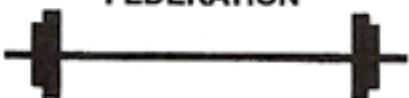




CWFHC

**CANADIAN WEIGHTLIFTING
FEDERATION**



**HALTEROPHILIE
CANADIENNE**



Canadian Masters Weightlifting Federation 2016 Annual Report



Heidi Schraft , Debbie Werenko (US), Judy Quinn
World Masters Championship
Heinsheim, Germany October 1, 2016

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EXECUTIVE & APPOINTED POSITIONS CONTACT LIST

| | |
|---|--|
| <p>Past President & National Chairman John Case 474 Victoria Street London, Ontario N5Y 4B3 519-438-6000 nationalchairman@cdnmastersweightlifting.org</p> | <p>President David Desroches 501 Dominion Hamner, Ontario P3P 0A9 705-969-6847 president@cdnmastersweightlifting.org</p> |
| <p>Secretary - Treasurer Doug Sinclair 608 Beaverhill Blvd. Winnipeg, Manitoba R2J 2Z6 204-256-7608 treasurer@cdnmastersweightlifting.org</p> | <p>Membership Secretary Judy Quinn 510 – 608 Lake Street St. Catharines, Ontario L2N 5S9 289-362-4945 membership@cdnmastersweightlifting.org</p> |
| <p>Hall Of Fame Secretary Ken Miller 25 Ferguson Road Collingwood, Ontario L9Y 2Z9 705-445-7515 halloffame@cdnmastersweightlifting.org</p> | <p>Eastern Representative Gary Lewis R.R.#7, 222 Sunrise Drive Belleville, Ontario K8N 4K7 easternrep@cdnmastersweightlifting.org</p> |
| <p>Western Representative Ed Fergusson #3 – 1401 Price Road Parksville, BC V9P 2W1 westernrep@cdnmastersweightlifting.org</p> | <p>Women’s Representative</p> |
| <p>Webmaster Bob Haven 4954 Marion Street Dorchester, Ontario N0L 1G4 519-851-7560 webmaster@cdnmastersweightlifting.org</p> | <p>Vice President Andre Boutin 3197 Ave de Repentigny Montreal, Quebec H1N 2Z1 514-507-2071 vicepresident@cdnmastersweightlifting.org</p> |
| <p>Records Secretary Mark Gomes 275 Bluejay Cr. Oshawa, Ontario L1G 6X4 905-728-7990 records@cdnmastersweightlifting.org</p> | |

2016 AGM Minutes
Canadian Masters Weightlifting

April 22, 2016

Belleville, ON

Call to Order and Identification of Members

President Dave Desroches called the meeting to order at 6:45 p.m. In addition to the President, the following delegates were present: John Case (National Chairman), Ken Miller (Hall of Fame Secretary), Judy Quinn (Membership Secretary), and Mark Gomes (Records Secretary). With regrets, the following reps were absent: Shirley Bly (Women's Representative), Gary Lewis (Eastern Representative), Doug Sinclair (Secretary Treasurer), and Ed Fergusson (Western Representative). Mark Gomes volunteered to record minutes for this meeting. There were 27 members present and two guests.

Business Arising from the Minutes of the 2015 AGM

A. Non-Payment of prize monies to M. Poulin from an International Competition. The President indicated that numerous attempts have been made to the organizers with no response. Unfortunately there is nothing else that the Executive can now do on this matter.

B. Anti-doping Policy Dave Desroches announced that the CMWF now has an approved Anti-doping policy. Negotiations with CCES were concluded to conduct sampling in Belleville for this competition. Because of the short notice, he has appointed an Anti Doping Committee (ADC) for 2016 - Dave Desroches, Andre Boutin, and Ken Miller. In the future, he will ensure that our organization has a clear methodology for ADC appointments. It was recommended by Yves Carignan that the Executive take advantage of the information that Mario Robitaille has learned through his experiences with CCES as we move further into the implementation of this policy.

3. ***Approval of the Minutes of the 2015 AGM*** Moved and seconded by Desroches/Miller K.. Carried.

4. 2015 Reports

Reports from the National Chairman, Secretary-Treasurer, Hall of Fame Secretary, Membership Secretary, Records Secretary, Women's Representative, and our Western and Eastern Representatives can be found

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on our website under News-2015 Annual Report. An oral report was given by the President. Some items mentioned were: increasing awareness of our Hall of Fame members with lapel pins; using our new gold seal on certificates; the new use of PayPal as a payment option; anti-doping updates and our need to mentor and educate members on this important development; expanding the referee base among our members; a committee to discuss and develop a plan to help our elite athletes and the exceptional plans in the works by “Montreal World Masters 2019.” We were encouraged to check out their Facebook page. Our President’s report will soon be posted on our website with expanded commentary. We are very grateful for Dave’s continued persistence in addressing not only the Anti-Doping policy and procedure, but also several other incentives in order to move our organization forward.

