

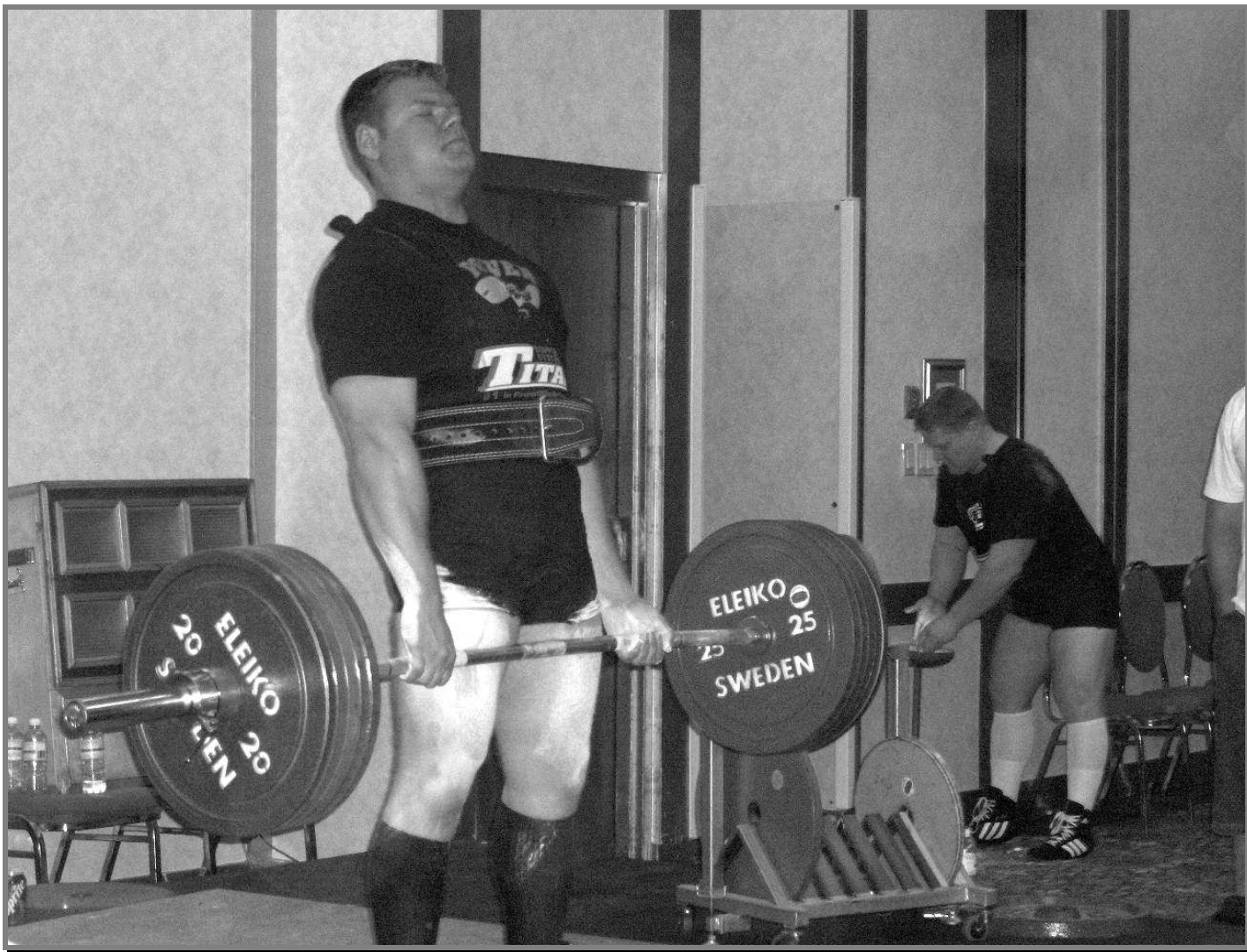
OPA

Ontario Powerlifting News

October 2005, Volume 56, Issue 3

Official Newsletter of the Ontario Powerlifting Association

www.ontariopowerlifting.org



Jason Byrne – Toronto Open



Inside this Issue
Annual General Meeting Details
Updated Records
Toronto Open &
Ontario Seniors Results



From the President

- William T. Jamison

The first Commonwealth Powerlifting Championships were held September 9-11 in Cramington, Northumberland England. Canada was one of the 11 countries taking part. The Canadian team was made up of five men and two women. The results of the Ontario lifters were:

Krista Schaus - 4th

Dave Pigozzo - 5th

Mark Giffen - 2nd

The inaugural meeting of the Commonwealth Powerlifting Federation was held September 8. Peter Fiore was elected President, Neville Primich - Vice President, and Richard Parker - General Secretary. It was decided that these Championships would be held every two years.

As the Commonwealth Championships were being held in England, the world Sub-Junior and Junior Championships were taking place in Fort Wayne, Indiana. Lifters from Ontario placed as follows:

Sub-Junior:

Jason Marentette - 5th

Marlon Obratoski - 4th

Richard Singh - 7th

Junior:

Daniel Young - 6th

Scott Hastings - 6th

Jason Byrne - 7th

Gregory Young - 8th

The Ontario Open Mens and Womens Championships were held in London on September 24. There were a small number of lifters this year because of the commitment of some lifters to compete for Canada at upcoming international championships. Even though the numbers were few, there were Ontario records broken. Thanks to the London Powerlifting Club for making this a successful Championship.

Our high school powerlifting program will be continuing for the fourth year. There will be more schools involved and I have already received a request to hold a contest in January. I really would like to hold a Provincial High School Championships in the spring. This can only be accomplished if more people make a commitment to help with these contests. If not, these contests cannot be held and the program's growth will stop. If you wish to help, let me know.

The Ontario Annual General Meeting will be held on November 26, the night before the Ontario Master, Junior and Bench Press Championships. The AGM and the contest will be held at Waterloo Inn in Waterloo.

Krista Schaus will be stepping down as OPA Treasurer. If anyone wishing to fill this position, please contact the OPA Secretary, Jackie Mattice by email. All items to be included on the OPA agenda should also be sent to Jackie Mattice.

