

Canadian Masters Weightlifting
Prepared by: Barb Zimmerman
May 2010

2009 Achievement Awards for Men

World Standard 325 and Up

Name	YOB	Age Group	Cat	BWT	Snatch	C&J	Total	SMMT	Date	Place	Comp
PERRON, Marcel	33	M75	77	77.0	67	90	157	430.0	June 20/09	Montreal	Cdn.Masters
CHEVRIER Emery	36	M70	85	82.6	75	92	167	421.1	June 20/09	Montreal	Cdn.Masters
HADLOW Terry	57	M50	85	85.53	105	130	235	354.7	Oct.19/09	Northfield, MN	Twin C. Open
CHRETIEN Serge	59	M50	105	95.4	105	146	251	352.7	Jun 20/09	Montreal	Cdn.Masters
WALT, Bob	49	M60	94	92.5	90	110	200	345.8	Jun 20/09	Montreal	Cdn.Masters
WALT Tony	68	M40	105 +	105.82	125	150	275	343.1	Nov 14/09	Miss.	Ontario Open
CAOINETTE Claude	71	M35	77	77	126	144	270	341.9	Mar. 28/09	La Prairie	Classique Halterophile
PIETRACUPA Michel	59	M50	77	75.9	89	112	201	335.1	Oct.31/09	Saint Anne des Monts.	Quebec Seniors
WILLIS, Leigh	70	M35	85	83.4	108	138	246	332.7	Jun 20/09	Montreal	Cdn Masters
VACHON Mario	63	M45	85	n/a	100	130	230	330.6	Mar 28/09	La Prairie	Classique Halterophile

Pan American 300 and Up

Name	YOB	Age Group	Cat	BWT	Snatch	C&J	Total	SMMT	Date	Place	Comp
CARIGNAN Yves	52	M55	62	65.8	71	91	162	323.9	Oct 31/09	Saint Anne des Monts	Quebec Seniors
MARGOLIS John	42	M65	94	85.6	66	90	156	318.3	Jun 20/09	Montreal	Cdn. Masters
FERGUSON Ed	35	M70	85	83.6	53	70	123	312.09	Jun 27/09	Surrey BC	Sea Festival Open
SINCLAIR Doug	42	M65	77	76.3	62	82	144	312.01	Oct 10/09	Northfield MN	Twin City Open
GAWLEY Sean	74	M35	105+	109.7	120	150	270	311.2	Jun 20/09	Montreal	Cdn.Masters
BOWMAN Craig	49	M60	85	79.8	68	94	162	300.66	Nov. 14/09	Miss.	Ont.Open

National Standard 250 and Up

Name	YoB	Age Grp	Cat	Bwt	Snatch	C&J	Tot	SMM T	Date	Place	Comp
BROWN Leon	66	M40	94	91.0	91	131	222	299.7	Mar 28/09	Ontario	Ont.Sr. Champs
LEITCH Don	53	M55	85	82.3	78	102	180	294.1	May 30/09	Calgary	Tork Reclass.
BUCHANAN Donald	31	M75	85	77.3	45	55	100	293.87	July 17-19	Merida, VEN	Pan Am Champs
CASE John	55	M50	94	90.2	84	108	192	292.78	Nov 14/09	Mississauga	Ontario Open
RAJOTTE Sylvain	65	M40	69	64.8	75	100	175	288.7	June 20/09	Montreal	Canadian Masters
COVENY Paul	70	M35	94	93.3	95	128	223	286.35	Mar 28/09	Ontario	Ontario Sr Champs
PETIT David	72	M35	56	55.6	75	92	167	286.2	June 20/09	Montreal	Canadian Masters
ALLAHYARI Behzad	64	M45	69	67.6	85	100	185	284.9	Oct.31/09	Saint Anne des Monts	Quebec Seniors
HOUSE Chris	79	M30	105	98.4	115	140	255	284.8	June 20/09	Montreal	Canadian Masters
GORMAN Ken	73	M35	105	102.8	105	132	237	283.09	Mar 28/09	Ontario	Ontario Sr. Champs
GOSELIN Danny	72	M35	85	83.5	92	120	212	280.2	June 20/09	Montreal	Canadian Masters
PARE Daniel	61	M45	77	75.67	83	95	178	276.3	Oct 10-18/09	Sydney, AUS	World Masters
DOUGLAS Iain	49	M60	105	99.3	73	91	164	275.46	Aug 22/09	Collingwood	Blue Mountain
BUDGEN Alex	65	M40	85	81.16	85	105	190	274.1	Oct.10/09	Northfield MN	Twin City Open
DUGUAY Owen	50	M55	94	88.6	65	93	158	273.1	June 20/09	Montreal	Canadian Masters
POTAPOV Victor	60	M45	62	61.5	65	85	150	267.2	Oct.10-18	Sydney AUS	World Masters
CARR BRAINT Joel	55	M50	105	105.6	80	106	186	267.1	June 20/09	Montreal	Canadian Masters
VLAHOS George	69	M40	85	81.5	85	110	195	265.9	June 20/09	Montreal	Canadian Masters
HROUPA Stepan	56	M50	69	68.5	62	90	152	264.2	Aug 22/09	Collingwood	Blue Mountain
MARINEAU Francois	59	M50	85	78	73	96	169	261.6	June 20/09	Montreal	Canadian Masters
BOISCLAIR Marc	64	M45	77	76.7	68	105	173	259.8	June 20/09	Montreal	Canadian Masters
ZIMMERMAN Kevin	57	M50	85	83.7	75	95	170	259.1	May 30/09	Calgary	Tork Reclass.
VARENCAUS Andris	62	M45	69	68.2	70	85	155	254.3	June 20/09	Montreal	Canadian Masters
ZDRAVKO Solesa	37	M70	69	66.7	40	50	90	252.7	June 20	Montreal	Canadian Masters

