

# OPAIN

## Ontario Powerlifting News

August 2004, Volume 55, Issue 3

Official Newsletter of the Ontario Powerlifting Association



Jeff Becker

Photo: H. Rai



### Inside this Issue

Results - London, Toronto Open  
Top Ten Updated  
Upcoming Contests  
Annual General Meeting Info



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## From the President

*William T. Jamison*

In Ontario, not including the Canadian Championships which were held in Waterloo, there have been six contests sanctioned so far in 2004. Each one was well run and very competitive.

On March 6, a Bench Press and Deadlift contest was held at Grand River Collegiate in Kitchener. On June 3, a second annual Powerlifting contest was held at Dunnville Secondary School. We are making steady progress with our high school program and are hoping to hold an Ontario High School Powerlifting Championships next spring.

A referee clinic was held the day before the Toronto Open on July 17th with three people writing the test.

The 2004 Ontario Mens and Womens Open Powerlifting Championships will be hosted by the Steel City Powerlifting Club on September 19 in Brantford.

The Ontario Masters and Juniors powerlifting and Bench Press Championships will be held in Mississauga hosted by the Monster Powerlifting Club. The OPA Annual General Meeting will be held the evening before this competition.

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## Registration Chairperson

*Lynda Squires*



There are 230 registered OPA members to date in 2004. 40 of these members are new. Club affiliations are down from last year with a total of 15.

Daniel Pare has opened a new gym and therefore will not be able to hold the St. Thomas Open this year.

The CanAm Games, which were held in London, was a good competition. I had fun as usual, and met new lifters. We promoted the OPA and I think one lifter from BC is now looking to qualify at a local meet to compete at the Nationals.

### **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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## OPA Club Updates

### **London Powerlifting Club** - *Terry Stinchcombe*

The CAN-AM Police and Fire Games were held in London the week of July 12. Powerlifting was part of these games and the London Powerlifting Club was asked to run the bench only and the three lift meet.

These contests were unsanctioned but most IPF rules were used where possible. Mike Knott, Stan Goss, Rick Gazdig were the meet directors and referees. Other members of the club that took time off work to help out were Mike Goss, Arron Goss, Tim Jones and Ivan Williamson. The contests were held at the Galleria Mall in downtown London. Many spectators enjoyed the lifting and there was TV and newspaper coverage. Lynda Squires and Vicky Goss lifted and did very well. Several of the lifters expressed interest in joining the CPU. Bench presses over 500 lbs were seen and squats over 600 and a 750 deadlift was an example of the quality of lifting. Our club took on this endeavour as a fundraiser and as a powerlifting promotion for future CPU members.

Mike Knott passed his practical referee test at the Toronto Open.

Help promote and support powerlifting volunteer to help at a meet.

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## Newsletter Editor

*Ulrike Kruger*

Again, we are at the time of year to start thinking about the Annual General Meeting to be held on November 20. This is an election year. Terms are two years and all Ontario Powerlifting Association members are welcome to fill any position. Attendance over the past few years has been quite sparse. Many ideas float around, but volunteers are required to make them happen. If you can make some time and effort commitments for two, please contribute.

Some effort was required to obtain a host for both the Ontario Senior and the Ontario Master/Junior/Bench Press championships. The Steel City Powerlifting club has pulled through host the Ontario Seniors. Monster Powerlifting Club will hold the Ontario Master/Junior/Bench Press championships.

Hopefully, clubs will come forth to the Annual General Meeting with a bid to hold these championships in 2005.

Take some time to review the constitution online and also review the duties of the executive and operating officers. Perhaps you can fill one of these roles.

<http://www.ontariopowerlifting.ca/constitution.html>

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## ★ Ontario Powerlifting News★

Next Deadline: November 12, 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, Harnek Singh Rai

Photo Front Cover: Jeff Becker

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

### Regional and National

Sep 18	Referee Clinic Lynton Lam (519) 893-8479 Email: lynton.lam@sympatico.ca	Brantford
Sep 19	Ontario Senior Men / Women Bill Jamison (905) 765-5345 Email: billjamison@sympatico.ca	Brantford
Nov 12	Newsletter Submissions Deadline	
Nov 20	Annual General Meeting Jackie Mattice (519) 743-5218 Email: rjmattice@sympatico.ca Bill Jamison (905) 765-5345 Email: billjamison@sympatico.ca	Mississauga
Nov 21	Ontario Master/Junior/Bench Harnek Singh Rai (416) 569-1488 harnekpowerlifting@yahoo.com Sean Brown (905) 979-8651	Mississauga
Apr 6-10 2005	CPU Nationals Check the CPU website for updates: <a href="http://www.powerlifting.ca">www.powerlifting.ca</a>	Calgary

### IPF Worlds Timetable

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	USA
Apr 21-24	World Bench Masters	Czech R
May 25-29	World Women	Finland
June	North American Powerlifting Championships	TBD
Jul 13-18	World Games	Germany
Sep 5-11	World Sub-Juniors & Juniors	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: November 12, 2004 ==**

## Ontario Senior Men & Women

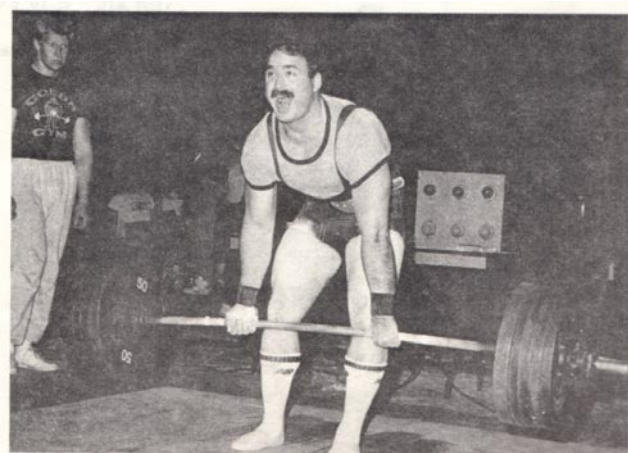
- Date:** September 19, 2004
- Host:** Steel City Powerlifting Club
- Place:** Best Western Brant Park Inn  
19 Holiday Dr Brantford, ON
- Lifts:** 3 lift contest
- Eligibility:** Open to all members of the Ontario Powerlifting Association who have made the following qualifying totals in a sanctioned contest:
- Women - Class III
  - Men - Class I
- \*These qualifying totals can be found in the OPA newsletter or on the OPA website.
- You must have qualified in the class in which you will be competing at these Championships within the previous 24 months.
- The qualifying total may also have been made while lifting in a lighter class, but not in a heavier class
- Weigh In:** 8:00am (subject to change)
- Awards:** Men/Women  
OPA medals: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>  
Champion of Champions award  
Team Champions award
- Meet Director:** Bill Jamison (905) 765-5345  
Email: billjamison@sympatico.ca
- Entry Fee:** \$50.00
- Entry Deadline:** September 8, 2004
- Payable To:** Bill Jamison
- Send Entry To:** Bill Jamison  
412 Big Creek Rd  
Caledonia, ON N3W 2G9

