



CANADIAN MASTERS WEIGHTLIFTING RECORDS – WOMEN

Les records Canadiens Maîtres d'haltérophile – FEMMES

May 30, 2020 / 30 mai 2020

Age Group / Catégorie d'âge : 30-34

Snatch / Arraché

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			43			
49			46			
55			50			
59	Melissa Conteduca	QC	52/69kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
64	Joanie Ouellet	QC	55/65kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
71	Stephanie Peter	ON	58/76kg	02/23/2019	ON Masters Open	St. Thomas, ON
76	Caroline Chartrand	QC	60/76kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
81	Melanie Yip Woon Sun	QC	62/63kg	02/23/2019	Champ Masters du QC	Sherbrooke, QC
87			64			
87+			71			

Clean and Jerk / Épaulé-jeté

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			53			
49			57			
55			62			
59	Melissa Conteduca	QC	65/87kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
64	Joanie Ouellet	QC	68/85kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
71	Stephanie Peter	ON	73/93kg	02/23/2019	ON Masters Open	St. Thomas, ON
76	Caroline Chartrand	QC	75/89kg	02/23/2019	Champ Masters du QC	Sherbrooke, QC
81	Melanie Yip Woon Sun	QC	77/83kg	02/23/2019	Champ Masters du QC	Sherbrooke, QC
87			80			
87+			89			

Total

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			96			
49			103			
55			112			
59	Melanie Conteduca	QC	117/156kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
64	Joanie Ouellet	QC	123/150kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
71	Stephanie Peter	ON	131/169kg	02/23/2019	ON Masters Open	St. Thomas, ON
76	Caroline Chartrand	QC	135/163kg	02/23/2019	Champ Masters du QC	Sherbrooke, QC
81	Melanie Yip Woon Sun	QC	139/146kg	02/23/2019	Champ Masters du QC	Sherbrooke, QC
87			144			
87+			160			

Age Group / Catégorie d'âge : 35-39**Snatch / Arraché**

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			40			
49			43			
55	Joanne Jeffrey	ON	46/64kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
59	Whitney Nelsen	ON	49/69kg	05/30/2019	Pan Am Masters	Orlando, USA
64	Andrea Robinson	MB	51/76kg	03/30/2019	Manitoba Open	Winnipeg, MB
71	Megan Apostoleris	ON	54/75kg	08/29/2019	IWF Masters Worlds	Montréal, QC
76	Marie Claude Bernard	QC	56/68kg	03/07/2020	Champ Masters du QC	L'Ancienne, QC
81	Nicole De Veyra	ON	58/65kg	08/29/2019	IWF Masters Worlds	Montréal, QC
87			59			
87+			66			

Clean and Jerk / Épaulé-jeté

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			50			
49			53			
55	Joanne Jeffrey	ON	58/74kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
59	Caroline Mundell	BC	61/82kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
64	Lindsay McCardle	ON	64/95kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
71	Amanda Whiting	BC	68/97kg	03/07/2020	BC Masters	North Van, BC
76	Jill Reid	SK	70/83kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
81	Nicole De Veyra	ON	72/82kg	05/30/2019	Pan Am Masters	Orlando, USA
87			74			
87+			83			

Total

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			90			
49			96			
55	Joanne Jeffrey	ON	104/138kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
59	Caroline Mundell	BC	110/144kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
64	Lindsay McCardle	ON	115/168kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
71	Megan Apostoleris	ON	122/171kg	08/29/2019	IWF Masters Worlds	Montréal, QC
76	Jackie Regehr	AB	126/139kg	02/09/2019	Gordon Kay Masters	Edmonton, AB
81	Nicole De Veyra	ON	130/144kg	05/30/2019	Pan Am Masters	Orlando, USA
87			133			
87+			149			

Age Group / Catégorie d'âge : 40-44

Snatch / Arraché

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			37			
49	Brandi McDonald	ON	40/45kg	02/23/2019	ON Masters Open	St. Thomas, ON
55	Rosalie Laurin-Larouche	QC	44/67kg	02/23/2019	Champ Masters du QC	Sherbrooke, QC
59	Abigail Guerrero-Gonzalez	QC	46/80kg	08/29/2019	IWF Masters Worlds	Montréal, QC
64	Amy Speed-Andrews	AB	48/70kg	02/09/2019	Gordon Kay Masters	Edmonton, AB
71	Siew Weldon	AB	51/76kg	02/09/2019	Gordon Kay Masters	Edmonton, AB
76	Danielle Holdsworth	ON	53/63kg	02/22/2020	ON Masters Open	St. Thomas, ON
81	Cathy Hambly	BC	54/73kg	03/07/2020	BC Masters	North Van, BC
87	Megan Thorne	ON	56/59kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
87+			63			

