

**CANADIAN MASTERS WEIGHTLIFTING RECORDS – WOMEN**  
**December 17, 2015**

**Age Group: 30-34**

<b>Wt.</b>	<b>Class</b>	<b>Lifter</b>	<b>Prov.</b>	<b>KG.</b>	<b>Date Set</b>	<b>Competition</b>	<b>Place</b>
<b>SNATCH</b>							
48		Riva BENDITT	AB	40	16 Oct 04	Alberta Reclass	Edmonton AB
53		Nicki DARBYSON	ON	40	21 Feb 15	Ontario Masters	St. Thomas ON
58		France BROUILLARD	QC	49	1 July 06	Canadian Masters	St. Sauveur QC
63		Gail LEDUC	QC	57	1 July 06	Canadian Masters	St. Sauveur QC
69							
75		Marcia CHIASSON	ON	64	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
75+		Lindsay AUGUSTIN	QC	46	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
<b>CLEAN &amp; JERK</b>							
48		Riva BENDITT	AB	52	16 Oct 04	Alberta Reclass	Edmonton AB
53		Nicki DARBYSON	ON	60	21 Feb 15	Ontario Masters	St. Thomas ON
58		France BROUILLARD	QC	64	1 July 06	Canadian Masters	St. Sauveur QC
63		Gail Leduc	QC	78	1 July 06	Canadian Masters	St. Sauveur QC
69							
75		Marcia CHIASSON	ON	81	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
75+		Lindsay AUGUSTIN	QC	61	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
<b>TOTAL</b>							
48		Riva BENDITT	AB	92	16 Oct 04	Alberta Reclass	Edmonton AB
53		Nicki DARBYSON	ON	100	21 Feb 15	Ontario Masters	St. Thomas ON
58		France BROUILLARD	QC	113	1 July 06	Canadian Masters	St. Sauveur QC
63		Gail Leduc	QC	135	1 July 06	Canadian Masters	St. Sauveur QC
69							
75		Marcia CHIASSON	ON	145	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
75+		Lindsay AUGUSTIN	QC	107	25 Apr 15	Canadian Masters	Rouyn-Noranda QC

**CANADIAN MASTERS WEIGHTLIFTING RECORDS – WOMEN**  
**December 17, 2015**

**Age Group: 35-39**

<b>Wt.</b>	<b>Class</b>	<b>Lifter</b>	<b>Prov.</b>	<b>KG.</b>	<b>Date Set</b>	<b>Competition</b>	<b>Place</b>
<b>SNATCH</b>							
48		Manon POULIN	QC	60	22 May 99	Canadian Seniors	Montreal QC
53		Manon POULIN	QC	57	15 Apr 00	Canadian Masters	Belleville ON
58		Tawney LEM	BC	61	31 Mar 07	Western Cdn Seniors	Lake Country BC
63		Wendy RODGERS	AB	62	6 June 98	Alberta Reclass	Edmonton AB
69		Wendy RODGERS	AB	65	26 Sep 98	Power Plus Open	Edmonton AB
75		Chantal CROWL	ON	54	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
75+		Susanne DANDENAULT	MB	95	2 Mar 05	Western Cdn Seniors	Winnipeg MB
<b>CLEAN &amp; JERK</b>							
48		Manon POULIN	QC	75	11 Jun 99	Canadian Masters	Montreal QC
53		Heather AMUNDRUD	ON	76	5 Oct 13	Ray Hamilton	North Bay ON
58		Tawney LEM	BC	73	31 Mar 07	Western Cdn Seniors	Lake Country BC
63		Wendy RODGERS	AB	77	6 June 98	Alberta Reclass	Edmonton AB
69		Tanna PAYNE	BC	78	12 Sep 15	HercFit Invitational	Nanaimo BC
75		Chantal CROWL	ON	66	21 Feb 15	Ontario Masters	St. Thomas ON
75+		Susanne DANDENAULT	MB	125	2 Mar 05	Western Cdn Seniors	Winnipeg MB
<b>TOTAL</b>							
48		Manon POULIN	QC	132	22 May 99	Canadian Seniors	Montreal QC
53		Manon POULIN	QC	129	15 Apr 00	Canadian Masters	Belleville ON
58		Tawney LEM	BC	134	31 Mar 07	Western Cdn Seniors	Lake Country BC
63		Wendy RODGERS	AB	140	6 June 98	Alberta Reclass	Edmonton AB
69		Wendy RODGERS	AB	140	26 Sep 98	Power Plus Open	Edmonton AB
75		Chantal CROWL	ON	119	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
75+		Susanne DANDENAULT	MB	220	2 Mar 05	Western Cdn Seniors	Winnipeg MB