➔ Use Contest Entry form: Page 15

## Referee Clinic

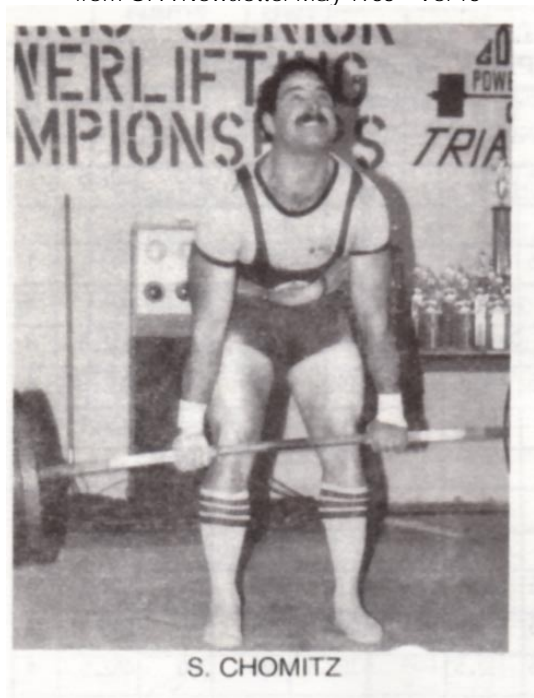
- Date / Time:** September 18, 2004
- Place:** Best Western Brant Park Inn  
19 Holiday Dr  
Brantford, ON
- Description:** Lynton Lam will be holding a Referee clinic the night before the Ontario Senior championships
- Contact:** Lynton Lam  
Phone: (519) 893-8479  
Email: lynton.lam@sympatico.ca

### Remember Steve?



Steve Chomitz (285 Kg)

**Steve Chomitz - 1988** – 100 kg class  
from OPA Newsletter May 1988 – Vol 18



**Steve Chomitz - 1986** – 90 kg class  
from OPA Newsletter June 1986 – Vol 13

## Annual General Meeting

**Date / Time:** November 20, 2004 5:00pm

**Place:** Radisson Hotel  
2501 Argentina Rd, Mississauga  
(401 and Mississauga Rd)  
Phone: (905) 858-2424

To be held in the Erindale Room

**Submissions:** Agenda items must be received by the secretary one month prior to the Annual General Meeting

OPA Secretary: Jackie Mattice

Phone: (519) 743-5218

Email: [rjmattice@sympatico.ca](mailto:rjmattice@sympatico.ca)

**Elections:** This is an election year. All positions are open. To date, the secretary and treasurer intend to step down, but all positions are available for nominations.

Refer to the constitution online at:  
<http://www.ontariopowerlifting.ca/constitution.html>

A section exists describing the various positions on the OPA Executive Council and as OPA Officers.

***This is your opportunity to implement your ideas!!***

**Proposals:** The AGM is the place to bring forth proposals to make changes to the OPA constitution.

Radison Hotel Web Site:

[http://www.radisson.com/torontoca\\_mississauga](http://www.radisson.com/torontoca_mississauga)

## Ontario Master/Junior & Bench Press

**Date:** November 21, 2004

**Host:** Monster Powerlifting Club

**Place:** Lion Head Golf and Country Club  
8525 Mississauga Rd,  
Brampton, ON

**Where to Stay:** Radisson Hotel  
2501 Argentina Rd, Mississauga  
(401 and Mississauga Rd)  
Phone: (905) 858-2424  
\* Room Rate: \$99 for quadruple

**Lifts:** 3 lift contest and Bench Press contest

**Eligibility:** All qualifying totals for Ontario Masters Juniors and Benchpress Championships are listed in the OPA Newsletter and Website.

**Weigh In:** 7:00am (subject to change)

**Awards:** OPA medals for 1st, 2nd and 3<sup>rd</sup> in each Class. Champion of Champions. Award for Masters, Juniors, Bench Team awards: Master, Juniors, Bench

**Meet Director:** Harnek Singh Rai (416) 569-1488  
harneklpowerlifting@yahoo.com  
Sean Brown: 905-979-8651

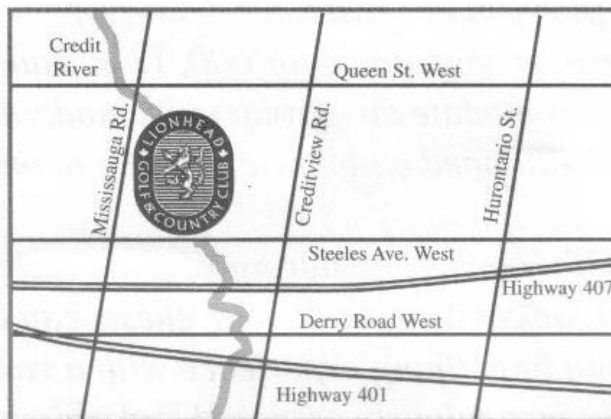
**Entry Fee:** \$50.00

**Entry Deadline:** November 7, 2004

**Payable To:** Harnek Singh Rai

**Send Entry To:** Harnek Singh Rai  
17 Lynmont Rd  
Etobicoke, ON M9V 3W7

➔ Use Contest Entry form: Page 15



*Located just 5 km north of Highway 401  
on Mississauga Road in Brampton.*

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## HISTORY - Steel City and the Ontario Powerlifting Association

In 1969 the Steel City Powerlifting Club was established by Bill Jamison, Ned and Bill Gvoich and Bill Angelo. At that point in time, there were no powerlifting organizations in Ontario or anywhere in Canada. Individuals and clubs registered with the Ontario Weightlifting Association.

In the spring of 1972, Bill Jamison and Ned and Bill Gvoich formed the Ontario Powerlifting Association. That summer, the Canadian Powerlifting Union was organized and in the fall, Bill Jamison and Bill Gvoich attended the inaugural meeting of the International Powerlifting Federation in York, Pennsylvania.

In 1974, Bill, Ned and Bill Gvoich attained their Cat. II referees status.

In 1975, each of these men successfully achieved their Cat. I cards in Birmingham, England.

Right from the beginning, we realized the value of developing an organization with a strong club system. Each club could utilize the veteran lifters to coach the younger, inexperienced lifters. Many of these veteran lifters could also become referees.

When contests were held, meet directors were asked to have team trophies. This developed a club rivalry which in turn, forced clubs to find more lifters for their team and therefore increased the membership in the O.P.A.

During the early 70s, a keen rivalry would develop between clubs in Ontario. Some of these were the Steel City Powerlifting Club of Hamilton, the London Powerlifting Club and the Sioux Ste. Marie Powerlifting Club. Each club would try to attain more lifters to make their club stronger.

Later in the 70s, more clubs were formed, such as Kitchener Golden Triangle, Pattyn's Gym in Alexandria, the Ottawa Strong and the North Bay Powerlifting Club.

Clubs began to wear team uniforms such as the orange and black colours worn by the Steel City Powerlifting Club.

The Steel City Powerlifting Club has had peaks and valleys in its development. Presently, the club is on an upswing. My two sons, Billy and

Jesse trained with weights for high school sports and have taken an interest in lifting. We have attracted new lifters through the internet and others because of our high school development program.

Steel City ran the Hamilton Open for 20 years from 1971 to 1991, and in the last three years we started to hold an annual contest again. We have also hosted the Canadian Championships and the Ontario Championships many times. Several international contests were also held by Steel City. The Pan Ams were held three times, the North Americans once, and the World Masters were held in conjunction with the World Masters Games.

The World Masters and Juniors Championships that we hosted in 1993 attracted nearly 400 lifters from 35 countries and is still the biggest IPF contest held to date.

