

OPAA

Ontario Powerlifting News
August 2003, Volume 54, Issue 3

Official Newsletter of the Ontario Powerlifting Association



Dan Gibson

Inside this Issue
Top 10, Records
Upcoming Contests
Results

From the President

William T. Jamison

Since the last newsletter in April, there have been five contests held. These contests were well run and well attended with records broken in various categories.

In the last several months, some members of the executive have been actively developing powerlifting in the high schools in areas including Cayuga, Dunnville, Kitchener, North Bay and Ottawa. On May 9th, a contest was held in Dunnville between the Cayuga and Dunnville high schools. The results are included in this newsletter. In the fall, we plan to hold another contest in the Cayuga-Dunnville area. We also plan to hold a high school contest in Kitchener in October.

The first Ontario Championship for this year is coming up. The Ontario Mens Intermediate Championship will be held in London on August 16th. To be eligible to compete in this contest, there are two criteria: You must never have made class one in a sanctioned contest, and you must have made the qualifying total of class three plus 4%. On the Friday night, August the 15th, there will be a Provincial referee's clinic at 6:30 pm. Anyone wishing to become a referee is invited to attend the clinic. It will be held at The South London Community Centre, 1119 Jalna Blvd. London.

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, contact the Editor

Send contributions and ideas to:
ukruger@powerlifting.ca

Registration Chairperson

Lynda Squires

To date, there are 239 registered OPA lifters for 2003. 49 of the total are novice lifters.

The London Open and Toronto Open had the greatest number of novice lifters this year so far, with great results at each contest.

There are 27 clubs OPA affiliated so far for 2003. All of these clubs are renewals with the exception of PoweReach, a new addition to the list of affiliates.

Please remember for future reference, if you wish to be a member of a club or to compete as a club, the club must be affiliated with the OPA. The club has to renew the affiliation with the OPA each year. The club fee is \$40.00. To be a member of a club, a member must train with that club at least once a week. If you send in a renewal for your CPU card for 2004 and you aren't a member of one of the affiliated clubs, then your CPU card will be marked unattached.

I would like to take this time to congratulate all of those who competed in Winnipeg at the Nationals and those who made the team to represent Canada at the World Masters in Regina in October. Moose Jaw in 2000 was a fantastic competition, Regina should be the same.

Go Team Canada!!!!!!!!!!!!

P.S. see you in October



Meet Directors

Submitting Contest Results

All sanctioned official score sheet 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

Ontario Powerlifting Constitution and Bylaws ARTICLE XXIX 1

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★ Ontario Powerlifting News★

Next Deadline: November 9, 2003

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Contributors: Adele Couchman, Dave Hoffman, Harnek Rai, Terry Stinchcombe, Bill Jamison, Lynda Squires, Dave Hoffman

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Business Card - \$10

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.

UPCOMING EVENTS

Aug 15	Referees Clinic Lynton Lam (519) 893-8479	London
Aug 16	Ontario Men Intermediates Terry Stinchcombe (519) 681-4766 Stan Goss (519) 660-4989 http://www.londonpowerlifting.org	London
Sep 20	Ontario Men & Women Senior Eric Gagnon (613) 523-4024x236	Ottawa
Oct 25	St Thomas Open Daniel Pare (519) 633-8366	St Thomas
Nov 2	Ontario/Quebec PL Challenge Eric Gagnon (613) 523-4024x236 Louis Levesque (819) 822-0727	Rock- Forest, Quebec
Dec 7	Ontario Junior & Masters Ontario Bench Press Lynton Lam (519) 893-8479	Kitchener
Mar 18-22	CPU Nationals Lynton Lam (519) 893-8479	Kitchener

IPF Worlds Timetable

Sep 9-14	Juniors	Poland Koscian
Sep 24-28	Sub Juniors	India
Oct 7-12	Masters Jeff Butt (306) 694-5262 Email: buttspa@hotmail.com http://www.powerlifting.ca/worldmasters/index.html	Regina, SK
Nov 4-9	Mens	Denmark
Dec 4-7	Bench Press	Slovakia

Referees Clinic/Examination

Friday, August 15, 2003
6:30 pm

South London Community Centre
1119 Jalna Blvd. London Ontario

[Same weekend as Ontario Intermediates]

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

From the Editor

Ulrike Kruger

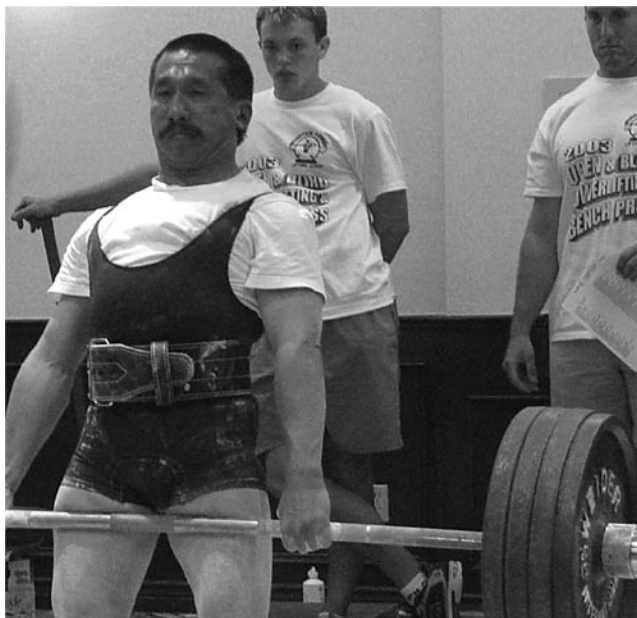
Production of this newsletter started off very slowly. What was I thinking with a July 6th deadline? Fortunately, a number of individuals came through and I've managed to fill up the same number of pages.

Remember, meet directors, send your results to me as soon as possible after your contests. Also, ensure that upcoming contest information is sent along. The Registration Chairperson sends contest details to me after sanctioning, but sending additional hotel, facility and travel information for the newsletter can only help.

I know that many rely on the internet for information, but there are still many who either are not savvy on the web or would simply rather see things in print. Results, photos, records and top ten lists submitted to for this newsletter are passed along to be published on the OPA web site.

So, keep the content coming my way so that we can be sure that all members have access to Ontario Powerlifting information.

Good luck to everyone in the coming months in your lifting endeavours.



J. Jong

—Photo by: Harnek Rai

Ontario Senior Men and Womens

- Date:** September 20, 2003 10:00 AM
Host: The Ottawa Strong Powerlifting Club
Place: Ottawa Athletic Club
2525 Lancaster Rd. Ottawa, Ontario
Spectator fee: \$5
- Accommodation:** Travelodge Ottawa East
1486 Innes Rd., Ottawa K1B 3V5
Tel: (613) 745-1133, 1-800-578-7878
www.travelodge.com
(sport rate available)
- Lifts:** Squat, Bench Press, Deadlift
Eligibility: Men: Class I, Women: Class III
Weigh In: 8:00 AM All women, all men up to 82.5kg
11:00 AM Men 90 kg and up
- Awards:** 1st to 3rd each class, Best Lifters, Best Club
- Meet Director:** Eric Gagnon (613) 523-4024x236
Email: eric@ottawaathleticclub.com
- Entry Fee:** \$60.00, includes T-Shirt
(cheque or money order)
- Entry Deadline:** September 6, 2003 (postmarked)
- Fee Payable to:** Ottawa Athletic Club
Send Entry to: Ottawa Athletic Club
2525 Lancaster Rd.
Ottawa, ON K1B 4L5



Harnek Rai

Ontario Mens Intermediate

Date: August 16, 2003 10:00am
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

St. Thomas Open

Date: October 25, 2003 10:00am
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

2004 Canadian Powerlifting & Bench Press

Date: March 18-22, 2004
Place: Waterloo Inn
495 King St North
Waterloo, ON
Meet Director: Lynton Lam (519) 893-8479
Email: llamn628@rogers.com

