



Ontario Weightlifting Association

Provincial Records

JUVENILE (15 & under) -- WOMEN
Records since January 1, 2011

Group	Category	Event	Name	YOB	Club	Weight (kg)	Date	Competition	
WJUVI	40 kg	Snatch	van Ulft	Aurora	2013	CAN	52	16-Sep-2023	OFC
WJUVI	40 kg	Clean&Jerk	van Ulft	Aurora	2013	CAN	73	16-Sep-2023	OFC
WJUVI	40 kg	Total	van Ulft	Aurora	2013	CAN	125	16-Sep-2023	OFC
WJUVI	45 kg	Snatch	ROMANY	Kezia	2001	MW	46	21-Mar-2015	BJO
WJUVI	45 kg	Clean&Jerk	Tyrer	Madalyn	2010	VBC	61	03-Jun-2023	CJC
WJUVI	45 kg	Total	ROMANY	Kezia	2001	MW	106	21-Mar-2015	BJO
WJUVI	49 kg	Snatch	VIRTUE	Maleeka	2004	UC	58	15-Jun-2019	YH
WJUVI	49 kg	Clean&Jerk	ROMANY	Kezia	2001	MW	73	20-May-2016	CSC
WJUVI	49 kg	Total	ROMANY	Kezia	2001	MW	127	05-Dec-2015	JOC
WJUVI	55 kg	Snatch	ROMANY	Kezia	2001	MW	60	22-Oct-2016	HO
WJUVI	55 kg	Clean&Jerk	ROMANY	Kezia	2001	MW	83	22-Oct-2016	HO
WJUVI	55 kg	Total	ROMANY	Kezia	2001	MW	143	22-Oct-2016	HO
WJUVI	59 kg	Snatch	SANTAVY	Alana	2003	SW	71	19-May-2018	CSC
WJUVI	59 kg	Clean&Jerk	SANTAVY	Alana	2003	SW	88	24-Mar-2018	OC
WJUVI	59 kg	Total	SANTAVY	Alana	2003	SW	156	19-May-2018	CSC
WJUVI	64 kg	Snatch	SANTAVY	Alana	2003	SW	73	01-Dec-2018	JOC
WJUVI	64 kg	Clean&Jerk	SANTAVY	Alana	2003	SW	91	01-Dec-2018	JOC
WJUVI	64 kg	Total	SANTAVY	Alana	2003	SW	164	01-Dec-2018	JOC
WJUVI	71 kg	Snatch	LUSIGNAN	Naomie	2005	KHPN	69	28-Feb-2020	OWG
WJUVI	71 kg	Clean&Jerk	LUSIGNAN	Naomie	2005	KHPN	84	28-Feb-2020	OWG
WJUVI	71 kg	Total	LUSIGNAN	Naomie	2005	KHPN	153	28-Feb-2020	OWG
WJUVI	76 kg	Snatch				66			
WJUVI	76 kg	Clean&Jerk	Cerna	Natalie	2006	TW	84	04-Dec-2021	JOC
WJUVI	76 kg	Total	Cerna	Natalie	2006	TW	148	04-Dec-2021	JOC
WJUVI	81 kg	Snatch				67			
WJUVI	81 kg	Clean&Jerk	Grant	Naza	2006	KWC	81	04-Dec-2021	JOC
WJUVI	81 kg	Total	Grant	Naza	2006	KWC	148	04-Dec-2021	JOC
WJUVI	81+ kg	Snatch	MCGILLIS	Kelly	1996	SOW	70	03-Dec-2011	JOC
WJUVI	81+ kg	Clean&Jerk	WALKER	Addison	2001	VBC	83	12-Aug-2016	OSG
WJUVI	81+ kg	Total	MCGILLIS	Kelly	1996	SOW	152	03-Dec-2011	JOC



Ontario Weightlifting Association

Provincial Records

YOUTH (17 & under) -- WOMEN

Records since January 1, 2011

Group	Category	Event	Name	YOB	Club	Weight (kg)	Date	Competition	
WYOUTH	40 kg	Snatch	van Ulft	Aurora	2013	CAN	52	16-Sep-2023	OFC
WYOUTH	40 kg	Clean&Jerk	van Ulft	Aurora	2013	CAN	73	16-Sep-2023	OFC
WYOUTH	40 kg	Total	van Ulft	Aurora	2013	CAN	125	16-Sep-2023	OFC
WYOUTH	45 kg	Snatch	SHEPPARD	Bronwynn	1997	NOR	44	15-Oct-2011	RHC
WYOUTH	45 kg	Clean&Jerk	Tyrer	Madalyn	2010	VBC	61	03-Jun-2023	CJC
WYOUTH	45 kg	Total	SHEPPARD	Bronwynn	1997	NOR	102	15-Oct-2011	RHC
WYOUTH	49 kg	Snatch	LITTLEWOOD	Taylor	2000	TW	62	19-Aug-2017	S
WYOUTH	49 kg	Clean&Jerk	LITTLEWOOD	Taylor	2000	TW	75	25-Mar-2017	OC
WYOUTH	49 kg	Total	LITTLEWOOD	Taylor	2000	TW	135	25-Mar-2017	OC
WYOUTH	55 kg	Snatch	JEAN	Jessica	1996	TW	68	01-Jun-2013	TWC
WYOUTH	55 kg	Clean&Jerk	ROMANY	Kezia	2001	MW	84	25-Mar-2017	OC
WYOUTH	55 kg	Total	JEAN	Jessica	1996	TW	151	01-Jun-2013	TWC
WYOUTH	59 kg	Snatch	JEAN	Jessica	1996	TW	74	07-Dec-2013	JOC
WYOUTH	59 kg	Clean&Jerk	JEAN	Jessica	1996	TW	94	09-Nov-2013	OO
WYOUTH	59 kg	Total	JEAN	Jessica	1996	TW	164	09-Nov-2013	OO
WYOUTH	64 kg	Snatch	TRUPP	Megan	2000	TW	81	25-Nov-2017	JOC
WYOUTH	64 kg	Clean&Jerk	TRUPP	Megan	2000	TW	96	20-May-2017	CSC
WYOUTH	64 kg	Total	TRUPP	Megan	2000	TW	177	25-Nov-2017	JOC
WYOUTH	71 kg	Snatch	lusignan	Naomie	2005	TW	87	13-Aug-2022	SF
WYOUTH	71 kg	Clean&Jerk	lusignan	Naomie	2005	TW	106	12-Nov-2022	OC
WYOUTH	71 kg	Total	lusignan	Naomie	2005	TW	191	13-Aug-2022	SF
WYOUTH	76 kg	Snatch				74			
WYOUTH	76 kg	Clean&Jerk				94			
WYOUTH	76 kg	Total				167			
WYOUTH	81 kg	Snatch	Cerna	Natalie	2006	TW	83	19-May-2023	CSC
WYOUTH	81 kg	Clean&Jerk	Cerna	Natalie	2006	TW	103	17-Dec-2022	JOC
WYOUTH	81 kg	Total	Cerna	Natalie	2006	TW	185	17-Dec-2022	JOC
WYOUTH	81+ kg	Snatch	Grant	Naza	2006	TW	83	03-Jun-2023	CJC
WYOUTH	81+ kg	Clean&Jerk	MCGILLIS	Kelly	1996	SOW	102	24-Mar-2013	OC
WYOUTH	81+ kg	Total	GRANT	Naza	2006	SOW	184	19-May-2023	CSC



Ontario Weightlifting Association

Provincial Records

JUNIOR (20 & under) -- WOMEN

Records since May 1, 1997

Group	Category	Event	Name	YOB	Club	Weight (kg)	Date	Competition	
WJUNIOR	45 kg	Snatch				59			
WJUNIOR	45 kg	Clean&Jerk				79			
WJUNIOR	45 kg	Total				136			
WJUNIOR	49 kg	Snatch	LITTLEWOOD	Taylor	2000	TW	63	24-Mar-2018	OC
WJUNIOR	49 kg	Clean&Jerk	HUANG	Sandy	1996	SYN	84	03-Dec-2016	JOC
WJUNIOR	49 kg	Total	HUANG	Sandy	1996	SYN	145	03-Dec-2016	JOC
WJUNIOR	55 kg	Snatch	AUGUSTIN	Jessica	1996	TW	75	13-Aug-2016	S
WJUNIOR	55 kg	Clean&Jerk	AUGUSTIN	Jessica	1996	TW	91	13-Aug-2016	S
WJUNIOR	55 kg	Total	AUGUSTIN	Jessica	1996	TW	166	13-Aug-2016	S
WJUNIOR	59 kg	Snatch	MCGERRIGLE	Miel	1977	SSW	82.5	08-Nov-1997	
WJUNIOR	59 kg	Clean&Jerk	MCGERRIGLE	Miel	1977	SSW	105	06-Dec-1997	
WJUNIOR	59 kg	Total	MCGERRIGLE	Miel	1977	SSW	187.5	06-Dec-1997	
WJUNIOR	64 kg	Snatch	TRUPP	Megan	2000	TW	89	10-Aug-2019	S
WJUNIOR	64 kg	Clean&Jerk	TRUPP	Megan	2000	TW	104	10-Aug-2019	S
WJUNIOR	64 kg	Total	TRUPP	Megan	2000	TW	193	10-Aug-2019	S
WJUNIOR	71 kg	Snatch	Lusignan	Naomie	2005	TW	92	03-Jun-2023	CJC
WJUNIOR	71 kg	Clean&Jerk	LAYLOR	Maya	1995	LPS	115	04-Jul-2015	VVO
WJUNIOR	71 kg	Total	LAYLOR	Maya	1995	LPS	202	16-May-2015	CSC
WJUNIOR	76 kg	Snatch	LAYLOR	Maya	1995	LPS	92	05-Dec-2015	JOC
WJUNIOR	76 kg	Clean&Jerk	LAYLOR	Maya	1995	LPS	108	07-Feb-2015	WL
WJUNIOR	76 kg	Total	LAYLOR	Maya	1995	LPS	196	07-Feb-2015	WL
WJUNIOR	81 kg	Snatch				93			
WJUNIOR	81 kg	Clean&Jerk				109			
WJUNIOR	81 kg	Total				197			
WJUNIOR	87 kg	Snatch				94			
WJUNIOR	87 kg	Clean&Jerk				110			
WJUNIOR	87 kg	Total				198			
WJUNIOR	87+ kg	Snatch	WILLIAMS	Natalie	1986	Fury	98	07-Dec-2005	
WJUNIOR	87+ kg	Clean&Jerk	WILLIAMS	Natalie	1986	Fury	122	07-Dec-2005	
WJUNIOR	87+ kg	Total	WILLIAMS	Natalie	1986	Fury	220	07-Dec-2005	



