

British Columbia Provincial Master Records

Long Course (50m)

Updated 1 Nov 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	Gwangju (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

21	May 2010	18 - 24	MACDONALD, Grace	02	UVPCS	27.56	Richmond	2	Nov 2024
2	Nov 2024	25 - 29	NAESS, Victoria	76	EBMSC	28.20	Coquitlam	1	May 2005
11	Aug 2025	30 - 34	NAESS, Victoria	76	EBMSC	27.61	Stanford (USA)	7	Aug 2006
8	Aug 2023	35 - 39	DORRINGTON, Lauren	85	VICM	29.16	Victoria	21	Jan 2023
5	Aug 2010	40 - 44	MACDONALD, Sarah	60	VICM	28.02	Victoria	1	Mar 2003
7	Aug 2014	45 - 49	MACDONALD, Sarah	60	VICM	27.94	Edmonton	22	Jul 2005
1	Jul 2023	50 - 54	MACDONALD, Sarah	60	VICM	28.41	???	1	Jan 2010
20	Jan 2024	55 - 59	MACDONALD, Sarah	60	VICM	29.00	Victoria	31	Jan 2015
21	Jan 2023	60 - 64	MACDONALD, Sarah	60	VICM	29.44	Victoria	2	Feb 2020
1	Apr 2005	65 - 69	MACDONALD, Sarah	60	VICM	30.17	Victoria	25	Jan 2025
20	Jan 2024	70 - 74	LOPEZ, Georgina	44	NSM	36.30	Montréal	6	Aug 2014
11	Aug 2025	75 - 79	LOPEZ, Georgina	44	NSM	35.35	Gwangju (KOR)	15	Aug 2019
2	Feb 2020	80 - 84	LOPEZ, Georgina	44	NSM	38.36	Victoria	20	Jan 2024
1	Feb 2020	85 - 89	STAMHUIS, Conny	32	OKAN	56.93	Richmond	5	Nov 2018
19	Jan 2013	90 - 94	MORROW, Noel	18	WRW	1:01.78	???	1	Jan 2009
1	Mar 2014	95 - 99	BRUSSEL, Betty	24	WRW	1:14.51	Victoria	21	Jan 2023
100 - 104			BRUSSEL, Betty	24	WRW	1:19.11	Victoria	25	Jan 2025

Women, 100m Freestyle

15	Mar 2008	18 - 24	JOHN, Halev	77	NAVY	1:04.62	Federal Way (USA)	16	Aug 2001
12	Jul 1986	25 - 29	NAESS, Victoria	76	EBMSC	1:00.92	Nanaimo	1	Apr 2005
13	Aug 2019	30 - 34	NAESS, Victoria	76	EBMSC	1:00.61	Stanford (USA)	5	Aug 2006
6	Aug 2023	35 - 39	REID, Jennifer	83	VICM	1:04.45	Victoria	4	Feb 2018
1	Oct 2002	40 - 44	MACDONALD, Sarah	60	VICM	1:02.33	Victoria	13	Mar 2004
4	Aug 2014	45 - 49	MACDONALD, Sarah	60	VICM	1:01.39	Edmonton	22	Jul 2005
4	Jun 2004	50 - 54	MACDONALD, Sarah	60	VICM	1:02.95	Nanaimo	21	May 2010
25	Jan 2025	55 - 59	MACDONALD, Sarah	60	VICM	1:05.02	Auckland (NZL)	26	Apr 2017
4	Aug 2014	60 - 64	MACDONALD, Sarah	60	VICM	1:06.67	Victoria	2	Feb 2020
1	Apr 2005	65 - 69	MACDONALD, Sarah	60	VICM	1:08.32	Victoria	25	Jan 2025
21	May 2010	70 - 74	LOPEZ, Georgina	44	NSM	1:24.05	Montréal	4	Aug 2014
8	Aug 2025	75 - 79	LOPEZ, Georgina	44	NSM	1:26.91	Gwangju (KOR)	13	Aug 2019
2	Feb 2020	80 - 84	MACPHERSON, Linda	38	NEBB	1:34.23	Victoria	4	Feb 2018
8	Aug 2025	85 - 89	VARTY, Eulah	34	VICM	2:04.28	Mission Viejo (USA)	9	Aug 2019
19	Jan 2013	90 - 94	BRUSSEL, Betty	24	WKM	2:28.81	???	1	Jan 2014
1	Mar 2014	95 - 99	ANDERSON, M.	DOGW		4:06.70	Edmonton	1	May 1998
100 - 104			BRUSSEL, Betty	24	WRW	2:57.09	Victoria	20	Jan 2024

British Columbia Provincial Master Records

Long Course (50m)

