



**CANADIAN MASTERS ARCHIVED WEIGHTLIFTING RECORDS  
WOMEN**

**Les records archivés Canadiens Maîtres d'haltérophilie  
FEMMES**

**CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN****Les records Canadiens Maîtres d'haltérophilie - FEMMES****September 9, 2018 / 9 Septembre 2018****Age Group / Catégorie d'âge : 30-34**

<b>Wt.</b>	<b>Class</b>	<b>Lifter</b>	<b>Prov.</b>	<b>kg</b>	<b>Date</b>	<b>Competition</b>	<b>City/Ville</b>
<b>Cat.</b>		<b>Athlète</b>					
<b>Snatch / Arraché</b>							
48		Silvia HUA	BC	52	10 Mar18	B.C. Masters	W Vancouver BC
53		Melissa CONTEDEUCA	QC	70	18 Nov 17	Cdn OpenMasters	Montréal QC
58		Kristin MACAULAY	MB	56	18 Nov 17	Cdn OpenMasters	Montréal QC
63		Joanie OUELLET	SK	64	14 Jun 18	Canadian Masters	Gaspé QC
69		Heather DYKE	NS	71	14 Jun 18	Canadian Masters	Gaspé QC
75		Stepanie PETER	ON	76	24 Feb 18	Ontario Masters	St. Thomas ON
75+		Linsay AUGUSTIN	QC	46	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
90		Melanie YIP WOON SUN	QC	65	14 Jun 18	Canadian Masters	Gaspé QC
90+		Ally BOYCE	BC	51	13 May 17	Canadian Masters	Lake Country BC
<b>Clean and Jerk / Épaulé-jeté</b>							
48		Silvia HUA	BC	64	10 Mar 18	B.C. Masters	W Vancouver BC
53		Erin LAMBERT	ON	87	25 Feb 17	Ontario Masters	St. Thomas ON
58		Kristin MACAULAY	MB	69	18 Nov 17	Cdn OpenMasters	Montréal QC
63		Joanie OUELLET	SK	79	14 Jun 18	Canadian Masters	Gaspé QC
69		Heather DYKE	NS	93	14 Jun 18	Canadian Masters	Gaspé QC
75		Stepanie PETER	ON	95	24 Feb 18	Ontario Masters	St. Thomas ON
75+		Linsay AUGUSTIN	QC	61	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
90		Melanie YIP WOON SUN	QC	82	14 Jun 18	Canadian Masters	Gaspé QC
90+		Ally BOYCE	BC	64	18 Mar 17	B.C. Masters	Vancouver BC
<b>Total</b>							
48		Silvia HUA	BC	116	10 Mar 18	B.C. Masters	W Vancouver BC
53		Melissa CONTEDEUCA	QC	153	18 Nov 17	Cdn OpenMasters	Montréal QC
58		Kristin MACAULAY	MB	125	18 Nov 17	Cdn OpenMasters	Montréal QC
63		Joanie OUELLET	SK	143	14 Jun 18	Canadian Masters	Gaspé QC
69		Heather DYKE	NS	164	14 Jun 18	Canadian Masters	Gaspé QC
75		Stepanie PETER	ON	171	24 Feb 18	Ontario Masters	St. Thomas ON
75+		Linsay AUGUSTIN	QC	107	25 Apr 15	Canadian Masters	Rouyn-Noranda QC
90		Melanie YIP WOON SUN	QC	147	14 Jun 18	Canadian Masters	Gaspé QC
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