--- Additional details coming soon ---

Ontario Masters, Juniors, Bench

Date: December 7, 2003
Host: Kitchener Iron Angels
Place: Holiday Inn
30 Fairway Rd S, Kitchener
(519) 894-8513
Double Room: \$89.95
Lifts: Master/Juniors: 3-Lift
Bench Press
Eligibility: See Ontario championship Qualifying
Totals section (Page 23) 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
Email: llamn628@rogers.com
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



—Photo by: Harnek Rai

Ontario Deadlift and Bench Press Qualifier

May 10, 2003

Results: *Dave Hoffman*

The 14th annual Ontario Deadlift Open attracted 15 lifters from Belle River, Brantford, Kitchener, London, New Liskeard, Scarborough, Toronto, and Waterloo. Some impressive lifts from our best lifters:

- Rick Morrisette broke his own meet record pulling 295 at 90 kg
- Jane Lessard pulled 142.5 kg at 60 kg
- Jason Au was our best junior with a lift of 227.5kg at 75 kg
- Bruce McIntyre's opener of 272.5kg was good enough **for our top men's master award just edging** out Doug Vair.

This year we also held a bench qualifier for the Ontario Bench Press Championships and five lifters qualified for the big meet in December in Kitchener. Much thanks to Kitchener Scale for providing us with the scale to weigh in the lifters for both contests as well as the Special Athletes meet which preceded these meets in the a.m. Thanks to K-W Special Athletes for supplying our venue at the Albert McCormack Arena. The Grizzlies hosted teams from Mississauga and St. Thomas as well as their own team in a spirited contest. Congratulations to the London Powerlifting Club who won the Deadlift team trophy for the 5th time in 6 years. The Golden Triangle Powerlifting Club would like to thank all who showed up to lift, cheer, coach, referee, help, or just hang out and we look forward to seeing you in 2004.

Ontario Deadlift Open Meet Records

Class		Kg	Year
Women			
52kg	S. McDougall	110	1997
56	N. Karimy	170	1999
60	A. Lam	145	1990
67.5	A. Lam	160	1995
75	G. Papolis	167.5	1999
Men			
52	G. Rito	142.5	1993
56	R. Ryan	130	1990
60	R. Silverthorne	185	1991
67.5	R. Morrisette	237.5	1995
75	J. Becker	262.5	1990
82.5	J. Becker	260	1992
90	R. Morrisette	295	2003
100	S. Chomitz	275	1990
110	S. Brown	280	1994
125	R. Celio	300	1993
125 +	Dungey	295	2000

Deadlift

Class	Lifter	DL
Women		
60 kg	Jane Lessard	142.5
67.5	Lynda Squires	130.0
Men		
56 kg	Jason Marentette	130.0
67.5	Fern Boucher	200.0
	Aaron Goss	180.0
75	Jason Au	227.5
82.5	Stan Goss	200.0
	Ivan Williamson	197.5
	Martin Barkley	182.5
90	Rick Morrisette	295.0
	Jason Seabrook	227.5
100	Doug Vair	265.0
	Mike Goss	232.5
110	Bruce McIntyre	272.5
125+	Mike Knott	207.5

Bench Press Qualifier

Class	Lifter	DL
Women		
75 Kg	Shannon Harris	85.0
Men		
67.5kg	Fern Boucher	57.5
82.5	Jason Master	142.5
90	Jason Seabrook	165.0
100	John Giffen Sr.	145.0
125	Tim Rigby	130.0
125+	Dave Hoffman	157.5

Referees:

Don Clarke, Adele Couchman, Steve Chomitz, Jerry Marentette

Best Lifters

Women: Jane Lessard
Men: Rick Morrisette
Junior: Jason Au
Master: Bruce McIntyre

Team Trophy Points:

1. London 62
2. Golden Triangle 45
3. Brantford Bodyline 12
4. Fern's Gym 12
5. Power Pit-Belle R. 12

Men's Master Division

1. Bruce McIntyre
2. Doug Vair
3. Fern Boucher
4. Stan Goss
5. Ivan Williamson

Platform Crew, Setup, & Teardown:

John Bourgoin, Steve Chomitz, John Clayton, Dave Hoffman, Les Kiss, Jason Masters, Bruce McIntyre, Rick Morrisette, Jane Lessard, Mike Piskorski, Sean Roach, Jody Roemer, Jason Seabrook

Volunteer → be a Referee!

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

For more information, contact the Referee

Chairperson:
Lynton Lam
(519) 893-8479

K-W Special Athlete Contest

May 10, 2003

Results: Adele Couchman
Hosted By: K-W Grizzlies

Our 'Friends of Steel' Special Needs Competition was well attended and included a 'squat' component. In the past, special needs competitions did not include squats. That was primarily because some special athletes have Down Syndrome. People with Down Syndrome have a higher than normal occurrence of an instability of the atlanto-axial discs in the neck.

However, the majority of special needs do not have DS and there is no reason why these athletes cannot be trained for the squat. At the Brantford Special Needs Competition (B. Jamison), a separate squat competition for special athletes was successfully held and we did the same in K-W.

This opens the door for Special athletes to join in regular competitions (which athletes from K-W have done for the past 2 years). Integration into the community through integration in sport is the aim of 'Sports for Special Athletes'. When a lifter steps onto the platform, the focus is *not* IQ level or academic success; the ONLY question is: "Can he/she lift the weight?" Because most athletes can't afford gym memberships or work out 3 or 4 times a week, they still need some competition with their peers so that they have increased opportunity of success in addition to some 'mainstream' competition.

It is very important that special needs athletic organizations remain members of the OPA. It ensures the integrity and safety of the sport as well as the credibility & respect afforded thru membership. Non-challenged lifters have been very supportive of special needs lifters and it is most appreciated. There is a place for everyone in the OPA.

Developmentally Challenged Squat

Class	Lifter	Club	Squat	Points
Women				
60 kg	Cheryl Howey	Kitchener-Waterloo Grizzlies	30.0	34.623
Men				
75kg	Shane McNulty	St. Thomas Elite	122.5	88.715
90kg	Charlie Gall	St Thomas Elite	92.5	60.355
90kg	Steve Heath	Kitchener-Waterloo Grizzlies	65.0	41.860
100kg	Clive Heath	Kitchener-Waterloo Grizzlies	77.5	47.360

Referees :

Jerry Marentette, Steve Chomitz, Adele Couchman

Developmentally Challenged Bench Press & Deadlift

Class	Lifter	Club	Bench	DL	Total
Women					
56kg	Kelly Fitzgerald	Titans of Mississauga	52.5	87.5	140.0
60kg	Cheryl Howey	Kitchener-Waterloo Grizzlies	30.0	67.5	97.5
67.5kg	Laura Gourley	Kitchener-Waterloo Grizzlies	32.5	57.5	90.0
90.0+	Heather Calvert	St. Thomas Elite	45.0	110.0	155.0
Men					
52kg	Scott Fitzgerald	Titans of Mississauga	27.5	52.5	80.0
56kg	Ryan Lamey	Titans of Mississauga	55.0	75.0	130.0
67.5kg	Michael Arruda	Titans of Mississauga	55.0	90.0	145.0
67kg	Nathan Wise	Kitchener-Waterloo Grizzlies	55.0	85.0	140.0
75kg	Shane McNulty	St. Thomas Elite	107.5	162.5	270.0
82kg	Jeffrey Killins	Titans of Mississauga	60.0	105.0	165.0
	Mike Rastas	Titans of Mississauga	55.0	100.0	155.0
90kg	Charlie Gall	St. Thomas Elite	70.0	132.5	202.5
	Steve Heath	Kitchener-Waterloo Grizzlies	62.5	125.0	187.5
100kg	Clive Heath	Kitchener-Waterloo Grizzlies	70.0	132.5	202.5
110kg	Morgan Smith	Titans of Mississauga	105.0	170.0	275.0

