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Ontario Powerlifting News

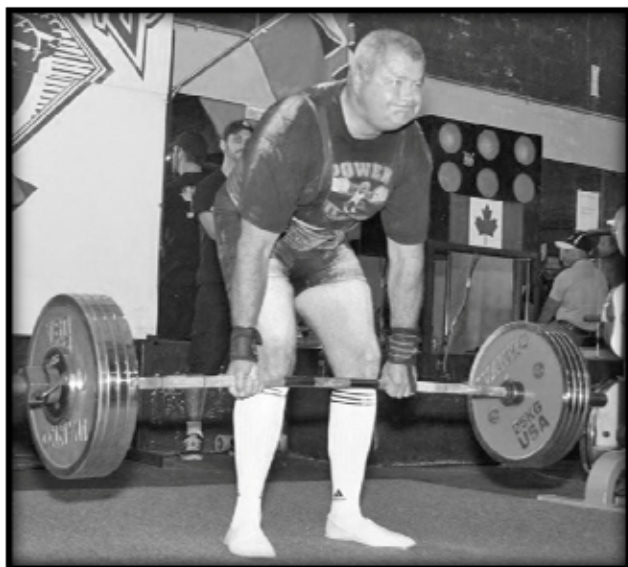
December 2009, Volume 60, Issue 3

Official Newsletter of the Ontario Powerlifting Association

www.ontariopowerlifting.org



Masters Worlds Team - 2009



LONDON OPEN – Blake Giberson / Dave Walters

From the President

- Glyn Moore

My first year as Ontario Powerlifting President has been a learning experience and I have to thank Bill Jamison for guiding me along the way. I must offer my apologies to the membership for not giving my full attention to the OPA over the last few months as my personal life has had to take priority.

2009 has been a very positive year for Ontario Powerlifting, we have had a full calendar of contests and I believe that we are on the right track as our membership continues to climb. One of my main goals in deciding to take on this position was to give the sport credibility by supplying competitors and spectators with quality venues when hosting our competitions. I do have concerns about the direction some of our clubs have chosen in this area over the last twelve months.

Drug testing or lack of drug testing is a major concern but our Referees Chairperson is actively working with Chris Robb trying to develop a more pro active testing policy. Our shortage of Referees is always a concern and our Referee Chairperson is continually trying to accommodate and encourage members to become involved at Referees. As far as meet scheduling is concerned this is a constant source of concern trying to fulfill the schedule with referees.

The high school program is moving along really well thanks to the contributions of Bill Jamison, Dave Hoffman, Stan Goss and Gerry Marentette. Our Vice President Barry Antoniow has been working very hard to get funding for the OPA, he is also working diligently with the CPU to host the 2010 Canadian National IPC Powerlifting Championships in conjunction with the CPU championships.

At the World Masters Championships this year Ontario athletes did very well

with medals going to Hoi Leung, Andy Childs, Jeff Becker and Ron Strong.

Important Notice regarding Ontario Provincials and AGM

The provincials and AGM in 2010 will be held the weekend of 22nd January. To be eligible to compete or attend the AGM you will have to have a 2010 CPU card. Because of the expected high demand for CPU cards and the time needed to process them a deadline of January 10th will be imposed to receive a membership application.

This is a voting year and ALL positions are open and members interested in becoming involved in the running of the OPA are encouraged to submit their name and position applied for 30 days prior to the AGM. Voting for all positions can only be done by the members present at the AGM. Starting time is tentatively set for 5.00pm Friday 22nd January 2010.

Registration

- Marlene Moore

It has been a good year for memberships once again as we have a total 242 CPU cards issued as of November 2, 2009.

Also due to a full schedule of events, we had nine competitions this year. The attached chart shows our membership broken down into categories. We have 19 clubs registered, 4 of which are in Ottawa. I encourage the 94 unattached lifters to look around for a club closest to you that you might go and train with. A good way to meet some of the other powerlifters and get some added support while training.

In the December issue of the OPA magazine, we will be enclosing a 2010 membership form with the "over the age" waiver on the back. In the magazine there will be a membership form with the "under the age" waiver that can easily be taken out. As the

2010 Provincial Championships for Masters, Junior, and Open will be held January 23, 24, please send in for your CPU card as soon as possible. I will not have the cards until late in December but every effort will be made to get them to you as quickly as I can.

As I have done in the 5 previous years, I am requesting that any club interested in hosting a meet in 2010, please send the sanction applications as soon as possible so that a schedule can be made and lifters can plan their training accordingly. I also encourage any club interested in hosting the 2011 or 2012 Provincial Championships to also send in their bid and sanction.

Thank you for your applications and I appreciate all of your continued efforts to print clearly on the membership forms.

Ontario Powerlifting News

Ontario Powerlifting News is published several times per year. The Newsletter is included in the Ontario Powerlifting Association membership. Submissions are welcome from all members.

Editor: Ulrike Kruger

Contributors: Glyn Moore, Marlene Moore, Mike Knott, Lori Zozzolto, Terry Stinchcombe, Hoi Leung, Krista Schaus, Connor Sheehan

Advertising: 1 page - \$75, ½ page - \$50, ¼ page - \$25, Business Card - \$10

Newsletter Deadline:

Sun Apr 18, 2010

Submissions:

rekapower@gmail.com

Tentative Calendar for 2010

It looks like we are going to have another good year for choice of competitions, but there is room for more! Any club that is interested in hosting a meet, please send in your sanction application to me ASAP as I will be confirming all sanctions at the beginning of the year.

Date	Event
Jan 22	Annual General Meeting (see page 7)
Jan 23/24	2010 Ontario Championships (see page 6) (Open, Masters, Juniors)
Mar 27	Ottawa Bench Only
Apr 7-11	CPU National Championships (see below) www.powerlifting.ca
Apr	St. Thomas Open
May 15	London Open
Jun	Belle River
Jul 17	Ottawa Open
Aug	Niagara Open (3 rd Weekend)
Sep 11	2010 Ontario Championships (Intermediate/Bench Press)



The 2010 CPU National Championships will be held in the city of Québec from April 7-11, 2010 and will be hosted by the QPF. Go to: www.powerlifting.ca for updates.



Masters Worlds - Hoi Leung with the Bronze medal third attempt with 287.5kg! Photo: Alan Tepper

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Procedure to Qualify for and enter the CPU National Championships

1. Each lifter must have lifted at a Provincial Championship.
2. They must have reached a qualifying total within 24 months of the date of the Canadian Championships for their respective age class category.
3. The completed entry form with **payment** is made out to the **Meet Director**. Send this to the OPA President so that it can be verified that the qualifying total has been obtained within the required time frame. The OPA President will then sign the entry form and forward it to the Meet Director.

Worlds Masters Lifters

Ostrava, Czech Republic Sept 28 - Oct 3

Age	Wt. Class	Lifter	Squat	Bench	DL	Total	Wilks	Place
Women								
M2	60	Althea Flegg	120.0	55.0	122.5	297.5	339.6	4
M1	48	Sue Thompson	-	-	-	-	-	-
Men								
M1	90	Jeff Becker	307.5	200.0	292.5	800.0	514.3	2
M1	90	Hoi Leung	260.0	175.0	287.5	722.5	462.3	7
M1	110	Sheldon Duncan	275.0	207.5	292.5	775.0	461.4	4
M1	110	Andy Childs	297.5	197.5	280.0	775.0	465.3	3
M2	75	Walter Urban	212.5	120.0	227.5	560.0	400.2	9
M2	125	Ron Strong	290.0	200.0	310.0	800.0	461.7	2

Profile: Trish & Mark Boyle

By: Lori Zozzolto

Trisha and Mark Boyle are the poster couple for the next generation of powerlifters. They are young, educated, health conscious and have been powerlifting together for over three years.



The two powerlifters are not only training partners, but also life partners. The couple met nine years ago while studying at the University of Waterloo, and were married a year ago.

Trisha Boyle, 29, is a Police Officer, whose interest in lifting weights initially drew them into powerlifting. Trisha had been lifting “a little bit of weight” with a girlfriend at a gym, but once she started working out consistently with Mark, she says “I really liked to lift heavier. I noticed that I really liked to lift heavy weights.”

Their mutual interest in weights led Mark to surf for information on the internet. It ultimately led them to discover the Ontario Powerlifting Association.

“We were already squatting and deadlifting. And then there was this information about powerlifting, and I thought wow, there’s a sport where it’s all about lifting weights.”

The couple attended the 2008 Golden Triangle competition. Trisha wanted to see other women lift. What they saw had them hooked, especially Trisha who says watching the contest “gave me a big confidence boost. I thought ‘I can do this!’ And everybody there was so welcoming, like anybody can lift.”

Trisha signed up for the Bell River Power Pit Open and Push-Pull 2008. She had no equipment and her husband, Mark was her coach. There were two other women in her 52 kg weight category, against whom she lifted totally raw.

“I came third. I went into the contest with conservative weights because I wanted to get a total so I could say I was a powerlifter.”

Trisha has not looked back since that fateful day. She has entered a few competitions, and set a 75.5 kg bench press record at the 2009 Ottawa Open. She has her sights on breaking the squat record for her weight class. The current record is 141 kg, but Trisha is confident that with a lot of hard work she can inch her 130 kg squat up and topple the record. Trish hopes to do well at the 2010 Canadian Nationals so that she can qualify to compete in the next World Open Powerlifting Championships in South Africa.



Trisha says her favourite powerlifting experience so far occurred when she was lifting at the 2009 Golden Triangle competition.

“I was lifting raw. I weighed 49.9 kg and squatted 100 kg. I didn’t know what that meant at the time. I was happy, but after I realized I squatted

twice my body weight, I thought, wow! I didn’t even have knee wraps.”

Aside from the health benefits of powerlifting, Trisha says part of the appeal is the reaction she gets.

“It makes me feel strong and powerful, and it’s a lot of fun because I’m not a big person so I enjoy surprising people. I like being the person people don’t expect me to be.”

Trisha believes that her ability to lift heavy weights, despite her seemingly diminutive 5’3” size, makes her “a great ambassador for woman to lift heavy weights.” She says that there are still many negative stereotypes about what a powerful woman looks like because there is a notion that lifting heavy weights will make a woman look masculine. “I love that I am small and I lift heavy, and I don’t look like a man.”

Trisha credits husband, Mark, with being her coach and fine tuning their workouts. She says having a spouse as a training partner works well because it keeps her motivated to train and he encourages her to improve.

“I get grumpy and I get pretty down, but Mark will talk me up...that’s why he’s great to have around. I really rely on him.” Trisha says. “He cheers me on to do maxes. He has a lot of faith in me. It’s nice to have someone who cares about me involved in something that’s important to me.”

Trisha says that she can see being involved long-term with powerlifting.

“I know that I’m going to take a couple of breaks to have kids, but I would like to try to go to a couple of Worlds.”

Mark Boyle, 30, a Financial Engineer, has always been involved in fitness. He has played or competed in basketball, football, tennis, skiing, mountain biking and running.

“I’ve lifted weights off and on since I was 14, when someone called me skinny,” he laughs.

Mark credits Trisha’s interest in weights with steering them towards powerlifting.

"I got Trish into lifting weights. I basically wanted to get into better shape: run faster, jump higher," he says. "At some point Trisha realized that's she's kind of strong and decided to try it (powerlifting)."

Mark says that even before they knew what powerlifting really was, he and Trisha were training like powerlifters. He said that he enjoys both the physical benefits of the sport as well



as the powerlifters they have met over the past 3 years.

"I like that the people are nice. Everyone we've encountered are nice. I like that it's based on performance and not appearance," Mark says. "I like the cult of it. It's underground and definitely not mainstream."

Mark says that he is looking forward to being involved in powerlifting for a long time. He says it is a sport he can grow with.

"One thing I think powerlifting is good for is, that it's a really long-term sport...getting big and muscley is a nice side effect too," he jokes. "Looking down the road 20 years from now, it's good to get what you can now. That's the coach in me. I'm not experienced enough to say I'm a coach, but I really like to learn about what I'm doing."

Mark is looking forward to competing in powerlifting in the New Year. He

says that the first year he was training he did not get his CPU membership submitted in time so missed out. He has competed twice in 2009, going nine for nine on his lifts, but had been so ill in the weeks prior that he had lost a lot of weight, so he's not satisfied with his results thus far. In the meantime he focuses on helping his wife to excel.

"We figured it would be better if one of us competed at a time. Then there's only one person scrambling to get everything done," he says.

Mark says that he enjoys having his wife as a training partner because Trisha understands the intricacies of the sport, and given their busy lifestyle, it allows them to spend more time together.

"It's great. It's really nice having your spouse being your training partner. You get to see them at the gym and it helps with the nutrition aspect. It lets us spend a lot of time together. It's motivating because I want to keep up with her," Mark says.

Mark says that he comes by the role of coach naturally. It is a position that he has often found himself in throughout his sports experiences. He is a long, lean athlete, in the 82.5 kg category, who has had to use his intelligence to complement his size.

"I'm the coach. Trish just wants to lift. She wants someone to tell her what to do. I'm surfing the net for information," he says. "I'm always the sort of small person who plays it smart, the one who knows everything, the hard worker knowing beyond my ability level."

Mark says his advice to other newcomers to powerlifting is to listen to experienced powerlifters and set reasonable goals.

"I would say the best thing you can do is find a good group of lifters to lift with. And in the first contest be conservative, be prepared and know the rules. Have the right equipment. It's all on website. Try to prepare as

much at you can. Practice the commands."



Mark is very proud of his wife's accomplishments. He cites her record-setting bench press as his favourite powerlifting moment thus far. He is proud and not resentful of Trisha's accomplishments.

"I think it's great (Trish's lifting). I brag about it all the time. I'm not one of these guys who's threatened when his wife does well."

When Mark and Trisha are not working, they are training or spending time together with their three cats and one dog. They are both eager to learn more about powerlifting. They both cannot say enough positive things about the people they have met through the sport. It is perhaps because of this that they help other powerlifters with training and why they have such a keen desire to do some volunteering at competitions.

"One of the nice things about the sport is that everyone helps out," Marks says, and Trisha agree.

