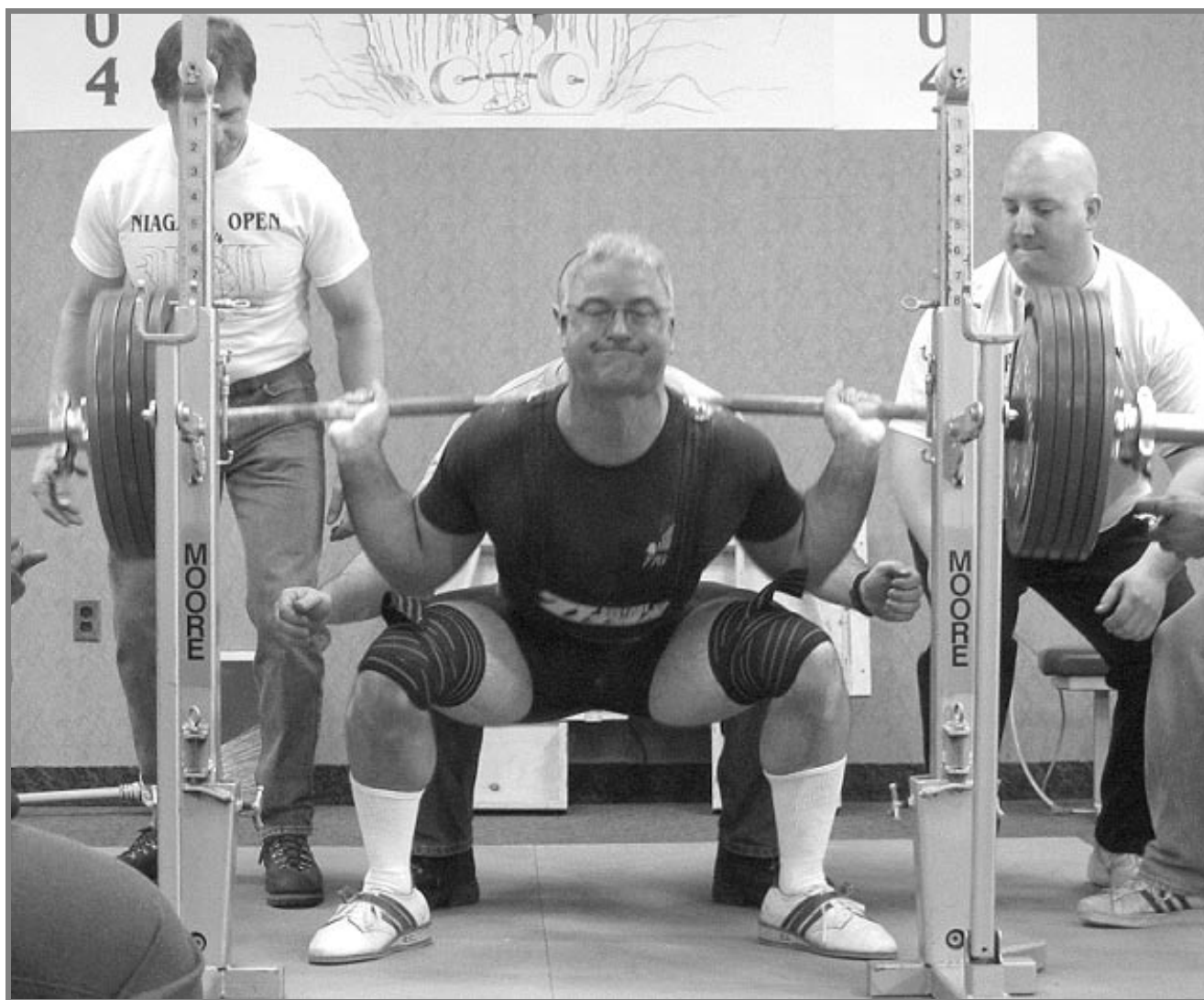


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Ontario Powerlifting News

February 2004, Volume 55, Issue 1

Official Newsletter of the Ontario Powerlifting Association



Niagara Open – Steve Chomitz



Inside this Issue
Annual General Meeting
Upcoming Contests
Records, Results,



From the President

William T. Jamison

The 2003 Annual General Meeting was held in Kitchener on December 6. One of the first items was the introduction and acceptance of Jackie Mattice as interim secretary and Mark Glofcheskie as interim Northeastern Regional Chairperson. The rest of the meeting went very well. The complete minutes can be found in this newsletter.

The Ontario Juniors, Masters and Bench Press Championships were held the following day. I would like to thank Lynton Lam and all the volunteers for all their hard work. The highlight of the day was Mark Giffen's incredible Masters I world record Bench Press of 265 kg in the 125kg class. Mark broke the record on his 2nd and 3rd attempts, and then went on to amaze us all by breaking it again on a 4th attempt.

The 2004 Canadian Championships are fast approaching. Lynton Lam, the meet director, and his team of volunteers are working hard to make these Championships a success. Any one wishing to volunteer their services at the announcer table, as a spotter loader, or in any other way, please contact Lynton Lam at (519) 893-8479.

Registration Chairperson

Lynda Squires

I would like to welcome all of our new lifters in 2004 and thank all of those members who have renewed their memberships. I have registered 101 lifters so far.

Nine clubs are affiliated with the OPA and 5 competitions have been sanctioned for 2004. These competitions should be available on the OPA website.

The first competition of 2004 was the 2nd Annual Niagara Open and once again, Glyn Moore and Niagara Powerlifting Club have outdone themselves. Congratulations on a well run competition and to all who participated in making the meet a success.

The Nationals are fast approaching and if you are planning to compete, you should register for your CPU card as soon as possible. Once again, I must remind you that it takes 4 to 6 weeks to process CPU cards. I have made more than one exception to the rule for lifters who have left registering until the last minute.

Lets make 2004 a year to remember. If you know anyone who is interested in powerlifting, take them to a competition and tell them know what it is all about. The more lifters, the merrier.

Good Luck to all those lifters competing in Kitchener at the Nationals. GO ONTARIO!



From the Editor

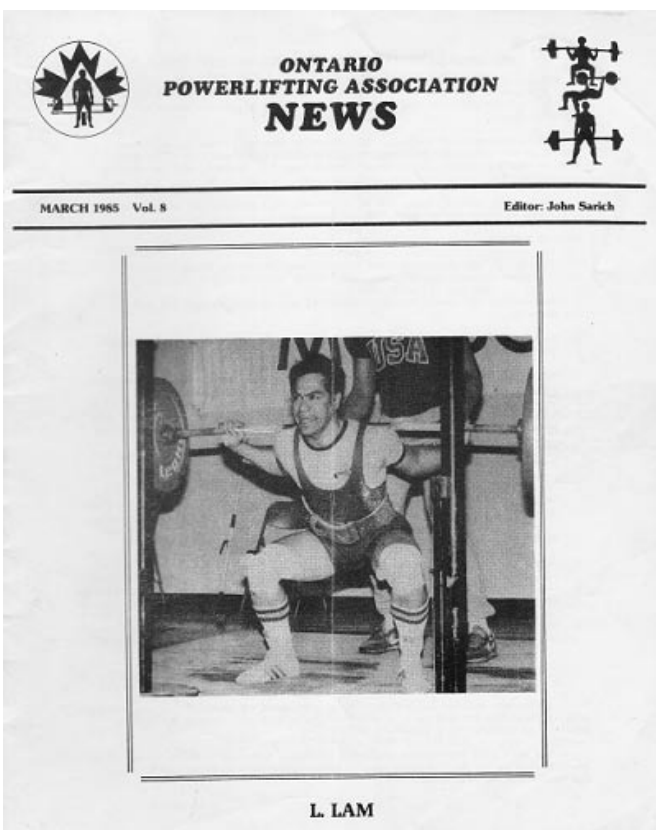
Ulrike Kruger

This issue is a little sparse for photos. Unfortunately, I have become rather busy lately and have not had the time to attend any powerlifting contests to take a few pictures. I know there is more than one person out there with a camera.