Best Lifter Female:

Kelly Fitzgerald, Titans of Mississauga
Coefficient Points 165.1860

Best Lifter Male:

Shane McNulty, St. Thomas Elite
Coefficient Points 195.5340

Referees:

Jerry Marentette, Steve Chomitz, Adele Couchman



-Photo by: Adele Couchman

Brantford OSO

June 28, 2003

Results: *Bill Jamison*

Class	Name	Club	Bench	DL	Total
Women					
60kg	Cindy Fritsch	St. Tomas	30.0	75.0	105.0
90kg	Betty Farr	Brantford	52.5	97.5	150.0
90+kg	Heather Calvert	St. Tomas	42.5	112.5	155.0
Men					
67.5kg	Russel Gerber	Woodstock	90.0	177.5	267.5
	Ben Taylor	Woodstock	60.0	137.5	197.5
75kg	Shane McNulty	St. Tomas	110.0	172.5	282.5
	Jason Barter	Brantford	82.5	120.0	202.5
82.5kg	Shane Ellins	Brantford	65.0	122.5	187.5
90kg	Tim Telfer	London	95.0	167.5	262.5
	Charlie Gall	St. Tomas	80.0	157.5	237.5
	Roberto Fioriono	Woodstock	65.0	142.5	207.5
125kg	Jason Richardson	Brantford	145.0	242.5	387.5
	Keven Wilkinson	Brantford	87.5	182.5	270.0
	Mike Taverner	Brantford	50.0	115.0	165.0
	Tom Armstrong	London	52.5	107.5	160.0
125+kg	Matt Morrow	St. Tomas	—	—	—

Toronto Open – Bench Press

July 6, 2003

Results: *Harnek Rai*

Class	Lifter	Club	Bench
Women			
52.5kg	Chrissy Greenidge	Limestone	30.0
67.5kg	Gloria Papolis		85.0
82.5kg	Wendy Hlywkri	Monster	65.0
90kg	Mary Greenidge	Limestone	50.0
Men			
67.5kg	John Greenidge	Limestone	42.5
75kg	Harnek Singh Rai		140.0
	Scott Leckie	Monster	125.0
	Trevor Price	Monster	107.5
	Jeff Powell	Monster	75.0
82.5kg	Herb Greenidge	Ottawa	150.0
	Jason Master	Golden Triangle	140.0
90kg	Laurie Greenidge	Limestone	130.0
100kg	Jason Seabrook	Golden Triangle	172.5
	John Giffen		150.0
125+kg	Sean Brown	Monster	237.5
	Denis Chasse	Quebec	190.0
125+kg	Michael Knott	London	157.5

Referees: Bill Jamison, Harnek Singh Rai, Lynton Lam, Adele Couchman, Don Clarke, Stan Goss

Toronto Open & Blind & Bench Press

July 6, 2003

Results: *Harnek Rai*

Toronto Open

Class	Lifter	Club	Squat	Bench	DL	Total
Women						
52.5kg	Chrissy Greenidge	Limestone	60.0	35.0	80.0	175.0
67.5kg	Gloria Papolis		-	-	-	-
	S. Haralampow		-	-	-	-
82.5kg	Sarah Frankle		135.0	70.0	145.0	350.0
90kg	Mary Greenidge	Limestone	75.0	50.0	90.0	215.0
Men						
56kg	David Heisel	Ottawa	137.5	85.0	155.0	377.5
60kg	Jim Jong		202.5	147.5	215.0	565.0
67.5kg	Jean Sebastien		175.0	140.0	190.0	505.0
	Chad Chapman		157.5	110.0	175.0	442.5
	John Greenidge		70.0	40.0	92.5	202.5
75kg	Andrew Demidenko		207.5	130.0	240.0	577.5
	Jesse Jamison		162.5	95.0	180.0	437.5
	Andrew Merritt		105.0	92.5	160.0	357.5
	Jeff Powell		85.0	65.0	137.5	287.5
82.5kg	Claude Dallaire		240.0	145.0	293.5	677.5
	Herb Greenidge		212.5	160.0	217.5	590.0
	Kevin Boily		207.5	115.0	227.5	550.0
	Justin Merritt		132.5	125.0	165.0	422.5
90kg	Tim Jones	London	217.5	155.0	237.5	610.0
	Laurie Greenidge	Limestone	205.0	135.0	210.0	550.0
	Rick Morrisette		65.0	160.0	290.0	515.0
100kg	John Cautillo	Monster	277.5	165.0	230.0	672.5
	Ray Villeneuve		130.0	100.0	150.0	380.0
110kg	Patrick Hartwick		280.0	145.0	235.0	660.0
	Mark Calaghan		130.0	150.0	150.0	430.0
	Mark Glofcheski		-	-	-	-
125kg	Heath Weir		287.5	202.5	280.0	770.0
	Jim Halliday		260.0	195.0	290.0	745.0
125+	Chris Yantha		267.5	200.0	290.0	757.5
	Denis Chasse		255.0	190.0	282.5	727.5
	Luke Weatherson		182.5	155.0	215.0	552.5



Cayuga Dunnville High School

May 9, 2003

Results: Bill Jamison

The powerlifting contest between Cayuga and Dunnville high school was the first of its kind in over twenty years. In order to promote this competition between these two high schools, I have been working very closely with the teachers involved and their lifters.

This was very time consuming, but the results were well worth it. Despite first time jitters, the lifters were enthusiastic and it was a closely contested competition.

Anyone wishing to get involved in the high school program, please contact Bill Jamison. Contests of this nature need to follow specific guidelines and require a special sanction from the Ontario Powerlifting Association.

A special thank you goes out to the people who helped make this contest a success: Mark Enns, Adam Passfield, Dave Hoffman, Lynton Lam, Billy Jamison, Doug Gow and Chad Chapman.

(lbs)						
Weight Class	Lifter	School	Squat	Bench	DL	Total
56kg	Jesse Gill	Dunville	120	110	230	460
75kg	Tyler Trischuk	Dunnville	265	200	320	785
	Jared Humenik	Cayuga	225	185	340	780
	Kyle Jarvie	Cayuga	195	190	280	665
82.5kg	Colen Green	Dunnville	265	270	310	885
90kg	Matt Farmer	Dunnville	280	245	390	915
	Len Houwer	Cayuga	290	225	395	910
	Matt Horvath	Cayuga	265	245	380	890
	Tyler Horton	Dunnville	210	200	300	710
100kg	Mike Norton	Cayuga	270	170	390	830

Champion of Champions:

Light - Tyler Trischuk
Heavy - Matt Farmer

Team Points:

Dunnville - 55
Cayuga - 46

Ontario Special Olympics

Northern Regions Powerlifting Invitational

April 27, 2003

Results: Bill Jamison

Class	Lifter	Club	Bench	DL	Total
Women					
56kg	Kristin Smeets	St. Cath.	22.5	57.5	80.0
67.5kg	Vivian Gauvreau	N. Lisk.	40.0	102.5	142.5
75kg	Emily Beauchamp	St. Cath.	35.0	87.5	122.5
	Linda Carriere	Hearst	27.5	70.0	97.5
82.5kg	Shari St. Amand	Sudbury	50.0	100.0	150.0
	Sheena Wilson	Meaford	-----	-----	-----
90kg	Bev Phippen	N. Bay	67.5	160.0	227.5
	Gayle Cayen	Pembroke	-----	-----	-----
Men					
52kg	William Fetterly	N. Bay	25.0	42.5	67.5
56kg	Jamie King	Meaford	42.5	115.0	157.5
	Benji Chain	N. Bay	52.5	102.5	155.0
60kg	Paul Wragg	Atikokan	100	160.0	260.0
	Jeff Shand	Pembroke	42.5	85.0	127.5
	Luc Tremblay	Timmins	40.0	85.0	125.0
	Kevin Grigg	N. Bay	35.0	75.0	110.0
67.5kg	Darren Chamberlain	Sarnia	57.5	102.5	160.0
	Blake Bush	Timmins	45.0	102.5	147.5
	Doug Shillington	St. Cath.	55.0	-----	-----
	Brian Dinwoodie	Pembroke	-----	-----	-----
	Joey Battisti	Timmins	-----	-----	-----
75kg	Daniel Robar	Sarnia	70.0	115.0	185.0
	Peter Powers	Timmins	52.5	117.5	170.0
	Bruce Penner	St. Cath.	62.5	105.0	167.5
	Michael Cozac	N. Bay	50.0	80.0	130.0
	Simon Camire	Hearst	45.0	47.5	92.5

