

# 1100PA111

## Ontario Powerlifting News

May 2004, Volume 55, Issue 2

Official Newsletter of the Ontario Powerlifting Association



Waterloo Region High School Push Pull

Photo: B. McIntyre



### Inside this Issue

CPU Nationals  
CPU Bench Press  
Upcoming Contests  
Records Updated



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## From the President

*William T. Jamison*

The 2004 Canadian Powerlifting Championships were held in Waterloo, Ontario under the direction of Lynton Lam. Many thanks to Lynton and his organizing committee for all their hard work, and for making these championships the success they were. The 2005 Canadian Championships will be held in Calgary, Alberta.

We are holding high school contests again this year. One has already been held in Kitchener, and a second annual contest will be held at the end of May between Cayuga and Dunnville high schools. I have been in contact with two more schools and I hope to have them competing in this contest as well.

A referee's clinic will be held in July, in the evening before the Toronto Open. If you wish to become a referee, please contact Lynton Lam at (519) 893-8479.

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## Registration Chairperson

*Lynda Squires*



We are up to 206 lifters in the OPA for 2004 and our club affiliations have grown to 19. I wish to welcome a new club to the OPA, Greater Sudbury Powerlifting. The club contact is Doug Marr.

Our next sanctioned powerlifting competition is the London Open, so anyone who does not have a CPU card or has not renewed for the 2004 year should do so quickly as the contest entry deadline is May 17<sup>th</sup>.

I am receiving CPU card applications with the lifters representing clubs that have not renewed their club affiliations. There is an updated club list at the back of this newsletter. Only affiliated clubs are able to compete as a team. A lifter must train at least once a week with a club to be part of their team. Some of our lifters have registered as unattached but can change the status of their CPU cards to represent an affiliated club of their choice.

Ontario lifters did extremely well at the Nationals, and it showed in the results. Hats off to Shawn O'Halloran who set a new National record for the men's open bench press with 272.5kg in the 125+kg weight class.

Congratulations to all of our lifters who qualified to compete at the World Masters in India.

Hope to see you at the London Open.

### **Referees Needed!**

The Ontario Powerlifting Association  
needs more referees

**Contact:** Lynton Lam  
(519) 893-8479 or [Lynton.lam@sympatico.ca](mailto:Lynton.lam@sympatico.ca)

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## Treasurer's Report

*Krista Schaus*

Could members submitting Expense Forms (requests for reimbursement) please completely fill out the form. I am receiving many with no full address or the details of the expense are not complete.

If you are a referee, be sure to include the one-way kilometers from your residence to the contest location so that I can calculate the amount of travel reimbursement.

Some members are not using the expense forms at all. I cannot process any requests without a completed and signed expense form.

This will be my last year as treasurer. I have enjoyed the time served on the OPA executive and encourage others to get involved. If anyone is interested in the position, can contact me at (905) 772-0751 or [kschaus@gto.net](mailto:kschaus@gto.net). This position does not require a huge commitment.

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## Powerlifters Wanted

*Ray Villeneuve*

This is my first attempt at writing an article in the form of an appeal to all of you healthy specimens of humankind. Now, that is a heavy duty compliment if I ever heard one, eh!

We all share the knowledge that powerlifting is the only pure strength sport. I have trained with 18 year olds as well as 65 year olds and because they were consistent with their training philosophy, they grew stronger and healthier.

My mission is to get more blind persons involved in our share sport. Male or female, small or large frame, it doesn't matter as long as the interest is there. You all know who we blinds are. We are the ones walking with a 'white' cane or have a dog trained to assist us or are guided by a sighted family member or volunteer.

There is another way and that is to call your local Canadian National Institute for the Blind (C.N.I.B). However, because of confidentiality, you would need to leave your telephone number so that the C.N.I.B client can contact you. Another way is to check with your sons, daughters, nieces, nephews and friends. Or, visit our local high school and talk to the teachers, physical education staff, principals, etc.

Beat the bushes. Who knows what will come out. I am looking for Sub Juniors, Juniors, Open, Masters I, II, III. Who knows, you may be training a world champion. Blind Canadians have often ended up on the podium. Blind powerlifters have traveled throughout Canada, USA, Australia, Spain, Netherlands, New Zealand, Czech Republic and Poland.

Powerlifting will help these individuals with their self esteem and confidence. Am I desperate? Unequivocally 'yes'. Have faith in yourself, and take it to the limit one more time.

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## ★ Ontario Powerlifting News★

Next Deadline: August 7, 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 & Karen Stinchcombe, Bill Jamison, Lynda Squires, Dave Hoffman, Bruce McIntyre, Harnek Singh Rai, Krista Schaus, Lynton Lam

Photo Front Cover: Bruce McIntyre

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

Jun 5	<b>14<sup>th</sup> Annual London Open</b> Terry Stinchcombe (519) 681-4766 karenterr@sympatico.ca Stan Goss (519) 660-4989 or (519) 673-0936	London
July 17	<b>Referee Clinic</b> Lynton Lam (519) 893-8479 Email: lynton.lam@sympatico.ca	Toronto
July 18	<b>Toronto Open / Blind / Bench Press</b> Harnek Singh Rai (416) 569-1488 Sean Brown (905) 979-8651 *Please call before 8:30pm.	Toronto
Aug 7	<b>Newsletter Submissions Deadline</b>	
Aug 28	<b>Ontario Intermediate Men</b> Dave Hoffman (519) 894-5913	Waterloo
Sep	<b>Ontario Senior Men and Women</b> *Looking for a contest host	Venue Requested
Dec	<b>Ontario Master/Junior/Bench</b>	TBD
2005	<b>CPU Nationals</b>	Calgary

### IPF Worlds Timetable

Jun 3-6	<b>World Women</b>	France
Sep 8-12	<b>World Sub-Juniors and Juniors</b>	South Africa
Oct 5-10	<b>World Masters</b>	India
Nov 9-14	<b>World Men</b>	South Africa
Dec 1-5	<b>World Bench Press</b>	Cleveland, USA

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

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

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: August 7, 2004 ==**

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## 14<sup>th</sup> 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:** 1<sup>st</sup> – 3<sup>rd</sup> in each weight class  
Best Lifters Men and Women, Best  
Masters 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>  
Best Team (affiliated clubs)  
**Meet Director:** Terry Stinchcombe (519) 681-4766  
Email: karenterr@sympatico.ca  
Stan Goss (519) 660-4989 or  
(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, ON N6E 2K2

