



ANNUAL GENERAL REPORT

Weightlifting Canada Haltérophilie Masters

2026

Weightlifting Canada Haltérophilie Masters 2026 06 18

WCHM extends its appreciation to the members of the Board's Advisory Committee (Board members, Directors, Secretaries, Advisory Groups, Provincial Presidents and Provincial Reps) for their continued service to WCHM. This Annual Report includes a brief description of WCHM activities during 2025.

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Minutes of the 2025 WCHM Annual General Meeting

Weightlifting Canada Halterophilie Masters
June 26, 2025
Genesis Centre, 7555 Falconridge, Calgary, Alberta

Call to Order

The meeting was called to order at 19:07 by the President, Mark Gomes.

Business Arising from the 2024 Minutes:

The date of the meeting was missing from the 2024 Minutes.

Motion: To approve the 2024 AGM minutes as read. Akasaki /Sawatsky. Approved / approuvé

Rapports : The President made a brief summary of his report and welcomed members present. The Annual Reports were previously emailed to all members.

Suggestions to the Board

That a waiting list be created for national championship registrations when the maximum number of participants have been reached.

That the President, acting on behalf of the board, establish a procedure for granting any Exceptions to athletes who may not have competed during the Qualifying Period.

Motion: To approve the 2025 Annual Reports Sawatsky/Kasten Approved

Bids or Intent to Bid for the 2025 Canadian Masters Weightlifting Championships

The bid from Driven Barbell Club for the 2026 Championships was received and will be discussed by the Board.

New business: There was no new business to discuss.

Adjournment: The 2025 AGM was adjourned at 7:44 p.m.

Weightlifting Canada Haltérophilie Masters Organizational Team

2025/2026

Board of Directors

Mark Gomes	President
Daniel Paré	Vice President
Siew Weldon	Treasurer
Greg Doucette	National Chair in Training
David Rosati	Board Member and Director of Policy and Procedure

Secretaries

Madeleine Waterfield	Records Secretary
Thorin Gault	Hall of Fame Secretary

WCHM Provincial Advisors

André Boutin, Manon Poulin	Quebec
Molly Zirkle, Joanne Jeffrey	Ontario
Linsey Piel-Glade	Manitoba
Jil Reid, Frances Robson	Saskatchewan
Jennifer Hamilton, Kier Wilson	Alberta
Carol Akasaka, Kim Singh Rai	British Columbia
Greg Doucette, Shawn Quigley	Atlantic Provinces

Governance

The governance structure has reached a point of general stability over the past five years. We remain focused on governing with as much advisory input as possible. The Advisory Committee and Provincial Presidents Advisory Group afford WCHM leadership with the best information prior to making its major decisions. This year, the Western provinces' representation increased to two WCHM Provincial Advisors. The name change better reflects these individuals' roles as generators of ideas and suggestions and not politically representing a province or region.

Membership fees will remain at \$65 for those registering prior to June 1, at which time WCHM membership will be \$70.

All board member positions; President, Vice-President, Treasurer and two board members, are vacant for interested members. The Board is also authorized to appoint up to three WCHM members to also serve on the Board of Directors.

Competitions

Beginning in 2025, the WCHM National Championships included the Open Category. More information can be found on the WCHM website. The Qualifying Period will always start the day after the previous championships have concluded. There will be no exceptions to the Qualifying Period. The only Guests permitted to compete at these championships are those registered members who failed at making their required bodyweight at weigh-in.

There is now full compliance with WCH/IWF rules and regulations, with the only exception being how age groupings are managed, and including of the Para Weightlifting and Open Categories. This includes not accepting bodyweight category changes at weigh-in but only prior to established deadlines before the championships begin.

Due to noticeable financial savings for doping control, more athletes can be tested at our National Championships. Athletes not notified within sixty days of testing are considered as being in compliance with the WCHM Anti-doping Policy. These athletes will be recognized by WCHM for their support of the WCHM anti-doping program.