Ontario Weightlifting Association

Provincial Records

SENIOR -- WOMEN

Records since November 1, 1998

Group	Category	Event	Name	YOB	Club	Weight (kg)	Date	Competition	
WSENIOR	45 kg	Snatch				69			
WSENIOR	45 kg	Clean&Jerk				92			
WSENIOR	45 kg	Total				160			
WSENIOR	49 kg	Snatch	BRADDOCK	Amanda	1989	SSW	78	19-Mar-2019	CSC
WSENIOR	49 kg	Clean&Jerk	BRADDOCK	Amanda	1989	SSW	101	24-Mar-2018	OC
WSENIOR	49 kg	Total	BRADDOCK	Amanda	1989	SSW	176	24-Mar-2018	OC
WSENIOR	55 kg	Snatch	BRADDOCK	Amanda	1989	Rad	80	10-Aug-2019	S
WSENIOR	55 kg	Clean&Jerk	BRADDOCK	Amanda	1989	Rad	98	29-Sep-2018	TBQWO
WSENIOR	55 kg	Total	BRADDOCK	Amanda	1989	Rad	177	10-Aug-2019	S
WSENIOR	59 kg	Snatch	VAN DER MAREL	Lacey	1987	CB	92	02-Apr-2016	OC
WSENIOR	59 kg	Clean&Jerk	MCGERRIGLE	Miel	1977	SSW	110	25-Mar-2000	OC
WSENIOR	59 kg	Total	MCGERRIGLE	Miel	1977	SSW	197.5	25-Mar-2000	OC
WSENIOR	64 kg	Snatch	RHODES	Lacey	1987	CB	94	17-Dec-2016	BCC
WSENIOR	64 kg	Clean&Jerk	MCGERRIGLE	Miel	1977	SSW	115	22-May-1999	ECC
WSENIOR	64 kg	Total	MCGERRIGLE	Miel	1977	SSW	202.5	22-May-1999	ECC
WSENIOR	71 kg	Snatch	Trupp	Megan	2000	TW	100	12-Nov-2022	OC
WSENIOR	71 kg	Clean&Jerk	LAYLOR	Maya	1995	LPS	124	19-Mar-2019	CSC
WSENIOR	71 kg	Total	LAYLOR	Maya	1995	LPS	223	19-Mar-2019	CSC
WSENIOR	76 kg	Snatch	LAYLOR	Maya	1995	LPS	103	28-Aug-2021	S
WSENIOR	76 kg	Clean&Jerk	BEDWARD	Shania	1996	TW	131	19-May-2023	CSC
WSENIOR	76 kg	Total	LAYLOR	Maya	1995	LPS	233	28-Aug-2021	S
WSENIOR	81 kg	Snatch	LAYLOR	Maya	1995	LPS	107	25-Mar-2023	PAC
WSENIOR	81 kg	Clean&Jerk	LAYLOR	Maya	1995	LPS	132	20-May-2022	CSC
WSENIOR	81 kg	Total	LAYLOR	Maya	1995	LPS	238	25-Mar-2023	PAC
WSENIOR	87 kg	Snatch	LAYLOR	Maya	1995	LPS	103	19-May-2023	CSC
WSENIOR	87 kg	Clean&Jerk	LAYLOR	Maya	1995	LPS	136	19-May-2023	CSC
WSENIOR	87 kg	Total	LAYLOR	Maya	1995	LPS	239	19-May-2023	CSC
WSENIOR	87+ kg	Snatch	WILLIAMS	Natalie	1986	Fury	98	07-Dec-2005	
WSENIOR	87+ kg	Clean&Jerk	WILLIAMS	Natalie	1986	Fury	122	07-Dec-2005	
WSENIOR	87+ kg	Total	WILLIAMS	Natalie	1986	Fury	220	07-Dec-2005	



Ontario Weightlifting Association

Provincial Records

JUVENILE (15 & under) -- MEN
Records since December 1, 2009

Group	Category	Event	Name	YOB	Club	Weight (kg)	Date	Competition	
MJUVI	46 kg	Snatch	BAZILSKY	Connor	2002	VBC	55	17-Sep-2016	TBQWO
MJUVI	46 kg	Clean&Jerk	BAZILSKY	Connor	2002	VBC	77	17-Sep-2016	TBQWO
MJUVI	46 kg	Total	BAZILSKY	Connor	2002	VBC	132	17-Sep-2016	TBQWO
MJUVI	49 kg	Snatch	BAZILSKY	Connor	2002	VBC	64	08-Apr-2017	SCH
MJUVI	49 kg	Clean&Jerk	BAZILSKY	Connor	2002	VBC	87	08-Apr-2017	SCH
MJUVI	49 kg	Total	BAZILSKY	Connor	2002	VBC	151	08-Apr-2017	SCH
MJUVI	55 kg	Snatch	ALEXANDROV	Nikolay	1999	VSW	87	18-Jan-2014	CJC
MJUVI	55 kg	Clean&Jerk	ALEXANDROV	Nikolay	1999	VSW	113	29-Mar-2014	OC
MJUVI	55 kg	Total	ALEXANDROV	Nikolay	1999	VSW	198	29-Mar-2014	OC
MJUVI	61 kg	Snatch	ALEXANDROV	Nikolay	1999	VSW	90	04-Oct-2014	RHC
MJUVI	61 kg	Clean&Jerk	ALEXANDROV	Nikolay	1999	VSW	125	04-Oct-2014	RHC
MJUVI	61 kg	Total	ALEXANDROV	Nikolay	1999	VSW	215	04-Oct-2014	RHC
MJUVI	67 kg	Snatch				93			
MJUVI	67 kg	Clean&Jerk				120			
MJUVI	67 kg	Total				213			
MJUVI	73 kg	Snatch	SANTAVY	Boady	1997	WAF	95	03-Nov-2012	OO
MJUVI	73 kg	Clean&Jerk	SANTAVY	Boady	1997	WAF	115	03-Nov-2012	OO
MJUVI	73 kg	Total	SANTAVY	Boady	1997	WAF	210	03-Nov-2012	OO
MJUVI	81 kg	Snatch	WATSON	Declan	2007	BBC	101	17-Dec-2022	JOC
MJUVI	81 kg	Clean&Jerk	WATSON	Declan	2007	BBC	126	17-Dec-2022	JOC
MJUVI	81 kg	Total	WATSON	Declan	2007	BBC	227	17-Dec-2022	JOC
MJUVI	89 kg	Snatch	WATSON	Declan	2007	GGW	97	04-Jun-2022	CJC
MJUVI	89 kg	Clean&Jerk	WATSON	Declan	2007	BBC	121	24-Sep-2022	BAC
MJUVI	89 kg	Total	WATSON	Declan	2007	BBC	217	24-Sep-2022	BAC
MJUVI	96 kg	Snatch	POZZOBON	Nick	1997	MAC	87	01-Dec-2012	JOC
MJUVI	96 kg	Clean&Jerk	WEALES	Brynn	2004	PTBO	106	07-Dec-2019	JOC
MJUVI	96 kg	Total	POZZOBON	Nick	1997	MAC	192	01-Dec-2012	JOC
MJUVI	96+ kg	Snatch	Maisuradze	Giorgi	2008	VSW	100	16-Sep-2023	OFC
MJUVI	96+ kg	Clean&Jerk	Maisuradze	Giorgi	2008	VSW	130	16-Sep-2023	OFC
MJUVI	96+ kg	Total	Maisuradze	Giorgi	2008	VSW	230	16-Sep-2023	OFC