September 9, 2018 / 9 Septembre 2018

### Age Group / Catégorie d'âge : 35-39

<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>
<b>Snatch / Arraché</b>						
48	Manon POULIN	QC	60	22 May 99	Canadian Seniors	Montréal QC
53	Rosalie LAURIN LAROUCHE	QC	64	09 June 17	Pan-Am Masters	Santo Domingo DR
58	Abigail GUERRERO-GONZALEZ	QC	80	18 Nov 17	Cdn Open Masters	Montréal QC
63	Kristin PARSONS	ON	72	24 Feb 18	Ontario Masters	St. Thomas ON
69	Lindsay MCCARDLE	ON	70	14 Jun 18	Canadian Masters	Gaspé QC
75	Beth KOSTUR	SK	73	15 Aug 18	World Masters	Barcelona SP
75+	Susanne DANDENAULT	MB	95	02 Mar 05	Western Cdn Seniors	Winnipeg MB
90	Jill REID	SK	62	14 Jun 18	Canadian Masters	Gaspé QC
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	Montréal QC
53	Rosalie LAURIN LAROUCHE	QC	83	09 June 17	Pan-Am Masters	Santo Domingo DR
58	Abigail GUERRERO-GONZALEZ	QC	94	18 Nov 17	Cdn Open Masters	Montréal QC
63	Kristin PARSONS	ON	87	23 Apr 16	Canadian Masters	Belleville ON
69	Lindsay MCCARDLE	ON	94	14 Jun 18	Canadian Masters	Gaspé QC
75	Beth KOSTUR	SK	85	14 Jun 18	Canadian Masters	Gaspé QC
75+	Susanne DANDENAULT	MB	125	02 Mar 05	Western Cdn Seniors	Winnipeg MB
90	Jill REID	SK	80	14 Jun 18	Canadian Masters	Gaspé QC
90+	Melissa BROPHY	AB	80	13 May 17	Canadian Masters	Lake Country BC

### **Total**

48	Manon POULIN	QC	132	22 May 99	Canadian Seniors	Montréal QC
53	Rosalie LAURIN LAROUCHE	QC	147	09 June 17	Pan-Am Masters	Santo Domingo DR
58	Abigail GUERRERO-GONZALEZ	QC	174	18 Nov 17	Cdn Open Masters	Montréal QC
63	Kristin PARSONS	ON	157	24 Feb 18	Ontario Masters	St. Thomas ON
69	Lindsay MCCARDLE	ON	164	14 Jun 18	Canadian Masters	Gaspé QC
75	Beth KOSTUR	SK	157	15 Aug 18	World Masters	Barcelona SP
75+	Susanne DANDENAULT	MB	220	02 Mar 05	Western Cdn Seniors	Winnipeg MN
90	Jill REID	SK	142	14 Jun 18	Canadian Masters	Gaspé QC
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****September 9, 2018 / 9 Septembre 2018****Age Group / Catégorie d'âge : 40-44**

<b>Wt.</b>	<b>Class</b>	<b>Lifter</b>	<b>Prov.</b>	<b>kg</b>	<b>Date</b>	<b>Competition</b>	<b>City/Ville</b>
<b>Cat.</b>		<b>Athlète</b>					
<b>Snatch / Arraché</b>							
48		Manon POULIN	QC	57	17 May 03	Canadian Seniors	Vancouver BC
53		Rosalie LAURIN-LAROUCHE	QC	66	17 Feb 18	Master du Québec	Sherbrooke QC
58		Abigail GUERRERO-GONZALES	QC	71	17 Aug 18	World Masters	Barcelona SP
63		Shannon TAYLES-BENOIT	NS	65	14 Jun 18	Canadian Masters	Gaspé QC
69		Jodi PODOLAS	AB	75	14 Jun 18	Canadian Masters	Gaspé QC
75		Jodi PODOLAS	AB	72	10 Feb 18	Alberta Masters	Edmonton AB
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+		Karine BROUILLARD	QC	61	14 Jun 18	Canadian Masters	Gaspé QC

**Clean and Jerk / Épaulé-jeté**

48		Manon POULIN	QC	76	14 Apr 02		Montréal QC
53		Rosalie LAURIN-LAROUCHE	QC	84	17 Feb 18	Master du Québec	Sherbrooke QC
58		Abigail GUERRERO-GONZALES	QC	80	17 Aug 18	World Masters	Barcelona SP
63		Shannon TAYLES-BENOIT	NS	82	14 Jun 18	Canadian Masters	Gaspé QC
69		Jodi PODOLAS	AB	90	14 Jun 18	Canadian Masters	Gaspé QC
75		Jodi PODOLAS	AB	87	10 Feb 18	Alberta Masters	Edmonton AB
75+		Shellen THOMAS	AB	91	03 Aug 13	World Master Games	Turin Italy
90		Mairi CAMPBELL	ON	70	18 Nov 17	Cdn Open Masters	Montréal QC
90+		Karine BROUILLARD	QC	80	14 Jun 18	Canadian Masters	Gaspé QC

