

Canadian Masters Weightlifting Newsletter

Revue de l'association canadienne d'haltérophilie Maîtres



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Lifting venue in Kefalonia, Greece. A scene soon to be repeated in Montreal (credit: Trinidad and Tobago Masters Weightlifting Federation)

World Masters Weightlifting Championships 2011 awarded to Montreal

By: Émery Chevrier, athlete and Level 1 International Referee

During the convention held in Kefalonia, Greece, on October 1, 2008, Mr. John Margolis presented Montreal's bid to organize the 2011 World Masters Weightlifting Championships.

Bids from Canada, Ukraine and the United States were tabled. After the three presentations, a secret vote was held. The results were: Canada 16, Ukraine 11, USA 7. Since 34 countries were present, each with one vote, the Montreal team was given the mandate to organize the competitions. 2011 will in fact be the 35th anniversary of

the 1976 Olympics held in Montréal, and it is hoped that several athletes from those Olympics will compete.

The championships will be held from Saturday August 27 to Saturday September 3, 2011 at the Université de Montréal sports centre located right next

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Les championnats mondiaux 2011 sont attribués à Montréal

Par : Émery Chevrier, athlète et officiel International #1

M. John Margolis a présenté le projet d'organiser les Championnats Mondiaux d'Haltérophilie des Maîtres 2011 à Montréal lors du congrès des Masters à Kefalonia en Grèce le 1^{er} octobre 2008.

Des candidatures provenant du Canada, de l'Ukraine et des États-Unis étaient déposées

pour organiser ces compétitions. Lorsque les trois présentations ont été terminées, il y a eu un vote secret pour l'attribution de ces championnats. Le résultat du vote fut le suivant : Canada 16 votes, Ukraine 11 votes, États-Unis 7 votes. Trente-quatre pays étaient présents au congrès et chacun avait droit à un vote. Nous avons donc reçu le mandat d'organiser ces compétitions.

Ces championnats auront lieu du samedi 27 août au samedi 3 septembre 2011 au centre sportif de l'Université de Montréal (station de Métro Édouard-Montpetit). En plus du plateau de compétition il y aura 6 plateaux d'échauffement et 8 plateaux d'entraînement.

2011 est le 35^e anniversaire des Olympiques de Montréal et

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Contacts

PRESIDENT

John Margolis
5187 Cool brook
Montreal, QC H3X 2L2
jmargolis
@concordia-international.org

VICE-PRESIDENT

Joel Carr-Braint
129 Greenfield Park
RR1 Corbyville, ON K0K 1V0
jcarr-braint
@city.belleville.on.ca

SECRETARY - TREASURER

Dresdin Archibald
103W, 2708 - 111B Street
Edmonton, AB T6J 4L8
darchibald@shaw.ca

PAST PRESIDENT

Iain Douglas
160 Queen Street East
Brampton, ON L6V 1B3
douglassiain@hotmail.com

RECORDS SECRETARY

Barbara Zimmerman
211 Hollinger Close
Edmonton, AB T5A 5E8
brgjane@gmail.com

HALL OF FAME SECRETARY

Ken Miller
25 Ferguson Road
Collingwood, ON L9Y
ken-jill@sympatico.ca

NEWSLETTER EDITOR

Jean-François Lamy
4720 Pominville
Pierrefonds, QC H9K 1J8
jflamy
@concordia-international.org

EASTERN REPRESENTATIVE

Emery Chevrier
7026 Marie Rollet, Apt 2A
Lasalle, QC H8N 3B5

WESTERN REPRESENTATIVE

Ed Fergusson
#3 - 1401 Price Road
Parksville, BC V9P 2W1
fergiell@shaw.ca

President's message

Welcome to Canadian Masters first electronic newsletter. Operating in this format will allow us to considerably reduce costs and still offer members timely news and information. The printed version has been our largest expense and its elimination will hopefully allow reduction in membership cost.

I thank Jean-Francois Lamy for his expertise, interest and time in managing this new project. Thanks to Daniel Pare, as well, for his input.

Posting of a greater variety of photos, articles, reports, comments and contributions will be easier and quicker to manage. Please bear with us in this first offering. There very well may

be birth pang glitches. That aside, your comments and suggestions are important. Feel free to contact us.

As much as possible, we wish to maintain as bilingual a publishing policy as we can. Our translation capacity is somewhat stretched. We would greatly appreciate help from members in this regard. Material will be published in the language received and if possible a translation offered in the same issue. If not, it would have to go to the following newsletter.

We want to contact as many members, clubs and organizations with email as possible. Kindly contact the Newsletter Editor if you

have updates. For those members without email, we would appreciate your help in arranging for them to receive a printout from someone in their club, area or organization.

Congratulations to all who took part at the recent World Masters Championships in Argostoli, Greece. The Canadian team was outstanding! At the banquet no other country's team representative was called as often to the awards table to receive a trophy.

Best wishes to all for the upcoming holiday season. Thanks to everyone for their participation, suggestions, help and goodwill. — J.M.

Message du président

Bienvenue à la première édition électronique de notre revue. En utilisant ce format, nous pourrions réduire nos coûts tout en continuant de fournir des informations pertinentes. La version imprimée est notre plus grande dépense et son élimination nous permettrait de réduire les coûts d'adhésion.

Je remercie Jean-François Lamy pour son expertise, son intérêt et son temps dans la gestion de ce nouveau projet. Merci également à Daniel Paré pour son travail.

Il sera plus facile d'accommoder vos photos, articles, rapports, commentaires et résultats. Soyez indulgents avec nous pour cette première édition,

mas n'hésitez tout de même pas à nous faire vos commentaires et suggestions.

En autant que possible, nous essaierons d'avoir une politique éditoriale bilingue. Cependant, notre capacité de traduction est déjà bien étirée, et nous apprécierions l'aide des membres à cet égard. Le matériel sera publié dans la langue reçue. La traduction apparaîtra si possible dans le même numéro; sinon nous viserons à traduire pour le numéro suivant.

Nous voulons privilégier l'utilisation du courriel. Svp inscrire clairement votre adresse lors de votre inscription, et contacter l'éditeur à l'adresse ci-contre pour l'informer de tout change-

ment. Pour les membres sans courriel, nous apprécierions grandement si quelqu'un de leur club, région ou organisation pouvait leur transmettre une impression.

Félicitations à tous ceux qui ont participé aux championnats du monde 2008 en Grèce. L'équipe canadienne était exceptionnelle! Au banquet, aucun autre représentant de pays n'a été appelé aussi souvent pour recevoir un trophée.

Meilleurs vœux à tous pour la saison des fêtes qui débute. Merci à tous pour leur participation, leurs suggestions, leur aide et leur bonne volonté.

— J.M.

Canadian Master's Championship 2009 – June 20

The 2009 Canadian Masters is scheduled for **Saturday, June 20** at the

Cote des Neiges Sport Center,
4880 Van Horne,
Montréal
H3W 1J3.

The venue is twenty minutes from Pierre Elliot Trudeau Airport, opposite Plamondon subway station, and just off the Decarie Expressway (15).

See box on this page for hotels in the area. Additional group arrangements will be posted to the Web site as information become3s available. Mention "Canadian Masters Weightlifting" when booking.

Hôtels du voisinage — Neighbourhood Hotels

- Quality Hotel Midtown
6445 Decarie Blvd.
Montreal, Quebec
Canada H3W 3E1
Toll Free: 1 866.465.3800
Local: 514.739.3800
Fax: 514.739.5616
e-mail: sales@qualityhotelmidtown.com
qualityhotelmidtown.com

Standard North-American hotel. Group rate available (89\$), mention "Canadian Masters Weightlifting" group number 102333.
Hôtel nord-américain standard. Tarif de groupe disponible (89 \$) - mentionner « Canadian Masters Weightlifting » numéro de groupe 102333.
- Hotel Terrasse Royale
5225 Côte-des-Neiges
Montréal - Québec

Tel.: (514) 739-6391
Toll Free: 1-800-567-0804
Fax: (514) 342-2512
info@terrasse-royale.com
www.terrasse-royale.com

Small hotel, on the neighbourhood's main street. Across the street from Côte des Neiges subway station
Petit hotel sur la rue commerciale principale du quartier. De l'autre côté de la rue du metro Côte-des-neiges.
- Ruby Foo's
Hotel Ruby Foo's
7655, boul. Décarie
Montréal (Qc)
H4P 2H2
CANADA
Phone: (514) 731-7701
Toll Free: 1 800 361-5419
Fax: 514-731-7158

Asian-themed hotel, upscale. Very close to Namur subway station. Hôtel de theme asiatique, plus chic. Très près du metro Namur.

info@hotelrubyfoos.com
www.hotelrubyfoos.com

Asian-themed hotel, upscale. Very close to Namur subway station. Hôtel de theme asiatique, plus chic. Très près du metro Namur.

- Les Studios Hotel
2450 Boul. Édouard-Montpetit
(514) 343-8006
www.studioshotel.ca

This hotel is part of the University of Montreal Student Residences and is open during the summer months. Right next to Edouard-Montpetit subway station.

Cet hotel fait partie des résidences de l'Université de Montréal et est ouvert durant les mois d'été. À côté du metro Édouard-Montpetit.

Championnats canadiens maîtres 2009 – 20 juin

Les championnats canadiens maîtres de 2009 auront lieu le **samedi 20 juin** à

Centre sportif Cote des Neiges,
4880 Van Horne
Montreal
H3W 1J3.

Le site est à 20 minutes de l'aéroport Pierre-Elliot Trudeau, directement en face de la station de métro Plamondon, et tout près de l'autoroute Décarie (15)

Voir l'encadré pour des hôtels dans le voisinage, Mentionnez « Canadian Masters Weightlifting » pour le tarif de groupe..



Côte des Neiges is a vibrant neighbourhood with a truly international feel.
Côte des Neiges est un quartier très vivant avec une saveur internationale.

World Masters 2011

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to the subway station Édouard-Montpetit in Montréal. In addition to the competition platform, there will be 6 warm-up platforms and 8 training platforms. More than 500 athletes (men and women over 35) are



CEPSUM, the venue for the 2011 World Masters Championships

expected, from over 40 countries (in Greece, there were 34 competition sessions with 432 athletes, 93 women and 339 men).

Over 300 student residence rooms have been reserved, and are located about 100m from the competition venue. These rooms will be available at 35C\$ (simple occupancy) or 50C\$ (double occupancy) per day. Meals will be available at reasonable rates at the Sports Centre cafeteria. The banquet will also be held at the competition site.

Obviously, all Montreal area clubs will be solicited for volunteers, but any and all volunteers will be welcome. Note that referees and announcers will require an international #1

or #2 license valid for 2009-2012 in order to officiate.

The organizing committee is made up of John Margolis, Yves Carignan, Philippe Hedrich, Yves Colin, Émery Chevrier, Mmes Rocca Lonigro et Manon Croteau. The committee wishes to thank all the officials that supported the project: The Prime Minister of Canada, Stephen Harper, the Prime Minister of Québec, Jean Charest, the Mayor of Montréal, Gérald Tremblay, the directors of Tourism Montreal, of the CEPSUM, and of the University Residences, as well as the Canadian federation (CWHFC) and the Québec Weightlifting Federation.

(Adapted from "Coup d'œil sur l'haltérophilie", fall 2008)

Championnats mondiaux 2011

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nous espérons que plusieurs des athlètes y ayant participé pourront compétitionner. Nous prévoyons la participation de plus de 500 athlètes, hommes et femmes de 35 ans et plus en provenance de plus de 40 pays. En Grèce, il y a eu 34 sessions de compétition et un total de 432 athlètes ont participé (93 f + 339 h).

Nous avons réservé plus de 300 chambres d'étudiants situées à quelques cents mètres du lieu de compétition. Ces chambres seront disponibles à un coût de 35 \$ / simple et 50 \$ / double par jour. Des repas seront ser-

vis moyennement un prix raisonnable à la cafétéria du centre sportif et le banquet qui terminera ces championnats aura lieu au même endroit.

Nous aurons besoin de l'aide des clubs de Montréal et des environs tant pour de l'équipement que pour des bénévoles. Nous aurons l'occasion d'en reparler lors des nos diverses rencontres d'ici 2011.

Le comité organisateur provisoire était composé de : MM. John Margolis, Yves Carignan, Philippe Hedrich, Yves Colin, Émery Chevrier, Mmes Rocca Lonigro et Manon Croteau.