5. *Elections*

There were no positions opened for elections this year. The President requested that any elections be postponed until after 2019. This will ensure effective implementation of the new anti-doping policy and the World Masters Championships in Montreal.

6. *2017 Canadian Masters Competition*

Dave Desroches indicated that requests have been sent out and we await responses from possible hosts.

7. *Other Business*

- a. An entry fee for this competition increase from \$60 to \$110\$ was due to the Canadian Masters not subsidizing this competition and the organizer had to pay for all expenses.
- b. Proposed change for Canadian Masters Records Policy.

“The shining spark of truth cometh forth only after the clash of differing opinions.” Ancient proverb.

The new policy for 2016 describing how Canadian records would be set brought quite a heated debate among the members present. There were a number of concerns from both sides of the issue such as the involvement of CCES with records set at non-drug tested meets; the need to recognize competitions at or above the provincial level; the need to attract new members and retain our current ones; to have a policy that will still attract members to compete nationally at the Canadian Masters; and if the policy is changed, that it should be revisited annually to determine if it still speaks to the wishes our membership while upholding the integrity of what a record represents. With these thoughts in mind a motion was brought forth by John Margolis and seconded by Yves Carignan that *“The Canadian Masters*

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Weightlifting Records can be made and/or broken at the following competitions: World Masters, World Masters Games, Pan-American Masters, Canadian Masters, Provincial Masters and World Cup with the understanding that they have been approved for and subject to doping control.” The motion was carried. 23/2

c. National Chairman’s Role Description

The question was raised about the role of the National Chairman. It was suggested that the Executive Committee (which in our By-Laws is the President, Vice-President and Secretary- Treasurer) review the role of the National Chairman in light of the discussions and include that in our By-Law with both documents becoming available on our web page.

It was also suggested that although it is the Vice-President who is responsible for reviewing and proposing changes to the By-Laws, there should be a committee to assist him in that task seeing that we are all unclear of where we legally stand in relationship to the Canadian Weightlifting Federation. In addition such a Policy and Procedures Committee can also be of assistance to the Hall of Fame Secretary in revisiting the current criteria used to select honorees, to the Anti-Doping Committee and to producing a Technical Officials’ Speakers Guide of common phrases in the French language.

d. The Internet Newsletter - this question was not discussed.

8. *Adjournment*

Seeing that the use of our room had gone into overtime, the meeting wrapped up at 21:00

It was most encouraging to see a great turn out to our AGM and the diverse opinions brought forth on many items.

2016 National Chairman's Report

By John Case



2016 was a great year in the Canadian Masters Weightlifting. Thanks to all the athletes who participated and represented Canada so well at all the events during the year.

2016 World Masters Heinsheim, Germany

The 2016 World Masters was the single largest event that I can recall in recent memory. Germany was host to over 900 athletes plus coaches, officials, volunteers in the beautiful and picturesque town of Heinsheim. The competition Grand Masters Award for the men's category in 2016 again was Marcel Perron with 463 points. And believe me the competition for the award was hot and heavy. The weight lifter from Turkey, Salih Suvar was very close at 440 points. Marcel prevailed and won the award on 463 points. Congratulations to all the men and women who attended.

Men's Team

Marcel Perron 1st Place & Grand Master

John Margolis 6th
John Case 3rd
Mike Menard 5th
Ken Miller 8th
Yves Carignan 6th
Ian Lawson 7th

Women's Team

Jill Miller 2nd
Manon Croteau 3rd
Heidi Schraft 1st
Heather Ellis 6th
Judy Quinn 1st This is Judy 10th Gold at the World Championships.