Ontario Weightlifting Association

Provincial Records

YOUTH (17 & under) -- MEN
Records since December 1, 2009

Group	Category	Event	Name		YOB	Club	Weight (kg)	Date	Competition
MYOUTH	49 kg	Snatch	ROSE	Aaron	1994	VV	61	03-Apr-2010	SCH
MYOUTH	49 kg	Clean&Jerk	BAZILSKY	Connor	2002	VBC	79	03-Dec-2016	JOC
MYOUTH	49 kg	Total	BAZILSKY	Connor	2002	VBC	139	03-Dec-2016	JOC
MYOUTH	55 kg	Snatch	ALEXANDROV	Nikolay	1999	VSW	87	18-Jan-2014	CJC
MYOUTH	55 kg	Clean&Jerk	ALEXANDROV	Nikolay	1999	VSW	113	29-Mar-2014	OC
MYOUTH	55 kg	Total	ALEXANDROV	Nikolay	1999	VSW	198	29-Mar-2014	OC
MYOUTH	61 kg	Snatch	VARBANOV	Nikolay	1999	VSW	107	03-Oct-2015	RHC
MYOUTH	61 kg	Clean&Jerk	VARBANOV	Nikolay	1999	VSW	135	03-Oct-2015	RHC
MYOUTH	61 kg	Total	VARBANOV	Nikolay	1999	VSW	242	03-Oct-2015	RHC
MYOUTH	67 kg	Snatch					115		
MYOUTH	67 kg	Clean&Jerk					145		
MYOUTH	67 kg	Total					259		
MYOUTH	73 kg	Snatch	VARBANOV	Nikolay	1999	VSW	123	05-Nov-2016	FC
MYOUTH	73 kg	Clean&Jerk	VARBANOV	Nikolay	1999	VSW	155	03-Dec-2016	JOC
MYOUTH	73 kg	Total	VARBANOV	Nikolay	1999	VSW	275	03-Dec-2016	JOC
MYOUTH	81 kg	Snatch	SANTAVY	Boady	1997	WAF	122	09-Nov-2013	OO
MYOUTH	81 kg	Clean&Jerk	SANTAVY	Boady	1997	WAF	147	09-Nov-2013	OO
MYOUTH	81 kg	Total	SANTAVY	Boady	1997	WAF	269	09-Nov-2013	OO
MYOUTH	89 kg	Snatch	SANTAVY	Boady	1997	WAF	140	13-Dec-2014	AO
MYOUTH	89 kg	Clean&Jerk	SANTAVY	Boady	1997	WAF	166	16-Aug-2014	BMO
MYOUTH	89 kg	Total	SANTAVY	Boady	1997	WAF	305	13-Dec-2014	AO
MYOUTH	96 kg	Snatch	SPENCER	Justin B.	1994	TW	121	05-Nov-2011	OO
MYOUTH	96 kg	Clean&Jerk	SPENCER	Justin B.	1994	TW	160	05-Nov-2011	OO
MYOUTH	96 kg	Total	SPENCER	Justin B.	1994	TW	281	05-Nov-2011	OO
MYOUTH	102 kg	Snatch					114		
MYOUTH	102 kg	Clean&Jerk					153		
MYOUTH	102 kg	Total					266		
MYOUTH	102+ kg	Snatch	MASON	Zack	2000	GB	106	25-Nov-2017	JOC
MYOUTH	102+ kg	Clean&Jerk	HUNTER	Ryan	1995	NOR	145	21-Jan-2012	CJC
MYOUTH	102+ kg	Total	HUNTER	Ryan	1995	NOR	250	21-Jan-2012	CJC



Ontario Weightlifting Association

Provincial Records

JUNIOR (20 & under) -- MEN
Records since June 1, 1993

Group	Category	Event	Name		YOB	Club	Weight (kg)	Date	Competition
MJUNIOR	55 kg	Snatch	ALEXANDROV	Nikolay	1999	VSW	87	18-Jan-2014	CJC
MJUNIOR	55 kg	Clean&Jerk	ALEXANDROV	Nikolay	1999	VSW	113	29-Mar-2014	OC
MJUNIOR	55 kg	Total	ALEXANDROV	Nikolay	1999	VSW	198	29-Mar-2014	OC
MJUNIOR	61 kg	Snatch	VARBANOV	Nikolay	1999	VSW	107	03-Oct-2015	RHC
MJUNIOR	61 kg	Clean&Jerk	VARBANOV	Nikolay	1999	VSW	135	03-Oct-2015	RHC
MJUNIOR	61 kg	Total	VARBANOV	Nikolay	1999	VSW	242	03-Oct-2015	RHC
MJUNIOR	67 kg	Snatch					121		
MJUNIOR	67 kg	Clean&Jerk					151		
MJUNIOR	67 kg	Total					269		
MJUNIOR	73 kg	Snatch	VARBANOV	Nikolay	1999	VSW	135	24-Mar-2018	OC
MJUNIOR	73 kg	Clean&Jerk	VARBANOV	Nikolay	1999	VSW	166	20-Jan-2018	CJC
MJUNIOR	73 kg	Total	VARBANOV	Nikolay	1999	VSW	296	20-Jan-2018	CJC
MJUNIOR	81 kg	Snatch	VARBANOV	Nikolay	1999	VSW	130	16-Dec-2017	QHO
MJUNIOR	81 kg	Clean&Jerk	VARBANOV	Nikolay	1999	VSW	160	16-Dec-2017	QHO
MJUNIOR	81 kg	Total	VARBANOV	Nikolay	1999	VSW	290	16-Dec-2017	QHO
MJUNIOR	89 kg	Snatch	SANTAVY	Boady	1997	SW	152	06-Jun-2016	PAC
MJUNIOR	89 kg	Clean&Jerk	SANTAVY	Bradyn	2003	SW	184	12-Aug-2023	SF
MJUNIOR	89 kg	Total	SANTAVY	Boady	1997	WAF	330	16-Jan-2016	CJC
MJUNIOR	96 kg	Snatch	SANTAVY	Boady	1997	SW	165	28-Nov-2017	WC
MJUNIOR	96 kg	Clean&Jerk	SANTAVY	Boady	1997	SW	201	28-Nov-2017	WC
MJUNIOR	96 kg	Total	SANTAVY	Boady	1997	SW	366	28-Nov-2017	WC
MJUNIOR	102 kg	Snatch	LUSIGNAN	Xavier	2003	TW	150	04-Jun-2023	CJC
MJUNIOR	102 kg	Clean&Jerk	LUSIGNAN	Xavier	2003	TW	185	04-Jun-2023	CJC
MJUNIOR	102 kg	Total	LUSIGNAN	Xavier	2003	TW	335	04-Jun-2023	CJC
MJUNIOR	109 kg	Snatch	SANDOR	Akos	1977	SSW	162.5	27-May-1997	
MJUNIOR	109 kg	Clean&Jerk	SANDOR	Akos	1977	SSW	195	13-Dec-1997	
MJUNIOR	109 kg	Total	SANDOR	Akos	1977	SSW	355	27-May-1997	
MJUNIOR	109+ kg	Snatch	SANDOR	Akos	1977	SSW	160	27-Sep-1997	
MJUNIOR	109+ kg	Clean&Jerk	SANDOR	Akos	1977	SSW	190	27-Sep-1997	
MJUNIOR	109+ kg	Total	SANDOR	Akos	1977	SSW	350	27-Sep-1997	



Ontario Weightlifting Association

Provincial Records

SENIOR -- MEN
Records since May 1, 1993

Category	Event	Name	YOB	Club	Weight (kg)	Date	Competition
MSENIOR 55 kg	Snatch	BUI Mark	1992	LPS	89	07-Nov-2015	FC
MSENIOR 55 kg	Clean&Jerk	ALEXANDROV Nikolay	1999	VSW	113	29-Mar-2014	OC
MSENIOR 55 kg	Total	ALEXANDROV Nikolay	1999	VSW	198	29-Mar-2014	OC
MSENIOR 61 kg	Snatch	LANGAN Chad	1992	MC	109	04-Feb-2017	WL
MSENIOR 61 kg	Clean&Jerk	LANGAN Chad	1992	MC	137	25-Mar-2017	OC
MSENIOR 61 kg	Total	LANGAN Chad	1992	MC	244	22-Oct-2016	HO
MSENIOR 67 kg	Snatch				122		
MSENIOR 67 kg	Clean&Jerk				152		
MSENIOR 67 kg	Total				270		
MSENIOR 73 kg	Snatch	VARBANOV Nikolay	1999	VSW	135	24-Mar-2018	OC
MSENIOR 73 kg	Clean&Jerk	VARBANOV Nikolay	1999	VSW	166	20-Jan-2018	CJC
MSENIOR 73 kg	Total	VARBANOV Nikolay	1999	VSW	296	20-Jan-2018	CJC
MSENIOR 81 kg	Snatch	LONGO Frank	1984	BS	131	06-Nov-2021	OC
MSENIOR 81 kg	Clean&Jerk	LONGO Frank	1984	BS	162	26-Mar-2022	WL
MSENIOR 81 kg	Total	LONGO Frank	1984	BS	292	06-Nov-2021	OC
MSENIOR 89 kg	Snatch	SANTAVY Boady	1997	SW	165	12-Aug-2023	SF
MSENIOR 89 kg	Clean&Jerk	SANTAVY Boady	1997	WAF	187	12-Aug-2023	SF
MSENIOR 89 kg	Total	SANTAVY Boady	1997	WAF	352	12-Aug-2023	SF
MSENIOR 96 kg	Snatch	SANTAVY Boady	1997	SW	181	18-Apr-2021	PAC
MSENIOR 96 kg	Clean&Jerk	SANTAVY Boady	1997	SW	210	25-Sep-2019	WC
MSENIOR 96 kg	Total	SANTAVY Boady	1997	SW	389	18-Apr-2021	PAC
MSENIOR 102 kg	Snatch	SANTAVY Boady	1997	SW	168	06-Nov-2021	OC
MSENIOR 102 kg	Clean&Jerk	SANTAVY Boady	1997	SW	198	06-Nov-2021	OC
MSENIOR 102 kg	Total	SANTAVY Boady	1997	SW	366	06-Nov-2021	OC
MSENIOR 109 kg	Snatch	SANDOR Akos	1977	SSW	170	14-Apr-2000	NACACI
MSENIOR 109 kg	Clean&Jerk	SANDOR Akos	1977	SSW	207.5	14-Apr-2000	NACACI
MSENIOR 109 kg	Total	SANDOR Akos	1977	SSW	377.5	14-Apr-2000	NACACI
MSENIOR 109+ kg	Snatch	SANDOR Akos	1977	SSW	162.5	19-Aug-2000	CO
MSENIOR 109+ kg	Clean&Jerk	SANDOR Akos	1977	SSW	200	19-Aug-2000	CO
MSENIOR 109+ kg	Total	SANDOR Akos	1977	SSW	362.5	19-Aug-2000	CO



