

**Alberta Weightlifting Association
Masters Women Provincial Records**

Masters 30-34 - Women

Age Cat.	Weight Cat.	Lift	Last Name	First Name	Record	Event	Location
W30	45 Kg	SN			[43]		
		CJ			[53]		
		TOTAL			[96]		
W30	49 Kg	SN			[46]		
		CJ			[57]		
		TOTAL			[103]		
W30	55 Kg	SN			[50]		
		CJ			[62]		
		TOTAL			[112]		
W30	59 Kg	SN	ANDERSON	Justine	62	Valhalla Open	Calgary, AB
		CJ	ANDERSON	Justine	76	Valhalla Open	Calgary, AB
		TOTAL	ANDERSON	Justine	138	Valhalla Open	Calgary, AB
W30	64 Kg	SN	YANGUI	Nadia	87	Nationals 2022	Kelowna, BC
		CJ	YANGUI	Nadia	107	Nationals 2022	Kelowna, BC
		TOTAL	YANGUI	Nadia	194	Nationals 2022	Kelowna, BC
W30	71 Kg	SN	GRAHAM	Lundie	73	Sr. Provincials	Calgary, AB
		CJ	GRAHAM	Lundie	94	Sr. Provincials	Calgary, AB
		TOTAL	GRAHAM	Lundie	167	Sr. Provincials	Calgary, AB
W30	76 Kg	SN	Kuschmierz	Laura	80	Sr. Provincials	Calgary, AB
		CJ	Kuschmierz	Laura	103	Westerns 2022	Calgary, AB
		TOTAL	Kuschmierz	Laura	182	Sr. Provincials	Calgary, AB
W30	81 Kg	SN	BALUTIS	Andrea	64	Peak Power	Calgary, AB
		CJ	DYKSTRA	Claire	66	Cold Steel	Calgary, AB
		TOTAL	BALUTIS	Andrea	129	Peak Power	Calgary, AB
W30	87 Kg	SN	JACKSON	Holly	68	Cold Steel	Calgary, AB
		CJ	JACKSON	Holly	77	Gordon Kay Masters	Edmonton, AB
		TOTAL	JACKSON	Holly	140	Gordon Kay Masters	Edmonton, AB

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W30	87+ Kg	SN	[70]
		CJ	[80]
		TOTAL	[160]

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Masters 35-39 - Women

Age Cat.	Weight Cat.	Lift		First Name	Record	Event	Location
W35	45 Kg	SN			[40]		
		CJ			[50]		
		TOTAL			[90]		
W35	49 Kg	SN			[43]		
		CJ			[53]		
		TOTAL			[96]		
W35	55 Kg	SN			[46]		
		CJ			[58]		
		TOTAL			[104]		
W35	59 Kg	SN	FACENDI	AJ	53kg	Gordon Kay Masters	Edmonton, AB
		CJ	FACENDI	AJ	70kg	Gordon Kay Masters	Edmonton, AB
		TOTAL	FACENDI	AJ	123kg	Gordon Kay Masters	Edmonton, AB
W35	64 Kg	SN	CHATIGNY	Melissa	65kg	Gordon Kay Masters	Edmonton, AB
		CJ	CHATIGNY	Melissa	92	Cold Steel	Calgary, AB
		TOTAL	CHATIGNY	Melissa	159	Cold Steel	Calgary, AB
W35	71 Kg	SN	CHAN	Madeliene	71kg	Gordon Kay Masters	Edmonton, AB
		CJ	SCHUM	Dawn	90	Cold Steel	Calgary, AB
		TOTAL	SCHUM	Dawn	158	Cold Steel	Calgary, AB
W35	76 Kg	SN	LESSARD	Nadia	69kg	2022 Gordon Kay Mast	Edmonton, AB
		CJ	SCHUM	Dawn	88	Peak power	Calgary, AB
		TOTAL	LESSARD	Nadia	155kg	2022 Gordon Kay Mast	Edmonton, AB
W35	81 Kg	SN	SCHUM	Dawn	64kg	<i>Pan American Masters Virtual</i>	
		CJ	SCHUM	Dawn	86kg	<i>Pan American Masters Virtual</i>	
		TOTAL	SCHUM	Dawn	150kg	<i>Pan American Masters Virtual</i>	
W35	87 Kg	SN	STEIN	Tracey	64	Peak Power	Calgary, AB
		CJ	STEIN	Tracey	82	Sr. Provincials	Calgary, AB
		TOTAL	STEIN	Tracey	145	Sr. Provincials	Calgary, AB