➔ Use Contest Entry form: Page 11

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## Referee Clinic

**Date / Time:** July 17, 2004 8:00pm  
**Place:** Sheraton Hotel, 6090 Dixie Road  
Mississauga, L5T 1A6  
905-670-0050 or 1-800-368-7764  
**Description:** Bill Jamison and Lynton Lam will be  
holding a Referee clinic and Referee  
Test.  
**Contact:** Lynton Lam  
Phone: (519) 893-8479  
Email: lynton.lam@sympatico.ca

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## Toronto Open/Blind/Bench Press

**Date:** July 18, 2004  
**Host:** Monster Powerlifting Club  
**Place:** Sheraton Hotel, 6090 Dixie Road  
Mississauga, L5T 1A6  
905-670-0050 or 1-800-368-7764  
**Lifts:** 1) 3 Lift Contest, Open and Blind  
2) Bench Press only contest  
**Eligibility:** CPU or IPF affiliate members. Open  
contest, sanctioned by the Ontario  
Powerlifting Association.  
**Weigh In:** 8:00am All Lifters (subject to change)  
**Awards:** 1<sup>st</sup> to 3<sup>rd</sup> in each class, Champion of  
Champions, Best Novice & Best Team  
  
Separate entry fee & separate awards for  
3 Lift Contest & the Bench Press Lift  
**Meet Director:** Harnek Singh Rai: 416-569-1488  
Sean Brown: 905-979-8651  
\*Please call before 8:30pm.  
**Entry Fee:** 3 Lifts - \$50.00  
Bench Press - \$45.00  
Both - \$95.00  
**Entry Deadline:** July 11<sup>th</sup>, 2004  
**Payable To:** Monster Powerlifting Club  
**Send Entry To:** Harnek Singh Rai  
17 Lynmont Road  
Etobicoke, ON M9V 3W7

➔ Use Contest Entry form: Page 11

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## OPA – Athletes of the Year

Dave Hoffman

	Men	Women
1997	Mark Giffen	Ulrike Kruger
1998	Les Kiss	Ulrike Kruger
1999	Ralph Celio	Heather Johns
2000	Jim Jong	Lynda Squires
2001	Glyn Moore	Sara Clark
2002	Glyn Moore	Lynda Squires
2003	Jim Jong	Glorianne Papolis

**Note:** This annual award was first initiated in 1997.

## OPA Club Updates

*What is happening within clubs in Ontario*

### Golden Triangle Powerlifting Club

– Dave Hoffman



The Golden Triangle Powerlifting Club is alive and well in 2004. The Ontario Powerlifting Association's longest continually registered club since 1982 had 8 members competing at the Canadian Powerlifting and Bench Press Championships recently in Waterloo and collected 5 Gold and 3 Bronze Medals.

Earlier in March, we held a bench press and deadlift meet at a local high school. Nine athletes from Grand River Collegiate lifted on March 6th. Club member Bruce McIntyre has taken time to go into the school on a number of occasions to provide instruction. Thanks to members Bruce McIntyre, Steve Chomitz, Mike Piskorski, Les Kiss, Shaun Roach, John Clayton and Dave Hoffman who helped with the event. We will be having the meet again next year and will have more high schools in Waterloo Region involved. We believe the interest is there but it takes commitment from all clubs part to tap into it. The enthusiasm was very high and we believe that some of the athletes involved that day will take it to another level and begin competing in the OPA. The sub-junior category is tailor-made for high school athletes.

On May 1st, we are again hosting the Ontario Deadlift Open. This will be edition# 15 and along with it, we will again have a bench press qualifier for the Ontario Bench Press Championships in December for any new lifters to qualify. K-W Special Athletes will also be hosting their annual meet that day. All Lifting will be at the Albert McCormick Arena in Waterloo.

There were no bids put forth for any of the championship meets in Ontario for 2004 at the AGM in December. Our club has decided to host the Ontario Intermediate Championships at the same venue on August 28th. Steel City has put forth a challenge to all clubs for the team trophy currently held by Ottawa Strong. This is a special trophy. It is the oldest in the OPA since the original team trophy for the Seniors was lost track of in the late 70s or early 80s. We would also challenge the existing clubs to send a team to restore this meet to its glory days when close to 50 lifters were involved.

Almost forgot to mention that we had 5 members compete at the Niagara open. We had the top two lifters by Wilks formula: Bruce McIntyre and Steve Chomitz. Unfortunately, two of our lifters didn't register a total or the team trophy would have been ours. Congratulations to the Ottawa Strong for their victory.

### Submit your Club Updates!

Lets fill the entire page next issue!

Send to: [ukruger@powerlifting.ca](mailto:ukruger@powerlifting.ca)

= Next Deadline: August 7, 2004 =

### London Powerlifting Club

– Karen & Terry Stinchcombe

The London Powerlifting Club did very well at the Nationals in Waterloo. Meet director Lynton Lam did an excellent job running this event.

Club members fared as follows:

- Linda Squires - Gold and set National records
- Barry Sims - Silver
- Ivan Williamson – Gold
- Stan Goss - 4<sup>th</sup> place
- Terry Stinchcombe - Gold and set national records
- Rick Gazdig - Silver

In the bench press:

- Mike Goss - Silver
- Mike Knott - Gold
- Matt Chute - Silver metal.

The club is looking forward to hosting the 14th annual London Open on June 5, 2004. See you all at there.



Photo: L. Squires

## Waterloo Region High School Push/Pull

March 6, 2004

Results: *Dave Hoffman*

On March 6, 2004 the Golden Triangle Powerlifting Club held an unsanctioned push/pull meet at Grand River Collegiate in Kitchener. We had hoped to have a number of high schools in Waterloo Region participate and there was definite interest from a number of schools. We will have this event again next year and hopefully will have more schools involved. Many thanks to Paul Bestfather, a teacher at Grand River Collegiate, who was our liaison and made it happen. Club member Bruce McIntyre went into the school on a number of occasions and worked with the athletes and should be commended for his efforts. We would also like to thank former OPA president Kali Parsons, a teacher at Glenview Park Secondary School in Cambridge, for also helping get information out to the schools. We had 9 athletes from Grand River who lifted.