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MASTERS (35+) -- WOMEN

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Age	Cat.	Event	Name	YOB	Club	Weight	Date	Competition
W35	49 kg	Snatch	ROGUEL Svetlana	1984	TW	39	23-Feb-2019	OM
W35	49 kg	Clean&Jerk	ROGUEL Svetlana	1984	TW	54	23-Feb-2019	OM
W35	49 kg	Total	ROGUEL Svetlana	1984	TW	93	23-Feb-2019	OM
W35	55 kg	Snatch	JEFFREY Joanne	1981	D	64	27-Apr-2019	CM
W35	55 kg	Clean&Jerk	DALLE Esther	1980	JL	90	28-Mar-2015	OC
W35	55 kg	Total	DALLE Esther	1980	JL	150	28-Mar-2015	OC
W35	59 kg	Snatch	NELSEN Whitney	1984	RX	67	24-Aug-2019	WM
W35	59 kg	Clean&Jerk	NELSEN Whitney	1984	RX	80	02-Nov-2019	OC
W35	59 kg	Total	NELSEN Whitney	1984	RX	147	02-Nov-2019	OC
W35	64 kg	Snatch	GOWANLOCK Stephanie	1984	ALP	84	02-Nov-2019	OC
W35	64 kg	Clean&Jerk	GOWANLOCK Stephanie	1984	ALP	105	26-Mar-2022	WL
W35	64 kg	Total	GOWANLOCK Stephanie	1984	ALP	188	02-Nov-2019	OC
W35	71 kg	Snatch	APOSTOLERIS Megan	1981	JL	75	24-Aug-2019	WM
W35	71 kg	Clean&Jerk	APOSTOLERIS Megan	1981	JL	96	24-Aug-2019	WM
W35	71 kg	Total	APOSTOLERIS Megan	1981	JL	171	24-Aug-2019	WM
W35	76 kg	Snatch	GRIFFIN Kathryn	1983	MB	68	03-Mar-2018	LCQ
W35	76 kg	Clean&Jerk	GRIFFIN Kathryn	1983	MB	85	03-Feb-2018	WL
W35	76 kg	Total	GRIFFIN Kathryn	1983	MB	150	03-Feb-2018	WL
W35	81 kg	Snatch	DE VEYRA Ernestine	1983	646	65	24-Aug-2019	WM
W35	81 kg	Clean&Jerk	DE VEYRA Ernestine	1983	646	85	22-Feb-2020	OM
W35	81 kg	Total	DE VEYRA Ernestine	1983	646	149	22-Feb-2020	OM
W35	87 kg	Snatch	CHIASSON Marcia	1981	GB	63	09-Jul-2016	646
W35	87 kg	Clean&Jerk	REYES Jessica	1980	TV	85	01-Jun-2019	TWC
W35	87 kg	Total	REYES Jessica	1980	TV	147	01-Jun-2019	TWC
W35	87+ kg	Snatch	Page Michelle	1987	BS	71	24-Sep-2022	BAC
W35	87+ kg	Clean&Jerk	Page Michelle	1987	BS	107	24-Sep-2022	BAC
W35	87+ kg	Total	Page Michelle	1987	BS	178	24-Sep-2022	BAC
W40	49 kg	Snatch	Jeffrey Joanne	1981	D	59	15-Jul-2023	CM
W40	49 kg	Clean&Jerk	AMUNDRUD Heather	1974	JL	74	15-Dec-2018	QHO
W40	49 kg	Total	Jeffrey Joanne	1981	D	128	09-Jul-2022	CM
W40	55 kg	Snatch	Lavechia Krystal	1983	D	59	25-Feb-2023	OM
W40	55 kg	Clean&Jerk	AMUNDRUD Heather	1974	JL	78	27-Mar-2015	OC
W40	55 kg	Total	AMUNDRUD Heather	1974	JL	134	27-Mar-2015	OC



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W40 59 kg	Snatch	MACKENZIE	Claire	1976	646	63	12-Jan-2019	VVO
W40 59 kg	Clean&Jerk	DUTRIZAC	Gwen	1975	GP	78	18-Aug-2018	S
W40 59 kg	Total	Van Moorsel	Erin	1979	AW	138	15-Jul-2023	CM
W40 64 kg	Snatch	HALLIGAN	Jillian	1975	SM	68	14-Dec-2019	MC
W40 64 kg	Clean&Jerk	HALLIGAN	Jillian	1975	SM	90	14-Dec-2019	MC
W40 64 kg	Total	HALLIGAN	Jillian	1975	SM	158	14-Dec-2019	MC
W40 71 kg	Snatch	APOSTOLERIS	Megan	1981	GWL	75	06-Nov-2021	OC
W40 71 kg	Clean&Jerk	APOSTOLERIS	Megan	1981	GWL	96	25-Sep-2021	BAC
W40 71 kg	Total	APOSTOLERIS	Megan	1981	GWL	170	25-Sep-2021	BAC
W40 76 kg	Snatch	Di Pierro	Connie	1981	1855	69	15-Jul-2023	CM
W40 76 kg	Clean&Jerk	Di Pierro	Connie	1981	1855	93	15-Jul-2023	CM
W40 76 kg	Total	Di Pierro	Connie	1981	1855	162	15-Jul-2023	CM
W40 81 kg	Snatch	Di Pierro	Connie	1981	BS	74	22-Apr-2023	OMC
W40 81 kg	Clean&Jerk	Di Pierro	Connie	1981	BS	95	22-Apr-2023	OMC
W40 81 kg	Total	Di Pierro	Connie	1981	BS	169	22-Apr-2023	OMC
W40 87 kg	Snatch	STEWART	Judy	1973	MW	65	28-Oct-2017	HO
W40 87 kg	Clean&Jerk	STEWART	Judy	1973	MW	83	19-Aug-2017	S
W40 87 kg	Total	STEWART	Judy	1973	MW	145	28-Oct-2017	HO
W40 87+ kg	Snatch	Hammar	Grace	1983	VSW	55	29-Apr-2023	VVS
W40 87+ kg	Clean&Jerk	PAONESSA	Sandra	1976	646	76	03-Mar-2018	LCQ
W40 87+ kg	Total	PAONESSA	Sandra	1976	646	126	03-Mar-2018	LCQ
W45 49 kg	Snatch	AMUNDRUD	Heather	1974	JL	52	30-Mar-2019	OC
W45 49 kg	Clean&Jerk	AMUNDRUD	Heather	1974	JL	72	30-Mar-2019	OC
W45 49 kg	Total	AMUNDRUD	Heather	1974	JL	124	30-Mar-2019	OC
W45 55 kg	Snatch	FARRELL	Anita	1971	NB	54	25-Feb-2017	OM
W45 55 kg	Clean&Jerk	FARRELL	Anita	1971	NB	70	25-Feb-2017	OM
W45 55 kg	Total	FARRELL	Anita	1971	NB	124	25-Feb-2017	OM
W45 59 kg	Snatch	Bartz	Charity	1978	D	61	16-Sep-2023	OFC
W45 59 kg	Clean&Jerk	Bartz	Charity	1978	D	81	22-Apr-2023	OMC
W45 59 kg	Total	Bartz	Charity	1978	D	141	22-Apr-2023	OMC
W45 64 kg	Snatch	HALLIGAN	Jillian	1975	SM	66	22-Feb-2020	OM
W45 64 kg	Clean&Jerk	HALLIGAN	Jillian	1975	SM	88	22-Feb-2020	OM
W45 64 kg	Total	HALLIGAN	Jillian	1975	SM	154	22-Feb-2020	OM
W45 71 kg	Snatch	DATEMA	Melanie	1974	BS	62	22-Feb-2020	OM
W45 71 kg	Clean&Jerk	DATEMA	Melanie	1974	BS	77	22-Feb-2020	OM
W45 71 kg	Total	DATEMA	Melanie	1974	BS	139	22-Feb-2020	OM



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W45 76 kg	Snatch	Pirrie	Danielle	1974	DW	60	25-Feb-2023	OM
W45 76 kg	Clean&Jerk	Pirrie	Danielle	1974	DW	73	25-Feb-2023	OM
W45 76 kg	Total	Pirrie	Danielle	1974	DW	133	25-Feb-2023	OM
W45 81 kg	Snatch	PIRRIE	Danielle	1974	CP	59	18-Dec-2021	MC
W45 81 kg	Clean&Jerk	PIRRIE	Danielle	1974	CP	77	22-Feb-2020	OM
W45 81 kg	Total	PIRRIE	Danielle	1974	CP	135	23-Apr-2022	OM
W45 87 kg	Snatch	REID	Sarah	1974	BH	56	09-Jul-2022	CM
W45 87 kg	Clean&Jerk	NOBLE	Tanya	1969	STSA	70	25-Feb-2017	OM
W45 87 kg	Total	PIRRIE	Danielle	1974	DW	123	09-Jul-2022	ML
W45 87+ kg	Snatch	Hahn	Frances	1976	GP	57	23-Oct-2021	RBM
W45 87+ kg	Clean&Jerk	Hahn	Frances	1976	GP	77	23-Oct-2021	RBM
W45 87+ kg	Total	Hahn	Frances	1976	GP	134	23-Oct-2021	RBM
W50 49 kg	Snatch	SCHRAFT	Heidi	1961	TB	28	21-Feb-2015	OM
W50 49 kg	Clean&Jerk	SCHRAFT	Heidi	1961	TB	33	21-Feb-2015	OM
W50 49 kg	Total	SCHRAFT	Heidi	1961	HW	61	21-Feb-2015	OM
W50 55 kg	Snatch	ZIRKLE	Molly	1967	TW	51	28-Aug-2021	S
W50 55 kg	Clean&Jerk	ZIRKLE	Molly	1967	TW	61	28-Aug-2021	S
W50 55 kg	Total	ZIRKLE	Molly	1967	TW	112	28-Aug-2021	S
W50 59 kg	Snatch	ZIRKLE	Molly	1967	TW	49	01-Jun-2019	TWC
W50 59 kg	Clean&Jerk	ZIRKLE	Molly	1967	TW	59	10-Aug-2019	S
W50 59 kg	Total	ZIRKLE	Molly	1967	TW	106	01-Jun-2019	TWC
W50 64 kg	Snatch	GUENETTE	Sylvie	1966	SWC	50	23-Feb-2019	OM
W50 64 kg	Clean&Jerk	GUENETTE	Sylvie	1966	705	67	16-Jun-2018	CM
W50 64 kg	Total	GUENETTE	Sylvie	1966	705	113	16-Jun-2018	CM
W50 71 kg	Snatch	Villagonzalo	Marife	1972	TW	58	15-Jul-2023	CM
W50 71 kg	Clean&Jerk	Villagonzalo	Marife	1972	TW	77	15-Jul-2023	CM
W50 71 kg	Total	Villagonzalo	Marife	1972	TW	135	15-Jul-2023	CM
W50 76 kg	Snatch	Jones	Sue	1972	JL	62	16-Sep-2023	OFC
W50 76 kg	Clean&Jerk	Jones	Sue	1972	JL	81	15-Jul-2023	CM
W50 76 kg	Total	Jones	Sue	1972	JL	140	15-Jul-2023	CM
W50 81 kg	Snatch	Bastiaan	Helga	1973	ABC	50	4/222/2023	OMC
W50 81 kg	Clean&Jerk	Bastiaan	Helga	1973	ABC	63	4/222/2023	OMC
W50 81 kg	Total	Bastiaan	Helga	1973	ABC	113	4/222/2023	OMC
W50 87 kg	Snatch	MORING	Joanne	1964	ABC	44	25-Apr-2015	CM
W50 87 kg	Clean&Jerk	MORING	Joanne	1964	ABC	64	25-Apr-2015	CM
W50 87 kg	Total	MORING	Joanne	1964	ABC	108	25-Apr-2015	CM



