

HISTORY OF WOMEN WEIGHTLIFTING

IN CANADA

Revised May 8, 2011.

The author does not pretend to have written everything about the history of women weightlifting in Canada since Canadian Weightlifting has only one weightlifting magazine to refer to and it is from the Province of Québec "Coup d'oeil sur l'Haltérophilie", it is understandable that most of the articles are about the Quebecers. The researcher is ready to make any modification to this document when it is supported by facts of historical value to Canadian Weightlifting.

(Ce document est aussi disponible en langue française auprès de son auteur)

Canada has a population of about thirty two (32) millions which is spread into ten (10) Provinces and three (3) territories. They all are within five main regions, the Atlantic region, Central Canada, the Prairies, the West Coast and the North. The culture and population are different in each region. Canada is over 7,000 km from East to West. French is the mother tongue of about 6.6 million Canadians. Most French speaking people live in the Province of Québec.

Map of Canada



The first two women known to have participated in a judged competition in weightlifting, held at the arena of Baie Comeau, Quebec, about 1952, are Gemma Dorion of Baie Comeau, Quebec and the strong woman Géraldine Baillargeon of Quebec. The latter was a member of the famous Baillargeon family known as being the strongest family in the world. With a fairly impressive stature for a girl in those years, Géraldine at the age of 17 years old was 5 feet 8 inches tall and weighed 170 lb (77 kg). She set several records of

the time: 175 lb (79.4 kg) clean and jerk and a military press of 125 lb (56.7 kg). When the Baillargeon family participated in tours the six brothers, often accompanied by Géraldine, all performed different feats which gave more variety to their show. Géraldine performed dead lifts of more than 400 lb (181.5 kg) and held at the end of her arms, above the head, 300 lb (136 kg) placed by assistants.

Gemma Dorion was a precursor for the weak sex. She drove beer trucks in Baie Comeau which was very unusual at this time. She was the sister of a local personality well known in weightlifting, Raymond Dorion, a prosperous businessman and former weightlifter himself.



Géraldine Baillargeon

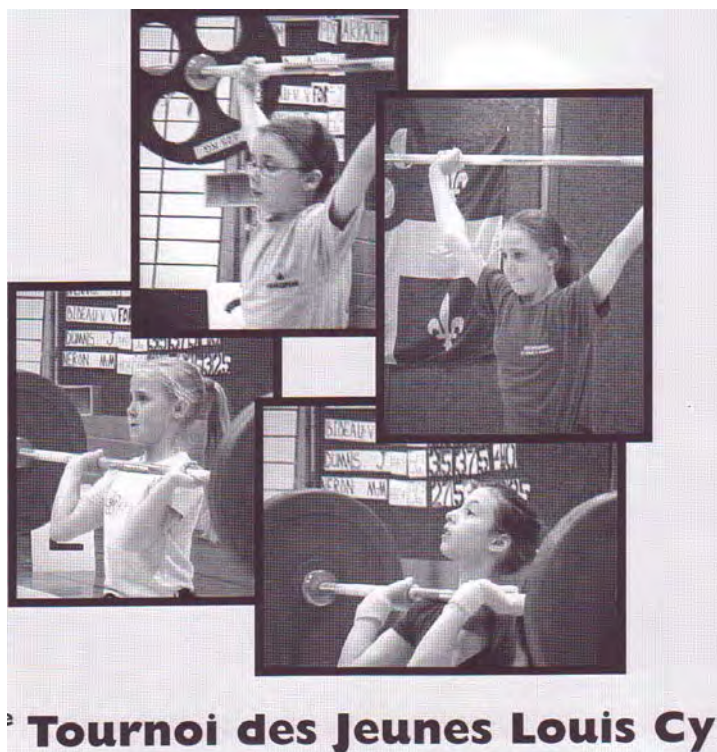
It is around the 1950's that Canadians began to encounter women with interest in training for weightlifting competition. Slowly women began joining weightlifting clubs everywhere in Canada. Like for men's weightlifting where Quebecers form between two third (2/3) to three quarters ($\frac{3}{4}$) of international team, women weightlifting began in the Province of Quebec.

In Alberta, Anita Kugelstadt was the first ever female competitor in 1974 , Sara Hockett in 1979 was the first to spend any length of time in the sport. She was soon followed by Carla Johnson and then many more in the years to follow.

Canada has had a National Training Center located in Montréal, Québec, and a National Coach, Andrzej Kulesza, for a few years only in the 1980's but as far as the women are concerned, there has never been a Provincial or National Training Center for them in Canada. Historically speaking the Province of Québec has always been able to produce and replace its many good weightlifting coaches as needed. Provincial coaching clinics, continuing education on coaching through "Coup d'Oeil sur l'Haltérophilie" magazine and

assistant coaches are the tools used. At a few exceptions, all of them are male coaches. In Canada, no female coach has been able yet to make it as a coach, to the International scene.

In the Province of Québec there are some sport events which are the base of the weightlifting level achieved over the years. The first one is a provincial championship for the youngsters, aged of fifteen (15) years old and under. It is called “Jeunes Louis Cyr” tournament. This tournament is held annually, usually in Montreal, in the month of April. It takes place over two platforms at the same time. It is held since 1967. It gathers between 100 to 130 lifters who must first qualify themselves regionally to participate. It is a bit different from other weightlifting tournaments, here not only the total counts but also the style, agility, speed, etc.



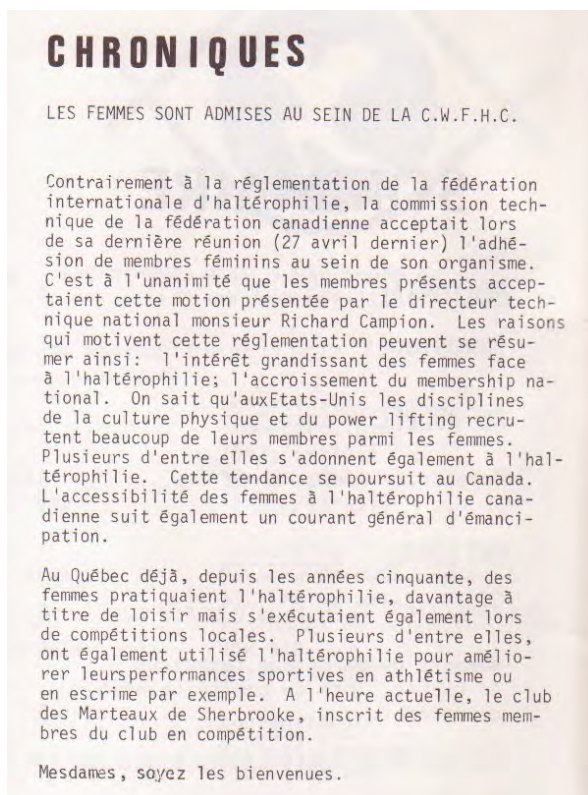
The second most liked tournament is held every second year in the month of March. It is the “Québec Winter Games” a multi sports two weeks event, held in different cities every time. The number of contestants is limited and they must first pass through a regional qualification. If a given city wishes to hold the Québec Games in a given year, twelve (12) sports out of sixteen (16) are obligatory. The sport of weightlifting is one of the obligatory sports.

The third one most important to attract young people to weightlifting is the Annual School Championships which gathers also in the area of one hundred (100) participants between the ages of fourteen (14) and eighteen (18) years old. The athletes represent

their school and not their club. So a school ranking takes place after the one day long weightlifting tournament.

Weightlifting clubs, for both sexes, are spread a little bit everywhere in the Province of Québec. It is in the greater Montreal area that there is a strong athletic competition between the clubs and the athletes. The regions often produce good and very good athletes who eventually come to the big city to complete their education. The coaches of the clubs are, most of the time, volunteers who had a background in weightlifting or in physical education. Only one (1) club pays directly a salary to his coach the other clubs, at times, receive subsidies from the Provincial and Federal Governments when their athletes are amongst the best one around. Only one (1) club is part of the Government school system, the school *La Magdeleine* in La Prairie, Québec, a suburb of Montréal. From that club many young female weightlifters have emerged every year. As far as the other clubs, they are usually located in schools or municipal buildings but are used for weightlifting outside of the regular school hours.

Revue Coup d'Oeil - avril 1981



At times over the years, young girls entered local meets here and there. They were competing in the actual male categories and against males, most of the time.

It is on April 27, 1981, that the Technical Commission of the Canadian Weightlifting Federation accepted female members unanimously. This was due to the growing interest of women towards weightlifting and the possibility to enlarge its membership.

This tendency of having access at Canadian weightlifting followed a general current of emancipation. In the Province of Quebec it began in the 1950s but, women practiced weightlifting more as leisure and at times they entered local meets. Many of them also practiced weightlifting to improve their athletic performances in track and field and fencing as example. In 1981 the club "Les Marteaux de Sherbrooke" inscribed women as members of the club in competition. At the Regional Final for the Québec Games, three (3) girls were amongst the four (4) contestants in the 60 kg category. The male athlete won but the female gender was now making its official entry into Québec and Canadian weightlifting. The female contestants were: Céline Turgeon; Monique Lebrun and Lucie Desjarlais.

Then it goes to March 1982 where we have again one (1) female contestant in the 60 kg category – it was the same Lucie Desjarlais of the club Les Marteaux of Estrie region of Québec.

On February 14, 1982 it is the first official recorded competition of the future local feminine star athlete Marcelle Leclerc of Montreal. It took place at Huntington, Québec, at the Regional Final of the Québec Games for the South West region of Province of Québec. She was competing in the 52 kg category, accompanied by another feminine athlete, Denise Leblanc. In this competition Marcelle Leclerc made a snatch of 25kg, clean and jerk of 30 kg for a total of 55 kg and a second place at the bodyweight of 50.6 kg. They were the only two feminine athletes of the competition.

Over the years it is worth mentioning that a family, a very special family in the Province of Québec, has produced about twenty five (25) very good and strong weightlifters of both sexes. And we are still counting. They are the Marineau family, leaving near Montréal, in the country near Lachute, Québec. Most of their athletes were men but they also produced very good feminine lifters in the years 2000.

Eventually Marcelle Leclerc, mentioned earlier, was going to attain fame by being on the front covers of important magazines such as "Coup d'Oeil sur l'haltérophilie" and also "World Weightlifting" magazines.

The popularity and success of the sport of weightlifting in the Province of Québec in comparison with other Provinces/Territories is noticeable by the fact that at times the reader may notice that lifters from other provinces are temporarily shown as being Quebecers beside their names. This is because they come to live in the Province of Québec for a certain period of time, to study in Québec and/or to be part of the intensive competitive program in place in that province. The opposite never happens. Québec native weightlifters never or very seldom, leave their province in order to go train and compete in other Provinces/Territories.

In the 60 kg class. Here below, lifters 2, 3 and 4 are young girls.
Three girls in the 60 kg class.

COMPETITION: <u>Finale régionale, Jeux du Québec</u>							
LIEU: <u>Sherbrooke</u>		DATE: <u>03-02-82</u>					
CAT	NOM	CLUB	P.C.	ARR.	E./JETE	TOTAL	RG
32,5	Bruno Duquette	Marteaux	28,5	12,5	15,0	27,5	1
	Sylvie Vallière	" "	29,5	10,0	15,0	25,0	2
	Pascal Laramée	" "	30,4	7,5	17,5	25,0	3
40,0	Michel Duquette	" "	39,5	20,0	30,0	50,0	1
	Marc Fréchette	" "	34,2	20,0	25,0	45,0	2
	Steve Rivard	" "	36,2	15,0	25,0	40,0	3
45,0	S. Latulippe	" "	43,1	27,5	40,0	67,5	1
	J.-M. Bisson	" "	42,4	25,0	32,5	57,5	2
	Claude Narcisse	" "	43,0	25,0	30,0	55,0	3
52,0	Pierre Boucher	" "	46,7	25,0	32,5	57,5	1
56,0	Richard Brochu	" "	53,5	60,0	80,0	140,0	1
	Gérald Gosselin	" "	55,1	35,0	50,0	85,0	2
	Roland Lauzon	" "	55,5	30,0	40,0	70,0	3
60,0	Pierre Grandbois	" "	56,4	30,0	40,0	70,0	1
	Céline Turgeon	" "	59,6	30,0	40,0	70,0	2
	Monique Lebrun	" "	58,0	25,0	25,0	50,0	3
	Lucie Desjarlais	" "	59,0	45,0	-	-	-
67,5	Stéphane Vennes	M. Rouge	67,1	105,0	130,0	230,0	1
	Jacques Drasse	Marteaux	65,3	75,0	95,0	170,0	2
	Réjean Jolin	" "	64,4	60,0	90,0	150,0	3
	Joël Bernier	" "	64,9	50,0	80,0	140,0	4
	Jean Conan	" "	64,4	50,0	75,0	125,0	5
	Gilles Prince	" "	62,4	52,5	65,0	117,5	6
	Serge Lagacé	" "	67,1	47,5	65,0	112,5	7
75,0	Michel Lemay	" "	71,7	95,0	115,0	210,0	1
	Serge Labonté	" "	70,3	85,0	100,0	185,0	2
	Denis Chartier	" "	69,8	65,0	75,0	140,0	3
	Pierre Morin	" "	70,3	50,0	67,5	117,5	4
	Luc Audy	" "	71,7	47,5	70,0	117,5	5
82,5	Gilles Poirier	" "	82,5	135,0	165,0	305,0	1
	André Dionne	" "	81,4	105,0	140,0	245,0	2
	Mario Leclerc	" "	82,5	80,0	115,0	195,0	3
	Jean Dugré	" "	79,5	75,0	107,5	182,5	4
	M. St-Laurent	" "	80,3	70,0	100,0	170,0	5
	Sylvain Bilodeau	" "	81,6	72,5	92,5	165,0	6
	Jonathan Bureau	" "	82,5	70,0	90,0	160,0	7
	Bernard Charland	" "	78,5	65,0	85,0	150,0	8
	J.-L. Thériault	" "	81,9	65,0	80,0	145,0	9
90,0	Denis Dubreuil	M. Rouge	83,0	135,0	170,0	305,0	1
	Michel Morin	Marteaux	87,7	110,0	150,0	260,0	2
	J.-F. Belleau	" "	83,5	75,0	105,0	180,0	3
	Serge Fournier	" "	87,0	67,5	90,0	157,5	4
100,0	Alain Lemieux	T.-Rivières	92,0	132,5	182,5	315,0	1
	Réjean Gagnon	Marteaux	96,1	50,0	70,0	120,0	2
110,0	A. Brassard	" "	100,3	110,0	140,0	250,0	1
	Charles Dumont	" "	105,0	97,5	120,0	217,5	2
110,0	Pierre Vallières	" "	113,1	100,0	150,0	250,0	1

Officiels: Pierre Vallière, Nicole Blais, Mario Leblanc, Mario Jodoin, Lucie Desjarlais, Raymond Martin, Owen Duguay, Odette Simard

Over the years, a great number of Canadian weightlifters - male and female – have joined their lives together and formed young families. Amongst them, many were brilliant international Canadian weightlifters to name a few couples in life: Maryse Turcotte and Serge Tremblay; Karine Turcotte and Sébastien Groulx; Theresa Brick and Denis VanLaeken; Claude Caouette and France Brouillard; and many others.

COMPETITION: 2e match Ligue Provinciale Estrie/Centre du Québec
 LIEU: Sherbrooke Date: 22-11-81

CAT	NOM	REGION	P.C.	ARRACHE	EP./JETE	TOTAL	RANG
52,0	Bernard Tardif	C. du Québec	49,1	60,0	75,0	135,0	1
	Richard Brochu	Estrie	52,0	55,0	75,0	130,0	2
	Yves Nguyen	C. du Québec	42,3	45,0	60,0	105,0	3

56,0	Denis Brûlé	C. du Québec	54,6	70,0	90,0	160,0	1
	Sylvain Brûlé	C. du Québec	52,5	42,5	65,0	107,5	2
	Roland Lauzon	Estrie	53,0	25,0	35,0	60,0	3

60,0	Lucie Desjarlais	Estrie	58,7	40,0	50,0	90,0	1

67,5	Mario Vachon	C. du Québec	66,5	85,0	120,0	205,0	1
	Serge Labonté	Marteaux	67,5	72,5	85,0	157,5	2
	Eric Lapierre	C. du Québec	67,3	47,5	60,0	107,5	3

75,0	André Dionne	Marteaux	74,8	90,0	115,0	205,0	1
	Mario Desrochers	C. du Québec	68,2	85,0	110,0	195,0	2
	Stéphane Guardado	C. du Québec	74,1	50,0	80,0	130,0	3

82,5	Luc Boucher	C. du Québec	76,9	85,0	107,5	192,5	1

90,0	Mario Gadbois	C. du Québec	88,4	110,0	145,0	255,0	2
	Jean-Luc Thériault	Estrie	83,9	60,0	70,0	130,0	

100,0	Serge Fournier	Estrie	90,3	65,0	90,0	155,0	1

+ 110,0	Christian Royer	C. du Québec	118,2	80,0	85,0	165,0	1

Points:	Centre du Québec	94					
	Estrie	42					
Officiels: Marc Gaudet, Owen Duguay, Jean-Noël Turcotte, Gilles Poirier, Jonathan Bureau							

One girl is in the 60 kg. category

Magazine Coup d'Oeil sur l'haltérophilie - Mach 1982

COMPETITION: Finale rég. Jeux du Québec SQQLIEU: HuntingdonDATE: 14-02-82

Groupe 1

CAT	NOM	CLUB	P.C.	ARR.	E./JETE	TOTAL	RG
45,0	Benoit Legault	EPAP	44,6	45,0	60,0	105,0	1
		EPAP	44,9	45,0	60,0	105,0	2
52,0	Dino Massicoli	H.-H.	46,1	32,5	45,0	77,5	1
	Marcelle Leclerc	H.-H.	50,6	25,0	30,0	55,0	2
	Denise Leblanc	H.-H.	47,6	22,5	30,0	52,5	3
56,0	Joel Deniger	H.-H.	54,2	65,0	80,0	145,0	1
	Luc Laperrière	EPAP	54,9	55,0	70,0	125,0	2
60,0	Stéphane Bouchard	EPAP	58,7	70,0	85,0	155,0	1
	Richard Allen	EPAP	56,6	40,0	57,5	97,5	2
67,5	Marc Genest	EPAP	65,3	60,0	90,0	150,0	1
	Patrick Duquette	EPAP	61,4	60,0	77,5	137,5	2
	Gaëtan Crête	"	64,1	55,0	80,0	135,0	3
	J.-P. Brossoit	"	64,5	55,0	75,0	130,0	4
	Charles Legault	"	62,8	55,0	70,0	125,0	5
	Benoit Dandurand	"	64,8	50,0	70,0	120,0	6
	Gino Moniqui	"	61,3	50,0	70,0	120,0	7
	Andreas Gabriel	"	63,5	47,5	57,5	105,0	8
	Denis Lafrance	"	63,3	35,0	47,5	82,5	9
	Patrick Goneau	"	65,7	32,5	45,0	77,5	10
Groupe 2							
75,0	Jacques Renaud	"	71,7	100,0	115,0	215,0	1
82,5	Sylvain Dubois	"	78,6	95,0	115,0	210,0	1
90,0	Bryan Landry	"	87,5	85,0	115,0	200,0	1
110,0	Luc Lefebvre	"	105,8	105,0	130,0	235,0	1
67,5	Marc Viau	"	64,6	100,0	120,0	220,0	1
	Michel Viau INVITE			120,0	145,0	265,0	-
	Gabriel Leduc INVITE			132,5	162,5	295,0	-

Officiel: Sylvain St-Cyr, J.-A. Deniger, G. Renaut,
G. Decloître, R. Decloître, annonceur

Two girls in the 52 kg class. They are lifters 2 and 3

The letter below reads as follows:

***The United States Weightlifting Federation Inc.
Women's Committee
Judy Glenney, Chairman,
2341 East 18th
Framington, MN, 87401***

***Mr. Claude Ranger,
Fédération d'Haltérophilie du Québec
1415 est, Rue Jarry,
Montréal, Québec, H2E 277***

(sadly it is not dated)

Dear Mr. Ranger,

Thank you so much for the March issue of your magazine. I am glad to see your women getting involved in weightlifting. I'm sure they will find it as exciting as our women in the States have found it to be. Having your first National competition is always a big undertaking. We started with 29 competitors and now, 3 years later, we are anticipating almost 70. I know of several women who compete with our men in the western Provinces so the sport is not completely new. I can only say how fun it is to me as a competitor and how rewarding it is as an administrator to see the sport grow. I encourage you wholeheartedly.

I recently talked with Roger Nielson, who runs our Mid-America championships held in Chicago every year. I proposed an idea to both him and Pierre Roy about having some of your women come down for that meet and use it as a dual meet between us. It's held the first part of December. Recently the IWF approved international competitions for women, so I thought this would be a great way to start things off. If you could send a team, I think it could provide excitement and incentive for all those involved.

I'm very much interested to know how things are developing in your country. If I can be of any assistance, please let me know. Looking forward to hearing from you.

Sincerely,

Judy Glenney

Magazine Coup D'Oeil sur l'Haltérophilie - May 1984

L'haltérophilie au féminin



The United States Weightlifting Federation, Inc.

WOMEN'S COMMITTEE

Jude Glenn, Chair
2441 East 14
Farmington, NM 87401

Dr. Claude Berger
15000 15th Street, NE
1411 2nd St SW
Kent, WA 98105

Dear Dr. Berger,

Thank you so much for the March issue of your magazine. It's a pleasure to see your women getting involved in weightlifting. It's sure they'll find it as exciting as our women in the States. Any time it is so. Having your first National competition is always a big undertaking. We started with 20 competitors and now, 3 years later, we are anticipating almost 100. I know it's a hard word to compete with our women in the western hemisphere of the sport if not compete now. I see only one way to do it. It's to have a competition and how rewarding it is to be able to see the sport grow. I encourage you wholeheartedly!

I recently talked with Roger Sjostrom, who runs our Mid-America Championships held in Chicago every year. I proposed an idea to both him and Pierre Roy about having some of your women come down for that meet and use it as a fund raiser between us. It's held the first part of December, normally, the IWF approves international competition for women, so I thought this would be a great way to start things off. If you could send a team, I think it would provide excitement and incentive for all those involved.

I'm very much interested to see how things are developing in your country. If I see the need for any assistance, please let me know. Looking forward to hearing from you.

Sincerely,

Jude Glenn
Jude Glenn

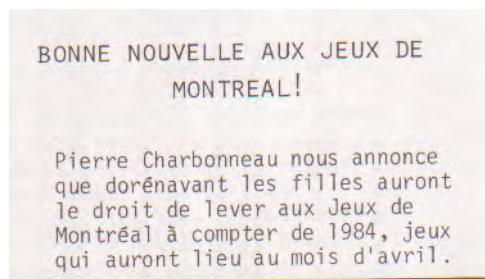


The National Governing Body for Weightlifting in the United States

Good news at the Montreal Games!

In August 1983, Pierre Charbonneau from Montreal, Québec, announced that in the future women will be allowed to compete in weightlifting at the Montreal Games, starting in 1984, the Games will take place in the month of April of each year.

Magazine Coup d'Oeil sur l'Haltérophilie - August 1983



Weightlifting the feminine way.

In the meantime, in October 1984, in British Columbia, Canada, some 3,000 km west of Montreal, the British Columbia Weightlifting Association had worked very hard to develop that sport among women. Steve James of Vancouver, BC, was asking that a competition, starting as early as in 1984, called Junior Canada Cup and including women be set up.

Magazine Coup d'Oeil sur l'Haltérophilie - October 1984



In March 1985, an important news as per Claude Ranger was the important participation of feminine weightlifters at the Provincial School championships which, for the first time were grouped in only one category using the Sinclair formula. Nine (9) girls took part at

that championship. The Québec Women Invitation Tournament which was in a way a Provincial Feminine championship, had attracted only three (3) participants in June 1984.

That tournament was rich in events. The High School La Magdeleine from LaPrairie, Québec, the only school in Canada where weightlifting is within its official academic programs, had regained its title of the best school in the Province. It is now the No.1 school in the Province of Québec in weightlifting. Also two new schools have joined the weightlifting program.

The first photo of a Québec feminine weightlifter published in the popular and well known magazine Coup d'Oeil sur l'Haltérophilie (her name unknown)

Magazine Coup d'oeil sur l'Haltérophilie - March 1985

Scolaire

L'ÉCOLE À BATTRE: LA MAGGELEINE
L'édition 84 du Tournoi scolaire aura été riche en événements. Tout d'abord, la polyvalente de La Magdeleine qui a reconquis son titre de meilleure école secondaire de la belle province et, en regardant les statistiques de plus près, est devenue la puissance numéro 1 en haltérophilie scolaire.

Tableau des cinq premières places					
	1980	81	82	83	84
La Magdeleine	2	3	1	2	1
Hyacinthe-Delorme	5	1	2	1	2
Benoit-Vachon					3
St-Exupéry					4
Arthur-Pigeon	1	2	4	3	5
St-Jérôme					4
Cité étudiante	4	5	5	5	
Polyno					5
Le Boisé	3	4	3		
St-Joseph					5
Antoine-Brossard	5	5			

Un autre «événement de poids» (une expression à Claude Ranger) fut une importante participation des athlètes féminins qui pour la première fois ont été regroupés dans une seule catégorie avec un départage des points à la formule Sinclair. Neuf (9) filles ont pris part au Scolaire alors que le Tournoi Invitation Féminin du Québec qui était en quelque sorte un championnat féminin du Québec n'avait regroupé que trois (3) participantes en juin 84.

Le dernier événement que j'ai retenu fut la présence de deux nouvelles écoles dans le cercle des cinq (5) premières: l'école Benoit-Vachon et la polyvalente St-Exupéry. Mais noblesse oblige, parlons tout d'abord des deuxièmes.

L'école Hyacinthe-Delorme est encore une puissance en haltérophilie scolaire et je pense que les gars de St-Hyacinthe vont redorer leur blason aux Jeux du Québec de Dolbeau.

En troisième place, une belle surprise avec l'école Benoit-Vachon. C'est rafraîchissant de voir une école de la Beauce monter sur le podium et de constater que ce beau coin de la province se développe.

Une autre belle surprise avec la quatrième place de la polyvalente Antoine-de-St-Exupéry de St-Léonard. Il s'agit de la première percée de la région Bourassa en haltérophilie scolaire.

La cinquième place a été occupée par la Polyvalente Arthur-Pigeon qui se maintient dans le peloton de tête depuis belle lurette. Ces vieux routiers ont remporté au moins trois fois le titre de champion au scolaire.

Pierre Charbonneau.

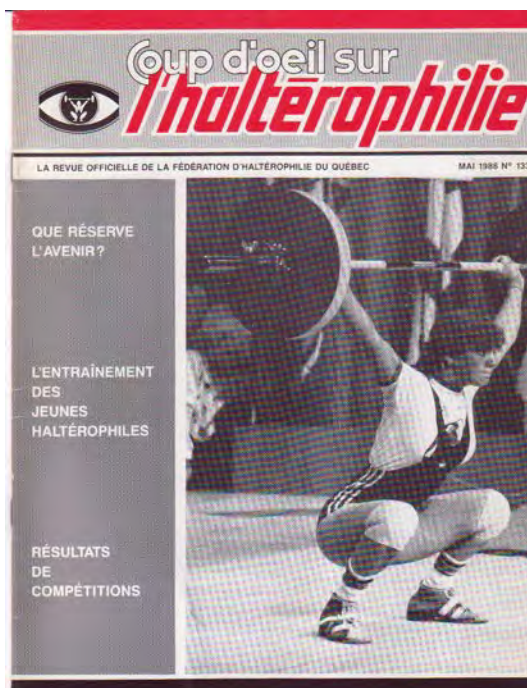


First picture of a Québec feminine weightlifter.

February 8, 1986, ten (10) young women are now part of the first Québec Provincial championships for women taking place at St-Michel de Napierville, Québec.

CHAMPIONNATS PROVINCIAUX FÉMININS SAINT-MICHEL DE NAPIERVILLE Le 8 février 1986										
NOMS	REG	E/J	ARR	TOT	52 kg					Arbitres
					Desjarlais L	EST	47,5	57,5	105,0	Yvon Berniqué, Claire Clermont, Lou Payer, Gabriel Decloitre, Yvon Chouinard
44 kg					56 kg					
Paradis R.	RIS	30,0	40,0	70,0	Leclerc M	MOC	57,5	70,0	127,5	
48 kg					Demers M-C	CDQ	30,0	32,5	62,5	
Ratelle M	RIS	50,0	57,5	107,5	67,5 kg					
Perrier S	RIS	42,5	55,0	97,5	Lemire N	LAN	40,0	55,0	95,0	
Mercier H	ABT	37,5	50,0	87,5	Daoust C	SUO	35,0	52,5	87,5	
Perras B	RIS	35,0	42,5	77,5						

May 1986 the Fédération d'Haltérophilie du Québec gave the front cover of its magazine to Marcelle Leclerc. At the first Québec Provincial Feminine championships amongst the participants were Manon Ratelle and Marcelle Leclerc.



March 1984, the stress is coming from certain clubs to develop more feminine weightlifters. They want the women to be able to compete at the Québec Games. The answer by the Federation is that clubs must first enrol women in the sport of weightlifting before classes or groups are created and available in official tournaments. The Québec Weightlifting Federation is already aware of the arrival of women and the practice of weightlifting by female athletes. Divisions will be created as women practice that sport

but, we must not act too fast now, women are not ready yet to enter tournaments in mass. It would not be fair to them also to exert pressure.

les gens de la région du Lac St-Jean.

Pour ce qui est de la participation des femmes à cette compétition, la Fédération d'haltérophilie du Québec a été critiquée; mais quand on sait d'où vient les critiques, et de fait elle viennent toujours de la même personne, soit celle du club Gros Bill, on peut se rendre compte que ces critiques sont plus ou moins fondées et qu'elles visent avant tout à privilégier un club et une région au détriment du sport lui-même. Il semble bien que Manon Ratelle ait pris les bonnes habitudes de son entraîneur et qu'elle exploite son talent critique pour dénoncer une situation de faits où la Fédération ne peut agir en autant que ses membres, ses associations, ses clubs, ses entraîneurs le veulent bien. La situation des femmes en haltérophilie est toute neuve et l'haltérophilie au Québec s'est construite à partir de maints efforts de la part de ses membres et les femmes devront faire les mêmes efforts pour parvenir aux mêmes avantages que les haltérophiles masculins ont pu décrocher. La Fédération d'haltérophilie du Québec a sanctionné l'année dernière un championnat sénior féminin; à compter de 86, on organisera un championnat féminin annuellement.

Que faisait Manon Ratelle à cette compétition alors qu'elle n'était inscrite à aucun sport et n'agissait pas non plus à titre d'accompagnante. Au moins une dizaine de sports amateurs sont sur les rangs pour être intégrés aux Jeux du Québec; parmi les sports déjà inscrits aux Jeux, plusieurs d'entre eux voudraient inscrire de nouvelles catégories soit féminines, soit masculines, ou inscrire d'autres groupes d'âge, ou augmenter les contingents actuels. Lorsque la Fédération d'haltérophilie du Québec sanctionne un événement avec un partenaire tel les Jeux du Québec, les contraintes sont d'autant plus grandes. Que serait l'hal-

térophilie au féminin aux Jeux du Québec s'il n'y avait que quelques régions de représentées? Il y a un règlement aux Jeux qui commande qu'il y ait des participants dans au moins onze (11) régions différentes. Est-ce le cas pour les haltérophiles féminins au Québec?

La Fédération est déjà sensibilisée à l'entrée des femmes et la pratique féminine du sport de l'haltérophilie. Des divisions seront créées au fur et à mesure que les femmes pratiqueront ce sport mais il ne faut surtout pas placer la charue devant les bœufs; ce ne serait sûrement pas aider la promotion des femmes dans le sport. Oui, vraiment ce n'est que ces quelques personnes qui ont pu jeter une ombre à ce beau voyage au Lac St-Jean.

Claude Ranger.

