

**Women's - Archived Records**  
**Femmes – Records archivés**  
**2018-2024**

| Code    | Lifter                | Prov. | Age Grp. | Wt. Class | Record Type | Min/Actual | Date       |
|---------|-----------------------|-------|----------|-----------|-------------|------------|------------|
| s30-45  |                       |       | 30-34    | 45        | Snatch      | 43         |            |
| s30-49  |                       |       | 30-34    | 49        | Snatch      | 46         |            |
| s30-55  |                       |       | 30-34    | 55        | Snatch      | 50         |            |
| s30-59  | Melissa Conteduca     | QC    | 30-34    | 59        | Snatch      | 69         | 2019-04-27 |
| s30-64  | Jessica Ruel          | QC    | 30-34    | 64        | Snatch      | 68         | 2024-07-14 |
| s30-71  | Stephanie Peter       | ON    | 30-34    | 71        | Snatch      | 76         | 2019-02-23 |
| s30-76  | Caroline Chartrand    | QC    | 30-34    | 76        | Snatch      | 76         | 2019-04-27 |
| s30-81  | Fanny Salvail- Bérard | QC    | 30-34    | 81        | Snatch      | 82         | 2024-11-30 |
| s30-87  | Julia Ryan            | ON    | 30-34    | 87        | Snatch      | 89         | 11-9-2024  |
| s30-87+ | Laura Arbour          | ON    | 30-34    | 87+       | Snatch      | 78         | 2022-04-24 |
| c35-45  |                       |       | 30-34    | 45        | Clean-Jerk  | 53         |            |
| c30-49  |                       |       | 30-34    | 49        | Clean-Jerk  | 57         |            |
| c30-55  |                       |       | 30-34    | 55        | Clean-Jerk  | 62         |            |
| c30-59  | Melissa Conteduca     | QC    | 30-34    | 59        | Clean-Jerk  | 87         | 2019-04-27 |
| c30-64  | Joanne Ouellet        | QC    | 30-34    | 64        | Clean-Jerk  | 85         | 2019-04-27 |
| c30-71  | Stephanie Peter       | ON    | 30-34    | 71        | Clean-Jerk  | 93         | 2019-02-23 |
| c30-76  | Gabrielle Schmidt     | QC    | 30-34    | 76        | Clean-Jerk  | 92         | 2022-03-26 |
| c30-81  | Fanny Salvail- Bérard | QC    | 30-34    | 81        | Clean-Jerk  | 100        | 2024-11-30 |
| c30-87  | Julia Ryan            | ON    | 30-34    | 87        | Clean-Jerk  | 105        | 11-9-2024  |
| c30-87+ | Laura Arbour          | ON    | 30-34    | 87+       | Clean-Jerk  | 101        | 2022-04-24 |
| t30-45  |                       |       | 30-34    | 45        | Total       | 96         |            |
| t30-49  |                       |       | 30-34    | 49        | Total       | 103        |            |
| t30-55  |                       |       | 30-34    | 55        | Total       | 112        |            |
| t30-59  | Melanie Conteduca     | QC    | 30-34    | 59        | Total       | 156        | 2019-04-27 |
| t30-64  | Joanne Ouellet        | QC    | 30-34    | 64        | Total       | 150        | 2019-04-27 |
| t30-71  | Stephanie Peter       | ON    | 30-34    | 71        | Total       | 169        | 2019-02-23 |
| t30-76  | Gabrielle Schmidt     | QC    | 30-34    | 76        | Total       | 164        | 2022-03-26 |
| t30-81  | Fanny Salvail- Bérard | QC    | 30-34    | 81        | Total       | 182        | 2024-11-30 |
| t30-87  | Julia Ryan            | ON    | 30-34    | 87        | Total       | 194        | 11-9-2024  |
| t30-87+ | Laura Arbour          | ON    | 30-34    | 87+       | Total       | 179        | 2022-04-24 |
| s35-45  |                       |       | 35-39    | 45        | Snatch      | 40         |            |