It is important to note why the club system is strongly stressed. Sometimes the question is asked, "Why isn't powerlifting in the Olympics?" If we expect our sport to achieve this goal, we should present ourselves with respect and dignity, such as other prestigious sports in the Olympics. We want young lifters to develop the proper attitude and sportsmanship, so that we can develop our sport with an excellent reputation and have it taken seriously. All of these things should be instilled into our young lifters at the club level. When all of these things are done and practised, our sport keeps its integrity and we are not viewed as sports entertainment like the former World Wrestling Federation. (WWF)

The club system has been a proven method of promoting our sport. Our website is one tool that should be upgraded and better utilized. Recently, I had a conversation with our sport's consultant from the Ministry about our need to grow through the media and other forms of communication. It is our challenge to continue to find ways to advertise powerlifting and give it exposure.

The final analysis is this. Keep developing your clubs and encourage new clubs. As people enter our sport, it will be the club system that guides them through their education in powerlifting.

*-Bill Jamison*





## **TITAN POWERLIFTING EQUIPMENT IN CANADA**

**Fury bench shirts:** \$130. Custom made: \$155 (All taxes incl)

**Victor and deadlift suit:** \$89 **Custom Victor and deadlift:** \$119

**Centurion suit:** \$130 **Custom Centurion (Dual Quad):** \$155

**Singlet:** \$39 (Home made when available) **Titan singlet with logo:** \$45

**Knee wraps:** THP (Titan High Performance) Knee wraps: \$39

**Wrist wraps:** THP (Titan High Performance) **24 in.** wrist wraps: \$29

**12 in.** wrist wraps: \$24 **50cm.** wrist wraps: \$27

**Deadlift slippers:** \$10

**T-shirts:** S-XL: \$20.00 2XL: \$23.00 3XL: \$25.00 4XL: \$26.00

**Suit and shirt colors:** Black, Royal blue and red

**Shipping:** Express post for a suit or a shirt: \$10 Overnight: \$25 (2 day delivery)

These shipping prices are for up to 1 lb parcel. Will quote price for different weight parcel.

**Certified cheque or money order**, the order will be shipped upon reception of payment.

**Cheque:** Allow 1 week to clear the cheque before shipping. **No credit card payment. Sorry!**

**LOUIS LÉVESQUE**

**342 rte 249 North**

**St-Élie d'Orford, Qué. Canada J0B 2S0**

**Phone :** 819-822-0727 (between 6 and 9 p.m., or at lunch hour)

**Email:** [llevsque@powerlifting.ca](mailto:llevsque@powerlifting.ca)



Dunnville H.S. Contest Best Team

## Dunnville High School Contest

June 3, 2004

Results: Bill Jamison

Lifter	School	Squat	Bench	DL	Total
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### Women

#### 56kg

1. Amber Van Ravensway	Dunnville	42.5	45.0	60.0	147.5
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#### 60kg

1. Shera Martini	Sir John A MacDonald	42.5	37.5	82.5	162.5
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#### 67.5kg

1. Michelle Fazzari	Cayuga	70.0	42.5	102.5	215.0
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### Men

#### 52kg

1. Nathan Letay	Dunnville	55.0	50.0	67.5	172.5
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#### 60kg

1. Dara Ros	Sir John A MacDonald	60.0	70.0	115.0	245.0
2. Jesse Gill	Dunnville	60.0	60.0	115.0	235.0
3. Evan Webb	Dunnville	75.0	50.0	97.5	222.5

#### 67.5kg

1. Adam Lavoie	Sir John A MacDonald	72.5	70.0	120.0	262.5
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#### 75kg

1. Nik Kohut	Cayuga	112.5	97.5	185.0	395.0
2. Jonathan Girard	Dunnville	102.5	50.0	92.5	245.0

#### 82.5kg

1. Raymond Blake	Caledonia	115.0	100.0	140.0	355.0
2. Dave Ricard	Cayuga	85.0	65.0	127.5	277.5

#### 90kg

1. Cedric Lloyd	Sir John A MacDonald	145.0	102.5	185.0	432.5
2. Tyler Horton	Dunnville	117.5	107.5	162.5	387.5
3. Mat Merz	Caledonia	110.0	97.5	160.0	367.5
4. Chris Best	Dunnville	92.5	77.5	117.5	287.5

#### 100kg

1. John MacKenzie	Sir John A MacDonald	142.5	130.0	190.0	475.0
2. Gage Stephens	Dunnville	130.0	107.5	165.0	462.5

#### 125+kg

1. James Blacklock	Cayuga	152.5	92.5	157.5	402.5
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### Best Lifters / Best Club

Women	Michelle Fizzari
Men	John MacKenzie

### Team Points

Sir John A MacDonald	60
Dunnville	60
Cayuga	45
Caledonia	20

### Referees

Lynton Lam, Bill Jamison, Jesse Jamison

### Volunteers

Dave Hoffman, Virgil Gazzola, Chad Chapman, Billy Jamison

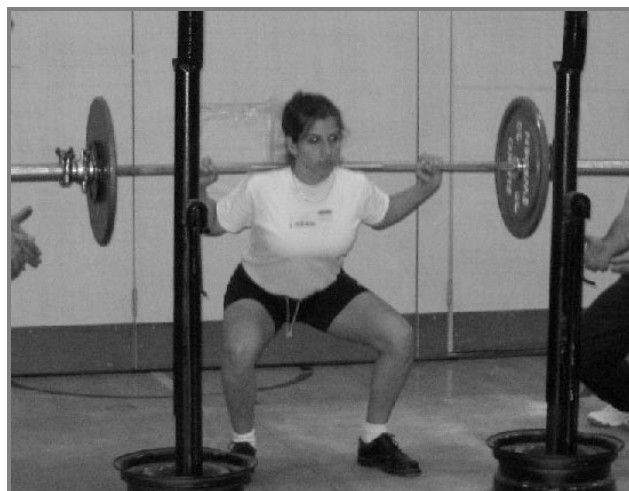


60kg - Dara Ros 112.5 2nd attempt

On June 3rd a second annual high school powerlifting contest was held at Dunnville Secondary School. This year there were four schools taking part: Dunnville, Cayuga, McKinnon Park Caledonia and Sir John A MacDonald from Hamilton.

The contest was very exciting. After it was over, both students and teachers remarked on how much they enjoyed the competition and that they were looking forward to the contest next year.

I am hopeful that more schools will be involved next year, and we are looking forward to the possibility of holding a Provincial high school Powerlifting Championships next spring. Special thanks to the following people; without their help, this contest would not have been possible: Mr. Mark Enns, Mr. Adam Pasfield, Mr. John Love, Mr. Mike Nuransic and Mr. Ed Sober.



67.5kg Michelle Fazzari 70kg 3rd attempt



# London Open

June 5, 2004

Results: *Terry Stinchcombe*

Lifter	Squat	Bench	Deadlift	Total
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## Women

### 52kg

1. Nina Witford	75.0	40.0	102.5	217.5
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### 56kg

1. Tracy Coderre	85.0	47.5	112.5	245.0
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### 60kg

1. Cheryl Howey	32.5	30.0	72.5	135.0
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### 67.5kg

1. Doreen Bonnell	100.0	50.0	115.0	265.0
2. Shauna Elliott	95.0	60.0	100.0	255.0

### 75kg

1. Jackie Pritchard	105.0	55.0	135.0	295.0
2. Kay Carlson	80.0	52.5	107.5	240.0

### 90+kg

1. Inga Patton	125.0	80.0	172.5	377.0
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## Men

### 67.5kg

1. Art Chan	142.5	127.5	217.5	487.5
2. Marco Rivas	140.0	95.0	160.0	395.0

### 75kg

1. Willi Albert	240.0	145.0	277.5	662.5
2. Everett Beachey	215.0	160.0	260.0	635.0
3. Daniel Shea	197.5	135.0	217.5	550.0
4. Walter Urban	192.5	125.0	222.5	540.0
5. Frank Nadeau	182.5	137.5	195.0	515.0
6. Eric Dunstan	182.5	137.5	195.0	515.0
7. David Potvin	177.5	85.0	205.0	467.5
8. Paul Behne	145.0	82.5	190.0	417.5
9. Jeff Powell	125.0	85.0	170.0	380.0
10. Gerry Kasaboski	125.0	65.0	147.5	337.5
11. Bill Baker	37.5	45.0	70.0	152.5