Nous tenons à remercier toutes

les personnes qui ont appuyé ce projet d'une façon ou d'une autre et en particulier : le Premier Ministre du Canada, M. Stephen Harper, le Premier Ministre du Québec, M. Jean Charest, le Maire de la ville de Montréal, M. Gérald Tremblay, les dirigeants de Tourisme Montréal, ceux du centre sportif et des résidences de l'Université de Montréal, Fédération Canadienne (CWFHC) et la Fédération d'haltérophilie du Québec

(Adapté de « Coup d'œil sur l'haltérophilie, automne 2008)

New IWF Masters Executive—Nouveau conseil maîtres IWF

CONGRESS RESULTS

The new IWF Masters Executive Board was elected in Kefalonia. Note that the Women's spokesperson is now part of the executive.

RÉSULTATS DU CONGRÈS

The nouveau conseil exécutif des maîtres IWF a été élu à Kefalonia. Notez que la porte

parole des athlètes féminins fait maintenant partie du conseil.

Chairman—président

- Bob Hemery (AUS)

Vice Chairs—vice-présidents :

- Mr. Jan Hinrichsen (SWE)
- Mrs. Sandra Smith-Vokroj (GBR)
- Mr. Kurt Rosenberger (GER)

Secretary—secrétaire

- Mr. Bill Barton (GBR)

Treasurer—trésorier

- Mr. Glenn Harris (USA)

Records—statisticien

- Mr. Les Simonton (USA)

Women's Spokesperson—Porte-parole athletes féminins

- Ms. Caroline Charles (GBR)

Site Web Maîtres canadiens—Canadian Masters Web Site

<http://www.lpbassociates.ca/cdnmastersweightlifting/home.htm>

SITE WEB POUR L'ASSOCIATION MAÎTRES

Leon Brown a mis sur pied un site Web pour l'association. De l'aide pour traduire la navigation du site vers le français serait grandement appréciée. On peut contacter Leon à l'adresse leonpbrown@hotmail.com

WBB SITE FOR MASTERS ASSOCIATION

Leon Brown has set-up a site (see adress above) for the association. Help for translating the site navigation to French would be much appreciated. Leon can be contacted at the address leonpbrown@hotmail.com

Content and articles wanted—Contenu et articles souhaités

HELP WANTED

The newsletter is as interesting as its contributors make it. Yes, this means *you!* We're on the lookout for

- Articles
- Pictures
- Cartoons—caricatures
- Interesting Web sites
- Positions and opinions
- Ideas for things you'd like to see covered, this might get *us*

started onto something.

- Translation help.
- Contact the editor or the president (see page 2)

AIDE DEMANDÉE

Ce sont les contributeurs à la revue qui feront qu'elle sera intéressante ou non. Oui, on parle bien de *vous!* Nous sommes à la recherche de

- Articles
- Photos

- Bandes dessinées-caricatures
 - Sites web intéressants
 - Opiniions et page des lecteurs
 - Suggestions de choses à couvrir, ça pourrait nous donner des idées
 - Aide pour la traduction
- Contactez l'éditeur de la revue ou le président (voir la page 2)

A tribute to "Big Bill" Macaulay—1945-2008

By: Larry Sheppard

Our weightlifting family lost a friend and former champion on Sept 18, 2008. Bill Macaulay died in South Porcupine, Ontario, at the age of 63. He seemed in good health, and was still lifting and doing other training, until a quick and unexplained illness took his life. Although his name is probably only recognized by a few individuals like Cal Stevenson, Larry Yessie, Bob Walt and Ken Miller, when I tell you younger lifters about how I remember Bill ...this story might mean something to you.

The first person I ever saw perform an Olympic style lift was Bill Macaulay. It was September of 1969 and I was a 16 year old student at Timmins High. The school day had ended and I was on my way to football practice when one of my teammates came running down the hall to drag me back to a little gym we called the "matchbox". I was known for being fairly strong and was one of only two guys on our team that had ever touched a barbell- so my friend Ed was right on the money when he exclaimed, "Shep, you absolutely have to see what's going on in the matchbox!"

When I walked into the gym my jaw almost hit the floor. What I saw was a big muscular man, in a sweat suit and construction boots, doing reps in the power clean and military press with 245 pounds on a genuine Olympic bar. The whole scene was mind boggling. The man looked like a behemoth, and I had never before seen a seven foot revolving bar. I had lifted weights in my basement for three years with a "Whipper Billy Watson" set from the Simpson- Sears catalogue.

I had been reading Strength and Health magazines for a few years and was fascinated by the pictures of lifters like Bednarski, Bazanowski, and Kangesneimi. I even acquired some old magazines from the 50's that featured the likes of: Tommy Kono, Paul

Anderson, Norbert Schemansky, and my favorite lifter- for obvious reasons- Dave Sheppard. From studying photos, I had figured out on my own how to do a split clean and jerk, but had no idea how a squat snatch was performed. I used to try to swing the weight up while squatting under, and in 9 out of 10 attempts would end up going "ass over tea kettle". Because my Dad was fed up with the noise in basement, and to keep from cracking my head open on the concrete floor, I resorted to stacking old mattresses behind me when I tried that particular lift.

As you can then well imagine, I had a hundred things to ask this man... but I had to get to practice. The football coach told me that the guy I had just seen was Mr. Bill Macaulay. Supposedly, he was fresh out of Teacher's College and a new addition to our Science department. I stopped Mr. Macaulay in the hall the next day and could hardly get all my questions out. He told me he had learned the lifts, while attending Queens University in Kingston, from a man named Captain Roberts. Bill also said that he had not been training regularly and had just brought his weights to the school until he found a place to workout. When I asked about joining him for some sessions, he told me to keep checking back and he would see once he was ready to resume a routine.

As fate would have it, just as that football season ended, I heard an announcement on the radio about a meeting being held at the Community Centre to discuss the formation of a weightlifting club. That same night, one of our city's recreation staff introduced a group of about twenty to Wally Blake, a man who had been a pretty fair weightlifter back in England during the 40's. Like Bill, Wally had just arrived in Timmins. Mr. Blake gave a brief explanation of what he hoped to accomplish and then only Martin "Butch" Buchar and myself stayed after

Deaths



MACAULEY, William (Bill) - It is with great sorrow that the family announces the sudden death on Thursday September 18th, 2008 of Bill Macaulay at the age of 63 years. Bill is survived by his wife Betty (Dwyer), his children Aara Macaulay (Steve) Sottile of Kingston, Kiri of Ottawa and Tye at home. He also leaves his mother, Edith, sister-in-law Bernie, brother-in-law Ted (Suzzane), numerous nephews and nieces. Bill was predeceased by his father Bill Macaulay Sr and brother-in-law Jim Waller. Bill loved his family and he loved life. He will be greatly missed by all who knew him. He made our world a better place. Remembrance donations to a charitable organization of your choice will be gratefully acknowledged. A funeral Service to celebrate his life will be held on Monday September 22nd, 2008 at 11:00am in the funeral home with Pastor Darlene Hardy officiating. Interment to follow in Whitney Cemetery. Friends may call on Sunday from 2:00pm to 4:00pm and from 7:00pm to 9:00pm at the **STINSON FUNERAL HOME**, 100 Bruce Ave., South Porcupine, (705) 235-2900

the meeting to talk to the coach. We found out later that the rest of the group thought that a "bodybuilding club" was going to be set up.

About a week later, Butch and I started to lift with Coach Blake. We learned the military press (an official lift then), as well as the split snatch, power clean and back squat. We trained on an old Spur set, with a really short inside sleeve, and a whole bunch of rusty iron discs. The coach had also built a platform from conveyer belts and plywood. All this equipment... and I was even getting to train with one of my

boyhood hero's. Indeed, Butch Buchar was 23 and had once played Major junior hockey with the Oshawa Generals as the blue line partner of non other than Bobby Orr. At that point in my life I thought the stars were lining up perfectly.

It took a few months, and lots of hounding by me, but Mr. Macauley and his York set finally came to join us. For the next five years Bill, Butch, and me spent plenty of time together training and traveling to contests. Along the way we also added another teammate –no doubt, the biggest prankster of the lot - Bert Roy.

Bill was a great weightlifter – the biggest and strongest one among us. He was a heavyweight (110 kilos), Butch and Bert

development. He had been to the “Mecca of Weightlifting”, York, Pennsylvania, and had warned all of us about the upcoming tide of drug use in our sport. He was a very ethical man and felt that as athletes we had a responsibility to uphold the image of our sport by doing it just for the pursuit alone and not for hollow awards and accolades. I took his words to heart and feel the same way today.

He encouraged me to go on to higher education when I was planning not to go anywhere after Grade 13. He looked like a big rugged lumberjack yet he had an appreciation for music, literature, and art. In fact, he convinced me that it was OK for me to love history and writing even if I was from a working class neighborhood

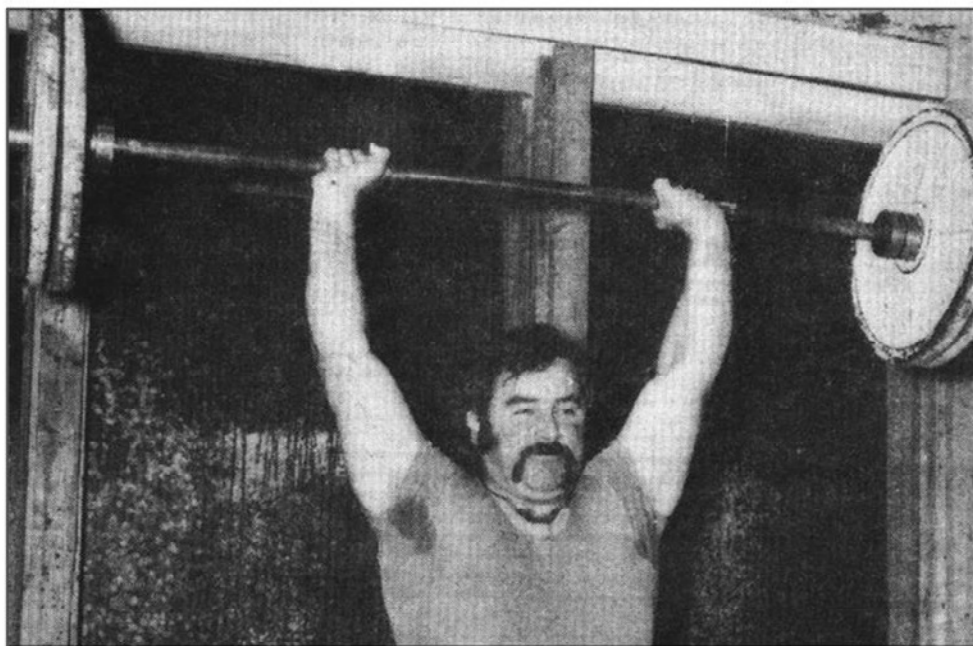
treated me as an equal and we always talked about deeper subjects and future plans. So, it was “Big Bill” that actually sent me on my way to coaching and then eventually into teaching as a profession.

I never got to tell him what he had done for me. I would run into him once in a while when I returned to Timmins to visit family members; but for the most part we had lost touch with each other. Actually, I never even realized his influence until he died suddenly and I had time - on my drive to Timmins - to think about our old lifting days. I feel fortunate to have at least told his wife and grown kids what a great person I thought he was. They kindly let me speak at the funeral.

My period of reflection also brought up some other truths. I realized that of all sports weightlifting might be the most social. It affords teammates lots of opportunity to joke and kid around, gossip, talk about likes and dislikes, discuss or debate various topics, and in the process really get to know one and other. I am sure there are lots of coaches, or older lifters, who will tell attest that they have made a life-long friends from all the hours spent “between sets”.

You are really lucky too if you are a young lifter and get to train with older, more experienced, people. You may think they are just focused on their own goals, but most of them are pulling for you, and they want you to do well, not just on the platform, but in other aspects of you life. “Big Bill” McCauley was one of those “watchful” individuals.

If you now have, or have had, someone like Bill around you in the gym, take a few minutes to think about how much you have gained from their example or advice. Better yet – why not tell them, preferably in person, as soon as you can?



were middle-heavies (90 kilos) and I was a lightweight (67.5 kilos). We pushed each other hard, and consequently our little group won a fair share of titles. Also, since we lived in a town that was built by physical strength and hard work, we gained some notoriety from our exploits.

