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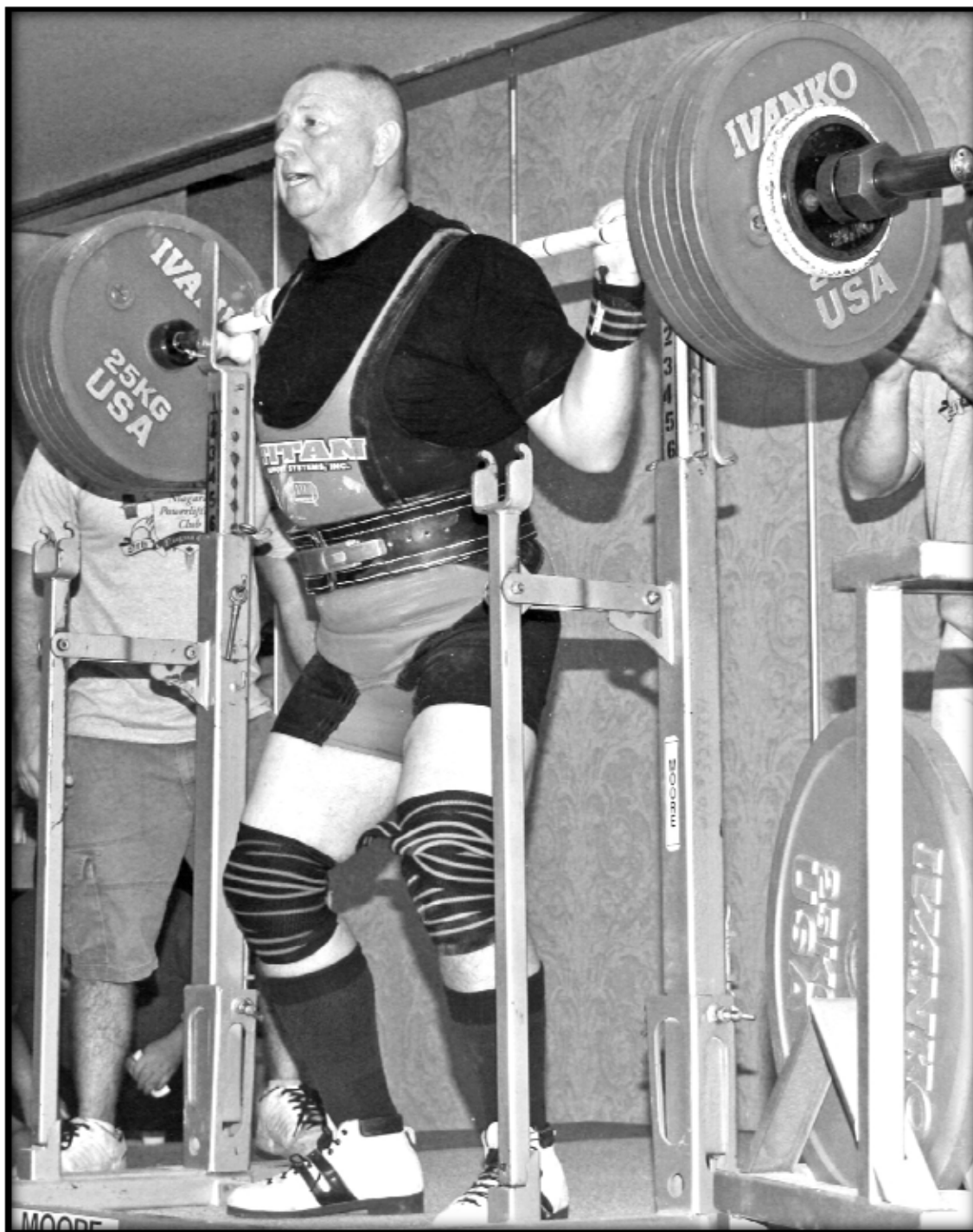


Ontario Powerlifting News

Sep 2010, Volume 61, Issue 2

Official Newsletter of the Ontario Powerlifting Association

www.ontariopowerlifting.org



Record breaking day at the Niagara Open – Patrick Hartwick

- photo Harnek Singh Rai

Presidents Report

- Glyn Moore

At the time of writing our junior lifters are in the Czech Republic are just wrapping up at the Worlds. Ontario was well represented, from the Phoenix Club we had Kristen Sweeney lifting in the 60kg junior division, from the Steel City Club we had Andrew Cameron in the 110 kg class and in the Sub Junior division in the 125+ class we had Chad Farquhar who got the Bronze medal. Congratulations to all our lifters who did remarkably well especially as it was their first Worlds and from experience I know how nerve wracking that can be.

The membership is continuing to grow and we are getting lots of new members. Here are a few pointers for the new lifters who are thinking of entering their first contest.

1. Before entering a contest, always contact someone that has knowledge of powerlifting to assess your technique.
2. Make sure that you have met the minimum standards of lifting apparel: wrestling singlet, sports shoes and knee length socks for deadlift.
3. Always check with the meet director one week before the contest to confirm the schedule.
4. Have someone with you on contest day to submit attempts.
5. During weigh-in and equipment check, get your rack heights for squat and bench press to ensure that this information is available at the head table before you lift.
6. Ask your assistant to sign all of your attempt cards.
7. Remember that after completing a lifting attempt, you have one minute to submit our next attempt.
8. Always open at an attempt that is very easy for you as it is different lifting in front of referees than in the gym.

Referee Report

- Michael Knott

The number of Referees is increasing in Ontario. Jerry Marrentette and Scot Seguin have achieved their National Category I rating. Glyn Moore and Mark Giffin have obtained Provincial Category I.

As passed at the CPU AGM this year, at least three nationally ranked or higher referees must officiate in order to obtain a National Record.

I will be in Ottawa for the Ontario Mens Intermediates and the Ontario Bench Press Championships and am searching for other National or higher referees to officiate, as there may be National Records being set.

I am now preparing for the Provincial Championships in January 2011 in London. With the multiple world championships taking place in Canada next year, I suspect that the Provincials will be a big contest.