W35	87+ Kg	SN	Foster	Richelle	52	Sr. Provincials	Calgary, AB
		CJ	Foster	Richelle	84	Sr. Provincials	Calgary, AB
		TOTAL	Foster	Richelle	136	Sr. Provincials	Calgary, AB

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Masters 40-44 - Women

Age Cat.	Weight Cat.	Lift		First Name	Record	Event	Location
W40	45 Kg	SN			[37]		
		CJ			[47]		
		TOTAL			[84]		
W40	49 Kg	SN			[40]		
		CJ			[50]		
		TOTAL			[90]		
W40	55 Kg	SN	DY WAN	Amy	52kg	Gordon Kay Masters	Edmonton, AB
		CJ	DY WAN	Amy	66kg	Gordon Kay Masters	Edmonton, AB
		TOTAL	DY WAN	Amy	118kg	Gordon Kay Masters	Edmonton, AB
W40	59 Kg	SN	EVERETT-YIM	Alana	63	Peak power	Calgary, AB
		CJ	EVERETT-YIM	Alana	82	Sr. Provincials	Calgary, AB
		TOTAL	EVERETT-YIM	Alana	144	Sr. Provincials	Calgary, AB
W40	64 Kg	SN	SPEED-ANDREWS	Amy	70kg	Gordon Kay Masters	Edmonton, AB
		CJ	SPEED-ANDREWS	Amy	82kg	Gordon Kay Masters	Edmonton, AB
		TOTAL	SPEED-ANDREWS	Amy	152kg	Gordon Kay Masters	Edmonton, AB
W40	71 Kg	SN	WELDON	Siew	76kg	Gordon Kay Masters	Edmonton, AB
		CJ	PODOLAS	Jodi	94kg	IWF Masters Worlds	Montreal, QC
		TOTAL	WELDON	Siew	163kg	Gordon Kay Masters	Edmonton, AB
W40	76 Kg	SN	PODOLAS	Jodi	73	Gordon Kay Masters	Edmonton, AB
		CJ	PODOLAS	Jodi	90	Gordon Kay Masters	Edmonton, AB
		TOTAL	PODOLAS	Jodi	163	Gordon Kay Masters	Edmonton, AB
W40	81 Kg	SN	GRAY	Hannah	55kg	Gordon Kay Masters	Edmonton, AB
		CJ	GRAY	Hannah	75kg	Gordon Kay Masters	Edmonton, AB
		TOTAL	GRAY	Hannah	130kg	Gordon Kay Masters	Edmonton, AB
W40	87 Kg	SN			[56]		
		CJ	HIGGS	Brianne	72	Gordon Kay Masters	Edmonton, AB
		TOTAL	HIGGS	Brianne	127	Gordon Kay Masters	Edmonton, AB

W40	87+ Kg	SN			[63]		
		CJ	WELSH	Diane	86kg	Gordon Kay Masters	Edmonton, AB
		TOTAL	WELSH	Diane	144kg	Gordon Kay Masters	Edmonton, AB

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Masters 45-49 - Women

Age Cat.	Weight Cat.	Lift		First Name	Record	Event	Location
W45	45 Kg	SN			[36]		
		CJ			[45]		
		TOTAL			[81]		
W45	49 Kg	SN			[38]		
		CJ			[48]		
		TOTAL			[86]		
W45	55 Kg	SN			[42]		
		CJ	EVERETT-YIM	Alana	80	Sr. Provincials 2023	Calgary, AB
		TOTAL			[94]		
W45	59 Kg	SN	EVERETT-YIM	Alana	63	Peak Power	Calgary, AB
		CJ	EVERETT-YIM	Alana	80	Peak Power	Calgary, AB
		TOTAL	EVERETT-YIM	Alana	143	Peak Power	Calgary, AB
W45	64 Kg	SN	STEELE-HILLMAN	Victoria	55kg	Gordon Kay Masters	Edmonton, AB
		CJ	STEELE-HILLMAN	Victoria	73kg	Gordon Kay Masters	Edmonton, AB
		TOTAL	STEELE-HILLMAN	Victoria	128kg	Gordon Kay Masters	Edmonton, AB
W45	71 Kg	SN	COBURN	Deirdre	61kg	Gordon Kay Masters	Edmonton, AB
		CJ	COBURN	Deirdre	82kg	Gordon Kay Masters	Calgary, AB
		TOTAL	COBURN	Deirdre	142kg	Gordon Kay Masters	Calgary, AB
W45	76 Kg	SN	COBURN	Deirdre	62kg	Pan Am Masters	virtual
		CJ	COBURN	Deirdre	83kg	Pan Am Masters	virtual
		TOTAL	COBURN	Deirdre	145kg	Pan Am Masters	virtual
W45	81 Kg	SN	COBURN	Deirdre	66	Worlds Masters Champ	virtual
		CJ	COBURN	Deirdre	88	Sr. Provincials	Calgary, AB
		TOTAL	COBURN	Deirdre	153	Sr. Provincials	Calgary, AB
W45	87 Kg	SN	GRAY	Hannah	63	Gordon Kay Masters	Edmonton, AB
		CJ	GRAY	Hannah	82	Sr. Provincials	Calgary, AB
		TOTAL	GRAY	Hannah	144	Gordon Kay Masters	Edmonton, AB