Membership Participation in 2025 Championships

Participation des membres aux championnats 2025

Championships Championnats (2025)	Women	Men	BC	AB	SK
Canadian Masters Maîtres canadiens	118	96	32	69	26
IMWA World Masters Maîtres Mondiaux	54	28	28	01	05
IMWA Pan American Masters Maîtres Pan Américain	11	07	00	05	00
IMGA World Masters Games Jeux mondiaux des maîtres	01	00	00	00	00

Championships Championnats (2025)	MB	ON	QC	NB	NWT
Canadian Masters Maîtres canadiens	09	30	40	01	04
IMWA World Masters Maîtres Mondiaux	03	23	13	03	03
IMWA Pan American Masters Maîtres Pan Américain	02	04	05	00	00
IMGA World Masters Games Jeux mondiaux des maîtres	00	00	01	00	00

Championships Championnats (2025)	NL	PEI	NS	ExPats	
Canadian Masters Maîtres canadiens	02	00	04	00	
IMWA World Masters Maîtres Mondiaux	02	00	03	01	
IMWA Pan American Masters Maîtres Pan Américain	00	00	00	02	
IMGA World Masters Games Jeux mondiaux des maîtres	00	00	00	00	

Representation of our Eastern Canadian members in the WCHM Nationals in Alberta was very encouraging, especially WCHM members from Quebec. Participation in the World Masters was affected by the political situation between the USA and Canada. And, as usual, women represent an overall greater percentage of participation.

IMWA 2025 World Masters and International Masters Championships

Canada's Women placed second using the points from Team Canada (fp). Molly Zirkle of Toronto Weightlifting is the Guardian of this Award.

Our women were awarded five gold medals, ten silver medals and 6 bronze medals. Our men were awarded six gold medals, 2 silver medals, and 7 bronze medals. Medals were also provided for the Snatch and Clean and Jerk.

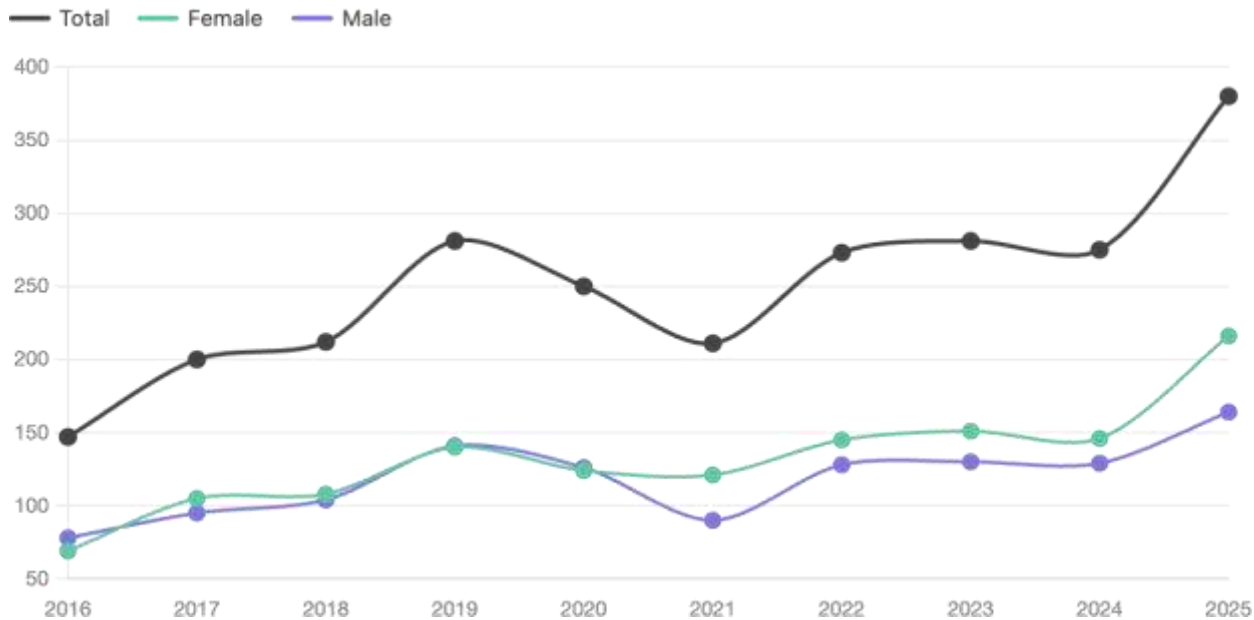
Results from all International Masters Championships can found on the WCHM website.