Updated 1 Nov 2025

Men, 200m Freestyle

RUSHTON, Tom	79	WIN	1:56.71	???
WELBOURN, Graham	61	UBCM	1:58.95	Tokyo (JPN)
MILLER, Jonathan	77	OKAN	2:00.87	???
CHARLAND, Rob	75	HANEY	2:03.65	Montréal
WELBOURN, Graham	61	UBCM	2:03.53	???
CRAIG, Rod	60	NSM	2:08.92	Nanaimo
WELBOURN, Graham	61	DOGW	2:13.01	Victoria
CRAIG, Rod	60	NSM	2:18.11	Richmond
CARLSEN, Glenn	57	KISU	2:20.62	Budapest (HUN)
CRAIG, Rod	60	CDSC	2:24.03	Federal Way (USA)
STAMHUIS, Michael	53	VERN	2:37.44	Richmond
DONOGHUE, Karl	40	DOGW	2:58.79	Kazan (RUS)
DONOGHUE, Karl	40	PENT	3:19.63	Victoria
DONOGHUE, Karl	40	DOGW	3:26.16	Singapore (SGP)
MCGREGOR, Hugh	19	VCSS	4:54.77	Nanaimo
MCGREGOR, Hugh	19	VCSS	6:30.27	Victoria

Men, 400m Freestyle

RUSHTON, Tom	79	WIN	4:07.79	???
DEE, Kevin	88	HANEY	4:28.98	Montréal
OLDHAM, Mark	69	EBMSC	4:27.11	Richmond
OLDHAM, Mark	69	EBMSC	4:34.83	Riccione (ITA)
WELBOURN, Graham	61	UBCM	4:22.55	???
CRAIG, Rod	60	NSM	4:36.91	Nanaimo
CRAIG, Rod	60	GYTBS	4:45.63	Nanaimo
CRAIG, Rod	60	NSM	4:55.43	Victoria
CARLSEN, Glenn	57	KISU	4:52.46	Budapest (HUN)
CARLSEN, Glenn	57	DOGW	5:10.68	Mission Viejo (USA)
STAMHUIS, Michael	53	VERN	5:47.85	Richmond
MCORMOND, Phil	47	DOGW	6:25.32	Victoria
DONOGHUE, Karl	40	PENT	6:48.29	Victoria
DONOGHUE, Karl	40	DOGW	7:16.69	Victoria
MCGREGOR, Hugh	19	VCSS	10:37.09	Nanaimo
MCGREGOR, Hugh	19	VCSS	13:19.19	Victoria

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
BLOCKA, Janice	60	HST	2:47.69	Singapore (SGP)	13 Aug 2025
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, Bettv	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, Bettv	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 1 Nov 2025

Men, 800m Freestyle

MONK, James	86	WIN	9:52.72	Nanaimo
DEE, Kevin	88	HANEY	9:46.80	Victoria
OLDHAM, Mark	69	EBMSC	9:29.75	Sydney (AUS)
OLDHAM, Mark	69	EBMSC	9:36.96	Riccione (ITA)
WELBOURN, Graham	61	UBCM	9:07.53	???
CRAIG, Rod	60	NSM	9:42.79	Nanaimo
LANGDON, Mark	56	VICM	9:51.92	Victoria
STAMHUIS, Michael	53	OKAN	10:02.69	Sydney (AUS)
CARLSEN, Glenn	57	KISU	10:02.45	Budapest (HUN)
CARLSEN, Glenn	57	DOGW	10:27.56	Mission Viejo (USA)
STAMHUIS, Michael	53	VERN	12:13.04	Victoria
DONOGHUE, Karl	40	DOGW	13:26.43	Victoria
DONOGHUE, Karl	40	DOGW	14:48.41	Victoria
DYKSTRA, Aldert	40	WRW	18:29.80	Victoria
MCGREGOR, Hugh	19	VCSS	21:55.42	Victoria
MCGREGOR, Hugh	19	VCSS	28:40.69	Victoria

Men, 1500m Freestyle

TRAJAN, Byron	81	NEBB	18:38.49	Nanaimo
REID, Scott	73	VICM	18:37.72	Richmond
MONK, James	86	WIN	18:50.83	Victoria
MONK, James	86	WIN	18:49.75	Richmond
HOBBS, Brent	67	OKAN	18:07.70	Nanaimo
HOBBS, Brent	67	OKAN	18:28.01	Nanaimo
CRAIG, Rod	60	GYTBS	19:10.04	Victoria
STAMHUIS, Michael	53	OKAN	19:35.60	Victoria
CARLSEN, Glenn	57	KISU	19:19.64	???
CARLSEN, Glenn	57	DOGW	19:50.57	Mission Viejo (USA)
STAMHUIS, Michael	53	VERN	22:56.57	Victoria
MCORMOND, Phil	47	DOGW	25:37.46	Victoria
DONOGHUE, Karl	40	DOGW	27:58.20	Victoria
MCGREGOR, Hugh	19	VCSS	37:09.82	???
MCGREGOR, Hugh	19	VCSS	43:02.08	Nanaimo