2016 Pan American Weightlifting Championships Puerto Rico

(Make extra copies if required and make all payments in US Dollars)

| No. | Family Name | Given Name | Date of Birth DD/MM/YYYY | Age | Age Grp. | B/W Cat. | Best Total | Qual. Total | Entry Fee |
|-----|----------------|------------|--------------------------|-----|----------|----------|------------|-------------|-----------|
| 1 | Case | John | 01/10/1955 | 60 | 60 | 94 | 188 | 137 | |
| 2 | Cooper | Terry | 24/06/1955 | 60 | 60 | 62 | 107 | 102 | |
| 3 | Regan | Debbie | 06/11/1955 | 60 | 60 | 69 | 63 | 62 | |
| 4 | Thorne | Megan | 10/11/1976 | 40 | 40 | +75 | 107 | 90 | |
| 5 | Holdsworth | Danielle | 20/10/1979 | 37 | 35 | 69 | 118 | 85 | |
| 6 | Mikkola | Carla | 08/12/1967 | 49 | 45 | +75 | 92 | 85 | |
| 7 | Campbell-Ruina | Mairi | 25/05/1977 | 39 | 35 | +75 | 97 | 95 | |
| 8 | Boutin | Andre | 29/12/1960 | 56 | 55 | 94 | 211 | 150 | |
| 9 | Menard | Mike | 03/12/1964 | 52 | 50 | 105 | 228 | 175 | |
| 10 | Caouette | Claude | 09/06/1971 | 45 | 45 | 77 | 247 | 165 | |
| 11 | Brouillard | France | 05/04/1974 | 42 | 40 | 53 | 110 | 70 | |
| 12 | Parsons | Kristin | 23/08/1980 | 36 | 35 | 63 | 153 | 80 | |
| 13 | Stewart | Dave | 12/07/1980 | 35 | 35 | 77 | 194 | 182 | |
| 14 | Miller | Jill | 23/08/1951 | 65 | 65 | 63 | 76 | 57 | |
| 15 | Miller | Ken | 24/09/47 | 69 | 65 | 69 | 130 | 97 | |
| 16 | Webb | Ian | 20/08/1959 | 57 | 55 | 77 | 194 | 135 | |
| 17 | Gault | Thorin | 23/10/73 | 43 | 40 | 94 | 250 | 192 | |
| 18 | Hroupa | Stepan | 16/03/1956 | 60 | 60 | 69 | 140 | 112 | |
| 19 | Carignan | Yves | 9/7/1952 | 64 | 60 | 62 | 140 | 102 | |
| 20 | Poulin | Manon | 14/12/1963 | 53 | 50 | 48 | 109 | 60 | |

We had a strong team in Puerto Rico both men's and women's.

2016 Ontario Masters St. Thomas Ontario

Daniel Pare again hosted the 2016 Masters. Results were many records were set and over 60 lifters participated. More results are posted on the Ontario Weightlifting website. Thanks to all the lifters who participated. And a big thanks to Daniel Pare for running a great event that day. If it grows anymore it may need two days.

President's Report 2017

By David Desroches

- 2019 World Masters Weightlifting Championships
- National Chairman
 - The CMWF continues to utilize the appointment of a National Chairman to expose the CMWF internationally, develop and expand communications abroad, and deliver our federation's stand on IWF matters as directed by the President and executive.
 - As of this date, no cost has been incurred by the CMWF for this assignment.
- Hall of Fame Pins / Certificate / letter
 - A visual to identify athletes who have achieved this great honour. In the future, I hope to expand on the HOF recognition policy as well as contributions to the federation.
- Don Buchanan
 - Lifetime membership. A Certificate and Letter of thanks was issued to Don in 2015.
- Certificate Stamp for Gold Seals.
 - Will be applied to all CMWF hard copy communications, awards, and acknowledgements.
- Pay Pal set up for Payment
 - This tool will be used for all CMWF competitions. Like all new introductions this took time to perfect, but it is running smoothly now.
- Website Upgrades
 - Bob Haven. As most of you are aware the website has undergone several improvements in the past year.
 - We will continue to experiment with newer improvements to showcase our sport and provide a venue to provide recognition to our membership.
- Anti-doping Policy
 - 8 months was spent putting this policy in place. Many thanks to the members and others that provided input and support.