Lifter	Bench	Deadlift	Total
<b>Men</b>			
<b>56kg</b>			
Mark Darby	65.0	97.5	162.5
<b>67.5kg</b>			
Dan Dempsey	90.0	150.0	240.0
Brandon Toth	75.0	115.0	190.0
Eric ball	52.5	112.5	165.0
<b>75kg</b>			
Adrian Kovacs	102.5	175.0	277.5
Peter Kuzyk	75.0	147.5	222.5
Shane Heffeman	80.0	122.5	202.5
<b>82.5kg</b>			
Adam Erler	85.0	175.0	260.0
<b>90kg</b>			
Brandon Krukowski	72.5	122.5	195.0

### Successful 4<sup>th</sup> attempt Deadlifts:

Mark Darby	122.5kg	<b>Best Lifter:</b> Adrian Kovacs
Brandon Toth	122.5	
Adrian Kovacs	182.5	
Peter Kuzyk	150.0	
Adam Erler	182.5	
Brandon Krukowski	135.0	

Thanks to the following members of the Golden Triangle who made the event happen: Steve Chomitz, Shaun Roach, Les Kiss, Bruce McIntyre, Mike Piskorski, John Clayton, and-Dave Hoffman. I would also like to thank my son Robert who also helped out that day. School officials present were very enthused about the days events and we indicated that they could host the event next year if they wanted. We will keep all schools in Waterloo Region up to speed with the details.

## Ontario Mens Intermediates

<b>Date:</b>	<b>August 28, 2004</b>
<b>Host</b>	Golden Triangle Powerlifting Club
<b>Place:</b>	Albert McCormick Arena, Waterloo
<b>Lifts:</b>	3 lift contest
<b>Eligibility:</b>	Must have totaled class 3 plus 4% but not Class 1. Sanctioned by the Ontario Powerlifting Association.
<b>Weigh In:</b>	8:00am
<b>Awards:</b>	OPA medals: 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> in each weight class Best Lifter, OPA Team Trophy
<b>Meet Director:</b>	Dave Hoffman (519) 894-5913
<b>Lodging</b>	*Anyone interested in lodging, contact the meet director at: 519-894-5913*
<b>Entry Fee:</b>	\$50.00
<b>Entry Deadline:</b>	August 14, 2004
<b>Payable To:</b>	Golden Triangle Powerlifting Club
<b>Send Entry To:</b>	Dave Hoffman 278 Thaler Avenue, Kitchener, ON N2A 1R6 ➔ Use Contest Entry form Page 11

## Steel City Open

April 18, 2004

Results: *Bill Jamison*

Name	Club	Squat	Bench	DL	Total
<b>Women</b>					
<b>67.5kg</b>					
Jackie Pritchard		95.0	55.0	120.0	270.0
<b>Mens</b>					
<b>67.5kg</b>					
Chad Chapman	Steel City	165.0	112.5	182.5	460.0
<b>75kg</b>					
Eric Dunstan		190.0	142.5	200.0	532.5
Brian DeCastro		177.5	127.5	182.5	487.5
<b>82.5kg</b>					
William H Jamison	Steel City	152.5	95.0	172.5	420.0
<b>90kg</b>					
Joel Davis		205.0	132.5	237.5	575.0
<b>100kg</b>					
Paul White		235.0	167.5	250.0	652.5
<b>110kg</b>					
Josh Carson		192.5	125.0	215.0	532.5
<b>125kg</b>					
Mark Glofcheski	North Bay	265.0	200.0	-----	-----

<b>Champion of Champions – Men:</b>	Paul White
<b>Team Champions:</b>	Steel City Powerlifting Club
<b>Referees:</b>	Mike Knott, Harnek Singh Rai, Lynton Lam



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email: [jon@metalcanada.com](mailto:jon@metalcanada.com)

phone: (613) 224-2882

**WWW.METALCANADA.COM**

# Steel City Mentally Challenged

April 18, 2004

Results: *Bill Jamison*

Name	Club	Bench	DL	Total	Wilks
<b>Women</b>					
<b>56kg</b>					
Charlene Whitcroft	St. Thomas	35.0	82.5	117.5	139.42
<b>60kg</b>					
Cheryl Howey	Kitchener	22.5	62.5	85.0	
Kristin Smeets	Brantford	20.0	72.5	97.5	
Cindy Fritsch	St. Thomas	30.0	65.0	95.0	
Kelly Fitzgerald	Mississauga	50.0	97.5	147.5	165.5
<b>75kg</b>					
Jannette Popp	St. Thomas	35.0	80.0	115.0	
<b>82.5kg</b>					
Betty Farr	Brantford	62.5	120.0	182.5	167.94
<b>90+kg</b>					
Heather Calvert	St. Thomas	45.0	105.0	150.0	
<b>Men</b>					
<b>52kg</b>					
Scott Fitzgerald	Mississauga	30.0	60.0	90.0	
<b>60kg</b>					
Ryan Lamey	Mississauga	52.5	60.0	112.5	
<b>67.5kg</b>					
Adam McMurran	Kitchener	47.5	80.0	127.5	
Doug Shillington	St. Catherines	72.5	107.5	180.0	
Nathan Wise	Kitchener	55.0	87.5	142.5	
Mike Arruda	Mississauga	65.0	100.0	165.0	
<b>75kg</b>					
Bruce Penner	St. Catherines	65.0	125.0	190.0	
<b>82.5kg</b>					
Jeff Killins	Mississauga	62.5	100.0	162.5	
Dan Burke	Hamilton	105.0	180.0	285.0	199.47
Mike Rastas	Mississauga	50.0	35.0	85.0	
Chris Schmidt	St. Catherines	45.0	115.0	160.0	
<b>90kg</b>					
Dan Gibson	Kitchener	72.5	165.0	237.5	
Tim Telfer	London	105.0	160.0	265.0	173.09
<b>100kg</b>					
Steve Heath	Kitchener	57.5	125.0	182.5	
Ron Thompson	Mississauga	127.5	160.0	287.5	
Clive Heath	Kitchener	75.0	135.0	210.0	
<b>110kg</b>					
Morgan Smith	Mississauga	105.0	175.0	280.0	
<b>125kg</b>					
Jason Richardson	Brantford	150.0	235.0	385.0	220.99
Tom Armstrong	London	60.0	110.0	170.0	

