 2012	45 - 49
OUCHI, Kurt	75	VERN	2:23.57	Nanaimo	26 Apr 2025	50 - 54
CRAIG, Rod	60	NSM	2:28.33	Nanaimo	24 Apr 2015	55 - 59
READ, Dave	53	DOGW	2:45.86	Ottawa	18 May 2013	60 - 64
CRAIG, Rod	60	CDSC	2:44.79	Nanaimo	26 Apr 2025	65 - 69
BURVILL, Ian	46	NEBB	3:51.15	Nanaimo	26 Jan 2019	70 - 74
SZASZ, Ivan	36	UBCM	4:17.72	Vancouver	13 Feb 2011	75 - 79
DYKSTRA, Aldert	40	HYDE	5:44.66	Vancouver	1 Mar 2020	80 - 84

## Women, 200m Butterfly

WORMWORTH, Kim	72	NAVY	2:52.16	???	1 Jan 1991	
MELODY, Suzanne	62	SFAM	2:26.29	???	1 Jan 1988	
IKEHATA, Mariko	83	CDM	2:35.36	Nanaimo	24 Apr 2015	
GUIDI-SWAN, Carmelle	72	OKAN	2:31.59	Surrey	20 Apr 2007	
GUIDI-SWAN, Carmelle	72	OKAN	2:33.01	Kelowna	25 Apr 2014	
GUIDI-SWAN, Carmelle	72	OKAN	2:34.56	Kelowna	23 Apr 2017	
SCHIER, Catherine	72	NSM	2:43.71	North Vancouver	6 Apr 2025	
ABDOU, Anqie	69	EVDSC	3:11.29	Cranbrook	12 Jan 2024	
RHODES, Avila	56	VICM	3:15.14	North Vancouver	26 Oct 2016	
DE GROOT-HEDLIN, Catherine	60	VICM	3:08.79	Nanaimo	26 Apr 2025	
MACPHERSON, Linda	38	SAWM	3:49.52	Vancouver	23 Apr 2010	
MACPHERSON, Linda	38	SAWM	3:58.98	Nanaimo	26 Apr 2013	

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## Men, 100m Medley

PEACE, Reagan	00	KCS	59.39	Kamloops	18 Jun 2023	18 - 24
CHAMPAGNE, Montana	96	SAWM	56.32	Calgary	27 May 2023	25 - 29
SWEET, Andrew	82	VICM	58.95	Nanaimo	24 Apr 2015	30 - 34
SWEET, Andrew	82	VICM	59.75	Victoria	12 Apr 2019	35 - 39
BOTSFORD, Deke	67	CRKW	1:01.36	Vancouver	23 Apr 2010	40 - 44
BOTSFORD, Deke	67	CRKW	1:00.48	Kelowna	25 Apr 2014	45 - 49
VAN BUUREN, John	54	NSM	1:03.61	Coquitlam	20 May 2005	50 - 54
COSPER, Scott	69	VICM	1:07.33	Surrey	21 Apr 2024	55 - 59
KELSO, Jack	39	UBCM	1:09.93	???	1 Jan 1999	60 - 64
STAMHUIS, Michael	53	VERN	1:13.37	Calgary	20 May 2018	65 - 69
KELSO, Jack	39	UBCM	1:14.73	Vancouver	17 Apr 2009	70 - 74
KELSO, Jack	39	UBCM	1:20.43	Nanaimo	24 Apr 2015	75 - 79
KELSO, Jack	39	UBCM	1:26.73	Victoria	12 Apr 2019	80 - 84
GILCHRIST, Peter	25	WCMS	2:08.19	Vancouver	23 Apr 2010	85 - 89
SCHULHOF, Alfred	19	NSM	2:59.18	Kelowna	15 Apr 2011	90 - 94

## Men, 200m Medley

RUSHTON, Tom	79	WIN	2:13.66	???	1 Jan 2003	18 - 24
CHAMPAGNE, Montana	96	SAWM	2:06.19	Calgary	26 May 2023	25 - 29
OLDHAM, Mark	69	EBMSC	2:13.96	Toronto	1 Jan 2001	30 - 34
BATES, Kevan	71	VICM	2:15.35	Calgary	19 May 2006	35 - 39
BOTSFORD, Deke	67	CRKW	2:11.82	Vancouver	23 Apr 2010	40 - 44
BOTSFORD, Deke	67	CRKW	2:16.45	Kelowna	25 Apr 2014	45 - 49
VAN BUUREN, John	54	NSM	2:27.09	???	1 Mar 2004	50 - 54
COSPER, Scott	69	VICM	2:33.63	Windsor	25 May 2024	55 - 59
KELSO, Jack	39	UBCM	2:35.04	???	1 Jan 1999	60 - 64
STAMHUIS, Michael	53	VERN	2:43.05	Calgary	19 May 2018	65 - 69
KELSO, Jack	39	UBCM	2:49.43	Vancouver	17 Apr 2009	70 - 74
KELSO, Jack	39	UBCM	3:03.21	Nanaimo	24 Apr 2015	75 - 79
KELSO, Jack	39	UBCM	3:16.32	Victoria	12 Apr 2019	80 - 84
DYKSTRA, Aldert	40	WRW	5:06.03	Chilliwack	1 Mar 2025	85 - 89