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|         |                         |    |       |     |            |     |            |
|---------|-------------------------|----|-------|-----|------------|-----|------------|
| s35-49  |                         |    | 35-39 | 49  | Snatch     | 43  |            |
| s35-55  | Joanne Jeffrey          | ON | 35-39 | 55  | Snatch     | 64  | 2019-04-27 |
| s35-59  | Whitney Nelson          | ON | 35-39 | 59  | Snatch     | 67  | 2019-08-29 |
| s35-64  | Stephanie Gowanlock     | ON | 35-39 | 64  | Snatch     | 81  | 2019-02-23 |
| s35-71  | Sharon Ko               | BC | 35-39 | 71  | Snatch     | 80  | 2022-12-09 |
| s35-76  | Gabrielle Schmidt       | QC | 35-39 | 76  | Snatch     | 80  | 2024-11-30 |
| s35-81  | Linsey Piel-Glade       | MB | 35-39 | 81  | Snatch     | 78  | 2024-07-14 |
| s35-87  | Linsey Piel-Glade       | MB | 35-39 | 87  | Snatch     | 77  | 2022-10-12 |
| s35-87+ | Vinnie Liu              | BC | 35-39 | 87+ | Snatch     | 69  | 10-20-2024 |
| c35-45  |                         |    | 35-39 | 45  | Clean-Jerk | 50  |            |
| c35-49  |                         |    | 35-39 | 49  | Clean-Jerk | 53  |            |
| c35-55  | Hilary Dumas            | BC | 35-39 | 55  | Clean-Jerk | 75  | 2024-03-03 |
| c35-59  | Valerie Francoeur       | QC | 35-39 | 59  | Clean-Jerk | 83  | 2022-06-12 |
| c35-64  | Stephanie Gowanlock     | ON | 35-39 | 64  | Clean-Jerk | 101 | 2019-02-23 |
| c35-71  | Gabrielle Schmidt       | QC | 35-39 | 71  | Clean-Jerk | 100 | 2024-05-18 |
| c35-76  | Gabrielle Schmidt       | QC | 35-39 | 76  | Clean-Jerk | 101 | 2023-05-28 |
| c35-81  | Linsey Piel-Glade       | MB | 35-39 | 81  | Clean-Jerk | 91  | 2023-11-25 |
| c35-87  | Linsey Piel-Glade       | MB | 35-39 | 87  | Clean-Jerk | 87  | 2022-07-09 |
| c35-87+ | Michelle Page           | ON | 35-39 | 87+ | Clean-Jerk | 111 | 2024-04-21 |
| t35-45  |                         |    | 35-39 | 45  | Total      | 90  |            |
| t35-49  |                         |    | 35-39 | 49  | Total      | 96  |            |
| t35-55  | Joanne Jeffrey          | ON | 35-39 | 55  | Total      | 138 | 2019-04-27 |
| t35-59  | Valerie Francoeur       | QC | 35-39 | 59  | Total      | 148 | 2022-06-12 |
| t35-64  | Stephanie Gowanlock     | ON | 35-39 | 64  | Total      | 182 | 2019-02-23 |
| t35-71  | Gabrielle Schmidt       | QC | 35-39 | 71  | Total      | 175 | 2024-05-18 |
| t35-76  | Gabrielle Schmidt       | QC | 35-39 | 76  | Total      | 181 | 2024-11-30 |
| t35-81  | Linsey Piel-Glade       | MB | 35-39 | 81  | Total      | 164 | 2024-07-14 |
| t35-87  | Linsey Piel-Glade       | MB | 35-39 | 87  | Total      | 163 | 2022-07-09 |
| t35-87+ | Michelle Page           | ON | 35-39 | 87+ | Total      | 179 | 2024-04-21 |
| s40-45  | Pamela Warner           | ON | 40-44 | 45  | Snatch     | 43  | 5-12-2022  |
| s40-49  | Joanne Jeffrey          | ON | 40-44 | 49  | Snatch     | 60  | 2022-05-12 |
| s40-55  | Rosalie Laurin-Larouche | QC | 40-44 | 55  | Snatch     | 67  | 2019-02-23 |

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|         |                           |    |       |     |            |     |            |
|---------|---------------------------|----|-------|-----|------------|-----|------------|
| s40-59  | Abigail Guerrero-Gonzales | QC | 40-44 | 59  | Snatch     | 80  | 2019-08-29 |
| s40-64  | Andrea Robinson           | MB | 40-44 | 64  | Snatch     | 73  | 2023-07-14 |
| s40-71  | Megan Apostoleris         | NS | 40-44 | 71  | Snatch     | 82  | 2023-07-15 |
| s40-76  | Connie Di Pierro          | ON | 40-44 | 76  | Snatch     | 76  | 2022-07-12 |
| s40-81  | Connie Di Pierro          | ON | 40-44 | 81  | Snatch     | 74  | 2023-04-22 |
| s40-87  | Jay Reyes                 | ON | 40-44 | 87  | Snatch     | 66  | 2022-07-09 |
| s40-87+ | Karine Brouillard         | QC | 40-44 | 87+ | Snatch     | 70  | 2022-08-12 |
| c40-45  | Pamela Warner             | ON | 40-44 | 45  | Clean-Jerk | 58  | 5-12-2022  |
| c40-49  | Joanne Jeffrey            | ON | 40-44 | 49  | Clean-Jerk | 70  | 2022-07-09 |
| c40-55  | Rosalie Laurin-Larouche   | QC | 40-44 | 55  | Clean-Jerk | 83  | 2019-02-23 |
| c40-59  | Abigail Guerrero-Gonzales | QC | 40-44 | 59  | Clean-Jerk | 90  | 2019-02-23 |
| c40-64  | Andrea Robinson           | MB | 40-44 | 64  | Clean-Jerk | 89  | 2023-07-14 |
| c40-71  | Megan Apostoleris         | NS | 40-44 | 71  | Clean-Jerk | 101 | 2023-05-20 |
| c40-76  | Connie Di Pierro          | ON | 40-44 | 76  | Clean-Jerk | 96  | 2022-05-12 |
| c40-81  | Connie Di Pierro          | ON | 40-44 | 81  | Clean-Jerk | 95  | 2023-04-22 |
| c40-87  | Jay Reyes                 | ON | 40-44 | 87  | Clean-Jerk | 84  | 2022-07-12 |
| c40-87+ | Diane Welsh               | AB | 40-44 | 87+ | Clean-Jerk | 86  | 2020-02-22 |
| t40-45  | Pamela Warner             | ON | 40-44 | 45  | Total      | 101 | 5-12-2022  |
| t40-49  | Joanne Jeffrey            | ON | 40-44 | 49  | Total      | 128 | 2022-07-09 |
| t40-55  | Rosalie Laurin-Larouche   | QC | 40-44 | 55  | Total      | 150 | 2019-02-23 |
| t40-59  | Abigail Guerrero-Gonzales | QC | 40-44 | 59  | Total      | 170 | 2019-08-29 |
| t40-64  | Andrea Robinson           | MB | 40-44 | 64  | Total      | 162 | 2023-07-14 |
| t40-71  | Megan Apostoleris         | NS | 40-44 | 71  | Total      | 182 | 2023-05-20 |
| t40-76  | Connie Di Pierro          | ON | 40-44 | 76  | Total      | 172 | 2022-05-12 |
| t40-81  | Connie Di Pierro          | ON | 40-44 | 81  | Total      | 169 | 2023-04-22 |
| t40-87  | Jay Reyes                 | AB | 40-44 | 87  | Total      | 149 | 2022-07-12 |
| t40-87+ | Karine Brouillard         | QC | 40-44 | 87+ | Total      | 152 | 2022-08-12 |
| s45-45  |                           |    | 45-49 | 45  | Snatch     | 36  |            |
| s45-49  | Janella David             | BC | 45-49 | 49  | Snatch     | 53  | 2020-03-07 |
| s45-55  | Rosalie Laurin Larouche   | QC | 45-49 | 55  | Snatch     | 59  | 2024-03-23 |
| s45-59  | Isabelle Gauthier         | QC | 45-49 | 59  | Snatch     | 70  | 2019-02-23 |
| s45-64  | Charity Bartz             | ON | 45-49 | 64  | Snatch     | 67  | 2024-03-30 |