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W50	87+ kg	Snatch	MIKKOLA	Carla	1967	SWC	40	14-Oct-2017	RHC
W50	87+ kg	Clean&Jerk	MIKKOLA	Carla	1967	SWC	63	14-Oct-2017	RHC
W50	87+ kg	Total	MIKKOLA	Carla	1967	SWC	103	14-Oct-2017	RHC
W55	49 kg	Snatch	SCHRAFT	Heidi	1961	TB	28	23-Apr-2016	CM
W55	49 kg	Clean&Jerk	SCHRAFT	Heidi	1961	TB	35	08-Oct-2016	WM
W55	49 kg	Total	SCHRAFT	Heidi	1961	TB	63	08-Oct-2016	WM
W55	55 kg	Snatch	KIELTY	Paula	1964	BS	41	15-Jul-2023	CM
W55	55 kg	Clean&Jerk	KIELTY	Paula	1964	BS	52	15-Jul-2023	CM
W55	55 kg	Total	KIELTY	Paula	1964	BS	93	15-Jul-2023	CM
W55	59 kg	Snatch	Zirkle	Molly	1967	TW	49	12-Mar-2022	CM
W55	59 kg	Clean&Jerk	Zirkle	Molly	1967	TW	62	12-Mar-2022	CM
W55	59 kg	Total	Zirkle	Molly	1967	TW	111	12-Mar-2022	CM
W55	64 kg	Snatch	Guenette	Sylvie	1966	SWC	50	25-Feb-2023	OM
W55	64 kg	Clean&Jerk	Guenette	Sylvie	1966	SWC	66	15-Jul-2023	CM
W55	64 kg	Total	Guenette	Sylvie	1966	SWC	115	25-Feb-2023	OM
W55	71 kg	Snatch	WATERFIELD	Madeleine	1964	EE	51	22-Feb-2020	OM
W55	71 kg	Clean&Jerk	WATERFIELD	Madeleine	1964	EE	65	22-Feb-2020	OM
W55	71 kg	Total	WATERFIELD	Madeleine	1964	EE	116	22-Feb-2020	OM
W55	76 kg	Snatch	MORING	Joanne	1964	ABC	41	23-Feb-2019	OM
W55	76 kg	Clean&Jerk	Vuorensyrja	Liisa	1967	SWC	59	15-Jul-2023	CM
W55	76 kg	Total	Vuorensyrja	Liisa	1967	SWC	97	15-Jul-2023	CM
W55	81 kg	Snatch	Waterfield	Madeleine	1964	EE	47	23-Apr-2022	OM
W55	81 kg	Clean&Jerk	Waterfield	Madeleine	1964	EE	61	23-Apr-2022	OM
W55	81 kg	Total	Waterfield	Madeleine	1964	EE	108	23-Apr-2022	OM
W55	87 kg	Snatch	Barber	Patricia	1965	D	45	15-Jul-2023	CM
W55	87 kg	Clean&Jerk	Barber	Patricia	1965	D	65	15-Jul-2023	CM
W55	87 kg	Total	Barber	Patricia	1965	D	110	15-Jul-2023	CM
W60	49 kg	Snatch	HILL	Suzie	1954	GC	25	17-Sep-2016	TBQWO
W60	49 kg	Clean&Jerk	HILL	Suzie	1954	GC	36	17-Sep-2016	TBQWO
W60	49 kg	Total	HILL	Suzie	1954	GC	61	17-Sep-2016	TBQWO
W60	55 kg	Snatch	Tonus	Fern	1958	D	30	08-Oct-2022	RHC
W60	55 kg	Clean&Jerk	Tonus	Fern	1958	D	37	08-Oct-2022	RHC
W60	55 kg	Total	Tonus	Fern	1958	D	67	08-Oct-2022	RHC
W60	64 kg	Snatch	MILLER	Jill	1951	BMW	31	17-Oct-2015	HO
W60	64 kg	Clean&Jerk	MILLER	Jill	1951	BMW	42	17-Oct-2015	HO
W60	64 kg	Total	MILLER	Jill	1951	BMW	73	17-Oct-2015	HO



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W60 71 kg	Snatch	REGAN	Debbie	1955	RB	31	23-Apr-2016	CM
W60 71 kg	Clean&Jerk	REGAN	Debbie	1955	RB	44	16-Jun-2018	CM
W60 71 kg	Total	REGAN	Debbie	1955	RB	75	16-Jun-2018	CM
W60 76 kg	Snatch	REGAN	Debbie	1955	SWC	27	14-Oct-2017	RHC
W60 76 kg	Clean&Jerk	REGAN	Debbie	1955	SWC	39	14-Oct-2017	RHC
W60 76 kg	Total	REGAN	Debbie	1955	SWC	66	14-Oct-2017	RHC
W60 81kg	Snatch	DIDONATO	Elizabeth	1960	AB	30	22-Feb-2020	OM
W60 81kg	Clean&Jerk	DIDONATO	Elizabeth	1960	AB	43	22-Feb-2020	OM
W60 81kg	Total	DIDONATO	Elizabeth	1960	AB	73	22-Feb-2020	OM
W65 49 kg	Snatch	HILL	Suzie	1954	GC	24	23-Feb-2019	OM
W65 49 kg	Clean&Jerk	HILL	Suzie	1954	GC	35	27-Apr-2019	CM
W65 49 kg	Total	HILL	Suzie	1954	GC	59	27-Apr-2019	CM
W65 55 kg	Snatch	Tonus	Fern	1958	D	32	15-Jul-2023	CM
W65 55 kg	Clean&Jerk	Tonus	Fern	1958	D	38	15-Jul-2023	CM
W65 55 kg	Total	Tonus	Fern	1958	D	70	15-Jul-2023	CM
W65 59 kg	Snatch	MILLER	Jill	1951	BMW	29	23-Feb-2019	OM
W65 59 kg	Clean&Jerk	MILLER	Jill	1951	BMW	39	08-Oct-2016	WM
W65 59 kg	Total	MILLER	Jill	1951	BMW	67	23-Feb-2019	OM
W65 64 kg	Snatch	MILLER	Jill	1951	BMW	30	15-Dec-2018	QHO
W65 64 kg	Clean&Jerk	MILLER	Jill	1951	BMW	43	17-Jun-2016	PAM
W65 64 kg	Total	MILLER	Jill	1951	BMW	72	17-Jun-2016	PAM
W65 71 kg	Snatch	Lander	Karen	1954	PTBO	26	22-Apr-2023	OMC
W65 71 kg	Clean&Jerk	Lander	Karen	1954	PTBO	38	22-Apr-2023	OMC
W65 71 kg	Total	Lander	Karen	1954	PTBO	64	22-Apr-2023	OMC
W65 87 kg	Snatch	QUINN	Judy	1948	GC	35	07-Jun-2015	PAM
W65 87 kg	Clean&Jerk	WALT	Christine	1948	ABC	47	25-Apr-2015	CM
W65 87 kg	Total	QUINN	Judy	1948	GC	80	07-Jun-2015	PAM
W70 81 kg	Snatch	QUINN	Judy	1948	GC	28	23-Apr-2022	OM
W70 81 kg	Clean&Jerk	QUINN	Judy	1948	GC	38	23-Apr-2022	OM
W70 81 kg	Total	QUINN	Judy	1948	GC	66	23-Apr-2022	OM
W70+ 55 kg	Snatch	HELLENBART	Doris	1947	BX	26	27-Apr-2019	CM
W70+ 55 kg	Clean&Jerk	HELLENBART	Doris	1947	BX	33	27-Apr-2019	CM
W70+ 55 kg	Total	HELLENBART	Doris	1947	BX	59	27-Apr-2019	CM
W70+ 59 kg	Snatch	HELLENBART	Doris	1947	BX	28	24-Aug-2019	WM
W70+ 59 kg	Clean&Jerk	HELLENBART	Doris	1947	BX	36	24-Feb-2018	OM
W70+ 59 kg	Total	HELLENBART	Doris	1947	BX	63	24-Feb-2018	OM



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W70+ 64 kg	Snatch	LARSON	Dawn	1949	GB	22	24-Aug-2019	WM
W70+ 64 kg	Snatch	LARSON	Dawn	1949	GB	32	24-Aug-2019	WM
W70+ 64 kg	Snatch	LARSON	Dawn	1949	GB	54	24-Aug-2019	WM
W70+ 71 kg	Snatch	PELLETIER	Lorraine	1943	SWC	31	23-Apr-2016	CM
W70+ 71 kg	Clean&Jerk	PELLETIER	Lorraine	1943	SWC	42	23-Apr-2016	CM
W70+ 71 kg	Total	PELLETIER	Lorraine	1943	SWC	73	23-Apr-2016	CM
W70+ 76 kg	Snatch	QUINN	Judy	1948	GC	31	07-Jul-2018	BMO
W70+ 76 kg	Clean&Jerk	QUINN	Judy	1948	GC	42	24-Aug-2019	WM
W70+ 76 kg	Total	QUINN	Judy	1948	GC	73	24-Aug-2019	WM
W70+ 81 kg	Snatch	WALT	Christine	1949	ABC	31	27-Apr-2019	CM
W70+ 81 kg	Clean&Jerk	WALT	Christine	1949	ABC	44	27-Apr-2019	CM
W70+ 81 kg	Total	WALT	Christine	1949	ABC	75	27-Apr-2019	CM

