

Defi du nouvel an Maitre  
St-Laurent, 31/1 - 1/2/2026

Event 106 800m Freestyle 18 - 79 years  
1/31/2026 Results Time Trials

Canadian Master Records 75 - 79	12:35.73	DONOGHUE, Karl	DOGW	Montreal	5/18/2015
Canadian Master Records 70 - 74	11:36.96	STAMHUIS, Michael	VERN	Penticton	12/17/2023
Canadian Master Records 65 - 69	10:05.56	CARLSEN, Glenn	DOGW	Quebec	5/22/2022
Canadian Master Records 60 - 64	9:45.75	CARLSEN, Glenn	KISU	Quebec	5/14/2017
Canadian Master Records 55 - 59	9:16.68	GIROUX, Martin	MPC	Cote St-Luc	4/16/2023
Canadian Master Records 50 - 54	8:54.48	STREPPEL, Greg	SOM	Montreal	5/24/2019
Canadian Master Records 45 - 49	8:38.56	STREPPEL, Greg	CMAV	Montreal	5/18/2015
Canadian Master Records 40 - 44	8:46.17	DUPLESSIS, Gilbert	LAVAL	Quebec	5/14/2017
Canadian Master Records 35 - 39	8:45.68	DUPLESSIS, Gilbert	LAVAL	Montreal	5/18/2015
Canadian Master Records 30 - 34	8:40.25	RUSHTON, Tom	WIN	Vancouver	4/17/2009
Canadian Master Records 25 - 29	7:55.80	PAULINS, Sebastian	BACM	Windsor	5/24/2024
Canadian Master Records 18 - 24	8:18.72	BONOMO, Robert	TOMS	???	1/1/2013
Canadian Master Records 75 - 79	14:00.66	MACPHERSON, Linda	SAWM	???	1/1/2013
Canadian Master Records 70 - 74	12:08.55	WYLIE, Lori	CMSC	Calgary	5/28/2023
Canadian Master Records 65 - 69	11:58.09	LATREILLE, Denise	UNMNQ	Unionville	4/27/2025
Canadian Master Records 60 - 64	9:55.61	MARSHALL, Lynn	CARMA	Dollard-Des-Ormeaux	3/18/2023
Canadian Master Records 55 - 59	9:33.78	MARSHALL, Lynn	CARMA	???	1/1/2016
Canadian Master Records 50 - 54	9:23.45	MARSHALL, Lynn	CARMA	???	1/9/2011
Canadian Master Records 45 - 49	9:21.65	MARSHALL, Lynn	CARMA	???	2/18/2006
Canadian Master Records 40 - 44	9:21.44	MARSHALL, Lynn	CARMA	???	1/1/2001
Canadian Master Records 35 - 39	9:21.94	MARSHALL, Lynn	CARMA	???	1/1/1996
Canadian Master Records 30 - 34	9:08.32	MARSHALL, Lynn	CARMA	???	1/1/1993
Canadian Master Records 25 - 29	9:11.88	MCCLEMONT, Laura	MUMS	Montreal	5/20/2011
Canadian Master Records 18 - 24	9:27.00	SIWICKI, Breanne	???	???	2/9/2019
Quebec Provincial Master Records 75 - 79	13:27.40	ARTUS, Norbert	PPO	???	1/1/1989
Quebec Provincial Master Records 70 - 74	12:43.87	BARRY, Clifford	MPC	Montreal	4/15/2016
Quebec Provincial Master Records 65 - 69	10:23.35	GRABS, Detlev	MEGO	Drummondville	4/25/2025
Quebec Provincial Master Records 60 - 64	10:00.28	JACOBS, Calvin	CACM	Cote St-Luc	4/16/2023
Quebec Provincial Master Records 55 - 59	9:16.68	GIROUX, Martin	MPC	Cote St-Luc	4/16/2023
Quebec Provincial Master Records 50 - 54	9:19.82	GIROUX, Martin	MPC	Quebec	5/22/2022
Quebec Provincial Master Records 45 - 49	9:01.33	POISSON, Mathieu	GAMIN	Montreal	5/18/2015
Quebec Provincial Master Records 40 - 44	8:47.12	DUPLESSIS, Gilbert	LAVAL	Toronto	5/20/2016
Quebec Provincial Master Records 35 - 39	8:45.68	DUPLESSIS, Gilbert	LAVAL	Montreal	5/18/2015
Quebec Provincial Master Records 30 - 34	8:51.21	GAUVIN, Chrystian	STE	Montreal	11/23/2007
Quebec Provincial Master Records 25 - 29	8:29.52	CLÉMENT, Benoit	MUMS	???	1/1/1989
Quebec Provincial Master Records 18 - 24	8:39.42	JENSEN, Daniel	MPC	Gatineau	4/13/2012
Quebec Provincial Master Records 75 - 79	15:43.33	DILLINGER, Erda	MPC	Montreal	4/15/2016
Quebec Provincial Master Records 70 - 74	14:53.94	DILLINGER, Erda	MPC	Gatineau	4/13/2012
Quebec Provincial Master Records 65 - 69	11:58.09	LATREILLE, Denise	UNMNQ	Unionville	4/27/2025
Quebec Provincial Master Records 60 - 64	10:04.94	LOWENSTEYN, Ilka	CSLA	Saskatoon	5/16/2025
Quebec Provincial Master Records 55 - 59	9:58.18	LOWENSTEYN, Ilka	CSLA	Windsor	5/24/2024
Quebec Provincial Master Records 50 - 54	9:50.25	LOWENSTEYN, Ilka	CSLA	Quebec	4/17/2015
Quebec Provincial Master Records 45 - 49	9:55.57	LOWENSTEYN, Ilka	CSLA	Quebec	4/11/2014
Quebec Provincial Master Records 40 - 44	9:50.87	PINCOTT, Cynthia	ENMC	Montreal	5/16/2003
Quebec Provincial Master Records 35 - 39	9:50.91	BÉLAND, Nathalie	CMNQ	Montreal	5/20/2011
Quebec Provincial Master Records 30 - 34	9:44.44	CHARRON, Christine	CMDG	Toronto	5/15/2009
Quebec Provincial Master Records 25 - 29	9:11.88	MCCLEMONT, Laura	MUMS	Montreal	5/20/2011
Quebec Provincial Master Records 18 - 24	9:53.75	TERRIEN, Anne-Marie	???	???	1/1/1995

