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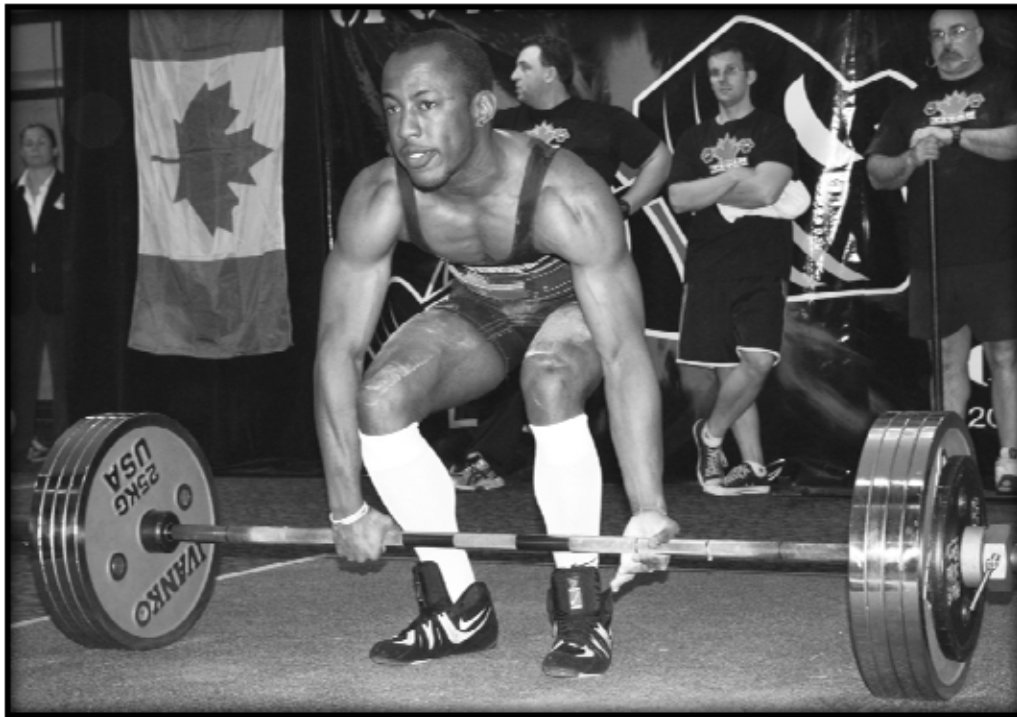


Ontario Powerlifting News

May 2010, Volume 61, Issue 1

Official Newsletter of the Ontario Powerlifting Association

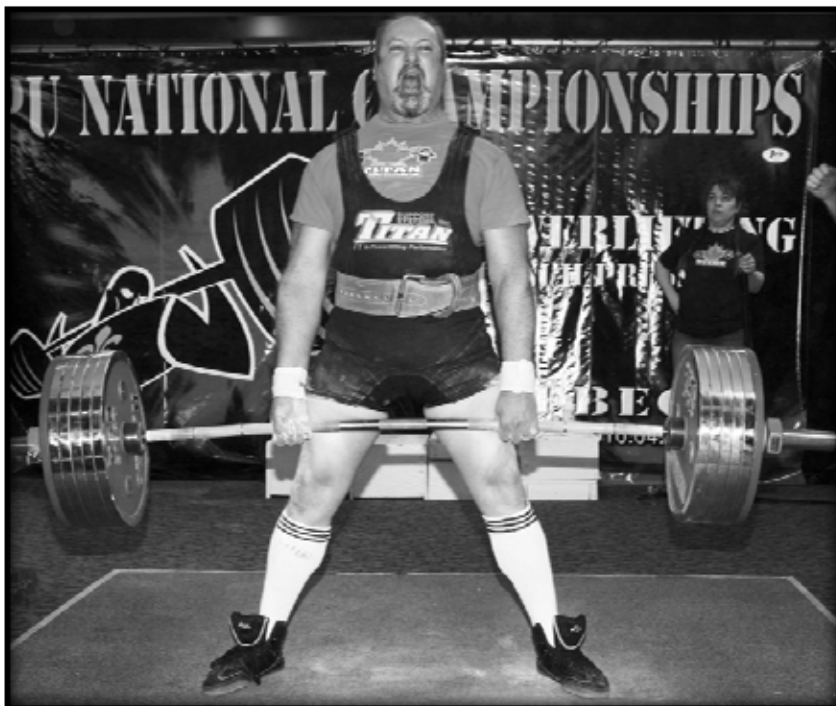
www.ontariopowerlifting.org



CPU Nationals: Jamie Stephens, Ashley Werner, Ron Strong

IN THIS ISSUE:

- 2010 Provincial Results
- CPU National Results
- Upcoming Events
- 2010 AGM Minutes
- Updated Records



From the President

- Glyn Moore

As this was a transitional year for the Ontario Championships, lifters had two opportunities to qualify for the Canadian Championships. In October there were 50+ lifters in Ottawa and St. Catharines had an additional 70+ lifters in January. This lays the foundation for a huge Ontario Provincial Championship weekend to be held in London in January 2011. I am sure that Terry Stinchcombe and his team are working hard to host a first rate contest that the OPA can be proud of. With there being two World Championships in Canada next year I feel that the competition to make the National teams will be fierce.

The Canadian Powerlifting Championships in Quebec City was a huge success, climaxed by the incredible World Masters deadlift record being set by the ever popular Ron Strong. There were over two hundred powerlifters competing excluding bench press only lifters. Next year in PEI there are expectations of up to 250 lifters. One thing I would like to address is the lifting schedule. Louis Levesque had scheduling problems due to the volume of lifters and suggested a few changes. He was met by a huge uproar from some of our lifters and the decision to go back to the original schedule resulted in lifting being carried out late on Friday and Saturday night. It is the lifters responsibility to allow for schedule changes as all schedules are tentative until the final numbers of entries are received. When booking for a National Competition please allow time for changes in scheduling or you might find yourself unable to compete if changes have to be made.

At the AGM it was decided that three National Class Referees are required to set a Canadian Record. The previous ruling only required two National Class Referees. Our drug testing committee is actively involved with introducing 'out of contest' drug testing which will

be a huge step in deterring possible cheaters from joining the CPU. Final details of how this will be implemented will be announced soon.

CPU membership is continuing to climb and we are on track to surpass last years total membership of 245. The high school program is growing rapidly and a recent contest held at Westdale School in Hamilton had 60 high school lifters competing. Bill Jamison had many lifters and Coach Dave Walters had 24 lifters from his own High School. This is such a positive sign for the growth of our sport. With the excellent coaching these students have been receiving, the future for powerlifting is looking very bright.

Referee Report

- Michael Knott

The year has started off well. Trisha Boyle passed her Provincial Level II referee Exam. Jerry Marentette, and Scot Seguin passed their National referee Exams at this years Nationals, and Lynda Squires passed her Provincial Level I test.

We need to ensure that when hosting a meet, the referees and platform personnel are taken care of.

As per Article XXX Paragraph 3, the club must supply a referee to work the contest and that the referees are provided one meal and specifically water while refereeing.

Any club proposing a sanction for a meet shall provide one referee. This official must be an active referee, Level II Provincial or higher. The designated referee must be present at the meet to function in whatever capacity deemed necessary by the Referee Chairperson. The host club must provide one meal per day for each referee officiating.

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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, Harnek Singh Rai, Daniel Pare, Trish Boyle, Lori Zozzolto, Ulrike Kruger, Mike Knott, Jake Wood, Mike Wood, Mark Boyle

Photos Front Cover: Harnek Singh Rai

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

Newsletter Deadline:

Aug 28, 2010

Submissions:

rekapower@gmail.com

Profile: The Woods Brothers

By: Lori Zozzollo

Brothers, friends, and powerlifters, Mike and Jake Wood are all of these and more. The two St. Catharines brothers are junior lifters who train and compete against each other in the same age and weight category in a friendly sibling rivalry.

Mike Wood, 23, who runs his own landscaping business, has been lifting weights since he was 17 and discovered what it could do for him.

"I was always the little kid in high school. I was skinny and small," Mike explained. "When I lifted weights I noticed changes and started going with it."

Mike credited his older brother, Jim, 29, with introducing him to powerlifting. Mike had watched Jim train for years and when he finally tried it he said: "I got addicted to powerlifting."



The Woods Brothers

Mike began competing in powerlifting competitions in 2007. He lifted raw until he gradually acquired equipment.

"I lifted raw and loved it. Everything felt great," Mike said. "Then I slowly added gear: first a bench shirt and wraps, then I went full out."

Since then, Mike has competed in his first Nationals in April 2010 in Quebec. He finished with a 645kg total and a Wilks of 446.

Brothers Mike and Jim are so committed to powerlifting that they turned the basement of their house into a powerlifting gym, complete with a squat rack, a bench and over 500 lbs of weights. Between the two of them they also decided to make over younger brother, Jake, who weighed an alarming 255 lbs in 2008.

"We decided, we gotta buff this guy (Jake)," Mike said. "We gotta get him into some kind of program other than the computer. We wanted to get him more healthy."

The results of their efforts have been astounding. Jake, who is studying to be an automotive mechanic, lost over

Calendar

Date	Event
May 15	London Open
Jun 5	Belle River Push Pull / 3-Lift
Jun 19	Titans UTM Powerlifting Competition
Jul 17	4 th Annual Ottawa Open
Aug 21	8 th Annual Niagara Open
Aug 28	Newsletter Deadline
Submissions: rekapower@gmail.com	

70 lbs and has become a dedicated and accomplished powerlifter.

"Before I got in the gym, I was on my computer. I got smart," Jake said. "I kicked my own ass in the gym. It was a big life change. I owe a lot to my brothers...they gave me the initial push and I've been keeping it going ever since."

That momentum includes setting a Sub-Junior deadlift record of 252.5 kg in the 82.5 kg category at the 2008 Ontario Provincials. And at the 2010 Nationals Jake broke the Ontario Junior deadlift record with a lift of 275.5 kg in the 82.5 kg category.

Jake said he "has the powerlifting bug and would like to lift for life

or until my knees wear out, or I'm a Masters III. Or maybe they'll have to make a Masters IV category for me. Lifting comes before almost anything for me."

Older brother, Mike is proud of his brother. "People always bust my chops about Jake. They say, 'are you going to let your little brother out lift you?' But I ignore it. I say he deserves it. When he beats me I'm happy for him, it makes me train harder."

Both Mike and Jake agree that having a brother as a training partner is an ideal situation for them.

"When me and Jake work out together, I have my better workouts. When he's there we push each other. We're not competitive, we're pushing each other," Mike said.



Jake – before powerlifting

Mike stated that one of his ultimate goals in powerlifting is to lift at a World Powerlifting competition with his brother.



Mike Wood

- photo H Rai

"I would like to go to the World's with Jake and compete with him. That would mean that we would be number one and number two...we would both break a record."

When asked what it's like to train with his brother, Jake answered: "It's good. We're always there for each other. We're competitive, but in a good way. We push each other."

The two brothers said that they enjoy powerlifting because it is a fun way to stay physically fit, and because the people they have met are so welcoming and helpful. Mike and Jake are very thankful for the support they have received from their parents and the friends they have made at the Niagara Powerlifting Club. They said their next goal is to convince their older brother, Jim, to come and compete with them.

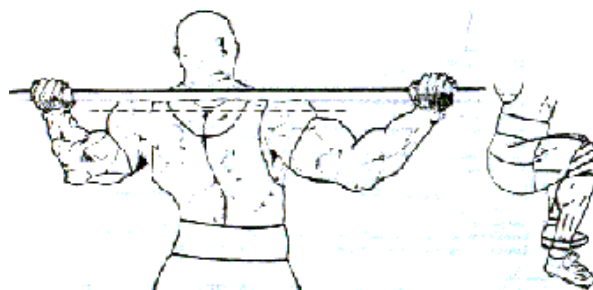


Jake Wood

- photo H Rai

Causes for disqualification of a Squat:

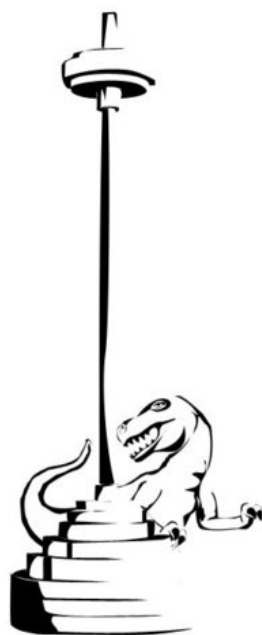
1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
4. Stepping backward or forward although lateral movement of the sole and rocking the feet between the ball and heel is permitted.
5. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees, as in the diagram.
6. Any movement of the bar on the back more than the diameter / thickness of the bar below its starting position.
7. Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals in order to make the lift easier.
8. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
9. Any dropping or dumping of the bar after completion of the lift.
10. Failure to comply with any of the items outlined under Rules of Performance for the squat.