Name	Club	Squat	Wilks	Place
<b>Women</b>				
<b>56kg</b>				
Charlene Whitcroft	St. Thomas	60.0	71.196	1 <sup>st</sup>
<b>60kg</b>				
Cheryl Howey	Kitchener	35.0	40.394	3 <sup>rd</sup>
Kristin Smeets	Brantford	32.5		
Cindy Fritsch	St. Thomas	42.5	48.004	2 <sup>nd</sup>
<b>82.5kg</b>				
Betty Farr	Brantford	-----		
<b>Men</b>				
<b>67.5kg</b>				
Adam McMurran	Kitchener	45.0		
Doug Shillington	St. Catherines	75.0		
<b>75kg</b>				
Bruce Penner	St. Catherines	67.5		
<b>82.5kg</b>				
Danny Burke	Hamilton	152.5	106.735	2 <sup>nd</sup>
Chris Schimidt	St. Catherines	80.0		
<b>90kg</b>				
Dan Gibson	Kitchener	95.0		
Tim Telfer	London	145.0	94.714	3 <sup>rd</sup>
<b>100kg</b>				
Steve Heath	Kitchener	80.0		
Clive Heath	Kitchener	85.0		
<b>125kg</b>				
Jason Richardson	Brantford	192.5	110.495	1 <sup>st</sup>
Tom Armstrong	London	90.0		

## Womens Squat

1 <sup>st</sup>	Charlene Whitcroft	Jason Richardson
2 <sup>nd</sup>	Cindy Fritsch	Danny Burke
3 <sup>rd</sup>	Cheryl Howey	Tim Telfer

## Mens Squat

## Champion of Champions:

**Men:** Jason Richardson

**Women:** Betty Farr

**Team Champions:** Titans of Mississauga

**Referees:** Mike Knott, Harnek Singh Rai,  
Lynton Lam

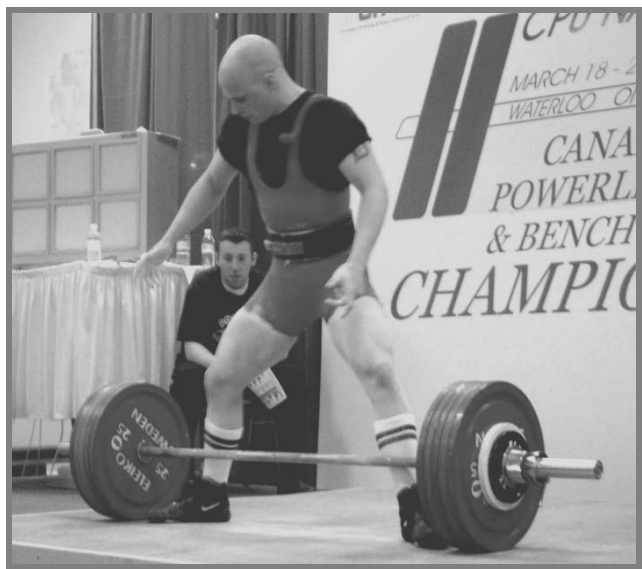


## CPU Nationals

Lynton Lam

March 18-20, 2004

Lifter	Prov	Squat	Bench	DL	Total
<b>Women Blind</b>					
<b>90+kg</b>					
Katherine Gauthier	AB	120.0	67.5	142.5	330.0
<b>Women Junior</b>					
<b>56kg</b>					
Jenny Porter	NS	125.0	65.0	125.0	315.0
<b>90+kg</b>					
Beverley Young	IQ	175.0	85.0	175.5	435.0
<b>Women Master I</b>					
<b>67.5kg</b>					
Cindy-Lee Cosby	ON	105.0	67.5	120.0	292.5
<b>82.5kg</b>					
Glorianne Papolis	ON	160.0	82.5	162.5	405.0
Wendy Hlywka	ON	105.0	67.5	130.0	302.5
<b>Women Master II</b>					
<b>75kg</b>					
Jane Lessard	ON	117.5	72.5	137.5	327.5
<b>75kg</b>					
Lynda Squires	ON	122.5	65.5	125.0	312.5
<b>Women Open</b>					
<b>56kg</b>					
Diane Richards	SK	110.0	52.5	112.5	275.0
<b>60kg</b>					
Heather Ayles	PE	157.5	77.5	170.0	405.0
<b>67.5kg</b>					
Kim Dennis	BC	152.5	82.5	152.5	387.5
Angela Desjarlais	SK	130.0	80.0	140.0	350.0
<b>82.5kg</b>					
Monique Hartle	IN	137.5	95.0	135.0	367.5
<b>90+kg</b>					
Janice MacDonald	NS	155.0	107.5	170.0	432.5
Cathy McDonald	NS	150.0	95.0	150.0	395.0
<b>67.5kg</b>					
Rhaea Fowler	SK	150.0	70.0	160.5	380.0
<b>90+kg</b>					
Raelene Marion	AB	-	-	-	-



Willie Albert

Photo: H. Rai

Lifter	Prov	Squat	Bench	DL	Total
<b>Men Blind</b>					
<b>82.5kg</b>					
Mukhtiar Mahil	BC	190.0	135.0	200.0	525.0
<b>90kg</b>					
Robert Truchon	ON	170.0	125.0	200.0	495.0
<b>100kg</b>					
Ray Villeneuve	ON	170.0	110.0	180.0	460.0
<b>110kg</b>					
Mark Callaghan	ON	160.0	150.0	182.5	492.5
<b>125kg</b>					
Tim Ekert	ON	217.5	182.5	225.0	625.0
<b>Men Sub Junior</b>					
<b>60kg</b>					
Jean-F. Herbert	QU	120.0	72.5	145.0	337.5
<b>67.5kg</b>					
Guillaume Couture	QU	155.0	102.5	180.0	437.5
<b>75kg</b>					
John Greenidge	ON	90.0	50.0	120.0	260.0
<b>82.5kg</b>					
Ryan Rowsell	NF	160.0	140.0	200.0	500.0
<b>90kg</b>					
Jerrold Thul	SK	225.0	135.0	205.0	565.0
Daniel Canning	NS	137.5	85.0	162.5	385.0
Stephane Dussault	QU	90.0	57.5	127.5	275.0
<b>100kg</b>					
J.D. Rose	BC	185.0	90.0	228.0	502.5
<b>110kg</b>					
Mathew Sedor	MB	140.0	150.0	175.0	465.0
<b>125+kg</b>					
Zack Johnson	ON	180.0	117.5	190.0	487.5
<b>Men Junior</b>					
<b>60kg</b>					
Ryun Laniec	BC	207.5	140.0	205.0	552.5
David Heisel	ON	167.5	105.0	180.0	452.5
<b>67.5kg</b>					
Kristain Leach	AB	150.0	112.5	210.0	472.5
Aaron Thomas	SK	157.5	90.0	185.0	432.5
<b>75kg</b>					
Luke Perrin	NS	182.5	130.0	182.5	495.0
Jesse Jamison	ON	180.0	92.5	187.5	460.0
<b>82.5kg</b>					
Nicholis Rivard	ON	235.0	147.5	230.0	612.5
Matthew Oliver	NS	200.0	130.0	232.5	562.5
<b>90kg</b>					
Paul McDonald	NF	272.5	165.0	262.5	700.0
Peter Siepierski	NS	215.0	162.5	222.5	600.0
Greg Zilberbrant	ON	205.0	160.0	200.0	565.0
Adam Bury	ON	197.5	130.0	217.5	545.0
<b>100kg</b>					
Garret Toma	BC	280.0	177.5	200.0	657.5
Kevin Farrell	NS	227.5	125.0	252.5	605.0
<b>110kg</b>					
John MacDonald	PE	250.0	160.0	277.5	687.5
Cam Hawkshaw	ON	250.0	160.0	240.0	650.0
<b>125kg</b>					
Gregory Young	IQ	272.5	160.0	252.5	685.0
<b>125+kg</b>					
Ryan Fowler	SK	260.0	187.5	245.0	692.5

