

# 110PA111

**Ontario Powerlifting News**  
April 2003, Volume 54, Issue 2

Official Newsletter of the Ontario Powerlifting Association



**Mike Goss – Niagara Open**

## **Inside this Issue**

**Results:**  
CPU Nationals  
Niagara Open  
Steel City Contest

**Records Updated**  
**Upcoming Contests**

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## From the President

*William T. Jamison*

The 2003 Canadian Powerlifting Championships were held in Winnipeg, Manitoba. The Annual General Meeting was held on Thursday March 13, 2003 in the afternoon and it went well. The main topic was implementation of pre-testing of all Canadian lifters that will be competing in the 2003 Men's Open World Championships and World Bench Press Championships. The lifting was held over four days with over 150 lifters competing. Ontario was successful in winning the overall team championships.

As I mentioned in previous newsletter, the O.P.A. has been in contact with a few high schools in the province. On May 9th, 2003, there will be a contest held between Dunnville High School and Cayuga High School. More high school contests will be held in the coming months and we plan to hold an Ontario High School Championship some time next year.

This years Men's Ontario Intermediate Championships will be held in London on August 16th, 2003. We hope to see most of the Ontario Clubs represented there. This championship is always a closely contested competition and it is not unusual to see one or more lifters make a Class I total there.

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## Registration Chairperson

*Lynda Squires*

Taking over the registration position got off to a rough start. There was some confusion as to where members were to send their applications for CPU cards, affiliations and meet sanctions, but things seem to be working out better as time goes on. I feel that by making my phone number available, I have been able to talk to a few prospective members new to powerlifting and encourage them to join the Ontario Powerlifting Association.

If anyone has any suggestions regarding OPA registration procedures, please let me know so that we can work things out, and maybe offer some insight for the future.

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## From the Editor

*Ulrike Kruger*

Congratulations to all OPA members who attended the 2003 Canadian Powerlifting Championships in Winnipeg in March. Once again, I did not attend – maybe next year.

Thanks to those members who consistently send photos, contest results and whatever they can think of for the newsletter. Remember that you do not have to be the greatest writer in the world to submit something.



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## Treasurer Message

*Krista Schaus*

Greetings OPA members! I hope everyone is seeing progress and much success with their lifting goals.

Starting on April, I will be off on Maternity Leave for a year. My preferred method of communication during this time will be email at [kschaus@gto.net](mailto:kschaus@gto.net). I will still be happy to take your phone calls for urgent issues.

Regarding OPA reimbursement requests of any kind, I ask you to keep the following in mind:

- Use the updated 2003 form included in this newsletter and fill out as much as possible.
- Refer to the constitution to learn what you are entitled to claim.
- If sending original receipts, make copies for your own records.
- Starting now I will only entertain requests that have been made within the specific time period - 30 Days of the Event / After the Expense was Incurred (some requests are coming months afterwards).
- I will do my best to respond to your correspondence within a week.

### ???? Ideas Anyone ????

Are you creative? Do you have ideas to make this Newsletter better for all Ontario Powerlifting Association members?

Send them along to: [ulrike@powerlifting.ca](mailto:ulrike@powerlifting.ca)

## Upcoming Events - 2003

May 10	<b>Ontario Deadlift &amp; Bench Press Qual.</b>	Kitchener
	Dave Hoffman 519-894-5913	
June 7	<b>London Open</b>	London
	Terry Stinchcombe 519-681-4766	
June 28	<b>Ontario Special Olympics Region 2 Provincial Qualifier</b>	Brantford
	Doug Vair (519) 759-6896	
July 6	<b>Toronto Open, Blind &amp; Bench Press</b>	Toronto
	Harnek Rai 416-569-1488	
	Sean Brown 905-541-9748	
July 9	<b>EDITORIAL DEADLINE</b>	
	Please contribute to your newsletter!	
Aug 16	<b>Ontario Men Intermediates</b>	London
	Terry Stinchcombe 519-681-4766	
	Stan Goss 519-660-4989	
	<a href="http://www.londonpowerlifting.org">http://www.londonpowerlifting.org</a>	
Sep	<b>Ontario Men &amp; Women Senior</b>	Ottawa
	(no details available)	
Oct 25	<b>St Thomas Open</b>	St Thomas
	Daniel Pare (519) 633-8366	
Dec 7	<b>Ontario Junior &amp; Masters Ontario Bench Press</b>	Kitchener
	Lynton Lam 519-893-8479	

## IPF Worlds Timetable

Apr 17-20	<b>Masters Bench Press</b>	Czechia
May 21-25	<b>Womens</b>	Chicago, USA
Sep 9-14	<b>Juniors</b>	Poland Koscian
Sep 24-28	<b>Sub Juniors</b>	India
Oct 7-12	<b>Masters</b>	Regina, SK
Nov 4-9	<b>Mens</b>	Denmark
Dec 4-7	<b>Bench Press</b>	Slovakia

### What should I submit to the OPA Newsletter?

- Member profiles
- Contest results & write-ups
- Articles
- Photos
- Powerlifting experiences
- Motivation
- Training

Be creative and submit to your newsletter. If you would like to contribute and are not sure where to start, please contact the Editor.

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## Ontario Powerlifting News

--- Next Deadline: July 9, 2003 ---

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Contributors: Tim Jones, Harnek Singh Rai, Bill Jamison, Steve McKenzie, Glyn Moore, Lynda Squires, Krista Schaus

Front Cover: Glyn Moore

Advertising: \$75 - 1 page, \$50 - 1/2 page,  
\$25 - 1/4 page  
\$10 - business card

Submissions typed or written and sent by email or regular mail are welcome. To simplify newsletter production, electronic format by email is preferred. Please contact the newsletter editor for any submission problems or questions.

## Niagara Open

Feb 1, 2003

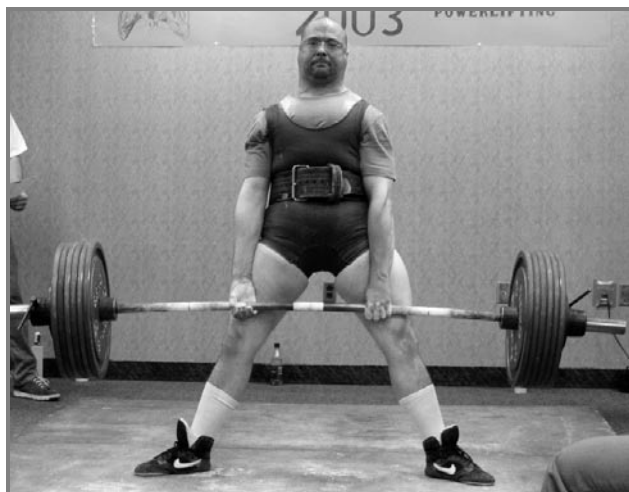
Results: Glyn Moore

	Club	Squat	Bench	DL	Total
<b>Women</b>					
<b>100kg</b>					
Pam Eison	N/A	125.0	95.0	125.0	345.0
<b>Men</b>					
<b>75kg</b>					
Andrew Demidenko	Ottawa Strong	192.5	127.5	225.0	545.0
Stan Goss	London	165.0	95.0	182.5	442.5
Marlon Obratoski	N/A	167.5	82.5	155.0	405.0
<b>82.5kg</b>					
Mike Kelso	N/A	220.0	132.5	222.5	575.0
Ivan Williamson	London	135.0	95.0	182.5	412.5
Neil Besselink	Power Glory	120.0	75.0	185.0	380.0
<b>90kg</b>					
Rick Morrisette	N/A	252.5	147.5	295.0	695.0
Marvin Kelso	N/A	-	-	-	-
<b>100kg</b>					
Mike Goss	London	245.0	182.5	220.0	647.5
James Grenier	N/A	160.0	105.0	187.5	452.5
<b>110kg</b>					
Mark Glofcheskie	North Bay	260.0	180.0	247.5	687.5
Patrick Hartwick	Ottawa Strong	250.0	145.0	227.5	622.5
Nathan Donahue	Ottawa Strong	205.0	160.0	222.5	587.5
Tyler St John	N/A	160.0	-	-	-
<b>125kg</b>					
James Halliday	Ottawa Strong	-	-	-	-
<b>125+kg</b>					
Chris Yantha	Ottawa Strong	265.0	185.0	282.5	732.5
Len Johnson	N/A	227.5	170.0	220.0	617.5

**Best Lifters:** Rick Morrisette, Pam Eison

**Referees:** Lynton Lam, Terry Stinchcombe, Gord Cosby

**Host Club:** Niagara Powerlifting Club



**Rick Morrisette**

—Photo: Glyn Moore

On February 1<sup>st</sup>, the Niagara Powerlifting Club hosted their first competition in St. Catharines. The meet ran very smoothly and our thanks go to Lynton Lam, Terry Stinchcombe and Gord Cosby for being kind enough to referee for us. Our thanks also goes out to Hercs muscle store for their generous support and contributions to the packages each lifter received at weigh in and also to Tim Jansen who donated his time as a massage therapist as well as a photographer for the lifters.

We had a range of lifters from 15years old to 60+. "Old man" Stan Goss used this opportunity to qualify for the Canadians in his newly acquired 50+ category, as did Ivan Williamson in the 60+. In the super heavyweight category, big Chris Yantha made another giant step to his class one total. He has put 100 kilos on his total in less than one year, so that Class I is just around the corner for him. Mark Glofcheskie, also in the hunt for Class I, just failed to make his last pull which would have given him that elusive total. We all know he will get it next time. Rick Morrisette pulled 295 kgs but couldn't quite make the 307.5 big pull on his last attempt. Fortunately, with a 451.7 wilks, he got the 'best lifter' award.

These are just a few of the highlights in a competition where all the lifters excelled in their efforts and determination to be the best they could be.

All in all, the meet was a huge success and I would like to thank all the lifters for making the competition run so smoothly. We look forward to many more competitors next year.

