

June 2014

Published June
And December

Special points of interest:

- Manon Poulin is Back
- World Masters Championships
- Book—Masters Athlete

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Pan American Weightlifting Championships—Toronto, Canada 2014

The 2014 Pan American Weightlifting Championships were hosted at the Variety Village on June 21 st and June 22nd.

The Pan American Masters is an annual sporting event . The purpose of the event is to promote lifelong competition, friendship and understanding between mature sportspeople, regardless of age, gender, race, religion, or sport status.

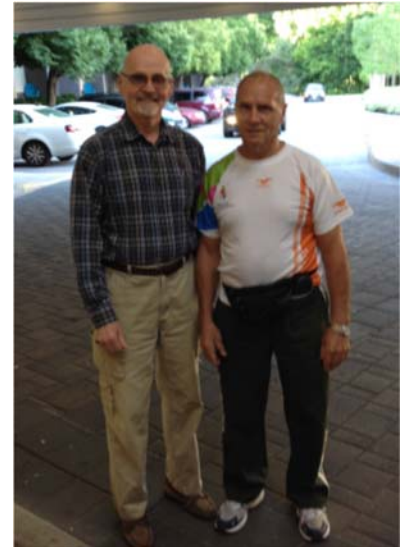
The Pan American Association was represented by 8 of the 18 member nations. 65 women participated in the 2014 Pan American Masters along with 127 men.

27 new records were set by both the men's and women's sports divisions.

And not to forget two of Canada's oldest lifters were in attendance for the 2014 Pan American Weightlifting Championships.

Congratulations to the organizers and hosts of the 2014 Pan American Masters. The loaders, the staff at the Variety Village did an incredible job.

Bravo



Don Buchanan & Marcel Perron

2014 Canadian Team — Copenhagen, Denmark

	Family name	Given name	Age Grp.	BW Cat.
1	Poulin	Manon	50	48
2	Croteau	Manon	45	53
3	Thomas	Shellen	40	75+
4	Quinn	Judy	60	75
5	Sinclair	Doug	70	77
6	Hadlow	Terry	55	85
7	Case	John	55	94
8	Perron	Marcel	80	77
9	Carignan	Yves	60	62

2014 International Grand Prix—Germany



Manon Poulin

1991, the old Mrs. Manon Poulin weightlifter in 27 years, qualified for its first Championships of world female Seniors, which themselves are held in Donaueschingen in Germany. Its bars of qualifications were 52.5 kg in the snatch and a clean and jerk of 65 kg for a total of 117.5 kg, in the category of less than 44 kg (96lbs) thus confirming its place on the Canadian senior team.

In 2014, 23 years later, at the age of 50, it is presented at the 11th annual International Grand Prix feminine, in Speyer in Germany, in which run girls, juniors, seniors and masters. Mrs. Poulin competes with a body weight of 30.6 kg (108lbs), managed a 46 kg snatch, she managed its three surveys in clean and jerk and finished with a 61 kg load, which makes it a total of 107 kg. In its usual category, 48kg, Mrs. Poulin would be ranked 2nd among Seniors! "A comment of the Organizer" Mr. Konrad Högg.

Ms. Manon Poulin won the 50-54 year age group and the title of best Leveure of this event in the masters with a lead of more than 27.28 points over his nearest rival. Eleven participants in the masters, seventeen countries were represented at this event.

Keep up the great lifting Manon.

An Excerpt From the Masters Athlete Book Author Peter Reaburn Phd

Table 1.1: A comparison of the effects of endurance training and strength training on health and fitness factors.

Factor	Aerobic Training	Weight Training
VO ₂ max (aerobic capacity)	↑↑↑	↑
Resting heart rate	↓↓	↓
Stroke volume (ml blood/beat)	↑↑	↑
Blood pressure		
Systolic	↓↓	
Diastolic	↓↓	↓
Body fat	↓↓	↓
Energy expenditure and body composition		
Resting metabolic rate	↑	↑↑
Energy expenditure	↑↑	↑↑
Fat mass	↓↓	↓↓
Muscle mass	↑	↑↑↑
Bone mineral density	↑	↑↑
Strength	↑↑	↑↑↑
Blood Fats		
Total cholesterol	↓↓	↓
HDL	↑↑	↑
LDL	↓↓	↓
Triglycerides	↓↓	↓
Glucose metabolism		
Insulin response to glucose	↓↓	↓↓
Resting insulin levels	↓	↓
Insulin sensitivity	↑↑	↑↑
Reduced injury risk	↓	↓↓
Low back pain		↑↑
Psychological function	↑	↑
Physical function	↑↑	↑↑↑

Thanks to Peter Reaburn for allowing the Canadian Masters Weightlifting Federation to reproduce the chart from his recent book.