## CPU Nationals (continued)



Jerry Marentette

Photo: H. Rai

Lifter	Prov	Squat	Bench	DL	Total
<b>Men Master I</b>					
<b>67.5kg</b>					
Rejean Talon	QU	210.0	152.5	215.0	577.5
Frank Nadeau	ON	167.5	125.0	175.0	467.5
<b>75kg</b>					
Harnek Singh Rai	ON	160.0	100.0	155.0	415.0
<b>82.5kg</b>					
John Fraser	NS	222.5	165.0	245.0	632.5
Barry Simms	ON	230.0	152.5	242.5	625.0
Sammy Toora	BC	240.0	150.0	235.0	625.0
Herbert Greenidge	ON	200.0	160.0	210.0	570.0
Mike Kelso	ON	190.0	130.0	230.0	550.0
<b>90kg</b>					
Jerry Marentette	ON	257.5	182.5	275.0	715.0
<b>100kg</b>					
Steve Chomitz	ON	270.0	177.5	277.5	725.0
Paul Gidney	SK	242.5	167.5	257.5	667.5
Paul Francis	ON	222.5	147.5	240.0	610.0
<b>110kg</b>					
Mark Glofcheskie	ON	245.0	190.0	265.0	700.0
Bruce McIntyre	ON	-	-	-	-
<b>125kg</b>					
Ron Strong	ON	255.0	175.0	280.0	710.0
Rick Gazdig	ON	215.0	160.0	240.0	615.0
<b>125+kg</b>					
Sean Brown	ON	330.0	238.0	320.0	887.5
Gord Cosby	ON	215.0	167.5	285.0	667.5



Steve Magistrale

Photo: H. Rai

## Men Master II

### 75kg

Glynn Moore	ON	220.0	125.0	230.0	575.0
Tom Stewart	NB	187.5	110.0	230.0	527.5
John Bourgoin	ON	197.5	112.5	197.5	507.5
Stan Goss	ON	150.0	102.5	192.5	445.0

### 82.5kg

Brian Desjarlais	SK	182.5	172.5	205.0	560.0
Laurie Greenidge	ON	212.5	130.0	215.0	557.5

### 90kg

Ron Delaney	NS	232.5	152.5	277.5	662.5
Scot Seguin	ON	242.5	160.0	245.0	647.5
Don Cormier	NF	227.5	165.0	190.0	582.5
Harvey Hanec	MB	167.5	142.5	170.0	480.0

### 100kg

Byron Monster	NF	253.0	145.0	255.0	652.5
George Power Sr.	NF	235.0	150.0	240.0	625.0
Peter Perry	ON	-	-	-	-

### 110kg

Patrick Hartwick	ON	265.0	155.0	250.0	670.0
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### 125kg

Terry Young	IQ	182.5	155.0	250.0	587.5
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## Men Master III

### 82.5kg

Ivan Williamson	ON	157.5	112.5	215.0	485.0
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### 90kg

Marvin Kelso	ON	202.5	150.0	195.0	547.5
Anatole Demidenko	ON	165.0	150.0	200.0	515.0

### 100kg

Terry Stinchombe	ON	210.0	157.5	235.0	602.5
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## Men Open

### 67.5kg

Lewis Noppers	AB	200.0	150.0	227.5	577.5
Jean-Seb. Rheume	QU	195.0	155.0	205.0	555.0

### 75kg

Brandon Summers	ON	245.0	165.0	260.0	670.0
Willie Albert	ON	232.5	140.0	275.0	647.5
Andrew Demidenko	ON	240.0	145.0	260.0	645.0
Everett Beachey	ON	212.5	170.0	247.5	630.0
Greg Jay	PE	200.0	160.0	250.0	610.0

### 82.5kg

Jeff Becker	ON	290.0	165.0	295.0	750.0
Jamie Dougall	BC	232.5	165.0	275.0	672.5
Vince Byrne	ON	215.0	187.5	215.0	617.5

### 90kg

Darren Weatherbie	PE	320.5	232.5	295.0	847.5
Jeff Butt	SK	250.0	205.0	235.0	690.0
Dave Bolton	AB	250.0	145.0	255.0	650.0
David Pigozzo	ON	225.0	157.5	250.0	632.5

### 100kg

Stephen McKenzie	ON	300.0	212.5	312.5	825.0
Eric Gagnon	ON	-	-	-	-
Mike Mangan	ON	-	-	-	-

### 110kg

Tom Nicholls	PE	332.5	242.5	320.0	895.0
Jimmy Hall	AB	310.0	212.5	310.0	832.5
Jamie Emberley	NF	290.0	215.0	295.0	800.0
Steve Magistrale	ON	280.0	200.0	275.0	755.0
Brian George	NS	272.5	182.5	280.0	735.0
George Power Jr.	ON	-	-	-	-

### 125kg

Mark Holloway	NF	290.0	250.0	325.0	865.0
Heath Weir	NS	295.0	205.0	275.0	775.0
Jim Halliday	ON	275.0	197.5	300.0	772.5
Jason Weaver	NS	285.0	170.0	295.0	750.0

### 125+kg

Steve Wiseman	NF	335.0	250.0	330.0	915.0
Dan Suberlak	SK	272.5	262.5	245.0	780.0
Chris Yantha	ON	-	-	-	-

