

**2019 PAN AMERICAN MASTERS  
WEIGHTLIFTERS  
CANADIAN WOMEN ATHLETES**

|            |          |         |
|------------|----------|---------|
| Cantelon   | Louisa   | W55/71  |
| Davidson   | Pamela   | W40/55  |
| De Vyra    | Nicole   | W35/87  |
| Gauthier   | Isabelle | W45/59  |
| Hamilton   | Jennifer | W35/64  |
| Hellenbart | Doris    | W70/59  |
| Kielty     | Paula    | W50/55  |
| Korman     | Ashley   | W35/64  |
| Lamarre    | Helene   | W40/64  |
| McCardle   | Lindsay  | W35/64  |
| McDonald   | Brandi   | W40/49  |
| Miller     | Jill     | W65/59  |
| Nelson     | Whitney  | W35/59  |
| Poulin     | Manon    | W55/55  |
| Quinn      | Judy     | W70/71  |
| Spencer    | Sue      | W65/87+ |
| Stott      | Crystal  | W45/76  |
| Stranges   | Meredith | W45/71  |
| Waterfield | Madeline | W55/71  |
| Whiting    | Amanda   | W35/64  |
| Lee        | Nichole  | W35/71  |

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|             |         |          |
|-------------|---------|----------|
| Amede       | Sacha   | M40/96   |
| Atkin       | Hugh    | M60/81   |
| Bishop      | Steven  | M40/102  |
| Boutin      | Andre   | M55/89   |
| Carignan    | Yves    | M65/73   |
| Case        | John    | M60/89   |
| Crotty      | Chris   | M50/89   |
| Dessureault | Dave    | M50/81   |
| Florento    | John    | M40/61   |
| Found       | Rich    | M35/89   |
| Gagne       | Jacques | M40/96   |
| Gilbert     | Craig   | M40/109+ |
| Hadlow      | Terry   | M60/89   |
| Hroupa      | Stepan  | M60/67   |
| Jackson     | Michael | M40/89   |
| Johnson     | James   | M35/96   |
| Miller      | Ken     | M70/67   |
| Quaglia     | Anthony | M35/73   |
| Sanderson   | Tim     | M55/109  |
| Seniuk      | Thomas  | M45/89   |
| Sinclair    | Doug    | M75/81   |
| Spur        | Dave    | M35/89   |
| Walt        | Martin  | M50/102  |