



**CANADIAN MASTERS WEIGHTLIFTING RECORDS – WOMEN**

**Les records Canadiens Maîtres d'haltérophile – FEMMES**

**June 24 2022 / 24 juin 2022**

**Athletes must exceed the Minimum Record Standards.**

**Les athlètes doivent surpasser les normes minimales de record.**

### Age Group / Catégorie d'âge : 30-34

| <b>Snatch / Arraché</b> |                       |              |                   |             |                     |                   |
|-------------------------|-----------------------|--------------|-------------------|-------------|---------------------|-------------------|
| <b>Wt. Class</b>        | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b>  | <b>City/Ville</b> |
| 45                      |                       |              | 43                |             |                     |                   |
| 49                      |                       |              | 46                |             |                     |                   |
| 55                      |                       |              | 50                |             |                     |                   |
| 59                      | Melissa Conteduca     | QC           | 52/69kg           | 04/27/2019  | CMWFHCM Nationals   | St. Thomas, ON    |
| 64                      | Joanie Ouellet        | QC           | 55/67kg           | 03/26/2022  | Champ Masters du QC | Sherbrooke, QC    |
| 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+                     | Laura Arbour          | ON           | 71/78kg           | 04/24/2022  | ON Masters Open     | St. Thomas, ON    |

| <b>Clean and Jerk / Épaulé-jeté</b> |                       |              |                   |             |                     |                   |
|-------------------------------------|-----------------------|--------------|-------------------|-------------|---------------------|-------------------|
| <b>Wt. Class</b>                    | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b>  | <b>City/Ville</b> |
| 45                                  |                       |              | 53                |             |                     |                   |
| 49                                  |                       |              | 57                |             |                     |                   |
| 55                                  |                       |              | 62                |             |                     |                   |
| 59                                  | Melissa Conteduca     | QC           | 65/87kg           | 04/27/2019  | CMWFHCM Nationals   | St. Thomas, ON    |
| 64                                  | Joanne 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                                  | Gabrielle Schmidt     | QC           | 75/92kg           | 03/26/2022  | 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+                                 | Laura Arbour          | ON           | 89/101kg          | 04/24/2022  | ON Masters Open     | St. Thomas, ON    |

| <b>Total</b>     |                       |              |                   |             |                     |                   |
|------------------|-----------------------|--------------|-------------------|-------------|---------------------|-------------------|
| <b>Wt. Class</b> | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b>  | <b>City/Ville</b> |
| 45               |                       |              | 96                |             |                     |                   |
| 49               |                       |              | 103               |             |                     |                   |
| 55               |                       |              | 112               |             |                     |                   |
| 59               | Melanie Conteduca     | QC           | 117/156kg         | 04/27/2019  | CMWFHCM Nationals   | St. Thomas, ON    |
| 64               | Joanne 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               | Gabrielle Schmidt     | QC           | 135/164kg         | 03/26/2022  | 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+              | Laura Arbour          | ON           | 160/179kg         | 04/24/2022  | ON Masters Open     | St. Thomas, ON    |

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

| <b>Snatch / Arraché</b> |                       |              |                   |             |                     |                    |
|-------------------------|-----------------------|--------------|-------------------|-------------|---------------------|--------------------|
| <b>Wt. Class</b>        | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b>  | <b>City/Ville</b>  |
| 45                      |                       |              | 40                |             |                     |                    |
| 49                      |                       |              | 43                |             |                     |                    |
| 55                      | Joanne Jeffrey        | ON           | 46/64kg           | 04/27/2019  | CMWFHCM Nationals   | St. Thomas, ON     |
| 59                      | Whitney Nelson        | ON           | 49/67kg           | 08/29/2019  | IWF Masters Worlds  | Montreal, QC       |
| 64                      | Stephanie Gowanlock   | ON           | 51/81kg           | 02/23/2019  | ON Masters Open     | St. Thomas, ON     |
| 71                      | Sharon Ko             | BC           | 54/77kg           | 05/21/2022  | CAN Senior Champ    | Kelowna, BC        |
| 76                      | Marie Claude Bernard  | QC           | 56/68kg           | 03/07/2020  | Champ Masters du QC | L'Ancienne, QC     |
| 81                      | Nicole DeVyra         | ON           | 58/65kg           | 08/29/2019  | IWF Masters Worlds  | Montreal, QC       |
| 87                      | Tracey Stein          | AB           | 59/65kg           | 06/12/2022  | Pan Am Masters      | San Juan, Pto Rico |
| 87+                     |                       |              | 66                |             |                     |                    |

