

## BC Masters Swimming Championships 2026

Kelowna put on a show April 17 to 19 hosting the BC Masters Swimming Championships. 400 swimmers from across British Columbia converged on the H2O Centre run by the YMCA. There was lots of talent on display with several octogenarians laying their love for swimming on the line. The atmosphere was healthy and fun with plenty of music and activities.



Vancouver Island swimmers played and performed prominently at this provincial event sponsored by The Across the Lake Swim. Records were set by Cowichan's Daniel Vanden Dungen (47) in the 200 Backstroke and by Victoria's Cindy Maybee (51) in the 100 IM, 50 Back and a Canadian Record in the 100 Back.

There was Cowichan tradition with Avila Rhodes (70), Duncan Swim Team coach 1983-84, now a Victoria Masters member swimming in their strong relays. Brent Hobbs, meet manager and active participant (swam twelve events), once a Vic-O swimmer, now EMR administrator at KGH, was the inspirational leader and host for this well-run meet by the Okanagan Masters Swim Club.



Daniel Poolside @ H2O

Duncan Masters Swim Team was represented by Daniel Vanden Duggen and Bruce Clarke. They train at the Cowichan Aquatic Centre. North Cowichan Parks and Recreation run the three day a week program through it's adult lesson program.



Daniel, diving in lane 4, had a particularly good meet, posting best times in all six of his events. “He is our best trainer and deserves the fine results”, says Coach Clarke. Daniel went so far as to break the provincial record in the 200-meter Backstroke, in 2:21.19.

Masters swimming competitions are timed finals with mixed men and women by time. The mixed relays are very popular with lots of team spirit. Awards are based on five-year age categories, and Daniel (47) dominated the Men’s 45 to 49 category with six gold performances in Kelowna. He won 50 Back., 200 Back., 100 IM., 50 Free., 100 Back. and 100 Butterfly.

Clarke (74) for his part, entered two races and also recorded personal best times. He came away with gold in the 50-meter Breaststroke in the Men’s 70 to 74 category. He placed fourth in the 50-meter Freestyle.

For adults over 20 with a love for swimming and fitness this North Cowichan Recreation program, coached by Bruce Clarke, continues through May and June. Tuesday and Thursday evenings from 6:15 to 8:15 pm and Saturday mornings from 9:45 to 11:45 am. Drop-ins are welcome.