Treasurer

- Krista Schaus

I will be stepping down as treasurer for this coming AGM. It has been 5 years and I rarely do anything beyond that time (other than lift), but am interested in the VP position at some point in time as I would like to devote some time in the future to promoting the OPA and fundraising initiatives. Also, I have had many changes in my life in the past year; having my own business plus teaching (don't forget the 2 year old and teenager) my time is spread quite thin. I have not been able to put the same amount the time and effort in the treasurer's position in the past year that I feel is appropriate.

Financially, the OPA is much healthier than it was in the not too distant past as a result of a slight increase in membership dues, collection of Drug Testing Fees and overall improved scrutiny and organization. Insurance costs have increased substantially in the past few years but as a result of changing providers, we will be saving a few hundred dollars again.

I would still like to see a better system to ensure that:

- Drug Testing Fees from contests are collected from all clubs that hold a contest in a timely fashion.
- A more organized system for keeping track of drug tests and a reporting system to the treasurer to ensure that these funds are collected and paid to the CPU.
- Records are kept in a more organized fashion. (I believe we have old files and reports kept in a variety of places. If we want to be taken seriously as a sport and see ourselves as Olympic and Commonwealth worthy, we must get more organized.)

If anyone is interested in taking on the treasurer's position please contact Bill Jamison, OPA treasurer or Jackie Mattice, OPA secretary. The job does not require a great deal of time, but you need to be somewhat familiar with basic book keeping and statement preparation. (trust me, if I could do it anyone can). The commitment is just a few hours a month and annual meetings.

Annual General Meeting

Date:	November 26, 2005 5pm
Place:	Waterloo Inn 475 King St. N, Waterloo Phone: 884-0220 or 800-361-4708 Web site: http://www.waterlooinn.com
Details	Send meeting items to: Jackie Mattice (519) 743-5218 Email: rjmattice@sympatico.ca
NOTE:	The Annual General Meeting is open to all Ontario Powerlifting Association members. This is the one time of year that all members can get together and discuss the future of the organization.

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★ **Ontario Powerlifting News** ★

Next Deadline: Dec 16, 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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Photo Front Cover: Jason Byrne

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

Oct 16	Steel City Open & Mentally Challenged Bill Jamison (905) 765-5345	Brantford
Nov 26 5pm	2005 Annual General Meeting Jackie Mattice (519) 743-5218 Email: rjmattice@sympatico.ca	Waterloo
Nov 27	Ontario Masters/Juniors/Bench Press Lynton Lam (519) 233-3227 http://www.lyntonpowerlifting.org	Waterloo
Dec 16	Newsletter Submissions Deadline Email: ukruger@powerlifting.ca	
Jan 21	Niagara Open Glyn Moore (905) 646-8536 Email: gmoore82@cogeco.ca Jay Gemmell (905) 685-9828	St Catharines
Apr 5-9	CPU Nationals Powerlifting and Bench Press For information, refer to CPU Website: www.powerlifting.ca for details *Note: The OPA president submits applications on behalf of Ontario lifters. Stay tuned and contact Bill Jamison if you wish to compete at the nationals.	Chilliwack, BC

*IPF Worlds Timetable

2005		
Nov 8-13	World Men	Miami, FL
Nov 8-13	Pan American	Miami, FL
Nov 30-Dec 4	World Bench Press	Sweden
Dec 10	North American Cup Bench Press	Miami, FL
2006		
Apr 19-23	World Bench Masters	Miami, FL
Apr 19-23	Pan American Masters Bench Press	Miami, FL
May 24-28	World Bench Press	Hungary
Sep 5-10	World Jr and Sub Jr	Bulgaria
Oct 4-8	World Masters	Killeen, TX
Nov 5-12	World Women and Men	Norway

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

Registration

- Marlene Moore

As the powerlifting year is coming to a close, I am happy to report that we have passed the 200 mark with 202 members, 44 of which are new. Special Athletes membership has also been increasing steadily to a tune of 35 members. Good luck to all of you competing in Brantford.

I have been receiving 2-3 applications a week for the month of September due to the upcoming Steel City meet October 16 in Brantford, and the Ontario Masters in November. This year we have ended up with 17 affiliated clubs, down a bit from last year; however the membership of Power Pit and Steel City has really grown which is great! Next year I would like all clubs to send in their logo as they register and we can print these in the magazine throughout the year. The OPA has sanctioned 9 contests this year.

As you are contemplating sending in for your 2006 membership, please remember to print clearly. This makes it easier for me to print your card correctly. Don't forget to mention to any past members or people you train with that they can receive the OPA magazine for only \$25.00 a year as an Associate member and they would be supporting a great sport.

For the first two weeks of October, I will not be processing any membership cards. I will be in South Africa at the World Masters with my husband Glyn. He will be competing along with Jeff Becker, Jerry Marrantette, Scot Seguin, Sean O'Halloran and Ron Strong to name a few. Good luck to you all!

On closing, I would like to say that I have enjoyed being the registration chairperson and look forward to continuing my role next year.

Website and Newsletter

- Ulrike Kruger

It has been one year since I have taken over maintenance of the OPA website. Thank you to everyone who has made the effort to contribute and respond to my requests to resend things in various formats. It would be really great to have more members contribute. Good ideas seem to hover everywhere, but many of these never make it past the thought stage.

The idea behind the OPA website is not to repeat the content of the CPU site or any of the club sites, but to promote powerlifting in Ontario, to provide a method of communication for the organization and also to allow anyone that lands on the site from anywhere to find out how to become involved in powerlifting.

Oh yes, and there is the newsletter. The content does seem a bit repetitive, doesn't it? Is there anyone out there who enjoys gathering lifter profiles, club profiles, creating contest summaries or taking photos? The membership will surely be grateful for some more exciting content.