In high school I never actually had Mr. McCauley as a classroom instructor; nonetheless he became one of my all-time great “mentors”. He was a great squatter and talked all the time of that lift's relationship to overall physical

in a “hard-rock” mining town. He used to drill me about different topics and often advised me about books to read. He also told me to become a coach – so, he saw something in me that I could not recognize in myself at the time.

I remember now that when all the guys were around, Bill was the worst one for “giving me grief”. Being the youngest and smallest I had to expect the ribbing, and actually came to enjoy it. The situation was always different though when it was just he and I working out together. He

My Mother the Weightlifter

“We could not believe our eyes. How could this be? Our mother rose considerably in our estimation that day”

A long, long time ago when I was in my early teens my older brother got me interested in weight training when he bought a set of York (USA) weights, a subscription to Strength & Health and started exercising in our basement.

One of the articles in S & H, I think it was by Dave Wiloughby, was about a device he called a Weaver Stick to measure the strength of your grip. All it was was a rod (broomstick) one meter long with a notch one centimeter from the end. You rested the stick on a table, suspended a weight from the notch, gripped the stick at the other end and with one hand attempted to slowly and smoothly lift the stick off the table. He noted that John Grimek had done 7 ½ pounds the first time he tried it and eventually worked up to 10 pounds.

So, down to the basement my brother and I went, fashioned a Weaver Stick and began to see how much we could lift.

Our mother was also down in the basement doing the washing. She was about 5' - 3" tall and average weight. We had never seen her do or try to do any sport or anything athletic, in fact whenever we would try and give her a playful push she would step back and ask us to be careful because, as she put it, she bruised so easily. That sets the stage for what happened next.

My brother and I kept adding small plates to the Weaver Stick until we got to our maximum - 5 pounds! We were congratulating ourselves on being successful with only 2 ½ pounds less than the mighty Grimek when our mother came over to see what we

were doing. We showed her and before we could caution her not to hurt herself trying to do what we had just done she picked up the stick with the 5 pounds on it with seemingly no effort, said, “you mean like this?”, and then did it a couple more times. Clearly, she could have done more.

We couldn't believe our eyes. How could this be? Our mother rose considerably in our estimation that day. Looking back now its understandable. Mothers in those days worked long hours each day at physically demanding tasks. They didn't need personal trainers and gyms to be strong and fit.

Give the Weaver Stick a try. See if you can beat my mother the weightlifter.

—Donald Buchanan

Pan-Am Championships 2010

It would appear that the 2010 Pan-am championships that were awarded to Canada won't be held at Collingwood as had been planned.

Any club interested in hosting these championships is invited to communicate with Canadian Masters Weightlifting President,

John Margolis, at the address indicated on page 2..

Ma mère l'haltérophile

Il y a très très longtemps quand j'étais jeune adolescent, mon frère aîné m'a intéressé aux poids et haltères quand il s'est procuré un ensemble York USA, un abonnement à *Strength and Health* et qu'il a commencé à s'entraîner dans notre sous-sol.

Un des articles ans S&H, he crois que c'était écrit par Dave Willoughby, décrivait un montage qu'il appelait un « Weaver Stick » pour mesurer la force de votre serrement de main. Il s'agissait simplement d'un bâton (manche à balai) d'un mètre de long avec une entaille à un centimètre du bout. On plaçait le bâton à plat sur une table, on suspendait un poids à l'entaille, et on prenait le bâton par l'autre bout. D'une seule main, on essayait de lever lentement et sans coups le bâton. L'article disait que John Grimek

avait réussi 7 ½ livres à son premier essai et qu'il avait éventuellement réussi à faire 10 livres.

Donc mon frère et moi nous sommes fabriqués un Weaver Stick, et sommes descendus au sous-sol pour vérifier combien nous pouvions lever.

Notre mère était également dans le sous-sol à faire le lavage. Elle mesurait 5'3" et nous ne l'avions jamais vu faire quoi que ce soit d'athlétique. En fait, dès que nous la taquinions et que nous la poussions un peu, elle nous disait de faire attention parce que selon elle, elle se faisait des bleus très facilement.

Mon frère et moi avons ajouté des petites plaques au bâton jusqu'à ce que nous atteignions notre maximum, 5 livres, soit 2.5 livres de moins que le colosse Gri-

mek. C'est alors que notre mère est venu voir ce que nous fabriquions. Nous lui avons montré, et avant même que nous ayons pu lui dire quoi que ce soit, elle prit le bâton avec 5 livres et, sans effort apparent, dit « vous voulez dire comme ceci » et le leva deux fois de plus. Clairement, elle aurait pu faire plus.

Nous ne pouvions en croire nos yeux. Comment était-ce possible ? Notre mère monta considérablement dans notre estime ce jour-là. Avec le recul, ça semble plus facile à croire aujourd'hui. Les mères travaillaient très dur physiquement à cette époque — elles n'avaient pas besoin d'aller au gym pour être fortes et en forme.

Essayez le Weaver Stick et voyez si vous pouvez battre ma mère !

« Comment était-ce possible ? Notre mère monta considérablement dans notre estime ce jour-là. »

Championnats Pan-Am 2010

Il appert que les championnats Pan-Am 2010 qui ont été attribués au Canada et qui devaient se tenir à Collingwood ne pourront y être tenus comm prévu.

Tout club intéressé à être l'hôte de ces championnats est invité à communiquer avec le président de l'association canadienne des haltérophiles maîtres, John Mar-

golis, à l'adresses indiquée à la page 2.

2008 American Masters Championships

| # | Class | Name | Age. | Sn | CJ | Tot | S-M-M |
|---|-------|------|------|----|----|-----|-------|
|---|-------|------|------|----|----|-----|-------|

Women

Age Group W70

| | | | | | | | |
|---|----|-----------------|----|----|----|----|---------|
| 1 | 63 | Dorothy GARDNER | 70 | 29 | 35 | 64 | 145,929 |
|---|----|-----------------|----|----|----|----|---------|

Age Group W65

| | | | | | | | |
|---|----|---------------|----|----|----|----|---------|
| 1 | 69 | Barbara BOYER | 65 | 40 | 53 | 93 | 171,418 |
|---|----|---------------|----|----|----|----|---------|

Age Group W60

| | | | | | | | |
|---|-----|-------------------|----|----|----|----|---------|
| 1 | 75+ | Elizabeth HENSHAW | 62 | 36 | 49 | 85 | 132,785 |
|---|-----|-------------------|----|----|----|----|---------|

Age Group W50

| | | | | | | | |
|---|----|-------------------|----|----|----|-----|---------|
| 1 | 58 | Theresa MALDONADO | 50 | 50 | 58 | 108 | 169,363 |
|---|----|-------------------|----|----|----|-----|---------|

Age Group W40

| | | | | | | | |
|---|----|----------------|----|----|----|-----|--------|
| 1 | 63 | Ellyn ROBINSON | 43 | 45 | 67 | 112 | 155,57 |
|---|----|----------------|----|----|----|-----|--------|

Age Group W35

| | | | | | | | |
|---|----|--------------|----|----|----|-----|---------|
| 1 | 58 | Sheryl COHEN | 35 | 61 | 67 | 128 | 171,066 |
|---|----|--------------|----|----|----|-----|---------|

Men

Age Group M80

| | | | | | | | |
|---|-----|---------------|----|----|----|----|---------|
| 1 | 56 | Eddie OWADA | 83 | 31 | 36 | 67 | 333,991 |
| 1 | 77 | Murray LEVIN | 80 | 20 | 27 | 47 | 164,934 |
| 1 | 105 | Edwin BENGTON | 81 | 33 | 44 | 77 | 241,668 |

Age Group M75

| | | | | | | | |
|---|-----|------------------|----|----|-----|-----|---------|
| 1 | 62 | Arnold KHALFIN | 79 | 32 | 45 | 77 | 282,484 |
| 1 | 69 | Howard COHEN | 76 | 47 | 60 | 107 | 315,704 |
| 1 | 77 | Matvey SOLOVYEV | 76 | 48 | 63 | 111 | 310,166 |
| 1 | 85 | Gonzalo GONZALEZ | 76 | 46 | 54 | 100 | 266,602 |
| + | 85 | George MILLER | 75 | 47 | 55 | 102 | 268,532 |
| 1 | 105 | Don RAMOS | 75 | 80 | 100 | 180 | 435,704 |

Age Group M70

| | | | | | | | |
|---|------|------------------|----|----|-----|-----|---------|
| 1 | 69 | Bill THAGGARD | 74 | 29 | 40 | 69 | 203,116 |
| 1 | 77 | Tom WALTERS | 70 | 52 | 60 | 112 | 271,627 |
| 1 | 85 | Ken MOORE | 71 | 58 | 70 | 128 | 304,243 |
| 2 | 85 | John HARRISON | 71 | 44 | 67 | 111 | 264,385 |
| 3 | 85 | Bob SOUTHERLAN | 70 | 47 | 63 | 110 | 263,653 |
| 1 | 94 | Bob STRANGE | 72 | 70 | 101 | 171 | 399,742 |
| 2 | 94 | Robert CASSIDY | 73 | 45 | 60 | 105 | 253,820 |
| 1 | 105 | Vladimir HEIFETZ | 70 | 55 | 75 | 130 | 281,505 |
| 1 | 105+ | Gordon VARNEDOE | 70 | 60 | 80 | 140 | 278,298 |

Age Group M65

| | | | | | | | |
|---|------|---------------|----|----|-----|-----|---------|
| 1 | 85 | John LOMBARDO | 69 | 62 | 83 | 145 | 335,154 |
| 2 | 85 | Bill WAUGH | 69 | 50 | 70 | 120 | 267,251 |
| 1 | 94 | Gordy SCOLES | 66 | 52 | 69 | 121 | 231,611 |
| 1 | 105+ | Gary DEAL | 68 | 90 | 112 | 202 | 381,185 |
| 2 | 105+ | Terry WALLICK | 65 | 57 | 73 | 130 | 216,992 |
| 3 | 105+ | Kim BUTTS | 65 | 55 | 75 | 130 | 214,032 |

Age Group M60

| | | | | | | | |
|---|------|-----------------|----|----|-----|-----|---------|
| 1 | 69 | John RAFFAELE | 62 | 72 | 79 | 151 | 317,355 |
| 2 | 69 | Bob SWEENEY | 62 | 38 | 40 | 78 | 171,297 |
| 1 | 77 | Rod SPENCER | 60 | 56 | 73 | 129 | 256,866 |
| 2 | 77 | Tim SMITH | 62 | 56 | 71 | 127 | 250,157 |
| 1 | 85 | John SEPPYES | 61 | 60 | 75 | 135 | 253,382 |
| 1 | 94 | Ray HUEBSCHMANN | 64 | 62 | 90 | 152 | 281,655 |
| 1 | 105 | Paul TRAVIS | 62 | 84 | 106 | 190 | 322,090 |
| 2 | 105 | Martin BOLICK | 61 | 75 | 103 | 178 | 303,711 |
| + | 105 | Craig SHUMAKER | 60 | 73 | 91 | 164 | 274,577 |
| 1 | 105+ | Robert CHANDLER | 63 | 68 | 86 | 154 | 262,673 |

| # | Class | Name | Age. | Sn | CJ | Tot | S-M-M |
|---|-------|------|------|----|----|-----|-------|
|---|-------|------|------|----|----|-----|-------|

Age Group M55

| | | | | | | | |
|---|------|-----------------|----|-----|-----|-----|---------|
| 1 | 56 | Dane HUSSEY | 59 | 45 | 63 | 108 | 256,861 |
| 1 | 69 | Van CRAMER | 56 | 62 | 80 | 142 | 265,632 |
| 2 | 69 | Guy HORNSBY | 56 | 60 | 75 | 135 | 250,233 |
| 1 | 77 | Thomas ZUCCA | 56 | 65 | 93 | 158 | 275,190 |
| 2 | 77 | Art DONAHOE | 58 | 53 | 64 | 117 | 212,147 |
| 1 | 85 | Serhiy SKORYK | 55 | 80 | 110 | 190 | 304,713 |
| 1 | 94 | Tom WITHERSPOON | 59 | 58 | 75 | 133 | 227,408 |
| 1 | 105 | David MELTZER | 56 | 85 | 120 | 205 | 308,630 |
| 2 | 105 | Brad RHODES | 55 | 70 | 65 | 135 | 197,788 |
| 1 | 105+ | Ron SUMMERS | 56 | 107 | 132 | 239 | 349,006 |