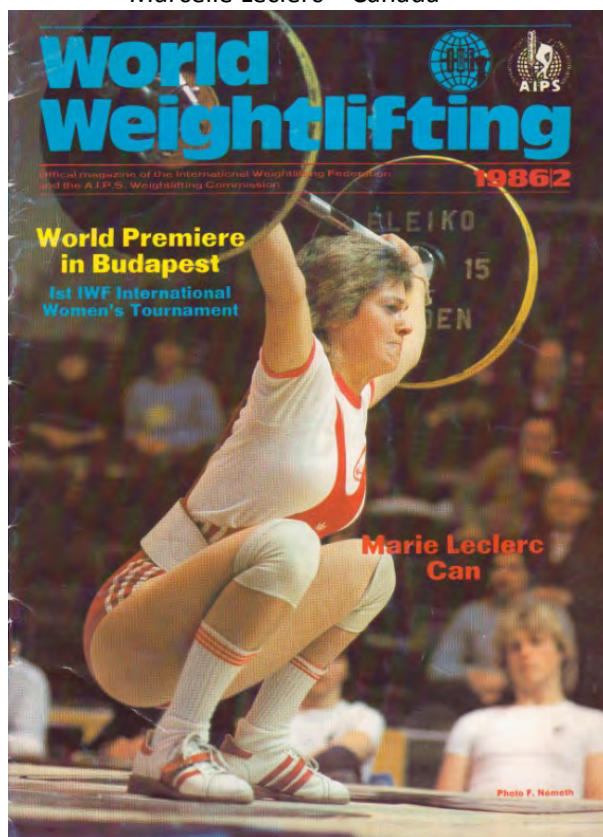
First presence of Canadian women on International scene

PANNONIA CUP PREMIÈRE RENCONTRE INTERNATIONALE FÉMININE HONGRIE Les 22 et 23 mars 1986

NOM	PAYS	E/J	ARR	TOT	56,0 kg	75,0 kg
					LECLERC M CAN 57,5 70,0 127,5	Triff A A HUN 65,0 75,0 140,0
					Holmes L GBR 37,5 47,5 85,0	Bonner C GBR 45,0 50,0 95,0
<u>44,0 kg</u>					<u>60 kg</u>	<u>82,5 kg</u>
Xia W CHN 55,0 70,0 125,0				Colley C USA 70,0 85,0 155,0	Tobias V HUN 67,5 80,0 147,5	
Jung E HUN 45,0 62,5 107,5				Shepatin G USA 65,0 80,0 145,0	Riddle T GBR 50,0 67,5 117,5	
Huques M GBR 35,0 42,5 77,5				Bower J-A GBR 37,5 47,5 85,0	Back M HUN 50,0 65,0 115,0	
<u>48,0 kg</u>					<u>67,5 kg</u>	<u>82,5 kg</u>
Juan S C CHN 62,5 75,0 137,5				Kovach A USA 75,0 90,0 165,0	Elekes T HUN 77,5 100,0 177,5	
Olive M GBR 45,0 57,5 102,5				Spencer K GBR 60,5 70,0 130,0	Varga G HUN 67,5 82,5 150,0	
<u>52,0 kg</u>					Coleman M GBR 47,5 70,0 117,5	Szelingerne HUN 60,0 70,0 130,0
Denham D GBR 50,0 65,0 115,0						
RATELLE MANON CAN 50,0 57,5 107,5						

March 22 and 23, 1986, the first women to represent Canada on the International scene in weightlifting were Manon Ratelle (52 kg) and Marcelle Leclerc (56 kg) from Montreal, Québec. It was also the first (1st) international feminine meet – The Pannonia Cup – in Hungary. Manon finished second with a total of 107.5 kg while Marcelle was crowned first (1st) with a total of 127.5 kg.

Marcelle Leclerc – Canada



August 1986, now the rankings of performances, by women, are done using the Sinclair formula at the actual bodyweight of the athlete. They were competing at the same time as the male athletes, also in male categories and their results were shown on the listings as one more competitor amongst the others. But at the bottom of the result sheets they were isolated as feminine lifters and listed as per the Sinclair formula. Here we see the first three women under the “Sinclair rating”.

Remember that originally the Sinclair formula is valid only for male weightlifters since it is always based on the international performances of the many top male athletes in their best performances over a long period of time. At the time there were no data gathered for the feminine weightlifting. So no valid Sinclair Formula existed for them. They used only what was available to them – the male Sinclair Formula.

Magazine Coup d'Oeil sur l'Haltérophilie- December 1986

Statistiques

GREEN MOUNTAIN OPEN HIGHGATE CENTRE (VERMONT, USA) Le 31 août 1986 Organisateur: Joe Caron

NOM	REG	ARR	E/J	TOT
52 kg				
Roblain X	QUE	72,5	85,0	157,5
Barrette F	QUE	60,0	77,5	137,5
Dulude D	QUE	60,0	72,5	132,5
Leclerc M	QUE	57,5	70,0	127,5
Ratelle M	QUE	45,0	52,5	97,5
Perrier S	QUE	42,5	52,5	95,0
56 kg				
Chan Chon H	QUE	72,5	95,0	167,5
Groulx P	QUE	60,0	85,0	145,0
Lemaire A	QUE	55,0	72,5	127,5
60 kg				
Desmarais G	QUE	105,0	130,0	235,0
Levrault J-F	QUE	60,0	87,5	147,5
Hennequin M	QUE	50,0	72,5	122,5
Paulhus J	CON	47,5	57,5	105,0
67,5 kg				
Loyer M	QUE	102,5	125,0	227,5
Alvarado S	CON	95,0	125,0	220,0
Bilodeau S	QUE	95,0	122,5	217,5
Mansur M	VER	87,5	115,0	202,5
Chevrier E	QUE	90,0	112,5	202,5
Duchesne R	QUE	87,5	105,0	192,5
Ramires P	QUE	70,0	95,0	165,0
Carleton P	VER	65,0	87,5	152,5
Avery J	CON	52,5	70,0	122,5
75 kg				
Bilodeau A	QUE	122,5	147,5	270,0
Perron M	QUE	85,0	120,0	205,0
Smith J	QUE	82,5	107,5	190,0
Pursley D	KEN	80,0	107,5	187,5
Holden T	CON	82,5	100,0	182,5
Hussey P	CON	80,0	97,5	177,5
Zuffellato R	QUE	75,0	90,0	165,0
Halloran T	QUE	67,5	90,0	157,5
Polakowski C	VER	60,0	95,0	155,0
Drainville B	QUE	70,0	80,0	150,0
Bruzzi D	R-I	107,5	0	0



Marcelle Leclerc

photo: Denis Garon

NOM	PROV	ARR	E/J	TOTAL
82,5 kg				
Aubé P	QUE	112,5	150,0	262,5
Antignani J	CON	107,5	150,0	257,5
Viau M	QUE	105,0	130,0	235,0
Haley B	N-J	95,0	125,0	220,0
Matton P	QUE	92,5	120,0	212,5
Labonté S	QUE	95,0	115,0	210,0
Capozze L	USA	75,0	100,0	175,0
Groeger M	CON	72,5	90,0	162,5
Fiset S	QUE	70,0	0	0
90 kg				
Leduc G	QUE	145,0	170,0	315,0
Charette P	QUE	107,5	137,5	245,0
Chevrier E	QUE	77,5	102,5	180,0
100 kg				
Garon D	QUE	145,0	205,0	350,0
Dorn B	USA	120,0	157,5	277,5
Solomon M	BUF	100,0	125,0	225,0
Fournier S	QUE	100,0	120,0	220,0
110 kg				
Lefebvre L	QUE	120,0	160,0	280,0
Wallin C	USA	110,0	130,0	240,0
Cardine C	N-H	0	0	0

Classement Sinclair

Filles

Leclerc M	221.9775
Ratelle M	169.7475
Perrier S	165.395

Hommes seniors

Garon D	361.69
Desmarais G	345.71
Leduc G	339.129

Hommes juniors

Bilodeau A	324.567
Loyer M	298.0933
Aubé P	296.0738

Officiels

Y.Chouinard, J.-A Deniger, D.Pursley,
R.Decloître, G.Decloître, D. Reno's,
C Polakowski, F.Groeger, F. Gangarz,
D. Larochelle.

NATIONAL SCHOOLBOY CHAMPIONSHIPS QUEENSLAND, AUSTRALIE Les 30 et 31 août 1986

NOM	NAIS	ARR	E/J	TOTAL
44 kg				
Mortimore J	72	52,5	72,5	125,0
Steere G	70	52,5	60,0	112,5
Faulkner B	73	40,0	52,5	92,5
48 kg				
Nhim T	70	60,0	80,0	140,0
Porra M	69	57,5	72,5	130,0
Banjanovic K	71	55,0	70,0	125,0

Now they are using the Sinclair formula to rank the girls.

Ottawa, Ontario, March 7, 1987. The first thirteen (13) feminine weightlifters from the Province of Ontario, only 225 km from Montreal, Québec. Julie Hunter establishes a Canadian Feminine record in the 60 kg category with a 71 kg clean and jerk. The meet organizer was the former international weightlifter and television commentator, Aldo Roy.

CHAMPIONNAT SENIOR DE L'ONTARIO				
RÉSULTATS DE COMPÉTITION				
CHAMPIONNAT SENIOR D'ONTARIO				
OTTAWA - 7 MARS 1987				
FILLES				
NOM	POIDS	ARR	E-J	TOT
<u>48 KG</u>				
L. Brown	47.6	25.0	30.0	65.0
<u>52 KG</u>				
M. Lévesque	49.5	32.5	37.5	70.0
<u>56 KG</u>				
V. Drydak	54.5	45.0	55.0	100.0
J. Simonsen	55.4	45.0	55.0	100.0
C. Hagerman	54.8	32.5	45.0	77.5
<u>60 KG</u>				
J. Hunter	57.4	50.0	71.0*	117.5
<u>67.5 KG</u>				
B.J. Santavy	62.9	50.0	65.0	115.0
J. Bills	67.5	42.5	72.5*	115.0
M. M. Ward	64.7	45.0	62.5	107.5
L. Ryan	64.3	37.5	47.5	85.0
<u>75 KG</u>				
S. Ryan	67.6	40.0	50.0	90.0
C. Bannon	68.4	20.0	30.0	50.0
<u>+ 82.5 KG</u>				
J. L'heureux	98.1	35.0	45.0	80.0
* Records féminins d'Ontario				

CHAMPIONNAT SENIOR D'ONTARIO

Deux athlètes d'élite ont compétitionné aux derniers Championnats sénior d'Ontario qui se sont tenu à Ottawa le 7 mars dernier.

Gilles Desmarais (67,5kg 112,5kg 140kg), du Club d'Haltérophilie de Montréal, ainsi que Louis Payer (75kg, 135kg, 165kg) ont bien fait lors de cette compétition.

À souligner qu'il y avait 13 filles qui ont participé et Mme Julie Hunter a battu un record canadien chez les 60kg avec 71kg à l'épaule-jeté. Les filles du Québec auront peut-être de la compétition l'an prochain aux 2^e Championnats canadiens?

L'organisateur de la compétition était M. Aldo Roy.

February 14, 1987, at Winnipeg, Province of Manitoba, the first (1st) female weightlifters entered the feminine competition Festival des Voyageurs. Six (6) women competed. Winnipeg, Manitoba, is located at about 1,500 km west of Province of Québec.

FESTIVAL DES VOYAGEURS - WINNIPEG

FESTIVAL DES VOYAGEURS - WINNIPEG

14 FÉVRIER 1987

Femmes

<u>44 KG</u>			
R. Elfenbeir	25.0	30.0	55.0
<u>56 KG</u>			
C. Chilton	40.0	55.0	90.0
<u>67.5 KG</u>			
T. Brick	62.5*	77.5	140.0
4 ^e essai, 85.0 (Epaulé-jeté)			
B. Singbeil	62.5*	80.0*	142.5*
<u>82.5 KG</u>			
M. Torcalaci	70.0*	90.0	160.0*
4 ^e essai, 92.5 (Epaulé-jeté)			
S. Dandenault	57.5	77.5	135.0
* Record Canadien			

Now feminine weightlifting is also beginning in Manitoba in 1987. Its best athletes come from athletics. Theresa Brick came from discus and hammer throwing and Brice Singbell came from shot put. Those two very good provincial athletes also competed in track and field internationally for Canada. Manitoba Province has a Provincial Sport Center for all amateur sports. Weightlifting and Track and Field athletes train close to each other on location.

Women World Championships 1987

The first Women World Championships took place October 30 to November 1, 1987, at Daytona Beach, USA. They applied the same measure as for the men, it was decided that in 1988 there was not going to be a Women Championships, an Olympic year. Next Women Championships will take place in 1989.

Magazine Coup d'Oeil sur l'Haltérophilie - May 1987

CHAMPIONNAT DU MONDE POUR FEMMES

Les premiers championnats du Monde pour femmes auront lieu du 30 octobre au 1^{er} novembre prochains à Daytona Beach aux États-Unis. Comme pour les hommes, il a été décidé qu'il n'y aurait pas de championnats pour femmes en 1988, année Olympique. Les prochains championnats auront lieu en 1989.

May 1987, the first published Women Canadian record list in the magazine Coup d’Oeil sur l’Haltérophilie.

Magazine Coup d’œil sur l’Haltérophilie - May 1987


RECORD CANADIEN FÉMININ					
44	ARR	C. TURPIN	QUÉ	40.0	870207
	E-J	C. TURPIN	QUÉ	50.0	870207
	TOT	C. TURPIN	QUÉ	87.5	870207
48	ARR	M. RATELLE	QUÉ	50.0	850330
	E-J	M. RATELLE	QUÉ	60.0	850126
	TOT	M. RATELLE	QUÉ	107.5	850330
52	ARR	M. LECLERC	QUÉ	57.5	860831
	E-J	M. GARLISI	CBR	70.5	270207
	TOT	M. LECLERC	QUÉ	127.5	860831
56	ARR	M. LECLERC	QUÉ	60.0	860917
	E-J	M. LECLERC	QUÉ	77.5	860917
	TOT	M. LECLERC	QUÉ	137.5	860917
60	ARR	S. SPENCER	CBR	57.5	8602XX
	E-J	S. SPENCER	CBR	70.5	86XXXX
	TOT	S. SPENCER	CBR	127.5	8602XX
67.5	ARR	T. BRICK	MAN	62.5	870214
	E-J	T. BRICK	MAN	85.0	870214
	TOT	T. BRICK	MAN	140.0	861206
75	ARR	B. SINGBEIL	MAN	62.5	870214
	E-J	B. SINGBEIL	MAN	80.0	870214
	TOT	B. SINGBEIL	MAN	142.5	870214
82.5	ARR	M. TORCOLACCI	MAN	70.0	870214
	E-J	M. TORCOLACCI	MAN	92.5	870214
	TOT	M. TORCOLACCI	MAN	160.0	870214
+82.5	ARR	V. WOLSKI	ALB	55.0	870124
	E-J	V. WOLSKI	ALB	75.0	870124
	TOT	V. WOLSKI	ALB	120.0	870124

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Montréal (Québec)
H2P 2V6


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Julie Hunter cat. 60 kg Ottawa
Photo: Denis Garon



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First (1st) Canadian Women Record listing; Julie Hunter in action.

May 1988, at the Senior Canadian championships, a ranking is used to classify the best Feminine weightlifters using the Sinclair formula available at the time. (under "Filles" hereunder)

<u>CHAMPIONNAT CANADIENS 1988</u>				
<u>ST-HYACINTHE - 21-22 MAI 1988</u>				
<u>NOM</u>	<u>PROV</u>	<u>ARR</u>	<u>E-J</u>	<u>TOTAL</u>
<u>52 kg</u>				
Q. Nguyen	MAN	77.5	100.0	177.5
D. Thai Vu	QUE	70.0	92.5	162.5
S. Pommeroy	T-N	70.0	90.0	160.0
C. Hon Chan	QUE	70.0	87.5	157.5
D. Daoust	QUE	62.5	90.0	152.5
<u>56 kg</u>				
B. Garret	ALB	100.0	115.0	215.0
X. Roblain	QUE	82.5	112.5	195.0
B. Ménard	QUE	87.5	105.0	192.5
S. Tremblay	QUE	85.0	105.0	190.0
M. Poirier	QUE	75.0	105.0	180.0
C. Romans	MAN	75.0	102.5	177.5
E. Gagné	QUE	80.0	90.0	170.0
R. Lockwood	ALB	75.0	90.0	165.0
<u>60 kg</u>				
H. Bhabra	C-B	102.5	115.0	217.5
Y. Jubinville	QUE	92.5	110.0	202.5
C. Caouette	QUE	87.5	107.5	195.0
S. Dubuc	QUE	87.5	107.5	195.0
G. Bridges	MAN	0	120.0	0
M. Olivier	ONT	110.0	0	0
<u>67.5 kg</u>				
L. Côté	QUE	135.0	157.5	292.5
S. Rajotte	QUE	125.0	150.0	275.0
C. Dallaire	QUE	115.0	150.0	265.0
C. Suda	C-B	110.0	135.0	245.0
D. Desgranges	QUE	105.0	0	0
M. Viau	QUE	125.0	0	0
L. Chagnon	QUE	115.0	0	0

<u>Statistiques</u>				
<u>75 kg</u>				
J. Demers	QUE	135.0	177.5	312.5
L. Payer	QUE	135.0	162.5	297.5
S. Leblanc	QUE	135.0	155.0	290.0
G. Salvas	QUE	125.0	157.5	282.5
J. Garden	N-E	117.5	145.0	262.5
M. Bouchard	QUE	115.0	145.0	260.0
T. Stefanowski	SAS	115.0	0	0
T. Durand	YUK	0	152.5	0
<u>82.5 kg</u>				
G. Dodds	ONT	140.0	172.5	312.5
A. Bilodeau	QUE	142.5	167.5	310.0
G. Poirier	QUE	135.0	167.5	302.5
V. Leaken	MAN	130.0	170.0	300.0
Ys Darsigny	QUE	135.0	165.0	300.0
P. Aubé	QUE	132.5	162.5	295.0
B. Grayfer	ALB	117.5	150.0	267.5
<u>90 kg</u>				
G. Greavette	C-B	155.0	195.0	350.0
P. Gill	C-B	150.0	185.0	335.0
Yn Darsigny	QUE	145.0	185.0	330.0
K. Roy	ONT	152.5	177.5	330.0
C. Gardner	ONT	127.5	160.0	287.5
R. Fatorik	MAN	137.5	0	0
<u>100 kg</u>				
D. Garon	QUE	150.0	210.0	360.0
A. Vanzella	ALB	142.5	180.0	322.5
<u>110 kg</u>				
M. Lidder	C-B	145.0	170.0	315.0
<u>+110 kg</u>				
T. Payne	MAN	140.0	180.0	320.0
J.-F. Lamer	QUE	140.0	160.0	300.0
<u>FILLES</u>				
<u>N.B.: Les filles ont été classées par la Formule Sinclair.</u>				
C. Turpin	QUE	47.5	57.5	105.0
T. Brick	MAN	77.5	95.0	172.5
N. Niro	QUE	67.5	85.0	152.5
M. Leclerc	QUE	60.0	75.0	135.0
B-J. Santavy	ONT	62.5	80.0	142.5
B. Singbeil	MAN	75.0	95.0	170.0
K. Barré	QUE	40.0	52.5	92.5
J. Hunter	ONT	55.0	70.0	125.0
V. Drydak	ONT	55.0	62.5	117.5
C. Tascona	MAN	35.0	47.5	82.5
V. Plante	QUE	40.0	50.0	90.0
L. Bonhomme	QUE	50.0	57.5	107.5
M. Masonward	ONT	60.0	70.0	130.0
J. Caron	ONT	47.5	57.5	105.0

Girls ranking - 1988

May 1988, Three (3) of the first best four (4) best female Canadian weightlifters come from Province of Quebec.

CHAMPIONNATS CANADIENS - ST-HYACINTHE - MAI 88

6 québécoises ont eu l'honneur de montrer leur savoir-faire au nombreux public venu à St-Hyacinthe. Il s'agissaient de Claudia Turpin, Nancy Niro, Marcelle Leclerc, Kim Barré, Vicky Plante, Louise Bonhomme. Dans une compétition ponctuée de plusieurs records canadiens, on a assisté à de belles performances et chacune y allait pour gagner des points en Formule Sinclair.

Nous avons 3 québécoises parmi les 4 premières positions ce qui est excellent. Et ce qui l'est encore plus c'est que notre petite 44 kg, Claudia Turpin demeure toujours première en Sinclair au Canada. Il ne faut pas s'arrêter là, il faut perpétuer cette tradition québécoise.

A noter également que pour la première fois de notre histoire haltérophile canadienne, trois juges féminins ont officié la compétition féminine. Merci beaucoup au Comité des officiels canadiens qui nous a fait confiance. Ce fût comme une récompense et un encouragement! Bravo à toutes celles qui ont participé!

The future Canadian feminine stars to be are showing up at the 1988 Canadian Senior Championships held in St-Hyacinthe, Québec. They are the Claudia Turpin; Nancy Niro; Marcelle Leclerc; Kim Barré; Vicky Plante and Louise Bonhomme. Also it was the first (1st) time in Canada, at a Senior Canadian championship that the three (3) referees on duty were also women.

In 1988, at the Youth Salon taking place in Montreal, feminine weightlifting is in full view of the general public as an advertisement to all the youths.

Also the FHQ is announcing that it will give a grant of 150.00\$ to its most deserving junior feminine weightlifter. The conditions are:

- Be affiliated with the Provincial Federation,
- Be a junior athlete (less than twenty 20 years old),
- To have taken part at competitions and have progressed in 1987-1988,
- Have a good behaviour and also demonstrated good sportsmanship,
- Trains with weights regularly,
- Be involved in her environment,
- Be a student and demonstrate a positive regularity in her school notes.

Le provincial

LE SALON DE LA JEUNESSE 88: LA CHANCE DE SE FAIRE CONNAÎTRE

Par: Odette Simard

L'haltérophilie est un sport qui gagne à être connu et lorsque l'on sort les athlètes des gymnases pour démystifier ce sport aux yeux du public, cela crée toujours l'effet escompté: ça attire! Surtout lorsqu'il s'agit de jeunes filles aussi athlétiques que sont nos "haltérophiles"!

Les autorités du Salon de la Jeunesse 88 nous ont permis d'amener sur la place quelques-unes de nos filles pour une démonstration, pendant deux (2) jours. Et le plateau est beau puisqu'il était destiné à notre public-cible.

Peu de jeunes savent que les filles ont la possibilité de pratiquer l'haltérophilie. Il faut leur dire. Et les réactions sont très bonnes parce que nos filles représentent une nouvelle image pour le sport.

Elles repoussent des limites que nous les femmes avons souvent tendance à nous imposer et, pour cela, il faut les encourager. Cette visibilité qu'elles n'ont pas toujours lors des compétitions se veut leur récompense pour pratiquer un sport qui est loin d'être facile. Mais y-a-t'il un sport facile?



Annick Hurteau et Marie-Claude Daoust
Salon de la Jeunesse 1988
Mars 1988

Nos remerciements les plus sincères aux autorités du Salon de la Jeunesse qui nous ont permis de présenter ces démonstrations.

Le comité féminin voudrait aussi remercier tous ceux qui ont travaillé de près ou de loin à ces démonstrations en particulier M. Raphaël Zuffellato et Augustin Brassard sans qui elles auraient été impossibles. Six athlètes féminins ont participé à la démonstration: Annick Hurteau, Marjo-

laine Brunet et Marie-Claude Daoust d'Huntingdon, ainsi que Claudia Turpin de Maniwaki, Nancy Raymond de Montréal et Kim Barré de St-Hyacinthe.

La meilleure reconnaissance de ces bénévoles est encore le sourire de nos filles lorsqu'elles se dépassent et montrent que l'ère des "barrières" est désormais résolue...



Claudia Turpin, Kim Barré et Nancy Raymond Salon de la Jeunesse 1988 - Mars 1988

Photo: Odette Simard

BOURSE DE DÉVELOPPEMENT

Par: Odette Simard

Le comité féminin de promotion de l'haltérophilie est heureux d'annoncer que pour la saison 87-88, il remettra une bourse de l'ordre de 150 \$ à l'athlète féminin junior la plus méritante.

Cette bourse se veut une aide à l'entraînement, ainsi qu'une façon d'encourager une jeune athlète à poursuivre son entraînement en haltérophilie.

Les critères de sélection sont les suivants:

- 1- Être affiliée à la F.H.Q.
- 2- Être junior (20 ans et moins)
- 3- Avoir participé à des compétitions et avoir connu une certaine progression en 87-88

4- Avoir un bon comportement et bon esprit sportif

5- Être assidue à l'entraînement

6- Avoir une bonne implication dans son milieu

7- Être étudiante et démontrer une régularité dans son rendement scolaire.

Les entraîneurs sélectionneront les athlètes féminins dans leurs clubs et auront à remplir une formule pour poser la candidature de ces dernières.

La bourse sera remise le 14 mai 88, au cours de la compétition des Jeunes Louis-Cyr à Drummondville.

February 6, 1988. At St-Isidore, Québec, the third 3rd Québec Provincial Feminine Weightlifting championships. Now we see more and more of our future international athletes taking part in important championships. The future international women at work on the platform are the Quebecers: Kim Barré; Marcelle Leclerc and Nancy Niro.

3^e CHAMPIONNAT FÉMININ DU QUÉBEC

6 FÉVRIER 88 - ST-ISIDORE



Annick Hurteau

NOM	CLUB	ARR	E-J	TOTAL
44 kg				
K. Barré	R-Y	40.0	52.5	92.5
48 kg				
V. Plante	R-Y	30.0	47.5	77.5
L. Richer	S-O	32.5	45.0	77.0
56 kg				
M. Leclerc	M-C	57.5	78.0	135.0
H. Burton	M-C	50.0	57.5	107.5
A. Hurteau	S-O	40.0	52.5	92.5
M. Brunet	S-O	40.0	45.0	85.0
60 kg				
N. Niro	R-S	65.5	77.5	142.5
N. Raymond	M-C	47.5	57.5	105.0
L. Bonhomme	M-C	45.0	55.0	100.0
M. Desrosiers	G-B	25.0	45.0	70.0
75 kg				
I. Michaud	M-C	47.5	60.0	107.5



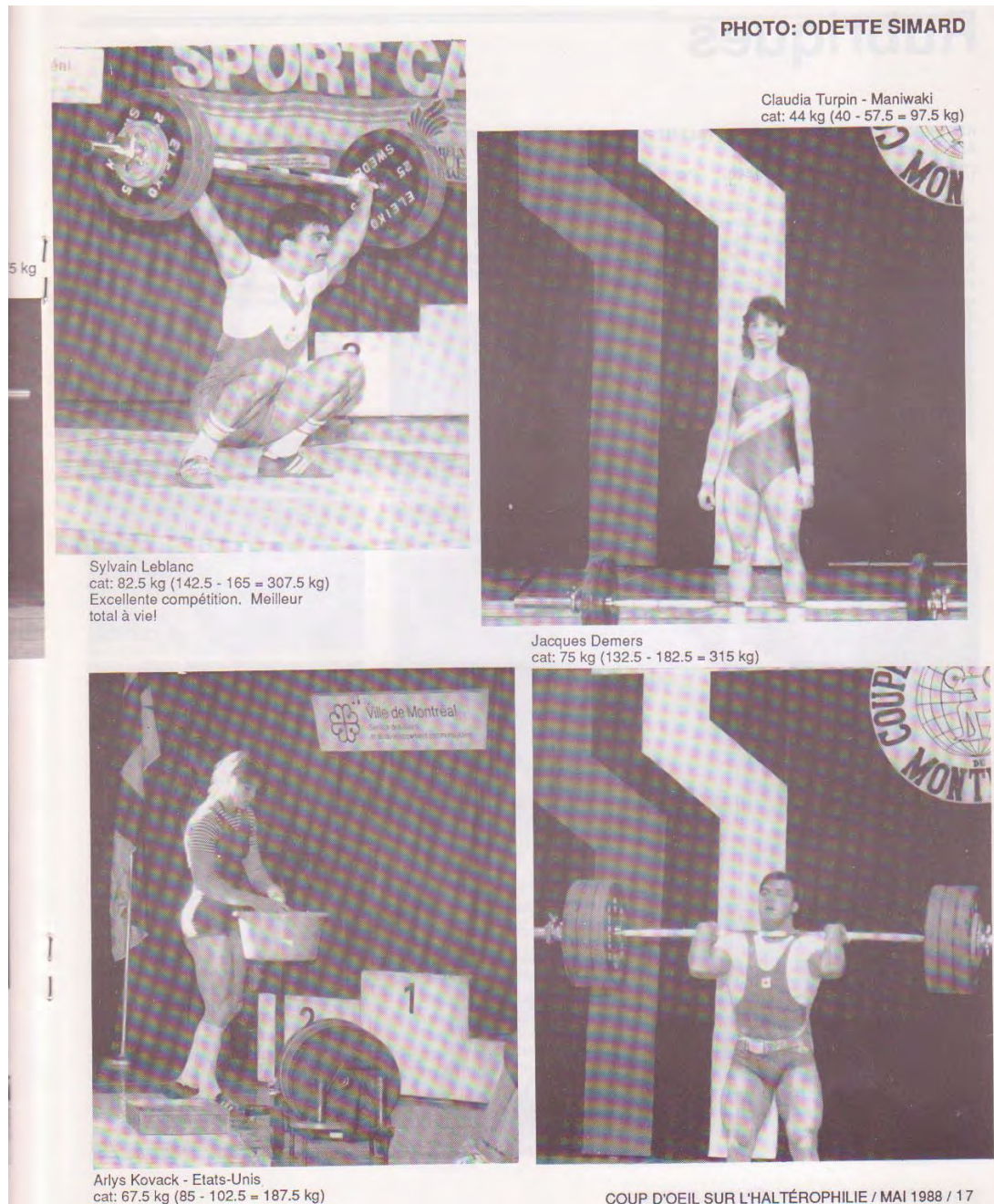
Nancy Niro



Kim Barré

Lyr

1988 - The girls also take part at the Montreal International Cup.



The girls are now taking part at the 7th Montreal International Cup – 1988

Pannonia Cup 1988, Six (6) Canadian female athletes took part at that event. They are:

- From Province of Québec: Marcelle Leclerc, Nancy Niro,
- From Province of Ontario: Julie Hunter; B.J. Santavy
- From Province of Manitoba: Theresa Brick; Brice Singbell

<u>56 kg</u>				
S. Y. Woon	KOR	70.0	85.0	155.0
S. Genna	FRA	62.5	82.5	145.0
M. Leclerc	CAN	55.0	70.0	125.0
J. Hunter	CAN	52.5	70.0	122.5
V. Toth	HUN	50.0	62.5	112.5
A. Sudak	HUN	45.0	65.0	110.0
<u>60 kg</u>				
I. Torma	HUN	70.0	90.0	160.0
M. A. Lee	KOR	70.0	85.0	155.0
N. Niro	CAN	62.5	75.0	137.5
B.J. Santavy	CAN	57.5	75.0	132.5
Trianti	INA	52.5	60.0	112.5
<u>67.5 kg</u>				
A. A. Triff	HUN	82.5	95.0	177.5
D. Martinez	ESP	72.5	90.0	162.5
H. S. Koh	KOR	70.0	92.5	162.5
V. Roche	FRA	72.5	90.0	162.5
A. Hoiien	NOR	67.5	85.0	152.5
T. Pergunan	INA	67.5	82.5	150.0
T. Brick	CAN	67.5	82.5	150.0
T. Spanicsek	HUN	57.5	75.0	132.5
<u>75 kg</u>				
K. Kollmann	HUN	77.5	95.0	172.5
S. Penson	AUS	72.5	95.0	167.5
<u>82.5 kg</u>				
J. Varga	HUN	80.0	90.0	170.0
B. Singbell	CAN	67.5	82.5	150.0
<u>+82.5 kg</u>				
V. Tobias	HUN	82.5	110.0	192.5
T. Elekes	HUN	77.5	105.0	182.5
M. Bak	HUN	65.0	87.5	152.5

Our best Canadian feminine weightlifters are now active on the International scene. They come from three (3) of the ten (10) Provinces – Québec, Ontario and Manitoba. Thirty seven (37) women participants in all.

December 2-4, 1988. Djarkata, Indonesia. Second 2nd Senior Feminine World Championships.

Canada entered a nine (9) women team and finished in 10th place over a field of twenty three (23) countries.

44 kg: Kim Barré (Québec) 42.5 – 55= 97.5 kg total. Finished 9th on 12 girls.

44 kg: C. Tascona (Manitoba) 32.5 – 50= 82.5 kg total. Is 11th on 12 participants.

56 kg: Marcelle Leclerc (Québec) 60 – 75=135 kg total. For a 13th on 20.

56 kg: Julie Hunter (Ontario) 50 – 70=120 kg total and 16th on 20 women.

60 kg: B.J. Santavy (Ontario) 60 – 80=140 kg total. She is 11th on 14 girls.

60 kg: Nancy Niro (Québec) 65 – 75=140 kg total for the 12th on 14 persons.

67.5 kg: Theresa Brick (Manitoba) 77.5 – 95= 172.5 kg total 8th on 15 girls.

67.5 kg: M. Mason Ward (Ontario) 65 – 77.5=142.5 kg total and 12th on 15 girls.

82.5 kg: Bruyce Singbell (Manitoba) 75 – 97.5= 172.5 kg total 5th on 6 lifters.

In October 1989, Canada proceeded with different trials to select the women to represent the country at the coming Senior Feminine World championships. The trials took place at approximately 2,000 km apart.

