

WCHM President's August, 2026, Update

Our Canadian Contingent of 126 members will be representing Canada at the 2026 IMWA World Masters Championships – 68 women and 58 men.

Modest funding will be available to coaches, who must either be a WCHM member or a WCH Certified Coach and assist two or more Canadian athletes. Funding applications will be reviewed after the Championships. Information has been sent to all participants and is available here:

[Submitted-by-coach.APPLICATION-FOR-COACH-HONORARIUM.pdf](#)

Website Treasurer Hunt - Winners

Congratulations to the winner **Agnes Kwok from British Columbia**, **Albera's Deirdre Coburn**, our second-place winner and **Hilary Miller, from British Columbia**, our third-place winner.

Website Treasurer Hunt - Answers

1. Greg Doucette totalled **165 kg** at the 2024 Canadian Masters Weightlifting Championships. [Masters_Masters_2024-07-16_08h13;34.xlsx](#)
2. **125 points** are required for induction into the Hall of Fame. [Allocation-of-Hall-of-Fame-Points.2023.06.05-EN.pdf](#) [Allocation-of-Hall-of-Fame-Points.2023.06.05-FR.pdf](#)
3. **Isabelle Gauthier** holds the Snatch Record in the W50/77 kg category. She earned that at the 2023 Canadian Masters Weightlifting Championships with a lift of 66 kg.
4. By law 7.03 states that: "Number of Directors - The Board shall consist of five (5) directors as elected by the Members from time to time. The **Board may appoint up to three (3) additional directors** who are serving in another WCHM leadership role. [1.GO_.Bylaw-of-WCHM.2026.06.18.pdf](#) [1.GO_.Reglement-de-WCHM.2026.06.18.pdf](#)
5. **There are eight Canadian Masters Para Weightlifting categories.** [Para Weightlifting – WCHM](#) [Para Haltérophilie – WCHM](#)
6. WCHM contracts **DFSI (Drug Free Sport International)** to conduct doping control at its national championships.
7. The WCHM version of a TUE for its National Championships is called a Medical Review Application. [Medical-Review-application.EN_.2023.01.27-1.pdf](#)
[FORMULAIRE-DE-DEMANDE-REVUE-DES-DOSSIERS-MEDICAUX.2023.01.27-1.pdf](#)

8. WCHM awards 4 Grand Masters (the best of the all the age category Best Lifters) and only they receive the Award.

Grand Masters U45 and Grand Masters 45+ number of athletes receiving these awards is four. However, in 2025, cash prizes were given to first, second and third. In that one-time scenario, there were 12 athletes receiving awards. Therefore, if one interprets the question as referring to how many athletes, **the best answer could be 4 or 12.**

Initially the 45+ was actually an overall Grand Master, that is from 30 and older. It wasn't until 2025 at the Nationals in Alberta that an athlete took both the Grand Master and the U45 Grand Master. For the Nationals in 2025, there was the "45 and Younger" and the "46 and Older". This was a more equitable approach.

WCHM intends on keeping these designations implemented in 2025, but will be examining award names to replace "45 and Younger" and "46 and Older".

This question was eliminated from the Treasure Hunt and only used to break any ties. In such a case, the answer would be 4 or 12.

9. The 20 kg rule for Masters Weightlifting competitions was changed to the **80% Rule**. At International Masters Events the 80% rule is applied to the athlete's Entry Total (which can be lower than their qualifying competition total). For the WCHM Nationals, the 80% Rule is applied to the Qualifying Total, a requirement that can be changed by the Board of Directors.
10. **Corbera de Llobregat, Barcelona, Spain.**

. Retaining the Online Application Process for Record attempts at WCHM Nationals

Background:

Madeleine was exploring the possibility of having the results of our Nationals merged with our record data base, which is in OWCMS format, so that members successfully attempting records at our Nationals need not make an online Record Application, an Automatic Record Process.

An automatic Record acknowledgement process, is not as simple as I thought it might be. There are a number of steps that need to be taken by Competition Administrators which assumes they have a keen understanding of the requirements and steps to make an Automatic Record Process work.

Competition Administrators change from year to year, and from French to English as their first language.

The Record Secretary would also has to conduct a number of steps involving the OWLCMS software (which we do not use other than using the same data recording format for our own organizational use) and has to be very well knowledgeable of both Excel and the OWLCMS data-recognized formatting;

There is an increased possibility of human error in an automated approach, various degrees of personnel knowledge base, and personnel that may change midyear.

Less than 15 members successfully break records at our annual national championships.

Our current on-line application continues to work most effectively.

Decision: The Board has decided to retain the current on-line application process for attempts made at the WCHM Nationals (the Canadian Masters Weightlifting Championships.)

New Website Logo

The Board has selected this logo from six possibilities. It will be used as the logo on the next set of national championship medals for purchase in 2030. Pending a bylaw addition to be approved by the board, and later ratified at the 2027 AGM, members will be permitted free access to the logo for solely personal use.



Member Action Photos

Members have been encouraged to send their action photograph using the contact form. Or Website Administrator will be using these on the WCHM website main page.