Women, 800m Freestyle

21 May 2010	18 - 24	BERGMAN, Tuesday Astrid	05	VICM	9:42.69	Victoria	25 Jan 2025
1 Mar 2014	25 - 29	KALAS, Pam	76	UBCM	10:21.08	Nanaimo	1 Apr 2005
1 Nov 2002	30 - 34	KALAS, Pam	76	UBCM	10:16.79	Stanford (USA)	4 Aug 2006
3 Jun 2004	35 - 39	RODRIGUEZ DIMITRESCU, A.	85	WIN	10:03.94	Kyushu (JPN)	5 Aug 2023
1 Jan 2002	40 - 44	GEISHEIMER, Kelly	83	HYACK	10:08.95	Federal Wav (USA)	1 Jul 2023
1 Apr 2005	45 - 49	HARMER, Annelle	68	CDM	10:25.40	Budapest (HUN)	14 Aug 2017
7 Mar 2009	50 - 54	FOSTER, Debbie		DOGW	10:36.52	Victoria	19 Jun 2005
10 Oct 2009	55 - 59	MYERS, Mary Anne	55	YGMS	11:15.90	Nanaimo	21 Mar 2010
14 Aug 2017	60 - 64	MYERS, Mary Anne	55	YGMS	11:47.81	Victoria	31 Jan 2015
13 Aug 2022	65 - 69	PRONK, Bonnie L	42	CRKW	13:11.09	The Woodlands (USA)	10 Aug 2007
20 Jan 2024	70 - 74	MACPHERSON, Linda	38	SAWM	13:47.38	Nanaimo	21 Mar 2010
2 Apr 2016	75 - 79	DELEEUEW, Elsa	24	WRW	17:13.73	Richmond	1 Apr 2000
21 Jan 2023	80 - 84	DELEEUEW, Elsa	24	WRW	17:07.77	???	21 Mar 2004
25 Jan 2025	85 - 89	BRUSSEL, Betty	24	GYTBS	21:21.32	Sydney (AUS)	10 Oct 2009
7 Mar 2009	90 - 94	BRUSSEL, Betty	24	VERN	22:27.49	Montréal	3 Aug 2014
1 Mar 2014	95 - 99						

Women, 1500m Freestyle

1	Apr 2005	18 - 24	BERGMAN, Tuesday Astrid	05	VICM	19:23.32	Richmond	2	Nov 2024
4	Nov 2000	25 - 29	VAN OOSTEN, Elaine	77	UBCM	20:01.22	Nanaimo	27	Jun 2005
2	Feb 2020	30 - 34	REID, Jennifer	83	VICM	19:58.82	Victoria	15	Jan 2005
2	Nov 2024	35 - 39	RODRIGUEZ DIMITRESCU, A.	85	WIN	19:36.21	Victoria	21	Jan 2023
21	Mav 2010	40 - 44	HARMER, Annette	68	EBMSC	19:51.68	Nanaimo	21	Mav 2010
1	Jul 2012	45 - 49	HARMER, Annette	68	EBMSC	20:39.22	Richmond	29	Nov 2014
1	Feb 2010	50 - 54	MABEE, Cindy	69	VICM	20:46.51	Victoria	2	Feb 2020
15	Mar 2008	55 - 59	MACDONALD, Sarah	60	VICM	20:48.03	Victoria	4	Feb 2018
17	Aug 2017	60 - 64	MYERS, Mary Anne	55	YGMS	22:13.73	Victoria	31	Jan 2015
12	Aug 2022	65 - 69	PRONK, Bonnie L	42	CRKW	24:38.81	The Woodlands (USA)	10	Aug 2007
20	Jan 2024	70 - 74	MACPHERSON, Linda	38	SAWM	26:18.46	Nanaimo	21	Mav 2010
21	Jan 2023	75 - 79	VARTY, Eulah	34	DST	33:11.08	Indianapolis (USA)	5	Aug 2009
21	Jan 2023	80 - 84	BALOGH, Sylvia	27	VCSS	34:37.95	Victoria	15	Mar 2008
21	Mav 2004	85 - 89							
21	May 2010	90 - 94							

British Columbia Provincial Master Records

Long Course (50m)

Updated 1 Nov 2025

Men, 50m Backstroke

VANDENDUNGEN, Daniel	79	DST	29.78	Victoria
BRAZIER, Craig	91	HBSC	27.94	Victoria
BEST, Adam	91	ROYAL	26.64	Singapore (SGP)
MARKEY, Jason	72	EBMSC	30.84	Victoria
COLLINS, Michael	75	WRW	30.99	Victoria
CHARLAND, Rob	75	GYTBS	30.99	Victoria
BOTSFORD, Deke	67	VICM	29.78	Montréal
VAN BUUREN, John	54	NSM	29.95	???
DOWNING, Michael	68	VICM	33.59	Victoria
VAN DYKE, Peter	63	DOGW	34.43	Richmond
HAMILTON, Garv	60	LGCY	34.30	Victoria
ALEXANDER, Richard	44	CDM	36.20	Nanaimo
MORRIS, Alan	49	HST	38.91	Singapore (SGP)
DONOGHUE, Karl	40	PENT	42.43	Victoria
DONOGHUE, Karl	40	DOGW	45.97	Singapore (SGP)
SCHULHOF, Alfred	19	NVM	58.96	Nanaimo
SCHULHOF, Alfred	19	NSM	1:07.47	Richmond