**CANADIAN MASTERS WEIGHTLIFTING RECORDS – WOMEN**  
**December 17, 2015**

**Age Group: 40-44**

<b>Wt.</b>	<b>Class</b>	<b>Lifter</b>	<b>Prov.</b>	<b>KG.</b>	<b>Date Set</b>	<b>Competition</b>	<b>Place</b>
<b>SNATCH</b>							
48		Manon POULIN	QC	57	17 May 03	Canadian Seniors	Vancouver BC
53		Manon POULIN	QC	57	2 Apr 05	QC University Open	La Prairie QC
58		Vicki DRYDAK	ON	50	11 Jun 99	Canadian Masters	Collingwood ON
63		Wendy RODGERS	AB	60	23 June 99	Alberta Reclass	Edmonton AB
69		Kathleen MITCHELL	ON	65	5 June 15	Pan Am Masters	Savannah GA
75		Sara O'Neill	ON	43	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
75+		Shellen THOMAS	AB	63	27 Apr 13	Canadian Masters	Scarborough ON
<b>CLEAN &amp; JERK</b>							
48		Manon POULIN	QC	76	14 Apr 02		Montreal QC
53		Heather AMUNDRUD	ON	80	29 Mar 14	Ontario Juniors	Scarborough ON
58		Vicki DRYDAK	ON	57	11 Jun 99	Canadian Masters	Collingwood ON
63		Wendy RODGERS	AB	75	23 June 99	Alberta Reclass	Edmonton AB
69		Kathleen MITCHELL	ON	85	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
75		Nancy CARPENTER	BC	55	19 Aug 00		Auburn WA
75+		Shellen THOMAS	AB	91	3 Aug 13	World Master Games	Turin Italy
<b>TOTAL</b>							
48		Manon POULIN	QC	127	14 Apr 02		Montreal QC
53		Heather AMUNDRUD	ON	137	29 Mar 14	Ontario Juniors	Scarborough ON
58		Vicki DRYDAK	ON	107	11 Jun 99	Canadian Masters	Collingwood ON
63		Wendy RODGERS	AB	135	23 June 99	Alberta Reclass	Edmonton AB
69		Kathleen MITCHELL	ON	147	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
75		Sara O'Neill	ON	97	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
75+		Shellen THOMAS	AB	151	3 Aug 13	World Master Games	Turin Italy