(from the IPF rulebook)

Profile – Toronto Rex

By: Mark Boyle



Toronto Rex Powerlifting Club is a new club that registered in January of 2010. Its members have been training together for almost one year at Adrenaline Fitness in north Toronto. Its members were initially brought together by Josh Hewett who runs the Team Barbarian strongman and powerlifting clubs however the members decided it was important to have a club with "Toronto" in the name in order to attract new members in the GTA area. The Toronto Rex was chosen because it could be shortened to T-Rex leading to an obvious choice for the logo (however, with its short arms, the T-Rex likely wasn't a great deadlifter).

Toronto Rex currently has 5 active members and several other lifters who have come out on occasion. Ulrike Kruger and Craig Hirota are experienced lifters who are coming back after a layoff from powerlifting. Sarah Frankel is another experienced lifter who has been lifting steadily for over a decade and was the Ontario champion in 2008. Mark and Trish Boyle are a husband and wife duo who are both relatively new to powerlifting.

Craig, Ulrike, Sarah and Trish recently competed at the National championships in Quebec city. The trip was very successful with all of the competitors receiving medals. The members are all very excited about the future potential of the club and hope get several new lifters to join in the coming month.

2010 National Bench Ontario Results

Apr 11, 2010 Quebec

Cat	Wt Cls	Name	BW	Bench	Wilks
F-M2	90+	Ellynn Dickson	109.4	85.0	69.19
M-M1	90	Robert Truchon	88.5	92.5	59.57
M-M2	125	Fred English	111.1	180.0	105.61
M-M2	110	Adrian Ninaber	108.9	185.0	109.21
M-M2	100	Miroslav Koprnický	98.9	175.0	106.98
M-M2	90	Jerry Marentette	90	185.0	118.10
M-O	100	Serge Leduc	98.1	200.0	122.68
M-O	90	Barry Antoniow	86.5	195.0	127.13
M-O	82.5	Steve Spilak	79.4	162.5	111.47
M-O	75	Arthur Chan	72.2	175.0	128.14
M-SJR	67.5	Dalton Major	66.4	120.0	93.76
M-SO	100	Shane Risto	99.8	145.0	88.32

St Thomas Open

Daniel Pare
Apr 17, 2010

Wt	Name	Squat	Bench	DL	Total	Wilks
Women						
60	Julie Watkin	130.0	70.0	160.0	360.0	402.7
60	Lynn Wardle	95.0	57.5	120.0	272.5	309.6
Men						
75	Mark MacWilliams	185.0	130.0	170.0	485.0	348.2
82.5	Steve R. Spilak	197.5	162.5	190.0	550.0	378.5
82.5	James Newton	202.5	122.5	215.0	540.0	369.8
82.5	Matthew Giesa	200.0	115.0	210.0	525.0	354.0
82.5	Brad Dobbs	167.5	97.5	205.0	470.0	317.0
90	Mike Dickinson	222.5	145.0	265.0	632.5	405.9
90	Jamie Lavoie	210.0	177.5	215.0	602.5	388.0
100	Roberto Celio	260.0	160.0	272.5	692.5	422.3
110	Dan Pinkney	260.0	155.0	265.0	680.0	400.9
125	Douglas Block Hansen	185.0	100.0	205.0	490.0	285.1

I want to take this occasion to thank to following people for their help:

Equipment	Michael Knott and the London Powerlifting Club, Glyn and Marlene Moore
Set up / Tear down	Steven and Derek Johnson, Jake Woolley, Sandra Huerter, Brett Baresich.
Head table	Michael Knott - announcer, Marlene Moore, Derek Johnson and Jake Woolley scorekeeping
Loaders and spotters	Steve Garrett, Connor Garrett, Brett Baresich
Referees	Linda Squires, Trish Boyle, Glyn Moore

London Open

Date:	May 15, 2010 Time: 9:00am
Location:	Ultimate Workout Centre 595 Exeter Rd London, ON
Host:	London Powerlifting Club Terry Stinchcombe
Cost:	\$60 made payable to London Powerlifting Club
Send to:	Terry Stinchcombe 18 Locust Cr London, ON N6E 2K2
Contact:	(519) 681-4766 Email: karnterr@primus.ca londonpowerlifting.org
Entry Deadline:	Apr 30, 2010



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

2010 Ontario Championships

Jan 23-24, 2010 St Catharines

Age	Wt Cls	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
Women									
Jr	60	Kristen Sweeney	Phoenix	59.1	105.0	50.0	141.0	296.0	333.9
Jr	67.5	Ashley Werner	Defining Edge	65.0	105.0	72.5	143.0	320.5	336.2
Jr	67.5	Stacey Jensen	.	64.7	105.0	62.5	125.0	292.5	307.9
Jr	75	Rebecca McKeen	Iron Works	68.7	125.0	60.0	147.5	332.5	335.1
M1	60	Julie Watkin	.	59.3	130.0	67.5	151.0	348.5	392.1
M1	75	Jackie Pritchard	Niagara	72.9	150.0	90.0	145.0	385.0	372.7
M1	82.5	Ulrike Kruger	Toronto Rex	75.3	165.0	67.5	155.0	387.5	367.5
M1	90	Tracy Dunning	.	83.5	110.0	85.0	162.5	357.5	319.8
M2	48	Sue Thomson	Capital Barbell	47.4	80.0	57.5	100.0	237.5	317.5
M2	56	Grace Bartel	Niagara	53.8	80.0	57.5	125.0	262.5	318.7
M2	60	Jane Lessard	.	59.5	115.0	67.5	117.5	300.0	336.6
M2	67.5	Althea Flegg	.	60.2	125.0	60.0	120.0	305.0	339.2
M2	82.5	Karen Allison	.	79.7	147.5	80.0	140.0	367.5	337.0
M2	90+	Mary Lupton	Defining Edge	93.5	90.0	45.0	122.5	257.5	219.2
M3	67.5	Carol Brady	Defining Edge	65.9	75.0	47.5	90.0	212.5	220.7
Open	56	Maggie Rafferty	Iron Works	55.8	110.0	62.5	120.0	292.5	345.1
Open	67.5	Mary Ann Kaczor	.	66.1	137.5	75.0	162.5	375.0	388.6
Open	67.5	Anita Santos	Defining Strength	67.1	142.5	70.0	145.0	357.5	366.4
Open	75	Krista Miller	Defining Strength	71.9	102.5	60.0	125.0	287.5	280.9
Open	75	Natasha Farrell	Defining Strength	73.9	115.0	45.0	115.0	275.0	263.9
Open	75	Sonja Bedic	Defining Edge	74.6	97.5	50.0	125.0	272.5	259.9
Men									
SubJr	67.5	Dalton Major	PowerPit	65.1	202.5	122.5	220.0	545.0	432.8
SubJr	82.5	Phillip Tofflemire	PowerPit	80.7	150.0	107.5	197.5	455.0	308.9
SubJr	125+	Chad Farquhar	Steel City	136.2	227.5	162.5	230.0	620.0	347.9
SubJr	125+	Shaun Mcfadden	London	140.4	215.0	135.0	215.0	565.0	315.6
Jr	75	Justin VanSchyndel	Iron Foundation	70.7	192.5	142.5	187.5	522.5	388.6
Jr	82.5	Mark Whitworth	Steel City	82.4	195.0	142.5	195.0	532.5	357.0
Jr	82.5	Brian Whitworth	Steel City	80.7	190.0	135.0	190.0	515.0	349.7
Jr	90	Dave Jastrubecki	Niagara	86.8	227.5	130.0	225.0	582.5	379.0
Jr	100	Marlon Obratoski	Iron Foundation	99.0	320.0	210.0	282.5	812.5	496.5
Jr	100	Andrew Cameron	Steel City	99.1	275.0	172.5	260.0	707.5	432.2
Jr	110	Arlen Montrope	Lakeside	107.6				0	0
Jr	125	Justin Burns	Lakeside	123.5				0	0
Jr	125+	Tom Stoffelson	.	149.0	255.0	172.5	265.0	692.5	383.5
M1	82.5	Greg Platsko	PowerPit	82.4	190.0	170.0	247.5	607.5	407.3
M1	82.5	Sandro D'Angelo	Iron Works	80.1	220.0	145.0	240.0	605.0	412.7
M1	90	Jeff Becker	Iron Foundation	89.2	305.0	192.5	292.5	790.0	506.6
M1	90	Hoi Leung	Niagara	89.4	267.5	177.5	295.0	740.0	474.0
M1	100	Barry McEvoy	Lakeside	95.6	260.0	205.0	250.0	715.0	443.5
M1	100	Dave Pigozzo	Iron Foundation	96.6	245.0	170.0	275.0	690.0	426.0
M1	110	Mark Giffin	Iron Foundation	109.0	310.0	215.0	282.5	807.5	476.6
M1	110	Andy Childs	Phoenix	106.1	305.0	205.0	290.0	800.0	476.3
M1	125	Sheldon Duncan	PowerPit	111.4	207.5	162.5	265.0	635.0	372.3
M2	75	Frank Nadeau	Niagara	72.6				0	0
M2	75	Walter Urban	Iron Foundation	74.9	205.0	125.0	222.5	552.5	394.1
M2	75	Barry Simms	London	74.8	150.0	100.0	175.0	425.0	303.4
M2	82.5	Stan Goss	London	82.1	160.0	97.5	185.0	442.5	297.3
M2	100	Steve Chomitz	Golden Triangle	99.4	237.5	193.0	250.0	680.5	415.1
M2	100	Paul Francis	London	99.3	190.0	160.0	205.0	555.0	338.7
M2	110	Adrian Ninaber	PowerPit	108.1	215.0	177.5	237.5	630.0	372.8
M2	110	Miroslav Koprnický	.	100.5	185.0	177.5	202.5	565.0	343.2
M2	110	Blake Giberson	PowerPit	108.8	182.5	152.5	207.5	542.5	320.4
M2	125	Ron Strong	PowerPit	118.4	280.0	195.0	305.0	780.0	449.9
M2	125+	Mike Knott	London	143.8				0	0
M3	90	Marvin Kelso	.	89.0	205.0	132.5	200.0	537.5	345.1
M3	100	Jack Taylor	Niagara	94.0				0	0
Open	75	Jamie Stephen	.	69.1	195.0	125.0	225.0	545.0	412.5
Open	90	Dave Walters	Phoenix	89.4	285.0	240.0	240.0	765.0	490.0
Open	90	Dave Bolton	Iron Foundation	88.8	255.0	167.5	295.0	717.5	461.2
Open	90	Mike Dickinson	Iron Foundation	89.1	275.0	172.5	260.0	707.5	454.0
Open	90	Vince Byrne	PowerPit	89.8	237.5	182.5	257.5	677.5	433.0
Open	90	Barry Antoniow	Iron Works	88.7	227.5	235.0	182.5	645.0	414.9
Open	100	Brandon Ward	Golden Triangle	98.9	265.0	195.0	282.5	742.5	453.9
Open	110	Tim Ekert	PowerPit	109.5	225.0	215.0	262.5	702.5	414.0
Open	125	Jason Byrne	PowerPit	125.0	280.0	200.0	320.0	800.0	455.9
Open	125	Kelly Branton	PowerPit	123.9	295.0	192.5	275.0	762.5	435.3
Open	125+	Stephen Jesso	Lakeside	174.6	350.0	245.0	300.0	895.0	484.0

