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Ontario Powerlifting News

July 2005, Volume 56, Issue 2

Official Newsletter of the Ontario Powerlifting Association

www.ontariopowerlifting.org



Krista Schaus – London Open



Inside this Issue

Results
Upcoming Contests
Updated Records
Top Ten



From the President

- William T. Jamison

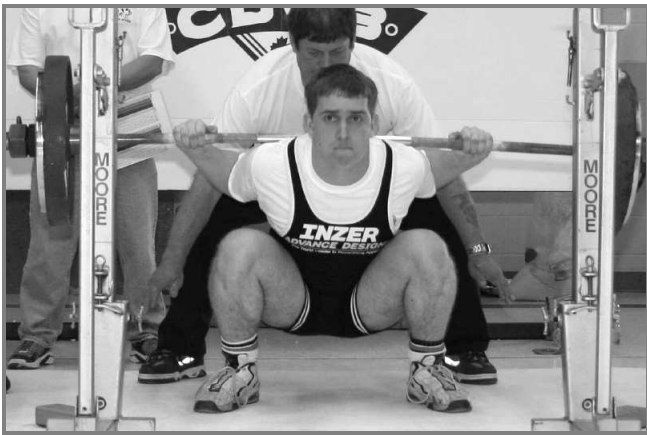
This year's Canadian Championships and Annual General Meeting were held in Calgary from April 6-10. The competition was very well run, thanks to Jimmy Hall and the Alberta Powerlifting Union. This year, Ontario had over 40 lifters competing with 23 firsts, 7 seconds and 8 thirds. All of our members should make it a point to read the minutes of the National meeting on the CPU website.

The Ontario Intermediate Championships were held in Kitchener on April 23. Although not well attended, the competition between the London Powerlifting Club and the Steel City Powerlifting club from Hamilton was very close, with London taking the award.

Our high school contests are continuing to grow. In the Waterloo region, a second annual high school contest was held at Grand River Collegiate in Kitchener in March. 17 lifters participated from 3 different high schools. On May 31 in Caledonia, a 3rd annual contest was held in the region at McKinnon Park High School. 32 lifters took part from 7 schools. We want to expand this program. Any club wishing to be involved should contact me before approaching the schools as we wish to maintain a certain standard.

This year many Ontario lifters will be competing for Canada at a variety of International Championships. We wish all our lifters the best in these competitions as they make new acquaintances from around the world.

Photos from London Open



Check out the depth!

Photo: S. Chomitz

Photos Needed !!!

It would be great to have more pictures. Send along your photos with the name of the person and contest name to:

ukruger@ontariopowerlifting.org

If you have a lot of files to send, drop me a line and I can provide an alternate location to send multiple large files.

Registration Chairperson

- Marlene Moore

With the first half of the year almost gone, the OPA memberships have been arriving at a steady pace. We are up to 174 lifters including 35 new members. The Club registrations are at 15. You can view this list at the back of the magazine. Special attention to Jerry Marentette and the Power Pit Gym who has the most new members so far this year. This club has 8 new members with a total of 16 in their club. Keep up the good work recruiting.

We have given out 8 meet sanctions to date. The next two meets include the Ontario Summer Games for the blind, put on by Jerry Marentette and Sheldon Duncan on June 25. The Toronto Open will be on July 17 and is run by Harnek Singh Rai and Sean Brown.

I would like to encourage all clubs registered to send in their logo and perhaps we can print them in the next issue. Do you know of any past members who aren't actively lifting or anyone else interested in powerlifting? If so, please let them know that for \$25 they can receive the OPA magazine four times a year and help support our great organization.

Thanks to my husband Glyn who has played a key role in setting up a program for me to get the cards out in a relatively short turn around time. If you call our home and I am not available, he can usually assist you.

In closing, I would like to thank all members for their applications. I hope I have been helpful to all those who have had concerns and questions. Keep those applications coming !!!!!!!



Richard Singh

Photo: S. Chomitz

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★ Ontario Powerlifting News★

Next Deadline: Sep 27, 2005

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

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Business Card - \$10

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

UPCOMING EVENTS – 2005

Regional and National

Jul 17	Toronto Open & Blind Powerlifting & Bench Press Harnek Singh Rai (416) 569-1488 Sean Brown (905) 979-8651 *Please call before 8:30pm	Waterloo
Sep 27	Newsletter Submissions Deadline Email: ukruger@powerlifting.ca	
Sep 24	Ontario Men and Women Seniors Details being finalized. Refer to OPA Website for updates. Terry Stinchcombe (519) 681 4766 Email: karnterr@sympatico.ca Web site: londonpowerlifting.org	London
Oct 9	Steel City Open & Mentally Challenged Bill Jamison (905) 765-5345	Brantford
Oct 15	Southern Quebec – Powerlifting & Bench Louis Lévesque (819) 822-0727	Rock-Forest, Que
Nov 26	2005 Annual General Meeting Jackie Mattice (519) 743-5218 Email: rjmattice@sympatico.ca	Waterloo
Nov 27	Ontario Masters/Juniors/Bench Press Lynton Lam (519) 893-8479 http://www.lyntonpowerlifting.org	Waterloo

*IPF Worlds Timetable

Jul 13-18	World Games	Germany
Sep 5-11	World Sub-Juniors and Juniors	Fort Wayne, IN
Oct 4-9	World Masters	South Africa
Nov 15-20	World Men	Miami, FL
Nov 15-20	Pan-American Women & Men	Miami, FL
Nov 30-Dec 4	World Bench Press	Sweden

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

Ontario Powerlifting Association Website

www.ontariopowerlifting.org

Submit to your newsletter and Website. Send photos, contest results, club profiles, lifter profiles, your powerlifting experiences ... and your ideas!

Send contributions and ideas to:

ukruger@powerlifting.ca

Toronto Open Blind Powerlifting & Bench Press	
Date:	July 17, 2005
Host:	Monster Powerlifting Club
Place:	Holiday Inn 30 Peel Centre Drive Brampton Ontario L6T 4G3 905-792-9900 or 1-800-359-6279 Room Rate \$99 - If we book one room \$94 - If we book 5 rooms \$89 - If we book 10 rooms *Try to book rooms before July 16, 2005
Lifts:	<u>There are two separate contests:</u> a. 3 Lift Contest - Open & Blind b. Bench Press Single Lift Open * Separate entry fee & separate awards for 3 Lift Contest & Bench Press Contest
Eligibility:	Open Contest, CPU or IPF affiliate members.
Rules	I.P.F. Rules will be strictly enforced. The C.P.U reserves the right to carry out drug testing at any contest under its jurisdiction, according to the C.P.U rules.
Weigh In:	10am Bench Press All lifters 8:00am 3 Lift Contest <u>*Times subject to change</u>
Awards:	1 st to 3 rd in each class, Champion of Champions, Best Novice, Best Team
Meet Director	Harnek Singh Rai (416) 569-1488 Sean Brown (905) 979-8651 <u>Please call before 8:30pm</u>
Entry Fee:	3 Lifts - \$50.00 Bench Press - \$50.00 Both for \$100.00 Fee must accompany Contest Entry Form on Page 24
Entry Deadline:	July 3, 2005
Payable To:	Monster Powerlifting Club
Send Entry To:	Harnek Singh Rai 17 Lynmont Road Etobicoke, Ontario M9V 3W7

2005 Ontario Master, Junior & Bench Press	
Date:	November 27, 2005
Host:	Kitchener Iron Angels
Place:	Waterloo Inn 475 King St. N., Waterloo Phone: 884-0220 or 800-361-4708 Web site: http://www.waterlooinn.com → 10 rooms are available - must book before October 15th
Other places to stay:	Destination Inn 47 King St. N. Waterloo, ON Phone: 519-884-0100 Comfort Inn 190 Weber St. N. Waterloo, ON Phone: 519-747-9400
Lifts:	There are two separate contests: a. 3 Lift Contest – Master, Junior b. Bench Press only
Eligibility:	Refer to qualification tables on Page: 26 *** Qualification within that last 2 years
Rules	I.P.F. Rules will be strictly enforced. The C.P.U reserves the right to carry out drug testing at any contest under its jurisdiction, according to the C.P.U rules. CPU Card must be shown at weigh-in
Weigh In:	7:00am Bench Press: All Women/Men 8:30am 3-Lift: - All Women & Men 52.5 to 82.5 kg 11:00am 3-lift: - All Men 90.0 to 125+ kg <u>*Times subject to change</u>
Awards:	1 st to 3 rd in each class, Champion of Champions, Best Novice, Best Team
Meet Director:	Lynton Lam 519-893-8479 Website: www.lyntonpowerlifting.org E-mail: lynton.lam@sympatico.ca
Entry Fee:	Powerlifting or Bench Press \$55.00 + OPA fee \$5.00 = \$60.00 Both Competitions \$100.00 *Fee must accompany Contest Entry Form on Page 24
T-Shirts	\$15.00 - Small, Medium, Large, XL \$18.00 - XXL, XXXL Specify size on Contest Entry form.
Entry Deadline:	Postmarked October 27, 2005
Payable To:	Kitchener Iron Angels
Send Entry To:	Lynton Lam 27 Dalewood Cres Kitchener, ON N2A 1G3

Steel City Open & Mentally Challenged

Date:	October 9, 2005
Host:	Steel City Powerlifting
Place:	Best Western Brant Park Inn, 19 Holiday Drive, Brantford, ON
Eligibility:	Open to all registered CPU members, or any lifter registered with an IPF affiliated country
Rules	I.P.F. Rules will be strictly enforced. The C.P.U reserves the right to carry out drug testing at any contest under its jurisdiction, according to the C.P.U rules.
Weigh In:	Mentally Challenged 7:30am Steel City Open weigh-in time to be announced <u>*Times subject to change</u>
Awards:	1 st , 2 nd and 3 rd in each weight class Champion of Champions Team Trophy (in both contests)
Meet Director	Bill Jamison (905) 765-5345 Email: billjamison@sympatico.ca
Entry Fee:	\$50.00 Fee must accompany Contest Entry Form on Page 24
Entry Deadline:	Sep 23, 2005
Payable To:	Bill Jamison
Send Entry To:	Bill Jamison 412 Big Creek Road Caledonia, ON N3W2G9

Southern Quebec – Powerlifting & Bench

Date	October 15, 2005
Location:	Atlantis Gym, 4300 Boul. Bourque, Rock-Forest, Qué.
For more Information:	Louis Lévesque, 819-822-0727 (No calls after 9 p.m.) Email: louis.lvesque2@sympatico.ca

Ontario Senior – Men and Women

Date	September 24, 2005
Location:	Ramada Inn, Exeter Rd, London
Information:	Details to be confirmed. Check the OPA Website for updates.