**CANADIAN MASTERS WEIGHTLIFTING RECORDS – WOMEN**  
**December 17, 2015**

**Age Group: 45-49**

<b>Wt.</b>	<b>Class</b>	<b>Lifter</b>	<b>Prov.</b>	<b>KG.</b>	<b>Date Set</b>	<b>Competition</b>	<b>Place</b>
<b>SNATCH</b>							
48		Manon POULIN	QC	45	15 Sep 12	World Masters	Lviv Ukraine
53		Manon POULIN	QC	54	14 Jun 08	Canadian Masters	Mississauga ON
58		Debra CHRENEK	AB	48	30 May 15	OPF Open	Edmonton AB
63		Wendy RODGERS	AB	50	17 Apr 04	Pan-Am Masters	Savannah GA
69		Susan AGRIOS	AB	47	25 May 13	OPF Invitational	Edmonton AB
75		Kim STRAUGHAN	ON	41	21 Jun 14	Canadian Masters	Scarborough ON
75+		Shellen THOMAS	AB	63	5 Jun 15	Pan-Am Masters	Savannah GA
<b>CLEAN &amp; JERK</b>							
48		Manon POULIN	QC	60	15 Sep 12	World Masters	Lviv Ukraine
53		Manon POULIN	QC	66	14 Jun 08	Canadian Masters	Mississauga ON
58		Debra CHRENEK	AB	66	30 May 15	OPF Open	Edmonton AB
63		Susan AGRIOS	AB	67	3 Aug 13	World Master Games	Turin Italy
69		Susan AGRIOS	AB	67	25 May 13	OPF Invitational	Edmonton AB
75		Kim STRAUGHAN	ON	55	21 Jun 14	Canadian Masters	Scarborough ON
75+		Shellen THOMAS	AB	85	5 Jun 15	Pan-Am Masters	Savannah GA
<b>TOTAL</b>							
48		Manon POULIN	QC	105	15 Sep 12	World Masters	Lviv Ukraine
53		Manon POULIN	QC	120	14 Jun 08	Canadian Masters	Mississauga ON
58		Debra CHRENEK	AB	114	30 May 15	OPF Open	Edmonton AB
63		Susan AGRIOS	AB	117	3 Aug 13	World Master Games	Turin Italy
69		Susan AGRIOS	AB	114	25 May 13	OPF Invitational	Edmonton AB
75		Kim STRAUGHAN	ON	96	21 Jun 14	Canadian Masters	Scarborough ON
75+		Shellen THOMAS	AB	148	5 Jun 15	Pan-Am Masters	Savannah GA

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**December 17, 2015**

**Age Group: 50-54**

<b>Wt.</b>	<b>Class</b>	<b>Lifter</b>	<b>Prov.</b>	<b>KG.</b>	<b>Date Set</b>	<b>Competition</b>	<b>Place</b>
<b>SNATCH</b>							
48		Manon POULIN	QC	50	14 Jun 13	Pan-Am Masters	Itasca Illinois
53		Manon POULIN	QC	50	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
58		Nicky BALLINGALL	BC	38	5 Apr 14	B.C. Masters	W.Vancouver BC
63		Judy QUINN	ON	35	7 Apr 01	Open	Belleville ON
69		Jill MILLER	ON	42	8 Jun 02	Canadian Masters	Mississauga ON
75		Kim STRAUGHAN	ON	41	21 Feb 15	Ontario Masters	St. Thomas ON
75+		Donna MACDONALD	ON	50	12 Mar 05	Canadian Masters	Toronto ON
<b>CLEAN &amp; JERK</b>							
48		Manon POULIN	QC	63	21 Jun 14	Canadian Masters	Scarborough ON
53		Manon POULIN	QC	62	28 Feb 14	Arnold Classic	Columbus OH
58		Nicky BALLINGALL	BC	49	15 Aug 14	Ogopogo Open	Lake Country BC
63		Nicky BALLINGALL	BC	46	27 Jun 15	Sea Festival Open	Surrey BC
69		Jill MILLER	ON	60	16 Oct 04	Open	Belleville ON
75		Kim STRAUGHAN	ON	58	21 Feb 15	Ontario Masters	St. Thomas ON
75+		Joanne MORING	ON	65	21 Jun 14	Canadian Masters	Scarborough ON
<b>TOTAL</b>							
48		Manon POULIN	QC	112	21 Jun 14	Canadian Masters	Scarborough ON
53		Manon POULIN	QC	110	27 Apr 13	Canadian Masters	Scarborough ON
58		Nicky BALLINGALL	BC	86	28 Jun 14	Sea Festival Open	Surrey BC
63		Nicky BALLINGALL	BC	81	27 Jun 15	Sea Festival Open	Surrey BC
69		Jill MILLER	ON	100	16 Oct 04	Open	Belleville ON
75		Kim STRAUGHAN	ON	99	21 Feb 15	Ontario Masters	St. Thomas ON
75+		Donna MACDONALD	ON	112	12 Mar 05	Canadian Masters	Toronto ON