### **Volunteer → be a Referee!**

**The Ontario Powerlifting Association  
always needs more Referees**

For more information, contact the Referee

Chairperson:  
Lynton Lam  
(519) 893-8479



Niagara Open Competitors

—Photo: Glyn Moore

## Meet Directors

### Submitting Contest Results

All sanctioned official scoresheet results, signed by three referees, held in Ontario, including World meet results, be distributed by the Meet Director within one week of the contest to:

- OPA President
- OPA Newsletter Editor
- OPA Record Chairperson
- CPU President

[from Ontario Powerlifting Constitution and Bylaws ARTICLE XXIX 1.]



## Request for Expense Reimbursement

This form along with original receipts is to be submitted within 30 days of the event to the OPA Treasurer for:

- OPA Lifters claiming reimbursement for travel to championship contests (CPU, IPF)
- OPA Referees claiming reimbursement for refereeing a sanctioned contest (OPA)
  - OPA Executive Meetings
  - OPA Administrative Expenses

**\*\* Each section must be completed as fully as possible. \*\***

#### Member Information

Name: \_\_\_\_\_ CPU Card #: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email (optional): \_\_\_\_\_

#### Event Information

Competition \_\_\_\_\_ Referee \_\_\_\_\_ Meeting \_\_\_\_\_ Administrative \_\_\_\_\_

Name of Event: \_\_\_\_\_

Location: \_\_\_\_\_ Date: \_\_\_\_\_

Contest Results (how you placed etc...): \_\_\_\_\_

#### Claim Information

##### CLAIMANT SECTION

Details of Expenses:

##### O.P.A. SECTION

Amount Claimed	Provision in Constitution	Amount Allowed	Amount Approved	Claim Category

Total: \_\_\_\_\_

Total: \_\_\_\_\_

I hereby declare the above information to be true and expenses to be incurred by me: **Claimant's Signature**

#### OFFICE USE ONLY

Date Received: \_\_\_\_\_

Approved by: \_\_\_\_\_

Cheque #: \_\_\_\_\_

Date Issued: \_\_\_\_\_

Mail To OPA Treasurer:  
Krista Schaus  
295 Link Road  
RR2 Cayuga, ON  
N0A 1E0

# Steel City Powerlifting Contest

March 9, 2003 Results: Bill Jamison

## Mentally Challenged Squat Contest

BW	Lifter	Club	Squat	Place	Coeff.
112	Jason Richardson	Brantford	187.5	1	107.400
83.2	Danny Burke	Steel City	157.5	2	104.733
83.5	Shane McNulty	St. Thomas	117.5	3	78.149
77.5	Neill Besselink	St. Catharines	110.0	4	76.659
65.5	Ben Taylor	BJ Fitness	95.0	5	75.060
		Kitchener/			
84	Dan Gibson	Waterloo	87.5	6	58.083
55.7	James King	Meaford	62.5	7	57.500

## Mentally Challenged Bench & Deadlift

	Lifter	Club	Bench	DL	Total
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### Women

56	Kelly Fitzgerald	Titan's Miss.	50	80	130
	Kristien Smeets	St. Catharines	-	-	-
60	Cindy Fritsch	St. Thomas	35	67.5	102.5
	Cheryl Howey	Kitchener/	30	65	95
		Waterloo			
67.5	Patti Turner	London	45	90	135
	Laura Gourley	Kitchener/	37.5	55	92.5
		Waterloo			
75	Emily Beauchamp	St. Catharines	45	85	130
82.5	Sheena Wilson	Meaford	27.5	75	102.5
90+	Heather Calvert		47.5	87.5	135
	Marie Banks	Meaford	40	90	130

### Men

52	Tod Kane	London	37.5	87.5	125
	Scott Fitzgerald	Titan's Miss.	30	55	85
56	Ryan Lamey	Titan's Miss.	50	60	110
60	Jamie King	Meaford	40	112.5	152.5
67.5	Russell Gerber	JB Fitness	95	160	255
	Ben Taylor	JB Fitness	60	137.5	197.5
	Cliff Ormandy	London	37.5	102.5	140
	Nathan Wise	Kitchener- Waterloo	50	75	125
75	Bruce Penner	St. Catharines	77.5	112.5	190
	Jason Barter	Brantford	80	110	190
	Doug Shillington	St. Catharines	60	97.5	157.5
	Mike Arruda	Titan's Miss.	57.5	90	147.5
82.5	Neill Besselink	St. Catharines	75	185	260
	Shane Ellings	Brantford	57.5	107.75	165
	Mike Rastas	Titan's Miss.	55	100	155

	Lifter	Club	Bench	DL	Total
90	Danny Burke	Steel City	107.5	192.5	300
	Shane McNelly	St. Thomas	107.5	167.5	275
	Dan Gibson	Kitchener/ Waterloo	72.5	152.5	225
	Roberto Fiorino	P.J. Fitness	57.5	140	197.5
	Steve Heath	Kitchener/ Waterloo	57.5	122.5	180
	Fred Ho	Titan's Miss.	40	50	90
	Norm Beemer	Kitchener/ Waterloo	50	-	-
100	Ron Thompson	Titan's, Miss.	120	155	275
	Clive Heath	Kitchener/ Waterloo	70	127.5	197.5
110	Morgan Smith	Titan's, Miss.	102.5	165	267.5
125	Jason Richardson	Brantford	142.5	235	377.5
	Kevin Wilkinson	Brantford	87.5	165	252.5
	Tom Armstrong	London	60	100	160
	Michael Taverner	Brantford	50	102.5	152.5
125+	Mike Squires	Meaford	72.5	142.5	215

## Open Contest

	Lifter	Club	Squat	Bench	DL	Total
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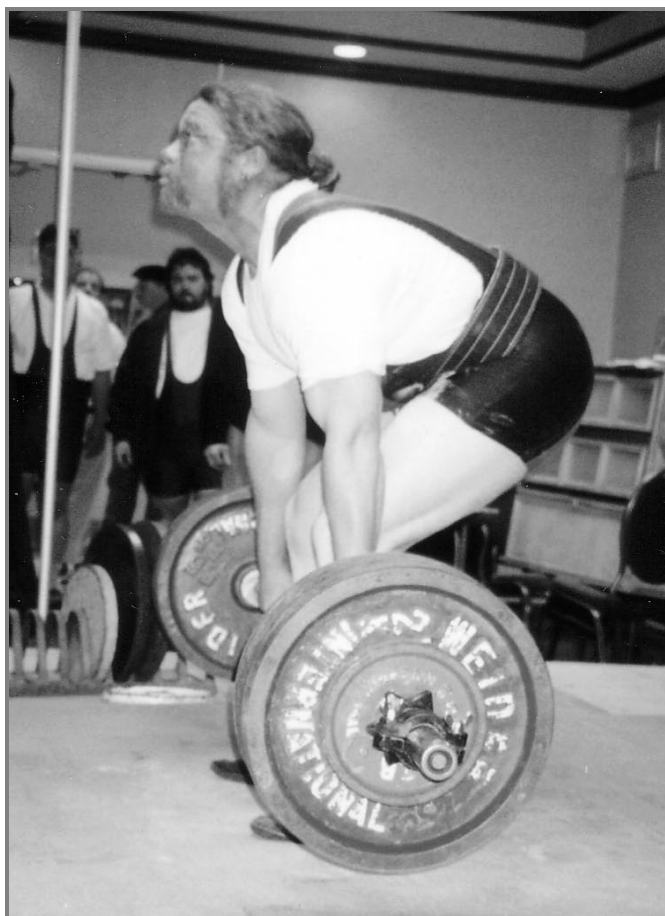
### Men

75	Eric Dunstan		192.5	150.0	200.0	542.5
	Frank Nadeau	Niagara	152.5	120.0	190.0	462.5
	Jesse Jamison	Steel City	165.0	90.0	180.0	435.0
82.5	Tyler Atkinson		137.5	120.0	157.5	415.0
90	Joel Davis		142.5	102.5	205.0	450.0
100	Blair Lyon	Mississa uga	232.5	147.5	262.5	642.5
	Patrick	Ottawa				
110	Hartwick	Strong Power	272.5	-	-	-
	James Bezaire	Pit	200.0	140.0	250.0	590.0
	Mark	North				
125	Glofcheskie	Bay PL Ottawa	262.5	192.5	257.5	712.5
	James Halliday	Strong Ottawa	578.0	185.0	280.0	710.0
125+	Wayne White	Strong	250.0	220.0	235.0	705.0

Champion of Champions: 52 kg. - 82.5 Eric Dunstan  
90 kg. + Mark Glofcheskie  
Team Champion: Ottawa Strong



## Steel City Powerlifting Contest, *continued*



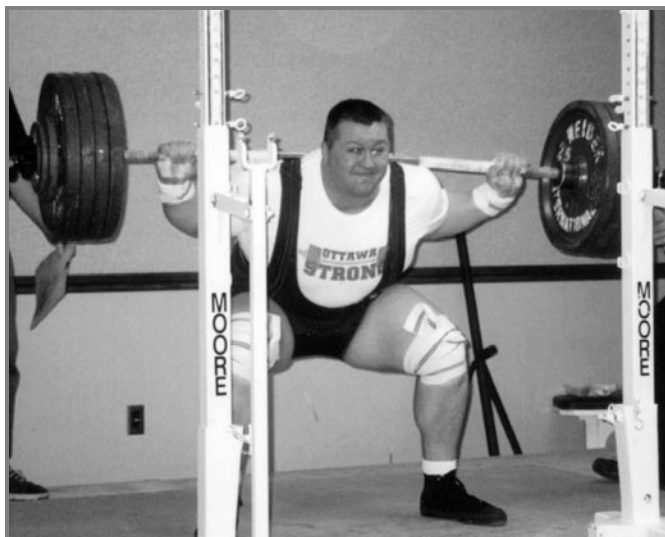
**Jason Richardson**

*-Photo by: Harnek Rai*



**Danny Burke**

*-Photo by: Harnek Rai*



**Wayne White**

*-Photo by: Harnek Rai*



**Ottawa Strong Powerlifting Club**

*-Photo by: Harnek Rai*

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## London Open

Date: **June 7, 2003**  
Host: London Powerlifting Club  
Place: South London Community Centre  
1119 Jalna Blvd, London  
Lifts: Squat, Bench Press, Deadlift  
Weigh In: 8AM All women  
Men 52kg to 82.5kg  
11AM 90kg and up  
Awards: 1<sup>st</sup> - 5<sup>th</sup> each weight class  
Best Lifters, Best Novice  
Best Womens Master I and II  
Best Club  
Meet Director: Terry Stinchcombe  
(519) 681-4766  
Entry Fee: \$50.00  
Entry Deadline: May 24, 2003  
Fee Payable to: The London Powerlifting Club  
Send Entry to: Terry Stinchcombe  
18 Locust Crescent  
London, ON N6E 2K2

