



HIGHLAND POWERLIFTING CLUB NEWSLETTER

Volume 1 - Issue 1 - September 2014

Orangeville Inaugural Open - Special Edition

On September 13, 2014, the Highland Powerlifting Club held its Inaugural Open at the Athlete Institute's CrossFit Facility in Orangeville.

We would like to thank the 32 competitors who helped make this meet a success. Nine female competitors and twenty-three male competitors displayed their best efforts to keep a crowd of over one hundred spectators on the edge of their seats. The competitors represented a wide cross-section of lifters; ranging in age categories from sub-junior (14 - 18) to Master III (60 - 69), in weight class from 57kg all the way to 120+kg, and in experience from first time competitor to seasoned veterans.

We are looking forward to welcoming you again at the 2015 Open.

Strong Support From The Local Community

The success of such an event is dependant not only on the organizing club but also on the support that received from the local community and local businesses that are willing to sponsor the event. We would like to sincerely thank all of our sponsors!

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Great Cooperation Between Organisations

The Highland Powerlifting Club appreciates the support received from the Ontario Powerlifting Association ("OPA").



Furthermore, we would like to offer a special thanks to Glyn and Marlene Moore, who not only graciously provided us with the required equipment but more importantly brought their knowledge and expertise.

The Competition

The competition started on time at 10:00 with the squat as the first lift. After a 15 minute break, the bench press started at 12:30, the deadlift started at 14:40 and the entire competition wrapped up at 16:20. There was a medal ceremony to close the day.

"Sunday, September 14: Yesterday was the first meet for relatively new club, Highland Powerlifting. They put on a great meet that was organized, had a lot of support and ran quickly and on time. We hope to see them running many meets in the future."

www.ontariopowerlifting.org



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The day saw the Ontario powerlifting record book rewritten on three occasions. Miriam Schwabe, in the 63kg weight class, established a new provincial record with a 67.5kg bench press on her second attempt. Miriam broke this record on her final attempt with a 70kg press. In the 84kg class, Meg Garrett established a new provincial bench press record with a lift of 95kg on her second attempt; Meg barely missed her last attempt of 100kg. Meg won the best female lifter with a Wilks Coefficient of 366.4.

The honours of best male lifter went to Jake Warrington with a Wilks Coefficient of 445.9. Jake is also credited with the heaviest lift of the day: a 300kg deadlift on his second attempt.



Meg Garrett, Best Female Lifter



Jake Warrington, Best Male Lifter



AgeClass	Wt. Class	Name	M/F	Squat	Bench	D/L	Total	Wilks
Junior	57	Kelly Lien	Female	82.5	70.0	100.0	252.5	310.6
SubJun	57	Brenna Campbell	Female	65.0	40.0	80.0	185.0	217.1
Open	63	Miriam Schwabe	Female	115.0	70.0	147.5	332.5	365.1
Open	72	Sarah Clark	Female	142.5	57.5	142.5	342.5	351.1
Open	72	Melissa Hachey	Female	110.0	60.0	145.0	315.0	322.5
Open	72	Rebecca Fittante	Female	85.0	55.0	127.5	267.5	265.1
M2	72	Lynn Lister	Female	60.0	60.0	100.0	220.0	215.1
Open	84	Meg Garrett	Female	125.0	95.0	162.5	382.5	366.4
M1	84	Felicia Greenidge	Female	120.0	0.0	0.0	0.0	0.0

AgeClass	Wt. Class	Name	M/F	Squat	Bench	D/L	Total	Wilks
Open	66	Igor Klivanov	Male	30.0	110.0	175.0	315.0	250.5
Junior	74	Jackson Tran	Male	152.5	95.0	190.0	437.5	323.3
Open	74	Benedict San Juan	Male	145.0	87.5	175.0	407.5	300.2
M1	74	Todd Mathews	Male	150.0	90.0	162.5	402.5	294.7
M2	74	William Weick	Male	125.0	87.5	170.0	382.5	276.2
M3	83	Donald Carrieres	Male	182.5	132.5	215.0	530.0	357.7
Open	83	Bryan Logan	Male	190.0	112.5	212.5	515.0	351.6
Junior	83	Erwin Magnaye	Male	165.0	107.5	205.0	477.5	323.5
M2	83	Peter Ring	Male	142.5	115.0	175.0	432.5	297.4
Junior	83	Jamie Hamilton	Male	165.0	85.0	160.0	410.0	278.2
Open	93	Kenneth Siththikorn	Male	220.0	115.0	250.0	585.0	370.4
Open	93	Ryan Mous	Male	175.0	115.0	230.0	520.0	334.3
Open	93	Robert Celia	Male	187.5	110.0	220.0	517.5	329.8
Open	93	Anthony Fenech	Male	177.5	110.0	192.5	480.0	314.5
Open	105	Jake Warrington	Male	255.0	180.0	300.0	735.0	445.9
Open	105	Jamie Johnson	Male	200.0	152.5	285.0	637.5	385.7
M1	105	Dave Pigozzo	Male	212.5	137.5	245.0	595.0	369.3
Open	105	Dave Scott-McDowell	Male	200.0	145.0	235.0	580.0	346.8
M2	105	Mark Dawson	Male	130.0	115.0	180.0	425.0	258.9
SubJun	105	Seamus Smith	Male	145.0	125.0	75.0	345.0	214.6
Open	120	Gregory Paterson	Male	200.0	127.5	237.5	565.0	329.2
Open	120+	Murray Anderson	Male	245.0	147.5	265.0	657.5	365.3
Junior	120+	Shane McIlroy	Male	182.5	105.0	250.0	537.5	301.9