OPA Members by Club		
Club	New	Renew
Capital Barbell	1	5
Defining Edge		5
Defining Strength	3	5
Fern's Gym		1
Golden Triangle	1	7
Iron Foundation	2	10
Iron Works	3	9
K. W. Grizzlies		6
Lakeside Powerlifting		5
London Powerlifting	4	9
Monster Powerlifting Club	1	1
Niagara Powerlifting	1	14
Ottawa Strong		7
Phoenix Fitness	2	4
Power Pit Gym	2	15
PoweReaCH		2
St Thomas Powerlifting		1
Steel City		7
Swiss Powerlifting		1
Team Barbarian		1
Titans of Mississauga	1	11
Toronto Rex Powerlifting		5
Ultimate Fitness Gyms	5	4
Unattached	25	43
Western Gym Team	4	

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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, Ulrike Kruger, Mike Knott, Susan Abbott, Sarah Leighton, Sandro D'Angelo

Photos Front Cover: Harnek Singh Rai

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

Newsletter Deadline:

Jan 28, 2010

Submissions:

ulkruger@gmail.com

Profile: Ultimate Fitness

By: Sarah Leighton

Ultimate Fitness is a company owned and operated by Sarah Leighton and her husband Paul Vaillancourt.

The company consists of two gyms located just west of Ottawa in Arnprior and Renfrew. Both gyms offer memberships, personal training, and custom built strength equipment sales.



Ultimate Fitness first got involved in powerlifting in 2008, when Shane Church, Paul, and Sarah travelled to the Niagara Open Powerlifting Contest. It was the first meet for all 3 lifters.

Sarah and Shane were bitten by the powerlifting bug. Both continued to lift at various meets in Ontario, and further interest surfaced when a personal training client came to watch Sarah lift at a meet held in Ottawa.

The client, Ellynn Dickson, began to compete in bench-only meets, all the while being coached by Paul 3 days per week. In the meantime, Shane Church left to lift at Westside Barbell in Columbus, OH.



Interest continued to grow as more female clients found admiration for Sarah and Ellynn's lifting achievements. A series of RAW Push/Pull meets held at Ultimate Fitness developed 3 new lifters. In late 2009, Tracey Alf, Jayne Major and Melanie Liard dipped their toes into the

powerlifting pool, at the Last Chance Open in Ottawa. The Ultimate Fitness Powerlifting Club was finally born.

Until the summer of 2010, the Ultimate Fitness Club

was comprised solely of female lifters, but this would change. At the 2010 Ottawa Open, David Drieske and Dane Blimkie joined two female lifters, Angie Burgess and Hilda Siegel, to make their OPA debut. The Ultimate Fitness Club unleashed 8 lifters in this competition, which in turn won them the team award for the meet.

About three months prior, in preparation for this meet, a weekly Saturday morning training session at the Arnprior gym was established. This session is comprised of four to five of our female lifters, and has continued to attract more members all the time. Our male lifters train three to four evenings per week at the Renfrew location. Two more lifters, Mark Whitman and Josh Emon will be making their debuts at the Mens Intermediate Provincial Championships in November. Again, all of these lifters were developed through Push/Pull Meets and training groups at Ultimate Fitness.

As coaches, Paul and Sarah have been to many lifting seminars hosted by Elite Fitness Systems, and also Defranco's Training Systems. This has expanded their knowledge as coaches, but also as lifters themselves.

By competing and training, it reflects on the team and encourages them to always strive to be their best. Paul, a Nationally ranked Strongman competitor, acts as Sarah's coach and has been integral to her success thus far and will continue to help her climb towards her goals.

At Ultimate Fitness, we feel that powerlifting is not only a great way to keep you hungry and focused in the gym, but also an enjoyable way to add competition into the lives of people who can't commit to organized sports due to time restraints and the risk of injury. No matter what age or gender, the powerlifting bug will continue to bite amid the Ultimate Fitness family.

Website: www.ultimatefitnessgyms.com
Email: Paul@ultimatefitnessgyms.com
Sarah@ultimatefitnessgyms.com

Calendar

Date	Event
Oct 30	Pheonix Open
Nov 30	Ontario Mens Intermediates Ontario Bench Press
Jan 21	Annual General Meeting
Jan 22	Ontario Powerlifting Championships
Mar 29	CPU Nationals, PEI

The Definition of Strength

- Susan Abbott

The sport of powerlifting is receiving more widespread recognition because of the advocacy and longevity of female competitors. The drive and dedication behind the all-female team of Defining Strength is a force to be reckoned with on many levels. Most of the women have found more than team membership in Defining Strength, there is a camaraderie that lifts them to higher levels!

The team consists of members: Susan Abbott, CPT and Coach, Lisa Nigh, Anita Santos, Natasha Farrell, Krista Miller, and new members, Erin Casey, Simone Upham, and Joanne Swing. Lifters Susan, Lisa and Anita have competed at the Nationals for the past three years. Natasha and Krista competed at Nationals for the first time this year in Quebec City. Simone, Joanne and Erin



all are training towards competing at future events.

Susan is the mother of two, and a full-time trainer at her business Define Yourself Personal Training. She focuses on the training and nutritional needs of mainly women. On coaching her team, Susan says "far too often people, not just women, make the choice to give their 'all' to what they must and leave not enough for them to grow personally". Susan is known for her love of people, her passion for powerlifting and her magnetic personality. Susan is the life-force of the Defining Strength team; she inspires the best efforts from those she trains not by lighting a fire beneath them, but by building a fire within them!

Lisa Nigh, the mother of two, works with her husband at their company, Nigh's Concrete Forming. Lisa was involved in other competitive sports before having a family, and was drawn to the nature and longevity of powerlifting. It has dramatically changed the way she lives her life, transcending just the 'sport' of it. As a Masters 1, she has her sights set on the Masters Worlds when they come to our turf at Niagara in 2011.

Anita Santos is the very busy mother of three and self employed in the natural health field. Anita's previous experience in competitive sports helped develop her current drive for powerlifting. Anita became addicted to the sport after being encouraged by Susan to compete in a competition. Continually striving to beat her PBs seems to provide Anita with the drive to succeed.

Natasha Farrell is a high school teacher who runs many extra curricular activities at her school. She is an amazing example of a well-rounded teacher and mentor for young women. Natasha has evolved into a lifter who has pushed through the barriers of her own expectations. She is working towards a super year of surpassing PBs.

Krista Miller is a grade school teacher and mom of two, soon to be three. Krista is an athlete who is determined to come back from baby number three fiercer than ever.

The Defining Strength team trains primarily in a small studio in Hagersville. The studio is half of a garage with a carpet and a curtain that separates us from the car stuff. However, as other clubs can attest, great things can come out of a garage! We train together train 2-3 times a week and supplement with workouts at home. We all make training fit into our lives; that includes juggling kids, soccer practice, hockey and jobs that require extra prepping time on top of our regular work day. Many women have challenges succeeding in powerlifting because of the personal, physical and mental sacrifices needed. It is not without certain sacrifice that our team members ascended to the National level.