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 15
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: 23 *** 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) 233-3227 Website: www.lyntonpowerlifting.org E-mail: lynton.lam@tcc.on.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 21
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 45 Ellen St. N. Brucefield, ON N0M 1J0

Ontario Senior Men and Women

Sep 24, 2005

Results: Mike Knott

Lifter	BW	Club	Squat	Bench	DL	Total	Points
Women							
67.5kg							
Jennifer Porter	67.45	Unatt	145.0	85.0	147.5	377.5	385.28
Men							
67.5kg							
Art Chan	66.5	Unatt	200.0	175.0	225.0	600.0	468.24
75kg							
Willie Albert	73.9	Unatt	250.0	162.5	280.0	692.5	498.60
82.5kg							
Vincent Byrne	82.2	Power Pit	252.5	182.5	260.0	695.0	466.62
Everett Beachey	77.6	Unatt	232.5	180.0	267.5	680.0	473.48
90kg							
Alec Drolc	89.3	Iron Foundation	277.5	182.5	282.5	742.5	475.94
Jason Platts	90.0	Ottawa Strong	245.0	182.5	265.0	692.5	442.09
Rick Morrisette	87.7	Unatt	65.0	65.0	287.5	417.5	270.16
100kg							
Steve Wiseman	98.2	Golden Triangle	262.5	205.0	272.5	740.0	453.69
Andrew Childs	98.5	Unatt	272.5	167.5	280.0	720.0	440.86
Eric Gagnon	99.8	Ottawa Strong	-	-	-	-	-
110kg							
Stephen McKenzie	106.3	Iron Foundation	310.0	215.0	320.0	845.0	502.78
Mark Lampi	109.0	Golden Triangle	275.0	217.5	265.0	757.5	447.08
Nathan Donahue	107.7	Ottawa Strong	250.0	190.0	262.5	702.5	416.16
125kg							
Steve Magistrale	118.4	Niagara	320.0	235.0	310.0	865.0	498.93

Referees Needed!!!

The Ontario Powerlifting Association needs more referees

Contact the Referee Chairperson:

Michael Knott (519) 317-6078

Email: msknott@sympatico.ca

Best Lifters:

Women	Jennifer Porter
Men – Light	Willie Albert
Men – Heavy	Steve McKenzie

Best Team: Iron Foundation

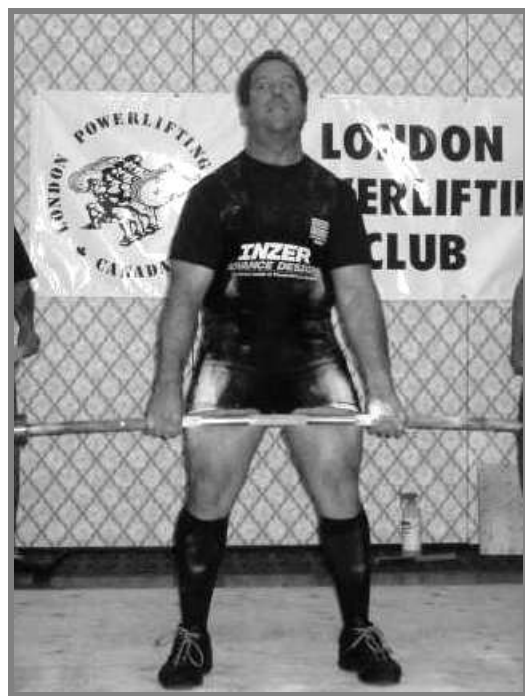
Referees: Lynton Lam, Sean Brown, Terry Stinchcombe

Ontario Records

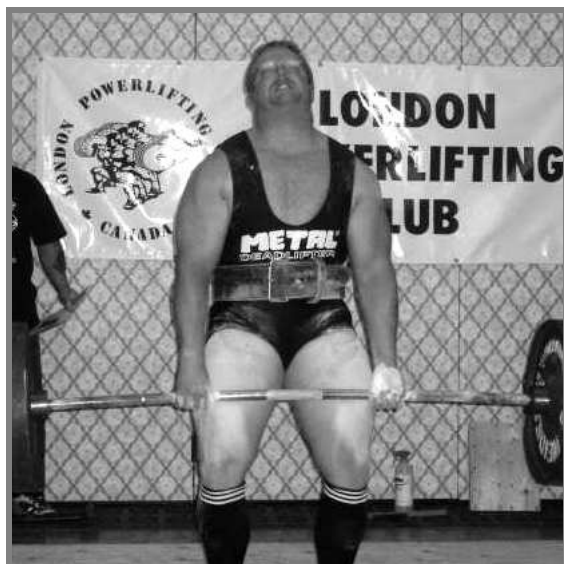
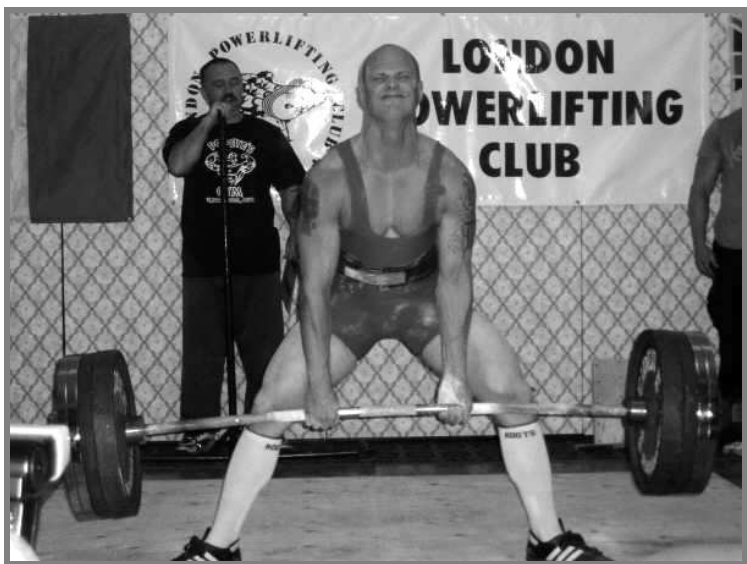
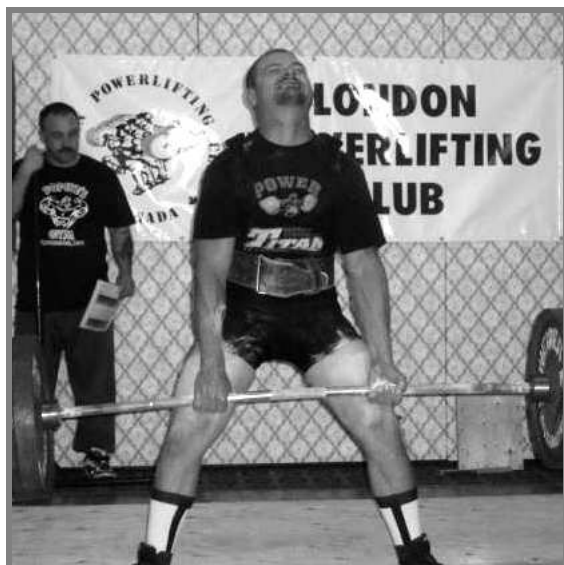
Art Chan	67.5kg Mens Open
Squat	200.0
Bench	175
Deadlift	225
Total	600

Steve Magistrale	125kg Mens Open
Deadlift	310
Total	865

*As there was only one National Referee available, there where no National Records set.