Ontario Bench Press Records – Dec 31, 2004

Women Open				
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 Master 40-49				
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 Master 50-49				
60kg	70.0	J. Lessard	03/16/03	Winnipeg, MB
67.5kg	67.5	L. Squires	12/08/02	Guelph, ON
Men Sub Junior				
90kg	140.0	S. Byrne	11/21/04	Brampton, ON
Men Junior				
75kg	140.0	G. Gray	02/01/92	Kitchener, ON
90kg	140.0	J. Heisel	12/08/02	Guelph, ON
110kg	180.0	T. Eker	12/07/03	Kitchener, ON
Men Open				
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 Master 40-49				
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	180.0	J. Marentette	11/21/04	Brampton, ON
90.0kg	175.5	H. Greenidge	04/01/01	Quebec City
110kg	227.5	B. McIntyre	12/07/03	Kitchener, ON
125kg	195.0	B. Jolley	03/01/97	Winnipeg, MB
125+kg	263.5	S. Brown	11/21/04	Brampton, ON
Men Master 50-59				
75kg	132.5	W. McCullough	02/12/95	Chilliwack, BC
82.5kg	137.5	L. Greenidge	12/03/00	Brockville, ON
90kg	172.5	H. Greenidge	07/18/04	Mississauga
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 Master 60+				
100kg	170.0	J. Giffen Sr.	03/21/04	Waterloo, ON

OPA Club Updates

London Powerlifting Club - Terry Stinchcombe

The London Powerlifting Club is now located at the Ultimate Workout Center at 595 Exeter Rd. Any Powerlifter visiting London can find tons of plates, Squat racks, Power racks and all kinds of weight machines. Drop in and have a workout. (519) 685-5995.



Ultimate Workout Centre



Niagara Powerlifting Club – Glyn Moore

I would like to pass on my thoughts about the Nationals which were held in Calgary this year.

Jimmy Hall did an outstanding job of hosting the 2005 Nationals, the venue was first class and the location was perfect. All amenities were within walking distance, restaurants, grocery stores, beer store for post meet beer. The warm up room had a few nice features in the fact that the same squat and bench racks were used as on the platform, so rack heights for both squat and bench could be acquired in the warm up room. I thought that post contest drug marshalling could have been a little better organized and I had mixed feelings about the music being played between lifts. The competition ran smoothly with no misloads and generally on time. The spotters and loaders did a great job keeping the contest running smoothly and safely.

It is so nice to meet everyone once a year from all the provinces, to talk lifting and training habits, then come home with a new fire to start all over again. From the Niagara Club, Steve Magistrale and I went, Ontario was well represented and the quality of lifting gets higher and higher each year.

The tentative date for the 2006 Niagara Open is January 21. We have not applied for the contest sanction yet but as soon as the date is confirmed then I will post it on our website and the OPA website.



Club Updates Needed !!!

Please send Club Updates to:

ukruger@powerlifting.ca

Club Updates Needed !!!

Next Newsletter Deadline is Sep 27, 2005

Also send along some Club Profile information to post on the OPA Website

Waterloo Region High School Push/Pull

Mar 5, 2005

Results: Dave Hoffman

Lifter	School	Bench	DL	Total
Men				
60kg				
Raul Zia	Resurrection	60.0	107.5	167.5
Tim Donovan	Grand River	42.5	112.5	155.0
67.5kg				
Adam McCarter	Grand River	75.0	137.5	212.5
Matt Osinkowski	Resurrection	60.0	125.0	185.0
75kg				
Alex Stumpf	Resurrection	102.5	182.5	285.0
Gabe Dasundzsz	Resurrection	102.5	137.5	240.0
Peter Kuzyk	Grand River	80.0	142.5	222.5
Matt Kay	Resurrection	72.5	147.5	220.0
Chris Statz	Grand River	65.0	147.5	212.5
Ken Nguyen	Resurrection	75.0	130.0	205.0
John Lee	Grand River	57.5	95.0	152.5
82.5kg				
Brandon Toth	Grand River	80.0	140.0	220.0
Mike Rodrigues	Resurrection	82.5	125.0	207.5
Marcus Nuxoll	Resurrection	72.5	127.5	200.0
90kg				
Tim Nosal	Resurrection	85.0	185.0	270.0
100kg				
Brendan Winarski	Waterloo	87.5	167.5	255.0
125kg				
Richard Singh	Grand River	102.5	145.0	247.5

The Golden Triangle held the 2nd Annual Waterloo Region High School Push/Pull meet at Grand River Collegiate on March 5, 2005. A total of 17 Lifters from 3 high schools participated in the event. This year we also had 4 of these lifters compete in the squat as well. Resurrection won the team award by a narrow margin over Grand River. Top individual honours went to Alex Stumpf from Resurrection who was the best squatter as well as the best lifter in the push/pull.

A great day of lifting by these young athletes. Peter Kuzyk and Brandon Toth were returnees from our first contest last year. Some of the lifts performed would have exceeded Ontario and Canadian Sub Junior Records. The judging by Steve Chomitz, Don Clarke and Jane Lessard was very strict. We would like to thank Grand River for hosting this contest for the last two years. Resurrection has been given the opportunity to host it in 2006. We hope to have even more athletes and more schools next year. The Ontario Powerlifting Association is not too far away from having a provincial high school championship in the near future. More on that as it develops.

Thanks to all who helped out putting on the meet. They include John Bourgoin, Steve Chomitz, Don Clarke, John Clayton, Dave Hoffman, Les Kiss, Terry Knechtel, Jane Lessard, Bruce McIntyre, Jody Roemer, Mark Lampi, and Steve Wiseman.

Waterloo Region High School - Squat Contest

Lifter	Kg	4 th
Alex Stumpf	137.5	150.0
Tim Nosal	120.0	127.5
Richard Singh	135.0	
Adam McCarter	97.5	

Deadlift	4 th	Team Points	
Tim Donovan	120.0	Resurrection	63 points
Adam McCarter	150.5	Grand River	59
Alex Stumpf	195.0	Waterloo	12
Tim Nosal	197.5		
Brendan Winarski	177.5		

9th Annual Friends of Steel

Apr 23, 2005

Results: Adele Couchman

Developmentally Challenged Bench Press and Deadlift Contest

Hosted By: K-W Grizzlies

Lifter	Club	Bench	DL	Total
Women				
56 kg				
Cheryl Howey	K-W Grizzlies	27.5	57.5	85.0
Laura Gourley	K-W Grizzlies	40.0	62.5	102.5
Ananda Emch	K-W Grizzlies	25.0	50.0	75.0
Men				
75 kg				
Nathan Wise	K-W Grizzlies	60.0	82.5	142.5
Bill Baker	K-W Grizzlies	45.0	65.0	110.0
82.5 kg				
Robert Greig	K-W Grizzlies	52.5	75.0	127.5
100 kg				
David Teresi	K-W Grizzlies	80.0	107.5	187.5
110 kg				
Chris Thacker	Valhalla PL Club	117.5	200.0	317.5
Clive Heath	K-W Grizzlies	77.5	142.5	220.0

Best Lifter Female:	Laura Gourley, K-W Grizzlies Coefficient Points 102.3770
Best Lifter Male:	Chris Thacker, Valhalla Powerlifting Club Coefficient Points 189.9285
Team Points:	London 36 Steel City 33 Golden Triangle 12
Referees:	Steve Chomitz, Mike Knott, Terry Stinchcombe

Developmentally Challenged Squat Contest

Lifter	Club	Bench	Points
Women			
56 kg			
Cheryl Howey	K-W Grizzlies	37.5	44.4338
Men			
75.0 kg			
Bill Baker	K-W Grizzlies	35.0	26.1415
82.5 kg			
Robert Greig	K-W Grizzlies	60.0	40.5240
100.0 kg			
David Teresi	K-W Grizzlies	57.5	36.6045
110.0 kg			
Chris Thacker	Valhalla PL Club	170.0	101.6940
Clive Heath	K-W Grizzlies	107.5	65.1450

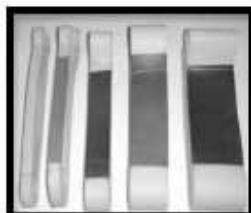
Referees: Steve Chomitz, Mike Knott, Terry Stinchcombe



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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.

