

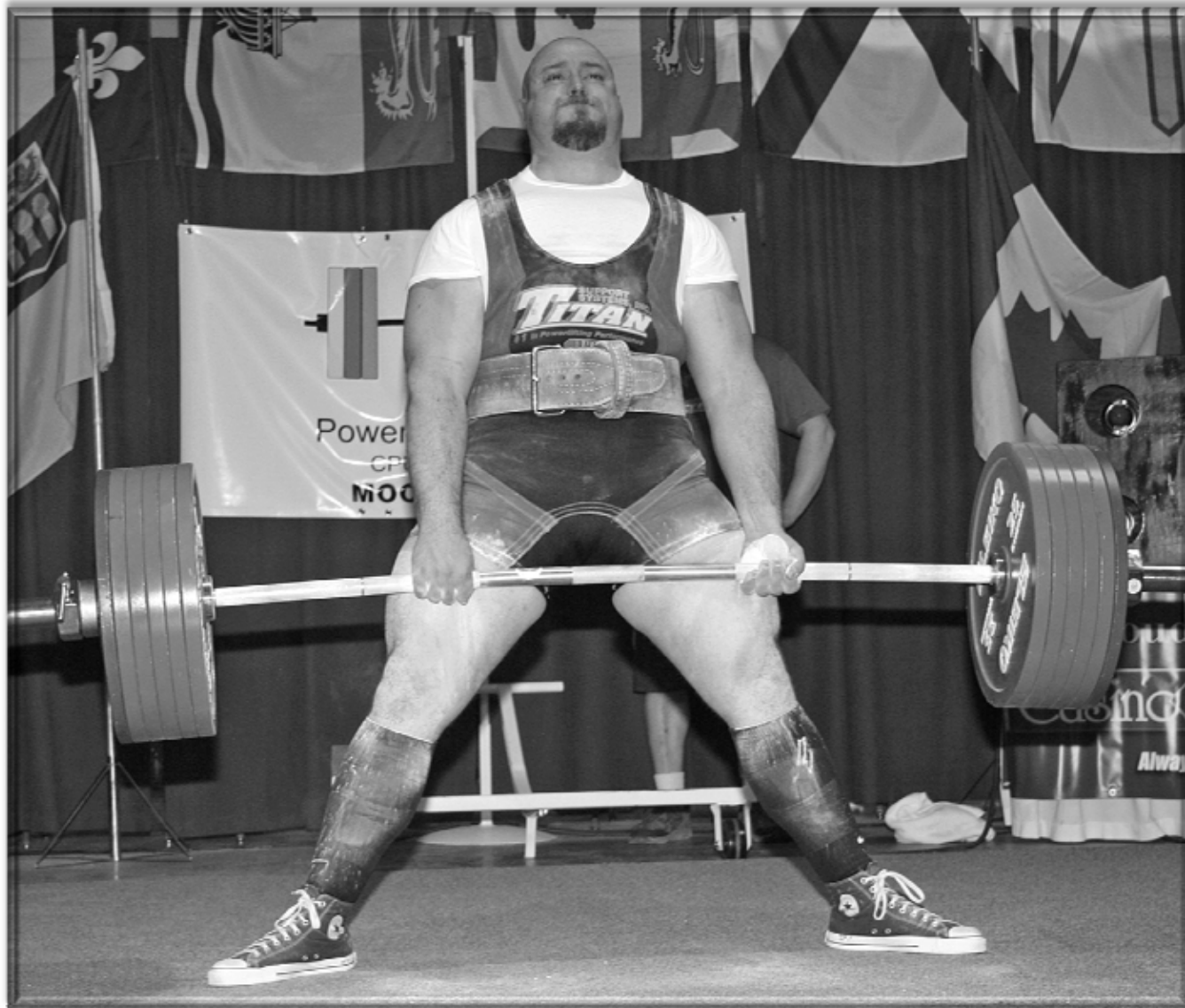
# OPA

## Ontario Powerlifting News

April 2009, Volume 60, Issue 1

Official Newsletter of the Ontario Powerlifting Association

[www.ontariopowerlifting.org](http://www.ontariopowerlifting.org)



Steve Magistrale at CPU Nationals – April 2009 (see Page 10)



### Inside this Issue

Results - CPU National, Niagara  
Open, Golden Triangle Open  
New Contests, Lifter Profile,  
Tribute to Pedro





### **TITAN POWERLIFTING EQUIPMENT IN CANADA**

**Fury & F6 bench shirts:** \$130 Custom made: \$170 (All taxes incl.)  
**Katana bench shirts:** \$199 (Angle sleeve or straight sleeve) Custom made: \$240  
**Super Katana bench shirts:** \$225 (A/S or S/S) Custom made: \$265  
**Superior squat suit:** \$79 **Deadlift suit:** \$130  
**Centurion suit :** \$199 **Custom Centurion (Dual Quad):** \$240  
**Super Centurion suit:** \$225 **Custom Super Centurion (Dual Quad):** \$265  
**Singlet :** Titan singlet with logo : \$59

**Knee wraps :** THP (Titan High Performance) & TITANIUM Knee wraps : \$39  
**Wrist wraps :** THP (Titan High Performance) & TITANIUM 24 in. wrist wraps : \$29  
12 in. wrist wraps : \$24 50cm. wrist wraps : \$26  
**Deadlift slippers :** \$10 **Powerwash:** \$10.00 **Titan socks:** \$8.50 **Wrap roller:** \$25.00  
**T-shirts :** S-XL : \$15.00 2XL : \$16.00 3XL : \$17.00 4XL : \$25.00 5XL : \$29.00  
**Shipping :** In Ontario for a suit or a shirt : \$10 (3 or 4 days delivery) **COD:** \$8  
**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!**  
Send payment and details of order to : **LOUIS LÉVESQUE**

**681 Avenue du Parc, Sherbrooke, QC J1N 3N5**

**Phone :** 819-864-6810 (between 6 and 9 p.m. Eastern time only, or at lunch hour) **E-mail:** [llevsque@powerlifting.ca](mailto:llevsque@powerlifting.ca)

### **\* Ontario Powerlifting News\***

**Next Deadline: June 15, 2009**

**Editor:** Karen Allison [opa.news@ontariopowerlifting.org](mailto:opa.news@ontariopowerlifting.org)  
Ontario Powerlifting News is published several times per year. The Newsletter is included in the Ontario Powerlifting Association membership

**Guest Editor:** Ulrike Kruger

**Contributors:** Glyn Moore, Marlene Moore, Dave Hoffman, Mike Knott, Ulrike Kruger, Lori Zozzolto, Connor Sheehan

**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. Word and Excel Documents are especially preferred. Please contact the newsletter editor for any submission problems or questions. Please note that pdf files will not work.