Points: AQUA Master 2025

Rank	Age	Time	Pts
25 - 29 years, Women			
1.	28	UNMNQ	11:14.64 488
	100m:	1:14.83 1:14.83	300m: 4:03.43 1:25.41
	200m:	2:38.02 1:23.19	400m: 5:30.39 1:26.96
		500m: 6:57.13 1:26.74	700m: 9:49.31 1:26.13
		600m: 8:23.18 1:26.05	800m: 11:14.64 1:25.33

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Event 106, 800m Freestyle

35 - 39 years, Women

1. MERCIER-AUBIN, Natacha	38	STL						<b>11:38.88</b>	438
100m: 1:16.89	1:16.89	300m: 4:09.06	1:27.62	500m: 7:07.91	1:29.98	700m: 10:08.89	1:30.75		
200m: 2:41.44	1:24.55	400m: 5:37.93	1:28.87	600m: 8:38.14	1:30.23	800m: 11:38.88	1:29.99		

40 - 44 years, Women

1. LEFEBVRE-SAUVE, Audrey	41	CNMN						<b>11:19.52</b>	488
100m: 1:19.29	1:19.29	300m: 4:10.70	1:26.01	500m: 7:02.48	1:25.73	700m: 9:54.18	1:25.87		
200m: 2:44.69	1:25.40	400m: 5:36.75	1:26.05	600m: 8:28.31	1:25.83	800m: 11:19.52	1:25.34		

45 - 49 years, Men

1. VAILLANCOURT, Marc	46	STL						<b>9:55.60</b>	608
100m: 1:05.61	1:05.61	300m: 3:30.30	1:14.15	500m: 5:58.97	1:14.90	700m: 8:28.95	1:14.58		
200m: 2:16.15	1:10.54	400m: 4:44.07	1:13.77	600m: 7:14.37	1:15.40	800m: 9:55.60	1:26.65		

55 - 59 years, Men

1. GIROUX, Martin	58	MPC						<b>9:24.72</b>	832
100m: 1:06.77	1:06.77	300m: 3:30.96	1:12.36	500m: 5:56.83	1:13.21	700m: 8:23.12	1:12.84		
200m: 2:18.60	1:11.83	400m: 4:43.62	1:12.66	600m: 7:10.28	1:13.45	800m: 9:24.72	1:01.60		

60 - 64 years, Women

1. LOWENSTEYN, Ilka	61	CSLA						<b>10:25.30</b>	864
100m: 1:13.35	1:13.35	300m: 3:45.00	1:13.04	500m: 6:28.92	1:19.23	700m: 9:06.54	1:18.97		
200m: 2:31.96	1:18.61	400m: 5:09.69	1:24.69	600m: 7:47.57	1:18.65	800m: 10:25.30	1:18.76		

DNS HANSEN, Hillary 64 MPC

60 - 64 years, Men

1. CONDE, Pablo	61	MACC						<b>10:34.43</b>	643
100m: 1:13.19	1:13.19	300m: 3:53.60	1:20.18	500m: 6:34.29	1:20.19	700m: 9:14.66	1:20.09		
200m: 2:33.42	1:20.23	400m: 5:14.10	1:20.50	600m: 7:54.57	1:20.28	800m: 10:34.43	1:19.77		

70 - 74 years, Women

1. LATREILLE, Denise	70	UNMNQ						<b>12:13.29</b>	743 QR
100m: 1:24.44	1:24.44	300m: 4:28.51	1:32.32	500m: 7:34.87	1:33.40	700m: 10:41.11	1:33.04		
200m: 2:56.19	1:31.75	400m: 6:01.47	1:32.96	600m: 9:08.07	1:33.20	800m: 12:13.29	1:32.18		

70 - 74 years, Men

1. THERIAULT, Bertrand	70	UNMNQ						<b>11:57.55</b>	518 QR
100m: 1:23.89	1:23.89	300m: 4:24.54	1:30.50	500m: 7:26.33	1:31.48	700m: 10:27.70	1:30.65		
200m: 2:54.04	1:30.15	400m: 5:54.85	1:30.31	600m: 8:57.05	1:30.72	800m: 11:57.55	1:29.85		