"We want to give back. We go to Niagara (powerlifting club) a ton, but we have no knowledge to give back. So we give back by helping at contests. I don't like to be someone who just takes," Trisha says.

Ontario Intermediates								
Nov 7, 2009								
Wt Cl	Name	Club	BW	Squat	Bench	DL	Total	Wilks
	Men							
75kg	Mark MacWilliams		75.0	182.5	122.5	205.0	510.0	363.4
	John McKittrick	Golden Triangle	73.0	162.5	125.0	200.0	487.5	354.1
82.5	Nello Miele	Niagara	81.5	215.0	152.5	232.5	600.0	404.9
	Stan Goss	London	81.5	182.5	117.5	202.5	502.5	339.1
90	Greg Page	Iron Works	82.7	210.0	150.0	205.0	565.0	377.9
	Travis Graham		86.3	197.5	115.0	237.5	550.0	359.0
	Robert Truchon		86.3	175.0	130.0	185.0	490.0	319.9
100	Steve Garrett	London	97.5	260.0	170.0	225.0	655.0	402.8
	Matthew Giesa		92.9	220.0	140.0	235.0	595.0	374.0
	Terry Stinchcombe	London	96.8	212.5	160.5	205.0	578.0	356.6
	Kevin Stirling	Power Pit	90.5	205.0	155.0	200.0	560.0	356.5
	Adam Bury		91.2	192.5	140.0	212.5	545.0	345.6
110	Tim Ekert		109.4	242.5	217.5	252.5	712.5	420.0
125	Rick Gazdig	London	123.0	230.0	190.0	250.0	670.0	383.1
	Adrian Ninaber	Power Pit	110.3	205.0	190.0	240.0	635.0	373.4
125+	Mike Knott	London	140.0	240.0	185.0	210.0	635.0	354.8

will be achieved. The 90kg class had three lifters, being won by Greg Page. In the 100kg class there were five lifters. Taking this class was Steve Garrett, followed by Matthew Giesa and in third place was the timeless Terry Stinchcombe from the London Club. The star of the contest and only lifter in the 110kg class was the amazing Tim Ekert, easily achieving his class one total and getting the best lifter award. The 125kg class had two lifters, winning this class was London's Rick Gazdig followed by Andrian Ninaber. The lone lifter in the super heavy weight class was Mike Knott.

Ontario Bench Press						
Age	Wt	Name	Club	BW	Bench	Wilks
M2	90+	Ellyne Dickson		111.6	62.5	50.7
SubJr	67.5	Dalton Major	PowerPit	63.6	110.0	89.1
SubJr	82.5	Phil Tofflemire		80.4	82.5	56.1
Junior	90	Dan MacDonald		88.3	185.0	119.3
Junior	90	Greg Page	Iron Works	82.8	160.0	107.0
M1	75	Gary Lacoursiere		72.7	100.0	72.9
M1	82.5	Greg Platsko	PowerPit	81.2	165.0	111.6
M1	90	Robert Truchon		86.5	130.0	84.8
M1	110	Sheldon Duncan	PowerPit	108.0	150.0	88.8
M1	125	Russel Stocker	Iron Works	122.3		0
M1	125+	Curd Hos		163.6		0
M2	90	Jerry Marentette	PowerPit	88.7	185.0	119.0
M2	100	Miroslav Koprnicky		99.1	172.5	105.4
M2	100	Kevin Stirling	PowerPit	91.0	152.5	96.8
M2	110	Blake Giberson	PowerPit	108.0		0
M2	110	Fred English		108.0	182.5	108.0
M2	125	Ron Strong	PowerPit	118.3	195.0	112.5
M2	125	Adrian Ninaber	PowerPit	110.5	185.0	108.7
M2	125+	Mike Knott	London	139.9	0.0	0.0
M3	125	George Flikas		121.3	165.0	94.6
M3	125+	Dave Hoffman	Golden Triangle	161.7	167.5	91.7
Open	75	Art Chan	Iron Works	74.7	155.0	110.8
Open	82.5	Steve Spilak		80.9	157.5	106.8
Open	90	Dave Walters	Phoenix	90.0	235.0	150.0
Open	90	Barry Antoniow	Iron Works	87.4	205.0	132.9
Open	100	Serge Leduc	Iron Works	98.2	200.0	122.6
Open	125	Jason Byrne	PowerPit	124.9	220.0	125.4

The 2009 Ontario Intermediate Championships were held in Belle River by the Power Pit Club. This was the largest number of lifters in quite a number of years so hopefully this trend will continue next year and we can save, having to eliminate one of Ontario's longest running championships. Before the introduction of the Ontario Masters/Junior Championships the Intermediate Championship was the largest attended contest in the calendar year within Ontario.

The contest had two flights - the 75kg class was won by the steadily improving Mark MacWilliams followed by M1 lifter John McKittrick who was lifting in only his second contest. The 82.5kg class also had two lifters; first place went to Niagara's Nello Miele who needed his third squat to make his goal of Class One a reality. Unfortunately he let the weight get in front of him and gravity won the battle. I am sure that in his next contest, his goal

Ontario Championships

Sub-Junior / Junior / Senior / Master

Date: January 22 / 24, 2010 Time: TBA

Location: Quality Hotel Parkway Convention Centre, 325 Ontario St., St. Catharines, ON L2R 5L3
(905) 688-2324

Cost: \$65 made payable to Niagara Powerlifting Club

Send to: Glyn Moore, 9 Old Oxford Rd, St. Catharines ON, L2M 2J7

Contact: Tel: (905) 646-8536

Email: gmoore82@cogeco.ca

Entry Deadline: Jan. 8, 2010

We are accepting bids for the 2011 Ontario Provincial championships, which may include both the Intermediates and Bench Press (to be determined at the AGM)

Please submit any proposals to the OPA President by: Friday, Jan 15, 2010

Ontario Seniors								
Oct 3, 2009								
Age	Wt Cls	Name	Club	Squat	Bench	DL	Total	Wilks
Men								
F-O	52.0	Trisha Boyle	Team Barb	130.0	75.0	130.0	335.0	427.11
F-M1	52.0	Jayne Major		75.0	-47.5	0.0	0.0	0.00
F-O	56.0	Sandra Huerter	London	120.0	65.0	137.5	322.5	379.46
F-O	60.0	Krista Schaus	Defining Str	150.0	90.0	150.0	390.0	434.81
F-O	67.5	Sarah Leighton		160.0	100.0	160.0	420.0	431.89
F-O	67.5	Anita Santos	Defining Str	140.0	72.5	145.0	357.5	364.87
F-JR	67.5	Ricki-Lee Pitman	Capital Barbell	115.0	65.0	125.0	305.0	313.98
F-JR	67.5	Stacey Jensen		105.0	62.5	135.0	302.5	330.07
F-JR	67.5	Kristen Sweeney	Phoenix Fitness	105.0	50.0	142.5	297.5	329.14
F-M1	67.5	Tammy Coles	Defining Str	90.0	62.5	117.5	270.0	288.93
F-O	75.0	Sarah Frankle	Defining Str	175.0	95.0	162.5	432.5	413.24
F-M1	75.0	Lisa Nigh	Defining Str	100.0	-80.0	0.0	0.0	0.00
F-O	82.5	Susan Abbott		140.0	67.5	125.0	332.5	302.37
M-JR	60.0	Steve Earl	Ottawa Strong	150.0	85.0	170.0	405.0	354.73
M-JR	67.5	Kyle Vieham	Ottawa Strong	190.0	125.0	180.0	495.0	382.11
M-O	75.0	Art Chan	Iron Works	227.5	160.0	265.0	652.5	471.63
M-M2	75.0	Barry Simms	London	170.0	-115.0	0.0	0.0	0.00
M-JR	82.5	Philip Plato	Niagara	240.0	155.0	240.0	635.0	427.27
M-M1	82.5	Sandro D'Angelo	Iron Works	225.0	150.0	242.5	617.5	418.63
M-JR	82.5	Mike Wood	Niagara	200.0	160.0	250.0	610.0	420.14
M-JR	82.5	Jake Wood	Niagara	195.0	132.5	262.5	590.0	411.50
M-M3	82.5	Laurie Greenidge		201.0	135.0	185.0	521.0	350.30
M-SJR	82.5	Mark Whitworth	Steel City	167.5	115.0	202.5	485.0	327.31
M-SJR	82.5	Phillip Tofflemire	Power Pit	120.0	87.5	175.0	382.5	262.38
M-M2	90.0	Jerry Marentette	Power Pit	272.5	200.0	282.5	755.0	484.48
M-M1	90.0	Eric Gagnon	Ottawa Strong	307.5	185.0	262.5	755.0	482.81
M-M2	90.0	Herb Greenidge	Ottawa Strong	227.5	170.0	227.5	625.0	400.37
M-JR	90.0	Danny MacDonald		-215.0	0.0	0.0	0.0	0.00
M-JR	90.0	Alex Benson		242.5	-160.0	0.0	0.0	0.00
M-O	90.0	Jason Platts		265.0	-200.0	0.0	0.0	0.00
M-M1	100.0	Dave Pigozzo	Iron Foundatn	235.0	167.5	272.5	675.0	416.96
M-JR	100.0	Kade Weber	Capital Barbell	295.0	-195.0	0.0	0.0	0.00
M-O	110.0	Stephen Mackie	Capital Barbell	280.0	190.0	275.0	745.0	448.92
M-M1	110.0	Craig Hirota	Team Barb	250.0	190.0	272.5	712.5	421.23
M-O	125.0	Colin Garnett		330.0	227.5	290.0	847.5	487.63
M-O	125.0	Matt Cuthbert		265.0	215.0	240.0	720.0	410.69
M-O	125.0	Chris Yantha		0.0	0.0	0.0	0.0	0.00
M-O	125.0+	Steve Magistrale	Niagara	340.0	260.0	305.0	905.0	513.25
M-JR	125.0+	Thomas Stoffelsen		227.5	160.0	262.5	650.0	362.84
M-SJR	125.0+	Chad Farquhar	Steel City	212.5	157.5	210.0	580.0	327.17

OPA Members - 2009

Category	New	Renewal
Associate	1	5
Blind		1
Special Athlete	3	18
Sub Junior	9	4
Junior	28	17
Master 1	12	30
Master 2	28	7
Master 3		8
Master 4		1
Open	30	43
Affiliated Members - High School		128
Total	111	262

Note to Clubs

Contest Sanction Fee has been reduced to \$25. If you wish to Sanction a Contest, go to www.ontariopowerlifting.org to download the Contest Application

Annual General Meeting

Date: January 22, 2010 Time: to be announced

Location: Quality Hotel Parkway
Convention Centre, 325 Ontario St., St. Catharines, ON L2R 5L3

Comments: All attendees must be 2010 OPA members and have a CPU Membership card. All membership applications must be received by January 8 in order to be processed in time for the AGM and Provincial Championships.

We are accepting bids for the 2011 Ontario Provincial championships, which may include both the Intermediates and Bench Press (to be determined at the AGM)

Please submit any proposals to the OPA President by: Friday, Jan 15, 2010

Questions? gmoore82@cogeco.ca

OPA Clubs Affiliation 2009

Club	New	Renewal
Associate		1
Capital Barbell	1	8
Defining Strength	8	6
Fern's Gym		1
Golden Triangle	3	4
Iron Foundation		9
Iron Works Powerlifting	7	5
K. W. Grizzlies		6
London Powerlifting	3	11
Monster Powerlifting Club		1
Niagara Powerlifting	5	13
Ottawa Strong		3
Phoenix Fitness	1	5
Power Pit Gym	2	16
PoweReach		2
St Thomas Powerlifting	1	4
Steel City	3	5
Team Barbarian	2	3
Titans of Mississauga	1	10
Ultimate Fitness	1	
Unattached	52	43

London Open

Oct 3, 2009

Results: Terry Stinchcombe

Age	Wt Cls	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
Women									
M1	56	Julie Watkin		55.8	0.0	0.0			
Open	60	Amma Djane		60.0	80.0	50.0	115.0	245.0	273.1
Junior	60	Jennifer Mulhall	Team Barbarian	59.3	90.0	42.5	105.0	237.5	267.2
Junior	67.5	Stacey Jensen		62.0	97.5	57.5	137.5	292.5	318.0
M1	67.5	Tammy Coles	Defining Strength	64.4	90.0	62.5	120.0	272.5	287.9
M1	67.5	Jayne Boer	Defining Strength	67.2	90.0	50.0	97.5	237.5	243.2
M2	67.5	Carol Brady	Defining Strength	65.9	70.0	45.0	82.5	197.5	205.1
Open	75	Krista Miller	Defining Strength	74.2	107.5	55.0	120.0	282.5	270.4
Open	75	Natasha Farrell	Defining Strength	73.0	110.0	42.5	130.0	282.5	273.2
M1	75	Lisa Nigh	Defining Strength	71.2	0.0	0.0	0.0	0.0	0.0
Subjun	67.5	Dalton Major	Power Pit	64.9	202.5	120.0	216.0	538.5	428.8
Junior	67.5	Craig Laterndresse		60.6	112.5	105.0			
Open	75	Aaron Wilson	London Powerlifting	73.4	155.0	115.0	212.5	482.5	349.1
Subjun	75	Theodore Lim		73.7	150.0	77.5	192.5	420.0	303.0
M1	82.5	Greg Platsko	Power Pit	80.6	185.0	152.5	230.0	567.5	385.6
Open	82.5	Steve Spilak		78.5	200.0	155.0	190.0	545.0	376.6
Open	82.5	Mark Boyle	Team Barbarian	80.4	187.5	125.0	192.5	505.0	343.7
Subjun	82.5	Ryan Gutterman	London Powerlifting	82.5	200.0	110.0	195.0	505.0	338.3
M2	82.5	Peter Ring		76.2	147.5	127.5	172.5	447.5	315.4
M1	82.5	Ken Kinakin	Swiss Powerlifting	82.3	140.0	117.5	182.5	440.0	295.2
Subjun	82.5	Philip Tofflemire	Power Pit	77.0	125.0	90.0	195.0	410.0	286.9
M1	90	Dave Walters	Phoenix Fitness	89.9	280.0	242.5	262.5	785.0	501.4
M1	90	Barry McEvoy		89.1	215.0				
Junior	100	Randall Truscott	Phoenix Fitness	98.5	215.0	135.0	265.0	615.0	376.6
M2	100	Kevin Stirling	Power Pit	91.2	195.0	155.0	210.0	560.0	355.1
M2	110	Blake Giberson	Power Pit	108.2	172.5	150.0	220.0	542.5	320.9
Open	125	Jason Byrne	Power Pit	125.0	272.5	200.0	310.0	782.5	445.9
M2	125+	Michael Knott	London Powerlifting	139.5	240.0	195.0	215.0	650.0	363.4
Junior	125+	Justin Burns		125.7	200.0	122.5	240.0	562.5	320.2

The London Open was held at the Ultimate Workout Center to see how it would work out at this location. The management was very helpful in providing us with a large separate warm-up area with lockers. They also had a barbeque to provide food for everybody. Hopefully we can move the 2010 London Open to May at this venue. The competition had 30 lifters 11 of whom were women, nice to see all the new faces coming in the sport. On this day National and Provincial records were set in the sub-junior by Dalton Major. Provincial bench records were set by Mike Knott M2 SHW and Dave Walters 90kg open. Best lifter in the womens division went to Stacy Jensen. For the men best lifter went to Dave Walters. The team trophy went to the



London Open Best Team: Philip Tofflemire, Dalton Major, Blake Giberson, Jerry Marentette, Taylor Thompson, Greg Platsko, Kevin Stirling, Jason Byrne



Stacey Jensen

Power Pit. Many thanks to Jerry Marentette and the power pit for use of their platform equipment and their help.