Membership Statistics

WCHM Membership Data 2020-2025..Données d'adhésion WCHM 2020-2025

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
34		2025	% ch	2024	% ch	2023	% ch	2022	% ch	2021	% ch	2020		
35														
36	W/F	215	49	144	-5.3	152	4.8	145	11.5	130	4.0	125		
37	M/H	165	29	128	-2.3	131	2.3	128	20.8	106	-16.5	127		
38	Total	380	40	272	-3.9	283	3.7	273	15.7	236	-6.3	252		
39														
40														
41														
42														
43														
44														
45														
46														
47														
48														
49	Province	2025	2025	2024	2024	2023	2023	2022	2022	2021	2021			
50	Gender	W/F	M/H	W/F	M/H	W/F	M/H	W/F	M/H	W/F	M/H			
51	ON	56	31	51	39	58	55	41	39	38	28			
52	BC/CB	44	28	17	15	18	13	19	19	26	22			
53	AB	47	36	18	9	14	7	20	8	21	13			
54	QC	34	31	33	40	29	32	24	29	14	16			
55	SK	16	13	11	9	12	6	13	6	12	6			
56	MB	8	7	7	6	7	3	8	9	8	8			
57	NB	3	5	2	5	3	7	7	11	4	5			
58	PE	0	0	0	0	0	2	0	3	0	2			
59	NL/TN	1	3	1	1	0	3	1	2	0	3			
60	NS/NÉ	4	6	2	1	6	0	8	2	4	1			
61	NWT/Yukon	1	0	0	0	0	0	0	0	0	0			
62	Other	2	4	2	3	5	3	4	0	2	2			
63	Total	216	164	144	128	152	131	145	128	129	106			

Membership Summary – Bob Haven (Website Administrator)



Looking at the data across all ten years, a few things really stand out:

Overall growth is uneven — then suddenly surges. Total membership was essentially flat for eight years (147–281), then jumped 35% in a single year to 380 in 2025. That's a significant outlier worth investigating — was there a new club, a promotional push, or a rule change that brought in a lot of new members?

Female membership is the main driver of growth. In 2016 women were actually the minority (69 vs 78 men). By 2025 they outnumber men 216 to 164. Nearly all of the 2025 surge came from female membership — it jumped by 70 members in one year, while male membership grew by 35. The sport appears to be attracting women at a much faster rate.

The 2021 dip is almost certainly COVID-related. Male membership dropped to its lowest point in the dataset (90), and total membership fell back to 2016 levels. Female membership held up somewhat better, suggesting women were more likely to maintain their registration even during disruptions.

Ontario's dominance has eroded. While ON is still the largest province, Alberta surged in 2025 to nearly match BC and close the gap with ON significantly. The membership base is becoming more geographically distributed over time.

Male membership has been remarkably flat since 2016. After peaking around 140 in 2019, male numbers have bounced between 90–130 for five straight years before ticking up in 2025. The sport hasn't found a way to grow its male base the way it has with women.

The 2025 number is the most interesting data point — whether it represents a genuine inflection point or a one-time spike is probably the key question to watch in the next year or two.

Awards

Here are some important points about WCHM awards :

- For 2025 some of the surplus was used to provide monetary awards for Grand Masters and Best Lifters at the 2025 WCHM National Championships.
- A modest honorarium was awarded to WCH/WCHM members who volunteered as coaches at the World Masters Championships and the Pan American Masters Championships.
- Provincial Team winners at the WCHM Nationals will each receive Canadian Masters medals.

