

AFF.	#	TAS	NAME	GIVEN NAME	CAT.	B.W.	Team	Birth Date	SNATCH			Best snatch	CLEAN&JERK			Best C&J	Total	Rank	Sinclair	
									1	2	3		1	2	3				Sinclair	SMF
WOMEN																				
	1	12	PELLETIER	LORRAINE	W70+ 69	68.70	SUDBURY WEIGHTLIFTING CLUB	9/25/43	29	31	(33)	31	40	42	(44)	42	73	1	91.843	188.830
	3	41	Miller	Jill	W65 63	62.00	Blue Mountain	8/23/51	(28)	28	(30)	28	35	38	40	40	68	1	91.343	154.370
	2	16	Larson	Dawn	W65 63	61.70	Guelph Barbell Club	8/14/49	21	23	(24)	23	31	(33)	34	34	57	2	76.820	135.741
	4	94	Quinn	Judy	W65 >75	79.30	Garden City	5/09/48	30	32	34	34	40	42	44	44	78	1	90.787	164.233
	5	55	hill	suzie	W60 48	46.80	Garden City	2/16/54	23	24	(25)	24	32	34	(35)	34	58	1	97.236	154.897
	6	37	Regan	Debbie	W60 69	67.30	Reaper Barbell Club	11/06/55	28	30	31	31	37	39	41	41	72	1	91.723	143.546
	7	93	Schraft	Heidi	W55 48	46.20	Thunder Bay Weightlifting	1/18/61	25	27	28	28	31	33	34	34	62	1	105.159	147.118
	8	15	Croteau	Manon	W50 58	55.90	Fortissimo	4/17/65	42	46	50	50	60	(65)	(65)	60	110	1	159.178	208.205
	9	68	Poulin	Manon	W50 58	53.20	Club d'Haltérophilie de Boucherville	12/14/63	42	44	46	46	(52)	54	56	56	102	2	153.399	206.935
	10	23	Straughan	Kim	W50 >75	77.60	Garden City Weightlifting	1/20/65	35	37	(39)	37	45	47	50	50	87	1	102.354	133.879
	1	86	Farrell	Anita	W45 53	52.10	Crossfit North Burlington	3/13/71	48	52	(54)	52	63	(67)	(67)	63	115	1	175.886	212.470
	3	88	Beaumont	Julie	W45 63	62.80	CHWI	11/22/71	(49)	49	53	53	65	68	(70)	68	121	1	161.140	194.658
	4	91	Jach	Kerry	W45 63	62.10	windsor barbell club	11/25/71	47	50	(53)	50	60	63	(65)	63	113	2	151.625	183.163
	2	29	Arya	Poonam	W45 63	62.10	CLub d'Halterophilie de l'ouest de l'ile	12/06/68	36	39	41	41	50	(53)	53	53	94	3	126.131	158.294
	5	87	Rosario-Earnshaw	Linda	W45 69	66.60	Physics Elite	1/05/69	(42)	42	45	45	62	65	(68)	65	110	1	141.041	174.750
	6	90	Di Stefano	Giovanna	W45 69	66.40	CHWI	8/18/71	36	(39)	39	39	50	(53)	53	53	92	2	118.183	142.765
	8	96	Burk	Liisa	W45 75	73.90	Sudbury Reaper Barbell Club	12/28/67	36	39	(42)	39	50	53	(56)	53	92	1	111.034	141.235
	7	31	Stranges	Meredith	W45 75	70.60	Apollo Barbell Club	11/04/70	25	28	31	31	35	38	40	40	71	2	87.906	107.510
	10	84	Mikkola	Carla	W45 >75	107.40	Reaper Barbell Club	12/08/67	36	39	42	42	54	58	62	62	104	1	108.256	137.702
	9	50	Stangenberg	Anne-Marie	W45 >75	79.10	Crossfit North Burlington	7/09/70	(32)	(34)	(34)	-	35	37	(40)	37	-	-	-	
	1	47	Amundrud	Heather	W40 53	51.90	JustLift Ottawa	8/08/74	48	51	(54)	51	68	71	73	73	124	1	190.246	221.637