Thanks to everyone who helped make this event a success:

Score table: Gary Sage, Karen Stinchcombe, Mike Knott, Steve Janik
 Spotters: Tim Jones, Marqus Jones, Rick Gazdig, Gord Catterson, Angelo Curado, Steve Garrett, PJ Clipperton, Travis Stinchcombe

Referees: Adele Couchman, Don Clarke, Stan Goss, Lynda Squires
 Set-Up/Tear Down: Mike Stinchcombe, Mike Knott, Rick Gazdig, Don Blunt, Aaron Wilson, Tim and Marqus Jones, Stan Goss, Steve Janik



Ryan Gutterman

Good First Impressions

at Last Chance Powerlifting Open
By: Krista Schaus

The Defining Strength team, coached by Krista Schaus and assisted by Jayne Boer, was represented very well this past weekend in Ottawa at the Last Chance Open - appropriately named as it was the lifters' last opportunity to qualify for the Provincial championship to be held in St. Catharines on Jan 23 and for the Nationals in Quebec City (April 2010).

The lifters representing the Defining Strength team in this contest were:

- Mary Lupton (Masters 2)
- Sonja Bedic (Open)
- Ashley Werner (Junior)

All three lifters had personal bests (PB) in the deadlift and Sonja also a PB in the squat. At a lifter's first contest, there can be some discrepancies between gym or training lifts, and contest lifts due to "novice nerves", possible weight loss to make a weight class, changes in nutrition and hydration levels, change of environment and the distractions associated with warming up with other lifters, and the commotion of the crowd, equipment checks and the pressure of being judged. Many technicalities will emerge that the lifter may not have experienced or the coach may not have observed in training.

The Defining Strength team handled the multiple physical and mental pressures of their first competition exceedingly well.



Mary Lupton

Neogenixx Last Chance Open

Nov 28, 2009

Wt.	Name	Club	Squat	Bench	D/L	Total	Wilks
52	Jayne Major	Ultimate Fitness	77.5	45	110	232.5	297.78
56	Grace Bartel	Niagara Powerlifting	70	50	112.5	232.5	288.13
60	Maggie Rafferty	Iron Works	95	60	125	280.0	321.38
67.5	Mary Ann Kazor		127.5	65	157.5	350.0	368.03
67.5	Stacey Jensen		112.5	62.5	130	305.0	326.77
67.5	Ashley Werner	Defining Strength	105	65	120	290.0	313.72
75	Ulrike Kruger		142.5	67.5	137.5	347.5	330.35
75	Rebecca McKeen	Iron Works	120	60	145	325.0	318.99
75	Sonja Bedic	Defining Strength	120	47.5	125	292.5	283.16
90	Tracey Alf	Ultimate Fitness	82.5	52.5	125	260.0	225.94
90	Melanie Liard	Ultimate Fitness	70	47.5	120	237.5	206.48
90+	Shelly Colter	Ottawa Strong	77.5	72.5	105	255.0	209.30
90+	Mary Lupton	Defining Strength	77.5	40	107.5	225.0	193.04
56	Steven Earl	Ottawa Strong	142.5	85	185	412.5	380.19
67.5	Jamie Stephen	Ottawa Strong	195	125	217.5	537.5	418.42
75	Barry Simms		150	120	210	480.0	342.35
75	Richard Sarazin	Capital Barbell	-125	0		0.0	0.00
82.5	Greg Page	Iron Works	212.5	160	212.5	585.0	392.75
82.5	Etienne Asselin	Iron Works	170	107.5	195	472.5	322.58
82.5	Brian Whitworth	Steel City	175	115	180	470.0	321.89
82.5	Peter Ring		150	127.5	182.5	460.0	315.54
82.5	Yanick Sarazin	Capital Barbell	115	100	145	360.0	249.39
82.5	Joey Morency	(QPF)	157.5	-112.5		0.0	0.00
90	Dave Jastrubecki	Niagara Powerlifting	185	125	240	550.0	352.52
100	Barry McEvoy		230	192.5	265	687.5	431.66
110	Mark Giffen	Iron Foundation	302.5	215	265	782.5	461.01
110	Adam Karakolis		190	125	200	515.0	312.93
125	Kelly Branton	Power Pit	335	242.5	313	890.5	517.19
125	Philippe Landry		210	160	240	610.0	349.91
125	Matt Wiens	Iron Works	200	152.5	250	602.5	346.80
125	Tim Ekert	Power Pit	180	220	180	580.0	339.94
125	Arlen Montrope		200	135	235	570.0	333.82
125	Justin Burns		205	117.5	237.5	560.0	319.11
125+	Larry Davis		175	190	225	590.0	331.44

All 3 lifters lift with only belts and wraps in the squat, belt in the deadlift, with the exception of Sonja who uses a squat suit. Results were as follows:

Mary Lupton - 90+ kg - 77.5 kg squat, 40 kg bench, 107.5 kg deadlift for a total of nearly 500 lbs (225 kg)! Mary will very soon be an M3 Class lifter (age 60 plus) which is an inspiring feat in itself, to be pushing the body to maximum strength while others may be experiencing physical decline.

Mary has plenty more strength in all three lifts; a few minor technicalities in the squat and bench press saw her short of her goals in those lifts. But she made up for it in the deadlift by easily pulling 15 lbs more than originally planned. Mary is certain to pull 250 to 300 lbs in her next contest. Mary is looking long term towards Worlds that will be hosted by the Niagara Powerlifting Club in 2011.



Sonja Bedic

Sonja Bedic - 75 kg - 120 kg squat, 47.5 kg bench, 125 kg deadlift for a qualifying (Class III) total of 292.5 kg (she needed 282.5 kg to qualify for provincials). She went 3 for 3 in the squats which got her off to a confident start. Shoulder dysfunction late in her contest training meant Sonja would not be bringing any PBs to the lifting platform in the bench press. Sonja easily pulled her 125kg, 3rd attempt deadlift - evidence that for provincials, she will be planning on another deadlift personal best. I am setting a 140 kg deadlift goal for her at the provincials.

Ashely Werner - 67.5 kg - 107.5 kg squat, 65 kg bench, 120 kg deadlift for a 292.5 kg total putting her well above her qualifying requirements of 262.5 kg. Ashely weighed in light in her weight class at 62.5 kg which meant that she had to lift against heavier (and more geared and experienced lifters). It is fair to say that most of her lifts were easy from an untapped strength standpoint. She has much more strength to reveal due in part to her combined wrestling, rowing and fitness background. With further refining and training time, we could see her on the Worlds platform as soon as 2010 in her last year as a Junior lifter. But before we get too far ahead of ourselves, we look forward to her continued success on the platform at the Provincials and

Nationals later this year.

The Defining Strength team will get right back into training as Provincials are just 7 weeks away.

Tammy Coles of Caledonia, and coach Krista Schaus also qualified for Nationals at Provincials earlier this year where Schaus took home Ontario's Best Female Lifter award, a bench press and deadlift record and the Defining Strength team won Best Team Trophy. This was the first time in Canadian Powerlifting history that an all female team won the Team Trophy.

As the powerlifting 2009 season closes, Coach Krista Schaus also would like to extend honourable mentions to team members Carol Brady of Caledonia (M2 lifter) and Jayne Boer (M1 lifter) who also lifted in their first powerlifting events in 2009. In addition to impressive lifting, both Carol and Jayne have also



Ashley Werner



Mary Ann Kazor

been an essential part of the team helping with organizing, coaching and logistics.

Additionally, Susan Abbott of Hagersville is co-coach of Defining Strength. The accomplishments of her athletes this year - Lisa Nigh, Anita Santos, Krista Miller and Natasha Farrell - has helped the team see its best competitive year to date.

Sarah Frankel of Toronto, one of Ontario's best female lifters, was also a Defining Strength team member in 2009 and has been organizing a Toronto Powerlifting team for launch 2010.



Grace Bartel



Ulrike Kruger

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.



Club Affiliation Application Form (for Jan 1 – Dec 31, 2010)

Criteria

- 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

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

Send Cheque or Money Order to:

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

[Rev:2009-01]

OPA Records (Dec 2009)

Women Sub Junior

48kg					
Squat	75.00	A Goss	Mar-07	Canadian Juniors, Dartmouth	
Bench	42.50	A Goss	Mar-07	Canadian Juniors, Dartmouth	
Deadlift	90.00	A Goss	Mar-07	Canadian Juniors, Dartmouth	
Total	207.50	A Goss	Mar-07	Canadian Juniors, Dartmouth	

52kg					
Squat	52.50	A Goss	Jul-06	Guelph	
Bench	37.50	A Goss	Jul-06	Guelph	
Deadlift	72.50	A Goss	Jul-06	Guelph	
Total	162.50	A Goss	Jul-06	Guelph	

Women Junior

48kg					
Squat	75.00	A Goss	Mar-07	Canadian Juniors, Dartmouth	
Bench	42.50	A Goss	Mar-07	Canadian Juniors, Dartmouth	
Deadlift	90.00	A Goss	Mar-07	Canadian Juniors, Dartmouth	
Total	207.50	A Goss	Mar-07	Canadian Juniors, Dartmouth	

52kg					
Squat	127.50	D. D'Angelo	Nov-89	Womens Worlds, Sydney	
Bench	37.50	A Goss	Jul-06	Guelph	
Deadlift	72.50	A Goss	Jul-06	Guelph	
Total	312.50	D. D'Angelo	Nov-89	Womens Worlds, Sydney	

56kg					
Squat	120.00	D. D'Angelo	May-89	NE Ontario Open, North Bay	
Bench	60.00	G. Randall	Apr-09	St. Thomas Open, St. Thomas	
Deadlift	137.50	G. Randall	Apr-09	St. Thomas Open, St. Thomas	
Total	302.50	G. Randall	Apr-09	St. Thomas Open, St. Thomas	

60kg					
Squat	137.50	A. Gilchrist	Jan-88	Canadian Womens, Kitchener	
Bench	70.50	A. Gilchrist	Oct-89	Intermediate Open, Cambridge	
Deadlift	140.50	K. Sweeney	Jul-09	Ottawa Open, Ottawa	
Total	342.50	A. Gilchrist	Jan-88	Canadian Womens, Kitchener	

67.5kg					
Squat	97.50	S. Jensen	Aug-09	London Open, London	
Bench	57.50	S. Jensen	Aug-09	London Open, London	
Deadlift	142.50	K. Sweeney	Oct-09	Provincial Championships, Ottawa	
Total	292.50	S. Jensen	Aug-09	London Open, London	

82.5kg					
Squat	142.50	R. Butler	Oct-90	Ontario Womens, Cambridge	
Bench	67.50	R. Butler	Oct-90	Ontario Womens, Cambridge	
Deadlift	147.50	H. Johns	Dec-92	Limestone Open, Kingston	
Total	355.00	R. Butler	Oct-90	Ontario Womens, Cambridge	

Women Open

48kg					
Squat	132.50	D.D'Angelo	Oct-90	Cambridge Open	
Bench	52.50	S.Thomson	Apr-09	Canadian Championships, Moose Jaw	
Deadlift	115.00	S.Thomson	Dec-08	Ontario Masters, Ottawa	
Total	250.00	S.Thomson	Apr-09	Canadian Championships, Moose Jaw	

Women Open (continued)

52kg					
Squat	140.00	D.D'Angelo	Feb-94	Canadian Womens, Kitchener	
Bench	75.50	T. Boyle	Jul-09	Ottawa Open, Ottawa	
Deadlift	155.00	D.D'Angelo	Feb-94	Canadian Womens, Kitchener	
Total	360.00	D.D'Angelo	Feb-94	Canadian Womens, Kitchener	

56kg					
Squat	105.00	G. Randall	Apr-09	St. Thomas Open, St. Thomas	
Bench	82.50	A. Marcinko	Mar-09	Golden Triangle Open, Cambridge	
Deadlift	137.50	G. Randall	Apr-09	St. Thomas Open, St. Thomas	
Total	317.50	A. Marcinko	Mar-09	Golden Triangle Open, Cambridge	

60kg					
Squat	160.00	C. Lahey	Feb-92	Canadian Womens, Kitchener	
Bench	90.00	K. Schaus	Oct-09	Ontario Seniors, Ottawa	
Deadlift	150.00	K. Schaus	Oct-09	Ontario Seniors, Belle River	
Total	395.00	C. Lahey	Feb-92	Canadian Womens, Kitchener	

67.5kg					
Squat	182.50	S. Goudreau	Jan-91	Canadian Womens, Winnipeg	
Bench	95.00	S. Goudreau	Jan-91	Canadian Womens, Winnipeg	
Deadlift	162.50	G. Papolis	Mar-04	Canadian Masters, Waterloo	
Total	437.50	S. Goudreau	Jan-91	Canadian Womens, Winnipeg	