Ontario Powerlifting Association

Visit your Website!!!

[www.ontariopowerlifting.org](http://www.ontariopowerlifting.org)

Send contributions and ideas to:  
[opa.news@ontariopowerlifting.org](mailto:opa.news@ontariopowerlifting.org)

Submit to your  
newsletter and  
Website.

Send photos, contest  
results, club profiles,  
lifter profiles, your  
powerlifting  
experiences ... and  
your ideas!

## From the President

- Glyn Moore

After four months as President of the OPA I feel very confident in the direction we are heading. Bill Jamison and Dave Hoffman are making great gains in their involvement with the high school program. Barry Antoniow is using his expertise to recruit more special athletes into our organization which will enhance our membership. Connor Sheehan has made good progress with the website, updating the results, records and adding an up to date top ten athlete list.

At the AGM in Moose Jaw the topic of drug testing was discussed and by far the limiting factor is cost. To increase our ability to administer more drug testing in Ontario we need to generate a drug testing fund. I know that with the previous drug testing procedure the OPA enforced a \$5 charge per lifter to the Meet Director. Barry Antoniow and I briefly discussed this at the Nationals and it is our view that we should resume a \$5 or possibly \$10 charge per lifter per contest which would be added to the entry fee by the Meet Director. Ontario has to be a leader in the fight against drug use in our sport. If any lifter disagree with this suggestion or has other practical ideas how to improve our drug testing policy then please contact me. Eventually it will become compulsory for each lifter to complete an online educational programme with CCES.

## Referee Update

- Michael S. Knott

I have plans to run 2 referee seminars during the year. These seminars will provide a great opportunity for any lifter, coach or future referee to obtain a better understanding of Powerlifting rules and equipment. If you plan to write the referee's exam, then this would be the venue for preparation.

Note that there have been several rule changes as of the beginning of the year, notably: 1. records can be broken by .5kg and 2. Any downward movement of the whole of the bar in the course of being pressed out is a reason for disqualification in the bench press. Refer to the IPF website: <http://www.powerlifting-ipf.com> for the complete technical rules.

Please contact me if you are interested in attending a seminar, or in writing the Referee exam.

## Table of Contents

Upcoming Events.....	5
CPU Nationals .....	6
Golden Triangle Open .....	7
About the Ontario Intermediates.....	7
Niagara Open.....	8
Tribute to Pedro.....	4
Lifter Profile – Steve Magistrale.....	10

### **CONTEST SANCTION FORMS**

#### **Contact the Registration Chairperson for Contest Sanction Forms:**

Marlene Moore: (905) 646-8536

**Email:** [opa.registration@ontariopowerlifting.org](mailto:opa.registration@ontariopowerlifting.org)

**OR**

Download from the OPA Website at:  
**[www.ontariopowerlifting.org](http://www.ontariopowerlifting.org)**

### **\* Ontario Powerlifting News\***

**Next Deadline: June 15, 2009**

**4<sup>TH</sup> ANNUAL PROVINCIAL  
HIGH SCHOOL POWERLIFTING  
CHAMPIONSHIP**

**Saturday, May 30<sup>th</sup>, 2009**  
Monsignor Doyle Catholic Secondary School  
185 Myers Road, Cambridge, Ontario

Weigh in at 9:00am  
Lifts begin at 11:00am



Sponsored by the Golden Triangle Powerlifting Club

## Tribute to Pedro

- Glyn Moore

Sadly, on February 28, Ontario Powerlifting lost one of its members. Pedro Tondo joined the OPA in 2005 and lifted without any supportive equipment for his first few contests. At the 2008 Canadian Powerlifting Championships he earned a silver medal with a 265kg squat, 140kg bench press, 267.5kg deadlift and a total of 670kg in the 110kg Masters I Division.

Our deepest sympathies go to his family at this very difficult time.



**Pedro Tondo: 1960 – 2009**

## Records and Website

- Connor Sheehan

After nearly 4 months in position of Records Chairperson and Web Administrator, I have finally accomplished some of my goals after being in learning mode. With the assistance of former Records chairperson, Dave Hoffman, the website now includes all of the most current records. Glyn Moore and I have tinkered with the website to give it a slightly different look which includes placing the 2009 calendar of events on the home page for quick reference. All of the forms have been updated. The 2009 club page

has been updated to contain all current and available club contact information. Referee Chairperson Mike Knott offered valuable feedback in a number of areas with regards to enhancing the website. We are always looking for ways to improve the website so that it is beneficial to all OPA members. Please contact me if you have any suggestions. In the future, I will continue to update the website more frequently to ensure the most up to date information is available to all.

On the Records side of things, the first quarter of 2009 has seen some great performance from its members. The 2009 Niagara Open saw the National 125kg M2 male total record increased to 800kg by Kari Suutari. Kari bench pressed a provincial record of 227.5kgs. I personally look forward to Mr. Suutari and Ron Strong taking the platform in the same contest for a most tremendous showdown of two of Canada's top M2 lifters. Also at the Niagara Open, Jerry Marentette upped the National 100kg M2 male bench press record to 192.5kgs. Jerry continues to own the records books and I looked forward to seeing a 200kg bench press soon. 56kg M1 female lifter Maureen Laporte of Belle River added her name to the M1 record books for all lifts by squatting 117.5kgs, bench pressing 71kgs (also a National record, and deadlifting 128kgs for a record total of 316.5kgs. I look forward to the new records that Ontario lifters will set at Nationals in Moose Jaw, Saskatchewan. Good luck!!

### Important Note:

Procedure to follow if applying for a Canadian and or Ontario Record:

1. If the record is an Ontario Record the lifter must submit a completed record application form to the Ontario Records Chairperson.
2. If the record is an Ontario and Canadian record then the lifter must submit a record application to both the Ontario Records Chairperson and the Canadian Records Chairperson.
3. A payment of **\$75 must** be sent to the Ontario Registrar within **45 days** of the record being broken.

If any of these procedures are not followed then the record will not be recognized.

