

Ontario Powerlifting News

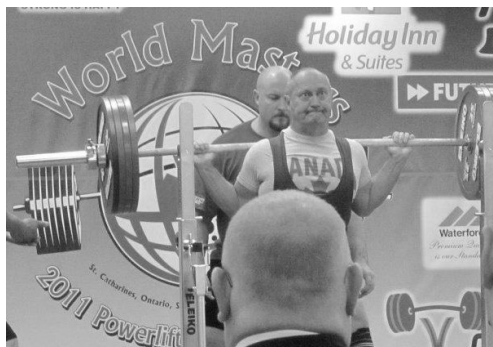


OFFICIAL NEWSLETTER OF THE ONTARIO POWERLIFTING ASSOCIATION

December 2011, Volume 62, Issue 3

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The World Comes to Canada... A Thousand Moments of Success



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Photographs courtesy of Harnek Singh Rai & Susan Thomson



President's Report

At this year's Canadian Powerlifting Union Annual General Meeting, classic powerlifting was introduced as an alternative to equipped powerlifting. Hopefully at the Ontario AGM in January we can rectify and clarify some of the problems that we are experiencing in implementing this form of competing. We have over twenty registered clubs in Ontario but only four clubs are actively hosting contests. To successfully include classic powerlifting at contests it has to be either a separate contest or at the very least a separate flight so that results can be monitored and recorded and records can be set up. The small number of clubs hosting contests causes a major problem in being able to implement this kind of contest.

I believe that 2011 has been a successful year for Ontario Powerlifting. The membership has continued to grow but once again, few members are prepared to become involved in the running of the OPA or helping out at contests. Without referees and without contests, powerlifting, whether it be equipped or unequipped, cannot be held.

Drug testing in contest and out of contest is being increased in Ontario and lifters should be aware that CCES can show up at your door at anytime unannounced. Three Ontario lifters have been out of contest tested recently and I am proud to say that all tests were negative. Should you be chosen for an out of contest test then please take it as a compliment because if you have nothing to hide, you have nothing to worry about. Any lifters cheating will eventually be caught.

2012 is a voting year at the OPA Annual General Meeting and all positions can be applied for. As I have stated in an earlier Newsletter, I will not be seeking re-election as I feel it is time to get some new ideas into the OPA to allow it to grow, hopefully in the right direction. I will be available to assist the new President in anyway that I can.

I would like to thank Julie Watkin for her outstanding work on the OPA website and also the 2011 World Masters website. Her knowledge and enthusiasm has been such an asset to all members.

A Merry Christmas to all our members and may all your lifts be big lifts in the new year.

Glyn Moore, OPA President

Referee's Report

The year has been going very well for recruiting new referees and seasoned referees upgrading. So far this year:

New Referee's Provincial Level II

- Julie Watkin
- Frank Nadeau
- Maggie Rafferty
- Chris Fudge

Upgrade

National Level I: Stan Goss

International Level II: Michael Knott

International Level I: Harnek Singh Rai

I would like to congratulate everyone on their accomplishments.

For the Provincials in January, I will be holding a Referee's seminar Friday Night with Bill Jamison. This will last about an hour. Anyone wishing to attend can. This will be the seminar used for International referees. Afterward, anyone wishing to write their referee's exam may. Please contact me ahead of time (519-317-6078, Mike_Knott@bell.net) if you wish to attend and specifically if you wish to write the exam so I make sure we have enough room and I have enough exams on hand—Mike Knott

Ontario Powerlifting News

The Ontario Powerlifting News is published several times per year and is included in the OPA membership fees.

Submissions and articles are welcome from all members.

Editor: Julie Watkin

Contributors: Glyn Moore, Marlene Moore, Blake Giberson, Mike Knott, Harnek Singh-Rai, Susan Thompson, Jane Lessard, Mark Boyle, Sandro D'Angelo, Dave Hoffman, Ryan Stinn, Pascal Tyrrell, Julie Watkin

Photos Front Cover: Harnek Singh Rai, Susan Thompson

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Newsletter Deadline: April 15, 2015

Submissions: j_Watkin@cogeco.ca



Registrars' Reports

January to July 2011—Marlene Moore

I would like to thank everyone once again for the support I received throughout my time as the registrar for the OPA. It is a very busy position and requires some effort on the part of the membership to send accurate and clearly printed information so their card can be printed correctly. I have appreciated every one's effort in this area and hope that you will continue to do so for Blake Giberson, the new registrar. Our transition went smoothly and Glyn (my secretary) will be on hand to help Blake if needed in adjusting the program for 2012.