4th Annual Ottawa Open

Date: Jul 17, 2010

Time: 9:00am Bench, 10:30am 3-Lift

Location: Travel Lodge Hotel, 1376 Carling Ave, Ottawa, ON

Host: Iron Works Powerlifting Club
Sandro D'Angelo, Art Chan

Cost: \$65 made payable to Sandro D'Angelo

Send to: Sandro D'Angelo
630 Du Parc Ave
Russell, ON K4R 1G4

Contact: sandrodangelo@rogers.com
(613) 769-7747

Entry Deadline: Jul 1, 2010

Belle River Push Pull

/3-Lift

Date: Jun 5, 2010 Time: 9:30am

Location: Power Pit Gym
1530 County Rd. 22
Belle River, ON

Host: Power Pit Powerlifting Club
Jerry Marentette

Cost: \$55 made payable to Jerry Marentette

Send to: Power Pit
1530 County Rd. 22,
Belle River, ON N0R 1A0

Contact: (519) 727-6096

Entry Deadline: May 28, 2010

Titans UTM/3-Lift

Date: Jun 5, 2010 Time: 9:30am

Location: University of Toronto
at Mississauga Athletics

Host: Titans of Mississauga
Pascal Tyrrell

Cost: \$55 made payable to UTM Athletics

Send to: UTM Athletics, 476 Candler Road
Oakville, ON L6J 4X6

Contact: (905) 842-6701
Pascal.tyrrell@gmail.com

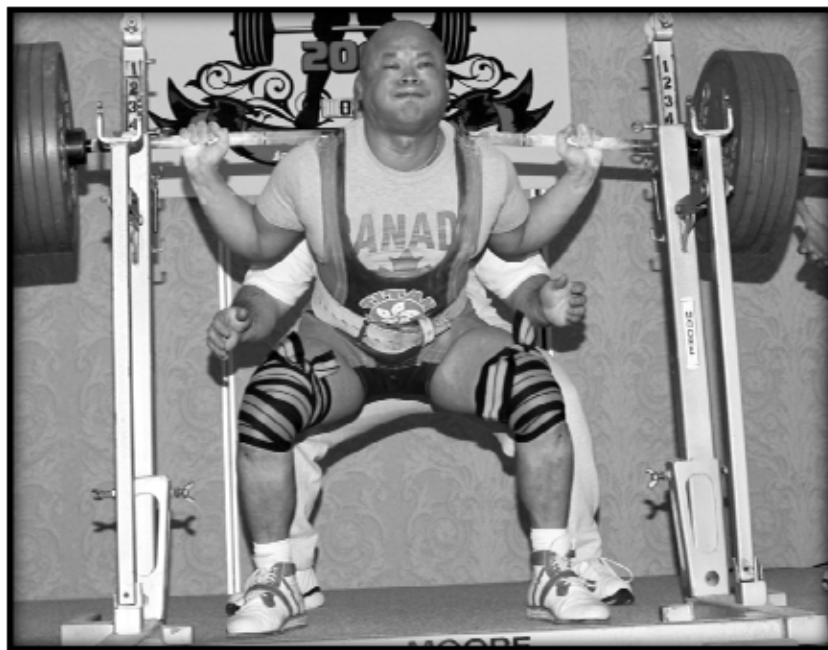
Entry Deadline: May 8, 2010

Note: Special Athletes 3-Lift



Grace Bartel

- Photo: H Leung



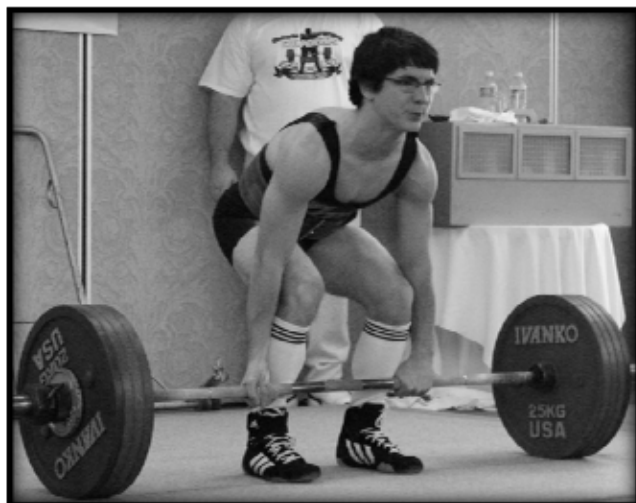
Hoi Leung

- Photo: H Leung



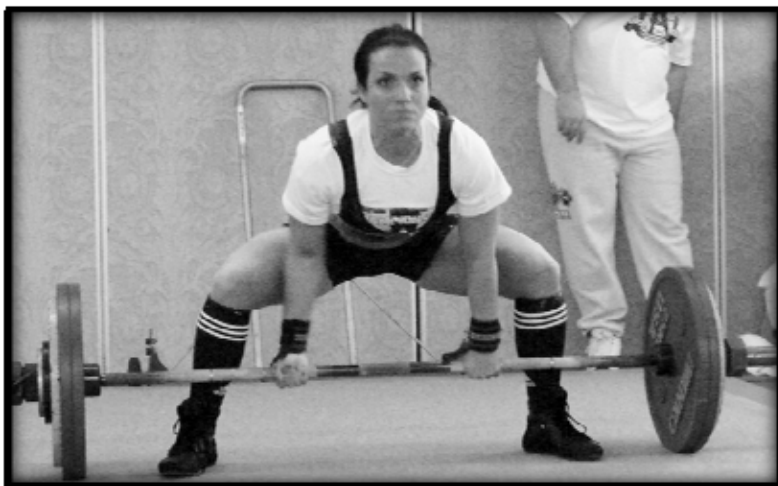
Jeff Becker

- Photo: U Kruger



Dalton Major

- Photo: U Kruger



Mary Ann Kaczor

- Photo: L Zozzolotto



Jackie Pritchard

- Photo: L Zozzolotto



Marvin Kelso
Dave Bolton

- Photo: U Kruger



TITAN POWERLIFTING EQUIPMENT IN CANADA

Fury & F6 bench shirts: \$110 Custom made: \$145 (All taxes incl.)

Katana bench shirts: \$165 (Angle sleeve or straight sleeve) Custom made: \$200

Super Katana bench shirts: \$185 (A/S or S/S) Custom made: \$220

Superior squat suit: \$85 **Deadlift suit (Velocity):** \$185

Centurion suit: \$165 Custom Centurion : \$200

Super Centurion suit: \$185 Custom Super Centurion : \$220

Singlet: Titan singlet with logo : \$55

Knee wraps : THP ,TITANIUM, MAX RPM Knee wraps : \$35

Wrist wraps : THP, TITANIUM, MAX RPM 24 in. wrist wraps : \$26

12 in. wrist wraps : \$22 50cm. wrist wraps : \$24

Deadlift slippers : \$10 **Powerwash:** \$10.00 **Titan socks:** \$8.50 **Wrap roller:** \$50.00

T-shirts : S-XL : \$15.00 2XL : \$16.00 3XL : \$17.00 4XL : \$25.00 5XL : \$29.00

Shipping : In Ontario for a suit or a shirt : \$12 (3 or 4 days delivery) COD: \$8

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

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

Send payment and details of order to : **LOUIS LÉVESQUE**

681 Avenue du Parc, Sherbrooke, QC J1N 3N5

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

2010 Nationals/Ontario Results Apr 8-11, 2010 Quebec

Age	Wt Cls	Name	BW	Squat	Bench	DL	Total
Women							
Junior	60	Kristen Sweeney	59.9	110.0	57.5	132.5	300.0
Junior	67.5	Ashley Werner	64.2	142.5	85.0	145.0	372.5
Junior	67.5	Rebecca McKeen	66.7				
M1	75	Jackie Pritchard	73.0	150.0	103.0	150.0	403.0
M1	75	Ulrike Kruger	73.7	155.0	77.5	167.5	400.0
M1	75	Lisa Nigh	71.4	120.0	85.0	140.0	345.0
M2	48	Sue Thomson	47.5	92.5	65.0	112.5	270.0
M2	56	Grace Bartel	53.9	95.0	67.5	137.5	300.0
M3	67.5	Carol Brady	65.5	95.0	47.5	92.5	235.0
Open	52	Trisha Boyle	50.4	141.5	77.5	137.5	356.5
Open	56	Maggie Rafferty	55.4	125.0	77.5	120.0	322.5
Open	67.5	Anita Santos	66.8	147.5	75.0	150.0	372.5
Open	67.5	Ricki-Lee Pitman	67.2	115.0	60.0	135.0	310.0
Open	67.5	Sarah Leighton	65.6	177.5			
Open	67.5	Mary Ann Kaczor	65.1	132.5			
Open	75	Sarah Frankel	72.5	167.5	95.0	152.5	415.0
Open	75	Sonja Bedic	73.4	130.0	57.5	135.0	322.5
Open	75	Krista Miller	73.3	117.5	57.5	125.0	300.0
Open	75	Natasha Farrell	73.1	120.0	45.0	127.5	292.5
Open	82.5	Susan Abbott	80.7	130.0	110.0	112.5	352.5
Men							
Blind	90	Robert Truchon	88.5	190.0	150.0	190.0	530.0
Blind	125	Tim Ekert	117.8	225.0	190.0	250.0	665.0
Blind	100	Adam Bury Bury	95.5	205.0	147.5	222.5	575.0
Junior	56	Steven Earl	55.5	145.0	90.0		
Junior	67.5	Kyle Vineham	67	195.0	130.0	182.5	507.5
Junior	75	Justin Van Schyndel	70	202.5	135.0	190.0	527.5
Junior	82.5	Mike Wood	78.4	222.5	167.5	255.0	645.0
Junior	82.5	Jake Wood	79.4	215.0	147.5	275.5	638.0
Junior	82.5	Mark Whitworth	81.3	200.0	132.5	195.0	527.5
Junior	82.5	Brian Whitworth	81.9	195.0	137.5	195.0	527.5
Junior	90	Dave Jastrubecki	89.3	217.5	142.5	237.5	597.5
Junior	110	Andrew Cameron	100.8	260.0	202.5	247.5	710.0
M1	82.5	Jeff Becker	82.3	295.0	185.0	290.0	770.0
M1	82.5	Sandro D'Angelo	81	237.5	147.5	250.0	635.0
M1	90	Hoi Leung	89.9	265.0	185.0	285.0	735.0
M1	100	Barry McEnvoy	95.5	265.0			
M1	110	Mark Giffen	109.4	320.0	242.5	297.5	860.0
M1	110	Craig Hirota	105.8	242.5	197.5	280.0	720.0
M1	110	Andy Childs	104.8	240.0	167.5	260.0	667.5
M1	125	Sheldon Duncan	111	290.0	217.5	300.0	807.5
M2	75	Glyn Moore	74.9	232.5	152.5	210.0	595.0
M2	75	Walter Urban Urban	74.8	210.0	127.5	225.0	562.5
M2	82.5	Stan Goss Goss	82.3	185.0	120.0	207.5	512.5
M2	100	Jerry Marentette	90.2	265.0	182.5	267.5	715.0
M2	100	Miroslav Koprnicky	99.1	185.0	180.0	192.5	557.5
M2	110	Adrian Ninaber	108.7	237.5	192.5	250.0	680.0
M2	125	Ron Strong	116.7	297.5	185.0	320.5	803.0
M2	125+	Mike Knott	145.5	240.0	192.5	195.0	627.5
M3	90	Marvin Kelso	88.4	192.5	142.5	200.0	535.0
M3	100	Jack Taylor	93.1	180.0	115.0	182.5	477.5
Open	67.5	Jamie Stephen	67.4	205.0	135.0	245.0	585.0
Open	67.5	Arthur Chan	67.2	210.0			
Open	90	Dave Walters	89.8	287.5	240.0	250.0	777.5
Open	90	Jason Platts	89.9	270.0	197.5	275.0	742.5
Open	90	Eric Gagnon	90	335.0			
Open	90	Barry Antoniow	85.8	210.0			
Open	110	Brandon Ward	101.3	262.5	190.0	285.0	737.5
Open	110	Stephen Mackie	108.2	275.0	185.0	275.0	735.0
Open	125	Kelly Branton	123.5	367.5	255.0	315.0	937.5
Open	125	Steve Magistrale	124.1	335.0	245.0	325.0	905.0
Open	125	Jason Byrne	124.4	342.5	237.5	320.0	900.0
Open	125+	Matt Cuthbert	129.7	265.0	220.0	230.0	715.0
Open	125+	Stephen Jesso	185	200.0	200.0	200.0	600.0
Sub Jr	67.5	Dalton Major	65.2	210.0	112.5	227.5	550.0
Sub Jr	125+	Chad Farquhar	136.6	215.0	167.5	220.0	602.5

8th Annual Niagara Open

Date: Aug 21, 2010 Time: 9:00am

Location: Quality Inn, Ontario St,
St Catharines, ON

Host: Niagara Powerlifting Club
Glyn Moore

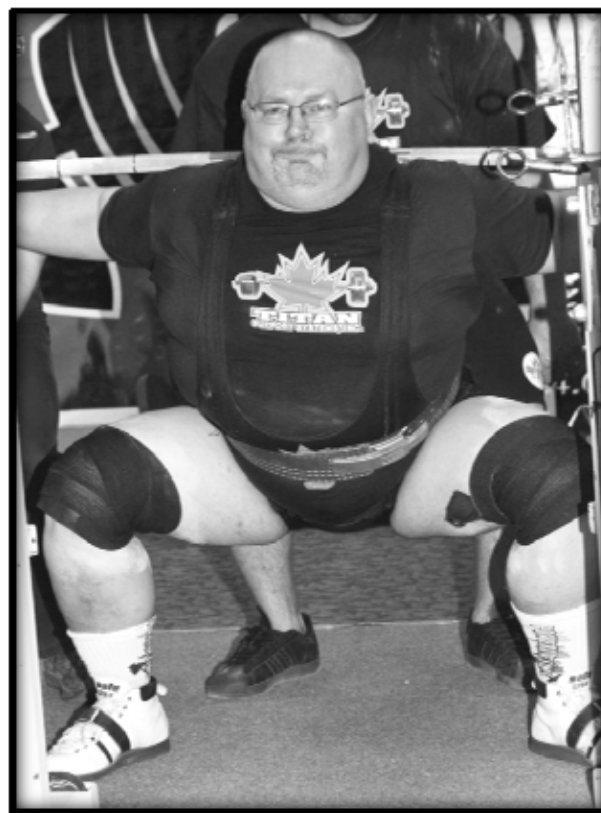
Cost: \$60 made payable to Niagara Powerlifting Club