Clean and Jerk / Épaulé-jeté

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			47			
49	Brandi McDonald	ON	50/69kg	02/23/2019	ON Masters Open	St. Thomas, ON
55	Rosalie Laurin-Larouche	QC	55/83kg	02/23/2019	Champ Masters du QC	Sherbrooke, QC
59	Abigail Guerrero-Gonzalez	QC	57/90kg	02/23/2019	Champ Masters du QC	Sherbrooke, QC
64	Jillian Haligan	ON	60/85kg	02/23/2019	ON Masters Open	St. Thomas, ON
71	Jodi Podolas	AB	64/94kg	08/29/2019	IWF Masters Worlds	Montréal, QC
76	Danielle Holdsworth	ON	66/81kg	02/22/2020	ON Masters Open	St. Thomas, ON
81	Cathy Hambly	BC	68/92kg	03/07/2020	BC Masters	North Van, BC
87			70			
87+	Diane Welsh	AB	78/86kg	02/22/2020	AB Masters G Kay	Calgary, AB

Total

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			84			
49	Brandi McDonald	ON	90/104kg	02/23/2019	ON Masters Open	St. Thomas, ON
55	Rosalie Laurin-Larouche	QC	99/150kg	02/23/2019	Champ Masters du QC	Sherbrooke, QC
59	Abigail Guerrero-Gonzalez	QC	103/170kg	08/29/2019	IWF Masters Worlds	Montréal, QC
64	Amy Speed-Andrews	AB	108/152kg	02/09/2019	Gordon Kay Masters	Edmonton, AB
71	Jodi Podolas	AB	115/169kg	08/29/2019	IWF Masters Worlds	Montréal, QC
76	Danielle Holdsworth	ON	119/144kg	02/22/2020	ON Masters Open	St. Thomas, ON
81	Cathy Hambly	BC	122/165kg	03/07/2020	BC Masters	North Van, BC
87			126			
87+	Diane Welsh	AB	141/144kg	02/22/2020	AB Masters G Kay	Calgary, AB

Age Group / Catégorie d'âge : 45-49

Snatch / Arraché

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			36			
49	Janella David	BC	38/53kg	03/07/2020	BC Masters	North Van, BC
55	Anita Farrell	ON	42/52kg	02/23/2019	ON Masters Open	St. Thomas, ON
59	Isabelle Gauthier	QC	44/70kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
64	Melanie Datema	ON	46/61kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
71	Melanie Datema	ON	49/62kg	02/22/2020	ON Masters Open	St. Thomas, ON
76	Mary-Ellen Noringseth	BC	50/59kg	08/29/2019	IWF Masters Worlds	Montréal, QC
81	Danielle Pirrie	ON	52/57kg	08/29/2019	IWF Masters Worlds	Montréal, QC
87			53			
87+			60			

Clean and Jerk / Épaulé-jeté

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			45			
49	Heather Amundrud	ON	48/68kg	08/29/2019	IWF Masters Worlds	Montréal, QC
55	Anita Farrell	ON	52/67kg	02/23/2019	ON Masters Open	St. Thomas, ON
59	Isabelle Gauthier	QC	54/90kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
64	Melanie Datema	ON	57/76kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
71	Deirdre Coburn	AB	61/82kg	02/22/2020	AB Masters G Kay	Calgary, AB
76	Mary-Ellen Noringseth	BC	63/72kg	03/09/2019	BC Masters Champ	Vancouver, BC
81	Danielle Pirrie	ON	65/77kg	02/22/2020	ON Masters Open	St. Thomas, ON
87			67			
87+			74			