ESSAIS CHAMPIONNAT DU MONDE FÉMININ				
OTTAWA (ONTARIO)				
7 OCTOBRE 1989				
NOM	CLUB	ARR	E-J	TOTAL
44 kg				
A. Alain	M-R	35.0	45.0	80.0
48 kg				
K. Barré	M-R	50.0	62.5	112.5
F. Brouillard	M-R	47.5	60.0	107.5
C. Turpin	MAW	55.0	0	0
52 kg				
D. Brien	M-R	50.0	62.5	112.5
56 kg				
J. Caron	VER	52.5	65.0	117.5
60 kg				
N. Niro	MON	72.5	85.0	157.5
67.5 kg				
M. Mason Ward	OTT	70.0	82.5	152.5
P. Beauregard	M-R	55.0	77.5	132.5
Clubs participants:				
M-R Machine Rouge				
MON Montréal				
MAW Maniwaki				
OTT Ottawa				
VER Vermont				

MANITOBA				
21 OCTOBRE 1989				
NOM	PROV	ARR	E-J	TOTAL
44 kg				
C. Tascona	MAN	37.5	57.5	92.5
V. Hamp	MAN	37.5	47.5	85.0
48 kg				
R. Ahmad	MAN	45.0	57.5	102.5
52 kg				
N. Waterman	MAN	40.0	52.5	92.5
O. Vandevyvere	MAN	32.5	37.5	70.0
56 kg				
B.-J. Santava	ONT	60.0	80.0	140.0
60 kg				
L. Livingston	MAN	47.5	62.5	110.0
67.5 kg				
T. Brick	MAN	77.5	102.5	180.0
75 kg				
B. Singbeil	MAN	75.0	90.0	165.0
+82.5 kg				
K. Batz	SAS	42.5	60.0	102.5

October 25, 1989. Canadian ranking of all Canadian female weightlifters

CLASSEMENT CANADIEN FÉMININ 1989

EN DATE DU 25 OCTOBRE 1989

Source : C.W.F.H.C.

NOM	PROV	TOTAL
44 kg		
1. France Brouillard	QUE	92.5
2. Cathy Tascona	MAN	92.5
3. Valérie Hamp	MAN	85.0
4. Isabelle Blain	QUE	60.0
5. Cathy Chartrand	QUE	60.0
6. Guylaine O'Reilly	QUE	52.5
7. Pascale Turcotte	QUE	47.5
8. Tara McCauley	YUK	37.5

48 kg		
1. Claudia Turpin	QUE	120.0
2. Kim Barré	QUE	112.5
3. France Brouillard	QUE	107.5
4. Rubeena Ahmad	MAN	102.5
5. Anny Alain	QUE	87.5
6. Céline Levasseur	QUE	85.0
7. Valérie Hamp	MAN	80.0
8. Linda Clermont	QUE	80.0
9. Isabelle Blain	QUE	60.0
10. Judy Heafy	QUE	60.0

52 kg		
1. Julie Hunter	C-B	120.0
2. Dolores Brien	QUE	112.5
3. Moya Blinn	ALB	105.0
4. Monica Lévesque	ONT	102.5
5. Niki Waterman	MAN	95.0
6. Linda Clermont	QUE	87.5
7. Isabelle Simard	QUE	87.5
8. Céline Denis	QUE	85.0
9. Martine Thibeault	QUE	82.5
10. Natasha Fleming	YUK	77.5
11. Martine Lessard	QUE	75.0
12. Dawn Vandevyvere	MAN	70.0
13. Gina St-Jacques	QUE	65.0

56 kg		
1. B.-June Santavy	ONT	140.0
2. Julie Hunter	C-B	120.0
3. Marjolaine Brunet	QUE	115.0
4. Loretta Brown	QUE	107.5
5. Moya Blinn	ALB	105.0
6. Monique Vonk	MAN	102.5
7. Isabelle Bouffard	QUE	95.0
8. Nathalie Lavoie	QUE	92.5
9. Josée Dallaire	QUE	82.5
10. Isabelle Cloutier	QUE	77.5

60 kg		
1. Nancy Niro	QUE	160.0
2. B.-June Santavy	ONT	147.5
3. Brigitte Audy	QUE	110.0
4. Linda Livingston	MAN	110.0
5. Sandra Montcalm	QUE	105.0

NOM	PROV	TOTAL
6. Isabelle Bouffard	QUE	105.0
7. France Boucher	QUE	100.0
8. Chritine Bouchard	QUE	92.5
9. Leslie Danielson	MAN	72.5
10. Yzabel Girard	QUE	62.5

67.5 kg		
1. Theresa Brick	MAN	180.0
2. Martha Mason Ward	ONT	152.5
3. Patricia Beauregard	QUE	132.5
4. I. Sills	ONT	120.0
5. Trena Irving	YUK	117.5
6. Kerri Ryan	ONT	115.0
7. Shelly Lefebvre	ONT	107.5
8. Cynthia Hagemann	ONT	100.0
9. Cathy Branders	QUE	100.0
10. Kathy Ryan	ONT	97.5

75 kg		
1. Bryce Singbeil	MAN	170.0
2. Irena Milich	C-B	137.5
3. Patricia Beauregard	QUE	120.0
4. Trena Irving	YUK	112.5
5. Andrea Hoyt	YUK	112.5
6. Stacie Karkowski	MAN	85.0
7. Isabelle Arneau	QUE	60.0

82.5 kg		
1. Bryce Singbeil	MAN	182.5
2. Jackie Reid	MAN	105.0

+82.5 kg		
1. Sara Riivus	ALB	155.0
2. Krista Butz	SAS	95.0
3. Marie-France Bourgeoin	QUE	77.5

November 24-28, 1989. Manchester, England. Third 3rd Senior Feminine World Championships.

Twenty five (25) countries were present and Canada finished in 13th position with its seven (7) women competing.

44 kg: C. Tascona (Manitoba) 37.5 – 55=92.5 kg total and last place on a field of 16 lifters.

48 kg: Kim Barré (Québec) 52.5 – 62.5= 115 kg total and 14th on 22 women.

56 kg: B.J. Santavy (Ontario) 60 – 80=140 kg total and 11th on 16 persons.

60 kg: Nancy Niro (Québec) 75 – 0=0 total. No ranking

67.5 kg: Theresa Brick (Manitoba) 77.5 – 105= 182.5 kg total for the 6th place on 12 girls.

67.5 kg: M. Mason-Ward (Ontario) 70 – 90=160 kg total for 8th on 12 lifters.

+82.5 kg: Bryce Singbell (Manitoba) 75 – 100=175 kg total a 6th place on 13 persons.

May 26 – June 2, 1990. Sarajevo, Yougoslavia. The 4th Senior Feminine World Championships.

That time Canada has delegated a four (4) women team to the competition. They finished 11th on twenty five (25) national teams.

48 kg: Kim Barré (Québec) 52.5 – 65=117.5 kg total and 13th on 14 lifters.

56 kg: Nancy Niro (Québec) 75 – 85= 160 kg total and 9th on 20 opponents.

67.5 kg Theresa Brick (Manitoba) 80 – 105= 185 kg total and 6th on 12 girls.

+82.5 kg: Bryce Singbell (Manitoba) 80 – 100=180 kg and 4th position on 9 persons.

September 29-30, 1990. Montréal, Canada.

A first; a National feminine weightlifting Committee has been created and they meet for the first time in Montréal. There are representatives from six (6) Canadian Provinces at the two (2) days meeting

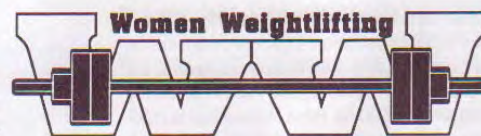
RÉUNION DU COMITÉ FÉMININ NATIONAL

29-30 SEPTEMBRE 1990

Par: Odette Simard

Les 29 et 30 septembre 1990 avait lieu à Montréal une première réunion élargie du Comité féminin national. 6 provinces y étaient représentées: Ontario, Terre-Neuve, Manitoba, Québec, Yukon, Colombie Britannique. Les personnes présentes ont assisté à plusieurs ateliers afin de les motiver à travailler d'une façon plus structurée au développement de l'haltérophilie féminine partout au Canada.

Rappelons que le comité national a été créé en novembre 1989 et que son principal mandat est d'assurer une augmentation du membership féminin partout au Canada. Les principales réalisations à date sont un bulletin envoyé à tous les athlètes féminins et leurs entraîneurs, un poster qui ira sous presse bientôt, ainsi que la promotion active de la participation du plus grand nombre d'athlètes féminins au Jeux du Canada de février prochain.



Le Comité fait également des recommandations concernant les athlètes féminins, en vue de leur amélioration et de faciliter l'accès des athlètes à des niveaux supérieurs de compétitions. ■

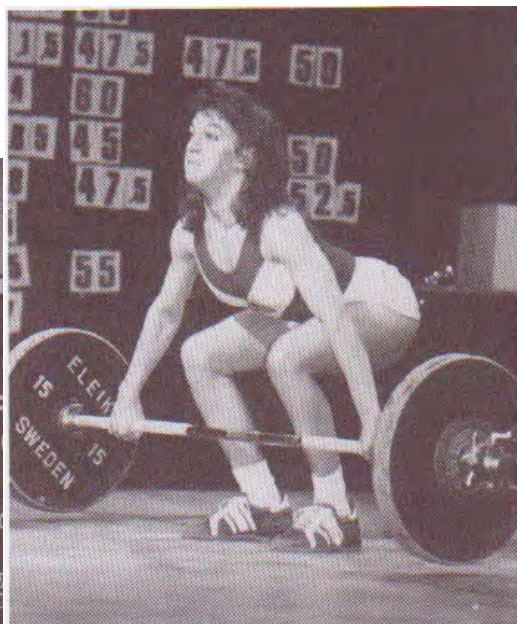
February 2, 1990. Shawinigan, Québec. The 5th Province of Québec Women Championships.

Fourteen (14) girls take part at the competition.

The excellent Kim Barré took the opportunity to improve her Canadian records and was crowned the Best Lifter of the meet. She was followed by Manon Poulin, a former amateur cyclist of national and international level and Manon Croteau.



Martine Thibault



*Mlle Kim Barré (cat. 48kg), membre de l'équipe nationale féminine, en action au 3^e Tournoi Coll. & Univ. Félicitations !
Photo: O. Simard*

March 23, 1991. International Weightlifting Meet (USA, Mex. Can); St-Hyacinthe College, Québec.

FEMMES				
NOM	PAYS	ARR	E-J	TOTAL
44 kg				
M. Poulin	CAN	52.5*	65.0*	117.5*
E. Biscarra	MEX	47.5	55.0	102.5
48 kg				
K. Barré	CAN	60.0	72.5*	132.5
52 kg				
R. Bird	USA	75.0	92.5	167.5
P. Hernandez	MEX	60.0	75.0	135.0
56 kg				
N. Niro	CAN A	75.0	90.0	165.0*
M. Gelz	USA	75.0	80.0	155.0
C. Aldana	MEX	60.0	75.0	135.0
60 kg				
J. Malenfant	CAN	60.0	85.0	145.0
67.5 kg				
T. Brick	CAN B	85.0*	115.0*	200.0*
A. Bahaina	MEX	65.0	0	0
82.5 kg				
B. Singbeil	CAN	77.5	105.0	182.5

February 25 – March 1, 1991. Charlottetown, Prince Edward Island, Canada. Feminine Weightlifting at the Canada Games.

FEMMES					
NOM	NAIS	PROV	ARR	E-J	TOTAL
52 kg					
F. Brouillard	74	QUE	60.0*	65.0	125.0
M. Thibault	72	QUE	52.5	67.5	120.0
V. Hamp	75	MAN	47.5	55.0	102.5
B.-J. Perrick	76	MAN	35.0	50.0	85.0
A. Ladouceur	75	ONT	40.0	45.0	85.0
H. Ford	75	SAS	32.5	50.0	82.5
L. Roberts	76	YUK	35.0	45.0	80.0
M. Wong	73	ALB	30.0	45.0	75.0
N. Scholz	78	YUK	27.5	37.5	65.0
* Record canadien					
56 kg					
D. Brien	74	QUE	60.0	72.5	132.5
L. Brown	72	ONT	50.0	70.0	120.0
S. Beaulieu	75	ONT	40.0	55.0	95.0
S. Giggs	72	ALB	42.5	52.5	95.0
I. Chapski	75	MAN	37.5	52.5	90.0
B. Borry	71	BC	37.5	47.5	85.0
L. Lorkin	78	YUK	35.0	40.0	75.0
S. Duiker	73	ALB	27.5	42.5	70.0
60 kg					
J. Malenfant	73	ONT	70.0	87.5	157.5
T. Olmstead	72	SAS	40.0	67.5	107.5
67.5 kg					
D. Mitchell	74	ALB	40.0	57.5	97.5
M. Tan	71	BC	37.5	55.0	92.5
F. Boucher	71	QUE	62.5	80.0	142.5
I. Irving	73	YUK	60.0	77.5	137.5
S. Martin	71	BC	55.0	67.5	122.5
J. Doerkson	72	ALB	55.0	65.0	120.0
T. Bruce	73	SAS	45.0	55.0	100.0
L. Weber	73	SAS	45.0	52.5	97.5
S. Wilson	71	BC	40.0	55.0	95.0
+67.5 kg					
I. Bouffard	73	QUE	55.0	70.0	125.0
A. Hoyt	73	YUK	55.0	65.0	120.0
N. Bodaglio	74	MAN	50.0	65.0	115.0
J. Elders	71	MAN	47.5	65.0	112.5
L. Boehm	71	BC	45.0	52.5	97.5
C. Zimmer	76	SAS	40.0	52.5	92.5
G. Guerin	73	ONT	35.0	55.0	90.0
Points des provinces					
Québec	QUE	234 points			
Ontario	ONT	189			
Manitoba	MAN	182			
Colombie-Britannique	BC	165			
Saskatchewan	SAS	163			
Alberta	ALB	163			
Yukon	YUK	158			

August 18-23, 1991. Second Provincial Feminine Weightlifting Training Camp. St-Anicet, Québec.

Eleven (11) female weightlifters are on location with eight (8) coaches and technical personnel.

September 27 – October 3, 1991. Donaueschingen, Germany. Fifth (5th) Senior Feminine World Championships. For the first time in Canadian weightlifting in international competitions, the Canadian team is managed by a woman: Odette Simard from Québec Province.

Canada finishes eight (8th) on 24 countries with 5 lifters out of the 107 women present.

44 kg: Manon Poulin (Québec) 52.5 – 57.5= 110 kg total. She finishes 14th on 15 girls

48 kg : Kim Barré (Québec) 55 – 67.5= 122.5 kg total. End result 11th on 12 women.

56 kg: Nancy Niro (Québec) 80 – 95= 175 kg total. She ranks 3rd out of 13 athletes.

75 kg: Theresa Brick (Manitoba) 82.5 – 110= 192.5 kg total. Good 5th on 10 lifters.

+82.5 kg: Bryce Singbell (Manitoba) 82.5 – 110= 192.5 kg total. Again 5th on 12 girls.

CHAMPIONNATS DU MONDE FÉMININS DONAUESCHINGEN, ALLEMAGNE

Par: Odette Simard



L' équipe canadienne aux 5e Championnats du Monde Féminin. En arrière de g. à dr.: M.Miroslav Korkowski (entraîneur), Bryce Singbeil, Nancy Niro, Odette Simard (chef d' équipe), Manon Poulin, Theresa Brick et Kim Barré.

1991 – Junior Provincial by correspondence.

First (1st) provincial competition for the future great champion Maryse Turcotte. It is a competition by correspondance all over the Province of Québec at the end of 1991. She is a 52 kg athlete for the competition.

FEMMES							
44.0 kg							
1- Michelle Hennequin	BOU	39.0	15.0	17.5	32.5	16	
48.0 kg							
1- Martine Baron	BEA	46.6	30.0	45.0	75.0	16	
52.0 kg							
1- Suzie Darveau	LAS	51.2	45.0	57.5	102.5	16	
2- Maryse Turcotte	LEB	52.0	37.5	57.5	95.0	14	
3- Mélanie Villeneuve	CHI	51.0	40.0	52.5	92.5	13	
56.0 kg							
1- Caroline Darveau	LAS	55.0	52.5	65.0	117.5	16	
2- Karine Boucher	OBE	53.0	32.5	42.5	75.0	14	
3- Mylène Tardif	LEB	52.8	30.0	40.0	70.0	13	
4- Karine Robert	M-R	52.7	20.0	32.5	52.5	12	
60.0 kg							
1- Dolores Brien	M-R	58.0	62.5	80.0	142.5	16	
2- Gail Leclerc	MAU	57.5	45.0	60.0	105.0	14	
3- Claudie Bouchard	DOL	58.3	37.5	52.5	90.0	13	
4- Martine Martin	M-R	57.6	35.0	47.5	82.5	12	
5- Nathalie Taillefer	A-P A	57.2	32.5	37.5	70.0	11	
67.5 kg							
1- France Boucher	MIC	65.3	62.5	75.0	137.5	16	
2- Caroline Nicole	OBE	66.0	55.0	67.5	122.5	14	
3- Danielle Goupil	LEB	60.2	45.0	55.0	100.0	13	
4- Sylvie St-Georges	LAS	65.1	35.0	47.5	82.5	12	
5- Suzie Laroche	DOL	67.5	30.0	47.5	77.5	11	
6- Valérie Vachon	LAS	62.6	30.0	35.0	65.0	10	
Cathy Audy (inv)	VDO	62.2	35.0	40.0	75.0		
+67.5 kg							
1- Chantal Bélanger	LEB	73.0	55.0	67.5	122.5	16	

December 7, 1991. Huntingdon, Québec. Seventeenth (17th) Provincial School Women Tournament.

For the first (1st) time at the provincial level, we see the two (2) Turcotte sisters in action in the same competition. Maryse Turcotte wins the best performance.

FILLES				
	ECOLE	ARR	E-J	TOTAL
44KG				
K. Turcotte	S-F	27.5	40	67.5
48KG				
M. Baron	BEA	37.5	47.5	85
52KG				
M. Turcotte	LEB	52.5	75	127.5
M. Villeneuve	D-R	45	55	100
56KG				
C. Darveau	POL	55	70	125
M. Tardif	LEB	30	40	70
C. Demers	BEA	30	35	65
60KG				
I. Delisle	MAG	50	62.5	112.5
C. Bouchard	J-D	47.5	55	102.5
G. Cloutier	TOU	37.5	52.5	90
N. Taillefer	A-P	37.5	50	87.5
K. Brouillard	CAS	35	47.5	82.5
F. Veillette	SSM	22.5	37.5	60
J. Labrie	LEB	22.5	35	57.5
V. Rivard	POL	25	32.5	57.5
67.5KG				
C. Nicole	ANT	60	72.5	132.5
D. Goupil	LEB	55	65	120
L. Lamothe (62.3)	MRR	37.5	50	87.5
C. Léger (66.2)	A-P	40	47.5	87.5
75KG				
M-L Deschamps	CAS	35	47.5	82.5
C. Quesnel	ART	27.5	40	67.5
I. Labbée	POL	27.5	35	62.5
82.5kg				
G. Lallier	LEB	35	45	80
3 meilleures leveurs		CAT	Sinclair	
1- Maryse Turcotte	52kg	169.66		
2- Caroline Darveau	56	153.32		
3- Caroline Nicole	67.5	140.62		

Mai 15-25, 1992. Varna, Bulgaria. The sixth (6th) Senior Feminine World Championships. Canada entered five (5) women into the competition. There are 110 participants from twenty five (25) countries. We terminate in ninth (9th) position as a country.

44 kg: Manon Poulin (Québec) 55 – 65= 120 kg total and 9th place on 9 lifters.

56 kg: Nancy Niro (Québec) 75 – 90=165 kg total, 6th out of 12 competitors.

60 kg: Julie Malenfant (Ontario) 80 – 97.5= 177.5 kg and 6th on a field of 23 girls.

75 kg: Theresa Brick (Manitoba) 90 – 112.5= 202.5 kg total 4th on 10 lifters.

+82.5 kg Bryce Singbell (Manitoba) 82.5 – 105= 187.5 kg total 7th on 11 persons.

1992 - Canada Team - Junior and Feminine World Championships



Équipe canadienne aux Championnats du Monde Junior et Féminin. De gauche à droite: D. Robitaille (Ont), J.-D. Corbett (N.E), S. Gatorora (B.C), P. Barrett (Ont), T. Brick (Man), B. Singbeil (Man), J. Malenfant (Ont), M. Poulin (Qué), S. Tremblay (Qué), N. Niro (Qué), Y. Jubinville (Qué), S. Groulx (Qué), P. Cadieux (Qué), J. Sylvain (Qué), A. Brassard (Qué).

August 9-15, 1992. A third (3rd) annual Feminine Training camp is held at St-Anicet, Québec. The fifteen (15) female athletes present are the best athletes at the last Jeunes Louis Cyr tournament with the recommendation of their personal instructors. It is use to select the next Québec team which will represent the Province at the coming Junior Canadian Championships to be held at Edmonton, Alberta.

August 29-30, 1992. Edmonton, Alberta. The first (1st) Junior Canadian Championships.

First national presence of Maryse Turcotte. She wins the Best Junior Lifter award.

NOM	PROV	ARR	E-J	TOTAL
FEMMES				
44 kg				
M. Wong	ALB	35.0	45.0	80.0
J. Meunier	ONT	30.0	40.0	70.0
48 kg				
M. Thibault	QUE ✓	47.5	65.0	112.5
A. Kunz	SAS	37.5	47.5	85.0
52 kg				
F. Brouillard	QUE ✓	62.5	72.5	135.0
L. Roberts	YUK	45.0	62.5	107.5
56 kg				
M. Turcotte	QUE ✓	60.0	80.0	140.0
L. Brown	ONT	57.5	70.0	127.5
K. Sylvestre	ONT	52.5	72.5	125.0
R. Wempe	SAS	45.0	60.0	105.0
60 kg				
J. Malenfant	ONT	82.5	95.0	177.5
S. Beaulieu	ONT	55.0	70.0	125.0
T. Bruce	SAS	45.0	55.0	100.0
67.5 kg				
J. Døerksen	ALB	62.5	75.0	137.5
I. Delisle	QUE ✓	55.0	72.5	127.5
T. Olmstead	SAS	45.0	60.0	105.0
75 kg				
C. Nicole	QUE ✓	65.0	82.5	147.5
L. Weber	SAS	47.5	65.0	112.5
82.5 kg				
S. Glover	MAN	45.0	60.0	105.0
+82.5 kg				
N. Bodaglio	MAN	57.5	67.5	125.0

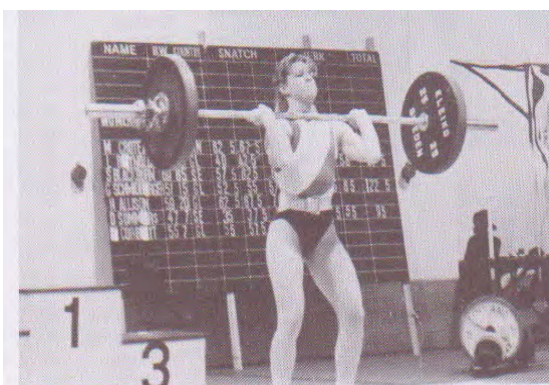


Le podium des gagnantes de la catégorie 56 kg lors du 1er Championnat Canadien Junior à Edmonton: 1er Maryse Turcotte encadrée par 2 ontariennes. Félicitations!

December 5-6, 1992. London (Crystal Palace) England. Greater London Open Championships.


Canada entered the competition with only one female lifter, from Québec. Manon Croteau.

NOM	RÉG	ARR	E-J	TOTAL
FEMMES				
48 kg				
D. Summers	S.E	40.0	55.0	95.0
52 kg				
M. Croteau	QUE ✓	67.5	77.5	145.0
G. Schmidburg	G.L.	57.5	65.0	122.5
56 kg				
P. Corbett	G.L	57.5	75.0	132.5
60 kg				
H. Allison	G.L	70.0	82.5	152.5
L. Reynolds	G.L	42.5	52.5	95.0
75 kg				
S. Blackburn	S.E	62.5	70.0	132.5



Mlle Manon Croteau lors du London Open Championship à Londres. Photo: C. Hébert

December 1992 - the Québec weightlifting federation publishes its Feminine Junior Provincial record list. On the lists we now notice the beginning of the careers of the Turcotte sisters, Karine and Maryse, plus other international very good female lifters, most of them having competed on the international scene



STATISTIQUES

RECORDS FEMININS DU QUÉBEC JUNIOR

par: P. Bergeron Jr

46 KG	ARR	KARINE TURCOTTE	EST	40.0	05-12-92	70 KG	ARR	KARINE BROUILLARD	RIY	47.5	05-12-92
	E/J	KARINE TURCOTTE	EST	50.0	05-12-92		E/J	KARINE BROUILLARD	RIY	57.5	05-12-92
	TOT	KARINE TURCOTTE	EST	90.0	05-12-92		TOT	KARINE BROUILLARD	RIY	105.0	05-12-92
50 KG	ARR	FRANCE BROUILLARD	RIY	62.5	19-12-92	76 KG	ARR	MARIE-LINE DESCHAMPS	RIY	42.5	05-12-92
	E/J	FRANCE BROUILLARD	RIY	75.0	19-12-92		E/J	CAROLINE COTÉ	RIS	55.0	05-12-92
	TOT	FRANCE BROUILLARD	RIY	137.5	19-12-92		TOT	MARIE-LINE DESCHAMPS	RIY	97.5	05-12-92
54 KG	ARR	KIM BARRÉ	RIY	62.5	19-12-92	83 KG	ARR				
	E/J	MARYSE TURCOTTE	EST	82.5	19-12-92		E/J				
	TOT	MARYSE TURCOTTE	EST	140.0	19-12-92		TOT				
59 KG	ARR	GRACIELLE CLOUTIER	EST	45.0	05-12-92	+83 KG	ARR	GENEVIEVE LAPIERRE	QUE	37.5	05-12-92
	E/J	GRACIELLE CLOUTIER	EST	65.0	05-12-92		E/J	GENEVIEVE LAPIERRE	QUE	50.0	05-12-92
	TOT	GRACIELLE CLOUTIER	EST	110.0	05-12-92		TOT	GENEVIEVE LAPIERRE	QUE	87.5	05-12-92
64 KG	ARR	ISABELLE DELISLE	RIS	65.0	05-12-92						
	E/J	ISABELLE DELISLE	RIS	75.0	05-12-92						
	TOT	ISABELLE DELISLE	RIS	140.0	05-12-92						

In 1992 - The Canadian Federation now publishes qualification standards list for National events for both sexes. All the total must have been achieved in provincial meets or higher levels in which doping controls were done.

CHAMPIONNAT CANADIEN JUNIOR				CHAMPIONNAT CANADIEN SENIOR			
Standards de participation				Standards de participation			
HOMMES		FEMMES		HOMMES		FEMMES	
Cat.	Total	Cat.	Total	Cat.	Total	Cat.	Total
54 kg	105 kg	46 kg	72.5 kg	54 kg	182.5 kg	46 kg	107.5 kg
59	117.5	50	80	59	200	50	115
64	125	54	85	64	215	54	122.5
70	135	59	87.5	70	232.5	59	130
76	145	64	92.5	76	247.5	64	135
83	152.5	70	97.5	83	262.5	70	142.5
91	160	76	102.5	91	275	76	147.5
99	165	83	105	99	285	83	152.5
108	170	+83	110	108	292.5	+83	160
+108	175			+108	300		

Période de qualification:
1er janvier 1993 au 30 juin 1993

NOTE: Tous les résultats doivent être fait dans des compétitions provinciales ou de niveaux supérieurs dans lesquelles il y a des contrôles antidopages.

Période de qualification:
1er novembre 1992 au 28 mars 1993

NOTE: Tous les résultats doivent être fait dans des compétitions provinciales ou de niveaux supérieurs dans lesquelles il y a des contrôles antidopages.

December 1992 – The young students and also sisters, Maryse and Karine Turcotte begin their international careers at the Provincial Schools championships held at their home town of Sherbrooke, Québec, at the Leber School. Karine in the 46 kg category starts her weightlifting career with a total of 90 kg. Two (2) weeks later Maryse, in the 54 kg category, makes two (2) provincial records with a 140 kg total.



*Haltérophile faisant partie du programme Sport-Étude au Cégep de Sherbrooke: Mlle Maryse Turcotte (cat. 59 kg). Nul doute qu'elle sera prête aux Jeux du Québec à Baie-Comeau!
Photo: O. Simard*

NOM	ÉCOLE	ARR	E-J	TOTAL
FEMMES				
46 kg				
1. Karine Turcotte	Le Ber	40.0	50.0	90.0
2. Geneviève Bussière	Normandin	37.5	50.0	87.5
3. Claudie Bergeron	Polyno	22.5	37.5	60.0
4. Joëlle Ducharme	Casavant	25.0	30.0	55.0
5. Véronique Montcalm (37.3)	Arthur-Pigeon	20.0	27.5	47.5
6. Brigitte Leduc (44.9)	Arthur-Pigeon	20.0	27.5	47.5
50 kg				
1. Mélanie Villeneuve	Laure Conan	50.0	65.0	115.0
2. Dania Dumais (47.6)	Normandin	35.0	47.5	82.5
3. Martine Baron (49.0)	Beaurivage	35.0	47.5	82.5
54 kg				
1. Cynthia Poupart	La Magdeleine	42.5	57.5	100.0
2. Mélanie Ouellet	Normandin	42.5	50.0	92.5
3. Sonia Gauthier	Normandin	32.5	45.0	77.5
4. Caroline Chicoine	Casavant	27.5	40.0	67.5
59 kg				
1. Gracielle Cloutier	Le Tournesol	45.0	65.0	110.0
2. Nathalie Taillefer	Arthur-Pigeon	35.0	50.0	85.0
3. Mylène Tardif	Le Ber	30.0	40.0	70.0
4. Sonia Castagnier	Arthur-Pigeon	27.5	40.0	67.5
64 kg				
1. Isabelle Delisle	La Magdeleine	65.0	75.0	140.0
2. Martine Savard	Des Chutes	42.5	60.0	102.5
3. Louise Lévesque	Polyno	35.0	45.0	80.0
70 kg				
1. Karine Brouillard	Hyacinthe Delorme	47.5	57.5	105.0
2. Mélanie Poupart	La Magdeleine	37.5	55.0	92.5

February 1993. Québec Provincial Women championships at Brossard, Québec.

Twenty one (21) women registered but only fifteen (15) showed up for the competition on an extremely cold Canadian day. The two Turcotte sisters are competing. Karine in the 46 kg class does 97.5 kg and Maryse in the 54 kg class succeeds with 142.5 kg. Manon Croteau in the 50 kg class, with a total of 137.5 kg is the woman best lifter of the competition.

8E CHAMPIONNAT FÉMININ DU QUÉBEC

ÉCOLE ANTOINE-BROSSARD,
BROSSARD 6 FÉVRIER 1993

NOM	REG	ARR	E-J	TOTAL
46 kg				
K. Turcotte	EST	42.5	55.0	97.5
50 kg				
M. Croteau	MON	62.5	75.0	137.5
M. Villeneuve	SLJ	52.5	62.5	115.0
D. Dumais	SLJ	40.0	52.5	92.5
54 kg				
M. Turcotte	EST	60.0	82.5	142.5
M. Ouellet	SLJ	40.0	55.0	95.0
59 kg				
C. Poupart	RIS	45.0	60.0	105.0
N. Taillefer	SUO	37.5	50.0	87.5
G. Cloutier	EST	0	62.5	0
64 kg				
I. Delisle	SUO	62.5	80.0	142.5
M. Savard	SLJ	42.5	55.0	97.5
70 kg				
K. Brouillard	RIY	45.0	60.0	105.0
M. Poupart	RIS	40.0	55.0	95.0
76 kg				
C. Nicole	RIS	57.5	77.5	135.0
M.-L. Deschamps	RIY	47.5	60.0	107.5

MEILLEURE ATHLETE DE LA COMPÉTITION

Mlle Manon Croteau avec un Total Sinclair de 191.85

April 1993. At the Quebec Games (eighteen (18) years and under) held in the remote city of Baie-Comeau, Québec, it was the third (3rd) participation of our girls. The Quebec Winter Games is a quite high level competition for the youngsters. It is covered by the news media. Lifters come from fourteen (14) of the possible eighteen (18) sport regions of the Province of Québec. Crowds on site are important ones. It is run over four (4) days period.

Nineteen (19) girls were competing, At the level of quality, three (3) amongst them have lifted more than their own body weight at the snatch or 15%, and eight (8) have lifted more than their own bodyweight at the clean and jerk or 42%.

NOM	RÉG	ARR	RG	E-J	RG	TOT	RG	PTS
FEMMES								
GROUPE A (CAT. 46-50-54-59 kg) - Classement Sinclair								
Maryse Turcotte	EST	57.5	2	82.5	1	140.0	1	113
Mélanie Villeneuve	SLJ	52.5	1	67.5	2	120.0	2	112
Karine Turcotte	EST	42.5	3	52.5	3	95.0	3	108
Geneviève Bussièrès	SLJ	42.5	4	50.0	4	92.5	4	105
Louise Lévesque	ABT	40.0	5	50.0	5	90.0	5	91
Claudia Moreau	CTN	37.5	6	45.0	6	82.5	6	100
Nathalie Taillefer	SUO	37.5	7	47.5	7	85.0	7	92
GROUPE B (CAT. 64-70-76-+76 kg) - Classement Sinclair								
Isabelle Delisle	RIS	67.5	1	80.0	1	147.5	1	114
Caroline Nicole	RIS	62.5	2	80.0	2	142.5	2	111
Caroline Darveau	ABT	57.5	3	67.5	3	125.0	3	108
Karine Brouillard	RIY	50.0	4	65.0	4	115.0	4	105
Marie-Lyne Deschamps	RIY	47.5	5	57.5	6	105.0	5	101
Lyne Lamothe	CDQ	42.5	6	57.5	5	100.0	6	100
Geneviève Lapierre	QUE	37.5	8	52.5	7	90.0	7	95
Tania Lescarbeau	MON	40.0	7	50.0	9	90.0	8	93
Geneviève Crête	SUO	32.5	10	45.0	10	77.5	9	88
Monique Villeneuve	MON	30.0	9	40.0	12	70.0	10	86
Fany Veillette	MAU	30.0	12	45.0	11	75.0	11	82
Jinny Beauséjour	LAN	32.5	11	45.0	8	77.5	12	87

April 1994. NACACI Feminine Championships held at Colorado Springs, USA. Canada competes with a strong eight (8) feminine lifters team but finishes second (2nd) to USA.