Age Group M50

| | | | | | | | |
|---|------|-----------------|----|-----|-----|-----|---------|
| 1 | 77 | Jack DLUZEN | 53 | 72 | 95 | 167 | 278,907 |
| 1 | 94 | Steve COLOHAN | 50 | 85 | 108 | 193 | 276,800 |
| 2 | 94 | Walter WARREN | 53 | 80 | 110 | 190 | 279,473 |
| 3 | 94 | Thomas BANISTER | 51 | 80 | 110 | 190 | 270,817 |
| 1 | 105 | Scott RAGAN | 51 | 100 | 127 | 227 | 309,174 |
| 2 | 105 | Geoff HEGEDUS | 51 | 72 | 111 | 183 | 251,349 |
| 3 | 105 | James MATHEWS | 53 | 78 | 105 | 183 | 258,776 |
| 4 | 105 | John WHEELER | 52 | 70 | 80 | 150 | 212,596 |
| 1 | 105+ | Leonard BACINO | 51 | 101 | 120 | 221 | 291,023 |
| 2 | 105+ | Daniel BOLAND | 52 | 86 | 100 | 186 | 249,588 |
| 3 | 105+ | Jimmie KELTON | 53 | 56 | 66 | 122 | 157,746 |

Age Group M45

| | | | | | | | |
|---|------|----------------|----|----|-----|-----|---------|
| 1 | 56 | Glenn MURPHY | 49 | 49 | 64 | 113 | 221,362 |
| 1 | 77 | Teddy BINETTE | 48 | 78 | 98 | 176 | 271,649 |
| 1 | 85 | Gary PRESTON | 47 | 90 | 108 | 198 | 287,463 |
| 2 | 85 | Donald WASSON | 48 | 83 | 104 | 187 | 277,650 |
| 3 | 85 | John CROWNE | 48 | 82 | 105 | 187 | 273,833 |
| 1 | 94 | Bruce SOLOMON | 49 | 90 | 125 | 215 | 300,631 |
| 2 | 94 | Charles STALEY | 49 | 74 | 100 | 174 | 243,190 |
| 1 | 105 | Joe TRIOLO | 49 | 91 | 101 | 192 | 263,451 |
| 1 | 105+ | Jeff SCOTT | 49 | 85 | 117 | 202 | 266,323 |
| 2 | 105+ | Eric NOFSINGER | 46 | 70 | 92 | 162 | 195,722 |

Age Group M40

| | | | | | | | |
|---|------|----------------|----|-----|-----|-----|---------|
| 1 | 85 | Keye DAUS | 44 | 98 | 115 | 213 | 304,865 |
| 2 | 85 | David BROWN | 44 | 80 | 110 | 190 | 268,796 |
| 1 | 94 | Mark IOCOVOZZI | 44 | 63 | 90 | 153 | 214,076 |
| 2 | 94 | Larry DELOACH | 43 | 65 | 80 | 145 | 200,075 |
| 1 | 105 | Clint SILON | 41 | 93 | 107 | 200 | 252,857 |
| 1 | 105+ | Bull TERNUS | 43 | 105 | 140 | 245 | 299,617 |
| 2 | 105+ | Douglas LANE | 40 | 90 | 110 | 200 | 241,253 |

Age Group M35

| | | | | | | | |
|---|------|----------------|----|-----|-----|-----|---------|
| 1 | 69 | Gunther FARFAN | 39 | 80 | 110 | 190 | 286,683 |
| 1 | 77 | Mark ROMANO | 39 | 88 | 108 | 196 | 277,809 |
| 1 | 85 | Chris DOUGHTY | 38 | 110 | 130 | 240 | 321,030 |
| 1 | 94 | Lewis BRYANT | 36 | 99 | 127 | 226 | 279,858 |
| 2 | 94 | Michael COOLEY | 37 | 94 | 121 | 215 | 273,721 |
| 1 | 105 | Brett MEIER | 36 | 60 | 90 | 150 | 178,700 |
| 1 | 105+ | Matt FOREMAN | 36 | 138 | 165 | 303 | 341,892 |
| 2 | 105+ | John FULLEN | 38 | 90 | 135 | 225 | 261,039 |

November 1st - 2nd, 2008

Anderson / Cohen Weightlifting Center
 Savannah, GA

Results courtesy of Les Simonton. For full results, see
<http://www.mastersweightlifting.org/results/2008am.htm>

2008 American Masters Championships (continued)

Women's Grand Master — Barbara Boyer

| Name | Weight Class | Body Weight | Age Group | Age | Best Snatch | Best Jerk | Total | S-M-M Total |
|-------------------|--------------|-------------|-----------|-----|-------------|-----------|-------|-------------|
| Dorothy GARDNER | 63 | 63,00 | W70 | 70 | 29 | 35 | 64 | 145,9285 |
| Barbara BOYER | 69 | 68,30 | W65 | 65 | 40 | 53 | 93 | 171,4185 |
| Elizabeth HENSHAW | 75+ | 104,00 | W60 | 62 | 36 | 49 | 85 | 132,7849 |
| Theresa MALDONADO | 58 | 57,00 | W50 | 50 | 50 | 58 | 108 | 169,3632 |
| Ellyn ROBINSON | 63 | 62,35 | W40 | 43 | 45 | 67 | 112 | 155,5703 |
| Sheryl COHEN | 58 | 57,95 | W35 | 35 | 61 | 67 | 128 | 171,0662 |

Men's Grand Master — Don Ramos

| Name | Weight Class | Body Weight | Age Group | Age | Best Snatch | Best Jerk | Total | S-M-M Total |
|---------------|--------------|-------------|-----------|-----|-------------|-----------|-------|-------------|
| Eddie OWADA | 56 | 55,30 | M80 | 83 | 31 | 36 | 67 | 333,9909 |
| Don RAMOS | 105 | 94,40 | M75 | 75 | 80 | 100 | 180 | 435,7041 |
| Bob STRANGE | 94 | 92,75 | M70 | 72 | 70 | 101 | 171 | 399,7422 |
| Gary DEAL | 105+ | 113,25 | M65 | 68 | 90 | 112 | 202 | 381,1846 |
| Paul TRAVIS | 105 | 104,65 | M60 | 62 | 84 | 106 | 190 | 322,0902 |
| Ron SUMMERS | 105+ | 114,70 | M55 | 56 | 107 | 132 | 239 | 349,0063 |
| Scott RAGAN | 105 | 104,85 | M50 | 51 | 100 | 127 | 227 | 309,1737 |
| Bruce SOLOMON | 94 | 93,80 | M45 | 49 | 90 | 125 | 215 | 300,6307 |
| Keye DAUS | 85 | 81,80 | M40 | 44 | 98 | 115 | 213 | 304,8652 |
| Matt FOREMAN | 105+ | 122,20 | M35 | 36 | 138 | 165 | 303 | 341,8918 |

**WEIGHTLIFTING EQUIPMENT
AND
ENERGY CLUB SPORTSWEAR**

**IAIN DOUGLAS
MAV-RIK CANADA**

160 QUEEN STREET EAST, BRAMPTON, ONTARIO L9V 1B3 CANADA

PHONE: 1-905-451-1645

2008 World Masters Championships

| # | Class | Name | Nat. | Sn | CJ | Total | S-M-M |
|---|-------|------|------|----|----|-------|-------|
|---|-------|------|------|----|----|-------|-------|

Women

Age Group W65

| | | | | | | | |
|---|-----|-----------------|-----|----|----|-----------|---------|
| 1 | 53 | Victoria BRADY | AUS | 28 | 31 | 59 | 131,254 |
| 1 | 63 | Dorothy GARDNER | USA | 25 | 35 | 60 | 137,484 |
| 1 | 75+ | Marilyn MUNKRES | USA | 34 | 47 | 81 | 144,496 |

Age Group W60

| | | | | | | | |
|---|-----|----------------|-----|----|----|------------|---------|
| 1 | 63 | Dagmar MCSWAIN | GER | 28 | 41 | 69 | 135,378 |
| 2 | 63 | Elaine JANES | AUS | 25 | 35 | 60 | 112,140 |
| 1 | 75 | Judy QUINN | CAN | 37 | 48 | 85 | 139,733 |
| 1 | 75+ | Mary MCGREGOR | USA | 43 | 63 | 106 | 165,020 |
| 2 | 75+ | Janis Ann KERR | GBR | 38 | 45 | 83 | 132,132 |

Age Group W55

| | | | | | | | |
|---|-----|------------------------------|-----|----|----|------------|---------|
| 1 | 58 | Margot SCHUKIES | GER | 40 | 54 | 94 | 163,962 |
| 2 | 58 | Gwendolyn LEICK | GBR | 34 | 44 | 78 | 138,980 |
| 1 | 63 | Magdalini ROILIDOU-TSITSOULA | GRE | 38 | 52 | 90 | 151,771 |
| 2 | 63 | Valerie SILVER | AUS | 27 | 35 | 62 | 110,471 |
| 1 | 69 | Jill MILLER | CAN | 38 | 53 | 91 | 146,373 |
| 2 | 69 | Eugenia BEKATOROU | GRE | 35 | 48 | 83 | 133,021 |
| 1 | 75 | Bronwin Mary CARTER | GBR | 44 | 57 | 101 | 154,758 |
| 1 | 75+ | Natalia ZUBEKHINA | RUS | 50 | 55 | 105 | 150,010 |

Age Group W50

| | | | | | | | |
|---|-----|----------------------|-----|----|----|------------|---------|
| 1 | 48 | Suzie HILL | CAN | 28 | 40 | 68 | 135,762 |
| 1 | 53 | Marga JORGENSEN | DEN | 45 | 61 | 106 | 185,714 |
| 1 | 58 | Coral Ann QUINELL | AUS | 50 | 58 | 108 | 173,857 |
| 2 | 58 | Caroline CHARLES | GBR | 44 | 45 | 89 | 146,943 |
| 3 | 58 | Harumi SAWA | JPN | 30 | 40 | 70 | 112,892 |
| 1 | 63 | Lene LARSEN | DEN | 37 | 48 | 85 | 130,218 |
| 2 | 63 | Nadezda GAGARINSKAYA | RUS | 40 | 44 | 84 | 134,214 |
| 1 | 69 | Jean MCCONVILLE | SCO | 51 | 65 | 116 | 170,381 |
| 2 | 69 | Grace MORRISON | AUS | 45 | 62 | 107 | 160,258 |
| - | 75 | Marie ORSAGOVA | CZE | 57 | 75 | 0 | 183,642 |
| 1 | 75+ | Jackie BATES | GBR | 50 | 74 | 124 | 160,332 |
| 2 | 75+ | Claire CAMERON | SCO | 40 | 54 | 94 | 117,990 |

Age Group W45

| | | | | | | | |
|---|-----|-----------------------|-----|----|----|------------|---------|
| 1 | 48 | Manon POLIN-CYR | CAN | 47 | 60 | 107 | 187,481 |
| 1 | 53 | Gudrun SCHMIDBERGER | GER | 51 | 54 | 105 | 172,900 |
| 2 | 53 | Deborah HUDSON | USA | 42 | 58 | 100 | 162,416 |
| 3 | 53 | Evelyne CARRE | FRA | 37 | 49 | 86 | 139,872 |
| 1 | 58 | Sayuri IWANAGA | JPN | 57 | 70 | 127 | 195,654 |
| 1 | 69 | Amanda Katalin MILLER | AUS | 43 | 56 | 99 | 134,727 |
| 1 | 75+ | Sandra SMITH | GBR | 62 | 86 | 148 | 180,006 |

| # | Class | Name | Nat. | Sn | CJ | Total | S-M-M |
|---|-------|------|------|----|----|-------|-------|
|---|-------|------|------|----|----|-------|-------|