Please remember to keep your information up to date, specifically if you become a member of a club, as this will become important for team points. Register your club. Can your club host a meet? Let Blake know as soon as possible so that the calendar can be set.

I hope to participate on the executive again sometime in the future. All of you must look at yourselves, and ask "what can I offer to the Ontario Powerlifting Association?" and step up or co-position to continue to make this the best organization it can be.

Thanks to all.

Marlene

July to December 2011—Blake Giberson

There are a couple of things to pass along. A reminder that year end is approaching and of course 2012 CPU registrations **are required** to compete in 2012 competitions. This is noted as the Ontario Provincials are first up, on the weekend of **January 21st and 22nd 2012**. Please don't show up with your 2011 CPU card and expect to lift. There is no 30 day grace period on memberships.

On the topic of memberships, it looks like we will finish the year with at least **265** memberships. Last year there were **233** members. In my view that is decent growth.

I noted recently that a considerable number of lifters are not affiliated with OPA clubs. I know for some this is preferable and for others there aren't any clubs close by to train with. If you do have a club in your area and are just hesitant to make the approach because you don't think you lift enough or you think you will be in the way, put those thoughts aside and get to the club. Get to know the lifters. They will be happy to help with your training. They don't bite, some growl a little, but if you want to be part of a club, don't be shy. At contest time it could be your points that win the "Best Team" trophy.

I received this news story from a contact in the Canadian military, serving in Afghanistan. I thought it was interesting and worthy of posting to our newsletter. Women's Powerlifting in Afghanistan. Who knew??

Pajhwok News—17 Oct 2011

Trials for women's powerlifting team begin by Mohammad Jawad Sharifzada

Aimed at selection of the national team, the first-ever women's powerlifting trials got under way in Afghanistan's capital Kabul on Monday, officials said. More than 60 athletes from Kabul, Daikundi, Herat, and Balkh provinces are participating in the two-day powerlifting trials being held in the National Olympic Committee hall.

Two dozen athletes in 43 and 84 kilogram weight categories would be picked for the national team at the end of the trials, the Powerlifting Federation head told Pajhwok Afghan News. Six of the 24 athletes would take part in the Asian Powerlifting Championship in July 2012 in Kazakhstan, Khwaja Farid Ahmad Siddiqui said. Sitara Ghulam Hussaini, a powerlifter for eight years, said she had joined the sport of her own volition. She said making her way to the team would be an honour for her. Siddiqui was optimistic the athletes would earn the country laurels in the Asian Powerlifting Championship.

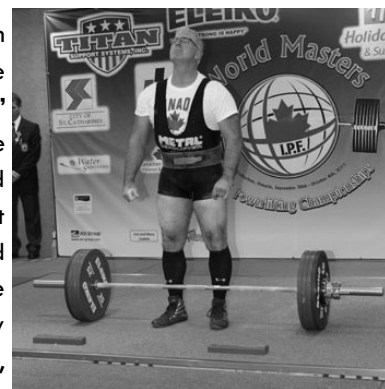
The 2011 World Masters Powerlifting Championships



A Thank You to Volunteers: What started out a little meeting in our backyard about 9 years ago, where it was stated that we, Niagara Powerlifting Club, would host a regional meet, then Provincials, then Nationals, and the “Worlds”, turned out to come true, not in that order, but a reality. No one can accomplish any of these events without the help of others. We have been so fortunate in this area of having wonderful family and friends, who when asked, step up in whatever way they can help.