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- The CMWF member make-up generated the need for a specialized policy that recognized the need for policing drug controls while maintain our confidentiality especially with all the athletes with non-enhancement medication regimes.
- Our policy now recognizes these needs and legitimizes our sport, federation and records set by our members.
- Anti-doping Policy
 - It is very important to note. The CMWF policy is very unique in that it caters to the age and health of the majority of its members. As such we have a very unique methodology for the TUE process.
 - No TUE is required for any athlete competing in the Canadian Masters Weightlifting Championships. However, if an athlete gets a positive result from his sampling, he/she will be provided the opportunity to get/submit a completed TUE to submit to CCES for validation.
 - Remember, any athlete who intends to compete in a non CMWF sanctioned competition is still bound by the anti-doping policies of that federation, for example the IWF World Masters championships.
- Coaching Certification for Masters.
 - A collective coaching approach for certifying as well as mentoring to address the unique requirements for Masters Athletes.
 - We must stay in line with other sports that cater to Masters.
 - A standardized and updatable format to certify, mentor, share and develop the latest coaching methods for Masters Athletes.
- CMWF Liability Insurance Policy.
 - The CMWF now has a standalone liability insurance policy that has both a blanket liability insurance coverage for all CMWF activities as well as working in conjunction with CCES coverage for all anti-doping tasking.
 - Cost for this policy is \$1,500.00 per year. Policy review is on our website.
- Masters Referees
 - A push must be initiated to increase our referee footprint for more and higher level referees within our Federation.
 - The CMWF must set a goal to be completed self-supporting in this area.
- Elite Athlete Aid.
 - It is our hope that designated “Elite” athletes are recognized and provided some support from the Masters Federation.
 - As a starting point the CMWF will begin to establish a criteria by which an athlete will be designated “elite” and the development will move forward from there.

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- Maintain Masters lifting Integrity
 - It is imperative that the core values of our sport stay entrenched in the CMWF.
 - Although we welcome all new athletes whether they are seniors moving into the Masters, new lifters joining Masters, or crossover athletes from CrossFit, or other sports, it is the core elements of mastering technique, team competitiveness and our form of training, competition and mentoring that must always stay at the forefront.
 - The professionalism produced from generations of master's members must continue to be our cornerstone.

- Anti-doping Mentoring
 - As part of our anti-doping policy, the CMWF must continually provide proof of teaching, training and providing data for lifters to better understand the latest rulings and WADA changes.
 - In the future members will be encouraged to submit data to the CMWF website that provides mentoring on our anti-doping policies and beliefs.

- Hall of Fame Inductees
 - In the future, a Hall of Fame inductee will be showcased in a standardized format that puts a personal touch to the event. More information to follow.

- Long Time Service Recognition
 - Recognition for at least one member each year for past contributions to the sport. More information to follow.

- Club Recognition
 - Our sport/Federation has been carried by some unyielding support of a few clubs and it is imperative that the CMWF showcases that loyalty in a format that can be positive to our federation and the club.
 - Website recognition, Honorary plaques, years of membership, Canadian Champions, etc. will be reviewed to choose a path.

- Competition Guide
 - A standardized format for hosting a Canadian Masters drug tested competition. A checklist is needed to provide updates, feedback, and accountability for host clubs putting on competitions.
 - The goal is to provide a standardized format for competitions to benefit from lessons learned and provide continuous improvement.

SECRETARY–TREASURER’S REPORT

For the 2016 Fiscal Year

By Doug Sinclair

Summary

I am delighted to report that the balance at the beginning of January 2016 was \$10,268.12, the net income received during the 2016 period was \$916.12, and the expenses paid during 2016 were \$14,079.40. I am also pleased to report that, through careful control of costs, we have ended the year with a positive balance of \$9,044.14 at the end of December 2016.

Progress

An ongoing arrangement has been reached with our Webmaster (Bob Haven) for quarterly payments and to continue doing our web site. I am pleased to report a successful year. The financial position of the organization is stronger as I leave than when I entered it.

Situation Now

The Executive receives a more comprehensive monthly financial report where the cash balance at the end of the month agrees with the bank’s reconciliation statement and PayPal’s monthly reports. The Masters main source of revenue comes from membership fees. The majority of expenditures come from anti-doping, international competitions, and administration of services. The 2015 Financial Statements were not audited due to extremely high cost (over \$ 2,00.00).

Future Plans

I’ll be stepping down as Secretary-Treasurer after the 2017 AGM. Thank you for all your support.

Recommendations

I recommend that the Canadian Masters should have an executive approved budget. Also, I recommend that the membership fees should be increased to \$75.00 and \$90.00 for late payment to cover the increasing financial fees and to offset expenses. A strong financial position is essential to the long-term stability and security of the organization.

Financial Impact

There are no financial implications as a result of this report. The association is in a stable financial position and is well placed to remain so into the future. I hereby submit the 2016 Financial Statements. Please contact me if you have any questions or suggestions with respect to the 2016 report.