**\* Ontario Powerlifting News \***  
**Next Deadline: June 15, 2009**

## Upcoming Events

---

### St Thomas Open

Date: Apr 25 10:00am  
Hosted by: St Thomas Powerlifting Club  
Contact: Daniel Pare  
203 Highview Dr  
St Thomas, ON N5R 5H6  
(519) 633-0771  
Location: Arthur Voaden SS  
41 Flora St. Thomas, ON  
Entry Fee: \$55 payable to Daniel Pare  
Deadline: Apr 11  
Details: 3-left open contest  
Weigh in a 8am

---

### Power Pit Open and Push/Pull

Date: Jun 6 9:30am  
Hosted by: Power Pit Powerlifting Club  
Contact: Jerry Marentette  
1530 County Rd.  
Belle River, ON NOR 1A0  
(519) 727-6096  
Location: Power Pit Gym  
1530 County Rd, Belle River  
Entry Fee: \$60 payable to Jerry Marentette  
Deadline: Jun 3  
Details: No qualifications required  
Can compete in 3-lift or 2-left (Bench/  
Deadlift)  
Weigh-in at 7:30am

---

### 3<sup>rd</sup> Annual Ottawa Open & Bench Freak

Date: Jul 18 9:00am  
Hosted by: Iron Works PL Club  
Contact: Barry Antoniow  
148 Balfour Ave  
Ottawa, ON K1G 0G9  
(613) 222-6374  
Location: Travel Lodge Convention Center  
1376 Carling Ave.  
Ottawa, ON  
Entry Fee: \$65 payable to Barry Antoniow  
Deadline: Jul 1  
Details: 3 lift open contest or Bench Press  
Bench: weigh in 7:00am (limited to 14  
lifters)  
3-Lift: weigh in 8:00am (limited to 3  
flights and 38 lifters)

---

***Check on the OPA Website to verify  
contest start times and other details***

**[www.ontariopowerlifting.org](http://www.ontariopowerlifting.org)**

---

---

### Ontario Championships (All levels)

Date: Oct 3,4 9:00am  
Hosted by: Iron Works PL Club  
Contact: Barry Antoniow  
148 Balfour Ave  
Ottawa, ON K1G 0G9  
(613) 222-6374  
Location: Travel Lodge Convention Center  
1376 Carling Ave.  
Ottawa, ON  
Entry Fee: \$65 payable to Barry Antoniow  
Deadline: Oct 1  
Details: Ontario Junior, Master and Senior.  
Refer to qualifications table for  
Provincial Championship.  
3-Lift only  
Weigh-ins: 7:00am and noon

---

### Ontario Mens Intermediate & Bench Press

Date: Nov 7 9:30am  
Hosted by: Power Pit Powerlifting Club  
Contact: Jerry Marentette  
1530 County Rd.  
Belle River, ON NOR 1A0  
(519) 727-6096  
Location: Knights of Columbus  
1303 County Road  
Emeryville ON  
Entry Fee: \$55 payable to Jerry Marentette  
Deadline: Nov 3  
Notes: Refer to Provincial qualifications table  
for qualifications  
Intermediates is a 3-lift meet  
Weigh-in at 7:30am

## Registration

*- Marlene Moore*

This year we have managed to line up a full calendar of competitions thanks to many dedicated powerlifters and their clubs. I hope this will encourage other clubs and new clubs to follow suit in the coming years to perhaps take the plunge and decide to take on the task of hosting a competition. Please contact me anytime for information or help to get a contest sanctioned.

We have 125 members so far this year (as of March 16). The membership is a bit slow to start as the Nationals are being held out west in Moose Jaw this year. I would like to thank everyone for sending in the correct waivers with their applications, this makes my job run smoothly.

## CPU National Results

April 2009 Results: Glyn Moore

Name	Club		Age Class	Wt Class	Squat	BP	DL	Total	Wilks
Sue Thomson	Capital Barbell	F	M1	48	85	52.5	112.5	250	337.8
Julie Watkin	Unattached	F	M1	56	107.5	60	130	297.5	355.0
Maureen Laporte	PowerPit	F	M1	56	-107.5	0	0	0	0.0
Jackie Pritchard	Niagara	F	M1	75	162.5	90	145	397.5	399.4
Karen Allison	Unattached	F	M1	75	145	85	130	360	345.4
Lisa Nigh	Defining Strength	F	M1	75	102.5	75	125	302.5	294.7
Althea Flegg	Unattached	F	M2	60	117.5	55	115	287.5	329.1
Sarah Leighton	Unattached	F	Open	67.5	142.5	92.5	157.5	392.5	409.0
Anita Santos	Defining Strength	F	Open	67.5	127.5	72.5	142.5	342.5	351.8
Catherine Rohani	Capital Barbell	F	Open	67.5	-130	0	0	0	0.0
Susan Abbott	Defining Strength	F	Open	82.5	137.5	105	125	367.5	335.6
Adam Bury	Unattached	M	Blind	90	195	137.5	200	532.5	341.5
Robert Truchon	Unattached	M	Blind	90	170	130	185	485	315.0
Tim Ekert	PowerPit	M	Blind	125	242.5	210	242.5	695	406.2
Stephen Jesso	Unattached	M	Blind	125+	295	215	300	810	439.6
Dalton Major	PowerPit	M	SubJr	60	180	95	200	475	408.9
Greg Page	Iron Works	M	Jr	90	210	150	200	560	358.3
Marlon Obratoski	Iron Foundation	M	Jr	100	290	210	277.5	777.5	475.3
Andrew Cameron	Steel City	M	Jr	100	255	190	232.5	677.5	412.3
Kelly Branton	PowerPit	M	Jr	110	305	212.5	290	807.5	478.5
Jeff Becker	Iron Foundation	M	M1	90	302.5	197.5	292.5	792.5	510.0
Hoi Leung	Niagara	M	M1	90	250	172.5	275	697.5	445.5
Andy Childs	Phoenix	M	M1	100	285	197.5	262.5	745	454.3
Sheldon Duncan	PowerPit	M	M1	110	255	207.5	277.5	740	440.6
Glyn Moore	Niagara	M	M2	75	237.5	150	222.5	610	435.5
Walter Urban	Iron Foundation	M	M2	75	210	125	227.5	562.5	402.3
Jerry Marentette	PowerPit	M	M2	90	255	187.5	275	717.5	462.9
Ron Strong	PowerPit	M	M2	125	280	200	305	785	453.6
Jack Taylor	Niagara	M	M3	100	170	120	192.5	482.5	303.3
Art Chan	Iron Works	M	Open	67.5	210	195	240	645	502.1
Brandon Summers	Iron Foundation	M	Open	82.5	300	195	265	760	511.0
Barry Antoniow	Iron Works	M	Open	82.5	230	-220	0	0	0.0
Vincent Byrne	PowerPit	M	Open	90	295	222.5	285	802.5	513.8
Brandon Ward	Golden Triangle	M	Open	100	255	195	262.5	712.5	434.1
Steve Magistrale	Niagara	M	Open	125	335	250	320	905	518.6
Jason Byrne	PowerPit	M	Open	125	325	225	307.5	857.5	490.0

The 2009 CPU National Championships were held in Moose Jaw, Saskatchewan. Meet Directors Ryan Fowler, Ryan Stinn and Rhaea Fowler hosted a first class competition. Spotting and loading was excellent. The competition room and warm up room were of the highest standard. The warm up room and lifting platform had E.R. Racks

with Eleiko weights, collars and bars. This quality of equipment is normally only experienced at World Championships.