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|         |                          |     |       |     |            |     |            |
|---------|--------------------------|-----|-------|-----|------------|-----|------------|
| s45-71  | Mandy Molder             | SK  | 45-49 | 71  | Snatch     | 69  | 2023-02-11 |
| s45-76  | Danielle Holdsworth      | ON  | 45-49 | 76  | Snatch     | 61  | 2024-04-21 |
| s45-81  | Cathy Hambly             | BC  | 45-49 | 81  | Snatch     | 73  | 2023-03-05 |
| s45-87  | Hannah Gray              | AB  | 45-49 | 87  | Snatch     | 65  | 2022-03-05 |
| s45-87+ | Cassandra Exner-Williams | SK  | 45-49 | 87+ | Snatch     | 63  | 3-23-2024  |
| c45-45  |                          |     | 45-49 | 45  | Clean-Jerk | 45  |            |
| c45-49  | Heather Amundrud         | ON  | 45-49 | 49  | Clean-Jerk | 68  | 2019-08-29 |
| c45-55  | Alana Everett-Yim        | AB  | 45-49 | 55  | Clean-Jerk | 78  | 2023-02-04 |
| c45-59  | Isabelle Gauthier        | QC  | 45-49 | 59  | Clean-Jerk | 90  | 2019-04-27 |
| c45-64  | Charity Bartz            | ON  | 45-49 | 64  | Clean-Jerk | 85  | 2024-03-30 |
| c45-71  | Allison Penney           | ON  | 45-49 | 71  | Clean-Jerk | 85  | 2024-07-13 |
| c45-76  | Danielle Holdsworth      | ON  | 45-49 | 76  | Clean-Jerk | 76  | 2024-04-21 |
| c45-81  | Cathy Hambly             | BC  | 45-49 | 81  | Clean-Jerk | 89  | 2023-07-15 |
| c45-87  | Hannah Gray              | AB  | 45-49 | 87  | Clean-Jerk | 84  | 2022-05-12 |
| c45-87+ | Jeannette Perry          | BC  | 45-49 | 87+ | Clean-Jerk | 76  | 3-3-2024   |
| t45-45  |                          |     | 45-49 | 45  | Total      | 81  |            |
| t45-49  | Heather Amundrud         | ON  | 45-49 | 49  | Total      | 119 | 2019-08-29 |
| t45-55  | Anita Boray              | QC  | 45-49 | 55  | Total      | 132 | 2022-04-12 |
| t45-59  | Isabelle Gauthier        | QC  | 45-49 | 59  | Total      | 160 | 2019-04-27 |
| t45-64  | Charity Bartz            | ON  | 45-49 | 64  | Total      | 152 | 2024-03-30 |
| t45-71  | Mandy Molder             | SK  | 45-49 | 71  | Total      | 152 | 2023-02-11 |
| t45-76  | Danielle Holdsworth      | ON  | 45-49 | 76  | Total      | 137 | 4-21-2024  |
| t45-81  | Cathy Hambly             | BC  | 45-49 | 81  | Total      | 160 | 2023-03-05 |
| t45-87  | Hannah Gray              | AB  | 45-49 | 87  | Total      | 147 | 2022-05-12 |
| t45-87+ | Cassandra Exner-Williams | SK  | 45-49 | 87+ | Total      | 139 | 3-23-2024  |
| s50-45  |                          |     | 50-54 | 45  | Snatch     | 34  |            |
| s50-49  | Janella David            | BC  | 50-54 | 49  | Snatch     | 50  | 3-3-2024   |
| s50-55  | Isabelle Gauthier        | QC  | 50-54 | 55  | Snatch     | 66  | 2023-07-14 |
| s50-59  | Isabelle Gauthier        | QC  | 50-54 | 59  | Snatch     | 69  | 2022-06-12 |
| s50-64  | Paule Poulin             | CAN | 50-54 | 64  | Snatch     | 54  | 2023-03-04 |
| s50-71  | Marife Villagonzalo      | ON  | 50-54 | 71  | Snatch     | 58  | 2023-07-14 |
| s50-76  | Sue Jones                | ON  | 50-54 | 76  | Snatch     | 61  | 2024-07-13 |