| <b>Clean and Jerk / Épaulé-jeté</b> |                       |              |                   |             |                    |                    |
|-------------------------------------|-----------------------|--------------|-------------------|-------------|--------------------|--------------------|
| <b>Wt. Class</b>                    | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b>  |
| 45                                  |                       |              | 50                |             |                    |                    |
| 49                                  |                       |              | 53                |             |                    |                    |
| 55                                  | Joanne Jeffrey        | ON           | 58/74kg           | 04/27/2019  | CMWFHCM Nationals  | St. Thomas, ON     |
| 59                                  | Valerie Francoeur     | QC           | 61/83kg           | 06/12/2022  | Pan Am Masters     | San Juan, Pto Rico |
| 64                                  | Stephanie Gowanlock   | ON           | 64/101kg          | 02/23/2019  | ON Masters Open    | St. Thomas, ON     |
| 71                                  | Amanda Whiting        | BC           | 68/98kg           | 08/18/2021  | Pan Am Masters     | Orlando, USA       |
| 76                                  | Dawn Schum            | AB           | 70/89kg           | 06/12/2022  | Pan Am Masters     | San Juan, Pto Rico |
| 81                                  | Dawn Schum            | AB           | 72/86kg           | 08/18/2021  | Pan Am Masters     | Orlando, USA       |
| 87                                  | Tracey Stein          | AB           | 74/81kg           | 06/12/2022  | Pan Am Masters     | San Juan, Pto Rico |
| 87+                                 | Richelle Foster       | AB           | 83/90kg           | 06/12/2022  | Pan Am Masters     | San Juan, Pto.Rico |

| <b>Total</b>     |                       |              |                   |             |                    |                    |
|------------------|-----------------------|--------------|-------------------|-------------|--------------------|--------------------|
| <b>Wt. Class</b> | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b>  |
| 45               |                       |              | 90                |             |                    |                    |
| 49               |                       |              | 96                |             |                    |                    |
| 55               | Joanne Jeffrey        | ON           | 104/138kg         | 04/27/2019  | CMWFHCM Nationals  | St. Thomas, ON     |
| 59               | Valerie Francoeur     | QC           | 110/148kg         | 06/12/2022  | Pan Am Masters     | San Juan, Pto Rico |
| 64               | Stephanie Gowanlock   | ON           | 115/182kg         | 02/23/2019  | ON Masters Open    | St. Thomas, ON     |
| 71               | Megan Apostoleris     | ON           | 122/171kg         | 08/29/2019  | IWF Masters Worlds | Montreal, QC       |
| 76               | Dawn Schum            | AB           | 126/154kg         | 06/12/2022  | Pan Am Masters     | San Juan, Pto Rico |
| 81               | Dawn Schum            | AB           | 130/150kg         | 08/18/2021  | Pan Am Masters     | Orlando, USA       |
| 87               | Tracey Stein          | AB           | 133/146kg         | 06/12/2022  | Pan Am Masters     | San Juan, Pto Rico |
| 87+              | Richelle Foster       | AB           | 149/153kg         | 06/12/2022  | Pan Am Masters     | San Juan, Pto.Rico |