**CANADIAN MASTERS WEIGHTLIFTING RECORDS – WOMEN**  
**December 17, 2015**

**Age Group: 55-59**

<b>Wt. Class</b>	<b><u>Lifter</u></b>	<b><u>Prov.</u></b>	<b><u>KG.</u></b>	<b><u>Date Set</u></b>	<b><u>Competition</u></b>	<b><u>Place</u></b>
<b>SNATCH</b>						
48	Suzie HILL	ON	27	20 Jun 09	Canadian Masters	Montreal QC
53						
58						
63	Judy QUINN	ON	32	2 Sep 03	Pan-Am Masters	Savannah GA
69	Jill MILLER	ON	41	26 Aug 06	World Masters	Eysines FRA
75	Christine WALT	ON	30	16 Oct 04	Open	Belleville ON
75+	Susan HAYWOOD	ON	32	24 Apr 04	Canadian Masters	Saskatoon SK
<b>CLEAN &amp; JERK</b>						
48	Suzie HILL	ON	38	20 Jun 09	Canadian Masters	Montreal QC
53						
58						
63	Judy QUINN	ON	42	2 Sep 03	Pan-Am Masters	Savannah GA
69	Jill MILLER	ON	54	26 Aug 06	World Masters	Eysines FRA
75	Christine WALT	ON	45	18 Aug 07	Blue Mtn Open	Collingwood ON
75+	Susan HAYWOOD	ON	42	24 Apr 04	Canadian Masters	Saskatoon SK
<b>TOTAL</b>						
48	Suzie HILL	ON	65	20 Jun 09	Canadian Masters	Montreal QC
53						
58						
63	Judy QUINN	ON	75	2 Sep 03	Pan-Am Masters	Savannah GA
69	Jill MILLER	ON	95	26 Aug 06	World Masters	Eysines FRA
75	Christine WALT	ON	75	18 Aug 07	Blue Mtn Open	Collingwood ON
75+	Susan HAYWOOD	ON	75	24 Apr 04	Canadian Masters	Saskatoon SK

**CANADIAN MASTERS WEIGHTLIFTING RECORDS – WOMEN**  
**December 17, 2015**

**Age Group: 60-64**

<b>Wt. Class</b>	<b><u>Lifter</u></b>	<b><u>Prov.</u></b>	<b><u>KG.</u></b>	<b><u>Date Set</u></b>	<b><u>Competition</u></b>	<b><u>Place</u></b>
<b>SNATCH</b>						
48	Suzie HILL	ON	24	21 Jun 14	Canadian Masters	Scarborough ON
53	Madeline Payne	BC	29	27 Jun 15	Sea Festival Open	Surrey BC
58						
63	Ruth STEWART	BC	32	28 Feb 15	A&R Memorial	Port Alberni BC
69	Ruth STEWART	BC	30	21 Feb 15	BC Masters	W. Vancouver BC
75	Judy QUINN	ON	39	9 Jul 11	Pan-Am Masters	Savannah GA
75+	Christine WALT	ON	33	14 Jun 13	Pan-Am Masters	Itasca Illinois
<b>CLEAN &amp; JERK</b>						
48	Suzie HILL	ON	35	3 Jun 15	Pan-Am Masters	Savannah GA
53	Madeline Payne	BC	39	12 Sep 15	HercFit Invitational	Nanaimo BC
58						
63	Jill MILLER	ON	42	17 Oct 15	Hybrid Open	London ON
69	Ruth STEWART	BC	38	21 Feb 15	BC Masters	W. Vancouver BC
75	Judy QUINN	ON	49	23 Jun 12	Pan-Am Masters	Santo Domingo DR
75+	Christine WALT	ON	52	23 Jun 12	Pan-Am Masters	Santo Domingo DR
<b>TOTAL</b>						
48	Suzie HILL	ON	59	4 Jun 15	Pan-Am Masters	Savannah GA
53	Madeline Payne	BC	68	12 Sep 15	HercFit Invitational	Nanaimo BC
58						
63	Jill MILLER	ON	73	17 Oct 15	Hybrid Open	London ON
69	Ruth STEWART	BC	68	21 Feb 15	BC Masters	W. Vancouver BC
75	Judy QUINN	ON	86	9 Jul 11	Pan-Am Masters	Savannah GA
75+	Christine WALT	ON	85	14 Jun 13	Pan-Am Masters	Itasca Illinois