There are so many people I called upon that I cannot mention all of their names, however there are a few whom I would like to mention. **I must start out by saying a HUGE “thank you”**

to ALL the volunteers. Lisa Nigh, who with her guidance and support, enable me to pursue sponsorship that was needed for this competition, who acquired office equipment, volunteered throughout the week and then also lifted in the meet. MiMi McRae, who volunteered on a day that I didn't think I needed anyone, showed up and worked steadily putting the medals together, and then started the registration as athletes were arriving, and ran errands when I could not leave the venue. Julie Watkin, who did the program; Carol Brady who baked for the hospitality room; my friend Sandie Greenalgh, who had the insight to set up registration earlier than I had scheduled, which was also beneficial to the



start of the meet; Tim Janzen, our massage guy, who arranged massages throughout the week for the athletes; Steve Magistrale for gathering the names of the wonderful spotters and loaders, so that I just had to let them know when to be there and Matt Cuthbert, who, whenever I needed an unscheduled helping hand, he was there for me, no matter what.—Marlene Moore

From the Meet Director: Ontario had 22 lifters competing at this year's World Masters Championship which was approximately 50% of all Canadian lifters entered. The Masters were held in St. Catharines and all lifters should be very proud of how they represented themselves and Canada. Ontario came away with three Gold medals, three Silver medals and two Bronze medals, quite an achievement for one Province.

Preparations for the contests became very hectic and stressful as the contest neared and only four days before the contest began Canada customs had still not released the equipment that the IPF had had told us we had to purchase from Sweden to host the contest. No wonder I was able to make weight with little difficulty.

Running a contest of this magnitude comes down to scheduling and organising of the spotters, loaders and various volunteers. My wife Marlene is the brains behind this section of the contest, my strengths lie in making and building the various platforms, staging and equipment we needed. We had so



many people come through to help us, family members, Niagara powerlifting club members and friends. I want to give a special thank you to Nighs Concrete for their generous sponsorship and the help that both Howie and Lisa Nigh gave to us during this championship. Steve Magistrale was the platform manager from day one to the last day and orchestrated a flawless crew of spotters and loaders who were fast efficient and supportive of all lifters regardless of nationality.—Glyn Moore



The 2011 World Masters Powerlifting Championships—A Lifter's Perspective

Arriving at the World Masters Championships in St. Catharines I expected to see unfamiliar faces of international lifters, instead I immediately ran into fellow athletes Janet Warne, Stan Goss and Ulrike Kruger. Janet had some feedback on her lifting the day before, I shared my nervousness with Stan and Ulrike, and headed toward the contest area feeling more at home.

Weigh-in time for Masters 2 women, 63 and 72 kg class were at 3:30 p.m., but I wanted to be there early. I knew I was physically as ready as I'd ever be, and now I had to get in contest mode mentally. That meant taking time to see the contest and warm-up areas, and actually standing on the platform visualizing my first squat attempt. Meet Co-Director Marlene Moore kindly escorted me away from the cameras and wiring before I accidentally caused any damage.

In the line up for equipment check, weigh-ins and rack heights, I had the first chance to see what countries of the 21 participating were represented in my flight, and who the possible medal contenders were. Instructions for weighing in were given by Ruth Welding; no mistaking her expectations. The seams on my squat suit passed Brock Haywood's scrutiny...whew, it's my only suit!

A couple of observations while warming up: women were coached differently than men; that is, male coaches were reluctant to share warm-up bars and seemed to fuss over their women lifters. Male lifters shared bars willingly and appeared to be assisted mainly with their gear by their coaches. I have not noticed this at other meets, however.

The head judge for my flight was Brock Haywood, and once again I was reminded that I was lifting at home. With the incredible spotters my safety was ensured. I know I got all nine attempts because of this added confidence. Thank you!

The live streaming on GoodLift was a great option, second to being there in person. When I couldn't be at the meet I was glued to my screen at home watching as much lifting as possible. The three monitors in the warm-up room kept the lifters and coaches on top of lifting order, results and strategizing for medals. Ryan Stinn offered calm, objective help, especially with choosing numbers for placing and personal bests.

Whenever there was a World Record lift or attempt for a medal, the energy on and off the platform erupted. Cheering throughout the week was loudest for Canadians, especially for Glyn Moore and his super-human lifting. It is inconceivable that the Meet Director and OPA President could also earn 4 gold medals and 2 World Records!