Club Name: _____

CPU Card#: _____

Club Contact: _____

Club Contact must be a registered member of the Ontario Powerlifting Association

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

Club Web Site: _____

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

Make cheque payable to: Ontario Powerlifting Association

Send Cheque or Money Order to:

Ontario Powerlifting Association
c/o Marlene Moore, 9 Old Oxford Road
St Catharines, ON L2M 2J7

***Application must include a copy of all emblems and logos that the club will be using and a list of all of club members**

[Rev:2005-02]

London Open



Steve Wiseman



Dave Pigozzo

London Open

May 14, 2005

Results: Mike Knott / Terry Stinchcombe

Lifter	Club	Squat	Bench	DL	Total
Women					
56 kg					
Cheryl Howey	KW Grizzlies	40.0	30.0	62.5	132.5
60 kg					
Krista Schaus	Unattached	112.5	60.0	115.0	287.5
75 kg					
Sophia Ranieri	Unattached	132.5	75.0	150.0	357.5
90 kg					
Inga Patton	Unattached	135.0	72.5	180.0	387.5
Men					
60 kg					
Jason Marentette	Power Pitt	160.0	80.0	190.0	430.0
67.5 kg					
Paul Simoes	Unattached	-	-	-	-
75 g					
Dave Potvin	Unattached	185.0	95.0	220.0	500.0
Jim Rand	Unattached	160.0	115.0	210.0	485.0
Alexander Stumpf	Golden Triangle	160.0	120.0	200.0	480.0
Kurtis Strong	Power Pitt	162.5	95.0	187.5	445.0
Brett Strong	Power Pitt	122.5	82.5	182.5	387.5
82.5 kg					
Everett Beachey	Unattached	217.5	177.5	272.5	667.5
Herb Greenidge	Ottawa Strong	230.0	175.0	225.0	630.0
Drew Irwin	Power Pitt	160.0	162.5	197.5	520.0
Zachary Farrar	Unattached	165.0	115.0	210.0	490.0
Greg Platsko	Power Pitt	150.0	132.5	202.5	485.0
Bradford Byers	Power Pitt	145.0	115.0	212.5	472.5
Robert Greig	KW Grizzlies	60.0	52.5	105.0	217.5
90 kg					
Jonas Elliot	Ottawa Strong	-	-	-	-
David Pigozzo	Iron Foundation	232.5	160.0	245.0	637.5
Luke Vine	Unattached	170.0	130.0	230.0	530.0
Aaron McDonald	Unattached	155.0	112.5	195.0	462.5
Chad McGregor	St Thomas	150.0	95.0	182.5	427.5
Tim Telfor	London OSO	150.0	110.0	160.0	420.0
David Teresi	KW Grizzlies	67.5	87.5	110.0	265.0
100 kg					
Steve Chomitz	Golden Triangle	260.0	185.0	275.0	720.0
Steve Wiseman	Golden Triangle	252.5	182.5	267.5	702.5
Andrew Childs	Unattached	262.5	165.0	272.5	700.0
Ben Atkinson	Power Pitt	182.5	90.0	182.5	455.0
110 kg					
Mark Giffen	Iron Foundation	-	-	-	-
Mike Goss	London Powerlifting	260.0	190.0	235.0	685.0
Clive Heath	KW Grizzlies	105.0	80.0	147.5	332.5
125 kg					
Colin Garnett	Unattached	265.0	205.0	275.0	745.0
Patrick Timony	Sudbury	240.0	180.0	227.5	647.5
Adrian Ninaber	Power Pitt	215.0	142.5	215.0	572.5
Richard Singh	Golden Triangle	155.0	112.5	172.5	440.0
125+ kg					
Tom Armstrong	Unattached	125.0	60.0	80.0	265.0

Lifter	Wt Class	Lift	Record Kg	Type of Record
Jason Marentette	60kg	Squat	165.0	Cdn/Ont Sub Jr
		Bench	80.0	Cdn/Ont Sub Jr
		Deadlift	190.0	Cdn/Ont Sub Jr
		Total	430.0	Cdn/Ont Sub Jr
Alexander Stumpf	75kg	Bench	120.0	Ont Sub Jr
Herb Greenidge	82.5kg	Squat	230.0	Canadian MII
		Total	630.0	Canadian MII
Michael Goss	100kg	Squat	260.0	Ontario
Steve Chomitz	110kg	Bench	185.0	Ontario MI
Richard Singh	125kg	Squat	155.0	Ont Sub Jr
		Bench	112.5	Cdn Ont Sub Jr
		Deadlift	172.5	Ont Sub Jr
		Total	440.0	Ont Sub Jr

Best Lifters:	
Men – Light	Everett Beachey
Men – Heavy	Steve Chomitz
Women	Sophia Ranieri
Master I	Steve Chomitz
Master II	Herb Greenidge
Novice	Steve Wiseman
Best Team	Power Pit

The London Open "2005" featured 37 lifters from Sub Juniors to Master II. Good to see lots of new lifters and many National and Ontario Records fall. The London Powerlifting Club wishes to thank the Niagara Powerlifting Club for the loan of their Platform equipment and help with the spot and loading. The Lambeth Community Center was a new venue for us and had a large separate warm up area the lifters seemed to enjoy.

Thanks to all referees Adele Couchman, Don Clarke, Rick Gazdig, Jerry Marentette and Mike Knott. Special thanks to all the London Powerlifting Club and their families. Without them, this meet would not have happened.



Referees Needed!

The Ontario Powerlifting Association
needs more referees

Contact the Referee Chairperson:

Michael Knott (519) 317-6078

Email: msknott@sympatico.ca

16th Annual Ontario Deadlift Open & Bench Qualifier

Apr 23, 2005

Results: Dave Hoffman

Deadlift Open

Lifter	Club	DL
Women		
60 kg		
Charmaine Lindsay		115.0
Men		
67.5 kg		
Fern Boucher	Fern's Gym	190.0
75 kg		
Alex Stumpf	Golden Triangle	200.0
90 kg		
Rick Morrisette	Golden Triangle	282.5
Kevin Stirling		215.0
Tim Nosal	Golden Triangle	202.5
125 kg		
Shawn Brown		220.0
Richard Singh	Golden Triangle	170.0

Best Lifter:	Rick Morrisette
Masters:	1st - Fern Boucher 2nd - Kevin Stirling
Team Points:	Golden Triangle 41 Points Fern's Gym 12 Points

Bench Qualifier

Lifter	Club	Bench
Men		
75 kg		
Andrew Haber		125.0
82.5 kg		
Bob Wilson		150.0
Les Fleiszig	Golden Triangle	140.0
Paul Ledrew		125.0
90 kg		
Dan Mielko		147.5
Kevin Stirling		117.5
100 kg		
Steve Wiseman	Golden Triangle	190.0
Marcus Skypas		155.0
110 kg		
John Clayton	Golden Triangle	172.5
125 kg		
Colin Garnett		200.0
Shawn Brown		167.5
Richard Singh	Golden Triangle	112.5
Cam Hawkshaw		
Best Lifter:	Steve Wiseman	
Referees:	Mike Knott, Terry Stinchcombe, Adele Couchman, Don Clarke	

The 16th Annual Ontario Deadlift Open & Bench Qualifier attracted lifters from Cambridge, Chatham, Georgetown, Kitchener, New Liskeard, Scarborough, Toronto, Wallaceburg and Waterloo. Rick Morrisette was the best lifter in the Deadlift Open. Fern Boucher picked up the best lifter for the masters division. Steve Wiseman was the best lifter in the Bench Qualifier which featured 13 lifters. We were excited to have three high school athletes from our high school meet that took place in early March take the next step to compete in this contest. They will all be competing in three lift meets very soon. The host, Golden Triangle club retained the team trophy for the 10th time in 16 years. Our thanks to the K-W Grizzlies for supplying the

venue once again and to Kitchener Scale who again supplied the scale to weigh the athletes for all the contests held that day.

Kudos to all our members who lifted, coached, worked on the platform and table, and helped to set up and teardown. It goes so much easier when there is lots of help.

Thanks to John Bourgoin, Steve Chomitz, John Clayton, Les Fleiszig, Les Kiss, Bruce McIntyre, Rick Morrisette, Mark Lampi, Tim Nosal, Richard Singh, Alex Stumpf, Mike Piskorski, and Steve Wiseman.

Class	Lifter	kg	Year
Women			
52kg	S. McDougall	110.0	1997
56	N. Karimy	170.0	1999
60	A. Lam	145.0	1990
67.5	A. Lam	160.0	1995
75	G. Papolis	167.5	1999
Men			
52kg	G. Rito	142.5	1993
56	R. Ryan	130.0	1990
60	R. Silverthorne	185.0	1991
67.5	R. Morrisette	237.5	1995
75	J. Becker	262.5	1990
82.5	J. Becker	260.0	1992
90	R. Morrisette	295.0	2003
100	S. Chomitz	275.0	1990
110	S. Brown	280.0	1994
125	R. Celio	300.0	1993
125+	J. Dungey	295.0	2000

Ontario Intermediates

Apr 23, 2005

Results: Dave Hoffman

Lifter	Club	Squat	Bench	DL	Total
Men					
67.5 kg					
Chad Chapman	Steel City	177.5	115.0	192.5	485.0
75 g					
Marlon Abratoski	Steel City	197.5	120.0	212.5	530.0
82.5 kg					
Stan Goss	London	162.5	100.0	185.0	447.5
90 kg					
Tim Jones	London	175.0	140.0	200.0	515.0
110 kg					
Mark Lampi	Golden Tri.	285.0	207.5	255.0	747.5
Virgil Gazzola	Steel City	235.0	165.0	262.5	662.5
125 kg					
Rick Gazdig	London	220.0	180.0	255.0	655.0
Best Lifter:	Mark Lampi				
Team Points:	London 36 Steel City 33 Golden Triangle 12				

The 31st Annual Ontario Intermediate Championships was another lightly attended contest but featured some good lifting. Mark Lampi was the best lifter and got his Class 1 total by a wide margin. Good luck at the Ontario Seniors later in the year. Marlon Obratoski broke his own Ontario and Canadian Sub-Junior Deadlift record. Look for Marlon to hold some more of these class records before the end of 2005 when his Sub-Junior days end. The London Powerlifting Club edged out Steel City for the team Trophy. Look for this contest to be in the same time slot next year. Our registered clubs should make it a priority to have some lifters compete as London, Steel City, and Golden Triangle did this year. Get your team together and compete for the OPA's oldest trophy next year.