Send to: Niagara Powerlifting Club
9 Old Oxford Rd.
St. Catharines, ON L2M 2J7

Contact: gmoore82@cogeco.ca
(905) 646 8536
Niagarapowerlifting.org

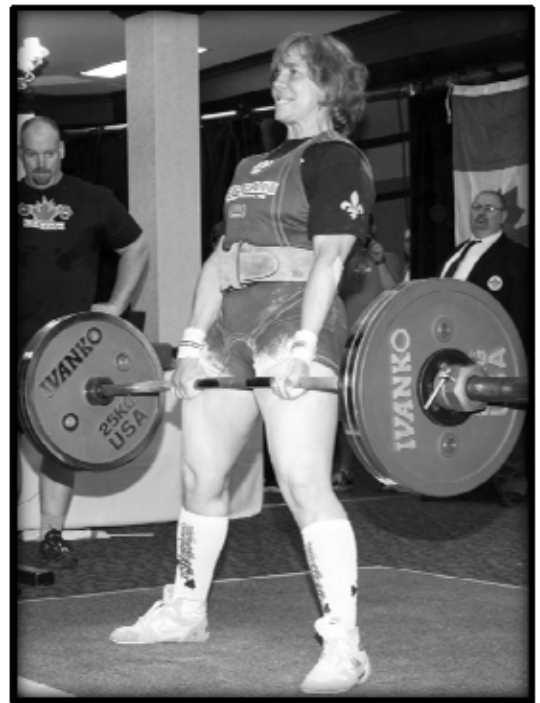
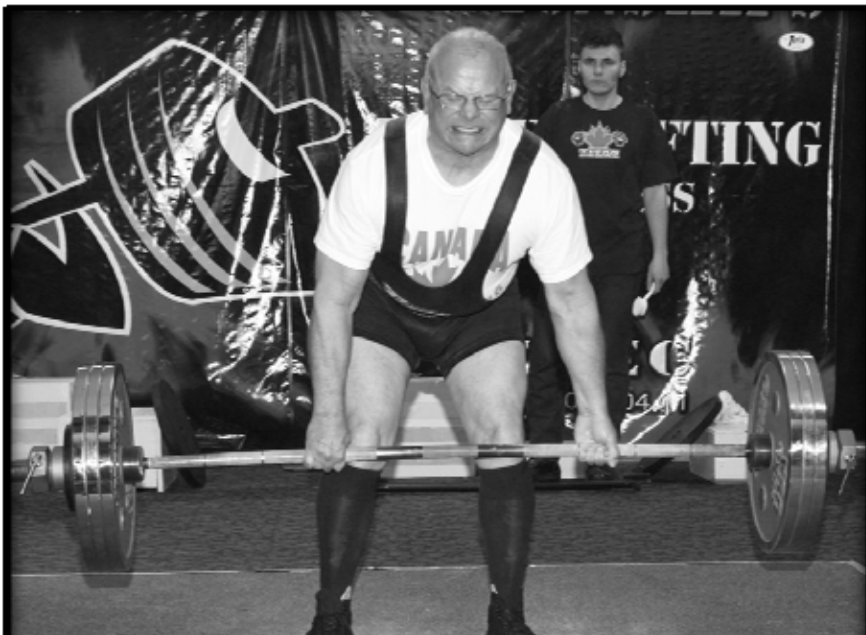
Entry Deadline: Aug 7, 2010

***NOTE:** The number of entries to 36. We do this because we can then run a fast and fun contest and lifters and coaches can be relaxing by early afternoon to enjoy the summer Niagara entertainment and more importantly so can the Niagara Crew. I will post each entry as I receive it onto the Niagara website. If any lifters cancel out we will create an online waiting list so that the spots can be filled quickly.

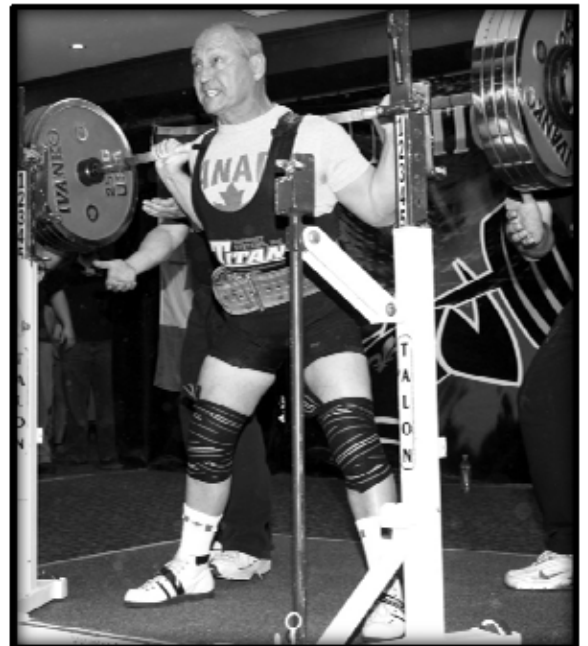
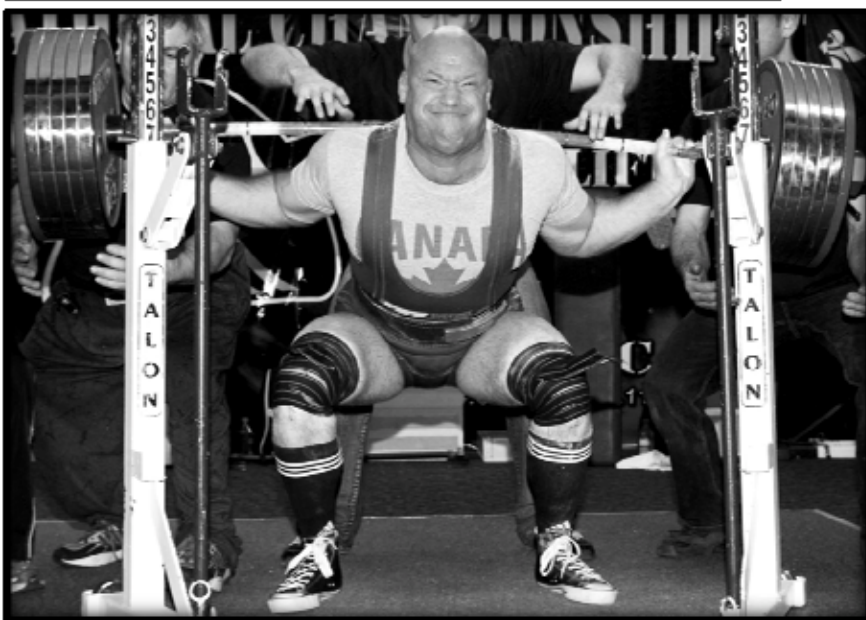
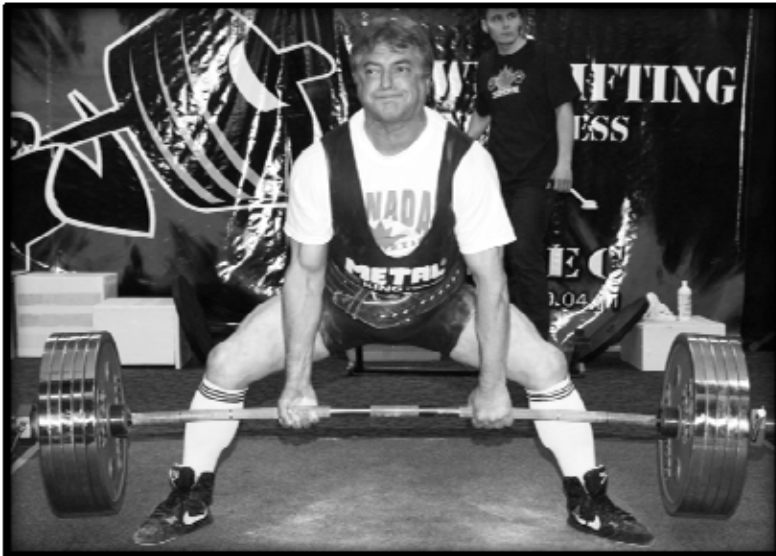


Mike Knott

- photo H Rai



CPU Nationals Photos. Clockwise from Top Left: Jack Taylor, Ulrike Kruger, Chad Farquhar, Glyn Moore, Mark Giffin, Jerry Marentette - photos H Rai



OPA Records

Women Sub Junior

48kg

Squat	75.0 A Goss	Mar-07	Canadian Juniors, Dartmouth
Bench	42.5 A Goss	Mar-07	Canadian Juniors, Dartmouth
Deadlift	90.0 A Goss	Mar-07	Canadian Juniors, Dartmouth
Total	207.5 A Goss	Mar-07	Canadian Juniors, Dartmouth

52kg

Squat	52.5 A Goss	Jul-06	Guelph
Bench	37.5 A Goss	Jul-06	Guelph
Deadlift	72.5 A Goss	Jul-06	Guelph
Total	162.5 A Goss	Jul-06	Guelph

Women Junior

48kg

Squat	75.0 A Goss	Mar-07	Canadian Juniors, Dartmouth
Bench	42.5 A Goss	Mar-07	Canadian Juniors, Dartmouth
Deadlift	90.0 A Goss	Mar-07	Canadian Juniors, Dartmouth
Total	207.5 A Goss	Mar-07	Canadian Juniors, Dartmouth

52kg

Squat	127.5 D. D'Angelo	Nov-89	Womens Worlds, Sydney
Bench	37.5 A Goss	Jul-06	Guelph
Deadlift	72.5 A Goss	Jul-06	Guelph
Total	312.5 D. D'Angelo	Nov-89	Womens Worlds, Sydney

56kg

Squat	120.0 D. D'Angelo	May-89	NE Ontario Open, North Bay
Bench	60.0 G. Randall	Apr-09	St. Thomas Open, St. Thomas
Deadlift	137.5 G. Randall	Apr-09	St. Thomas Open, St. Thomas
Total	302.5 G. Randall	Apr-09	St. Thomas Open, St. Thomas

60kg

Squat	137.5 A. Gilchrist	Jan-88	Canadian Womens, Kitchener
Bench	70.5 A. Gilchrist	Oct-89	Intermediate Open, Cambridge
Deadlift	140.5 K. Sweeney	Jul-09	Ottawa Open, Ottawa
Total	342.5 A. Gilchrist	Jan-88	Canadian Womens, Kitchener

67.5kg

Squat	97.5 S. Jensen	Aug-09	London Open, London
Bench	57.5 S. Jensen	Aug-09	London Open, London
Deadlift	142.5 K. Sweeney	Oct-09	Provincials, Ottawa
Total	292.5 S. Jensen	Aug-09	London Open, London

82.5kg

Squat	142.5 R. Butler	Oct-90	Ontario Womens, Cambridge
Bench	67.5 R. Butler	Oct-90	Ontario Womens, Cambridge
Deadlift	147.5 H. Johns	Dec-92	Limestone Open, Kingston
Total	355.0 R. Butler	Oct-90	Ontario Womens, Cambridge

Women Open

48kg

Squat	132.5 D.D'Angelo	Oct-90	Cambridge Open
Bench	65.0 S.Thomson	Apr-10	Canadian Championships, Quebec City
Deadlift	115.0 S.Thomson	Dec-08	Ontario Masters, Ottawa
Total	270.0 S.Thomson	Apr-10	Canadian Championships, Quebec City

52kg

Squat	141.5 T. Boyle	Apr-10	Canadians, Quebec City
Bench	77.5 T. Boyle	Apr-10	Canadians, Quebec City
Deadlift	155.0 D.D'Angelo	Feb-94	Canadian Womens, Kitchener
Total	360.0 D.D'Angelo	Feb-94	Canadian Womens, Kitchener

56kg

Squat	105.0 G. Randall	Apr-09	St. Thomas Open, St. Thomas
Bench	82.5 A. Marcinko	Mar-09	Golden Triangle Open, Cambridge
Deadlift	137.5 G. Randall	Apr-09	St. Thomas Open, St. Thomas
Total	317.5 A. Marcinko	Mar-09	Golden Triangle Open, Cambridge

60kg

Squat	160.0 C. Lahey	Feb-92	Canadian Womens, Kitchener
Bench	90.0 K. Schaus	Oct-09	Ontario Seniors, Ottawa
Deadlift	150.0 K. Schaus	Oct-09	Ontario Seniors, Belle River
Total	395.0 C. Lahey	Feb-92	Canadian Womens, Kitchener

67.5kg

Squat	182.5 S. Goudreau	Jan-91	Canadian Womens, Winnipeg
Bench	117.5 S. Leighton	Mar-10	Quest Invitational, Columbus, USA
Deadlift	162.5 G. Papolis	Mar-04	Canadian Masters, Waterloo
Total	437.5 S. Goudreau	Jan-91	Canadian Womens, Winnipeg