President's Attollo Award (2025): The Attollo Award must be applied through an application process.

In 2025, Attollo Awards (Gold) were presented to Joanne Jeffrey (ON), Fern Tonus (ON), Richelle Foster (AB) and Anita Boray (QC). The Attollo (Participation) Award was presented to Krystal Ludlow (ON) and Frances Robson (SK).

2025 WCHM Nationals Grand Masters and U45 Grand Masters

The 2025 Grand Masters were awarded to Craig Astle (SK) and Anita Boray (QC). The U45 Grand Masters were awarded to Anne-Marie Young (SK) and Craig Astle (SK). Full results for age group Best Athletes can be found here: [2025 Canadian Masters Championnats / canadiens d'haltérophilie maîtres](#) and here: [Best-Lifters-and-Grand-Masters-FOR-POSTING.pdf](#).

Canadian Masters Weightlifting Records- General Statistics

2025

Madeleine Waterfield – Records Secretary

Canadian Masters Weightlifting Records can now be challenged at the Western Canadian Championships/Masters and any IWF International Weightlifting Championships.

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WCHM Webmaster and Records Secretary combined their skills and efforts and successfully completed:

- Revising all current Records into the new bodyweight categories, a process that will again be repeated in 2026;
- Merging our current record data from the Online Record Application Process into the OWLCMS format in order for the Records Secretary to insert new records both into the WCHM search engine in the OWLCMS format as a single entry;
- Inserting the new bodyweight categories into the dropdown menu of the Online Record Application Process and;
- Creating a WCHM website mechanism that will allow competition directors to download our WCHM Records in OWLCMS format for use at Masters weightlifting competitions.

WCHM thanks Madeleine Waterfield, Records Secretary, Bob Haven, Website Administrator. Also, WCHM appreciates Shawn Quigley, NSWA President, for his advice and testing out of these updates to the WCHM/OWLCMS database.

2026 Records Secretary Summary

Totals by Province

- **Ontario (ON):**
 - **Men:** 9 records
 - **Women:** 45 records
 - **Total:** 54 records
- **Quebec (QC):**
 - **Men:** 18 records
 - **Women:** 8 records
 - **Total:** 26 records
- **Alberta (AB):**
 - **Men:** 7 records
 - **Women:** 10 records
 - **Total:** 17 records
- **British Columbia (BC):**
 - **Men:** 5 records
 - **Women:** 9 records
 - **Total:** 14 records
- **Saskatchewan (SK):**
 - **Men:** 6 records
 - **Women:** 9 records
 - **Total:** 15 records
- **Manitoba (MB):**
 - **Men:** 2 records
 - **Women:** 1 record
 - **Total:** 3 records
- **Newfoundland & Labrador (NL):**
 - **Men:** 3 records
 - **Women:** 0 records
 - **Total:** 3 records
- **Nova Scotia (NS):**
 - **Men:** 0 records
 - **Women:** 3 records
 - **Total:** 3 records

Overall highlights

- Ontario leads overall, driven primarily by women's records.
- Quebec has the highest number of men's records.
- Strong female representation across most provinces in 2025.

Records by Age Group & Gender (All Provinces)

Men

- M30: 4
- M35: 3
- M40: 9
- M45: 2
- M50: 8
- M55: 5
- M60: 10
- M65: 3
- M70: 1
- M90: 0

Women

- W30: 9
- W35: 7
- W40: 7
- W45: 10
- W50: 16
- W55: 6
- W60: 13
- W65: 5
- W70: 3
- W75: 1

Key Takeaways

- Women's records make up the majority of new records in 2025, particularly in **W50, W60, and W45**.
- The strongest men's age group is **M60**, followed by **M40** and **M50**.
- Ontario leads overall, while Quebec leads men's records nationally.