MASTERS (35+) -- MEN Records since January 1, 2015

Age	Cat.	Event	Name	YOB	Club	Weight	Date	Competition
M35	55 kg	Snatch	FLORENTO John	1979	CB	80	24-Feb-2018	OM
M35	55 kg	Clean&Jerk	FLORENTO John	1979	CB	102	24-Mar-2018	OC
M35	55 kg	Total	FLORENTO John	1979	CB	182	24-Mar-2018	OC
M35	61 kg	Snatch	FLORENTO John	1979	CB	87	25-Mar-2017	OC
M35	61 kg	Clean&Jerk	FLORENTO John	1979	CB	110	25-Mar-2017	OC
M35	61 kg	Total	FLORENTO John	1979	CB	197	25-Mar-2017	OC
M35	67 kg	Snatch	FLORENTO John	1979	BS	85	17-Nov-2018	HO
M35	67 kg	Clean&Jerk	FLORENTO John	1979	BS	105	17-Nov-2018	HO
M35	67 kg	Total	FLORENTO John	1979	BS	190	17-Nov-2018	HO
M35	73 kg	Snatch	PILON Albert	1981	BH	111	22-Feb-2020	OM
M35	73 kg	Clean&Jerk	PILON Albert	1981	BH	131	22-Feb-2020	OM
M35	73 kg	Total	PILON Albert	1981	BH	242	22-Feb-2020	OM
M35	81 kg	Snatch	LONGO Frank	1984	BS	131	06-Nov-2021	OC
M35	81 kg	Clean&Jerk	LONGO Frank	1984	BS	162	26-Mar-2022	WL
M35	81 kg	Total	LONGO Frank	1984	BS	292	06-Nov-2021	OC
M35	89 kg	Snatch	LONGO FRANK	1984	BS	127	15-Jul-2023	CM
M35	89 kg	Clean&Jerk	LONGO FRANK	1984	BS	162	15-Jul-2023	CM
M35	89 kg	Total	LONGO FRANK	1984	BS	289	15-Jul-2023	CM
M35	96 kg	Snatch	JOHNSON James	1981	646	115	21-Dec-2019	QHO
M35	96 kg	Clean&Jerk	ALLAN Ryan	1980	OT	146	20-Feb-2016	OM
M35	96 kg	Total	ALLAN Ryan	1980	OT	258	20-Feb-2016	OM



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M35	102 kg	Snatch	SPENCER	Justin	1981	TW	124	24-Aug-2019	WM
M35	102 kg	Clean&Jerk	SPENCER	Justin	1981	TW	155	27-Apr-2019	CM
M35	102 kg	Total	SPENCER	Justin	1981	TW	275	27-Apr-2019	CM
M35	109 kg	Snatch	SPENCER	Justin	1981	TW	138	20-May-2017	CSC
M35	109 kg	Clean&Jerk	SPENCER	Justin	1981	TW	165	03-Apr-2016	OC
M35	109 kg	Total	SPENCER	Justin	1981	TW	306	20-May-2017	CSC
M35	109+ kg	Snatch	SANDOR	Akos	1977	SSW	140	06-Feb-2016	WL
M35	109+ kg	Clean&Jerk	SANDOR	Akos	1977	SSW	180	03-Apr-2016	OC
M35	109+ kg	Total	SANDOR	Akos	1977	SSW	320	06-Feb-2016	OC
M40	61 kg	Snatch	FLORENTO	John	1979	BS	86	01-Jan-2020	VVO
M40	61 kg	Clean&Jerk	FLORENTO	John	1979	BS	106	02-Nov-2019	OC
M40	61 kg	Total	FLORENTO	John	1979	BS	190	30-Mar-2019	OC
M40	67 kg	Snatch	Smith	Ken	1982	BH	90	25-Feb-2023	OM
M40	67 kg	Clean&Jerk	Smith	Ken	1982	BH	110	25-Feb-2023	OM
M40	67 kg	Total	Smith	Ken	1982	BH	200	25-Feb-2023	OM
M40	73 kg	Snatch	Pilon	Albert	1981	BH	100	22-Apr-2023	OMC
M40	73 kg	Clean&Jerk	Latimer	Brent	1983	AW	115	22-Apr-2023	OMC
M40	73 kg	Total	Pilon	Albert	1981	BH	210	22-Apr-2023	OMC
M40	81 kg	Snatch	OGLETREE	Glenn	1976	NOR	97	24-Aug-2019	WM
M40	81 kg	Clean&Jerk	Stewart	David	1980	PTBO	121	23-Apr-2022	OM
M40	81 kg	Total	Stewart	David	1980	PTBO	214	23-Apr-2022	OM
M40	89 kg	Snatch	Campbell	Graeme	1982	AW	104	15-Jul-2023	CM
M40	89 kg	Clean&Jerk	Campbell	Graeme	1982	AW	132	15-Jul-2023	CM
M40	89 kg	Total	Campbell	Graeme	1982	AW	236	15-Jul-2023	CM
M40	96 kg	Snatch	Johnson	James	1981	646	117	22-Apr-2023	OMC
M40	96 kg	Clean&Jerk	Johnson	James	1981	646	147	15-Jul-2023	CM
M40	96 kg	Total	Johnson	James	1981	646	263	15-Jul-2023	CM
M40	102 kg	Snatch	VANDEWEGHE	Craig	1976	BS	120	17-Nov-2018	HO
M40	102 kg	Clean&Jerk	VANDEWEGHE	Craig	1976	BS	155	17-Nov-2018	HO
M40	102 kg	Total	VANDEWEGHE	Craig	1976	BS	275	17-Nov-2018	HO
M40	109 kg	Snatch	VANDEWEGHE	Craig	1976	CB	120	25-Feb-2017	OM
M40	109 kg	Clean&Jerk	MILER	Mike	1978	AW	155	14-Dec-2019	MC
M40	109 kg	Total	SANDOR	Akos	1977	SSW	270	06-Jul-2019	BMO
M40	109+ kg	Snatch	SANDOR	Akos	1977	SSW	132	24-Aug-2019	WM
M40	109+ kg	Clean&Jerk	SANDOR	Akos	1977	SSW	163	24-Aug-2019	WM
M40	109+ kg	Total	SANDOR	Akos	1977	SSW	295	24-Aug-2019	WM



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M45 67kg	Snatch	WALT	Cory	1972	ABC	65	22-Feb-2020	OM
M45 67kg	Clean&Jerk	WALT	Cory	1972	ABC	85	22-Feb-2020	OM
M45 67kg	Total	WALT	Cory	1972	ABC	150	22-Feb-2020	OM
M45 73 kg	Snatch	Gauthier	Jason	1974	BBC	86	24-Sep-2022	BAC
M45 73 kg	Clean&Jerk	ROBINSON	Larry	1970	GG	108	27-Apr-2019	CM
M45 73 kg	Total	Gauthier	Jason	1974	BBC	189	24-Sep-2022	BAC
M45 81 kg	Snatch	STOIANOV	Rumen	1971	TW	113	24-Aug-2019	WM
M45 81 kg	Clean&Jerk	STOIANOV	Rumen	1971	TW	135	24-Aug-2019	WM
M45 81 kg	Total	STOIANOV	Rumen	1971	TW	248	24-Aug-2019	WM
M45 89 kg	Snatch	SENIUK	Thomas	1973	SL	118	02-Nov-2019	OC
M45 89 kg	Clean&Jerk	SENIUK	Thomas	1973	SL	134	24-Aug-2019	WM
M45 89 kg	Total	SENIUK	Thomas	1973	SL	249	24-Aug-2019	WM
M45 96 kg	Snatch	GAULT	Thorin	1973	CWC	110	09-Jul-2022	CM
M45 96 kg	Clean&Jerk	GAULT	Thorin	1973	CWC	135	22-Feb-2020	OM
M45 96 kg	Total	GAULT	Thorin	1973	CWC	242	22-Feb-2020	OM
M45 102 kg	Snatch	GAULT	Thorin	1973	CWC	109	15-Dec-2018	QHO
M45 102 kg	Clean&Jerk	GAULT	Thorin	1973	CWC	136	15-Dec-2018	QHO
M45 102 kg	Total	GAULT	Thorin	1973	CWC	245	15-Dec-2018	QHO
M45 109 kg	Snatch	SANTAVY	Dalas	1972	SW	120	25-Feb-2017	OM
M45 109 kg	Clean&Jerk	SANTAVY	Dalas	1972	SW	155	25-Feb-2017	OM
M45 109 kg	Total	SANTAVY	Dalas	1972	SW	275	25-Feb-2017	OM
M45 109+ kg	Snatch	WALT	Tony	1968	ABC	113	23-Apr-2016	CM
M45 109+ kg	Clean&Jerk	WALT	Tony	1968	ABC	140	23-Apr-2016	CM
M45 109+ kg	Total	WALT	Tony	1968	ABC	253	23-Apr-2016	CM
M50 55 kg	Snatch	TEMPELAAR	Martin	1961	NB	45	21-Feb-2015	OM
M50 55 kg	Clean&Jerk	TEMPELAAR	Martin	1961	NB	65	21-Feb-2015	OM
M50 55 kg	Total	TEMPELAAR	Martin	1961	NB	110	21-Feb-2015	OM
M50 67 kg	Snatch	WALT	Cory	1972	ABC	67	09-Jul-2022	CM
M50 67 kg	Clean&Jerk	WALT	Cory	1972	ABC	80	22-Apr-2023	OMC
M50 67 kg	Total	WALT	Cory	1972	ABC	147	22-Apr-2023	OMC
M50 73 kg	Snatch	WALT	Cory	1972	ABC	63	25-Feb-2023	OM
M50 73 kg	Clean&Jerk	WALT	Cory	1972	ABC	85	25-Feb-2023	OM
M50 73 kg	Total	WALT	Cory	1972	ABC	148	25-Feb-2023	OM
M50 81 kg	Snatch	DESSUREAULT	Dave	1969	MAC	87	23-Feb-2019	OM
M50 81 kg	Clean&Jerk	DESSUREAULT	Dave	1969	MAC	103	27-Apr-2019	CM
M50 81 kg	Total	DESSUREAULT	Dave	1969	MAC	188	27-Apr-2019	CM