75kg					
Squat	170.00	S. Frankel	Oct-08	Seniors, Emeryville, ON	
Bench	100.00	S. Frankel	Oct-08	Seniors, Emeryville, ON	
Deadlift	187.50	U. Kruger	Oct-98	Ontario Womens, Brockville	
Total	435.00	U. Kruger	Oct-98	Ontario Womens, Brockville	

82.5kg					
Squat	147.50	U. Kruger	Dec-02	Ontario Masters, Guelph	
Bench	75.00	U. Kruger	Dec-02	Ontario Masters, Guelph	
Deadlift	170.00	U. Kruger	Dec-02	Ontario Masters, Guelph	
Total	392.50	U. Kruger	Dec-02	Ontario Masters, Guelph	

90kg					
Squat	175.00	K. Hunter	Feb-94	Canadian Womens, Kitchener	
Bench	75.00	K. Hunter	Feb-94	Canadian Womens, Kitchener	
Deadlift	167.50	K. Hunter	Feb-94	Canadian Womens, Kitchener	
Total	417.50	K. Hunter	Feb-94	Canadian Womens, Kitchener	

90+kg					
Squat	185.00	H. Plamondon	Feb-94	Canadian Womens, Kitchener	
Bench	100.00	H. Plamondon	Feb-94	Canadian Womens, Kitchener	
Deadlift	165.00	I. Patton	Jan-07	St Catharines, ON	
Total	430.00	H. Plamondon	Feb-94	Canadian Womens, Kitchener	

Women Master 40-49

48 kg					
Squat	85.00	S.Thomson	Apr-09	Canadian Championships, Moose Jaw	
Bench	52.50	S.Thomson	Apr-09	Canadian Championships, Moose Jaw	
Deadlift	115.00	S.Thomson	Dec-08	Ontario Masters, Ottawa	
Total	250.00	S.Thomson	Apr-09	Canadian Championships, Moose Jaw	

Women Master 40-49 (continued)**56 kg**

Squat	117.50	M. Laporte	Jan-09	Niagara Open, St. Catharines
Bench	71.00	M. Laporte	Jan-09	Niagara Open, St. Catharines
Deadlift	128.00	M. Laporte	Jan-09	Niagara Open, St. Catharines
Total	316.50	M. Laporte	Jan-09	Niagara Open, St. Catharines

60 kg

Squat	120.00	J. Lessard	Dec-02	Ontario Masters, Guelph
Bench	72.50	C. Cosby	Dec-02	Ontario Masters, Guelph
Deadlift	142.50	J. Lessard	Dec-02	Ontario Masters, Guelph
Total	325.00	J. Lessard	Dec-02	Ontario Masters, Guelph

67.5kg

Squat	160.00	G. Papolis	Mar-04	Canadian Masters, Waterloo
Bench	82.50	G. Papolis	Mar-04	Canadian Masters, Waterloo
Deadlift	162.50	G. Papolis	Mar-04	Canadian Masters, Waterloo
Total	405.00	G. Papolis	Mar-04	Canadian Masters, Waterloo

75kg

Squat	162.50	J. Pritchard	Apr-09	Canadian Championships, Moose Jaw
Bench	92.50	J. Pritchard	Jul-08	Ottawa Open, Ottawa
Deadlift	165.00	G. Papolis	Dec-02	Ontario Masters, Guelph
Total	410.00	G. Papolis	Dec-02	Ontario Masters, Guelph

82.5kg

Squat	147.50	U. Kruger	Dec-02	Ontario Masters, Guelph
Bench	75.00	U. Kruger	Dec-02	Ontario Masters, Guelph
Deadlift	170.00	U. Kruger	Dec-02	Ontario Masters, Guelph
Total	392.50	U. Kruger	Dec-02	Ontario Masters, Guelph

90kg

Squat	105.00	M. Greenidge	May-01	London Open, London
Bench	80.00	T. Dunning	Jun-09	Belle River Open, Belle River
Deadlift	160.00	T. Dunning	Jun-09	Belle River Open, Belle River
Total	270.00	M. Greenidge	May-01	London Open, London

Women Master 50-59**60 kg**

Squat	117.50	J. Lessard	Nov-04	Ontario Masters, Brampton
Bench	77.50	J. Lessard	Nov-04	Ontario Masters, Brampton
Deadlift	145.00	J. Lessard	Mar-03	Canadian Masters, Winnipeg
Total	325.00	J. Lessard	Nov-04	Ontario Masters, Brampton

67.5kg

Squat	132.50	L. Squires	Mar-03	Canadian Masters, Winnipeg
Bench	70.00	L. Squires	Dec-02	Ontario Masters, Guelph
Deadlift	137.50	L. Squires	Mar-03	Canadian Masters, Winnipeg
Total	337.50	L. Squires	Mar-03	Canadian Masters, Winnipeg

75kg

Squat	122.50	L. Squires	Mar-04	Canadian Masters, Waterloo
Bench	70.50	L. Squires	Nov-05	Ontario Masters, Waterloo
Deadlift	130.00	L. Squires	Nov-05	Ontario Masters, Waterloo
Total	315.00	L. Squires	Nov-05	Ontario Masters, Waterloo

Men Sub Junior**52 kg**

Squat	45.00	M. Jones	Jan-08	St Catharines, ON
Bench	32.50	M. Jones	Jan-08	St Catharines, ON
Deadlift	72.50	M. Jones	Jan-08	St Catharines, ON
Total	150.00	M. Jones	Jan-08	St Catharines, ON

56 kg

Squat	155.00	J. Marentette	Sep-05	World Juniors, Fort Wayne
Bench	97.50	A. Croteau	Nov-05	Ontario Juniors, Waterloo
Deadlift	182.50	J. Marentette	Apr-05	Canadian Juniors, Calgary
Total	410.00	J. Marentette	Apr-05	Canadian Juniors, Calgary

60 kg

Squat	180.00	D. Major	Apr-09	Canadian Championships, Moose Jaw
Bench	97.50	J. Marentette	Nov-05	Ontario Juniors, Waterloo
Deadlift	200.00	D. Major	Apr-09	Canadian Championships, Moose Jaw
Total	475.00	D. Major	Apr-09	Canadian Championships, Moose Jaw

67.5 kg

Squat	170.00	B. LeBlond	Apr-08	Cdn. Juniors, St. Catharines
Bench	125.00	B. LeBlond	Apr-08	Cdn Juniors, St. Catharines
Deadlift	215.00	D. Major	Jun-09	Belle River Open, Belle River
Total	475.00	B. LeBlond	Apr-08	Cdn Juniors, St. Catharines

75 kg

Squat	230.00	M. Obratoski	Nov-05	Ontario Juniors, Waterloo
Bench	130.00	J. Van Schyndel	Dec-07	Ontario Juniors, London
Deadlift	235.00	M. Obratoski	Nov-05	Ontario Juniors, Waterloo
Total	585.00	M. Obratoski	Nov-05	Ontario Juniors, Waterloo

82.5kg

Squat	232.50	D. Shea	Nov-04	Ontario Juniors, Brampton
Bench	155.00	D. Shea	Nov-04	Ontario Juniors, Brampton
Deadlift	252.50	J. Wood	Dec-08	Ontario Juniors, Ottawa
Total	637.50	D. Shea	Nov-04	Ontario Juniors, Brampton

100kg

Squat	262.50	R Truscott	Nov-06	Ontario Juniors, Brantford
Bench	145.00	R Truscott	Nov-06	Ontario Juniors, Brantford
Deadlift	240.00	R Truscott	Nov-06	Ontario Juniors, Brantford
Total	647.50	R Truscott	Nov-06	Ontario Juniors, Brantford

110kg

Squat	165.00	R. Hoffman	Sep-08	London Open, Lambeth
Bench	105.00	R. Hoffman	Sep-08	London Open, Lambeth
Deadlift	182.50	R. Hoffman	Sep-08	London Open, Lambeth
Total	452.50	R. Hoffman	Sep-08	London Open, Lambeth

125kg

Squat	155.00	R. Singh	May-05	London Open, London
Bench	112.50	R. Singh	May-05	London Open, London
Deadlift	172.50	R. Singh	May-05	London Open, London
Total	440.00	R. Singh	May-05	London Open, London

125+

Squat	227.50	R. Singh	Nov-05	Ontario Juniors, Waterloo
Bench	150.00	R. Singh	Nov-05	Ontario Juniors, Waterloo
Deadlift	200.00	C. Farquhar	Mar-09	Golden Triangle Open, Cambridge
Total	567.50	R. Singh	Nov-05	Ontario Juniors, Waterloo

Men Junior**52kg**

Squat	172.50	S. Boulerville	Mar-92	Ontario Seniors, North Bay
Bench	90.00	S. Boulerville	May-91	Canadian Juniors, Kitchener
Deadlift	185.50	S. Boulerville	Mar-92	Ontario Seniors, North Bay
Total	445.00	S. Boulerville	Mar-92	Ontario Seniors, North Bay

56 kg

Squat	155.00	J. Marentette	Sep-05	World Juniors, Fort Wayne
Bench	97.50	A. Croteau	Nov-05	Ontario Juniors, Waterloo
Deadlift	182.50	J. Marentette	Apr-05	Canadian Juniors, Calgary
Total	410.00	J. Marentette	Apr-05	Canadian Juniors, Calgary

60kg

Squat	185.00	D. Heisel	Jul-07	Capital Barbell Open, Ottawa
Bench	110.50	S. Lindsay	Feb-91	Ontario Int. North Bay
Deadlift	206.00	D. Heisel	Jul-07	Capital Barbell Open, Ottawa
Total	501.00	D. Heisel	Jul-07	Capital Barbell Open, Ottawa

67.5kg

Squat	192.50	J. Marentette	Dec-08	Ontario Juniors, Ottawa
Bench	135.00	M. Dineno	Apr-97	Canadian Jr, Cornerbrook
Deadlift	235.00	J. Marentette	Dec-08	Ontario Juniors, Ottawa
Total	535.00	J. Marentette	Dec-08	Ontario Juniors, Ottawa

75kg

Squat	260.00	D. Young	Apr-06	Canadian Juniors, Chilliwack
Bench	172.50	D. Irwin	Nov-06	Ontario Juniors, Brantford
Deadlift	257.50	B. Summers	Dec-00	Ontario Junior, Brockville
Total	640.00	B. Summers	Dec-00	Ontario Junior, Brockville

82.5kg

Squat	250.00	D. Shea	Apr-05	Canadian Juniors, Calgary
Bench	182.50	V. Byrne	Dec-03	Ontario Juniors, Kitchener
Deadlift	260.00	D. Shea	Apr-05	Canadian Juniors, Calgary
Total	675.00	D. Shea	Apr-05	Canadian Juniors, Calgary

90kg

Squat	272.50	M. Obratoski	Sep-07	Seniors, Emeryville, ON
Bench	182.50	M. Obratoski	Apr-08	Canadian Juniors, St. Catharines
Deadlift	257.50	B. Morris	Apr-88	Canadian Juniors, Hamilton
Total	720.00	M. Obratoski	Apr-08	Canadian Juniors, St. Catharines

100kg

Squat	310.00	M. Obratoski	Sep-09	IPF JR Worlds, Ribeirao Preto, BR
Bench	215.00	M. Obratoski	Sep-09	IPF JR Worlds, Ribeirao Preto, BR
Deadlift	297.50	M. Obratoski	Sep-09	IPF JR Worlds, Ribeirao Preto, BR
Total	822.50	M. Obratoski	Sep-09	IPF JR Worlds, Ribeirao Preto, BR

110kg

Squat	322.50	K. Branton	Aug-09	North American Chmp, Miami, USA
Bench	230.00	K. Branton	Aug-09	North American Chmp, Miami, USA
Deadlift	302.50	K. Branton	Aug-09	North American Chmp, Miami, USA
Total	855.00	K. Branton	Aug-09	North American Chmp, Miami, USA

125kg

Squat	335.00	J. Byrne	Sep-07	Ontario Seniors, Emeryville
Bench	237.50	J. Byrne	Sep-07	Ontario Seniors, Emeryville
Deadlift	312.50	J. Byrne	Sep-06	Ontario Seniors, Emeryville
Total	882.50	J. Byrne	Sep-07	Ontario Seniors, Emeryville

125+kg

Squat	330.00	J. Byrne	Dec-07	Ontario Juniors, Kitchener
Bench	232.50	J. Byrne	Sep-07	World Juniors, La Garde Fr
Deadlift	311.00	J. Byrne	Dec-07	Ontario Juniors, Kitchener
Total	871.00	J. Byrne	Dec-07	Ontario Juniors, Kitchener

Men Open**52kg**

Squat	192.50	D. MacVicar	Nov-83	Worlds, Gothenburg, Sweden
Bench	125.00	D. MacVicar	Nov-83	Worlds, Gothenburg, Sweden
Deadlift	185.00	S. Boulerville	Feb-92	Canadian Juniors, Kitchener
Total	492.50	D. MacVicar	Nov-83	Worlds, Gothenburg, Sweden

56kg

Squat	155.00	J. Marentette	Sep-05	World Juniors, Fort Wayne
Bench	97.50	A. Croteau	Nov-05	Ontario Juniors, Waterloo
Deadlift	182.50	J. Marentette	Apr-05	Canadian Juniors, Calgary
Total	410.00	J. Marentette	Apr-05	Canadian Juniors, Calgary

60kg

Squat	202.50	J. Jong	Jul-03	Toronto Open, Mississauga
Bench	147.50	J. Jong	Jul-03	Toronto Open, Mississauga
Deadlift	217.50	J. Jong	Feb-00	Canadian Chmp, Moose Jaw
Total	565.00	J. Jong	Jul-03	Toronto Open, Mississauga

67.5kg

Squat	200.00	A. Chan	Sep-05	Ontario Seniors, London
Bench	175.00	A. Chan	Sep-05	Ontario Seniors, London
Deadlift	235.00	J. Marentette	Dec-08	Ontario Juniors, Ottawa
Total	600.00	A. Chan	Sep-05	Ontario Seniors, London

