

WCHM President's March 2026 Update

2027 Canadian Masters Weightlifting Championships Championships

Competition host still required. “Le Club d’Haltérophilie de Montréal” has submitted their bid to be the host with assistance from Club Halteros. Very promising! **If there are any forthcoming bids, please let me know as I am prepared to suspend the deadline and recommend the approval of this potential host.**

2026 Canadian Masters Weightlifting Championships

Registration links have been sent to all past and current members and can be found on the WCHM Website. The OWA will be conducting the technical organization with Driven Barbell Weightlifting Club as the host. Information on the website is very clear and fully explains all relative material and requirements. Our 2026 Nationals will continue to include the Para Weightlifting and Open Categories. Participating members are encouraged to volunteer as Technical Officials. There is a need for bilingual announcers.

Managing Record Applications

Up to June 30, applicants can challenge records in either the current or the new bodyweight categories, depending on how their competition was organized. Their results will be **assessed as if the applicant was in the current bodyweight category.**

During July,

- the Record Application Form will be disabled.
- our Record Secretary, Madeleine Waterfield, will be the renaming of the current bodyweight categories into the new designations. Athlete information will remain intact.
- Our Web Designer will add the new bodyweight categories to the drop-down menu. (Current categories will remain for those affected members.)

In August, applicants can challenge records in either the current or the new bodyweight categories, depending on how their competition was organized. Their results will be **assessed as if the applicant was in the new bodyweight category.**

In October, the Web Designer will remove the current (old) bodyweight categories from the drop-down menu.



Approved Qualifying Competitions in Canada for Challenging Canadian Masters Weightlifting Records
Compétitions qualificatives approuvées au Canada pour des records canadiens de maîtres en haltérophilie

(National, Provincial – Including Approved Open Events, and Regional Competitions)

(National, provincial – incluant les épreuves ouvertes approuvées et les compétitions regionals)

2026.03.29

All qualifying competitions must be subject to Doping Control (CCES/WCHM) and be officiated by at least two National/International Technical Officials.

Toutes les compétitions de qualification doivent être soumises au contrôle antidopage (CCES/WCHM) et être arbitrées par au moins deux officiels techniques nationaux/internationaux.

British Columbia: Masters Provincial, Senior Provincial, Ogoopogo, Okanagan Championships, Island Invitational, Winter Open, All Elite Showdown.

Alberta: Masters Provincial, Senior Provincial, Method Summer Classic, Valhalla Open.

Saskatchewan: Masters Provincial, Senior Provincial, Saskatchewan Open, Chalk'n' Awe.

Manitoba: La Coupe du Voyageur, Manitoba Open.

Ontario: Provincial, Masters/Seniors (Ontario Championships) and Elite Meets that are qualifiers for Senior Nationals.

Québec: Compétitions provinciales, Masters/Seniors et Elite qui sont des qualifications pour les Senior Nationals.

Atlantic Provinces /Regional: Maritime Open, Atlantic Cup, Kaos on the Platform, Nova Scotia Championships.

Regional/National: Western Canadian Seniors/Masters, WCHM Canadian Masters/WCH Canadian Seniors.

Régional/National : Seniors/Masters de l'Ouest canadien, WCHM Maîtrise canadienne/WCH Seniors canadiens.

Board Positions

Board Positions are all up for election/re-election in June 2026. Application forms are on the WCHM Website.

Present Candidates: Mark Gomes, President; Madeleine Waterfield, Vice-President; Siew Weldon, Treasurer; (2) Board Directors: Greg Doucette and David Rosati. All positions are open for interested candidates.

Doping Control at the WCHM Nationals

I will be sending out doping-control information to all WCHM Nationals participants that will include: Preparing for Doping Control, Preparing for the Doping Control Officer, the WCHM Anti-doping Agreement, Out-of-Competition Doping Control, and a special note about Cannabis and Sport Supplements.

2026 IMWA World Masters Weightlifting Championship / Pan Am Masters Championships

To date, 49 women (43 paid) and 33men (29 paid) have received approval to participate in the WMC. For the PAMC, 5 women and 6 men have received approvals to participate. I am exploring the possibility of providing special t-shirts to all Canadian participants and appreciative of the ground work being conducted by Carol Akasaka, our WCHM BC Provincial Advisor and BCWA President.

Donor Appreciation

When individuals, WCHM members and non-members, make a monetary donation a Certificate or a Certificate and Medal will be awarded. The Appreciation Medals are designated as Gold, Silver and Bronze, depending upon the monetary donation. Medals will also be awarded to Attollo, Hall of Fame and Lifetime Achievement Award recipients as bronze, silver and gold medals respectively.

“Welcoming, Inclusive, Progressive - Benefits of joining WCHM”, the title of a promotion of WCHM| membership which has been placed as WCHM Facebook and Instagram posts.

National Medals

Our National Medals will be undergoing an upgrade in colouring and design but it will still be a few years before they can replace our current inventory. An Advisory Group has already been created to examine some of the basics and when a new logo is ready for examination, I will be reaching out to all WCHM Provincial Advisors for their opinion.



Welcoming, Inclusive, Progressive

Benefits of joining WCHM

- Promoting a “fit for life” philosophy.
- Winning one or more Awards (Attollo, Hall of Fame, Lifetime Achievement);
- Establishing a Canadian Masters Weightlifting Record;
- Representing WCHM(Canada) at International Masters Weightlifting Championships;
- Competing at the Canadian Masters Weightlifting Championships;
- Being part of a sport that highly values prohibited-drug-free competitions;
- Enjoying the camaraderie of other masters weightlifters;
- Associating with a weightlifting community that has existed for over four decades;
- Knowing that you belong to the only organization that represents Canadian Masters weightlifters;
- Volunteering as a Technical Official at WCH and WCHM sanctioned competitions;
- Serving as a role model for younger athletes;
- Accessing the WCHM website, acknowledged as providing a wealth of information for Canadian Masters weightlifters;
- Networking with coaches and lifters across Canada;
- Being assured that you are welcomed and included in a vibrant community under the leadership of an effective and progressive Board of Directors and WCHM Provincial Advisors.

Mark Gomes – President

Weightlifting Canada Haltérophilie Masters