Men, 100m Backstroke

VANDENDUNGEN, Daniel	79	DST	1:04.82	Victoria
VANDENDUNGEN, Daniel	79	DST	1:04.66	Victoria
BEST, Adam	91	ROYAL	57.85	Singapore (SGP)
MARKEY, Jason	72	EBMSC	1:07.56	Victoria
BOTSFORD, Deke	67	CRKW	1:01.09	Nanaimo
BOTSFORD, Deke	67	VICM	1:02.43	Montréal
VAN BUUREN, John	54	NSM	1:06.91	???
VAN DYKE, Peter	63	DOGW	1:13.48	Victoria
VAN DYKE, Peter	63	DOGW	1:12.71	Richmond
HAMILTON, Garv	60	LGCY	1:18.16	Victoria
DONOGHUE, Karl	40	OKAN	1:22.40	???
DONOGHUE, Karl	40	DOGW	1:27.34	Auckland (NZL)
DONOGHUE, Karl	40	PENT	1:35.89	Victoria
DONOGHUE, Karl	40	DOGW	1:40.13	Singapore (SGP)
SCHULHOF, Alfred	19	NVM	2:15.97	Victoria
SCHULHOF, Alfred	19	NSM	2:41.42	Richmond

Women, 50m Backstroke

1 Mar 2003	18 - 24	JOHN, Halev	77	NAVY	34.16	Federal Way (USA)	16 Aug 2001
2 Feb 2020	25 - 29	SLINN, Jennv	77	HYACK	33.02	???	21 Mar 2004
13 Aug 2025	30 - 34	IKEHATA, Mariko	83	VICM	32.31	Montréal	9 Aug 2014
1 Mar 2011	35 - 39	MABEE, Cindv	69	VICM	31.28	Victoria	15 Mar 2008
31 Jan 2015	40 - 44	MABEE, Cindy	69	VICM	31.49	Victoria	7 Mar 2009
31 Jan 2015							
7 Aug 2014	45 - 49	MABEE, Cindv	69	VICM	31.02	Gresham (USA)	17 Aug 2016
21 Mar 2004	50 - 54	MABEE, Cindv	69	VICM	33.45	Victoria	2 Feb 2020
21 Jan 2023	55 - 59	SHEEHAN, Cathv	60	KISU	34.91	Victoria	31 Jan 2015
5 Nov 2023	60 - 64	GRAHAM, Kathv	58	KISU	38.56	Victoria	4 Feb 2018
25 Jan 2025	65 - 69	GRAHAM, Kathv	58	DOGW	39.67	Victoria	21 Jan 2023
24 Jan 2014	70 - 74	VERSFELD, Hella	50	VERN	42.27	Victoria	2 Feb 2020
13 Aug 2025	75 - 79	PARNELL, Joan	28	NSM	46.30	Victoria	13 Mar 2004
2 Feb 2020	80 - 84	PARNELL, Joan	28	NSM	52.93	Victoria	15 Mar 2008
13 Aug 2025	85 - 89	MORROW, Noel	18	VICM	59.85	???	12 Mar 2005
21 Mar 2010	90 - 94	MORROW, Noel	18	WRW	1:04.78	???	1 Jan 2009
29 Nov 2014	95 - 99	BRUSSEL, Bettv	24	WRW	1:20.42	Victoria	21 Jan 2023
	100 - 104	BRUSSEL, Betty	24	WRW	1:24.91	Victoria	20 Jan 2024

Women, 100m Backstroke

1 Mar 2003	18 - 24	JOHN, Halev	77	NAVY	1:12.01	Federal Way (USA)	16 Aug 2001
1 Mar 2007	25 - 29	HADD, Valerie	78	EBMSC	1:10.38	Stanford (USA)	9 Aug 2006
12 Aug 2025	30 - 34	HADD, Valerie	78	EBMSC	1:09.11	Gothenburg (SWE)	5 Aug 2010
1 Mar 2011	35 - 39	MABEE, Cindv	69	VICM	1:07.94	Victoria	15 Mar 2008
21 Mar 2010	40 - 44	MABEE, Cindv	69	VICM	1:07.06	Victoria	7 Mar 2009
8 Aug 2014	45 - 49	MABEE, Cindv	69	VICM	1:07.31	Gresham (USA)	17 Aug 2016
21 Mar 2004	50 - 54	SHEEHAN, Cathv	60	KISU	1:13.89	Nanaimo	21 Mar 2010
2 Feb 2020	55 - 59	SHEEHAN, Cathv	60	KISU	1:16.78	Victoria	31 Jan 2015
5 Nov 2023	60 - 64	PRONK, Bonnie L	42	CRKW	1:25.79	Cleveland (USA)	15 Aug 2002
25 Jan 2025	65 - 69	PRONK, Bonnie L	42	CRKW	1:26.61	???	18 Apr 2008
1 Jan 2010	70 - 74	VERSFELD, Hella	50	VERN	1:31.37	Victoria	2 Feb 2020
23 Apr 2017	75 - 79	PARNELL, Joan	28	NSM	1:42.81	Victoria	1 Mar 2003
2 Feb 2020	80 - 84	PARNELL, Joan	28	NSM	1:58.43	Victoria	15 Mar 2008
12 Aug 2025	85 - 89	STAMHUIS, Conny	32	OKAN	2:14.15	Budapest (HUN)	19 Aug 2017
1 Feb 2010	90 - 94	MORROW, Noel	18	WRW	2:34.29	???	1 Jan 2009
29 Nov 2014	95 - 99	ANDERSON, M.		DOGW	4:16.79	Edmonton	1 May 1998