The Defining Strength club can attribute part of its success to the support we receive from working with other clubs. We often train at Phoenix Fitness with Andy Childs and Aras Kvedaras of Kvedaras Chiropractic (who also helps us on the road to recovery after training injuries), and with Niagara Powerlifting Club's pre-contest regimes. We have often joked that we need to hyphenate our team name (maybe Defining-Strength of Phoenix-Niagara J) to include all of the clubs that have supported us. Our team is the essence of the powerlifting community which is supportive of the women and men dedicated to the sport.

The Defining Strength team has proven to be a positive model of a powerlifting athlete. By being focused, determined, respectful, strong and faithful, we are trying to be role models for other women in the sport. And we are advocating that women can be successful in sport and in life at any age!

To the women of Defining Strength, powerlifting is the sport that fuels our fire. It is a pathway to a community of fantastic people who are gracious in imparting their knowledge, serving as mentors and inspiration to their partners in life, their children and other women of their community.



Referees Needed!!!

The Ontario Powerlifting Association needs more referees. Contact the Referee Chairperson:

Michael Knott (519) 317-6078

Email: Mike.Knott@bell.net

South West HS Regional

May 8, 2010

Wt Cls	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
Women								
48	Laura Jubinville	Tilbury	46	50	25	65	140.0	191.20
52	Maja Bevanada	Essex	49.7	50	35	75	160.0	206.48
56	Emily Kessler	Essex	56	92.5	50	120	262.5	308.86
56	Lydia Congdon	Essex	53.9	65	0	0	0.0	0.00
60	Kayla Holman	Essex	56.9	42.5	35	72.5	150.0	174.30
67.5	Lauren Michaud	L'Esson	66.4	35	35	80	150.0	154.92
67.5	Lindsey Battersby	Essex	66.4	37.5	30	75	142.5	147.18
90+	Taylor Thompson	Belle River	95.6	85	50	120	255.0	215.36
Men								
56	Michael Hissink	Essex	54.7	80	72.5	100	252.5	235.26
56	Max Platsko	Tilbury	54.4	60	47.5	105	212.5	199.09
60	Chris Demers	Tilbury	59.6	115	75	160	350.0	300.34
67.5	Dalton Major	L'Esson	65.1	165	105	210	480.0	381.21
67.5	Joel Kenny	L'Esson	63.1	125	87.5	135	347.5	283.40
67.5	Cody Lacroix	Belle River	66.7	100	75	142.5	317.5	247.16
67.5	Scott Van Dijk	Essex	67	72.5	62.5	132.5	267.5	207.48
75	Mike Pearl	Holy Names	71.6	152.5	145	170	467.5	344.42
75	Travis Campeau	Belle River	67.9	100	90	190	380.0	291.61
75	Gianmarco Giglio	Holy Names	74.8	105	105	162.5	372.5	265.92
75	Skylar Chauvin	Pain Court	72.4	132.5	77.5	160	370.0	270.37
82.5	Phil Tofformire	Tilbury	81	135	95	185	415.0	281.13
82.5	Kyle Piva	Tilbury	77.3	115	65	142.5	322.5	225.12
90	Said Zaarour	Essex	87.9	87.5	85	102.5	275.0	177.73
100	Nick Thrasher	L'Esson	92.9	142.5	102.5	187.5	432.5	271.83
100	Leo Chevalier	Tilbury	96.3	95	85	132.5	312.5	193.21
100	Matt Lemmon	Essex	91.1	0	0	0	0.0	0.00
110	Spencer Revenberg	Essex	101.8	192.5	140	192.5	525.0	317.29
110	Brandon Revenberg	Essex	110	182.5	125	205	512.5	301.60
125	Chris Slikboer	Cardinal Carter	112	160	125	215	500.0	292.67

Annual General Meeting

Date

Jan 21, 2011 6:00pm

Location

Ramada Inn
Exeter Rd, London, ON

Contact

Trish Boyle
Email: trisha.ross@rogers.com

Please be aware everyone that we are accepting nominations for the following:

- Male Athlete of the Year
- Female Athlete of the Year
- Bill Jamison Award (to be taken to the AGM for CPU)
- Bill Jolley Award (to 'be taken to AGM for CPU)
- Contribution Award

Send nominations and proposals to Trisha Boyle. Include a small write up why you would like this person/persons nominated.

Belle River Open – 3-lift

Jun 5, 2010

Wt	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
Women								
60	Julie Watkin		58.6	140	70	152.5	362.5	411.63
67.5	Lisa Nigh	Defining Strength	67.5	132.5	70	145	347.5	354.67
67.5	Kristen Sweeney	Phoenix	62.2	127.5	65	135	327.5	355.15
Men								
67.5	Dalton Major	Power Pit	65.9	212.5	117.5	215	545.0	428.47
75	John McKittrick	Golden Triangle	73.3	185	125	202.5	512.5	371.16
75	John Bourgoin	Golden Triangle	75	185	102.5	177.5	465.0	331.34
82.5	Alex Benson		81.3	255	135	260	650.0	439.33
82.5	Nello Mielie	Niagara	82.3	222.5	150	225	597.5	400.85
90	Alex Harris	Steel City	89	210	122.5	205	537.5	345.11
90	Kevin Sterling	Power Pit	87.4	180	150	175	505.0	327.38
100	Dan Shultz	Golden Triangle	95.3	240	155	230	625.0	388.22
100	Steve Chomitz	Golden Triangle	99.7	120	194	260	574.0	349.75
110	Adrian Ninaber	Power Pit	108.9	242.5	185	256	683.5	403.49
110	Greg Derry		104.6	210	150	250	610.0	365.00
125	Jeff Vanco	Power Pit	116.8	237.5	127.5	272.5	637.5	368.93
125	Peter McGill	Steel City	124.9	235	182.5	177.5	595.0	339.11
125	Doug Bloch-Hansen	London	113.8	207.5	125	217.5	550.0	320.49
125	Tony Bunce	Golden Triangle	121.2	182.5	142.5	187.5	512.5	293.98
125	Darren Preis-Klassen	Niagara	115.6	165	115	192.5	472.5	274.17
125	Kevin Sedore		121.1	217.5	0	0	0.0	0.00

OPA Members by Age/Category

	New	Renewal	Total
Associate	1	6	7
Blind		4	4
Junior	14	25	39
Master 1	8	30	38
Master 2	4	32	36
Master 3		11	11
Master 4		2	2
Open	22	51	73
Special Athlete	1	13	14
Sub Junior	5	4	9
Grand Total	55	178	233