It's great to see that we have a couple of submissions for the Club Updates section. Hopefully, we can fill this page every issue going forward.

Referees... we need referees. Please contact Lynton Lam, our Referee Chairperson, who will provide the information required to take on the noble cause of being a referee.

As usual, send me your ideas and updates for the newsletter!



OPA Newsletter cover – March 1985

Referees Needed!

The Ontario Powerlifting Association
needs more referees

Contact: Lynton Lam
(519) 893-8479 or llamn628@rogers.com

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✱ Ontario Powerlifting News✱

Next Deadline: April 30, 2004

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Ontario Powerlifting News is published several times per year. The Newsletter is included in the Ontario Powerlifting Association membership

Contributors: Terry Stinchcombe, Bill Jamison, Lynda Squires, Dave Hoffman, Glyn Moore, Jay Gemmell, Krista Schaus, Karen Stinchcombe, Lynton Lam

Photo Front Cover: Glyn Moore

Advertising: 1 page - \$75, ½ page - \$50, ¼ page - \$25
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

Apr 30	➔ Newsletter Deadline	
Mar 18-22	CPU Nationals Lynton Lam (519) 893-8479 llamn628@rogers.com www.lyntonspowerlifting.org	Kitchener
Mar 27	Windsor Classic Indoor Games Sheldon Duncan	Windsor
Apr 18	Steel City Open and Mentally Challenged Bill Jamison (905) 765-5345	Brantford
May 1	Ontario Deadlift Open and Bench Press Qualifier Dave Hoffman (519) 894-5913	Waterloo
Jun 5	14 th Annual London Open Terry Stinchcombe (519) 681-4766 karenterr@sympatico.ca Stan Goss (519) 660-4989 or (519) 673-0936	London
Aug	Ontario Intermediate Men	TBD
Sep	Ontario Senior Men and Women	TBD
Dec	Ontario Master/Junior/Bench	TBD

IPF Worlds Timetable

Apr 15-18	World Bench Masters	Slovakia
Jun 3-6	World Women	France
Sep 8-12	World Sub-Juniors and Juniors	South Africa
Oct 5-10	World Masters	India
Nov 9-14	World Men	South Africa
Dec 1-5	World Bench Press	Cleveland, USA

*Refer also to: <http://www.powerlifting-ipf.com/>

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

=== Next Deadline: April 30, 2004 ===

14th Annual London Open

Date: June 5, 2004
Host: London Powerlifting Club
Place: South London Community Centre,
1129 Jalna Blvd. London
Lifts: 3 lift contest
Eligibility: Open contest, sanctioned by the
Ontario Powerlifting Association
Weigh In: All women/men up to 82.5kg: 7:30 AM
90kg – 125+: 10:30 AM (subject to change)
Awards: 1st – 3rd in each weight class
Best Lifters Men and Women, Best Masters
1st, 2nd, 3rd
Best Team (affiliated clubs)
Meet Director: Terry Stinchcombe (519) 681-4766
Email: karenterr@sympatico.ca
Stan Goss (519) 660-4989, (519) 673-0936
Web Site: LondonPowerlifting.org
Entry Fee: \$50.00 (includes T-shirt)
Entry Deadline: Postmarked May 17, 2004
Payable To: The London Powerlifting Club
Send Entry To: Terry Stinchcombe
18 Locust Crescent,
London, Ontario N6E 2K2
➔ Use Contest Entry form on Page 9

Windsor Classic Indoor Games

Date: March 27, 2004 11:00 AM
Host: Sport for Disabled Ontario
Place: University of Windsor – St. Denis Hall
Type of Contest: Open Blind, Open Functional
Weigh In: 8:30 AM
Awards: Plaques
Meet Director: Sheldon Duncan
Entry Fee: \$35.00
Entry Deadline: Feb 13, 2004
Payable To: Windsor Classic Indoor Games
Send Entry To: Windsor Classic Indoor Games
2450 McDougall St
Windsor, ON N8X 3N6

OPA Club Updates

What is happening within clubs in Ontario

London Powerlifting Club

– Karen & Terry Stinchcombe

London Powerlifting Club will be represented at the national championships by several lifters:

- Master 1- Barry Simms, Rick Gazdig, Tim Jones.
- Master 2- Stan Goss, Peter Perry, Linda Squires.
- Master 3- Ivan Williamson, Terry Stinchcombe.
- Bench Press- Criag Stinchcombe, Mike Goss, Matt Chute, Mike Knott.

The fourteenth annual London Open Powerlifting meet will be held June 5, 2004 at the South London Community Center. New referee Mike Knott from our club is doing an excellent job of officiating. He has refereed at two meets this year already.

Good Luck to all this year and stay injury free.

St. Thomas

– Daniel Pare

Here we are in February with some great news. I am opening a gym / Strength Training Facility on the weekend, so the St. Thomas D.F. Powerlifting club and the St. Thomas Elite O.S.O. Powerlifting club. Both teams will train with competition equipment regularly. More on this later on.

PoweReach Powerlifting Club

– Ashley Hartwick, Head Coach

Patrick Hartwick, owner of PoweReach has been involved in powerlifting and Olympic lifting for the past 37 years. His passion and dedication to the sport of weightlifting is truly amazing. Recently, officially breaking both Ontario and Canadian records in the Masters II class, Patrick is on his way to the top, and making his dreams come true. Patrick Holds all the OPA 110kg Master II class records, and the National Squat in the 110kg Master II record.

Our club is continuing to grow and new members are always welcome. Please not that our club email has changed to: powereach@sympatico.ca

Submit your Club Updates!

Lets fill the entire page next issue!