British Columbia Provincial Master Records

Long Course (50m)

Updated 1 Nov 2025

Men, 200m Backstroke

TRAJAN, Byron	81	NEBB	2:23.43	Nanaimo
DEE, Kevin	88	HANEY	2:24.67	Victoria
MANNUCCI, Gabrio	87	HBSC	2:18.81	Victoria
DEE, Kevin	88	DOGW	2:27.07	Federal Way (USA)
BOTSFORD, Deke	67	CRKW	2:14.71	Nanaimo
NEYEDLI, Scott	78	NSM	2:35.85	Richmond
SCOFFIELD, Trevor	74	WRW	2:40.89	Richmond
VAN DYKE, Peter	63	DOGW	2:36.76	Victoria
VAN DYKE, Peter	63	DOGW	2:39.19	Richmond
HAMILTON, Garv	60	LGCY	2:44.53	Victoria
STAMHUIS, Michael	53	VERN	2:58.31	Victoria
DONOGHUE, Karl	40	DOGW	3:10.36	Victoria
DONOGHUE, Karl	40	PENT	3:23.94	Victoria
DONOGHUE, Karl	40	DOGW	3:43.18	Singapore (SGP)
SCHULHOF, Alfred	19	NVM	4:54.50	Nanaimo

Men, 50m Breaststroke

GORDON, Jayme	76	UBCM	31.65	Richmond
SHIROKOV, Vlad	89	PNW	30.95	Richmond
SHIROKOV, Vlad	89	HBSC	30.37	Victoria
CHARLAND, Rob	75	HANEY	30.65	Montréal
CHARLAND, Rob	75	GYTBS	32.03	Victoria
HOOPER, James	71	UBCM	31.44	Richmond
HOOPER, James	71	UBCM	32.01	Rotterdam (NED)
COSPER, Scott	69	VICM	34.42	Victoria
KELSO, Jack	39	UBCM	36.29	Richmond

TEMPLEMAN, Nick	31	NSM	37.38	Winnipeg
KELSO, Jack	39	UBCM	38.28	Nanaimo
BELL, Peter	35	NSM	41.35	Nanaimo
KELSO, Jack	39	DOGW	44.27	Victoria
SCHULHOF, Alfred	19	NVM	52.32	Edmonton
SCHULHOF, Alfred	19	NVM	1:02.56	Nanaimo
SCHULHOF, Alfred	19	NSM	1:16.52	???

Women, 200m Backstroke

1 Apr 2005	18 - 24	BEYNON, Heather	76	VICM	2:43.52	Richmond	1 Apr 2000
31 Jan 2015	25 - 29	HADD, Valerie	78	EBMSC	2:29.01	Stanford (USA)	5 Aug 2006
2 Feb 2020	30 - 34	HADD, Valerie	78	EBMSC	2:28.06	Gothenburg (SWE)	1 Aug 2010
10 Aug 2025	35 - 39	MABEE, Cindv	69	VICM	2:29.42	Victoria	15 Mar 2008
21 Mar 2010	40 - 44	GEISHEIMER, Kelly	83	HYACK	2:44.72	Victoria	20 Jan 2024
1 Nov 2025	45 - 49	MABEE, Cindv	69	VICM	2:34.26	???	5 Dec 2015
1 Nov 2025	50 - 54	SHEEHAN, Cathy	60	KISU	2:41.59	Nanaimo	21 Mar 2010
2 Feb 2020	55 - 59	MABEE, Cindv	69	VICM	2:52.03	Richmond	1 Nov 2025
5 Nov 2023	60 - 64	PRONK, Bonnie L	42	VCSS	2:59.01	Christchurch (NZL)	23 Mar 2002
25 Jan 2025	65 - 69	PRONK, Bonnie L	42	CRKW	3:06.41	???	18 Apr 2008
20 Jan 2024	70 - 74	PARNELL, Joan	28	NSM	3:40.23	Edmonton	1 Mar 1998
31 Jan 2015	75 - 79	PARNELL, Joan	28	NSM	3:49.73	Victoria	1 Mar 2003
2 Feb 2020	80 - 84	PARNELL, Joan	28	NSM	4:20.79	Victoria	15 Mar 2008
8 Aug 2025	85 - 89	STAMHUIS, Conny	32	OKAN	4:52.88	Victoria	28 Jan 2017
21 May 2010	90 - 94	BRUSSEL, Betty	24	OKAN	6:30.68	Budapest (HUN)	15 Aug 2017