75kg

Squat	170.0 S. Frankel	Oct-08	Seniors, Emeryville, ON
Bench	100.0 S. Frankel	Oct-08	Seniors, Emeryville, ON
Deadlift	187.5 U. Kruger	Oct-98	Ontario Womens, Brockville
Total	435.0 U. Kruger	Oct-98	Ontario Womens, Brockville

82.5kg

Squat	165.0 U. Kruger	Jan-10	Ontario Provincials, St. Catharines
Bench	75.0 U. Kruger	Dec-02	Ontario Masters, Guelph
Deadlift	170.0 U. Kruger	Dec-02	Ontario Masters, Guelph
Total	392.5 U. Kruger	Dec-02	Ontario Masters, Guelph

90kg

Squat	175.0 K. Hunter	Feb-94	Canadian Womens, Kitchener
Bench	75.0 K. Hunter	Feb-94	Canadian Womens, Kitchener
Deadlift	167.5 K. Hunter	Feb-94	Canadian Womens, Kitchener
Total	417.5 K. Hunter	Feb-94	Canadian Womens, Kitchener

90+kg

Squat	185.0 H. Plamondon	Feb-94	Canadian Womens, Kitchener
Bench	100.0 H. Plamondon	Feb-94	Canadian Womens, Kitchener
Deadlift	165.0 I. Patton	Jan-07	St Catharines, ON
Total	430.0 H. Plamondon	Feb-94	Canadian Womens, Kitchener

Women Master 40-49

48 kg

Squat	92.5 S.Thomson	Apr-10	Canadians, Quebec City
Bench	65.0 S.Thomson	Apr-10	Canadians, Quebec City
Deadlift	115.0 S.Thomson	Dec-08	Ontario Masters, Ottawa
Total	270.0 S.Thomson	Apr-10	Canadians, Quebec City

56 kg

Squat	117.5 M. Laporte	Jan-09	Niagara Open, St. Catharines
Bench	71.0 M. Laporte	Jan-09	Niagara Open, St. Catharines
Deadlift	128.0 M. Laporte	Jan-09	Niagara Open, St. Catharines
Total	316.5 M. Laporte	Jan-09	Niagara Open, St. Catharines

60 kg

Squat	120.0 J. Lessard	Dec-02	Ontario Masters, Guelph
Bench	72.5 C. Cosby	Dec-02	Ontario Masters, Guelph
Deadlift	142.5 J. Lessard	Dec-02	Ontario Masters, Guelph
Total	325.0 J. Lessard	Dec-02	Ontario Masters, Guelph

67.5kg

Squat	160.0 G. Papolis	Mar-04	Canadian Masters, Waterloo
Bench	82.5 G. Papolis	Mar-04	Canadian Masters, Waterloo
Deadlift	162.5 G. Papolis	Mar-04	Canadian Masters, Waterloo
Total	405.0 G. Papolis	Mar-04	Canadian Masters, Waterloo

75kg

Squat	162.5 J. Pritchard	Apr-09	Canadians, Moose Jaw
Bench	92.5 J. Pritchard	Jul-08	Ottawa Open, Ottawa
Deadlift	165.0 G. Papolis	Dec-02	Ontario Masters, Guelph
Total	410.0 G. Papolis	Dec-02	Ontario Masters, Guelph

82.5kg

Squat	165.0 U. Kruger	Jan-10	Ontario Provincials, St. Catharines
Bench	75.0 U. Kruger	Dec-02	Ontario Masters, Guelph
Deadlift	170.0 U. Kruger	Dec-02	Ontario Masters, Guelph
Total	392.5 U. Kruger	Dec-02	Ontario Masters, Guelph

90kg

Squat	110.0 T. Dunning	Jan-10	Provincials, St. Catharines
Bench	85.0 T. Dunning	Jan-10	Provincials, St. Catharines
Deadlift	162.5 T. Dunning	Jan-10	Provincials, St. Catharines
Total	357.5 T. Dunning	Jan-10	Provincials, St. Catharines

Women Master 50-59**48 kg**

Squat	92.5 S.Thomson	Apr-10	Canadians, Quebec City
Bench	65.0 S.Thomson	Apr-10	Canadians, Quebec City
Deadlift	112.5 S.Thomson	Apr-10	Canadians, Quebec City
Total	270.0 S.Thomson	Apr-10	Canadians, Quebec City

56 kg

Squat	95.0 G. Bartel	Apr-10	Canadians, Quebec City
Bench	67.5 G. Bartel	Apr-10	Canadians, Quebec City
Deadlift	137.5 G. Bartel	Apr-10	Canadians, Quebec City
Total	300.0 G. Bartel	Apr-10	Canadians, Quebec City

60 kg

Squat	117.5 J. Lessard	Nov-04	Ontario Masters, Brampton
Bench	77.5 J. Lessard	Nov-04	Ontario Masters, Brampton
Deadlift	145.0 J. Lessard	Mar-03	Canadian Masters, Winnipeg
Total	325.0 J. Lessard	Nov-04	Ontario Masters, Brampton

67.5kg

Squat	132.5 L. Squires	Mar-03	Canadian Masters, Winnipeg
Bench	70.0 L. Squires	Dec-02	Ontario Masters, Guelph
Deadlift	137.5 L. Squires	Mar-03	Canadian Masters, Winnipeg
Total	337.5 L. Squires	Mar-03	Canadian Masters, Winnipeg

75kg

Squat	122.5 L. Squires	Mar-04	Canadian Masters, Waterloo
Bench	70.5 L. Squires	Nov-05	Ontario Masters, Waterloo
Deadlift	130.0 L. Squires	Nov-05	Ontario Masters, Waterloo
Total	315.0 L. Squires	Nov-05	Ontario Masters, Waterloo

90+kg

Squat	95.0 J.Wheeler	Feb-10	Montreal Open, QC
Bench	65.0 J.Wheeler	Feb-10	Montreal Open, QC
Deadlift	125.0 J.Wheeler	Feb-10	Montreal Open, QC
Total	285.0 J.Wheeler	Feb-10	Montreal Open, QC

Men Sub Junior**52 kg**

Squat	45.0 M. Jones	Jan-08	St Catharines, ON
Bench	32.5 M. Jones	Jan-08	St Catharines, ON
Deadlift	72.5 M. Jones	Jan-08	St Catharines, ON
Total	150.0 M. Jones	Jan-08	St Catharines, ON

56 kg

Squat	155.0 J. Marentette	Sep-05	World Juniors, Fort Wayne
Bench	97.5 A. Croteau	Nov-05	Ontario Juniors, Waterloo
Deadlift	182.5 J. Marentette	Apr-05	Canadian Juniors, Calgary
Total	410.0 J. Marentette	Apr-05	Canadian Juniors, Calgary

60 kg

Squat	180.0 D. Major	Apr-09	Canadians, Moose Jaw
Bench	97.5 J. Marentette	Nov-05	Ontario Juniors, Waterloo
Deadlift	200.0 D. Major	Apr-09	Canadians, Moose Jaw
Total	475.0 D. Major	Apr-09	Canadians, Moose Jaw

67.5

Squat	170.0 B. LeBlond	Apr-08	Cdn. Juniors, St. Catharines
Bench	125.0 B. LeBlond	Apr-08	Cdn Juniors, St. Catharines
Deadlift	215.0 D. Major	Jun-09	Belle River Open, Belle River
Total	475.0 B. LeBlond	Apr-08	Cdn Juniors, St. Catharines

75 kg

Squat	230.0 M. Obratoski	Nov-05	Ontario Juniors, Waterloo
Bench	130.0 J. Van Schyndel	Dec-07	Ontario Juniors, London
Deadlift	235.0 M. Obratoski	Nov-05	Ontario Juniors, Waterloo
Total	585.0 M. Obratoski	Nov-05	Ontario Juniors, Waterloo

82.5kg

Squat	232.5 D. Shea	Nov-04	Ontario Juniors, Brampton
Bench	155.0 D. Shea	Nov-04	Ontario Juniors, Brampton
Deadlift	252.5 J. Wood	Dec-08	Ontario Juniors, Ottawa
Total	637.5 D. Shea	Nov-04	Ontario Juniors, Brampton

100kg

Squat	262.5 R Truscott	Nov-06	Ontario Juniors, Brantford
Bench	145.0 R Truscott	Nov-06	Ontario Juniors, Brantford
Deadlift	240.0 R Truscott	Nov-06	Ontario Juniors, Brantford
Total	647.5 R Truscott	Nov-06	Ontario Juniors, Brantford

110kg

Squat	190.0 A. Karakolis	Nov-09	Last Chance Open, Ottawa
Bench	125.0 A. Karakolis	Nov-09	Last Chance Open, Ottawa
Deadlift	200.0 A. Karakolis	Nov-09	Last Chance Open, Ottawa
Total	515.0 A. Karakolis	Nov-09	Last Chance Open, Ottawa

125kg

Squat	155.0 R. Singh	May-05	London Open, London
Bench	112.5 R. Singh	May-05	London Open, London
Deadlift	172.5 R. Singh	May-05	London Open, London
Total	440.0 R. Singh	May-05	London Open, London

125+

Squat	227.5 R. Singh	Nov-05	Ontario Juniors, Waterloo
Bench	150.0 R. Singh	Nov-05	Ontario Juniors, Waterloo
Deadlift	200.0 C. Farquhar	Mar-09	Golden Triangle Open, Cambridge
Total	567.5 R. Singh	Nov-05	Ontario Juniors, Waterloo

Men Junior**52kg**

Squat	172.5 S. Boulерice	Mar-92	Ontario Seniors, North Bay
Bench	90.0 S. Boulерice	May-91	Canadian Juniors, Kitchener
Deadlift	185.5 S. Boulерice	Mar-92	Ontario Seniors, North Bay
Total	445.0 S. Boulерice	Mar-92	Ontario Seniors, North Bay

56 kg

Squat	155.0 J. Marentette	Sep-05	World Juniors, Fort Wayne
Bench	97.5 A. Croteau	Nov-05	Ontario Juniors, Waterloo
Deadlift	185.0 S. Earl	Nov-09	Last Chance Open, Ottawa
Total	412.5 S. Earl	Nov-09	Last Chance Open, Ottawa

60kg

Squat	185.0 D. Heisel	Jul-07	Capital Barbell Open, Ottawa
Bench	110.5 S. Lindsay	Feb-91	Ontario Int. North Bay
Deadlift	206.0 D. Heisel	Jul-07	Capital Barbell Open, Ottawa
Total	501.0 D. Heisel	Jul-07	Capital Barbell Open, Ottawa

67.5kg

Squat	192.5 J. Marentette	Dec-08	Ontario Juniors, Ottawa
Bench	135.0 M. Dineno	Apr-97	Canadian Jr, Cornerbrook
Deadlift	235.0 J. Marentette	Dec-08	Ontario Juniors, Ottawa
Total	535.0 J. Marentette	Dec-08	Ontario Juniors, Ottawa

75kg

Squat	260.0 D. Young	Apr-06	Canadian Juniors, Chilliwack
Bench	172.5 D. Irwin	Nov-06	Ontario Juniors, Brantford
Deadlift	257.5 B. Summers	Dec-00	Ontario Junior, Brockville
Total	640.0 B. Summers	Dec-00	Ontario Junior, Brockville

82.5kg

Squat	250.0 D. Shea	Apr-05	Canadian Juniors, Calgary
Bench	182.5 V. Byrne	Dec-03	Ontario Juniors, Kitchener
Deadlift	260.0 D. Shea	Apr-05	Canadian Juniors, Calgary
Total	675.0 D. Shea	Apr-05	Canadian Juniors, Calgary

90kg

Squat	272.5 M. Obratoski	Sep-07	Seniors, Emeryville, ON
Bench	182.5 M. Obratoski	Apr-08	Canadian Juniors, St. Catharines
Deadlift	257.5 B. Morris	Apr-88	Canadian Juniors, Hamilton
Total	720.0 M. Obratoski	Apr-08	Canadian Juniors, St. Catharines

100kg

Squat	320.0 M. Obratoski	Jan-10	Provincials, St. Catharines
Bench	215.0 M. Obratoski	Sep-09	IPF JR Worlds, Ribeirao Preto, BR
Deadlift	297.5 M. Obratoski	Sep-09	IPF JR Worlds, Ribeirao Preto, BR
Total	822.5 M. Obratoski	Sep-09	IPF JR Worlds, Ribeirao Preto, BR

110kg

Squat	322.5 K. Branton	Aug-09	North American Chmp, Miami, USA
Bench	230.0 K. Branton	Aug-09	North American Chmp, Miami, USA
Deadlift	302.5 K. Branton	Aug-09	North American Chmp, Miami, USA
Total	855.0 K. Branton	Aug-09	North American Chmp, Miami, USA