Send to: ukruger@powerlifting.ca

=== Next Deadline: April 30, 2004 ===

Ontario Deadlift Open& Bench Qualifier

Date: May 1, 2004
Host: Golden Triangle Powerlifting Club
Place: Albert McCormack Arena, Waterloo
Lifts: Bench Press or Deadlift
Eligibility: Open contest
Sanctioned by Ontario Powerlifting Association
Weigh In: Bench Qualifier: 12:30 pm
Deadlift: 1:00 pm
Awards: Deadlift: 1st to 3rd in each class, Master 1st to 5th, Best Lifter, Team Trophy
Bench Press: No Awards
Meet Director: Dave Hoffman (519) 894-5913
Entry Fee: Deadlift: \$40.00, Bench Press \$20.00
Entry Deadline: April 17, 2004
Payable To: Golden Triangle Powerlifting Club
Send Entry To: Dave Hoffman
278 Thaler Avenue,
Kitchener, ON N2A 1R6

Steel City Open & Mentally Challenged

Date: April 18, 2004
Host: Steel City Powerlifting Club
Place: Best Western Brant Park Inn
19 Holiday Drive, Brantford
Type of Contest: Mentally Challenged and Open: 3 Lift
Eligibility: Sanctioned by Ontario Powerlifting Association
Weigh In: Mentally Challenged 7:00AM
Open 11:30AM
Awards: Mentally Challenged: 1st to 3rd in each class, Champion of Champions (Men and Women), Team
Open: 1st to 3rd in each class, Champion of Champions (Men & Women), Team
Meet Director: Bill Jamison (905) 765-5345
Entry Fee: \$50.00
Entry Deadline: April 7th 2004
Payable To: Bill Jamison
Send Entry To: Bill Jamison
412 Big Creek Road
Caledonia, ON N3W 2G9

➔ Use Contest Entry form on Page 9

2003 Bench Press Open

December 7, 2003

Results: Lynton Lam

Lifter	Bench	Lifter	Bench
Women		Men	
60kg		100kg	
Cindy Cosby	72.5	Jason Seabrook	175.0
Jane Lessard	67.5	Terry Stinchombe	160.0
		John Giffen	152.5
		Martin Walsh	-
Men			
75kg		110kg	
Everett Beachey	167.5	Bruce McIntyre	227.5
Graig Stinchcombe	145.0	Mike Goss	182.5
Harnek Singh Rai	100.0	Shaun Roach	182.5
82.5kg		Tim Ekert	180.0
Laurie Greenidge	130.0	Nathan Donahue	170.0
90kg		Mark Finocchio	65.0
Herb Greenidge	162.5	Mike Mangan	-
Jason Master	160.0	125+kg	
Hoi Leung	160.0	Mark Glofchski	65.0
Miroslav Kopnicki	150.0	Shawn O'Halloran	252.5
Tim Jones	147.5	Sean Brown	230.0
David Pigozzo	145.0	Wayne White	200.0
Matt Chute	140.0	David Hoffman	155.0
Adam Bury	125.0	Mike Knott	152.5
Robert Truchon	130.0		
Jon Heisel	-		

Best Lifter: Shawn O'Halloran
Best Team: Golden Triangle Powerlifting Club
Announcer: Stan Goss
Score Sheet: Ms. Stinchombe
Referees: Bill Jamison, Gord Cosby, Rick Gadzig

CPU Nationals

Mar 18-21, 2004

Information:

<http://www.lyntonspowerlifting.org/>

Volunteers Needed

Lynton Lam (519) 893-8479
Email: llamn628@rogers.com

2003 Ontario Junior & Masters

December 7, 2003

Results: Lynton Lam

Lifter	Squat	Bench	Deadlift	Total
Sub Juniors Women				
52kg				
Christine Greenidge	50.0	35.0	70.0	155.0
Sub Juniors Men				
56.0 kg				
Jason Marrenette	102.5	62.5	147.5	312.5
60.0 kg				
Davis Heisel	175.0	92.5	175.0	442.5
67.5 kg				
John Greenidge	85.0	45.0	100.0	230.0
75.0 kg				
Willie Albert	240.0	150.0	260.0	650.0
Jessie Jamison	167.5	95.0	180.0	442.5
125+kg				
Zack Johnson	105.0	100.0	102.5	307.5
Juniors Men				
82.5 kg				
Vince Byrne	215.0	175.0	235.0	625.0
Nicholas Rivard	60.0	145.0	225.0	430.0
90.0 kg				
Joel Davis	190.0	137.5	235.0	562.5
Adam Bury	182.5	125.0	205.0	512.5
Greg Zilberbrant	165.0	145.0	182.5	492.5
110 kg				
Jason Byrne	230.0	172.5	272.5	675.0
Tim Ekert	217.5	190.0	230.0	637.5
Cam Hawkshaw	-	-	-	-
Master I				
67.5 kg				
Frank Nadeau	165.0	130.0	192.5	487.5
75.0 kg				
Harnek Singh Rai	205.0	120.0	192.5	517.5
82.5 kg				
Mike Kelso	185.0	120.0	222.5	527.5
90.0 kg				
Jerry Marenette	247.5	170.0	275.0	692.5
Tim Jones	200.0	152.5	220.0	572.5
Herb Greenidge	100.0	175.0	100.0	375.0
100.0 kg				
Dr Paul Francis	-	-	-	-
110.0 kg				
Steve Chomitz	260.0	195.0	275.0	730.0
Bruce McKenzie	240.0	215.0	275.0	730.0

Lifter	Squat	Bench	Deadlift	Total
Master I (continued)				
125.0 kg				
Mark Giffen	272.5	257.5	285.0	815.0
Ron Strong	240.0	157.5	275.0	672.5
Rick Gazdig	220.0	155.0	250.0	625.0
125+ kg				
Gordon Cosby	205.0	157.5	280.0	642.5
Masters II				
82.5 kg				
Laurie Greenidge	200.0	125.0	210.0	535.0
John Bourgoin	205.0	102.5	192.5	500.0
90.0 kg				
Scott Seguin	200.0	160.0	250.0	610.0
100.0 kg				
Peter Perry	240.0	157.5	290.0	687.5
Terry Stinchombe	210.0	160.0	230.0	600.0
110.0 kg				
Patrick Hartwick	272.5	150.0	255.0	677.5
Master III				
90.0 kg				
Marvin Kelso	190.0	140.0	192.5	522.5
100.0 kg				
Ray Villeneuve	155.0	112.5	170.0	437.5

Many Canadian & Ontario Records were broken.

Mark Giffen Broke a Master 1 Bench Press World Record "in the 3 lifts"

Junior Best Lifter: Willie Albert

Master Best Lifter: Mark Giffen

Junior Best Team: Bell River Powerlifting Club

Master Best Team: London Powerlifting Club

Referees: Bill Jamison, Harnek Singh Rai, Lynton Lam, Perry Lacelle, Sean Brown, Mike Knott, Rick Gazdig, Gord Cosby
John Dungey, Stan Goss

Announcer:

Score Board: Billie Jamison

Score Sheet: Ms. Lacelle, Ms. Stinchombe, Jackie Mattice

Platform Crew: Daniel Mitchell, Brian DeCastro, Virgil Gazzola, Arno Dyck, David Sabourin, Glen Moore

Thanks to those above and Popeyes Gym, Niagara Powerlifting Club, Monster Gym, London Powerlifting Club & Steel City Powerlifting Club