Best Lifters:

Women – Bev Phippen
Men – Paul Wragg

Team Awards:

Women – St. Catharines
Men – Timmins

Referees:

Bill Jamison, Daralynn
D'Angelo, Dan Gosselin, Larry
Sheppard

Meet Director:

Larry Sheppard

Announcer:

Mike Bissalio

Scorer:

Bill Jamison Jr.

Platform Manager:

Keith Allan

Spotter Loaders:

Chris Merkely, Jason Partridge,

Dan Harling

Scoreboard:

Klazina Hiltz, Rosalie LaPlante,
Morgan Bentley

London Open

June 7, 2003

Results: Terry Stinchcombe

The London Open featured 15 Novice Lifters along with even more Master Lifters I, II, III, and Juniors. Record lifts by Willie Albert, Marv Kelso, Patrick Hartwick, Jason Marentette and Zachary Johnson. Jim Jong just missed an Elite total. Many thanks go to Glyn Moore and the Niagra Powerlifting Club for use of their platform equipment. It sure worked great.

Thanks to all who helped set up , run the snack bar, head table, computer, spot and load.

Every time I purchased a sculptured award thinking it would look good in our trophy case at The Bob Hayward "Y", another club wins it. Congratulations to The Golden Triangle on the Team Award.

Thanks to all members of the London Powerlifting Club and OPA Referees who were there for the day.

Men:

Best Lifter Light - Jim Jong
Best Lifter Heavy - Rick Morrisette
Best Novice:
1st George Power Jr.
2nd Paul Simoes
3rd Greg Wojtowicz
4th John Veilleux
5th Nickolas Rivard
Best Master I - Jim Jong
Best Master II - Patrick Hartwick
Best Team - Golden Triangle

Women:

Best Novice - Shannon Harris
Best Lifter - Shannon Harris

Sponsors:

Louis Leveque - Titan Equipment
Trafalger Auto - London
For Dogs Only - London
Mclean Scales - London

Class	Lifter	Squat	Bench	DL	Total
Women					
60kg	Cheryl Howey	37.5	32.5	72.5	142.5
67.5	Doreen Bonnel	82.5	50.0	105.0	237.5
	Samantha Hariampous	---	---	---	---
75	Shannon Harris	102.5	82.5	125.0	310.0
Men					
56kg	Jason Marentette	102.5	62.5	132.5	297.5
60	Jim Jong	205.0	137.5	205.0	547.5
67.5	Frank Nadeau	160.0	130.0	180.0	470.0
75	Willie Albert	215.0	140.0	260.0	615.0
	Everett Beachey	197.5	150.0	225.0	572.5
	Paul Simoes	172.5	117.5	232.5	522.5
82.5	Mike Kenso	220.0	135.0	220.0	575.0
	Greag Wojtowicz	182.5	125.0	235.0	542.5
	Nicolas Rivard	192.5	100.0	210.0	502.5
	Dan Gibson	107.5	75.0	160.0	342.5
90	Rick Morrisette	252.5	155.0	300.0	707.5
	Jason Seabrook	185.0	160.0	235.0	580.0
	Marv Kelso	200.0	147.5	222.5	570.0
	Joel Davies	172.5	102.5	225.0	500.0
	Steve Heath	80.0	550.0	125.0	260.0
	Ivica Fargo	---	---	---	---
100	Les Kiss	227.5	190.0	265.0	682.5
	George Power	262.5	157.5	240.0	660.0
	Paul Francis	205.0	142.5	212.5	560.0
	John Veilleux	200.0	135.0	225.0	560.0
	Cameron Shea	180.0	115.0	182.5	487.5
	Martin Walsh	135.0	177.5	135.0	377.5
	Clive Heath	82.5	60.0	135.0	277.5
	Peter Perry	227.5	150.0	---	---
110	Steve Magistrale	260.0	190.0	290.0	740.0
	Patrick Hartwick	277.5	157.5	250.0	685.0
	Shawn Roach	227.5	180.0	247.5	655.0
	Nathan Donahue	207.5	155.0	240.0	602.5
	Joe Fraga	170.0	90.0	190.0	450.0
	Mark Glofcheskie	---	---	---	---
125	Heath Wear	257.5	192.5	257.5	707.5
	Doug Theal	207.5	172.5	227.5	607.5
125+	Clint Harwood	200.0	215.0	235.0	650.0
	Mike Knott	197.5	142.5	210.0	550.0
	Jason Dawson	192.5	125.0	220.0	537.5
	Zachary Johnson	167.5	90.0	185.0	442.5
	Chris Yantha	---	---	---	---
	James Chantler	---	---	---	---

Type of IPF World Contests

[from IPF Rulebook]

The IPF, through its member federations, conducts and sanctions the following World Championships :

- Men's Open World Championships
- Women's Open World Championships
- Men's and Women's combined Sub-Junior World Championships
- Men's and Women's combined Junior World Championships
- Men's and Women's combined Master's World Championships
- Men's and Women's combined Open Bench Press World Championships
- Men's and Women's combined Master's Bench Press World Championship

2nd ONTARIO/QUÉBEC POWERLIFTING CHALLENGE

Anyone interested in being on the Ontario team, contact:
Ontario team coordinator: Eric Gagnon at
eric@ottawaathleticclub.com

SITE: Atlantis Fitness Center, 4300 Boul. Bourque (rte 112) Rock-Forest, Qué.
DATE: Sunday November 2, 2003 11:00 am
WEIGH IN: Sunday November 2, 2003 at 9:00 a.m.

3 lift competition only, Open to men and women

Maximum of 14 lifters per team

The 6 best formulas of each team will determine the winning team.

SANCTION: Sanctioned by the OPA/QPF/CPU. CPU membership card mandatory.

UNIFORM: One piece lifting suit or singlet (**No spandex pants**). IPF approved bench shirts and suits may only be used. **Double thickness suits and shirts not allowed!**

Weight Classes: 52-56-60-67.5-75-82.5-90-100-110-125-125+ (MEN)
44-48-52-56-60-67.5-82.5-90-90+ (WOMEN)

DIVISION: Open only

AWARDS: Medals will be given to each winning team member. Best team: gold medals, 2nd team, silver. Best team trophy.

DRUG TESTS: Approximately 10% of the lifters will be drug tested

Meet Director: Louis Lévesque 819-822-0727 (No calls after 9pm)
louis.lvesque2@sympatico.ca

ENTRY FEE: \$45

ENTRY DEADLINE: October 24 2003 Please respect the deadline.

FREE ADMISSION

PLEASE MAIL ENTRIES AND CHECKS PAYABLE TO:

Louis Lévesque, 342 rte 249 North, St-Élie d'Orford, Qué. J0B 2S0

LODGING: Comfort Inn, 4295 Boul. Bourque, Rock-Forest,
819-564-4400 or 1-800-465-6116

ENTRY FORM - 2nd OPA/QPF POWERLIFTING CHALLENGE

NAME: _____ AGE: _____

DATE OF BIRTH (m/d/y) _____

ADDRESS: _____

CITY _____ PROV. _____

POSTAL CODE: _____ E-MAIL: _____

SEX: _____ WEIGHT CLASS: _____

The QPF reserves the right to **drug test any lifter** at this competition by urine analysis, in accordance with CPU/IPF and USAPL guidelines.