75kg

Squat	277.50	J. Becker	May-96	Canadian Chmp, Leduc
Bench	168.00	J. Becker	May-96	Canadian Chmp, Leduc
Deadlift	285.00	J. Becker	Feb-95	Ontario Seniors, London
Total	722.50	J. Becker	May-96	Canadian Chmp, Leduc

82.5kg

Squat	297.50	J. Becker	Oct-05	World Masters, Petoria
Bench	192.50	B. Antonoiw	Jun-06	Festival Sportif, Ste Marie
Deadlift	298.00	J. Becker	May-98	Canadian Chmp, Richmond
Total	765.00	J. Becker	Oct-05	World Masters, Petoria

90kg

Squat	315.00	J. Becker	Apr-08	Cdn Masters, St. Catharines
Bench	238.50	D. Walters	Oct-08	Ontario Seniors, Emeryville
Deadlift	322.50	P. Perry	Mar-85	Ontario Seniors, Sault Ste. Marie
Total	822.50	J. Becker	Oct-07	World Masters, Ostrava, Czech Rep

100kg

Squat	312.50	E. Gagnon	Sep-03	Ontario Seniors, Ottawa
Bench	225.00	M. Griffen	Mar-97	Ontario Seniors, Toronto
Deadlift	312.50	S. McKenzie	Mar-04	Canadian Chmp, Waterloo
Total	825.00	S. McKenzie	Mar-04	Canadian Chmp, Waterloo

110kg

Squat	365.00	J. Emberley	Jul-07	Capital Barbell Open, Ottawa
Bench	257.50	J. Emberley	Nov-08	World Chmp, St. John's, NF, Canada
Deadlift	326.00	J. Emberley	Jan-07	Niagara Open, St Catharines
Total	908.50	J. Emberley	Jan-07	Niagara Open, St Catharines

Men Open (continued)**125kg**

Squat	335.00	D. Gratton	Jan-00	Ontario Seniors, London
Bench	290.00	S. O'Halloran	Apr-08	Canadian Masters. St. Catharines. ON
Deadlift	320.00	C. Yantha	Apr-08	Cdn Chmp, St. Catharines
Total	905.00	S. Magistrale	Apr-09	Canadians , Moose Jaw, Sask.

125+kg

Squat	347.50	D. Gratton	May-01	London Open, London
Bench	320.00	S. O'Halloran	Jan-07	Niagara Open, St Catharines
Deadlift	330.50	C. Yantha	Jun-06	Festival Sportif, Ste Marie
Total	902.50	S. O'Halloran	Jan-06	Niagara Open, St Catharines

Men's Masters (40-49)**60kg**

Squat	202.50	J. Jong	Jul-03	Toronto Open, Mississauga
Bench	147.50	J. Jong	Jul-03	Toronto Open, Mississauga
Deadlift	217.50	J. Jong	Dec-99	Ontario Masters, Toronto
Total	565.00	J. Jong	Jul-03	Toronto Open, Mississauga

67kg

Squat	227.50	K Lam	Jun-90	Canadians, Surrey
Bench	141.00	K Lam	May-93	Canadian Masters, Edmonton
Deadlift	262.50	K Lam	May-90	Canadian Masters, Winnipeg
Total	630.00	K Lam	Jun-90	Canadians, Surrey

75kg

Squat	252.50	C. Archdekin	Mar-97	Ontario Seniors, Toronto
Bench	165.00	C. Archdekin	Oct-93	World Masters, Hamilton
Deadlift	280.00	C. Archdekin	Oct-93	World Masters, Hamilton
Total	685.00	C. Archdekin	Oct-93	World Masters, Hamilton

82.5kg

Squat	297.50	J. Becker	Oct-05	World Masters, Petoria
Bench	185.00	J. Becker	Oct-05	World Masters, Petoria
Deadlift	295.00	J. Becker	Mar-04	Canadian Chmp, Waterloo
Total	765.00	J. Becker	Oct-05	World Masters, Petoria

90kg

Squat	315.00	J. Becker	Apr-08	Cdn Masters, St. Catharines
Bench	205.00	J. Becker	Oct-07	World Masters, Ostrava, Czech Rep
Deadlift	305.00	J. Becker	Oct-07	World Masters, Ostrava, Czech Rep
Total	822.50	J. Becker	Oct-07	World Masters, Ostrava, Czech Rep

100kg

Squat	301.00	A. Childs	Dec-07	Ontario Masters, London
Bench	220.00	B. Worsall	Sep-08	London Open, Lambeth
Deadlift	297.50	J. Becker	Jan-07	Niagara Open, St Catharines
Total	802.50	J. Becker	Jan-07	Niagara Open, St Catharines

110kg

Squat	275.00	R. Strong	Dec-07	Ontario Masters, London
Bench	215.00	B. McIntyre	Mar-03	Canadian Masters, Winnipeg
Deadlift	300.00	R. Strong	Dec-07	Ontario Masters, London
Total	765.00	S. Duncan	Aug-09	North American Chmp, Miami, USA

125kg

Squat	335.00	S. O'Halloran	Oct-07	World Masters, Ostrava, Czech Rep
Bench	290.00	S. O'Halloran	Apr-08	Canadian Masters, St. Catharines, ON
Deadlift	310.00	R. Strong	Jan-08	Niagara Open, St. Catharines
Total	900.00	S. O'Halloran	Apr-08	Canadian Masters, St. Catharines, ON

125+

Squat	331.00	S. O'Halloran	Jan-06	Niagara Open, St Catharines
Bench	320.00	S. O'Halloran	Jan-07	Niagara Open, St Catharines
Deadlift	275.00	D. Hoffman	Feb-94	Canadian Masters, Kitchener
Total	902.50	S. O'Halloran	Jan-06	Niagara Open, St Catharines

Men's Master (50 - 59)**67.5kg**

Squat	210.00	G. Moore	Dec-02	Ontario Masters, Guelph
Bench	122.50	G. Moore	Mar-01	Canadian Masters, Quebec City
Deadlift	235.50	G. Moore	Dec-02	Ontario Masters, Guelph
Total	567.50	G. Moore	Dec-02	Ontario Masters, Guelph

75kg

Squat	250.00	G. Moore	Jun-09	Belle River Open, Belle River
Bench	150.00	G. Moore	Jun-07	Canadian Masters, Moose Jaw, Sask.
Deadlift	238.00	G. Moore	Apr-05	Canadian Masters, Calgary
Total	625.00	G. Moore	Jun-09	Belle River Open, Belle River

82.5kg

Squat	255.00	J. Marentette	Jan-06	Niagara Open, St Catharines
Bench	183.50	J. Marentette	Mar-07	Masters, Dartmouth, NS
Deadlift	280.00	J. Marentette	Apr-08	Cdn Masters, St. Catharines
Total	702.50	J. Marentette	Apr-08	Cdn Masters, St. Catharines

90kg

Squat	272.50	J. Marentette	Dec-08	Ontario Masters, Ottawa
Bench	192.50	J. Marentette	Apr-08	Cdn Masters, St. Catharines
Deadlift	287.50	J. Marentette	Dec-08	Ontario Masters, Ottawa
Total	732.00	J. Marentette	Dec-08	Ontario Masters, Ottawa

100kg

Squat	272.50	P. Hartwick	Jan-08	Niagara Open, St Catharines
Bench	192.50	J. Marentette	Jan-09	Niagara Open, St Catharines
Deadlift	290.50	P. Perry	Dec-03	Ontario Masters, Kitchener
Total	722.50	J. Marentette	Dec-07	Ontario Masters, London

110kg

Squat	290.00	P. Hartwick	Nov-04	Ontario Masters, Brampton
Bench	167.50	M. Koprnicky	Nov-06	Ontario Masters, Brantford
Deadlift	255.00	P. Hartwick	Dec-03	Ontario Masters, Kitchener
Total	687.50	P. Hartwick	Nov-04	Ontario Masters, Brampton

125kg

Squat	296.00	R. Strong	Dec-08	Ontario Masters, Ottawa
Bench	227.50	K. Suutari	Jan-09	Niagara Open, St Catharines
Deadlift	311.00	R. Strong	Dec-08	Ontario Masters, Ottawa
Total	800.00	K. Suutari	Jan-09	Niagara Open, St Catharines

125+

Squat	255.00	D. Hoffman	Mar-99	Canadian Masters ,Sherbrooke
Bench	192.50	M. Knott	Mar-09	Golden Triangle Open, Cambridge
Deadlift	240.00	D. Hoffman	Mar-99	Canadian Masters, Sherbrooke
Total	667.50	M. Knott	Mar-09	Golden Triangle Open, Cambridge

Men's Master Records (60+)**75 kg**

Squat	220.00	J. Bourgoin	Apr-06	Canadian Masters, Chilliwack
Bench	117.5	J. Bourgoin	Apr-08	Cdn Masters, St. Catharines
Deadlift	187.50	J. Bourgoin	Apr-08	Cdn Masters, St. Catharines
Total	520.00	J. Bourgoin	Apr-08	Cdn Masters, St. Catharines

82.5 kg

Squat	201.00	L. Greenidge	Oct-09	Ontario Masters, Ottawa
Bench	135.00	L. Greenidge	Oct-09	Ontario Masters, Ottawa
Deadlift	220.00	L. Lam	Mar-02	Canadian Masters, Yarmouth
Total	521.00	L. Greenidge	Oct-09	Ontario Masters, Ottawa

90 kg

Squat	220.00	L. Greenidge	Jul-08	Ottawa Open, Ottawa
Bench	152.50	M. Kelso	Nov-04	Ontario Masters, Brampton
Deadlift	222.50	M. Kelso	Jun-03	London Open, London
Total	572.50	L. Greenidge	Apr-08	Cdn Masters, St. Catharines

100 kg

Squat	220.50	T.Stinchcombe	Mar-09	Golden Triangle Open, Cambridge
Bench	160.50	T.Stinchcombe	Nov-09	Ontario Seniors, Belle River
Deadlift	235.00	T.Stinchcombe	Mar-04	Canadian Masters, Waterloo
Total	602.50	T.Stinchcombe	Mar-04	Canadian Masters, Waterloo

110kg

Squat	205.00	R. Villeneuve	May-97	Canadian Blind, Toronto
Bench	135.00	R. Villeneuve	Jul-99	Worlds Blind, Waterloo
Deadlift	235.00	R. Villeneuve	May-97	Canadian Blind, Toronto
Total	570.00	R. Villeneuve	May-97	Canadian Blind, Toronto

Ontario Bench Press Records (April 21, 2009)**Women Junior**

56kg	60.00	G. Randall	Apr-09	St. Thomas, ON
67.5kg	57.50	S. Jensen	Aug-09	London, ON

Women Open

48kg	52.50	S. Thomson	Apr-09	Canadian Chmp., Moose Jaw
52kg	75.00	K. Parsons	Dec-89	Hamilton, ON
56kg	82.50	A. Marcinko	Sep-06	Golden Triangle Open, Cambridge
60kg	85.00	C. Lahey	Feb-92	Kitchener, ON
67.5kg	96.00	G. Papolis	Jan-98	Cambridge, ON
75kg	100.00	S. Frankel	Oct-08	Emeryville, ON
82.5kg	42.50	M. Greenidge	Dec-99	Toronto, ON
90+kg	62.50	I. Patton	Jan-08	St Catharines, ON

Women Master 40-49

48kg	52.50	S. Thomson	Apr-09	Canadian Chmp., Moose Jaw
56kg	71.00	M. Laporte	Jan-09	St Catharines, ON
60kg	72.50	C. Cosby	Dec-03	Kitchener, ON
67.5kg	75.00	J. Pritchard	Nov-05	Waterloo, ON
75kg	92.50	J. Pritchard	Jul-08	Ottawa, ON
82.5kg	42.50	M. Greenidge	Dec-99	Toronto, ON
90+kg	47.50	A Couchman	May-07	Waterloo, ON

Women Master 50-59

60kg	70.00	J. Lessard	Mar-03	Winnipeg, MB
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67.5kg	67.50	L. Squires	Dec-02	Guelph, ON
90+kg	62.50	E. Dickson	Jul-09	Ottawa, ON

Men Sub Junior

52kg	32.50	M. Jones	Jan-08	St Catharines, ON
56kg	95.00	A. Croteau	Oct-05	Rock Forest, PQ
67.5kg	125.00	B. LeBlond	Apr-08	St. Catharines, ON
90kg	140.00	S. Byrne	Nov-04	Brampton, ON
110kg	120.00	R. Hoffman	Oct-18	Emeryville, ON

Men Junior

75kg	160.00	D. Irwin	Nov-05	Waterloo, ON
90kg	182.50	M. Obratoski	Apr-08	St. Catharines, ON
100kg	215.00	M. Obratoski	Sep-09	Ribeirao Preto, Brazil
110kg	230.00	K. Branton	Aug-09	North American Chmp, Miami, USA
125kg	230.50	J. Byrne	Apr-06	Chilliwack, BC
125+kg	235.00	J. Byrne	Apr-07	Dartmouth, NS

Men Open

60kg	147.50	J. Jong	Mar-03	Winnipeg, MB
75kg	167.50	E. Beachey	Dec-03	Kitchener, ON
82.5kg	215.00	B. Antonoiw	Oct-06	San Jose, Costa Rica
90kg	238.50	D. Walters	Oct-08	Emeryville, ON
100kg	220.00	B. Worsall	Sep-07	Emeryville, ON
110kg	242.50	M. Giffen	Dec-01	Cambridge, ON
125kg	305.00	S. O'Halloran	May-06	Miskolc, Hungary
125+kg	320.00	S. O'Halloran	Jan-07	St Catharines, ON

Men Master 40-49

60kg	147.50	J. Jong	Mar-03	Winnipeg, MB
67.5kg	140.00	K. Lam	Jun-90	Surrey, BC
75kg	150.00	E. Dunstan	Dec-01	Cambridge, ON
82.5kg	180.50	J. Marentette	Apr-05	Calgary, AB
90.0kg	205.00	J. Becker	Oct-07	Ostrava, Czech Rep.
100kg	220.00	B. Worsall	Sep-07	Emeryville, ON
110kg	227.50	B. McIntyre	Dec-03	Kitchener, ON
125kg	305.00	S. O'Halloran	May-06	Miskolc, Hungary
125+kg	320.00	S. O'Halloran	Jan-07	St Catharines, ON