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|         |                      |     |       |     |            |     |            |
|---------|----------------------|-----|-------|-----|------------|-----|------------|
| s50-81  | Danielle Pirrie      | ON  | 50-54 | 81  | Snatch     | 57  | 2024-02-24 |
| s50-87  | Deirdre Coburn       | AB  | 50-54 | 87  | Snatch     | 84  | 03-02-2024 |
| s50-87+ |                      |     | 50-54 | 87+ | Snatch     | 57  |            |
| c50-45  |                      |     | 50-54 | 45  | Clean-Jerk | 43  |            |
| c50-49  | Janella David        | BC  | 50-54 | 49  | Clean-Jerk | 68  | 3-3-2024   |
| c50-55  | Isabelle Gauthier    | QC  | 50-54 | 55  | Clean-Jerk | 86  | 2023-05-25 |
| c50-59  | Isabelle Gauthier    | QC  | 50-54 | 59  | Clean-Jerk | 87  | 2022-06-12 |
| c50-64  | Paule Poulin         | CAN | 50-54 | 64  | Clean-Jerk | 77  | 2023-03-04 |
| c50-71  | Marife Villagonzalo  | ON  | 50-54 | 71  | Clean-Jerk | 77  | 2023-07-14 |
| c50-76  | Sue Jones            | ON  | 50-54 | 76  | Clean-Jerk | 81  | 2023-07-15 |
| c50-81  | Lisa Sluik           | AB  | 50-54 | 81  | Clean-Jerk | 77  | 2019-08-29 |
| c50-87  | Deirdre Coburn       | AB  | 50-54 | 87  | Clean-Jerk | 88  | 3-23-2024  |
| c50-87+ |                      |     | 50-54 | 87+ | Clean-Jerk | 72  |            |
| t50-45  |                      |     | 50-54 | 45  | Total      | 77  |            |
| t50-49  | Janella David        | BC  | 50-54 | 49  | Total      | 118 | 3-3-2024   |
| t50-55  | Isabelle Gauthier    | QC  | 50-54 | 55  | Total      | 150 | 2023-05-25 |
| t50-59  | Isabelle Gauthier    | QC  | 50-54 | 59  | Total      | 156 | 2022-06-12 |
| t50-64  | Paule Poulin         | CAN | 50-54 | 64  | Total      | 131 | 2023-03-04 |
| t50-71  | Marife Villagonzalo  | ON  | 50-54 | 71  | Total      | 135 | 2023-07-14 |
| t50-76  | Sue Jones            | ON  | 50-54 | 76  | Total      | 142 | 2024-07-13 |
| t50-81  | Lisa Sluik           | AB  | 50-54 | 81  | Total      | 130 | 2019-08-29 |
| t50-87  | Deirdre Coburn       | AB  | 50-54 | 87  | Total      | 152 | 3-23-2024  |
| t50-87+ |                      |     | 50-54 | 87+ | Total      | 129 |            |
| s55-45  |                      |     | 55-59 | 45  | Snatch     | 32  |            |
| s55-49  |                      |     | 55-59 | 49  | Snatch     | 34  |            |
| s55-55  | Manon Poulin         | QC  | 55-59 | 55  | Snatch     | 47  | 2019-05-30 |
| s55-59  | Molly Zirkle         | ON  | 55-59 | 59  | Snatch     | 50  | 2022-02-12 |
| s55-64  | Sylvie Guenette      | ON  | 55-59 | 64  | Snatch     | 51  | 2023-05-25 |
| s55-71  | Madeleine Waterfield | ON  | 55-59 | 71  | Snatch     | 51  | 2020-02-22 |
| s55-76  | Allison Sullivan     | AB  | 55-59 | 76  | Snatch     | 56  | 3-3-2023   |
| s55-81  | Patricia Barber      | ON  | 55-59 | 81  | Snatch     | 49  | 2024-07-12 |
| s55-87  |                      |     | 55-59 | 87  | Snatch     | 47  |            |