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## Toronto Open, Blind & Bench Press

Date: **July 6, 2003**  
Host: Monster Gym Powerlifting Club  
Place: Quality Hotel Airport Toronto,  
6090 Dixie Rd, Mississauga  
Lifts: 3-Lift and Bench Press  
Weigh In: 8AM Open and Blind  
10AM Bench Press  
Awards: 1<sup>st</sup> - 3<sup>rd</sup>  
Best Novice - Men & Women  
Team Trophy  
Meet Director: Harnek Rai (416) 569-1488  
Email: harnek@powerlifting.ca  
Sean Brown (905) 541-9748  
(no calls after 8:30pm)  
Entry Fee: \$50.00 Open & Blind  
\$50.00 Bench Press  
Entry Deadline: June 23, 2003  
Fee Payable to: Harnek Rai (cheque or money order)  
Send Entry to: Harnek Rai  
17 Lynmont Rd  
Etobicoke, ON M9V 3W7

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## Ontario Deadlift Open & Bench Press Qualifier

Date/Time: **May 10, 2003**  
Host: Golden Triangle  
Powerlifting Club  
Place: Albert McCormick Arena  
Waterloo  
Lifts: Bench Press, Deadlift  
Eligibility: Open contest  
Weigh In: Bench Press 12:00pm  
Deadlift 1:00pm  
Awards: \*Deadlift: 1<sup>st</sup> to 3<sup>rd</sup> in  
each class, Best Lifter,  
Best Team  
*\*Bench Press: No awards but this will  
allow you to compete at the OPA Bench  
Press Championships in December 2003*  
Meet Director: David Hoffman  
519-894-5913  
Entry Fee: \$45.00 Deadlift Open  
\$20.00 Bench Press  
Entry Deadline: Postmarked April 27, 2003  
Fee Payable to: Golden Triangle  
Powerlifting Club  
Send Entry to: David Hoffman  
278 Thaler Avenue  
Kitchener, ON N2A 1R6



**Bruce McIntyre**

-Photo: Tim Jones



## CPU Nationals

March 14-16, 2003

Tim Jones

I'm no reporter and some of details have faded over the last few weeks but some highlights that I remember are:

- Ivan Williamson got a Canadian Bench record as a Master 3
- Lynn Squires set records in the 67.5 Master 2 with a 132.5 squat, 137.5 deadlift and a total of 337.5kg. She tied the bench record of 67.5kg.
- The judging on Friday morning was very strict. The squats had to be extremely deep or they would not be passed. Several guys in the afternoon session lightened their opening attempts just to be on the safe side.
- Jim Jong set a Canadian Bench record on Sunday with a 147.5kg in the 60 kg class
- There must also be something in P.E.I. potatoes we don't know about. The guys from P.E.I. were very strong. Tom Nicholls (110kg) got a 325 kg squat, 220 bench and a deadlift of 346 kg. In the 90 kg class, Dan Weatherbie got a 295 squat, 227.5 kg bench and a 290 deadlift. Tom's deadlift was performed close to midnight. It was long day on Friday as we didn't start the Master I Lifting until 3 in the afternoon.
- Jeff Becker took the 82.5 class with a 722.5 total. This was the winning total in the 90 kg class. This shows how good Jeff was. Jeff also took first in the 82.5 class on Saturday afternoon with a total of 702.5kg
- Sean Brown had a strong day finishing with a 857.5kg total. Sean's coefficient total was 2nd to Dan Weatherbee in the 90 kg class!
- Brandon Summers won best hairdo of the meet. His mohawk was visible for miles.

Well that's about it. That's some of the highlights I could remember. I know I have missed a few things.



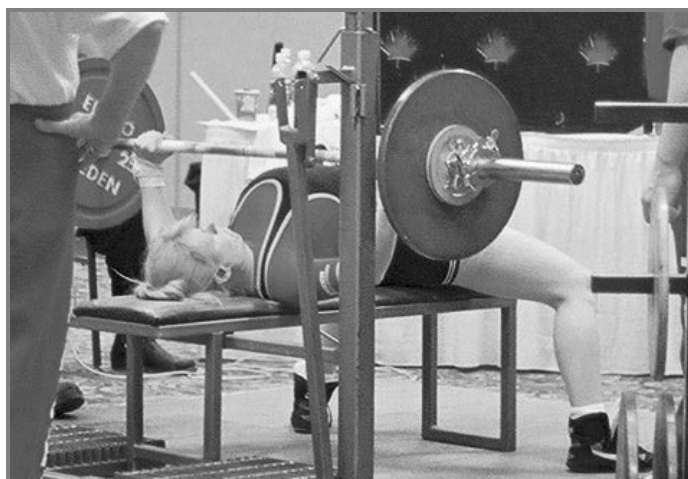
Tim Jones

-Photo by: Tim Jones



Steve McKenzie

-Photo by: Tim Jones



Glorianne Papolis

-Photo by: Tim Jones

# CPU Nationals

March 14-16, 2003

Lifter	Prov	Squat	BP	DL	Total
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## Women - Blind

67.5kg					
Debbie Perwizniuk	AB	90.0	40.0	100.0	230.0
90.0+kg					
Katherine Gauthier	AB	105.0	65.0	130.0	300.0

## Men - Blind

90.0kg					
Adam Bury	ON	170.0	112.5	202.5	485.0
100.0kg					
Robert Truchon	ON	75.0	75.0	105.0	255.0

## Women - Sub Junior

48.0kg					
Jennifer Boos	BC	67.5	35.0	77.5	180.0
75.0kg					
Rhaea Fowler	SK	127.5	60.0	125.0	312.5
Sandy Manhas	BC	57.5	37.5	95.0	190.0

## Men - Junior

67.5kg					
Nathan Philip	BC	130.0	72.5	152.5	355.0
90.0kg					
J.D. Rose	BC	157.5	82.5	215.0	455.0
Jerrod Thul	SK	180.0	100.0	175.0	455.0
100.0kg					
Garret Toma	BC	255.0	150.0	227.5	632.5
125.0kg					
Kyle Muth	MB	145.0	77.5	182.5	405.0

## Women - Master I

52.0kg					
Jackie Sandu	BC	-	-	-	-
60.0kg					
Cindy-Lee Cosby	ON	105.0	72.5	127.5	305.0
67.5kg					
Glorianne Papolis	ON	155.0	85.0	165.0	405.0
Wendy Rodgers	AB	110.0	65.0	135.0	310.0
Rose Heck	AB	102.5	60.0	145.0	307.5
82.5kg					
Irene King	NF	175.0	107.5	182.5	465.0

Lifter	Prov	Squat	BP	DL	Total
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## Women - Master II

56.0kg					
Pat Ling	BC	117.5	70.0	145.0	332.5
60.0kg					
Jane Lessard	ON	110.0	67.5	145.0	322.5
67.5kg					
Lynda Squires	ON	132.5	67.5	137.5	337.5
75.0kg					
Susan Haywood	MB	90.0	62.5	100.0	252.5
82.5kg					
Ivan Williamson	ON	155.0	105.0	190.0	450.0
Lynton Lam	ON	160.0	65.0	200.0	425.0
90.0kg					
Anatole Demidenko	ON	165.0	142.5	200.0	507.5
125.0+kg					
Robert O. Smith	BC	200.0	190.5	240.0	630.0

## Men - Master I

60.0kg					
Jim Jong	ON	182.5	137.5	207.5	527.5
75.0kg					
Rick Marshall	MB	252.5	177.5	245.0	675.0
Bob Hindley	BC	230.0	125.0	250.0	605.0
82.5kg					
Jeff Becker	ON	260.0	177.5	285.0	722.5
Barry Simms	ON	220.0	152.5	242.5	615.0
Herbert Greenidge	ON	200.0	170.0	215.0	585.0
90.0kg					
Bruce Markham	MB	272.5	175.0	275.0	722.5
Jerry Marenette	ON	245.0	162.5	262.5	670.0
Byron Monster	NF	230.0	140.0	247.5	617.5
Tim Jones	ON	207.5	150.0	235.0	592.5
100.0kg					
Tony Tomra	BC	265.0	180.0	242.5	687.5
Keith Hobman	SK	-	-	-	-
Paul Gidney	NS	-	-	-	-
110.0kg					
Tom Nicholl	PE	325.0	220.0	346.0	890.0
Bruce McIntyre	ON	235.0	215.0	270.0	720.0
Ron Strong	ON	235.0	160.0	262.5	657.5
125.0kg					
Keith Banner	AB	302.5	175.0	297.5	775.0
Brock Haywood	MB	270.0	167.5	242.5	680.0
125.0+kg					
Mike Armstrong	AB	250.0	175.0	242.5	667.5
Gordon Cosby	ON	210.0	157.5	272.5	640.0



Brandon Summers

-Photo: Tim Jones

## CPU Nationals, continued

March 14-16, 2003

Lifter	Prov	Squat	BP	DL	Total
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### Men - Master II

#### 75.0kg

Glyn Moore	ON	212.5	135.0	230.0	577.5
Bob Mann	MB	180.0	137.5	220.0	537.5
Stan Goss	ON	167.5	100.0	202.5	470.0