Provincial Standard 230 and Up

Name	YoB	Age Grp	Cat	Bwt	Snatch	C&J	Tot	SMMT	Date	Place	Comp
DORAN Steve	59	M50	77	75.0	60	82	142	248.9	Feb 14	Mississauga	Winterlift
LAMOTHE Grant	43	M65	85	84.2	52	75	127	248.6	Mar 14/09	Surrey	BC Masters
HUFFMAN Ken	48	M60	77	82.6	57	76	133	246.8	Jun 27/09	Surrey	Sea Festival
LEWIS Gary	61	M45	105	103	77	100	177	238.3	June 20/09	Montreal	Canadian Masters

Regional Standard <230

Name	YoB	Age Grp	Cat	Bwt	Snatch	C&J	Tot	SMMT	Date	Place	Comp
THOMAS Patrick	43	M65	94	89.3	50	65	115	223.6	June 20/09	Montreal	Canadian Masters
TANNER Stephen	58	M50	85	81.2	57	86	143	218.7	June 20/09	Montreal	Canadian Masters
LAMY Jean Francois	61	M45	69		50	66	116	193.4	June 20	Montreal	Canadian Masters
DENARD Richard	48	M60	105	98.1	38	50	88	151.2	June 20/09	Montreal	Canadian Masters
BLY Manley	44	M65	69	66.9	32	35	67	149.6	Aug 22/09	Collingwood	Blue Mtn. Open

2009 Achievement Awards for Women

World Standard 175 and Up

Name	YoB	Age Grp	Cat	Bwt	Snatch	C&J	Tot	SMMT	Date	Place	Comp
POULIN-CYR Manon	63	W50	48		53	62	115	211.9	Mar 28/09	LaPrairie	Classique Halterophile

Pan Am Standard 150 and Up

Name	YoB	Age Grp	Cat	Bwt	Snatch	C&J	Tot	SMMT	Date	Place	Comp
D'Angelo Daralynn	66	W45	53	52.2	44	57	101	168.1	Aug 22/09	Ontario	Blue Mtn. Open

National Standard 125 and Up

Name	YoB	Age Grp	Cat	Bwt	Snatch	C&J	Tot	SMMT	Date	Place	Comp
Hill Suzie	54	W55	48	45.0	27	38	65	142.1	June 20/09	Montreal	Canadian Masters
Quinn Judy	48	W60	75	71.4	35	44	79	140.4	June 20/09	Montreal	Canadian Masters

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Name	YoB	Age Grp	Cat	Bwt	Snatch	C&J	Tot	SMMT	Date	Place	Comp
BLY Shirley	45	W60	69	66.9	25	37	62	119.5	Aug 22/09	Ontario	Blue Mtn.Open
WALT Christine	49	W60	75	73.3	26	40	66	113.7	Aug 22/09	Ontario	Blue Mtn.Open
GRIGNON Jasmine	58	W50	75	79.2	20	28	48	66.4	June 20/09	Montreal	Canadian Masters

These Achievement Awards were compiled using results from the following 2009 competitions:

BC Masters

Blue Mountain Open

Canadian Masters

Classique Halterophile

Ontario Senior Championships

Ontario Open

Pan Am Championships

Quebec Seniors

Sea Festival Open

Twin City Open

Tork Reclassification

World Masters

Winterlift

Prepared by: Barb Zimmerman.

Please direct questions or concerns regarding these results to brgjane@gmail.com