In consideration of your acceptance of the entry, I hereby intend to be legally bound for myself, my heirs, executors or administrators, waive and release any and all rights and claims against the QPF, the CPU, the directors or their representatives and successors and/or assigns, the sponsors of this contest, the meet site and their personnel for any and all injuries suffered by me at the said competition

COMPETITOR'S SIGNATURE: _____

SIGNATURE OF PARENT/GUARDIAN (if under 18): _____

DATE: (m/d/y): _____

Age Categories

[from IPF Rulebook]

Men

Open:

from the day he reaches 14 years and upwards (no category restrictions need apply).

Sub-Junior:

from the day he reaches 14 years and throughout the full calendar year in which he reaches 18 years.

Junior:

from 1 January in the calendar year he reaches 19 years and throughout the full calendar year in which he reaches 23 years.

Master I:

from 1 January in the calendar year he reaches 40 years and throughout the full calendar year in which he reaches 49 years.

Master II:

from 1 January in the calendar year he reaches 50 years and throughout the full calendar year in which he reaches 59 years.

Master III:

from 1 January in the calendar year he reaches 60 years and upwards.

Women

Open:

from the day she reaches 14 years and upwards (no category restrictions need apply).

Sub-Junior:

from the day she reaches 14 years and throughout the full calendar year in which she reaches 18 years.

Junior :

from 1 January in the calendar year she reaches 19 years and throughout the full calendar year in which she reaches 23 years.

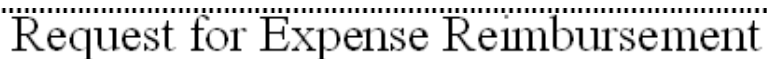
Master I :

from 1 January in the calendar year she reaches 40 years and throughout the full calendar year in which she reaches 49 years.

Master II:

from 1 January in the calendar year she reaches 50 years and upwards.

*Competitive lifting shall be restricted to competitors aged 14 years and older.



- 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

TOP 10 – Ontario - 2 Years Ending December 31, 2002

MEN

	Squat			Bench			DL			Total		
56kg												
	D. Heisel	95.0	08/11/02		D. Heisel	65.0	08/11/02		D. Heisel	125.0	08/11/02	D. Heisel 285.0 08/11/02
60kg												
	J. Jong	197.5	12/07/01		J. Jong	142.5	10/17/01		J. Jong	215.0	03/31/01	J. Jong 547.5 12/07/02
67.5kg												
	G. Moore	210.0	12/07/02		R. Paananen	135.0	12/02/01		G. Moore	235.5	12/07/02	G. Moore 567.5 12/07/02
	R. Paananen	175.0	12/02/01		G. Moore	122.5	12/07/02		B. DeCastro	200.0	08/11/02	R. Paananen 510.0 12/02/01
	B. DeCastro	167.5	08/11/02		F. Nadeau	120.0	05/25/02		R. Paananen	200.0	12/02/01	B. DeCastro 482.5 08/11/02
	F. Nadeau	157.5	05/25/02		B. DeCastro	115.0	08/11/02		A. Goss	185.0	08/04/01	F. Nadeau 457.5 05/25/02
	S. Sher	140.0	05/26/01		A. Goss	87.5	08/04/01		F. Nadeau	180.0	05/25/02	A. Goss 400.0 08/04/01
	A. Goss	127.5	08/04/01		S. Sher	75.0	05/26/01		S. Sher	170.0	05/26/01	S. Sher 385.0 05/26/01
75kg												
	G. Moore	232.5	05/25/02		B. Summers	160.0	09/22/02		B. Summers	260.0	03/31/01	B. Summers 630.0 03/22/02
	B. Summers	230.0	03/22/02		E. Dunstan	150.0	10/13/01		W. Albert	240.0	12/07/02	G. Moore 605.0 05/25/02
	N. Davidson	212.5	08/04/01		H. Singh-Rai	147.5	10/13/01		G. Moore	237.5	09/22/02	N. Davidson 577.5 08/04/01
	J. Bourgoin	212.5	03/31/01		E. Beachey	140.0	05/25/02		N. Davidson	232.5	08/04/01	W. Albert 575.0 12/17/02
	W. Albert	205.0	12/07/02		G. Moore	135.0	05/25/02		E. Beachey	230.0	05/25/02	E. Beachey 552.5 05/25/02
	H. Singh-Rai	195.0	10/13/01		N. Davidson	132.5	08/04/01		St. Goss	207.5	08/11/02	E. Dunstan 532.5 10/13/01
	E. Beachey	182.5	05/25/02		W. Albert	130.0	12/07/02		S. Goss	202.5	08/04/01	J. Bourgoin 527.5 03/31/01
	E. Dunstan	182.5	10/13/01		J. Bourgoin	125.0	03/31/01		E. Dunstan	200.0	08/04/01	H. Singh-Rai 520.0 10/13/01
	St. Goss	172.5	05/26/01		D. Smiderle	110.0	08/04/01		H. Singh-Rai	190.0	10/13/01	St. Goss 482.5 05/26/01
	J. Gutri	155.0	09/22/02		St. Goss	105.0	05/26/01		J. Bourgoin	190.0	03/31/01	S. Goss 472.5 08/04/01
82.5kg												
	J. Becker	262.5	09/22/02		J. Becker	177.5	09/22/02		J. Becker	290.0	09/22/02	J. Becker 730.0 09/22/02
	J. Marentette	242.5	12/07/02		H. Greenidge	175.0	09/22/02		H. Leung	280.0	03/31/01	H. Leung 660.0 03/31/01
	B. Summers	242.5	09/15/01		B. Summers	165.0	11/15/01		J. Marentette	265.0	03/31/01	J. Marentette 657.5 12/07/02
	B. Simms	235.0	05/25/02		J. Marentette	162.5	03/31/01		B. Summers	260.0	11/15/01	B. Summers 650.0 11/15/01
	H. Leung	232.5	03/31/01		E. Dunstan	160.0	05/25/02		B. Simms	250.0	05/25/02	B. Simms 632.5 05/25/02
	J. Bourgoin	230.0	12/07/02		P. Clipperton	152.5	03/31/01		L. Lam	220.0	03/22/02	H. Greenidge 585.0 03/31/01
	H. Greenidge	210.0	03/31/01		B. Simms	150.0	12/02/01		P. Clipperton	220.0	03/31/01	E. Dunstan 565.0 05/25/02
	E. Dunstan	205.0	05/25/02		H. Leung	147.5	03/31/01		R. Etchells	217.5	08/11/02	P. Clipperton 565.0 03/31/01
	L. Greenidge	192.5	05/26/01		C. Kay	145.0	08/04/01		K. Stirling	215.0	10/13/01	J. Bourgoin 542.5 12/07/02
	P. Clipperton	192.5	03/31/01		L. Greenidge	145.0	05/26/01		H. Greenidge	212.5	09/15/01	R. Etchells 540.0 08/11/02
									K. Simms	212.5	05/26/01	
90kg												
	J. Becker	282.5	11/15/01		J. Becker	182.5	09/15/01		R. Morrisette	300.0	05/26/01	J. Becker 750.0 09/15/01
	R. Morrisette	270.0	06/30/02		A. Drolc	175.0	03/10/02		J. Becker	292.5	09/15/01	A. Drolc 717.5 03/10/02
	A. Drolc	262.5	03/20/02		H. Greenidge	172.5	05/26/01		A. Drolc	280.0	03/10/02	R. Morrisette 712.5 05/25/02
	J. Marentette	242.5	03/22/02		S. Seguin	172.5	03/31/01		P. Perry	272.5	12/07/02	J. Marentette 667.5 03/22/02
	D. Bolton	242.5	03/31/01		T. McPhail	162.5	03/10/02		J. Marentette	265.0	03/22/02	P. Perry 655.0 12/07/02
	P. Perry	237.5	12/07/02		M. Goss	162.5	10/13/01		S. Seguin	260.0	12/07/02	D. Bolton 655.0 09/22/02
	T. McPhail	235.0	03/10/02		J. Marentette	160.0	03/22/02		D. Bolton	260.0	09/22/02	T. McPhail 650.0 03/10/02
	D. Pigozzo	235.0	10/13/01		R. Morrisette	155.0	09/22/02		D. Pigozzo	257.5	10/13/01	D. Pigozzo 645.0 10/13/01
	M. Goss	232.5	10/13/01		D. Bolton	155.0	09/22/02		T. McPhail	252.5	03/10/02	S. Seguin 642.5 12/07/02
	S. Seguin	230.0	12/07/02		D. Pigozzo	152.5	10/13/01		T. Jones	232.5	12/07/02	M. Goss 617.5 10/13/01