## Age Group / Catégorie d'âge : 40-44

| <b>Snatch / Arraché</b> |                           |              |                   |             |                     |                   |
|-------------------------|---------------------------|--------------|-------------------|-------------|---------------------|-------------------|
| <b>Wt. Class</b>        | <b>Lifter Athlète</b>     | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b>  | <b>City/Ville</b> |
| 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-Gonzales | QC           | 46/80kg           | 08/29/2019  | IWF Masters Worlds  | Montreal, 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                      | Jodi Podolas              | AB           | 53/73kg           | 03/05/2022  | AB Masters G Kay    | Edmonton, AB      |
| 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+                     | Karine Brouillard         | QC           | 63/63kg           | 04/27/2019  | CMWFHCM Nationals   | St. Thomas, ON    |

| <b>Clean and Jerk / Épaulé-jeté</b> |                           |              |                   |             |                     |                   |
|-------------------------------------|---------------------------|--------------|-------------------|-------------|---------------------|-------------------|
| <b>Wt. Class</b>                    | <b>Lifter Athlète</b>     | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b>  | <b>City/Ville</b> |
| 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-Gonzales | 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           | 02/09/2019  | IWF Masters Worlds  | Montreal, QC      |
| 76                                  | Jodi Podolas              | AB           | 66/90kg           | 03/05/2022  | AB Masters G Kay    | Edmonton, AB      |
| 81                                  | Cathy Hambly              | BC           | 68/92kg           | 03/07/2020  | BC Masters          | North Van, BC     |
| 87                                  |                           |              | 70                |             |                     |                   |
| 87+                                 | Diane Welsh               |              | 78/86kg           | 02/22/2020  | AB Masters G Kay    | Calgary AB        |

| <b>Total</b>     |                           |              |                   |             |                     |                   |
|------------------|---------------------------|--------------|-------------------|-------------|---------------------|-------------------|
| <b>Wt. Class</b> | <b>Lifter Athlète</b>     | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b>  | <b>City/Ville</b> |
| 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-Gonzales | 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               | Jodi Podolas              | AB           | 119/163kg         | 03/05/2022  | AB Masters G Kay    | Edmonton, AB      |
| 81               | Cathy Hambly              | BC           | 122/165kg         | 03/07/2020  | BC Masters          | North Van, BC     |
| 87               | Megan Thorne              | ON           | 126/126kg         | 04/27/2019  | CMWFHCM Nationals   | St. Thomas, ON    |
| 87+              | Diane Welsh               | AB           | 141/144kg         | 02/22/2020  | AB Masters G Kay    | Calgary, AB       |

## Age Group / Catégorie d'âge : 45-49

| <b>Snatch / Arraché</b> |                       |              |                   |             |                     |                   |
|-------------------------|-----------------------|--------------|-------------------|-------------|---------------------|-------------------|
| <b>Wt. Class</b>        | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b>  | <b>City/Ville</b> |
| 45                      |                       |              | 36                |             |                     |                   |
| 49                      | Janella David         | BC           | 38/53kg           | 03/07/2020  | BC Masters          | North Van, BC     |
| 55                      | Anita Boray           | QC           | 42/57kg           | 03/26/2022  | Champ Masters du QC | Sherbrooke, QC    |
| 59                      | Isabelle Gauthier     | QC           | 44/70kg           | 02/23/2019  | Champ Masters du QC | Sherbrooke, QC    |
| 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  | Montreal, QC      |
| 81                      | Danielle Pirrie       | ON           | 52/57kg           | 08/29/2019  | IWF Masters Worlds  | Montreal, QC      |
| 87                      | Hannah Gray           | AB           | 53/65kg           | 03/05/2022  | AB Masters G Kay    | Edmonton, AB      |
| 87+                     |                       |              | 60                |             |                     |                   |

| <b>Clean and Jerk / Épaulé-jeté</b> |                       |              |                   |             |                     |                   |
|-------------------------------------|-----------------------|--------------|-------------------|-------------|---------------------|-------------------|
| <b>Wt. Class</b>                    | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b>  | <b>City/Ville</b> |
| 45                                  |                       |              | 45                |             |                     |                   |
| 49                                  | Heather Amundrud      | ON           | 48/68kg           | 08/29/2019  | IWF Masters Worlds  | Montreal, QC      |
| 55                                  | Anita Boray           | QC           | 52/71kg           | 03/26/2022  | Champ Masters du QC | Sherbrooke, QC    |
| 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                                  | Hannah Gray           | AB           | 67/81kg           | 03/05/2022  | AB Masters G Kay    | Edmonton, AB      |
| 87+                                 |                       |              | 74                |             |                     |                   |