	2	33	RUPP	ALEXANDRA	W40 69	67.90	CHWI	10/04/74	47	50	53	53	62	65	67	67	120	1	152.045	177.132
	3	49	Crowl	Chantal	W40 75	73.20	Cornwall weightlifting club	10/06/76	53	56	(58)	56	63	67	70	70	126	1	152.859	173.954
	4	79	Desjardins	Michele	W40 75	73.50	CHWI	12/24/72	(48)	48	(53)	48	64	68	(71)	68	116	2	140.413	167.513
	6	67	Paonessa	Sandra	W40 >75	106.30	Varbanov School of Weightlifting	8/21/76	40	45	(49)	45	73	(76)	(78)	73	118	1	123.151	140.146
	5	64	Thorne	Meg	W40 >75	86.10	London Weightlifting	11/10/76	49	53	(56)	53	58	61	64	64	117	2	131.183	149.287
	1	34	gitterman	leah	W35 53	51.40	synergy weightlifting	5/17/78	36	38	(40)	38	(51)	(51)	51	51	89	1	137.637	152.915
	8	46	Parsons	Kristin	W35 63	62.10	Barrie Weightlifting Club	8/23/80	63	67	(71)	67	78	82	87	87	154	1	206.640	223.998
	7	43	BOILARD	ISABELLE	W35 63	60.80	DoMiNor	2/16/77	50	53	(55)	53	(66)	66	(70)	66	119	2	162.008	182.097
	9	69	Sloan	Stephanie	W35 63	62.70	Bytown Barbell Club	2/06/79	34	39	43	43	(57)	57	(60)	57	100	3	133.316	146.381
	5	92	Barbosa	Kate	W35 69	66.60	Physics Elite	5/09/80	53	56	60	60	67	71	(74)	71	131	1	167.967	182.077
	4	18	Penney	Alli	W35 69	68.60	Physics Elite	3/07/79	54	57	(60)	57	67	(71)	71	71	128	2	161.181	176.976
	10	95	George	Ashlea	W35 69	64.50	Garden City Weightlifting	7/07/81	(54)	54	57	57	66	69	(72)	69	126	3	164.877	176.418
	2	2	Holdsworth	Danielle	W35 69	65.50	Hybrid	10/20/79	52	55	(58)	55	65	68	(72)	68	123	-	159.370	174.989
	3	5	Anderson	Stephanie	W35 69	67.90	Adamantium Weightlifting	7/13/80	46	49	(52)	49	55	59	(63)	59	108	-	136.840	148.335
	6	48	Falshaw	Vanessa	W35 75	73.30	Thunder Bay	9/26/80	48	52	55	55	70	73	(75)	73	128	1	155.169	168.204
	11	26	Campbell	mairi	W35 >75	91.50	repear barbell club	5/25/77	43	46	49	49	55	59	(63)	59	108	1	118.191	132.847

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									1	2	3		1	2	3				Sinclair	SMF
	7	104	wong	vicky	W30 53	51.80	Sudbury Weightlifting Coach	6/17/86	50	55	57	57	65	70	(72)	70	127	1	195.157	195.157
	8	71	Condon	Sarah	W30 58	54.40	Victory Barbell	12/05/83	35	39	41	41	40	45	(50)	45	86	1	127.081	132.418
	10	32	Beauséjour	Joelle	W30 69	66.10	Justlift	11/26/82	40	42	46	46	61	65	(70)	65	111	1	142.996	151.004
	12	83	O'Connor	Constance	W30 69	65.20	Thunder Bay Giants	7/27/83	43	46	(49)	46	60	64	(67)	64	110	2	142.944	148.948
	11	76	Steele	Shannon	W30 69	65.30	Victory Barbell	4/18/85	(35)	35	40	40	45	50	55	55	95	3	123.331	125.057
	9	17	Yando	Tiffany	W30 69	68.70	Crossfit North Burlington	1/16/85	36	(38)	(38)	36	43	45	48	48	84	-	105.683	107.162