Men Master 50-59

67.5kg	135.00	G. Cattersson	Jun-09	Belle River, ON
75kg	132.50	W. McCullough	Feb-95	Chilliwack, BC
82.5kg	183.50	J. Marentette	Mar-07	Dartmouth, NS
90kg	193.00	J. Marentette	Apr-09	Mosee Jaw, SK
100kg	181.00	S. Chomitz	Apr-08	St. Catharines, ON
110kg	182.50	F. English	Jul-09	Ottawa, ON
125kg	227.50	K. Suutari	Jan-09	St Catharines, ON
125+kg	192.50	M. Knott	Mar-09	Cambridge, ON

Men Master 60+

82.5kg	135.00	L. Greenidge	Oct-09	Ottawa, ON
75kg	117.50	J. Bourgoin	Apr-08	St. Catharines, ON
90kg	150.00	L. Greenidge	Jul-08	Ottawa, ON
100kg	170.00	J. Giffen Sr.	Nov-04	Waterloo, ON
125+	167.5	D. Hoffman	Nov-09	Emeryville, ON

Ontario Top 10 Dec 2009, submitted by: Glyn Moore

Rank	Wt. Class	Name	Squat	Wilks	Wt. Class	Name	BP	Wilks	Wt. Class	Name	D/L	Wilks	Wt. Class	Name	Total	Wilks
Mens Sub Junior																
1	67.5	Dalton Major Major	202.5	161.2	75	Blaine LeBlond	142.5	104.0	67.5	Dalton Major	215.0	174.6	67.5	Dalton Major	538.5	428.8
2	75.0	Blaine LeBlond	207.5	151.5	67.5	Dalton Major	120	95.5	75.0	Blaine LeBlond	195.0	142.3	75.0	Blaine LeBlond	545.0	397.8
3	82.5	Ryan Gutterman	200.0	134.0	90	Cody Dyson	145	92.6	90.0	Cody Dyson	220.0	140.4	90.0	Cody Dyson	565.0	360.7
4	90.0	Cody Dyson	200.0	127.7	125+	Chad Farquhar	157.5	88.8	75.0	Theodore Lim	192.5	138.9	82.5	Ryan Gutterman	505.0	338.3
5	125+	Chad Farquhar	212.5	119.9	125	Arlen Montrope	135	79.1	125.0	Arlen Montrope	235.0	137.6	125.0	Arlen Montrope	570.0	333.8
6	125.0	Arlen Montrope	200.0	117.1	82.5	Mark Whitworth	115	77.6	82.5	Mark Whitworth	202.5	136.7	82.5	Mark Whitworth	485.0	327.3
7	82.5	Mark Whitworth	167.5	113.0	125+	Shaun McFadden	135	75.3	82.5	Philip Tofflemire	195.0	136.5	125+	Chad Farquhar	580.0	327.2
8	75.0	Theodore Lim	150.0	108.2	82.5	Ryan Gutterman	110	73.7	82.5	Ryan Gutterman	195.0	130.6	75.0	Theodore Lim	420.0	303.0
9	125+	Shaun McFadden	192.5	107.4	82.5	Philip Tofflemire	90	63.0	125+	Chad Farquhar	210.0	118.5	125+	Shaun McFadden	532.5	297.2
10	82.5	Philip Tofflemire	125.0	87.5	75	Theodore Lim	77.5	55.9	125+	Shaun McFadden	205.0	114.4	82.5	Philip Tofflemire	410.0	286.9
Mens Junior																
1	125.0	Kelly Branton	335.0	194.6	125	Kelly Branton	242.5	140.8	82.5	Jake Wood	262.5	183.1	125.0	Kelly Branton	890.5	517.2
2	82.5	Daniel Young	270.0	182.8	75	Yves Brousseau	192.5	139.5	125.0	Kelly Branton	313.0	181.8	100.0	Marlon Obratoski	777.5	475.3
3	100.0	Kade Weber	295.0	180.0	100	Marlon Obratoski	210	128.4	82.5	Daniel Young	265.0	179.4	82.5	Daniel Young	700.0	473.8
4	100.0	Marlon Obratoski	290.0	177.3	100	Andrew Cameron	190	115.6	82.5	Phil Plato	265.0	179.2	75.0	Yves Brousseau	650.0	471.2
5	75.0	Yves Brousseau	240.0	174.0	82.5	Daniel Young	165	111.7	82.5	Mike Wood	250.0	172.2	82.5	Phil Plato	645.0	436.3
6	82.5	Phil Plato	240.0	162.3	82.5	Mike Wood	160.0	110.2	56.0	Steven Earl	185.0	170.5	82.5	Mike Wood	610.0	420.1
7	90.0	Alex Benson	242.5	158.6	75.0	Justin Van Schyndel	145.0	109.6	100.0	Marlon Obratoski	277.5	169.6	100.0	Andrew Cameron	677.5	412.3
8	100.0	Andrew Cameron	255.0	155.2	82.5	Greg Page	160.0	107.4	82.5	Mike Wood	240.0	162.7	82.5	Jake Wood	590.0	411.5
9	90.0	Rowan Neufeld	230.0	148.2	82.5	Philip Plato	155.0	104.3	100.0	Randall Trusscott	265.0	162.3	82.5	Greg Page	585.0	392.8
10	67.5	Kyle Vieham	190.0	146.7	82.5	Marc Morris	152.5	103.5	60.0	Steve Earl	185.0	162.0	90.0	Alex Benson	587.5	391.3
Mens M1																
1	90.0	Jeff Becker	307.5	197.7	90.0	Dave Walters	242.5	154.9	90.0	Jeff Becker	292.5	188.2	90.0	Jeff Becker	800.0	514.3
2	90.0	Eric Gagnon	307.5	196.6	90.0	Jeff Becker	200.0	128.6	90.0	Hoi Leung	287.5	184.0	90.0	Dave Walters	785.0	501.4
3	100.0	Andy Childs	295.0	179.8	110.0	Mark Giffen	215.0	126.7	100.0	Andy Childs	290.0	176.7	90.0	Eric Gagnon	755.0	482.8
4	90.0	Dave Walters	280.0	178.9	110.0	Sheldon Duncan	207.5	123.5	110.0	Sheldon Duncan	292.5	174.2	100.0	Andy Childs	772.5	470.7
5	110.0	Mark Giffen	302.5	178.2	100.0	Barry McEvoy	192.5	120.9	100.0	Dave Pigozzo	272.5	168.3	90.0	Hoi Leung	722.5	462.3
6	90.0	Hoi Leung	260.0	166.4	100.0	Andy Childs	197.5	120.4	90.0	Eric Gagnon	262.5	167.9	110.0	Sheldon Duncan	775.0	461.4
7	110.0	Sheldon Duncan	275.0	163.7	90.0	Eric Gagnon	185.0	118.3	90.0	Dave Walters	262.5	167.7	110.0	Mark Giffen	782.5	461.0
8	100.0	Steve Garrett	262.5	162.2	110.0	Craig Hirota	190.0	112.3	100.0	Barry McEvoy	265.0	166.4	90.0	Hoi Leung	697.5	445.5
9	110.0	Pedro Tondo	270.0	160.1	90.0	Hoi Leung	175.0	112.0	82.5	Sandro D'Angelo	242.5	164.4	100.0	Barry McEvoy	687.5	431.7
10	82.5	Sandro D'Angelo	225.0	152.5	125+	Larry Davis	190.0	106.7	110.0	Craig Hirota	272.5	161.1	110.0	Craig Craig Hirota	712.5	421.2

Mens M2																
1	75.0	Glyn Moore	250.0	178.1	125.0	Kari Suutari	236.0	134.6	90.0	Jerry Marentette	282.5	181.3	90.0	Jerry Marentette	755.0	484.5
2	90.0	Jerry Marentette	272.5	174.9	90.0	Jerry Marentette	200.0	128.3	125.0	Ron Strong	310.0	178.9	125.0	Ron Strong	800.0	461.7
3	125.0	Ron Strong	290.0	167.4	75.0	Frank Naudeau	166.0	119.5	125.0	Kari Suutari	300.0	171.0	125.0	Kari Suutari	800.0	456.1
4	100.0	Steve Chomitz	255.0	155.6	125.0	Ron Strong	200.0	115.6	75.0	Walter Urban	227.5	162.7	75.0	Glyn Moore	625.0	445.4
5	125.0	Kari Suutari	272.5	155.4	125.0	Adrian Ninaber	190.0	111.7	75.0	Glyn Moore	225.0	160.3	100.0	Steve Chomitz	695.0	424.2
6	82.5	Frank Nadeau	220.0	152.8	125+	Michael Knott	195.0	109.0	100.0	Steve Chomitz	262.5	160.2	75.0	Frank Naudeau	576.0	414.7
7	75.0	Walter Urban	212.5	151.8	90.0	Herb Greenidge	170.0	108.9	75.0	Barry Simms	210.0	149.8	75.0	Walter Urban	562.5	402.3
8	90.0	Herb Greenidge	227.5	145.7	125.0	Rick Gazdig	190.0	108.6	82.5	Frank Nadeau	210.0	145.8	90.0	Herb Greenidge	625.0	400.4
9	125+	Mike Knott	250.0	139.3	100.0	Steve Chomitz	177.5	108.3	90.0	Herb Greenidge	227.5	145.7	125.0	Rick Gazdig	670.0	383.1
10	125.0	Rick Gazdig	230.0	131.5	75.0	Glyn Moore	150.0	107.1	82.5	John Cahill	212.5	144.1	125.0	Adrian Ninaber	635.0	373.4
Mens Open																
1	82.5	Brandon Summers	300.0	201.7	90.0	Dave Walters	242.5	154.9	60.0	David Heisel	227.5	195.8	125.0	Steve Magistrale	905.0	518.6
2	90.0	Jeff Becker	307.5	197.7	67.5	Art Chan	195.0	151.8	75.0	Art Chan	265.0	191.5	125.0	Kelly Branton	890.5	517.2
3	90.0	Eric Gagnon	307.5	196.6	125+	Steve Magistrale	260.0	147.5	90.0	Jeff Becker	292.5	188.2	90.0	Jeff Becker	800.0	514.3
4	125.0	Kelly Branton	335.0	194.6	90.0	Vincent Byrne	222.5	142.4	125.0	Chris Chris Yantha	322.5	184.5	90.0	Vincent Byrne	802.5	513.8
5	125.0	Jason Byrne	340.0	194.0	110.0	Mike Schin	237.5	141.5	90.0	Hoi Leung	287.5	184.0	82.5	Brandon Summers	760.0	511.0
6	125+	Steve Magistrale	340.0	192.8	125.0	Kelly Branton	242.5	140.8	125.0	Steve Magistrale	320.0	183.4	82.5	Brandon Summers	760.0	511.0
7	125.0	Colin Garnett	330.0	189.9	75.0	Yves Brousseau	192.5	139.5	82.5	Jake Wood	262.5	183.1	67.5	Art Chan	645.0	502.1
8	90.0	Vincent Byrne	295.0	188.9	125.0	Kari Suutari	236.0	134.6	90.0	Vincent Byrne	285.0	182.5	90.0	Dave Walters	785.0	501.4
9	60.0	David Heisel	215.0	185.1	82.5	Brandon Summers	195.0	131.1	125.0	Kelly Branton	313.0	181.8	125.0	Jason Byrne	860.0	490.7
10	100.0	Alex Drolc	300.0	183.2	125.0	Colin Garnett	227.5	130.9	90.0	Jerry Marentette	282.5	181.3	60.0	David Heisel	567.5	488.5
Womens M1																
1	75.0	Jackie Pritchard	162.5	163.3	56.0	Anita Marcinko	82.5	97.2	56.0	Sandra Huerter	137.5	161.8	75.0	Jackie Pritchard	397.5	399.4
2	56.0	Maureen Laporte	117.5	141.6	75.0	Jackie Pritchard	90.0	90.4	56.0	Maureen Laporte	136.0	160.5	56.0	Maureen Laporte	326.0	384.7
3	56.0	Sandra Huerter	120.0	141.2	56.0	Maureen Laporte	75.0	88.5	56.0	Anita Marcinko	135.0	160.2	56.0	Anita Marcinko	322.5	382.7
4	75.0	Karen Allison	145.0	139.1	75.0	Karen Allison	85.0	81.6	56.0	Julie Watkin	130.0	155.1	56.0	Sandra Huerter	322.5	379.5
5	56.0	Julie Watkin	115.0	137.8	56.0	Sandra Huerter	65.0	76.5	56.0	Maureen Laporte	128.0	154.3	56.0	Julie Watkin	302.5	362.5
6	75.0	Ulrike Kruger	142.5	135.5	75.0	Lisa Nigh	75.0	73.1	56.0	Maureen Laporte	128.0	154.3	75.0	Karen Allison	360.0	345.4
7	56.0	Anita Marcinko	107.5	127.6	56.0	Julie Watkin	60.0	71.9	48.0	Sue Thomson	112.5	152.0	48.0	Sue Thomson	250.0	337.8
8	48.0	Sue Thomson	85.0	114.8	90.0	Tracy Dunning	80.0	71.2	75.0	Jackie Pritchard	145.0	145.7	75.0	Ulrike Kruger	347.5	330.3
9	75.0	Lisa Nigh	102.5	99.9	48.0	Sue Thomson	52.5	70.9	90.0	Tracy Dunning	160.0	142.3	52.0	Jayne Major	232.5	297.8
	52.0	Jayne Major	77.5	99.3	67.5	Tammy Coles	62.5	66.9	52.0	Jayne Major	110.0	140.9	75.0	Lisa Nigh	302.5	294.7
Womens Open																
1	60.0	Krista Schaus	150.0	167.2	75.0	Shany Gilbert	110.0	105.3	67.5	Sarah Leighton	162.5	167.5	60.0	Krista Schaus	390.0	434.8
2	75.0	Sarah Frankel	175.0	167.2	67.5	Sarah Leighton	100.0	102.8	60.0	Krista Schaus	150.0	167.2	67.5	Sarah Leighton	420.0	431.9
3	52.0	Trisha Boyle	130.0	165.7	60.0	Krista Schaus	90.0	100.3	52.0	Trisha Boyle	130.0	165.7	52.0	Trisha Boyle	335.0	427.1
4	67.5	Sarah Leighton	160.0	164.5	56.0	Anita Marcinko	82.5	97.2	67.5	Mary Ann Kazor	157.5	165.6	75.0	Sarah Frankel	432.5	413.2
5	75.0	Jackie Pritchard	162.5	163.3	52.0	Trisha Boyle	75.5	97.1	67.5	Sarah Leighton	160.0	164.5	75.0	Jackie Pritchard	397.5	399.4
6	75.0	Courtney Watts	150.0	144.8	82.5	Susan Abbott	105.0	95.9	75.0	Catherine Rohani	160.0	162.4	75.0	Shany Gilbert	402.5	385.2
7	67.5	Anita Santos	140.0	142.9	75.0	Sarah Frankel	95.0	90.8	56.0	Glendy Randall	137.5	162.2	56.0	Maureen Laporte	326.0	384.7
8	56.0	Maureen Laporte	117.5	141.6	75.0	Jackie Pritchard	90.0	90.4	56.0	Sandra Huerter	137.5	161.8	56.0	Anita Marcinko	322.5	382.7
9	56.0	Sandra Huerter	120.0	141.2	56.0	Maureen Laporte	75.0	88.5	52.0	Trisha Boyle	125.0	160.8	56.0	Sandra Huerter	322.5	379.5
10	75.0	Karen Allison	145.0	139.1	75.0	Karen Allison	85.0	81.6	56.0	Maureen Laporte	136.0	160.5	67.5	Mary Ann Kazor	350.0	368.0