**Total**

48		Manon POULIN	QC	127	14 Apr 02		Montréal QC
53		Rosalie LAURIN-LAROUCHE	QC	150	17 Feb 18	Master du Québec	Sherbrooke QC
58		Abigail GUERRERO-GONZALES	QC	151	17 Aug 18	World Masters	Barcelona SP
63		Shannon TAYLES-BENOIT	NS	147	14 Jun 18	Canadian Masters	Gaspé QC
69		Jodi PODOLAS	AB	165	14 Jun 18	Canadian Masters	Gaspé QC
75		Jodi PODOLAS	AB	159	10 Feb 18	Alberta Masters	Edmonton AB
75+		Shellen THOMAS	AB	151	03 Aug 13	World Master Games	Turin Italy
90		Mairi CAMPBELL	ON	121	14 Jun 18	Canadian Masters	Gaspé QC
90+		Karine BROUILLARD	QC	141	14 Jun 18	Canadian Masters	Gaspé QC

**CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN****Les records Canadiens Maîtres d'haltérophilie - FEMMES****September 9, 2018 / 9 Septembre 2018****Age Group / Catégorie d'âge : 45-49**

<b>Wt.</b>	<b>Class</b>	<b>Lifter</b>	<b>Prov.</b>	<b>kg</b>	<b>Date</b>	<b>Competition</b>	<b>City/Ville</b>
	<b>Cat.</b>	<b>Athlète</b>					
<b>Snatch / Arraché</b>							
48		Janella GRIFFITHS	BC	46	10 Mar 18	B.C. Masters	W Vancouver BC
53		Manon POULIN	QC	54	14 Jun 08	Canadian Masters	Mississauga ON
58		Isabelle GAUTHIER	QC	67	17 Aug 18	World Masters	Barcelona SP
63		Paule POULIN	CDN	58	26 May 18	Australia, Oceania	Melbourne AU
69		Marie-Josée PÉPIN	QC	58	17 Feb 18	Master du Québec	Sherbrooke QC
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		Janella GRIFFITHS	BC	61	10 Mar 18	B.C. Masters	W Vancouver BC
53		Anita FARRELL	ON	70	25 Feb 17	Ontario Masters	St. Thomas ON
58		Isabelle GAUTHIER	QC	90	18 Nov 17	Cdn Open Masters	Montréal QC
63		Paule POULIN	CDN	77	26 May 18	Australia, Oceania	Melbourne AU
69		Marie-Josée PÉPIN	QC	76	17 Feb 18	Master du Québec	Sherbrooke QC
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		Janella GRIFFITHS	BC	107	10 Mar 18	B.C. Masters	W Vancouver BC
53		Anita FARRELL	ON	124	25 Feb 17	Ontario Masters	St. Thomas ON
58		Isabelle GAUTHIER	QC	154	17 Aug 18	World Masters	Barcelona SP
63		Paule POULIN	CDN	135	26 May 18	Australia, Oceania	Melbourne AU
69		Marie-Josée PÉPIN	QC	134	17 Feb 18	Master du Québec	Sherbrooke QC
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****September 9, 2018 / 9 Septembre 2018****Age Group / Catégorie d'âge : 50-54**

<u>Wt.</u>	<u>Lifter</u>	<u>Prov.</u>	<u>kg</u>	<u>Date</u>	<u>Competition</u>	<u>City/Ville</u>
<u>Class</u>	<u>Athlète</u>					
<u>Cat.</u>						
<b>Snatch / Arraché</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	Manon CROTEAU	QC	54	17 Aug 18	World Masters	Barcelona SP
63	Manon CROTEAU	QC	51	15 June 18	Canadian Masters	Gaspé QC
69	Madeleine WATERFIELD	ON	46	14 Jun 18	Canadian Masters	Gaspé QC
75	Madeleine WATERFIELD	ON	44	24 Feb 18	Ontario Masters	St. Thomas ON
75+	Donna MACDONALD	ON	50	12 Mar 05	Canadian Masters	Toronto ON
90	Joanne MORING	ON	44	14 Jun 18	Canadian Masters	Gaspé QC
90+	Carla MIKKOLA	ON	40	15 June 18	Canadian Masters	Gaspé QC