Sincerely,

Doug Sinclair
Secretary-Treasurer
Canadian Masters Weightlifting

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FINANCIAL REPORT
For the 2016 Fiscal Year

By Doug Sinclair

BALANCE SHEET

| ASSETS | As of Feb 28/17 | As of Dec 31/16 | As of Dec 31/15 | As of Dec 31/14 |
|-----------------------------------|--------------------|--------------------|--------------------|--------------------|
| Current Assets | | | | |
| Bank Account - Chequing | \$13,293.35 | \$9,044.14 | \$10,268.12 | \$8,562.42 |
| Accounts Received | \$0.00 | \$0.00 | \$0.00 | \$0.00 |
| Total Current Assets | \$13,293.35 | \$9,044.14 | \$10,268.12 | \$8,562.42 |
| TOTAL ASSETS | \$13,293.35 | \$9,044.14 | \$10,268.12 | \$8,562.42 |
| LIABILITY | | | | |
| CURRENT LIABILITIES | | | | |
| Accounts Payable | \$800.00 | \$0.00 | \$0.00 | \$0.00 |
| Deferred Revenue | | | \$2,140.00 | \$440.00 |
| Total Current Liabilities | \$800.00 | \$0.00 | \$2,140.00 | \$440.00 |
| TOTAL LIABILITIES | \$800.00 | \$0.00 | \$2,140.00 | \$440.00 |
| EQUITY | | | | |
| Equity | | | | |
| Retained Earnings - Previous Year | \$9,044.14 | \$8,128.12 | \$8,122.42 | \$8,193.43 |
| Current Earnings | \$3,449.21 | \$916.02 | \$5.70 | (\$71.01) |
| Total Equity | \$12,493.35 | \$9,044.14 | \$8,128.12 | \$8,122.42 |
| TOTAL EQUITY | \$12,493.35 | \$9,044.14 | \$8,128.12 | \$8,122.42 |
| LIABILITIES AND EQUITY | \$13,293.35 | \$9,044.14 | \$10,268.12 | \$8,562.42 |

2016 Annual Report – CWFHC Canadian Masters Weightlifting Federation

FINANCIAL REPORT

For the 2016 Fiscal Year

By Doug Sinclair

INCOME STATEMENT

| | As at Feb 28/17 | As at Dec 31/16 | As at Dec 31/15 | As at Dec 31/14 |
|---------------------------------|--------------------|--------------------|--------------------|-----------------------|
| REVENUE | | | | |
| Revenue | | | | |
| Membership Fees | \$4,490.00 | \$8,940.00 | \$4,720.00 | |
| Sales of Lifting Suits | | \$450.00 | | |
| Sales of Jackets | | \$380.00 | | |
| Total Merchandise Sales | | \$830.00 | \$1,100.00 | |
| Net Revenue | \$4,490.00 | \$9,770.00 | \$5,820.00 | |
| Other Revenue | | | | |
| Pan Am - Processing | | \$2,961.80 | | |
| Worlds - Processing | | \$2,263.69 | | |
| Total Processing Revenue | | \$5,225.49 | \$1,699.88 | |
| TOTAL REVENUE | \$4,490.00 | \$14,995.49 | \$7,519.88 | |

EXPENSE

Program Expenditures

| | | | | |
|---------------------------------------|-----------------|-------------------|-------------------|----------------|
| Anti - Doping Expenditures | | \$2,630.00 | | |
| Membership Expenses - Processing | \$154.97 | \$220.56 | \$73.53 | |
| Honorariums (e.g. T-shirts, Web Site) | | \$200.00 | \$3,201.88 | |
| Total Canadian Championships | | \$46.03 | \$750.00 | |
| Pan Am - Team | | \$130.76 | | |
| Pan Am - Processing | | \$2,981.33 | | |
| Pan Am - Honorariums | | \$619.24 | | |
| Pan Am - Other | | \$45.60 | | |
| Total Pan Am Championships | | \$3,776.93 | \$129.83 | |
| World Expense - Team | | \$87.00 | | |
| World Expense - Processing | | \$2,232.94 | | |
| World Expense - Honorariums | | \$131.08 | | |
| World Expense - Other | | \$422.49 | | |
| Total World Expenses | | \$2,873.51 | \$227.55 | \$44.20 |
| Total Program Expenditures | \$154.97 | \$9,747.03 | \$4,382.79 | \$44.20 |