### 82.5kg

1. John Doris	207.5	162.5	227.5	597.5
2. Paul Attia	150.0	125.0	180.0	455.0
3. Stephen Walker	125.0	102.5	182.5	410.0

### 90kg

1. Nicholas Rivard	235.0	155.0	235.0	625.0
2. Robert McIntyre	210.0	135.0	227.5	572.5
3. Matt Wright	185.0	120.0	212.5	517.5
4. Jean Miljour	190.0	132.5	190.0	512.5
5. Tim Telfor	142.5	100.0	165.0	407.5
6. Robert Greig	70.0	55.0	80.0	205.0

Lifter	Squat	Bench	Deadlift	Total
--------	-------	-------	----------	-------

### 100kg

1. Les Kiss	255.0	187.5	260.0	702.5
2. Andy Childs	230.0	165.0	265.0	660.0
3. Darrell Beyer	227.5	167.5	260.0	655.0
4. Blair Lyon	222.5	147.5	262.5	632.5
5. Paul Francis	227.5	155.0	222.5	605.0
6. Martin Walsh	182.5	190.0	230.0	602.5
7. Clive Heath	95.0	77.5	140.0	312.5
8. Steve Heath	60.0	65.0	130.0	255.0

### 110kg

1. Jamie Emberley	320.0	220.0	290.0	830.0
2. Anton Migounov	255.0	160.0	277.5	692.5
3. Patrick Hartwick	262.5	155.0	255.0	672.5
4. Derek Tiller	170.0	132.5	230.0	532.5

### 125kg

1. Steve Magistrale	282.5	202.5	292.5	777.5
2. Ian McLaughlin	207.5	135.0	227.5	570.0
3. Stephen Mackie	210.0	125.0	222.5	557.5
4. George Filkas	100.0	185.0	180.0	465.0
5. Tom Armstrong	105.0	65.0	105.0	275.0

### 125+kg

1. Shaun O'Halloran	282.5	287.5	245.0	815.0
2. Michael Knott	215.0	165.0	182.5	562.5

Best Lifters/Team	Men	Women
Open		Inga Patton
Mens Light Weight	Willie Albert	
Mens Heavy Weight	Jamie Emberley	
Novice	Andy Childs	Inga Patton
Master I	Frank Nadeau	
Master II	Patrick Hardwick	
Master III	George Filkas	
Best Team	K-W Grizzlies	

# Toronto Open & Bench Press

July 18, 2004

Results: *Harnek Singh Rai*

Lifter	Club	Squat	Bench	DL	Total
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## Women

### 60kg

1. Jenny Porter	-	110.0	70.0	137.5	317.5
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### 67.5kg

1. Janet Warne	-	120.0	67.5	122.5	310.0
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### 75kg

1. Kate Pike	Forsey's	137.5	67.5	100.0	305.0
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### 90+kg

1. Inga Patton	-	130.0	72.5	155.0	357.5
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## Men

### 60kg

1. David Heisel	-	187.5	105.0	187.5	480.0
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### 67.5kg

1. Art Chan	-	170.0	147.5	210.0	527.5
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### 75kg

1. Andrew Demidenko	-	245.0	152.5	252.5	650.0
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2. Daniel Shea	-	202.5	152.5	232.5	587.5
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3. Jesse Jamison	Steel City	187.5	95.0	192.5	475.0
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### 82.5kg

1. Claude Dallaire	-	245.0	152.5	305.0	702.5
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2. Herb Greenidge	-	220.0	175.0	222.5	617.5
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3. William Jamison	Steel City	160.0	100.0	165.0	425.0
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4. John Greenidge	-	90.0	60.0	100.0	250.0
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### 90kg

1. Walt Forsey	Forsey's	260.0	182.5	287.5	730.0
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2. John Heisel	-	227.5	160.0	227.5	615.0
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3. Laurie Greenidge	-	210.0	137.5	200.0	547.5
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4. Serge Charest	-	180.0	110.0	227.5	517.5
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5. Luke Vine	-	160.0	120.0	210.0	490.0
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### 100kg

1. Blair Lyon	-	232.5	155.0	262.5	650.0
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2. Luke Pike	Forsey's	220.0	132.5	272.5	625.0
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### 110kg

1. Jim Halliday	-	285.0	195.0	302.5	782.5
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2. Michael Mangan	-	285.0	205.0	250.0	740.0
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3. Nathan Donahue	-	245.0	182.5	250.0	677.5
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4. Mark Lampi	-	220.0	150.0	250.0	620.0
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5. Colin Garrett	-	200.0	125.0	245.0	570.0
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## Referees

Michael Knott	Stan Goss
Rick Gadzig	Lynton Lam
William T Jamison	Harnek Singh Rai

Lifter	Club	Squat	Bench	DL	Total
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### 125kg

1. Kerry LeBlond	-	255.0	170.0	272.5	697.5
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2. Patrick Timony	-	220.0	165.0	235.0	620.0
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3. Peter Bugnatti	-	190.0	155.0	247.5	592.5
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Cam Hawkshaw	-	-	-	-	-
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### 125+kg

1. Chris Yantha	-	275.0	205.0	300.0	780.0
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2. Ryan Silverson	-	280.0	210.0	272.5	762.5
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3. Desmond Savage	-	280.0	175.0	280.0	735.0
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## Bench Press Only

Lifter	Club	Bench
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### 75kg

1. Tom Kean	-	170.0
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### 90kg

1. Herb Greenidge	-	170.0
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### 125kg

1. George Robinson	-	165.0
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### 125+kg

1. Clinton Harwood	-	240.0
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## Best Lifters / Best Club

Novice	Mark Lampi
Women	Jenny Porter
Men	Walt Forsey
(edged Claude Dallaire by 1 point!)	

Bench Press	Clinton Harwood
Best Club	Forsey's

## Successful Record Attempts

### Bench Press

Herb Greenidge (90kg/MII)	172.5	Bench
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### 3-Lift

Daniel Shea (75kg/SubJr)	202.5	Squat
	152.5	Bench
	245.0	Deadlift
Herb Greenidge (82.5kg/MII)	175.0	Bench
Claude Dallaire (82.5kg/MI)	305.0	Deadlift

# 15<sup>th</sup> Annual Ontario Deadlift Open & Bench Press Qualifier

May 1, 2004

Results: David Hoffman

## Deadlift Open

Lifter	Club	DL
<b>Women</b>		
<b>67.5kg</b>		
1. Lynda Squires	London	132.5
<b>Men</b>		
1. Fern Boucher	Fern's Gym	200.0
2. Bob Silverthorne		182.5
<b>82.5kg</b>		
1. James Abraham		240.0
2. Stan Goss	London	182.5
<b>90kg</b>		
1. Rick Morrisette	Golden Triangle	277.5
2. Joel Davis		215.0
<b>100kg</b>		
1. Jason Seabrook	Golden Triangle	250.0
<b>110kg</b>		
1. Shaun Roach	Golden Triangle	250.0

## Bench Qualifier

Lifter	Club	Bench
<b>67.5kg</b>		
Fern Boucher	Fern's Gym	55.0
<b>125kg</b>		
George Flikas		185.0
<b>125+kg</b>		
Clinton Harwood		

## Best Lifters / Best Club

Women	Lynda Squires
Men	Rick Morrisette
Master	1. James Abraham 2. Fern Boucher 3. Bob Silverthorne 4. Stan Goss

## Team Points

1. Golden Triangle	36
2. London	21
3. Fern's Gym	12

## Referees

Mark Giffen, Mike Knott, Adele Couchman

## Platform Crew

Steve Chomitz, Dan Dempsey, Mark Dempsey, Jane Lessard, Rick Morrisette, Shaun Roach, Jody Roemer, Bruce McIntyre, Jason Seabrook, John Bourgoin, Dave Hoffman, Les Kiss

The 15<sup>th</sup> Annual Ontario Deadlift Open & Bench Qualifier was held again at the Albert McCormick Arena in Waterloo.