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|         |                      |    |       |     |            |     |            |
|---------|----------------------|----|-------|-----|------------|-----|------------|
| s55-87+ |                      |    | 55-59 | 87+ | Snatch     | 53  |            |
| c55-45  |                      |    | 55-59 | 45  | Clean-Jerk | 39  |            |
| c55-49  |                      |    | 55-59 | 49  | Clean-Jerk | 42  |            |
| c55-55  | Manon Poulin         | QC | 55-59 | 55  | Clean-Jerk | 54  | 2019-05-30 |
| c55-59  | Molly Zirkle         | ON | 55-59 | 59  | Clean-Jerk | 61  | 2022-04-23 |
| c55-64  | Sylvie Guenette      | ON | 55-59 | 64  | Clean-Jerk | 66  | 2023-07-14 |
| c55-71  | Madeleine Waterfield | ON | 55-59 | 71  | Clean-Jerk | 65  | 2020-02-22 |
| c55-76  | Allison Sullivan     | AB | 55-59 | 76  | Clean-Jerk | 70  | 3-3-2023   |
| c55-81  | Patricia Barber      | ON | 55-59 | 81  | Clean-Jerk | 66  | 2024-07-12 |
| c55-87  | Patricia Barber      | ON | 55-59 | 87  | Clean-Jerk | 65  | 7-15-2023  |
| c55-87+ |                      |    | 55-59 | 87+ | Clean-Jerk | 66  |            |
| t55-45  |                      |    | 55-59 | 45  | Total      | 71  |            |
| t55-49  |                      |    | 55-59 | 49  | Total      | 76  |            |
| t55-55  | Manon Poulin         | QC | 55-59 | 55  | Total      | 101 | 2019-05-30 |
| t55-59  | Molly Zirkle         | ON | 55-59 | 59  | Total      | 111 | 2022-02-12 |
| t55-64  | Sylvie Guenette      | ON | 55-59 | 64  | Total      | 115 | 2023-02-25 |
| t55-71  | Madeleine Waterfield | ON | 55-59 | 71  | Total      | 116 | 2020-02-22 |
| t55-76  | Allison Sullivan     | AB | 55-59 | 76  | Total      | 126 | 3-3-2023   |
| t55-81  | Patricia Barber      | ON | 55-59 | 81  | Total      | 115 | 2024-07-12 |
| t55-87  | Patricia Barber      | ON | 55-59 | 87  | Total      | 110 | 7-15-2023  |
| t55-87+ |                      |    | 55-59 | 87+ | Total      | 119 |            |
| s60-45  | Elaine Mori          | BC | 60-64 | 45  | Snatch     | 33  | 9-6-2024   |
| s60-49  | Elaine Mori          | BC | 60-64 | 49  | Snatch     | 32  | 3-2-2024   |
| s60-55  |                      |    | 60-64 | 55  | Snatch     | 29  |            |
| s60-59  | Manon Poulin         | QC | 60-64 | 59  | Snatch     | 44  | 8-19-2023  |
| s60-64  | Manon Poulin         | QC | 60-64 | 64  | Snatch     | 42  | 4-26-2024  |
| s60-71  | Manon Poulin         | QC | 60-64 | 71  | Snatch     | 38  | 9-23-2024  |
| s60-76  |                      |    | 60-64 | 76  | Snatch     | 37  |            |
| s60-81  |                      |    | 60-64 | 81  | Snatch     | 39  |            |
| s60-87  | Madeleine Waterfield | ON | 60-64 | 87  | Snatch     | 45  | 7-12-2024  |
| s60-87+ |                      |    | 60-64 | 87+ | Snatch     | 41  |            |
| c60-45  | Elaine Mori          | BC | 60-64 | 45  | Clean-Jerk | 50  | 9-6-2024   |

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|         |                      |    |       |     |            |     |            |
|---------|----------------------|----|-------|-----|------------|-----|------------|
| c60-49  | Elaine Mori          | BC | 60-64 | 49  | Clean-Jerk | 45  | 3-2-2024   |
| c60-55  |                      |    | 60-64 | 55  | Clean-Jerk | 37  |            |
| c60-59  | Manon Poulin         | QC | 60-64 | 59  | Clean-Jerk | 51  | 2023-07-14 |
| c60-64  | Manon Poulin         | QC | 60-64 | 64  | Clean-Jerk | 50  | 7-12-2024  |
| c60-71  | Manon Poulin         | QC | 60-64 | 71  | Clean-Jerk | 47  | 9-23-2024  |
| c60-76  |                      |    | 60-64 | 76  | Clean-Jerk | 47  |            |
| c60-81  |                      |    | 60-64 | 81  | Clean-Jerk | 49  |            |
| c60-87  | Madeleine Waterfield | ON | 60-64 | 87  | Clean-Jerk | 56  | 2-24-2024  |
| c60-87+ |                      |    | 60-64 | 87+ | Clean-Jerk | 52  |            |
| t60-45  | Elaine Mori          | BC | 60-64 | 45  | Total      | 83  | 9-6-2024   |
| t60-49  | Elaine Mori          | BC | 60-64 | 49  | Total      | 77  | 3-2-2024   |
| t60-55  |                      |    | 60-64 | 55  | Total      | 66  |            |
| t60-59  | Manon Poulin         | QC | 60-64 | 59  | Total      | 94  | 8-19-2023  |
| t60-64  | Manon Poulin         | QC | 60-64 | 64  | Total      | 90  | 3-23-2024  |
| t60-71  | Manon Poulin         | QC | 60-64 | 71  | Total      | 85  | 9-23-2024  |
| t60-76  |                      |    | 60-64 | 76  | Total      | 84  |            |
| t60-81  |                      |    | 60-64 | 81  | Total      | 88  |            |
| t60-87  | Madeleine Waterfield | ON | 60-64 | 87  | Total      | 100 | 2-24-2024  |
| t60-87+ |                      |    | 60-64 | 87+ | Total      | 93  |            |
| s65-45  |                      |    | 65-69 | 45  | Snatch     | 23  |            |
| s65-49  |                      |    | 65-69 | 49  | Snatch     | 25  |            |
| s65-55  | Fern Tonus           | ON | 65-69 | 55  | Snatch     | 33  | 7-12-2024  |
| s65-59  | Frances Robson       | SK | 65-69 | 59  | Snatch     | 38  | 9-5-2024   |
| s65-64  | Madeline Payne       | ON | 65-69 | 64  | Snatch     | 36  | 2019-08-29 |
| s65-71  |                      |    | 65-69 | 71  | Snatch     | 32  |            |
| s65-76  |                      |    | 65-69 | 76  | Snatch     | 34  |            |
| s65-81  |                      |    | 65-69 | 81  | Snatch     | 36  |            |
| s65-87  |                      |    | 65-69 | 87  | Snatch     | 37  |            |
| s65-87+ |                      |    | 65-69 | 87+ | Snatch     | 38  |            |
| c65-45  |                      |    | 65-69 | 45  | Clean-Jerk | 30  |            |
| c65-49  | Suzie Hill           | ON | 65-69 | 49  | Clean-Jerk | 35  | 2019-04-27 |
| c65-55  | Fern Tonus           | ON | 65-69 | 55  | Clean-Jerk | 41  | 7-12-2024  |