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General & Administration Expenditures

| | | | | |
|--|-------------------|--------------------|-------------------|-----------------|
| Advertising & Promotions | \$72.32 | | | |
| Web Site | \$800.00 | \$1,600.00 | | |
| Courier & Postage | | \$365.79 | \$160.63 | \$10.30 |
| Cost of Goods - Lifting Suits | | \$1,080.99 | | |
| Cost of Goods - Jackets | | \$362.63 | | |
| Cost of Goods - Crests | | \$728.84 | | |
| Total Cost of Merchandise Sold | | \$2,172.46 | | |
| Achievement Awards (e.g. Hall of Fame Trophies) | | \$128.71 | \$844.29 | |
| Interest & Bank Charges | \$13.50 | \$81.00 | \$89.30 | \$7.50 |
| Merchandise Fees | | \$0.00 | \$38.50 | |
| Office Supplies & Expenses | | \$124.17 | \$236.14 | \$9.01 |
| Currency Exchange Gain/Loss | | -\$139.69 | | |
| Miscellaneous Expense (e.g. Pan Am & Worlds fees) | | | \$1,762.53 | |
| Total General & Administration Expenditures | \$885.82 | \$4,332.44 | \$3,131.39 | \$26.81 |
| TOTAL EXPENSE | \$1,040.79 | \$14,079.47 | \$7,514.18 | \$71.01 |
| NET INCOME | \$3,449.21 | \$916.02 | \$5.70 | -\$71.01 |

Canadian Masters Hall of Fame Report for the Calendar Year 2016

Prepared by: Ken Miller, March 11, 2017

This year the results were updated for the 2016 Canadian (103 competitors), Pan American (20 competitors) and World Masters (13 competitors) results. A third party does not verify the input. As a result members should check their own results and notify the secretary of any discrepancies.

This year there are no new inductees.

The total number of inductees to 28, which include 6 ladies.

The updated results are posted on the web site after each competition.

The system for induction has remained the same. One hundred points are necessary for induction to the Hall of Fame. The results used are from 1989 to present.

Points are accumulated as follows:

| | <u>Canadians</u> | <u>Worlds</u> | <u>Pan Am</u> |
|--------|------------------|---------------|---------------|
| Gold | 10 | 6 | 5 |
| Silver | 7 | 5 | 4 |
| Bronze | 5 | 4 | 3 |
| Other | 4 | 3 | 2 |

I believe that the executive should consider whether this system is still appropriate. They should discuss this and implement any changes for the 2018 calendar year.

CANADIAN MASTERS WEIGHTLIFTING FEDERATION

STATISTICS AS AT NOVEMBER 15 FOR THE YEAR 2016

| | 2015 | 2016 | INCREASE | |
|--------------------------|------|------|----------|------------------------|
| Women Lifters | 46 | 73 | 59% | |
| Men Lifters | 72 | 97 | 35% | |
| Total | 118 | 170 | 44% | |
| | | | | % of membership |
| Ontario | 72 | 104 | 32 | 61.20% |
| Quebec | 19 | 29 | 10 | 17.60% |
| British Columbia | 14 | 16 | 2 | 9.40% |
| Alberta | 9 | 13 | 4 | 7.60% |
| Manitoba | 3 | 4 | 1 | 2.40% |
| Saskatchewan | 1 | 1 | 0 | 0.50% |
| Newfoundland | 0 | 1 | 1 | 0.50% |
| Nova Scotia | 0 | 1 | 1 | 0.50% |
| New Zealand (Cdn lifter) | 0 | 1 | 1 | 0.50% |
| Ages: | | | | |
| 30-34 | 14 | 25 | 11 | |
| 35-39 | 17 | 28 | 11 | |
| 40-44 | 18 | 21 | 3 | |
| 45-49 | 15 | 32 | 17 | |
| 50-54 | 17 | 19 | 2 | |
| 55-59 | 9 | 14 | 5 | |
| 60-64 | 11 | 12 | 1 | |
| 65-69 | 10 | 10 | 0 | |
| 70-74 | 4 | 4 | 0 | |
| 75-79 | 0 | 1 | 1 | |
| 80-84 | 2 | 4 | 2 | |

Compiled by Judy Quinn, Member Registration

CANADIAN MASTERS RECORDS 2016 REPORT

BY MARK A GOMES

(JANUARY 31, 2017)

CANADIAN MASTERS RECORDS SECRETARY

SECRETAIRE DES RECORDS

2016 REPORT

A. Twenty-three athletes (12 women/11 men) broke 57 records. Ten women and eight men broke more than one record.

Vingt-trois athlètes (12 femmes/11 hommes) ont battu 57 records. (12 femmes/11 hommes).

Dix femmess et huit hommes ont battu plus qu'un record.

B. Eleven Men broke 25 Records. Onze hommes ont battu 25 records.

56 kg class - 0; 62 kg - 0, 69 kg - 3; 77 kg - 6; 85 kg - 3; 94 kg - 9; 105 kg - 1 and/et +105 kg - 3.