Ontario High School Championships								May 30, 2010
Wt Cls	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
Women								
52	Stephanie Reischl	Cayuga	51.1	70	35	75	180.0	227.43
52	Laura May Jubinville	Tilbury	48.2	50	27.5	75	152.5	201.36
60	Emily Kessler	Essex	57.8	95	50	122.5	267.5	307.04
67.5	Jenny Rideout	Glenview	61.1	70	42.5	97.5	210.0	230.87
67.5	Caroline Barker	Westdale	65.5	75	35	85	195.0	203.42
67.5	Emma Bluemke	Bluevale	60.4	52.5	37.5	90	180.0	199.65
75	Careena Browne	Westdale	73.6	85	55	125	265.0	254.95
75	Allison Campbell	Cayuga	73	80	47.5	115	242.5	234.55
82.5	Carissa Browne	Westdale	76.4	85	55	138	278.0	261.28
90	Lindsay Bartz	Glenview	89.5	87.5	65	108	260.5	225.61
90	Jasmine Keats	Glenview	84.5	62.5	45	85	192.5	171.16
90+	Martha Giordano	Westdale	91.4	85	45	120	250.0	214.67
Men								
56	Tarek Attia	SJAM	56	90	87.5	140	317.5	289.04
56	Caleb Siu	Westdale	53.1	95	57.5	120	272.5	261.65
56	Mike Hissink	Essex	56	85	70	100	255.0	232.14
60	Chris Demers	Tilbury	58.5	121	75	175	371.0	323.91
60	Marcus Jones	London	57.2	80	60	142.5	282.5	251.95
67.5	Dalton Major	Lessor	65.2	165	105	212.5	482.5	382.70
67.5	Aaron Retondo	St Mary	67.4	125	112.5	215	452.5	349.30
67.5	Joel Kenney	Lessor	65.4	122.5	97.5	142.5	362.5	286.79
67.5	Cody Lacroix	Belle River	67.5	85	75	157.5	317.5	244.80
75	Andrew Swatridge	waterloo	74.9	172.5	120	205	497.5	354.83
75	Skylar Chauvin	Pain Court	73.3	142.5	80	170	392.5	284.25
82.5	Wade Filiatrault	Bluevale	82.5	140	112.5	192.5	445.0	298.11
82.5	Phil Tofflemire	Tilbury	80.8	137.5	90	185	412.5	279.87
82.5	Lucas St. Jeen	West Elgin	78.8	95	82.5	145	322.5	222.30
90	Spencer West	Westdale	86.1	155	112.5	190	457.5	299.02
90	Said Zaarour	Essex	88.8	100	90	130	320.0	205.70
100	Srdan Granic	Forest Heights	95.1	170	110	217.5	497.5	309.31
100	Simon Chae	Westdale	99.8	165	130	200	495.0	301.49
125	Chris Slikboer	Cardinal	114.8	160	130	215	505.0	293.57
125+	Addison Marks	Mm Robinson	133	195	147.5	227.5	570.0	321.11

Registration Report

As of Aug 31, there are 375 OPA members. This number includes 133 high school students and 8 associates. So far this year 7 sanctioned contests have taken place, 2 more to go. There are 23 registered clubs. And the year is not over yet!!!!

I would like to see clubs that have never before (or haven't in a while) host a meet next year. If you are thinking about hosting one of these events, I will tell you that it can be very rewarding. When at the end of a contest, while you are packing things up, a lifter comes to you and thanks you for a great contest or a volunteer thanks you for asking them to help, well, it certainly makes you feel good.

I would like you to know something about volunteers. A volunteer is one of the most important aspects of a well run meet. The size of a contest will dictate how many volunteers you need. If you are having a morning session with 3 flights, you need, at minimum 4 helpers for the platform, 5 works best, but any less, there are no spares to switch off. If you are having a morning and afternoon with 2 – 3 flights each session, then 2 sets of spotters and loaders would be needed. It is somewhat unfair to expect a person to be on the platform from 9am – 6pm. More help is good and if there are extras to rotate in, all the better.

The Head Table needs a minimum of 3 people, 4 works well, and 5 is excellent if you have the second laptop for a loading chart (but not necessary). The positioning would go something like this: attempt taker / timer, score keeper (lap top), sorter, announcer, second laptop (with loading chart).

Keeping breaks timed makes for a more efficient run meet and providing food and drinks for the volunteers is important also. Volunteers will return to help again if they are appreciated. Don't be afraid to ask family and friends to help; you would be surprised how many would like to volunteer their services.

2011 will be a very busy year for Glyn, Jay Gemmell, Steve Magistrale and myself as we prepare to host the 2011 World Masters in St. Catharines. The Provincial Championships are in January and I will be very busy with processing the CPU cards (with Glyn's help). I will not have the 2011 cards from the CPU until sometime in December so be patient to receive them in the new year. Memberships will not be processed until January 1, and you may post date your cheques to Jan 1, 2011; however I will not process any cards that are post-dated until the actual date on the cheque. Please also read the application and send in the appropriate waiver with the membership form, initialled and signed in the correct areas. If you have any questions, please do not hesitate to contact me. If you are competing at the January Provincials, please send your applications 2 weeks prior to the date of the contest to ensure the card will get processed.

To all the 2010 clubs in Ontario - I look forward to each renewal for 2011 and I urge you to send in any intended contest sanctions for the coming year so that we can list them on the website and in our magazine, and more importantly so that you can have the spot in the calendar year that best suits your club. It is nice to see the agenda for meets early in the year so you can plan out your training.