**Women's - Archived Records**  
**Femmes – Records archivés**  
**2018-2024**

|         |                    |    |       |     |            |    |            |
|---------|--------------------|----|-------|-----|------------|----|------------|
| c65-59  | Frances Robson     | SK | 65-69 | 59  | Clean-Jerk | 46 | 5-30-2024  |
| c65-64  | Madeline Payne     | ON | 65-69 | 64  | Clean-Jerk | 42 | 2019-08-29 |
| c65-71  | Ruth Stewart       | ON | 65-69 | 71  | Clean-Jerk | 42 | 1-12-2022  |
| c65-76  |                    |    | 65-69 | 76  | Clean-Jerk | 43 |            |
| c65-81  |                    |    | 65-69 | 81  | Clean-Jerk | 45 |            |
| c65-87  |                    |    | 65-69 | 87  | Clean-Jerk | 46 |            |
| c65-87+ |                    |    | 65-69 | 87+ | Clean-Jerk | 48 |            |
| t65-45  |                    |    | 65-69 | 45  | Total      | 53 |            |
| t65-49  | Suzie Hill         | ON | 65-69 | 49  | Total      | 59 | 2019-04-27 |
| t65-55  | Fern Tonus         | ON | 65-69 | 55  | Total      | 74 | 7-12-2024  |
| t65-59  | Frances Robson     | SK | 65-69 | 59  | Total      | 82 | 5-30-2024  |
| t65-64  | Madeline Payne     | ON | 65-69 | 64  | Total      | 78 | 2019-08-29 |
| t65-71  |                    |    | 65-69 | 71  | Total      | 73 |            |
| t65-76  |                    |    | 65-69 | 76  | Total      | 77 |            |
| t65-81  |                    |    | 65-69 | 81  | Total      | 81 |            |
| t65-87  |                    |    | 65-69 | 87  | Total      | 83 |            |
| t65-87+ |                    |    | 65-69 | 87+ | Total      | 85 |            |
| s70-45  |                    |    | 70-74 | 45  | Snatch     | 20 |            |
| s70-49  |                    |    | 70-74 | 49  | Snatch     | 21 |            |
| s70-55  | Doris Hellenbart   | ON | 70-74 | 55  | Snatch     | 26 | 2019-04-27 |
| s70-59  | Doris Hellenbart   | ON | 70-74 | 59  | Snatch     | 28 | 2019-08-29 |
| s70-64  | Jill Miller        | NB | 70-74 | 64  | Snatch     | 28 | 2024-02-03 |
| s70-71  | Ruth Stewart       | BC | 70-74 | 71  | Snatch     | 31 | 7-12-2024  |
| s70-76  | Judy Quinn         | ON | 70-74 | 76  | Snatch     | 31 | 2019-05-30 |
| s70-81  | Christine Walt     | ON | 70-74 | 81  | Snatch     | 31 | 2019-08-29 |
| s70-87  | Patricia Henderson | BC | 70-74 | 87  | Snatch     | 28 | 3-4-2023   |
| s70-87+ | Patricia Henderson | BC | 70-74 | 87+ | Snatch     | 30 | 7-14-2023  |
| c70-45  |                    |    | 70-74 | 45  | Clean-Jerk | 23 |            |
| c70-49  |                    |    | 70-74 | 49  | Clean-Jerk | 24 |            |
| c70-55  | Doris Hellenbart   | ON | 70-74 | 55  | Clean-Jerk | 33 | 2019-04-27 |
| c70-59  | Doris Hellenbart   | ON | 70-74 | 59  | Clean-Jerk | 35 | 2019-08-29 |
| c70-64  | Karen Lander       | ON | 70-74 | 64  | Clean-Jerk | 38 | 30/5/2024  |



