

CANADIAN MASTERS WEIGHTLIFTERS NEWSLETTER JULY 2011

This newsletter contains a fine overview of the Masters Pan Ams in Savannah sent by Donald Buchanan.

There is also Master results of the open Canadian Championships in Toronto. It is nice to see Master lifters at this high level. You will note that the weights lifted are very high quality and competitive even though in the older age group.

Also in the **BLAST FROM THE PAST** section there are the Canadian results of the 1966 British Empire & Commonwealth Games in Kingston, Jamaica.

On a personal note: I am recovering from a bad fall on Canada Day which smashed my right elbow. This ,of course, completely made my right arm useless. No shaving, brushing, spoon feeding and worst of all NO LIFTING!

I can still do squats and leg extensions.

It should be six weeks, but at this writing I have recovered most of my range of motion and have clean and jerked 20 Kilos. Feels Good!

The ugly bruise will take time but as you all know it is great to be training again, no matter the weight.

Till we meet again.

Bernie Eckler

Newsletter Editor

Masters Pan Ams in Savannah sent by Donald Buchanan

When we arrived at the competition venue Friday afternoon we were pleasantly surprised to find everything set up and in its place and ready to go. And, what a great place it is in which to hold a weightlifting championships. The Paul Anderson / Howard Cohen Weightlifting Center is one of the hotbeds of weightlifting in the USA and it is truly exciting to be there. The walls are covered with posters, banners, flags, photos from all around the world. The competition was well run and the athletes were clearly energized by their surroundings.

Sadly, we learned that Dan Takeuchi died on Wednesday. Dan was one of the best master weightlifters in the world and a very fine gentleman in all respects.

We also learned that Jack Lano has health issues which prevented him from competing in this year's Pan Ams.

Owing to an administrative oversight there was no drug testing at this competition. We all know what happens when the administrators err; the athlete, or in this case, athletes, suffer the consequences. At the closing banquet the Pan Am Masters Weightlifting Federation Chairman announced that the result of no doping control was that no masters world records set at the 2011 championships would be recognized; pan am masters records would be recognized.

It took three meeting; one each on Friday, Saturday and Sunday; but finally a set of Guidelines for hosting Pan American Masters Championships was agreed upon. These Guidelines will be published on the IWF Masters website iwfmasters.net. Probably the most notable change from previous years is that the split of entry fees will now be 20% to the Pan Am Masters Federation and 80% to the competition organizing committee with the organizing committee paying the cost of doping control.

The Pan Am Masters W/L Federation were not satisfied with the quality of the medals at last years's championships so they have provided replacement medals to the 1st place winners.

Donald Buchanan

**Canadian
May 21-22**

**Championships
2011**

Masters

Results

		<u>Snatch</u>	<u>Cl&Jk</u>	<u>Total</u>
		kg	kg	kg
65k	Jillian Halligan	70	93	163
77k	Claude Caouette	118	135	253
77k	Larry Robinson	97	125	222
77k	Glen Ogletree	104	0	0
	Craig			
85k	Vandeweghe	113	142	255
85k	Terry Hadlow	109	130	239
	Shawn			
85k	Buchanan	105	130	235
85k	Joclyn Normand	104	128	232
105k	Eric Chevrier	136	167	303
105k	Doug Malone	119	135	254
	George			
105+k	Kobaladze	163	210	373

**Eighth British
Empire
& Commonwealth Games
Kingston, Jamaica
October 1966**

		<u>Press</u>	<u>Snatch</u>	<u>Cl & Jk</u>	<u>Total</u>	
		lbs	lbs	lbs	lbs	
Bantamweight	Chun Hon Chan	220 1/4	198 1/2	253 1/2	672	3rd
	M. Gosselin				616 3/4	6th
Featherweight	F. Salter	225 3/4	214 1/4	275 1/2	716	3rd
Lightweight	M. Bedard				754 1/4	5th
Middleweight	P. St. Jean	270	281	241 1/2	892 1/2	1st
Light Heavywt	E. Jack				854	5th
Middle Heavywt	P. Bjarnason				920	4th