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W45	87+ Kg	SN	[60]
		CJ	[74]
		TOTAL	[134]

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Masters 50-54 - Women

Age Cat.	Weight Cat.	Lift		First Name	Record	Event	Location
W50	45 Kg	SN			[34]		
		CJ			[43]		
		TOTAL			[77]		
W50	49 Kg	SN			[37]		
		CJ			[46]		
		TOTAL			[83]		
W50	55 Kg	SN			[40]		
		CJ			[50]		
		TOTAL			[90]		
W50	59 Kg	SN			[42]		
		CJ			[52]		
		TOTAL			[94]		
W50	64 Kg	SN			[44]		
		CJ			[58]		
		TOTAL			[99]		
W50	71 Kg	SN	PELL	Krista	55	Cold Steel	Calgary, AB
		CJ	PELL	Krista	76	Cold Steel	Calgary, AB
		TOTAL	PELL	Krista	131	Cold Steel	Calgary, AB
W50	76 Kg	SN	SULLIVAN	Allison	53kg	IWF Masters Worlds	Montreal, QC
		CJ	SULLIVAN	Allison	68kg	IWF Masters Worlds	Montreal, QC
		TOTAL	SULLIVAN	Allison	118kg	IWF Masters Worlds	Montreal, QC
W50	81 Kg	SN	SLUIK	Lisa	54kg	IWF Masters Worlds	Montreal, QC
		CJ	SLUIK	Lisa	77kg	IWF Masters Worlds	Montreal, QC
		TOTAL	SLUIK	Lisa	130kg	IWF Masters Worlds	Montreal, QC
W50	87 Kg	SN			[51]		
		CJ			[64]		
		TOTAL			[115]		

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W50	87+ Kg	SN	[57]
		CJ	[72]
		TOTAL	[125]

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Masters 55-59 - Women

Age Cat.	Weight Cat.	Lift	First Name	Record	Event	Location	
W55	45 Kg	SN		[32]			
		CJ		[39]			
		TOTAL		[71]			
W55	49 Kg	SN		[34]			
		CJ		[42]			
		TOTAL		[76]			
W55	55 Kg	SN	KAMINSKI	Shawna	39kg	Gordon Kay Masters	Edmonton, AB
		CJ	KAMINSKI	Shawna	48kg	Gordon Kay Masters	Edmonton, AB
		TOTAL	KAMINSKI	shawna	87kg	Gordon Kay Masters	Edmonton, AB
W55	59 Kg	SN		[39]			
		CJ		[48]			
		TOTAL		[87]			
W55	64 Kg	SN		[41]			
		CJ		[51]			
		TOTAL		[92]			
W55	71 Kg	SN		[43]			
		CJ		[54]			
		TOTAL		[97]			
W55	76 Kg	SN	SULLIVAN	Allison	51	Peak Power	Calgary,AB
		CJ	SULLIVAN	Allison	72	Peak Power	Calgary,AB
		TOTAL	SULLIVAN	Allison	123	Peak Power	Calgary,AB
W55	81 Kg	SN		[46]			
		CJ		[57]			
		TOTAL		[103]			
W55	87 Kg	SN		[47]			
		CJ		[59]			
		TOTAL		[106]			

W55	87+ Kg	SN	[53]
		CJ	[66]
		TOTAL	[119]