Age Group W40

| | | | | | | | |
|---|-----|------------------------------|-----|----|----|------------|---------|
| 1 | 53 | Debbie MILLET | USA | 53 | 60 | 113 | 173,293 |
| 1 | 58 | Diana LOY | AUS | 57 | 76 | 133 | 194,308 |
| 1 | 63 | Annett DAMME | GER | 57 | 80 | 137 | 192,015 |
| - | 63 | Corinne GROTENHUIS | USA | 62 | 0 | 0 | 0,000 |
| 1 | 69 | Ellyn ROBINSON | USA | 47 | 65 | 112 | 154,497 |
| 2 | 69 | Alea FAIRCHILD | BEL | 45 | 62 | 107 | 145,284 |
| 1 | 75 | Laura Denise RAMSAY-OVERRALL | TRI | 81 | 95 | 176 | 224,009 |
| 1 | 75+ | Maria TAKACS | HUN | 72 | 93 | 165 | 200,401 |
| 2 | 75+ | Maria Lourdes RUIZ | NCA | 65 | 93 | 158 | 198,484 |
| 3 | 75+ | Anastasia AKTIPI | GRE | 67 | 86 | 153 | 173,808 |
| 4 | 75+ | Susana Mariela PERRONE | ITA | 65 | 81 | 146 | 183,484 |

Age Group W35

| | | | | | | | |
|----|-----|------------------------|-----|----|-----|------------|---------|
| 1 | 48 | Chrystel INABNIT | FRA | 45 | 55 | 100 | 158,358 |
| 1 | 53 | Esmeralda PERDOMO | VEN | 65 | 82 | 147 | 222,665 |
| IN | 53 | Nina MAGOMEDOVA | RUS | 62 | 75 | 137 | 205,720 |
| 1 | 63 | Claire CONAN | FRA | 60 | 77 | 137 | 180,953 |
| 2 | 63 | Carmen GARCIA | VEN | 45 | 55 | 100 | 131,884 |
| 1 | 75 | Susanna SAMUELSSON | FIN | 70 | 87 | 157 | 182,496 |
| 2 | 75 | Stéphanie ANGOSTON | FRA | 64 | 80 | 144 | 169,258 |
| 1 | 75+ | Eva DIMAS | ESA | 96 | 117 | 213 | 234,630 |
| 2 | 75+ | Dorthe Salin LAURIDSEN | DEN | 51 | 61 | 112 | 124,656 |
| 3 | 75+ | Olga USOLTSEVA | RUS | 48 | 61 | 109 | 125,274 |

IN - Ineligible

September 27 - October 4, 2008

Argostoli, Kefalonia, Greece

Results courtesy of Les Simonton. For full results, see
<http://www.iwfmasters.net/results/2008world.htm>

2008 World Masters Championships (continued)

| # | Class | Name | Nat. | Sn | CJ | Total | S-M-M |
|----------------------|-------|---------------------|------|----|----|------------|---------|
| Men | | | | | | | |
| Age Group M80 | | | | | | | |
| 1 | 69 | Karel SAITL | CZE | 47 | 54 | 101 | 451,573 |
| 1 | 77 | Tormod JENSEN | NOR | 30 | 37 | 67 | 264,803 |
| 1 | 105 | Kurt A. ROSENBERGER | GER | 41 | 55 | 96 | 289,900 |
| 2 | 105 | Wilfrid CHAPMAN | AUS | 33 | 43 | 76 | 281,984 |
| 3 | 105 | Jack LANO | USA | 30 | 36 | 66 | 253,584 |

Age Group M75

| | | | | | | | |
|---|-----|-----------------------------|-----|----|----|------------|---------|
| 1 | 56 | Christopher PITSIS | GRE | 51 | 59 | 110 | 400,080 |
| 2 | 56 | Yrjo HAATANEN | FIN | 47 | 57 | 104 | 347,942 |
| 3 | 56 | Rudolf KOTLIKOV | USA | 43 | 57 | 100 | 345,826 |
| 1 | 62 | Yutaka NAKASHIMA | JPN | 48 | 60 | 108 | 357,192 |
| 2 | 62 | Vasily ZUBOV | RUS | 43 | 58 | 101 | 330,373 |
| 1 | 69 | Lev EPSHTEYN | USA | 51 | 66 | 117 | 349,404 |
| 2 | 69 | Howard COHEN | USA | 48 | 63 | 111 | 328,700 |
| 3 | 69 | Vaclav POPILKA | CZE | 47 | 57 | 104 | 353,196 |
| 1 | 77 | Marcel PERRON | CAN | 68 | 90 | 158 | 426,006 |
| 2 | 77 | Moahammedesmaeil GHADAMGAHI | IRI | 55 | 70 | 125 | 342,159 |
| 3 | 77 | Vaino KUPARI | FIN | 45 | 57 | 102 | 285,202 |
| 4 | 77 | Donald BUCHANAN | CAN | 43 | 53 | 96 | 273,441 |
| 1 | 85 | Albert KOZEMOV | RUS | 59 | 75 | 134 | 364,518 |
| 1 | 94 | Don RAMOS | USA | 75 | 92 | 167 | 409,764 |
| 2 | 94 | Klaus OBERGFELL | GER | 53 | 70 | 123 | 324,998 |
| 3 | 94 | Heinz SCHULZ | GER | 46 | 55 | 101 | 264,702 |
| 1 | 105 | Donald WALKER | GBR | 53 | 70 | 123 | 297,222 |

Age Group M70

| | | | | | | | |
|---|----|------------------------|-----|----|-----|------------|---------|
| 1 | 56 | Yriy BUSYGIN | RUS | 43 | 55 | 98 | 334,793 |
| 2 | 56 | Mykola SOYNIKOV | UKR | 41 | 56 | 97 | 297,476 |
| 3 | 56 | Yevgen TAMCHI | UKR | 40 | 55 | 95 | 309,941 |
| 1 | 62 | Teddy KAPLAN | ISR | 60 | 80 | 140 | 422,041 |
| 2 | 62 | Horst NITSCHKE | GER | 51 | 60 | 111 | 322,608 |
| 3 | 62 | Georg SCHALL | GER | 46 | 61 | 107 | 329,501 |
| 4 | 62 | Hisao YONEDA | JPN | 49 | 58 | 107 | 317,305 |
| 1 | 69 | Kozo KATSURAGAWA | JPN | 70 | 88 | 158 | 411,202 |
| 2 | 69 | Hiroshi KOGA | JPN | 63 | 76 | 139 | 377,239 |
| 3 | 69 | Kroum VELTCHEV | BUL | 53 | 75 | 128 | 361,280 |
| 1 | 77 | Eduard ZHYHALKA | BLR | 63 | 78 | 141 | 393,424 |
| 2 | 77 | Sekio TAKAHASHI | JPN | 63 | 75 | 138 | 354,719 |
| 3 | 77 | Maekawa MASAKI | JPN | 58 | 78 | 136 | 359,964 |
| 4 | 77 | Peter GUSTAVIK | AUT | 57 | 75 | 132 | 335,256 |
| 5 | 77 | Erling HANSEN | DEN | 55 | 75 | 130 | 315,734 |
| 6 | 77 | Rafael ARENAS | VEN | 50 | 75 | 125 | 327,258 |
| 7 | 77 | Soshichi SHIBASAKA | JPN | 46 | 58 | 104 | 287,730 |
| 8 | 77 | Jose POSTIGO | DOM | 40 | 55 | 95 | 242,009 |
| 1 | 85 | Emery CHEVRIER | CAN | 80 | 103 | 183 | 453,879 |
| 2 | 85 | Rolf PETER | GER | 77 | 100 | 177 | 411,295 |
| 3 | 85 | Karel VOJVODIK | CZE | 70 | 81 | 151 | 356,568 |
| 4 | 85 | Werner DEPPNER | GER | 62 | 81 | 143 | 364,801 |
| 5 | 85 | Edward David FERGUSSON | CAN | 50 | 67 | 117 | 293,680 |
| 6 | 85 | Efim FREGER | RUS | 47 | 60 | 107 | 254,751 |
| - | 85 | Valto MASALIN | FIN | 57 | 0 | 0 | 0,000 |

| | | | | | | | |
|---|------|----------------------|-----|----|----|------------|---------|
| 1 | 94 | Heinz KUHN | GER | 65 | 90 | 155 | 353,007 |
| 2 | 94 | William DEPARD | SCO | 63 | 80 | 143 | 344,752 |
| 3 | 94 | Johann SCHIPANY | AUT | 63 | 75 | 138 | 304,333 |
| 4 | 94 | Robert CRISP | GBR | 53 | 70 | 123 | 294,559 |
| 1 | 105 | Anatoliy SHEKHOVTSOV | UKR | 76 | 95 | 171 | 364,631 |
| 2 | 105 | Johann KARLHOFER | AUT | 70 | 85 | 155 | 338,037 |
| 3 | 105 | Joachim MITTMANN | GER | 67 | 83 | 150 | 334,650 |
| 1 | 105+ | Gunter SCHMOLKE | GER | 72 | 94 | 166 | 344,947 |
| 2 | 105+ | Lev NIKIFOROV | RUS | 72 | 94 | 166 | 344,062 |
| 3 | 105+ | James FERGUSON | SCO | 70 | 93 | 163 | 326,420 |
| 4 | 105+ | Hans EHLENZ | GER | 71 | 84 | 155 | 349,124 |
| 5 | 105+ | Kare SØMME | NOR | 65 | 85 | 150 | 304,371 |

Age Group M65

| | | | | | | | |
|---|-----|-----------------------------|-----|----|-----|------------|---------|
| 1 | 56 | Miroslav KUBINEC | CZE | 53 | 66 | 119 | 346,581 |
| 2 | 56 | Yasuhiro NAGAHO | JPN | 50 | 66 | 116 | 315,367 |
| 3 | 56 | Kenneth MALLINSON | GBR | 52 | 62 | 114 | 318,594 |
| 4 | 56 | Matti OKSANEN | FIN | 43 | 65 | 108 | 302,313 |
| 5 | 56 | Monroe Ben NOWOTNY | USA | 42 | 50 | 92 | 268,063 |
| 1 | 62 | Egor KULIKOV | RUS | 64 | 82 | 146 | 372,918 |
| 2 | 62 | Yasuo MOTOYAMA | JPN | 60 | 77 | 137 | 340,905 |
| 3 | 62 | Isao IKEDA | JPN | 58 | 73 | 131 | 318,441 |
| 4 | 62 | Glenn HARRIS | USA | 52 | 77 | 129 | 321,421 |
| 5 | 62 | Ernst REUSCH | GER | 54 | 69 | 123 | 318,740 |
| 6 | 62 | Claus HESS | GER | 52 | 70 | 122 | 327,852 |
| 7 | 62 | Silvestre FONSECA | POR | 50 | 68 | 118 | 303,734 |
| 8 | 62 | Shuhei IWASAKI | JPN | 50 | 68 | 118 | 292,649 |
| 1 | 69 | Yasuji SUZUKI | JPN | 68 | 82 | 150 | 332,439 |
| 2 | 69 | Tadashi MANO | JPN | 70 | 80 | 150 | 345,599 |
| 3 | 69 | Friedrich DR. FABER | GER | 65 | 83 | 148 | 355,466 |
| 4 | 69 | Victor IONIN | RUS | 60 | 77 | 137 | 317,136 |
| 5 | 69 | Billy CABALL | IRL | 50 | 62 | 112 | 254,693 |
| 1 | 77 | Piotr KOWALEWSKI | POL | 78 | 105 | 183 | 389,981 |
| 2 | 77 | Akihiko TAKESHITA | JPN | 68 | 81 | 149 | 315,817 |
| 3 | 77 | Cyril PETERS | GBR | 61 | 78 | 139 | 307,114 |
| 4 | 77 | Pavel KLATIL | CZE | 60 | 76 | 136 | 292,386 |
| 1 | 85 | Viktor RACK | GER | 86 | 110 | 196 | 418,482 |
| 2 | 85 | Mohammad GHORBANALI TEHRANI | IRI | 75 | 100 | 175 | 340,519 |
| 3 | 85 | Friedrich STEINER | AUT | 72 | 100 | 172 | 385,389 |
| 4 | 85 | John MARGOLIS | CAN | 68 | 85 | 153 | 312,744 |
| 5 | 85 | Ole CARSTENSEN | DEN | 65 | 88 | 153 | 297,498 |
| 6 | 85 | Doug SINCLAIR | CAN | 65 | 85 | 150 | 307,387 |
| 7 | 85 | Wilhelm QUAST | GER | 65 | 78 | 143 | 286,649 |
| 8 | 85 | Leif UGELSTAD | NOR | 60 | 76 | 136 | 266,077 |
| 9 | 85 | Roald BJERKHOLT | NOR | 60 | 70 | 130 | 276,211 |
| 1 | 94 | Laszlo SZEPESSY | HUN | 85 | 110 | 195 | 370,681 |
| 2 | 94 | Valeriy KRUSHLINSKIY | RUS | 80 | 105 | 185 | 361,803 |
| 3 | 94 | Preben PETERSEN | DEN | 65 | 89 | 154 | 328,415 |
| 4 | 94 | Manfred WERRA | GER | 67 | 82 | 149 | 301,198 |
| 5 | 94 | Horst JOOSS | GER | 70 | 75 | 145 | 298,455 |
| 6 | 94 | Yasumasa OMORI | JPN | 60 | 80 | 140 | 289,059 |
| 1 | 105 | Hans BEISIGIEL | GER | 78 | 115 | 193 | 396,332 |
| 2 | 105 | Walter SCHUSLER | GER | 81 | 108 | 189 | 349,292 |