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2004 Niagara Open

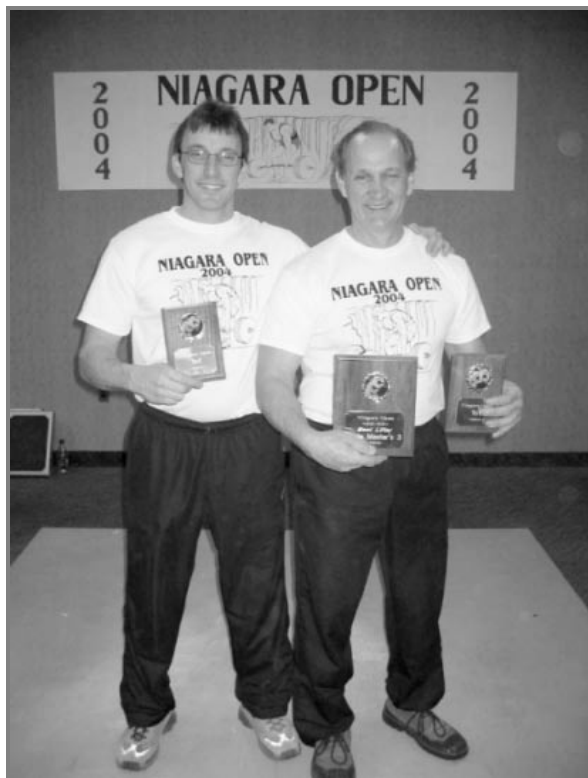
Jan 24, 2004

Results: Glyn Moore, Jay Gemmell

Lifter	Club	Cat.	Squat	Bench	DL	Total
Women						
82.5kg						
Wendy Hlywka	Monster	Master I	102.5	70.0	132.5	305.0
90kg						
Inga Patton		Open	-	-	-	-
Men						
67.5						
Dan Shea		Junior	152.5	110.0	177.5	440.0
David Potvin	Ottawa Strong	Open	160.0	80.0	190.0	430.0
75.0						
Everett Beachey		Open	200.0	167.5	255.0	622.5
John Bourgoin	Golden Triangle	M2	215.0	112.5	200.0	527.5
82.5						
Mike Kelso		M1	210.0	142.5	227.5	580.0
90.0						
Marvin Kelso		M3	200.0	150.0	185.0	535.0
Robert McIntyre		Open	200.0	115.0	215.0	530.0
Jason Seabrook	Golden Triangle	Open	-	-	-	-
Rick Morrisette		Open	-	-	-	-
100.0						
Steve Chomitz	Golden Triangle	M1	267.5	197.5	277.5	742.5
Jason Platts	Ottawa Strong	Open	260.0	190.0	275.0	725.0
Byron Monstur	Bayview	M2	240.0	147.5	255.0	642.5
Martin Walsh		Open	222.5	187.5	225.0	635.0
Paul Francis		M1	217.5	147.5	245.0	610.0
James Grenier		Open	205.0	130.0	207.5	542.5
110.0						
Bruce McIntyre	Golden Triangle	M1	260.0	232.5	280.0	772.5
Mark Glofcheskie	North Bay	M1	260.0	190.0	262.5	712.5
Patrick Hartwick	Power Reach	M2	285.0	155.0	245.0	685.0
Anton Migounov	Ottawa Strong	Junior	247.5	160.0	275.0	682.5
Ken Smalko	Niagara	Open	222.5	137.5	227.5	587.5
125.0						
Tom Lamb		Open	250.0	155.0	290.0	695.0
James Bezaire		Open	240.0	165.0	265.0	670.0
Doug Theal		Open	227.5	187.5	240.0	655.0
George Flikas		M3	67.5	185.0	140.0	392.5
125+						
Kerry LeBlond	Ottawa Strong	Open	225.0	167.5	245.0	637.5
Joe Montgomery		Junior	210.0	155.0	245.0	610.0

At the 2nd annual Niagara Open we had a fantastic day of lifting. The competition ran exceptionally smooth and very quickly. I would like to recognize that it takes the efforts of everyone involved to make a meet come off this way. Firstly I would like to thank our friend Stan Goss for his excellent commentary with the local cable company that covered our contest. The fine spotters: Steve Magistrale, Sean Braur, Mike Trip, Matt Cuthbert, Andy Miracle and platform manager Dave Warriner made the

necessary adjustments very quickly. All this being said, it is the lifters that decide the rate of the day. In my opinion, the level of lifting in this province is steadily rising. Each lifter that participated in this meet, was ready to lift when the "Bar is loaded" signal was given. There was no waiting. I believe that this speaks to increased levels of organization, and a clear understanding of the nature of our sport. The lifters deserve as much credit for "a meet well done", as do any of the others that have already been mentioned.



Marvin and Mike Kelso with 1st Place finishes
(Father and Son M1 and MIII lifters)



Novice lifter Tom Lamb with a 290kg deadlift

Niagara Open (continued)

Now, on to the lifting:

Women There were two female lifters. In the 82.5kg class there was Wendy Hlywka lifting in only her second competition. She had a very successful day with a 305kg total. At 90+kg, Inga Patton lifted in her first meet and with a little work she will iron out the difficulties that she experienced with her squat depth.

Men

67.5kg Dan Shea broke numerous unofficial Sub Junior records with a total of 440kg followed very closely by David Potvin.

75kg Everett Beachey, with a huge bench of 167.5kg led young John Bourgoin who seems to be getting ready to set some new goals at the nationals this year.

82.5kg Just one competitor, Mike Kelso with a total of 580kg.

90kg With 4 lifters competing in this class, we lost 2 lifters. Jason Seabrook had difficulty in the squat and Rick Morrisette had problems with his grip in the deadlift. This left the ever young (MIII) lifter Marvin Kelso to battle with Robert McIntyre. Young Marvin gave us all a lesson about determination in the deadlift with two gallant efforts to pull 210kg.

100kg There were six lifters in this division. In 3rd place, with a great day of lifting, was Byron Monstur who travelled all the way from Newfoundland to lift with us in St. Catharines. The race for 1st place was between the impressive lifting of Steve Chomitz and Jason Platz. Steve went 6 for 6 going into the deadlift and led Jason by 15kilos. With a great pull of 277.5kg and a Wilks of 453, Steve put his total just out of reach for Jason.

110kg Five lifters did battle in this weight class. Masters II lifter Patrick Hartwick, with his fantastic squatting just managed to get 3rd place over Anton Migounov. 2nd place went to Mark Glofcheskie who had a solid day of lifting with a total of 712.5 kg. 1st place went to Bruce McIntyre with a massive 232.5kg bench press and impressive 780kg total. With a Wilks formula of 456, he just nipped out his fellow club member at Golden Triangle Steve Chomitz for best lifter.

125kg There were three lifters in this class which was won by novice lifter Tom Lamb from Kingston. This young man has so much untapped potential, with some good coaching and hard training his lifts will explode. 2nd place went to James Bezaire and 3rd to Doug Theal. In fourth place masters III lifter George Flikas rounded off the group with a huge 185kg bench.

125kg+ This class was won by Kerry LeBlond followed by junior lifter Joe Montgomery who like his training partner Tom Lamb has a huge amount of untapped potential.

Team trophy went down to the wire and was won for the second year in a row by Ottawa Strong with 37points followed by Golden Triangle with 33 points. Maybe next year we will have a new name to place on our annual team trophy shield.



Referees Wanted!

Ontario Powerlifting Association
needs more referees

Contact: Lynton Lam
(519) 893-8479
llamn628@rogers.com

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, etc

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.

Annual General Meeting – December 6, 2003

December 6, 2003

Minutes: Jackie Mattice

Attending:

Bill Jamison – President	Harnek Singh Rai – Vice President & Southern Regional Chairperson
Dave Hoffman – Records Chairperson	Lynton Lam – Referee Chairperson
Jackie Mattice – Secretary	Ulrike Kruger – Newsletter Editor
Mark Glofcheskie – Northeast Regional Chairperson	Janice Jamison
Mike Knott	Ray Villeneuve
Margaret Villeneuve	Rob Truchon
Jesse Jamison	

Regrets: Krista Schaus – Treasurer, Lynda Squires – Registration Chairperson
Absent: Mike Lachota – Eastern Regional Chairperson & Webmaster

1. **Call to Order** – Meeting called to order by Bill Jamison at 5:25pm.

