

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

Event 107 400m Freestyle 18 - 79 years
1/31/2026 Results Time Trial

Canadian Master Records 75 - 79	5:16.18	ARMSTRONG, Ron	EOMAC	Orlando (USA)	1/31/2025
Canadian Master Records 70 - 74	5:18.03	ARMSTRONG, Ron	EOMAC	Windsor	5/25/2024
Canadian Master Records 65 - 69	4:52.09	DANIEL, Chris	WILD	Cochrane	2/1/2025
Canadian Master Records 60 - 64	4:35.75	MCKINNON, Peter	EOMAC	Etobicoke	4/20/2024
Canadian Master Records 55 - 59	4:26.81	GUSHE, Len	SOM	Etobicoke	3/11/2018
Canadian Master Records 50 - 54	4:14.65	STREPPEL, Greg	SOM	Montreal	5/24/2019
Canadian Master Records 45 - 49	4:11.35	STREPPEL, Greg	CMAV	Montreal	5/17/2015
Canadian Master Records 40 - 44	4:11.94	WELBOURN, Graham	UBCM	???	4/18/2003
Canadian Master Records 35 - 39	4:12.75	DUPLESSIS, Gilbert	LAVAL	Montreal	5/17/2015
Canadian Master Records 30 - 34	4:10.25	RUSHTON, Tom	WIN	Vancouver	4/17/2009
Canadian Master Records 25 - 29	3:49.90	PAULINS, Sebastian	BACM	Windsor	5/25/2024
Canadian Master Records 18 - 24	3:56.04	BONOMO, Robert	TOMS	???	5/16/2014
Canadian Master Records 75 - 79	6:42.00	MACPHERSON, Linda	SAWM	Nanaimo	4/26/2013
Canadian Master Records 70 - 74	5:46.63	MERRITT, Cathy	SOM	Unionville	4/26/2025
Canadian Master Records 65 - 69	5:45.45	KOHLER-WINTER, Petra	MPC	Saskatoon	5/17/2025
Canadian Master Records 60 - 64	4:48.80	MARSHALL, Lynn	CARMA	Dollard-Des-Ormeaux	3/19/2022
Canadian Master Records 55 - 59	4:37.35	MARSHALL, Lynn	CARMA	???	1/23/2016
Canadian Master Records 50 - 54	4:34.81	MARSHALL, Lynn	CARMA	???	1/29/2011
Canadian Master Records 45 - 49	4:33.09	MARSHALL, Lynn	CARMA	???	4/29/2006
Canadian Master Records 40 - 44	4:26.19	BERTELINK, Cindy	EOMAC	Toronto	5/22/2016
Canadian Master Records 35 - 39	4:25.52	BERTELINK, Cindy	EOMAC	???	3/28/2013
Canadian Master Records 30 - 34	4:26.91	MARSHALL, Lynn	CARMA	???	1/1/1991
Canadian Master Records 25 - 29	4:25.94	MARSHALL, Lynn	CARMA	???	1/1/1990
Canadian Master Records 18 - 24	4:36.90	BERGMAN, Tuesday Astrid	VICM	Nanaimo	4/26/2025
Quebec Provincial Master Records 75 - 79	6:17.36	CHASE, Leonard	MPC	Cote St-Luc	4/15/2023
Quebec Provincial Master Records 70 - 74	6:08.24	RANSOM, Ken	MPC	Montreal	4/16/2016
Quebec Provincial Master Records 65 - 69	4:56.62	GRABS, Detlev	MEGO	Drummondville	4/26/2025
Quebec Provincial Master Records 60 - 64	4:48.81	JACOBS, Calvin	CACM	Cote St-Luc	4/15/2023
Quebec Provincial Master Records 55 - 59	4:29.69	GIROUX, Martin	MPC	Unionville	4/26/2025
Quebec Provincial Master Records 50 - 54	4:25.78	GIROUX, Martin	MPC	Quebec	5/21/2022
Quebec Provincial Master Records 45 - 49	4:23.13	POISSON, Mathieu	GAMIN	Montreal	5/17/2015
Quebec Provincial Master Records 40 - 44	4:17.88	DESCHÊNES, Gilles	CMDG	Montreal	4/23/2006
Quebec Provincial Master Records 35 - 39	4:12.75	DUPLESSIS, Gilbert	LAVAL	Montreal	5/17/2015
Quebec Provincial Master Records 30 - 34	4:12.91	GAUVIN, Chrystian	STE	Toronto	5/22/2005
Quebec Provincial Master Records 25 - 29	4:02.71	CLÉMENT, Benoit	MUMS	???	1/1/1989
Quebec Provincial Master Records 18 - 24	4:17.61	JENSEN, Daniel	MPC	Gatineau	4/13/2012
Quebec Provincial Master Records 75 - 79	6:56.79	SÉVIGNY, Madeleine	CNMT	Dollard-Des-Ormeaux	3/16/2019
Quebec Provincial Master Records 70 - 74	7:13.81	DILLINGER, Erda	MPC	Lasalle	2/19/2012
Quebec Provincial Master Records 65 - 69	5:45.45	KOHLER-WINTER, Petra	MPC	Saskatoon	5/17/2025
Quebec Provincial Master Records 60 - 64	4:56.87	LOWENSTEYN, Ilka	CSLA	Drummondville	4/26/2025
Quebec Provincial Master Records 55 - 59	4:51.62	LOWENSTEYN, Ilka	CSLA	Windsor	5/25/2024
Quebec Provincial Master Records 50 - 54	4:48.99	LOWENSTEYN, Ilka	CSLA	Pointe-Claire	1/24/2015
Quebec Provincial Master Records 45 - 49	4:46.19	LOWENSTEYN, Ilka	CSLA	Quebec	4/13/2014
Quebec Provincial Master Records 40 - 44	4:43.26	D'AMBOISE, Marie-Eve	STL	Montreal	5/25/2019
Quebec Provincial Master Records 35 - 39	4:26.18	HEVEY, Sarah-Lee	CSLA	Drummondville	1/27/2024
Quebec Provincial Master Records 30 - 34	4:41.42	CHARRON, Christine	CMDG	Toronto	5/15/2009
Quebec Provincial Master Records 25 - 29	4:29.39	MCCLEMONT, Laura	MUMS	Montreal	5/21/2011
Quebec Provincial Master Records 18 - 24	4:44.30	CHEN, Sophia	MUMS	Pointe-Claire	4/20/2024

Points: AQUA Master 2025

Rank	Age	Time	Pts
35 - 39 years, Men			
1. DESROSIERS_S14SB14SM14, Vinc	38 RED	6:54.68	188
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m: 6:54.68