#### 82.5kg

Ken Fougere	AB	255.0	150.0	227.5	632.5
Laurie Greenidge	ON	210.0	135.0	210.0	555.0
Brian Desjarlais	SK	177.5	177.5	190.0	545.0
John Bourgoin	ON	222.5	112.5	190.0	525.0
Louis Levesque	PQ	192.5	125.0	202.5	520.0

#### 90.0kg

Ron Delaney	NS	222.5	157.5	282.5	662.5
Scot Seguin	ON	240.0	155.0	260.0	655.0

#### 100.0kg

Norman Lambert	AB	195.0	157.5	250.0	602.5
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#### 110.0kg

Grant Armour	BC	235.0	172.5	262.5	670.0
Hal Mulholland	NB	227.5	165.0	265.0	657.5
Darwin Ekstrom	AB	215.0	180.0	212.5	607.5

#### 125.0+kg

Dennis Chasse	PQ	240.0	185.0	272.5	697.5
Richard Nowazek	BC	257.5	150.0	165.0	572.5

### Women - Open

#### 56.0kg

Jenny Collins	BC	112.5	65.0	122.5	300.0
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#### 60.0kg

Heather Ayles	PE	157.5	77.5	162.5	397.5
Diane Richard	SK	117.5	50.0	120.0	287.5

#### 67.5kg

Kim Dennis	BC	152.5	87.5	110.0	350.0
Wendy Rodgers	AB	110.0	60.0	140.0	310.0

#### 75.0kg

Sara Clark	ON	125.0	65.0	150.0	340.0
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#### 82.5kg

Monique Hartle		145.0	92.5	137.5	375.0
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#### 90.0kg

Treena Anthony	AB	165.0	92.5	180.0	437.5
Sarah Frankel	ON	152.5	75.0	157.5	385.0
Josee Morneau	MB	142.5	65.0	170.0	377.5

Lifter	Prov	Squat	BP	DL	Total
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### Men - Open

#### 67.5kg

Allan Gallant	AB	190.0	135.0	212.5	537.5
Jean-Sebastian Rheume	PQ	185.0	145.0	195.0	525.0
Lewis Noppers	AB	217.5	-	-	-

#### 75.0kg

Rick Marshall	MB	232.5	170.0	252.5	655.0
Brandon Summers	ON	225.0	165.0	257.5	647.5
Jamie Dougall	BC	207.5	140.0	257.5	605.0
Jason Duclos	AB	210.0	135.0	247.5	592.5

#### 82.5kg

Jeff Becker	ON	262.5	170.0	270.0	702.5
Joe Broadbent	AB	215.0	135.0	245.0	595.0

#### 90.0kg

Darren Weatherbie	PE	295.0	227.5	290.0	812.5
Steven Powell	MB	280.0	182.5	280.0	742.5
Dave Bolton	ON	240.0	142.5	265.0	647.5
Rick Morrisette	ON	247.5	-	-	-

#### 100.0kg

Stephan McKenzie	ON	295.0	200.0	315.0	810.0
Eric Gagnon	ON	290.0	175.0	255.0	720.0
Steve Magistrale	ON	250.0	175.0	272.5	697.5
Gibby Chasse	BC	225.0	200.0	252.5	677.5
Jason Platts	ON	250.0	185.0	-	-

#### 110.0kg

Jimmy Hall	AB	317.5	200.0	302.5	820.0
Danny King	NF	275.0	210.0	245.0	730.0
Greg St. George	BC	260.0	187.5	260.0	707.5
Mark Finochio	ON	285.0	170.0	250.0	705.0

#### 125.0kg

Alex Mardell	AB	325.0	210.0	302.5	837.5
John MacEachern	NS	295.0	192.5	287.5	775.0
Steve Campbell	NF	282.5	205.0	280.0	767.5

#### 125.0+kg

Sean Brown	ON	310.0	237.5	310.5	857.5
Dan Suberlak	SK	-	-	-	-

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## CPU Nationals, *continued*

March 14-16, 2003

Lifter	Prov	Squat	BP	DL	Total
<b>Men – Junior</b>					
<b>60.0kg</b>					
Ryan Laniec	BC	182.5	130.0	180.0	492.5
Dennis Ng	MB	135.0	100.0	145.0	380.0
<b>67.5kg</b>					
Rick Evens	AB	200.0	107.5	215.0	522.5
Kristian Leach	AB	135.0	112.5	205.0	452.5
<b>75.0kg</b>					
William Albert	ON	215.0	127.5	250.0	592.5
Jared Alvey	AB	240.0	117.5	220.0	577.5
Dalbir Roopra	BC	180.0	120.0	205.0	505.0
<b>90.0kg</b>					
Paul McDonald	NF	255.0	150.0	265.0	670.0
Joel Kaechele	AB	242.5	130.0	247.5	620.0
Kellan Ekstrom	AB	205.0	107.5	235.0	547.5
Alex Villafranca	MB	195.0	-	-	-
<b>100.0kg</b>					
Jon Heisel	ON	205.0	160.0	210.0	575.0
<b>110.0kg</b>					
John MacDonald	PE	255.0	195.0	272.5	722.5
Tim Ekert	ON	200.0	172.5	225.0	597.5
Mike Smook	MB	200.0	215.0	180.0	595.0
<b>125.0+kg</b>					
Ryan Fowler	SK	235.0	165.0	225.0	625.0



Stan Goss

-Photo: Tim Jones

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## Ontario Masters, Juniors & Bench Press

Date: **December 7, 2003**  
Host: Kitchener Iron Angels  
Place: Holiday Inn  
30 Fairway Rd S, Kitchener  
(519) 894-8513  
Lifts: Master/Juniors: 3-Lift  
Bench Press  
Eligibility: See Ontario championship Qualifying  
Totals section  
at the back of this newsletter  
Weigh In: Master/Juniors: 7:00 AM  
Bench Press 12:00 Noon  
(subject to change)  
Meet Director: Lynton Lam (519) 893-8479  
Entry Fee: \$60.00, Second competition - \$40.00  
Entry Deadline: Postmarked Nov 7, 2003  
Fee Payable to: Kitchener Iron Angels Powerlifting  
Club  
Send Entry to: Lynton Lam  
98 Pepperwood Cres  
Kitchener, ON N2A 2R3

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## Special Olympics Region 2 Provincial Qualifier

Date/Time: **June 28, 2003**  
Host: Brantford Bodyline Powerlifting OSO  
Place: Bodyline Fitness  
34 Dalkeith Dr, Brantford  
Lifts: OSO  
Eligibility: OSO Region 2 Members only  
Weigh In: 11:00 am  
Awards: 1<sup>st</sup> to 4<sup>th</sup>, Best Male, Best Female  
Meet Director: Doug Vair (519) 759-6896  
Entry Fee: \$35.00  
Entry Deadline: Postmarked May 2, 2003  
Fee Payable to: Doug Vair  
Send Entry to: Doug Vair  
53 Colonial Crescent  
Brantford, ON N3R 7M9

**CPU Nationals - Bench Press**

March 14-16, 2003

Lifter	Prov	BP	Lifter	Prov	BP
<b>Men - Bench Press</b>			<b>125.0kg</b>		
<b>60kg</b>			Sean Brown	ON	240.0
Jim Jong	ON	145.0	Noel Doucette	NS	220.0
Dennis Ng	MB	102.5	Colin Bonneau	AB	220.0
<b>67.5kg</b>			Daniel Royer	QU	195.0
Jean-Sebastian Rheume	QU	140.0	Denis Chasse	QU	185.0
Kristian Leach	AB	115.0	Stan Tomchuk	MB	165.0
<b>75.0kg</b>			Brock Haywood	MB	152.5
Tom Kean	NF	157.5	Kyle Muth	MB	77.5
Randy Deminick	AB	150.0	<b>125.0+kg</b>		
Eric Dunstan	ON	147.5	Dan Suberlak	SK	250.0
<b>82.5kg</b>			Gerald O'Halloran	PE	215.0
Herbert Greenidge	ON	177.5	Robert O. Smith	BC	192.5
Brian Dejarlais	SK	167.5	Richard Nowazak	BC	150.0
Benoit Jacques	QU	157.5	<b>Women - Bench Press</b>		
Barry Simms	ON	145.0	<b>48.0kg</b>		
Nathan Higginson	BC	135.0	Lee Ann Dalling	NS	77.5
Laurie Greenidge	ON	125.0	Jennifer Boos	BC	37.5
Sean Graham	BC	85.0	<b>52.0kg</b>		
<b>90.0kg</b>			Lana Bonneville	BC	62.5
Darren Weatherbie	PE	220.0	<b>56.0kg</b>		
Steven Powell	MB	190.0	Pat Ling	BC	72.5
Charlie Turner	MB	157.5	<b>60.0kg</b>		
Tyler Packham	SK	150.0	Heather Ayles	PE	77.5
Miroslav Koprnicky	ON	145.0	Jane Lessard	ON	70.0
Byron Monster	NF	140.0	Cindy-Lee Cosby	ON	67.5
Harvey Hanec	MB	122.5	<b>67.5kg</b>		
J.D. Rose	BC	85.0	Kim Dennis	BC	90.0
Tilman Gallant	PE	-	Lynda Squires	ON	67.5
Ron Delaney	NS	-	Wendy Rodgers	AB	60.0
<b>100.0kg</b>			<b>75.0kg</b>		
Gibby Chasse	BC	200.0	Susan Haywood	MB	60.0
Tony Tomra	BC	185.0	Sandy Manhas	BC	35.0
Paul Gidney	NS	180.0	<b>82.5kg</b>		
Stephen Fleming	PEI	175.0	Irene King	NF	115.0
Bob Bradshaw	BC	170.0	Monique Hartle		82.5
Norman Lambert	AB	160.0	<b>90.0kg</b>		
Jon Heisel	ON	155.0	Treena Anthony	AB	90.0
<b>110.0kg</b>					
John Giffen	AB	230.0			
Mike Smook	MB	215.0			
Bruce McIntyre	ON	210.0			
Darwin Ekstrom	AB	180.0			
John Kirkbride	BC	180.0			
John MacDonald	PE	180.0			
Shaun Roach	ON	175.0			