**Women's - Archived Records**  
**Femmes – Records archivés**  
**2018-2024**

|         |                    |    |       |     |            |    |            |
|---------|--------------------|----|-------|-----|------------|----|------------|
| c70-71  | Ruth Stewart       | BC | 70-74 | 71  | Clean-Jerk | 41 | 7-2024     |
| c70-76  | Judy Quinn         | ON | 70-74 | 76  | Clean-Jerk | 42 | 2019-08-29 |
| c70-81  | Christine Walt     | ON | 70-74 | 81  | Clean-Jerk | 44 | 2019-08-29 |
| c70-87  |                    |    | 70-74 | 87  | Clean-Jerk | 37 |            |
| c70-87+ | Patricia Henderson | BC | 70-74 | 87+ | Clean-Jerk | 41 | 7-14-2023  |
| t70-45  |                    |    | 70-74 | 45  | Total      | 43 |            |
| t70-49  |                    |    | 70-74 | 49  | Total      | 45 |            |
| t70-55  | Doris Hellenbart   | ON | 70-74 | 55  | Total      | 59 | 2019-04-27 |
| t70-59  | Doris Hellenbart   | ON | 70-74 | 59  | Total      | 63 | 2019-08-29 |
| t70-64  | Karen Lander       | ON | 70-74 | 64  | Total      | 65 | 30/5/2024  |
| t70-71  | Ruth Stewart       | BC | 70-74 | 71  | Total      | 72 | 7-12-2024  |
| t70-76  | Judy Quinn         | ON | 70-74 | 76  | Total      | 73 | 2019-08-29 |
| t70-81  | Christine Walt     | OM | 70-74 | 81  | Total      | 75 | 2019-08-29 |
| t70-87  |                    |    | 70-74 | 87  | Total      | 65 |            |
| t70-87+ | Patricia Henderson | BC | 70-74 | 87+ | Total      | 71 | 7-14-2023  |
| s75-45  |                    |    | 75-79 | 45  | Snatch     | 18 |            |
| s75-49  |                    |    | 75-79 | 49  | Snatch     | 19 |            |
| s75-55  | Doris Hellenbart   | ON | 75-79 | 55  | Snatch     | 22 | 2022-07-09 |
| s75-59  |                    |    | 75-79 | 59  | Snatch     | 21 |            |
| s75-64  |                    |    | 75-79 | 64  | Snatch     | 22 |            |
| s75-71  |                    |    | 75-79 | 71  | Snatch     | 23 |            |
| s75-76  | Judy Quinn         | ON | 75-79 | 76  | Snatch     | 29 | 5-24-2023  |
| s75-81  | Judy Quinn         | ON | 75-79 | 81  | Snatch     | 28 | 09-05-2024 |
| s75-87  |                    |    | 75-79 | 87  | Snatch     | 26 |            |
| s75-87+ |                    |    | 75-79 | 87+ | Snatch     | 27 |            |
| c75-45  |                    |    | 75-79 | 45  | Clean-Jerk | 22 |            |
| c75-49  |                    |    | 75-79 | 49  | Clean-Jerk | 23 |            |
| c75-55  | Doris Hellenbart   | ON | 75-79 | 55  | Clean-Jerk | 28 | 2022-07-09 |
| c75-59  |                    |    | 75-79 | 59  | Clean-Jerk | 26 |            |
| c75-64  |                    |    | 75-79 | 64  | Clean-Jerk | 28 |            |
| c75-71  |                    |    | 75-79 | 71  | Clean-Jerk | 30 |            |
| c75-76  | Judy Quinn         | ON | 75-79 | 76  | Clean-Jerk | 37 | 5-24-2023  |

**Women's - Archived Records**  
**Femmes – Records archivés**  
**2018-2024**

|         |                  |    |       |     |            |    |            |
|---------|------------------|----|-------|-----|------------|----|------------|
| c75-81  | Brenda Fergusson | BC | 75-79 | 81  | Clean-Jerk | 37 | 2019-03-09 |
| c75-87  |                  |    | 75-79 | 87  | Clean-Jerk | 36 |            |
| c75-87+ |                  |    | 75-79 | 87+ | Clean-Jerk | 38 |            |
| t75-45  |                  |    | 75-79 | 45  | Total      | 40 |            |
| t75-49  |                  |    | 75-79 | 49  | Total      | 42 |            |
| t75-55  | Doris Hellenbart | ON | 75-79 | 55  | Total      | 50 | 2022-07-09 |
| t75-59  |                  |    | 75-79 | 59  | Total      | 47 |            |
| t75-64  |                  |    | 75-79 | 64  | Total      | 50 |            |
| t75-71  |                  |    | 75-79 | 71  | Total      | 53 |            |
| t75-76  | Judy Quinn       | ON | 75-79 | 76  | Total      | 66 | 5-24-2023  |
| t75-81  | Judy Quinn       | ON | 75-79 | 81  | Total      | 64 | 09-05-2024 |
| t75-87  |                  |    | 75-79 | 87  | Total      | 62 |            |
| t75-87+ |                  |    | 75-79 | 87+ | Total      | 65 |            |
| s80-45  |                  |    | 80-84 | 45  | Snatch     | 20 |            |
| s80-49  |                  |    | 80-84 | 49  | Snatch     | 20 |            |
| s80-55  |                  |    | 80-84 | 55  | Snatch     | 20 |            |
| s80-59  |                  |    | 80-84 | 59  | Snatch     | 20 |            |
| s80-64  |                  |    | 80-84 | 64  | Snatch     | 21 |            |
| s80-71  |                  |    | 80-84 | 71  | Snatch     | 22 |            |
| s80-76  |                  |    | 80-84 | 76  | Snatch     | 23 |            |
| s80-81  | Brenda Fergusson | BC | 80-84 | 81  | Snatch     | 25 | 3-4-2023   |
| s80-87  |                  |    | 80-84 | 87  | Snatch     | 24 |            |
| s80-87+ |                  |    | 80-84 | 87+ | Snatch     | 27 |            |
| c80-45  |                  |    | 80-84 | 45  | Clean-Jerk | 20 |            |
| c80-49  |                  |    | 80-84 | 49  | Clean-Jerk | 21 |            |
| c80-55  |                  |    | 80-84 | 55  | Clean-Jerk | 23 |            |
| c80-59  |                  |    | 80-84 | 59  | Clean-Jerk | 24 |            |
| c80-64  |                  |    | 80-84 | 64  | Clean-Jerk | 26 |            |
| c80-71  |                  |    | 80-84 | 71  | Clean-Jerk | 27 |            |
| c80-76  |                  |    | 80-84 | 76  | Clean-Jerk | 28 |            |
| c80-81  | Brenda Fergusson | BC | 80-84 | 81  | Clean-Jerk | 31 | 3-4-2023   |
| c80-87  |                  |    | 80-84 | 87  | Clean-Jerk | 30 |            |