Un de la Colombie-Britannique -1 , sept de l'Ontario - 7, et trois de Québec - 3

M30 (Jay Rhodes, Frank Longo and Mark Sicard)

M45 (Claude Caouette)*

M55 (Jocelyn Normand *, Guy Greavette and **Ayman Mazhar**)

M60 (John Case*@)

M65 (**Iain Douglas @** and Mark Gomes)

M70 (John Margolis @)

@ = Hall of Fame member/membre du grand hall de la renommée * = also/aussi 2015

bold/dactylographie audacieuse = aussi 2014 et 2015

| Âge | Nouveaux Records | Hommes / Men |
|--------------|------------------|--------------|
| 30 | 8 | 3 |
| 35 | 0 | 0 |
| 40 | 0 | 0 |
| 45 | 3 | 1 |
| 50 | 0 | 0 |
| 55 | 4 | 3 |
| 60 | 3 | 1 |
| 65 | 4 | 2 |
| 70 | 3 | 1 |
| 75 | 0 | 0 |
| 80 | 0 | 0 |
| Total | 25 | 11 |

C. Twelve Women broke 32 Records. Douze femmes ont battu 32 records. 48-kg class - 0; 53kg-3;58kg-6;63kg-9;69kg-8;75kg-6and/et +75kg-0.

Deux de Québec - 2, neuf de l'Ontario - 9, et un de la Colombie-Brittannique - 1

| Âge | Nouveaux Records | Hommes / Men |
|-----|------------------|--------------|
| 30 | 6 | 3 |
| 35 | 6 | 2 |
| 40 | 3 | 1 |
| 45 | 4 | 2 |
| 50 | 3 | 1 |
| 55 | 0 | 0 |

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| | | |
|--------------|-----------|-----------|
| 65* | 5 | 1 |
| 60 | 3 | 1 |
| 70 | 2 | 1 |
| Total | 25 | 11 |

W30 (Vicki Wong, Constance O'Connor and Joelle Beausejour)

W35 (Kristin Parsons and Vanessa Falshaw) W40 (Chantal Crowl*)

W45 (Danielle Ferko-Hicks and Julie Beaumont)

W50 (Manon Croteau) W60 (Debbie Regan)

W65 (Jill Miller***@**)

W70 (Lorraine Pelletier*)

@ = Hall of Fame member/membre du grand hall de la renommée * = also/aussi 2015 bold/dactylographie audacieuse = aussi 2014 et 2015

*Five records were broken by a single athlete, **Jill Miller. Well done!** Une femme a battu cinq records. **Bravo, Jill Miller!**

D. Thirty-two records were broken by Women. Trente-deux records ont été battus par les femmes:

(L`Arraché/Snatch - 12; L`Épaulé-Jeté/Clean and Jerk - 9; Total - 11)

Twenty-five records were broken by Men. Vingt cinq records ont été battus par les hommes:

(L`Arraché/Snatch - 8; L`Épaulé-Jeté/Clean and Jerk - 9; Total - 8)

E. Il n`y a pas de records dans les catégories suivantes.

There are no records in these categories.

| CATÉGORIES | ÂGE |
|------------|------------------------------|
| W48 kg | W70 |
| W53 kg | W55, W65, W70 |
| W58 kg | W55, W60, W70 |
| W63 kg | W75, W70 |
| W75 kg | W70 |
| M56 kg | M30, M45, M55, M70, M75, M80 |
| M62 kg | M30, M75, M80 |
| M94 kg | M80 |
| M105 kg | M75, M80 |
| M+105 kg | M65, M70, M75, M80 |

F. OLDEST RECORDS - LES PLUS VIEUX RECORDS

| | | Ar/Sn | CJ/E-J | Total | Prov. |
|------------|------------|-------|--------|-------|-------|
| M35/62kg | B. Thom | | 110 | 187 | ON |
| M35/94 kg | E. Romanov | 135 | | | QC |
| M40/105kg | S Sandor | | 155 | 275 | ON |
| M40/+105kg | P. Kahnert | 140 | 170 | 310 | ON |
| M45/85kg | B. Walt | | 137 | | ON |
| M45/+105 | D. MacNeil | 125 | 165 | 290 | ON |
| M60/56kg | C.H. Chan | | 80 | 142 | QC |
| W35/63kg | W. Rogers | 62 | 77 | 140 | AB |
| W35/69kg | W. Rogers | 65 | | 140 | AB |