**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	68	17 Aug 18	World Masters	Barcelona SP
63	Manon CROTEAU	QC	68	15 June 18	Canadian Masters	Gaspé QC
69	Madeleine WATERFIELD	ON	61	14 Jun 18	Canadian Masters	Gaspé QC
75	Garnetta CROMWELL	ON	60	24 Feb 18	Ontario Masters	St. Thomas ON
75+	Joanne MORING	ON	65	21 Jun 14	Canadian Masters	Scarborough ON
90	Garnetta CROMWELL	ON	64	14 Jun 18	Canadian Masters	Gaspé QC
90+	Carla MIKKOLA	ON	65	15 June 18	Canadian Masters	Gaspé QC

**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	122	17 Aug 18	World Masters	Barcelona SP
63	Manon CROTEAU	QC	119	15 June 18	Canadian Masters	Gaspé QC
69	Madeleine WATERFIELD	ON	107	14 Jun 18	Canadian Masters	Gaspé QC
75	Garnetta CROMWELL	ON	103	24 Feb 18	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+	Carla MIKKOLA	ON	105	15 June 18	Canadian Masters	Gaspé QC

**CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN****Les records Canadiens Maîtres d'haltérophilie - FEMMES****September 9, 2018 / 9 Septembre 2018****Age Group / Catégorie d'âge : 55-59**

<b>Wt.</b>	<b>Lifter</b>	<b>Prov.</b>	<b>kg</b>	<b>Date</b>	<b>Competition</b>	<b>City/Ville</b>
<b>Class</b>	<b>Athlète</b>					
<b>Cat.</b>						
<b>Snatch / Arraché</b>						
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	Manon POULIN	QC	48	15 June 18	Canadian Masters	Gaspé QC
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	Krista SANSOM	BC	30	10 Mar 18	BC Masters	W Vancouver BC
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	Manon POULIN	QC	55	15 June 18	Canadian Masters	Gaspé QC
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	Krista SANSOM	BC	38	10 Mar 18	BC Masters	W Vancouver BC
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	Manon POULIN	QC	103	15 June 18	Canadian Masters	Gaspé QC
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	Krista SANSOM	BC	68	10 Mar 18	BC Masters	W Vancouver BC
90+						

**CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN****Les records Canadiens Maîtres d'haltérophilie - FEMMES****September 9, 2018 / 9 Septembre 2018****Age Group / Catégorie d'âge : 60-64**

<b>Wt.</b>	<b>Class</b>	<b>Lifter</b>	<b>Prov.</b>	<b>kg</b>	<b>Date</b>	<b>Competition</b>	<b>City/Ville</b>
<b>Cat.</b>		<b>Athlète</b>					
<b>Snatch / Arraché</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		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+		Sue SPENCER	BC	40	10 Mar 18	B.C. Masters	W Vancouver BC

**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	44	15 June 18	Canadian Masters	Gaspé QC
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+		Sue SPENCER	BC	52	10 Mar 18	B.C. Masters	W Vancouver BC

**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	75	15 June 18	Canadian Masters	Gaspé QC
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+		Sue SPENCER	BC	92	10 Mar 18	B.C. Masters	W Vancouver BC



**CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN****Les records Canadiens Maîtres d'haltérophilie - FEMMES****September 9, 2018 / 9 Septembre 2018****Age Group / Catégorie d'âge : 65-69**

<b>Wt.</b>	<b>Lifter</b>	<b>Prov.</b>	<b>kg</b>	<b>Date</b>	<b>Competition</b>	<b>City/Ville</b>
<b>Class</b>	<b>Athlète</b>					
<b>Cat.</b>						
<b>Snatch / Arraché</b>						
48	Margaret SAVAGE	BC	26	14 Apr 07	Canadian Masters	Winnipeg MB
53						
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+	Judy QUINN	ON	35	04 Jun 15	Pan-Am Masters	Savannah GA
90	Christine WALT	ON	31	15 June 18	Canadian Masters	Gaspé QC
90+						