| <b>Total</b>     |                       |              |                   |             |                     |                   |
|------------------|-----------------------|--------------|-------------------|-------------|---------------------|-------------------|
| <b>Wt. Class</b> | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b>  | <b>City/Ville</b> |
| 45               |                       |              | 81                |             |                     |                   |
| 49               | Heather Amundrud      | ON           | 86/119kg          | 08/29/2019  | IWF Masters Worlds  | Montreal, QC      |
| 55               | Anita Boray           | QC           | 94/128kg          | 03/26/2022  | Champ Masters du QC | Sherbrooke, QC    |
| 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  | Montreal, QC      |
| 81               | Danielle Pirrie       | ON           | 117/134kg         | 02/22/2020  | ON Masters Open     | St. Thomas, ON    |
| 87               | Hannah Gray           | AB           | 120/144kg         | 03/05/2022  | AB Masters G Kay    | Edmonton, AB      |
| 87+              |                       |              | 134               |             |                     |                   |

### Age Group / Catégorie d'âge : 50-54

| <b>Snatch / Arraché</b> |                       |              |                   |             |                    |                    |
|-------------------------|-----------------------|--------------|-------------------|-------------|--------------------|--------------------|
| <b>Wt. Class</b>        | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b>  |
| 45                      |                       |              | 34                |             |                    |                    |
| 49                      |                       |              | 37                |             |                    |                    |
| 55                      | Danielle Ferko-Hicks  | ON           | 40/50kg           | 02/23/2019  | ON Masters Open    | St. Thomas, ON     |
| 59                      | Isabelle Gauthier     | QC           | 42/69kg           | 06/12/2022  | Pan Am Masters     | San Juan, Pto Rico |
| 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 | Montreal, QC       |
| 81                      | Lisa Sluik            | AB           | 50/54kg           | 02/09/2019  | Gordon Kay Masters | Edmonton, AB       |
| 87                      |                       |              | 51                |             |                    |                    |
| 87+                     |                       |              | 57                |             |                    |                    |

| <b>Clean and Jerk / Épaulé-jeté</b> |                       |              |                   |             |                    |                    |
|-------------------------------------|-----------------------|--------------|-------------------|-------------|--------------------|--------------------|
| <b>Wt. Class</b>                    | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b>  |
| 45                                  |                       |              | 43                |             |                    |                    |
| 49                                  |                       |              | 46                |             |                    |                    |
| 55                                  | Danielle Ferko-Hicks  | ON           | 50/57kg           | 02/23/2019  | ON Masters Open    | St. Thomas, ON     |
| 59                                  | Isabelle Gauthier     | QC           | 52/87kg           | 06/12/2022  | Pan Am Masters     | San Juan, Pto Rico |
| 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 | Montreal, QC       |
| 87                                  |                       |              | 64                |             |                    |                    |
| 87+                                 |                       |              | 72                |             |                    |                    |

| <b>Total</b>     |                       |              |                   |             |                    |                    |
|------------------|-----------------------|--------------|-------------------|-------------|--------------------|--------------------|
| <b>Wt. Class</b> | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b>  |
| 45               |                       |              | 77                |             |                    |                    |
| 49               |                       |              | 83                |             |                    |                    |
| 55               | Danielle Ferko-Hicks  | ON           | 90/107kg          | 02/23/2019  | ON Masters Open    | St. Thomas, ON     |
| 59               | Isabelle Gauthier     | QC           | 94/156kg          | 06/12/2022  | Pan Am Masters     | San Juan, Pto Rico |
| 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 | Montreal, QC       |
| 81               | Lisa Sluik            | AB           | 112/130kg         | 08/29/2019  | IWF Masters Worlds | Montreal, QC       |
| 87               |                       |              | 115               |             |                    |                    |
| 87+              |                       |              | 129               |             |                    |                    |