Caledonia High School Contest

Results: *Bill Jamison*

Lifter	School	Squat	Bench	DL	Total
WOMEN					
56 kg					
Sam Cowan	MacKinnon Park	35.0	30.0	82.5	147.5
60 kg					
Julie Lofstrom	Dunnville	37.5	32.5	70.0	140.0
67.5 kg					
Kristina Schaus	MacKinnon Park	60.0	42.5	90.0	192.5
82.5 kg					
Caitlin Hughes	MacKinnon Park	65.0	40.0	110.0	215.0
90 kg					
Lindsay Patterson	Dunnville	57.5	42.5	95.0	195.0
Katie Brewster	Dunnville	42.5	45.0	92.5	180.0
90+ kg					
Leanne Crumb	Dunnville	40.0	35.0	85.0	160.0
MEN					
56 kg					
Eric Peart	Cayuga	70.0	67.5	105.0	242.5
Nick Cowe	Sir John A MacDonald	87.5	75.0	122.5	285.0
60 kg					
Chanda Ros	Sir John A MacDonald	95.0	62.5	130.0	287.5
Evan Webb	Dunnville	80.0	65.0	110.0	255.0
67.5 kg					
Brad Stinson	Dunnville	62.5	70.0	87.5	220.0
Kyle Lemos	MacKinnon Park	75.0	62.5	122.5	260.0
Jay Polanco	Sir John A MacDonald	-	-	-	-
75 kg					
Lincoln Cole	Sir John A MacDonald	112.5	72.5	125.0	310.0
Clayton Minshall	Erin	112.5	95.0	162.5	370.0
Ryan Marshall	Cayuga	130.0	105.0	175.0	410.0
Will Robertson	Erin	105.0	80.0	165.0	350.0
Ryan MacKness	Cayuga	87.5	72.5	145.0	305.0
Kyle Jodway	Delta (Ham.)	100.0	60.0	100.0	260.0
82.5 kg					
David Palmer	Sir John A MacDonald	120.0	85.0	150.0	355.0
Jordan Howatt	MacKinnon Park	110.0	102.5	165.0	377.5
Marlon Obratoski	Saltfleet	175.0	120.0	195.0	490.0
Tyler Brajic	Dunnville	105.0	72.5	172.5	350.0
Jonathan Girard	Dunnville	107.5	55.0	107.5	270.0
90 kg					
Mark Dolan	Cayuga	115.0	75.0	175.0	365.0
Jason Meisel	MacKinnon Park	120.0	92.5	177.5	390.0
Shawn Hawley	Delta (Ham.)	100.0	65.0	137.5	302.5
100 kg					
Tyler Horton	Dunnville	132.5	125.0	177.5	435.0
Anthony Bak	Delta (Ham.)	122.5	92.5	150.0	365.0
125 kg					
Shawn Nunes	Sir John A MacDonald	127.5	107.5	182.5	417.5
Adam Vieneau	Delta (Ham.)	107.5	85.0	150.0	342.5

Women's Champion of Champions:

Kristina Schaus – MacKinnon Park, Caledonia

Men's Champion of Champions:

Marlon Obratoski – Saltfleet, Hamilton

Team Champions: MacKinnon Park, Caledonia

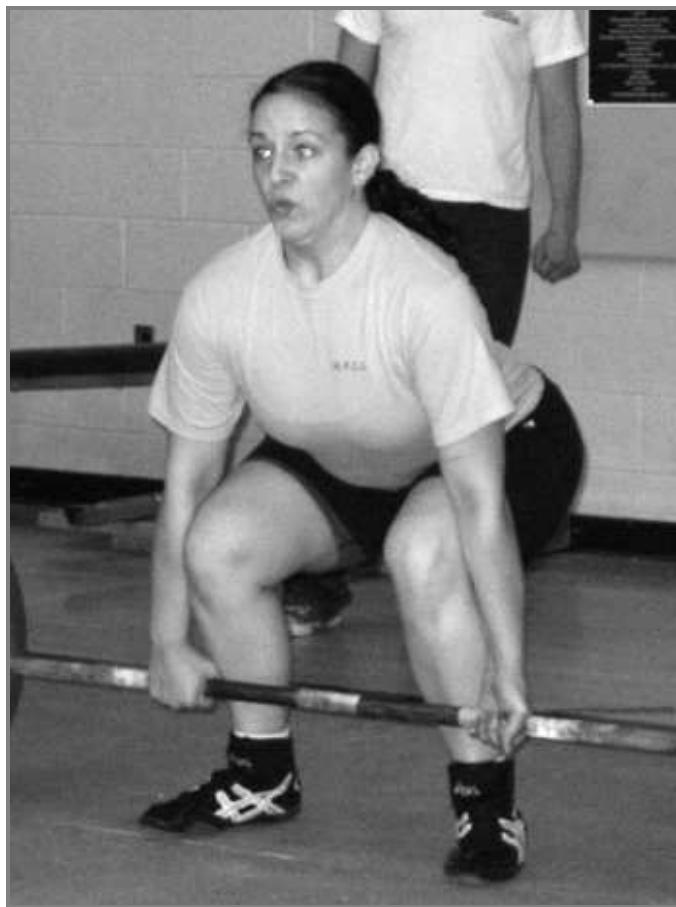
Referees: Bill Jamison, Lynton Lam, Mike Knot, Don Clark

This year, our regional high school contest was held at McKinnon Park High School in Caledonia. There were nearly double the number of schools represented compared to last year, with 32 lifters competing. The new schools involved were Delta and Saltfleet from Hamilton, and Erin District High School. Dunnville, Cayuga, Caledonia and Sir John A Macdonald high schools competed in the previous year.

In the womens division, Kristina Schaus, daughter of Canadian Champion Krista Schaus, competed and won the 67.5kg class, totaling 192.5kg. Caitlin Hughes, from MacKinnon Park deadlifted 110kg and totaled 215kg. This was the highest Deadlift and total in the womens division.

Ontario Sub-Junior Champion and Record holder Marlon Obratoski competed and won in the 82.5kg category. Other outstanding performances came from Nick Cowe, winning the 56kg class. Ryan Marshall deadlifted 175kg and totaled 410kg in the 75kg class. Although placing 2nd to Obratoski, Jordan Howatt showed great potential totaling 377.5kg at a body weight of 75.1kg. Tyler Horton from Dunnville won the 100kg class with a 435kg total.

The contest ran well. 7 women and 25 men competed with a large audience provided by McKinnon Park High School. Next year we hope to have more lifters and high schools involved.

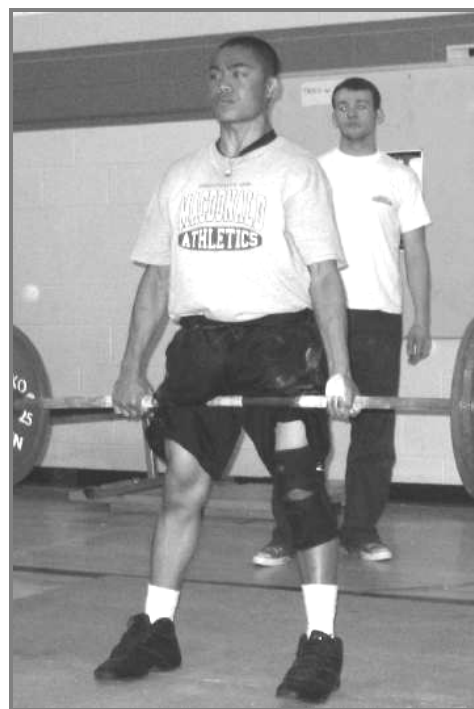


Caitlin Hughes – 110kg

Photo: B. Jamison



Team Champs - McKinnon Park HS Photo: B. Jamison



Chanda Ros - 130kg Photo: B. Jamison



TITAN POWERLIFTING EQUIPMENT IN CANADA

Fury & F6 bench shirts: \$130. Custom made: \$155 (All taxes included)

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

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Email: llevesque@powerlifting.ca