Ontario was well represented with 36 lifters. Lifting standards increase each year, which is evident by the excellent performance of our athletes at the various Worlds Championships in 2008.

Jerry Marentette was awarded the Bill Jamison Award. This is the highest award that a Canadian Powerlifter can obtain and is awarded for outstanding contributions to the sport.



### 2009 OPA Membership

**OPA Membership forms for 2009 can be found on the OPA website at: [www.ontariopowerlifting.org](http://www.ontariopowerlifting.org)**

*Remember to fill in and sign the waiver when you submit your membership.*



## Golden Triangle Open

March 24, 2009 Results: Glyn Moore

Age Cat	Wt.	Name	Bwt		Squat	Bench	D/L	Total	Wilks
Open	52	Trisha Boyle	49.9	F	100	55	125	280	360.2
Special	56	Cheryl Howey	55.1	F	60	32.5	85	177.5	211.5
M1	56	Anita Marcinko	55.9	F	100	82.5	135	317.5	374.1
Junior	67.5	Adam Dafoe	64.7	M	150	82.5	157.5	390	311.3
Open	75	Bilal Khan	72.8	M	132.5	125	175	432.5	314.8
Junior	75	Justin Van Schyndel	69.2	M	160	145	175	480	362.9
Special	82.5	Robert Greig	77.2	M	90	60	110	260	181.7
M2	82.5	Stan Goss	81.8	M	140	110	170	420	282.8
Open	82.5	Mark Boyle	77.2	M	150	112.5	185	447.5	312.7
Junior	82.5	Marc Morris	80.4	M	212.5	140	220	572.5	389.6
Open	82.5	Nello Miele	82.2	M	210	150	215	575	386
M2	82.5	Frank Nadeau	77.9	M	220	157.5	210	587.5	408
Junior	90	Michael Fortier	84.5	M	182.5				
Open	90	Travis Graham	86.1	M	192.5	127.5	235	555	362.8
Junior	90	Alex Benson	83.3	M	220	127.5	240	587.5	391.3
M3	100	Terry Stinchombe	98.3	M	220.5	150	210	580.5	355.8
M1	100	Steve Garrett	96.4	M	260	170	230	660	407.9
M2	110	Blake Giberson	110	M	167.5	155	207.5	530	311.9
Open	110	Mike Schin	105.9	M	247.5	237.5	270	755	449.8
M2	125	Kari Suutari	124.5	M	100	236	100	436	248.7
M2	125	Rick Gazdig	123.6	M	222.5	185	247.5	655	374.1
Open	125	Matt Cuthbert	122.2	M	260	210	255	725	415.1
Special	125+	Larry Chappell	161.5	M	75	77.5	155	307.5	168.3
Sub Jun	125+	Chad Farquhar	133.3	M	190	112.5	200	502.5	283
Open	125+	Thomas Stoffelsen	140.2	M	205	145	240	590	329.6
M2	125+	Mike Knott	143	M	250	192.5	225	667.5	371.8
Special	90+	Jacque Johnson	102.7	M	57.5	45	95	197.5	163.2

## The Ontario Men's Intermediate Championships

Dave Hoffman, Golden Triangle Powerlifting Club

The Ontario Men's Intermediate Championships were first held in 1975. To qualify for this contest you have participated in at least 1 contest and attained a minimum Class 3 plus 4% total in your designated weight category, but not less than Class 1. It was a chance for a lifter to claim a Men's Ontario Championship while working towards the next level. It would promote the sport to lifters

who were starting out and who would be able to gain some satisfaction without having to compete against the best at the Ontario Seniors or an Open meet. It also kept the competition at the Senior's at a very high level by limiting that competition to Class 1 lifters only. For many years, the Ontario Intermediates was a contest that featured the most lifters with many years having well over 40 athletes show up to compete. It was quite prestigious to get your club's name engraved on it and from my perspective to be part of the winning

team to claim the oldest team trophy the OPA has. The original Ontario Senior Championship trophies have been lost over the years.

Over the last decade or so, competition at this event has declined to the point where the executive has talked about dropping the event. The biggest contributor to this decline has been the implementation of the Junior and Masters event which had 43 entries in Ottawa this past December.

Scheduling in earlier years always had the Men's Intermediates in early February followed by the Seniors in March. Some lifters were able to use the Intermediates as a stepping stone to get to the big dance. With the scheduling of events at this year's AGM, hopefully lifters may see an opportunity to again use this meet in a similar fashion. The Men's Intermediates will be held in late November with the Ontario Bench Press Championships followed in late January with the combined Women's and Men's Senior and Junior and Masters over a two day weekend.

With most of the open meets being held in the first half of the year and the above meet schedule being implemented, hopefully attendance at the Men's Intermediates will improve. I urge clubs who have lifters who are in a position to compete at this meet to do so or it might become the OPA's first dinosaur in the ongoing evolution of our sport.