**Clean and Jerk / Épaulé-jeté**

48	Margaret SAVAGE	BC	34	12 Aug 06	Ogopogo Open	Kelowna BC
53						
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+	Christine WALT	ON	52	21 Jun 14	Canadian Masters	Scarborough ON
90	Christine WALT	ON	45	15 June 18	Canadian Masters	Gaspé QC
90+						

**Total**

48	Margaret SAVAGE	BC	59	14 Apr 07	Canadian Masters	Winnipeg MB
53						
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+	Christine WALT	ON	85	21 Jun 14	Canadian Masters	Scarborough ON
90	Christine WALT	ON	76	15 June 18	Canadian Masters	Gaspé QC
90+						

**CANADIAN MASTERS WEIGHTLIFTING RECORDS - WOMEN****Les records Canadiens Maîtres d'haltérophilie - FEMMES****September 9, 2018 / 9 Septembre 2018****Age Group / Catégorie d'âge : 70-74**

<b>Wt.</b>	<b>Class</b>	<b>Lifter</b>	<b>Prov.</b>	<b>kg</b>	<b>Date</b>	<b>Competition</b>	<b>City/Ville</b>
<b>Cat.</b>		<b>Athlète</b>					
<b>Snatch / Arraché</b>							
48							
53		Doris HELLENBART	ON	27	24 Feb 18	Ontario Masters	St. Thomas ON
58		Doris HELLENBART	ON	26	15 June 18	Canadian Masters	Gaspé QC
63							
69		Lorraine PELLETIER	ON	31	23 Apr 16	Canadian Masters	Belleville ON
75		Judy QUINN	ON	33	17 Aug 18	World Masters	Barcelona SP
75+		Brenda FERGUSSON	BC	28	28 Feb 15	A & R Memorial	Port Alberni BC
90		Brenda FERGUSSON	BC	26	18 Mar 17	B.C. Masters	Vancouver BC
90+							

**Clean and Jerk / Épaulé-jeté**

48							
53		Doris HELLENBART	ON	36	24 Feb 18	Ontario Masters	St. Thomas ON
58		Doris HELLENBART	ON	33	15 June 18	Canadian Masters	Gaspé QC
63							
69		Lorraine PELLETIER	ON	42	27 Apr 2013	Canadian Masters	Scarborough ON
75		Judy QUINN	ON	41	17 Aug 18	World Masters	Barcelona SP
75+		Brenda FERGUSSON	BC	36	28 Feb 15	A & R Memorial	Port Alberni BC
90		Brenda FERGUSSON	BC	35	13 May 17	Canadian Masters	Lake Country BC
90+							

**Total**

48							
53		Doris HELLENBART	ON	63	24 Feb 18	Ontario Masters	St. Thomas O
58		Doris HELLENBART	ON	59	15 June 18	Canadian Masters	Gaspé QC
63							
69		Lorraine PELLETIER	ON	73	23 Apr 2016	Canadian Masters	Belleville ON
75		Judy QUINN	ON	74	17 Aug 18	World Masters	Barcelona SP
75+		Brenda FERGUSSON	BC	64	28 Feb 15	A & R Memorial	Port Alberni BC
90		Brenda FERGUSSON	BC	60	13 May 17	Canadian Masters	Lake Country BC
90+							

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

**September 9, 2018 / 9 Septembre 2018**

**Age Group / Catégorie d'âge : 75-79**

<b>Wt.</b>	<b><u>Class</u></b>	<b><u>Lifter</u></b>	<b><u>Prov.</u></b>	<b><u>kg</u></b>	<b><u>Date</u></b>	<b><u>Competition</u></b>	<b><u>City/Ville</u></b>
	<b><u>Cat.</u></b>	<b><u>Athlète</u></b>					

**Snatch / Arraché**

48							
53							
58							
63							
69							
75		Brenda FERGUSSON	AB	25	15 June 18	Canadian Masters	Gaspé QC
90							
90+							

**Clean and Jerk / Épaulé-jeté**

48							
53							
58							
63							
69							
75		Brenda FERGUSSON	AB	30	15 June 18	Canadian Masters	Gaspé QC
90							
90+							

**Total**

48							
53							
58							
63							
69							
75		Brenda FERGUSSON	AB	55	15 June 18	Canadian Masters	Gaspé QC
90							
90+							