**Women's - Archived Records**  
**Femmes – Records archivés**  
**2018-2024**

|         |                  |    |       |     |            |    |          |
|---------|------------------|----|-------|-----|------------|----|----------|
| c80-87+ |                  |    | 80-84 | 87+ | Clean-Jerk | 33 |          |
| t80-45  |                  |    | 80-84 | 45  | Total      | 40 |          |
| t80-49  |                  |    | 80-84 | 49  | Total      | 41 |          |
| t80-55  |                  |    | 80-84 | 55  | Total      | 43 |          |
| t80-59  |                  |    | 80-84 | 59  | Total      | 44 |          |
| t80-64  |                  |    | 80-84 | 64  | Total      | 47 |          |
| t80-71  |                  |    | 80-84 | 71  | Total      | 49 |          |
| t80-76  |                  |    | 80-84 | 76  | Total      | 51 |          |
| t80-81  | Brenda Fergusson | BC | 80-84 | 81  | Total      | 56 | 3-4-2023 |
| t80-87  |                  |    | 80-84 | 87  | Total      | 54 |          |
| t80-87+ |                  |    | 80-84 | 87+ | Total      | 60 |          |
| s85-45  |                  |    | 85-89 | 45  | Snatch     | 20 |          |
| s85-49  |                  |    | 85-89 | 49  | Snatch     | 20 |          |
| s85-55  |                  |    | 85-89 | 55  | Snatch     | 20 |          |
| s85-59  |                  |    | 85-89 | 59  | Snatch     | 20 |          |
| s85-64  |                  |    | 85-89 | 64  | Snatch     | 20 |          |
| s85-71  |                  |    | 85-89 | 71  | Snatch     | 20 |          |
| s85-76  |                  |    | 85-89 | 76  | Snatch     | 20 |          |
| s85-81  |                  |    | 85-89 | 81  | Snatch     | 20 |          |
| s85-87  |                  |    | 85-89 | 87  | Snatch     | 20 |          |
| s85-87+ |                  |    | 85-89 | 87+ | Snatch     | 21 |          |
| c85-45  |                  |    | 85-89 | 45  | Clean-Jerk | 20 |          |
| c85-49  |                  |    | 85-89 | 49  | Clean-Jerk | 20 |          |
| c85-55  |                  |    | 85-89 | 55  | Clean-Jerk | 20 |          |
| c85-59  |                  |    | 85-89 | 59  | Clean-Jerk | 20 |          |
| c85-64  |                  |    | 85-89 | 64  | Clean-Jerk | 20 |          |
| c85-71  |                  |    | 85-89 | 71  | Clean-Jerk | 20 |          |
| c85-76  |                  |    | 85-89 | 76  | Clean-Jerk | 20 |          |
| c85-81  |                  |    | 85-89 | 81  | Clean-Jerk | 21 |          |
| c85-87  |                  |    | 85-89 | 87  | Clean-Jerk | 22 |          |
| c85-87+ |                  |    | 85-89 | 87+ | Clean-Jerk | 26 |          |
| t85-45  |                  |    | 85-89 | 45  | Total      | 40 |          |

**Women's - Archived Records**  
**Femmes – Records archivés**  
**2018-2024**

|         |       |     |            |    |
|---------|-------|-----|------------|----|
| t85-49  | 85-89 | 49  | Total      | 40 |
| t85-55  | 85-89 | 55  | Total      | 40 |
| t85-59  | 85-89 | 59  | Total      | 40 |
| t85-64  | 85-89 | 64  | Total      | 40 |
| t85-71  | 85-89 | 71  | Total      | 40 |
| t85-76  | 85-89 | 76  | Total      | 40 |
| t85-81  | 85-89 | 81  | Total      | 41 |
| t85-87  | 85-89 | 87  | Total      | 42 |
| t85-87+ | 85-89 | 87+ | Total      | 47 |
| s90-45  | 90-94 | 45  | Snatch     |    |
| s90-49  | 90-94 | 49  | Snatch     |    |
| s90-55  | 90-94 | 55  | Snatch     |    |
| s90-59  | 90-94 | 59  | Snatch     |    |
| s90-64  | 90-94 | 64  | Snatch     |    |
| s90-71  | 90-94 | 71  | Snatch     |    |
| s90-76  | 90-94 | 76  | Snatch     |    |
| s90-81  | 90-94 | 81  | Snatch     |    |
| s90-87  | 90-94 | 87  | Snatch     |    |
| s90-87+ | 90-94 | 87+ | Snatch     |    |
| c90-45  | 90-94 | 45  | Clean-Jerk |    |
| c90-49  | 90-94 | 49  | Clean-Jerk |    |
| c90-55  | 90-94 | 55  | Clean-Jerk |    |
| c90-59  | 90-94 | 59  | Clean-Jerk |    |
| c90-64  | 90-94 | 64  | Clean-Jerk |    |
| c90-71  | 90-94 | 71  | Clean-Jerk |    |
| c90-76  | 90-94 | 76  | Clean-Jerk |    |
| c90-81  | 90-94 | 81  | Clean-Jerk |    |
| c90-87  | 90-94 | 87  | Clean-Jerk |    |
| c90-87+ | 90-94 | 87+ | Clean-Jerk |    |
| t90-45  | 90-94 | 45  | Total      |    |
| t90-49  | 90-94 | 49  | Total      |    |
| t90-55  | 90-94 | 55  | Total      |    |

**Women's - Archived Records**  
**Femmes – Records archivés**  
**2018-2024**

|         |       |     |       |
|---------|-------|-----|-------|
| t90-59  | 90-94 | 59  | Total |
| t90-64  | 90-94 | 64  | Total |
| t90-71  | 90-94 | 71  | Total |
| t90-76  | 90-94 | 76  | Total |
| t90-81  | 90-94 | 81  | Total |
| t90-87  | 90-94 | 87  | Total |
| t90-87+ | 90-94 | 87+ | Total |
|         |       |     |       |