Total

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			81			
49	Heather Amundrud	ON	86/119kg	08/29/2019	IWF Masters Worlds	Montreal, QC
55	Anita Farrell	ON	94/119kg	02/23/2019	ON Masters Open	St. Thomas, ON
59	Isabelle Gauthier	QC	98/160kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
64	Melanie Datema	ON	103/137kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
71	Deirdre Coburn	AB	110/142kg	02/22/2020	AB Masters G Kay	Calgary, AB
76	Mary-Ellen Noringseth	BC	113/131kg	08/29/2019	IWF Masters Worlds	Montréal, QC
81	Danielle Pirrie	ON	117/134kg	02/22/2020	ON Masters Open	St. Thomas, ON
87			120			
87+			134			

Age Group / Catégorie d'âge : 50-54

Snatch / Arraché

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			34			
49			37			
55	Danielle Ferko-Hicks	ON	40/50kg	02/23/2019	ON Masters Open	St. Thomas, ON
59	Manon Croteau	QC	42/54kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
64	Sylvie Guenette	ON	44/50kg	02/23/2019	ON Masters Open	St. Thomas, ON
71	Meredith Stranges	ON	47/52kg	02/22/2020	ON Masters Open	St. Thomas, ON
76	Allison Sullivan	AB	48/53kg	08/29/2019	IWF Masters Worlds	Montréal, QC
81	Lisa Sluik	AB	50/54kg	02/09/2019	Gordon Kay Masters	Edmonton, AB
87			51			
87+			57			

Clean and Jerk / Épaulé-jeté

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			43			
49			46			
55	Danielle Ferko-Hicks	ON	50/57kg	02/23/2019	ON Masters Open	St. Thomas, ON
59	Manon Croteau	QC	52/63kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
64	Sylvie Guenette	ON	55/65kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
71	Meredith Stranges	ON	58/63kg	02/22/2020	ON Masters Open	St. Thomas, ON
76	Allison Sullivan	AB	60/68kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
81	Lisa Sluik	AB	62/77kg	08/29/2019	IWF Masters Worlds	Montréal, QC
87			64			
87+			72			

Total

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			77			
49			83			
55	Danielle Ferko-Hicks	ON	90/107kg	02/23/2019	ON Masters Open	St. Thomas, ON
59	Manon Croteau	QC	94/117kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
64	Sylvie Guenette	ON	99/112kg	02/23/2019	ON Masters Open	St. Thomas, ON
71	Meredith Stranges	ON	105/115kg	02/22/2020	ON Masters Open	St. Thomas, ON
76	Allison Sullivan	AB	108/118kg	08/29/2019	IWF Masters Worlds	Montréal, QC
81	Lisa Sluik	AB	112/130kg	08/29/2019	IWF Masters Worlds	Montréal, QC
87			115			
87+			129			

Age Group / Catégorie d'âge : 55-59

Snatch / Arraché

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			32			
49			34			
55	Manon Poulin	QC	37/47kg	05/30/2019	Pan Am Masters	Orlando, USA
59	Manon Croteau	QC	39/49kg	03/07/2020	Champ Masters du QC	L'Ancienne, QC
64	Manon Poulin	QC	41/44kg	02/23/2019	Champ Masters du QC	Sherbrooke, QC
71	Madeleine Waterfield	ON	43/48kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
76			45			
81			46			
87			47			
87+			53			

Clean and Jerk / Épaulé-jeté

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			39			
49			42			
55	Manon Poulin	QC	46/54kg	05/30/2019	Pan Am Masters	Orlando, USA
59	Manon Croteau	QC	48/60kg	03/07/2020	Champ Masters du QC	L'Ancienne, QC
64	Manon Poulin	QC	51/52kg	02/23/2019	Champ Masters du QC	Sherbrooke, QC
71	Madeleine Waterfield	ON	54/64kg	08/29/2019	IWF Masters Worlds	Montréal, QC
76			56			
81			57			
87			59			
87+			66			

Total

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			71			
49			76			
55	Manon Poulin	QC	83/101kg	05/30/2019	Pan Am Masters	Orlando, USA
59	Manon Croteau	QC	87/109kg	03/07/2020	Champ Masters du QC	L'Ancienne, QC
64	Manon Poulin	QC	92/96kg	02/23/2019	Champ Masters du QC	Sherbrooke, QC
71	Madeleine Waterfield	ON	97/111kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
76			101			
81			103			
87			106			
87+			119			