**Age Group / Catégorie d'âge : 55-59**

| <b>Snatch / Arraché</b> |                       |              |                   |             |                     |                    |
|-------------------------|-----------------------|--------------|-------------------|-------------|---------------------|--------------------|
| <b>Wt. Class</b>        | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b>  | <b>City/Ville</b>  |
| 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'Anc-Lorrette, QC |
| 64                      | Manon Poulin          | QC           | 41/44kg           | 02/23/2019  | Champ Masters du QC | Sherbrooke, QC     |
| 71                      | Madeleine Waterfield  | ON           | 43/51kg           | 02/22/2020  | ON Masters Open     | St. Thomas, ON     |
| 76                      |                       |              | 45                |             |                     |                    |
| 81                      |                       |              | 46                |             |                     |                    |
| 87                      |                       |              | 47                |             |                     |                    |
| 87+                     |                       |              | 53                |             |                     |                    |

| <b>Clean and Jerk / Épaulé-jeté</b> |                       |              |                   |             |                     |                    |
|-------------------------------------|-----------------------|--------------|-------------------|-------------|---------------------|--------------------|
| <b>Wt. Class</b>                    | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b>  | <b>City/Ville</b>  |
| 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'Anc-Lorrette, QC |
| 64                                  | Manon Poulin          | QC           | 51/52kg           | 02/23/2019  | Champ Masters du QC | Sherbrooke, QC     |
| 71                                  | Madeleine Waterfield  | ON           | 54/65kg           | 02/22/2020  | ON Masters Open     | Montreal, QC       |
| 76                                  |                       |              | 56                |             |                     |                    |
| 81                                  |                       |              | 57                |             |                     |                    |
| 87                                  |                       |              | 59                |             |                     |                    |
| 87+                                 |                       |              | 66                |             |                     |                    |

| <b>Total</b>     |                       |              |                   |             |                     |                    |
|------------------|-----------------------|--------------|-------------------|-------------|---------------------|--------------------|
| <b>Wt. Class</b> | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b>  | <b>City/Ville</b>  |
| 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'Anc-Lorrette, QC |
| 64               | Manon Poulin          | QC           | 92/96kg           | 02/23/2019  | Champ Masters du QC | Sherbrooke, QC     |
| 71               | Madeleine Waterfield  | ON           | 97/116kg          | 02/22/2020  | ON Masters Open     | St. Thomas, ON     |
| 76               |                       |              | 101               |             |                     |                    |
| 81               |                       |              | 103               |             |                     |                    |
| 87               |                       |              | 106               |             |                     |                    |
| 87+              |                       |              | 119               |             |                     |                    |

**Age Group / Catégorie d'âge : 60-64**

| <b>Snatch / Arraché</b> |                       |              |                   |             |                    |                   |
|-------------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b>        | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45                      |                       |              | 25                |             |                    |                   |
| 49                      |                       |              | 27                |             |                    |                   |
| 55                      |                       |              | 29                |             |                    |                   |
| 59                      |                       |              | 32                |             |                    |                   |
| 64                      |                       |              | 34                |             |                    |                   |
| 71                      |                       |              | 35                |             |                    |                   |
| 76                      |                       |              | 37                |             |                    |                   |
| 81                      |                       |              | 39                |             |                    |                   |
| 87                      |                       |              | 40                |             |                    |                   |
| 87+                     |                       |              | 41                |             |                    |                   |