Annual General Meeting

Call to Order: 18:15, Adjourn: 21:36

Move to Adjourn: Mike Knott, Second: Hoi

Board of Directors

Title	Name	Present
President	Glyn Moore	Y
Vice President	Barry Antoniow	Y
Secretary	Krista Schaus	N
Treasurer	Jackie Pritchard	N
Registration	Marlene Moore	Y
Referee	Michael Knott	Y
News Letter	Ulrike Kruger	N
Web/Records	Connor Sheehan	N

Regional Chairperson(s)

Northwest	Vacant	
Northeast	Mark Glofcheskie	N
Eastern	Jerry Marentette	Y
Southern	Vacant	

Other Attendees

Shawn O'Halloran	Hoi Leung
Greg Platsko	Dave Hoffman
William T. Jamison	

Agenda

Roll Call	Glyn Moore	Proposer	Second
Introduction of Guests and Tributes			
Reading of Minutes of Previous AGM	Michael Knott	Marlene	Bill J
Presidents Report	Glyn Moore		
Secretary's Report	Krista Schaus		
Treasurer's Report	Jackie Prichard		
Registration Chairperson Report	Marlene Moore		
Referee Chairperson Report	Michael Knott		
Member's Request			
Unfinished Business	Glyn Moore		
Amendments to Constitution			
New Business			

NEW BUSINESS

Topic	News Letter
Proposer	Marlene Moore
Second	Bill J
Issue	Membership for next year
Discussion	Newsletter: need to add big letters about being a card carrying member to compete and attend the AGM in 2010
Action	Include in the Newsletter "In order to attend the Provincial AGM on Jan 23 2010, you will be asked to show your 2010 CPU membership card at the door"
	Accepted
Topic	Membership card
Proposer	Marlene Moore
Second	Bill J
Issue	Membership cards to have Club on it. Someone to contact Mike Armstrong
Action	Marlene: Membership cards to have Club on it. I have spoke to Mike Armstrong and they do have a line for CLUB
	Accepted
Topic	Increase Contest Sanction fee to \$25.00
Proposer	Marlene Moore
Second	Bill J
	Accepted
Topic	Drug Testing
Proposer	Mike K

Second Issue	Bill J We need an action plan provided by the drug committee on procedures and cost.
Discussion	Due to the fact that Drug Testing has been taken over at the National Level, and we have been waiting for information on drug testing processes, and have questions such as what the monies the Provinces send for records is used for, and how is drug testing being funded. Since the inception of the WADA and CCSE, there has been no formal information provided on these issues, and we are looking into getting these answers. When a National Record is broken \$75.00 is collected by the Province from the person, and sent to the CPU.
Results	Need to verify where the monies being sent by the province is getting utilized, and will it help to provide testing based on the province providing
Action	Mike Knott to contact Chris Robb on getting Documentation and provide at Jan 2010 AGM. Accepted

Topic High School Lifter

Proposer	Dave H
Second	Mike K
Issue	Manage High School Records from Provincial 2006 and onwards
Discussion	Records can only be broken at Championships. Members to be added to OPA Membership Name and High School. Dave H has data of all Provincial High School Championships from 2006 forward.
Results	Registration Chairperson to add High School totals to membership numbers Record Name and High School
Action	Marlene to High School lifters to the Add to the Membership list to include them in the OPA Membership totals Accepted

Topic AGM Move to Jan

Proposer	Glyn M
Second	Greg P
Issue	Presently anything voted according to the Constitution, is to take effect Jan 1 following year
Results	Any issue passed during the AGM will take effect after the 1st day of the first full month after the AGM, excluding financial issues, which will take affect on the 1 st of the following year Accepted

Topic Dropping in Weight Class

Proposer	Barry A
Second	Hoi L
Issue	Follow CPU guidelines to move between weight classes at provincial Championships
Discussion	
Amendment	Accepted

Topic 2010 High School Competition

Proposer	Jerry M
Second	Dave H
Issue	Proposal for High School Championships for 2010
Action	Jerry will follow up with a High School in his district for the High School Provincials for 2010 Accepted

AMENDMENTS TO CONSTITUTION

Topic Article XVIII – Provincial Championships

Proposer Michael Knott

Second Dave H

Issue Needs to be changed to reflect the new time frame and combination of Championships

Add

Cutoff Date for all Provincial Championships needs to be at least 2 weeks before the meet. At that time the list of lifters is to be sent to the President and the Referee Chairperson. (This is required to determine if lifters meet qualifications, determine amount of medals, the lifting order can be created, and to ensure a proper number of referees are made available).

Discussion AGM to be held at Jan Provincial Championships. At that time when the number of lifters combined from the Provincial Oct 2009, Intermediates and Bench Champ 2009, and 2010 Provincial is determined then it can be decided whether the 2011 Provincial will be hosted in one 2 day event

Amendment Bill suggested 3 weeks

Results Marlene: Add that she get the list as well
Cutoff date for all Provincial. Championship applications is (3) THREE weeks prior to competition. Meet Director to send List of lifters to President, Referee Chairperson, and Registration Chairperson see Mike Knott's on reason why....include so that the Registration Chairperson can check for valid CPU cards
Accepted, One against

Topic Article XXII Paragraph 8 Sub-Paragraph vii Bench Press Qualifying Totals

Proposer Michael Knott

Second Dave H

Issue This should be changed as per the National standards and add Sub-Juniors.

Amendment Dave H Levels of Competition Sub Juniors need to be added
Accepted

Topic Article XXII Paragraph 8 Sub-Paragraph vii Bench Press Qualifying Totals

Proposer Jerry M

Second Marlene

Issue Dave H, Jerry M, Greg P
Bring new level proposal for Master II and up qualifiers for Bench press
To be brought to 2010 AGM for final approval
Accepted

Topic Article XXII Paragraph 9

Proposer Michael Knott

Second Jerry M

Issue As the Ontario Seniors, Juniors, Sub-Juniors, and Masters are a combined meet, there should be one team trophy to be all inclusive.

Amendment Bill: Leave all trophies as is, and add Womens Team Trophy all age groups

Action Marlene will purchase Mens Open and Womens Trophy
Accepted

Topic Article XXIX

Proposer Michael Knott

Second Bill

Issue Add CPU Web Manager and CPU Records Chairperson
Accepted

Topic

Proposer

Second

Article XXX Contest Sanctions

Michael Knott

Bill

Add

Confirmation of the Meet with Details of Date, Time, Location and Referee provided by club to be sent to Referee Chairperson, and Drug Testing Committee once all conditions are met.

Add

Sanctions will not be granted if all criteria is not met.

Discussion

Marlene

Accepted

Topic

Proposer

Second

Issue

We also need to make sure when we are going to hold the AGM. Will it be with the meets in Jan, or in Sep? More people will be available at the Jan, meet, I do believe. As next year will be a voting year for the Executive, we should make sure of this.

Discussion

Marlene move Intermediates and Bench earlier for 2010 Sep. Dave likes the time it is now.

Results

Leave as is

Topic

Proposer

Second

Issue

ARTICLE XXII - Levels of Competition

Barry Antoniow

Dave H

ADD

a. High school Division (\$2 membership fee) and records
b. ParaPowerlifters Division (a parapowerlifter as defined by the IPC) and records. This division to be included in the Bench Press Provincials

c. Raw Division (Raw as defined by the USAPL) and Records

Rational

In order to promote the sport to new athletes, an official Division of High school, Parapowerlifting and Raw will increase the ability for lifters to compete at their desired levels. There are also Political benefits to having these divisions included in the official constitution. By increasing the number of possible records, this would increase the records revenue and also increase the number of possible drug tests.

Discussion

Dave H: See where it goes with CPU for Paralifting

Amendment

Take out Paralifters

Rejected

Topic

Proposer

Second

Issue

ARTICLE XXII - Levels of Competition

Barry Antoniow

Mike K

CURRENT

7. QUALIFYING COMPETITIONS: A lifter must lift at a provincial championship in order to qualify for the national championships. This means the lifter must actually lift in the competition.

PROPOSED

7. QUALIFYING COMPETITIONS: A lifter must lift at a provincial championship in order to qualify for the national championships. This means the lifter must actually lift in the competition. Or be on a list of the competition support staff (including but not limited to: Meet Director, Spotter, Loader, head table and referee)

Rational

In order to host a well run competition it is difficult to recruit volunteer spotters and loaders who are not powerlifters and for safety issues experienced spotters have a very high value. As well as the meet director it is difficult to compete and make sure that the competition runs

smoothly. Now with larger Provincials this makes it even more difficult to find volunteer staff.

Discussion Marlene agree meet director
Mike with one provincial meet, hard to referee and lift

Amendment Remove spotters loaders and head table referees
Hoi second

Action Only Meet Director for Provincials will have exemption
Accepted

Topic **ARTICLE XXX - Contest Sanctions**
Proposer Barry Antoniow
Second Hoi
Issue **CURRENT**
 1. A sanction application must be received by the Registration Chairperson three months prior to the proposed date or the sanction will be denied. A sanction application will include a completed application form and payment for all fees.
PROPOSED
 1. A sanction application must be received by the Registration Chairperson three months prior to the proposed competition date in order to receive all OPA sanctioning commitments of referees and advertising in the OPA newsletter. A one month "accelerated" sanction may be granted when the meet director/hosting club waives all requirements of the OPA and the club/meet director will be responsible to recruit referees and self promotion. A sanction application will include a completed application form and payment for all fees or the sanction will be denied. The OPA will remain responsible for the referee compensation but it is not the responsibility of the Referee Chairperson to recruit referees in the short notice.
Rational
 One month allows for new events to sanction if events are filled and no room is available to take more lifters. One month also allows enough time for cheques to clear to ensure that the sanctioning fee is paid. Even though it is a very short turn around time for officials, advertising and registrations, it will be the responsibility of the club/meet director to recruit referees, advertise and take registrations.
 Withdrawn

Topic **ARTICLE XXIV Fees**
Proposer Barry Antoniow
Issue Effective January 1, 2010
 a. Individual registration - \$60.00 (No late fee)
 b. Mentally Challenged Para-Olympics, SDO and Blind - \$40.00
 c. High school Membership - \$20
 d. Club affiliation - \$40.00
 e. Sanction fee - \$50.00 (a comprehensive fee to cover all divisions that the meet director wants to list at the time of the sanction submission. I.e. Masters, Jr, and Open)
 a. Associate member - \$25.00
Rational
 Many other IPF organizations and non IPF Federations offer multiple divisions during competitions to help promote the sport. I.e. To compete at a competition you can win the open and masters division. Meet directors charge a small fee for the additional divisions to cover the cost of the awards. The extra sanctioning fee will be put towards a

Referees compensation fund.
 Withdrawn

Topic **ARTICLE XXX - Contest Sanctions**
Proposer Barry Antoniow
Second Hoi
Issue **CURRENT**
 4. Competitions within Ontario will not be sanctioned within 21 days of each other unless the majority of the executive votes to allow an exception. Sanctions will be allowed on a first come first serve basis.
PROPOSED
 4. Competitions within Ontario will not be sanctioned within 7 days of each other unless the majority of the executive votes to allow an exception. Sanctions will be allowed on a first come first serve basis.
Rational
 With the increase in the demand for competitions, a 21 day restriction on competitions is preventing the sport to grow and introduce new lifters. Novice lifters want to do several events a year as do Bench only lifters. This gives the flexibility to hold more events in Ontario.

Amendment Mike: keep 21 days within region, and within 7 days between different regions.
 Hoi second
 Accepted using the Amendment as the standard

Topic **ARTICLE XIX - Provincial Records**
Proposer Barry Antoniow
Second Hoi
Issue **CURRENT**
 1. When breaking a record, National or provincial, a fee of \$75.00 must be sent to the Registration Chairperson.
 8. An Official Records Certificate will be distributed to all record holders by the Records Chairperson for a fee of \$5.00
PROPOSED
 1. When breaking a record, National or Provincial, a fee of \$75.00 for the first record, \$125 for 2 records, \$150 for 3 or more at the same competition. The fee must be sent to the Registration Chairperson. An Official Records Certificate will be distributed to all record holders by the Records Chairperson; a Plaque Awards will also be awarded for each record.
 a. Policy: The plaques will not exceed the cost of \$40 including engraving and shipping. The Record fee will be promoted as a Drug testing fund and the net income from the record fee will be placed in the drug testing budget line item.
 Withdrawn



2010 Membership Application

for residents of Ontario

Required if competing Jan 1, 2010 - Dec 31, 2010 (Includes Newsletter)



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

--. PLEASE PRINT. Complete all areas.