More Ontario Senior photos



International Results -- How the Canadians Fared

Commonwealth Championships

September 2005

Lifter	Squat	Bench	DL	Total	Pos
Women					
52kg					
Christa Power	110.0	52.5	115.0	277.5	2
60kg					
Krista Schaus	130.0	75.0	130.0	335.0	4
Men					
67.5kg					
Jean S Rheume	210.0	160.0	215.0	585.0	4
90kg					
Dave Pigozzo	232.5	165.0	247.5	645.0	5
110kg					
Brian George	272.5	185.0	265.0	722.5	3
125kg					
Mark Griffin	307.5	257.5	280.0	845.0	2

Worlds Junior and Sub Junior

Indiana, USA Sep 7-11, 2005

Lifter	Squat	BP	DL	Total	Points	Pos
Women – Sub Jr						
67.5kg						
Fowler Rhaea	162.5	92.5	172.5	427.5	440.67	2
Men-Sub Jr						
56kg						
Marentette Jason	147.5	87.5	165.0	400.0	364.50	5
67.5kg						
Hartle Colin	137.5	67.5	150.0	355.0	294.52	10
75kg						
Obratoski Marlon	215.0	122.5	215.0	552.5	394.12	4
82.5kg						
Lyon Kain	200.0	127.5	225.0	552.5	374.83	4
100kg						
Rowall Ryan	215.0	187.5	215.0	617.5	393.47	4
125+kg						
Singh Richard	190.0	145.0	190.0	525.0	296.84	7
Men-Junior						
75kg						
Young Daniel	240.0	140.0	220.0	600.0	430.52	6
82.5kg						
Lyon Boyd	257.5	160.0	245.0	662.5	456.66	8
100kg						
Hastings Scott	295.0	202.5	240.0	737.5	449.24	6
110kg						
McDonald John	272.5	220.0	262.5	755.0	445.69	6
125kg						
Byrne Jason	300.0	222.5	295.0	817.5	472.20	7
Young Gregory	310.0	217.5	255.0	782.5	448.33	8
125+kg						
Fowler Ryan	267.5	215.0	255.0	737.5	417.35	6



Mark Giffen – Commonwealth

Womens World Open

Finland, May 26-29, 2005

Lifter	Squat	Bench	DL	Total	Pos
Women					
90kg					
Hartle Monique	142.5	105.0	152.5	400.0	7

World Games

Germany, Jul 14-18, 2005

Lifter	Squat	Bench	DL	Total	Pos
Men					
67.5kg					
Tran Hoang	215.0	145.0	215.0	575.0	7

IPF Masters Benchpress

Czechia, Apr 20-24, 2005

Lifter	Bench	Pos
Men		
100kg		
Koprnický Miro	162.5	10

Commonwealth Championships – more photos



Canadian Team – Commonwealth



**Ontario Powerlifting
Association**

Visit your 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



Krista Schaus – Commonwealth

A little fun



My leg training routine at 8 years old – U Kruger

2006 Niagara Open	
Date:	January 21, 2006 9:30am
Host:	Niagara Powerlifting Club
Place:	Quality Hotel 327 Ontario St. St. Catharines, ON www.heartofniagarahotels.com Phone: (905) 688-2324
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:	7:30am <u>*Times subject to change</u>
Awards:	1 st , 2 nd , 3 rd in each weight class Best lifters: Open, Sub Junior, Junior, M1, M2, M3, Best Team
Meet Director	Glyn Moore (905) 646-8536 Email: gmoore82@cogeco.ca Jay Gemmell (905) 685-9828
Club Website	http://niagarapowerlifting.org/
Entry Fee:	\$55.00 (includes \$5 OPA drug testing fee) Fee must accompany Contest Entry Form on Page 21
Entry Deadline:	January 3, 2006
Payable To:	Niagara Powerlifting Club
Send Entry To:	Glyn Moore 9 Old Oxford Rd. St. Catharines, ON L2M 2J7

Annual General Meeting	
Date:	November 26, 2005 5pm
Place:	Waterloo Inn 475 King St. N, Waterloo Phone: 884-0220 or 800-361-4708 Web site: http://www.waterlooinn.com
Details	Send meeting items to: Jackie Mattice (519) 743-5218 Email: rjmattice@sympatico.ca
NOTE:	The Annual General Meeting is open to all Ontario Powerlifting Association members. This is the one time of year that all members can get together and discuss the future of the organization.

Ontario Bench Press Records – Sep 30, 2005				
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. Ekert	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	288.0	S. O'Halloran	07/17/05	Brampton, 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	180.5	J. Marentette	04/10/05	Calgary, AB
90.0kg	175.5	H. Greenidge	04/01/01	Quebec City
110kg	227.5	B. McIntyre	12/07/03	Kitchener, ON
125 kg	288.0	S. O'Halloran	07/17/05	Brampton, ON
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	180.0	H. Greenidge	07/17/05	Brampton, 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