| <b>Clean and Jerk / Épaulé-jeté</b> |                       |              |                   |             |                    |                   |
|-------------------------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b>                    | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45                                  |                       |              | 32                |             |                    |                   |
| 49                                  |                       |              | 34                |             |                    |                   |
| 55                                  |                       |              | 37                |             |                    |                   |
| 59                                  |                       |              | 40                |             |                    |                   |
| 64                                  |                       |              | 42                |             |                    |                   |
| 71                                  |                       |              | 44                |             |                    |                   |
| 76                                  |                       |              | 47                |             |                    |                   |
| 81                                  |                       |              | 49                |             |                    |                   |
| 87                                  |                       |              | 50                |             |                    |                   |
| 87+                                 |                       |              | 52                |             |                    |                   |

| <b>Total</b>     |                       |              |                   |             |                    |                   |
|------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b> | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45               |                       |              | 57                |             |                    |                   |
| 49               |                       |              | 61                |             |                    |                   |
| 55               |                       |              | 66                |             |                    |                   |
| 59               |                       |              | 72                |             |                    |                   |
| 64               |                       |              | 76                |             |                    |                   |
| 71               |                       |              | 79                |             |                    |                   |
| 76               |                       |              | 84                |             |                    |                   |
| 81               |                       |              | 88                |             |                    |                   |
| 87               |                       |              | 90                |             |                    |                   |
| 87+              |                       |              | 93                |             |                    |                   |



**Age Group / Catégorie d'âge : 65-69**

| <b>Snatch / Arraché</b> |                       |              |                   |             |                    |                   |
|-------------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b>        | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45                      |                       |              | 23                |             |                    |                   |
| 49                      |                       |              | 25                |             |                    |                   |
| 55                      |                       |              | 27                |             |                    |                   |
| 59                      |                       |              | 29                |             |                    |                   |
| 64                      | Madeline Payne        | ON           | 31/36kg           | 08/29/2019  | IWF Masters Worlds | Montreal, QC      |
| 71                      |                       |              | 32                |             |                    |                   |
| 76                      |                       |              | 34                |             |                    |                   |
| 81                      |                       |              | 36                |             |                    |                   |
| 87                      |                       |              | 37                |             |                    |                   |
| 87+                     |                       |              | 38                |             |                    |                   |

| <b>Clean and Jerk / Épaulé-jeté</b> |                       |              |                   |             |                    |                   |
|-------------------------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b>                    | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45                                  |                       |              | 30                |             |                    |                   |
| 49                                  | Suzie Hill            | ON           | 32/35kg           | 04/27/2019  | CMWFHCM Nationals  | St. Thomas, ON    |
| 55                                  |                       |              | 34                |             |                    |                   |
| 59                                  |                       |              | 37                |             |                    |                   |
| 64                                  | Madeline Payne        | ON           | 39/42kg           | 08/29/2019  | IWF Masters Worlds | Montreal, QC      |
| 71                                  |                       |              | 41                |             |                    |                   |
| 76                                  |                       |              | 43                |             |                    |                   |
| 81                                  |                       |              | 45                |             |                    |                   |
| 87                                  |                       |              | 46                |             |                    |                   |
| 87+                                 |                       |              | 48                |             |                    |                   |

| <b>Total</b>     |                       |              |                   |             |                    |                   |
|------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b> | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45               |                       |              | 53                |             |                    |                   |
| 49               | Suzie Hill            | ON           | 57/59kg           | 04/27/2019  | CMWFHCM Nationals  | St. Thomas, ON    |
| 55               |                       |              | 61                |             |                    |                   |
| 59               |                       |              | 66                |             |                    |                   |
| 64               | Madeline Payne        | ON           | 70/78kg           | 08/29/2019  | IWF Masters Worlds | Montreal, QC      |
| 71               |                       |              | 73                |             |                    |                   |
| 76               |                       |              | 77                |             |                    |                   |
| 81               |                       |              | 81                |             |                    |                   |
| 87               |                       |              | 83                |             |                    |                   |
| 87+              |                       |              | 85                |             |                    |                   |