May 21-22, 1994 at Victoria, British Columbia, it is the Canadian Championships. Twenty three (23) Canadian feminine weightlifters are competing in the seven (7) categories. It is a high level tournament for them. They come from the provinces of Québec, Ontario, Manitoba, British Columbia, Saskatchewan, Alberta and Yukon. Very good female lifters are seen in action. It is a real good Canadian representation. The best female lifters are: Nancy Niro – Québec (59 kg/182.5 kg); Theresa Brick - Manitoba (70 kg/200 kg) and Julie Malenfant – Ontario (64 kg/180 kg).

1995 - XV Canada Games

FEMMES				
NOM	PROV. ARR.	E-J	TOTAL	
50 kg				
1. Lisa Roberts	YUK	65.0 kg	80.0 kg	145.0 kg
2. Karine Turcotte	QUE	52.5	72.5	125.0
3. Sophie Robitaille	ONT	45.0	60.0	105.0
4. Tara Seon	SAS	37.5	47.5	85.0
5. Taira McKinley	MAN	27.5	30.0	57.5
6. Angie Lear	T-N	22.5	30.0	52.5
54 kg				
1. Maryse Turcotte	QUE	62.5	90.0	152.5
2. Miel McGerrigle	C-B	55.0	77.5	132.5
3. Heather Chute	ONT	57.5	70.0	127.5
4. Brooke Simpson	C-B	47.5	62.5	110.0
5. Keri Bragg	ONT	47.5	60.0	107.5
6. Jaime Kunz	SAS	42.5	52.5	95.0
7. Krista Wempe	SAS	35.0	47.5	82.5
8. Erin Janssen	MAN	25.0	35.0	60.0
9. Michelle Smith	T-N	25.0	35.0	60.0
10. Michelle Degagne	MAN	22.5	32.5	55.0
59 kg				
1. Martine Therrien	QUE	62.5	80.0	142.5
2. Jean Lassen	YUK	60.0	80.0	140.0
3. Angela Ladouceur	ONT	55.0	60.0	115.0
4. Julie Nightengale	C-B	47.5	60.0	107.5
5. Angela Reiner	ALB	35.0	50.0	85.0
6. Denise Willar	T-N	32.5	42.5	75.0
64 kg				
1. Isabelle Delisle	QUE	80.0	95.0	175.0
2. Shawna Mitchell	ONT	55.0	70.0	125.0
3. Rochelle Wempe	SAS	47.5	67.5	115.0
4. Kirsty Anderson	C-B	52.5	60.0	112.5
5. Shauna Olechow	ALB	40.0	52.5	92.5
6. Melissa Doucette	N-E	40.0	50.0	90.0
7. Elizabeth Gusstafson	ALB	40.0	45.0	85.0
8. Charlotte MacEachem	MAN	37.5	47.5	85.0
9. Susan Fisher	T-N	35.0	42.5	77.5
+64 kg				
1. Caroline Nicole	QUE	70.0	90.0	160.0
2. Lorrie Weber	SAS	57.5	70.0	127.5
3. Lila Shibley	ALB	52.5	70.0	122.5
4. Danielle Dallman	C-B	55.0	65.0	120.0
5. Alisa MacKenzie	N-E	47.5	67.5	115.0
6. Krista Kucharchuk	ALB	42.5	62.5	105.0
7. Micheline Gagne	MAN	40.0	50.0	90.0
8. Jo-anne Adams	T-N	27.5	32.5	60.0

Beginning of March 1995, the future Canadian feminine stars are in action in weightlifting. They are the Turcotte sisters; Miel McGerrigle; Martine Therrien; Jeane Lassen; Isabelle Delisle; Charlotte Mac Eachem and Caroline Nicole.

In the years to come, Maryse Turcotte and Miel McGerrigle were to be very often on national and international podiums together, in the same body class and in the same order for these two very kind weightlifters.

Festival des Voyageurs tournament- February 1995.

FEMMES				
NOM	PROV. ARR.	E-J	TOTAL	
50 kg				
1. Lisa Roberts	YUK	65.0	80.0	145.0
2. Tara Seon	SAS	40.0	45.0	85.0
59 kg				
1. Erin Beck	SAS	70.0	80.0	150.0
2. Jaime Kunz	SAS	45.0	55.0	100.0
64 kg				
1. Jean Lassen	YUK	65.0	85.0	150.0
2. Katherine Couch	C-B	67.5	77.5	145.0
3. Erika Lincoln	MAN	65.0	75.0	140.0
4. Danielle Dalimm	C-B	55.0	67.5	122.5
5. Wendy Rodeers	ALB	50.0	65.0	115.0
70 kg				
1. Joan Doerksen	ALB	65.0	85.0	150.0
2. Laura Plosz	SAS	50.0	62.5	107.5
3. Micheline De gagne	MAN	42.5	52.5	92.5
4. Kylie Ferguson	ALB	37.5	52.5	90.0
76 kg				
1. Jeanne Archambault	ALB	60.0	80.0	140.0
2. Lori Weber (70.1)	SAS	55.0	70.0	125.0
3. Sana Shibley (75.9)	ALB	55.0	70.0	125.0
83 kg				
1. Bryce Singbeil	MAN	80.0	105.0	185.0
2. Noreenna Bodaglo	MAN	60.0	70.0	130.0
+ 83 kg				
1. Josée Morneau	MAN	70.5	85.0	155.0

In the meantime in Manitoba Province, the girls from Western Canada are also improving. They have the provincial training center available to the men and women weightlifters.

July 9-16, 1995 at Warsaw, Poland – First (1st) Junior Feminine World Championships - Silver in the snatch, bronze in the total for Karine Turcotte.

In the 46 kg category, Karine succeeded with 55 kg snatch, 70 kg clean and jerk for a total of 125 kg. They were eight (8) competitors in her bodyweight class. The Canadian team placed seventh (7th) in the overall seventeen (17) countries. Seventy five (75) women were in the championships.

46 kg: Karine Turcotte (Québec) 55 – 70= 125 kg. Third (3rd)

54 kg : Miel McGerrigle (Ontario) 60 – 80= 140 kg. 4th on 11 feminine athletes.

59 kg: Martine Therrien (Québec) 65 - 85= 150 kg. 5th on 11 girls.

59 kg: Jean Lassen (Yukon) 57.5 – 85= 142.5 kg. 6th position on 11 athletes.



Warsaw – Poland; Karine Turcotte

Canadian Feminine team – First (1st) Feminine World championships



L'équipe canadienne qui a participé au 1er Championnat du Monde Junior Féminin photographié à l'ambassade du Canada en Pologne. En arr. de g. à dr.: Jean Lassen (YUK-59 kg), M. Pierre Bergeron jr, entraîneur-chef, 2e rangée, de g. à dr.: Miel McGerrigle (B-C 54 kg), Mme Leaby, ambassadrice du Canada, Martine Tberrien (59 kg), Mme P. MacDowell et Karine Turcotte (46 kg). En avant: M. Peter MacDowell, assistant-entraîneur (B-C). Photo : gracieuseté de M. P. MacDowell.

November 17-26, 1995. Guangzhou, China. Ninth (9th) Feminine World Championships
With only five (5) feminine athletes, Canada finishes tenth (10th) amongst twenty six (26) nations.

Canadian team

50 kg; 6 th – Maryse Turcot (Québec)	1975	60	90	150kg
59 kg; 4 th – Nancy Niro (Québec)	1966	82.5	110	192.5 kg
64 kg; 9 th – Isabelle Delisle (Québec)	1975	85	105	190 kg
64 kg; 0 – Julie Malenfant (Ontario)	1973	0	105	0 kg
76 kg; 4 th - Theresa Brick (Manitoba)	1965	95	120	215 kg

Twenty five (25) best feminine weightlifters - Province of Québec year 1995

LES 25 MEILLEURES HALTÉROPHILES FÉMININES DU QUÉBEC
PÉRIODE DU 1ER JANVIER AU 31 DÉCEMBRE 1995

Source: P. BERGERON JR

#	NOM	DATE	COMPÉTITION	Cat	Total	SINC.
1-	Nancy Niro	21-11	Champ. Monde	59	192.5	238.72
2-	Isabelle Delisle	21-11	Champ. Monde	64	190.0	224.47
3-	Maryse Turcotte	04-11	Champ. féminin	50	160.0	223.24
4-	Manon Cyr	20-05	Champ. Canadien	46	132.5	198.10
5-	Karine Turcotte	02-12	Jr provincial	46	132.5	198.10
6-	Caroline Nicole	04-11	Champ. féminin	64	165.0	194.93
7-	Martine Therrien	12-07	Champ Monde Jr	59	150.0	186.02
8-	Manon Croteau	11-02	Sél. Pan-Am	54	135.0	177.76
9-	Marie-Josée Pépin	11-02	Sél. Pan-Am	64	150.0	177.21
10-	Cynthia Poupart	11-02	Sél. Pan-Am	59	130.0	161.21
11-	Caroline Vandal	25-03	Coll. & Univ.	50	112.5	156.97
12-	Isabelle Brochu	10-06	Jr Interprovincial	54	115.0	151.42
13-	Marie-Josée Lacasse	25-03	Coll & Univ	46	100.0	149.51
14-	Sophie Racine	10-06	Jr Interprovincial	46	100.0	149.51
15-	Patricia Langevin	02-12	Jr provincial	54	110.0	144.84
16-	Michèle Tremblay	10-06	Jr Interprovincial	59	112.5	139.51
17-	Louise Paradis	10-06	Jr Interprovincial	54	100.0	131.67
18-	Sandra Bilodeau	02-12	Jr provincial	59	105.0	130.21
19-	Mélanie Poupart	27-01	Fin. rég. Jx du Qué.	76	115.0	125.14
20-	Michèle Noël	02-12	Jr provincial	54	95.0	125.09
21-	Ouina Doschoes	27-01	Fin. rég. Jx du Qué.	64	105.0	124.05
22-	Annie Chapdeleine	06-05	Jeunes-Louis-Cyr	64	105.0	124.05
23-	Julie Therrien	12-03	Jeux du Québec	70	107.5	121.25
24-	Caroline Godin	27-01	Fin. rég. Jx du Qué.	64	102.5	121.09
25-	Marylin Dion	27-01	Fin. rég. Jx du Qué.	59	92.5	114.71

1996 - Nancy Niro, Montreal and Theresa Brick, Winnipeg.



They received plaques after ten (10) participations at the World Feminine Weightlifting championships. At the time only five (5) other women had a similar achievement throughout the world.

1996 - A great article written by Maryse Turcotte. In this article Maryse questions the value of the medals she receives when there are only a few or no adversaries in her class. She suggests what the world of weightlifting should do. She is like herself – generous with a great heart.

HALTÉROPHILIE FÉMININE : DES MÉDAILLES GRATUITES....

PAR : MARYSE TURCOTTE, ATHLÈTE

Dès ma première compétition provinciale en haltérophilie, c'est avec une médaille autour du cou que je suis rentrée chez moi : c'était lors des Jeux du Québec à Shawinigan, et cela ne faisait pas encore trois mois que je pratiquais ce sport. Évidemment, sur le moment j'étais heureuse de cette médaille, du moins jusqu'à ce que je réalise que si je l'avais gagnée ce n'était pas parce que j'étais meilleure que les autres athlètes mais plutôt parce que ces "autres athlètes" n'existaient tout simplement pas ! Quelques années ont passé depuis mais le scénario se répète toujours; il n'y a pas assez d'athlètes féminins aux compétitions par rapport au nombre élevé de médailles remises...

L'haltérophilie féminine commence tout juste à se développer, contrairement aux hommes où ce sport est pratiqué depuis fort longtemps, il est donc normal qu'il y ait moins de femmes que d'hommes lors des compétitions. Par contre, au niveau des médailles la distribution est la même : les trois premiers ou premières dans chaque catégorie ont l'honneur de monter sur le podium. C'est ici que se situe le problème car il y a neuf catégories chez les femmes donc 27 médailles féminines ? Bonne chance dans vos recherches. !

Tout cela pour en arriver à la question suivante : Quelle est la valeur réelle des médailles remises aux femmes lors des compétitions ? Lorsque je suis seule dans ma catégorie et que je porte ma médaille d'or tandis qu'une autre athlète porte le bronze dans une catégorie différente où 5 athlètes sont en compétition, je me pose des questions sur la signification de ma médaille d'or. Que veut dire être première s'il n'y a personne que termine deuxième ? Bien sûr, même si je suis seule dans ma catégorie je dois toujours être fière de ma performance personnelle mais cette satisfaction ne sera pas meilleure si je rapporte chez moi une médaille qui ne veut rien dire par rapport aux autres compétitrices. J'en arrive donc à la conclusion que la remise des médailles devrait se faire différemment en fonction du nombre d'athlètes inscrites lors des compétitions. Au Canada, nous

comparons les athlètes entre elles par la formule Sinclair ; pourquoi ne pas regrouper les femmes lors des compétitions et remettre les médailles selon ce calcul ? Cette division des groupes pourrait se faire selon le nombre de participantes inscrites à chaque compétition soit deux groupes (46-50-54-59 kg et 64-70-76-83 et +83 kg) lorsque moins de 20 femmes sont inscrites ou trois groupes (46-50-54, 59-64-70 kg, 76-83-+83 kg) lorsqu'il y a entre 20 et 30 femmes. Finalement, un minimum de 30 femmes inscrites seraient nécessaires afin que l'on puisse remettre des médailles dans toutes les catégories. Et puis, si vous voulez absolument que toutes les femmes soient récompensées, il est peu coûteux mais bien vu de donner un ruban de participation à chaque athlète non médaillée. D'autres solutions sont possibles, il suffit d'y penser et les proposer.

Pour terminer, j'aimerais apporter quelques points afin que ceux qui sont contre l'idée générale que j'ai mentionnée ci-haut réalisent que je n'ai pas tort. Je suis une athlète féminine maintenant rendue de

niveau mondial, j'ai participé à beaucoup d'événements et j'ai fait mon lot de sacrifices et d'entraînements ardu (et je continuerai d'en faire autant). Par contre, moi aussi comme tout le monde j'ai commencé par le début, avec la barre de 20 kg et dans des compétitions régionales. Je peux vous affirmer que ce n'est pas le fait de gagner une médaille à chaque compétition qui m'a donné le goût de continuer ; il s'agit de motivation personnelle et je vous assure que diminuer le nombre de médailles ne découragera pas les athlètes mais les motivera plutôt à augmenter leurs performances afin d'aller arracher une place bien méritée sur le podium. De plus, il revient aux entraîneurs (et non au fait d'avoir une médaille) de féliciter et d'inciter leurs athlètes à poursuivre dans la bonne voie. J'en ai encore à apprendre et mon but est de toujours m'améliorer mais je crois avoir assez de vécu pour affirmer qu'il y a un problème au niveau du nombre de médailles remises versus le nombre de participants. Je crois que l'on détruit la bonne image des femmes haltérophiles en remettant des médailles à presque toutes; de quoi à-t-on l'air devant un journaliste lorsque l'on affirme que l'on est championne canadienne mais que seulement une rivale était dans notre catégorie ?!!! Et en plus, à chaque compétition il faut monter seule ou à deux sur le podium pour aller chercher notre médaille... personnellement, j'en suis gênée et cela ne me donne même pas le goût d'aller la recevoir. Finalement, les médailles sont supposées couronner et mettre en valeur les meilleures athlètes; comment les championnes peuvent-elles être reconnues parmi les autres si nous sommes toutes médaillées ???

Je pourrais en discuter encore fort longtemps mais je crois que ce texte suffit à donner mon opinion à ce sujet. J'ose espérer que cela fera réfléchir ceux qui croient développer les femmes en leur donnant des médailles par poignées... je pense encore que la meilleure façon de promouvoir le sport est de rendre difficile le chemin vers la victoire afin que les récompenses qui y sont données soient de valeur inestimable.



Maryse Turcotte (cat. 54kg) lors du Championnat Canadien Senior - 1996 réussi un très bel arraché à 72.5kg. Après une 2e participation aux championnats du monde senior féminin au début mai, quelques examens de fin de session au Cegep bien sûr, une très belle performance à Brossard avec un record canadien à l'épaulé jeté en prime. Toutes nos félicitations. Photo: O. Simard

1996 - Senior Canadian Female records. Athletes originating from only two (2) of the ten (10) Provinces are holding the records. They come from Québec mostly and Manitoba.

FEMMES														
46 KG			64 KG			83 KG								
ARR	Manon Cyr	QUE	60.5	20.05.95	ARR	Nancy Niro	QUE	90.0	04.11.95	ARR	Theresa Brick	MAN	100.0	30.03.96
E-J	Maryse Turcotte	QUE	80.0	19.11.94	E-J	Nancy Niro	QUE	110.0	04.11.95	E-J	Theresa Brick	MAN	122.5	16.03.96
TOT	Maryse Turcotte	QUE	137.5	19.11.94	TOT	Nancy Niro	QUE	200.0	04.11.95	TOT	Theresa Brick	MAN	222.5	30.03.96
50 KG			70 KG			+83 KG								
ARR	Maryse Turcotte	QUE	67.5	04.11.95	ARR	Theresa Brick	MAN	92.5	15.11.93	ARR			88.0	
E-J	Maryse Turcotte	QUE	92.5	04.11.95	E-J			115.0		E-J			115.0	
TOT	Maryse Turcotte	QUE	160.0	04.11.95	TOT	Theresa Brick	MAN	202.5	13.02.93	TOT			202.5	
54 KG			76 KG			Révisé le 21 mai 1996								
ARR	Nancy Niro	QUE	80.0	27.03.93	ARR	Theresa Brick	MAN	98.0	19.05.96					
E-J	Maryse Turcotte	QUE	98.0	18.05.96	E-J	Theresa Brick	MAN	120.5	19.05.96					
TOT	Nancy Niro	QUE	175.0	27.03.93	TOT	Theresa Brick	MAN	217.5	03.03.96					
59 KG														
ARR	Nancy Niro	QUE	85.5	18.05.96										
E-J	Nancy Niro	QUE	110.0	20.11.95										
TOT	Nancy Niro	QUE	192.5	20.11.95										

1996 - Christine Girard, the future Olympian, begins her weightlifting career in the 54 kg category at the junior provincial championships held at Montreal.



Du club de Rouyn, Christine Girard dans la catégorie des 54 kg, gagnante de la médaille de bronze lors du Championnat Junior du Québec, section Ouest au Centre récréatif Gadbois de Montréal. Toutes nos félicitations.

Photo: O. Simard

May 29 to June 4, 1997 it is the Junior World Feminine Championships. The event is held at Cape Town, South Africa.

Only two(2) of our Canadian girls participate. In the 59 kg category Miel McGerrigle of Ontario and Jeane Lassen of Yukon. They performed very well amongst the seventy eight (78) female athletes present.

In the 59 kg class, Miel did 80 kg and 100 kg for a 4th place out of eleven (11) contestants.

In the 76 kg Jeane succeeded with 82.5 kg and 115 kg for a very good 2nd position in a group of six (6) female athletes.

FEMMES							
NOM	PROV.	NAIS.	P.C.	ARR.	ÉP-J	TOTAL	PTS
46 kg							
Karine Turcotte	QC	78	45.8kg	57.5kg	75.0kg	132.5kg	16
Ashley Nadalin	ON	82	45.4	30.0	45.0	75.0	14
Veronia Samayoa	SK	85	38.2	27.5	35.0	62.5	13
Astrid Jordan	SK	85	34.2	25.0	30.0	55.0	12
50 kg							
Sophie Robitaille	ON	80	49.5	50.0	62.5	112.5	16
Nancy Hicks	NF	79	49.6	42.5	52.5	95.0	1
54 kg							
Patricia Langevin	QC	78	54.0	57.5	72.5	130.0	16
Angela Kennedy	NF	79	54.0	32.5	45.0	77.5	14
Dokic Mlandenk	YK	84	53.7	32.5	42.5	75.0	13
Brandy Convey	BC	81	52.8	—	50.0	—	—
59 kg							
Miel McGerrigle	ON	77	56.1	75.0	95.0	170.0	16
Michelle Noel	QC	79	57.2	60.0	77.5	137.5	14
Kara Yessie	ON	82	56.8	50.0	65.0	115.0	13
Stacey Kucharchuk	AB	81	58.0	50.0	65.0	115.0	12
Jamie Kunz	SK	79	57.3	52.5	60.0	112.5	11
Krista Brick	MB	82	58.9	45.0	55.0	100.0	10
Carla Stratton	BC	83	55.4	42.5	52.5	95.0	9
Shannon Scott	NS	82	58.8	30.0	42.5	72.5	8
Diana MacDonald	NS	82	54.9	30.0	40.0	70.0	7
64 kg							
Tania Whalen	QC	81	63.6	60.0	77.5	137.5	16
Courtney Sippel	YK	79	60.3	52.5	72.5	125.0	14
Nicole Clement	BC	81	59.7	47.5	60.0	107.5	13
Erin Janssen	MB	81	61.7	50.0	57.5	107.5	12
Melissa Doucette	NS	80	63.9	45.0	60.0	105.0	11
Angela Reiner	AB	77	63.3	40.0	60.0	100.0	10
Melissa Mercer	SK	82	61.0	32.5	50.0	82.5	9
Krista Kucharchuk	AB	80	63.5	57.5	—	—	—

+64 kg							
NOM	CLUBS	ARR.	ÉP.	TOTAL	SINCLAIR	MONTANT	
Jeanne Lassen	YK	80	69.7kg	82.5kg	107.5kg	190.0kg	16
Charlotte MacEachern	MB	81	75.7	70.0	80.0	150.0	14
Beverly Young	NF	81	121.5	55.0	70.0	125.0	13
Lisa Sheppard	NF	79	69.4	50.0	62.5	112.5	12
Katie Palmer	BC	83	71.4	40.0	47.5	87.5	11
Crystal Fredette	MB	85	64.4	22.5	27.5	50.0	10

3 MEILLEURES ATHLÈTES AU TOTAL SINCLAIR				
NOM	PROVINCE	CATEGORIE	TOTAL	SINCLAIR
Jean Lassen	Yukon	+64 kg	190.0	208.44
Miel McGerrigle	Ontario	59 kg	170.0	202.45
Karine Turcotte	Quebec	46 kg	132.5	186.20

March 22, 1997 - 9th Québec Open Tournament College & University. Only eleven (11) women entered the competition. All Quebecers except one from British Columbia. Best performance – Maryse Turcotte followed by Karine Turcotte and Patricia Langevin all from Province of Québec.

FEMMES					
NOM	CLUBS	ARR.	ÉP.	TOTAL	
	ÉCOLES		JETÉ		
50 kg					
1. Karine Turcotte		06	60.0kg	72.5kg	132.5kg
54 kg					
1. Manon Croteau	NOR		62.5	75.0	137.5
2. Patricia Langevin	07		55.0	72.5	127.5
59 kg					
1. Maryse Turcotte	04		77.5	105.0	182.5
2. Sandra Bilodeau	G-B		57.5	72.5	130.0
3. Michelle Noel	03		55.0	70.0	125.0
4. Nancy Coderre	06		35.0	47.5	82.5
64 kg					
1. Gail Leclerc	10		55.0	70.0	125.0
2. Tania Whalen	G-B		60.0	-0-	-0-
70 kg					
1. Isabelle Delisle	OBE		80.0	95.0	175.0
76 kg					
1. Trena Irving	YUK		67.5	87.5	155.0

BOURSES SECTION OUVERTE					
RG	NOM	CAT.	TOTAL	SINCLAIR	MONTANT
1-	Maryse Turcotte	59 kg	182.5 kg	217.33	300.00 \$
2-	Isabelle Delisle	70 kg	175.0 kg	191.99	150.00 \$

Classement section «ÉTUDIANTE»

FEMMES

Les trois meilleures au total Sinclair toutes catégories
(calculé au poids de la catégorie)

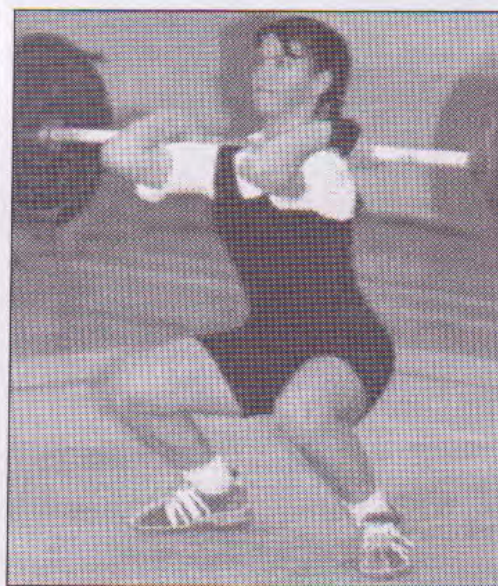
RG	NOM	CAT.	TOTAL	TOTAL ÉCOLE	SINCLAIR
1 ^{re}	Maryse Turcotte	59kg	182 kg	217.33	Coll. Maissonneuve
2 ^e	Karine Turcotte	50 kg	132.5 kg	175.08	Coll. de Sherbrooke
3 ^e	Patricia Langevin	54 kg	127.5 kg	160.05	Coll. Edouard-Montbret

May 17 and 18, 1997, the Senior Canadian championships are held at Regina Saskatchewan. In the feminine competition appears now a fairly good spread of competitors from across Canada. Seven (7) girls come from Province of Québec; three (3) from Province of Ontario; three (3) from Saskatchewan; six (6) from Manitoba and two (2) from Yukon. Total: twenty-one (21) feminine lifters. Of the outsiders of Province of Québec, three (3) begin shining. They are: Julie Malenfant, Jeane Lassen and Theresa Brick who will later shine for many years on the International scene. She was primary a splitter lifter in the snatch and also in the clean. Some years Theresa was making the Canadian teams in female weightlifting and also in field events of the Track and Field Federation.

CHAMPIONNAT CANADIEN SENIOR				
Regina, Saskatchewan				
17-18 mai 1997				
FEMMES				
NOM	PROV.	ARR.	ÉP.-JETÉ	TOTAL
46 kg				
Manon Poulin-Cyr	QUE	*61.0 kg	72.5 kg	132.5 kg
50 kg				
Karine Turcotte	QUE	55.0	75.0	130.0
Sophie Robitaille	ONT	55.0	65.0	120.0
54 kg				
Maryse Turcotte	QUE	77.5	*102.5	*180.0
Manon Croteau	QUE	57.5	75.0	132.5
Patricia Langevin	QUE	57.5	67.5	125.0
59 kg				
Michelle Noël	QUE	62.5	72.5	135.0
Kara Yessie	ONT	55.0	70.0	125.0
Jamie Kunz	SAS	50.0	60.0	110.0
64 kg				
Julie Malenfant	ONT	*90.5	105.0	195.0
Erin Beck	SAS	70.0	92.5	162.5
Erin Janssen	MAN	50.0	62.5	112.5
70 kg				
Isabelle Delisle	QUE	75.0	92.5	167.5
Trena Irving	YUK	70.0	90.0	160.0
Joanne Doerksen	ALB	65.0	85.0	150.0
76 kg				
Jeane Lassen	YUK	82.5	112.5	195.0
Charlotte MacEachern	MAN	70.0	82.5	152.5
83 kg				
Theresa Brick	MAN	85.0	110.0	195.0
Lorrie Weber	SAS	67.5	92.5	160.0
Noreena Bodaglio	MAN	60.0	80.0	140.0
+83 kg				
Sue Dandenault	MAN	77.5	102.5	180.0
Josee Morneau	MAN	77.5	95.0	172.5
MEILLEURES ATHLÈTES AU TOTAL SINCLAIR :				
FEMMES				
	PROV.	CAT.	TOTAL	SINCLAIR
1. Maryse Turcotte	QUE	54 kg	180.0 kg	225.95
2. Julie Malenfant	ONT	64 kg	195.0 kg	222.61
3. Jeane Lassen	YUK	76 kg	195.0 kg	207.54

1997 - 30th Young Louis Cyr Tournament, 15 years old and under. Now we see our neighbours, the Americans, acting as guests of the tournament. The competition is at a very good level for the youngsters.

FEMMES						
NOM	RÉG.	NAIS.	ARR.	ÉP.-JETÉ	TOTAL	
42 kg						
1. Emmy Barré	RIY	84	25.0 kg	37.5 kg	62.5 kg	
50 kg						
Ashley Brito-Snyder (inv.)	USA	84	47.5	52.5	100.0	
Lisa Taylor-Parisi (inv.)	USA	83	35.0	40.0	75.0	
54 kg						
1. Christine Girard	ABT	85*	47.5	*65.0	*112.5	
2. Valérie Marineau	LAU	83	45.0	57.5	102.5	
3. Guilaine Morissette	RIY	81	37.5	45.0	82.5	
59 kg						
1. Isabelle Brochu	ABT	81*	52.5	65.0	*117.5	
2. Kim Robert	RIS	81	40.0	52.5	92.5	
3. Karine Dery	MAU	83	35.0	40.0	75.0	
Gwendolyn Sisto (inv.)	USA	82	50.0	62.5	112.5	
64 kg						
1. Tania Whalen	RIS	81*	62.5	*75.0	*137.5	
2. Annick Dallaire (60.2)	SLJ	81	45.0	57.5	102.5	
3. Mélinda Théberge (62.3)	ABT	82	45.0	57.5	102.5	
4. Jennifer Plourde	RIY	83	37.5	50.0	87.5	
Stevie Peek (inv.)	USA	84	50.0	67.5	117.5	
70 kg						
1. Sonia Gagnier	SUO	82	50.0	60.0	110.0	
2. Danielle Gagnon	RIS	82	42.5	57.5	100.0	
3. Mélanie Séguin	RIS	81	40.0	47.5	87.5	
Karine Duchesne	MON	81	-	-	-	
+70 kg						
1. Caroline Tremblay	RIS	81	40.0	55.0	95.0	
Teresa Gaume (inv.)	USA	82	67.5	82.5	150.0	
* = record des Jeunes Louis Cyr						



Christine Girard, club Héraclès de Rouyn, lors de la 30e édition du Tournoi des Jeunes Louis Cyr à Sherbrooke. Photo: O. Simard

July 15-18, 1997 – Vth NACACI Championships and Guatemala Cup are held at Guatemala City, Guatemala. Canada is represented by: 50kg Manon Cyr (Québec) 57.5 kg 70 kg for a 3rd place out of 8 places. 64 kg Julie Malenfant (Ontario) 87.5 and 107.5 kg for a 1st position out of 7 lifters. 70 kg Trena Irving (B.C.), 67.5 and 90 kg for the 2nd place, out of two contestants. 83 kg Theresa Brick (Manitoba) 90 kg and 110 kg for a gold medal out 5 lifters.

6-14 December 1997. Chiang Mai, Thailand. We now have the 11th Senior Feminine World Championships taking place in Asia.

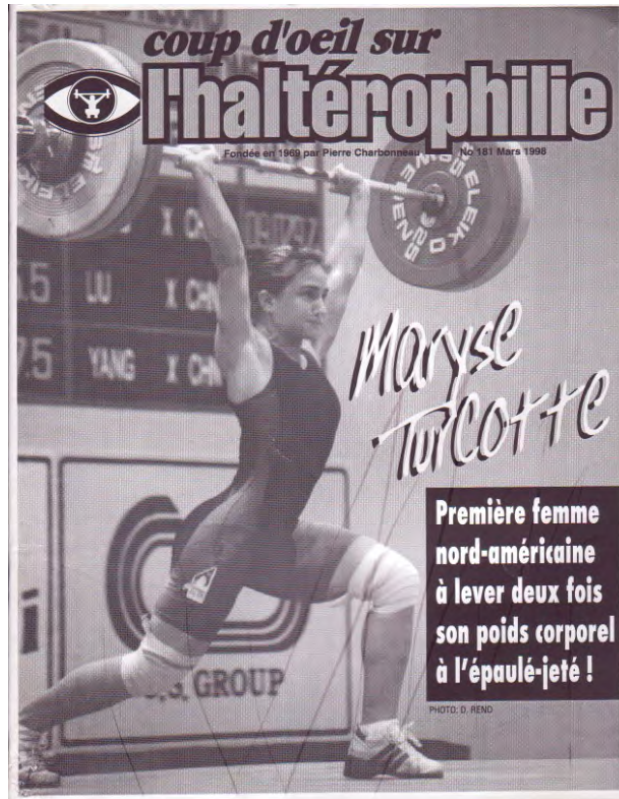
Canada has 4 contestants.

54 kg Maryse Turcotte (Québec) succeeds with 80 and 107.5 kg for a 5th position. It is the first time a North American female weightlifter succeeds with a double bodyweight in the clean and jerk in competition. Maryse was weighing only 53.1 kg.