2. **Adoption of Minutes** – Adoption of 2002 AGM minutes be adopted as published in the O.P.A. Newsletter. Moved by Bill Jamison and seconded by Mike Knott – motion carried.

3. Executive Committee & Chairperson's Reports

A. President, Bill Jamison – report tabled – summary as follows

- Busy year, once again membership is up and we have more registered clubs.
- We held three annual championship contests, five open contests, six contests for mentally challenged lifters and three single lift competitions.
- The Men's Intermediate Championships which were to be held in London, were cancelled due to a blackout. They were held in Ottawa along with the Men's and Women's Open Championships. Many thanks to the Ottawa Strong Powerlifting Club for helping us on such short notice.
- The number of competitors at our three annual championships were significantly less than expected. These are our premiere events of the year, and when the media comes calling, how do we expect to promote powerlifting if our best lifters are not there and these championships are not well attended?
- In October, the Master's World Championships were held in Regina. Ontario was well represented with 17 lifters on the Canadian Team.
- Sadly, a sign of the times is that our OPA insurance is going to cost us more (triple). One way of solving this is to increase membership fees, but I don't wish to see this happen. The other way is to increase our membership which would provide us with more revenue.
- Since Last year's AGM we have done more than 30 drug tests – all with negative results.
- I received a call from Kelly MacDonald – new Ministry of Tourism, Culture and Recreation Consultant that has been assigned to powerlifting. We have not had a consultant since the late 90's. I met with Kelly and we discussed ways the Ministry could help us achieve our goals. I look forward to working with her in the future.
- In the coming year we will see the OPA membership continue to grow and we will also work hard to develop more referees through holding more clinics.

- We are also planning to further develop our high school program by holding more contests in other districts. As of now, there are contests planned for the Cayuga Dunnville area as well as Kitchener.

- In 2004, with your help, we can further expand and develop the sport of powerlifting in Ontario.

B. Secretary – Krista Schaus & Bill Jamison have been taking care of this. No report submitted.

C. Newsletter – Ulrike Kruger - verbal report – summary as follows

- 4 newsletters were produced this past year
- Went with a cheaper paper quality to reduce costs
- It would be good to get some pictures, write-ups and commentaries for the newsletter, not just results
- Club updates would be great as we are currently using filler
- Suggestion to put in hints on health and how to take care of your joints etc.

D. Website – Mike Latocha – Absent, no report submitted
Discussion regarding previous issues with the website being kept up to date. This was discussed during the conference call. Mike Latocha would like to continue to work on the website. The website is currently registered under Mike Latocha's company name. We would like it under the OPA instead. The two stipulations for Mike to continue with the website, were that he keep it up to date and that he needed to transfer the ownership of the domain to the OPA. Mike has been better at keeping the website up to date, but as of this meeting, the site is still listed under Mike's company. It was motioned that we send an official letter to Mike Latocha giving him until the end of January to have this change completed.

Moved by Dave Hoffman and seconded by Janice Jamison, motion carried.

E. Treasurer – Krista Schaus – Absent, report tabled – summary as follows

- Statement of Income and Expenses, 2003 tabled.
- Drug Test Fees – two outstanding fees for 2003 – Ontario Seniors & Int. / Ottawa Strong – they have been advised, and the Ontario Masters – which takes place tomorrow (Dec. 7, 2003).
- 2003 was an active year financially. We suffered a net loss of \$5000.00, however we should not be greatly concerned with our overall fiscal health. Additional expenses included: a changeover with some of the executive which saw administrative costs increase, our insurance costs skyrocketed by more than \$2000.00 over 2002, and we had many more lifters at the Worlds due to it being Canadian hosted. This year more than twice as many lifters attended the Worlds and requested the \$200.00 (new this year) reimbursement.
- Fundraising income was non-existent this year. I am optimistic that fundraising efforts initiated over the last few years will start recovering some money in the near future (t-shirts, pins). If not, the executive should form a sub-committee to take on fundraising as a team effort.
- Savings account continues to make money on interest (2.55%). At the October meeting, I recommended that we

Annual General Meeting – December 6, 2003

put another \$5000.00 into the savings account, however this did not happen because of the above additional expenses.

- Starting in 2004, I will be strictly enforcing the 30-day time limit for submission of expense reimbursement requests for all members (lifters, referees and executive members).
- The \$20.00 NSF fee will also be enforced starting this year. As soon as an NSF cheque is received from the bank, the person will be contacted and asked to issue a certified cheque or money order to the OPA covering the original cost plus an additional \$20.00. Failure to do so within 30 days will result in the membership being revoked and they will not be able to lift.
- I would also request that the address for the TD Canada Trust bank statements be changed to my address. This will help me to carry out my duties more effectively. Currently, my records are incomplete as I do not always receive the bank statements or sometimes do not receive them in a timely fashion.
- Finally, I would like to thank all the referees for getting their paperwork in to me so quickly!

Income	Budgeted	Actual
Membership Fees	16,000.00	12,432.34
Club Affiliation Fees	880.00	1,080.00
Contest Sanctions	400.00	520.00
Advertising	300.00	75.00
Fund Raising	500.00	50.00
Drug Testing Fee	1,250.00	855.00
OPA medals	500.00	240.00
Certificates		30.00
Total Income	19,830.00	15,282.34

Expenses		
CPU Cards	3,300.00	2,650.00
CPU Affiliation	150.00	150.00
Drug Tests	2,875.00	3,525.00
Travel Reimbursement	4,000.00	3,900.00
Worlds	[2,000.00]	[3,000.00]
Nationals	[2,000.00]	[900.00]
Referee		
Reimbursement/Clinics	750.00	792.15
Drug Testing Clinic	250.00	0.00
Insurance	1,080.00	3,240.00
Fund Raising	0.00	0.00
Promotions	1,000.00	89.00
OPA Newsletter	4,000.00	3,498.24
AGM Venue/Mailing	500.00	0.00
Medals/Certificates	0.00	1,098.03
Office Admin	200.00	1,830.69
Registration		[656.51]
Records		[28.87]
President		[296.85]
Secretary/Treasurer		[300.00]
Teleconference Meeting	[281.75]	
Other (Ottawa)	225.00	266.71
Total Expenses	18,330.00	20,173.11
Net Income/Loss	1,500.00	-5,490.77

Account Balances:

Chequing as of Dec 4/03	4,082.65
Savings as of Sep 30th, 2003:	13,117.27

*Note: Items in italics incomplete

F. Registration Chairperson – Lynda Squires– Absent, report tabled – summary as follows:

- 251 OPA members and 9 associate (coach) members to date for 2003.
- There have been 13 contests for the 2003 year, all of them successful, with the exception of the Men's Intermediates, which was cancelled due to the power outage. It was re-scheduled and combined with the Ontario Men's Seniors on September 20th. Our contest numbers are slowly dwindling and have done so since 1999.
- The processing time for OPA memberships is to remain the same at 6 weeks. I would like to request that it be a requirement to print on the applications for registrations, as some of the handwriting is illegible and then mistakes are made. The meet directors have been great in requesting their sanctions and following the 3-month guideline.