125kg

Squat	335.0 J. Byrne	Sep-07	Ontario Seniors, Emeryville
Bench	242.5 K. Branton	Nov-09	Last Chance Open, Ottawa
Deadlift	313.0 K. Branton	Nov-09	Last Chance Open, Ottawa
Total	890.5 K. Branton	Nov-09	Last Chance Open, Ottawa

125+

Squat	330.0 J. Byrne	Dec-07	Ontario Juniors, Kitchener
Bench	232.5 J. Byrne	Sep-07	World Juniors, La Garde Fr
Deadlift	311.0 J. Byrne	Dec-07	Ontario Juniors, Kitchener
Total	871.0 J. Byrne	Dec-07	Ontario Juniors, Kitchener

Men Open**52kg**

Squat	192.5 D. MacVicar	Nov-83	Worlds, Gothenburg, Sweden
Bench	125.0 D. MacVicar	Nov-83	Worlds, Gothenburg, Sweden
Deadlift	185.0 S. Boulrice	Feb-92	Canadian Juniors, Kitchener
Total	492.5 D. MacVicar	Nov-83	Worlds, Gothenburg, Sweden

56kg

Squat	155.0 J. Marentette	Sep-05	World Juniors, Fort Wayne
Bench	97.5 A. Croteau	Nov-05	Ontario Juniors, Waterloo
Deadlift	185.0 S. Earl	Nov-09	Last Chance Open, Ottawa
Total	412.5 S. Earl	Nov-09	Last Chance Open, Ottawa

60kg

Squat	202.5 J. Jong	Jul-03	Toronto Open, Mississauga
Bench	147.5 J. Jong	Jul-03	Toronto Open, Mississauga
Deadlift	217.5 J. Jong	Feb-00	Canadian Chmp, Moose Jaw
Total	565.0 J. Jong	Jul-03	Toronto Open, Mississauga

67.5kg

Squat	200.0 A. Chan	Sep-05	Ontario Seniors, London
Bench	175.0 A. Chan	Sep-05	Ontario Seniors, London
Deadlift	235.0 J. Marentette	Dec-08	Ontario Juniors, Ottawa
Total	600.0 A. Chan	Sep-05	Ontario Seniors, London

75kg

Squat	277.5 J. Becker	May-96	Canadian Chmp, Leduc
Bench	168.0 J. Becker	May-96	Canadian Chmp, Leduc
Deadlift	285.0 J. Becker	Feb-95	Ontario Seniors, London
Total	722.5 J. Becker	May-96	Canadian Chmp, Leduc

82.5kg

Squat	297.5 J. Becker	Oct-05	World Masters, Petoria
Bench	192.5 B. Antonoiw	Jun-06	Festival Sportif, Ste Marie
Deadlift	298.0 J. Becker	May-98	Canadian Chmp, Richmond
Total	770.0 J. Becker	Apr-10	Canadians, Quebec City

90kg

Squat	315.0 J. Becker	Apr-08	Cdn Masters, St. Catharines
Bench	238.5 D. Walters	Oct-08	Ontario Seniors, Emeryville
Deadlift	322.5 P. Perry	Mar-85	Ontario Seniors, Sault Ste. Marie
Total	822.5 J. Becker	Oct-07	World Masters, Ostrava, Czech Rep

100kg

Squat	320.0 M. Obratoski	Jan-10	Provincials, St. Catharines
Bench	225.0 M. Griffen	Mar-97	Ontario Seniors, Toronto
Deadlift	312.5 S. McKenzie	Mar-04	Canadian Chmp, Waterloo
Total	825.0 S. McKenzie	Mar-04	Canadian Chmp, Waterloo

110kg

Squat	365.0 J. Emberley	Jul-07	Capital Barbell Open, Ottawa
Bench	257.5 J. Emberley	Nov-08	World Chmp, St. John's, NF, Canada
Deadlift	326.0 J. Emberley	Jan-07	Niagara Open, St Catharines
Total	908.5 J. Emberley	Jan-07	Niagara Open, St Catharines

125kg

Squat	335.0 D. Gratton	Jan-00	Ontario Seniors, London
Bench	290.0 S. O'Halloran	Apr-08	Canadian Masters. St. Catharines. ON
Deadlift	320.5 R. Strong	Apr-10	National Championships, Quebec City
Total	905.0 S. Magistrale	Apr-09	Canadians , Moose Jaw, Sask.

125+

Squat	347.5 D. Gratton	May-01	London Open, London
Bench	320.0 S. O'Halloran	Jan-07	Niagara Open, St Catharines
Deadlift	330.5 C. Yantha	Jun-06	Festival Sportif, Ste Marie
Total	902.5 S. O'Halloran	Jan-06	Niagara Open, St Catharines

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

Squat	202.5 J. Jong	Jul-03	Toronto Open, Mississauga
Bench	147.5 J. Jong	Jul-03	Toronto Open, Mississauga
Deadlift	217.5 J. Jong	Dec-99	Ontario Masters, Toronto
Total	565.0 J. Jong	Jul-03	Toronto Open, Mississauga

67kg

Squat	227.5 K Lam	Jun-90	Canadians, Surrey
Bench	141.0 K Lam	May-93	Canadian Masters, Edmonton
Deadlift	262.5 K Lam	May-90	Canadian Masters, Winnipeg
Total	630.0 K Lam	Jun-90	Canadians, Surrey

75kg

Squat	252.5 C. Archdekin	Mar-97	Ontario Seniors, Toronto
Bench	165.0 C. Archdekin	Oct-93	World Masters, Hamilton
Deadlift	280.0 C. Archdekin	Oct-93	World Masters, Hamilton
Total	685.0 C. Archdekin	Oct-93	World Masters, Hamilton

82.5kg

Squat	297.5 J. Becker	Oct-05	World Masters, Petoria
Bench	185.0 J. Becker	Oct-05	World Masters, Petoria
Deadlift	295.0 J. Becker	Mar-04	Canadian Chmp, Waterloo
Total	770.0 J. Becker	Apr-10	Canadians, Quebec City

90kg

Squat	315.0 J. Becker	Apr-08	Cdn Masters, St. Catharines
Bench	205.0 J. Becker	Oct-07	World Masters, Ostrava, Czech Rep
Deadlift	305.0 J. Becker	Oct-07	World Masters, Ostrava, Czech Rep
Total	822.5 J. Becker	Oct-07	World Masters, Ostrava, Czech Rep

100kg

Squat	301.0 A. Childs	Dec-07	Ontario Masters, London
Bench	220.0 B. Worsall	Sep-08	London Open, Lambeth
Deadlift	297.5 J. Becker	Jan-07	Niagara Open, St Catharines
Total	802.5 J. Becker	Jan-07	Niagara Open, St Catharines

110kg

Squat	275.0 R. Strong	Dec-07	Ontario Masters, London
Bench	215.0 B. McIntyre	Mar-03	Canadian Masters, Winnipeg
Deadlift	300.0 R. Strong	Dec-07	Ontario Masters, London
Total	765.0 S. Duncan	Aug-09	North American Chmp, Miami, USA

125kg

Squat	335.0 S. O'Halloran	Oct-07	World Masters, Ostrava, Czech Rep
Bench	290.0 S. O'Halloran	Apr-08	Canadian Masters, St. Catharines, ON
Deadlift	320.5 R. Strong	Apr-10	Nationals, Quebec City
Total	900.0 S. O'Halloran	Apr-08	Canadian Masters, St. Catharines, ON

125+

Squat	331.0 S. O'Halloran	Jan-06	Niagara Open, St Catharines
Bench	320.0 S. O'Halloran	Jan-07	Niagara Open, St Catharines
Deadlift	275.0 D. Hoffman	Feb-94	Canadian Masters, Kitchener
Total	902.5 S. O'Halloran	Jan-06	Niagara Open, St Catharines

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

Squat	210.0 G. Moore	Dec-02	Ontario Masters, Guelph
Bench	122.5 G. Moore	Mar-01	Canadian Masters, Quebec City
Deadlift	235.5 G. Moore	Dec-02	Ontario Masters, Guelph
Total	567.5 G. Moore	Dec-02	Ontario Masters, Guelph

75kg

Squat	250.0 G. Moore	Jun-09	Belle River Open, Belle River
Bench	150.0 G. Moore	Jun-07	Canadian Masters, Moose Jaw, Sask.
Deadlift	238.0 G. Moore	Apr-05	Canadian Masters, Calgary
Total	625.0 G. Moore	Jun-09	Belle River Open, Belle River

82.5kg

Squat	255.0 J. Marentette	Jan-06	Niagara Open, St Catharines
Bench	183.5 J. Marentette	Mar-07	Masters, Dartmouth, NS
Deadlift	280.0 J. Marentette	Apr-08	Cdn Masters, St. Catharines
Total	702.5 J. Marentette	Apr-08	Cdn Masters, St. Catharines

90kg

Squat	272.5 J. Marentette	Dec-08	Ontario Masters, Ottawa
Bench	192.5 J. Marentette	Apr-08	Cdn Masters, St. Catharines
Deadlift	287.5 J. Marentette	Dec-08	Ontario Masters, Ottawa
Total	732.0 J. Marentette	Dec-08	Ontario Masters, Ottawa

100kg

Squat	272.5 P. Hartwick	Jan-08	Niagara Open, St Catharines
Bench	193.0 S. Chomitz	Jan-10	Provincial Championships, St Catharines
Deadlift	290.5 P. Perry	Dec-03	Ontario Masters, Kitchener
Total	722.5 J. Marentette	Dec-07	Ontario Masters, London

110kg

Squat	290.0 P. Hartwick	Nov-04	Ontario Masters, Brampton
Bench	167.5 M. Koprnicky	Nov-06	Ontario Masters, Brantford
Deadlift	255.0 P. Hartwick	Dec-03	Ontario Masters, Kitchener
Total	687.5 P. Hartwick	Nov-04	Ontario Masters, Brampton

125kg

Squat	297.5 R. Strong	Apr-10	National Championships, Quebec City
Bench	227.5 K. Suutari	Jan-09	Niagara Open, St Catharines
Deadlift	320.5 R. Strong	Apr-10	National Championships, Quebec City
Total	803.0 R. Strong	Apr-10	National Championships, Quebec City

125+

Squat	255.0 D. Hoffman	Mar-99	Canadian Masters ,Sherbrooke
Bench	192.5 M. Knott	Mar-09	Golden Triangle Open, Cambridge
Deadlift	240.0 D. Hoffman	Mar-99	Canadian Masters, Sherbrooke
Total	667.5 M. Knott	Mar-09	Golden Triangle Open, Cambridge

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

Squat	220.0 J. Bourgoin	Apr-06	Canadian Masters, Chilliwack
Bench	117.5 J. Bourgoin	Apr-08	Cdn Masters, St. Catharines
Deadlift	187.5 J. Bourgoin	Apr-08	Cdn Masters, St. Catharines
Total	520.0 J. Bourgoin	Apr-08	Cdn Masters, St. Catharines

82.5 kg

Squat	201.0 L. Greenidge	Oct-09	Ontario Masters, Ottawa
Bench	135.0 L. Greenidge	Oct-09	Ontario Masters, Ottawa
Deadlift	220.0 L. Lam	Mar-02	Canadian Masters, Yarmouth
Total	521.0 L. Greenidge	Oct-09	Ontario Masters, Ottawa

90 kg

Squat	220.0 L. Greenidge	Jul-08	Ottawa Open, Ottawa
Bench	152.5 M. Kelso	Nov-04	Ontario Masters, Brampton
Deadlift	222.5 M. Kelso	Jun-03	London Open, London
Total	572.5 L. Greenidge	Apr-08	Cdn Masters, St. Catharines

100 kg

Squat	220.5 T.Stinchcombe	Mar-09	Golden Triangle Open, Cambridge
Bench	160.5 T.Stinchcombe	Nov-09	Ontario Seniors, Belle River
Deadlift	235.0 T.Stinchcombe	Mar-04	Canadian Masters, Waterloo
Total	602.5 T.Stinchcombe	Mar-04	Canadian Masters, Waterloo

110kg

Squat	205.0 R. Villeneuve	May-97	Canadian Blind, Toronto
Bench	135.0 R. Villeneuve	Jul-99	Worlds Blind, Waterloo
Deadlift	235.0 R. Villeneuve	May-97	Canadian Blind, Toronto
Total	570.0 R. Villeneuve	May-97	Canadian Blind, Toronto

Ontario Bench Press Records**Women Junior**

56kg	60.0 G. Randall	Apr-09	St. Thomas, ON
67.5kg	57.5 S. Jensen	Aug-09	London, ON

Women Open

48kg	65.0 S. Thomson	Apr-10	Quebec City, QC
52kg	77.5 T. Boyle	Apr-10	Quebec City, QC
56kg	82.5 A. Marcinko	Sep-06	Golden Triangle Open, Cambridge
60kg	85.0 C. Lahey	Feb-92	Kitchener, ON
67.5kg	117.5 S. Leighton	Mar-10	Columbus, Ohio, USA
75kg	100.0 S. Frankel	Oct-08	Emeryville, ON
82.5kg	42.5 M. Greenidge	Dec-99	Toronto, ON
90+kg	85.0 E. Dickson	Apr-10	Quebec City, QC