			Men																	
	1	7	Marcel	Perron	M80+ 77	77.00	Les Titans Gaspesie	9/07/33	50	(52)	(52)	50	60	68	70	70	120	1	151.116	451.234
	2	65	Vaughan	Don	M75 69	68.30	CrossFit BC	6/21/37	28	(30)	(31)	28	30	34	37	37	65	1	88.017	221.452
	3	57	MATTE	YVON	M70 69	67.00	Club d,halt�rophilie de Montr�al	6/07/46	42	(45)	45	45	60	(63)	(64)	60	105	1	143.978	273.415
	4	36	margolis	john	M70 94	85.50	concordia-international	7/08/42	52	54	57	57	65	70	75	75	132	1	157.288	332.980
	5	74	Gomes	Mark	M65 69	67.90	Durham Weightlifting Club	1/17/51	61	64	68	68	80	86	(90)	86	154	1	209.330	353.767
	6	99	Miller	Ken	M65 69	67.00	Blue Mountain	9/24/47	45	(50)	50	50	65	70	(75)	70	120	2	164.547	304.905
	7	39	St. Jean	Raymond	M65 85	81.50	Variety Village	8/03/48	45	48	(50)	48	60	64	(67)	64	112	1	136.747	247.376
	8	42	Douglas	Iain	M65 105	99.20	Garden City	8/29/49	55	60	(69)	60	70	75	78	78	138	1	154.016	272.147
	9	3	Carignan	Yves	M60 69	67.50	Halt-H�ros Gasp�	9/07/52	(58)	59	(61)	59	80	(85)	(85)	80	139	1	189.671	313.905
	10	59	Mahoney	David	M60 69	66.80	una	1/28/54	48	50	52	52	61	63	(65)	63	115	2	158.003	251.698
	11	19	Case	John	M60 94	92.00	London Atlas Weightlifting Club	10/01/55	85	(91)	(91)	85	105	110	112	112	197	1	226.852	355.024
	12	85	Carr-Braint	Joel	M60 105	101.50	Apollo	12/04/55	52	57	60	60	72	77	80	80	140	1	154.889	242.401
	1	105	Tempelaar	Martin	M55 62	56.40	CFNB	11/26/61	50	52	(54)	52	68	(72)	(72)	68	120	1	186.252	260.567
	2	60	Webb	Ian	M55 77	76.20	Orillia trojans	8/20/59	(85)	85	88	88	105	(112)	(112)	105	193	1	244.491	355.979
	3	102	Lawson	Ian	M55 85	84.00	London Atlas Weightlifting	2/13/60	80	85	88	88	95	100	(106)	100	188	1	226.000	322.502
	4	103	Kennedy	Jeff	M55 85	83.10	Halterophilie de Montreal	12/14/60	50	(53)	53	53	(60)	60	64	64	117	2	141.420	201.807
	6	38	Normand	Jocelyn	M55 94	90.60	Atlas	6/29/60	90	(95)	95	95	120	126	128	128	223	1	258.557	368.960
	5	35	Greavette	Guy	M55 94	93.90	Vikings	4/27/60	95	100	(103)	100	117	121	(126)	121	221	2	252.240	359.947
	7	66	Tanner	Stephen	M55 94	88.40	Garden City	12/16/58	48	51	55	55	68	72	76	76	131	3	153.616	227.966
	8	1	Purcell	Michael	M55 105	102.20	County Barbell	4/27/57	56	59	(63)	59	(80)	80	81	81	140	1	154.494	233.441
	9	89	chretien	roland	M55 105	102.80	sudbury weightlifting club	1/06/59	58	64	67	67	(65)	65	(77)	65	132	2	145.354	211.635
	10	62	Mazhar	Ayman	M55 >105	112.60	VV	11/22/59	70	75	78	78	95	100	107	107	185	1	197.627	287.744
	11	14	Robitaille	Mario	M50 69	68.90	HERACLES	12/05/65	(68)	68	(74)	68	90	95	98	98	166	1	223.521	292.365