**Ontario Bench Press**

Dec 7, 2002

Results: Steve McKenzie

Class	Lifter	Bench
<b>Women</b>		
<b>60 kg</b>	Cindy Cosby	70.0
	Jane Lessard	65.0
<b>67.5</b>	Lynda Squires	67.5
<b>75</b>	Glorianne Popolis	85.0
<b>Men</b>		
<b>60 kg</b>	Jim Jong	135.0
<b>75</b>	Eric Dunston	150.0 *
	Harnek Singh Rai	142.5
	PJ Clipperton	-
<b>82.5</b>	Herb Greenidge	170.0 *
	Barry Simms	152.5
	Kevin Samson	132.5
<b>90</b>	Rick Morrisette	155.0
	Miroslav Kapaniki	150.0
	Laurie Greenidge	140.0
	John Hesisel	140.0
<b>100</b>	Jason Platts	177.5
	Michael Goss	175.0
	Markus Skypass	165.0
	Sheldon Duncan	145.0
	Mike Mangan	-
<b>110</b>	Bruce McIntyre	200.0
	Mark Glofcheskie	190.0
	Shawn Roach	172.5
	Tim Ekert	165.0
<b>125</b>	Dave Gratton	252.5
	Rick Freeman	237.5
	Jim Halliday	170.0
<b>125+</b>	Sean Brown	227.5 *
	Wayne White	200.0
	Gord Cosby	150.0

Referees: Lynton Lam, Bill Jamison,  
Daniel Pare\*Record Lifts: Sean Brown 235.5  
Eric Dunston 152.5  
Herb Greenidge 178.0

## Ontario Bench Press Records

Class	kg	Lifter	Date	Contest
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### Women's Open Bench Press Records - Modern Era

52kg	75.0	K. Parsons	12/10/89	Hamilton, ON
60kg	85.0	C. Lahey	02/01/92	Kitchener, ON
67.5kg	96.0	G. Papolis	01/31/98	Cambridge, ON
75kg	85.0	G. Papolis	12/08/02	Guelph, ON
82.5kg	42.5	M. Greenidge	12/18/99	Toronto, ON

### Women's Master 40-49 Bench Press Records

60kg	70.0	C. Cosby	12/08/02	Guelph, ON
67.5	67.5	L. Squires	12/02/01	Cambridge, ON
75kg	85.0	G. Papolis	12/08/02	Guelph, ON
82.5kg	42.5	M. Greenidge	12/18/99	Toronto, ON

### Women's Master 40-49 Bench Press Records

67.5	67.5	L. Squires	12/08/02	Guelph, ON
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### Men's Juniors Bench Press Records

75kg	140.0	G. Gray	02/01/92	Kitchener, ON
90kg	140.0	J. Heisel	12/08/02	Guelph, ON
110kg	167.5	D. Kuntz	01/31/98	Cambridge, ON

### Men's Open Bench Press Records

60kg	137.5	J. Jong	02/27/00	Moose Jaw, SK
75kg	157.5	F. Fraraccio	12/18/99	Toronto, ON
82.5kg	182.5	S. Moir	01/31/98	Cambridge, ON
90kg	207.5	M. Whitford	12/18/99	Toronto, ON
100kg	192.5	B. Zacharias	12/18/99	Toronto, ON
110kg	242.5	M. Giffen	12/02/01	Cambridge, ON
125 kg	252.5	D. Gratton	12/08/02	Guelph, ON
125+kg	235.5	S Brown	12/08/02	Guelph, ON

### Men's Master 40-49 Bench Press Records

60kg	137.5	J. Jong	02/27/00	Moose Jaw, SK
67.5kg	140.0	K. Lam	06/19/90	Surrey, BC
75kg	150.0	E. Dunstan	12/02/01	Cambridge, ON
82.5kg	178.0	H. Greenidge	12/08/02	Guelph, ON
90.0kg	175.5	H. Greenidge	04/01/01	Quebec City, QU
125kg	195.0	B. Jolley	03/01/97	Winnipeg, MB
125+kg	170.0	D. Hoffman	01/31/98	Cambridge, ON

### Men's Master 50-59 Bench Press Records

75kg	132.5	W. McCullough	02/12/95	Chilliwack, BC
82.5kg	137.5	L. Greenidge	12/03/00	Brockville, ON
90kg	155.0	K. Hult	01/31/98	Cambridge, ON
100kg	165.0	K. Hult	05/19/98	Leduc, AB
110kg	165.0	K. Hult	12/12/98	Guelph, ON
125+kg	162.5	D. Hoffman	12/03/00	Brockville, ON

## Contest Entry Form

for Ontario Powerlifting Association  
Sanctioned Contests

Name of Contest: \_\_\_\_\_

Your Name: \_\_\_\_\_

Phone#: \_\_\_\_\_

Address: \_\_\_\_\_

CPU Card#: \_\_\_\_\_

Club Representing: \_\_\_\_\_

Best Official Total: \_\_\_\_\_ kg Weight Class: \_\_\_\_\_ kg

When/Where: \_\_\_\_\_

Titles, Championships won: \_\_\_\_\_

Interests/Hobbies: \_\_\_\_\_

T-Shirt Size (if applicable): \_\_\_\_\_

Contest Category Entered e.g. Junior, Novice, Blind

Contest Weight Class: \_\_\_\_\_ kg Male or Female

Date of Birth: \_\_\_\_\_

You must be registered with the O.P.A.(Ontario Powerlifting Association) or C.P.U. (Canadian Powerlifting Union) or recognized I.P.F. (International Powerlifting Federation) affiliate. Registration cards must be shown at weigh-in.

I.P.F. Rules will be strictly enforced. The O.P.A. and C.P.U. reserves the right to carry out drug testing at any contest under their jurisdiction.

In consideration of your acceptance, I hereby intend to be legally bound for myself: my heirs, executors or assigns waive and release any and all rights and claims for damages I may have against the C.P.U., the O.P.A., the Directors, the Executives or their representatives and successors and/or assigns, and the sponsors of this contest for any and all injuries suffered by me at the said contest.

Signature of Competitor (Parent/Guardian if under 18): \_\_\_\_\_

- ➔ Use this form if you wish to enter an Ontario Powerlifting Association sanctioned contest.
- ➔ Send the completed form along with the appropriate fees to the contact indicated in the contest details.

## 2003 Membership Application Form

*for residents of Ontario*

Name: \_\_\_\_\_  
First Name Middle Initial Last Name

Address: \_\_\_\_\_ City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_



### Canadian Powerlifting Union

Required if competing Jan 1, 2003-Dec 31, 2003  
 Includes Newsletter

\*Allow 6 weeks for CPU Cards to be processed.  
 Registration will not be accepted on the day of a contest.

Check One: ☐ Renewal/New Member: \$60.00  
☐ Renewal/New Member: SDO/OSO: \$40.00  
☐ New Member Jul 1-Dec 31, 2003: \$40.00

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ ☐ M or ☐ F Level: ☐ Novice ☐ Intermediate ☐ Senior  
mm / dd / yy

Categories: ☐ Open ☐ Blind ☐ Special Olympics ☐ CP ☐ Amputee ☐ Wheelchair ☐ Other \_\_\_\_\_

Affiliated OPA Club: \_\_\_\_\_  
 In order to represent an affiliated OPA club, the lifter must train with the club regularly (at least once a week)

Training Facility & Address: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Make Cheque or Money Order payable to: **Ontario Powerlifting Association**

Send application & cheque or money order to:

Ontario Powerlifting Association, c/o Lynda Squires, 495 Ferndale Court, London, ON N6C 5C2

01/2003

## ARTICLE XXII - Levels of Competition

In Ontario there are five levels of competition.

- i. NOVICE - is a lifter who has never made Class 3 in a sanctioned competition.
- ii. JUNIOR - a junior lifter is from 14 to and including 23 years of age. The lifter must have attained minimum age on the day of the competition.
- iii. INTERMEDIATE - is a lifter who has never totaled a Class I rating in a sanctioned contest or Class 3 plus 4%.
- iv. SENIOR - is a lifter who has made a Class I rating or higher in a sanctioned contest.
- v. MASTER - a master is from 40 years to and include 49 years of age and from 50 years of age and over.

[from Ontario Powerlifting Constitution and Bylaws]



## ARTICLE XXI - Definition of a Team or Club

1. The Club must be registered under a Provincial Organization.
2. In order to represent a club, the lifter must train with that club on a regular basis (at least once a week).
3. If, for any reason, the lifter wishes to change clubs or is unable to follow the above recommendations, he must send written explanation to the provincial registration chairperson and approval by the O.P.A. executive.

[from Ontario Powerlifting Constitution and Bylaws]

### Club Affiliation Application Form



- In order to represent a club, a lifter must train with the club on a regular basis (at least once a week).
- No athlete may compete under a club name unless that club has taken out an affiliation. An athlete who does not belong to a club must compete as an unattached lifter.
- Club affiliation must be renewed annually. Affiliation fees cover 1 year from January 1 to December 31.

**Club Name:** \_\_\_\_\_

**Club Contact:** \_\_\_\_\_ **CPU Card#:** \_\_\_\_\_  
(must be an Ontario Powerlifting Association member)

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_, ON

**Postal Code:** \_\_\_\_\_ **Phone#:** (\_\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_

**Email:** \_\_\_\_\_ **Website URL:** \_\_\_\_\_

It is agreed that, if membership be granted, our club will abide by the Constitutional requirements, for membership of the Ontario Powerlifting Association and the Canadian Powerlifting Union.

We further understand suspension may follow any violation of the said constitution or by-laws. It is further and clearly understood that the Ontario Powerlifting Association reserves the right to cancel this said affiliation at any time.