Category	Members
Men	143
Women	14
Senior Men	35
Intermediate Men	54
Novice Men	50
Junior	2
Sub Junior	2
Senior Women	6
Intermediate Women	4
Novice Women	4
OSO Men	67
OSO Women	14
SSA Men	6
SSA Women	2
SDO Men	1
Blind Men	4

G. Referee Chair – Lynton Lam– report tabled – summary as follows

- The OPA has 15 Referees, 11 in category I and 4 in category II.
- As of October, Mike Knott is the only new Referee for 2003. Due to the number of competitions held during the year, we need more Referees and it is getting harder to get volunteers to do refereeing. Depending on time, we may have a referees clinic and test after the Bench Competition
- I would like to see some of the larger clubs get more involved with this matter

Referees 2003

International:

Bill Jamison, Harnek Singh Rai, Lynton Lam

National:

Angelo Papolis

Ontario Category II:

Jerry Marenette, Ron Strong, Scot Seguin, Mike Knott

Ontario Category I:

Terry Stinchcombe, Stan Goss, Lynda Squires, Adele Couchman, Don Clarke, Gord Cosby, Perry Lacelle, Daniel Pare, Sean Brown, Steve Chomitz, Rick Gazdig, Mark Giffen

Annual General Meeting – December 6, 2003

H. Records Chair – Dave Hoffman – report tabled – summary as follows

- This year there was no shortage of records broken: At the Junior & Masters and Bench Press Championships in Guelph last December, Ulrike Kruger, Jane Lessard, Cindy Cosby, Lynda Squires, Glorianne Papolis, Jim Jong, Ron Strong, Glyn Moore, Cam Hawkshaw, Jon Heisel, Bruce McIntyre, Dave Gratton, Peter Perry, Lynton Lam, Anatole Demidenko, Gerry Marentette, and Sean Brown set new Marks. There were others, but a shortage of test kits prevailed.
- To date in 2003, Jane Lessard, Lynda Squires, Tim Ekert, Jim Jong, Ivan Williamson, Scot Seguin, Pat Hartwick, David Heisel, Eric Gagnon, Andrew Merritt, Zack Johnson, Marv Kelso, Herb Greenidge, Bruce McIntyre, and Sean Brown have set new standards.
- We had 30 OPA lifters make the trip to Winnipeg for the Canadian Championships. 22 of those lifters along with former OPA member Hoi Leung went on to compete in the World Championships – 5 at the Men's Open, 3 at the Juniors, and 15 at the Masters Worlds held in Regina in October. Congratulations to Jim Jong and Glyn Moore on their gold medal performances. Jeff Becker, who is certainly one of the best lifters ever to come out of the OPA, lifted in both the Open and Masters in Winnipeg and went on to lift at both the Open and Masters Worlds. Miroslav Koprnicky also lifted at the Masters Bench Worlds.
- Only two lifters applied for merit badges in 2003. They are free to OPA members.
- No question who the OPA Team of the year honours are going to. Ottawa Strong won the Ontario Seniors, Ontario Intermediates, Brantford Open, Niagara Open, and Toronto Open. This is the most dominating performance since the award's inception. Honourable mention to the Golden Triangle for winning the London Open, Power Pit for winning the St. Thomas Open and London for their victory at the Ontario Deadlift Open. London will also be trying to defend the Junior and Masters trophy on December 7th, 2003.

OPA Recognition Award winners:

1985-Bill Jamison & Ned Gvoich	1994-Paul Summers
1986-jim & Jan Moir	1995-Harnek Singh-Rai
1987-Ron & Johanne Pattyn	1996-Lyhton Lam
1988-John & Diane Sarich	1997-Stan Goss
1989-Gord Hansuld	1998-Charlie & Pam Archdekin
1990-Kali Parsons	1999-Ulrike Kruger
1991-Steve Hall	2000-Terry Stinchcombe
1992-John Baxter	2001-Dave Hoffman
1993-Woody McCullough	2002-Mike Latocha

I. Southern Region Chair – Harnek Singh Rai – report tabled – summary as follows

- A few competitions took place, some within my region, however I was not able to attend as many as I wanted to,

as the Saturday competitions conflict with my work commitment.

- I attended Branford (Steel City) and Ontario Senior & Intermediate Championships, Ottawa. I provided equipment for both meets and refereed both of them. I held the Toronto Open & Blind and Bench Press Competitions, which I also refereed. I refereed the Blind Competition at the World Games in Quebec City in August.
 - Sean Brown & I produced at least 8 new lifters for the Monster Powerlifting Club.
 - I wanted to hold a referee clinic in Toronto but had to cancel due to lack of response (close to none).
 - I was not successful in selling many of the OPA pins. It is very difficult to find someone to volunteer to sell them. When I attend a competition, I find it difficult to volunteer my time selling pins when I am already refereeing, loading, spotting or jury. Any suggestions with respect to this would be most welcome.
- J. Eastern Region – Mike Lachota – Absent, no report submitted
- K. Northeast Region – Mark Glofcheskie – report tabled – summary as follows
- In Northern Ontario, North Bay hosted a successful local OSO meet this year. It was a successful endeavour between Larry Sheppard, Bill Jamison and local lifters and volunteers. The goal with the region is to have a meet every year rotated between 3 centres: North Bay, Sudbury and Timmins.
 - There is a strong core of lifters composed of a few well established veterans. Noteworthy mention is Glorianne Papolis' successful second place at the World Masters.
 - There is much enthusiasm and support for both an OSO and 3 lift Open combined meet in this region. This would not only attract our area's Special Olympians, but old and new lifters from the area who have not had the opportunity to compete due to distance and time constraints.
 - We are already looking at sponsors for future meets and it would be nice to have Southern Ontario represented as well, maybe with guest lifters.
 - In North Bay, two clubs will be registered from the city, one group with the Special Olympians and the pre-existing North Bay Powerlifting Club. Both train mainly out of the North Bay YMCA and Goodlife.
 - Our region is not only looking at being active, but looking at how to support other members in the OPA. We are trying to come up with new creative ways to contribute to and represent our sport.

L. Northwest Region – vacant (just a contact) – no report submitted

Annual General Meeting – December 6, 2003

4. Appointment of Executive members and Officers:

- A. Secretary – Jackie Mattice -appointed by Bill Jamison, President for the remainder of the two year term
- B. Northeast Regional chair – Mark Glofcheskie – appointed by Bill Jamison, President

5. Tabling of Resolutions

Proposal

- It is proposed that the provision in Article XXII 3 ii be eliminated to allow lifters to compete in the Nationals even if they have not competed in a provincial competition to qualify.
- Reason: If you have the numbers (qualifying total) you qualify for the Nationals without competing at the Provincials. This was based on the situation in which Hoi Leung received permission from Jeff Butt to go to the worlds even though he had not competed in the nationals. Proposal was submitted in writing by Mike Mangan. No motion was tabled.
- Motion was tabled by Bill Jamison to send an official letter to Jeff Butt stating that the situation with Hoi Leung was inappropriate and against the rules, as the National's Constitution states that you must lift in the nationals to lift at the worlds. This should also be brought forward at a CPU meeting so that it does not happen in future. Moved by Bill Jamison and seconded by Jesse Jamison – motion carried.