Toronto Open & Bench Press

July 17, 2005

Results: Bill Jamison

Lifter	Club	Squat	Bench	DL	Total
Women					
67.5kg					
Jennifer Porter	Unattached	137.5	80.0	137.5	355.0
Jackie Pritchard	Unattached	112.5	67.5	130.0	310.0
Doreen Bonnell	Unattached	115.0	60.0	115.0	290.0
Charmaine Lindsay	Unattached	-	-	-	-
Men					
60kg					
Alexandre Croteau	Ottawa Strng	110.0	92.5	135.0	337.5
67.5kg					
Chad Chapman	Steel City	185.0	117.5	195.0	497.5
75kg					
Marlon Obratoski	Steel City	215.0	120.0	217.5	552.5
Jesse Jamison	Steel City	200.0	107.5	205.0	512.5
Drew Irwin	Power Pit	150.0	140.0	197.5	487.5
Frank Nadeau	Unattached	-	-	-	-
82.5kg					
Vincent Byrne	Power Pit	247.5	182.5	245.0	675.0
			187.5	4 th	
Hoi Leung	Unattached	245.0	155.0	245.0	645.0
Herb Greenidge	Ottawa Strng	232.5	178.0	232.5	642.5
Tyler Hamilton	Steel City	142.5	112.5	250.0	505.0
Ken Kinakin	Unattached	175.0	105.0	182.5	462.5
Billy Jamison	Steel City	162.5	95.0	165.0	422.5
Paul Behne	Unattached	142.5	92.5	75.0	310.0
90kg					
Jason Platts	Ottawa Strng	250.0	182.5	260.0	692.5
Robert McIntire	Unattached	207.5	145.0	245.0	597.5
Laurie Grennidge	Unattached	220.0	142.5	200.0	562.5
Jean Miljour	Unattached	215.0	140.0	195.0	550.0
Steven Byrne	Power Pit	195.0	142.5	205.0	542.5
Tim Nosal	Golden Triangle	125.0	80.0	200.0	405.0
David Teresi (Blind)	KW Grizzlies	70.0	82.5	115.0	267.5
David Greenidge	Unattached	60.0	35.0	70.0	165.0
Kurt Obratoski	Steel City	-	-	-	-
100kg					
Steve Mackie	Unattached	187.5	120.0	217.5	525.0
Benjamin Atkinson	Power Pit	160.0	102.5	175.0	437.5
John Greenidge	Unattached	80.0	70.0	115.0	265.0
110kg					
Matt Cuthbert	Niagara	210.0	160.0	220.0	590.0
Jamie Emberly	Unattached	-	-	-	-
125kg					
Shawn O'Halloran	Power Pit	332.5	275.0	275.0	882.5
Jason Byrne	Power Pit	290.0	202.5	265.0	757.5
Adrian Ninaber	Power Pit	-	-	-	-
Sean Brown	Monster	295.0	230.0	275.0	800.0
Jason Smith	Unattached	230.0	182.5	230.0	642.5
125+kg					
Richard Singh	Golden Triangle	185.0	140.0	185.0	510.0
		200.0	4 th		

Records

Lifter	Wt Class	Lift	Record Kg	Type of Record
Shawn O'Halloran	125kg	Bench	288.0	MI – Cdn / Ont / World
Richard Singh	125+kg	Squat	200.0	Sub Jr – Cdn / Ont
		Bench	140.0	Sub Jr – Cdn / Ont
		Deadlift	185.0	Sub Jr – Ont
		Total	510.0	Sub Jr – Ont
Herb Greenidge	82.5kg	Squat	232.5	MII – Cdn / Ont
		Bench	180.0	MII – Cdn / Ont
		Deadlift	232.5	MII – Ont
		Total	642.5	MII – Cdn / Ont
Marlon Obratoski	75kg	Squat	215.0	Sub Jr – Cdn / Ont
		Deadlift	217.5	Sub Jr – Cdn / Ont
		Total	552.5	Sub Jr – Cdn / Ont
Vincent Byrne	82.5kg	Bench	182.5kg	Open – Ont
Alexandre Croteau	60kg	Squat	110.0	Sub Jr – Ont
		Bench	92.5	Sub Jr – Cdn / Ont
		Deadlift	135.0	Sub Jr – Ont
		Total	337.5	Sub Jr – Ont

Best Lifter:

Men – Novice

Men

Women

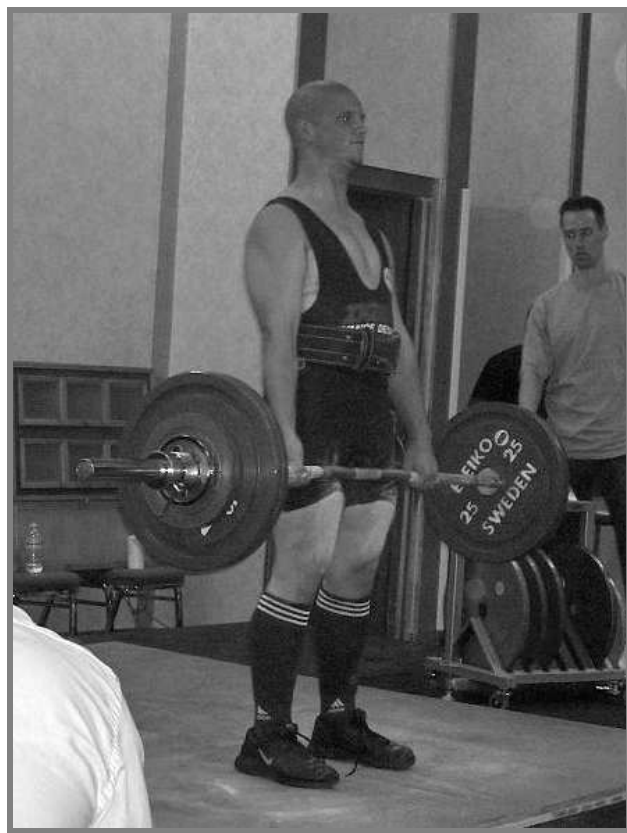
Jason Smith

Shawn O'Halloran

Jennifer Porter

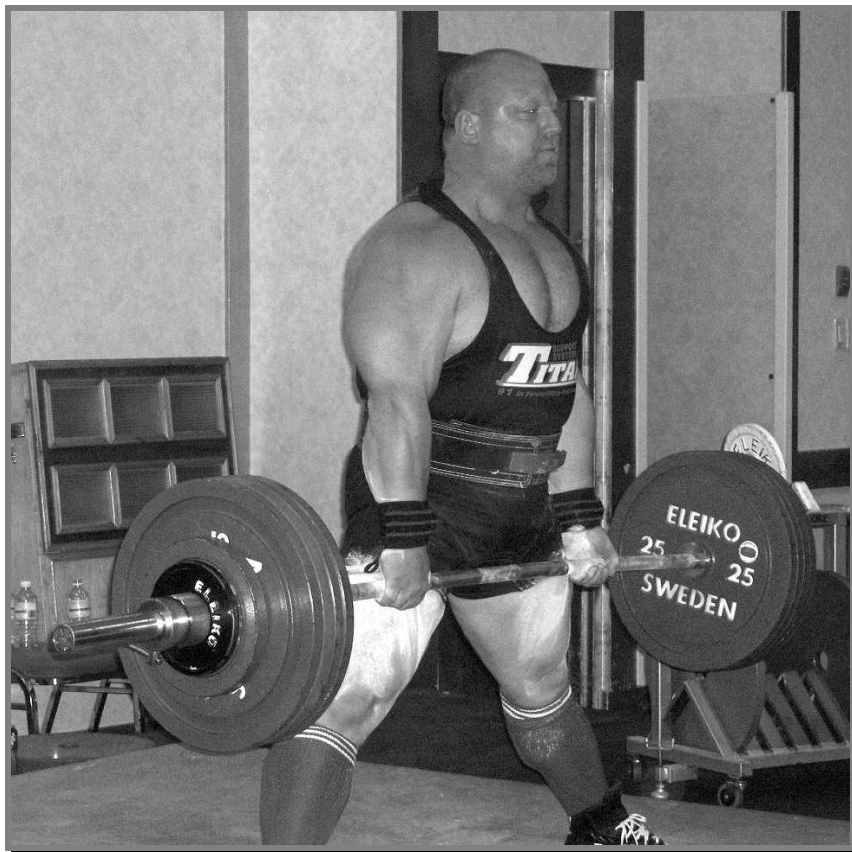
Team:

Power Pit

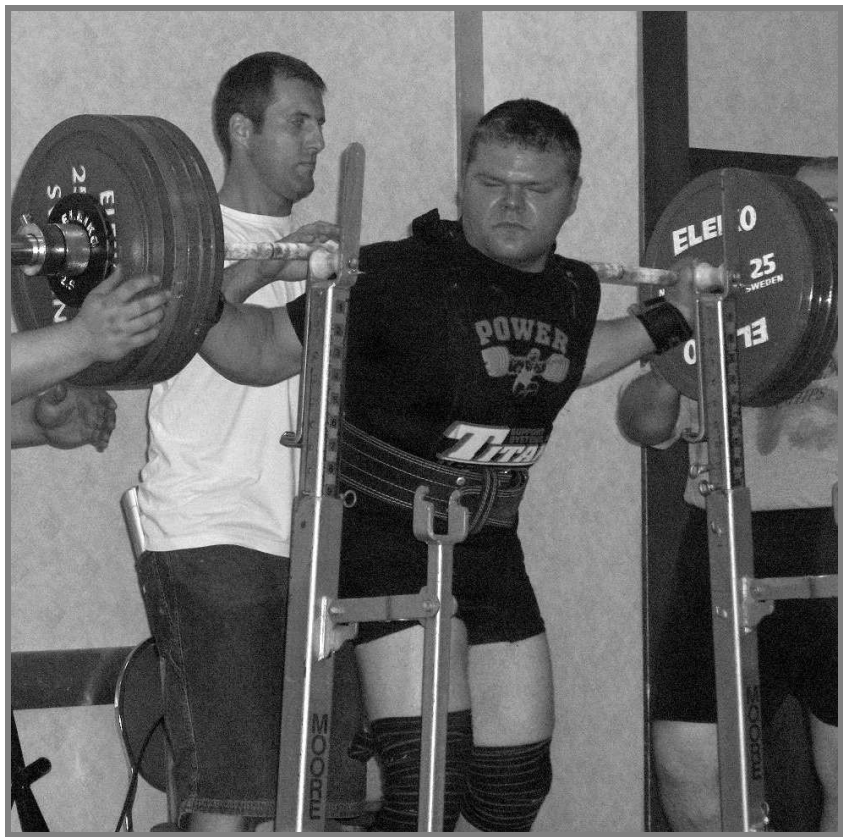


Benjamin Atkinson

Toronto Open & Bench Press - Continued



Shawn O'Halloran



Jason Byrne

Bench Press Contest

Lifter	Club	Bench
Women		
67.5kg		
Jackie Pritchard	unattached	62.5
Men		
75kg		
Drew Irwin	Power Pit	142.5
82.5kg		
Herb Greenidge	Ottawa Strong	180.0
Kevin Samson	Iron Foundation	137.5
Peter Marquis	Unattached	127.5
Chris Carpenter	Power Pit	-
90kg		
Barry Antoniow	Ottawa Strong	140.0
Laurie Greenidge	Unattached	135.0
John Greenidge	Unattached	80.0
David Greenidge	Unattached	35.0
100kg		
Miroslav Koprinsky	Unattached	-
Marcus Skypass	unattached	-
125kg		
Shawn O'Halloran	Power Pit	288.0

Best Lifter – Men Shawn O'Halloran
Team: Power Pit



**Ontario Powerlifting
Association**

Visit your 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

OPA Club Updates

Steel City Powerlifting Club

- Randall Truscott

Steel City Powerlifting club is a great club for beginner and experienced powerlifters. I have been training there for 1 month now and my bench press has increased from 205-225lbs, my squat has gone from 240-300lbs and my deadlift has gone from 315-380lbs just from changing my technique.



Bill Jamison has been a very good coach, teaching me the correct technique and preparing me for the Steel City Open in October and the Ontario Juniors in November. I am 15 years old and will be lifting in the sub-junior division in the 100kg class. Both of Bill's sons, Billy and Jesse have been very encouraging and helpful with my training at Steel City. All of the members have been great and encouraging with all my lifts. Steel City has a great atmosphere for training.



Steel City Powerlifting Club

Niagara Powerlifting Club

- Glyn Moore

The date for the 2006 Niagara Open is January 21.



We are once again limiting the number of lifters to 36. The reason that we have decided to do this is so that we can limit the size of contest to three flights and one session.

Since 2003, we have run a fast and efficient contest, one that allows both lifters and spectators to be on their way home by early afternoon. Hopefully this contest will be no exception. We will accept the first 36 paid applications and should anyone drop out, then the openings will be filled on a first come, first served basis.

London Powerlifting Club

- Terry Stinchcombe

The Ontario Senior Men and Womens Championships were held Sept 24 at the Ramada Inn in London. Although the number of lifters was small, the quality of lifting was excellent. Provincial records were set by Art Chan and Steve Magistrale. Best lifter awards went to Willie Albert, Steve McKenzie and Jennifer Porter. Best team was Iron Foundation.

Thanks to the Niagara Club for the use of their platform equipment, and Lynton Lam and Sean Brown for refereeing. I cannot thank those enough who went out of their way to help us with this meet. Some of these individuals are not even involved in powerlifting. I would also like to thank people who gave a donation at the door to help defer a little of the cost of running this meet.

Hopefully the issue of the small number of lifters competing at this meet due to circumstances such as attending world championships etc. can be addressed at the Annual General Meeting in November.