	12	97	Menard	Michael	M50 105	100.00	Les Athletiques	3/12/64	93	100	103	103	123	128	(132)	128	231	1	257.011	341.054
	13	101	Sawa	Eric	M45 69	68.40	Variety Village	3/05/69	70	75	80	80	90	(95)	(96)	90	170	1	229.982	284.947
	14	72	Denis	Renaud	M45 77	76.40	G�ants de Montr�al	9/19/71	96	(101)	(101)	96	118	(123)	123	123	219	1	277.013	334.632
	3	73	Dessureault	Dave	M45 85	83.20	Hybrid Weightlifting London Ontario	3/16/69	75	80	85	85	105	110	114	114	199	1	240.387	297.840
	15	13	Robinson	Larry	M45 85	77.20	Garage Gym Weightlifting	2/13/70	82	86	-	86	(112)	112	(115)	112	198	2	248.978	304.500
	1	9	Chagnon	Nicolas	M45 85	78.80	CHWI (Club Halt�rophilie West-Island)	6/16/68	70	74	77	77	93	(97)	97	97	174	3	216.321	271.483
	4	82	Stranges	Nick	M45 85	83.30	Apollo Barbell Club	3/10/67	46	51	55	55	75	81	(83)	81	136	-	164.184	208.842
	2	10	Vlahos	George	M45 85	83.30	Blue Mountain	7/26/69	(87)	(87)	(87)	-	-	-	-	-	-	-	-	-
	5	61	HOUDE	ST�PHANE	M45 94	90.10	DoMiNor	10/28/70	95	(100)	(100)	95	125	130	135	135	230	1	267.343	326.961
	6	25	Menard	Pat	M45 105	103.20	Adamantium	9/22/70	95	101	(104)	101	125	131	(135)	131	232	1	255.110	311.999
	7	56	Walt	Tony	M45 >105	110.50	Apollo	11/10/68	105	113	(120)	113	130	136	140	140	253	1	271.841	341.161

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									1	2	3		1	2	3				Sinclair	SMF
	8	98	Walt	Cory	M40 69	67.60	Apollo	4/12/72	60	67	72	72	80	87	(95)	87	159	1	216.751	258.584
	9	20	MacKinnon	Kory	M40 77	75.50	Garage Gym	12/24/75	71	76	82	82	94	100	107	107	189	1	240.696	277.042
	10	27	BAZIN	HENDRIX	M40 77	72.20	CLUB D'HALTÉROPHILIE DE MONTRÉAL	1/18/72	62	65	68	68	85	89	(92)	89	157	2	205.314	244.939
	11	58	Gault	Thorin	M40 94	93.10	Cornwall Weightlifting Club	10/23/73	102	(107)	107	107	132	138	142	142	249	1	285.246	336.305
	13	44	Vandeweghe	Craig	M40 105	100.70	Creekbarbellclub	2/01/76	(110)	110	(115)	110	140	(147)	(147)	140	250	1	277.412	315.694
	12	28	Malone	Doug	M40 105	101.60	Variety Village	12/31/75	(105)	-	-	-	-	-	-	-	-	-	-	-
	15	54	Gawley	Sean	M40 >105	112.00	Apollo	3/13/74	105	113	120	120	120	127	133	133	253	1	270.707	315.373
	14	6	Gilbert	Craig	M40 >105	119.20	Dakota Weightlifting	4/19/75	110	115	(121)	115	120	125	130	130	245	2	257.548	296.438
	1	70	Florento	John	M35 69	68.70	Creek Barbell	6/18/79	85	88	(90)	88	81	-	-	81	169	1	227.985	250.328
	2	24	stewart	Dave	M35 77	76.80	CrossFit PTBO Weightlifting Club	7/12/80	(83)	(83)	83	83	106	(113)	(113)	106	189	1	238.358	258.381
	3	81	Mendoza	Fernando	M35 77	76.40	Garage Gym	10/02/81	80	84	(87)	84	99	102	104	104	188	2	237.801	254.447