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Masters 60-64 - Women

Age Cat.	Weight Cat.	Lift	First Name	Record	Event	Location
W60	45 Kg	SN		[25]		
		CJ		[32]		
		TOTAL		[57]		
W60	49 Kg	SN		[27]		
		CJ		[34]		
		TOTAL		[61]		
W60	55 Kg	SN				
		CJ				
		TOTAL				
W60	59 Kg	SN		[32]		
		CJ		[40]		
		TOTAL		[72]		
W60	64 Kg	SN		[34]		
		CJ		[42]		
		TOTAL		[76]		
W60	71 Kg	SN		[35]		
		CJ		[44]		
		TOTAL		[79]		
W60	76 Kg	SN		[37]		
		CJ		[47]		
		TOTAL		[84]		
W60	81 Kg	SN		[39]		
		CJ		[49]		
		TOTAL		[88]		
W60	87 Kg	SN		[40]		
		CJ		[50]		
		TOTAL		[90]		

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W60	87+ Kg	SN
		CJ
		TOTAL

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Masters 65-69 - Women

Age Cat.	Weight Cat.	Lift	First Name	Record	Event	Location
W65	45 Kg	SN		[23]		
		CJ		[30]		
		TOTAL		[53]		
W65	49 Kg	SN		[25]		
		CJ		[32]		
		TOTAL		[57]		
W65	55 Kg	SN		[27]		
		CJ		[34]		
		TOTAL		[61]		
W65	59 Kg	SN		[29]		
		CJ		[37]		
		TOTAL		[66]		
W65	64 Kg	SN		[31]		
		CJ		[39]		
		TOTAL		[70]		
W65	71 Kg	SN		[32]		
		CJ		[41]		
		TOTAL		[73]		
W65	76 Kg	SN		[34]		
		CJ		[43]		
		TOTAL		[77]		
W65	81 Kg	SN		[36]		
		CJ		[45]		
		TOTAL		[81]		
W65	87 Kg	SN		[37]		
		CJ		[46]		
		TOTAL		[83]		

W65	87+ Kg	SN	[38]
		CJ	[48]
		TOTAL	[85]

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Masters 70-74 - Women

Age Cat.	Weight Cat.	Lift	First Name	Record	Event	Location
W70	45 Kg	SN		[22]		
		CJ		[28]		
		TOTAL		[50]		
W70	49 Kg	SN		[23]		
		CJ		[29]		
		TOTAL		[53]		
W70	55 Kg	SN		[24]		
		CJ		[32]		
		TOTAL		[58]		
W70	59 Kg	SN		[25]		
		CJ		[34]		
		TOTAL		[61]		
W70	64 Kg	SN		[26]		
		CJ		[35]		
		TOTAL		[63]		
W70	71 Kg	SN		[27]		
		CJ		[38]		
		TOTAL		[68]		
W70	76 Kg	SN	DEWAR Sandy	30	Cold Steel	Calgary, AB
		CJ	DEWAR Sandy	40	Cold Steel	Calgary, AB
		TOTAL	DEWAR Sandy	70	Cold Steel	Calgary, AB
W70	81 Kg	SN		[29]		
		CJ		[40]		
		TOTAL		[72]		
W70	87 Kg	SN		[31]		
		CJ		[41]		
		TOTAL		[74]		

W70	87+ Kg	SN	[35]
		CJ	[46]
		TOTAL	[83]

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Masters 75-79 - Women

Age Cat.	Weight Cat.	Lift	First Name	Record	Event	Location
W75	45 Kg	SN		[20]		
		CJ		[25]		
		TOTAL		[45]		
W75	49 Kg	SN		[21]		
		CJ		[27]		
		TOTAL		[48]		
W75	55 Kg	SN		[23]		
		CJ		[29]		
		TOTAL		[52]		
W75	59 Kg	SN		[24]		
		CJ		[30]		
		TOTAL		[54]		
W75	64 Kg	SN		[25]		
		CJ		[32]		
		TOTAL		[58]		
W75	71 Kg	SN		[26]		
		CJ		[34]		
		TOTAL		[61]		
W75	76 Kg	SN		[27]		
		CJ		[35]		
		TOTAL		[63]		
W75	81 Kg	SN		[28]		
		CJ		[36]		
		TOTAL		[65]		
W75	87 Kg	SN		[30]		
		CJ		[37]		
		TOTAL		[67]		

W75	87+ Kg	SN	[33]
		CJ	[41]
		TOTAL	[74]

