

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

Event 16 Men, 400m Freestyle 18 - 79 years
1/31/2026 Results

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
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

Points: AQUA Master 2025

Rank	Age										Time	Pts
35 - 39 years												
1.	DROLET, Mathieu				35	BLUE				6:18.43	248	
	50m:	35.55	35.55	150m:	2:08.55	48.81	250m:	3:48.10	49.46	350m:	5:25.30	47.73
	100m:	1:19.74	44.19	200m:	2:58.64	50.09	300m:	4:37.57	49.47	400m:	6:18.43	53.13

45 - 49 years					
1. JAMIESON, Bryan	48	MACC	4:39.98	654	
50m: 29.81	29.81	150m: 1:39.80	35.56	250m: 2:52.84	36.91
100m: 1:04.24	34.43	200m: 2:15.93	36.13	300m: 3:29.37	36.53
				400m: 4:39.98	34.00