## CPU Bench Press Nationals

Lynton Lam

March 21, 2004

Lifter	Prov	Bench	Wilks
<b>Women Master I</b>			
<b>60kg</b>			
Cindy-Lee Cosby	ON	72.5	82.000
<b>Women Open</b>			
<b>48kg</b>			
Lee Ann Dalling	NS	77.5	103.433
<b>67.5kg</b>			
Kim Dennis	BC	85.0	86.753
<b>82.5kg</b>			
Monique Hartle	IN	90.0	83.866
<b>90+kg</b>			
Cathy McDonald-Whynot	NS	110.0	91.693
Janice MacDonald	NS	105.0	87.630
<b>Women Sub Junior</b>			
<b>60kg</b>			
Sharon Fontaine	QU	42.5	48.325
Yvonne Michaud	QU	25.0	28.541
<b>75kg</b>			
Rhaea Fowler	SK	72.5	73.149
<b>82.5kg</b>			
Karyne Turcotte	QU	65.0	60.616
<b>90+kg</b>			
Raelene Marion	AB	87.5	73.952
<b>Men Sub Junior</b>			
<b>52kg</b>			
Pier-Luc Roy	QU	35.0	35.733
<b>60kg</b>			
Jean Francois Hebert	QU	72.5	61.833
<b>67.5kg</b>			
Guillaume Couture	QU	105.0	81.149
Jeremi Marcoux	QU	52.5	42.468
<b>75kg</b>			
Martin Poulin	QU	82.5	62.799
<b>82.5kg</b>			
Emmanuel Marcoux	QU	115.0	77.727
<b>90kg</b>			
Jason Fontaine	QU	90.0	59.133
Jean-Philippe Couture	QU	52.5	34.969
<b>100kg</b>			
Jerome Poulin	QU	105.0	65.893
<b>Men Junior</b>			
<b>67.5kg</b>			
Kristian Leach	AB	125.0	97.665
<b>75kg</b>			
Steve Caron	QU	125.0	95.260
<b>90kg</b>			
Jon Heisel	ON	167.5	108.254
<b>100kg</b>			
Peter Siepierski	NS	165.0	104.581
<b>110kg</b>			
John MacDonald	PE	160.0	95.326
<b>Men Master I</b>			
<b>75kg</b>			
Rejean Talon	QU	150.0	114.841
Harnek Singh Rai	ON	120.0	88.408
<b>82.5kg</b>			
John Fraser	NS	172.5	116.241
Herbert Greenidge	ON	167.5	112.538
<b>100kg</b>			
Paul Gidney	NS	177.5	108.111
<b>110kg</b>			
Bruce McIntyre	ON	190.0	112.632
<b>125kg</b>			
Mark Głofcheski	ON	190.0	111.272
Daniel Royer	QU	160.0	93.952
<b>125+kg</b>			
Mike Knott	ON	160.0	89.314

## 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):

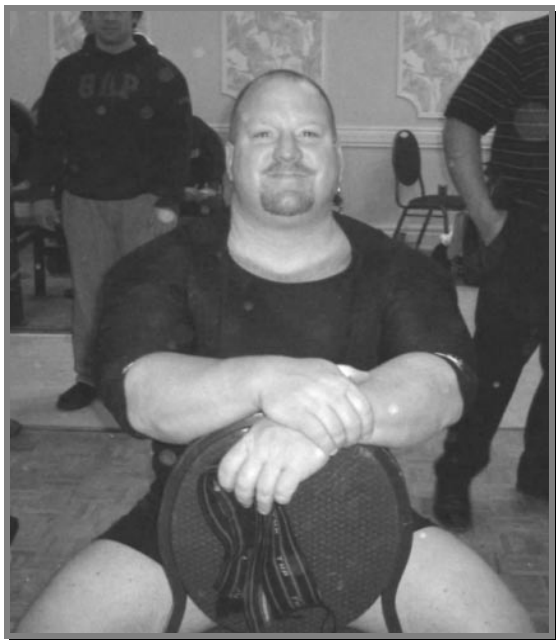
➔ Use this form if you wish to enter an Ontario Powerlifting Association sanctioned contest.

➔ Send the completed form along with the appropriate fees to the contact indicated in the contest details.

## CPU Bench Press Nationals

(Continued)

Lifter	Prov	Bench	Wilks
<b>Men Master II</b>			
<b>90kg</b>			
Miroslav Koprnicky	ON	150.0	96.032
Harvey Hanec	MB	142.5	91.074
<b>100kg</b>			
Byron Monster	NF	137.5	84.936
<b>125+kg</b>			
David Hoffman	ON	165.0	90.838
<b>Men Master III</b>			
<b>100kg</b>			
John Giffen Sr	ON	170.0	103.925
<b>Men Open</b>			
<b>67.5kg</b>			
Tom Kean	NF	160.5	125.475
Jean Rheahme	QU	150.0	116.066
<b>82.5kg</b>			
Greg Jay	PE	165.0	114.019
<b>90kg</b>			
Jason Master	ON	155.0	99.063
David Pigozzo	ON	152.5	98.205
Matt Chute	ON	140.0	89.996
<b>100kg</b>			
Darren Weatherbie	PE	230.5	144.781
Jeff Butt	SK	200.0	126.159
Jason Seabrook	ON	200.0	122.521
Martin Walsh	ON	187.5	114.110
Pierre-Luc Paquet	QU	155.0	95.574
<b>110kg</b>			
John Giffen	AB	250.0	147.844
Mike Goss	ON	185.0	110.114
Shaun Roach	ON	185.0	109.024
<b>125kg</b>			
Mark Holloway	NF	245.0	141.722
Clifford Samms	NS	197.5	115.140
Sean Brown	ON	-	---
<b>125+kg</b>			
Shawn O'Halloran	ON	272.5	153.495
Dan Suberlak	SK	265.0	142.616
Craig Hurford	MNS	-	---



