



CANADIAN MASTERS WEIGHTLIFTING RECORDS – WOMEN

Les records Canadiens Maîtres d'haltérophile – FEMMES

October 4, 2022 / 4 octobre 2022

Athletes must exceed the Minimum Record Standards.

Les athlètes doivent surpasser les normes minimales de record.

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	55/67kg	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

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	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

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	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

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 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	Shaelene Stranges	CAN	56/75kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
81	Nicole DeVyra	ON	58/65kg	08/29/2019	IWF Masters Worlds	Montreal, QC
87	Linsey Piel-Glade	MB	59/76kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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	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	Shaelene Stranges	CAN	70/90kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
81	Dawn Schum	AB	72/86kg	08/18/2021	Pan Am Masters	Orlando, USA
87	Linsey Piel-Glade	MB	74/87kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
87+	Bonnie Stefanov	NS	83/93kg	07/09/2022	CMWFHCM Nationals	Moncton, NB

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	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	Shaelene Stranges	CAN	126/165kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
81	Dawn Schum	AB	130/150kg	08/18/2021	Pan Am Masters	Orlando, USA
87	Linsey Piel-Glade	MB	133/163kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
87+	Bonnie Stefanov	NS	149/157kg	07/09/2022	CMWFHCM Nationals	Moncton, NB

Age Group / Catégorie d'âge : 40-44

Snatch / Arraché						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			37			
49	Joanne Jeffrey	ON	40/58kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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	Megan Apostoleris	NS	51/77kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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	Jay Reyes	ON	56/66kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
87+	Karine Brouillard	QC	63/63kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON

Clean and Jerk / Épaulé-jeté						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			47			
49	Joanne Jeffrey	ON	50/70kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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	Megan Apostoleris	NS	64/97kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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	Jay Reyes	ON	70/82kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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	Joanne Jeffrey	ON	90/128kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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	Megan Apostoleris	NS	115/174kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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	Jay Reyes	ON	126/148kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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 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	Jillian Halligan	ON	46/63kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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	Deirdre Coburn	AB	52/63kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
87	Hannah Gray	AB	53/65kg	03/05/2022	AB Masters G Kay	Edmonton, AB
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	Montreal, QC
55	Aurora Dawny Waller	MB	52/73kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
59	Isabelle Gauthier	QC	54/90kg	04/27/2019	CMWFHCM Nationals	St. Thomas, ON
64	Jillian Halligan	ON	57/83kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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	Deirdre Coburn	AB	65/83kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
87	Hannah Gray	AB	67/81kg	03/05/2022	AB Masters G Kay	Edmonton, AB
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 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	Jillian Halligan	ON	103/146kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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	Deirdre Coburn	AB	117/146kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
87	Hannah Gray	AB	120/144kg	03/05/2022	AB Masters G Kay	Edmonton, AB
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	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			

Clean and Jerk / Épaulé-jeté						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			43			
49			46			
55	Dawn Ross	NS	50/58kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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			

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	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

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'Anc-Lorrette, QC
64	Sylvie Guenette	ON	41/48kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
71	Madeleine Waterfield	ON	43/51kg	02/22/2020	ON Masters Open	St. Thomas, ON
76			45			
81	Madeleine Waterfield	ON	46/47kg	04/23/2022	ON Masters Open	St. Thomas, ON
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	Molly Zirkle	ON	48/61kg	04/23/2022	ON Masters Open	St. Thomas, ON
64	Sylvie Guenette	ON	51/63kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
71	Madeleine Waterfield	ON	54/65kg	02/22/2020	ON Masters Open	St. Thomas, ON
76			56			
81	Madeleine Waterfield	ON	57/61kg	04/23/2022	ON Masters Open	St. Thomas, ON
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	Molly Zirkle	ON	87/110kg	04/23/2022	ON Masters Open	St. Thomas, ON
64	Sylvie Guenette	ON	92/111kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
71	Madeleine Waterfield	ON	97/116kg	02/22/2020	ON Masters Open	St. Thomas, ON
76			101			
81	Madeleine Waterfield	ON	103/108kg	04/23/2022	ON Masters Open	St. Thomas, ON
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			25			
49			27			
55			29			
59			32			
64			34			
71			35			
76			37			
81			39			
87			40			
87+			41			

Clean and Jerk / Épaulé-jeté						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			32			
49			34			
55			37			
59	Frances Robson	SK	40/41kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
64			42			
71			44			
76			47			
81			49			
87			50			
87+			52			

Total						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			57			
49			61			
55			66			
59	Frances Robson	SK	72/73kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
64			76			
71			79			
76			84			
81			88			
87			90			
87+			93			

Age Group / Catégorie d'âge : 65-69

Snatch / Arraché						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
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			

Clean and Jerk / Épaulé-jeté						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
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			

Total						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
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

Snatch / Arraché						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
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	Jill Miller	NB	24/26kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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			

Clean and Jerk / Épaulé-jeté						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
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	Jill Miller	NB	30/37kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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			

Total						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
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	Jill Miller	NB	54/63kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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

Snatch / Arraché						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			18			
49			19			
55	Doris Hellenbart	ON	20/22kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
59			21			
64			22			
71			23			
76			24			
81			25			
87			26			
87+			27			

Clean and Jerk / Épaulé-jeté						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			22			
49			23			
55	Doris Hellenbart	ON	24/28kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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			

Total						
Wt. Class	Lifter Athlète	Prov.	Min/Actual	Date	Competition	City/Ville
45			40			
49			42			
55	Doris Hellenbart	ON	44/50kg	07/09/2022	CMWFHCM Nationals	Moncton, NB
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)

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			