TOP 10 – Ontario - 2 Years Ending December 31, 2002 (continued)

MEN

	Squat			Bench			DL			Total		
100kg												
S. McKenzie	305.0	03/31/01		E. Gagnon	185.0	11/07/02	S. McKenzie	327.5	03/22/02	S. McKenzie	812.5	03/22/02
E. Gagnon	302.5	03/31/01		S. Magistrale	185.0	09/22/02	J. Platts	280.0	05/25/02	E. Gagnon	750.0	11/07/02
M. Mangan	270.0	08/11/02		M. Mangan	185.0	08/11/02	M. Skypas	275.0	05/25/02	S. Magistrale	700.0	09/22/02
J. Platts	262.5	03/22/02		S. McKenzie	182.5	09/15/01	S. Duncan	272.5	09/15/01	J. Platts	700.0	03/22/02
M. Finochio	262.5	10/13/01		J. Platts	175.0	09/22/02	E. Gagnon	267.5	11/07/02	M. Mangan	697.5	08/11/02
S. Magistrale	260.0	03/31/01		M. Goss	175.0	05/26/01	S. Magistrale	265.0	09/22/02	S. Magistrale	682.5	09/22/02
J. Cautillo	257.5	08/04/01		M. Finochio	170.0	10/13/01	M. Mangan	265.0	03/10/02	M. Skypas	670.0	05/25/02
V. Kozmimko	250.0	08/11/02		M. Skypas	165.0	05/25/02	B. Lyon	262.5	09/22/02	J. Cautillo	662.5	08/04/01
M. Goss	242.5	05/26/01		S. Duncan	157.5	09/15/01	J. Cautillo	255.0	08/04/01	M. Goss	650.0	05/26/01
B. Lyon	230.0	09/22/02		B. Lyon	155.0	09/22/02	S. Seguin	252.5	03/22/02	B. Lyon	647.5	09/22/02
							T. Stinchcombe	252.5	03/31/01			
110kg												
M. Giffen	285.0	03/10/02		M. Giffen	232.5	09/22/02	M. Giffen	297.5	09/22/02	M. Giffen	812.5	09/22/02
M. Finochio	275.0	05/25/02		B. McIntyre	210.0	08/11/02	B. McIntyre	285.0	12/07/02	H. Weir	732.5	09/15/01
H. Weir	272.5	09/15/01		H. Weir	185.0	09/15/01	R. Lyndon	280.0	09/22/02	B. McIntyre	725.0	12/07/02
J. Gemmell	272.5	03/31/01		T. Ekert	182.5	12/07/02	R. Strong	275.0	10/17/01	J. Gemmell	722.5	03/31/01
R. Lyndon	262.5	05/25/02		M. Glofcheskie	182.5	05/25/02	H. Weir	275.0	09/15/01	M. Finochio	715.0	05/25/02
C. Hawkshaw	255.0	09/15/02		J. Gemmell	180.0	03/31/01	J. Gemmell	270.0	03/31/01	S. Chomitz	682.5	10/17/01
M. Mangan	255.0	10/13/01		M. Finochio	177.5	05/25/02	S. Chomitz	267.5	10/17/01	M. Glofcheskie	675.0	05/25/02
M. Glofcheskie	252.5	05/25/02		S. Chomitz	175.0	10/17/01	M. Finochio	262.5	05/25/02	R. Strong	672.5	12/07/01
R. Strong	247.5	12/07/02		S. Roach	162.5	09/22/02	C. Hawkshaw	260.0	12/07/02	R. Lyndon	665.0	09/22/01
B. McIntyre	240.0	12/07/02		D. Theal	162.5	05/25/02	S. Roach	255.0	09/22/02	C. Hawkshaw	645.0	12/07/02
S. Chomitz	240.0	10/17/01		M. Mangan	162.5	10/13/01	V. Gazzola	255.0	09/15/01			
125kg												
D. Gratton	337.5	03/10/02		D. Gratton	245.0	09/22/02	S. Brown	315.0	05/25/02	D. Gratton	862.5	09/22/02
S. Brown	305.0	05/25/02		S. Brown	215.0	05/25/02	R. Silverson	292.5	05/26/01	S. Brown	835.0	05/25/02
R. Silverson	295.0	05/26/01		R. Freeman	210.0	05/25/02	D. Gratton	290.0	09/22/02	R. Silverson	787.5	05/26/01
H. Weir	277.5	05/25/02		H. Weir	202.5	05/25/02	R. Freeman	285.0	05/25/02	R. Freeman	770.0	05/25/02
R. Freeman	275.0	05/25/02		R. Silverson	200.0	05/26/01	H. Weir	275.0	05/25/02	H. Weir	755.0	05/25/02
J. Halliday	245.0	08/11/02		N. DaCosta	192.5	03/10/02	G. Cosby	275.0	10/13/01	J. Halliday	675.0	08/11/02
R. Gazdig	232.5	12/07/02		C. Yantha	175.0	06/30/02	J. Halliday	260.0	08/11/02	G. Cosby	675.0	10/13/01
G. Cosby	227.5	10/13/01		R. Gazdig	175.0	12/02/01	R. Gazdig	255.0	12/07/02	R. Gazdig	657.5	12/07/02
C. Yantha	205.0	06/30/02		G. Cosby	172.5	10/13/01	C. Yantha	250.0	06/30/02	C. Yantha	630.0	06/30/02
M. Gore	205.0	04/08/01		J. Halliday	170.0	08/11/02	B. Pulsifer	247.5	03/10/02	M Gore	585.0	04/08/01
125+kg												
D. Gratton	347.5	05/26/01		D. Gratton	238.0	05/26/01	S. Brown	300.0	03/22/02	D. Gratton	860.0	05/26/01
S. Brown	300.0	03/22/02		S. Brown	212.5	03/22/02	D. Gratton	275.0	05/26/01	S. Brown	812.5	03/22/02
D. Vordnov	275.0	08/11/02		B. Duguay	195.0	09/15/01	C. Yantha	265.0	09/22/02	B. Duguay	715.0	02/15/01
B. Duguay	260.0	09/15/01		C. Yantha	185.0	09/22/02	R. Lyndon	260.0	08/04/01	C. Yantha	692.5	09/22/02
C. Yantha	242.5	09/22/02		D. Vordnov	185.0	08/11/02	B. Duguay	260.0	09/15/01	D. Vordnov	645.0	08/11/02
R. Lyndon	212.5	08/04/01		G. Cosby	147.5	12/07/01	G. Cosby	252.5	12/07/02	G. Cosby	600.0	12/07/02
M. Knott	205.0	05/26/01		M. Knott	140.0	08/11/02	T. Urquhart	240.0	05/26/01	R. Lyndon	597.5	08/04/01
G. Cosby	200.0	12/07/02		T. Urquhart	135.0	05/26/01	D. Vordnov	210.0	08/11/02	T. Urquhart	572.5	05/26/01
T. Urquhart	197.5	05/26/01		R. Lyndon	125.0	08/04/01	M. Knott	180.0	05/26/01	M. Knott	525.0	05/26/01