**Shawn O'Halloran**

Photo: H. Rai

## Timmins Mentally Challenged

April 4, 2004

Results: Janet Dunn

Lifter	Club	Squat	Bench	DL	Total
<b>Women</b>					
<b>44kg</b>					
Nicole Ferguson	TI	37.5	27.5	80.0	107.5
<b>60kg</b>					
Kristin Smeets	ST	42.5	27.5	72.5	100.0
<b>67.5kg</b>					
Vivian Gauvreau	NL		42.5	110.0	152.5
<b>75kg</b>					
Linda Carrier	HE		32.5	92.5	125.0
<b>90kg</b>					
Linda Milsap	ST	47.5	35.0	77.5	112.5
<b>90+kg</b>					
Bev Phippen	NB	120.0	70.0	150.0	220.0
<b>Men</b>					
<b>56kg</b>					
Benji Chain	NB	77.5	55.0	105.0	160.0
Jacob Ringstead	TI	30.0	27.5	65.0	92.5
<b>60kg</b>					
Kevin Grigg	NB		52.5	80.0	132.5
Luc Tremblay	TI	42.5	42.5	82.5	125.0
<b>67.5kg</b>					
Gordon Brazil	SU		60.0	137.5	197.5
Doug Shillington	ST	70.0	60.0	105.0	165.0
Blake Bush	TI	35.0	47.5	105.0	152.5
Joey Battisti	TI		35.0	82.5	117.5
<b>75kg</b>					
Paul Perreault	TI	110.0	110.0	180.0	290.0
Bruce Penner	ST	77.5	75.0	132.5	207.5
James Mills	SU		62.5	125.0	187.5
Peter Powers	TI	50.0	50.0	110.0	160.0
Michael Cozac	NB	0.0	60.0	90.0	150.0
Peter Carriere	NB	55.0	60.0	85.0	145.0
Simon Camire	HE		52.5	35.0	87.5
<b>82.5kg</b>					
Chris Schmidt	ST	70.0	47.5	112.5	160.0
Allan Root	SU		50.0	67.5	117.5
<b>90kg</b>					
Eddie Phippen	NB	140.0	90.0	202.5	292.5
<b>100kg</b>					
Gary Perkins	TI	45.0	55.0	112.5	167.5
<b>110kg</b>					
Chris Thacker	NB	150.0	107.5	175.0	282.5
Richard Dwyer	TI	100.0	90.0	190.0	280.0
Scott Halverson	SU		110.0	162.5	272.5
<b>125+kg</b>					
Ward Kostello	NL		115.0	185.0	300.0



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 →**

<b><u>NEW MEMBER:</u></b>	<b><u>RENEWAL:</u></b>	<b><u>ASSOCIATE:</u></b>
<input type="checkbox"/> Jan 1-Jun 30, 2004: \$60.00	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$25.00
<input type="checkbox"/> Jul 1-Dec 31, 2004: \$40.00	<input type="checkbox"/> SDO/OSO: \$40.00	
<input type="checkbox"/> 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 \_\_\_\_\_  
(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]

## 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 Junior Records

<b>52kg</b>			
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
<b>56kg</b>			
Squat	120.0	D. D'Angelo	Nov-89 NE Ontario Open, North Bay, ON
<b>60kg</b>			
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
<b>82.5kg</b>			
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

## OPA – Records (continued)

### Women's Sub Junior Records

#### 52kg

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 Master 40-49 Records

#### 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	160.0	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Bench	82.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	162.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Total	405.0	G. Papolis	Mar-04	Canadian Masters, Waterloo, 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 Master 50-59 Records

#### 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

#### 75kg

Squat	122.5	L. Squires	Mar-04	Canadian Masters, Waterloo, ON
Bench	65.5	L. Squires	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	125.0	L. Squires	Mar-04	Canadian Masters, Waterloo, ON
Total	312.5	L. Squires	Mar-04	Canadian Masters, Waterloo, ON

### Women's Seniors Records

#### 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 (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	162.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
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

#### 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	160.0	G. Zilberbrant	Mar-04	Canadian Juniors, Waterloo, 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 *(continued)*

<b>100kg</b>					
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	
<b>110kg</b>					
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	
<b>125kg</b>					
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	
<b>125+ kg</b>					
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 Sub Junior Records

<b>56 kg</b>					
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	
<b>67.5 kg</b>					
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	
<b>75 kg</b>					
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	
<b>82.5 kg</b>					
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	
<b>125+ kg</b>					
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

<b>52kg</b>					
Squat	170.0	S. Boulerville	Feb-92	Canadian Juniors, Kitchener, ON	
Deadlift	185.0	S. Boulerville	Feb-92	Canadian Juniors, Kitchener, ON	
<b>56kg</b>					
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	
<b>60kg</b>					
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	
<b>67.5kg</b>					
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	

## Men's Senior Records *(continued)*

<b>75kg</b>					
Squat	277.5	J. Becker	May-96	Canadian Chmp, Leduc, AB	
Bench	168.0	J. Becker	May-96	Canadian Chmp, Leduc, AB	
Deadlift	285.0	J. Becker	Feb-95	Ontario Seniors, London ON	
Total	722.5	J. Becker	May-96	Canadian Chmp, Leduc, AB	
<b>82.5kg</b>					
Squat	290.0	J. Becker	Mar-04	Canadian Chmp, Waterloo, ON	
Bench	175.5	H. Greenidge	Sep-02	Ontario Intermediate, Mississauga	
Deadlift	298.0	J. Becker	May-98	Canadian Chmp, Richmond, BC	
Total	750.0	J. Becker	Mar-04	Canadian Chmp, Waterloo, ON	
<b>90kg</b>					
Squat	270.0	R. Morrisette	Jun-02	Toronto Open, Toronto, ON	
Bench	185.0	D. Bruce	Jun-88	Canadian Chmp, Winnipeg, MB	
Deadlift	322.5	P. Perry	Mar-85	Ontario Seniors, Sault Ste. Marie	
Total	750.0	J. Peacock	Mar-90	Ontario Seniors, Cambridge ON	
<b>100kg</b>					
Squat	312.5	E. Gagnon	Sep-03	Ontario Seniors, Ottawa, ON	
Bench	225.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON	
Deadlift	312.5	S. McKenzie	Mar-04	Canadian Chmp, Waterloo, ON	
Total	825.0	S. McKenzie	Mar-04	Canadian Chmp, Waterloo, ON	
<b>110kg</b>					
Squat	347.5	R. Celio	May-97	Canadian Chmp, Toronto ON	
Bench	232.5	M. Giffen	Sep-02	Ontario Seniors, Mississauga, ON	
Deadlift	325.0	R. Celio	May-97	Canadian Chmp, Toronto ON	
Total	887.5	R. Celio	May-97	Canadian Chmp, Toronto ON	
<b>125kg</b>					
Squat	335.0	D. Gratton	Jan-00	Ontario Seniors, London, ON	
Bench	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	
<b>125+kg</b>					
Squat	347.5	D. Gratton	May-01	London Open, London, ON	
Bench	238.0	D. Gratton	May-01	London Open, London, ON	
Deadlift	320.0	S. Brown	Mar-04	Canadian Chmp, Waterloo, ON	
Total	887.5	S. Brown	Mar-04	Canadian Chmp, Waterloo, ON	
<b>Men's Master Records (40 - 49)</b>					
<b>60kg</b>					
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	
<b>67kg</b>					
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	
<b>75kg</b>					
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	
<b>82.5kg</b>					
Squat	290.0	J. Becker	Mar-04	Canadian Masters, Waterloo, ON	
Bench	175.5	H. Greenidge	Sep-02	Ontario Seniors, Mississauga	
Deadlift	295.0	J. Becker	Mar-04	Canadian Masters, Waterloo, ON	
Total	750.0	J. Becker	Mar-04	Canadian Masters, Waterloo, ON	
<b>90kg</b>					
Squat	257.5	D. Warriner	Feb-98	Canadian Masters, Moose Jaw, SK	
Bench	182.5	J. Marentette	Mar-04	Canadian Masters, Waterloo, ON	
Deadlift	302.5	P. Perry	May-91	Canadian Master, Kitchener, ON	
Total	715.0	J. Marentette	Mar-04	Canadian Masters, Waterloo, ON	
<b>100kg</b>					
Squat	270.0	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON	
Bench	177.5	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON	
Deadlift	277.5	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON	
Total	725.0	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON	