As Glyn and I and Ulrike are planning this issue, our Canadian Junior team is competing right now in the Czech Republic. To our Ontario lifters: Chad Farquar, Kristen Sweeny, Andrew Cameron, I wish them well. To our Masters Team, who will be going there at the end of the month - good luck and good lifting. - Marlene Moore

London Open

May 15, 2010

Wt Cls	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
Women								
60	Maggie Rafferty	Iron Works	57	130.0	75.0	127.5	332.5	385.83
67.5	Rebecca McKeen	Iron Works	67.5	135.0	75.0	152.5	362.5	369.98
67.5	Maria Commisso		60.5	92.5	37.5	100.0	230.0	254.78
82.5	Deb Bisztriczky		80.4	102.5	50.0	125.0	277.5	253.21
90	Janine Wheeler		89	90.0	55.0	120.0	265.0	230.06
Men								
67.5	Art Chan		67.2	215.0	182.5	250.0	647.5	501.02
75	Mark MacWilliams		74.5	205.0	135.0	210.0	550.0	393.75
75	Donald Francis		73.8	185.0	145.0	192.5	522.5	376.57
75	Bilal Khan		70.5	165.0	127.5	197.5	490.0	365.22
75	Christopher Fudge		73.1	165.0	115.0	165.0	445.0	322.91
82.5	Steve Spilak		79.2	190.0	165.0	190.0	545.0	374.46
82.5	Matt Shelvock		82.3	195.0	110.0	230.0	535.0	358.92
82.5	Jamie Desjardins		80	160.0	110.0	215.0	485.0	331.11
90	Jamie Lavoie		86.7	220.0	170.0	230.0	620.0	403.69
90	Greg Page	Iron Works	88.3	225.0	182.5	207.5	615.0	396.51
90	Travis Graham		86	207.5	132.5	250.0	590.0	385.88
90	Marvin Kelso		88.1	210.0	145.0	205.0	560.0	361.49
90	Solomon Rodriguez		87.3	155.0	92.5	192.5	440.0	285.42
100	Michael Mei		99.3	182.5	147.5	255.0	585.0	357.03
125	Matt Wiens	Iron Works	120.2	242.5	177.5	265.0	685.0	393.67
125	Adam McInroy		116.4	210.0	155.0	242.5	607.5	351.87
125	Doug Bloch-Hansen	London	114.2	195.0	125.0	205.0	525.0	305.63



TRAFALGAR AUTO SERVICE

General Automotive Repairs by Class "A" Technicians

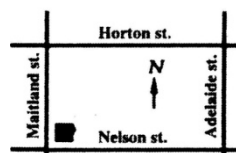
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Domestic & Imports

52 Maitland Street,
N6B 2X1

Mon.-Fri., 8-6, Sat. 8-4

519-660-4989



Phoenix Open

Date:	Oct 30, 2010
Location:	Phoenix Fitness 131 Upper Centennial Parkway Unit 11 Stoney Creek, ON
Meet Director:	Andy Childs
Cost:	\$60
Payable to:	Phoenix Fitness
Send to:	Andy Childs 131 Upper Centennial Parkway Unit 11 Stoney Creek, ON L8T 2T7
Contact:	Phone: (905) 979-1967 Email: andy@phoenixfitnessclub.ca Website: www.phoenixfitnessclubs.ca
Entry Deadline:	Oct 15, 2010
Weigh-in	8:00am Lifting: 10:00 am
Contest Type	3-lift open
Awards	1 st to 3 rd each weight class 1 st to 3 rd by wilks for raw lifters (Belt and wrist wraps only)
NOTE	The Registration Chairperson will be on holidays Sep 25 to Oct 19. Membership applications received by the contest deadline (post-marked Oct 15) will be processed.



Special Olympics Nationals -Push/Pull							
Jul 17, 2010							
Wt Cls	Name	Club	BWT	Bench	DL	Total	Wilks
Women							
67.5	Chrystal Bradley	SOBC	63	60	150	210.0	225.53
75	Lisa Newell	SOBC	73	40	82.5	122.5	118.48
82.5	Christine Sullivan	SOA	79.2	42.5	107.5	150.0	138.03
90	Betty Farr	SOO	83.7	0	130	0.0	0.00
90+	Jessyca Gendron	SOQ	108	60	100	160.0	130.61
Men							
56	Marc Maurice	SOO	53.7	52.5	142.5	195.0	185.10
60	Benjamin Chain	SOO	57.8	65	127.5	192.5	169.98
60	Randy Luzny	SOS	59.2	72.5	115	187.5	161.90
67.5	Russell Geber	SOO	65.4	105	195	300.0	237.34
67.5	Matt MacKay	SOBC	65	90	107.5	197.5	157.05
75	Paul Perreault	SOO	72.5	107.5	185	292.5	213.52
75	Louis Duval	SOQ	70.7	90	155	245.0	182.22
82.5	Andre Goulet	SOO	75.7	107.5	180	287.5	203.55
82.5	Jan Mareels	SOBC	79.4	97.5	190	287.5	197.22
82.5	Spencer Stevens	SOA	79.6	80	182.5	262.5	179.78
90	Blair Lunau	SOA	84.2	100	190	290.0	191.96
90	Carl Paulhus	SOS	83.8	85	155	240.0	159.30
100	Dave Devison	SOBC	96.7	107.5	182.5	290.0	178.98
100	Andrew Harding	SOA	97.8	97.5	187.5	285.0	175.04
100	Richard Dwyer	SOO	92.5	102.5	170	272.5	171.62
100	C Ralph Graham	SONS	99.95	82.5	160	242.5	147.61
110	Brad Grills	SOBC	106.4	112.5	175	287.5	171.01
125	Alfred Wiltse	SOBC	112.15	107.5	180	287.5	168.22
125+	Jackie Barrett	SONL	134.65	132.5	275	407.5	229.10
125+	Robin Latimer	SOM	147.9	87.5	147.5	235.0	130.28

The Special Olympics National Championship was hosted by the London Police and Firefighter and was held in London at the University of Western Ontario. The London Powerlifting Club provided equipment and also IPF National Certified referees, so that the lifters could qualify for the Special Olympics World Championship.

This championship event consisted of various sports, including Powerlifting. The contest was held in two full gyms, with one being

used as the warm up area. By the end of the day there was standing room only, with people lined up outside the venue.

Meet director / Technical support / equipment: Terry Stinchcombe and The London Powerlifting Club
Referees: Mike Knott, Rick Gazdig, Jerry Marrentette.
London Volunteers: Michael Knott, Stan Goss, Gord Catterson, Steve Garrett, Rick Gazdig, Stephen Janik, Tim Jones, Ann Pijaszek, Lynda Squires, Terry Stinchcombe, Karen Stinchcombe, Harry MacDonald, Jerry Marrentette.