Top Ten Ontario - 2 Years Ending December 31, 2004

SQUAT			BENCH			DEADLIFT			TOTAL		
Lifter	Kg	Date	Lifter	Kg	Date	Lifter	Kg	Date	Lifter	Kg	Date
MEN											
56kg											
D. Heisel	137.5	07/06/03	D. Heisel	85.0	07/06/03	J. Marentette	172.5	11/20/04	D. Heisel	377.5	07/06/03
J. Marentette	125.0	11/20/04	J. Marentette	77.5	11/20/04	D. Heisel	155.0	07/06/03	J. Marentette	375.0	11/20/04
60kg											
J. Jong	205.0	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	187.5	07/18/04	D. Heisel	110.0	11/20/04	D. Heisel	190.0	11/20/04	D. Heisel	480.0	11/20/04
67.5kg											
A. Chan	182.5	09/19/04	A. Chan	150.0	09/19/04	A. Chan	210.0	09/19/04	A. Chan	542.5	09/19/04
C. Chapman	167.5	08/28/04	F. Nadeau	130.0	12/07/03	K. Inozemtsev	195.0	10/14/03	F. Nadeau	487.5	12/07/03
F. Nadeau	165.0	12/07/03	C. Chapman	112.5	04/18/04	F. Nadeau	192.5	12/07/03	C. Chapman	460.0	04/18/04
K. Inozemtsev	165.0	10/24/03	D. Shea	110.0	01/24/04	D. Potvin	190.0	01/24/04	K. Inozemtsev	460.0	10/14/03
D. Potvin	160.0	01/24/04	K. Inozemtsev	100.0	10/24/03	C. Chapman	182.5	04/18/04	D. Shea	440.0	01/24/04
D. Shea	152.5	01/24/04	M. Rivas	95.0	06/05/04	D. Shea	177.5	01/24/04	D. Potvin	430.0	01/24/04
M. Rivas	140.0	06/05/04	D. Potvin	80.0	01/24/04	M. Rivas	160.0	06/05/04	M. Rivas	395.0	06/05/04
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	252.5	09/19/04	B. Summers	180.0	11/04/03	W. Albert	277.5	06/05/04	B. Summers	692.5	09/19/04
A Demidenko	247.5	09/19/04	E. Beachey	170.0	03/18/04	B. Summers	262.5	09/19/04	W. Albert	662.5	06/05/04
W. Albert	240.0	09/19/04	A Demidenko	152.5	07/18/04	E. Beachey	260.0	06/05/04	A Demidenko	650.0	07/18/04
F. Nadeau	222.5	11/20/04	D. Shea	152.5	07/18/04	A Demidenko	260.0	03/18/04	E. Beachey	635.0	06/05/04
G. Moore	220.0	03/18/04	H. Singh-Rai	150.0	10/05/04	D. Shea	232.5	07/18/04	D. Shea	587.5	07/18/04
E. Beachey	215.0	06/05/04	W. Albert	150.0	09/19/04	P. Simoes	232.5	06/07/03	G. Moore	577.5	03/14/03
J. Bourgoin	215.0	01/24/04	E. Dunstan	150.0	03/09/03	G. Moore	230.0	03/18/04	F. Nadeau	570.0	11/20/04
D. Young	212.5	11/20/04	F. Nadeau	142.5	11/20/04	W. Urban	225.0	11/20/04	H. Singh-Rai	545.0	10/05/04
H. Singh-Rai	205.0	12/07/03	C. Stinchcombe	142.5	10/14/03	D. Potvin	210.0	08/28/04	W. Urban	542.5	11/20/04
W. Urban	200.0	11/20/04	G. Moore	135.0	03/18/04	D. Young	207.5	11/20/04	E. Dunstan	542.5	03/09/03

Top Ten Ontario - 2 Years Ending December 31, 2004

SQUAT			BENCH			DEADLIFT			TOTAL		
Lifter	Kg	Date	Lifter	Kg	Date	Lifter	Kg	Date	Lifter	Kg	Date
MEN											
82.5kg											
J. Becker	290.0	03/18/04	V. Byrne	187.5	03/18/04	J. Becker	295.0	03/18/04	J. Becker	750.0	03/18/04
J. Marentette	242.5	10/08/03	J. Becker	177.5	03/14/03	J. Marentette	267.5	10/05/04	J. Marentette	680.0	10/08/03
N. Rivard	235.0	03/18/04	H. Greenidge	175.0	09/20/03	E. Beachey	257.5	09/19/04	E. Beachey	650.0	09/19/04
D. Shea	232.5	11/20/04	J. Marentette	172.5	10/08/04	D. Shea	250.0	11/20/04	D. Shea	637.5	11/20/04
B. Simms	230.0	03/18/04	E. Beachey	167.5	09/19/04	B. Simms	242.5	03/14/04	B. Simms	625.0	03/18/04
M. Kelso	227.5	11/20/04	J. Doris	162.5	06/05/04	V. Byrne	237.5	09/19/04	V. Byrne	625.0	12/03/03
J. Heisel	227.5	07/18/04	J. Heisel	160.0	07/18/04	J. Doris	235.0	10/24/03	J. Heisel	615.0	07/18/04
E. Beachey	225.0	09/19/04	D. Shea	155.0	11/20/04	G. Wojtowicz	235.0	06/07/03	N. Rivard	612.5	03/18/04
V. Byrne	225.0	09/19/04	B. Simms	152.5	03/18/04	M. Kelso	230.0	03/18/04	J. Doris	597.5	06/05/04
J. Bourgoin	222.5	03/14/03	N. Rivard	147.5	03/18/04	N. Rivard	230.0	03/18/04	H. Greenidge	590.0	07/06/03
90kg											
J. Becker	292.5	11/20/04	A. Drolc	190.0	09/19/04	J. Becker	300.0	09/19/04	J. Becker	777.5	11/20/04
A. Drolc	260.0	09/19/04	J. Becker	187.5	09/19/04	R. Morrisette	300.0	09/20/03	A. Drolc	730.0	09/19/04
J. Marentette	257.5	03/18/04	J. Marentette	182.5	03/18/04	A. Drolc	280.0	09/19/04	J. Marentette	715.0	03/18/04
R. Morrisette	252.5	06/07/03	B. Simms	162.5	10/08/03	J. Marentette	275.0	03/18/04	R. Morrisette	710.0	09/20/03
B. Simms	242.5	10/08/03	R. Morrisette	162.5	09/20/03	D. Bolton	265.0	03/14/03	S. Seguin	662.5	10/08/03
S. Seguin	242.5	03/18/04	J. Heisel	160.0	07/18/04	H. Leung	262.5	11/04/03	H. Leung	655.0	11/04/03
D. Bolton	240.0	03/14/03	G. Zilberbrant	160.0	03/18/04	S. Seguin	260.0	10/08/03	D. Bolton	647.5	03/14/03
N. Rivard	235.0	11/20/04	S. Seguin	160.0	03/18/04	D. Pigozzo	250.0	03/18/04	B. Simms	645.0	10/08/03
H. Leung	235.0	11/04/03	J. Seabrook	160.0	06/07/03	B. Simms	240.0	10/08/03	D. Pigozzo	632.5	03/18/04
J. Heisel	227.5	07/18/04	D. Pigozzo	157.5	03/18/04	J. Davis	237.5	04/18/04	N. Rivard	625.0	06/05/04
			H. Leung	157.5	11/04/03	T. Jones	237.5	06/07/03			
100kg											
E. Gagnon	332.5	09/19/04	S. McKenzie	212.5	03/18/04	S. McKenzie	315.0	09/19/04	S. McKenzie	827.5	09/19/04
S. McKenzie	305.0	09/19/04	S. Chomitz	197.5	01/24/04	P. Perry	290.0	12/07/03	E. Gagnon	810.0	09/19/04
J. Cautillo	277.5	07/06/03	S. Hastings	193.5	11/20/04	E. Gagnon	285.0	09/19/04	S. Chomitz	742.5	01/24/04
L. Kiss	272.5	09/19/04	E. Gagnon	192.5	09/19/04	S. Chomitz	277.5	03/18/04	J. Platts	725.0	01/24/04
J. Platts	272.5	09/20/03	J. Platts	190.0	01/24/04	J. Platts	275.0	01/24/04	L. Kiss	722.5	09/19/04
S. Chomitz	270.0	03/18/04	L. Kiss	190.0	06/07/03	S. Magistrale	272.5	03/15/03	S. Hastings	700.0	11/20/04
G. Power	262.5	06/07/03	M. Walsh	187.5	01/24/04	L. Kiss	270.0	09/19/04	S. Magistrale	697.5	03/14/03
S. Hastings	260.0	11/20/04	M. Goss	182.5	02/01/03	A. Childs	265.0	06/05/04	P. Perry	687.5	12/07/03
S. Magistrale	250.0	03/14/03	S. Magistrale	175.0	03/14/03	B. Lyon	262.5	07/18/04	J. Cautillo	672.5	07/05/03
P. Perry	240.0	12/07/03	D. Beyer	167.5	06/05/04	P. White	250.0	04/18/04	A. Childs	660.0	06/05/04
			P. White	167.5	04/18/04				G. Power	660.0	06/07/03