The Benefits of Endurance versus Weight Training?

As a sport physiologist with a passion for bridging the gap between sport and exercise science and athletes, I am often asked by people which is the best form of exercise to do as we get older. The answer is *both*. However, depending on what you want to achieve, endurance (aerobic) training or weight training have different health and performance outcomes as shown below in Table 1.1.

For more information on purchasing this topical book on Masters Athletes please access Peter Reaburn Phd in Australia for more information.

<http://www.mastersathlete.com.au/>

Hall of Fame Inducted— Ian Webb 2014

Ian first started Olympic lifting in high school at Park Street Collegiate in 1975 at the age of 16.

Park Street Collegiate is located in Orillia, Ontario. Better known for its vacation properties and skiing in the winter.

Ian was one of the founding team members of the Trojan Weightlifting Club under the mentorship of coach Wayne Dowswell.

According to Ian he was well suited for the sport of weightlifting but too small for hockey, football and basketball.

Ian competes 3 to 4 competitions each year. Regularly attending the Canadian Masters and the Pan American Weightlifting Championships.

Ian states the obvious benefits from lifting are muscular strength, posture, endurance and flexibility.

Ian mentioned his goal this year would be to coach 3 new lifters at their first contest this fall and a senior lifter make the qualifying standards at a national level. Bravo Ian.

I should mention that Ian trains out of the Trojan Weightlifting Club. It is located in a separate building next to

his house. It has 3 lifting platforms, 3 complete Olympic sets, amenities, heated floors and great lighting. Having such a great training venue allows Ian to continue coaching and lifting not too far from home.

Fortunately for the sport of Canadian Masters Weightlifting Ian plans on spending time coaching and promoting the sport.

Ian's officially inducted to the Canadian Masters Hall of Fame.

Congrats Ian on your 2014 Pan Am records in Toronto

27th PAN AMERICAN
MASTERS
2013 Chicago



Photo courtesy of
Iain Douglas

28 TH PAN AMERICAN WEIGHTLIFTING CHAMPIONSHIPS

I am pleased to confirm the country for the 2015 Pan American Weightlifting Championships will be Costa Rica.

The dates are to be determined. More information will be available on the website.

Please refer to the Canadian Masters Weightlifting website to access more information and the applications as they become available.

Check the eligibility guidelines to see if you have lifted a qualifying total during the qualification period.



THE ONTARIO MASTERS OPEN— FEBRUARY 2015

Lets hope Daniel Pare in St Thomas will be hosting the Ontario Masters Open in 2015.

Canadian Masters website link:

If you were looking for a Masters event to work on your qualification total for the upcoming Pan American Masters Weightlifting Championships, look no further,

<http://cdnmastersweightlifting.org/upcoming%20events.htm>

To contact Daniel:

Phone: 519-633-0771

Email: stsa1258@aol.com

If you wish to participate in the event please refer to the Masters website for the application.

The FLASH BOYS by Michael Lewis

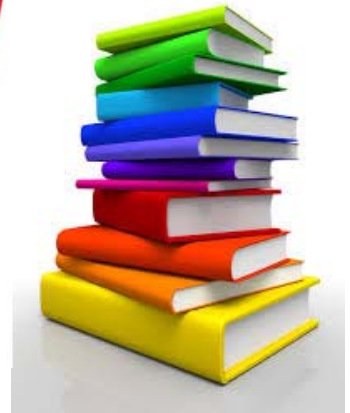
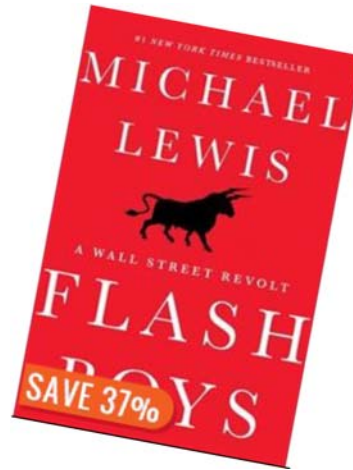
Michael Esptien has written the story of a Canadian trader working for the Royal Bank in the big town of New York on Wall Street..