Women, 50m Breaststroke

4 Nov 2000	18 - 24	MAGEAU, Danielle	92	DOGW	38.68	Richmond	5 Nov 2016
5 Nov 2016	25 - 29	MCEVOY, Katie	92	VICM	34.90	Auckland (NZL)	26 Apr 2017
2 Feb 2020	30 - 34	THOMPSON, Laura	91	NSM	36.05	Richmond	2 Nov 2024
6 Aug 2014	35 - 39	BOOTH, Isabelle	75	NEBB	36.85	Montréal	6 Aug 2014
31 Jan 2015	40 - 44	WOODWARD, Judv	58	VICM	37.37	Victoria	1 Mar 2000
5 Nov 2018	45 - 49	WOODWARD, Judv	58	VICM	36.67	???	1 Jan 2003
24 Jul 2022	50 - 54	MACDONALD, Sarah	60	VICM	37.17	Montréal	6 Aug 2014
25 Jan 2025	55 - 59	MACDONALD, Sarah	60	VICM	37.92	Auckland (NZL)	26 Apr 2017
1 Apr 2000	60 - 64	MACDONALD, Sarah	60	VICM	39.16	Victoria	2 Feb 2020
1 Mar 1996	65 - 69	PRONK, Bonnie L	42	CRKW	39.16	Christchurch (NZL)	23 Mar 2002
21 Mar 2010	70 - 74	MACDONALD, Sarah	60	VICM	40.76	Victoria	25 Jan 2025
21 Mar 2010	75 - 79	LOPEZ, Georgina	44	NSM	49.82	Montréal	6 Aug 2014
2 Feb 2020	80 - 84	LOPEZ, Georgina	44	NSM	48.94	Gwangju (KOR)	18 Aug 2019
22 Jul 2005	85 - 89	STAMHUIS, Conny	44	NSM	56.59	Victoria	20 Jan 2024
21 Mar 2010	90 - 94	BRUSSEL, Betty	32	OKAN	1:04.23	Victoria	28 Jan 2017
29 Nov 2014	95 - 99	BRUSSEL, Betty	24	OKAN	1:32.41	Richmond	5 Nov 2016
100 - 104		BRUSSEL, Betty	24	WRW	1:55.60	Victoria	21 Jan 2023
			24	WRW	1:56.22	Victoria	20 Jan 2024

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Men, 100m Breaststroke

SMIRL, C.	GVAC	1:15.59	Victoria
SHIROKOV, Vlad	89 PNW	1:08.62	Victoria
SHIROKOV, Vlad	89 HBSC	1:07.44	Victoria
CHARLAND, Rob	75 HANEY	1:08.82	Montréal
CHARLAND, Rob	75 HANEY	1:09.73	Victoria
HOOPER, James	71 UBCM	1:11.80	Richmond
HOOPER, James	71 UBCM	1:14.69	Rotterdam (NED)
BEAUDIN, Gilles	54 EBMSC	1:21.46	Nanaimo
HARTFORD, Doug	63 VICM	1:25.17	Richmond
TEMPLEMAN, Nick	31 NSM	1:26.06	Winnipeg
BELL, Peter	35 NSM	1:28.27	Nanaimo
BELL, Peter	35 NSM	1:32.46	Nanaimo
BELL, Peter	35 NSM	1:47.08	Victoria
SCHULHOF, Alfred	19 NVM	2:03.77	???
SCHULHOF, Alfred	19 NVM	2:30.45	Nanaimo

Men, 200m Breaststroke

TRAJAN, Bvron	81 NEBB	2:40.06	Edmonton
IIDA, Rvoma	97 ROYAL	2:26.89	Singapore (SGP)
JACKSON, Ian	73 UBCM	2:26.89	Munich (GER)
DEE, Kevin	88 OS	2:41.67	Richmond (USA)
CHARLAND, Rob	75 HANEY	2:32.28	Montréal
CHARLAND, Rob	75 GYTBS	2:35.52	Victoria
CHARLAND, Rob	75 DOGW	2:44.05	Victoria
DOYLEY, Doug	58 UBCM	2:52.97	Perth (AUS)
BEAUDIN, Gilles	54 EBMSC	2:56.63	Nanaimo
CARLSEN, Glenn	57 KISU	3:08.30	Budapest (HUN)
BELL, Peter	35 NSM	3:13.59	Victoria
BELL, Peter	35 NSM	3:18.11	Edmonton
BELL, Peter	35 NSM	3:30.58	Nanaimo
BELL, Peter	35 NSM	4:00.52	Victoria
SCHULHOF, Alfred	19 NVM	4:24.30	Nanaimo
SCHULHOF, Alfred	19 NVM	6:04.55	Nanaimo

Women, 100m Breaststroke

1 Mar 1998	18 - 24	BERGMAN, Tuesday Astrid	05 VICM	1:18.17	Victoria	25 Jan 2025
1 Mar 2014	25 - 29	MCEVOY, Katie	92 VICM	1:17.77	Auckland (NZL)	22 Apr 2017
2 Feb 2020	30 - 34	VON BECKMANN, Ingrid	82 EBMSC	1:21.63	Riccione (ITA)	11 Jun 2012
4 Aug 2014	35 - 39	BOOTH, Isabelle	75 NEBB	1:21.19	Montréal	4 Aug 2014
31 Jan 2015	40 - 44	WOODWARD, Judv	58 VICM	1:21.51	Edmonton	1 Mar 1998
5 Nov 2018	45 - 49	MACDONALD, Sarah	60 VICM	1:22.46	Stanford (USA)	5 Aug 2006
25 Jul 2022	50 - 54	RHODES, Avila	56 VICM	1:23.67	Stanford (USA)	5 Aug 2006
21 Mar 2010	55 - 59	MACDONALD, Sarah	60 VICM	1:25.07	Auckland (NZL)	22 Apr 2017
5 Nov 2023	60 - 64	RHODES, Avila	56 VICM	1:27.08	Victoria	2 Apr 2016
1 Mar 1996	65 - 69	MACDONALD, Sarah	60 VICM	1:34.42	Richmond	1 Nov 2025
1 Apr 2005	70 - 74	PARNELL, Joan	28 NSM	1:51.82	Edmonton	1 Mar 1998
21 Mar 2010	75 - 79	PARNELL, Joan	28 NSM	2:02.29	???	21 Mar 2004
28 Jan 2017	80 - 84	PARNELL, Joan	28 NSM	2:19.24	???	21 Mar 2004
1 Jan 2004	85 - 89	DEVITT, Marion	19 VCSS	2:47.42	Victoria	12 Mar 2005
21 May 2010	90 - 94	BRUSSEL, Betty	24 VERN	3:30.39	Montréal	4 Aug 2014