## Men's Master Records (40 - 49) (continued)

### 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	330.0	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Bench	238.0	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	320.0	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Total	887.5	S. Brown	Mar-04	Canadian Masters, Waterloo, ON

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

### 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	242.5	S. Seguin	Mar-04	Canadian Masters, Waterloo, ON
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	160.0	T. Stinchcombe	Dec-03	Ontario Masters, Kitchener, ON
Deadlift	290.5	P. Perry	Dec-03	Ontario Masters, Kitchener, ON
Total	687.5	P. Perry	Dec-03	Ontario Masters, Kitchener, 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+)

### 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	Mar-04	Canadian Masters, Waterloo, ON
Bench	150.0	M. Demidenko	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	222.5	M. Kelso	Jun-03	London Open, London, ON
Total	570.0	M. Kelso	Jun-03	London Open, London, ON

## Men's Master Records (60+) (continued)

### 100 kg

Squat	210.0	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Bench	157.5	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	235.0	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Total	602.5	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON

### 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

## 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 50-59 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	272.5	S. O'Halloran	03/21/04	Waterloo, 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	165.0	D. Hoffman	03/21/04	Waterloo, ON

### Men's Master 60+ Bench Press Records

75kg	170.0	J. Giffen Sr.	03/21/04	Waterloo, ON
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## 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:

- 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.
- To provide an incentive program for novice lifters.
- To provide recognition to those who have achieved status in their sport.
- 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	

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## 2004 OPA Affiliated Clubs

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### Brantford Bodyline Powerlifting OSO

Doug Vair (519) 758-9881  
34 Dalkeith Dr  
Brantford, ON N3P 1N6

### 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

### Greater Sudbury Powerlifting Club

Doug Marr (705) 523-4767  
574 Loach's Road  
Sudbury, ON P3E 2R1  
Email: dmar@nemhc.on.ca

### K-W Grizzlies – Special Athletes

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

### Kingston Eagles Special Olympics

Pauline Weston (613) 389-5929  
17 Gordon St  
Kingston, ON K7M 3S2  
Email: plweston@sympatico.ca

### 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 Powerlifting Club

Hamek Singh Rai (416) 569-1488  
17 Lynmont Rd  
Etobicoke, ON M9V 3W7  
Email: harnekpowerlifting@yahoo.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

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

### Power Pit Gym

Jerry Marentette (519) 727-6096  
1530 County Rd. 22  
Belle River, ON NOR 1A0

### PoweReach Powerlifting Club

Ashley Hartwick (613) 832-2906  
139 Willand Lane, RR#3  
Woodlawn, ON K0A 3M0  
Email: powereach@sympatico.ca

### Steel City Powerlifting Club

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

### St Thomas D.F. Powerlifting OSO

Daniel Pare (519) 633-8366  
71 Ross St. #11  
St. Thomas, ON N5R 3X6  
Email: weightroompress@aol.com

### St Thomas Elite Powerlifting OSO

Daniel Pare (519) 633-8366  
71 Ross St. #11  
St. Thomas, ON N5R 3X6  
Email: weightroompress@aol.com

### Timmins Special Olympics

Bob Boisvert (705) 264-8818  
670 Howard Ave  
Timmins, ON P4N 5V8  
Email: loubob@sympatico.ca

### Titans of Mississauga

Pascal Tyrrell (905) 842-6701  
2272 Margot St  
Oakville, ON L6H 3M7

### Valhalla Powerlifting Club

Larry Sheppard (705) 476-7577  
40 Judge Avenue #11  
North Bay, ON P1A 1B4  
Email: coachsheppard@yahoo.ca

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## OPA-Board of Directors

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### President:

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

### Vice President:

Hamek Singh Rai (416) 748-8008  
17 Lynmont Rd, Etobicoke, ON M9V 3W7  
Email: harnek@powerlifting.ca  
Mobile: (416) 569-1488

### Secretary:

Jackie Mattice 519-743-5218  
Email: rjmattice@sympatico.ca

### Treasurer:

Krista Schaus (905) 772-0751  
295 Link Rd. RR#2 Cayuga, ON N0A 1E0  
Email: kschaus@gto.net

**CPU Website:** www.powerlifting.ca

### Registration Chairperson:

Lynda Squires (519) 686-0563  
495 Ferndale Court, London, ON N6C 5C2  
Email: nightflight19@hotmail.com

### Records Chairperson:

David Hoffman (519) 894-5913  
278 Thaler Ave, Kitchener, ON N2A 1R6

### Referee Chairperson:

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

### Regional Chairpersons:

#### Northwest (vacant):

Ramimo Paananen (contact) (807) 577-1994

#### Northeast:

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

#### Southern:

Hamek Singh Rai (contact information above)

#### Eastern:

Mike Latocha (613) 348-1024  
R.R.#1 3312 Con 3, Brockville, ON K6V 5T1  
Email: design@apowerdesigns.com

### Other Officials:

#### CPU President:

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1110 Main Street N  
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Email: ukruger@powerlifting.ca

#### Webmaster:

Mike Latocha (contact information above)  
**OPA Website:** www.ontariopowerlifting.ca

#### CPU Referee Chair /

#### I.P.F Technical Committee

Bill Jamison (contact information above):