

CANADIAN MASTERS WEIGHTLIFTERS NEWSLETTER

MAY 2011

This Newsletter is for **YOU** the Master Lifter.

There will be relevant stories, results etc., but also past events in the **Blast From the Past Section** .

On May 6, 2011 at the AGM we elected a new president. Congratulations to Joel Carr-Braint

Joel will set our organization on a new and exciting path.

Message from the President

Hi Everyone;

Thank you, to everyone that attended our AGM in Collingwood. It was great to see so many persons taking an active roll in our organization. I am sure we will continue to grow and enjoy our sport.

Thank you, for placing your trust in me as President and my colleagues Ken Miller as Vice-President, Dresdin Archibald as Secretary/Treasurer, and returning committee Chairpersons Shirley Bly as the Ladies representative and Ken Gorman in Fundraising. I also wish to thank Leon Brown for looking after our records and Bernie Eckler for our Newsletter. I am sure Leon and Bernie will be working together a lot. Please send any and all results to Leon and any and all information to Bernie. They can only record what we tell them.

This year looks like we are off to a good start with 18 athletes competing in Savannah at the Pan-Am Masters.

I would also like to remind those wishing to go to the World's, your entry form is due soon. Be sure to send it along with the fee to Dresdin asap. You can send the fee in euros or in CDN funds at a rate of \$1.40 per euro.

Thanks again and I hope everyone lifts strong and enjoys this sport.

Joel

Comment :

Jill and Ken Miller did themselves proud on May 7.

The Championship venue including warmup area, lifting platform on a stage and the post event banquet were terrific.

The great meal (and wine) was superb as were the kitchen staff.

And of course renewing memories with old friends

This act will be hard to follow.

The lifters warming up creaky bones, the smell of liniment and assorted complaints let it be known that these were indeed Master lifters.

Thanks to lifters from other provinces who spent a lot of travel time and \$ to support our championships.

There are also plans made to travel to Savannah (PanAms) and Cyprus (Worlds).

Reminder : If you are competing internationally and are on any medication you must fill out medical forms and letter from your doctor.

The best overall Female lifter (Manon Poulin) and Male lifter (Marcel Perron) showed us what older athletes can accomplish. Marcel just missed a world record.

BLAST FROM THE PAST SECTION **(STORIES and RESULTS FROM THE GOOD OLD DAYS)**

PAN AMERICAN GAMES **CALI COLUMBIA 1971**

Team chosen from Canadian Championships in Woodstock, Ont. on May 22, 1971

Manager: Philippe Saint-Cyr

Coach: Wesley Woo

Note: 3 lifts	Press	SN	C&J	total (kgs)	
Chun Hon Chan (3rd)	95.0	90.0	107.5	292.5	Flyweight
D. Dube (5 th)	102.5	92.5	125.0	320.0	Featherweight
P. Charbonneau (9 th)	102.5	107.5	132.5	342.5	Lightweight
K. Adams (4 th)	132.5	110.0	152.5	395.0	Middleweight
C. Bowman (5 th)	115.0	117.5	155.0	387.5	Middleweight
W. Wilson (3 rd)	142.5	127.5	175.0	445.0	Middleheavy
A. Roy	135.0	injured			Middleheavy
P. Morris (3 rd)	162.5	137.5	182.5	482.5	Superheavy

Until we meet again,
Bernie Eckler
Newsletter Editor