Top Ten Ontario - 2 Years Ending December 31, 2004

SQUAT			BENCH			DEADLIFT			TOTAL		
Lifter	Kg	Date	Lifter	Kg	Date	Lifter	Kg	Date	Lifter	Kg	Date
110kg											
J. Emberley	325.0	09/19/04	J. Emberley	235.0	09/19/04	J. Halliday	302.5	07/18/04	J. Emberley	857.5	09/19/04
J. Halliday	285.0	07/18/04	M. Mangan	232.5	09/19/04	J. Emberley	297.5	09/19/04	J. Halliday	782.5	07/18/04
M. Mangan	285.0	07/18/04	B. McIntyre	232.5	01/24/04	R. Strong	292.5	10/05/04	B. McIntyre	772.5	01/24/04
P. Hartwick	285.0	01/24/04	J. Byrne	200.0	11/20/04	S. Magistrale	290.0	06/07/03	M. Mangan	760.0	09/19/04
G. Power	285.0	09/20/03	S. Magistrale	200.0	03/18/04	B. McIntyre	280.0	01/24/04	S. Magistrale	755.0	03/18/04
M. Finochio	285.0	03/14/03	J. Halliday	195.0	07/18/04	J. Byrne	277.5	11/20/04	J. Byrne	737.5	11/20/04
S. Magistrale	280.0	03/18/04	S. Chomitz	195.0	12/07/03	A. Migounov	277.5	06/05/04	S. Chomitz	730.0	12/07/03
G. Young	270.0	11/20/04	M. Glofcheskie	190.0	03/18/04	S. Chomitz	275.0	12/07/03	R. Strong	722.5	10/05/04
J. Byrne	260.0	11/20/04	M. Lampi	182.5	08/28/04	M. Glofcheskie	265.0	03/18/04	M. Glofcheskie	712.5	01/24/04
B. McIntyre	260.0	01/24/04	S. Roach	180.0	06/07/03	P. Hartwick	255.0	06/05/04	G. Power	707.5	09/20/03
M. Glofcheskie	260.0	01/24/04									
S. Chomitz	260.0	12/07/03									
125kg											
S. Magistrale	282.5	06/05/04	M. Giffen	257.5	12/07/03	J. Halliday	300.0	03/18/04	M. Giffen	815.0	12/07/03
J. Halliday	280.0	09/19/04	S. Magistrale	202.5	06/05/04	S. Magistrale	292.5	06/05/04	S. Magistrale	777.5	06/05/04
M. Giffen	272.5	12/07/03	J. Halliday	197.5	03/18/04	T. Lamb	290.0	01/24/04	J. Halliday	772.5	03/18/04
C. Hawkshaw	270.0	11/20/04	M. Glofcheskie	192.5	03/09/03	M. Giffen	285.0	12/07/03	C. Hawkshaw	725.0	11/20/04
M. Glofcheskie	262.5	03/09/03	D. Theal	187.5	01/24/04	C. Hawkshaw	282.5	11/20/04	M. Glofcheskie	712.5	03/09/03
K. LeBlond	255.0	07/18/04	G. Flikas	185.0	06/05/04	R. Strong	280.0	03/18/04	R. Strong	710.0	03/18/04
R. Strong	255.0	03/18/04	T. Ekert	182.5	03/18/04	K. LeBlond	272.5	07/18/04	K. LeBlond	697.5	07/18/04
T. Lamb	250.0	01/24/04	R. Strong	175.0	03/18/04	J. Bezaire	265.0	01/24/04	T. Lamb	695.0	01/24/04
J. Bezaire	240.0	01/24/04	C. Hawkshaw	172.5	11/20/04	M. Glofcheskie	257.5	03/09/03	J. Bezaire	670.0	01/24/04
D. Theal	227.5	01/24/04	K. LeBlond	170.0	07/18/04	R. Gazdig	250.0	12/07/03	D. Theal	655.0	01/24/04
125+kg											
S. Brown	330.0	03/18/04	S. O'Halloran	290.0	09/19/04	S. Brown	320.0	03/18/04	S. Brown	887.5	03/18/04
S. O'Halloran	300.0	09/19/04	S. Brown	238.0	03/18/04	C. Yantha	300.0	07/18/04	S. O'Halloran	830.0	09/19/04
D. Savage	280.0	07/18/04	W. White	220.0	03/09/03	G. Cosby	280.0	12/07/03	C. Yantha	780.0	07/18/04
R. Silverson	280.0	07/18/04	C. Harwood	215.0	06/07/03	D. Savage	280.0	07/18/04	R. Silverson	762.5	07/18/04
C. Yantha	275.0	07/18/04	R. Silverson	210.0	07/18/04	R. Silverson	272.5	07/18/04	D. Savage	735.0	07/18/04
W. White	250.0	03/09/03	C. Yantha	205.0	07/18/04	S. O'Halloran	245.0	06/05/04	W. White	705.0	03/09/03
L. Johnson	227.5	02/01/03	D. Savage	175.0	07/18/04	K. LeBlond	245.0	01/24/04	G. Cosby	667.5	03/18/04
K. LeBlond	225.0	01/24/04	L. Johnson	170.0	02/01/03	J. Montgomery	245.0	01/24/04	C. Harwood	650.0	06/07/03
M. Knott	2125.0	06/05/04	G. Cosby	167.5	03/18/04	C. Harwood	235.0	06/07/03	K. LeBlond	637.5	01/24/04
G. Cosby	215.0	03/18/04	K. LeBlond	167.5	01/24/04	W. White	235.0	03/09/03	L. Johnson	617.5	02/01/03

Top Ten Ontario - 2 Years Ending December 31, 2004

SQUAT			BENCH			DEADLIFT			TOTAL		
Lifter	Kg	Date	Lifter	Kg	Date	Lifter	Kg	Date	Lifter	Kg	Date
WOMEN											
52kg											
N. Whitford	75.0	06/05/04	N. Whitford	40.0	06/05/04	N. Whitford	102.5	06/05/04	N. Whitford	217.5	06/05/04
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
60kg											
J. Porter	120.0	09/19/04	J. Porter	77.5	09/19/04	J. Lessard	147.5	10/08/03	J. Porter	337.5	09/19/04
J. Lessard	117.5	11/20/04	J. Lessard	75.0	11/20/04	J. Porter	140.0	09/19/04	J. Lessard	330.0	10/08/03
C. Cosby	112.5	10/08/03	C. Cosby	72.5	03/14/03	C. Cosby	127.5	03/14/03	C. Cosby	302.5	03/14/03
C. Howey	37.5	06/07/03	C. Howey	32.5	06/07/03	C. Howey	72.5	06/05/04	C. Howey	142.5	06/07/03
67.5kg											
G. Papolis	160.0	03/18/04	G. Papolis	87.5	10/08/03	G. Papolis	165.0	03/14/03	G. Papolis	405.0	03/14/03
L. Squires	132.5	03/14/03	L. Squires	67.5	03/14/03	L. Squires	145.0	03/14/03	L. Squires	337.5	03/14/03
D. Bonnell	100.0	06/05/04	S. Elliott	60.0	06/05/04	R. Morgan	122.5	10/24/03	J. Pritchard	270.0	04/18/04
S. Elliott	95.0	06/05/04	J. Pritchard	55.0	04/18/04	J. Pritchard	120.0	04/18/04	D. Bonnell	265.0	06/05/04
J. Pritchard	95.0	04/18/04	D. Bonnell	50.0	06/05/04	D. Bonnell	115.0	06/05/04	S. Elliott	255.0	06/05/04
R. Morgan	75.0	10/24/03	R. Morgan	47.5	10/24/03	S. Elliott	100.0	06/05/04	R. Morgan	245.0	10/24/03
75kg											
L. Squires	122.5	03/18/04	S. Harris	82.5	06/07/03	J. Pritchard	135.0	06/05/04	L. Squires	312.5	03/18/04
J. Pritchard	110.0	11/20/04	L. Squires	65.5	03/18/04	L. Squires	125.0	03/18/04	S. Harris	310.0	06/07/03
S. Harris	102.5	06/07/03	J. Pritchard	60.0	11/20/04	S. Harris	125.0	06/07/03	J. Pritchard	300.0	11/20/04
K. Carlson	80.0	06/05/04	K. Carlson	52.5	06/05/04	K. Carlson	107.5	06/05/04	K. Carlson	240.0	06/05/04
82.5kg											
S. Frankel	135.0	07/06/03	W. Hlywka	70.0	01/24/04	S. Frankel	150.0	09/20/03	S. Frankel	350.0	07/06/03
W. Hlywka	105.0	03/18/04	S. Frankel	70.0	07/06/03	W. Hlywka	132.5	01/24/04	W. Hlywka	305.0	01/24/04
90kg											
S. Frankel	152.5	03/14/03	P. Eisen	95.0	02/01/03	S. Frankel	157.5	03/14/03	S. Frankel	385.0	03/14/03
P. Eisen	125.0	02/01/03	S. Frankel	75.0	03/14/03	P. Eisen	125.0	02/01/03	P. Eisen	345.0	02/01/03
M Greenidge	80.0	10/08/03	M Greenidge	52.5	10/08/03	M Greenidge	100.0	10/08/03	M Greenidge	232.5	10/08/03
90+kg											
I. Patton	130.0	07/18/04	I. Patton	80.0	06/05/04	I. Patton	172.5	06/05/04	I. Patton	377.5	06/05/04



ONTARIO POWERLIFTING ASSOCIATION

2005 Membership Application Form

for residents of Ontario
Required if competing Jan 1, 2005-Dec 31, 2005
Includes Newsletter



Canadian Powerlifting Union

Name: _____
First Name Middle Initial Last Name

Address: _____ City: _____

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

Email: _____

→ PLEASE PRINT – COMPLETE ALL AREAS

Check one
only →

NEW MEMBER:

- ☐ Jan 1-Jun 30, 2005: \$60.00
☐ Jul 1-Dec 31, 2005: \$40.00
☐ Special Athlete: \$40.00

RENEWAL:

- ☐ \$60.00
☐ Special Athlete: \$40.00

ASSOCIATE:

- ☐ \$25.00

Date of Birth: ____/____/____ ☐ M or ☐ F Level: ☐ Novice ☐ Intermediate ☐ Senior
DD / MM / YYYY

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

Affiliated OPA Club: _____ or ☐ Unattached

Note: In order to represent an affiliated OPA club, the lifter must train with the club regularly (at least once a week)
Notify the Registration Chairperson if you are changing clubs. You can only compete for the club that is indicated above.

Signature: _____ Date: _____

Send application & cheque/money order to:

Ontario Powerlifting Association
c/o Marlene Moore, 9 Old Oxford Road
St Catharines, ON L2M 2J7

Make Cheque or Money Order payable to:

Ontario Powerlifting Association

*Allow 4-6 weeks for CPU
Cards to be processed.

**Registration will not be
accepted on the day of a
contest.**

Rev: 02/05

**Ontario Powerlifting Association Website
www.ontariopowerlifting.org**

Submit to your newsletter and Website. Send
photos, contest results, club profiles, lifter profiles,
your powerlifting experiences ... and your ideas!

