

CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN**Les records Canadiens Maîtres d'haltérophilie - FEMMES****August 28, 2017 / 28 août 2017****Age Group / Catégorie d'âge : 30-34**

Wt.	Class	Lifter	Prov.	kg	Date	Competition	City/Ville
Cat.		Athlète					
Snatch / Arraché							
48		Silvia HUA	BC	49	18 Mar17	B.C. Masters	Vancouver BC
53		Erin LAMBERT	ON	64	25 Feb 17	Ontario Masters	St. Thomas ON
58		Laurel TIMMER	BC	50	13 May 17	Canadian Masters	Lake Country BC
63		Gail LEDUC	QC	57	01 July 06	Canadian Masters	St. Sauveur QC
69		Lisa YUM	QC	69	13 May 17	Canadian Masters	Lake Country BC
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
90							
90+		Ally BOYCE	BC	51	13 May 17	Canadian Masters	Lake Country BC

Clean and Jerk / Épaulé-jeté

48		Silvia HUA	BC	58	13 May 17	Canadian Masters	Lake Country BC
53		Erin LAMBERT	ON	87	25 Feb 17	Ontario Masters	St. Thomas ON
58		France BROUILLARD	QC	64	01 July 06	Canadian Masters	St. Sauveur QC
63		Gail LEDUC	QC	78	01 July 06	Canadian Masters	St. Sauveur QC
69		Amanda WATSON	BC	80	13 May 17	Canadian Masters	Lake Country BC
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
90							
90+		Ally BOYCE	BC	64	18 Mar 17	B.C. Masters	Vancouver BC

Total

48		Silvia HUA	BC	105	13 May 17	Canadian Masters	Lake Country BC
53		Erin LAMBERT	ON	151	25 Feb 17	Ontario Masters	St. Thomas ON
58		France BROUILLARD	QC	113	01 July 06	Canadian Masters	St. Sauveur QC
63		Gail LEDUC	QC	135	01 July 06	Canadian Masters	St. Sauveur QC
69		Lisa YUM	QC	145	13 May 17	Canadian Masters	Lake Country BC
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
90							
90+		Ally BOYCE	BC	113	18 Mar 17	B.C. Masters	Vancouver BC

CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN**Les records Canadiens Maîtres d'haltérophilie - FEMMES****August 28, 2017 / 28 août 2017****Age Group / Catégorie d'âge : 35-39**

Wt.	Class	Lifter	Prov.	kg	Date	Competition	City/Ville
Cat.		Athlète					
Snatch / Arraché							
48		Manon POULIN	QC	60	22 May 99	Canadian Seniors	Montreal QC
53		Rosalie LAURIN LAROUCHE	QC	64	09 June 17	Pan-Am Masters	Santo Domingo DR
58		Tawney LEM	BC	61	31 Mar 07	Western Cdn Seniors	Lake Country BC
63		Kirsten RIEWE	BC	71	13 May 17	Canadian Masters	Lake Country BC 69
		Wendy RODGERS	AB	65	26 Sep 98	Power Plus Open	Edmonton AB
75		Cathy HAMBLY	BC	63	13 May 17	Canadian Masters	Lake Country BC
75+		Susanne DANDENAULT	MB	95	02 Mar 05	Western Cdn Seniors	Winnipeg MB
90		Marcia CHIASSON	ON	60	25 Feb 17	Ontario Masters	St. Thomas ON
90+		Melissa BROPHY	AB	60	13 May 17	Canadian Masters	Lake Country BC