### Age Group / Catégorie d'âge : 70-74

| <b>Snatch / Arraché</b> |                       |              |                   |             |                    |                   |
|-------------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b>        | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45                      |                       |              | 20                |             |                    |                   |
| 49                      |                       |              | 21                |             |                    |                   |
| 55                      | Doris Hellenbart      | ON           | 22/26kg           | 04/27/2019  | CMWFHCM Nationals  | St. Thomas, ON    |
| 59                      | Doris Hellenbart      | ON           | 23/28kg           | 08/29/2019  | IWF Masters Worlds | Montreal, QC      |
| 64                      |                       |              | 24                |             |                    |                   |
| 71                      |                       |              | 25                |             |                    |                   |
| 76                      | Judy Quinn            | ON           | 26/31kg           | 05/30/2019  | Pan Am Masters     | Orlando, USA      |
| 81                      | Christine Walt        | ON           | 27/31kg           | 08/29/2019  | IWF Masters Worlds | Montreal, QC      |
| 87                      |                       |              | 28                |             |                    |                   |
| 87+                     |                       |              | 29                |             |                    |                   |

| <b>Clean and Jerk / Épaulé-jeté</b> |                       |              |                   |             |                    |                   |
|-------------------------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b>                    | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45                                  |                       |              | 23                |             |                    |                   |
| 49                                  |                       |              | 24                |             |                    |                   |
| 55                                  | Doris Hellenbart      | ON           | 26/33kg           | 04/27/2019  | CMWFHCM Nationals  | St. Thomas, ON    |
| 59                                  | Doris Hellenbart      | ON           | 28/35kg           | 08/29/2019  | IWF Masters Worlds | Montreal, QC      |
| 64                                  |                       |              | 30                |             |                    |                   |
| 71                                  |                       |              | 32                |             |                    |                   |
| 76                                  | Judy Quinn            | ON           | 34/42kg           | 08/29/2019  | IWF Masters Worlds | Montreal, QC      |
| 81                                  | Christine Walt        | ON           | 35/44kg           | 08/29/2019  | IWF Masters Worlds | Montreal, QC      |
| 87                                  |                       |              | 37                |             |                    |                   |
| 87+                                 |                       |              | 39                |             |                    |                   |

| <b>Total</b>     |                       |              |                   |             |                    |                   |
|------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b> | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45               |                       |              | 43                |             |                    |                   |
| 49               |                       |              | 45                |             |                    |                   |
| 55               | Doris Hellenbart      | ON           | 48/59kg           | 04/27/2019  | CMWFHCM Nationals  | St. Thomas, ON    |
| 59               | Doris Hellenbart      | ON           | 51/63kg           | 08/29/2019  | IWF Masters Worlds | Montreal, QC      |
| 64               |                       |              | 54                |             |                    |                   |
| 71               |                       |              | 57                |             |                    |                   |
| 76               | Judy Quinn            | ON           | 60/73kg           | 08/29/2019  | IWF Masters Worlds | Montreal, QC      |
| 81               | Christine Walt        | OM           | 62/75kg           | 08/29/2019  | IWF Masters Worlds | Montreal, QC      |
| 87               |                       |              | 65                |             |                    |                   |
| 87+              |                       |              | 68                |             |                    |                   |

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

| <b>Snatch / Arraché</b> |                       |              |                   |             |                    |                   |
|-------------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b>        | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45                      |                       |              | 18                |             |                    |                   |
| 49                      |                       |              | 19                |             |                    |                   |
| 55                      |                       |              | 20                |             |                    |                   |
| 59                      |                       |              | 21                |             |                    |                   |
| 64                      |                       |              | 22                |             |                    |                   |
| 71                      |                       |              | 23                |             |                    |                   |
| 76                      |                       |              | 24                |             |                    |                   |
| 81                      |                       |              | 25                |             |                    |                   |
| 87                      |                       |              | 26                |             |                    |                   |
| 87+                     |                       |              | 27                |             |                    |                   |