Special Olympics Nationals -Squat					
Jul 17, 2010					
Wt Cls	Name	Club	BWT	Squat	Wilks
Women					
82.5	Christine Sullivan	SOA	79.2	60	55.21
90	Betty Farr	SOO	83.5	0	0.00
90+	Jessyca Gendron	SOQ	108	90	73.47
Men					
56	Marc Maurice	SOO	53.7	97.5	92.55
60	Benjamin Chain	SOO	57.8	107.5	94.93
60	Randy Luzny	SOS	59.2	82.5	71.24
67.5	Russell Gerber	SOO	65.4	162.5	128.56
75	Paul Perreault	SOO	72.5	155	113.15
75	Louis Duval	SOQ	70.7	117.5	87.39
82.5	Andre Goulet	SOO	75.7	160	113.28
82.5	Spencer Stevens	SOA	79.6	155	106.15
90	Carl Paulhus	SOS	83.8	137.5	91.27
90	Blair Lunau	SOA	84.2	72.5	47.99
100	Richard Dwyer	SOO	92.5	160	100.77
100	Dave Devison	SOBC	96.7	160	98.75
100	C Ralph Graham	SONS	99.95	152.5	92.83
100	Andrew Harding	SOA	97.8	140	85.98
125+	Jackie Barrett	SONL	134.65	265.5	149.27
125+	Robin Latimer	SOM	147.9	120	66.53

2010 Special Athletes Contest									
Jun 19, 2010									
Age Cls	Wt Cls	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
Women									
Open	52	Jasneet Bansal	Titans	51.5	82.5	55.0	110.0	247.5	310.8
M2	60	Lynn Lister	Titans	59.8				0	0
Special	60	Kelly Fitzgerald	Titans	59.5	55.0	52.5	92.5	200.0	224.4
Special	60	Cheryl Howey	K.W. Grizzlies	59.1	62.5	35.0	95.0	192.5	217.1
Special	67.5	Melissa Mancini	Titans	67.1	0.0	40.0	85.0	125.0	128.1
Special	90+	Jacquie Johnson	K.W. Grizzlies	108.0	82.5	40.0	102.5	225.0	183.7
Men									
Special	67.5	Ryan Lamey	Titans	62.2	0.0	62.5	90.0	152.5	125.9
Special	67.5	Michael Rastas	Titans	64.7	30.0	45.0	70.0	145.0	115.8
Special	67.5	Siu Fan Yau	Titans	66.0	0.0	37.5	80.0	117.5	92.3
Special	75	Michael Arruda	Titans	68.7	80.0	82.5	120.0	282.5	214.8
Special	75	Jeffrey Killins	Titans	71.5	0.0	70.0	110.0	180.0	132.8
Special	82.5	Robert Greig	K.W. Grizzlies	77.2	90.0	55.0	117.5	262.5	183.4
Special	110	Morgan Smith	Titans	105.2	0.0	112.5	180.0	292.5	174.7
Special	125+	Larry Chappell	K.W. Grizzlies	147.1	90.0	70.0	160.0	320.0	177.5

2010 Ottawa Open – 3-lift									Jul 17, 2010
Age Cls	Wt Cls	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
		Women							
M2	48	Sue Thomson	Capital Barbell	47.7	100.0	70.0	112.5	282.5	375.9
M1	48	Odette Michaud		40.1	90.0	35.0	130.0	255.0	380.3
M1	52	Jayne Major	Ultimate Fitness	49.1					
Open	60	Maggie Rafferty	Iron Works	57.2	135.0	65.0	142.5	342.5	396.3
M2	60	Elizabeth Munn		59.7	27.5	35.0	65.0	127.5	142.7
Open	67.5	Sarah Leighton	Ultimate Fitness	66.3	183.0	115.0	170.0	468.0	483.9
Junior	67.5	Stacey Jensen		64.3	157.5	87.5	150.0	395.0	417.7
Open	67.5	Mary Ann Kaczor		64.9	137.5	85.0	165.0	387.5	407.0
Open	67.5	Angela Burgess	Ultimate Fitness	64.5	117.5	57.5	137.5	312.5	329.7
Open	67.5	Hilda Siegel	Ultimate Fitness	65.7	77.5	55.0	115.0	247.5	257.6
SubJun	75	Alyssa Smith		74.1	140.0	55.0	135.0	330.0	316.1
Open	90+	Tracey Alf	Ultimate Fitness	90.6	82.5	50.0	130.0	262.5	226.2
		Men							
SubJun	60	Farbod Farhang		58.2	117.5	90.0	160.0	367.5	322.4
SubJun	67.5	Callum Schjerning		67.4	117.5	75.0	137.5	330.0	254.7
Open	75	Chris Fudge	Iron Works	74.0					
Junior	75	Yves Brousseau		74.5	250.0	205.0	225.0	680.0	486.8
Junior	75	Jamie Desjardins	Western Gym Team	74.2	185.0	107.5	215.0	507.5	364.4
Junior	75	Graeme Bean		73.3	170.0	107.5	210.0	487.5	353.1
SubJun	75	Brendan Williamson		73.7	155.0	87.5	200.0	442.5	319.2
Junior	75	Corey Tsang		73.0	155.0	82.5	180.0	417.5	303.3
M3	75	Richard Sarazin	Capital Barbell	74.3	125.0	87.5	175.0	387.5	277.9
Open	82.5	Eytan Rip	Ottawa Strong	81.6				0	0
Junior	82.5	Matt Shelvock	Western Gym Team	80.0	215.0	115.0	225.0	555.0	378.9
Junior	82.5	Kevin Cancian	Capital Barbell	78.9	195.0	110.0	235.0	540.0	371.9
M3	82.5	Laurie Greenidge		82.0	202.5	120.0	195.0	517.5	347.9
Open	82.5	Rohan Kembhavi		78.9	132.5	110.0	180.0	422.5	291.0
M2	90	Claude Dallaire		86.9	267.5	155.0	295.0	717.5	466.6
Open	90	Greg Page	Iron Works	88.9	235.0	190.0	225.0	650.0	417.6
M2	90	Herb Greenidge	Ottawa Strong	88.8	230.0	140.0	212.5	582.5	374.4
Junior	90	Kristin Fischer		87.7	212.5	125.0	225.0	562.5	364.0
Junior	90	Andrew Wilson		85.5	137.5	117.5	195.0	450.0	295.3
Open	100	Dane Blimkie	Ultimate Fitness	97.9	215.0	125.0	242.5	582.5	357.6
M2	100	Raymond White		96.8	205.0	145.0	160.0	510.0	314.6
Open	100	Ashwin Juneja		98.2	145.0	90.0	185.0	420.0	257.5
Junior	110	David Droleske	Ultimate Fitness	104.8	250.0	165.0	287.5	702.5	420.1
M3	110	Patrick Hartwick	PoweReach	103.7	250.0	155.0	227.5	632.5	379.6
Open	125	Matt Wiens	Iron Works	119.2	252.5	197.5	275.0	725.0	417.5
Open	125	Chris Yantha	Ottawa Strong	122.8	255.0	160.0	300.0	715.0	409.0
Open	125	Phillipe Landry		121.8	250.0	185.0	255.0	690.0	395.4

The 4th annual Ottawa open was held on July 17, 2010. Once again the meet was a success with many novice lifters. The meet included over 54 lifters with 14 in the bench only, a full flight of women lifters and two more flights of 3 lift. The day was hectic and fast paced – but luckily all the flights worked out and with the help of some experienced referees and great volunteers we were able to finish on time.