YVES CARIGNAN

2026 Lifetime Achievement Award

Yves is a well-known Senior and Canadian Masters Weightlifting athlete, both in Quebec and around the Canadian weightlifting community. His promotion of weightlifting at the junior, seniors and masters level has impressed his fellow organizers, officials, athletes and spectators. Yves has been a key organizer of the 2019 World Masters Weightlifting Championships and several Canadian Masters Weightlifting Championships (2015, 2018, 2024). He represented WCHM at 12 World Masters Championships and offered his technical expertise as an official at many national and internal masters competitions such as the 2018 Pan Am Masters championships in Gaspé. I have known Yves for many years of my involvement with the Canadian Masters Weightlifting both as organizationally and as one of his competitors. He is a gentleman on and off the competition scene and I admire him for his commitment and dedication to our sport. Congratulations Yves on a well-deserved Award. WCHM is extremely proud to present Yves Carignan with the 2026 Lifetime Achievement Award.

2025 World Masters Coach Honoraria:

The following Coaches were honoured with a modest honorarium for helping each as coaches at the 2025 IMWA World Masters Weightlifting Championships. The number of athletes they assisted is noted in the parentheses.

Jeremy Martin (12); Joanne Jeffrey (12); John Florento (3), André Boutin (2); Terry Hadlow (3).

2025 Summary and 2026 Forecast

Weightlifting Canada Haltérophilie Masters TREASURER'S REPORT For the Period Ending December 31, 2025

2025 Summary

At the close of 2025, the Corporation reported a \$7k surplus, with revenues totaling \$25k and expenses amounting to \$18k. Membership revenues continue to grow year over year, with 374 members in 2025, a significant increase from prior years.

Program Expenditures totalled \$9k, an increase of \$2k:

- \$3k increase in Program costs related to Canadian Nationals. This is due to Best Lifter and Grandmaster Awards being granted for the first time ever;
- \$1k decrease in World Masters Expense.

This is due to foreign currency fluctuations that arise due to World Master Registration fees;

General and administrative Expenditures totalled \$9k, a decrease of \$1k primarily due to:

- \$2k decrease in Medal expenses due to having sufficient medal inventory (replenished in 2024);
- \$1k increase in Travel and AGM related office expenses due to location of 2025 AGM in Alberta;
- All other expenses remained comparable to the prior year.

Despite these increases, financial stability was maintained, and membership revenue remains on an upward trajectory.

2026 Forecast

The Corporation is off to a strong start in 2026, with over 200 members already signed up in the first two months.

- General expenses are estimated to be \$12k –\$14k for the year.
- Program expenditures will be reflective of having one domestic and two international competitions projected for 2026. \$12k in expenses would be reasonable for the year.

Overall, the Corporation remains in a strong cash position.

Barring any unforeseen major expenditures, financial stability will continue throughout 2026, with no financial concerns anticipated.

Siew Weldon
Treasurer

Weightlifting Canada Halt rophilie Masters
Balance Sheet
As at December 31, 2025

	As at Dec 31, 2025	As at Dec 31, 2024	As at Dec 31, 2023
ASSET			
Current Assets			
Chequing Account	36,597.52 ¹	27,276.68	21,615.86
Prepaid Insurance	376.38 ²	-	885.06
Total Current Assets	<u>36,973.90</u>	<u>27,276.68</u>	<u>22,500.92</u>
Long Term Assets			
Equipment	818.99	818.99	818.99
Accumulated Depr - Equipment	-818.99	-659.75	-386.75
Total Long Term Assets	<u>0.00</u>	<u>159.24</u>	<u>432.24</u>
TOTAL ASSET	<u>36,973.90</u>	<u>27,435.92</u>	<u>22,933.16</u>
LIABILITY			
Current Liabilities			
Accounts Payable	1,500.00 ²	-	1,440.00
Prepaid Worlds Registration	3,458.06 ³	1,280.00	-614.30
Deferred Revenue	3,795.00 ⁴	4,615.00	3,315.00
Total Current Liabilities	<u>8,753.06</u>	<u>5,895.00</u>	<u>4,140.70</u>
TOTAL LIABILITY	<u>8,753.06</u>	<u>5,895.00</u>	<u>4,140.70</u>
EQUITY			
Equity			
Retained Earnings - PY	21,540.92	18,792.46	15,121.32
Current Earnings	6,679.92	2,748.46	3,671.14
Total Equity	<u>28,220.84</u>	<u>21,540.92</u>	<u>18,792.46</u>
TOTAL EQUITY	<u>28,220.84</u>	<u>21,540.92</u>	<u>18,792.46</u>
LIABILITIES AND EQUITY	<u>36,973.90</u>	<u>27,435.92</u>	<u>22,933.16</u>