The 59 kg Nancy Niro (Québec) comes back with a good 85 and 105 kg for a 6th position.

70 kg Julie Malenfant (Ontario) manages to do 90 and 110 kg for 8th place.

76 kg Jeane Lassen (Yukon) 85 and 117.5 kg and the 11th rank.



MARIYSE

PREMIÈRE FEMME NORD-AMÉRICAINE À LEVER DEUX FOIS SON POIDS CORPOREL À L'ÉPAULÉ-JETÉ !

TOUTES NOS FÉLICITATIONS À MARIYSE.
 BONNE CHANCE AU 1^{ER} CHAMPIONNAT DU MONDE COLÉGIAL & UNIVERSITAIRE À TEL-AVIV, ISRAËL LES 24-25 AVRIL 1998.
 M. PIERRE BERGERON, JR SERA L'ENTRAÎNEUR LORS DE CETTE COMPÉTITION INTERNATIONALE.
 CES PHOTOS ONT ÉTÉ PRISES EN THAÏLANDE PAR M. DENIS RENO. NOUS LE REMERCIONS DE NOUS LES AVOIR FAIT PARVENIR.

COUP D'ŒIL SUR L'ATHLÉTISME MARS 1998

TURCOTTE

Nom : Turcotte
Prénoms : Mariyse
Ville de résidence : Broxtard
Date de naissance : 23.02.75
Club d'origine : Le Ber (Sherbrooke)
Club actuel : Obélix de Broxtard
Entraîneur : Pierre Bergeron (J. août 94)
Début de l'entraînement : décembre 1990
Études : Cégep Masonneuve
 DEC en technique diététique avril 97
 UQAM - étudiante en administration - sept. 97

Date	Compétition	Lieu	Cat.	Total	Rg.
07.03.91	Jeux du Québec	Shawigan	52 kg	87.5 kg	1
04.05.91	21 ^e Tournoi Jacques Louis Cyr	Shawigan	52	97.5	1
17.05.92	Championnat Canadien Senior	Bellefleur	54	127.5	1
06.03.93	21 ^e Finales Prox. des Jeux du Québec	Bellefleur	54	140.0	1
22.05.93	Championnat Canadien Senior	Windsor	54	150.0	2
21.05.94	Championnat Canadien Senior	Montréal	54	150.0	1
28.02.95	XI ^e Jeux du Canada	Grande Prairie	54	152.5	1
21.05.95	Championnat Canadien Senior	Montréal	50	147.5	1
18.11.95	24 ^e Chang. du monde senior féminin	Guangzhou, CHN	50	150.0	6
05.05.96	Vie Chang. du monde senior féminin	Varanasi, IND	54	160.0	5
18.05.96	Championnat Canadien Senior	Broxtard	54	170.0	1
18.05.97	Championnat Canadien Senior	Broxtard	54	180.0	1
03.08.97	Jeux Mondiaux	Lake Placid	54	180.0	1
07.10.97	1 ^{er} le Chang. du monde Senior Fémin.	Chiang Mai, THA	54	187.5	5

En 1997, avec les athlètes québécoises qui ont réussi à lever deux fois leur poids corporel à l'épaule-jeté en compétition de niveau provincial et plus.
 Cat. Poids Corps Compétitions

Frédéric Lapelle 65 kg 108.0 137.5 kg Champ. Canadien Senior
 Sébastien Giroux 70 kg 69.0 150.0 kg Champ. Canadien Senior
 Sami Timineh 83 kg 81.0 157.5 kg Champ. Canadien Senior
 Mark Turcotte 85 kg 84.2 176.0 kg Champ. Senior du Québec
 Mariyse Turcotte 54 kg 85.1 187.5 kg Champ. du Monde Féminine

COUP D'ŒIL SUR L'ATHLÉTISME MARS 1998

1998 - Quebec Games, Women

FEMMES

#	#AFF	NAIS	NOM	RÉG	P.C.	ARR	E-J	TOTAL	#	#AFF	NAIS	NOM	RÉG	P.C.	ARR	E-J	TOTAL
44 kg	2131	87	Annabelle Boucher	ABT		12.5	20.0	32.5	63 kg	1943	81	Tanis Whalen	RIS	59.9	62.5	75.0	137.5
48 kg	2031	84	Emmy Barré	RIY	46.9	35.0	50.0	85.0	inv.	2061	83	Karine Déry	MAU	60.9	37.5	50.0	87.5
	2168	85	Marie-Eve Pinette	MON	46.5	22.5	27.5	50.0	inv.	1865	79	Sandra Bilodeau	RIS	61.8	62.5	80.0	142.5
53 kg									69 kg	1405	81	Karine Duchêne	MON	69.0	55.0	70.0	125.0
58 kg	1854	81	Isabelle Brochu	ABT		52.5	67.5	120.0	1995	80	Valérie Girard	ABT		55.0	70.0	125.0	
	2049	83	Valérie Marineau	LAU	55.4	50.0	65.0	115.0	1911	82	Sonia Laurin-Gagnier	SUO	66.0	50.0	62.5	112.5	
	1937	85	Christine Girard	ABT		45.0	60.0	105.0	1904	82	Mélinda Thèberge	ABT		52.5	60.0	112.5	
	1954*	80	Claudine Martin	RIS	56.6	40.0	52.5	92.5	2117	83	Audrey Bilodeau	SLJ	67.0	25.0	37.5	62.5	
inv.	1880	79	Michelle Noël	RIS	57.4	70.0	77.5	147.5	+69 kg	1937	82	Caroline Girard	ABT		65.0	85.0	150.0
inv.	1410	65	Manon Croteau	LAU	53.9	60.0	75.0	135.0	1864*	80	Véronique Simard	RIS	75.4	55.0	70.0	125.0	
inv.	36	78	Patricia Langevin	RIS	57.3	57.5	75.0	132.5	2154	80	Sophie Boulrice	RIS	107.6	40.0	55.0	95.0	
inv.	2185	65	Maria Ferreira	MON	55.0	45.0	62.5	107.5	2022	83	Christine Chevalier	ABR		20.0	-0-	-0-	
inv.	2062	79	Marie-Eve Rousseau	MAU	55.2	30.0	40.0	70.0	inv.	2156	78	Karine Landry	RIS	79.6	42.5	52.5	95.0
								inv.	2162	79	Sonia Vincent	RIS	72.1	40.0	50.0	90.0	

May 16-17, 1998 – Ingersol, Ontario. the Senior Canadian championships. Twenty three (23) women entered that great annual. The performances are quite good. Our best girls are of a high level of performance. They improved three (3) feminine Canadian records during the competition. The new marks were established by the three (3) best female lifters of this Canadian Championships – Maryse Turcotte; Miel McGerrigle and Jeane Lassen.

FEMMES					
NOM	NAIS.	PROV.	ARR.	ÉP.-J.	TOTAL
48 kg					
Karine Turcotte	78	QUE	57.5	*80.5	137.5
53 kg					
Manon Croteau	53	QUE	65.0	70.0	135.0
58 kg					
M. Turcotte (56.3)	75	QUE	82.5	110.0	192.5
M. McGerrigle (58.0)	77	ONT	*85.5	107.5	192.5
Michelle Noël	79	QUE	70.0	82.5	152.5
63 kg					
Tania Whalen	81	QUE	67.5	85.0	152.5
Sandra Bilodeau	79	QUE	62.5	82.5	145.0
Kara Yessie	82	ONT	62.5	80.0	142.5
S. Kucharchuck	81	ALB	65.0	75.0	140.0
Courtney Sippel	79	YUK	60.0	75.0	135.0
Rachel Wempe	78	SAS	55.0	77.5	132.5
69 kg					
Joanne Doerksen	72	ALB	70.0	87.5	157.5
Krista Brick	82	MAN	50.0	65.0	115.0
Erin Janssen	81	MAN	50.0	62.5	112.5
75 kg					
Jeane Lassen	80	YUK	85.0	*116.0	200.0
C. MacEachern	81	MAN	75.0	90.0	165.0
J. Archambault	71	ALB	70.0	90.0	160.0
+ 75 kg					
Sue Dandenault	70	MAN	77.5	105.0	182.5
Noreena Bodaglio	74	MAN	77.5	95.0	172.5
Josée Morneau	74	MAN	77.5	90.0	167.5
Lorrie Weber	75	SAS	67.5	92.5	160.0
Beverley Young	81	T-N	67.5	87.5	155.0
Diana Pigeau	81	ONT	55.0	72.5	127.5
MEILLEURES ATHLÈTES AU TOTAL SINCLAIR :					
FEMMES					
	PROV.	CAT.	TOTAL SINCLAIR		
1. Maryse Turcotte	QUE	58 kg	192.5 kg	231.5	
2. Miel McGerrigle	MAN	58 kg	192.5 kg	231.5	
3. Jeane Lassen	YUK	75 kg	195.0 kg	207.5	

Mai 18-28, 1998. Sofia, Bulgaria. 4th Junior Feminine World Championships. Canada has sent only two (2) girls, they are lifting in the 75 kg category. They are: Jeane Lassen (Yukon) 80 – 112.5 kg who finished 4th and Charlotte McEachern (Manitoba) 82.5 and 90 kg who finished 10th on a field of 16 lifters in their class.

April 24-25, 1998. At Ramat, Gan Israel takes place the 1st World College and University championships. Canada has two female lifters. They are in the same bodyweight class, the 58 kg. Maryse Turcotte (Québec) does a nice 85 and 115 kg for a second position while Miel McGerrigle (British Columbia) makes 82.5 and 102.5 kg for a very good 4th place amongst 7 competitors in that class.

December 16 -20, 1998, our Canadian women are again on the International scene for the sixth (6th) NACACI Championships. That time at San Salvador, Salvador. Moira Lassen (Yukon) leads the Canadian weightlifting team on the International scene. She is the mother of the international female weightlifter Jeane Lassen. Sadly, it was not a very good showing of the Canadian feminine team that time.

April 3-4, 1999, Senior Canadian Feminine and NACACI championships are held at Winnipeg, Manitoba. Many South American teams are competing with our girls, for the NACACI championships, outside the regular Canadian championships. The Canadian girls are delighted to have that competition of the lifting platform. Again our 63 kg Maryse Turcotte (Québec), the 69 kg Julie Malenfant (Ontario) and the 63 kg Miel McGerrigle (Manitoba) are in great shape and end up with the best performances of the championships.

FEMMES					
NOM	NAISS.	PROV. PAYS	ARR.	ÉP-JETÉ	TOTAL
48 kg					
Manon Poulin-Cyr	63	QUE	57.5	72.5	130.0
Bestsabe Quijada	85	MEX	62.5	75.0	137.5
Karen Berrios	75	HON	45.0	62.5	107.5
53 kg					
Manon Croteau	65	QUE	67.5	82.5	150.0
Nancy Hicks	79	NF	50.0	60.0	110.0
58 kg					
Krista Astrope	83	SAS	45.0	55.0	100.0
S. Jimenez Mendivil	77	MEX	80.0	105.0	185.0
Nydia Lugo	70	PUR	67.5	102.5	170.0
63 kg					
Maryse Turcotte	75	QUE	85.0	117.5*	202.5*
Miel McGerrigle	77	ONT	82.5	112.5	195.0
R. Wempe (61.8)	78	SAS	65.0	82.5	147.5
Kara Yessie (63.0)	82	ONT	67.5	80.0	147.5
Courtney Sippel	79	YUK	60.0	80.0	140.0
Stacy Kucharchuk	81	ALB	60.0	77.5	137.5
Nancy Niro	66	QUE	—	—	—
69 kg					
Julie Malenfant	73	ONT	95.0	120.0*	215.0
Trena Irving	73	YUK	67.5	90.0	157.5
Joanne Doerksen	72	ALB	67.5	85.0	152.5
Krista Brick	82	MAN	60.0	70.0	130.0
Erin Janssen	81	MAN	55.0	67.5	122.5
Eva Dimas	73	ESA	85.0	107.5	192.5
Ruth Rivera	78	PUR	72.5	97.5	170.0
75 kg					
Theresa Brick	65	MAN	95.0	115.0	210.0
C. MacEachern	81	MAN	92.5	102.5	195.0
J. Archambault	71	ALB	70.0	100.0	170.0
Melissa Mercer	82	SAK	57.5	60.0	117.5
Jeane Lassen	80	YUK	—	—	—
+ 75 kg					
Sue Dandenault	70	MAN	92.5	115.0	207.5
Noreena Bodaglio	74	MAN	72.5	92.5	165.0
Lisa Sheppard	79	NF	60.0	70.0	130.0
Maria Urrutia	65	COL	105.0	125.0	230.0
Neilly Acosta	72	PUR	95.0	110.0	205.0
MEILLEURES ATHLÈTES AU TOTAL SINCLAIR :					
FEMMES					
(calculé poids corporel de l'athlète)					
		PROV. CAT.	TOTAL	SINCLAIR	
1.	Maryse Turcotte	QUE 63 kg	202.5 kg	243.75	
2.	Julie Malenfant	ONT 69 kg	215.0 kg	237.71	
3.	Miel McGerrigle	MAN 63 kg	195.0 kg	232.23	

May 1-3, 1999. Chiba, Japan. He 2nd World College and University Championships take place. Canada has sent only two (2) female athletes. They are Maryse Turcotte (Québec) in the 58 kg category. She does 82.5 and 115 kg for a second place. The other Canadian girl is in the 75 kg class. She is Jeane Lassen (Yukon) with a third place with the lifts of 92.5 and 120 kg.

May 22-23, 1999, Eastern Canada Open Championships held at Montreal, Québec. Again a few Canadian Feminine records fall by the way side. Jeane Lassen of Yukon is in a great shape. Best performance of the tournament and also three (3) new Canadian records for her in the 75 kg category. They are 97.5 kg, 125.5 kg and a total of 222.5 kg. The second and third performances go to Maryse Turcotte (Québec) and Miel McGerrigle (Ontario).

FEMMES						
NOM	NAISS.	CLUB PROV.	ARR.	ÉP-JETÉ	TOTAL	POINTS
48 kg						
Manon Poulin	63	NOR	55.0	75.0	130.0	16
Nathalie Ménard	84	DMN	47.5	55.0	102.5	14
Majolie Nadeau	87	MON	32.5	42.5	75.0	13
53 kg						
Manon Croteau	65	NOR	*70.0	80.0	150.0	16
Maria Ferreira	66	GEA	45.0	65.0	110.0	14
58 kg						
Maryse Turcotte	75	OBE	80.0	115.0	195.0	16
Nancy Niro	66	MON	82.5	105.0	187.5	14
Christine Girard	85	HER	55.0	85.0	140.0	13
Isabelle Brochu (56.8)	80	LAS	55.0	75.0	130.0	12
Valérie Marineau (57.2)	83	NOR	57.5	72.5	130.0	11
Sonia Laurin-Gagnier	82	A-P	55.0	70.0	125.0	10
Katie Moe	—	MAN-B	37.5	47.5	85.0	9
63 kg						
Miel McGerrigle	77	ONT	*87.5	115.0	202.5	16
Rochelle Wernpe	78	SAS	60.0	82.5	142.5	14
Gail Leclerc (58.2)	74	MAU	65.0	75.0	140.0	13
Pascale Dorcéus (60.5)	79	MON	62.5	77.5	140.0	12
Nancy Hicks	79	T-N	55.0	65.0	120.0	11
69 kg						
Trena Irving	72	YUK	67.5	92.5	160.0	16
Valérie Girard	80	HER	70.0	77.5	147.5	14
Krista Kucharchuk	—	ALB	60.0	75.0	135.0	13
Karine Duchêne (68.8)	81	MON	57.5	70.0	127.5	12
Erin Janssen (68.9)	81	MAN-B	57.5	70.0	127.5	11
Méjinda Thêberge	82	LAS	52.5	57.5	110.0	10
C.-Émilie Deschênes	82	MEU	47.5	60.0	107.5	9
Jill Miller	51	ONT	42.5	57.5	100.0	8
75 kg						
Jeane Lassen	80	YUK	*97.5	*125.5	*222.5	16
Theresa Brick	65	MAN-A	95.0	112.5	207.5	14
Charlotte MacEachern	81	MAN-A	90.0	105.0	195.0	13
Joanne Archambault	71	ALB	70.0	100.0	170.0	12
Danielle Gagnon	82	OBE	55.0	80.0	135.0	11
Krista Brick	82	MAN-A	60.0	72.5	132.5	10
+ 75 kg						
Suzanne Dandenault	71	MAN-A	92.5	117.5	210.0	16
* = record canadien senior						

July 3-8, 1999. The 5th Junior World Championships for women takes place at Savannah, United States. The Canadian feminine team consist of only two (2) women. Jeane Lassen (Yukon) in the 75 kg class makes 90 and 120 kg good for a 5th position. Charlotte

McEachem (Manitoba) in the 75 kg category also fails in the snatch and makes a zero as a result.

Vie CHAMPIONNAT NACACI
 16 - 20 décembre 1998
 Salvador
 Source: M. Lassen, gérante équipe

FEMMES

NOM	PAYS	ARR.	ÉP.-J.	TOTAL
48 kg				
Loreen Briner	USA	65.0	77.5	142.5
G. Candelario (45.2)	DOM	60.0	75.0	135.0
Wendy Santana (47.3)	DOM	57.5	77.5	135.0
Olvina Gomez	GUA	50.0	62.5	112.5
Ericka Medrano	ESA	45.0	65.0	110.0
Manon Poulin	CAN	-0-	70.0	—
53 kg				
Manon Croteau	CAN	62.5	80.0	142.5
Santa Santana	DOM	57.5	82.5	140.0
Noemi Lucero	ESA	45.0	60.0	105.0
58 kg				
Soraya Jimenez	MEX	75.0	92.5	167.5
Sally Oates	USA	75.0	90.0	165.0
Damaris Sosa	ESA	67.5	85.0	152.5
Elsa Caldera	NCA	65.0	85.0	150.0
Idalia Salinas	ESA	60.0	75.0	135.0
63 kg				
Sencion Quezada	DOM	67.5	92.5	160.0
Blanca Isabel Martinez	ESA	65.0	82.5	147.5
Karen Lorenzo	GUA	55.0	75.0	130.0
69 kg				
Miosotis Heredia	DOM	82.5	102.5	185.0
Gea Johnson	USA	82.5	100.0	182.5
Eva Maria Dimas	ESA	75.0	95.0	170.0
Iris De Moscoso	GUA	65.0	85.0	150.0
Joanne Doerksen	CAN	-0-	85.0	—
75 kg				
Wanda Ruo	DOM	90.0	110.0	200.0
Diana Fuhman	USA	85.0	105.0	190.0
Emily Britton	USA	85.0	100.0	185.0
Charlotte Mac Eachern	CAN	82.5	92.5	175.0
Maria Ruiz	NCA	72.5	95.0	167.5
Johanne Archambault	CAN	70.0	95.0	165.0
Veronica Monzon	GUA	72.5	82.5	155.0
+75 kg				
Stacy Ketchum (82.1)	USA	82.5	120.0	202.5
Rachell Hearn (114.7)	USA	92.5	110.0	202.5
Heridania Segura	DOM	90.0	105.0	195.0
Nancy Ponce	MEX	77.5	92.5	170.0
Noreena Badaglo	CAN	72.5	95.0	167.5
Patrishia Sawyers	CRC	70.0	85.0	155.0
Isabel Florec	ESA	65.0	87.5	152.5

HOMMES

August 3-7, 1999. XIIIth Pan American Games at Winnipeg, Manitoba. It is the first (1st) time women are represented in weightlifting at the Pan American Games. Maryse Turcotte (Québec) won the gold medal in her bodyweight class (58kg) followed by Miel McGerrigle (British Colombia) in the 63 kg category. Then came Nancy Niro (Québec) with a silver medal in the 58 kg class and Jeane Lassen (Yukon) with a bronze medal in the 75 kg category.

NOM	NAIS.	PAYS	ARR.	ÉP.-JET.	TOTAL
FEMMES					
48 kg					
Tara Nott	1972	USA	77.5	100.0	177.5
Andrea Zuluaga	1979	COL	67.5	85.0	152.5
Guillermina Candelario	1973	DOM	65.0	80.0	145.0
Betzabé Gracia	1981	MEX	60.0	75.0	135.0
Olvine Gomez	1977	GUA	55.0	75.0	130.0
Berrios Indira	1975	HON	55.0	70.0	125.0
Wendy Santena	1973	DOM	-0-	87.5	—
Remigia Arcila	1970	VEN	70.0	-0-	—
53 kg					
Robin Goad	1970	USA	85.0	102.5	187.5
Nancy Maneiro	1971	VEN	77.5	97.5	175.0
Adriana Gallego	1974	COL	72.5	95.0	167.5
Bibiana Munoz	1971	COL	70.0	92.5	162.5
Sandra Rosas	1976	ECU	72.5	85.0	157.5
Florencia Fernandez	1982	ARG	62.5	82.5	145.0
Maria Elizabete Jorge	1957	BRA	60.0	80.0	140.0
Melanie Kosoff	1974	USA	75.0	-0-	—
58 kg					
Maryse Turcotte	1975	CAN	87.5	112.5	200.0
Nancy Niro	1966	CAN	87.5	105.0	192.5
Zoraya Jimenez	1977	MEX	85.0	105.0	190.0
Nydia Lugo Rivera	1970	PUR	67.5	95.0	162.5
Demaris Sosa Berdugo	1981	ESA	67.5	92.5	160.0
Liliana Garcia	1977	VEN	80.0	-0-	—
63 kg					
Miel McGerrigle	1977	CAN	85.0	110.0	195.0
Alejandra Perea	1968	COL	82.5	105.0	187.5
Sencion Quezada	1968	DOM	80.0	102.5	182.5
Gretty Lugo	1977	VEN	80.0	100.0	180.0
Janice Lopez	1972	PUR	72.5	95.0	167.5
Elsa Caldera	1972	NCA	67.5	90.0	157.5
Ruth Rivera	1978	PUR	80.0	-0-	—
69 kg					
Lea Foreman	1973	USA	100.0	115.0	215.0
Miosotis Heredia	1972	DOM	95.0	110.0	205.0
Eva Maria Dimas (67.7)	1973	ESA	92.5	107.5	200.0
Khadijha Hunter (68.9)	1978	USA	90.0	110.0	200.0
Julie Malenfant	1973	CAN	90.0	105.0	195.0
Carmen Perez	1976	VEN	82.5	105.0	187.5
Iris do Moscoso	1962	GUA	72.5	92.5	165.0
Nelly Betanco	1971	NIC	60.0	80.0	140.0
Jenny Rombley	1971	DOM	85.0	-0-	—
75 kg					
Wanda Rijo	1979	DOM	100.0	120.0	220.0
Cara Heads	1977	USA	97.5	120.0	217.5
Jean Lassen (74.8)	1980	CAN	92.5	117.5	210.0
Theresa Brick (73.7)	1965	CAN	95.0	115.0	210.0
Mayra Martinez	1978	VEN	87.5	112.5	200.0
Maria Lourdes Ruiz	1965	NCA	75.0	107.5	182.5
Noreyda Rivera	1973	DOM	70.0	82.5	152.5
+ 75 kg					
Cheryl Haworth	1983	USA	117.5	135.0	252.5
Maria I. Urrutia	1965	COL	107.5	140.0	247.5
Carmenza Delgado	1972	COL	110.0	135.0	245.0
Nelly Acosta	—	PUR	95.0	105.0	200.0
Susan Dandenault	1970	CAN	85.0	112.5	197.5



Miel McGerrigle, Maryse Turcotte, Pierre Bergeron, Nancy Niro, Julie Malenfant, Susan Dandenault

November 21 - 30, 1999. Athens, Greece. Thirteenth (13th) Senior World Feminine Championships.

The Canadian girls have a seven (7) women team for the competition. They ranked seventeenth (17th) out of fifty one (51) countries present at the end of the event. They were two hundred and thirty one (231) women weightlifters at the competition.

58 kg: Maryse Turcotte (Québec) 85-117.5 =202.5 for a 6th place on a 42 persons field..

Nancy Niro (Québec) 75-92.5 =167.5 for a 28th place.

63 kg: Miel McGerrigle (British Colombia) 87.5-107.5=195 kg for 10th position out of 36 girls.

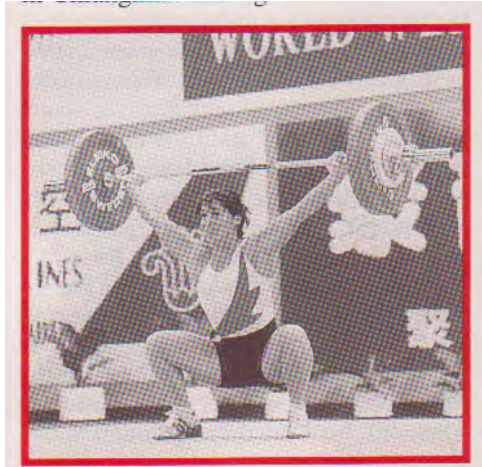
69 kg: Julie Malenfant (Ontario) 90-105 =195 kg and 19th place out of 36 competitors.

75 kg: Theresa Brick (Manitoba) 97.5-120=217.5 kg for the 14th place out of 31 girls.

Jeane Lassen (Yukon) 92.5-122.5 =215 kg and 16th position

+75 kg: Suzan Dandenault (Manitoba) 90-112.5=202.5 kg and 18th out of 26 girls.

1999 - World Weightlifting



Nancy Niro

It would be unfair to forget to mention the names of **Theresa Brick (CAN)** and **Robin Byrd-Goad (USA)**. Each of them missed only one World Championships. Their absence was certified: they saw to it that the next generation was born to the sport.



Maryse Turcotte, CAN is outranked only by Asians

March 18, 2000, at the Western Canadian championships our first (1st) Canadian female weightlifter was found positive to doping in sport. Her name: Theresa Brick, the Winnipeg feminine star. She had produced a positive urine sample. She was suspended for four (4) years.

May 20-21, 2000. Senior Canadian Championships and Olympic Qualification.

We are now at the Simon Fraser University, Vancouver, British Columbia. It is noticeable that Maryse Turcotte is in great shape. She makes two (2) Senior Canadian records on her way to winning her class, 58 kg, with a 120 kg clean and Jerk and a 210 kg total.

NOMS	PROV	NAIS.	ARR.	É.-JETÉ	TOTAL
FEMMES					
48 kg					
Karine Turcotte	QUE	1978	* 63.0	* 81.0	142.5
Manon Poulin-Cyr	QUE	1963	-0-	70.0	---
53 kg					
Isabelle Brochu	QUE	1981	60.0	77.5	137.5
Manon Croteau	QUE	1965	60.0	75.0	135.0
Kristi Carlson	C-B	1983	55.0	65.0	120.0
58 kg					
Maryse Turcotte	QUE	1975	90.0	* 120.0*	210.0
Valérie Marineau	QUE	1983	60.0	80.0	140.0
Candice Jang	C-B	1981	55.0	67.5	122.5
Krista Astrope	SAS	1982	42.5	57.5	100.0
Miel McGerrigle	ONT	1977	85.0	---	----
63 kg					
Pascale Dorcéus	QUE	1979	77.5	92.5	170.0
Tania Whalen	QUE	1981	72.5	87.5	160.0
Sophia Sandhu	C-B	1979	67.5	90.0	157.5
Marie-Josée Pépin	QUE	1971	67.5	85.0	152.5
Christine Girard	QUE	1985	62.5	85.0	147.5
Courtney Sippel	YUK	1979	62.5	77.5	140.0
Rochelle Wempe	SAS	1978	55.0	75.0	130.0
69 kg					
Kara Yessie	ONT	1982	75.0	90.0	165.0
Nav Sandhu	C-B	1978	60.0	87.5	147.5
Trena Irving	YUK	1973	60.0	85.0	145.0
75 kg					
Jeane Lassen	YUK	1980	85.0	110.0	195.0
Johanne Archambault	ALB	1971	70.0	90.0	160.0
Krista Kucharchuck	ALB	1980	-0-	80.0	---
+ 75 kg					
Suzanne Dandeneault	MAN	1970	92.5	* 123.0	215.0
Charlotte MacEachern	MAN	1981	@92.5	105.0	197.5
Noreena Bodaglo	MAN	1974	75.0	90.0	165.0
Josée Morneau	MAN	1974	70.0	85.0	155.0

On May 21, 2000, it is the turn of the feminine weightlifter and Ontario native, Julie Malenfant, to produce a positive urine test. She is suspended for four (4) years from competition.

May 2002. Election of Moira Lassen as Secretary General of the Canadian Weightlifting Federation.

Moira's career trajectory has shot her into uncharted territory. As YWA president, she automatically sits on the board of directors of the Canadian Weightlifting Federation (CWFHC). From 2000 to 2008, she was its secretary-general. "For nine of my 13 years on the CWFHC board, I've been the only woman, and that is very isolating," she says. I'm the acting executive

director of Athletes CAN and a director of the Canadian Association for the Advancement of Women and Sport and Physical.

In 2005, Moira was appointed to the scientific and research committee of the International Weightlifting Federation (IWF), where her achievements include assisting in developing the IWF Coaching Certification Program presentation materials and various Task Force assignments. In 2009, she joined the technical committee. As an international official, she has worked at five junior world championships, two senior world championships, the 2006 Commonwealth Games as a referee, and has had five international assignments as a technical controller, most recently at Beijing.

The Lassens' 'story within a story' – Moira gave birth to Jeane at the age of 16 – reveals the grit the mother has passed down to her daughter and which she inherited from her parents, Jim and Betty Semple. When Jeane was six, Moira married Leif Lassen (whom Jeane calls “Dad”) with whom she has a 21-year-old son, Erik.

June 9-11, 2000. Montreal, Canada.

The third (3rd) World College and University Championships. Canada Feminine team comprises seven (7) women. They win the championships as a team.

Maryse Turcotte (Québec) wins the 58 kg category with the total of 210 kg while her sister Karine Turcotte (Québec) finishes second (2nd) in the 48 kg class.

Also Jeane Lassen (Yukon) earns a gold medal in the 75 kg category.


The other Canadian female lifters are:

Isabelle Brochu (Québec) 53 kg, finishes 5th with the total of 140 kg.

Gail Leclerc (Québec) 58 kg, finishes 6th also with a total of 140 kg.

Sophia Sanshu (British Columbia) is 5th in the 63 kg class with the total of 150 kg.

Noreena Bodaglo (British Columbia) is 3rd in the +75 kg with 170 kg totalo.



Montréal 2000

NOMS	NAIS	PAYS	ARR.	É.-JETÉ	TOTAL
FEMMES					
48 kg					
Xiuhua Liu	1975	CHN	*87.5	110.0	*197.5
Karine Turcotte	1978	CAN	62.5	82.5	145.0
Mei-Fang Kuo (47.83)	1977	TPE	60.0	80.0	140.0
Hsueh-Fen Hsu (47.83)	1980	TPE	60.0	80.0	140.0
Nichol Carella	1979	USA	42.5	57.5	100.0
53 kg					
Xiufen Wang	1974	CHN	90.0	110.0	200.0
I-Hua Ling	1979	TPE	70.0	95.0	165.0
Marina Reyes	1980	MEX	70.0	85.0	155.0
Blanca Martinez	1973	ESA	70.0	80.0	150.0
Isabelle Brochu	1981	CAN	62.5	77.5	140.0
Efstathia Spala	1979	GRE	52.5	65.0	117.5
58 kg					
Maryse Turcotte	1975	CAN	90.0	120.0	210.0
Soraya Jimenez	1977	MEX	90.0	115.0	205.0
Dagmar Danekova	1978	SVK	85.0	107.5	192.5
Tomomi Taira	1979	JPN	75.0	97.5	172.5
Yedid Orozco	1981	MEX	70.0	90.0	160.0
Gail Leclerc	1974	CAN	60.0	80.0	140.0
63 kg					
Weiwei Diao	1979	CHN	100.0	125.0	225.0
Yu-Min Lin	1979	TPE	80.0	105.0	185.0
Luz Acosta	1980	MEX	80.0	97.5	177.5
Anastasia Tsakiri	1979	GRE	77.5	97.5	175.0
Sophia Sandhu	1979	CAN	62.5	87.5	150.0
M. Nightingale	1981	AUS	65.0	75.0	140.0
Rachel Jones	1978	USA	60.0	75.0	135.0
Marlena Hauf	1979	USA	55.0	65.0	120.0
69 kg					
Weining Lin	1979	CHN	107.5	135.0	242.5
Eva Maria Dimas	1973	ESA	95.0	112.5	207.5
75 kg					
Jeane Lassen	1980	CAN	80.0	107.5	187.5
Hitomi Shimotamari	1981	JPN	77.5	92.5	170.0
Jiao Xu	1979	CHN	105.0	-0-	---
+ 75 kg					
Yanmei Wang	1978	CHN	122.5	*161.0	282.5
C. Delgado	1972	COL	112.5	135.0	247.5
Noreena Bodaglio	1974	CAN	77.5	92.5	170.0
M. Papazoglou	1973	GRE	70.0	90.0	160.0

* = record du Monde Senior

April 15-16, 2000. Shreveport, Louisiana, USA. NACACI championships.