Proposal

- It is proposed that the provision in Article XXII 3 ii be eliminated to allow lifters who are injured or sick to still pay the entry fee for the provincials but accompany this with a doctor's certificate stating the injury or sickness that the lifter has endured. The intent would be that the lifter would still be able to compete in the nationals or worlds as long as the doctor's certificate is provided.
- Proposal submitted in writing by Glynn Moore. No motion was tabled.

Proposal

- It is proposed to reword Article VII 3– General Provincial Meeting
- This is so that changes to the Constitution and By-laws will be less frequent and members would have more time to adapt to these changes.

Change to read:
- Proposals for the meeting must reach the office of the Secretary at least one month before the date fixed for the meeting. The agenda must be prepared two weeks before the meeting. The meeting will only discuss items on the agenda. Proposed changes to the Constitution and By-Laws will be considered every second year in the odd numbered years. However, a change that is deemed necessary by the executive in the operation of the Association can be made any year.

Moved by Bill Jamison and seconded by Rob Truchon – motion carried.

6. New Business

- A. Jimmy Jong is retiring from Powerlifting due to a knee operation. Krista Schaus proposed that Jimmy be recognized for his contributions to powerlifting. We will send Jimmy a thank you letter on OPA letterhead.
- B. Clarification of Article XXVI
Travel/Accommodations/Expense Reimbursement: It was proposed by Bill Jamison to change Article XXVI to provide the referees with the same provisions that lifters receive for National and International Competitions.
Change to Read:
c. Travel over 1000 km = as per schedule listed in ARTICLE XXVI #1 - revised
Moved by Bill Jamison and seconded by Rob Truchon – motion carried.
- C. Discussion regarding Ottawa Club: The Ottawa Club hosted the Men's & Women's Ontario Championships and apparently ran into trouble and did not break even. Eric Gagnon said that they had a lot of sponsorship so they did not charge their club members an entry fee. They are asking the OPA to help them out. We will consider this, but they will need to produce all of their bills and receipts and also show that their members did pay the entry fee, otherwise the OPA will not help out. They also need to pay Harnek for the van rental (\$150) and they still need to be billed for the medals. Bill and Krista will investigate this further.
- D. Dave Hoffman motioned that in 2005 if the CPU cards go up significantly to cover drug testing that our provincial fees should go up accordingly (dollar for dollar). -- Moved by Dave Hoffman and seconded by Ray Villeneuve – motion carried
- E. Lynton Lam motioned that the OPA recognize Masters and Juniors in the Ontario Bench Press Championships. It is currently an open contest with only 1st, 2nd, and 3rd places. -- Moved by Lynton Lam and seconded by Mike Knott – 2 in favour, 4 against, 1 abstained – motion denied
- F. Proposal that the OPA cover the cost for Drug Test (\$250) for Mark Giffen who is going for a world record at tomorrow's competition. -- Moved by Bill Jamison and seconded by Mike Knott – motion carried.

7. Competition Bids

- A. Senior Men's and Senior Women's Championships to be held on the third weekend in September -- No Bids
- B. 2004 Intermediate Men's Championships to be held on the third weekend in August -- No Bids
- C. 2004 Masters/Juniors/Bench Press Championships and AGM to be held on the first weekend of December -- No Bids
- D. 2005 Nationals -- No Bids

Annual General Meeting – December 6, 2003

8. Award Nominations

- A. OPA Recognition Award -
No nominations brought forward
- B. OPA Team Champions
Congratulations to: Ottawa Strong Powerlifting Club
- C. OPA Female Athlete of the Year
Nominees: Glorianne Papolis, Jane Lessard
Congratulations to: Glorianne Papolis
- D. OPA Male Athlete of the Year
Nominees: Jeff Becker, Rick Morrisette, Jimmy Jong
Congratulations to: Jimmy Jong

It was suggested that Dave Hoffman put together a list of previous award winners so that we have a tracking of which lifters have won awards in the past. Dave will work on compiling a list.

9. Calling of the 2004 AGM

- The 2004 AGM will be held in conjunction with the 2004 Masters/Juniors/Bench Press Championships to be held in the first weekend of December 2004.
- Location to be determined

10. **Adjournment** – meeting was adjourned at 8:45pm



ONTARIO POWERLIFTING ASSOCIATION

2004 Membership Application Form

for residents of Ontario

Required if competing Jan 1, 2004-Dec 31, 2004

Includes Newsletter



Canadian Powerlifting Union

Name: _____

First Name

Middle Initial

Last Name

Address: _____ City: _____

Province: _____ Postal Code: _____ Phone: _____ - _____ - _____

Email: _____

→ PLEASE PRINT - USE UPPER CASE

Check one
only →

NEW MEMBER:

- ☐ Jan 1-Jun 30, 2004: \$60.00
☐ Jul 1-Dec 31, 2004: \$40.00
☐ SDO/OSO: \$40.00

RENEWAL:

- ☐ \$60.00
☐ SDO/OSO: \$40.00

ASSOCIATE:

- ☐ \$25.00

Date of Birth: ____/____/____ ☐ M or ☐ F
mm / dd / yy

Level: ☐ Novice ☐ Intermediate ☐ Senior

Categories: ☐ Open ☐ Blind ☐ Special Olympics ☐ CP ☐ Amputee ☐ Wheelchair ☐ Other _____
(check all that apply) ☐ Sub Junior ☐ Junior ☐ Master I ☐ Master II ☐ Master III

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: 01/04[uk]

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 (continued)

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

OPA - Records

To hold an amateur record in any sport is quite an accomplishment. To hold a record in the OPA, 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, OPA Records Chairperson

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

OPA RECORDS

Women's Sub Junior Records - Modern Era

Squat	50.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Bench	35.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	70.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	155.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON

Women's Junior Records - Modern Era

52kg

Squat	127.5	D. D'Angelo	Oct-89	Womens Worlds, Sydney, NS
Bench	35.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	70.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
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

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

90kg

Squat	105.0	M. Greenidge	May-01	London Open, London, ON
Bench	55.0	M. Greenidge	May-01	London Open, London, ON
Deadlift	110.0	M. Greenidge	May-01	London Open, London, ON
Total	270.0	M. Greenidge	May-01	London Open, London, ON

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

Women's Seniors Records - Modern Era (continued)

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

56 kg

Squat	137.5	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Bench	85.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Deadlift	155.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Total	372.5	D. Heisel	Jul-03	Toronto Open, Mississauga, 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	182.5	V. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	252.5	T. Cottrell	May-90	Canadian Juniors, Winnipeg, MB
Total	625.0	V. Byrne	Dec-03	Ontario Juniors, Kitchener, ON

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	246.0	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Bench	190.0	T. Ekert	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	277.5	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Total	675.0	J. Byrne	Dec-03	Ontario Juniors, Kitchener, 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

Squat	167.5	Z. Johnson	Jun-03	London Open, London, ON
Bench	90.0	Z. Johnson	Jun-03	London Open, London, ON
Deadlift	185.0	Z. Johnson	Jun-03	London Open, London, ON
Total	442.5	Z. Johnson	Jun-03	London Open, London, ON