Send contributions and ideas to:
ukruger@powerlifting.ca

Referees Needed!

The Ontario Powerlifting Association
needs more referees

Contact the Referee Chairperson:

Michael Knott (519) 317-6078
Email: mknott@sympatico.ca

OPA Records – Mar 31, 2005				
Women Sub Junior				
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 Junior				
52kg				
Squat	127.5	D. D'Angelo	Nov-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	Nov-89	Womens Worlds, Sydney, NS
56kg				
Squat	120.0	D. D'Angelo	May-89	NE Ontario Open, North Bay, ON
60kg				
Squat	137.5	A. Gilchrist	Jan-88	Canadian Womens, Kitchener, ON
Bench	70.0	A. Gilchrist	Oct-89	Intermediate Open, Cambridge
Deadlift	140.0	A. Gilchrist	Jun-89	Canadian Womens, Kitchener, ON
Total	342.5	A. Gilchrist	Jan-88	Canadian Womens, Kitchener, ON
82.5kg				
Squat	142.5	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Bench	67.5	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Deadlift	147.5	H. Johns	Dec-92	Limestone Open, Kingston, ON
Total	355.0	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Women Senior				
48kg				
Squat	132.5	D.D'Angelo	Oct-90	Cambridge Open
Bench	50.0	S.Marvel	Feb-95	Canadian Womens, Chilliwack, BC
Deadlift	102.5	S.Marvel	Feb-95	Canadian Womens, Chilliwack, BC
Total	235.0	S.Marvel	Feb-95	Canadian Womens, Chilliwack, BC
52kg				
Squat	140.0	D.D'Angelo	Feb-94	Canadian Womens, Kitchener, ON
Bench	75.0	K. Parsons	Dec-89	Hamilton Open, Hamilton, ON
Deadlift	155.0	D.D'Angelo	Feb-94	Canadian Womens, Kitchener, ON
Total	360.0	D.D'Angelo	Feb-94	Canadian Womens, Kitchener, ON
56kg				
Squat	102.5	K. Schaus	Mar-01	Canadian Womens, Quebec City
Bench	50.0	K. Schaus	Mar-01	Canadian Womens, Quebec City
Deadlift	102.5	K. Schaus	Mar-01	Canadian Womens, Quebec City
Total	255.0	K. Schaus	Mar-01	Canadian Womens, Quebec City
60kg				
Squat	160.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
Bench	85.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
Deadlift	145.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Total	395.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
67.5kg				
Squat	182.5	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB
Bench	95.0	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB
Deadlift	162.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Total	437.5	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB

OPA Records – Mar 31, 2005				
Women Senior - Continued				
75kg				
Squat	165.0	G. Guillemette	Feb-95	Canadian Womens, Chilliwack, BC
Bench	90.0	G. Guillemette	Oct-96	Ontario Womens, North Bay, ON
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
Women Master 40-49				
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

OPA Records – Mar 31, 2005				
Women Master 50-59				
60 kg				
Squat	117.5	J. Lessard	Nov-04	Ontario Masters, Brampton, ON
Bench	77.5	J. Lessard	Nov-04	Ontario Masters, Brampton, ON
Deadlift	145.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Total	325.0	J. Lessard	Nov-04	Ontario Masters, Brampton, ON
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
Men Sub Junior				
56 kg				
Squat	145.0	J. Marentette	Jan-05	Niagara Open, St Catharines, ON
Bench	85.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Deadlift	177.5	J. Marentette	Jan-05	Niagara Open, St Catharines, ON
Total	405.0	J. Marentette	Jan-05	Niagara Open, St Catharines, ON
67.5 kg				
Squat	85.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Bench	45.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	100.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	230.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
75 kg				
Squat	212.5	D. Young	Nov-04	Ontario Juniors, Brampton, ON
Bench	120.5	M. Obratoski	Jan-05	Niagara Open, St Catharines, ON
Deadlift	210.0	M. Obratoski	Jan-05	Niagara Open, St Catharines, ON
Total	540.0	D. Young	Nov-04	Ontario Juniors, Brampton, ON
82.5 kg				
Squat	232.5	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Bench	155.0	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Deadlift	250.0	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Total	637.5	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
125+				
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 Junior				
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

OPA Records – Mar 31, 2005				
Men Junior - continued				
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
100kg				
Squat	265.5	S. Hastings	Nov-04	Ontario Juniors, Brampton, ON
Bench	193.5	S. Hastings	Nov-04	Ontario Juniors, Brampton, ON
Deadlift	272.5	L. Kiss	Dec-99	Ontario Juniors, Toronto ON
Total	717.5	L. Kiss	Dec-99	Ontario Juniors, Toronto ON
110kg				
Squat	246.0	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Bench	190.0	T. Ekert	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	277.5	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Total	675.0	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
125kg				
Squat	272.5	J. LaPlante	Oct-93	Ontario Int. Alexandria, ON
Bench	172.5	C. Hawkshaw	Nov-04	Ontario Juniors, Brampton, ON
Deadlift	282.5	C. Hawkshaw	Nov-04	Ontario Juniors, Brampton, ON
Total	725.0	C. Hawkshaw	Nov-04	Ontario Juniors, Brampton, ON
125+				
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

OPA Records – Mar 31, 2005				
Men Senior				
52kg				
Squat	170.0	S. Boulерice	Feb-92	Canadian Juniors, Kitchener, ON
Deadlift	185.0	S. Boulерice	Feb-92	Canadian Juniors, Kitchener, ON
56kg				
Squat	137.5	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Bench	85.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Deadlift	172.5	J. Marentette	Nov-04	Ontario Junior, Brampton, ON
Total	377.5	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
60kg				
Squat	202.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Bench	143.0	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Deadlift	217.5	J. Jong	Feb-00	Canadian Chmp, Moose Jaw, SK
Total	547.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
67.5kg				
Squat	85.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Bench	45.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	100.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	230.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
75kg				
Squat	277.5	J. Becker	May-96	Canadian Chmp, Leduc, AB
Bench	168.0	J. Becker	May-96	Canadian Chmp, Leduc, AB
Deadlift	285.0	J. Becker	Feb-95	Ontario Seniors, London ON
Total	722.5	J. Becker	May-96	Canadian Chmp, Leduc, AB
82.5kg				
Squat	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
90kg				
Squat	292.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
Bench	190.0	A. Drolc	Sep-04	Ontario Seniors, Brantford, ON
Deadlift	322.5	P. Perry	Mar-85	Ontario Seniors, Sault Ste. Marie
Total	777.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
100kg				
Squat	312.5	E. Gagnon	Sep-03	Ontario Seniors, Ottawa, ON
Bench	225.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON
Deadlift	312.5	S. McKenzie	Mar-04	Canadian Chmp, Waterloo, ON
Total	825.0	S. McKenzie	Mar-04	Canadian Chmp, Waterloo, ON
110kg				
Squat	347.5	R. Celio	May-97	Canadian Chmp, Toronto ON
Bench	232.5	M. Giffen	Sep-02	Ontario Seniors, Mississauga, ON
Deadlift	325.0	R. Celio	May-97	Canadian Chmp, Toronto ON
Total	887.5	R. Celio	May-97	Canadian Chmp, Toronto ON
125kg				
Squat	335.0	D. Gratton	Jan-00	Ontario Seniors, London, ON
Bench	265.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
Deadlift	297.5	N. Singleton	May-98	Canadian Chmp, Richmond, BC
Total	862.5	D. Gratton	Sep-02	Ontario Seniors, Mississauga, ON

OPA Records – Mar 31, 2005				
Men Senior - continued				
125+				
Squat	347.5	D. Gratton	May-01	London Open, London, ON
Bench	290.0	S. O'Halloran	Sep-04	Ontario Seniors, Brantford, ON
Deadlift	320.0	S. Brown	Mar-04	Canadian Chmp, Waterloo, ON
Total	887.5	S. Brown	Mar-04	Canadian Chmp, Waterloo, ON
Men's Master Records (40 - 49)				
60kg				
Squat	202.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Bench	147.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Deadlift	217.5	J. Jong	Dec-99	Ontario Masters, Toronto, ON
Total	565.0	J. Jong	Jul-03	Toronto Open, Mississauga, ON
67kg				
Squat	227.5	K Lam	Jun-90	Canadians, Surrey, BC
Bench	141.0	K Lam	May-93	Canadian Masters, Edmonton, AB
Deadlift	262.5	K Lam	May-90	Canadian Masters, Winnipeg, AB
Total	630.0	K Lam	Jun-90	Canadians, Surrey, BC
75kg				
Squat	252.5	C. Archdekin	Mar-97	Ontario Seniors, Toronto, ON
Bench	165.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON
Deadlift	280.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON
Total	685.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON
82.5kg				
Squat	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
90kg				
Squat	292.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
Bench	187.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
Deadlift	302.5	P. Perry	May-91	Canadian Master, Kitchener, ON
Total	777.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
100kg				
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
110kg				
Squat	247.5	R. Strong	Dec-02	Ontario Masters, Guelph, ON
Bench	215.0	B. McIntyre	Mar-03	Canadian Masters, Winnipeg, MB
Deadlift	287.5	R. Strong	Jan-05	Niagara Open, St Catharines, 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+				
Squat	330.0	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Bench	278.0	S. O'Halloran	Jan-05	Niagara Open, St Catharines, ON
Deadlift	320.0	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Total	887.5	S. Brown	Mar-04	Canadian Masters, Waterloo, ON

OPA Records – Mar 31, 2005				
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	175.0	H. Greenidge	Jul-04	Toronto Open, Mississauga, ON
Deadlift	227.5	L. Lam	Oct-96	Ontario Intermediates, North Bay
Total	617.5	H. Greenidge	Jul-04	Toronto Open, Mississauga, 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	161.0	S. Seguin	Jan-05	Niagara Open, St Catharines, 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	290.0	P. Hartwick	Nov-04	Ontario Masters, Brampton, ON
Bench	162.5	P. Hartwick	Nov-04	Ontario Masters, Brampton, ON
Deadlift	255.0	P. Hartwick	Dec-03	Ontario Masters, Kitchener, ON
Total	687.5	P. Hartwick	Nov-04	Ontario Masters, Brampton, 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

OPA Records – Mar 31, 2005				
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

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 25 to apply for a Provincial or National Record. -- **Dave Hoffman** - *OPA Records Chairperson*

[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.