**\* Ontario Powerlifting News\***

**Next Deadline: June 15, 2009**

## Niagara Open

January 24, 2009 Results: Glyn Moore

Age Cl.	Wt. Cl	Name	Bwt	M/F	Sq.	Ben	D/L.	Total	Wilks
M1	56	Maureen Laporte	54.3	F	117.5	71	128	316.5	381.5
M2	56	Janet Warne	55.7	F	115	67.5	122.5	305	360.4
M1	56	Julie Watkin	54.7	F	115	60	127.5	302.5	362.5
M1	60	Diana Burley	59.8	F	-90				
Junior	60	Ricki-Lee Pitman	59.8	F	92.5	40	107.5	240	268.3
Open	67.5	Anita Santos	65.5	F	130	60	140	330	344.2
Open	67.5	Courtney Watts	67	F	125	52.5	130	307.5	315.5
Sub Jr	67.5	Dalton Major	61.2	M	165	102.5	195	462.5	387.5
Sub Jr	67.5	Connor Dantzler	63.7	M	50	40	87.5	177.5	143.6
Junior	75	Justin VanSchyndel	69.5	M	-160				
Open	75	Bilal Khan	74.4	M	125	127.5	190	442.5	317.1
Junior	82.5	Daniel Young	81.1	M	270	165	265	700	473.8
Open	82.5	Mark MacWilliams	81.6	M	150	110	175	435	293.3
M2	82.5	Stan Goss	78.5	M	137.5	92.5	185	415	286.8
Open	90	Jason Platts	89.6	M	270	195	265	730	467.1
Open	90	Dave Walters	89.7	M	260	240	230	730	466.8
Junior	90	Dan Curtis	88.6	M	150	105	185	440	283.2
M1	100	Andy Childs	99.7	M	280	190	270	740	450.9
M1	100	Greg Platsko	93.2	M	200	170	240	610	382.8
M2	100	Jerry Marentette	90.4	M	125	192.5	235	552.5	351.9
Junior	100	Matthew Giesa	95.4	M	220	100	227.5	547.5	339.9
Open	100	Greg Compton	97.6	M	162.5	117.5	212.5	492.5	302.7
Open	110	Mike Schin	109.5	M	247.5	205	265	717.5	422.8
M1	110	Pedro Tondo	107.4	M	270	132.5	265	667.5	395.8
M2	125	Ron Strong	119.2	M	-290				
Open	125	Jason Byrne	124.2	M	340	215	305	860	490.7
Open	125	Colin Garnett	118.1	M	320	215	282.5	817.5	471.8
M2	125	Kari Suutari	124.7	M	272.5	227.5	300	800	456.1
Open	125	Dan Kowcun	122.5	M	210	155	255	620	354.8
M1	125	Peter McGill	123.6	M	200	142.5	170	512.5	292.7
Sub Jr	125	Derek Johnson	117.8	M	100	60	135	295	170.4

Once again we had a good range of lifting experience from novice to world level. In the Women's 56kg class, there was an interesting battle between two M1 lifters and one M2 lifter. The day was won by Maureen Laporte from the Power Pit team followed by Quebec's Janet Warne and just 2.5kg back was Julie Watkin. In the 60 kg class Diana Burley had some bad luck in the squat and this left Ricki Lee Pitman to take this weight class. Ricki kept the audience on their toes as she took it to a third deadlift to get one in. The 67.5kg class was won by Anita Santos with

Courtney Watts impressing in her novice competition.

Starting off for the men, we had Dalton Major who missed making weight for the 60kg class; he finished off with an impressive 195kg deadlift. Second in this division was Connor Dantzler who made the journey from Maryland. In the 75kg class we had two lifters. Justin Van Schyndel had difficulty in the squat so this left the road to victory clear for Bilal Khan. The 82.5 kg class had three lifters. In third place my friend and former 75kg lifter but now rotund 82.5kg lifter, Stan Goss. Just pushing Stan

out for second place was Mark MacWilliams. In first place with a new Canadian Junior Record, was former Ontario resident and now resident of Nunavut Daniel Young. The 90kg class had three lifters. Third place went to Dan Curtis but what a battle for first and second place. In second place was Coach Dave Walters with an identical total to first place Jason Platts but just 0.1 kg heavier in bodyweight. In the 100kg class we had five lifters competing. Third place went to the very portly Jerry Marentette who drank himself up so that he could take the bench press record. Jerry had suffered a leg injury so was not able to squat or deadlift anywhere near his potential. This left the door open for his elated training partner Greg Platsko to take second place. First place went to Andy Childs who was using this contest as a warm up for the upcoming Canadian Championships.

In the 110kg class had two lifters. Taking first place was a relative newcomer to the powerlifting scene Mike Schin. In second place having a great day of lifting was Pedro Tondo. Sadly for the sport of powerlifting a few weeks after this contest Pedro passed away and our thoughts a prayers go to his family.

The 125kg class had seven lifters, third place went to Kari Suutari with a new M2 total record of 800 kg; second place went to Colin Garnett with an impressive 817.5kg. In first place with a huge total of 860kg and the largest Wilks formula of the day was Jason Byrne from the Power Pit team.

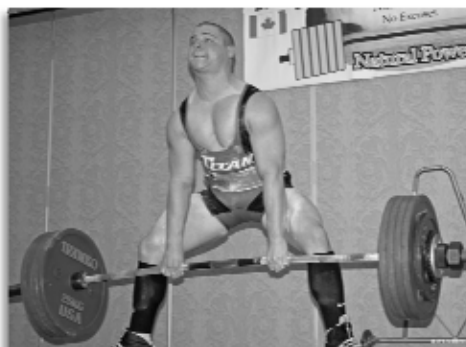
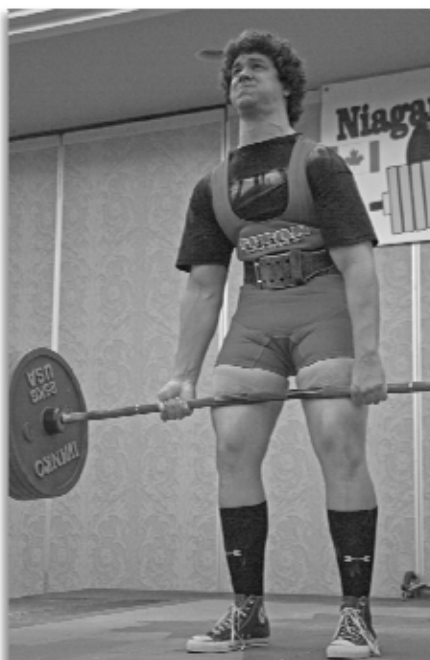
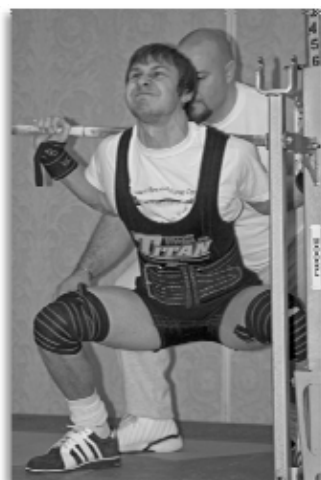
I am not sure what is in the water down in the Windsor area but if they could send some down to St. Catharines Niagara Powerlifting Club would appreciate it.