TOP 10 – Ontario - 2 Years Ending December 31, 2002

WOMEN

	Squat			Bench			DL			Total		
56kg												
K. Schaus	115.0	08/04/01		P. Cookson	62.5	05/25/02	K. Schaus	117.5	08/04/01	K. Schaus	292.5	08/04/01
P. Cookson	80.0	05/25/02		K. Schaus	60.0	08/04/01	P. Cookson	97.5	05/25/02	P. Cookson	240.0	05/11/02
A. Brooker	70.0	04/08/01		A. Brooker	42.5	04/08/01	R. Goss	85.0	08/04/01	A. Brooker	190.0	04/08/01
R. Goss	52.5	08/04/01		R. Goss	37.5	08/04/01	A. Brooker	77.5	04/08/01	R. Goss	175.0	08/04/01
60kg												
J. Lessard	115.0	12/07/02		C. Cosby	72.5	12/07/02	J. Lessard	142.5	12/07/02	J. Lessard	325.0	12/07/02
C. Cosby	112.5	12/07/02		J. Lessard	67.5	12/07/02	C. Cosby	117.5	05/25/02	C. Cosby	300.0	12/07/02
K. Schaus	107.5	09/15/01		K. Schaus	57.5	09/15/01	K. Schaus	117.5	09/15/01	K. Schaus	282.5	09/15/01
L. Harlie	100.0	12/07/02		L. Harlie	50.0	12/07/02	L. Harlie	100.0	12/07/02	L. Harlie	250.0	12/07/02
67.5kg												
G. Papolis	152.5	08/11/02		G. Rkmlis	87.5	08/11/02	G. Papolis	150.0	08/11/02	G. Papolis	390.0	08/11/02
S. Clark	142.5	09/15/01		L. Squires	70.0	12/07/02	S. Clark	145.0	09/15/01	S. Clark	342.5	09/15/01
L. Squires	135.0	05/25/02		L. Harlie	55.0	08/11/02	L. Squires	137.5	05/25/02	L. Squires	337.5	05/25/02
D. McPherson	102.5	09/15/01		S. Clark	55.0	09/15/01	D. McPherson	127.5	09/15/01	D. McPherson	285.0	09/15/01
L. Harlie	100.0	08/11/02		D. McPherson	55.0	09/15/01	L. Harlie	110.0	08/11/02	L. Harlie	265.0	08/11/02
D. Bonnell	80.0	06/30/02		D. Bonnell	45.0	06/30/02	D. Bonnell	105.0	06/30/02	D. Bonnell	242.5	06/30/02
M. Gorgi	52.5	08/04/01		M. Gorgi	42.5	08/04/01	M. Gorgi	72.5	08/04/01	M. Gorgi	167.5	08/04/01
75kg												
G. Papolis	160.0	12/07/02		G. Papolis	85.0	12/07/02	G. Papolis	165.0	12/07/02	G. Papolis	410.0	12/07/02
S. Clark	152.5	09/22/02		S. Clark	75.0	09/22/02	S. Clark	160.0	09/22/02	S. Clark	387.5	09/22/02
D. McPherson	97.5	08/04/01		D. McPherson	55.0	05/26/01	D. McPherson	120.0	08/04/01	D. McPherson	270.0	08/04/01
82.5kg												
U. Kruger	147.5	12/07/02		P. Eisen	77.5	08/04/01	U. Kruger	170.0	12/07/02	U. Kruger	392.5	12/07/02
S. Frankel	130.0	04/08/01		U. Kruger	75.0	12/07/02	S. Frankel	145.0	09/27/02	S. Frankel	342.5	09/27/02
P. Eisen	117.5	09/27/01		S. Frankel	75.0	03/22/02	P. Eisen	132.5	10/13/01	P. Eisen	317.5	10/13/01
M. Greenidge	95.0	08/04/01		M. Greenidge	57.5	08/04/01	M. Greenidge	100.0	08/04/01	M. Greenidge	252.5	08/04/01
90kg												
H. Johns	147.5	09/15/01		P. Eisen	80.0	09/27/02	H. Johns	152.5	09/15/01	H. Johns	365.0	09/15/01
P. Eisen	125.0	08/11/02		K. Murphy	67.5	10/13/01	P. Eisen	137.5	09/22/02	P. Eisen	335.0	09/22/02
K. Murphy	110.0	10/13/01		H. Johns	65.0	09/15/01	K. Murphy	135.0	10/13/01	K. Murphy	312.5	10/13/01
M. Greenidge	105.0	06/30/02		M. Greenidge	62.5	06/30/02	M. Greenidge	110.0	06/30/02	M. Greenidge	277.5	06/30/02

Please report any errors to omissions or corrections to:

Dave Hoffman
OPA Records Chairperson
 278 Thaler Ave
 Kitchener, ON N2A 1R6
 Phone: (519) 894-5913
 Fax: (905) 465-2950

Ontario Bench Press Records

Class	kg	Lifter	Date	Contest
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
67.5kg	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				
60kg	70.0	J. Lessard	03/16/03	Winnipeg, MB
67.5kg	67.5	L. Squires	12/08/02	Guelph, ON
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	147.5	J. Jong	03/16/03	Winnipeg, MB
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	147.5	J. Jong	03/16/03	Winnipeg, MB
67.5kg	140.0	K. Lam	06/19/90	Surrey, BC
75kg	150.0	E. Dunstan	12/02/01	Cambridge, ON
82.5kg	178.5	H. Greenidge	03/16/03	Winnipeg, MB
90.0kg	175.5	H. Greenidge	04/01/01	Quebec City, QU
110kg	210.0	B. McIntyre	03/16/03	Winnipeg, MB
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. 3-Lift, Bench, 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
Required if competing Jan 1, 2003-Dec 31, 2003
Includes Newsletter



Canadian Powerlifting Union

Name: _____
First Name Middle Initial Last Name
Address: _____ **City:** _____
Province: _____ **Postal Code:** _____ **Phone:** _____ - _____ - _____
Email: _____

Check One:

- ☐ Renewal: \$60.00 ☐ New Member Jan 1-Jun 30, 2003: \$60.00
☐ Renewal: SDO/OSO:\$40.00 ☐ New Member Jul 1-Dec 31, 2003: \$40.00
☐ New Member SDO/OSO: \$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:** _____

Send application & cheque or money order to:

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

Make Cheque or Money Order

payable to:
Ontario Powerlifting
Association

*Allow 6 weeks for CPU Cards to be
processed. Registration will not be accepted
on the day of a contest. Rev: 08/03[uk]

Reasons for Failures in the Squat [from IPF Rulebook]

- Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees
- Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
- Changing the position of the bar across the shoulders after the commencement of the lift. Any movement of the bar on the back more than the diameter/thickness of the bar below the lifter's chosen starting position.
- Stepping backward or forward although lateral movement of the foot and rocking the feet between the ball and heel is permitted.
- Failure to observe the Chief Referees signals at the commencement or completion of the lift.
- Double bouncing or more than one recovery attempt at the bottom of the lift.
- Contact with bar or lifter by the spotters/loaders between the Chief referees signals, in order to make the lift easier.
- Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored.
- Any dropping or dumping of the bar after completion of the lift.
- Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.