Women, 200m Breaststroke

22 Jul 2005	18 - 24	FLYNN, Stephanie	86 UBCM	3:07.98	Nanaimo	21 Mar 2010
12 Aug 2025	25 - 29	MCEVOY, Katie	92 VICM	2:49.87	Auckland (NZL)	27 Apr 2017
30 Jul 2000						
6 Aug 2022	30 - 34	VON BECKMANN, Ingrid	82 EBMSC	2:54.04	Riccione (ITA)	15 Jun 2012
8 Aug 2014	35 - 39	BOOTH, Isabelle	75 NEBB	2:58.29	Montréal	8 Aug 2014
31 Jan 2015	40 - 44	UUNILA, Kathryn	85 HYACK	3:03.57	Richmond	1 Nov 2025
2 Feb 2020	45 - 49	PENDERGAST, Christina	77 NEBB	2:58.10	Singapore (SGP)	12 Aug 2025
22 Apr 2008	50 - 54	RHODES, Avila	56 VICM	3:04.47	Stanford (USA)	9 Aug 2006
21 Mar 2010	55 - 59	RHODES, Avila	56 VICM	3:07.76	Montréal	8 Aug 2014
19 Aug 2017	60 - 64	RHODES, Avila	56 VICM	3:13.11	Victoria	2 Apr 2016
4 Mar 2001	65 - 69	PRONK, Bonnie L	42 CRKW	3:28.49	Gresham (USA)	14 Aug 2008
22 Jul 2005	70 - 74	PARNELL, Joan	28 NSM	4:13.16	Hawaii (USA)	1 Nov 1998
21 Mar 2010	75 - 79	WARREN, Susan	41 VCSS	4:35.40	Gresham (USA)	17 Aug 2016
28 Jan 2017	80 - 84	PARNELL, Joan	28 NSM	5:04.10	Nanaimo	21 Mar 2010
1 Apr 2005	85 - 89	BRUSSEL, Bettv	24 GYTBS	6:18.01	Svdnev (AUS)	10 Oct 2009
21 May 2010	90 - 94	BRUSSEL, Betty	24 VERN	7:10.69	Montréal	8 Aug 2014

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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	Gwandaui (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
DYKSTRA, Aldert	40	WRW	1:14.23	Richmond	1 Nov 2025	85 - 89

Men, 100m Butterfly

KONGE, Leo	04	SAWM	1:03.87	Richmond	1 Nov 2025	18 - 24
VANDENDUNGEN, Daniel	79	DST	1:01.09	Victoria	1 Mar 2007	25 - 29
MARÉCHAL-MCCOY, Maxime	88	DOGW	59.99	Gwandaui (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 May 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 May 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

Women, 50m Butterfly

MACDONALD, Grace	02	UVPCS	28.89	Richmond	2 Nov 2024	
RYAN, Jordyn	99	VICM	28.18	Victoria	25 Jan 2025	
IKEHATA, 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, Cindv	69	VICM	30.72	Montréal	5 Aug 2014	
SCHIER, Catherine	72	NSM	31.30	Richmond	1 Nov 2025	
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	Gwandaui (KOR)	14 Aug 2019	
LOPEZ, Georgina	44	NSM	51.07	Singapore (SGP)	10 Aug 2025	

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, Cindv	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 May 2010	
SCHIER, Catherine	72	NSM	2:41.93	Richmond	1 Nov 2025	
MACPHERSON, Linda	38	NEBB	3:23.15	Vancouver	1 Apr 1995	
MACPHERSON, Linda	38	DOGW	3:37.78	Edmonton	1 May 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	

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Men, 200m Medley

TRAJAN, Bvron	81	NEBB	2:20.96	Nanaimo
IIDA, Ryoma	97	ROYAL	2:16.71	Singapore (SGP)
DEE, Kevin	88	OS	2:21.20	Richmond (USA)
CHARLAND, Rob	75	HANEY	2:19.80	Montréal
BOTSFORD, Deke	67	CRKW	2:15.78	Nanaimo
AAMODT, Tor	73	CDM	2:30.87	Richmond
VAN BUUREN, John	54	NSM	2:27.73	???
MORROW, Mike	50	DOGW	2:37.74	Edmonton
KELSO, Jack	39	UBCM	2:47.02	Richmond
STAMHUIS, Michael	53	VERN	2:48.77	Richmond
KELSO, Jack	39	UBCM	2:58.81	Nanaimo
JOHNSON, Alex	31	VCSS	4:08.43	Victoria
COVERDALE, Leonard	25	VCSS	5:02.64	Victoria
DYKSTRA, Aldert	40	WRW	5:29.56	Richmond