2008 World Masters Championships (continued)

| # | Class | Name | Nat. | Sn | CJ | Total | S-M-M |
|---|-------|------------------|------|----|-----|------------|---------|
| 1 | 105+ | Alexander MOSHOS | USA | 85 | 100 | 185 | 328,269 |
| 2 | 105+ | Klaus SAMER | GER | 75 | 95 | 170 | 311,698 |
| 3 | 105+ | Vladimir JAROS | CZE | 68 | 85 | 153 | 276,584 |
| - | 105+ | Boo AHLIN | SWE | 53 | 0 | 0 | 0,000 |

Age Group M60

| | | | | | | | |
|----|------|---------------------------|-----|-----|-----|------------|---------|
| 1 | 56 | Jan HELEBRANT | CZE | 60 | 71 | 131 | 322,644 |
| 2 | 56 | Yukihiro SUZUKI | JPN | 60 | 70 | 130 | 316,229 |
| 3 | 56 | Karl-Heinz FECHTER | GER | 40 | 52 | 92 | 249,747 |
| 1 | 62 | Karel PROHL | CZE | 76 | 100 | 176 | 410,627 |
| 2 | 62 | Vadim KUKOVEROV | RUS | 60 | 80 | 140 | 312,976 |
| 1 | 69 | Yuriy LAGUTIN | RUS | 77 | 95 | 172 | 348,575 |
| 2 | 69 | Romas MATAZINSKAS | LTU | 72 | 98 | 170 | 366,878 |
| 3 | 69 | Sbigniew MAKOWSKI | POL | 73 | 95 | 168 | 346,195 |
| 4 | 69 | Toshinobu TASHIMA | JPN | 67 | 80 | 147 | 304,532 |
| 5 | 69 | Kinya KONNO | JPN | 70 | 75 | 145 | 294,196 |
| 6 | 69 | Siegfried ROSENGARD | GER | 65 | 78 | 143 | 307,757 |
| 7 | 69 | Michael HAGER | GER | 60 | 80 | 140 | 289,356 |
| 8 | 69 | Ken MILLER | CAN | 57 | 83 | 140 | 288,386 |
| 9 | 69 | Nikolay KUDLAY | RUS | 60 | 80 | 140 | 301,731 |
| - | 69 | Andrej BORKIEWICZ | POL | 78 | 0 | 0 | 0,000 |
| 1 | 77 | Takashi OKADA | JPN | 80 | 98 | 178 | 340,519 |
| 2 | 77 | Bernard HALGAND | FRA | 80 | 95 | 175 | 349,958 |
| 3 | 77 | Janos TOROK | HUN | 80 | 90 | 170 | 347,840 |
| 4 | 77 | Kenji WATANABE | JPN | 75 | 85 | 160 | 318,266 |
| 5 | 77 | Karl-Heinz SPAHN | GER | 66 | 90 | 156 | 295,061 |
| 6 | 77 | Tony EBERT | NZL | 66 | 90 | 156 | 300,116 |
| 7 | 77 | Jozef NOSICKY | CZE | 70 | 85 | 155 | 300,559 |
| 8 | 77 | Richard WALTER | AUT | 69 | 80 | 149 | 301,014 |
| 9 | 77 | Francois BIGOT | FRA | 66 | 80 | 146 | 282,889 |
| 10 | 77 | Fred LOWE | USA | 73 | 60 | 133 | 258,681 |
| 1 | 85 | Pavel KULIKOVSKI | BLR | 87 | 110 | 197 | 371,879 |
| 2 | 85 | Graziano MAGRIS | ITA | 83 | 111 | 194 | 361,051 |
| 3 | 85 | Zbigniew KRUCZKIEWICZ | POL | 82 | 104 | 186 | 337,087 |
| 4 | 85 | Valerio FONTANALS | ESA | 81 | 100 | 181 | 324,757 |
| 5 | 85 | Inge FALTH | SWE | 79 | 99 | 178 | 318,938 |
| 6 | 85 | Reinhard KOSSMANN | GER | 63 | 88 | 151 | 273,231 |
| 1 | 94 | Stefan JAKOBSSON | SWE | 97 | 119 | 216 | 375,757 |
| 2 | 94 | Ebrahim POURDEJAM KHORAMI | IRI | 96 | 117 | 213 | 387,783 |
| 3 | 94 | Alois STOIFL | AUT | 90 | 105 | 195 | 339,847 |
| 4 | 94 | Alfred WAGNER | GER | 76 | 106 | 182 | 344,123 |
| 5 | 94 | Ulf Georg LARSSON | SWE | 70 | 92 | 162 | 280,885 |
| 6 | 94 | John WALTON | GBR | 70 | 85 | 155 | 282,232 |
| 7 | 94 | Kazunori TAKODA | JPN | 64 | 90 | 154 | 280,847 |
| 1 | 105 | Laurence MCCONNELL | IRL | 105 | 135 | 240 | 422,565 |
| 2 | 105 | Jane NYSTROM | NOR | 86 | 110 | 196 | 342,990 |
| 3 | 105 | Boris BOSTANOV | RUS | 75 | 95 | 170 | 294,082 |
| 4 | 105 | Pierre LE BAILLY | FRA | 69 | 95 | 164 | 296,654 |
| 1 | 105+ | Manfred SCHRODER | GER | 91 | 125 | 216 | 356,492 |
| 2 | 105+ | Evgeniy SIDOROK | RUS | 88 | 120 | 208 | 344,940 |
| 3 | 105+ | Jozef EJSMONT | POL | 85 | 116 | 201 | 328,867 |
| 4 | 105+ | Werner STEINER | AUT | 90 | 109 | 199 | 327,528 |
| - | 105+ | Sabbas KAPPATOS | GRE | 85 | 0 | 0 | 0,000 |

| # | Class | Name | Nat. | Sn | CJ | Total | S-M-M |
|----------------------|-------|--------------------------|------|-----|------|------------|---------|
| Age Group M55 | | | | | | | |
| 1 | 56 | Iurii LAGUNOV | UKR | 65 | 89 | 154 | 340,245 |
| 2 | 56 | Jakov GOROVITS | ISR | 70 | 83 | 153 | 331,893 |
| 3 | 56 | Anatoliy LAVROV | BLR | 71 | 79 | 150 | 317,717 |
| - | 56 | Jiri BRODSKY | CZE | 46 | 0 | 0 | 0,000 |
| - | 56 | Mohammad DAR BEHESHTI | IRI | 0 | 0 | 0 | 0,000 |
| 1 | 62 | Volodymyr ZHABOKRYTSYKYI | UKR | 75 | 97 | 172 | 335,923 |
| 2 | 62 | Hiroshi SAKO | JPN | 75 | 95 | 170 | 351,798 |
| 3 | 62 | Yves CARIGNAN | CAN | 72 | 97 | 169 | 337,172 |
| 4 | 62 | German ADLER | ISR | 61 | 84 | 145 | 283,530 |
| 1 | 69 | Johann ANGLBERGER | AUT | 80 | 104 | 184 | 356,868 |
| 2 | 69 | Yadollah BAGHERI ESFEH | IRI | 81 | 98 | 179 | 331,602 |
| 3 | 69 | Patrick Daniel ATTERIDGE | GBR | 70 | 96 | 166 | 314,044 |
| 4 | 69 | Vlastimir KLIMEK | CZE | 71 | 93 | 164 | 314,441 |
| 5 | 69 | Masahiro HATANAKA | JPN | 70 | 85 | 155 | 289,724 |
| 1 | 77 | Roland CHAVIGNY | FRA | 92 | 118 | 210 | 385,069 |
| 2 | 77 | Marian SKRAJNOWSKI | POL | 90 | 106 | 196 | 332,407 |
| 3 | 77 | Johann SCHÖBERL | AUT | 85 | 109 | 194 | 338,409 |
| 4 | 77 | Detlef AUGUSTIN | GER | 85 | 108 | 193 | 356,145 |
| 5 | 77 | Lothar SCHULZE | GER | 68 | 95 | 163 | 299,401 |
| 6 | 77 | Yoshitaro SATO | JPN | 75 | 88 | 163 | 284,508 |
| 1 | 85 | Chris DARIOTIS | USA | 96 | 122 | 218 | 384,086 |
| 2 | 85 | Peter SIMON | GER | 98 | 115 | 213 | 342,272 |
| 3 | 85 | Guennadi MOYRACHOV | RUS | 93 | 115 | 208 | 360,404 |
| 4 | 85 | Haruhiko OSAWA | JPN | 90 | 100 | 190 | 319,390 |
| 5 | 85 | Craig BOWMAN | CAN | 66 | 95 | 161 | 293,722 |
| - | 85 | Dominique VAUGIN | FRA | -75 | 0 | 0 | 0,000 |
| 1 | 94 | Mohammad NOURI | IRI | 96 | 118 | 214 | 343,561 |
| 2 | 94 | Gerd KLEINSCHMIDT | GER | 97 | 116 | 213 | 334,252 |
| 3 | 94 | Leslie SCRANNAGE | GBR | 95 | 114 | 209 | 319,786 |
| 4 | 94 | Jean-Paul BELMAS | FRA | 87 | 115 | 202 | 340,382 |
| - | 94 | Witold SZCZESNY | POL | 86 | -120 | 0 | 0,000 |
| 1 | 105 | Sakhy KLYCHBAEV | RUS | 95 | 115 | 210 | 311,905 |
| 2 | 105 | Willi ROTTE | GER | 87 | 119 | 206 | 325,143 |
| 3 | 105 | David Elliott MELTZER | USA | 85 | 114 | 199 | 299,780 |
| 4 | 105 | Ludwig-Josef VOGL | GER | 78 | 113 | 191 | 284,227 |
| 5 | 105 | Gerard DESPECHE | FRA | 80 | 110 | 190 | 307,065 |
| 6 | 105 | Nikolaus SARAPATSANOS | GER | 83 | 106 | 189 | 291,270 |
| 7 | 105 | Bruno SAVOLDELLI | FRA | 80 | 98 | 178 | 279,737 |
| - | 105 | Volodymyr NAGALYUK | UKR | 80 | 0 | 0 | 0,000 |
| 1 | 105+ | Preben KREBS | DEN | 98 | 133 | 231 | 354,376 |
| 2 | 105+ | Wieslaw STEC | POL | 96 | 125 | 221 | 327,906 |
| 3 | 105+ | Jan HINRICHSEN | SWE | 95 | 120 | 215 | 293,540 |
| 4 | 105+ | Valery TERESHKO | RUS | 83 | 107 | 190 | 283,580 |
| 5 | 105+ | Anatoly TRISHIN | RUS | 80 | 92 | 172 | 260,289 |

