

**Canadian Masters Weightlifting**  
**Prepared by: Barb Zimmerman (May 2011)**

**Using the following competition results:**

Crossfit, Saskatoon  
Hokkaido Cup, Edmonton  
Winterlift, Sarnia  
La Coupe du Voyageur, Winnipeg  
Larry Burke Memorial, Surrey  
Alberta Cup, Edmonton  
Saskatoon Open  
Championnats Canadiens Senior, Saint Hyacinthe  
II Tork Open, Calgary  
World Masters, Ciechanow, Poland  
Gordon Kay Memorial, Edmonton  
Championnat Senior, Senior B, La Prairie  
53<sup>rd</sup> Alta Championships, Calgary  
Pan American Masters, Montreal

## 2010 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	1933	M75	77	75.55	65	85	150	427.99	Sept 18-25/10	Ciechanow Poland	World Masters
HADLOW Terry	1957	M50	85	82.50	113	135	248	387.64	Sept. 18-25/10	Ciechanow Poland	World Masters
NORMAND Jocelyn	1960	M50	85	83.80	110	132	242	360.787	June 19/10	Montreal	Pan Am Masters
SINCLAIR Doug	1942	M65	77	75.4	68	90	158	357.289	June 19/10	Montreal	Pan Am. Masters
CAQUETTE Claude	1971	M35	77	76.85	116	127	248	349.881	Oct.30/10	La Prairie	Championnat Senior
CHEVRIER Eric	1970	M40	94	89.70	117	148	265	349.593	June 19/10	Montreal	Pan Am Masters
CHRETIEN Serge	1959	M50	105	96.60	104	143	247	348.787	June 19/10	Montreal	Pan Am Masters
WALT Bob	1949	M60	94	92.20	85	110	195	343.626	June 19/10	Montreal	Pan Am Masters
WALT Anthony	1968	M40	105	104.8	123	148	271	342.525	June 19/10	Montreal	Pan Am Masters
POIRIER Gilles	1961	M45	85	84.70	102	128	230	338.622	June 19/10	Montreal	Pan Am Masters
VACHON Mario	1963	M45	94	92.40	98	135	233	325.012	June 19/10	Montreal	Pan Am Masters

### Pan American 300 and Up

Name	YOB	Age Group	Cat	BWT	Snatch	C&J	Total	SMMT	Date	Place	Comp
CARIGNAN Yves	1952	M55	62	61.95	65	90	155	322.812	Oct.30/10	La Prairie	Champ. Senior
MARGOLIS John	1942	M65	85	79.30	66	80	146	321.08	Sept. 18-25/10	Ciechanow Poland	World Masters
PIETRACUPA Michel	1959	M50	77	76.85	92	110	202	318.381	June 19/10	La Prairie	Champ. Senior
FERGUSON Ed	1935	M75	85	84.13	54	70	124	317.958	April 24/10	Edmonton	2010 Alberta Cup
WALT Martin	1968	M40	105	105	110	132	242	313.025	Feb. 13/10	Sarnia	2010 Winterlift

BOWMAN Craig	1949	M60	85	79.3	63	101	164	310.874	June 19/10	Montreal	Pan Am Masters
MILLER Ken	1947	M60	69	68.75	62	83	145	308.10	Sept.18- 25/10	Ciechanow Poland	World Masters
GAWLEY Sean	1974	M35	105+	113.10	125	140	265	306.842	June 19/10	Montreal	Pan Am Masters
RENAUD Denis	1971	M35	85	78.90	100	120	220	306.270	June 19/10	Montreal	Pan Am Masters