	4	78	Allan	Ryan	M35 85	84.80	orillia trojans	12/30/80	(108)	110	(115)	110	143	(147)	(150)	143	253	1	302.698	328.124
	5	100	Sloan	Everett	M35 85	80.70	Bytown Barbell Club	9/18/78	80	85	(88)	85	100	(105)	(105)	100	185	2	227.057	252.261
	6	77	Ciornii	Leonard	M35 105	98.20	Club d'haleophilie de Montreal	10/07/78	62	66	70	70	90	95	(100)	95	165	1	184.884	205.407
	7	11	Mabry	Frank	M35 >105	111.70	Concordia International Weightlifting	7/21/78	80	83	86	86	(100)	100	103	103	189	1	202.394	224.859
	10	53	Rhodes	Jay	M30 77	77.00	Creek Barbell Club	5/16/84	105	110	115	115	129	134	139	139	254	1	319.863	328.819
	8	51	Huot	Maxime	M30 77	76.40	CFU-Haltérophilie	4/23/86	111	(114)	(114)	111	135	(141)	(143)	135	246	2	311.165	311.165
	9	52	Parks	Kolby	M30 77	69.60	Victory Barbell	1/23/85	50	55	60	60	75	80	(82)	80	140	3	187.301	189.923
	11	80	Crossen	Aaron	M30 77	74.90	Victory Barbell	7/21/86	50	55	60	60	75	(80)	(80)	75	135	-	172.724	172.724
	13	22	Longo	Frank	M30 85	82.60	Stoney Creek	6/14/84	120	125	(130)	125	145	154	(160)	154	279	1	338.279	347.751
	12	8	Archer	Nathan	M30 85	83.40	Archer Training Systems	9/27/84	85	89	(92)	89	110	114	(117)	114	203	2	244.919	251.777
	14	63	Condon	William	M30 85	83.40	Victory Barbell	9/17/84	75	79	82	82	98	103	106	106	188	3	226.822	233.173
	15	30	Berger	Alexandre	M30 94	93.60	Les Athlétiques	6/09/83	100	(105)	105	105	120	130	(140)	130	235	1	268.587	279.868
	17	40	Sicard	Mark	M30 >105	116.20	CWC	12/24/83	120	(125)	(126)	120	145	151	161	161	281	1	297.442	309.935
	18	75	Wilson	Blake	M30 >105	109.50	Kingston Weighlifting Club	3/31/86	103	107	110	110	125	-	-	125	235	2	253.232	253.232
	16	21	Carroll	Mike	M30 >105	120.50	Apollo Barbell Club	4/20/86	68	72	(78)	72	90	95	(100)	95	167	3	175.061	175.061

Officials and Competition Management

	Session M1	Session F1	Session M2	Session M3	Session F2
Speaker	Larry Robinson	Yvon Chouinard	Ken Miller	Mike Miller	Thorin Gault
Referee	Donald Buchanan	Donald Buchanan	Donald Buchanan	Alexandre Berger	Donald Buchanan
Referee	Alexandre Berger	Alexandre Berger	Mark Gomes	Jill Miller	Larry Robinson
Referee	Yvon Chouinard	Linda Rosario Earnshaw	Linda Rosario Earnshaw	Yvon Chouinard	Jill Miller
Marshall	Le-ann Patton	Le-ann Patton	Le-ann Patton	Larry Robinson	Le-ann Patton
Technical Controller	Alexandre Berger	Alexandre Berger	Mark Gomes	Jill Miller	Larry Robinson
	Session F3	Session M4	Session F4		
Speaker	Mike Miller	Thorin Gault	Thorin Gault		
Referee	Ken Miller	Donald Buchanan	Donald Buchanan		