| <b>Clean and Jerk / Épaulé-jeté</b> |                       |              |                   |             |                    |                   |
|-------------------------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b>                    | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45                                  |                       |              | 22                |             |                    |                   |
| 49                                  |                       |              | 23                |             |                    |                   |
| 55                                  |                       |              | 24                |             |                    |                   |
| 59                                  |                       |              | 26                |             |                    |                   |
| 64                                  |                       |              | 28                |             |                    |                   |
| 71                                  |                       |              | 30                |             |                    |                   |
| 76                                  |                       |              | 32                |             |                    |                   |
| 81                                  | Brenda Fergusson      | BC           | 34/37kg           | 03/09/2019  | BC Masters Champ   | Vancouver, BC     |
| 87                                  |                       |              | 36                |             |                    |                   |
| 87+                                 |                       |              | 38                |             |                    |                   |

| <b>Total</b>     |                       |              |                   |             |                    |                   |
|------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b> | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45               |                       |              | 40                |             |                    |                   |
| 49               |                       |              | 42                |             |                    |                   |
| 55               |                       |              | 44                |             |                    |                   |
| 59               |                       |              | 47                |             |                    |                   |
| 64               |                       |              | 50                |             |                    |                   |
| 71               |                       |              | 53                |             |                    |                   |
| 76               |                       |              | 56                |             |                    |                   |
| 81               |                       |              | 59                |             |                    |                   |
| 87               |                       |              | 62                |             |                    |                   |
| 87+              |                       |              | 65                |             |                    |                   |

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

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

| <b>Clean and Jerk / Épaulé-jeté</b> |                       |              |                   |             |                    |                   |
|-------------------------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b>                    | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45                                  |                       |              | 20                |             |                    |                   |
| 49                                  |                       |              | 21                |             |                    |                   |
| 55                                  |                       |              | 23                |             |                    |                   |
| 59                                  |                       |              | 24                |             |                    |                   |
| 64                                  |                       |              | 26                |             |                    |                   |
| 71                                  |                       |              | 27                |             |                    |                   |
| 76                                  |                       |              | 28                |             |                    |                   |
| 81                                  |                       |              | 29                |             |                    |                   |
| 87                                  |                       |              | 30                |             |                    |                   |
| 87+                                 |                       |              | 33                |             |                    |                   |

| <b>Total</b>     |                       |              |                   |             |                    |                   |
|------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b> | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 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)**

| <b>Snatch / Arraché</b> |                       |              |                   |             |                    |                   |
|-------------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b>        | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45                      |                       |              | 20                |             |                    |                   |
| 49                      |                       |              | 20                |             |                    |                   |
| 55                      |                       |              | 20                |             |                    |                   |
| 59                      |                       |              | 20                |             |                    |                   |
| 64                      |                       |              | 20                |             |                    |                   |
| 71                      |                       |              | 20                |             |                    |                   |
| 76                      |                       |              | 20                |             |                    |                   |
| 81                      |                       |              | 20                |             |                    |                   |
| 87                      |                       |              | 20                |             |                    |                   |
| 87+                     |                       |              | 21                |             |                    |                   |

| <b>Clean and Jerk / Épaulé-jeté</b> |                       |              |                   |             |                    |                   |
|-------------------------------------|-----------------------|--------------|-------------------|-------------|--------------------|-------------------|
| <b>Wt. Class</b>                    | <b>Lifter Athlète</b> | <b>Prov.</b> | <b>Min/Actual</b> | <b>Date</b> | <b>Competition</b> | <b>City/Ville</b> |
| 45                                  |                       |              | 20                |             |                    |                   |
| 49                                  |                       |              | 20                |             |                    |                   |
| 55                                  |                       |              | 20                |             |                    |                   |
| 59                                  |                       |              | 20                |             |                    |                   |
| 64                                  |                       |              | 20                |             |                    |                   |
| 71                                  |                       |              | 20                |             |                    |                   |
| 76                                  |                       |              | 20                |             |                    |                   |
| 81                                  |                       |              | 21                |             |                    |                   |
| 87                                  |                       |              | 22                |             |                    |                   |
| 87+                                 |                       |              | 26                |             |                    |                   |

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