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G. BEST WOMEN ATHLETES LES MEILLEURES ATHLÈTES FEMMES

| WOMEN - FEMMES | Province | # Records |
|-----------------------|-----------------|------------------|
| Manon Poulin | Québec | 21 |
| Jill Miller | Ontario | 13 |
| Judy Quinn | Ontario | 11 |
| Wendy Rodgers | Alberta | 09 |
| Christine Walt | Ontario | 08 |

**H. BEST MEN
ATHLETES LES MEILLEURS ATHLÈTES HOMMES**

| MEN -HOMMES | PROVINCE | # RECORDS |
|--------------------|-----------------|------------------|
| Emery Chevrier | Quebec | 17 |
| Bob Walt | Ontario | 13 |
| Yves Carignan | Quebec | 11 |
| Marcel Perron | Quebec | 10 |
| Zdravko Soleso | Ontario | 09 |

Medal Count as of December 2016

| Medal | March 2016 | Awarded at 2016 National | Dec. 2016 Count |
|--------------|-------------------|---------------------------------|------------------------|
| GOLD | 387 | 63 | 324 |
| SILVER | 274 | 23 | 251 |
| BRONZE | 189 | 9 | 180 |

Avec respect, Mark A Gomes January 31, 2017

2016 Western Masters Representative

By Ed Fergusson

BC has had a large increase in athletes at a Masters Competition, from 20 + to a full slate of 61 registered for the March 18, 2017 competition. There are 11 athletes aged 50 or older, while most of the other athletes were born in the 70s and 80s; this bodes well for the future for BC Masters. Since many of these athletes are entering their first BC Masters Competition I expect to see many new BC records set. I believe BC Masters records are up to date at this time (March 11, 2017).

Alberta hosted their second Masters on February 18, 2017 with 14 women and 12 men athletes competing, ranging in age from 30 – 63. Although Alberta has no records posted, I am aware their age range is wider (I am an Honorary Life Member in Alberta).

Saskatchewan Masters records show 3 men and 5 women hold Provincial Masters records. At their Titan Open on February 04, 2017 there were 8 women and 7 men Masters age athletes, one 50 +; the other 14 were born in the 70s and 80s.

Manitoba, at their February 12, 2017 La Coupe du Voyageur, had 9 women and 12 men Masters competing; their ages ranging from 30 – 70; two of these were 50+.

This gives a total of 133 Western Masters competing in February/March this year. With this number of athletes we may be able to have a Western Masters; maybe a mail-in; a Manitoba/Saskatchewan competition and a BC/Alberta competition.

I would like to thank the National Executive for setting out the guideline for the setting of Canadian records (5 different competition situations) that will be acceptable to everyone and allow us to be able to encourage our athletes with an attainable goal. None of us want to see “Club” or “Backyard” competitions used to justify a record but, because of the size of our country and travel costs, one central competition really was not acceptable. I would still encourage our Master athletes to try to attend the National Masters wherever it is held because the welcome and camaraderie is always very satisfying and fun.

ED FERGUSSON

Eastern Representative Report

By Gary Lewis



Another year has gone by and people are still talking about past Championship venues, Toronto, Rouyn-Noranda and last year's Canadian Masters that was held in Trenton Ontario. To date the contest venues keep getting better and better.

2017 will see the Championships in British Columbia, under the watchful eye of Guy Greavette there is no doubt this will be a first class venue.

There are more Olympic weightlifting Clubs popping up every year. It's been a long time since there been such a passionate group of people coming together in the numbers as today. Who gets the credit for this newfound interest? The old Olympic clubs with their long-standing members? The new Cross-fit competitors with their WOD's? The parents who watch and then join their children in this great sport? We can thank every one of them and more. People are coming from every corner and angle of society to participate in the greatest sport there is.

Weightlifting has a strong history and this story needs to be told. Two people who contribute often on social media are, Yvon Chouinard, with a mind and memory as strong as the iron he lifted. Yvon shares his stories freely for all to read. Mario Robitaille's pictures, a treasured collection. Mario's history in the sport started early. From his photos he has never stopped. There are a lot more people that could be named, and there are a lot more that should be named.

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I'm encouraging everyone who has a piece of this history to pass it on, be it a funny story, myth or facts. Let's hear your stories.

Facebook has been used for pictures and stories; the Canadian Masters has a page of their own. Have a look; leave your mark by sharing your pictures and stories.

To the Committee of Masters weightlifting we have a group of strong-minded individuals. Everyone's strength is at times put to the test and you don't always get 3 white lights, so just remember that it only takes 2 white lights to make a good lift.

Gary Lewis Eastern Representative

Canadian Masters Weightlifting Federation