### National Standard 250 and Up

Name	YoB	Age Grp	Cat	Bwt	Snatch	C&J	Tot	SMM T	Date	Place	Comp
PETIT David	1972	M35	56	55.8	79	94	173	299.16	June 19- 20/10	Montreal	Pan Am Masters
GORMAN Ken	1973	M35	105	101. 3	107	138	245	297.74	June19- 20/10	Montreal	Pan Am Masters
LEITCH Donald	1953	M55	85	82.3	77	95	172	294.99	June 19- 20/10	Montreal	Pan Am Masters
CASE John		M55	94	90.6	80	108	188	293.42	June 19- 20/10	Montreal	Pan Am masters
ALLAHYARI Behzad	1964	M45	69	68.1 0	85	95	180	293.2 0	June 19- 20/10	Montreal	Pan Am Masters
DESGRANG ES Denis	1968	M40	85	83.7 0	96	115	211	291.01	May 22- 23/10	Saint- Hyacinthe	Championnats Senior
HOUSE Chris	1979	M30	105	101. 75	117	145	262	289.77	May 22- 23/10	Saint- Hyacinthe	Championnats Senior
WALT Cory	1972	M35	69	65.7	80	108	188	289.06	June 19- 20/10	Montreal	Pan Am Masters
VACHON Jocelyn	1962	M45	77	71.6	75	100	175	280.65	June 19- 20/10	Montreal	Pan Am Masters
TROFIMUK Ken	1958	M50	77	75.6	77	95	172	279.11	Jan 16/10	Saskatoon	Crossfit
COVENY Paul	1970	M40	105	99.5	90	131	221	279.23	Feb 13/10	Sarnia	Winterlift
DUGUAY Owen	1950	M60	94	92.5	70	90	160	276.60	June 19- 20/10	Montreal	Pan Am Masters
PARE Daniel	1961	M45	77	75.5	80	95	175	273.83	June 19- 20/10	Montreal	Pan Am Masters
BOISCLAIR Marc	1964	M45	77	76.5	73	106	179	271.93	June 19- 20/10	Montreal	Pan Am Masters
BUDGEN Al	1965	M45	85	85.0	85	105	190	270.42	June 19- 20/10	Montreal	Pan Am Masters
HROUPA Stephan	1956	M50	69	68.2	66	86	152	270.31	June 19- 20/10	Montreal	Pan Am Masters
SINGH Randy	1952	M55	62	62.0	55	75	130	270.74	June 19- 20/10	Montreal	Pan Am Masters
DOUGLAS Iain	1949	M60	105	100.2	71	87	158	269.21	June 19- 20/10	Montreal	Pan Am Masters
MARINEAU Francois		M50	M77	76.5	73	95	168	265.37	June 19- 20/10	Montreal	Pan Am Masters
CARR BRAINT Joel		M55	105+	106.3	76	104	180	263.95	June 19- 20/10	Montreal	Pan Am Masters
POMEROY Sheldon	1962	M45	62	59	65	80	145	263.29	Nov.30/1 0	Calgary	53 <sup>rd</sup> Alta. WL Champ.
DESROCHERS Mario	1964	M45	94	92.0	78	111	189	261.96	June 19- 20/10	Montreal	Pan Am Masters
HUFFMAN Kenneth	1948	M60	85	83.0	57	78	135	253.97	June 19- 20/10	Montreal	Pan Am Masters
BUCHANAN Donald	1931	M75	85	77.2	35	45	80	250.45	June 19- 20/10	Montreal	Pan Am Masters

### Provincial Standard 230 and Up

Name	YoB	Age Grp	Cat	Bwt	Snatch	C&J	Tot	SMMT	Date	Place	Comp
VARENCAUS Andris	1962	M45	69	68.8	66	82	148	243.28	June 19-20/10	Montreal	Pan Am Masters
WHITLOCK Greg	1964	M45	94	83.9	72	95	167	241.61	June 19-20/10	Montreal	Pan Am Masters

### Regional Standard <230

Name	YoB	Age Grp	Cat	Bwt	Snatch	C&J	Tot	SMMT	Date	Place	Comp
TANNER Stephan	1958	M50	85	81.9	60	84	144	222.08	June 19-20/10	Montreal	Pan Am Masters
LAMY Jean Francois	1961	M45	69	68.0	53	67	120	200.03	June 19-20/10	Montreal	Pan Am Masters
BLY Manly	1944	M65	77	72.6	30	32	62	134.40	June 19-20/10	Montreal	Pan Am Masters

## 2010 Achievement Awards for Women

### Pan Am Standard 150 and Up

Name	YoB	Age Grp	Cat	Bwt	Snatch	C&J	Tot	SMMT	Date	Place	Comp
D'ANGELO Daralynn	1966	W40	53	52.7	38	53	91	152.02	June 19-20/10	Montreal	Pan Am Masters
QUINN Judy	1948	W60	75	72.1	37	47	84	150.94	June 18-25/10	Ciechanow Poland	World Masters

### National Standard 125 and Up

Name	YoB	Age Grp	Cat	Bwt	Snatch	C&J	Tot	SMMT	Date	Place	Comp
MILLER Jill	1951	W55	69	67.9	35	49	84	147.78	June 19-20/10	Montreal	Pan Am Masters
HILL Suzie	1954	W55	48	47.1	26	37	63	135.43	June 19-20/10	Montreal	Pan Am Masters
BLY Shirley	1945	W65	75	72.2	27	42	69	129.85	June 19-20/10	Montreal	Pan Am Masters