Signature \_\_\_\_\_ Date \_\_\_\_\_

\*Please Include: A copy of all emblems and logos that the club will be using and a list of all of club members.

**Club Affiliation Fee: \$40.00**      **Make cheque payable to: Ontario Powerlifting Association**  
*Send Cheque or Money Order to: Lynda Squires 495 Ferndale Court, London, ON N6C 5C2*

## ARTICLE XIX - Provincial Records

1. Standard application form has to be submitted no later than 30 Calendar days from the date of the supposed record.
2. a) The Chief Referee's seat and two side judges' seats must be occupied by at least a Provincial Category I card holder.  
b) I.P.F. rules must be followed.
3. The lifter is responsible for completion and submission of the application form.
4. To set an Ontario Record the lifter must be drug tested at the time the record is set and must pass the drug test.
5. Any lifter who registers a positive doping test shall have all previous OPA records that he/she may have held removed. Records will revert back to the previous record holder.
6. Record Certificate designed by H. Rai is the Official Record Certificate of the OPA. The certificate will be distributed by the Records Chair for a fee of \$5.00 each.

[from Ontario Powerlifting Constitution and Bylaws]

### National or Provincial Record Application Form

#### Application for:

- |  |  |
|--|--|
| <input type="checkbox"/> National Men's Senior         | <input type="checkbox"/> National Women's Senior         |
| <input type="checkbox"/> National Men's Junior         | <input type="checkbox"/> National Women's Junior         |
| <input type="checkbox"/> National Men's Master 40-49   | <input type="checkbox"/> National Women's Master 40-49   |
| <input type="checkbox"/> National Men's Master 50+     | <input type="checkbox"/> National Women's Master 50+     |
| <input type="checkbox"/> Provincial Men's Senior       | <input type="checkbox"/> Provincial Women's Senior       |
| <input type="checkbox"/> Provincial Men's Junior       | <input type="checkbox"/> Provincial Women's Junior       |
| <input type="checkbox"/> Provincial Men's Master 40-49 | <input type="checkbox"/> Provincial Women's Master 40-49 |
| <input type="checkbox"/> Provincial Men's Masters 50+  | <input type="checkbox"/> Provincial Women's Masters 50+  |

**Note:** All National records must have been set using metric weights and equipment to be recognized. Please use separate sheets if applying for both national and Provincial Records.

#### Lifter Information

Name: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Code : \_\_\_\_\_

Phone: \_\_\_\_\_ CPU #: \_\_\_\_\_

Wt. Class: \_\_\_\_\_ Precise Body Weight: \_\_\_\_\_

Doping Control Sample NO.: \_\_\_\_\_

*I have checked all the data and all lists, and hereby state that everything is in order.*

Date : \_\_\_\_\_

Signature: \_\_\_\_\_

#### Competition Information:

Name of Competition: \_\_\_\_\_

Location/Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_

Date of Competition: \_\_\_\_\_

Attempt:	1 st	2 nd	3 rd	4 th
Squat				
Bench Press				
Deadlift				
Total				

Send complete form to: **Dave Hoffman**, 278 Thaler Ave, Kitchener, ON N2A 1R6

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## ARTICLE XXIII - Drug Testing

1. The OPA reserves the right to perform drug testing for banned IPF substances at any contest under its' jurisdiction.
2. Any person that is under a current suspension from any sport federation for the use of banned substances will not be permitted to join the OPA.
3. A list of banned OPA members to be kept current and published on a regular basis.
4. Requesting a Drug Test:
  - i. Lifters requesting a drug test any contest other than a National or Provincial Championship meet must apply IN WRITING to the Meet Director indicating that they intend to attempt a national/provincial record TWO MONTHS prior to the competition.
  - ii. Requests MUST BE COPIED to the Officiating Chairperson by the lifter.
  - iii. Requests MUST BE COPIED to the Drug Testing Official by the lifter.
  - iv. A deposit of the required CPU fee plus a \$5.00 administration fee, certified cheque or money order, payable to the OPA must accompany the copy of the Drug Testing Officials letter. The deposit is non-refundable subject to Number 7.
  - v. Any lifter who sets a record and requests a drug test will be personally responsible to pay in cash/certified cheque/or money order, payable to the OPA, any difference in deposit to actual drug testing fee, at the time of test.
  - vi. Any lifter who requests a drug test for a record and fails the attempt to set the record, will be responsible for paying all charges incurred by the OPA.
  - vii. A written request for drug testing is subject to the availability of the proper referee officials and qualified drug testing personnel.
  - viii. A lifter who has not previously requested a drug test for an upcoming competition and requests a drug test on the day of the competition is subject to the availability of an extra test and personal payment in full to the satisfaction of the OPA, may then complete a drug test.

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[from Ontario Powerlifting Constitution and Bylaws]

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### Ontario Mens Intermediate

Date: **August 16, 2003**  
Host: London Powerlifting Club  
Place: South London Community Centre  
1119 Jalna Blvd, London  
Lifts: Squat, Bench Press, Deadlift  
Eligibility: Class III + 4% but never achieved a Class I Total  
Weigh In: 8:00 AM (subject to change)  
Awards: OPA medals 1st - 3rd in each weight class, best lifters, best team  
Meet Director: Terry Stinchcombe (519) 681-4766  
Stan Goss (519) 660-4989  
<http://www.londonpowerlifting.org>  
Entry Fee: \$50.00  
Entry Deadline: August 1, 2003  
Fee Payable to: London Powerlifting Club  
Send Entry to: Terry Stinchcombe  
18 Locust Crescent  
London, ON N6E 2K2

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### St. Thomas Open

Date: **October 25, 2003**  
Host: St. Thomas Powerlifting Club  
Place: Arthur Voden Secondary School  
St. Thomas  
Lifts: Squat, Bench Press, Deadlift  
Eligibility: Open contest  
Weigh In: 8:00 AM (subject to change)  
Awards: 1st to 3rd each class, Best Club  
Meet Director: Daniel Pare (519) 633-8366  
Entry Fee: \$50.00  
Entry Deadline: October 13, 2003  
Fee Payable to: Daniel Pare  
Send Entry to: Daniel Pare  
71 Ross Street #11  
St. Thomas, ON N5R 3X6

## Ontario Powerlifting Association - Records

To hold an amateur record in any sport is quite an accomplishment. To hold a record you must do two things after you break the record. You must be drug tested and you must send a record application form to the Records Chairperson within 30 days. You can also have your coach make sure that all referees have signed the official score sheet as that is also something that is required to make things official. Two Category II OPA or higher referees must officiate record attempts. Use the form on page 17 to apply for a Provincial or National Record.

*Dave Hoffman, Records Chair*

### Women's Master 40-49 Records - Modern Era

#### 60 kg

Squat	120.0	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Bench	72.5	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Deadlift	142.5	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Total	325.0	J. Lessard	Dec 02	Ontario Masters, Guelph, ON

#### 67.5kg

Squat	130.0	L. Squires	Dec-01	Ontario Masters,Cambridge, ON
Bench	60.0	L. Squires	Dec-99	Ontario Masters, Toronto, ON
Deadlift	130.0	L. Squires	Dec-01	Ontario Masters,Cambridge, ON
Total	320.0	L. Squires	Dec-01	Ontario Masters,Cambridge, ON

#### 75kg

Squat	160.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Bench	85.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Deadlift	165.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Total	410.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON

#### 82.5kg

Squat	147.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Bench	75.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Deadlift	170.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Total	392.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON

### Women's Master 50-59 Records - Modern Era

Squat	130.0	L. Squires	Dec-02	Ontario Masters, Guelph, ON
Bench	70.0	L. Squires	Dec-02	Ontario Masters, Guelph, ON
Deadlift	125.0	L. Squires	Dec-02	Ontario Masters, Guelph, ON
Total	325.0	L. Squires	Dec-02	Ontario Masters, Guelph, ON

### Women's Junior Records - Modern Era

#### 52kg

Squat	127.5	D. D'Angelo	Oct-89	Womens Worlds, Sydney, NS
Total	312.5	D. D'Angelo	Oct-89	Womens Worlds, Sydney, NS

#### 56kg

Squat	120.0	D. D'Angelo	Nov-89	NE Ontario Open, North Bay, ON
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#### 60kg

Squat	137.5	A. Gilchrist	Jan-89	Canadian Womens, ON
Bench	70.0	A. Gilchrist	Oct-89	Intermediate Open, Cambridge
Deadlift	140.0	A. Gilchrist	Jun-89	Canadian Womens, Kitchener, ON
Total	342.5	A. Gilchrist	Jan-88	Canadian Womens, Kitchener, ON

#### 82.5kg

Squat	142.5	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Bench	67.5	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Deadlift	147.5	H. Johns	Dec-92	Limestone Open, Kingston, ON
Total	355.0	R. Butler	Oct-90	Ontario Womens, Cambridge, ON

### Men's Master Records (60 +) Modern Era

#### 82.5 kg

Squat	170.0	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Bench	97.5	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Deadlift	220.0	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Total	487.5	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS

#### 90 kg

Squat	171.0	L. Lam	Dec-02	Ontario Masters, Guelph, ON
Bench	100.0	L. Lam	Oct-01	Master Worlds, Moose Jaw, SK
Deadlift	215.0	L. Lam	Oct-01	Master Worlds, Moose Jaw, SK
Total	485.0	L. Lam	Oct-01	Master Worlds, Moose Jaw, SK

#### 100 kg

Squat	180.0	R. Villeneuve	Nov-00	Worlds Blind, Netherlands
Bench	142.5	A. Demidenko	Dec-02	Ontario Masters, Guelph, ON
Deadlift	220.0	R. Villeneuve	Nov-00	Worlds Blind, Netherlands
Total	522.5	R. Villeneuve	Nov-00	Worlds Blind, Netherlands

#### 110kg

Squat	205.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON
Bench	135.0	R. Villeneuve	Jul-99	Worlds Blind, Waterloo, ON
Deadlift	235.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON
Total	570.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON

## OPA Records, *Continued*

### Men's Junior Records - Modern Era

#### 52kg

Squat	172.5	S. Boulerice	Mar-92	Ontario Seniors, North Bay, ON
Bench	90.0	S. Boulerice	May-91	Canadian Juniors, Kitchener, ON
Deadlift	185.5	S. Boulerice	Mar-92	Ontario Seniors, North Bay, ON
Total	445.0	S. Boulerice	Mar-92	Ontario Seniors, North Bay, ON

#### 56kg

Squat	95.0	David Heisel	Aug-02	Guelph Open, Guelph, ON
Bench	65.0	David Heisel	Aug-02	Guelph Open, Guelph, ON
Deadlift	125.0	David Heisel	Aug-02	Guelph Open, Guelph, ON
Total	285.0	David Heisel	Aug-02	Guelph Open, Guelph, ON

#### 60kg

Squat	160.0	E. Lacroix	Feb-94	Canadian Juniors, Kitchener, ON
Bench	110.5	S. Lindsay	Feb-91	Ontario Int. North Bay, ON
Deadlift	185.0	A. Box	Feb-94	Canadian Juniors, Kitchener, ON
Total	430.0	A. Box	Feb-94	Canadian Juniors, Kitchener, ON

#### 67.5kg

Squat	187.5	E. Lacroix	Oct-94	Ontario Int. Maxville, ON
Bench	135.0	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF
Deadlift	207.5	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF
Total	502.5	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF

#### 75kg

Squat	230.0	B. Summers	Dec-00	Ontario Junior, Brockville, ON
Bench	152.5	B. Summers	Dec-00	Ontario Junior, Brockville, ON
Deadlift	257.5	B. Summers	Dec-00	Ontario Junior, Brockville, ON
Total	640.0	B. Summers	Dec-00	Ontario Junior, Brockville, ON

#### 82.5kg

Squat	235.0	T. Cottrell	May-90	Canadian Juniors, Winnipeg, MB
Bench	150.0	P. Clipperton	Sep-00	Ont Intermediates, Mississauga
Deadlift	252.5	T. Cottrell	May-90	Canadian Juniors, Winnipeg, MB
Total	602.5	T. Cottrell	May-90	Canadian Juniors, Winnipeg, MB

#### 90kg

Squat	237.5	M. Bilz	Oct-96	Ontario Int. North Bay ON.
Bench	157.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON
Deadlift	257.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON
Total	647.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON

### Men's Junior Records - Modern Era, *continued*

#### 100kg

Squat	265.0	L. Kiss	Dec-98	Ontario Juniors, Guelph ON
Bench	193.0	L. Kiss	Dec-99	Ontario Juniors, Toronto ON
Deadlift	272.5	L. Kiss	Dec-99	Ontario Juniors, Toronto ON
Total	717.5	L. Kiss	Dec-99	Ontario Juniors, Toronto ON

#### 110kg

Squat	245.0	C. Hawkshaw	Dec-02	Ontario Juniors, Guelph, ON
Bench	150.0	M. Miller	Sep-02	Ontario Intermediate, Mississauga
Deadlift	260.0	C. Hawkshaw	Dec-02	Ontario Juniors, Guelph, ON
Total	645.0	C. Hawkshaw	Dec-02	Ontario Juniors, Guelph, ON

#### 125kg

Squat	272.5	J. LaPlante	Oct-93	Ontario Int. Alexandria, ON
Bench	132.5	J. LaPlante	Oct-93	Ontario Int. Alexandria, ON
Deadlift	245.0	J. LaPlante	Oct-93	Ontario Int. Alexandria, ON
Total	650.0	J. LaPlante	Oct-93	Ontario Int. Alexandria, ON

#### 125+kg

### Men's Master Records (40 - 49) - Modern Era

#### 60kg

Squat	197.5	J. Jong	Dec-02	Ontario Masters, Guelph, ON
Bench	143.0	J. Jong	Dec-02	Ontario Masters, Guelph, ON
Deadlift	217.5	J. Jong	Dec-99	Ontario Masters, Toronto, ON
Total	547.5	J. Jong	Dec-02	Ontario Masters, Guelph, ON

#### 67kg

Squat	227.5	K Lam	Jun-90	Canadians, Surrey, BC
Bench	141.0	K Lam	May-93	Canadian Masters, Edmonton, AB
Deadlift	262.5	K Lam	May-90	Canadian Masters, Winnipeg, AB
Total	630.0	K Lam	Jun-90	Canadians, Surrey, BC

#### 75kg

Squat	252.5	C. Archdekin	Mar-97	Ontario Seniors, Toronto, ON
Bench	165.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON
Deadlift	280.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON
Total	685.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON

#### 82.5kg

Squat	242.5	G Marentette	Dec-02	Ontario Masters, Guelph, ON
Bench	175.5	H. Greenidge	Sep-02	Ontario Seniors, Mississauga
Deadlift	285.0	D. Warriner	Feb-94	Canadian Masters, Kitchener, ON
Total	675.0	D. Warriner	Feb-94	Canadian Masters, Kitchener, ON

## OPA Records, *Continued*

### Men's Master Records (40 - 49) - Modern Era, *continued*

#### 90kg

Squat	257.5	D. Warriner	Feb-98	Canadian Masters,Moose Jaw,SK
Bench	172.5	H. Greenidge	May-01	London Open, London, ON
Deadlift	302.5	P. Perry	May-91	Canadian Master,Kitchener, ON
Total	705.0	D. Warriner	Feb-98	Canadian Masters,Moose Jaw,SK

#### 100kg

Squat	265.0	K. Hult	Apr-88	Canadian Master,Kitchener, ON
Bench	172.5	K. Hult	Apr-88	Canadian Master,Kitchener, ON
Deadlift				
Total	690.0	K. Hult	Apr-88	Canadian Master,Kitchener, ON

#### 110kg

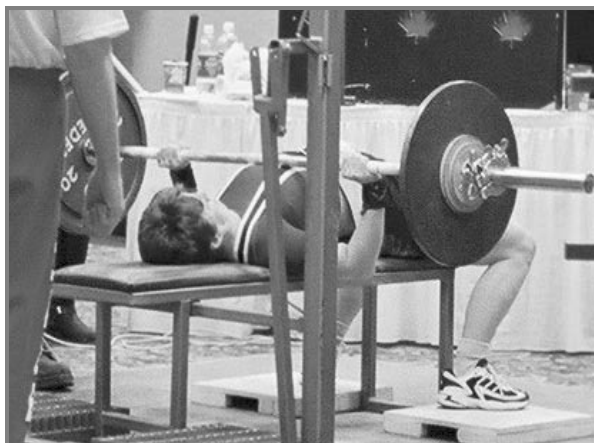
Squat	247.5	R. Strong	Dec-02	Ontario Masters, Guelph, ON
Bench	210.0	B. McIntyre	Aug-02	Guelph Open, Guelph, ON
Deadlift	285.0	B. McIntyre	Dec-02	Ontario Masters, Guelph, ON
Total	725.0	B. McIntyre	Dec-02	Ontario Masters, Guelph, ON

#### 125kg

Squat	242.5	D. Hoffman	Feb-91	Ont. Intermediates,North Bay, ON
Bench	175.0	R. Gazdig	Dec-01	Ontario Masters,Cambridge, ON
Deadlift	272.5	D. Hoffman	Feb-91	Ont. Intermediates,North Bay, ON
Total	670.0	D. Hoffman	Feb-91	Ont. Intermediates,North Bay, ON

#### 125+kg

Squat	285.0	J. Baxter	Apr-90	World Blinds,RiverSide,California
Bench	167.5	D. Hoffman	Feb-94	Canadian Masters,Kitchener, ON
Deadlift	275.0	D. Hoffman	Feb-94	Canadian Masters,Kitchener, ON
Total	702.5	D. Hoffman	Feb-94	Canadian Masters,Kitchener, ON



**Cindy Cosby**

-Photo by: Tim Jones

### Men's Master Records (50 - 59) - Modern Era

#### 67.5 kg

Squat	210.0	G. Moore	Dec-02	Ontario Masters, Guelph, ON
Bench	122.5	G. Moore	Mar-01	Canadian Masters,Quebec City
Deadlift	235.5	G. Moore	Dec-02	Ontario Masters, Guelph, ON
Total	567.5	G. Moore	Dec-02	Ontario Masters, Guelph, ON

#### 75kg

Squat	223.0	G. Moore	Sep-02	Ontario Seniors, Toronto, ON
Bench	131.5	G. Moore	Sep-02	Ontario Seniors, Toronto, ON
Deadlift	237.5	G. Moore	Sep-02	Ontario Seniors, Toronto, ON
Total	590.0	G. Moore	Sep-02	Ontario Seniors, Toronto, ON

#### 82.5kg

Squat	227.5	J. Bourgoi	Dec-99	Ontario Masters, Toronto, ON
Bench	145.0	L. Greenidge	May-01	London Open, London, ON
Deadlift	227.5	L. Lam	Oct-96	Ontario Intermediates, North Bay
Total	565.0	J. Bourgoi	Dec-99	Ontario Masters, Toronto, ON

#### 90kg

Squat	237.5	P. Perry	Dec-02	Ontario Masters, Guelph, ON
Bench	165.0	K. Hult	Mar-96	CanadianMasters,Windsor,NS
Deadlift	272.5	P. Perry	Dec-02	Ontario Masters, Guelph, ON
Total	655.0	P. Perry	Dec-02	Ontario Masters, Guelph, ON

#### 100kg

Squat	250.0	F. Tavernier	Dec-00	Ontario Masters, Brockville, ON
Bench	150.5	T.Stinchcombe	Jan-98	Ontario Masters, Cambridge, ON
Deadlift	282.5	F. Tavernier	Dec-00	Ontario Masters, Brockville, ON
Total	682.5	F. Tavernier	Dec-00	Ontario Masters, Brockville, ON