Club Updates Needed !!!

Please send Club Updates to:
ukruger@powerlifting.ca

**Next Newsletter Deadline is:
December 16, 2005**

What should I bring to the Contest

Although this is not a complete list, here are some of the items that lifters need to bring to every contest:

- CPU Card
- IPF Approved gear (refer to the IPF Website regarding equipment rules)
- Squat suit
- Bench shirt
- Singlet for Bench press
- Deadlift suit
- Squat Shoes
- Deadlift shoes
- Lifting belt
- Knee wraps
- Elastics for knee wraps
- Wrist wraps
- Shin length socks
- Plain T-Shirts
- Chalk
- Baby powder
- Towels
- Pens / paper / calculator / clipboard / paper
- Watch
- Scissors – in case wraps are too long
- Water / snacks

Benefits of being an affiliated club of the OPA

- Only registered clubs can enter as team in a contest
- Only registered clubs can sanction and host a contest
- Clubs can play a part in promoting powerlifting in their communities
- Clubs are provided visibility on the website and newsletter

 <small>ONTARIO POWERLIFTING ASSOCIATION</small>	<h2 style="margin: 0;">Club Affiliation Application Form</h2>												
<p>➤ In order to represent a club, a lifter must train with the club on a regular basis (at least once a week).</p> <p>➤ 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.</p> <p>➤ Club affiliation must be renewed annually. Affiliation fees cover 1 year from Jan 1 to Dec 31.</p>													
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Club Name: _____</td> <td style="width: 50%; border: none;">CPU Card#: _____</td> </tr> <tr> <td style="border: none;">Club Contact: _____</td> <td style="border: none; text-align: right;"><i>Club Contact must be a registered member of the Ontario Powerlifting Association</i></td> </tr> <tr> <td style="border: none;">Address: _____</td> <td style="border: none;"></td> </tr> <tr> <td style="border: none;">City: _____</td> <td style="border: none;">Postal Code: _____</td> </tr> <tr> <td style="border: none;">Phone: _____</td> <td style="border: none;">Email: _____</td> </tr> <tr> <td colspan="2" style="border: none;">Club Web Site: _____</td> </tr> </table>		Club Name: _____	CPU Card#: _____	Club Contact: _____	<i>Club Contact must be a registered member of the Ontario Powerlifting Association</i>	Address: _____		City: _____	Postal Code: _____	Phone: _____	Email: _____	Club Web Site: _____	
Club Name: _____	CPU Card#: _____												
Club Contact: _____	<i>Club Contact must be a registered member of the Ontario Powerlifting Association</i>												
Address: _____													
City: _____	Postal Code: _____												
Phone: _____	Email: _____												
Club Web Site: _____													
<p>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.</p> <p>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.</p>													
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Signature: _____</td> <td style="width: 50%; border: none;">Date: _____</td> </tr> </table>		Signature: _____	Date: _____										
Signature: _____	Date: _____												
<p style="text-align: center;">Club Affiliation Fee: \$40.00</p> <p>Make cheque payable to: Ontario Powerlifting Association</p>	<p>Send Cheque or Money Order to: Ontario Powerlifting Association c/o Marlene Moore, 9 Old Oxford Road St Catharines, ON L2M 2J7</p>												
<p>*Application <u>must</u> include a copy of all emblems and logos that the club will be using <u>and</u> a list of all of club members</p>													

[Rev:2005-02]



M. Lampi – Need to hang on a little bit longer for a white light

What do the numbered cards mean? (from the IPF rulebook)

After the lights have been activated and appeared, the referees will raise a card or paddle or activate a light system to make known the reasons why the lift has been failed.

SQUAT – Reasons for Failure:

Card number 1. (red)

- Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees

Card number 2. (blue)

- Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
- Changing the position of the bar across the shoulders after the commencement of the lift. Any movement of the bar on the back more than the diameter/thickness of the bar below the lifter's chosen starting position.

Card number 3. (yellow)

- Stepping backward or forward although lateral movement of the foot and rocking the feet between the ball and heel is permitted.
- Failure to observe the Chief Referees signals at the commencement or completion of the lift.
- Double bouncing or more than one recovery attempt at the bottom of the lift.
- Contact with bar or lifter by the spotters/loaders between the Chief referees signals, in order to make the lift easier.
- Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored.
- Any dropping or dumping of the bar after completion of the lift.
- Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.

Becoming an OPA member automatically entitles you to a CPU (Canadian Powerlifting Union) membership. The CPU is affiliated with the IPF (International Powerlifting Federation).

- Residents of Ontario can be full members of the Ontario Powerlifting Association.
- Lifters in other provinces must register with the association in their province
- Non-residents of Canada must register with the CPU Registration Chairperson directly
- Any person from anywhere can be an Associate member.

Ontario Powerlifting News – October 2005

OPA Records – Sep 30, 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 Open				
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 – Sep 30, 2005				
Women Open - 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 – Sep 30, 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	145.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Bench	85.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Deadlift	182.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Total	410.0	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
60 kg				
Squat	165.0	J. Marentette	May-05	London Open, London, ON
Bench	80.0	J. Marentette	May-05	London Open, London, ON
Deadlift	190.0	J. Marentette	May-05	London Open, London, ON
Total	430.0	J. Marentette	May-05	London Open, London, 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	215.0	M. Obratoski	Jul-05	Toronto Open, Brampton, ON
Bench	121.0	A. Stumpf	May-05	London Open, London, ON
Deadlift	217.5	M. Obratoski	Jul-05	Toronto Open, Brampton, ON
Total	552.5	M. Obratoski	Jul-05	Toronto Open, Brampton, ON
82.5kg				
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
125kg				
Squat	155.0	R. Singh	May-05	London Open, London, ON
Bench	112.5	R. Singh	May-05	London Open, London, ON
Deadlift	172.5	R. Singh	May-05	London Open, London, ON
Total	440.0	R. Singh	May-05	London Open, London, ON
125+				
Squat	200.0	R. Singh	Jul-05	Toronto Open, Brampton, ON
Bench	140.0	R. Singh	Jul-05	Toronto Open, Brampton, ON
Deadlift	185.5	R. Singh	Jul-05	Toronto Open, Brampton, ON
Total	510.0	R. Singh	Jul-05	Toronto Open, Brampton, ON