¹ - Cash balance at year-end is higher than PY due to: strong opening cash position combined with operating results where revenues have exceeded expenses throughout the year.

² - Purely an accounting timing difference, balances clear in early 2026.

³ - Worlds registration fees are estimated using a projected exchange rate and collected throughout the year. The actual payment differs due to currency fluctuations.

⁴ - 58 memberships purchased for the 2026 season in December 2025.

**Weightlifting Canada Haltérophilie Masters
Income Statement
For the Year Ending December 31, 2025**

	For the Year Ending December 31, 2025	For the Year Ending December 31, 2024	For the Year Ending December 31, 2023
REVENUE			
Revenue			
Membership Revenue	24,425.00 ¹	17,485.00	16,680.00
WCHM Donations	-	-	-
Sports Liability Insurance Fund	185.00 ²	1,186.53	100.00
World Masters Coach Honoraria Fund	180.00 ²	1,186.53	100.00
TOTAL REVENUE	24,790.00	19,858.06	16,880.00
EXPENSES			
Program Expenditures			
Athlete Assistance Expenditures	-	-	415.63
Honorariums	1,265.00 ³	1,265.00	1,400.00
Canadian Nationals - Hosting	1,000.00 ³	1,000.00	1,668.07
Canadian Nationals - Processing	-	174.86	700.00
Canadian Nationals - Medals	3,250.00 ⁸	-	-
Anti-Doping Testing	2,280.70 ⁴	1,849.02	-
Pan Am Expense - Team	234.46 ³	175.43	160.00
Pan Am Expense - Honorariums	-	275.00	-
World Expense - Processing	-	1,150.58	210.36
Honoraria to World Masters Coaches	765.00 ³	525.00	75.00
Total Program Expenditures	8,795.16	6,414.89	4,629.06
General & Administrative Expenses			
Advertising & Promotions	-	-	304.28
Web Site	3,509.00 ³	3,271.43	3,254.75
Courier & Postage	535.52 ³	374.28	39.46
Achievements Awards	454.62 ³	325.21	71.53
Insurance - General	1,881.90 ⁶	3,091.50	3,449.78
Interest & Bank Charges	744.71 ³	672.65	616.47
Office Supplies & Expenses	968.12 ⁷	173.37	570.53
Medals Expense	78.51 ⁹	2,513.27	-
Travel	983.30 ⁷	-	-
Depreciation- Equipment	159.24 ³	273.00	273.00
Total General & Admin. Expenses	9,314.92	10,694.71	8,579.80
TOTAL EXPENSES	18,110.08	17,109.60	13,208.86
NET INCOME (LOSS)	6,679.92	2,748.46	3,671.14

¹ - Increased membership revenue due to 105 more members in 2025.

² - Fewer donations in 2025, but we are in a strong cash position, so not a concern.

³ - Consistent with PY as expected.

⁴ - Increased anti-doping expenses in 2025.

⁵ - Foreign exchange fluctuations on World Masters Registration fees collected will be classified as a liability for 2025 onwards, as this more accurately represents the nature of the expense.

⁶ - Decrease is due to timing differences. The current year reflects ten months of insurance expense, with the remaining two months recorded as prepaid. In the prior year, the full twelve months were expensed, resulting in no prepaid balance.

⁷ - Increased travel and office expenses due to AGM related costs for travel to Alberta.

⁸ - For 2025, Best Lifter Awards were granted to athletes who placed in the top 3 at Canadian Nationals.

⁹ - No new medal purchases in 2025, as expected.