Request for Expense Reimbursement

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

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

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

Member Information

Event Information

Name: _____

Competition _____

Referee _____

Meeting _____

Administrative _____

CPU Card #: _____

Name of Event: _____

Address: _____

Location: _____

Date: _____

Phone #: _____

Contest Results: (how you placed etc): _____

Email (optional): _____

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

CLAIMANT SECTION

O.P.A SECTION

Details of Expenses	Amount Claimed	Provision in Constitution	Amount Allowed	Amount Approved	Claim Category
Total:			Total:		

OFFICE USE ONLY

Date Received: _____

Approved by: _____

Cheque #: _____

Date Issued: _____

I hereby declare the above information to be true and expenses to be incurred by me:

Claimant's Signature:

Rev. 12/ 04



ONTARIO POWERLIFTING ASSOCIATION

Contest Entry Form

- 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.

>>> Complete all areas of the form – Please Print

Name of Contest: _____

Your Name: _____ **Phone#:** _____

Address: _____

Email : _____

Club Representing: _____ **or** ☐ **Unattached**

CPU Card#: _____ **Weight Class:** _____ **kg** ☐ **Male** ☐ **Female** **Date of Birth:** _____
dd/mm/yyyy

Contest Category Entered: (check all that applied)

☐ 3-Lift ☐ Deadlift only ☐ Bench only ☐ Special Athlete ☐ Intermediate ☐ Blind ☐ Novice
☐ Sub-Junior ☐ Junior ☐ Master I ☐ Master II ☐ Master III ☐ Open

T-Shirt size: (if applicable) _____

Other Information:

Titles, Championships won: _____

Best Official Total: _____ **kg** **Squat** _____ **kg** **Bench:** _____ **kg** **Deadlift** _____ **kg**

in Weight Class: _____ **kg** **Competing since:** _____

When/Where: _____

Other Interests: _____

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)

[02/2005]

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]

 ONTARIO POWERLIFTING ASSOCIATION	<h3>National or Provincial Record Application Form</h3>																										
Application for: <table style="width: 100%;"><tr><td style="vertical-align: top;"><input type="checkbox"/> National Men's Senior <input type="checkbox"/> National Men's Junior <input type="checkbox"/> National Men's Sub Junior <input type="checkbox"/> National Men's Master 40-49 <input type="checkbox"/> National Men's Master 50+ <input type="checkbox"/> Provincial Men's Senior <input type="checkbox"/> Provincial Men's Junior <input type="checkbox"/> Provincial Men's Sub Junior <input type="checkbox"/> Provincial Men's Master 40-49 <input type="checkbox"/> Provincial Men's Master 50+</td><td style="vertical-align: top;"><input type="checkbox"/> National Women's Senior <input type="checkbox"/> National Women's Junior <input type="checkbox"/> National Women's Sub Junior <input type="checkbox"/> National Women's Master 40-49 <input type="checkbox"/> National Women's Master 50+ <input type="checkbox"/> Provincial Women's Senior <input type="checkbox"/> Provincial Women's Junior <input type="checkbox"/> Provincial Women's Sub Junior <input type="checkbox"/> Provincial Women's Master 40-49 <input type="checkbox"/> Provincial Women's Master 50+</td></tr></table>		<input type="checkbox"/> National Men's Senior <input type="checkbox"/> National Men's Junior <input type="checkbox"/> National Men's Sub Junior <input type="checkbox"/> National Men's Master 40-49 <input type="checkbox"/> National Men's Master 50+ <input type="checkbox"/> Provincial Men's Senior <input type="checkbox"/> Provincial Men's Junior <input type="checkbox"/> Provincial Men's Sub Junior <input type="checkbox"/> Provincial Men's Master 40-49 <input type="checkbox"/> Provincial Men's Master 50+	<input type="checkbox"/> National Women's Senior <input type="checkbox"/> National Women's Junior <input type="checkbox"/> National Women's Sub Junior <input type="checkbox"/> National Women's Master 40-49 <input type="checkbox"/> National Women's Master 50+ <input type="checkbox"/> Provincial Women's Senior <input type="checkbox"/> Provincial Women's Junior <input type="checkbox"/> Provincial Women's Sub Junior <input type="checkbox"/> Provincial Women's Master 40-49 <input type="checkbox"/> Provincial Women's Master 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																							
<input type="checkbox"/> National Men's Senior <input type="checkbox"/> National Men's Junior <input type="checkbox"/> National Men's Sub Junior <input type="checkbox"/> National Men's Master 40-49 <input type="checkbox"/> National Men's Master 50+ <input type="checkbox"/> Provincial Men's Senior <input type="checkbox"/> Provincial Men's Junior <input type="checkbox"/> Provincial Men's Sub Junior <input type="checkbox"/> Provincial Men's Master 40-49 <input type="checkbox"/> Provincial Men's Master 50+	<input type="checkbox"/> National Women's Senior <input type="checkbox"/> National Women's Junior <input type="checkbox"/> National Women's Sub Junior <input type="checkbox"/> National Women's Master 40-49 <input type="checkbox"/> National Women's Master 50+ <input type="checkbox"/> Provincial Women's Senior <input type="checkbox"/> Provincial Women's Junior <input type="checkbox"/> Provincial Women's Sub Junior <input type="checkbox"/> Provincial Women's Master 40-49 <input type="checkbox"/> Provincial Women's Master 50+																										
Lifter Information: Name: _____ City: _____ Prov: _____ Phone: _____ Postal: _____ CPU# _____ Wt Class: _____ Precise Body Wt. _____ Doping Control Sample#: _____	Competition Information: Name of Competition: _____ Location/Address: _____ City: _____ Prov: _____ Date of Competition: _____ <table border="1" style="width: 100%; border-collapse: collapse;"><thead><tr><th>Attempt</th><th>1st</th><th>2nd</th><th>3rd</th><th>4th</th></tr></thead><tbody><tr><td>Squat</td><td></td><td></td><td></td><td></td></tr><tr><td>Bench Press</td><td></td><td></td><td></td><td></td></tr><tr><td>Deadlift</td><td></td><td></td><td></td><td></td></tr><tr><td>Total</td><td></td><td></td><td></td><td></td></tr></tbody></table>		Attempt	1 st	2 nd	3 rd	4 th	Squat					Bench Press					Deadlift					Total				
Attempt	1 st	2 nd	3 rd	4 th																							
Squat																											
Bench Press																											
Deadlift																											
Total																											
I have checked all the data and all lists and hereby state that everything is in order: Date: _____ Signature: _____	Send completed 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 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 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	



2005 OPA Affiliated Clubs

ONTARIO POWERLIFTING ASSOCIATION

www.ontariopowerlifting.org

Fern's Gym

Fern Boucher (705) 647-4279
571 Bolger Ave, Box 2858
New Liskeard, ON P0J 1P0

Golden Triangle Powerlifting Club

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

Grand River Power Strength

Krista Schaus (905) 772-0751
295 Link Rd.
RR2, Cayuga ON N0A 1E0
Email: krista@athleticedge.ca

Greater Sudbury Powerlifting Club

Doug Marr (705) 523-4747
574 Loach's Rd.
Sudbury, ON P3E 2R1
Email: dougmarr@personainternet.com

Iron Foundation

Mark Giffen (519) 658-6574
255 Scott Rd.
Cambridge, ON N3C 3W7

Kitchener Iron Angels

Lynton Lam (519) 893-8479
98 Pepperwood Cres.
Kitchener, ON N2A2R3

K-W Grizzlies

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

London Powerlifting Club

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

Monster Powerlifting Club

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

Niagara Powerlifting Club

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

Ottawa Strong Powerlifting Club

Eric Gagnon (613) 523-4024 x236
c/o O.A.C. 2525 Lancaster Drive
Ottawa, ON K1B 4L5
Email: eric@ottawaathleticclub.com

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

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

St. Thomas Elite OSO

Daniel Pare (519) 633-8366
71 Ross St. #11
St. Thomas ON N5R 3X6

St Thomas DF Powerlifting

Daniel Pare (519) 633-8366
71 Ross St. #11
St. Thomas ON N5R 3X6

Titans of Mississauga

Pascal Tyrrell (905) 842-6701
2272 Margot St.
Oakville, ON L6H 3M7
Email: tyrrellp@hotmail.com

Ontario Powerlifting Association Board of Directors

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: harnekpowerlifting@yahoo.com
Mobile: (416) 569-1488

Secretary:

Jackie Mattice (519) 743-5218
177 Rolling Meadows Drive
Kitchener, ON N2N 2H1
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:

Marlene Moore (905) 646-8536
9 Old Oxford Rd, St Catharines, ON L2M 2J7

Email: marlene4opa@cogeco.ca

Records Chairperson:

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

Referee Chairperson:

Michael Knott (519) 317-6078
85 Weston Street, London, ON N6C 1R2
Email: msknott@sympatico.ca

Regional Chairpersons:

Northwest (vacant):

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