#### 110kg

Squat	205.0	R. Villeneuve	May-96	Canadian Blinds, Leduc, AB
Bench	120.0	R. Villeneuve	Sep-96	World Blinds, Edmonton, AB
Deadlift	227.5	R. Villeneuve	May-95	Canadian Blinds, Ottawa, ON
Total	547.5	R. Villeneuve	Sep-96	World Blinds, Edmonton, AB

#### 125+kg

Squat	255.0	D. Hoffman	Mar-99	Canadian Masters,Sherbrooke,QC
Bench	160.0	D. Hoffman	Mar-99	Canadian Masters,Sherbrooke,QC
Deadlift	240.0	D. Hoffman	Mar-99	Canadian Masters,Sherbrooke,QC
Total	650.0	D. Hoffman	Mar-99	Canadian Masters,Sherbrooke,QC

# OPA Records, Continued

## Men's Senior Records - Modern Era

<b>52kg</b>					
Squat	170.0	S. Boulерice	Feb-92	Canadian Juniors, Kitchener, ON	
Deadlift	185.0	S. Boulерice	Feb-92	Canadian Juniors, Kitchener, ON	
<b>56kg</b>					
<b>60kg</b>					
Squat	197.5	J. Jong	Dec-02	Ontario Masters, Guelph, ON	
Bench	143.0	J. Jong	Dec-02	Ontario Masters, Guelph, ON	
Deadlift	217.5	J. Jong	Feb-00	Canadian Chmp, Moose Jaw, SK	
Total	547.5	J. Jong	Dec-02	Ontario Masters, Guelph, ON	
<b>67.5kg</b>					
<b>75kg</b>					
Squat	277.5	J. Becker	May-96	Canadian Chmp, Leduc, AB	
Bench	168.0	J. Becker	May-96	Canadian Chmp, Leduc, AB	
Deadlift	285.0	J. Becker	Feb-95	Ontario Seniors, London ON	
Total	722.5	J. Becker	May-96	Canadian Chmp, Leduc, AB	
<b>82.5kg</b>					
Squat	277.5	J. Becker	May-98	Canadian Chmp, Richmond, BC	
Bench	175.5	H. Greenidge	Sep-02	Ontario Intermediate, Mississauga	
Deadlift	298.0	J. Becker	May-98	Canadian Chmp, Richmond, BC	
Total	747.5	J. Becker	May-98	Canadian Chmp, Richmond, BC	
<b>90kg</b>					
Squat	270.0	R. Morrisette	Jun-02	Toronto Open, Toronto, ON	
Bench	185.0	D. Bruce	Jun-88	Canadian Chmp, Winnipeg, MB	
Deadlift	322.5	P. Perry	Mar-85	Ontario Seniors, Sault Ste. Marie	
Total	750.0	J. Peacock	Mar-90	Ontario Seniors, Cambridge ON	
<b>100kg</b>					
Squat	300.0	B. Zacharias	Jan-00	Ontario Seniors, London, ON	
Bench	225.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON	
Deadlift	285.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON	
Total	775.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON	
<b>110kg</b>					
Squat	347.5	R. Celio	May-97	Canadian Chmp, Toronto ON	
Bench	232.5	M. Giffen	Sep-02	Ontario Seniors, Mississauga, ON	
Deadlift	325.0	R. Celio	May-97	Canadian Chmp, Toronto ON	
Total	887.5	R. Celio	May-97	Canadian Chmp, Toronto ON	
<b>125kg</b>					
Squat	335.0	D. Gratton	Jan-00	Ontario Seniors, London, ON	
Bench	245.0	D. Gratton	Sep-02	Ontario Seniors, Mississauga, ON	
Deadlift	297.5	N. Singleton	May-98	Canadian Chmp, Richmond, BC	
Total	862.5	D. Gratton	Sep-02	Ontario Seniors, Mississauga, ON	
<b>125+kg</b>					
Squat	347.5	D. Gratton	May-01	London Open, London, ON	
Bench	238.0	D. Gratton	May-01	London Open, London, ON	
Deadlift	292.5	B. Duguay	Jan-99	Ontario Seniors, Cornwall, ON	
Total	860.0	D. Gratton	May-01	London Open, London, ON	

## Women's Seniors Records - Modern Era

<b>48kg</b>					
Squat	132.5	D.D'Angelo	Oct-90	Cambridge Open	
Bench	50.0	S.Marvel	Feb-95	Canadian Womens, Chilliwack, BC	
Deadlift	102.5	S.Marvel	Feb-95	Canadian Womens, Chilliwack, BC	
Total	235.0	S.Marvel	Feb-95	Canadian Womens, Chilliwack, BC	
<b>52kg</b>					
Squat	140.0	D.D'Angelo	Feb-94	Canadian Womens, Kitchener, ON	
Bench	75.0	K. Parsons	Dec-89	Hamilton Open, Hamilton, ON	
Deadlift	155.0	D.D'Angelo	Feb-94	Canadian Womens, Kitchener, ON	
Total	360.0	D.D'Angelo	Feb-94	Canadian Womens, Kitchener, ON	
<b>56kg</b>					
Squat	102.5	K. Schaus	Mar-01	Canadian Womens, Quebec City	
Bench	50.0	K. Schaus	Mar-01	Canadian Womens, Quebec City	
Deadlift	102.5	K. Schaus	Mar-01	Canadian Womens, Quebec City	
Total	255.0	K. Schaus	Mar-01	Canadian Womens, Quebec City	
<b>60kg</b>					
Squat	160.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON	
Bench	85.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON	
Deadlift	142.5	J. Lessard	Dec 02	Ontario Masters, Guelph, ON	
Total	395.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON	
<b>67.5kg</b>					
Squat	182.5	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB	
Bench	95.0	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB	
Deadlift	130.0	L. Squires	Dec-01	Ontario Masters, Cambridge, ON	
Total	437.5	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB	
<b>75kg</b>					
Squat	165.0	G. Guillemette	Feb-95	Canadian Womens, Chilliwack, BC	
Bench	90.0	G. Guillemette	Feb-95	Canadian Womens, Chilliwack, BC	
Deadlift	187.5	U. Kruger	Oct-98	Ontario Womens, Brockville, ON	
Total	435.0	U. Kruger	Oct-98	Ontario Womens, Brockville, ON	
<b>82.5kg</b>					
Squat	147.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON	
Bench	75.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON	
Deadlift	170.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON	
Total	392.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON	
<b>90kg</b>					
Squat	175.0	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON	
Bench	75.0	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON	
Deadlift	167.5	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON	
Total	417.5	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON	
<b>90+kg</b>					
Squat	185.0	H. Plamondon	Feb-94	Canadian Womens, Kitchener, ON	
Bench	100.0	H. Plamondon	Feb-94	Canadian Womens, Kitchener, ON	
Deadlift	155.0	S. Murphy	May-94	Womens Worlds, New Zealand	
Total	430.0	H. Plamondon	Feb-94	Canadian Womens, Kitchener, ON	





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**Member Information:**

Send Application to: Dave Hoffman  
278 Thaler Ave  
Kitchener, ON  
N2A 1R6

Lifter's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Bench Press Qualifying Totals											
<b>Weight Class</b>	<b>52</b>	<b>56</b>	<b>60</b>	<b>67.5</b>	<b>75</b>	<b>82.5</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>125</b>	<b>125+</b>
Men	80.0	87.5	95.0	105.0	115.0	125.0	130.0	137.5	142.5	147.5	152.5
<b>Weight Class</b>	<b>44</b>	<b>48</b>	<b>52</b>	<b>56</b>	<b>60</b>	<b>67.5</b>	<b>75</b>	<b>82.5</b>	<b>90</b>	<b>90+</b>	
Women	40.0	42.5	47.5	50.0	52.5	57.5	62.5	67.5	72.5	75.0	



ONTARIO POWERLIFTING ASSOCIATION

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## Board of Directors

### President:

Bill Jamison (905) 765-5345  
412 Big Creek Rd, Caledonia, ON N3W 2G9  
Email: [billjamison@sympatico.ca](mailto:billjamison@sympatico.ca)

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### Treasurer:

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### Secretary (vacant):

### Registration Chairperson:

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### Records Chairperson:

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278 Thaler Ave, Kitchener, ON N2A 1R6

### Referee Chairperson:

Lynton Lam (519) 893-8479  
98 Pepperwood Cres Kitchener, ON N2A 2R3

### Other Officials:

#### CPU President:

Jeff Butt (306) 694-5262  
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Email: [jeff@powerlifting.ca](mailto:jeff@powerlifting.ca)  
Fax: (306) 694-5034

Bill Jamison (contact information above):

CPU Referee Chair  
Member I.P.F Technical Committee

CPU Website: [www.powerlifting.ca](http://www.powerlifting.ca)

### Regional Chairpersons:

#### Northwest (vacant):

Ramimo Paananen (contact) (807) 577-1994

#### Northeast:

Chris Merkley (contact) (705) 476-8563  
490 Laurier Ave, North Bay, ON P1B 1T5

#### Southern:

Harnek Rai (contact information above)

#### Eastern:

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#### Webmaster:

Mike Latocha (contact information above)

OPA Website: [www.ontariopowerlifting.ca](http://www.ontariopowerlifting.ca)

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## 2003 Affiliated Clubs

### Brantford Bodyline Powerlifting OSO

Doug Vair (519) 759-6896  
53 Colonial Crescent  
Brantford, ON N3R 7M9  
Email: [fabprinte@n.aibn.com](mailto:fabprinte@n.aibn.com)

### Fern's Gym

Fern Boucher (705) 647-4279  
571 Bolger Ave  
New Liskeard, ON P0S 1P0

### Golden Triangle Powerlifting Club

Dave Hoffman (519) 894-5913  
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### K-W Grizzlies

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### London Special 0

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### Monster Gym Powerlifting Club

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### Niagara Powerlifting Club

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### Power Pit Gym

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### PoweReach

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### Sports for Disabled Ontario

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### Timmins Special Olympics

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### Titans of Mississauga

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### The Power & The Glory

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