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Masters 80-84 - Women

Age Cat.	Weight Cat.	Lift	First Name	Record	Event	Location
W80	45 Kg	SN		[20]		
		CJ		[20]		
		TOTAL		[40]		
W80	49 Kg	SN		[20]		
		CJ		[21]		
		TOTAL		[41]		
W80	55 Kg	SN		[20]		
		CJ		[23]		
		TOTAL		[43]		
W80	59 Kg	SN		[20]		
		CJ		[24]		
		TOTAL		[44]		
W80	64 Kg	SN		[21]		
		CJ		[26]		
		TOTAL		[47]		
W80	71 Kg	SN		[22]		
		CJ		[27]		
		TOTAL		[49]		
W80	76 Kg	SN		[23]		
		CJ		[28]		
		TOTAL		[51]		
W80	81 Kg	SN		[23]		
		CJ		[29]		
		TOTAL		[52]		
W80	87 Kg	SN		[24]		
		CJ		[30]		
		TOTAL		[54]		

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W80	87+ Kg	SN	[27]
		CJ	[33]
		TOTAL	[60]

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Masters 85-89 - Women

Age Cat.	Weight Cat.	Lift	First Name	Record	Event	Location
W85	45 Kg	SN		[20]		
		CJ		[20]		
		TOTAL		[40]		
W85	49 Kg	SN		[20]		
		CJ		[20]		
		TOTAL		[40]		
W85	55 Kg	SN		[20]		
		CJ		[20]		
		TOTAL		[40]		
W85	59 Kg	SN		[20]		
		CJ		[20]		
		TOTAL		[40]		
W85	64 Kg	SN		[20]		
		CJ		[20]		
		TOTAL		[40]		
W85	71 Kg	SN		[20]		
		CJ		[20]		
		TOTAL		[40]		
W85	76 Kg	SN		[20]		
		CJ		[20]		
		TOTAL		[40]		
W85	81 Kg	SN		[20]		
		CJ		[21]		
		TOTAL		[41]		
W85	87 Kg	SN		[20]		
		CJ		[22]		
		TOTAL		[42]		

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W85	87+ Kg	SN	[21]
		CJ	[26]
		TOTAL	[47]

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Date

October 2, 2021

October 2, 2021

October 2, 2021

May 20, 2022

May 20, 2022

May 20, 2022

March 25, 2023

March 25, 2023

March 25, 2023

March 25, 2023

November 19, 2022

March 25, 2023

March 26, 2022

February 4, 2023

March 26, 2022

February 4, 2023

March 5, 2022

March 5, 2022

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Date

February 9, 2019

February 9, 2019

February 9, 2019

February 9, 2019

February 4, 2023

February 4, 2023

February 22, 2020

February 4, 2023

February 4, 2023

March 5, 2022

March 26, 2022

March 5, 2022

August 4-8, 2021

August 4-8, 2021

August 4-8, 2021

March 26, 2022

March 25, 2023

March 25, 2023

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March 25, 2023

March 25, 2023

March 25, 2023

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Date

February 9, 2019

February 9, 2019

February 9, 2019

March 26, 2022

December 4, 2021

December 4, 2021

February 9, 2019

February 9, 2019

February 9, 2019

February 9, 2019

August 1, 2019

February 9, 2019

March 5, 2022

March 5, 2022

March 5, 2022

February 9, 2019

February 9, 2019

February 9, 2019

March 5, 2022

March 5, 2022

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February 22, 2020
February 9, 2019

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Date

March 25, 2023

March 5, 2022

March 5, 2022

March 5, 2022

February 9, 2019

February 9, 2019

February 9, 2019

February 9, 2019

February 22, 2020

February 22, 2020

Oct. 2 - 18 2020

Oct. 2 - 18 2020

Oct. 2 - 18 2020

May 24-29th 2021

March 25, 2023

March 25, 2023

March 5, 2022

March 25, 2023

March 5, 2022

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Date

February 4, 2023

February 4, 2023

February 4, 2023

August 29, 2019

August 29, 2019

August 29, 2019

August 29, 2019

August 29, 2019

August 29, 2019

2023-05-08

2023-05-08

Date

February 22, 2020

February 22, 2020

February 22, 2020

March 26, 2022

March 26, 2022

March 26, 2022

2023-05-08

Date

2023-05-08

2023-05-08

Date

2023-05-08

2023-05-08

Date

February 4, 2023

February 4, 2023

February 4, 2023

2023-05-08

2023-05-08

Date

2023-05-08

2023-05-08

Date

2023-05-08

2023-05-08

Date

2023-05-08

2023-05-08