## Men, 400m Medley

RUSHTON, Tom	79	WIN	4:35.01	???	1 Jan 2002	18 - 24
CHAMPAGNE, Montana	96	SAWM	4:34.80	Calgary	28 May 2023	25 - 29
RUSHTON, Tom	79	WIN	4:37.10	Vancouver	23 Apr 2010	30 - 34
OLDHAM, Mark	69	EBMSC	5:03.82	Delta	23 Apr 2004	35 - 39
OLDHAM, Mark	69	EBMSC	5:00.95	Montréal	23 May 2011	40 - 44
BOTSFORD, Deke	67	CRKW	4:51.51	Kelowna	25 Apr 2014	45 - 49
HAMILTON, Gary	60	CDM	5:12.76	Vancouver	23 Apr 2010	50 - 54
CARLSEN, Glenn	57	KISU	5:32.12	North Vancouver	22 Apr 2016	55 - 59
CARLSEN, Glenn	57	KISU	5:43.48	Québec	14 May 2017	60 - 64
HAMILTON, Gary	60	LGCY	6:02.93	Nanaimo	27 Apr 2025	65 - 69
KELSO, Jack	39	UBCM	6:21.47	Vancouver	17 Apr 2009	70 - 74
WILKINS, Bob	48	SAWM	8:10.61	Calgary	28 May 2023	75 - 79
DYKSTRA, Aldert	40	HYDE	10:16.19	Surrey	23 Apr 2022	80 - 84

## Women, 100m Medley

MACDONALD, Grace	02	PCS	1:06.82	Vancouver	11 Feb 2024
MCEVOY, Katie	92	VICM	1:07.41	Vancouver	27 Apr 2018
THOMPSON, Laura	91	NSM	1:05.81	Chilliwack	1 Mar 2025
DORRINGTON, Lauren	85	VMSC	1:09.88	Vancouver	26 Mar 2023
MACDONALD, Sarah	60	VICM	1:08.82	Montreal	23 May 2003
MACDONALD, Sarah	60	VICM	1:08.81	Toronto	15 May 2009
MACDONALD, Sarah	60	VICM	1:09.97	Kelowna	15 Apr 2011
MACDONALD, Sarah	60	VICM	1:11.95	Nanaimo	24 Apr 2015
MACDONALD, Sarah	60	VICM	1:14.23	Vancouver	1 Mar 2020
MACDONALD, Sarah	60	VICM	1:15.78	Chilliwack	1 Mar 2025
VERSFELD, Hella	50	DOGW	1:30.56	Surrey	24 Apr 2022
PARNELL, Joan	28	NSM	1:49.54	Delta	23 Apr 2004
PARNELL, Joan	28	NSM	1:56.27	Sainte-Foy	19 May 2008
VARTY, Eulah	34	VICM	2:24.44	Montreal	25 May 2019

## Women, 200m Medley

JOHN, Haley	77	NAVY	2:37.75	Nanaimo	2 Dec 2001
HADD, Valerie	78	EBMSC	2:26.21	???	25 May 2006
HADD, Valerie	78	EBMSC	2:25.68	Sainte-Foy	16 May 2008
JAY, Jocelyn	72	COMOX	2:34.80	Nanaimo	26 Nov 2008
MALAR, Joanne	75	SOSCM	2:32.39	Kelowna	25 Oct 2015
MABEE, Cindy	69	VICM	2:30.79	Toronto	22 May 2016
MABEE, Cindy	69	VICM	2:32.32	Vancouver	27 Apr 2018
MACDONALD, Sarah	60	VICM	2:40.49	Vancouver	15 Feb 2015
BROWN, Janis	61	OKAN	2:55.13	Québec	20 May 2022
DE GROOT-HEDLIN, Catherine	60	VICM	3:05.04	Nanaimo	25 Apr 2025
VERSFELD, Hella	50	DOGW	3:25.22	Surrey	22 Apr 2022
VARTY, Eulah	34	DST	4:24.68	Toronto	15 May 2009
DELEEUW, Elsa	24	WRW	4:44.14	???	1 Jan 2004

## Women, 400m Medley

STOCKSTAD, Danica	92	SEMI	5:46.81	North Vancouver	22 Apr 2016
ADAMCZYK, Emily	91	EBMSC	5:16.67	North Vancouver	22 Apr 2016
HADD, Valerie	78	EBMSC	5:14.68	Vancouver	17 Apr 2009
JAY, Jocelyn	72	COMOX	5:30.85	Duncan	25 Jan 2009
HARMER, Annelie	68	EBMSC	5:18.89	Nanaimo	1 Dec 2011
MABEE, Cindy	69	VICM	5:30.35	North Vancouver	22 Apr 2016
SCHIER, Catherine	72	NSM	5:45.08	Nanaimo	27 Apr 2025
MACDONALD, Sarah	60	VICM	5:55.48	Calgary	21 May 2018
PRONK, Bonnie L	42	CRKW	6:25.24	???	1 Jan 2002
PRONK, Bonnie L	42	CRKW	6:49.48	Duncan	28 Jan 2007
FABRE, Anne	48	VICM	8:08.21	Vancouver	27 Apr 2018
VARTY, Eulah	34	DST	9:17.54	Toronto	15 May 2009
VARTY, Eulah	34	VICM	10:39.41	North Vancouver	22 Apr 2016