**CANADIAN MASTERS WEIGHTLIFTING RECORDS – WOMEN**  
**December 17, 2015**

**Age Group: 65-69**

<b>Wt. Class</b>	<b><u>Lifter</u></b>	<b><u>Prov.</u></b>	<b><u>KG.</u></b>	<b><u>Date Set</u></b>	<b><u>Competition</u></b>	<b><u>Place</u></b>
<b>SNATCH</b>						
48 53	Margaret SAVAGE	BC	26	14 Apr 07	Canadian Masters	Winnipeg MB
58 63	Doris HELLENBART	ON	27	4 Jun 15	Pan-Am Masters	Savannah GA
69	Shirley BLY	ON	28	14 Jun 13	Pan-Am Masters	Itasca Illinois
75	Judy QUINN	ON	37	3 Aug 13	World Master Games	Turin Italy
75+	Judy QUINN	ON	35	4 Jun 15	Pan-Am Masters	Savannah GA
<b>CLEAN &amp; JERK</b>						
48 53	Margaret SAVAGE	BC	34	12 Aug 06	Ogopogo Open	Kelowna BC
58 63	Doris HELLENBART	ON	35	4 Jun 15	Pan-Am Masters	Savannah GA
69	Shirley BLY	ON	40	14 Jun 13	Pan-Am Masters	Itasca Illinois
75	Judy QUINN	ON	46	14 Jun 13	Pan-Am Masters	Itasca Illinois
75+	Christine WALT	ON	52	21 Jun 14	Canadian Masters	Scarborough ON
<b>TOTAL</b>						
48 53	Margaret SAVAGE	BC	59	14 Apr 07	Canadian Masters	Winnipeg MB
58 63	Doris HELLENBART	ON	62	4 Jun 15	Pan-Am Masters	Savannah GA
69	Shirley BLY	ON	68	14 Jun 13	Pan-Am Masters	Itasca Illinois
75	Judy QUINN	ON	83	14 Jun 13	Pan-Am Masters	Itasca Illinois
75+	Christine WALT	ON	85	21 Jun 14	Canadian Masters	Scarborough ON



**CANADIAN MASTERS WEIGHTLIFTING RECORDS – WOMEN**  
**December 17, 2015**

**Age Group: 70-74**

<b>Wt. Class</b>	<b><u>Lifter</u></b>	<b><u>Prov.</u></b>	<b><u>KG.</u></b>	<b><u>Date Set</u></b>	<b><u>Competition</u></b>	<b><u>Place</u></b>
<b>SNATCH</b>						
48						
53						
58						
63						
69	Lorraine PELLETIER	ON	30	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
75						
75+	Brenda FERGUSON	BC	28	28 Feb 15	A & R Memorial	Port Alberni BC

**CLEAN & JERK**

48						
53						
58						
63						
69	Lorraine PELLETIER	ON	42	27 Apr 2013	Canadian Masters	Scarborough ON
75						
75+	Brenda FERGUSON	BC	36	28 Feb 15	A & R Memorial	Port Alberni BC

**TOTAL**

48						
53						
58						
63						
69	Lorraine PELLETIER	ON	70	27 Apr 2013	Canadian Masters	Scarborough ON
75						
75+	Brenda FERGUSON	BC	64	28 Feb 15	A & R Memorial	Port Alberni BC