He talks about how he noticed while he was trading from his office that everytime he placed an order someone always seemed to be just a bit faster.

So he had all his tech people come in and look at his computer and then the

cables in his office and suggested he was too slow placing his orders. Or perhaps someone had the jump on him every time he placed his order.

Truth is stranger than fiction. You have to read this.

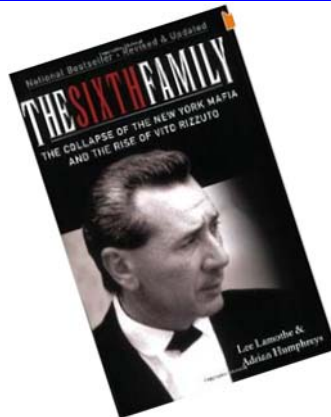


The SIXTH FAMILY — by Lee Lamothe & Adrian Humphreys

For those of you who like to read about real people you will want to read the Sixth Family.

It's a well written story about the great Vito Rizzuto. The head of one of the largest crime syndicates since the 1950's.

Its published by John Wiley & Sons in Canada.

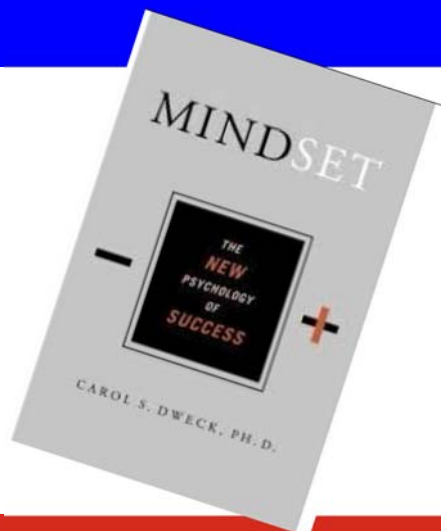


Summer Reading

MINDSET by Carol S.Dweck

If you like the psychology about why people differ and what it is that makes one person succeed and another fail given the same set of circumstances then you will like this book..

Its published by Random House.



Cartoons by Gary Lewis




2014 WORLD MASTERS TUE

If you are planning on attending the World Masters Weightlifting Championships in Copenhagen, Denmark don't forget your TUE application needs to be updated every 3 years.

Refer to the application for the 2014 World Masters Weightlifting Championships for any additional requirements.

Please refer to the following web link for information and your application for the 2014 World Masters Weightlifting Champi-

onships:
http://www.iwfmasters.net/documents/2014_iwf_masters_world_entry_form.pdf



2014 IWF Annual World Masters
Weightlifting Championships
August 30th to September 6th

Membership



Application for Membership 2014

SUR NAME

GIVEN NAME MALE FEMALE

STREET

CITY PROV POSTAL CODE

TELEPHONE
(RESIDENCE) (WORK) (CELL)

E-MAIL

DATE OF BIRTH: DAY MONTH YEAR

STATUS: CANADIAN CITIZEN LANDED IMMIGRANT

ROLE: ATHLETE COACH OFFICIAL INDICATE LEVEL

I certify that I am a member in good standing of my Provincial/Territorial Weightlifting Association and that I fully subscribe to all of the laws, rules and regulations of the Canadian Weightlifting Federation Halterophilie Canadienne (CWFHC), its Masters Committee (CWFHC-MC), the International Weightlifting Federation (IWF) and its Masters Committee (IWF-Masters).

SIGNED _____ DATE _____

RETURN COMPLETED APPLICATION AND ANNUAL FEE (JAN 01 – DEC 31) OF \$40.00 TO:
(MAKE CHEQUES PAYABLE TO "CANADIAN MASTERS WEIGHTLIFTING")

CANADIAN MASTERS WEIGHTLIFTING
C/O DRESDIN ARCHIBALD
102, 2911 – 109 STREET
EDMONTON, AB
CANADA
T6J 5C9

OFFICE USE ONLY

DATE RECEIVED _____
MEMBERSHIP NO. _____
DATE ISSUED _____

Executive for 2014

www.cdnmastersweightlifting.org



June 3, 1975
Mystery Lifter



Any idea who the lifter is in the picture above. It is the same lifter in both pictures.

Send me an email with your guess to newsletter@canadianmastersweightlifting.org

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