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M50 89 kg	Snatch	CRANE	Jamie	1967	TV	85	22-Feb-2020	OM
M50 89 kg	Clean&Jerk	CRANE	Jamie	1967	TV	110	27-Apr-2019	CM
M50 89 kg	Total	Dessureault	Dave	1967	MAC	193	23-Apr-2022	OM
M50 96 kg	Snatch	Gault	Thorin	1973	CWC	107	15-Jul-2023	CM
M50 96 kg	Clean&Jerk	Gault	Thorin	1973	CWC	132	22-Apr-2023	OMC
M50 96 kg	Total	Gault	Thorin	1973	CWC	238	22-Apr-2023	OMC
M50 102 kg	Snatch	Vanwynsberghe	Brad	1970	PA	101	15-Jul-2023	CM
M50 102 kg	Clean&Jerk	Vanwynsberghe	Brad	1970	PA	131	15-Jul-2023	CM
M50 102 kg	Total	Vanwynsberghe	Brad	1970	PA	232	15-Jul-2023	CM
M50 109 kg	Snatch	Gorman	Ken	1973	ABC	88	22-Apr-2023	OMC
M50 109 kg	Clean&Jerk	Gorman	Ken	1973	ABC	111	22-Apr-2023	OMC
M50 109 kg	Total	Gorman	Ken	1973	ABC	199	22-Apr-2023	OMC
M50 109+ kg	Snatch	HERON	Jim	1965	NB	49	20-Feb-2016	OM
M50 109+ kg	Clean&Jerk	HERON	Jim	1965	NB	61	20-Feb-2016	OM
M50 109+ kg	Total	HERON	Jim	1965	NB	110	20-Feb-2016	OM
M55 55 kg	Snatch	TEMPELAAR	Martin	1961	NB	51	25-Feb-2017	OM
M55 55 kg	Clean&Jerk	TEMPELAAR	Martin	1961	NB	68	25-Feb-2017	OM
M55 55 kg	Total	TEMPELAAR	Martin	1961	NB	119	25-Feb-2017	OM
M55 61 kg	Snatch	TEMPELAAR	Martin	1961	NB	52	23-Apr-2016	CM
M55 61 kg	Clean&Jerk	TEMPELAAR	Martin	1961	NB	70	20-Feb-2016	OM
M55 61 kg	Total	TEMPELAAR	Martin	1961	NB	120	23-Apr-2016	CM
M55 67 kg	Snatch	MACDOWELL	Peter	1960	OW	50	27-Apr-2019	CM
M55 67 kg	Clean&Jerk	MACDOWELL	Peter	1960	OW	75	27-Apr-2019	CM
M55 67 kg	Total	MACDOWELL	Peter	1960	OW	125	27-Apr-2019	CM
M55 73 kg	Snatch	HROUPA	Stepan	1956	UTM	62	10-Aug-2015	MWC
M55 73 kg	Clean&Jerk	HROUPA	Stepan	1956	UTM	81	21-Feb-2015	OM
M55 73 kg	Total	HROUPA	Stepan	1956	UTM	142	21-Feb-2015	OM
M55 81 kg	Snatch	WEBB	Ian	1959	OT	90	25-Apr-2015	CM
M55 81 kg	Clean&Jerk	WEBB	Ian	1959	OT	111	07-Jun-2015	PAM
M55 81 kg	Total	WEBB	Ian	1959	OT	201	25-Feb-2017	OM
M55 89 kg	Snatch	CRANE	Jamie	1967	LB	90	09-Jul-2022	CM
M55 89 kg	Clean&Jerk	LAWSON	Ian	1959	LA	113	27-Apr-2019	CM
M55 89 kg	Total	CRANE	Jamie	1967	LB	199	09-Jul-2022	CM
M55 96 kg	Snatch	LAWSON	Ian	1960	LA	84	08-Oct-2016	WM
M55 96 kg	Clean&Jerk	LAWSON	Ian	1960	LA	107	08-Oct-2016	WM
M55 96 kg	Total	LAWSON	Ian	1960	LA	191	08-Oct-2016	WM



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M55	102 kg	Snatch	Walt	Martin	1968	SWC	75	25-Feb-2023	OM
M55	102 kg	Clean&Jerk	Walt	Martin	1968	SWC	95	25-Feb-2023	OM
M55	102 kg	Total	Walt	Martin	1968	SWC	170	25-Feb-2023	OM
M55	109 kg	Snatch	SANDERSON	Tim	1964	646	82	24-Aug-2019	WM
M55	109 kg	Clean&Jerk	SANDERSON	Tim	1964	646	107	27-Apr-2019	CM
M55	109 kg	Total	SANDERSON	Tim	1964	646	185	22-Feb-2020	OM
M55	109+ kg	Snatch	MAZHAR	Ayman	1959	VV	80	25-Apr-2015	CM
M55	109+ kg	Clean&Jerk	MAZHAR	Ayman	1959	VV	107	23-Apr-2016	CM
M55	109+ kg	Total	MAZHAR	Ayman	1959	VV	186	25-Apr-2015	CM
M60	55 kg	Snatch	Mahabirsingh	Robert	1961	OP	38	25-Feb-2023	OM
M60	55 kg	Clean&Jerk	Mahabirsingh	Robert	1961	OP	51	25-Feb-2023	OM
M60	55 kg	Total	Mahabirsingh	Robert	1961	OP	89	25-Feb-2023	OM
M60	61 kg	Snatch	HROUPA	Stepan	1956	UTM	55	02-Jun-2019	PAM
M60	61 kg	Clean&Jerk	HROUPA	Stepan	1956	UTM	72	23-Feb-2019	OM
M60	61 kg	Total	HROUPA	Stepan	1956	UTM	127	02-Jun-2019	PAM
M60	67 kg	Snatch	HROUPA	Stepan	1956	UTM	55	02-Jun-2019	PAM
M60	67 kg	Clean&Jerk	HROUPA	Stepan	1956	UTM	72	23-Feb-2019	OM
M60	67 kg	Total	HROUPA	Stepan	1956	UTM	127	02-Jun-2019	PAM
M60	73 kg	Snatch	GOMES	Mark	1951	DW	70	25-Apr-2015	CM
M60	73 kg	Clean&Jerk	GOMES	Mark	1951	DW	90	07-Jun-2015	PAM
M60	73 kg	Total	GOMES	Mark	1951	DW	159	25-Apr-2015	CM
M60	81 kg	Snatch	Smith	Christopher	1958	TW	64	22-Apr-2023	OMC
M60	81 kg	Clean&Jerk	Smith	Christopher	1958	TW	86	22-Apr-2023	OMC
M60	81 kg	Total	Smith	Christopher	1958	TW	150	22-Apr-2023	OMC
M60	89 kg	Snatch	CASE	John	1955	LA	81	02-Jun-2019	PAM
M60	89 kg	Clean&Jerk	CASE	John	1955	LA	98	27-Apr-2019	CM
M60	89 kg	Total	CASE	John	1955	LA	178	27-Apr-2019	CM
M60	96 kg	Snatch	CASE	John	1955	LA	91	20-Feb-2016	OM
M60	96 kg	Clean&Jerk	CASE	John	1955	LA	114	17-Jun-2016	PAM
M60	96 kg	Total	CASE	John	1955	LA	205	17-Jun-2016	PAM
M60	102 kg	Snatch	MAZHAR	Ayman	1959	VV	76	27-Apr-2019	CM
M60	102 kg	Clean&Jerk	MAZHAR	Ayman	1959	VV	100	23-Feb-2019	OM
M60	102 kg	Total	MAZHAR	Ayman	1959	VV	176	27-Apr-2019	CM
M60	109 kg	Snatch	CASE	John	1955	LA	78	10-Aug-2015	MWC
M60	109 kg	Clean&Jerk	CASE	John	1955	LA	100	10-Aug-2015	MWC
M60	109 kg	Total	CASE	John	1955	LA	178	10-Aug-2015	MWC