2008 World Masters Championships (continued)

Age Group M50

| | | | | | | | |
|---|------|----------------------|-----|-----|------|------------|---------|
| 1 | 56 | Leszek WASNIEWSKI | POL | 60 | 76 | 136 | 268,107 |
| 1 | 62 | Alain BELLI | FRA | 74 | 96 | 170 | 308,579 |
| 2 | 62 | Makoto OTSUKA | JPN | 79 | 90 | 169 | 307,795 |
| 3 | 62 | Geza PATROVICS | HUN | 77 | 90 | 167 | 318,554 |
| 4 | 62 | Walter KRETZ | GER | 60 | 83 | 143 | 272,514 |
| - | 62 | Jean Marc PEDROLA | FRA | 52 | -75 | 0 | 0,000 |
| 1 | 69 | Andy SEABER | GBR | 106 | 116 | 222 | 382,580 |
| 2 | 69 | Harald HERBERG | GER | 95 | 120 | 215 | 380,165 |
| 3 | 69 | Ingo UNGER | GER | 90 | 110 | 200 | 341,327 |
| 4 | 69 | Boguslaw DZIKI | GER | 70 | 100 | 170 | 294,839 |
| - | 69 | Urpo KORPELAINEN | FIN | 0 | 0 | 0 | 0,000 |
| 1 | 77 | Milan LUTTER | CZE | 95 | 110 | 205 | 326,537 |
| 2 | 77 | Jurgen KOPF | GER | 87 | 110 | 197 | 309,890 |
| 3 | 77 | Jonny KARKKAINEN | SWE | 83 | 110 | 193 | 300,111 |
| 4 | 77 | Stéphane LARCY | FRA | 87 | 105 | 192 | 302,252 |
| 5 | 77 | Sen KIM DEK | RUS | 80 | 103 | 183 | 302,935 |
| 6 | 77 | Gerard MORENO | FRA | 82 | 100 | 182 | 286,900 |
| - | 77 | Mohsen DARREHESHTI | IRI | 0 | 0 | 0 | 0,000 |
| - | 77 | Ralf MULLER | GER | -85 | 0 | 0 | 0,000 |
| 1 | 85 | Terry HARDLOW | CAN | 112 | 135 | 247 | 370,114 |
| 2 | 85 | Ralf SCOTT | SWE | 110 | 123 | 233 | 347,337 |
| 3 | 85 | Nikolaos GALIATSATOS | GRE | 84 | 110 | 194 | 299,028 |
| 4 | 85 | Wiheln MENDELKAMP | GER | 82 | 110 | 192 | 289,048 |
| 5 | 85 | Alain CHABERT | FRA | 83 | 107 | 190 | 292,844 |
| - | 85 | Richard ODOR | USA | -77 | 0 | 0 | 0,000 |
| - | 85 | Leslie SIMONTON | USA | 75 | 0 | 0 | 0,000 |
| 1 | 94 | Gurdawar DHESI | GBR | 110 | 145 | 255 | 359,724 |
| 2 | 94 | Berhad RANK | GER | 103 | 134 | 237 | 334,625 |
| 3 | 94 | Rudolf LENART | SVK | 99 | 128 | 227 | 321,286 |
| 4 | 94 | Valeriy ANTONOV | UKR | 98 | 115 | 213 | 321,780 |
| 1 | 105 | Valeriy MELNYK | UKR | 116 | 140 | 256 | 345,821 |
| 2 | 105 | Hassan AHMADI MANESH | IRI | 111 | 125 | 236 | 339,043 |
| 3 | 105 | Anatoli POCHELIOUK | BLR | 100 | 120 | 220 | 315,690 |
| 4 | 105 | Iakov KONCHEVSKIY | RUS | 80 | 105 | 185 | 265,527 |
| - | 105 | Ardeshir SHAMS | IRI | 111 | -140 | 0 | 0,000 |
| 1 | 105+ | Nikolai SHANIN | RUS | 137 | 160 | 297 | 384,944 |
| 2 | 105+ | Harry BARTH | GER | 113 | 130 | 243 | 312,720 |
| 3 | 105+ | Vitaliy RUDENKO | UKR | 100 | 130 | 230 | 316,476 |
| 4 | 105+ | Vladimir DEGTAR | CZE | 90 | 105 | 195 | 246,744 |

Age Group M45

| | | | | | | | |
|---|----|-------------------------|-----|-----|-----|------------|---------|
| 1 | 62 | Ali FAREGHDELI | IRI | 80 | 116 | 196 | 338,361 |
| 2 | 62 | Joao SANTOS | POR | 72 | 105 | 177 | 315,182 |
| 1 | 69 | Vakhiddin NAJMIDINOV | UZB | 95 | 105 | 200 | 321,071 |
| 2 | 69 | Benard ROOSEBEKE | FRA | 85 | 110 | 195 | 314,104 |
| 3 | 69 | Vasili SHUMANSKI | BLR | 87 | 106 | 193 | 312,675 |
| 4 | 69 | Kent OLSSON | SWE | 85 | 106 | 191 | 307,631 |
| 5 | 69 | Michele BURRA | ITA | 75 | 101 | 176 | 284,665 |
| 6 | 69 | Nikolaos KONSTANTINIDIS | GRE | 80 | 95 | 175 | 290,561 |
| - | 69 | Edvin TEHRANI | SWE | -80 | 0 | 0 | 0,000 |
| 1 | 77 | Holger WORM | GER | 107 | 128 | 235 | 358,366 |
| 2 | 77 | Andrey EMEL'YANOV | RUS | 107 | 125 | 232 | 347,813 |

| | | | | | | | |
|---|------|-------------------------|-----|-----|-----|------------|---------|
| 3 | 77 | Thorsten TEICHERT | GER | 95 | 127 | 222 | 348,107 |
| 4 | 77 | Joao TELES | POR | 93 | 120 | 213 | 325,306 |
| 5 | 77 | Kiyomasa TSUJI | JPN | 86 | 105 | 191 | 294,911 |
| 6 | 77 | Jocelyn VACHON | CAN | 80 | 97 | 177 | 273,027 |
| 7 | 77 | Abdullo RAKHMATOV | UZB | 78 | 95 | 173 | 270,634 |
| 1 | 85 | Geoffroy GUILLAUMET | FRA | 110 | 143 | 253 | 372,603 |
| 2 | 85 | Victor STAVYNOGA | UKR | 111 | 138 | 249 | 360,550 |
| 3 | 85 | Mirosław ZYCKOWSKI | POL | 112 | 136 | 248 | 367,244 |
| 4 | 85 | Nikolay ZHOLUDEV | RUS | 113 | 133 | 246 | 361,507 |
| 5 | 85 | Marco RODARO | ITA | 110 | 125 | 235 | 341,429 |
| 6 | 85 | Bryn JONES | GBR | 95 | 125 | 220 | 319,520 |
| 7 | 85 | Mykhaylo BURKOV | UKR | 90 | 120 | 210 | 313,331 |
| 8 | 85 | Mitsuhiro WATANABE | JPN | 91 | 109 | 200 | 292,827 |
| 9 | 85 | George GLYPTIS | GRE | 86 | 107 | 193 | 284,239 |
| 1 | 94 | Jari HIRVONEN | FIN | 131 | 153 | 284 | 384,334 |
| 2 | 94 | Aki MANNISTO | FIN | 118 | 140 | 258 | 359,428 |
| 3 | 94 | Oskar PATASI | SVK | 109 | 137 | 246 | 344,777 |
| 4 | 94 | Thierry BOUSSARDON | FRA | 102 | 125 | 227 | 325,770 |
| 5 | 94 | Michael GLATZER | GER | 105 | 122 | 227 | 315,252 |
| 6 | 94 | Mario VACHON | CAN | 95 | 125 | 220 | 299,552 |
| - | 94 | Anatolii MARTYNOV | UKR | 0 | 0 | 0 | 0,000 |
| - | 94 | Erich SEIDL | AUT | 109 | 0 | 0 | 0,000 |
| - | 94 | Roland PREISSNER | GER | 92 | 0 | 0 | 0,000 |
| 1 | 105 | Yaghoob AMIRSALARI | IRI | 132 | 152 | 284 | 372,922 |
| 2 | 105 | Vitaliy MARSVIN | UKR | 117 | 147 | 264 | 353,167 |
| 3 | 105 | Tibor MEZEI | SVK | 120 | 140 | 260 | 344,767 |
| 4 | 105 | Léonou -Jean ADOLPHE | FRA | 105 | 116 | 221 | 294,823 |
| 5 | 105 | Eric BATTAGLIA | MON | 100 | 117 | 217 | 286,223 |
| 6 | 105 | Joseph TRIOLO | USA | 101 | 108 | 209 | 282,681 |
| 1 | 105+ | Lars EKMAN | SWE | 131 | 158 | 289 | 358,269 |
| 2 | 105+ | Sergey LOPATIN | RUS | 120 | 152 | 272 | 350,547 |
| 3 | 105+ | Arto SAVONEN | FIN | 126 | 145 | 271 | 355,129 |
| 4 | 105+ | Hans-Peter SCHROLL | GER | 105 | 140 | 245 | 316,571 |
| 5 | 105+ | Teymour AGHAEI CHINJANI | IRI | 110 | 135 | 245 | 315,206 |
| 6 | 105+ | Otakar LATAL | CZE | 108 | 125 | 233 | 309,293 |
| 7 | 105+ | Jeffrey SCOTT | USA | 94 | 120 | 214 | 282,425 |
| 8 | 105+ | Mikhail BESPERSOV | RUS | 95 | 115 | 210 | 277,685 |
| - | 105+ | Efrain FLORES | VEN | 0 | 0 | 0 | 0,000 |

Age Group M40

| | | | | | | | |
|---|----|---------------------|-----|-----|-----|------------|---------|
| 1 | 56 | Ebrahim DAVARI | IRI | 70 | 92 | 162 | 293,433 |
| 1 | 62 | Ryohei MORISHITA | JPN | 100 | 120 | 220 | 366,927 |
| 2 | 62 | Stuart TREADWELL | GBR | 78 | 90 | 168 | 280,831 |
| 3 | 62 | Harri HELIN | FIN | 70 | 90 | 160 | 273,277 |
| 1 | 69 | Seyedreza MOUSAVIAN | IRI | 116 | 130 | 246 | 374,166 |
| 2 | 69 | Paulo DUARTE | POR | 111 | 122 | 233 | 361,222 |
| 3 | 69 | Rene RUDIGER | GER | 100 | 125 | 225 | 346,463 |
| 4 | 69 | Simon ROCHNISH | GER | 96 | 118 | 214 | 329,818 |
| 5 | 69 | Joachim ROCHLAND | GER | 84 | 110 | 194 | 305,364 |
| 6 | 69 | Jean-Luc LOISEAU | FRA | 85 | 100 | 185 | 289,494 |
| - | 69 | Victor NIKULIN | RUS | 87 | 0 | 0 | 0,000 |
| 1 | 77 | Hamid SANGI | IRI | 110 | 135 | 245 | 348,176 |
| 2 | 77 | Gintaras JAKULIS | LTU | 105 | 130 | 235 | 338,671 |
| 3 | 77 | Jari JUNTUNEN | FIN | 100 | 110 | 210 | 301,371 |