Referee	Jill Miller	Larry Robinson	Alexandre Berger		
Referee	Larry Robinson	Linda Rosario Earnshaw	Jill Miller		
Marshall	Le-ann Patton	Le-ann Patton	Ken Miller		
Technical Controller	Jill Miller	Larry Robinson	Alexandre Berger		

This competition was subject to doping control, and CCES was in attendance

Provincial Records set

Women						Men					
Category	Event	Name	YOB	Club	Weight (kg)	Category	Event	Name	YOB	Club	Weight (kg)
W70 69 kg	Snatch	PELLETIE Lorraine	1943	SWC	31	M65	Snatch	GOMES Mark	1951	AT	68
	C&J	PELLETIE Lorraine	1943	SWC	42	69 kg	Clean&	GOMES Mark	1951	AT	86
	Total	PELLETIE Lorraine	1943	SWC	73		Total	GOMES Mark	1951	AT	154
W65 63 kg	Snatch	MILLER Jill	1951	BMW	28	M55	Snatch	TEMPELA Martin	1961	NB	52
	Clean&	MILLER Jill	1951	BMW	40	62 kg	Total	TEMPELA Martin	1961	NB	120
	Total	MILLER Jill	1951	BMW	68						
W60 69 kg	Snatch	REGAN Debbie	1955	RB	31	M55	Snatch	LAWSON Ian	1959	LA	88
	Clean&	REGAN Debbie	1955	RB	41	85 kg	Clean&	LAWSON Ian	1959	LA	100
	Total	REGAN Debbie	1955	RB	72		Total	LAWSON Ian	1959	LA	188
W55 48 kg	Snatch	SCHRAFT Heidi	1961	TB	28	M55	Snatch	CHRETIEN Roland	1959	SWC	67
	Clean&	SCHRAFT Heidi	1961	TB	34	105 kg	Clean&	PURCELL Michael	1957	C	81
	Total	SCHRAFT Heidi	1961	TB	62		Total	PURCELL Michael	1957	C	140
W45 53 kg	Snatch	FARRELL Anita	1971	NB	52	M55	Clean&	MAZHAR Ayman	1959	VV	107
	Total	FARRELL Anita	1971	NB	115	105+					
W45 63 kg	Clean&	JACH Kerry	1971	WB	63	m45	Snatch	SAVVA Eric	1969	VV	80
	Total	JACH Kerry	1971	WB	113	69 kg					
W45 69 kg	Clean&	EARNSHA Linda	1969	PE	65	m45	Clean&	DESSURE Dave	1969	LW	114
	Total	EARNSHA Linda	1969	PE	110	85 kg	Total	DESSURE Dave	1969	LW	199
W45 75 kg	Snatch	BURK Liisa	1967	RB	39	m45	Clean&	MENARD Patrick	1970	AW	131
	Clean&	BURK Liisa	1967	RB	53	105 kg					
	Total	BURK Liisa	1967	RB	92						
W45 75+	Snatch	MIKKOLA Carla	1967	RB	42	m45	Snatch	WALT Tony	1968	ABC	113
	Clean&	MIKKOLA Carla	1967	RB	62	105+	Clean&	WALT Tony	1968	ABC	140
	Total	MIKKOLA Carla	1967	RB	104		Total	WALT Tony	1968	ABC	253
W40 75 kg	Snatch	CROWL Chantal	1976	CWC	56	m40	Snatch	WALT Cory	1972	ABC	72
	Clean&	CROWL Chantal	1976	CWC	70	69 kg	Clean&	WALT Cory	1972	ABC	87
	Total	CROWL Chantal	1976	CWC	126		Total	WALT Cory	1972	ABC	159
W40 75+	Snatch	THORNE Megan	1976	LW	53	m40	Clean&	GAULT Thorin	1973	CWC	142
						94 kg					
W35 75	Clean&	FALSHAW Vanessa	1980	TB	73	m40	Snatch	GAWLEY Sean	1974	ABC	120
	Total	FALSHAW Vanessa	1980	TB	128	105+	Clean&	GAWLEY Sean	1974	ABC	133
							Total	GAWLEY Sean	1974	ABC	253