Age Group / Catégorie d'âge : 60-64

Snatch / Arraché

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			28			
49			30			
55			33			
59			35			
64			36			
71			38			
76			40			
81			41			
87			42			
87+			47			

Clean and Jerk / Épaulé-jeté

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			35			
49			38			
55			41			
59			43			
64			45			
71			48			
76			50			
81			51			
87			53			
87+			59			

Total

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			63			
49			68			
55			74			
59			78			
64			81			
71			86			
76			90			
81			92			
87			95			
87+			106			

Age Group / Catégorie d'âge : 65-69

Snatch / Arraché

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			26			
49			28			
55			30			
59			32			
64	Madeline Payne	ON	33/36kg	08/29/2019	IWF Masters Worlds	Montréal, QC
71			35			
76			37			
81			38			
87			39			
87+			43			

Clean and Jerk / Épaulé-jeté

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			33			
49			35			
55			38			
59			40			
64			42			
71			44			
76			46			
81			47			
87			49			
87+			54			

Total

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			59			
49			63			
55			68			
59			72			
64	Madeline Payne	ON	75/78kg	08/29/2019	IWF Masters Worlds	Montréal, QC
71			79			
76			83			
81			85			
87			88			
87+			97			

Age Group / Catégorie d'âge : 70-74**Snatch / Arraché**

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			22			
49			23			
55			24			
59	Doris Hellenbart	ON	25/28kg	08/29/2019	IWF Masters Worlds	Montréal, QC
64			26			
71			27			
76	Judy Quinn		28/31kg	08/29/2019	IWF Masters Worlds	Montréal, QC
81			29			
87			31			
87+			35			

Clean and Jerk / Épaulé-jeté

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			28			
49			29			
55	Doris Hellenbart	ON	32/33kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
59	Doris Hellenbart	ON	34/35kg	08/29/2019	IWF Masters Worlds	Montréal, QC
64			35			
71			38			
76	Judy Quinn	ON	39/42kg	08/29/2019	IWF Masters Worlds	Montréal, QC
81	Christine Walt	ON	40/44kg	08/29/2019	IWF Masters Worlds	Montréal, QC
87			41			
87+			46			

Total

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			50			
49			53			
55	Doris Hellenbart	ON	58/59kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
59	Doris Hellenbart	ON	61/63Kg	08/29/2019	IWF Masters Worlds	Montréal, QC
64			63			
71			68			
76	Judy Quinn	ON	70/73kg	08/29/2019	IWF Masters Worlds	Montréal, QC
81			72			
87			74			
87+			83			

Age Group / Catégorie d'âge : 75-79

Snatch / Arraché

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			20			
49			21			
55			23			
59			24			
64			25			
71			26			
76			27			
81			28			
87			30			
87+			33			

Clean and Jerk / Épaulé-jeté

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			25			
49			27			
55			29			
59			30			
64			32			
71			34			
76			35			
81	Brenda Fergusson	BC	36/37kg	03/09/2019	BC Masters	Vancouver, BC
87			37			
87+			41			

Total

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			45			
49			48			
55			52			
59			54			
64			58			
71			61			
76			63			
81			65			
87			67			
87+			74			

Age Group / Catégorie d'âge : 80-84 (under 25 kg, clip collars used)

Snatch / Arraché

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			20			
49			20			
55			20			
59			20			
64			21			
71			22			
76			23			
81			23			
87			24			
87+			27			

Clean and Jerk / Épaulé-jeté

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			20			
49			21			
55			23			
59			24			
64			26			
71			27			
76			28			
81			29			
87			30			
87+			33			

Total

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			40			
49			41			
55			43			
59			44			
64			47			
71			49			
76			51			
81			52			
87			54			
87+			60			

Age Group / Catégorie d'âge : 85-89 (under 25 kg, clip collars used)

Snatch / Arraché

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			20			
49			20			
55			20			
59			20			
64			20			
71			20			
76			20			
81			20			
87			20			
87+			21			

Clean and Jerk / Épaulé-jeté

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			20			
49			20			
55			20			
59			20			
64			20			
71			20			
76			20			
81			21			
87			22			
87+			26			

Total

Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			40			
49			40			
55			40			
59			40			
64			40			
71			40			
76			40			
81			41			
87			42			
87+			47			