Men, 400m Medley

TRAJAN, Byron	81	NEBB	5:07.15	Edmonton
DEE, Kevin	88	HANEY	5:07.49	Montréal
DEE, Kevin	88	OS	5:03.41	Richmond (USA)
DEE, Kevin	88	DOGW	5:15.78	Federal Way (USA)
FOMINE, Vladimir	62	HYACK	5:16.22	Coquitlam
BOTSFORD, Deke	67	VICM	4:57.89	Montréal
DOYLEY, Doug	58	UBCM	5:48.82	Perth (AUS)
MORROW, Mike	50	DOGW	5:44.19	Edmonton
CARLSEN, Glenn	57	KISU	4:57.10	Victoria
HAMILTON, Gary	60	LGCY	6:23.01	Victoria
DOWLING, Mike	47	NSM	8:19.68	Richmond
BELL, Peter	35	NSM	7:14.14	???
DYKSTRA, Aldert	40	HYDE	9:40.11	Victoria
DYKSTRA, Aldert	40	WRW	11:06.94	Victoria

Women, 200m Medley

1 Apr 2005	18 - 24	BEYNON, Heather	76	VICM	2:43.26	Richmond	1 Apr 2000
11 Aug 2025	25 - 29	HADD, Valerie	78	EBMSC	2:29.76	Stanford (USA)	7 Aug 2006
6 Aug 2022	30 - 34	HADD, Valerie	78	EBMSC	2:27.04	Gothenburg (SWE)	3 Aug 2010
6 Aug 2014	35 - 39	GILMORE, P.		VDMSC	2:37.26	???	10 Jun 2005
21 Mar 2010	40 - 44	MACDONALD, Sarah	60	VICM	2:39.45	???	21 Mar 2004
5 Nov 2018	45 - 49	MABEE, Cindv	69	VICM	2:33.72	Gresham (USA)	17 Aug 2016
21 May 2004	50 - 54	SCHIER, Catherine	72	NSM	2:45.94	Richmond	1 Nov 2025
22 Jul 2005	55 - 59	MACDONALD, Sarah	60	VICM	2:53.82	Richmond	4 Nov 2017
1 Apr 2000	60 - 64	PRONK, Bonnie L	42	VCSS	3:00.52	Christchurch (NZL)	23 Mar 2002
5 Nov 2018	65 - 69	BLOCKA, Janice	60	HST	3:10.52	Singapore (SGP)	11 Aug 2025
21 Mar 2010	70 - 74	PARNELL, Joan	28	NSM	4:03.36	Hawaii (USA)	1 Nov 1998
11 Mar 2006	75 - 79	FABRE, Anne	48	VICM	4:18.11	Victoria	25 Jan 2025
12 Mar 2005	80 - 84	DELEEUEW, Elsa	24	WRW	4:40.75	???	21 Mar 2004
1 Nov 2025	85 - 89	VARTY, Eulah	34	VICM	5:41.37	Mission Viejo (USA)	10 Aug 2019

Women, 400m Medley

22 Jul 2005	18 - 24	BEYNON, Heather	76	VICM	5:50.60	Richmond	1 Apr 2000
5 Aug 2014	25 - 29	HADD, Valerie	78	EBMSC	5:25.70	Stanford (USA)	6 Aug 2006
7 Aug 2022	30 - 34	HADD, Valerie	78	EBMSC	5:15.37	Gothenburg (SWE)	2 Aug 2010
7 Aug 2025	35 - 39	THIBODEAU, Karen	79	WTMS	5:33.51	Victoria	31 Jan 2015
1 Mar 2005	40 - 44	UUNILA, Kathrvn	85	HYACK	5:44.36	Richmond	1 Nov 2025
5 Aug 2014	45 - 49	MACDONALD, Sarah	60	VICM	6:04.24	Coquitlam	1 Mar 2005
19 Apr 2008	50 - 54	MABEE, Cindv	69	VICM	5:52.22	Victoria	2 Feb 2020
22 Jul 2005	55 - 59	MACDONALD, Sarah	60	VICM	6:10.41	Victoria	4 Feb 2018
28 Jan 2017	60 - 64	RHODES, Avila	56	VICM	6:35.64	Richmond	5 Nov 2016
25 Jan 2025	65 - 69	DE GROOT-HEDLIN, Catherine	60	VICM	6:39.91	Victoria	25 Jan 2025
3 Nov 2019	70 - 74	VARTY, Eulah	34	DST	9:25.00	Stanford (USA)	6 Aug 2006
1 Mar 2010	75 - 79	VARTY, Eulah	34	DST	9:38.07	Indianapolis (USA)	5 Aug 2009
2 Feb 2020	80 - 84	VARTY, Eulah	34	VICM	10:37.97	Montréal	5 Aug 2014
25 Jan 2025	85 - 89						