## Niagara Open Photos



*Photos by: U Kruger*



## Lifter Profile:

### Steve Magistrale

By: Lori Zozzollo

Steve Magistrale is quiet, modest man. Talking to him, one would never guess that not only is he an elite lifter, but that he is also listed as one of the All Time Top 100 Canadian Lifters by Wilks, and is a member of the 900kg Club. For over a decade he has been working his way up the competitive ladder of powerlifting towards his goal of becoming a national champion.



"It's been a slow process. I'm not blessed with brute strength. I've had to work at it slowly," Magistrale, 35, said. "It's been a long haul."

Magistrale started training with weights in high school, but with no particular direction. Then in 1994 while working as a trainer, he met Bill Jolley and life was never the same. He credits Jolley with introducing him to powerlifting.

"There was this large man who came into the YMCA who lifted these impressive weights. His name was Bill Jolley. He took me under his wing: he encouraged me, he gave me my first powerlifting belt and he introduced me to the other powerlifting guys."

In 1998 he met another mentor, Glyn Moore. That was the same year Magistrale entered his first powerlifting competition and was "hooked."

"My first powerlifting competition is where I developed my passion for competing. It was a huge moment. I'm not an extrovert, so it's really something for me to be

out there on the platform," Magistrale said.

By 2001 Magistrale had earned his way to his first Canadian national championship in Moose Jaw, Saskatchewan. Unfortunately, he bombed out, but did not lose his determination. Last weekend, the Canadian National Powerlifting Championships returned to Moose Jaw and Magistrale was there.

"I returned to the nationals in Moose Jaw. It was the same venue, same hotel. It's like getting a demon off my back. I felt a little nervous going back."

During the 2009 championships Magistrale had his "best contest so far." He won silver in the 125kg Class, broke the 905kg total mark, earned a Wilks total of 518.55 and beat his personal best by 20 kg. Alex Mardell of Alberta won the gold. Magistrale called Mardell's performance "superhuman." He said that it's athletes like Mardell that keep him training hard: "it's good to chase somebody that's up there."

Not only is Magistrale an elite powerlifter, he is also a loving husband, a father of two and a recently promoted police officer. He said powerlifting gives him the physical strength and mental well being to wear the many hats that he does. Magistrale credited his wife with supporting his long hours of training.

"My wife is supportive so she gives me the time to do the things I need to do. And I give her the time she needs. So it's a give and take."

To facilitate his hectic schedule, Magistrale built a gym in his garage, complete with weights and a lifting platform. It means he usually trains alone, but spends less time travelling to the gym and more time with his family. Because he trains by himself,

Magistrale said "he had to develop mental games to stay motivated. I think of the best guys and that I have to train twice as hard. I try to set up a contest in my head. I replay the competition scenario over in my head a 1000 times so that when I go to a competition it's like second nature."

Magistrale has some sound advice for people new to the sport. He said new lifters should not put so much pressure on themselves to win or attain certain numbers.

"Develop Powerlifting savvy, learn the lifts. By living and dying on the platform so early on you can get pretty discouraged. Don't put so much pressure on yourself. "



### **CONTEST SANCTION FORMS**

Contact the Registration Chairperson  
for Contest Sanction Forms:  
Marlene Moore: (905) 646-8536  
Email: [registration@ontariopowerlifting.org](mailto:registration@ontariopowerlifting.org)

**OR**

Download from the OPA Website at:  
[www.ontariopowerlifting.org](http://www.ontariopowerlifting.org)



ONTARIO POWERLIFTING ASSOCIATION

### **Referees Needed!!!**

The Ontario Powerlifting Association  
needs more referees

Contact the Referee Chairperson:  
Michael Knott (519) 317-6078  
Email: [opa.referee@ontariopowerlifting.org](mailto:opa.referee@ontariopowerlifting.org)

### **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.



ONTARIO POWERLIFTING ASSOCIATION

## **Club Affiliation Application Form**

**(for Jan 1 – Dec 31, 2009)**

- Only registered clubs can enter as team in a contest.
- 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

**→ All Fees are Non-Refundable**

**Send Cheque or Money Order to:**

Ontario Powerlifting Association  
c/o Marlene Moore, 9 Old Oxford Rd  
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:2009-01]



## 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:  
Jackie Pritchard  
581202 RR5,  
Dundalk, ON  
N0C 1B0

### Member Information

### Event Information

Name: \_\_\_\_\_

CPU Card #: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone #: \_\_\_\_\_

Email (optional): \_\_\_\_\_

Competition \_\_\_\_\_

Meeting \_\_\_\_\_

Referee \_\_\_\_\_

Administrative \_\_\_\_\_

Name of Event: \_\_\_\_\_

Location: \_\_\_\_\_

Date: \_\_\_\_\_

Contest Results: (how you placed etc): \_\_\_\_\_

\_\_\_\_\_

**\*\* 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
<b>Total:</b>			<b>Total:</b>		

### 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. 01/ 08

## 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.
- Become an OPA Member. Fill out and send in the Membership form which can always be found on the website
- Complete the Contest Entry form (below) and send to the Meet Director along with the appropriate fees.



### 2008 - 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 Legibly

→ ALL ENTRY FEES ARE NON-REFUNDABLE

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) \_\_\_\_\_

#### Required Information for Provincial or National Championships:

*(Note if this section is not filled out, you will not be considered qualified for Championships)*

Qualifying Total: \_\_\_\_\_ Date of Qualifying Total: \_\_\_\_/\_\_\_\_/\_\_\_\_

Where Qualifying Total was obtained: \_\_\_\_\_

**Note: All qualifying totals must be within 24 months of the competition applying for**

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 order to have the right to a Provincial, National or International record, it will be required of me to undergo a drug screening test before I may be declared the record holder.

Should there be an instance during competition where I am not medically able to determine emergency medical care for myself, I authorize the Ontario Powerlifting Association or Ontario Powerlifting Club officials to take such measures and arrange for such medical and hospital treatment as they may deem advisable for my health and well-being.