Men's Senior Records - Modern Era**52kg**

Squat	170.0	S. Boulerville	Feb-92	Canadian Juniors, Kitchener, ON
Deadlift	185.0	S. Boulerville	Feb-92	Canadian Juniors, Kitchener, ON

56kg

Squat	137.5	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Bench	85.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Deadlift	155.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Total	377.5	D. Heisel	Jul-03	Toronto Open, Mississauga, ON

60kg

Squat	202.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Bench	143.0	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Deadlift	217.5	J. Jong	Feb-00	Canadian Chmp, Moose Jaw, SK
Total	547.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON

67.5kg

Squat	85.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Bench	45.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	100.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	230.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON

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	312.5	E. Gagnon	Sep-03	Ontario Seniors, Ottawa, ON
Bench	225.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON
Deadlift	290.5	P. Perry	Dec-03	Ontario Masters, Kitchener, ON
Total	775.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON

110kg

Squat	347.5	R. Cello	May-97	Canadian Chmp, Toronto ON
Bench	232.5	M. Giffen	Sep-02	Ontario Seniors, Mississauga, ON
Deadlift	325.0	R. Cello	May-97	Canadian Chmp, Toronto ON
Total	887.5	R. Cello	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	265.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, 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	312.5	S. Brown	Dec-03	Ontario Seniors, Ottawa, ON
Total	860.0	D. Gratton	May-01	London Open, London, ON

Men's Master Records (40 - 49) - Modern Era**60kg**

Squat	202.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Bench	147.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Deadlift	217.5	J. Jong	Dec-99	Ontario Masters, Toronto, ON
Total	565.0	J. Jong	Jul-03	Toronto Open, Mississauga, 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	175.0	H. Greenidge	Dec-03	Ontario Masters, Kitchener, 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	690.0	K. Hult	Apr-88	Canadian Master, Kitchener, ON

110kg

Squat	247.5	R. Strong	Dec-02	Ontario Masters, Guelph, ON
Bench	215.0	B. McIntyre	Mar-03	Canadian Masters, Winnipeg, MB
Deadlift	285.0	B. McIntyre	Dec-02	Ontario Masters, Guelph, ON
Total	730.0	B. McIntyre	Dec-03	Ontario Masters, Kitchener, ON

125kg

Squat	272.5	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
Bench	265.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
Deadlift	285.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
Total	815.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, 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

OPA RECORDS

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

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	290.5	P. Perry	Dec-03	Ontario Masters, Kitchener, ON
Total	687.5	P. Perry	Dec-03	Ontario Masters, Kitchener, ON

100kg

Squat	250.0	F. Tavernier	Dec-00	Ontario Masters, Brockville, ON
Bench	160.0	T. Stinchcombe	Dec-03	Ontario Masters, Kitchener, 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	277.5	P. Hartwick	Jun-03	London Open, London, ON
Bench	157.5	P. Hartwick	Jun-03	London Open, London, ON
Deadlift	255.0	P. Hartwick	Dec-03	Ontario Masters, Kitchener, ON
Total	685.0	P. Hartwick	Jun-03	London Open, London, ON

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	200.0	M. Kelso	Jun-03	London Open, London, ON
Bench	147.5	M. Kelso	Jun-03	London Open, London, ON
Deadlift	222.5	M. Kelso	Jun-03	London Open, London, ON
Total	570.0	M. Kelso	Jun-03	London Open, London, ON

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

Men's Sub Junior Records - Modern Era

56 kg

Squat	137.5	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Bench	85.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Deadlift	155.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Total	372.5	D. Heisel	Jul-03	Toronto Open, Mississauga, ON

67.5 kg

Squat	85.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Bench	45.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	100.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	230.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON

75 kg

Squat	105.0	A. Merritt	Jul-03	Toronto Open, Mississauga, ON
Bench	92.5	A. Merritt	Jul-03	Toronto Open, Mississauga, ON
Deadlift	160.0	A. Merritt	Jul-03	Toronto Open, Mississauga, ON
Total	357.5	A. Merritt	Jul-03	Toronto Open, Mississauga, ON

Men's Sub Junior Records - Modern Era (continued)

82.5 kg

Squat	225.0	N. Rivard	Sep-03	Ontario Intermediates, Ottawa, ON
Bench	145.0	N. Rivard	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	225.0	N. Rivard	Dec-03	Ontario Juniors, Kitchener, ON
Total	577.5	N. Rivard	Sep-03	Ontario Intermediates, Ottawa, ON

125+ kg

Squat	167.5	Z. Johnson	Jun-03	London Open, London, ON
Bench	90.0	Z. Johnson	Jun-03	London Open, London, ON
Deadlift	185.0	Z. Johnson	Jun-03	London Open, London, ON
Total	442.5	Z. Johnson	Jun-03	London Open, London, ON

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	72.5	C. Cosby	12/07/03	Kitchener, 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	180.0	T. Ekert	12/07/03	Kitchener, ON

Men's Open Bench Press Records

60kg	147.5	J. Jong	03/16/03	Winnipeg, MB
75kg	167.5	E. Beachey	12/07/03	Kitchener, 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	252.5	S. O'Halloran	12/07/03	Kitchener, 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	227.5	B. McIntyre	12/07/03	Kitchener, ON
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

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



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 I	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 II	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 III	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 I	235.0	255.0	272.5	290.0	305.0	337.5	365.0	392.5	417.5	440.0	Blue & White	
Class II	210.0	225.0	242.5	257.5	272.5	300.0	325.0	347.5	372.5	392.5	Green & White	
Class III	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 Giffen (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
17 Gordon,
Kingston, ON K7M 3S2

Kitchener Iron Angels

Lynton Lam (519) 893-8479
98 Pepperwood Cres
Kitchener, ON N2A 2R3
Email: llamn628@rogers.com

K-W Grizzlies

Adele Couchman (519) 744-4881
A4-199 Elm Ridge Dr
Kitchener, ON N2N 2C7
Email: acouchman@sympatico.ca

Limestone Powerlifting Club

Laurie Greenidge (519) 744-4881
4786 Colebrooke Rd
Harrowsmith, ON K0H 1V0
Email: greenidg@ihorizons.net

London Powerlifting Club

Terry Stinchcombe (519) 681-4766
18 Locus Cres.
London, ON N6E 2K2
Email: karnterr@sympatico.ca
Web site: www.londonpowerlifting.org

London Special 0

Ivan Williamson (519) 681-9768
43 - 325 Lighthouse Rd
London, ON N6M 1H8

Monster Gym Powerlifting Club

Hamek Singh Rai (416) 748-8008
17 Lynmont Rd.
Etobicoke, ON M9V 3W7
Email: harnekrai@rogers.com

Mississauga Powerlifting Club - "M" Power

Brian DeCastro (416) 457-4345
983 Mesa Cr
Mississauga ON L5H 3T6
Email: bmdecat@email.com

Niagara Powerlifting Club

Jay Gemmell (905) 685-9828
20 Foxhill Cres
St. Catharines, ON L2S 3T9
Email: jgemmell@cogeco.ca

North Bay Powerlifting Club *New in 2004

Mark Glofcheskie (705) 474-2093
128-1 Fourth Ave
North Bay, ON P1B 1N1

Ottawa Strong

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