Clean and Jerk / Épaulé-jeté

48		Manon POULIN	QC	75	11 Jun 99	Canadian Masters	Montreal QC
53		Rosalie LAURIN LAROUCHE	QC	83	09 June 17	Pan-Am Masters	Santo Domingo DR
58		Tawney LEM	BC	73	31 Mar 07	Western Cdn Seniors	Lake Country BC
63		Kristin PARSONS	ON	87	23 Apr 16	Canadian Masters	Belleville ON
69		Tanna PAYNE	BC	83	13 May 17	Canadian Masters	Lake Country BC
75		Jen SCHNEIDER	BC	81	13 May 17	Canadian Masters	Lake Country BC
75+		Susanne DANDENAULT	MB	125	02 Mar 05	Western Cdn Seniors	Winnipeg MB
90		Marcia CHIASSON	ON	78	25 Feb 17	Ontario Masters	St. Thomas ON
90+		Melissa BROPHY	AB	80	13 May 17	Canadian Masters	Lake Country BC

Total

48		Manon POULIN	QC	132	22 May 99	Canadian Seniors	Montreal QC
53		Rosalie LAURIN LAROUCHE	QC	147	09 June 17	Pan-Am Masters	Santo Domingo DR
58		Tawney LEM	BC	134	31 Mar 07	Western Cdn Seniors	Lake Country BC
63		Kirsten RIEWE	BC	156	13 May 17	Canadian Masters	Lake Country BC 69
		Tanna PAYNE	BC	146	13 May 17	Canadian Masters	Lake Country BC
75		Jen SCHNEIDER	BC	144	13 May 17	Canadian Masters	Lake Country BC
75+		Susanne DANDENAULT	MB	220	02 Mar 05	Western Cdn Seniors	Winnipeg MN
90		Marcia CHIASSON	ON	138	25 Feb 17	Ontario Masters	St. Thomas ON
90+		Melissa BROPHY	AB	140	13 May 17	Canadian Masters	Lake Country BC

CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN**Les records Canadiens Maîtres d'haltérophilie - FEMMES****August 28, 2017 / 28 août 2017****Age Group / Catégorie d'âge : 40-44**

Wt.	Lifter	Prov.	kg	Date	Competition	City/Ville
Class	Athlète					
Cat.						
Snatch / Arraché						
48	Manon POULIN	QC	57	17 May 03	Canadian Seniors	Vancouver BC
53	Manon POULIN	QC	57	02 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	Caroline NICOLE	ON	67	25 Feb 17	Ontario Masters	St. Thomas ON
75	Kristen DILLON	BC	65	13 May 17	Canadian Masters	Lake Country BC
75+	Shellen THOMAS	AB	63	27 Apr 13	Canadian Masters	Scarborough ON
90	Meg THORNE	ON	55	13 May 17	Canadian Masters	Lake Country BC
90+						

Clean and Jerk / Épaulé-jeté

48	Manon POULIN	QC	76	14 Apr 02		Montreal QC
53	Heather AMUNDRUD	ON	80	29 Mar 14	Ontario Juniors	Scarborough ON
58	Heather WOLFE	NS	64	13 May 17	Canadian Masters	Lake Country BC
63	Isabelle BOILARD	QC	76	13 May 17	Canadian Masters	Lake Country BC
69	Caroline NICOLE	ON	86	25 Feb 17	Ontario Masters	St. Thomas ON
75	Kristen DILLON	BC	80	18 Mar 17	B.C. Masters	Vancouver BC
75+	Shellen THOMAS	AB	91	03 Aug 13	World Master Games	Turin Italy
90	Mairi CAMPBELL	ON	65	25 Feb 17	Ontario Masters	St. Thomas ON
90+						

Total

48	Manon POULIN	QC	127	14 Apr 02		Montreal QC
53	Heather AMUNDRUD	ON	137	29 Mar 14	Ontario Juniors	Scarborough ON
58	Heather WOLFE	NS	112	13 May 17	Canadian Masters	Lake Country BC
63	Wendy RODGERS	AB	135	23 June 99	Alberta Reclass	Edmonton AB
69	Caroline NICOLE	ON	153	25 Feb 17	Ontario Masters	St. Thomas ON
75	Kristen DILLON	BC	143	18 Mar 17	B.C. Masters	Vancouver BC
75+	Shellen THOMAS	AB	151	03 Aug 13	World Master Games	Turin Italy
90	Mairi CAMPBELL	ON	115	25 Feb 17	Ontario Masters	St. Thomas ON
90+						

CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN**Les records Canadiens Maîtres d'haltérophilie - FEMMES****August 28, 2017 / 28 août 2017****Age Group / Catégorie d'âge : 45-49**

Wt.	Lifter	Prov.	kg	Date	Competition	City/Ville
Class	Athlète					
Cat.						
Snatch / Arraché						
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	Heather ELLIS	BC	56	13 May 17	Canadian Masters	Lake Country BC
63	Julie BEAUMONT	QC	53	23 Apr 16	Canadian Masters	Belleville ON
69	Paule POULIN	CDN	56	26 Apr 17	World Masters	Auckland NZ
75	Linda ROSARIO-EARNSHAW	ON	49	13 May 17	Canadian Masters	Lake Country BC
75+	Shellen THOMAS	AB	63	05 Jun 15	Pan-Am Masters	Savannah GA
90	Lisa SLUIK	AB	52	18 Feb 17	Alberta Masters	Calgary AB
90+	Shellen THOMAS	AB	66	18 Feb 17	Alberta Masters	Calgary AB

Clean and Jerk / Épaulé-jeté

48	Manon POULIN	QC	60	15 Sep 12	World Masters	Lviv Ukraine
53	Anita FARRELL	ON	70	25 Feb 17	Ontario Masters	St. Thomas ON
58	Marguerite PHILLIPS	NS	69	13 May 17	Canadian Masters	Lake Country BC
63	Julie BEAUMONT	QC	68	23 Apr 16	Canadian Masters	Belleville ON
69	Paule POULIN	CDN	74	26 Apr 17	World Masters	Auckland NZ
75	Linda ROSARIO-EARNSHAW	ON	66	13 May 17	Canadian Masters	Lake Country BC
75+	Shellen THOMAS	AB	85	05 Jun 15	Pan-Am Masters	Savannah GA
90	Lisa SLUIK	AB	74	13 May 17	Canadian Masters	Lake Country BC
90+	Shellen THOMAS	AB	86	26 Apr 17	World Masters	Auckland NZ

Total

48	Manon POULIN	QC	105	15 Sep 12	World Masters	Lviv Ukraine
53	Anita FARRELL	ON	124	25 Feb 17	Ontario Masters	St. Thomas ON
58	Heather ELLIS	BC	122	13 May 17	Canadian Masters	Lake Country BC
63	Julie BEAUMONT	QC	121	23 Apr 16	Canadian Masters	Belleville ON
69	Paule POULIN	CDN	130	26 Apr 17	World Masters	Auckland NZ
75	Linda ROSARIO-EARNSHAW	ON	115	13 May 17	Canadian Masters	Lake Country BC
75+	Shellen THOMAS	AB	148	05 Jun 15	Pan-Am Masters	Savannah GA
90	Lisa SLUIK	AB	126	13 May 17	Canadian Masters	Lake Country BC
90+	Shellen THOMAS	AB	151	26 Apr 17	World Masters	Auckland NZ

CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN**Les records Canadiens Maîtres d'haltérophilie - FEMMES****August 28, 2017 / 28 août 2017****Age Group / Catégorie d'âge : 50-54**

Wt.	Class	Lifter	Prov.	kg	Date	Competition	City/Ville
Cat.		Athlète					
Snatch / Arraché							
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		Manon CROTEAU	QC	50	23 Apr 16	Canadian Masters	Belleville ON
63		Sylvie GUENETTE	ON	46	13 May 17	Canadian Masters	Lake Country BC
69		Jill MILLER	ON	42	08 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
90		Joanne MORING	ON	42	25 Feb 17	Ontario Masters	St. Thomas ON
90+							