OPA Records – Sep 30, 2005

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
56 kg				
Squat	145.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Bench	85.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Deadlift	182.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Total	410.0	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
60kg				
Squat	165.0	J. Marentette	May-05	London Open, London, ON
Bench	110.5	S. Lindsay	Feb-91	Ontario Int. North Bay, ON
Deadlift	190.0	J. Marentette	May-05	London Open, London, 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	250.0	D. Shea	Apr-05	Canadian Juniors, Calgary, AB
Bench	182.5	V. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	260.0	D. Shea	Apr-05	Canadian Juniors, Calgary, AB
Total	675.0	D. Shea	Apr-05	Canadian Juniors, Calgary, AB
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	287.5	S. Hastings	Apr 05	Canadian Juniors, Calgary, AB
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 – Sep 30, 2005				
Men Open				
52kg				
Squat	170.0	S. Boulerice	Feb-92	Canadian Juniors, Kitchener, ON
Deadlift	185.0	S. Boulerice	Feb-92	Canadian Juniors, Kitchener, ON
56kg				
Squat	145.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Bench	85.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Deadlift	182.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Total	410.0	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
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	175.0	A. Chan	Apr-05	Canadians, Calgary, AB
Bench	170.0	A. Chan	Apr-05	Canadians, Calgary, AB
Deadlift	210.0	A. Chan	Apr-05	Canadians, Calgary, AB
Total	550.0	A. Chan	Apr-05	Canadians, Calgary, AB
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	187.5	V. Byrne	Jul-05	Toronto Open, Brampton, ON
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	275.0	S. O'Halloran	Jul-05	Toronto Open, Brampton, ON
Deadlift	297.5	N. Singleton	May-98	Canadian Chmp, Richmond, BC
Total	882.5	S. O'Halloran	Jul-05	Toronto Open, Brampton, ON

OPA Records – Sep 30, 2005				
Men Open - 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	177.5	J. Becker	Apr-05	Canadian Masters, Calgary, AB
Deadlift	295.0	J. Becker	Mar-04	Canadian Masters, Waterloo, ON
Total	752.5	J. Becker	Apr-05	Canadian Masters, Calgary, AB
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	185.0	S. Chomitz	May-05	London Open, London, 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	332.5	S. O'Halloran	Jul-05	Toronto Open, Brampton, ON
Bench	275.0	S. O'Halloran	Jul-05	Toronto Open, Brampton, ON
Deadlift	285.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
Total	882.5	S. O'Halloran	Jul-05	Toronto Open, Brampton, 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 – Sep 30, 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	230.0	G. Moore	Apr-05	Canadian Masters, Calgary, AB
Bench	131.5	G. Moore	Sep-02	Ontario Seniors, Toronto, ON
Deadlift	238.0	G. Moore	Apr-05	Canadian Masters, Calgary, AB
Total	597.5	G. Moore	Apr-05	Canadian Masters, Calgary, AB
82.5kg				
Squat	227.5	H. Greenidge	Jul-05	Toronto Open, Brampton, ON
Bench	178.0	H. Greenidge	Jul-05	Toronto Open, Brampton, ON
Deadlift	235.5	H. Greenidge	Jul-05	Toronto Open, Brampton, ON
Total	642.5	H. Greenidge	Jul-05	Toronto Open, Brampton, 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	167.5	S. Seguin	Apr 05	Canadian Masters, Calgary, AB
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+				
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 – Sep 30, 2005				
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

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 22 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

How to enter an OPA Sanctioned Contest

Anyone entering an OPA sanction competition must send a completed and signed Contest Entry form along with payment to the Meet Director or specified individual.

You must be an OPA Member in order to compete in an Ontario Championship. Competitors from out of province must possess the appropriate IPF membership to compete in other contests. Example: A lifter from Quebec can compete in an open competition as a CPU member affiliated with the QPF (Quebec Powerlifting Federation).

Here are the steps to follow to enter a contest:

- Verify that all qualifications are met if this is an Ontario Championship. Refer to page: 23.
- Become an OPA Member. Membership form is on page: 15.
- Complete the Contest Entry form (below) and send to the Meet Director along with the appropriate fees.

Are you looking for a rule book?



Rulebooks can be downloaded from the IPF (International Powerlifting Federation) website at:
<http://www.powerlifting-ipf.com>

 <p>ONTARIO POWERLIFTING ASSOCIATION</p>	<h3>Contest Entry Form</h3> <ul style="list-style-type: none">▪ 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. <p>>>> Complete all areas of the form – Please Print</p>
<p>Name of Contest: _____</p> <p>Your Name: _____ Phone#: _____</p> <p>Address: _____</p> <p>Email : _____</p>	
<p>Club Representing: _____ or <input type="checkbox"/> Unattached</p> <p>CPU Card#: _____ Weight Class: _____ kg <input type="checkbox"/> Male <input type="checkbox"/> Female Date of Birth: _____ dd/mm/yyyy</p> <p>Contest Category Entered: (check all that applied)</p> <p><input type="checkbox"/> 3-Lift <input type="checkbox"/> Deadlift only <input type="checkbox"/> Bench only <input type="checkbox"/> Special Athlete <input type="checkbox"/> Intermediate <input type="checkbox"/> Blind <input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Sub-Junior <input type="checkbox"/> Junior <input type="checkbox"/> Master I <input type="checkbox"/> Master II <input type="checkbox"/> Master III <input type="checkbox"/> Open</p> <p>T-Shirt size: (if applicable) _____</p>	
<p>Other Information:</p> <p>Titles, Championships won: _____</p> <p>Best Official Total: _____ kg Squat _____ kg Bench: _____ kg Deadlift _____ kg</p> <p>in Weight Class: _____ kg Competing since: _____</p> <p>When/Where: _____</p> <p>Other Interests: _____</p>	
<p>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.</p> <p>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.</p> <p>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.</p> <p>Signature of Competitor: _____</p> <p style="text-align: center;">(Parent/Guardian if under 18)</p> <p style="text-align: right;">[02/2005]</p>	

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#: _____ 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: _____ <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> Send completed form to: Dave Hoffman 278 Thaler Ave, Kitchener, ON N2A 1R6		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																											



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

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) 233-3227
45 Ellen St. N
Brucefield, ON N0M 1J0
Email: lynton.lam@tcc.on.ca

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: hamekpowerlifting@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

PowerReach 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: billjamison@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
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