Women Master 40-49

48kg	65.0 S. Thomson	Apr-10	Quebec City, QC
56kg	71.0 M. Laporte	Jan-09	St Catharines, ON
60kg	72.5 C. Cosby	Dec-03	Kitchener, ON
67.5kg	75.0 J. Pritchard	Nov-05	Waterloo, ON
75kg	92.5 J. Pritchard	Jul-08	Ottawa, ON
82.5kg	42.5 M. Greenidge	Dec-99	Toronto, ON
90+kg	85.0 E. Dickson	Apr-10	Quebec City, QC

Women Master 50-59

48kg	65.0 S. Thomson	Apr-10	Quebec City, QC
56kg	67.5 G. Bartel	Apr-10	Quebec City, QC
60kg	70.0 J. Lessard	Mar-03	Winnipeg, MB
67.5kg	67.5 L. Squires	Dec-02	Guelph, ON
90+kg	85.0 E. Dickson	Apr-10	Quebec City, QC

Men Sub Junior

52kg	32.5 M. Jones	Jan-08	St Catharines, ON
56kg	95.0 A. Croteau	Oct-05	Rock Forest, PQ
67.5kg	125.0 B. LeBlond	Apr-08	St Catharines, ON
90kg	140.0 S. Byrne	Nov-04	Brampton, ON
110kg	120.0 R. Hoffman	Oct-18	Emeryville, ON

Men Junior

75kg	160.0 D. Irwin	Nov-05	Waterloo, ON
90kg	182.5 M. Obratoski	Apr-08	St. Catharines, ON
100kg	215.0 M. Obratoski	Sep-09	Ribeirao Preto, Brazil
110kg	230.0 K. Branton	Aug-09	North American Chmp, Miami, USA
125kg	230.5 J. Byrne	Apr-06	Chilliwack, BC
125+kg	235.0 J. Byrne	Apr-07	Dartmouth, NS

Men Open

60kg	147.5 J. Jong	Mar-03	Winnipeg, MB
75kg	167.5 E. Beachey	Dec-03	Kitchener, ON
82.5kg	215.0 B. Antonoiw	Oct-06	San Jose, Costa Rica
90kg	238.5 D. Walters	Oct-08	Emeryville, ON
100kg	220.0 B. Worsall	Sep-07	Emeryville, ON
110kg	242.5 M. Giffen	Dec-01	Cambridge, ON
125kg	305.0 S. O'Halloran	May-06	Miskolc, Hungary
125+kg	320.0 S. O'Halloran	Jan-07	St Catharines, ON

Men Master 40-49

60kg	147.5 J. Jong	Mar-03	Winnipeg, MB
67.5kg	140.0 K. Lam	Jun-90	Surrey, BC
75kg	150.0 E. Dunstan	Dec-01	Cambridge, ON

82.5kg	180.5 J. Marentette	Apr-05	Calgary, AB
90.0kg	205.0 J. Becker	Oct-07	Ostrava, Czech Rep.
100kg	220.0 B. Worsall	Sep-07	Emeryville, ON
110kg	227.5 B. McIntyre	Dec-03	Kitchener, ON
125kg	305.0 S. O'Halloran	May-06	Miskolc, Hungary
125+kg	320.0 S. O'Halloran	Jan-07	St Catharines, ON

Men Master 50-59

67.5kg	135.0 G. Cattersson	Jun-09	Belle River, ON
75kg	132.5 W. McCullough	Feb-95	Chilliwack, BC
82.5kg	183.5 J. Marentette	Mar-07	Dartmouth, NS
90kg	193.0 J. Marentette	Apr-09	Mosee Jaw, SK
100kg	181.0 S. Chomitz	Apr-08	St. Catharines, ON
110kg	182.5 F. English	Jul-09	Ottawa, ON
125kg	227.5 K. Suutari	Jan-09	St Catharines, ON
125+kg	192.5 M. Knott	Mar-09	Cambridge, ON

Men Master 60+

82.5kg	135.0 L. Greenidge	Oct-09	Ottawa, ON
75kg	117.5 J. Bourgoin	Apr-08	St. Catharines, ON
90kg	150.0 L. Greenidge	Jul-08	Ottawa, ON
100kg	170.0 J. Giffen Sr.	Nov-04	Waterloo, ON
125+	167.5 D. Hoffman	Nov-09	Emeryville, ON

Annual General Meeting

January 22, 2010

OPENING:

The regular meeting of the Ontario Powerlifting Association was called to order at 5:15on Friday January 22nd 2010 in St Catharines by Glyn Moore.

PRESENT:**Board of Directors**

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

Regional Chairperson(s)

Title	Name	Present Y/N
Northwest	Vacant	
Northeast	Mark Glofcheskie	N
Eastern	Jerry Marentette	Y
Southern	Vacant	

Attendance

Mark Boyle	Adele Couchman	Bill Jamison
Hoi Leung	Don Clarke	Jeff Becker
Sandro D'Angelo	Trisha Boyle	Stan Goss
Harnek Singh Rai	Dave Hoffman	

Guest Speaker: Louis Levesque**A. APPROVAL OF AGENDA**

OPA AGM 2009 Meeting Minutes.doc

Agenda

Roll Call	Glyn Moore	Proposer	Second
Introduction of Guests and Tributes			

Reading of Minutes of Previous AGM	Michael Knott	Marlene Moore	Dave Hoffman
Presidents Report	Glyn Moore	Stan	Harnek
Secretary's Report	Krista Schaus	Stan	Harnek
Treasurer's Report	Jackie Pritchard	Stan	Harnek
Registrar's Report	Marlene Moore	Stan	Harnek
Referee's Report	Michael Knott	Stan	Harnek
Election of Executive Council	Glyn Moore		

- Propose that Ontario takes to the CPU AGM recommendation for increased drug funding from CPU based on the fact that in 2009 the OPA membership was 39% of the CPU membership.
- Propose that Club winning the team trophy has the option to take the Team Trophy home but are financially responsible and should the plaque get lost or damaged the Club is responsible to replace the plaque with all previous engravings from past winners. REASONS The Ontario Seniors trophy has gone missing and the Ontario Intermediate trophy has been badly treated over the years and by making Clubs financially responsible then this will hopefully ensure that these plaques which show a part of our history be protected.
If it is not taken by the winning team, the President keeps trophy for the year
- Propose that if a contest is held in a public gym then the required square footage be met for warm up room and competition room and the gym does not be used as a public gym for the duration of the whole contest and weigh in.

4. Nomination for Male Athlete of the Year. Ron Strong nominated by Glyn Moore and Barry Antoniow) , Tim Ekert nominated by Dave Hoffman
5. Female Athlete Stacy Jensen - For competing in almost every OPA competition in 2009 as a Novice and Jr lifter, breaking OPA records in the Jr class nominated by Barry Antoniow
6. Trisha Boyle for Secretary
7. Stan Goss and Barry Antoniow for V.P.
8. Two clubs bidding on Ontario Provincial Championships 2011, London, Iron Works

B. Reports

Report - Newsletter Editor

Since I took on the role, for the third time, as Newsletter Editor early in the year, three issues were produced. With the help of Marlene Moore, some improvements were made to make better use of space to control printing costs. Lori Zozzolto became a regular contributor and volunteered to interview and write just about any topic. A regular 'Lifter Profile' column was introduced, but there are certainly many other things that could be covered.

As this is an election year, I volunteer to continue in my current role, performing the editorial function only, if no other volunteers come forth. Note, that I do not have time to execute the printing and mailing. Marlene and Glyn Moore were kind enough to perform this task. In my opinion, we should make better use of the OPA website and post the newsletter after it has been mailed to members. On both the website and in the newsletter, there is always room for improvement. As always, it is a challenge to obtain information and contributions for the newsletter. Timely and effective communication is key to the growth and retention of OPA membership in this province.

Yours in sport, Ulrike Kruger

Referee Chairperson

It has been extremely busy the last little while. We have had 5 out of 6 pass the Referee's written exam. I am getting more request for persons to either write or upgrade.

I would like to congratulate the following: New Level 2 Provincial Referees: Hoi Leung, Matt Cuthbert, Barry Antoniow, Art Chan, Arlene Tait
Ron Strong has passed his Level 1 Provincial Referee's practical test.

C. OPEN ISSUES

Topic	Election of Executive Council
President	Glyn Moore, Standing, No other name listed
Vice President	Barry Antoniow, Stan Goss submitted name
Result of	Stan Goss

Vote

Secretary	Krista Schaus stepping down, Trish Boyle submitted
Treasurer	Jackie Pritchard, Standing, No other name listed
Registration	Marlene Moore, Standing, No other name listed
Referee	Michael Knott, Standing, No other name listed
News Letter	Ulrike Kruger, Standing, No other name listed
Web	Connor Sheehan, Standing, No other name listed
Records	
Northwest	Vacant
Northeast	Vacant
Eastern	Sandro D'Angelo motioned by Bill, second by Mike, accepted
Southern	Jerry Marentette, Standing, No other name listed
Effective Date	Newly voted officials will take office as of February 1 2010 as per constitution update from previous meeting.

D. NEW BUSINESS

Topic	T-Shirts
Proposer	Dave Hoffman
Second	Michael Knott
Issue	Create t-shirts for OPA. Start with \$500 worth
Discussion	Create shirts to sell at contests with the OPA logo. Create a wide range of sizes.

Amendment
Results
Action
Accepted/Rejected Accepted

Topic	Drug Testing
Proposer	Dave Hoffman
Second	Stan Goss
Issue	Motion for two tests at a 2010 meet with President and Vice President to decide which contest and who will be tested

Discussion
Amendment
Results
Action
Accepted/Rejected Accepted

Topic	Funding for Drug Testing
Proposer	Glyn Moore
Second	Dave Hoffman
Issue	Request additional funding from the CPU for drug testing based on the fact that Ontario has a large portion of the CPU's membership base.
Discussion	There was some debate as to the specific amount of funding that should be requested however no amount was voted on.

Amendment

Results
Action
Accepted/Rejected Accepted

Topic Team Trophy
Proposer Glyn Moore
Second Michael Knott
Issue Club winning the team trophy has the option to keep it for the year, but if they do take possession, then they are responsible financially for any damages or if it gets lost. This would include the cost of replacing all the previous engravings from past winners.

Accepted/Rejected Accepted

Topic Contests in Public Gyms
Proposer Glyn Moore
Second Stan Goss
Issue If a contest is held in a public gym then the gym must have sufficient square footage and must not be used as a public gym for the duration of the contest.

Discussion Discussed appropriate size for contest platform and warm up area. Discussed effect of keeping gym open for public use

Amendment Bill Jamison (seconded by Mike Knott) – minimum 1500 square feet for contest and 700 square feet for warm up. Stan Goss – keep size but allow gym to still be used by public

Accepted/Rejected Withdrawn

Topic Lifting Area for Contests
Proposer Bill Jamison
Second Michael Knott
Issue Ask for dimensions of warm up area
Discussion Object is to have some actual sizes for comparison and debate regarding establishing minimum sizes for contests at the next AGM.

Action Request dimensions for information purposes only in contest sanction form.

Accepted/Rejected Accepted

Topic Vote for Vice President
Proposer Stan Goss
Second Michael Knott
Issue Vice President was the only contested position

Discussion Each Candidate gave a short speech about experience

Amendment

Results 6-6 tie. Glyn as president selects Stan Goss

Action Stan Goss is new Vice President

Accepted/Rejected Accepted

Topic Athlete of the Year (male and female)
Male Nominations Ron Strong nominated by Glyn Moore and Barry Antoniow, Tim Ekert nominated by Dave Hoffman

Female Nominations Stacy Jenson by Barry Antoniow

Issue Vote on Athlete of the Year for both male and female lifters

Discussion Voters were made aware that they can vote for a candidate or for “no lifter” if they feel there was no one deserving of the award

Amendment

Results Male: Ron Strong Female: no lifter

Action Ron Strong to be given award at Provincials

Accepted/Rejected

Topic Hosting Intermediates and Bench Press

Proposer Stan Goss

Second Michael Knott

Issue Ottawa to host Intermediates and Bench Press

Action 2010 Intermediates in November on date to be determined by Barry.

Accepted/Rejected Accepted

Topic Hosting Provincials

Proposer

Second

Issue Vote between Iron Works and London for hosting the 2011 Provincials

Discussion

Amendment

Results London successful.