2008 World Masters Championships (continued)

| | | | | | | | | | | | | | |
|----|------|-----------------------------------|-----|------|-----|------------|---------|--|--|--|--|--|--|
| - | 69 | Victor NIKULIN | RUS | 87 | 0 | 0 | 0,000 | | | | | | |
| 1 | 77 | Hamid SANGI | IRI | 110 | 135 | 245 | 348,176 | | | | | | |
| 2 | 77 | Gintaras JAKULIS | LTU | 105 | 130 | 235 | 338,671 | | | | | | |
| 3 | 77 | Jari JUNTUNEN | FIN | 100 | 110 | 210 | 301,371 | | | | | | |
| 4 | 77 | Paul DOYLE | GBR | 80 | 100 | 180 | 268,759 | | | | | | |
| 1 | 85 | Victor PAREDES | VEN | 121 | 156 | 277 | 373,311 | | | | | | |
| 2 | 85 | Igor BERESTOVOY | UKR | 115 | 151 | 266 | 360,223 | | | | | | |
| 3 | 85 | Alireza SHEIKHOLESIAMI KANDELOUSI | IRI | 110 | 140 | 250 | 337,502 | | | | | | |
| 4 | 85 | Aleksandr MIKLAZEVIC | LTU | 112 | 127 | 239 | 333,305 | | | | | | |
| 5 | 85 | Edward HALSTEAD | GBR | 103 | 132 | 235 | 325,234 | | | | | | |
| 6 | 85 | John MGEWAN | SCO | 100 | 120 | 220 | 306,882 | | | | | | |
| 7 | 85 | Sante GIRARDI | ITA | 95 | 115 | 210 | 295,548 | | | | | | |
| 8 | 85 | Michael CARROLL | USA | 92 | 115 | 207 | 289,308 | | | | | | |
| - | 85 | Balint CSABA | HUN | 105 | 0 | 0 | 0,000 | | | | | | |
| 1 | 94 | Christophe HELENA | FRA | 127 | 156 | 283 | 368,483 | | | | | | |
| 2 | 94 | Andriy KOTYUK | UKR | 125 | 156 | 281 | 362,580 | | | | | | |
| 3 | 94 | Jens KABBE | GER | 123 | 155 | 278 | 361,698 | | | | | | |
| 4 | 94 | Iraj JAMEH SHORANIAN | IRI | 116 | 130 | 246 | 323,044 | | | | | | |
| 5 | 94 | Yukihiro ASAI | JPN | 110 | 100 | 210 | 274,646 | | | | | | |
| 6 | 94 | Wahid ABOU EL ELA | EGY | 105 | 95 | 200 | 257,683 | | | | | | |
| - | 94 | Mikhail SHCHERBAK | RUS | 130 | 0 | 0 | 0,000 | | | | | | |
| 1 | 105 | Sayed Kalameddin VALATABAR | IRI | 145 | 170 | 315 | 402,075 | | | | | | |
| 2 | 105 | Bahram JAVADI | IRI | 135 | 165 | 300 | 369,991 | | | | | | |
| 3 | 105 | Kamran MAJID | GBR | 120 | 160 | 280 | 346,101 | | | | | | |
| 4 | 105 | Dmitriy KOZEMOV | RUS | 107 | 156 | 263 | 338,298 | | | | | | |
| 5 | 105 | Aleksey NIKITIN | RUS | 122 | 140 | 262 | 331,056 | | | | | | |
| 6 | 105 | Nestor OLIVO RUZA | VEN | 120 | 142 | 262 | 330,812 | | | | | | |
| 7 | 105 | Roman SCHINHAN | AUT | 116 | 140 | 256 | 330,741 | | | | | | |
| 8 | 105 | Kazuto MIZUTANI | JPN | 100 | 140 | 240 | 313,463 | | | | | | |
| 9 | 105 | Emil NAUMOV | BUL | 110 | 130 | 240 | 304,041 | | | | | | |
| 10 | 105 | Yuji SEINO | JPN | 115 | 120 | 235 | 302,058 | | | | | | |
| 11 | 105 | Michael PETER | GER | 102 | 122 | 224 | 294,362 | | | | | | |
| 1 | 105+ | Rick BUCINELL | USA | 143 | 177 | 320 | 389,670 | | | | | | |
| 2 | 105+ | Igor MEDVEDEV | RUS | 140 | 170 | 310 | 390,006 | | | | | | |
| 3 | 105+ | Mohammad Esmail NAHAVANDI | IRI | 129 | 163 | 292 | 357,186 | | | | | | |
| 4 | 105+ | Oliver KAISER | GER | 125 | 157 | 282 | 333,756 | | | | | | |
| 5 | 105+ | Sergio CARDENAS | VEN | 115 | 140 | 255 | 313,332 | | | | | | |
| 6 | 105+ | Jurgen BRAUN | GER | 107 | 143 | 250 | 295,294 | | | | | | |
| 7 | 105+ | Janos MAGAT | HUN | 108 | 130 | 238 | 281,827 | | | | | | |
| 8 | 105+ | Frank MOLINA | VEN | 95 | 122 | 217 | 254,537 | | | | | | |
| - | 105+ | Frantisek SZABO | SVK | 0 | 0 | 0 | 0,000 | | | | | | |
| 3 | 77 | Mohsen KOLAHGIRI | IRI | 115 | 146 | 261 | 357,581 | | | | | | |
| 4 | 77 | Stefan ULLMAN | GER | 110 | 125 | 235 | 329,788 | | | | | | |
| 1 | 85 | Viktor GALFINGER | GER | 115 | 142 | 257 | 337,763 | | | | | | |
| 2 | 85 | Khodor ALAYWAN | LIB | 118 | 137 | 255 | 328,426 | | | | | | |
| 3 | 85 | Yves NEITZEL | GER | 110 | 135 | 245 | 324,287 | | | | | | |
| 4 | 85 | Minoru IKUSHIMA | JPN | 103 | 122 | 225 | 300,561 | | | | | | |
| 1 | 94 | Miles DOWSWELL | USA | 140 | 160 | 300 | 375,143 | | | | | | |
| 2 | 94 | Kim FELLMAN | FIN | 120 | 145 | 265 | 332,947 | | | | | | |
| 3 | 94 | Alexander HEIB | GER | 117 | 144 | 261 | 328,301 | | | | | | |
| 4 | 94 | Tobias VIKLUND | SWE | 112 | 141 | 253 | 308,433 | | | | | | |
| 5 | 94 | Jimmy ALARD | FRA | 111 | 141 | 252 | 306,813 | | | | | | |
| 6 | 94 | Javad SAMIEE MATIN | IRI | 110 | 141 | 251 | 317,328 | | | | | | |
| 7 | 94 | Igor LOGVINENKO | UKR | 111 | 137 | 248 | 314,999 | | | | | | |
| 8 | 94 | Johann LESCORNEZ | FRA | 110 | 135 | 245 | 311,209 | | | | | | |
| 9 | 94 | Pierre GOETT | FRA | 103 | 120 | 223 | 276,484 | | | | | | |
| 10 | 94 | Charles SCHOFIELD | GBR | 95 | 125 | 220 | 271,563 | | | | | | |
| 11 | 94 | Herwig LIMBERGER | AUT | 96 | 124 | 220 | 280,296 | | | | | | |
| 1 | 105 | Artur NIKITIN | RUS | 130 | 170 | 300 | 363,033 | | | | | | |
| 2 | 105 | Jan SEDLBAUER | CZE | 122 | 156 | 278 | 331,982 | | | | | | |
| 3 | 105 | James RUTTER | USA | 123 | 154 | 277 | 332,226 | | | | | | |
| 4 | 105 | Oliver ROSENGART | GER | 123 | 150 | 273 | 326,666 | | | | | | |
| - | 105 | Erotokritos PROTOPAPAS | CYP | 0 | 0 | 0 | 0,000 | | | | | | |
| 1 | 105+ | Vladimir SUSCHAK | RUS | 162 | 201 | 363 | 402,294 | | | | | | |
| 2 | 105+ | Yury CHICH | RUS | 140 | 170 | 310 | 347,329 | | | | | | |
| 3 | 105+ | Sultan ALIEV | AUT | 135 | 172 | 307 | 342,919 | | | | | | |
| 4 | 105+ | Roman BOSSAUER | GER | 125 | 165 | 290 | 321,543 | | | | | | |
| 5 | 105+ | Ewald FISCHER | AUT | 128 | 147 | 275 | 317,696 | | | | | | |
| 6 | 105+ | Igor NASKRIPNYAK | RUS | 120 | 155 | 275 | 315,400 | | | | | | |
| - | 105+ | Swen ELSPASS | GER | -115 | 0 | 0 | 0,000 | | | | | | |
| - | 105+ | Parviz NOUR ALIPOUR | IRI | 0 | 0 | 0 | 0,000 | | | | | | |

Age Group M35

| | | | | | | | |
|---|----|-------------------------|-----|-----|-----|------------|---------|
| 1 | 56 | Mohammad Eshagh NAROUEI | IRI | 87 | 105 | 192 | 331,319 |
| 2 | 56 | Raphael VIALLE | FRA | 68 | 93 | 161 | 286,330 |
| 1 | 62 | Ehsan BAYATI | IRI | 98 | 120 | 218 | 356,771 |
| 2 | 62 | Petr STANISLAV | CZE | 97 | 115 | 212 | 330,127 |
| 3 | 62 | Swen FRIESE | GER | 94 | 115 | 209 | 325,455 |
| 1 | 69 | Alik PCHENUSHAY | RUS | 124 | 125 | 249 | 372,626 |
| 2 | 69 | Tomasz URBANSKI | POL | 105 | 130 | 235 | 340,702 |
| 3 | 69 | Marek NERC | POL | 80 | 100 | 180 | 265,483 |
| 1 | 77 | Gennadii YURKEVYCH | UKR | 123 | 152 | 275 | 388,177 |
| 2 | 77 | Eduards TARASOV | LAT | 120 | 146 | 266 | 367,360 |

2008 World Masters Championships (end)

Women's Grand Master - Eva DIMAS

| Name | Nation | Weight Class | Body Weight | Age Group | Age | Best Snatch | Best Jerk | Total | S-M-M Total |
|-------------------------------|--------|--------------|-------------|-----------|-----|-------------|-----------|-------|-------------|
| Marilyn MUNKRES | USA | 75+ | 83,60 | W65 | 67 | 34 | 47 | 81 | 144,4963 |
| Mary MCGREGOR | USA | 75+ | 85,38 | W60 | 60 | 43 | 63 | 106 | 165,0204 |
| Margot SCHUKIES | GER | 58 | 57,08 | W55 | 56 | 40 | 54 | 94 | 163,9625 |
| Marga JORGENSEN | DEN | 53 | 52,02 | W50 | 53 | 45 | 61 | 106 | 185,7137 |
| Sayuri IWANAGA | JPN | 58 | 55,37 | W45 | 45 | 57 | 70 | 127 | 195,6542 |
| Laura Denise RAM-SAY-OVERRALL | TRI | 75 | 73,47 | W40 | 43 | 81 | 95 | 176 | 224,0087 |
| Eva DIMAS | ESA | 75+ | 86,71 | W35 | 35 | 96 | 117 | 213 | 234,6301 |

Men's Grand Master—Émery Chevrier

| Name | Nation | Weight Class | Body Weight | Age Group | Age | Best Snatch | Best Jerk | Total | S-M-M Total |
|------------------|--------|--------------|-------------|-----------|-----|-------------|-----------|-------|-------------|
| Karel SAITL | CZE | 69 | 67,34 | M80 | 84 | 47 | 54 | 101 | 451,5731 |
| Marcel PERRON | CAN | 77 | 76,17 | M75 | 75 | 68 | 90 | 158 | 426,0063 |
| Emery CHEVRIER | CAN | 85 | 82,03 | M70 | 72 | 80 | 103 | 183 | 453,8785 |
| Viktor RACK | GER | 85 | 83,34 | M65 | 68 | 86 | 110 | 196 | 418,4825 |
| Laurence MCCON- | IRL | 105 | 98,29 | M60 | 63 | 105 | 135 | 240 | 422,5649 |
| Roland CHAVIGNY | FRA | 77 | 75,48 | M55 | 58 | 92 | 118 | 210 | 385,0688 |
| Nikolai SHANIN | RUS | 105+ | 133,45 | M50 | 52 | 137 | 160 | 297 | 384,9439 |
| Jari HIRVONEN | FIN | 94 | 93,93 | M45 | 45 | 131 | 153 | 284 | 384,3338 |
| Seyed Kalameddin | IRI | 105 | 103,30 | M40 | 43 | 145 | 170 | 315 | 402,0751 |
| Vladimir SUSCHAK | RUS | 105+ | 133,61 | M35 | 36 | 162 | 201 | 363 | 402,2941 |

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LIVRET DE COMPÉTITION

RECORDS CANADIENS

RECORDS PAN-AMÉRICAINS

RECORDS DU MONDE

INFORMATIONS DE QUALIFICATION ET FORMULAIRES D'INSCRIPTION POUR LES CHAMPIONNATS NATIONAUX, PAN-AMÉRICAINS ET MONDIAUX ET LES JEUX MONDIAUX POUR MAÎTRES

RÉSULTATS DE COMPÉTITION

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MÉDAILLES AUX CHAMPIONNATS CANADIENS POUR MAÎTRES ANNUELS

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I certify that I am a member in good standing with my provincial/territorial association and that I fully subscribe to all the laws, rules and regulations of the Canadian Masters Weightlifting, the Canadian Weightlifting Federation Halterophilie Canadienne (CWFHC) and the International Weightlifting Federation (IWF).

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|---|--|

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Je certifie être un membre en règle de mon association provinciale ou territoriale et que je respecte toutes les lois, règles et règlements de la Fédération canadienne d'haltérophilie maîtres, du Canadian Weightlifting Federation Haltérophilie Canadienne (CWFHC) et de la International Weightlifting Federation (IWF).

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À

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