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: \_\_\_\_\_ Date: \_\_\_\_\_



(Parent/Guardian if under 18)

[11/2005]

## 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 and fee of \$75.00 to the Ontario Registrar.
4. 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.
5. 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]*

 <small>ONTARIO POWERLIFTING ASSOCIATION</small>	<b>National or Provincial Record Application Form</b>																											
<b>Application for:</b> <table style="width: 100%;"><tr><td><input type="checkbox"/> National Men's Senior</td><td><input type="checkbox"/> National Women's Senior</td></tr><tr><td><input type="checkbox"/> National Men's Junior</td><td><input type="checkbox"/> National Women's Junior</td></tr><tr><td><input type="checkbox"/> National Men's Sub Junior</td><td><input type="checkbox"/> National Women's Sub Junior</td></tr><tr><td><input type="checkbox"/> National Men's Master 40-49</td><td><input type="checkbox"/> National Women's Master 40-49</td></tr><tr><td><input type="checkbox"/> National Men's Master 50-59</td><td><input type="checkbox"/> National Women's Master 50-59</td></tr><tr><td><input type="checkbox"/> National Men's Master 60+</td><td><input type="checkbox"/> National Women's Master 50+</td></tr><tr><td colspan="2"> </td></tr><tr><td><input type="checkbox"/> Provincial Men's Senior</td><td><input type="checkbox"/> Provincial Women's Senior</td></tr><tr><td><input type="checkbox"/> Provincial Men's Junior</td><td><input type="checkbox"/> Provincial Women's Junior</td></tr><tr><td><input type="checkbox"/> Provincial Men's Sub Junior</td><td><input type="checkbox"/> Provincial Women's Sub Junior</td></tr><tr><td><input type="checkbox"/> Provincial Men's Master 40-49</td><td><input type="checkbox"/> Provincial Women's Master 40-49</td></tr><tr><td><input type="checkbox"/> Provincial Men's Master 50-59</td><td><input type="checkbox"/> Provincial Women's Master 50-59</td></tr><tr><td><input type="checkbox"/> Provincial Men's Master 60+</td><td><input type="checkbox"/> Provincial Women's Master 60+</td></tr></table>		<input type="checkbox"/> National Men's Senior	<input type="checkbox"/> National Women's Senior	<input type="checkbox"/> National Men's Junior	<input type="checkbox"/> National Women's Junior	<input type="checkbox"/> National Men's Sub Junior	<input type="checkbox"/> National Women's Sub Junior	<input type="checkbox"/> National Men's Master 40-49	<input type="checkbox"/> National Women's Master 40-49	<input type="checkbox"/> National Men's Master 50-59	<input type="checkbox"/> National Women's Master 50-59	<input type="checkbox"/> National Men's Master 60+	<input type="checkbox"/> National Women's Master 50+			<input type="checkbox"/> Provincial Men's Senior	<input type="checkbox"/> Provincial Women's Senior	<input type="checkbox"/> Provincial Men's Junior	<input type="checkbox"/> Provincial Women's Junior	<input type="checkbox"/> Provincial Men's Sub Junior	<input type="checkbox"/> Provincial Women's Sub Junior	<input type="checkbox"/> Provincial Men's Master 40-49	<input type="checkbox"/> Provincial Women's Master 40-49	<input type="checkbox"/> Provincial Men's Master 50-59	<input type="checkbox"/> Provincial Women's Master 50-59	<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+	<b>Note:</b>  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  Provincial Records Mail to: Connor Sheehan 18 Newbury Ave Ottawa, ON K2E 6K8 National Records Mail to: Mike Armstrong 4709 Fordham Cr. SE., Calgary AB T2A 2A5
<input type="checkbox"/> National Men's Senior	<input type="checkbox"/> National Women's Senior																											
<input type="checkbox"/> National Men's Junior	<input type="checkbox"/> National Women's Junior																											
<input type="checkbox"/> National Men's Sub Junior	<input type="checkbox"/> National Women's Sub Junior																											
<input type="checkbox"/> National Men's Master 40-49	<input type="checkbox"/> National Women's Master 40-49																											
<input type="checkbox"/> National Men's Master 50-59	<input type="checkbox"/> National Women's Master 50-59																											
<input type="checkbox"/> National Men's Master 60+	<input type="checkbox"/> National Women's Master 50+																											
<input type="checkbox"/> Provincial Men's Senior	<input type="checkbox"/> Provincial Women's Senior																											
<input type="checkbox"/> Provincial Men's Junior	<input type="checkbox"/> Provincial Women's Junior																											
<input type="checkbox"/> Provincial Men's Sub Junior	<input type="checkbox"/> Provincial Women's Sub Junior																											
<input type="checkbox"/> Provincial Men's Master 40-49	<input type="checkbox"/> Provincial Women's Master 40-49																											
<input type="checkbox"/> Provincial Men's Master 50-59	<input type="checkbox"/> Provincial Women's Master 50-59																											
<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+																											
<b>Lifter Information:</b>  Name: _____  City: _____ Prov: _____  Phone: _____ Postal: _____  CPU# _____  Wt Class: _____ Precise Body Wt. _____  Doping Control Sample#: _____	<b>Competition Information:</b>  Name of Competition: _____  Location/Address: _____  City: _____ Prov: _____  Date of Competition: _____ <table border="1" style="width: 100%; border-collapse: collapse;"><tr><th>Attempt</th><th>1<sup>st</sup></th><th>2<sup>nd</sup></th><th>3<sup>rd</sup></th></tr><tr><td>Squat</td><td></td><td></td><td></td></tr><tr><td>Bench Press</td><td></td><td></td><td></td></tr><tr><td>Deadlift</td><td></td><td></td><td></td></tr><tr><td>Total</td><td></td><td></td><td></td></tr></table>		Attempt	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Squat				Bench Press				Deadlift				Total									
Attempt	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>																									
Squat																												
Bench Press																												
Deadlift																												
Total																												
<b>I have checked all the data and all lists and hereby state that everything is in order:</b>  Date: _____  Signature: _____	Send completed form to the appropriate chairperson as stated above.																											