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M60	109+ kg	Snatch	DESROCHES	David	1954	VESF	81	25-Apr-2015	CM
M60	109+ kg	Clean&Jerk	DESROCHES	David	1954	VESF	91	25-Apr-2015	CM
M60	109+ kg	Total	DESROCHES	David	1954	VESF	172	25-Apr-2015	CM
M65	55 kg	Snatch	SLENO	Nelson	1953	SWC	35	24-Feb-2018	OM
M65	55 kg	Clean&Jerk	SLENO	Nelson	1953	SWC	45	24-Feb-2018	OM
M65	55 kg	Total	SLENO	Nelson	1953	SWC	80	24-Feb-2018	OM
M65	61 kg	Snatch	SLENO	Nelson	1953	M	34	07-Jul-2018	BMO
M65	61 kg	Clean&Jerk	SLENO	Nelson	1953	M	43	07-Jul-2018	BMO
M65	61 kg	Total	SLENO	Nelson	1953	M	77	07-Jul-2018	BMO
M65	67 kg	Snatch	HROUPA	Stepan	1956	UTM	45	09-Jul-2022	CM
M65	67 kg	Clean&Jerk	HROUPA	Stepan	1956	UTM	47	09-Jul-2022	CM
M65	67 kg	Total	HROUPA	Stepan	1956	UTM	92	09-Jul-2022	CM
M65	73 kg	Snatch	GOMES	Mark	1951	AT	69	18-Nov-2017	CMO
M65	73 kg	Clean&Jerk	GOMES	Mark	1951	AT	86	23-Apr-2016	CM
M65	73 kg	Total	GOMES	Mark	1951	AT	154	23-Apr-2016	CM
M65	81 kg	Snatch	GOMES	Mark	1951	AT	61	24-Feb-2018	OM
M65	81 kg	Clean&Jerk	GOMES	Mark	1951	AT	80	20-Feb-2016	OM
M65	81 kg	Total	GOMES	Mark	1951	AT	140	20-Feb-2016	OM
M65	89 kg	Snatch	WALT	Bob	1949	ABC	65	25-Apr-2015	CM
M65	89 kg	Clean&Jerk	WALT	Bob	1949	ABC	85	25-Apr-2015	CM
M65	89 kg	Total	WALT	Bob	1949	ABC	150	25-Apr-2015	CM
M65	96 kg	Snatch	CASE	John	1955	LA	83	22-Feb-2020	OM
M65	96 kg	Clean&Jerk	CASE	John	1955	LA	96	22-Feb-2020	OM
M65	96 kg	Total	CASE	John	1955	LA	179	22-Feb-2020	OM
M65	102 kg	Snatch	DOUGLAS	Iain	1949	GC	62	29-Sep-2018	TBQWO
M65	102 kg	Clean&Jerk	DOUGLAS	Iain	1949	GC	70	29-Sep-2018	TBQWO
M65	102 kg	Total	DOUGLAS	Iain	1949	GC	132	29-Sep-2018	TBQWO
M65	109 kg	Snatch	DOUGLAS	Iain	1949	GC	69	20-Feb-2016	OM
M65	109 kg	Clean&Jerk	DOUGLAS	Iain	1949	GC	85	07-Jun-2015	PAM
M65	109 kg	Total	DOUGLAS	Iain	1949	GC	152	07-Jun-2015	PAM
M70	55 kg	Snatch	Fenwick	Alex	1952	D	36	15-Jul-2023	CM
M70	55 kg	Clean&Jerk	Fenwick	Alex	1952	D	45	15-Jul-2023	CM
M70	55 kg	Total	Fenwick	Alex	1952	D	81	15-Jul-2023	CM
M70	61 kg	Snatch	MILLER	Ken	1947	BMW	52	09-Jun-2017	PAM
M70	61 kg	Clean&Jerk	MILLER	Ken	1947	BMW	72	09-Jun-2017	PAM
M70	61 kg	Total	MILLER	Ken	1947	BMW	124	09-Jun-2017	PAM



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M70 67 kg	Snatch	MILLER	Ken	1947	BMW	48	27-Apr-2019	CM
M70 67 kg	Clean&Jerk	MILLER	Ken	1947	BMW	65	02-Jun-2019	PAM
M70 67 kg	Total	MILLER	Ken	1947	BMW	113	02-Jun-2019	PAM
M70 73 kg	Snatch	Douglas	Iain	1949	MAC	48	24-Sep-2022	BAC
M70 73 kg	Clean&Jerk	Douglas	Iain	1949	MAC	72	24-Sep-2022	BAC
M70 73 kg	Total	Douglas	Iain	1949	MAC	120	24-Sep-2022	BAC
M70 81 kg	Snatch	YESSIE	Larry	1948	GG	45	22-Feb-2020	OM
M70 81 kg	Clean&Jerk	YESSIE	Larry	1948	GG	71	22-Feb-2020	OM
M70 81 kg	Total	YESSIE	Larry	1948	GG	116	22-Feb-2020	OM
M70 89 kg	Snatch	Walt	Bob	1949	ABC	56	15-Jul-2023	CM
M70 89 kg	Clean&Jerk	YESSIE	Larry	1948	GG	70	23-Feb-2019	OM
M70 89 kg	Total	Walt	Bob	1949	ABC	126	15-Jul-2023	CM
M70 96 kg	Snatch	WALT	Bob	1949	ABC	61	22-Feb-2020	OM
M70 96 kg	Clean&Jerk	WALT	Bob	1949	ABC	83	06-Jul-2019	BMO
M70 96 kg	Total	WALT	Bob	1949	ABC	138	06-Jul-2019	BMO
M70 102 kg	Snatch	DOUGLAS	Iain	1949	GC	62	22-Feb-2020	OM
M70 102 kg	Clean&Jerk	DOUGLAS	Iain	1949	GC	72	22-Feb-2020	OM
M70 102 kg	Total	DOUGLAS	Iain	1949	GC	138	22-Feb-2020	OM
M70 109 kg	Snatch	DOUGLAS	Iain	1949	MAC	48	24-Sep-2022	BAC
M70 109 kg	Clean&Jerk	DOUGLAS	Iain	1949	MAC	72	24-Sep-2022	BAC
M70 109 kg	Total	DOUGLAS	Iain	1949	MAC	120	24-Sep-2022	BAC
M75 96 kg	Snatch	THOMAS	Patrick	1943	SWC	40	29-Sep-2018	TBQWO
M75 96 kg	Clean&Jerk	THOMAS	Patrick	1943	SWC	53	27-Apr-2019	CM
M75 96 kg	Total	THOMAS	Patrick	1943	SWC	92	29-Sep-2018	TBQWO



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Additional Information

Clubs

646 646 Weightlifting
705 CrossFit 705
1855 CrossFit 1855
ABC Apollo Barbell Club
AB Alchemy Barbell
ALP ALP Weightlifting
AT Attollo
AW Adamantium Weightlifting
BBC Burlington Barbell Club
BMW Blue Mountain Weightlifting
BH Beach House
BS Battlefield Strength
BUR Burlington Barbell
BX BodyX Weightlifting
CAN CanAm Barbell Club
CAC Cobourg Athletic Club
C County Barbell
CB Creek Barbell Club
CP CrossFit Pickering
CQ CrossFit Queen Street
CT CrossFit Toronto
CWC Cornwall Weightlifting Club
D Driven
DW Durham Weightlifting
EE East End Barbell

Elite Elite
Fury Fury
GB Guelph Barbell Club
GC Garden City
GG Garage Gym
GP Gawleys Performance Centre
GWL Giant Weightlifting
HB Hamilton Barbell
HC Hawkestone CrossFit
HW Hybrid Weightlifting
JL JustLift
KHPN Kanama High Performance North
KWC Kapuskasing Weightlifting Club
KW KW Weightlifting

LA London Atlas Weightlifting
LB Lift Barbell
LPS LPS Weightlifting Club
LW London Weightlifting
LYF LYFTINGAR 1896
M Maximus
MAC Team MAC Lifting

MB Milton Barbell
MC Maple City
MVMT MVMT Barbell
MW Markham Weightlifting
NB North Burlington Weightlifting
NOR Norsemen & Valkyries Weightlifting
OBC Outlaw Barbell Canada
ON Outlaw North
OT Orillia Trojans
OP Optimal Performance
OW Oakville Weightlifting
PA Power Academy
PE Physics Elite
PTBO Crossfit PTBO
Rad Radix Barbell
RB Reaper Barbell

Clubs

SYN Synergy Weightlifting
T Tadhana Weightlifting
Taktita Taktita
TB Thunder Bay
TV The Vault Barbell
TW Toronto Weightlifting Club
UC United Counties Weightlifting Club
UTM University of Toronto Mississauga
VBC Victory Barbell Club
VESF Valley East Snap Fitness
VSW Varbanov School of Weightlifting
VV Variety Village
WAF We Are Fitness
WB Windsor Barbell

Competition Abbreviations

646 646 Grand Prix
AO American Open
ASF Arnold Sports Festival
BAC Burlington Autumn Classic
BCC BC Provincial Championships
BJO Bayside Junior Open
BMO Blue Mountain Open
BSS Barrie Summer Slam
BAC Burlington Autumn Classic
CC Club Challenge *JUVI ONLY
CG Commonwealth Games
CJC Canadian Junior Championships
CM Canadian Masters
CMO Canadian Masters Open
CO Collingwood Open
CSC Canadian Senior Championships
CUWE College/University Weightlifting Extramural
CWO Craig Williamson Open
ECC Eastern Canadian Championships
FC Fall Classic
HCC Hybrid Club Competition/OVA Club Challenge
HO Hybrid Open
JLO JustLift Open
JFQ JustLift Fall Qualifier
JOC Junior Ontario Championships
JWC Junior World Championships
K Kanamalympics
LCQ Last Chance Qualifier
MC Mistletoe Challenge
MM Midland Masters Open
MWC Masters World Cup
ML Megalift
OC Ontario Championships
OM Ontario Masters Open
OMC Ontario Masters Championships
OO Ontario Open
OSG Ontario Summer Games
PA Pan Am Games
PAC Pan Am Championships
PAM Pan Am Masters
OFC Ontario Fall Classic
QHO Quinte Holiday Open

RHC Ray Hamilton Classic/Open
SCH Scholastics
SF Summerfest
SSO Sabaria Summer Open
TBQWO The Bay of Quinte Weightlifting Open



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Provincial Records

RC	Royal City Weightlifting	TQ	Turkey Qualifier
RE	Reva Barbell	TWC	Toronto Weightlifting Championships/Toronto Cup
RX	RX Weightlifting	UN	Universiade
Rouge	Rouge	VVO	Variety Village Open
SL	Six Lifts	VVS	Variety Village Spring Open
SM	Steel Machine	WC	World Championships
SOW		WL	WinterLift
SSW	Sabaria Weightlifting	WM	World Masters
STSA	St. Thomas Strength Athletics	YH	Young Hercules
SBB	Storm Breaker Barbell	RBM	Richard Borden Memorial
SV	Strengthville		
SW	Santavy Weightlifting		
SWC	Sudbury Weightlifting Club		
MM	March Madness		