Our lifters came from Collingwood, Dunnville, Kitchener London, Minesing, New Liskeard, Toronto, and Woodstock.

Our Best Lifter awards went to Rick Morrisette, Lynda Squires, and James Abraham. Special mention to Fern Boucher of Fern's Gym in New Liskeard who pulled 200kg just days short of his 65<sup>th</sup> birthday. Fern weighed in at 65.8 kg-better than a triple bodyweight pull in his 9<sup>th</sup> appearance at this meet. The host Golden Triangle Powerlifting Club regained the team trophy from London. In 15 years that this contest has been held, the host team has won the award 9 times, London won on 5 occasions and the Kitchener Iron Angels won the title in 1995. George Flikas qualified for the Ontario Bench Press Championships in December.

Our thanks to K-W Special Athletes for supplying our venue once again this year and many thanks to Kitchener Scale for giving us a scale to weigh in all the competitors for this meet and the Special Athletes competition in the morning.

## Photos Needed !!!

It would be great to have a few pictures for each contest. Even if you are not the Meet Direct, send along your photos with the name of the person and contest name to [ukruger@powerlifting.ca](mailto:ukruger@powerlifting.ca)



Gord Cosby – CPU Nationals

Photo: H. Rai

## TOP 10 Ontario – 2 Years Ending December 31, 2003

MEN	Squat			Bench Press			Deadlift			Total		
56kg												
D. Heisel	137.5	07/06/03		D. Heisel	85.0	07/06/03	D. Heisel	155.0	07/06/03	D. Heisel	377.5	07/06/03
J. Marentette	115.0	10/14/03		J. Marentette	70.0	10/14/03	J. Marentette	147.5	12/07/03	J. Marentette	325.0	10/14/03
60kg												
J. Jong	202.5	07/06/03		J. Jong	147.5	07/06/03	J. Jong	215.0	07/06/03	J. Jong	565.0	07/06/03
D. Heisel	175.0	12/07/03		D. Heisel	92.5	12/07/03	D. Heisel	175.0	12/07/03	D. Heisel	442.5	12/07/03
67.5kg												
G. Moore	210.0	12/07/02		F. Nadeau	130.0	12/07/03	G. Moore	235.5	12/07/02	G. Moore	567.5	12/07/02
B. DeCastro	170.0	05/25/02		G. Moore	130.0	10/08/03	B. DeCastro	200.0	08/11/02	F. Nadeau	487.5	12/07/03
F. Nadeau	165.0	12/07/03		B. DeCastro	117.5	05/25/02	K. Inozemtsev	195.0	10/14/03	B. DeCastro	482.5	08/11/02
K. Inozemtsev	165.0	10/14/03		C. Chapman	110.0	07/06/03	F. Nadeau	192.5	12/07/03	K. Inozemtsev	460.0	10/14/03
C. Chapman	157.5	10/14/03		K. Inozemtsev	100.0	10/14/03	C. Chapman	175.0	07/06/03	C. Chapman	442.5	07/06/03
J. Greenidge	85.0	12/07/03		J. Greenidge	45.0	12/07/03	J. Greenidge	100.0	12/07/03	J. Greenidge	230.0	12/07/03
75kg												
B. Summers	242.5	11/04/03		B. Summers	180.0	11/04/03	W. Albert	260.0	12/07/03	B. Summers	672.5	11/04/03
W. Albert	240.0	12/07/03		E. Beachey	157.5	09/20/03	B. Summers	257.5	03/14/03	W. Albert	650.0	12/07/03
G. Moore	232.5	05/25/02		W. Albert	150.0	12/07/03	E. Beachey	247.5	09/20/03	E. Beachey	610.0	09/20/03
A Demidenko	222.5	09/20/03		E. Dunstan	150.0	03/09/03	A Demidenko	245.0	09/20/03	G. Moore	605.0	05/25/02
H. Singh-Rai	205.0	12/07/03		C. Stinchcombe	142.5	10/14/03	G. Moore	237.5	09/22/02	A Demidenko	597.5	09/20/03
E. Beachey	205.0	09/20/03		G. Moore	135.0	03/14/03	P. Simoes	232.5	06/07/03	E. Dunstan	542.5	03/09/03
E. Dunstan	192.5	03/09/03		A Demidenko	130.0	09/20/03	S. Goss	207.5	08/11/02	P. Simoes	522.5	06/07/03
B. DeCastro	175.0	10/14/03		H. Singh-Rai	130.0	12/07/02	E. Dunstan	200.0	03/09/03	H. Singh-Rai	517.5	12/07/03
P. Simoes	172.5	06/07/03		B. DeCastro	122.5	10/14/03	H. Singh-Rai	192.5	12/07/03	B. DeCastro	490.0	10/14/03
S. Goss	167.5	03/14/03		F. Nadeau	120.0	03/09/03	B. DeCastro	192.5	10/14/03	S. Goss	470.0	03/14/03
82.5kg												
J. Becker	285.0	11/04/03		J. Becker	177.5	03/14/03	J. Becker	290.0	09/22/02	J. Becker	742.5	11/04/03
J. Marentette	242.5	10/08/03		J. Byrne	175.0	12/07/03	J. Marentette	265.0	10/08/03	J. Marentette	680.0	10/08/03
B. Simms	235.0	05/25/02		H. Greenidge	175.0	09/20/03	B. Simms	242.5	03/14/03	B. Simms	645.0	03/14/03
J. Bourgoin	230.0	12/07/02		J. Marentette	172.5	10/08/03	J. Byrne	235.0	12/07/03	J. Byrne	625.0	12/07/03
N. Rivard	225.0	09/20/03		E. Dunstan	160.0	05/25/02	J. Doris	235.0	10/24/03	H. Greenidge	590.0	07/06/03
M. Kelso	220.0	06/07/03		B. Simms	152.5	03/14/03	G. Wojtowicz	235.0	06/07/03	J. Doris	577.5	10/24/03
J. Byrne	215.0	12/07/03		J. Doris	147.5	10/24/03	N. Rivard	225.0	12/07/03	N. Rivard	577.5	09/20/03
L. Greenidge	215.0	10/08/03		N. Rivard	145.0	12/07/03	M. Kelso	222.5	12/07/03	M. Kelso	575.0	06/07/03
H. Greenidge	212.5	07/06/03		R. Etchells	140.0	08/11/02	H. Greenidge	217.5	07/06/03	E. Dunstan	565.0	05/25/02
E. Dunstan	205.0	05/25/02		M. Kelso	135.0	06/07/03	R. Etchells	217.5	08/11/02	L. Greenidge	555.0	03/14/03
				L. Greenidge	135.0	03/14/03						
90kg												
J. Becker	277.5	03/22/02		J. Becker	180.0	03/22/02	R. Morrisette	300.0	09/20/03	J. Becker	737.5	03/22/02
R. Morrisette	270.0	06/30/02		A. Drolc	175.0	03/10/02	J. Becker	280.0	03/22/02	A. Drolc	717.5	03/10/02
A. Drolc	262.5	03/20/02		J. Marentette	170.0	12/07/03	A. Drolc	280.0	03/10/02	R. Morrisette	712.5	05/25/02
J. Marentette	247.5	12/07/03		B. Simms	162.5	10/08/03	J. Marentette	275.0	12/07/03	J. Marentette	692.5	12/07/03
S. Seguin	242.5	10/08/03		R. Morrisette	162.5	09/20/03	P. Perry	272.5	12/07/02	S. Seguin	662.5	10/08/03
B. Simms	242.5	10/08/03		T. McPhail	162.5	03/10/02	H. Leung	262.5	11/04/03	H. Leung	655.0	11/04/03
D. Bolton	240.0	09/22/02		S. Seguin	160.0	12/07/03	S. Seguin	260.0	10/08/03	P. Perry	655.0	12/07/02
P. Perry	237.5	12/07/02		J. Seabrook	160.0	06/07/03	D. Bolton	260.0	09/22/02	D. Bolton	655.0	09/22/02
H. Leung	235.0	11/04/03		H. Leung	157.5	11/04/03	T. McPhail	252.5	03/10/02	T. McPhail	650.0	03/10/02
T. McPhail	235.0	03/10/02		T. Jones	155.0	07/06/03	D. Pigozzo	245.0	09/22/02	B. Simms	645.0	10/08/03
				D. Bolton	155.0	09/22/02						