The Women Canadian Weightlifting team wins the team honours over eight (8) countries.

NOMS	NAIS.	PAYS	ARR.	É.-JETÉ	TOTAL
FEMMES					
48 kg					
G. Candelario	1973	DOM	67.5	90.0	157.5
Betsabe Gracia	1981	MEX	67.5	77.5	145.0
Karine Turcotte	1978	CAN	62.5	80.0	142.5
Olivia Gomez	1977	GUA	55.0	70.0	125.0
Paulette Toledo	1975	PUR	52.5	65.0	117.5
Silvia Lucero	1980	ESA	-0-	---	---
53 kg					
Marina Reyes	1980	MEX	67.5	77.5	145.0
Joan Rivera	1979	PUR	57.5	72.5	130.0
Wendy Santana	1973	DOM	-0-	80.0	---
58 kg					
Soraya Jimenez	1977	MEX	90.0	120.0	210.0
Maryse Turcotte	1975	CAN	85.0	112.5	197.5
Jackie Berube	1971	USA	85.0	107.5	192.5
Solsiris Francisco	1977	PUR	75.0	92.5	167.5
Damaris Sosa	1981	ESA	72.5	92.5	165.0
Santa Santana	1976	DOM	65.0	97.5	162.5
63 kg					
Sencion Quezada	1968	DOM	87.5	102.5	190.0
Miel McGerrigle	1977	CAN	82.5	105.0	187.5
Christina McClure	1975	USA	82.5	100.0	182.5
Luz Acosta	1980	MEX	77.5	100.0	177.5
Janice Lopez	1972	PUR	70.0	97.5	167.5
Elsa Caldera	1972	NCA	70.0	90.0	160.0
Susana Calderon	1985	ESA	65.0	85.0	150.0
69 kg					
Eva Maria Dimas	1973	ESA	92.5	112.5	205.0
Julie Malenfant	1973	CAN	90.0	105.0	195.0
Khadijah Hunter	1978	USA	85.0	107.5	192.5
Ruth Rivera (68.44)	1978	PUR	85.0	105.0	190.0
S. Bodie (68.61)	1977	USA	87.5	102.5	190.0
Iris Demoscoco	1961	GUA	65.0	92.5	157.5
75 kg					
Wanda Rijo (73.14)	1979	DOM	95.0	115.0	210.0
S. Leathers (74.54)	1972	USA	97.5	112.5	210.0
Jeane Lassen	1980	CAN	85.0	115.0	200.0
Cintha Dominguez	1982	MEX	80.0	100.0	180.0
Carolina Hernandez	1978	MEX	70.0	85.0	155.0
Gracielis Vega	1982	PUR	65.0	72.5	137.5
Erin Okonek	1978	USA	85.0	-0-	---
+75 kg					
Emmy Vargas (87.66)	1977	USA	92.5	120.0	212.5
S. Dandenault (103.96)	1970	CAN	92.5	120.0	212.5
Nellie Acosta	1972	PUR	92.5	105.0	197.5
Charlotte MacEachern	1981	CAN	90.0	102.5	192.5
Nancy Ponce	1978	MEX	85.0	100.0	185.0
CLASSEMENT DES ÉQUIPES FÉMININES					
ABRÉ.	PAYS	POINTS			
CAN	Canada	504			
MEX	Mexique	494			
PUR	Porto Rico	462			
USA	États-Unis	454			
DOM	République Dominicaine	336			
ESA	El Salvador	203			
GUA	Guatemala	126			
NCA	Nicaragua	61			
8 pays					

September 17 to October 1, 2000. Olympic Games 2000, held at Sydney, Australia.

The Canadian feminine team had only one (1) athlete is Maryse Turcotte (Québec). She competes in the 58 kg class and finishes fourth (4th) in a field of seventeen (17) entries, with the following lifts: 90 kg snatch, 115 kg clean and jerk for a total of 205 kg. This enables Canada female team to finish ninth (9th) over a field of forty seven (47) countries.

July 2-9, 2000. Prague, Czech Republic. Sixth (6th) Junior Feminine World championships.

Canada has two (2) girls in the 75 kg category. They are: Charlotte McEachern (Manitoba) who finished fourth (4th) with a total of 195 kg and the other one (1), Jeane Lassen (Yukon) who did 77.5 and 102.5 for a 6th place in an eight (8) persons field of contestants.

May 19-20, 2001, Senior Canadian Championships – Collingwood, Ontario

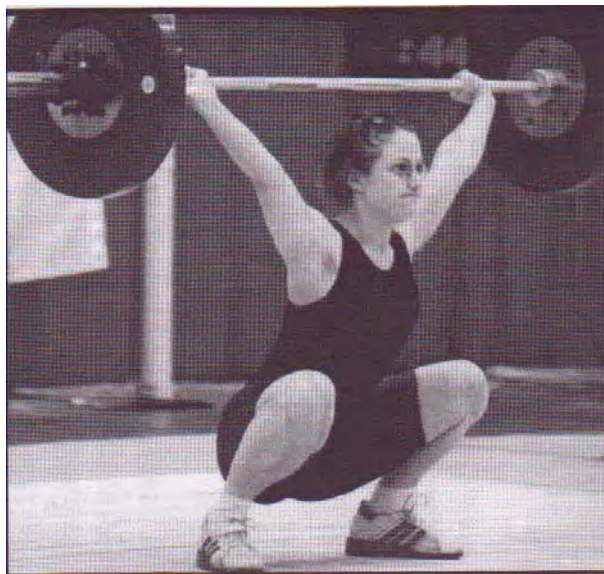
Three (3) best lifters are: Maryse Turcotte, Québec with 250.90 Sinclair

Suzanne Dandeneault, Manitoba, 217.50 Sinclair points

Pascale Dorcéus, Québec, 217.44 Sinclair points.

FEMMES						
48 kg						
Karine Turcotte	QC	1978	*70.0	87.5	*157.5	
Marilou Dozois	QC	1986	60.0	75.0	135.0	
Manon Poulin-Cyr	QC	1963	60.0	70.0	130.0	
53 kg						
Maryse Turcotte	QC	1975	82.5	*115.0	*197.5	
Isabelle Brochu	QC	1981	62.5	80.0	142.5	
Rosemary Densmore	MB	1984	47.5	65.0	112.5	
58 kg						
Valérie Marineau	QC	1983	60.0	80.0	140.0	
63 kg						
Pascale Dorcéus	QC	1979	85.0	102.5	187.5	
Christine Girard (61.9)	QC	1985	70.0	97.5	167.5	
Sophia Sandhu (62.0)	BC	1979	72.5	95.0	167.5	
Tania Whalen	QC	1981	77.5	87.5	165.0	
Courtney Sippel	YK	1978	60.0	75.0	135.0	
Tanna Payne	BC	1980	57.5	67.5	125.0	
69 kg						
Jeane Lassen	YK	1980	77.5	97.5	175.0	
Marie-Josée Pépin	QC	1971	75.0	92.5	167.5	
Nav Sandhu	BC	1978	70.0	92.5	162.5	
75 kg						
Charlotte MacEachern	MB	1981	92.5	97.5	190.0	
Kara Yessie	ON	1982	80.0	90.0	170.0	
+ 75 kg						
Susanne Dandeneault	MB	1970	92.5	*125.0	217.5	
Noreena Bodaglio	MB	1974	80.0	90.0	170.0	
Krista Kucharchuk	AB	1980	70.0	90.0	160.0	
Michelle Hunter	AB	1977	70.0	87.5	157.5	
Michelle Bernard	ON	1978	70.0	85.0	155.0	
Josée Morneau	MB	1974	67.5	85.0	152.5	
Rosalee Laplante	ON	1981	65.0	82.5	147.5	

Beautiful low position snatch by Karine Turcotte (Québec)



November 4-11, 2001. Senior World Championships held at Antalya, Turkey.

The Canadian women team has four (4) girls.

Karine Turcotte (Québec) – 48 kg class. 11th out of 13 lifters with a total of 150 kg.

Maryse Turcotte (Québec) – 53 kg class. 5th out of 17 lifters with the total of 192.5 kg.

Pascale Dorcelus (Québec) – 63 kg class. 11th out of 19 competitors. Total= 192.5 kg.

Suzanne Dandenault (Manitoba) - +75 kg. 11th out of 12 girls. Total= 222.5 kg.

THERESA BRICK

Athletics/Weightlifting

Inducted 2005

Most athletes find success in one sport.

Winnipeg native Theresa Brick excelled at two (2) sports with a record-breaking career as a thrower and as weightlifter.

Despite only beginning training in 1984, Brick took to the discus right away, qualifying for the 1985 Canada Games. In 1985, Brick began training with the hammer throw, becoming one of the first women in Canada to throw it.

From 1987 to 1997, she captured 10 Canadian titles in the hammer and three in discus and held numerous Canadian records in the hammer



including a career best throw of 56.26 metres. Her best toss in discus was 58.40, fifth all-time in Canada.

As a thrower, Brick represented Canada at the 1993 World Championships (32nd in the discus), at the Pan American Games in 1991 (sixth in discus) and 1995 (seventh in discus and fifth in hammer), at the 1994 Commonwealth Games (eighth in discus) and at two World Francophone Games. During the 1994 Commonwealth Games, she organized a hammer throw event to encourage more women to take it up.

She was named the 1988 Manitoba Female Athlete of the Year by the Manitoba Sportswriters and Sportscasters Association and won the Athletics Canada Best Canadian Thrower Award in 1993.

Brick was just as accomplished as a weightlifter.

Brick competed in 12 Senior World Championships, two World Cup Galas, and the 1999 Pan Am Games in Winnipeg, where she placed fourth, barely missing out on a bronze medal. Between 1987-1996, she competed in 10 straight World Championships, setting a Guinness Book World Record. Her streak ended in 1997 due to her pregnancy with her first child, a daughter Kayla born in March 1998. She and her husband and coach Dennis Van Laeken also have a son Evan born in November 2001.

Her overall results at the Senior Worlds included four fourth-place finishes (1992, 1993, 1995, 1996) and she medalled in the snatch event in 1996.

The only Canadian invited to the World Cup Gala, she placed sixth in 1991 in Spain and third in 1994 in Greece. She also represented Canada at four North American, Central American and Caribbean Islands Championships, capturing the event three times.

All in all, Theresa Brick captured 10 Canadian Senior Championships from 1988-2000 and established numerous Canadian records, some of which still stood at the time of her Induction.

May 30 – June 5, 2002. Havirov, Czech Republic. Junior Women World championships. Canada has sent only a team of three (3) women. For a rare occasion none of them come from the Province of Québec.

53kg Rosemary Densmore (Manitoba). 57.5 and 72.5 Total 130 kg and a 9th place on 11.
75 kg Yessie Kara Jayne (British Colombia). 75 – 90 for a total of 165 kg and 13 out of 15.
+75 kg Bernier Bridget (British Colombia). 75 – 85 for a total of 160 kg and 9th on 10.

May 18-19, 2002. Valleyfield, Québec. Senior Canadian Championships and Commonwealth Games Trials.

Thirteen (13) girls from the Province of Québec entered the championships out of twenty seven (27) female competitors. Another good representation of the power of the Quebecers in weightlifting. Québec girls won five (5) of the seven (7) classes.

FEMMES						
48 kg						
Karine Turcotte	QC	1978	65.0	80.0	145.0	
Manon Poulin-Cyr	QC	1963	55.0	67.5	122.5	
53 kg						
Claudine Martin	QC	1980	62.5	75.0	137.5	
Rosemary Densmore	MB	1984	55.0	72.5	127.5	
58 kg						
Maryse Turcotte	QC	1975	85.0	112.5	197.5	
Tania Whalen	QC	1981	72.5	87.5	160.0	
Emily Quarton	YK	1984	60.0	85.0	145.0	
Isabelle Brochu	QC	1981	65.0	77.5	142.5	
Valérie Marineau (56.3)	QC	1983	62.5	77.5	140.0	
Roxanne Corbeil (57.3)	QC	1979	65.0	75.0	140.0	
Veronica Samayoa	SK	1985	55.0	70.0	125.0	
Tara Watt	YK	1979	40.0	55.0	95.0	
63 kg						
Pascale Dorcélus	QC	1979	85.0	102.5	187.5	
Sophia Sandhu	BC	1979	70.0	92.5	162.5	
Gail Leclerc	QC	1974	65.0	85.0	150.0	
Lyne Levasseur	QC	1972	65.0	80.0	145.0	
Tanna Payne	BC	1980	60.0	80.0	140.0	
69 kg						
Christine Girard	QC	1985	75.0	105.0	180.0	
Marie-Josée Pépin	QC	1971	82.5	-0-	---	
75 kg						
Kara Yessie	ON	1982	80.0	95.0	175.0	
+ 75 kg						
Susanne Dandenault	MB	1970*	102.5	125.0*	227.5	
Natalie Williams	ON	1986	72.5	102.5	175.0	
Michelle Hunter	AB	1977	77.5	92.5	170.0	
Noreena Bodaglo (91.2)	MB	1974	72.5	95.0	167.5	
Bridget Bernier (92.4)	BC	1985	80.0	87.5	167.5	
Deana Thompson	SK	1982	57.5	75.0	132.5	
Charlotte Maceachern	MB	1981	-0-	--	---	

May 4, 2002. Thirty-fifth (35th) Jeunes Louis Cyr Tournament. Lachute, Québec.

Those athletes are only fifteen (15) years old and under. They come from various places in the Province of Québec. They are the basis of tomorrow in weightlifting year after year. Twenty nine (29) girls from Québec and an American guess team of youngsters.

35^e TOURNOI PROVINCIAL DES JEUNES LOUIS CYR

4 mai 2002

Polyvalente Lavigne, Lachute

NOM	RÉGION	NAIS.	ARR.É.-JETÉ	TOTAL
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FEMMES

44 kg

Jade Nadeau (39.6)	MON-A	1990	35.0	42.5	77.5
Alexandra Larouche (42.6)	SLJ-A	1989	32.5	45.0	77.5
Annabelle Boucher	ABT-A	1987	27.5	45.0	72.5
Claudie Théberge	SLJ-A	1988	25.0	35.0	60.0
Audrey Lefebvre	SUO-B	1992	25.0	32.5	57.5
Melissa Ladouceur	ONT	1987	45.0	57.5	102.5

48 kg

Annie Moniqui	SUO-A	1990	50.0	60.0	110.0
Marie-Pier Fournier	SLJ-A	1988	32.5	50.0	82.5
Pamela Bougie	CHA	1991	25.0	35.0	60.0
Amy Miller	USA	1989	52.5	67.5	120.0
Karlye Williams	USA	1988	47.5	65.0	112.5

53 kg

Marilou Dozois-Prévoist	MON-A	1986	62.5	77.5	140.0
Valérie Lefebvre	SUO-A	1990	47.5	60.0	107.5
Julie Bellemare	SLJ-A	1987	32.5	47.5	80.0
Kelly Busque	CHA	1986	32.5	42.5	75.0
Julie Chrétien	EDQ	1986	30.0	42.5	72.5
Shannon Sheesley	USA	1987	52.5	67.5	120.0
Megan Marcella	ONT	1986	45.0	60.0	105.0

58 kg

Mélanie Marineau	LAU-A	1986	55.0	75.0	130.0
Jacinthe Deschêne	ABT-A	1987	52.5	70.0	122.5
Cynthia Lemay	ABT-B	1988	45.0	57.5	102.5
Sarah Messerli	LAU-B	1988	35.0	52.5	87.5
Laurie Marois	SLJ-B	1988	35.0	47.5	82.5
Laurence Dessureault	ABT-A	1987	30.0	42.5	72.5
Jessy Grenier	CHA	1986	32.5	37.5	70.0

63 kg

Édith Pépin	CHA	1987	47.5	72.5	120.0
Audrey Laberge	SUO-A	1987	40.0	55.0	95.0
Amélie Arsenault	ABT-B	1987	27.5	0.0	27.5
Crystal Cummings	USA	1987	62.5	87.5	150.0

69 kg

Emma Barnes-Crevier	LAU-A	1986	47.5	62.5	110.0
Catherine Bernier	MON-A	1986	45.0	55.0	100.0
Ariane Castonguay	LAU-A	1987	40.0	50.0	90.0
Jennan Johnston	ONT	1988	45.0	60.0	105.0

+ 69 kg

Livia Girard	LAU-A	1986	52.5	60.0	112.5
Lucie Gascon	SUO-A	1988	45.0	65.0	110.0
Stéphanie Galarneau	ABT-A	1987	42.5	65.0	107.5
Jenna Bussard	USA	1986	77.5	105.0	182.5
Natalie Williams	ONT	1986	80.0	100.0	180.0
Emily Wehr	USA	1987	67.5	80.0	147.5
Tiffany Simms	USA	1986	65.0	80.0	145.0

CLASSEMENT DES RÉGIONS FEMMES

March 30, 2002. Western Canada Championships. Richmond, British Columbia.

It is nice to see that western Canada is also making a great effort to develop our sport out West.

Amongst the winners there is Suzanne Dandenault, a former athlete from Athletic Federation. She is an athlete of national level, a discus athlete and also a shot put thrower of very good level.

WESTERN CANADIAN CHAMPIONSHIP					
Richmond, Colombie Britannique					
30 mars 2002					
Source : G. Greavette - BCWA					
NOM	PROV. NAIS.	ARR.	É.-JETÉ	TOTAL	
FEMMES					
48 kg					
Riva Benditt	ALB	1970	42.5	50.0	92.5
Claudia Saunders (inv.)	USA	1984	45.0	62.5	107.5
Madeline Ross (inv.)	USA	1988	30.0	40.0	70.0
53 kg					
Rosemary Densmore	MAN	1984	55.0	72.5	127.5
Veronica Samayoa	SAS	1985	47.5	60.0	107.5
Emily Fellows	BC	1986	40.0	50.0	90.0
58 kg					
Emily Quarton	YUK	1984	57.5	85.0	142.5
Jennifer Sollid	ALB	1968	45.0	60.0	105.0
Mercedes Olinyk	ALB	1985	45.0	57.5	102.5
K. Fahlman (55.0)	SAS	1985	40.0	50.0	90.0
Tara Watt (57.4)	YUK	1979	40.0	50.0	90.0
Katie Thrush (inv.)	USA	1988	35.0	55.0	90.0
63 kg					
Sophia Sandhu	BC	1979	72.5	92.5	165.0
Tanna Payne	BC	1980	60.0	72.5	132.5
Wendy Rodgers	ALB	1959	55.0	65.0	120.0
Rebecca O'Brien	YUK	1986	30.0	40.0	70.0
69 kg					
Kristin Dyer	ALB	1976	57.5	70.0	127.5
Heather Haeusler	SAS	1984	47.5	65.0	112.5
Claudia Samayoa	SAS	1987	47.5	57.5	105.0
75 kg					
Tawney Lem	BC	1972	57.5	77.5	135.0
Laura Pedersen	BC	1985	55.0	70.0	125.0
Emily Miller	BC	1985	52.5	57.5	110.0
Nicole Schultz	SAS	1985	45.0	60.0	105.0
Destiny Thompson	MAN	1987	42.5	60.0	102.5
Cindy Burnett (inv.)	USA	1983	62.5	80.0	142.5
+ 75 kg					
Susanne Dandenault	MAN	1970	97.5	125.0	222.5
Michelle Hunter	ALB	1977	77.5	92.5	170.0
Noreena Bodaglio	MAN	1974	72.5	92.5	165.0
Lorrie Weber-Schlitz	SAS	1975	67.5	95.0	162.5
Krista Kucharchuk	ALB	1980	70.0	90.0	160.0
Deana Thompson	SAS	1982	55.0	70.0	125.0
Bridget Bernier	BC	1985	80.0	-0-	--

June 28, 2002, Adjudicator David C. Elliot orders that Manitoban female weightlifter Theresa Brick be reinstated. The reason being that Theresa Brick lacked awareness about the link between supplements and banned substances. She did not knowingly take a banned substance nor did she knowingly take a substance that could metabolize in her body to become a banned substance. The Adjudicator found that external factor to her directly gave rise to the infraction.

July 30 – August 3, 2002. Seventh (XVIIth) Commonwealth Games and the first (1st) participation of women in weightlifting at those Games. Manchester, Great Britain.

With five (5) female athletes in weightlifting, Canada finished fifth (5th) out of seventeen (17) countries. The winning country, with a full team of seven (7) women was India. In all fifty-one (51) women competed.



The 2002 Commonwealth Games India's N. Nunjarani clinched the overall gold medal in the women's 48 kg category in the weightlifting event of the 17th Commonwealth Games on Tuesday. (L.R.) Karine Turcotte of Canada, K. Kunjarani Devi Nameirakpam of India and Ebonette Deigaeruk of Nauru on the podium.

XVIIe JEUX DU COMMONWEALTH

Manchester, Grande-Bretagne

30 juillet - 3 août 2002

Source : site Web C.O.

NOMS **PAYS** **NAIS.** **ARR.** **É.-JETÉ** **TOTAL**

FEMMES

48 kg

NAMEIRAKPAM K. Devi	IND	1968	75.0	92.5	167.5
TURCOTTE Karine	CAN	1978	70.0	87.5	157.5
DEIGAERUK Ebonette	NRU	1983	60.0	85.0	145.0
HOWARD Kate	WAL	1979	50.0	65.0	115.0
HANCOCK Mary	WAL	1958	47.5	60.0	107.5
TOUA Dika	PNG	1984	0.0	75.0	-0-
OBIERO Mercy Apondi	KEN	1978	0.0	0.0	-0-

53 kg

CHANU Sanamacha	IND	1978	82.5	100.0	182.5
BARKER Natasha	AUS	1970	77.5	97.5	175.0
LEE Seen	AUS	1982	75.0	87.5	162.5
LAW Kirstie (51.8)	SCO	1978	65.0	77.5	142.5
ALTENOR Dyana (52.1)	ENG	1965	62.5	80.0	142.5
CALVINO Joanne	ENG	1980	0.0	0.0	-0-

58 kg

TURCOTTE Maryse (56.9)	CAN	1975	87.5	115.0	202.5
BREEZE Michaela (56.8)	WAL	1979	87.5	112.5	200.0
SUNAINA Sunaina	IND	1980	85.0	107.5	192.5
BATSIUA Tyoni	NRU	1981	0.0	0.0	-0-

63 kg

KUMARI Pratima (62.9)	IND	1976	87.5	117.5	205.0
MANGARAJ Prasmita	IND	1977	85.0	110.0	195.0
DORCELUS Pascale (62.7)	CAN	1979	87.5	97.5	185.0
CAMPBELL Annette (61.5)	ENG	1961	80.0	97.5	177.5
GIRARD Christine	CAN	1985	72.5	100.0	172.5
VAKURUIVALU Della	FIJ	1976	70.0	82.5	152.5
NAMUSOKE Harriet	UGA	1977	65.0	85.0	150.0
BELLE June	GUY	1966	57.5	77.5	135.0
EVANS Non	WAL	1974	52.5	70.0	122.5
WARTHOLD Meagan	AUS	1972	40.0	40.0	80.0

69 kg

YAMECHI Madeleine	CMR	1982	100.0	130.0	230.0
LAXMI Neelam Sethi	IND	1973	95.0	110.0	205.0
DEIRERAGEA Sheba	NRU	1986	90.0	110.0	200.0
PHILLIPS Amanda	AUS	1981	82.5	107.5	190.0
OAKLEY Sharon	ENG	1972	80.0	102.5	182.5
AUGUSTE Juliana	ENG	1965	70.0	92.5	162.5
OLLENNU-KING Amorkor	GHA	1962	67.5	87.5	155.0
KING Shondell	GUY	1974	65.0	87.5	152.5
JOE Hekure	PNG	1986	65.0	85.0	150.0
THELERMONT Janet	SEY	1979	0.0	0.0	DNF

75 kg

PUJARI Shailaja	IND	1982	97.5	125.0	222.5
LOVELY Deborah	AUS	1983	95.0	107.5	202.5
WILLIAMS Saree	AUS	1976	82.5	100.0	182.5
DIRANGA Mary	NRU	1983	80.0	102.5	182.5
NGUIDJOL Essesse	CMR	1981	65.0	90.0	155.0
CLARK Rachael	ENG	1968	0.0	97.5	-0-

75 + kg

SOLOMON Reanna	NRU	1981	100.0	127.5	227.5
PILEGGI Caroline (90.4)	AUS	1977	100.0	125.0	225.0
BAKER Olivia (94.2)	NZL	1979	100.0	125.0	225.0
DANDENAULT S. (113.1)	CAN	1970	97.5	125.0	222.5
SOFFE Keshia-Dean (111.7)	NZL	1982	97.5	117.5	215.0
LYNES Maggie (80.6)	ENG	1963	75.0	95.0	170.0
STROVOLITOU C. (84.3)	CYP	1974	75.0	95.0	170.0
PAOLA Mana	NIU	1985	55.0	75.0	130.0

June 28-30, 2002. Fifth (5th) College and University World Championships held at Izmir, Turkey.

Canada had only two (2) entries. Both of them competed in the same class, the 63 kg. Sophia Sandhu (British Columbia) did 72.5 and 95= Total 167.5 and 8th out of 11. Gail Leclerc (Québec) did 67.5 and 85= Total of 152.5 kg and 9th out of 11.

July 23-27, 2002. Pan American Championships, Barquisimeto, Venezuela.

The Canadian Women weightlifting team has only four (4) athletes. They placed fourth (4th) amongst eleven (11) countries.

53 kg: Claudine Martin (Québec) 57.5 & 75 = 132.5 and 8th place out of 9.

58 kg: Tania Whalen (Québec) 70 & 0 = 0

69 kg: Marie-Josée Pépin (Québec) 75 & 95 = 170 kg and 7th out of 11

+75 kg: Charlotte McEachern (Manitoba) 85 & 95 = 180 kg 7th out of 9 participants.

November 18-26, 2002. Senior World Championships held at Warsaw, Poland.

Out of the one hundred and fifteen (115) participants, Canada had five (5) girls lifting.

48 kg: Karine Turcotte (Québec) 67.5 and 82.5 = 150 kg total and 9th out of 12.

58 kg: Maryse Turcotte (Québec) 87.5 and 117.5 = 205 kg and 6th out of 24 contestants.

63 kg: Pascale Dorcelus (Québec) 87.5 and 95 = 182.5 kg ranked 10th out of 15.

69 kg: Marie-Josée Pépin (Québec) 75 and 90 = 165 kg 15th out of 17 girls.

+75 kg: Susan Dandenault (Manitoba) 95 and 122.5 = 217.5 kg 14th out of 17 persons.

One outstanding achievement happened at the above mentioned championships when Maryse Turcotte managed to succeed with her 117.5 kg clean and jerk. It was good enough for the third (3rd) place in the world in her bodyweight class and also a bronze medal. To do that during a Senior World Championship, under intense pressure, is a feat by itself.

58 kg						
SONG Zhijuan	CHN	1980	105.0	125.0	230.0	
KAMEAIM Wandee	THA	1978	92.5	120.0	212.5	
KASTRITSI Charikia	GRE	1983	97.5	112.5	210.0	
RAKI Henrietta	HUN	1978	92.5	115.0	207.5	
BREEZE Michaela	GBR	1979	92.5	112.5	205.0	
TURCOTTE Maryse	CAN	1975	87.5	117.5	205.0	
SIMOVA Nely (56.2)	BUL	1970	90.0	112.5	202.5	
GOTFRYD Marieta (57.2)	POL	1980	92.5	110.0	202.5	
SORAYA Jimenez	MEX	1977	90.0	110.0	200.0	
KOKHANENKO Svitlana	UKR	1984	87.5	105.0	192.5	
PUXEDDU Silvia	ITA	1974	85.0	105.0	190.0	
LING I-Hua (54.0)	TPE	1979	80.0	100.0	180.0	
GUERRERO A. (57.5)	ESP	1978	80.0	100.0	180.0	
SUKHINA Yelena (57.7)	KAZ	1980	80.0	100.0	180.0	
GORDON Carissa (57.8)	USA	1983	80.0	100.0	180.0	
BELGANDI Ouahiba	ALG	1977	77.5	100.0	177.5	
ZALATAROVA A.	BLR	1984	75.0	100.0	175.0	
NAKAGA Mari	JPN	1975	75.0	97.5	172.5	
BERUBE Jackie	USA	1971	70.0	97.5	167.5	
OESTERGAARD L.	DEN	1973	75.0	90.0	165.0	
IP Wing-Yuk	HKG	1961	35.0	45.0	80.0	
BILGIN Emine	TUR	1984	95.0	-0-	-0-	
VIDLYVANA Mariya	UKR	1983	-0-	100.0	-0-	
KANERVISTO Heidi	FIN	1981	-0-	97.5	-0-	

January 25, 2003. Junior Canadian Championships – Women. Regina, Saskatchewan.

The winning team was the Ontario – A team over the Québec team.

It took place during the coldest days of the Canadian winter. Only eighteen (18) women competitors.

Never the less there was some future international competitors at work. The Quarton, Marineau, Girard amongst others.

NOM	PROV.	NAIS.	ARR.	É.-JETÉ	TOTAL
FEMMES					
48 kg					
Mélissa Ladouceur	ON-A	1987	50.0	62.5	112.5
53 kg					
Majolie Nadeau	QC	1987	60.0	72.5	132.5
Rosemary Densmore	MB	1984	55.0	75.0	130.0
Emily Fellows	BC	1986	40.0	52.5	92.5
58 kg					
Emily Quarton	YK	1984	60.0	92.5	152.5
Valérie Marineau	QC	1983	65.0	80.0	145.0
Megan Marcella	ON-B	1986	52.5	65.0	117.5
Mercedes Olinyk	AB	1985	45.0	67.5	112.5
Melanie Kardynal	SK-B	1988	27.5	37.5	65.0
63 kg					
Christine Girard	QC	1985	80.0	107.5	187.5
Veronica Samayoa	SK-A	1985	62.5	77.5	140.0
Rochelle McLeod	BC	1985	42.5	55.0	97.5
Katie Lundquist	SK-B	1988	35.0	50.0	85.0
69 kg					
Jannah Johnston	ON-A	1988	47.5	62.5	110.0
75 kg					
Claudia Samayoa	SK-A	1987	55.0	70.0	125.0
Melissa Howell	YK	1987	47.5	67.5	115.0
Shiloh Eggert	BC	1988	42.5	57.5	100.0
+75 kg					
Natalie Williams	ON-A	1986	87.5	100.0	187.5
Pointage d'équipes - Femmes					
RANG	PROVINCES	PTS / Nbr athlètes			
1	Ontario - A	ON-A	252 / 3		
2	Québec	QC	243 / 3		
3	Colombie Britannique	BC	207 / 3		
4	Saskatchewan - A	SK-A	159 / 2		
5	Yukon	YK	156 / 2		
6	Saskatchewan - B	SK-B	129 / 2		
7	Manitoba	MB	78 / 1		
8	Ontario - B	ON-B	68 / 1		
9	Alberta	AB	67 / 1		
7 provinces / 18 femmes					
Meilleures athlètes au total Sinclair					
Nom	Prov.	Cat.	Total	Sinclair	
Christine Girard	QC	63 kg	187.5 kg	218.34	
Natalie Williams	ON-A	+75 kg	187.5 kg	187.81	
Emily Quarton	YK	58 kg	152.5 kg	186.72	

May 17-18, 2003. Vancouver, British Columbia. Senior Canadians Championships. The average age of the eighteen (18) women from the Province of Québec who are trying to qualify themselves for the 2003 Pan American Games, is of twenty three (23) years old. The average age for the men is of twenty six (26) years old. Six (6) of the women were still

juniors. Two (2) women are already qualified for the Games. They are: Maryse Turcotte and Christine Girard, both from Québec.

CHAMPIONNATS CANADIENS SENIOR & ESSAIS JEUX PANAMÉRICAINS Vancouver, Colombie Britannique 17-18 mai 2003					
NOMS	PROV.	NAIS.	ARR.	É.-JETÉ	TOTAL
FEMMES					
48 kg					
Karine Turcotte	QC	1978	62.5	77.5	140.0
Manon P.-Cyr	QC	1963	57.5	67.5	125.0
53 kg					
Majolie Nadeau	QC	1987	60.0	77.5	137.5
Rosemary Densmore	MB	1984	55.0	72.5	127.5
Marilou D.-Prévoist	QC	1986	0.0	75.0	0.0
58 kg					
Maryse Turcotte	QC	1975	87.5	120.5*	207.5
Miel McGerrigle	BC	1977	85.0	105.0	190.0
Tania Whalen	QC	1981	77.5	87.5	165.0
Emily Quarton	YK	1984	65.0	97.5	162.5
Roxane Corbeil	QC	1979	65.0	80.0	145.0
Veronica Samayoa	SK	1985	62.5	80.0	142.5
Jacinthe Deschênes	QC	1987	62.5	72.5	135.0
Claudine Martin	QC	1980	57.5	0.0	0.0
63 kg					
Christine Girard	QC	1985	80.0	102.5	182.5
Gail Leclerc	QC	1974	67.5	87.5	155.0
Tanna Payne	BC	1980	65.0	82.5	147.5
Valérie Marineau	QC	1983	62.5	82.5	145.0
Édith Pépin	QC	1987	62.5	80.0	142.5
Lyne Levasseur	QC	1972	0.0	—	0.0
69 kg					
Pascale Dorcélus	QC	1979	92.5	102.5	195.0
Jeanne Lassen	QC	1980	85.0	107.5	192.5
Sophia Sandhu	BC	1979	77.5	105.0	182.5
Danielle Gagnon	QC	1982	65.0	87.5	152.5
Katelynn Williams	BC	1987	50.0	65.0	115.0
75 kg					
Charlotte MacEachern	QC	1981	95.0	105.0	200.0
Kara Yessie	ON	1982	82.5	102.5	185.0
Claudia Samayoa	SK	1987	52.5	70.0	122.5
Shiloh Eggert	BC	1988	52.5	65.0	117.5
+75 kg					
Susanne Dandenault	MB	1970	95.0	125.0	220.0
Theresa Brick	MB	1965	85.0	105.0	190.0
Noreena Bodaglio	MB	1974	72.5	95.0	167.5
Lorrie Weber-Schlitz	SK	1975	72.5	92.5	165.0
Michelle Hunter	AB	1977	70.0	90.0	160.0

May 29 – June 7, 2003. Junior World Championships. Hermosillo, Mexico.