Clean and Jerk / Épaulé-jeté

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		Manon CROTEAU	QC	63	09 June 17	Pan-Am Masters	Santo Domingo DR
63		Sylvie GUENETTE	ON	63	25 Feb 17	Ontario Masters	St. Thomas ON
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
90		Joanne MORING	ON	60	25 Feb 17	Ontario Masters	St. Thomas ON
90+							

Total

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		Manon CROTEAU	QC	111	01 Oct 16	World Masters	Heinsheim, GER
63		Sylvie GUENETTE	ON	109	13 May 17	Canadian Masters	Lake Country 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
90		Joanne MORING	ON	102	25 Feb 17	Ontario Masters	St. Thomas ON
90+							

CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN**Les records Canadiens Maîtres d'haltérophilie - FEMMES****August 28, 2017 / 28 août 2017****Age Group / Catégorie d'âge : 55-59**

Wt.	Lifter	Prov.	kg	Date	Competition	City/Ville
Class	Athlète					
Cat.						
Snatch / Arraché						
48	Shirlee PETRAT	BC	36	24 Apr 17	World Masters	Auckland NZ
53	Shirlee PETRAT	BC	38	13 May 17	Canadian Masters	Lake Country BC
58						
63	Judy QUINN	ON	32	02 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
90						
90+						

Clean and Jerk / Épaulé-jeté

48	Shirlee PETRAT	BC	49	24 Apr 17	World Masters	Auckland NZ
53	Shirlee PETRAT	BC	49	13 May 17	Canadian Masters	Lake Country BC
58						
63	Judy QUINN	ON	42	02 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
90						
90+						

Total

48	Shirlee PETRAT	BC	85	24 Apr 17	World Masters	Auckland NZ
53	Shirlee PETRAT	BC	87	13 May 17	Canadian Masters	Lake Country BC
58						
63	Judy QUINN	ON	75	02 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
90						
90+						

CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN**Les records Canadiens Maîtres d'haltérophilie - FEMMES****August 28, 2017 / 28 août 2017****Age Group / Catégorie d'âge : 60-64**

Wt.	Class	Lifter	Prov.	kg	Date	Competition	City/Ville
Cat.		Athlète					
Snatch / Arraché							
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		Madeline PAYNE	BC	29	13 May 17	Canadian Masters	Lake Country BC
63		Ruth STEWART	BC	32	28 Feb 15	A&R Memorial	Port Alberni BC
69		Ruth STEWART	BC	33	13 May 17	Canadian Masters	Lake Country BC
75		Judy QUINN	ON	39	09 Jul 11	Pan-Am Masters	Savannah GA
75+		Christine WALT	ON	33	14 Jun 13	Pan-Am Masters	Itasca Illinois
90		Sue SPENCER	BC	37	18 Mar 17	B.C. Masters	Vancouver BC
90+							
Clean and Jerk / Épaulé-jeté							
48		Suzie HILL	ON	35	03 Jun 15	Pan-Am Masters	Savannah GA
53		Madeline PAYNE	BC	39	12 Sep 15	HercFit Invitational	Nanaimo BC
58		Madeline PAYNE	BC	37	13 May 17	Canadian Masters	Lake Country BC
63		Jill MILLER	ON	42	17 Oct 15	Hybrid Open	London ON
69		Debbie REGAN	ON	43	17 Jun 16	Pan-Am Masters	San Juan PR
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
90		Sue SPENCER	BC	48	22 Apr 17	World Masters	Auckland NZ
90+							
Total							
48		Suzie HILL	ON	59	04 Jun 15	Pan-Am Masters	Savannah GA
53		Madeline PAYNE	BC	68	12 Sep 15	HercFit Invitational	Nanaimo BC
58		Madeline PAYNE	BC	66	13 May 17	Canadian Masters	Lake Country BC
63		Jill MILLER	ON	73	17 Oct 15	Hybrid Open	London ON
69		Debbie REGAN	ON	73	17 Jun 16	Pan-Am Masters	San Juan PR
75		Judy QUINN	ON	86	09 Jul 11	Pan-Am Masters	Savannah GA
75+		Christine WALT	ON	85	14 Jun 13	Pan-Am Masters	Itasca Illinois
90		Sue SPENCER	BC	85	22 Apr 17	World Masters	Auckland NZ
90+							

CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN
Les records Canadiens Maîtres d'haltérophilie - FEMMES

August 28, 2017 / 28 août 2017

Age Group / Catégorie d'âge : 65-69

<u>Wt.</u> <u>Class</u> <u>Cat.</u>	<u>Lifter</u> <u>Athlète</u>	<u>Prov.</u>	<u>kg</u>	<u>Date</u>	<u>Competition</u>	<u>City/Ville</u>
Snatch / Arraché						
48 53	Margaret SAVAGE	BC	26	14 Apr 07	Canadian Masters	Winnipeg MB
58	Doris HELLENBART	ON	27	04 Jun 15	Pan-Am Masters	Savannah GA
63	Jill MILLER	ON	29	17 Jun 16	Pan-Am Masters	San Juan PR
69	Shirley BLY	ON	28	14 Jun 13	Pan-Am Masters	Itasca Illinois
75	Judy QUINN	ON	37	03 Aug 13	World Master Games	Turin Italy
75+ 90 90+	Judy QUINN	ON	35	04 Jun 15	Pan-Am Masters	Savannah GA

Clean and Jerk / Épaulé-jeté						
48 53	Margaret SAVAGE	BC	34	12 Aug 06	Ogopogo Open	Kelowna BC
58	Jill MILLER	ON	39	01 Oct 16	World Masters	Heinsheim, GER
63	Jill MILLER	ON	43	17 Jun 16	Pan-Am Masters	San Juan PR
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+ 90 90+	Christine WALT	ON	52	21 Jun 14	Canadian Masters	Scarborough ON

Total						
48 53	Margaret SAVAGE	BC	59	14 Apr 07	Canadian Masters	Winnipeg MB
58	Jill MILLER	ON	66	01 Oct 16	World Masters	Heinsheim, GER
63	Jill MILLER	ON	72	17 Jun 16	Pan-Am Masters	San Juan PR
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+ 90 90+	Christine WALT	ON	85	21 Jun 14	Canadian Masters	Scarborough ON

CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN**Les records Canadiens Maîtres d'haltérophilie - FEMMES****August 28, 2017 / 28 août 2017****Age Group / Catégorie d'âge : 70-74**

Wt.	Class	Lifter	Prov.	kg	Date	Competition	City/Ville
Cat.		Athlète					
Snatch / Arraché							
48							
53							
58							
63							
69		Lorraine PELLETIER	ON	31	23 Apr 16	Canadian Masters	Belleville ON
75							
75+		Brenda FERGUSON	BC	28	28 Feb 15	A & R Memorial	Port Alberni BC
90		Brenda FERGUSON	BC	26	18 Mar 17	B.C. Masters	Vancouver BC
90+		Brenda FERGUSON	BC	25	13 May 17	Canadian Masters	Lake Country BC

Clean and Jerk / Épaulé-jeté

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
90		Brenda FERGUSON	BC	33	18 Mar 17	BC Masters	Vancouver BC
90+		Brenda FERGUSON	BC	35	13 May 17	Canadian Masters	Lake Country BC

Total

48							
53							
58							
63							
69		Lorraine PELLETIER	ON	73	23 Apr 2016	Canadian Masters	Belleville ON
75							
75+		Brenda FERGUSON	BC	64	28 Feb 15	A & R Memorial	Port Alberni BC
90		Brenda FERGUSON	BC	59	18 Mar 17	B.C.. Masters	Vancouver BC
90+		Brenda FERGUSON	BC	60	13 May 17	Canadian Masters	Lake Country BC