# TOP 10 Ontario – 2 Years Ending December 31, 2003 (continued)

MEN	Squat			Bench Press			Deadlift			Total		
100kg												
E. Gagnon	315.0	11/04/03		S. McKenzie	207.5	11/04/03	S. McKenzie	327.5	03/23/02	S. McKenzie	810.0	03/15/03
S. McKenzie	300.0	03/23/02		E. Gagnon	190.0	11/04/03	P. Perry	290.0	12/07/03	E. Gagnon	770.0	11/04/03
G. Power	285.0	09/20/03		L. Kiss	190.0	06/07/03	J. Platts	280.0	05/25/02	J. Platts	717.5	09/20/03
J. Cautillo	277.5	07/06/03		S. Magistrale	185.0	09/22/02	M. Skypas	275.0	05/25/02	G. Power	707.5	09/20/03
J. Platts	272.5	09/20/03		M. Mangan	185.0	08/11/02	S. Magistrale	272.5	03/15/03	S. Magistrale	700.0	09/22/02
M. Mangan	270.0	08/11/02		M. Goss	182.5	02/01/03	E. Gagnon	270.0	09/20/03	M. Mangan	697.5	08/11/02
S. Magistrale	250.0	03/15/03		M. Walch	175.0	10/24/03	B. Lyon	265.0	10/24/03	P. Perry	687.5	12/07/03
M. Finochio	250.0	09/22/02		J. Platts	175.0	09/20/03	L. Kiss	265.0	06/07/03	L. Kiss	682.5	06/07/03
V. Kozmimko	250.0	08/11/02		N. Donahue	175.0	09/20/03	M. Mangan	265.0	03/10/02	J. Cautillo	672.5	07/05/03
M. Goss	245.0	02/01/03		G. Power	172.5	09/20/03	G. Power	250.0	09/20/03	M. Skypas	670.0	05/25/02
110kg												
G. Power	285.0	09/20/03		M. Giffen	232.5	09/22/02	M. Giffen	297.5	09/22/02	M. Giffen	812.5	09/22/02
M. Finocbio	285.0	03/14/03		B. McIntyre	215.0	12/07/03	S. Magistrale	290.0	06/07/03	S. Magistrale	740.0	06/07/03
M. Giffen	285.0	03/10/02		S. Chomitz	195.0	12/07/03	B. McIntyre	285.0	12/07/02	S. Chomitz	730.0	12/07/03
P. Hartwick	280.0	07/06/03		T. Ekert	190.0	12/07/03	R. Lyndon	280.0	09/22/02	B. McIntyre	730.0	12/07/03
R. Lyndon	262.5	05/25/02		S. Magistrale	190.0	06/07/03	S. Chomitz	275.0	12/07/03	M. Finochio	715.0	05/25/02
S. Chomitz	260.0	12/07/03		M. Glofcheskie	182.5	05/25/02	R. Strong	275.0	03/23/02	G. Power	707.5	09/20/03
S. Magistrale	260.0	06/07/03		S. Roach	180.0	06/07/03	J. Byrne	272.5	12/07/03	M. Glofcheskie	687.5	02/01/03
M. Glofcheskie	260.0	02/01/03		M. Finochio	177.5	05/25/02	M. Finochio	262.5	05/25/02	P. Hartwick	685.0	06/07/03
R. Strong	247.5	12/07/02		J. Byrne	175.0	10/24/03	P. Hartwick	255.0	12/07/03	J. Byrne	675.0	12/07/03
B. McIntyre	240.0	12/07/03		N. Donahue	175.0	09/20/03	S. Roach	255.0	09/22/02	R. Lyndon	665.0	09/22/02
125kg												
D. Gratton	337.5	03/10/02		M. Giffen	265.0	12/07/03	S. Brown	315.0	05/25/02	D. Gratton	862.5	09/22/02
S. Brown	305.0	05/25/02		D. Gratton	245.0	09/22/02	J. Halliday	290.0	07/06/03	S. Brown	835.0	05/25/02
H. Weir	287.5	07/06/03		S. Brown	215.0	05/25/02	D. Gratton	290.0	09/22/02	M. Giffen	815.0	12/07/03
R. Freeman	275.0	05/25/02		R. Freeman	210.0	05/25/02	M. Giffen	285.0	12/07/03	H. Weir	770.0	07/06/03
M. Giffen	272.5	12/07/03		H. Weir	202.5	07/06/03	R. Freeman	285.0	05/25/02	R. Freeman	770.0	05/25/02
M. Glofcheskie	262.5	03/09/03		J. Halliday	195.0	07/06/03	H. Weir	280.0	07/06/03	J. Halliday	675.0	08/11/02
J. Halliday	260.0	07/06/03		M. Glofcheskie	192.5	03/09/03	R. Strong	275.0	12/07/03	M. Glofcheskie	712.5	03/09/03
R. Strong	240.0	12/07/03		N. DaCosta	192.5	03/10/02	M. Glofcheskie	257.5	03/09/03	R. Strong	672.5	12/07/03
R. Gazdig	232.5	12/07/02		C. Yantha	175.0	06/30/02	R. Gazdig	255.0	12/07/02	R. Gazdig	657.5	12/07/02
D. Theal	207.5	06/07/03		D. Theal	172.5	06/07/03	C. Yantha	250.0	06/30/02	C. Yantha	630.0	06/30/02
125+kg												
S. Brown	310.0	03/14/03		S. O'Halloran	240.0	10/24/03	S. Brown	312.5	09/20/03	S. Brown	857.5	03/14/03
D. Vordnov	275.0	08/11/02		S. Brown	237.5	05/14/03	C. Yantha	290.0	07/06/03	C. Yantha	757.5	07/06/03
C. Yantha	267.5	07/06/03		W. White	220.0	03/09/03	G. Cosby	280.0	12/07/03	S. O'Halloran	732.5	10/24/03
S. O'Halloran	260.0	10/24/03		C. Harwood	215.0	06/07/03	C. Harwood	235.0	06/07/03	W. White	705.0	03/09/03
W. White	250.0	03/09/03		C. Yantha	200.0	07/06/03	W. White	235.0	03/09/03	C. Harwood	650.0	06/07/03
L. Johnson	227.5	02/01/03		D. Vordnov	185.0	08/11/02	S. O'Halloran	232.5	10/24/03	G. Cosby	645.0	10/24/03
G. Cosby	210.0	03/15/03		L. Johnson	170.0	02/01/03	J. Dawson	220.0	06/07/03	D. Vordnov	645.0	08/11/02
C. Harwood	200.0	06/07/03		G. Cosby	165.0	10/24/03	L. Johnson	220.0	02/01/03	L. Johnson	617.5	02/01/03
M. Knott	197.5	06/07/03		L Weatherson	155.0	07/06/03	L Weatherson	215.0	07/06/03	L Weatherson	552.5	07/06/03
J. Dawson	192.5	06/07/03		M. Knott	142.5	06/07/03	M. Knott	210.0	06/07/03	M. Knott	550.0	06/07/03
							D. Vordnov	210.0	08/11/02			