Action Provincials in London in 2011

Accepted/Rejected Accepted

Topic Trisha Boyle for Secretary
Proposer Glyn Moore

Second

Issue Trisha to become new secretary for OPA

Results All approved

Action

Accepted/Rejected Accepted

Topic Host Women’s open contest after Intermediates

Proposer Jerry Marentette

Second Mike Knott

Issue Intermediates only has men lifting due

Results to qualification requirements. It would
Action be nice to have a contest for women
on the same weekend.
All approved
Ottawa to host a women's open after
Intermediates
Accepted/Rejected Accepted

Topic Bench Press Qualifying Standards for
Masters and Junior Lifters
Proposer Mike Knott
Second Adele Couchman
Issue Adjust bench press qualifying totals
for
Results All approved
Action Use Dave's proposal without the
Men's Open line (move Open line to
Junior & Master 1) and change Master
2 Women's 90+ to 70
*** Need a copy of Dave's proposal
Accepted/Rejected Accepted

Topic OPA Newsletter – publishing
frequency
Proposer Stan Goss
Second Bill Jamison
Issue Due to increased postage cost, it has
been proposed to publish only 3
newsletters per year.
Discussion Discussed possibility of electronic
distribution.
Results Discussed dates to publish.
All approved except Sandro and
Trisha
Action OPA Newsletter will have 3 printings
to coincide with OPA Championships,
Nationals, and conclusion of World
Championships (3rd to include
Entry forms and drug insurance forms)
Accepted/Rejected Accepted

Topic Council Elections
Proposer Dave Hoffman
Second Mike Knott
Issue If running for a position on council,
you can speak for a short time to let
voters know about yourself and your
qualifications
Results All approved
Action In future elections to contested
positions, candidates will be allowed
to make a short speech to the
audience of the AGM.
Accepted/Rejected Accepted

Topic AGM Meeting time
Proposer Dave Hoffman

Second
Issue

Jackie Pritchard
Many people can't make AGM on the
day before lifting. It also makes for a
very busy night for the person who is
running the contest. It would be easier
for everyone if the AGM was held on
the evening of the first day of lifting as
there usually is no set-up to be done
and people have already arrived.

Results
Action

All approved
Going forward, the AGM will be held
on the evening of the first day of
lifting at the provincial championships.
Sufficient time will be given between
the conclusion of lifting and the start
of the meeting to allow people to get
some food and take a quick break
before the meeting starts.

Accepted/Rejected Accepted

Topic Warm-up Room Equipment and Area
Proposer Connor Sheehan
Second none
Issue There should be a general standard
for warm up room equipment and
area at contests as safety is a concern
and the equipment must be able to
handle the heaviest of warm-up
attempts. Warm-up room platforms
must be present, secure and
solid. Although it may not be feasible
to get contest approved racks for the
warm up room, considerable effort
should be made to have commercial
grade racks and benches in place.
Also, each warm-up platform should
have 600-700pds of available
weight. In short, the warm-up room
setup should replicate the contest
platform to the best of the
meet directors ability. Regarding
warm-up room area, the warm-up
room should be a large area separate
from the contest room (different
room or area cordoned off by an
acceptable sized divider. There should
be enough room for at least 2
platforms and adequate surrounding
area for lifters and their equipment.
The atmosphere of the warm-up room
should promote calmness, focus and
comfort ability for the contestants.
Accepted/Rejected Rejected – already discussed

Topic AGM start time and duration.
Proposer Connor Sheehan

Second Issue none
The AGM should have a reasonable start time and duration for all OPA members across Ontario to attend. The AGM should always be held at 7:30pm the night before the provincial championships commences (usually Friday). This allows members to arrive to the hosting destination, check-in and eat dinner before attending the meeting. Holding the meeting at an earlier time forces members to take an entire day off work (if applicable) and either rush dinner or skip it all together. The AGM meeting should never run any longer than 2.5 - 3 hours in duration as it is undesirable to all those in attendance to sit through a 3+ hour long meeting the night before a contest. If an agenda and timeline were constructed beforehand, the time allotted to the meeting would be much more constructive and meaningful. I firmly believe that if the AGM started at a later time and had a definitive end time, more members would attend.

Accepted/Rejected Rejected – no second

Topic	Annual Executive Meetings (AEM)
Proposer	Connor Sheehan
Second	none
Issue	Related to hastening the AGM, the executive committee should meet at least once per annum to discuss issues and formulate proposals and amendments to take to the AGM for voting. I strongly feel that a meeting of this nature would do well for the OPA as a whole and allow the executive committee to discuss pertinent issues and come to consensus on contentious issues before presenting them at the AGM. I think it is detrimental to the Association and time consuming for executive members to argue and debate during the AGM. These debates should be held before hand so that the issues presented at the AGM are ready to be voted on or receive amendable suggestions from the general membership in attendance. The OPA executive should be on the same page on all issues leading up to the AGM, whether

agreeable or not. This AEM meeting can take place via meeting(s) in person or conference phone call(s) prior to the AGM.
Accepted/Rejected Rejected – no second

Topic	OPA Records (website)
Proposer	Connor Sheehan and Don Clarke
Second	Stan Goss
Issue	As Glyn and I have discussed over the past year, it would be great to revolutionize the OPA records database to be similar to the CPU website where one can query a search for a particular record instead of browsing through spreadsheets. This is something that I would like to see accomplished this year for the website. Also, if there was some way to standardize the entry of contest results so that they can also be queried in a search. I think it would be useful to have a contest results template created (excel) that meet directors can use for their contests and submit to me for uploading onto the website. This would make it easier for members to access past results that are presented in a neat, accurate and legible format. I personally do not have the programming skills to do these things but it would be tremendous if this could be accomplished.

Discussion
Amendment Max \$250 on software
Results All approve
Action
Accepted/Rejected Accepted

Topic	Financials
Proposer	Dave Hoffman
Second	Mike Knott
Issue	Accept Financials conditional on printing in Newsletter
Results	All approve
Action	
Accepted/Rejected	Accepted

E. AGENDA FOR NEXT MEETING

List the items to be discussed at the next meeting.

ADJOURNMENT:

Meeting was adjourned at 9:15pm by Glyn Moore.



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? ☐ → **go to the OPA Website at: Ontariopowerlifting.org to download Waiver forms**

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: \$65.0/Regular Sub-Junior \$45.0 or ☐ Special Athlete: \$45.0 or ☐ Associate: \$30.0 **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

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 \$75.0 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 \$5.0 each.

[From Ontario Powerlifting Constitution and Bylaws]

 <small>ONTARIO POWERLIFTING ASSOCIATION</small>	<h3>National or Provincial Record Application Form</h3>																											
<div style="display: flex; justify-content: space-between;"><div style="width: 60%;"><p>Application for:</p><table border="0" 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></div><div style="width: 35%; padding-left: 20px;"><p>Note:</p><p>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</p><p>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</p></div></div>			<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+
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<div style="display: flex; justify-content: space-between;"><div style="width: 45%;"><p>Lifter Information:</p><p>Name: _____</p><p>City: _____ Prov: _____</p><p>Phone: _____ Postal: _____</p><p>CPU# _____</p><p>Wt Class: _____ Precise Body Wt. _____</p><p>Doping Control Sample#: _____</p><p>I have checked all the data and all lists and hereby state that everything is in order:</p><p>Date: _____</p><p>Signature: _____</p></div><div style="width: 50%;"><p>Competition Information:</p><p>Name of Competition: _____</p><p>Location/Address: _____</p><p>City: _____ Prov: _____</p><p>Date of Competition: _____</p><table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"><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><p>Send completed form to the appropriate chairperson as stated above.</p></div></div>			Attempt	1 st	2 nd	3 rd	Squat				Bench Press				Deadlift				Total									
Attempt	1 st	2 nd	3 rd																									
Squat																												
Bench Press																												
Deadlift																												
Total																												

Classification Awards Program Badge Application

for Ontario Powerlifting Association Members

Member Information:

Name: _____

Address: _____

Province: _____ Postal Code: _____

CPU#: _____ Date of Birth: _____ ☐ M ☐ F

Send Application to:
 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:

1. To give meet promoters some guidelines for qualifying totals when setting up local, provincial and national contests. There can be for example, specific contests for Class IV, Class III and/or Class II, etc.
2. To provide an incentive program for novice lifters.
3. To provide recognition to those who have achieved status in their sport.
4. The classification totals will be subject to alteration in time. Recognition will be in the form of a coloured patch designating the level of proficiency the athlete has attained.

CLASSIFICATION TOTALS: MEN												
Wt Class	52kg	56	60	67.5	75	82.5	90	100	110	125	125+	Badge Colours
Elite	482.5	525.0	565.0	632.5	692.5	745.0	785.0	827.5	857.5	882.5	917.5	Black & Red
Master	445.0	482.5	520.0	580.0	635.0	682.5	722.5	760.0	787.5	810.0	842.5	Red & White
Class 1	400.0	432.5	465.0	522.5	570.0	612.5	645.0	682.5	705.0	725.0	757.5	Blue & White
Class 11	352.5	380.0	410.0	457.5	500.0	540.0	570.0	600.0	620.0	640.0	667.5	Green White
Class 111	305.0	332.5	357.5	402.5	437.5	470.0	497.5	525.0	542.5	557.5	580.0	Orange White
Class IV	267.5	290.0	312.5	350.0	380.0	410.0	432.5	455.0	475.0	487.5	507.5	Yellow &White
CLASSIFICATION TOTALS: WOMEN												
Wt Class	44kg	48	52	56	60	67.5	75	82.5	90	90+	Badge Colours	
Elite	290.0	310.0	332.5	355.0	375.0	412.5	445.0	477.5	512.5	540.0	Black & Red	
Master	262.5	282.5	302.5	322.5	340.0	375.0	405.0	435.0	465.0	490.0	Red & White	
Class 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		

ONTARIO POWERLIFTING ASSOCIATION

www.ontariopowerlifting.org



Board of Directors and Officials

President	Glyn Moore	(905) 646-8536	gmoore82@cogeco.ca
Vice President	Stan Goss		sgoss@live.ca
Secretary	Trisha Boyle		trisha.ross@rogers.com
Treasurer	Jackie Pritchard	(519) 925-2744	jackie.pritchard@gmail.com
Registration Chairperson	Marlene Moore	(905) 646-8536	marlene4opa@cogeco.ca
Records Chairperson, Website	Connor Sheehan	(613) 978-7289	connorsheehan@hotmail.com
Referee Chairperson	Michael Knott	(519) 317-6078	Mike_Knott@bell.net
Past President	Bill Jamison		
Regional Chairpersons			
Northwest (vacant)			
Northeast: (vacant)			
Southern	Jerry Marentette		opa.southern@ontariopowerlifting.org
Eastern	Sandro D'Angelo		sandrodangelo@rogers.com
Newsletter	Ulrike Kruger		rekapower@gmail.com
CPU President	Jeff Butt	(306) 694-5262	jeff@powerlifting.ca

Affiliated Clubs

Club Name	Club Contact	Phone Number	Email	Club Website
Capital Barbell	Connor Sheehan	613-978-7289	connorsheehan@hotmail.com	
Defining Edge Powerlifting Club	Krista Schaus	289-439-9471	krista@definingedge.ca	www.definingedge.ca
Defining Strength	Susan Abbott	905-768-4723	stronggirls@hotmial.com	
Fern's Gym	Fern Boucher	705-647-4279		
Golden Triangle	Dave Hoffman	519-894-5913	dave@cdnag.com	
Iron Foundation	Alex Drolc	519-757-3332	alex_drolc@gmail.com	
Iron Works	Sandro D'Angelo	613-769-7747	sandrodangelo@rogers.com	
K.W. Grizzlies	Adele Couchman	519-744-4881	acouchman@sympatico.ca	
Lakeside Powerlifting Club	Stephen Jesso	416-543-5770		
London Powerlifting Club	Terry Stinchcombe	519-681-4766		londonpowerlifting.org
Monster Powerlifting Club	Harnek Singh Rai	416-569-1488	raiharn@hotmial.com	
Niagara Powerlifting Club	Jay Gemmell/Glyn Moore	905-685-9828	jgemmell@cogeco.ca	niagarapowerlifting.org
Ottawa Strong	Eytan Rip	613-594-8000	eytan.rip@gmail.com	
Phoenix Fitness	Andy Childs	905-648-0226	andy@phoenixancaster.com	www.phoenixancaster.com
Power Pit Gym	Jerry Marentette	519-727-6096		
St Thomas Powerlifting Club	Daniel Pare	519-633-0771		
Steel City Powerlifting Club	William T. Jamison	905-765-5345	billjamison@sympatico.ca	
Team Barbarian	Josh Hewett	416-931-0800	josh@top-form-fitness.com	www.teambarbarian.com
Titans of Mississauga	Pascal Tyrrell	905-842-6701	pascal.tyrrell@gmail.com	
Toronto Rex Powerlifting Club	Mark Boyle	416-628-3577	mark.boyle@algorithmics.com	
Western Gym Team	Jamie Desjardius	519-200-0769	jdesja2@uwo.ca	
Ultimate Fitness Gyms	Sarah Leighton	613-433-9775	sarah@ultimatefitnessgyms.com	www.ultimatefitnessgyms.com