With five (5) women lifting, Canada finished eleventh (11th) out of twenty six (26) countries. The lifters were:

53 kg: Rosemary Densmore (Manitoba) with 57.5 and 75 = Total 132.5 kg, 16th out of 17.

58 kg: Emely Quarton (Québec) 65 and 92.5 = 157.5 kg, 11th out of 16.

58 kg: Valérie Marineau (Québec) 0 and 80 = 0 Total

63 kg: Christine Girard (Québec) 80 and 102.5 = 182.5 kg, 13th out of 19 girls.

+75 kg: Natalie Williams (Ontario) 85 and 115 = 200 kg, 11th out of 15 women.



August 12-16, 2003. Fourteen (XIVth) Pan American Games, Santo Domingo, Dominican Republic.

58 kg: Maryse Turcotte (Québec) 87.5 – 112.5 = Total 200 kg and 4th out of 9 lifters.

58 kg: Miel McGerrigle (Ontario) 87.5 – 105 = 192.5 kg and 5th place out of 9 persons.

63 kg: Christine Girard (Québec) 80 – 102.5 = Total 182.5 kg, 8th out of 9 girls.

+75 kg: Susanne Dandenault (Manitoba) 92.5 – 127.5 = 220 kg, 5th out of 7 lifters.

November 14-22, 2003. Senior World Championships, Vancouver, Canada.

With seven (7) Canadian girls competing, we placed twenty sixth (26th) out of forty seven (47) countries and two hundreds and eight (208) women lifters.

58 kg: Maryse Turcotte (Québec) 85 – 120=205 kg and 7th place out of 32 lifters.

58 kg: Miel McGerrigle (Ontario) 87.5 - 102.5=190 kg, 23rd place.

63 kg: Christine Girard (Québec) 77.5 – 107.7=185 kg and 30th out of 38 girls.

63 kg: Pascale Dorcelus (Québec) 0 – 0 =0

69 kg: Jeane Lassen (Québec) 87.5 – 107.5=195 kg, 19th out of 19 women.

75 kg: Charlotte MacEachern (Manitoba) 92.5 – 102.5=195 kg 27th out of 27 lifters.

+75kg: Susan Dandenault (Manitoba) 95 – 122.5=217.5 kg, 20th on 30 lifters.

Maryse Turcotte won a bronze medal by matching her personal best at the world weightlifting championships in Vancouver.

Turcotte finished third with a 120-kilogram lift in the women's 58-kg clean-and-jerk competition on Monday.

That won the B session and equalled her fourth-place lift at the 2000 Sydney Olympics.



Maryse Turcotte sets a personal best in Monday's clean and jerk

"The way I did it, I think I could've done maybe 120.5," said Turcotte, a 28-year-old native of Sherbrooke, Que.

Turcotte then watched anxiously as nine of the remaining 13 competitors fell short.

The remaining four withdrew because of injuries.

"I was very stressed," Turcotte said. "I was counting how many girls would try 120 and I thought it was impossible there would not be two or three that would not do it and win a medal.

"Then it was, 'Well, maybe.' And I was very, very surprised everytime."

Turcotte took the bronze at last year's worlds too, except with a lift of 117.5 kgs.

"I thought last year would be my last medal at the world championship," she continued. "The others are getting stronger and stronger and I'm getting older."

"It was a big surprise for me."

Turcotte hoisted 85 kg in the snatch for a total of 205 kg, good for seventh overall.

It also helped Canada's bid to finish in the top 17 and thus qualify two athletes for the 2004 Athens Olympics.

"There's lots of pressure because I was supposed to be the one to bring the most points," Turcotte said. "I felt, if I didn't, everybody was going to be mad at me if I'm not successful."

"She was very nervous in the snatch and very good in the clean and jerk," said Pierre Bergeron Jr., Turcotte's coach.

"That's been the way it's been since she was 16."



June 12-13, 2004. Valleyfield, Québec. Senior Canadian championships and Olympic Games qualification.

Susanne Dandenault, from Manitoba, became the first Canadian female weightlifter to succeed with 300 lbs clean and jerk in an official competition. She mastered a 136.5 kg clean and jerk.

STATISTIQUES

CHAMPIONNATS CANADIENS SENIOR & QUALIFICATIONS OLYMPIQUES

Valleyfield, Québec
12-13 juin 2004

NOMS PROV. NAIS. ARR. É.-JETÉ TOTAL

FEMMES

48 kg

Melissa Ladouceur (46.5) ON 1987 57.5 70.0 127.5
Manon Poulin-Cyr (47.3) QC 1963 57.5 70.0 127.5

53 kg

Marilou D.-Prévost QC 1986 67.5 80.0 147.5
Rosemary Densmore MB 1985 62.5 80.0 142.5
Annie Monique QC 1990 62.5 77.5 140.0
Mercedes Olimyk AB 1985 50.0 72.5 122.5

58 kg

Maryse Turcotte QC 1975 90.0 117.5 207.5
Valérie Lefebvre QC 1990 72.5 90.0 162.5
Veronica Samayoa SK 1985 65.0 87.5 152.5
Jacinthe Deschênes QC 1987 67.5 82.5 150.0

63 kg

Miel Mcgerrigle BC 1977 85.0 110.0 195.0
Christine Girard QC 1985 80.0 110.0 190.0
Édith Pépin QC 1987 77.5 100.0 177.5
Tania Whalen QC 1981 75.0 97.5 172.5
Emily Quarton YT 1984 72.5 95.0 167.5
Jillian Halligan ON 1975 67.5 90.0 157.5
Gail Leclerc QC 1974 65.0 87.5 152.5
Isabelle Després ON 1980 60.0 80.0 140.0
Randi Lynn Rinaldi AB 1981 65.0 75.0 140.0
Roxanne Corbeil QC 1979 67.5 0.0 0.0

69 kg

Jeane Lassen QC 1980 90.0 117.5 207.5
Pascale Dorcélius QC 1979 95.0 110.0 205.0
Sophia Sandhu BC 1979 77.5 97.5 175.0
Danielle Gagnon QC 1982 65.0 82.5 147.5
Katelynn Williams BC 1987 65.0 80.0 145.0

75 kg

Charlotte Maceachern MB 1981 95.0 105.0 200.0
Kara Yessie ON 1982 85.0 102.5 187.5
Claudia Samayoa SK 1987 60.0 70.0 130.0
Marie-Josée Ares-Pilon BC 1982 87.5 0.0 0.0

+75 kg

Susanne Dandenault MB 1970 103.0* 136.5* 237.5
Michelle Bernard ON 1978 82.5 100.0 182.5
Noreena Bodaglo MB 1974 75.0 90.0 165.0

HOMMES

56 kg

Jean-Philippe Gilbert QC 1987 87.5 115.0 202.5
David Côté QC 1985 85.0 95.0 180.0

62 kg

Sébastien Groulx QC 1974 118.0* 145.0 262.5
Dominic Lussier QC 1984 100.0 135.0 235.0
Francis Luna-Grenier QC 1987 95.0 127.5 222.5
Albert Pilon ON 1981 85.0 110.0 195.0
Behzad Allahyari QC 1964 85.0 100.0 185.0

69 kg

Alain Marineau QC 1968 97.5 127.5 225.0
Ken Smith ON 1982 97.5 125.0 222.5
Mark Nehme QC 1985 95.0 122.5 217.5
David Vallée QC 1986 90.0 115.0 205.0

NOMS PROV. NAIS. ARR. É.-JETÉ TOTAL

77 kg

Alexis D.-Marcil QC 1984 125.0 155.0 280.0
Alain Bilodeau (75.8) QC 1966 125.0 152.5 277.5
Claude Caouette (76.7) QC 1971 132.5 145.0 277.5
Jean-Marc Béland QC 1984 120.0 150.0 270.0
Leigh Willis NF 1970 115.0 142.5 257.5
David King NF 1982 112.5 140.0 252.5
Jean-Philippe Maranda QC 1986 105.0 145.0 250.0
Hugo A. Leclerc QC 1979 105.0 137.5 242.5
Martin Côté QC 1972 110.0 130.0 240.0
Alan Dale Ancheta (73.2) QC 1985 105.0 132.5 237.5
Stéphan Guénard (73.5) QC 1981 107.5 130.0 237.5
David T. Fafard (76.8) QC 1985 110.0 127.5 237.5
Jocelyn Dewar QC 1984 105.0 130.0 235.0
Dallas Follick QC 1976 95.0 122.5 217.5
Jared Moe SK 1985 92.5 120.0 212.5

85 kg

Yvan Darsigny QC 1966 140.0 170.0 310.0
Nick Roberts NF 1984 132.5 167.5 300.0
Jason Maclean ON 1973 135.0 162.5 297.5
Carl Dumas MB 1980 130.0 160.0 290.0
Yan Jubinville QC 1972 130.0 145.0 275.0
Denis Desgranges QC 1968 120.0 150.0 270.0
Evan Openshaw BC 1983 112.5 135.0 247.5
Buck Ramsay ON 1982 127.5 0.0 0.0

94 kg

Rick Friesen ON 1972 142.5 175.0 317.5
Travis Moe SK 1982 130.0 155.0 285.0
Sylvain Leblanc QC 1966 125.0 145.0 270.0
David Adams (89.3) NF 1974 120.0 140.0 260.0
Frédéric Marineau (91.6) QC 1981 115.0 145.0 260.0

105 kg

Akos Sandor ON 1977 165.0 205.0 370.0
Rafal Korkowski MB 1980 160.0 182.5 342.5
Morley Shanner SK 1966 122.5 157.5 280.0

NOMS PROV. NAIS. ARR. É.-JETÉ TOTAL

Alexander Power ON 1977 120.0 145.0 265.0
Robert Marineau QC 1964 115.0 145.0 260.0
Dave Powar BC 1982 110.0 137.5 247.5

+105 kg

Loren Chiu AB 1979 150.0 182.5 332.5
Parm Phangura BC 1979 145.0 180.0 325.0
Jocelyn Bilodeau QC 1975 130.0 165.0 295.0
Luc Lefebvre QC 1965 130.0 160.0 290.0
Patrick Milford BC 1985 120.0 150.0 270.0
Sean Gawley ON 1972 120.0 145.0 265.0

* = Record Canadien Senior

Officiels : Clarece Mather, Jill Miller, Moira Lassen,
Aline Girard, Hélène V. Leclerc, Joe Landreville,
Don Buchanan, François Ducharme, Noël Gilbert,
Gaétan Girard, Paul Hains Jr, Marco Rhéaume,
André Leclerc, Raynald St-Laurent,
Marcel Perron et David Adams.

Jury : Dieter Stamm, Philippe Hedrich,
Philippe Saint-Cyr, Émery Chevrier, Jules Sylvain
et Owen Duguay

Annonceur : France Boucher et Mario Jodoin

Secrétariat : Jasmine Labrie et Odette Simard

PROVINCE	HOMMES	Prov.	FEMMES	Prov.	TOTAL
AB Alberta	1	1	2	1	3 3.4%
BC C. Britannique	4	2	4	2	8 9.0%
MB Manitoba	2	3	4	3	6 6.7%
ON Ontario	8	4	5	4	13 14.6%
QC Québec	29	5	14	5	43 48.3%
SK Saskatchewan	3	6	2	6	5 5.6%
NF Terre Neuve	4	7	0	-	4 4.5%
YK Yukon	0	-	1	7	1 1.1%
	51		32		83



Susanne Dandenault (cat. +75 kg) aux Championnats Canadiens Senior 2004 : record canadien senior 136,5 kg. Toutes nos félicitations.
Photo : Odette Simard

August 14-24, 2004. Olympic Games, Athens, Greece.

The great Canadian female champion, Maryse Turcotte (Québec) succeeds in making her life time best performance at these Games. They were her second (2nd) Olympic Games.

58 kg: Maryse Turcotte (Québec) 90 – 120 = 210 kg total. 10th place out of 14 girls.

July 1-4, 2004. Frederick, Maryland, USA. The seventh (7th) International Women University Championships.

The five (5) women team from Canada is opposed at thirty two (32) female athletes coming from eleven (11) countries. Canada finished third (3rd) on the countries ranking list.

63 kg: Miel McGerrigle (British Colombia) 82.5 – 105=187.5 total and 4th of 8 lifters.

63 kg: Roxanne Corbeil (Québec) 70 – 80= 150 kg total 7th of 8 girls.

69 kg: Jeane Lassen (Yukon) 90 – 115= 205 kg total and 2nd on a field of 7 lifters.

69 kg: M.J. Ares Pilon (Alberta) 85 – 105=190 kg total 5th of 7 women.

75 kg: Kara Yesse (Ontario) 80 – 102.5= 182.5 kg total good for 3rd on 3 girls.

7e CHAMPIONNATS INTERNATIONAUX UNIVERSITAIRES

Frederick, Maryland, USA
1 - 4 juillet 2004

Nom	Pays	Nais.	Arr. É.	Jeté	Total
Femmes					
48 kg					
GRACIA Betsabe	MEX	1981	70.0	87.5	157.5
KLESZCZYNSKA M.	POL	1979	67.5	85.0	152.5
ALVARADO Lisseth	ECU	1983	65.0	75.0	140.0
BAEZ Iris	PUR	1982	55.0	70.0	125.0
53 kg					
NUMATA Yoko	JPN	1986	65.0	87.5	152.5
58 kg					
REYES Marina (56.4)	MEX	1980	75.0	92.5	167.5
MALLA Martha (57.7)	ECU	1981	75.0	92.5	167.5
DOVA Maria	GRE	1984	80.0	85.0	165.0
HOWELL Sarah	USA	1983	70.0	82.5	152.5
63 kg					
MISTERSKA D.	POL	1979	102.5	125.0	227.5
DROZCO A. Yedid	MEX	1981	85.0	110.0	195.0
WOOLFOLK Natalie	USA	1983	87.5	102.5	190.0
McGERRIGLE Miel	CAN	1977	82.5	105.0	187.5
TOKA Olympia	GRE	1981	82.5	102.5	185.0
WHITE Jacqueline	AUS	1982	82.5	92.5	175.0
CORBELL Roxane	CAN	1979	70.0	80.0	150.0
GARCIA Samara	PUR	1982	57.5	65.0	122.5
69 kg					
RJE Danica	USA	1982	90.0	120.0	210.0
LASSEN Jeane	CAN	1980	90.0	115.0	205.0
GAUME Teresa	USA	1982	82.5	112.5	195.0
SAITO Rika	JPN	1983	80.0	112.5	192.5
ARES-PILON M.-J.	CAN	1982	85.0	105.0	190.0
NOVELA Irma (66.0)	MEX	1983	80.0	95.0	175.0
OLAYA Eva (68.0)	ECU	1980	80.0	95.0	175.0
75 kg					
DOMINGEZ Cinthya	MEX	1982	90.0	112.5	202.5
VARGAS Emmy	USA	1977	85.0	105.0	190.0
YESSIE Kara	CAN	1982	80.0	102.5	182.5
+75 kg					
KATSIDI Theano	GRE	1983	100.0	125.0	225.0
HEARN Rachel	USA	1980	95.0	125.0	220.0
CHEN I-Chun	TPE	1984	97.5	120.0	217.5
SALINAS Olivia	MEX	1979	95.0	120.0	215.0
GARCIA CORTEZ E.	CHI	1983	65.0	95.0	160.0

Classement des femmes

Rang	Pays	Nbr Points / Athlètes
1	MEX Mexique	450 / 6
2	USA États-Unis	433 / 6
3	CAN Canada	333 / 5
4	GRE Grèce	222 / 3
5	ECU Équateur	199 / 3
6	POL Pologne	159 / 2
7	JPN Japon	150 / 2
8	PUR Porto Rico	120 / 2
9	TPE Chinese Taipei	70 / 1
10	CHI Chili	63 / 1
11	AUS Australie	60 / 1

Nombre d'athlètes : 32

May 21-22, 2005. Senior Canadian championships – women. It respects the normal rotation for the Canadian championships – one (1) year in the East of Canada and one (1) year in the West of the country.

CHAMPIONNATS CANADIENS SENIOR					
Regina, Saskatchewan 21 – 22 mai 2005					
NOMS	PROV	NAIS.	ARR.	É.-JETÉ	TOTAL
FEMMES					
48 kg					
Melissa Ladouceur	ON	1987	55.0	72.5	127.5
Manon Poulin-Cyr	QC	1963	55.0	70.0	125.0
Janelle Moe	SK	1991	40.0	50.0	90.0
53 kg					
Maryse Turcotte	QC	1975	82.5	112.5	195.0
Marilou Dozois-Prévost	QC	1986	72.5	87.5	160.0
Annie Moniqui	QC	1990	70.0	87.5	157.5
58 kg					
Gail Leclerc	QC	1974	62.5	82.5	145.0
Alexandra Larouche	QC	1989	60.0	80.0	140.0
Jacinthe Deschênes	QC	1987	0.0	82.5	0.0
63 kg					
Miel McGerrigle	ON	1977	90.0	110.0	200.0
Tania Whalen	QC	1981	80.0	100.0	180.0
Emily Quarton	QC	1984	75.0	97.5	172.5
Valérie Lefebvre (62.3)	QC	1990	72.5	95.0	167.5
Edith Pepin (62.7)	QC	1987	77.5	90.0	167.5
Jillian Halligan	ON	1975	70.0	90.0	160.0
Isabelle Despres	ON	1980	65.0	85.0	150.0
Randi-Lynn Rinaldi (62.0)	AB	1981	67.5	77.5	145.0
M.-Ève B. Nadeau (62.7)	QC	1988	65.0	80.0	145.0
69 kg					
Jeane Lassen	QC	1980	95.0	*127.5	222.5
Pascale Dorcélus	QC	1979	90.0	105.0	195.0
Marie-Josée Ares-Pilon	AB	1982	82.5	100.0	182.5
Katelynn Williams	BC	1987	75.0	87.5	162.5
75 kg					
Kara Yessie	ON	1982	82.5	102.5	185.0
Claudia Samayoa	SK	1987	60.0	72.5	132.5
+75 kg					
Susanne Dandenault	MB	1970	100.0	127.5	227.5
Charlotte MacEachern	MB	1981	95.0	115.0	210.0
Noreena Bodaglio	MB	1974	72.5	95.0	167.5

In June 2005 Maryse Turcotte (Québec) born in 1975, twice Olympian woman weightlifter, received the very good news that she is accepted by Laval University, in Québec city, as a medical student. This great and also very humble feminine athlete had already succeeded in obtaining her University Bachelor degree in administration and another University Master degree in Administration of Health. So, from here on, it will be very difficult for her to maintain the same level of achievement in weightlifting while being a medical student at University. She will try to continue training but the weekly number of workouts and the intensity will certainly diminish as the demanding studies advance.

Many other Québec feminine weightlifters have received Government grants and corporate subsidies over the years, based on their weightlifting performances. They have used that occasion to carry on with their studies. Today we encounter many former good female lifters from Province of Québec with bachelor university degrees.

July 6-10, 2005. Villeneuve Loubet, France. Eight (8th) International University Championships.

53 kg: Marilou Dozois-Prévost (Québec) 67 – 87= 154 kg total. 5th on 7 lifters.

63 kg : Emily Quarton (Québec) 77 – 103=180 kg total. 6th on 11 girls.

69 kg: Jeane Lassen (Québec) 94 – 122= 216 kg total and first (1st) place on 5 women.

75 kg Kara Jayne Yesse (British Columbia) 82 – 98=180. Fourth (4th) out of 4 athletes.

8e CHAMPIONNATS INTERNATIONAUX UNIVERSITAIRES

Villeneuve Loubet, France
6 - 10 juillet 2005
Source : Site Web IWF : (www.iwf.net)

NOM	PAYS	NAIS.	ARR.	É.-JETÉ	TOTAL
FEMMES					
48 kg					
CHEN Han-Tung	TPE	1980	73	97	170
KLESZCZYNSKA Marta	POL	1979	65	85	150
VALLE Susanna	GUA	1980	65	73	138
53 kg					
TAYLAN Nurcan	TUR	1983	85	100	185
KARADEMIR Emina	TUR	1985	75	91	166
DAVIS Amber	USA	1986	72	90	162
PENUNURI Francia	MEX	1984	70	87	157
DOZOIS-PREVOST Marilou	CAN	1986	67	87	154
De COSTER Sarah	BEL	1986	57	75	132
DRAGO Sylvie	FRA	1982	0	72	0
58 kg					
KLEJNOWSKA Aleksandra	POL	1982	87	114	201
ZENG Ying	CHN	1987	90	110	200
LIN Tsu-Ling	TPE	1984	78	101	179
KU Chih-Hua	TPE	1984	75	95	170
HOWELL Sarah	USA	1983	73	90	163
HUBBARD Amanda	USA	1982	68	85	153
TEEUWEN Ingrid	NED	1981	42	52	94
63 kg					
LIU Xia	CHN	1981	98	129	227
SLIVENKO Oxana	RUS	1986	95	120	215
SABLINA Olga	KAZ	1978	87	121	208
MISTERSKA Dominika	POL	1979	92	115	207
PICON Monica	COL	1984	88	114	202
QUARTON Emily	CAN	1984	77	103	180
TOKESHI Masako (60.4)	JPN	1983	78	99	177
RUANO Ogla (62.6)	GUA	1980	78	99	177
CIARELLI Maryn	USA	1981	75	94	169
MIHAILOVA Oksana	LAT	1984	76	88	164
VICENTE Antonia	ESP	1979	70	92	162
69 kg					
LASSEN Jeanie	CAN	1980	94	122	216
GAUME Teresa	USA	1982	88	112	200
DOLOT Celine	FRA	1982	78	92	170
ZHANG Ning	CHN	1983	---	---	---
75 kg					
LIU Chunhong	CHN	1985	117	118	235
YANG Houqin	CHN	1981	102	120	222
KURAS Ewa	POL	1982	90	115	205
YESSIE Kara Jayne	CAN	1982	82	98	180
+75 kg					
LIN Yanping	CHN	1981	110	140	250
KATSIDI Theano	GRE	1983	100	125	225
HEARN Rachel	USA	1980	95	125	220
VARGAS Emmy	USA	1977	95	120	215
DE LEON Rosita	GUA	1983	82	106	188

Pays	Points /Nbr athlètes
USA	États-Unis 452 / 7
CHN	Chine 405 / 6
POL	Pologne 290 / 4
CAN	Canada 272 / 4
TPE	Chinese Taipei 219 / 3
GUA	Guatemala 189 / 3
TUR	Turquie 159 / 2
FRA	France 88 / 2
GRE	Grèce 75 / 1
RUS	Russie 73 / 1
KAZ	Kazakhstan 69 / 1
MEX	Mexique 65 / 1
COL	Colombie 64 / 1
BEL	Belgique 60 / 1
JPN	Japon 58 / 1
NED	Pays-Bas 57 / 1
LAT	Lettonie 48 / 1
ESP	Espagne 46 / 1
41 athlètes	

November 9-17, 2005. Doha, Qatar. Senior World Championships Women.

Canada sent only its two (2) best women available. They came back eighteenth (18th) out of forty two (42) countries and there were one hundred and twelve (112) women competing in all the classes.

53 kg: Maryse Turcotte (Québec) 80 – 108 = 188 kg total. 7th out of 15 girls.

69 kg Jeane Lassen (Québec) 100 – 126 = 226 kg. 6th on 14 competitors.

March 15-26, 2006. Melbourne, Australia. Eighteenth (XVIIIth) Commonwealth Games.

Six (6) out of six (6) that is the fantastic performance of the girls on the Canadian Team at these Commonwealth Games.

Marilou Dozois-Prévost (Québec) started everything during the first (1st) day of the competition. All our girls who followed her and won gold, silver or a bronze medal.

All our girls had a great competition. They flew 35,000 km by plane and with sixteen (16) hours of jet lag. All of that within five (5) days only.

To come back with a gold medal like Maryse Turcotte did. It is a feat in itself. Maryse had to study and pass two (2) University medical exams before leaving Québec city then, fly out to Melbourne.

Five (5) of the six (6) women were from the province of Québec. The sixth (6th) one being from Ontario.



The Canadian women's weightlifting team at the Commonwealth Games has gone an unprecedented six -for-six collecting medals in Melbourne. With two gold, three silver and one bronze, this team is perhaps the strongest group of women weightlifters since the sport was first introduced at a major games in 1999.

They were honoured during the men's 105 kg competition with a trophy recognizing their first-place team score of 150. Although not an official Commonwealth Games award, it is often awarded at major meets to the most successful team.

Marilou Dozois-Prevost, Christine Girard, Jeane Lassen, Miel McGerrigle, Emily Quarton and Maryse Turcotte made up the 2006 team. What's also remarkable about these women is the average age of 24. Most of these women are just beginning their international careers and the future of women's weightlifting seems very bright for Canada.

“This is the strongest team Canada has ever put together and although we had to leave athletes at home, we are very happy with our result,” says Guy Greavette, team manager at the Commonwealth Games. “We hope that with results like these, we can promote more young people into the sport and increase the support that allows us to send more athletes to future major competitions.”



2006 Commonwealth Games medallists Akos Sandor (gold) & Miel McGerrigle (bronze)

NOMS	PAYS	NAIS.	ARR.	É.-JETÉ	TOTAL
FEMMES					
48 kg					
NAMEIRAKPAM K. D.	IND	1968	72	94	166
DOZOIS-PRÉVOST M.	CAN	1986	73	92	165
YAMASAKI Erika Y. I.	AUS	1987	69	84	153
CALVINO Joanne E.	ENG	1980	64	83	147
ZAIRA BINTI Zakaria	MAS	1987	65	80	145
HIRAM Suzanne	NRU	1987	62	78	140
SHABIRA Molla	BAN	1990	64	67	131
MATATIKEN Julie F.	SEY	1980	55	70	125
HARE Kathleen	PNG	1988	55	69	124
VRIES Portia C.	RSA	1984	65	0	-0-
HOWARD Kate L.	WAL	1979	58	0	-0-
53 kg					
TURCOTTE Maryse	CAN	1975	80	108	188
TOUA Dika Loa	PNG	1984	78	103	181
LATIF N. J. (52.32)	AUS	1978	66	86	152
AGRICOLE C. C. (52.39)	SEY	1988	67	85	152
HALE Wendy	SOL	1987	62	80	142
58 kg					
CHANU Yumnam	IND	1986	80	105	185
QUARTON Emily (57.8)	CAN	1984	77	101	178
BARKER Natasha (57.9)	AUS	1970	80	98	178
KARI Rita	PNG	1989	78	99	177
PRETORIUS Mona	RSA	1988	75	95	170
MIYENGA L. (57.6)	CMR	1984	72	81	153
GUNASEKARA N. (57.8)	SRI	1975	68	85	153
SAVASTIO Joanne T.	ENG	1984	63	80	143
WHITE Jacqueline L.	AUS	1982	77	0	-0-
MOLI WILLIE J.	SOL	1987	0	---	DNF
63 kg					
BREEZE Michaela A.	WAL	1979	100	120	220
GIRARD Christine	CAN	1985	91	121	212
McGERRIGLE Miel	CAN	1977	85	105	190
NURUL FARHANAH J.	MAS	1988	80	95	175
NAYO KETCHANKE G.	CMR	1988	75	95	170
CAMPBELL Annette D.	ENG	1961	75	90	165
OBIERO Mercy Apondi	KEN	1978	70	91	161
69 kg					
LASSEN Jean E.	CAN	1980	97	132	229
DEVI Laishram M.	IND	1980	100	122	222
THELERMONT Janet	SEY	1979	95	110	205
PHILLIPS Amanda	AUS	1981	84	109	193
PERDUE Natasha	WAL	1975	77	93	170
AJAMBO Irene	UGA	1987	70	90	160
SELEPE Agnes	LES	1971	35	41	76
75 kg					
LOVELY D. E.	AUS	1983	93	115	208
DEIRERAGEA S.	NRU	1986	93	109	202
NDLELENI	RSA	1979	78	104	182
BORG Lindsay	MLT	1982	75	90	165
NALUBANGA M.	UGA	1986	70	90	160
SHEBE Bothobile	LES	1982	40	60	100
+75 kg					
RANI Geeta	IND	1981	104	137	241
BHUMRAH S. K.	IND	1986	105	135	240
SOFFE K.-D.	NZL	1982	100	124	224

NOMS	PAYS	NAIS.	ARR.	É.-JETÉ	TOTAL
PEO COOK S.	NRU	1976	95	120	215
HAIOTI Sioe	NIU	1985	93	121	214
SHAW A. (92.3)	FIJ	1976	95	115	210
TUALAU K. (139.5)	TGA	1984	95	115	210
VILIAMU Narita	NIU	1989	88	114	202
OPELOGE Ele	SAM	1985	85	100	185
VALAYDON S.	MRI	1986	60	70	130
PHOBA Moitheri	LES	1975	35	45	80

Classement des équipes féminines

Légende		Nbr athl. / Pts
1	CAN Canada	6 / 154
2	IND Indes	5 / 134
3	AUS Australie	6 / 119
4	NRU Nauru	3 / 67
5	PNG Papouasie, Nouvelle-Guinée	3 / 64
6	SEY Seychelles	3 / 63
7	ENG Angleterre	3 / 60
8	LES Lesotho	3 / 54
9	WAL Pays de Galles	3 / 49
10	RSA République d'Afrique du Sud	3 / 44
11	MAS Malaisie	2 / 43
12	UGA Ouganda	2 / 41
13	CMR Cameroun	2 / 41
14	NIU Niue	2 / 39
15	NZL Nouvelle-Zélande	1 / 23
16	MLT Malte	1 / 22
17	SOL Îles Salomon	2 / 21
18	FIJ Fidji	1 / 20
19	BAN Bangladesh	1 / 19
19	KEN Kenya	1 / 19
19	SRI Sri Lanka	1 / 19
22	TGA Tonga	1 / 19
23	SAM Samoa	1 / 17
24	MRI Îles Maurice	1 / 16
24 pays		57 athlètes

May 24 to June 3, 2006. Junior World Championships. Hangzhou, China.

Canada sent only a two (2) girls team and finished seventh (17th) out of twenty six (26) countries. Eighty seven (87) women were competing this year.

48 kg: Marilou Dozois Prévost (Québec) 70 – 91= 161 kg total. Finished 5th on 12 women.

+75 kg: Natalie Williams (Ontario) 0 – 115= 0

CHAMPIONNATS CANADIENS SENIOR					
La Prairie, Québec 20 – 21 mai 2006					
NOM	PROV	NAIS	ARR.	É.-JETÉ	TOTAL
FEMMES					
48 kg					
Maude-Emilie Brodeur	QC	1989	51	68	119
Manon Poulin-Cyr (47.8)	QC	1963	52	65	117
Jessica Ruel (47.9)	QC	1991	54	63	117
53 kg					
Maryse Turcotte	QC	1975	78	110	188
Marilou Dozois-Prévost	QC	1986	74	91	165
Annie Monique	QC	1990	70	92	162
Rosemary Densmore	MB	1984	55	78	133
Janelle Bortis	SK	1989	49	58	107
58 kg					
Joke Adekola	BC	1986	83	105	188
Emily Quarton	QC	1984	78	105	183
Roxane Carbeil	QC	1979	67	85	152
Gail Leclerc	QC	1974	64	80	144
Claudine Martin	QC	1980	60	77	137
63 kg					
Miel McGerrigle	ON	1977	88	110	198
Tania Whalen	QC	1981	88	106	194
Marie-Josée Arès-Pilon	AB	1982	87	104	191
Valérie Lefebvre	QC	1990	80	100	180
Stéphanie Tremblay, C.	QC	1987	68	87	155
Isabelle Després	ON	1980	65	86	151
Carolanne Lanouette	QC	1990	60	81	141
Jillian Halligan	ON	1975	0	100	0
Maude Duchesne	QC	1990	0	80	0
69 kg					
Jeane Lassen	QC	1980	**101	**134	**235
Marie-Eve B. Nadeau	QC	1988	83	108*	191
Katelynn Williams	BC	1987	77	95	172
Nickita Williams	BC	1989	70	82	152
Kristen Dyer	AB	1976	65	82	147
Emma Barnes-Crevier	QC	1986	65	81	146
75 kg					
Kara Yessie	ON	1982	80	100	180
Sophia Sandhu	BC	1979	77	95	172
+75 kg					
Noreena Bodaglo	MB	1974	80	97	177
Kaylee Hansen	BC	1988	69	83	152

June 30 to July 2, 2006. Ninth (9th) International Universities Championships. Izmir, Turkey.