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

[From the CPU Constitution]

ARTICLE XIX: NATIONAL RECORDS

- 1) A standard C.P.U. Record Application form must be submitted to the National Records Chairman no later than sixty days from the date of any sanctioned competition.
- 2) The lifter must have been subjected to a doping control test, the sample analyzed at an I.O.C.-accredited laboratory, and the test result found to be negative.
- 3) a) The chief referee's seat must be occupied by an official of C.P.U. National or higher rank.
b) At least one side referee must also be National rank or higher. The second side referee may be of Provincial Category I or higher rank.
- 4) I.P.F. rules must be followed.
- 5) If a C.P.U. National Record is established by a Canadian citizen while competing in a foreign country, that record will only be recognized if:
 - a) The lifter has been subjected to a doping control test, the sample analyzed at an I.O.C. accredited laboratory, and the test result found to be negative.
 - b) The record was made before three I.P.F. International referees, all of whose registrations are up to-date.
 - c) The competition was sanctioned by a lifting organization which is affiliated with the I.P.F.
 - d) The competition must have been organized and conducted according to I.P.F. rules.

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

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 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
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

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

60 kg				
Squat	110.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Bench	67.5	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Deadlift	145.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Total	322.5	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
67.5kg				
Squat	132.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
Bench	70.0	L. Squires	Dec-02	Ontario Masters, Guelph, ON
Deadlift	137.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
Total	337.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB

Women's Seniors Records - Modern Era

48kg				
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
52kg				
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
56kg				
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
60kg				
Squat	160.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
Bench	85.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
Deadlift	145.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Total	395.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
67.5kg				
Squat	182.5	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB
Bench	95.0	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB
Deadlift	132.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
Total	437.5	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB
75kg				
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
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
90kg				
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
90+kg				
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
Men's Junior Records - Modern Era				
52kg				
Squat	172.5	S. Boulerville	Mar-92	Ontario Seniors, North Bay, ON
Bench	90.0	S. Boulerville	May-91	Canadian Juniors, Kitchener, ON
Deadlift	185.5	S. Boulerville	Mar-92	Ontario Seniors, North Bay, ON
Total	445.0	S. Boulerville	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

Men's Junior Records - Modern Era (Continued)

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	
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	172.5	T. Ekert	Mar-03	Canadian Juniors, Winnipeg, MB	
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	
Men's Senior Records - Modern Era					
52kg					
Squat	170.0	S. Boulерice	Feb-92	Canadian Juniors, Kitchener, ON	
Deadlift	185.0	S. Boulерice	Feb-92	Canadian Juniors, Kitchener, ON	
56kg					
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	Feb-00	Canadian Chmp, Moose Jaw, SK	
Total	547.5	J. Jong	Dec-02	Ontario Masters, Guelph, ON	
67.5kg					
75kg					
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	
82.5kg					
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	
90kg					
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	
100kg					
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	
110kg					
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	

Men's Senior Records - Modern Era (continued)

125kg					
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	
125+kg					
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	
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	
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	

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. Bourgoin	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. Bourgoin	Dec-99	Ontario Masters, Toronto, ON

90kg

Squat	240.0	S. Seguin	Mar-03	Canadian Masters, Winnipeg, MB
Bench	165.0	K. Hult	Mar-96	Canadian Masters, 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

Men's Master Records (60 +) Modern Era

82.5 kg

Squat	170.0	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Bench	105.0	I. Williamson	Mar-03	Canadian Masters, Winnipeg, MB
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

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.

[from Ontario Powerlifting Constitution and Bylaws]



Classification Awards Program Badge Application for Ontario Powerlifting Association Members

Member Information:

Name: _____

Address: _____

Province: _____ Postal Code: _____

CPU#: _____ Date of Birth: _____ ☐ M ☐ F

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

Contest Information:

Name of Meet: _____ Date: _____

Place of Meet: _____ Club Represented: _____

Weight Class: _____ kg Actual Weight: _____ kg Actual Total: _____ kg

Badge Applied for: ☐ Elite ☐ Master ☐ Class I ☐ Class II ☐ Class III ☐ Class IV

Lifter's Signature: _____ Date: _____

Classification Awards Program

Purpose of the Classification Awards Program:

1. To give meet promoters some guidelines for qualifying totals when setting up local, provincial and national contests. There can be for example, specific contests for Class IV, Class III and/or Class II, etc.
2. To provide an incentive program for novice lifters.
3. To provide recognition to those who have achieved status in their sport.
4. The classification totals will be subject to alteration in time. Recognition will be in the form of a coloured patch designating the level of proficiency the athlete has attained.

CLASSIFICATION TOTALS: MEN												
Wt Class	52kg	56	60	67.5	75	82.5	90	100	110	125	125+	Badge Colours
Elite	482.5	525.0	565.0	632.5	692.5	745.0	785.0	827.5	857.5	882.5	917.5	Black & Red
Master	445.0	482.5	520.0	580.0	635.0	682.5	722.5	760.0	787.5	810.0	842.5	Red & White
Class 1	400.0	432.5	465.0	522.5	570.0	612.5	645.0	682.5	705.0	725.0	757.5	Blue & White
Class 11	352.5	380.0	410.0	457.5	500.0	540.0	570.0	600.0	620.0	640.0	667.5	Green White
Class 111	305.0	332.5	357.5	402.5	437.5	470.0	497.5	525.0	542.5	557.5	580.0	Orange White
Class IV	267.5	290.0	312.5	350.0	380.0	410.0	432.5	455.0	475.0	487.5	507.5	Yellow & White
CLASSIFICATION TOTALS: WOMEN												
Wt Class	44kg	48	52	56	60	67.5	75	82.5	90	90+	Badge Colours	
Elite	290.0	310.0	332.5	355.0	375.0	412.5	445.0	477.5	512.5	540.0	Black & Red	
Master	262.5	282.5	302.5	322.5	340.0	375.0	405.0	435.0	465.0	490.0	Red & White	
Class 1	235.0	255.0	272.5	290.0	305.0	337.5	365.0	392.5	417.5	440.0	Blue & White	
Class 11	210.0	225.0	242.5	257.5	272.5	300.0	325.0	347.5	372.5	392.5	Green & White	
Class 111	182.5	197.5	212.5	225.0	237.5	262.5	282.5	305.0	325.0	342.5	Orange & White	
Class IV	157.5	170.0	182.5	192.5	205.0	225.0	242.5	260.0	280.0	295.0	Yellow & White	

Qualifying Totals	Women Provincial	Men Provincial	Women National	Men National
Senior	Class III	Class I	Class III	Class I
Master I (40 - 49)	Class III	Class II	Class III	Class II
Master II (50+)	Previous Experience	Class III	Previous Experience	Class III
Master III (60+)	Previous Experience	Previous Experience	Previous Experience	Previous Experience
Junior	Class III	Class III	Class III	Class III
Intermediates	(Not Applicable)	(Class III + 4%) < Class I	(Not Applicable)	(Not Applicable)

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

2003 OPA Affiliated Clubs

Brantford Bodyline Powerlifting OSO

Doug Vair (519) 759-6896
53 Colonial Crescent
Brantford, ON N3R 7M9
Email: fabprint@on.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
278 Thaler Ave
Kitchener, ON N2A 1R6

Iron Foundation Powerlifting Club

Mark Giffin (519) 658-6574
255 Scott Road
Guelph, ON N3T 3W7

J. B. Fitness Powerlifting

Janice Box (519) 421-3767
523 Dundas St
Woodstock, ON N4S 1C3
Email: jbox@odyssey.on.ca

Kingston Eagles Special Olympics

Pauline Weston (613) 389-5929
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Kingston, Ontario K7M 3S2

Kitchener Iron Angels

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Kitchener, ON N2A 2R3
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K-W Grizzlies

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Limestone Powerlifting Club

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London, ON N6E 2K2
Email: karnterr@sympatico.ca
Web site: www.londonpowerlifting.org

London Special 0

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St. Catharines, ON L2S 3T9

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Pembroke Lightning

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Power Pit Gym

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