A combination of new and experienced lifters made this our best Ottawa open yet. The numbers of lifters that competed truly shows the popularity of powerlifting in Ontario and especially in the Ottawa area.

Congratulations to the best bench of the day Serge Leduc, the best female lifter Sarah Leighton and the best male and overall lifter Yves Brousseau.

A successful powerlifting meet could not take place without the help of sponsors and volunteers. I would like to thank all the sponsors and volunteers for their help and especially Glyn and Marlene Moore who travelled from Niagara Falls to help, the referees (Mark Giffin, Louis Levesque and Daniel Royer) for ensuring the meet ran on time, Art Chan and the rest of Iron Works Power lifting team and Barry Antoniw for letting us use his equipment.

We are looking forward to a bigger and better 5th annual Ottawa open in July 2011.

A reminder to everyone that Iron Works Powerlifting club will also be hosting the Ontario bench Press and Intermediates Championships on November 20 at the Travel Lodge Hotel in Ottawa. See the OPA site for details. I want to also let everyone know that I am the Eastern Ontario Representative for the OPA and as such am here to help with any questions or inquires with regard to powerlifting in Eastern Ontario.

Sandro D'Angelo

2010 Ottawa Open – Bench

Jul 17, 2010

Age Cls	Wt Cls	Name	Club	BWT	Bench	Wilks
Women						
Open	60	Maggie Rafferty	Iron Works	57.2	55.0	63.6
Open	67.5	Karyne Turcotte	.	64.4	83.0	87.7
M1	90+	Laurie Yade	London	92.9	90.0	76.8
M2	90+	Ellynn Dickson	Ultimate Fitness	111.4	87.5	71.0
Men						
Junior	75	Justin VanSchyndel	Iron Foundation	73.3	150.0	108.6
Open	75	Chris Fudge	Iron Works	74.0	125.0	89.9
Open	75	Jon Stewart	.	73.3	115.0	83.3
Junior	82.5	Blaine LeBlond	.	76.6	125.0	87.8
M2	90	Rosario Lattanzio	Iron Works	89.2	165.0	105.8
Open	100	Serge Leduc	Iron Works	97.4	212.5	130.7
M1	100	Barry McEvoy	Lakeside	95.6	192.5	119.4
Open	100	Frank Mayer	.	95.3	175.0	108.7
M3	125	George Flikas	.	119.5	182.5	105.0
Open	125	James Harmsworth	.	112.0	175.0	102.4

2011 Ontario Powerlifting Championships

Date: Jan 22, 2011 9:30am
Location: Ramada Inn
 817 Exeter Road
 London, ON N6E 1W1
Meet Michael Knott
Director: London Powerlifting Club
Cost: \$65
Payable: London Powerlifting Club
Send to: Michael Knott
 Apt. 1002, Commissioners Rd. E.
 London, ON N6C 5Y8
Contact: Phone: (519) 317-6078
 Email: mike_knott@bell.net
 www.londonpowerlifting.org
 Jan 1, 2011
Entry
Deadline:
Weigh-in Morning session 7:30 am
Type of Ontario Championship
Contest 3-lift
Awards 1st – 3rd weight and age class as per Ontario Powerlifting Association requirements

Ontario Intermediate Championships

Can women compete in the Provincial Intermediates? If so what are the qualification numbers - and how does this work? As per the qualification totals there are no qualifications for the Intermediates - other than the regular qualifications for the Provincials?

The Ontario Intermediate Championships is a Mens only competition. It has been proposed on several occasions at the AGM to open this contest up to women. The issue is that the qualifier for this contest is Class III + 4% but not Class I. This championship was the first in Ontario and designed as a stepping stone to the Ontario Senior Championships. There were no Master or Junior lifting categories when it was first created.

As shown below, the qualification for the Seniors is Class I for men, and Class III for women. As the womens' open qualifier is below the Intermediate level, they cannot compete at the Intermediates as they cannot be a Senior lifter and compete in the Intermediates. There has never been a qualifier for the Intermediates for women lifters for this reason.

This championship is currently run in conjunction with the Ontario Bench Press championships, and as they are both championships they can be run at the same time. Any championship should not be run with a non-championship competition.

All of the womens provincial championships take place in January with all the other 3-lift championships. Depending on lifting attendance, evaluation is still taking place to combine all provincial championships; however, this may result in a contest that would required a full weekend of 3 days, which is too long for most teams to host.

Ontario Mens Intermediates

Ontario Bench Press

Date: Nov 20, 2010
Location: Travel Lodge Hotel
 1376 Carling Ave, Ottawa, ON
Meet Sandro D'Angelo, Art Chan & Iron
Director: Works Powerlifting Club
Cost: \$70 including T-shirt
Payable Sandro D'Angelo
to: 630 Du Parc Ave, Russell, ON K4R 1G4
Contact: Email: sandrodangelo@rogers.com
 Phone: (613) 769-7747
Entry Nov 6, 2010
Deadline:
Weigh-in 7:00am (Bench) Lifting: 9:00am (Bench)
 8:30am (3-Lift) 10:30am (3-Lift)

Qualification Totals for Provincial Championships

Category	Women	Men
Senior	Class III	Class I
Master 40-49	Class III	Class II
Master 50+	Class IV	Class III
Master 60+	Class IV	Class IV
Master 70+	-	Class IV
Junior	Class III	Class III
Sub-Junior	Class IV	Class IV
Intermediate	-	(Class III + 4%) < Class I