We are in presence of forty three (43) female athletes coming from sixteen (16) countries.

This time Canada has delegated only one (1) girl weightlifter. She is:

63 kg: Christine Girard (Québec) 90 – 115= total 205 kg and 3rd place out of 9 lifters.

September 30 to October 7, 2006. Santo Domingo, Dominican Republic. The 2006 Senior Women World Championships. We have the high number of one hundred and eighty six (186) female weightlifters competing for thirty nine (39) different countries. Canada's feminine team finishes twelfth (12th) out of the thirty nine (39) countries.

Canada has a delegation of seven (7) feminine weightlifters. Six (6) of the seven (7) girls represent the Province of Québec. The other one (1) comes from the Province of Ontario.

53 kg: Marilou Dozois-Prévost (Québec) 78 – 97=175 kg total. 15th out of 29 lifters.

53 kg : Maryse Trucotte (Québec) 71 – 101= 172 kg total. 17th out of 29 girls.

58 kg: Emely Quarton (Québec) 83 – 100= 183 kg total. 21st out of 30 lifters.

63 kg: Christine Girard (Québec) 90 – 119= 209 kg. Finishes 12th out of 27 athletes.

63 kg Miel McGerrigle (Ontario) 88 – 110= 198 kg. 19th of 27 women.

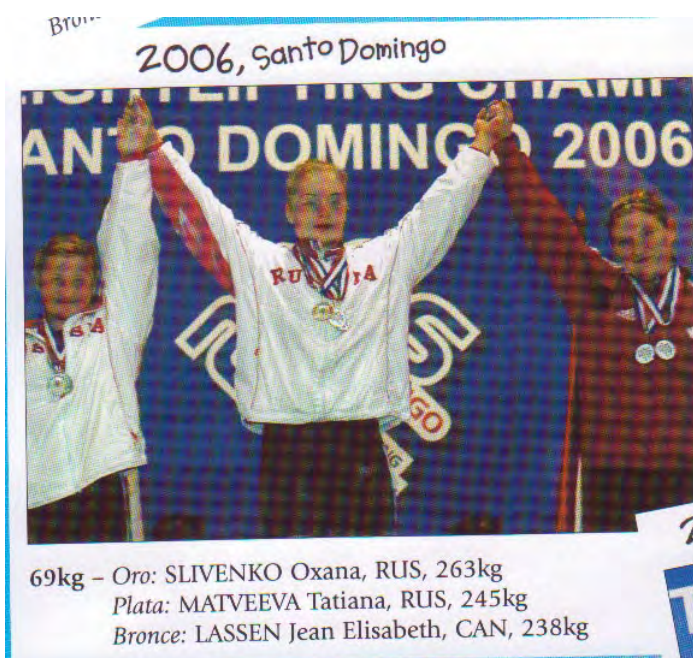
69 kg: Jeane Lassen (Québec) 102 – 136= 238 kg total. 3rd out of 26 persons.

69 kg : Marie-Ève Beauchemin (Québec) 88 – 110= 198 kg and 18th on 26 girls.

Yukonner medals at World Weightlifting Championships



Jeane Lassen, 26, raised in Whitehorse, Yukon and trains in Montreal, QC lifted personal bests at the World Weightlifting Championships in Santo Domingo, DR on October 4, 2006. Lassen, 69 kg class, won the silver medal in the clean & jerk with a lift of 136 kg (see here) and took the bronze in total. These medals top off an impressive year for the strong athlete who also won gold medal and set a new Commonwealth Games record in Melbourne in March.



March 12-17, 2007. Matanzas, Cuba. Twenty sixth (XXVIth) Manuel Suarez Tournament. The Canadian women were only three (3) persons at that international competition.
 58 kg: Emily Quarton (Québec) 79 – 95= 174 kg 7th on 12 girls in her category.
 75 kg; Marie-Eve Beauchemin Nadeau (Québec) 83 – 105= 188 kg and 6th of 13 girls.
 +75 kg Natalie Williams (Québec) 95 – 128= 223 kg. 1st out of 11 weightlifters.

June 2007. The Canadian star feminine weightlifter, Maryse Turcotte (Québec) is named by the IWF to represent weightlifting at the third (3rd) International Forum of the athletes put in place by the IOC. That forum is going to take place at Dubai, October 2007.

NOMINATION

Notre championne Maryse Turcotte a été nommée par l'IWF pour représenter notre sport lors de la tenue du 3^e Forum international des athlètes organisé par le CIO. Ce Forum se déroulera à Dubaï au mois d'octobre prochain. C'est un honneur bien mérité pour Maryse et nous lui offrons toutes nos félicitations.



Le Président du Comité International Olympique, M. Jacques Rogge en compagnie de Mme Maryse Turcotte.

June 7-16, 2007. Prague, Czech Republic. Junior World Championships – Women.
The Canadian feminine team comprise six (6) young girls. All of them train in the Province of Québec. They finish the tournament eight (8th) of thirty one (31) countries. They were one hundred (100) female athletes.

48 kg: Marie-Émilie Brodeur (Québec) 0 – 70= 0
53 kg: Annie Moniqui (Québec) 70 – 86= 156 kg for a 11th place on 14.
58 kg: Valérie Lefebvre (Québec) 80 – 95= 175 kg and 9th on 19 girls.
58 kg: Jacinthe Deschênes (Québec) 79 – 92= 171 kg for a 12th on 19 young girls.
69 kg: Marie-Ève Beauchemin Nadeau (Québec) 87 – 110= 197 kg and 7th on 14 lifters.
69 kg: Natalie Williams (Québec) 87 – 100= 187 kg and 11th on 14 lifters.

September 14-26, 2007. Chiang Mai, Thailand. Senior World Championships and Main Olympic Trials.

Canada has a complete team of women – seven (7) and they all train regularly in the province of Québec. They were two hundred and twenty five (225) female weightlifters in action and they came from fifty three (53) countries. Eventually we finished in twenty second (22nd) position as a country in women weightlifting. But more important they secured places for Canadian women at the coming Olympic Games.

48 kg: Maryse Turcotte (Québec) 68 – 96= 164 kilos and a 17th place on 30 women.
53 kg: Marilou Dozois-Prévost (Québec) 75 – 93= 168 kg and a 27th place of 36 girls.
58 kg: Jacinthe Deschenes (Québec) 80 – 97= 177 kg; 27th on 33 feminine lifters.
63 kg: Christine Girard (Québec) 95 – 126= 221 kg a solid 8th place on 40 opponents.
63 kg: Tania Whalen (Québec) 86 – 110= 196 kg and 24th on 40 girls.
69 kg: Jeane Lassen (Québec) 105 – 128= 233 kg and a solid 6th place on 30 persons.
69 kg: Marie-Ève Beauchemin Nadeau (Québec) 87 – 105= 192 kg and 23rd.

July 13-19, 2007. Rio de Janeiro, Bresil. XVth Pan American Games.
Canada had a four (4) women team again all quebecers. They were:

58 kg: Valérie Lefebvre (Québec) 78 – 98= 176 kg good for 9th out of 10.
63 kg: Christine Girard (Québec) 94 – 127= 221 kg Good for a bronze medal at the total.
63 kg: Tania Whalen (Québec) 86 – 109= 195 kg. A good 5th rank out of 9 positions.
69 kg: Marie-Ève Beauchemin Nadeau (Québec) 90 – 0=0



March 19-23, 2008. Callao, Peru. Pan American Championships and Olympic Continental Qualifications.

Canada presented itself with two (2) women but seventy seven (77) feminine athletes competed. They came from thirteen (13) continental countries. Canada finished twelfth (12th) on these thirteen (13) countries.

53 kg: Rosemary Densmore (Manitoba) 65 – 81= 146 kg for a 7th place on 9 girls.

75 kg: Jeane Lassen (Québec) 103 – 134= 237 kg and 1st place on 13 female lifters.

June 14-21, 2008. Cali, Colombia. Junior Feminine World Championships.

Again this time, Canada presented itself with a full team of seven (7) female athletes, all originating from the Province of Québec. The Canadian feminine team finished seventh (7th) on twenty seven (27) countries.

48 kg: Jessica Ruel (Québec) 63 – 71= 134 kg good for a 14th place on 18 girls.

48 kg: Maude Langevin (Québec) 60 – 74= 134 kg and 17th on 18 young girls.

58 kg: Carolanne Lanouette (Québec) 63 – 81= 144 kg and 16th on 17 lifters.

CHAMPIONNATS CANADIENS SENIOR & QUALIFICATIONS OLYMPIQUES

La Prairie, Québec
17 et 18 mai 2008

NOMS	PROV	NAIS.	ARR.	É.-JETÉ	TOTAL
FEMME					
48 kg					
M. Dozois-Prévost	QC	1986	75	93	168
Maryse Turcotte	QC	1975	63	91	154
M. Langevin (47.6)	QC	1990	61	78	139
J. Ruel (47.9)	QC	1991	62	77	139
53 kg					
Rosemary Densmore	MB	1984	69	85	154
Veronica Follick	SK	1985	67	83	150
Maude-É. Brodeur	QC	1989	64	77	141
58 kg					
Emily Quarton	QC	1984	85	104	189
Annie Moniqui	QC	1990	77	93	170
Jacinthe Deschênes	QC	1987	76	90	166
Isabelle Després	ON	1980	78	86	164
C. Martin (57.3)	QC	1980	70	81	151
C. Lanouette (58.0)	QC	1990	68	83	151
Anik Benoit	QC	1981	60	80	140
Marie Pépin	QC	1989	63	75	138
Virginie Provencal	QC	1991	59	77	136
Kelly Frankson	BC	1979	58	74	132
63 kg					
Christine Girard	QC	1985	100	*131	*231
Tania Whalen	QC	1981	88	110	198
Valérie Lefebvre	QC	1990	86	105	191
Pascale Dorcélus	QC	1979	75	85	160
Paméla Bougie	QC	1991	75	84	159
Stacey Kucharchuk	AB	1981	67	82	149
Kayla Turner	ON	1988	63	76	139
69 kg					
M.-Eve. B.-Nadeau	QC	1988	•97	115	•212
E. Barnes-Crevier	QC	1986	69	90	159
Audrey Lefebvre	QC	1992	67	84	151
Andréanne M.-Cyr	QC	1989	67	82	149
Monnette Calixto	MB	1981	60	88	148
Christa Desrochers	MB	1984	64	82	146
S. T.-Chapdelaine	QC	1987	77	-0-	-0-
75 kg					
Jeane Lassen	YT	1980	*110	130	240
Katelynn Williams	BC	1987	88	110	198
Kara Yessie	ON	1982	83	101	184
Kellee Burton	QC	1982	-0-	90	-0-
+75 kg					
Caroline Girard	QC	1982	86	101	187
Sarah Moreau	QC	1991	82	100	182

August 8-18, 2008. Olympic Games, Beijing, China.

Canada managed to qualify three (3) feminine weightlifters for the Olympic Games and there were eighty eight (88) female participants. These three (3) women managed to obtain a twelfth (12th) place out of forty five (45) countries, for Canada.

48 kg: Marilou Dozois-Prévost (Québec) 76 – 90= 166 kg and 10th on 14 lifters.

63 kg: Christine Girard (Québec) 102 – 126= 228 kg and a 4th place on a field of 20 girls.

75 kg: Jeane Lassen (Yukon) 105 – 135= 240 kg and 8th on 12 weightlifters.

Girard just misses weightlifting medal



[Christine Girard](#) could do nothing but nervously wait and watch, knowing her possible Olympic medal - potentially Canada's first of these Summer Games - lay strictly in the hands of North Korea's Hyon Suk Pak.

"I think it was more stressful than when I was doing my lifts," said Girard, who saw Pak struggle and fight, but eventually clean and jerk 130 kilograms, winning herself a gold medal and knocking the Canadian to fourth place. "I knew I had the chance to win the first medal for my country (but) I had nothing to do but wait.

"I was pretty close for the medal, but I'm proud of what I did," said the 23-year-old native of Elliott Lake, Ont., who attends university in Rouyn-Noranda, Que.

"I did the best that I could. That's it. I'll be back in four years and hopefully I'll be on the podium in four years."

Lifting at the Beijing University of Aeronautics and Astronautics gymnasium, Girard equalled her personal best with 102 kg in the snatch portion, then was successful on 126 kilos in the clean and jerk for a total of 228. She failed on her two tries at 130 kg and watched as Pak (241 total kilos) came along on her last lift, after twice failing at the 135-kilo level, to snatch the gold away from Kazakhstan's Irina Nekrassova, who totalled 240.

Taiwan's Ying-Chi Lu was in at 131 kilos, three ahead of the Canadian. Had Pak failed on her final try at 135 kilos, she would have registered no lift and been marked as not finishing.

"I have a lot of respect for everyone in front of me," said Girard, who comes from a weightlifting family and followed her sister Caroline into the sport. "She did what she had to do."

The competition was thrown wide open when top-ranked Russian Svetlana Tsarukaeva surprisingly failed on all three of her entry lifts, at 107 kg, in the snatch. She stomped off the stage in tears, obviously frustrated with herself.



Jeane Lassen smiles during her first attempt in the 126kg clean and jerk in the women's 69kg weightlifting event at the 2006 Commonwealth Games. Lassen won a gold medal at the event with a record-breaking performance. Beijing will be her first Olympics.

Jeane Lassen, a champion Canadian weightlifter, turned down an invitation to compete at the 2007 Pan American Games in Brazil even though she was considered a top medal contender.

She had already qualified to compete in the 2008 Beijing Olympics, so heading to Brazil wasn't essential.

Instead, the 27-year-old Yukon native chose to compete at an event closer to home, in Kelowna, B.C., where she could help Canada secure an extra place for women weightlifters in Beijing.

Spots for the Olympics, Lassen explained, are team-based and by competing in the Kelowna event, which was held at the same time as the Pan-Am Games, her results helped secure an additional place for Canada in Beijing.

"I just thought, because weightlifting is a misunderstood sport...getting one more spot for the team was key to turning the sport around in the public's view," she said.

Lassen holds six Canadian senior records and is expected to make the podium at most international events. She has won medals at Commonwealth Games, Pan-Am Games, university world championships and senior world championships.

Lassen also had her teammates in mind at competitions in Thailand and the Dominican Republic. Because she had already qualified for Beijing, she was free to take chances with the amount of weight she attempted to lift, but instead of pushing her limits she chose the route that would be sure to garner more points for Canada.

"I'm really proud of those performances. I could have taken more risks, but I really tried to put the team first," she said.

The McGill University grad will take the stage for Canada at the Beijing Games in August as a strong medal contender in the 75kg weight class.

Women have only competed in weightlifting since 2000, and Canada has only had one female competitor at each of the Games in Sydney and Athens. That was Maryse Turcotte, who recently retired. Thanks in part to Lassen's efforts, this year there will be three.

"It's special, because there are three of us, that's something to be proud of," Lassen said. "Canada should be really proud. We have no national program, no paid staff, we're all out there and our own clubs are toiling away.... It's amazing that with few resources we can still work together."

Lassen hopes the stronger Canadian presence of female weightlifters at the Games will help increase Canada's interest in the sport.



Lassen said she's inspired to see people working hard for the "love of the sport, the love of finding out what's humanly possible." Above, Lassen celebrates as she wins gold and breaks a record during the women's 69kg event at the 2006 Commonwealth Games.

"If people saw how cool it is to do it properly, it would have more of a following," she said. "It's a lot like swinging a golf club and your swing is off. When you connect properly, it's a cool sensation and you want to do it again."

Lassen is bothered by stereotypes of her sport that say that size and bulk are where it's at, but it's a misconception she's working to change.

"A lot of people imagine it's about arm strength, and they're always asking us to flex our pipes or to arm wrestle," she said, adding that some confuse weightlifting with bodybuilding.

"In body building the goal is to develop muscles to look as good as possible, but we're trying to develop muscle to be as efficient as possible. We want the muscle to be able to lift more without getting bigger," she said.

"I try to explain to them as much as possible, that that's not what we do, it's generated from the legs. People don't realize the athleticism involved," she explained, pointing out that speed, flexibility, agility, balance and strength are the desired goals.

Lassen holds nine Canadian records (three junior, six senior). She's a 15-time medallist at the University World Championships, won a gold medal at the 2006 Commonwealth Games (she broke the Games record in the clean and jerk), a silver medal and bronze at the 2006 senior world championships, a silver at the 2004 Pan-Am Games.

She hopes to add an Olympic medal to the list, so she's maintaining a strict and rigorous workout regimen. A typical day includes hitting the gym at 7:30 and 10:30 in the morning, followed by an evening session. Her program includes strength exercises, speed and technical drills.

She admits she didn't always train properly.

"I didn't break it down like that.," she says. "I was trying to do it at 110 per cent, but I was over-training. I wasn't directing my energy in the most positive direction," she said.

Lassen says much of the sport is about risk management and learning how to take calculated chances. For example, with the Olympics less than two months away, she's not doing sprints or stair work.

"Further away from the Olympics I do more things like that. Again, it's about being an athlete and not just lifting weights. I think it helps avoid injury if you have athleticism on your side."

Until the fall of 2007, Lassen competed in the 69kg weight class, which wasn't a weight she could easily achieve. At five-foot seven, she was one of the taller girls competing in her class the extra height made it more difficult to hit the target weight.

"I had a severe diet in that weight class, which meant I had to cut down on training because with more muscle I'd gain more weight," she said. "I had to diet down, I was restricting calories, and watching how much water I was consuming. On the day of competition, I had to be dehydrated."



Lassen is a patriotic athlete. "It was the luck of the draw that I was born in Canada and got to live in the Yukon," she said.

Though it's not a significant increase in terms of weight, the 75kg class has allowed her to compete in a much healthier way, without compromising her success.

"I feel less susceptible to injury, because I have a bit more muscle mass. I can protect my weak areas a bit better," she says.

Helping her to do well is another factor that's perhaps even more important than weight, diet or knowledge of sport — her mother, Moira.

"She doesn't lift the weight for me, but that's the only thing she doesn't do," Lassen says. "I attribute my success to her."

Lassen's mom, a renowned weightlifting official, was recently selected to officiate at the Beijing Olympics. She'll be the only Canadian and only female weightlifting official at the Games. Moira will be there to see her daughter when she takes the Olympic stage.

It's a moment Lassen can't wait for.

"I'm just really happy to be polishing off all the work I've been doing for the past 15 years. That's the thing with the Olympics — you're on a path you didn't even realize you started."

October 13-17, 2008. Pune, India. Third (3rd) Commonwealth Youth Games.

The young Canadian Female team was composed of five (5) girls from the Province of Québec.

48 kg: Jessica Ruel (Québec) 61 – 77= 138 kg total and 2nd place on 6 girls.

53 kg: Maude Langevin (Québec) 62 – 72= 134 kg total. 5th on 7 women.

58 kg : Carolanne Lanouette (Québec) 64 – 85= 149 kg. 3rd place on 8 lifters.

63 kg: Valérie Lefebvre (Québec) 82 – 105= 187 kg and 1st on 6 athletes.

69 kg: Audrey Lefebvre (Québec) 67 – 85= 152 kg total 4th on 7 girls.

3e JEUX DE LA JEUNESSE DU COMMONWEALTH					
Pune, Indes (www.cypune2008.com)					
13 au 17 octobre 2008					
Source : M. Noonan					
NOMS	PAYS	NAIS.	ARR.	É.-JETÉ	TOTAL
FEMMES					
48 kg					
Diksha Gaikwad	IND	1990	64	76	140
Jessica Ruel	CAN	1991	61	77	138
Utako Aliklik	NRU	1991	57	71	128
Azizah Fadzil	MAS	1991	55	70	125
Hannah Powell	ENG	1992	44	60	104
Kirsten Wu	AUS	1993	40	54	94
53 kg					
Zoe Smith	ENG	1994	72	87	159
N Laxmi	IND	1991	67	82	149
Fayema Akther	BAN	1991	63	80	143
S.I. N. Syd Anuar	MAS	1990	59	76	135
Maude Langevin	CAN	1990	62	72	134
Sabrina Wheldon	AUS	1990	55	62	117
Milly Kaitesi	UGA	1992	40	50	90
58 kg					
S Yamini	IND	1993	80	98	178
Maria Liku	FIJ	1990	70	84	154
Carolanne Lanouette	CAN	1990	64	85	149
Zayanda Mjezu	RSA	1992	60	83	143
Abegunde Alaba	NGR	1992	64	77	141
Bianca Sheppard	AUS	1992	58	73	131
M. Kassman (57.1)	PNG	1992	55	75	130
A. Hamilton (57.2)	SCO	1991	60	70	130
63 kg					
Valerie Lefebvre	CAN	1990	82	105	187
G Aruna Rani	IND	1991	75	93	168
Marie Fegue	CMR	1991	67	87	154
M. Masiu	RSA	1992	67	81	148
Vanissa Lui	SAM	1991	64	82	146
Michelle Kahi	AUS	1994	61	80	141
69 kg					
M. Opeloge (68.0)	SAM	1992	80	111	191
S. Singh (68.8)	IND	1990	86	105	191
C. Lambrechts	NZL	1990	72	88	160
Audrey Lefebvre	CAN	1992	67	85	152
Alecia Lovelock	AUS	1991	45	70	115
T. Mautama	NIU	1995	48	61	109
Alutu Tyvalu	TUV		40	51	91

Sisters and weightlifters Valérie & Audrey Lefebvre of Godmanchester, Quebec arrived in Pune with an armload of schoolwork along with all their training equipment. Both girls are part of Quebec's 'Sport études' program, which offers elite athletes the opportunity to have a flexible school schedule that works around their training and competitions. Accompanied by both parents, these sisters have lots of support at the Commonwealth Youth Games. The girls' father, Luc, is in Pune as coach of the weightlifting team and their mother, Louise, is the team chaperone. Thanks to their parents, Valérie and Audrey will be assured of success both in the classroom and in the competition hall!

November 25-28, 2008. Komotini, Greece. World University Championships – FISU

Fifty six (56) female athletes were in competition and coming from twenty three (23) different countries. The Canadian feminine team was made out of four (4) Canadian weightlifters. The final result was a team fifth (5th) place over twenty three (23) countries.

53 kg: Rosemary Densmore (Manitoba) 70 – 82=152 kg total, 5th place on 9 lifters.

58 kg: Jacinthe Deschenes (Québec) 73 – 92= 165 kg total, 5th place on 7 girls.

69 kg: Marie Ève Beauchemin Nadeau (Québec) 92 – 121= 213 kg total, 3rd place on 7 girls.

75 kg : Caroline Girard (Québec) 84 – 108= 192 kg total, 6th on 8 lifters.

May 19-24, 2009. Chiang Mai, Thailand. Youths World Championships.

Canada made a feminine presence with only two (2) female weightlifters originating from the Province of British Colombia.

58 kg: H. Preet Phangura (British Colombia) 60 – 75= 135 kg total and 20th on 24 girls.

69 kg: Prabdeep Sanghera (British Colombia) 74 – 94= 168 kg total, and 7th on 17 girls but later on, one of her opponents was disqualified. Accordingly she was ranked sixth (6th).

June 4-7, 2009. Chicago, USA. Pan American Championships.

Canada had only two (2) female weightlifters – the Girard sisters from Province of Québec.

69 kg: Christine Girard (Québec) 99 – 125=224 kg total. Second (2nd) on 15 girls.

75 kg: Caroline Girard (Québec) 87 – 105= 192 kg total. 11th of 12 lifters.

June 14-21, 2009. Junior World Feminine Championships. Bucarest, Roumania.

The young Canadian feminine team has five (5) weightlifters. They all come from the Province of Québec.

48 kg: Jessica Ruel (Québec) 61 -73= 134 kg total, 9th on 10 lifters.

58 kg: Annie Moniqui (Québec) 72 – 90= total 162 kg, 12th on 16 girls.

63 kg : Valérie Lefebvre (Québec) 88 – 112= 200 kg and 6th on 14 women.

75 kg: Chelse Zarboni-Berthiaume (Québec) 90 – 110= 200 kg, 7th on 11 lifters.

+75 kg: Sarah Moreau (Québec) 86 – 106= 192 kg total, 13th on 15 athletes.

P.S. A **bronze medal**, in the clean and jerk, for Valérie Lefebvre.

Canada's Success on the International Platform

1986 – 1st International Women's Tournament (Budapest, Hungary)

Gold – Marcelle Leclerc (56kg) – 127.5kg

Silver – Manon Ratelle (52kg) – 107.5kg

1991 Senior World Championships (Donaueschingen, Germany)

Silver – Nancy Niro (56kg) – Snatch (80kg)

Bronze – Nancy Niro 956kg) – Total (175kg)

1992 Senior World Championships (Varna, Bulgaria)

Bronze – Theresa Brick (75kg) – Snatch (90kg)

1993 Senior World Championships (Melbourne, Australia)

Silver – Nancy Niro (54kg) – C&J (97.5kg)

Bronze – Julie Malenfant (64kg) – Total (195kg)

1995 Junior World Championships (Warsaw , Poland)

Bronze – Karine Turcotte (46kg) – Snatch (55kg)

Bronze – Karine Turcotte (46kg) – Total (125kg)

Silver – Miel McGerrigle (54kg) – C&J (80kg)

1996 Senior World Championships (Warsaw, Poland)

Bronze – Theresa Brick (76kg) – Snatch (95kg)

1997 Junior World Championships (Cape Town, South Africa)

Silver – Miel McGerrigle (59kg) – Snatch (80kg)

Silver – Jeane Lassen (76kg) – C&J (115kg)

Silver – Jeane Lassen (76kg) – Total (197.5kg)

1998 Junior World Championships (Sofia, Bulgaria)

Silver – Jeane Lassen (75kg) – C&J (112.5kg)

1998 Senior World Championships (Lahti, Finland)

Silver – Maryse Turcotte (58kg) – C&J (115kg)

Team – 4th overall

1999 World University & College Championships

Silver – Maryse Turcotte (58kg) – 197.5kg

Bronze – Jeane Lassen (75kg) – 212.5kg

1999 Pan American Games (Winnipeg, Manitoba)

Gold – Maryse Turcotte (58kg) – 200kg

Gold – Miel McGerrigle (63kg) – 195kg

Silver – Nancy Niro (58kg) – 192.5kg

Bronze – Jeane Lassen (75kg) – 210kg

Team – 1st overall

2000 World University & College Championships (Montreal, Canada)

Gold – Maryse Turcotte (58kg) – 210kg

Gold – Jeane Lassen (75kg) – 187.5kg

Silver – Karine Turcotte (48kg) – 145kg

Bronze – Noreena Bodaglo (+75kg) – 170kg

Team – 1st overall

2000 Junior World Championships (Prague, Czechoslovakia)

Bronze – Charlotte MacEachern (75kg) – Snatch (92.5kg)

2000 Olympic Games (Sydney, Australia)

4th – Maryse Turcotte (58kg) – 205kg

2002 Commonwealth Games (Manchester, England)

Gold – Maryse Turcotte (58kg) – 202.5kg

Silver – Karine Turcotte (48kg) – 157.5kg

Bronze – Pascal Dorcelus (63kg) – 185kg

2002 Senior World Championships (Warsaw, Poland)

Bronze – Maryse Turcotte (58kg) – C&J (117.5kg)

Bronze – Christine Girard (62kg) – C&J (100kg)

2003 World University Championships (Pavia, Italy)

Silver – Jeane Lassen (69kg) – 190kg

Bronze – Maryse Turcotte (58kg) – 197.5kg

2003 Senior World Championships (Vancouver, Canada)

Bronze – Maryse Turcotte (58kg) – C&J (120kg)

2004 University World Championships (Frederick County, Maryland USA)

Silver – Jeane Lassen (69kg) – 205kg

Bronze – Kara Yessie (75kg) – 182.5kg

2004 Olympic Games (Athens, Greece)

11th – Maryse Turcotte (58kg) – 210kg

2005 World University Cup (Villeneuve-Loubet, France)

Gold – Jeane Lassen (69kg) – 216kg

2006 Commonwealth Games (Melbourne, Australia)

Gold – Maryse Turcotte (53kg) – 188kg

Gold – Jeane Lassen (69kg) – 229kg

Silver – Marilou Dozois-Prevost (48kg) – 165kg

Silver – Emily Quarton (58kg) – 178kg

Silver – Christine Girard (63kg) – 212kg

Bronze – Miel McGerrigle (63kg) – 190kg

Team – 1st overall

2006 World University Championships (Izmir, Turkey)

Bronze – Christine Girard (63kg) – 205kg

2006 Senior World Championships (Santo Domingo, Dominican Republic)

Silver – Jeane Lassen (69kg) – C&J (136kg)

Bronze – Jeane Lassen (69kg) – Total (238kg)

2007 Pan American Games (Rio De Janeiro, Brazil)

Silver – Christine Girard (63kg) – 221kg

2008 Junior World Championships (Cali, Colombia)

Bronze – Valerie Lefebvre (63kg) – C&J (105kg)

2008 Olympic Games (Beijing, China)

4th – Christine Girard (63kg) – 228kg

8th – Jeane Lassen (75kg) – 240kg

10th – Marilou Dozois-Prevost (48kg) – 166kg

2008 – 1st World University World Championships (Komotini, Greece)

Bronze – Marie-Ève Beauchemin-Nadeau (69kg) – 213kg

2009 Junior World Championships (Bucharest, Romania)

Bronze - Valerie Lefebvre (63kg) – C&J (112kg)

At this point I decided to make a summary of the repartition of the girls on the Canadian International Weightlifting for the most important competitions between year 1995 and 2009.

Québec	Manitoba	Ontario	Yukon	British Columbia
90 presences	17 presences	15 presences	11 presences	9 presences
63%	12%	11%	8%	6%

For a total of 142 Canadian feminine presences.

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May 8, 2011.



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HISTORY of WOMEN's WEIGHTLIFTING

31 décembre 2011, à 17:10 · ⌵

Although there were a few "strongwomen" during the 19th century, the true pioneer of weightlifting for women was Ivy Russell of England. She began training with weights in 1921, when she was 14.

By 1930, she was well known for her strength and she frequently gave exhibitions. In a letter published in the May 1932 issue of Health and Strength magazine, she urged the British Amateur Weight Lifting Association to sanction competition for women.

As a result, the BAWLA did conduct a woman's championship, which Russell won. That

contest didn't create a sudden boom in women's weightlifting, though.

1947 - The first sanctioned weightlifting contests for women. The first of these contests with a sanction from the Amateur Athletic Union was held on February 28, 1947 at the Southwest Arena in Los Angeles. In that contest, Abbye Stockton pressed 100 pounds, snatched 105 pounds, and clean and jerked 135 pounds.

1970s - The first women started entering men contests.

1981 - first national championships, USA

1983 - IWF accepted to control women weightlifting. 9 bodyweight categories (-44,-48,-52,-56,-60,-67.5,-75,-82.5,+82.5 kg.)

1986 - The first international women tournament took place with 23 athletes from 5 countries, Budapest.

1987 - first World Championships, Daytona, FL (Cai Jun) (100 women, 22 countries)

1988 - first European Championships, San Marino (Roberta Sforza)

1988 - first Asian Championships, Jakarta

1988 - first Double Bodyweight C&J (Xing Fen, 87.5/43.5)

1988 - first 100 kg. Snatch (Han Changmei)

1988 - first (and only) woman participant and World Masters Champion (Noi Phumchaona)

1991 - first combined (men and women) World Championships, Donaueschingen

1991 - first 250 kg. Total (Li Yajuan)

1992 - first 150 kg. C&J (Li Yajuan)

1993, 1998 - IWF changed its weight classes, nullifying earlier records.

1993 - 9 bw cat. (-46 kg,-50 kg,-54 kg,-59 kg,-64 kg,-70 kg,-76 kg,-83 kg,+83 kg.)

1994 - first combined Asian Championships, Hiroshima

1995 - first World Junior Championships, Warsaw (75 women, 17 nations)

1997 - Introduction of women's barbell to be used at world and continental championships and big international events (length 2010 mm, diameter 25 mm, weight 15 kg).

1998 - 7 bw cat. (-48,-53,-58,-63,-69,-75,+75 kg.)

1998 - first combined European Championships, Riesa

1998 - first World Championships for University and College Students, Ramat Gan (37 women, 11 nations)

2000 - first Olympics, Sydney (Tara Nott) (85 women, 47 countries)

2000 - first 300 kg. Total (Ding Meiyuan)

2002 - Women's weightlifting was added to the programme of Commonwealth Games.

2004 - first Double Bodyweight Snatch (Nurcan Taylan, 95/47.21)

2007 - first 2.5 Bodyweight C&J (Chen Xiexia, 120/48)

2008 - first FISU World University Championships, Komotini (56 women, 23 nations)

2009 - first World Youth Championships, Chiang Mai (Okur Saziye) (143 women, 30 nations)

2010 - first Youth Olympic Games, Singapore (Tian Yuan) (46 women, 40 nations)

2011 - weightlifting for the first time on Summer Universiade (26th)

2012 - first 150 kg. Snatch (Tatiana Kashirina)