# 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:  
Connor Sheehan  
18 Newbury Ave  
Ottawa, ON K2E 6K8

## 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: \_\_\_\_\_

## 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 1	235.0	255.0	272.5	290.0	305.0	337.5	365.0	392.5	417.5	440.0	Blue & White	
Class 11	210.0	225.0	242.5	257.5	272.5	300.0	325.0	347.5	372.5	392.5	Green & White	
Class 111	182.5	197.5	212.5	225.0	237.5	262.5	282.5	305.0	325.0	342.5	Orange & White	
Class IV	157.5	170.0	182.5	192.5	205.0	225.0	242.5	260.0	280.0	295.0	Yellow & White	
Qualifying Totals		Women Provincial			Men Provincial			Women National		Men National		
Senior		Class III			Class I			Class III		Class I		
Master 1 (40 - 49)		Class III			Class 11			Class III		Class II		
Master 2 (50-59)		Class IV			Class III			Class IV		Class III		
Master 3 (60-69)		Class IV			Class IV			Class IV		Class IV		
Master 4 (70+)		(Not Applicable)			Class IV			(Not Applicable)		Class IV		
Junior		Class III			Class III			Class III		Class III		
Intermediates		(Not Applicable)			(Class 111+4%)<Class I			(Not Applicable)		(Not Applicable)		
Bench Press Open 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		





---

## 2009 OPA Affiliated Clubs

---

## ONTARIO POWERLIFTING ASSOCIATION

[www.ontariopowerlifting.org](http://www.ontariopowerlifting.org)

---

### Capital Barbell

Connor Sheehan (613) 978- 7289  
18 Newbury Ave.  
Ottawa ON K2E 6K8

### Defining Strength

Susan Abbott (905) 768-4723  
P.O. Box 988  
Hagersville ON N0A 1H0  
[suabbott@mountaincable.net](mailto:suabbott@mountaincable.net)

### Fern's Gym

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

### Golden Triangle

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

### Iron Foundation

Alex Droic (519) 767-3332  
[alex\\_droic@hotmail.com](mailto:alex_droic@hotmail.com)

### Iron Works Powerlifting Club

Barry Antoniow (613) 222-6374  
148 Balfour Ave.  
Ottawa, ON K1G 0G9  
[bantoniow@hotmail.com](mailto:bantoniow@hotmail.com)  
[www.ottawastrong.com](http://www.ottawastrong.com)

### K.W. Grizzlies

Adele Couchman (519) 744-4881  
210 Highland Cr. Unit 3.  
Kitchener ON N2M 5H6  
[acouchman@sympatico.ca](mailto:acouchman@sympatico.ca)

### London Powerlifting Club

Terry Stinchcombe (519) 681-4766  
18 Locust Cres  
London ON N6E 2K2  
[londonpowerlifting.org](http://londonpowerlifting.org)

### Monster Powerlifting Club

Harnek Singh Rai (416) 569-1488  
6 Yukon Lane  
Brampton ON L6P 1L4  
[harneklpowerlifting@yahoo.com](mailto:harneklpowerlifting@yahoo.com)

### Niagara Powerlifting Club

Jay Gemmell (905) 685-9828  
20 Foxtrail Cres.  
St. Catharines, ON L2S 3T9  
[jgemmell@cogeco.ca](mailto:jgemmell@cogeco.ca)  
[niagarapowerlifting.org](http://niagarapowerlifting.org)

### Phoenix Fitness

Andy Childs (905) 648-0226  
1015 Golf Links Rd.  
Ancaster ON L9K 1L6  
[andy@phoenixancaster.com](mailto:andy@phoenixancaster.com)  
[www.phoenixancaster.com](http://www.phoenixancaster.com)

### Power Pit Gym

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

### PoweReach

Ashley Hartwick (613) 832-2906  
139 Willand Lane RR3  
Woodlawn ON K0A 3M0  
[ethna@sympatico.ca](mailto:ethna@sympatico.ca)

### St Thomas Powerlifting

Daniel Pare (519) 633-0771  
403 Highview Dr  
St. Thomas ON N5R 5H6  
[weightroompress@aol.com](mailto:weightroompress@aol.com)

### Steel City Powerlifting Club

William T. Jamison (905) 765-5345  
412 Big Creek Rd.  
Caledonia ON N3W 2G9  
[billjamison@sympatico.ca](mailto:billjamison@sympatico.ca)

### Team Barbarian

Josh Hewett (416) 931-0800  
993 Roselawn Ave  
Toronto, ON M6B 4M9  
[josh@top-form-fitness.com](mailto:josh@top-form-fitness.com)  
[www.teambarbarian.com](http://www.teambarbarian.com)

---

## Ontario Powerlifting Association Board of Directors

---

### President:

Glyn Moore (905) 646-8536  
9 Old Oxford Rd  
St Catharines, ON L2M 2J7  
[opa.president@ontariopowerlifting.org](mailto:opa.president@ontariopowerlifting.org)

### Vice President:

Barry Antoniow (613) 222-6374  
1800 Bank St, Suite 300  
Ottawa, ON K1V 0W3  
[opa.vicepres@ontariopowerlifting.org](mailto:opa.vicepres@ontariopowerlifting.org)

### Secretary:

Krista Schaus  
295 Link Rd RR2  
Cayuga, ON N0A 1E0  
[opa.secretary@ontariopowerlifting.org](mailto:opa.secretary@ontariopowerlifting.org)

### Treasurer:

Jackie Pritchard (519) 925-2744  
581202 RR 5  
Dundalk, ON N0C 1B0  
[opa.treasurer@ontariopowerlifting.org](mailto:opa.treasurer@ontariopowerlifting.org)

### Registration Chairperson:

Marlene Moore (905) 646-8536  
9 Old Oxford Rd,  
St Catharines, ON L2M 2J7  
[opa.registration@ontariopowerlifting.org](mailto:opa.registration@ontariopowerlifting.org)

### Records Chairperson, Website Editor:

Connor Sheehan (613) 978-7289  
18 Newbury Ave  
Ottawa, ON K2E 6K8

### Referee Chairperson:

Michael Knott (519) 317-6078  
1002-860 Commissioners Rd E  
London, ON N6C 5Y8  
[opa.referee@ontariopowerlifting.org](mailto:opa.referee@ontariopowerlifting.org)

### Regional Chairpersons:

Northwest (vacant)  
Northeast (vacant)

### Southern:

Jerry Marentette  
1530 County Rd 22  
Belle River, ON NOR 1A0  
Email: [opa.southern@ontariopowerlifting.org](mailto:opa.southern@ontariopowerlifting.org)

### Eastern:

Paul Behne  
1541 Riverside Dr. Unit 2208  
Ottawa, ON K1G 4E2  
[opa.eastern@ontariopowerlifting.org](mailto:opa.eastern@ontariopowerlifting.org)

### Other Officials:

CPU President:  
Jeff Butt (306) 694-5262  
1110 Main Street N  
Moose Jaw, SK S6H 3K9  
[jeff@powerlifting.ca](mailto:jeff@powerlifting.ca)