Membership Fees are non-refundable.

Who can become an Ontario Powerlifting Association Member?

- 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.

Are you a new Member? ☐

Name: _____
First Name Middle Initial Last Name

Address: _____ **City:** _____

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

Email: _____

Insurance waiver form that MUST accompany the membership form. Note that there is a separate version of this form for Minors to be signed by the parent/guardian.

***** Both the Waiver and Membership form must be signed before a CPU card can be issued *****

Type of Membership (Check only one)

☐ **Regular: \$65.00/Regular Sub-Junior \$45.00** or ☐ **Special Athlete: \$45.00** or ☐ **Associate: \$30.00**

Note: All members receive the OPA Newsletter several times per year. Regular and Special Athletes receive a CPU card which entitles entry into IPF affiliated contests.

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

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

Affiliated OPA Club: _____ or ☐ Unattached

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

As a member of the Ontario Powerlifting Association, I agree to follow and obey all rules, regulations, and drug testing procedures as specified in the Ontario Powerlifting Association Constitution and Bylaws (available on the OPA website and upon request). 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.

Privacy:

The Ontario Powerlifting Association collects and uses your personal information primarily for the purposes of: a. registration activities associated with the Ontario Powerlifting Association, the Canadian Powerlifting Union and affiliates; b. mailing of periodic newsletters; c. Posting contest results on the website and in the newsletter; d. insurance.

I understand that by joining the Ontario Powerlifting Association, I am granting permission to use my likeness, voice and words on television, radio, films, newspapers, newsletters, on the internet and any other media. As a competitor, I further understand that my age, bodyweight and competition results will be available for scrutiny and posting at competitions as well as in the above described media.

I consent to the information above being made available to our members for networking (e.g. membership lists, newsletters, etc). Only the information that is necessary (and nothing additional) will be shared. This information will not be given out to any other organization.

Medical:

Should there be an instance during a club practice or 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.

Signature (Required): _____ **Date:** _____
(Parent/Guardian if under 18)

Send application & cheque/money order to:
Ontario Powerlifting Association
c/o Marlene Moore, 9 Old Oxford Road
St Catharines, ON L2M 2J7

Make Cheque or Money Order payable to:
Ontario Powerlifting Association

*Allow 4-6 weeks for CPU Cards to be processed.
Registration will not be accepted on the day of a contest.
Rev: 01/07 v1.0

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

For Participants **Over the Age of Majority** in the Province or Territory in which the Athletic Activities are Provided by the Organization

WARNING: THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS, READ IT CAREFULLY! → Every Person MUST Read and Understand this Waiver Before Participating in Athletic Activities

The following waiver of all claims, release from all liability, assumption of all risks and other terms of this agreement are entered into by me (the "Participant") with and for the benefit of **Ontario Powerlifting Assoc.**, its directors, employees, volunteers, coaches, officials, business operators, agents and site property owners or Occupiers (the "Organization"). Occupiers is defined in accordance with the definition of Occupiers contained in the Occupiers Liability legislation applicable to the Province or Territory in which the Athletic Activities are provided by the Organization.

- 1) "Athletic Activities" includes but is not limited to contact and non-contact sports, fitness activities, personal training instruction and activities, use of facilities, and fitness programs and services provided to the Participant by the Organization.
- 2) I am aware that there are inherent and significant risks ("Risks") associated with the participation in Athletic Activities. I am aware that those Risks include but are not limited to the potential for serious personal injury caused by any event or any condition of the facility or equipment where Athletic Activities are provided by the Organization and health risks such as transient light-headedness, fainting, abnormal blood pressure, chest discomfort, muscle cramps or soreness, and nausea. I understand the Risks are relative to my own state of fitness and health (physical, mental and emotional), and to the awareness, care and skill with which I conduct myself while participating in Athletic Activities.
- 3) I freely accept and fully assume all responsibility for all Risks and possibilities of personal injury, death, property damage or loss resulting from my participation in Athletic Activities. I agree that although the Organization has taken steps to reduce the Risks and increase safety of the Athletic Activities, it is not possible for the Organization to make the Athletic Activities completely safe. I accept these Risks and agree to the terms of this waiver even if the Organization is found to be negligent or in breach of any duty of care or any obligation to me in my participation in Athletic Activities.
- 4) I acknowledge my obligation to immediately inform the nearest employee or others of the Organization if I feel any pain, discomfort, fatigue or other symptoms that I may suffer during and immediately after my participation in Athletic Activities. I understand I may stop participation at any time, and I may be requested to stop by an employee or others of the Organization who observes any symptoms of distress or abnormal response.
- 5) I confirm that I have reached the age of majority in the province or territory in which I am participating in Athletic Activities.
- 6) In addition to consideration given to the Organization for my participation in Athletic Activities, I and my heirs, next of kin, executors, administrators, and assigns (collectively my "Legal Representatives"), agree:
 - a) To waive all claims that I have or may have in the future against the Organization;
 - b) To release and forever discharge the Organization from all liability for all personal injury, death, property damage, or loss resulting from my participation in the Fitness Activities due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake or error of judgment of the Organization; and
 - c) To be liable for and to hold harmless and indemnify the Organization from all actions, proceedings, claims, damages, costs demands including court costs and costs on a solicitor

and own client basis, and liabilities of whatsoever nature or kind arising out of or in any way connected with my participation in Athletic Activities.

- 7) I agree that this waiver and all terms contained within are governed exclusively by the laws of the Province or Territory of Canada in which the Athletic Activities are provided to me by the Organization. I hereby irrevocably submit to the exclusive jurisdiction of the courts of that Province or Territory. Any litigation to enforce this waiver must be instituted in the Province or Territory in which the Athletic Activities are provided by the Organization.
- 8) I confirm that I have had sufficient time to read and understand each term in this waiver in its entirety, and have agreed to the terms freely and voluntarily. I understand that this waiver is binding on myself and my Legal Representatives.

☐ Please Initial the box after reading and understanding the above statements and conditions.

Please Print Clearly

Participants Name#	Participant Address	Participant Signature
Organization Witness Name		Organization Witness Signature (if available)
Signed this _____ Day of _____, 20____		



CONTEST SANCTION FORMS

Contact the Registration Chairperson for Contest Sanction Forms:

Marlene Moore: (905) 646-8536

Email: marlene4opa@cogeco.ca

OR

Download from the OPA Website at:

www.ontariopowerlifting.org

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

For Participants Under the Age of Majority in the Province or Territory in which the Athletic Activities are Provided by the Organization

WARNING: THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS, READ IT CAREFULLY!

Every Person MUST Read and Understand this Waiver Before Participating in Athletic Activities. The following waiver of all claims, release from all liability, assumption of all risks and other terms of this agreement are entered into by me on behalf of the Minor Participant (the "Minor") with and for the benefit of **Ontario Powerlifting Assoc.**, its directors, employees, volunteers, coaches, officials, business operators, agents and site property owners or Occupiers (the "Organization"). Occupiers is defined in accordance with the definition of Occupiers contained in the Occupiers Liability legislation applicable to the Province or Territory in which the Athletic Activities are provided by the Organization.

- 1) I am the Parent/Guardian of the Minor and am executing this waiver on behalf of the Minor in my capacity as Parent/Guardian and with the intent that this waiver be binding on myself and the Minor for all legal purposes.
- 2) "Athletic Activities" includes but is not limited to contact and non-contact sports, fitness activities, personal training instruction and activities, use of facilities, and fitness programs and services provided to the Minor by the Organization.
- 3) I am aware that there are inherent and significant risks ("Risks") associated with the participation in Athletic Activities. I am aware that those Risks include but are not limited to the potential for serious personal injury caused by any event or any condition of the facility or equipment where Athletic Activities are provided by the Organization and health risks such as transient light-headedness, fainting, abnormal blood pressure, chest discomfort, muscle cramps or soreness, and nausea. I understand the Risks are relative to the Minor's state of fitness and health (physical, mental and emotional), and to the awareness, care and skill with which the Minor conduct him or herself while participating in Athletic Activities.
- 4) I freely accept and fully assume all responsibility for all Risks and possibilities of personal injury, death, property damage or loss resulting from the Minor's participation in Athletic Activities. I agree that although the Organization has taken steps to reduce the Risks and increase safety of the Athletic Activities, it is not possible for the Organization to make the Athletic Activities completely safe. I accept these Risks and agree to the terms of this waiver even if the Organization is found to be negligent or in breach of any duty of care or any obligation to me or the Minor in the Minor's participation in Athletic Activities.
- 5) I acknowledge on behalf of the Minor the Minor's obligation to immediately inform the nearest employee or others of the Organization if he or she feels any pain, discomfort, fatigue or other symptoms that he or she may suffer during and immediately after his or her participation in Athletic Activities. I understand the Minor may stop participation at any time, and I may be requested to stop by an employee or others of the Organization who observes any symptoms of distress or abnormal response.
- 6) In addition to consideration given to the Organization for the Minor's participation in Athletic Activities, I and my heirs, next of kin, executors, administrators, and assigns, as well as the Minor and his or her heirs, next of kin, executors, administrators, and assigns, (collectively our "Legal Representatives"), agree:
 - a) To waive all claims that I or the Minor have or may have in the future against the Organization;
 - b) To release and forever discharge the Organization from all liability for all personal injury, death, property damage, or loss resulting from the Minor's participation in the Fitness Activities due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake or error of judgment of the Organization; and

- c) To be liable for and to hold harmless and indemnify the Organization from all actions, proceedings, claims, damages, costs demands including court costs and costs on a solicitor and own client basis, and liabilities of whatsoever nature or kind arising out of or in any way connected with the Minor's participation in Athletic Activities.

- 7) I agree that this waiver and all terms contained within are governed exclusively by the laws of the Province or Territory of Canada in which the Athletic Activities are provided to me by the Organization. I hereby irrevocably submit to the exclusive jurisdiction of the courts of that Province or Territory. Any litigation to enforce this waiver must be instituted in the Province or Territory in which the Athletic Activities are provided by the Organization.
- 8) I confirm that I have had sufficient time to read and understand each term in this waiver in its entirety, and have agreed to the terms freely and voluntarily. I understand that this waiver is binding on myself as Parent/Guardian, the Minor and our Legal Representatives.

☐ Please Initial the box after reading and understanding the above statements and conditions.

Please Print Clearly

Participants Name	Participant Address	Participant Signature
Parent/Guardian Name	Parent/Guardian Address	Parent/Guardian Signature
Organization Witness Name	Organization Witness Signature (if available)	

Signed this _____ Day of _____, 20____



ONTARIO POWERLIFTING ASSOCIATION

Referees Needed!!!

The Ontario Powerlifting Association
needs more referees

Contact the Referee Chairperson:

Michael Knott (519) 317-6078

Email: Mike_Knott@bell.net

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.



2010 - 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>	National or Provincial Record Application Form																											
Application for: <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+	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 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																											
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<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+																											
Lifter Information: Name: _____ City: _____ Prov: _____ Phone: _____ Postal: _____ CPU# _____ Wt Class: _____ Precise Body Wt. _____ Doping Control Sample#: _____	Competition Information: Name of Competition: _____ Location/Address: _____ City: _____ Prov: _____ Date of Competition: _____ <table border="1" style="width: 100%; border-collapse: collapse;"><thead><tr><th>Attempt</th><th>1st</th><th>2nd</th><th>3rd</th></tr></thead><tbody><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></tbody></table>		Attempt	1 st	2 nd	3 rd	Squat				Bench Press				Deadlift				Total									
Attempt	1 st	2 nd	3 rd																									
Squat																												
Bench Press																												
Deadlift																												
Total																												
I have checked all the data and all lists and hereby state that everything is in order: Date: _____ Signature: _____	Send completed form to 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

Capital Barbell

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

Defining Strength

Susan Abbott (905) 768-4723
P.O. Box 988
Hagersville ON N0A 1H0
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 Drolc (519) 767-3332
alex_drolc@hotmail.com

Iron Works Powerlifting Club

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

K.W. Grizzlies

Adele Couchman (519) 744-4881
acouchman@sympatico.ca

London Powerlifting Club

Terry Stinchcombe (519) 681-4766
18 Locust Cres
London ON N6E 2K2
londonpowerlifting.org

Monster Powerlifting Club

Harnek Singh Rai (416) 569-1488
6 Yukon Lane
Brampton ON L6P 1L4
harnekpowerlifting@yahoo.com

Niagara Powerlifting Club

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

Ottawa Strong

Eytan Rip (613) 594-8000
Eytan.rip@gmail.com

Phoenix Fitness

Andy Childs (905) 648-0226
1015 Golf Links Rd.
Ancaster ON L9K 1L6
andy@phoenixancaster.com
www.phoenixancaster.com

Power Pit Gym

Jerry Marentette (519) 727-6096
1530 County Rd. 22
Belle River ON N0R 1A0

PoweReach

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139 Willand Lane RR3
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ethna@sympatico.ca

St Thomas Powerlifting

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

Steel City Powerlifting Club

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

SWIS Powerlifting Team

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Ken.kinakin@sympatico.ca

Team Barbarian

Josh Hewett (416) 931-0800
josh@top-form-fitness.com
www.teambarbarian.com

Titans of Mississauga

Pascall Tyrrell (905) 842-6701
Pascal.tyrrell@gmail.com

Ultimate Fitness Gyms

Sarah Leighton (613) 433-8282
sarah@ultimatefitnessgyms.com
www.ultimatefitnessgyms.com

Ontario Powerlifting Association Board of Directors

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gmoore82@cogeco.ca

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Vacant

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Bill Jamison

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connorsheehan@hotmail.com

Referee Chairperson:

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1002-860 Commissioners Rd E
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Mike_Knott@bell.net

Regional Chairpersons:

Northwest (vacant)
Northeast: (vacant)

Southern:

Jerry Marentette
1530 County Rd 22
Belle River, ON N0R 1A0
Email: opa.southern@ontariopowerlifting.org

Eastern:

Vacant

Newsletter:

Ulrike Kruger
rekapower@gmail.com

Other Officials:

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1110 Main Street N
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jeff@powerlifting.ca