## TOP 10 Ontario – 2 Years Ending December 31, 2003 (continued)

WOMEN	Squat			Bench Press			Deadlift			Total		
52kg												
N. Whitford	62.5	10/24/03		N. Whitford	40.0	10/24/03	N. Whitford	100.0	10/24/03	N. Whitford	202.5	10/24/03
C Greenidge	60.0	07/06/03		C Greenidge	35.0	12/07/03	C Greenidge	80.0	07/06/03	C Greenidge	175.0	07/06/03
56kg												
P. Cookson	80.0	05/25/02		P. Cookson	62.5	05/25/02	P. Cookson	97.5	05/25/02	P. Cookson	240.0	05/25/02
60kg												
J. Lessard	117.5	10/08/03		C. Cosby	72.5	03/14/03	J. Lessard	147.5	10/08/03	J. Lessard	330.0	10/08/03
C. Cosby	112.5	10/08/03		J. Lessard	67.5	03/14/03	C. Cosby	127.5	03/14/03	C. Cosby	302.5	03/14/03
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
C. Howey	37.5	06/07/03		C. Howey	32.5	06/07/03	C. Howey	72.5	06/07/03	C. Howey	142.5	06/07/03
67.5kg												
G. Papolis	160.0	10/08/03		G. Papolis	87.5	10/08/03	G. Papolis	165.0	03/14/03	G. Papolis	405.0	03/14/03
L. Squires	135.0	05/25/02		L. Squires	70.0	12/07/02	L. Squires	137.5	03/14/03	L. Squires	337.5	03/14/03
L. Harlie	100.0	08/11/02		L. Harlie	55.0	08/11/02	R. Morgan	122.5	10/24/03	L. Harlie	265.0	08/11/02
D. Bonnell	82.5	06/07/03		D. Bonnell	50.0	10/24/03	L. Harlie	110.0	08/11/02	R. Morgan	245.0	10/24/03
R. Morgan	75.0	10/24/03		R. Morgan	47.5	10/24/03	D. Bonnell	105.0	06/30/02	D. Bonnell	242.5	06/30/02
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. Harris	82.5	06/07/03	S. Clark	160.0	09/22/02	S. Clark	387.5	09/22/02
S. Harris	102.5	06/07/03		S. Clark	75.0	09/22/02	S. Harris	125.0	06/07/03	S. Harris	310.0	06/07/03
82.5kg												
U. Kruger	147.5	12/07/02		U. Kruger	75.0	12/07/02	U. Kruger	170.0	12/07/02	U. Kruger	392.5	12/07/02
S. Frankel	135.0	07/06/03		S. Frankel	75.0	03/22/02	S. Frankel	150.0	09/20/03	S. Frankel	350.0	07/06/03
W. Hlywka	90.0	10/24/03		W. Hlywka	65.0	10/24/03	W. Hlywka	112.5	10/24/03	W. Hlywka	267.5	10/24/03
90kg												
S. Frankel	152.5	03/14/03		P. Eisen	95.0	02/03/03	S. Frankel	157.5	03/14/03	S. Frankel	385.0	03/14/03
P. Eisen	125.0	08/11/02		S. Frankel	75.0	03/14/03	P. Eisen	137.5	09/22/02	P. Eisen	345.0	02/01/03
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



## 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.

### Approved list of apparel and equipment for use at IPF sanctioned competitions.

Updated: 30th July 2004

Approved supportive equipment:

Only costumes, support shirts and wraps from commercial manufacturers officially registered and approved by the Technical Committee shall be permitted for use in Powerlifting Competitions. This applies to all championships and records, from Local to World.

#### INZER:

"Z-Suit"  
"Champion Suit"  
"Hard Core Suit"  
"MAX DL" Deadlift suit  
"Iron Wraps A and Z"  
"Erector shirt with sleeves"  
"Blast Shirt"  
"Heavy Duty Blast Shirt (HD)"  
"High Performance Heavy Duty Blast Shirt (HHPD)"  
"Extra High Performance Heavy Duty Blast Shirt (EHHPD)"  
"Heavy Duty Inzer erector shirt"  
"Phenom shirt"  
"The Wrath bench shirt"  
"The Rage bench shirt"  
"The Rage-X bench shirt"

#### TITAN:

"Squat Suits"  
"Centurion Suits"  
"Red Devil" wraps  
"Signature Gold" wraps  
"Titanium" Wraps  
"Deadlift Suit"  
"Titan Fury Shirts"  
"Knee Wraps T.H.P."  
"Wrist Wraps T.H.P."  
"F6 Tornado Shirt"

#### METAL:

"Metal Squatter"  
"Metal Viking Squatter"  
"Metal Squatter v-type"  
"Metal Viking Squatter v-type"  
"Metal Bencher"  
"Metal Viking Bencher"  
"Metal Viking Bencher X Type"  
"Metal Deadlifter"  
"Metal Viking Deadlifter"  
"Metal Blackline Wraps"  
"Metal Black Wraps"  
"Metal Triple Blackline Wraps"

#### CRAIN:

"Power Bench Press Shirt"  
"Mega Power Bench Press Shirt"  
"Power Suit"  
"Genesis Power Suit"  
"Genesis Deadlift Suit"  
"Redline Power Wrap"  
"Redline Power Wrist Wrap"  
"Genesis Power Wrap"  
"Genesis Power Wrist Wrap"

From the IPF Web site section: "Approved List"



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

### NEW MEMBER:

Check one  
only →

☐ 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]

## 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

### 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

## 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

### 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 Jan 1 to Dec 31.

<b>Club Name:</b> _____	<b>CPU Card#:</b> _____
<b>Club Contact:</b> _____	<i>Club Contact must be a registered member of the Ontario Powerlifting Association</i>
<b>Address:</b> _____	
<b>City:</b> _____	<b>Postal Code:</b> _____
<b>Phone:</b> _____	<b>Email:</b> _____
<b>Club Web Site:</b> _____	

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:** \_\_\_\_\_

**Club Affiliation Fee:** \$40.00

**Send Cheque or Money Order to:**

**Make cheque payable to:**  
Ontario Powerlifting Association

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

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

[Rev:2004-08-UK]

[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:

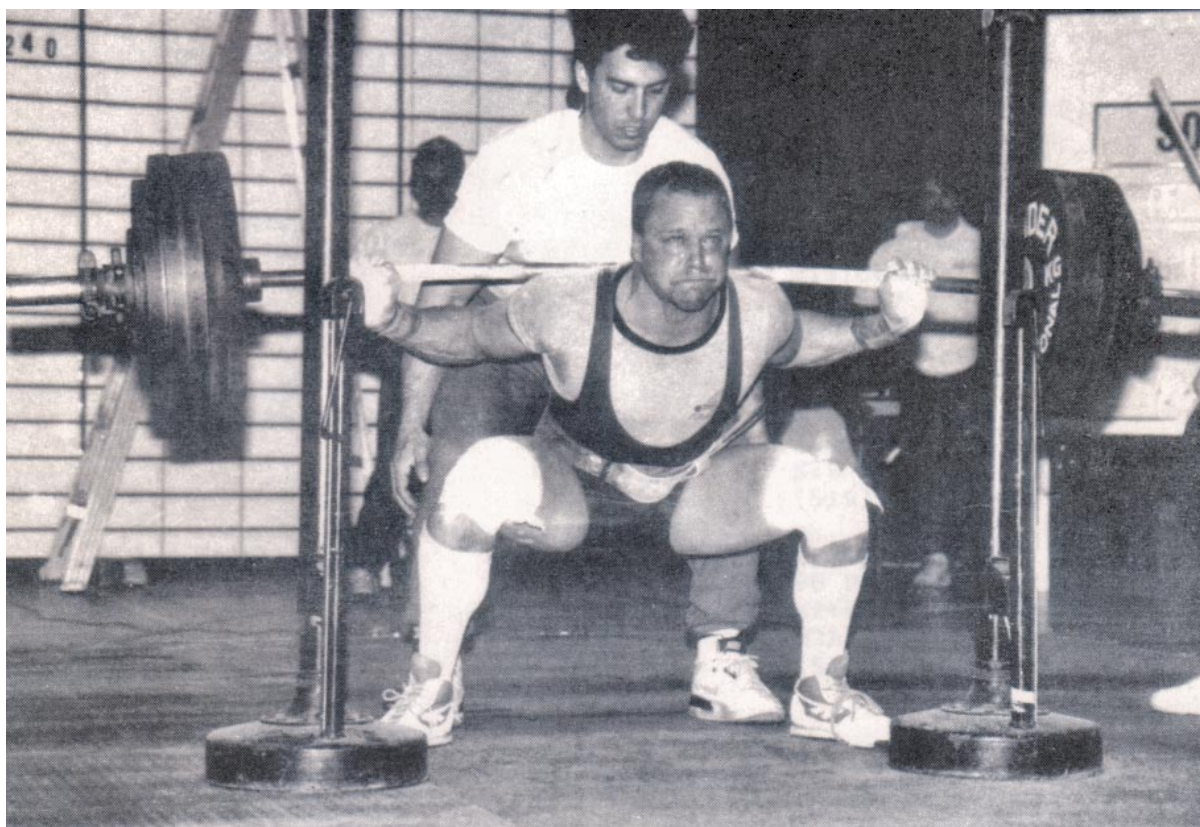
1. To give meet promoters some guidelines for qualifying totals when setting up local, provincial and national contests. There can be for example, specific contests for Class IV, Class III and/or Class II, etc.
2. To provide an incentive program for novice lifters.
3. To provide recognition to those 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 1	400.0	432.5	465.0	522.5	570.0	612.5	645.0	682.5	705.0	725.0	757.5	Blue & White
Class 11	352.5	380.0	410.0	457.5	500.0	540.0	570.0	600.0	620.0	640.0	667.5	Green White
Class 111	305.0	332.5	357.5	402.5	437.5	470.0	497.5	525.0	542.5	557.5	580.0	Orange White
Class IV	267.5	290.0	312.5	350.0	380.0	410.0	432.5	455.0	475.0	487.5	507.5	Yellow & White

CLASSIFICATION TOTALS: WOMEN											
Wt Class	44kg	48	52	56	60	67.5	75	82.5	90	90+	Badge Colours
Elite	290.0	310.0	332.5	355.0	375.0	412.5	445.0	477.5	512.5	540.0	Black & Red
Master	262.5	282.5	302.5	322.5	340.0	375.0	405.0	435.0	465.0	490.0	Red & White
Class I	235.0	255.0	272.5	290.0	305.0	337.5	365.0	392.5	417.5	440.0	Blue & White
Class 11	210.0	225.0	242.5	257.5	272.5	300.0	325.0	347.5	372.5	392.5	Green & White
Class 111	182.5	197.5	212.5	225.0	237.5	262.5	282.5	305.0	325.0	342.5	Orange & White
Class IV	157.5	170.0	182.5	192.5	205.0	225.0	242.5	260.0	280.0	295.0	Yellow & White

Qualifying Totals	Women Provincial	Men Provincial	Women National	Men National
Senior	Class III	Class I	Class III	Class I
Master 1 (40 - 49)	Class III	Class 11	Class III	Class II
Master 11 (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 111+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	



Jeff Becker – 1989 75kg class – From Ontario Powerlifting News October / November 1989

**ONTARIO EASTERN OPEN**  
ALEXANDRIA, ONTARIO  
SEPTEMBER 2, 1989

Class	Name	Bwt	Squat			Bench Press			Sub Total	Deadlift			Total	Place
			1	2	3	1	2	3		1	2	3		
67.5	T. Marlow	66.7	140	150	<del>157.5</del>	95	100	<del>105</del>	250	165	175	<del>182.5</del>	425	1
	S. Williams	66.6	100	<del>122.5</del>	130	70	80	85	215	125	152.5	160	375	2
	R. Morrisette	65.7	<del>170</del>	<del>170</del>	<del>170</del>									
75	J. Becker	75	230	237.5	242.5	130	135	137.5	380	242.5	250	255	635	1
	C. Archdekin	73.1	212.5	217.5	<del>220</del>	137.5	140	<del>142.5</del>	357.5	250	255	<del>260</del>	612.5	2
	W. Harding	74.7	192.5	200	205	140	<del>145</del>	<del>145</del>	345	225.5	235	242.5	587.5	3
	S. Hall	74.5	175	185	190	110	<del>117.5</del>	<del>117.5</del>	300	187.5	195	<del>205</del>	495	4
	J. Bouchard	74.6	<del>220</del>	<del>220</del>	<del>220</del>									
82.5	D. Belanger	77.4	210	<del>220</del>	220	140	145	<del>150</del>	365	230	247.5	<del>255</del>	612.5	1
	T. Cottrell	80.9	190	215	220	100	110	112.5	332.5	220	237.5	240	572.5	2
	A. Skinner	75.5	172.5	182.5	182.5	95	100	102.5	272.5	205	210	215	487.5	3
90	A. Cliche	88.1	250	262.5	272.5	140	145	150	422.5	240	255	<del>265</del>	677.5	1
	J. Bremmell	88.9	215	<del>220</del>	<del>220</del>	137.5	137.5	<del>142.5</del>	352.5	227.5	235	<del>237.5</del>	584.5	2
100	V. Collard	98.4	182.5	202.5	215	117.5	<del>130</del>	130	332.5	215	<del>230</del>	230	562.5	1
	K. Smalko	98.2	192.5	<del>202.5</del>	202.5	130	132.5	135	335	205	217.5	222.5	552.5	2
	M. Moran	92.3	200	<del>212.5</del>	212.5	<del>120</del>	<del>120</del>	<del>120</del>						

## 2004 OPA Affiliated Clubs

### 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: harnepowerlifting@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 N0R 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

## OPA-Board of Directors

### President:

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