2010 Niagara Open					Aug 21, 2010 St Catharines				
Age	Wt Cls	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
Women									
M1	60	Julie Watkin	.	59.4					
Open	60	Lynn Wardle	Iron Foundation	59.9	107.5	77.5	125.0	310.0	346.1
M2	60	Janet Warne	.	60.0	110.0	72.5	122.5	305.0	340.0
M1	60	Maria Commisso	.	59.6	90.0	42.5	105.0	237.5	266.2
Open	67.5	Mary Ann Kaczor	.	65.7	145.0	92.5	160.0	397.5	413.7
M3	67.5	Carol Brady	Defining Edge	63.7	100.0	47.5	95.0	242.5	258.3
Open	75	Natasha Farrell	Defining Strength	73.2	125.0	55.0	142.5	322.5	311.4
Open	82.5	Sonja Bedic	Defining Edge	75.3	135.0	60.0	135.0	330.0	312.9
M2	90	Mary Lupton	Defining Edge	89.6	90.0	47.5	120.0	257.5	222.9
Men									
Sub Jun	67.5	Dalton Major	Power Pit	63.6	202.5	120.0	200.0	522.5	423.2
Open	75	Mark MacWilliams	.	74.2					
Junior	82.5	Matthew Giesa	Toronto Rex	80.0					
Open	82.5	Steve Spilak	.	79.9	205.0	165.0	195.0	565.0	386.0
Open	82.5	Mark Boyle	Toronto Rex	79.6	197.5	140.0	207.5	545.0	373.3
M2	82.5	Louis Levesque	.	82.4	197.5	117.5	190.0	505.0	338.5
M2	82.5	John Cahill	.	81.2	192.5	85.0	225.0	502.5	339.9
Open	90	Dave Walters	Phoenix	89.4	280.0	235.0	270.0	785.0	502.9
Open	90	Mike Dickinson	Iron Foundation	89.3	285.0	175.0	267.5	727.5	466.3
Open	90	Jamie Lavoie	.	87.5	225.0	170.0	225.0	620.0	401.7
Junior	90	Kristin Fischer	.	89.8	247.5	145.0	220.0	612.5	391.5
Open	90	Travis Graham	.	88.3	212.5	137.5	257.5	607.5	391.7
Junior	90	Brian Whitworth	Steel City	82.9	202.5	142.5	200.0	545.0	364.0
M1	100	Craig Hirota	Toronto Rex	98.8	235.0	182.5	282.5	700.0	428.1
M1	100	Roberto Celio	.	98.6	250.0	165.0	277.5	692.5	423.9
M1	100	Steve Janik	London	98.7	252.5	167.5	265.0	685.0	419.1
M1	100	Stephen McKenzie	Iron Foundation	99.8	250.0	165.0	250.0	665.0	405.0
Open	100	Eric Bell	.	99.2	120.0	110.0	165.0	395.0	241.2
Open	110	Jamie Emberley	.	106.3	272.5	182.5	285.0	740.0	440.3
Junior	110	Dan Pinkney	Iron Foundation	106.3	285.0	152.5	280.0	717.5	426.9
M3	110	Patrick Hartwick	PoweReacH	102.8	290.0	150.0	235.0	675.0	406.4
Open	125	Adam McInroy	.	117.3	227.5	160.0	255.0	642.5	371.4
M1	125	Doug Bloch-Hansen	London	113.8	212.5	132.5	235.0	580.0	338.0

second place to Mike Dickinson and winning the division and breaking the 500 wilks barrier was Coach Dave Walters. The 100 kg class had five lifters being won by Craig Hirota with a 700 kg total. It was nice to see Steve McKenzie return after not competing since 2008, he chose to lift without all of the supportive gear and will be a huge factor come Nationals in 2011 as the battles begin for the Canadian World Team. The 110 kg class was won by Jamie Emberley who totalled an amazing 740 kgs in belt and knee warmers. Third in this weight class and breaking the World Masters III squat record twice unofficially was Patrick Hartwick. The 125kg class had two lifters being won by Adam McInroy followed by Doug Bloch Hansen.

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	Inter 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

The contest ran really well, we had nine female lifters which are nice to see. The number of women coming into the sport seems to increase every year. Starting off was the 60 kg class with four lifters. Unfortunately the best Masters I lifter from the Provincial Championships, Julie Watkins, had problems with depth on the squat and did not get past that lift. In third place was Maria Commisso, second place was one of our regular competitors in this contest - young Janet Warne with a 305kg total, first place went to Lynn Wardle from the Iron Foundation Club with a 310 kg total. We had two lifters in the 67.5 kg class being won by the ever improving Mary Ann Kaczor and in second place, was Masters III lifter, Carol Brady. Each of the remaining classes for the women only had one lifter each.

In the mens division at 75 kg the lone lifter had difficulties with the squat and could not continue. In the 82.5 kg class there were five lifters, in third place was the suave Frenchman Louis Levesque, second place went to Mark Boyle who had a great day and winning the class was Steve Spilak. The 90 kg class had six lifters, third place went to Jamie Lavoie,

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. Cath
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	103.0 J. Pritchard	Apr-10	Canadians, Quebec City
Deadlift	167.5 U. Kruger	Apr-10	Canadians, Quebec City
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

Men Sub Junior

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	210.0 D. Major	Apr-10	Canadians, Quebec City
Bench	125.0 B. LeBlond	Apr-08	Cdn Juniors, St. Catharines
Deadlift	227.5 D. Major	Apr-10	Canadians, Quebec City
Total	550.0 D. Major	Apr-10	Canadians, Quebec City

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	210.0 D. Major	Apr-10	Canadians, Quebec City
Bench	135.0 M. Dineno	Apr-97	Canadian Jr, Cornerbrook
Deadlift	235.0 J. Marentette	Dec-08	Ontario Juniors, Ottawa
Total	550.0 D. Major	Apr-10	Canadians, Quebec City

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	275.5 J. Wood	Apr-10	Canadians, Quebec City
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. Boulерice	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	367.5 K. Branton	Apr-10	Canadians, Quebec City
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	937.5 K. Branton	Apr-10	Canadians, Quebec City

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	290.0 P. Hartwick	Aug-10	Niagara Open, St Cath
Bench	150.0 P. Hartwick	Aug-10	Niagara Open, St Cath
Deadlift	235.0 R. Villeneuve	May-97	Canadian Blind, Toronto
Total	675.0 P. Hartwick	Aug-10	Niagara Open, St Cath

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	87.5 E. Dickson	Jul-10	Ottawa, ON

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
110kg	150.0 P. Hartwick	Aug-10	St. Catharines, ON
125+	167.5 D. Hoffman	Nov-09	Emeryville, ON



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>	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: _____ Street: _____ City: _____ Prov: _____ Postal Cd: _____ Phone#: _____ CPU#: _____ Wt Class: _____ Precise Body Wt. _____ Doping Control Sample#: _____ I have checked all the data and all lists and hereby state that everything is in order Date: _____ Signature: _____		Competition Information: Name of Competition: _____ Location/Address: _____ City: _____ Prov: _____ Date of Competition: _____ <table border="1" style="width: 100%; border-collapse: collapse;"><thead><tr><th>Attempt</th><th>1st</th><th>2nd</th><th>3rd</th></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																												

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		

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	raiarnek@hotmail.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