There were 79 medals won, records set, personal bests, 5 team awards, best men's Masters 3 award, gold medals in men's Masters 4... but there were some disappointments too. The best laid plans can be obliterated by injuries, illness or gear issues. National hopefuls sometimes go home empty-handed. Fortunately, the best therapists in the area were on site, doing their best to keep lifters in one piece and on the platform. Their efforts were greatly appreciated.

The celebration and awards of the Championships took place at the banquet. Marlene and Glyn Moore received a standing ovation of thanks and a special award from Alan Ferguson for a very successful meet. Johnny Graham spoke of the goal of "IOC recognition, and of the importance of master lifters training younger lifters to develop their natural strength". He stressed the importance in "believing in what we do in the IPF". Master lifters were also commended for their camaraderie. Jay Gemmell thanked us "for being prepared and for being world class lifters". He addressed Steve Magistrale and the platform crew. "Steve lifted every weight, every



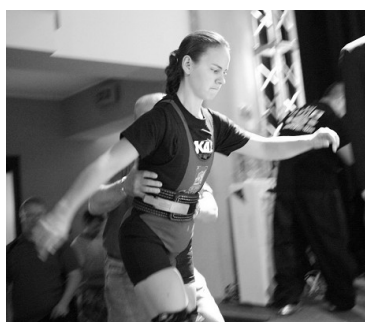
day for 6 days, and not one time did the bar hit the floor". Congratulations go to Mike Knott, who was presented with his International Referee tie. An amazing dinner followed the awards, a feast right down to the chocolate cake. Gaston Parage was the surprise entertainment, relentlessly attempting to share his infatuation with karaoke with each and every table. Rhonda Heaslip, Jeff Butt and Mrs. Goss came through before Ron Strong started "Old McDonald Had a Farm".

Let's wish our Master lifters all the best in training until the next Worlds in Killeen. Maybe we will even see more than 2 Canadian lifters in Masters 4 category! - Jane Lessard

The 2011 World Open Powerlifting Championships



I recently attended the World Championships to help our lifters wherever possible. Ontario had five lifters competing in Pilsen Czech Republic. All of our lifters were new to the world stage and dealt with the immense pressure very well. So many things have to be overcome when travelling to another country to compete, jet lag, time change, monitoring and managing weight, fighting the inevitable demons that always plague the mind and then trying to not be intimidated by the incredibly high level being set by some of the Worlds top lifters.



I think that each lifter came away with a new perspective of how these countries prepare their lifters. My own view is that the top lifters are incredibly well coached, they have impeccable form and they seldom miss lifts because of technical mistakes. Their choice of numbers is realistic and they appear to be able to deal with the stress of preparing and competing better than we are able to. If the gear is available then you might as well make full use of it and watching the Polish team wrap their lifters knees is an eye opener to say the least. Our lifters do not wrap anywhere near tight enough to maximise the knee wraps. Our one exception was "Iron Legs" Brandon Ward who had the very strong Paul Vallencourt wrapping with everything he had and all we could hear was "tighter, tighter". Obviously Ward is an abbreviated name for Wardoski.



I came away just amazed at the standard of lifting at this competition. To watch a young and relatively petite girl weight 63 kilos squat 222.5 kgs, bench a 165kg world record and deadlift and amazing 245kgs world record and a total of 632.5kg world record. This was the highest wilks ever recorded man or woman, just incredible to watch.—Glyn Moore



2012 Ontario Provincial Championships

Date	January 21 & 22, 2012	Contact	Sandro D'Angelo
Location	Travelodge Ottawa Hotel & Conference Centre, 1376 Carling Avenue, Ottawa	Entry Deadline	January 8, 2012
Meet Directors	Sandro D'Angelo/Art Chan	Weigh In	7:00 am (subject to change)
Cost	\$85.00 including drug test fee	Lifting Starts	tbc
Payable to	Sandro D'Angelo	Contest Type	Three Lift Championship/All weight classes
Send to	Sandro D'Angelo 630 Du Parc Avenue Russell, Ontario , K4R-1G4	Notes:	Note: The room rate at the Travelodge for this event is \$109 per night. You must advise the hotel when reserving that it is for the Powerlifting meet.

The Introduction of Classic Lifting to the OPA

In 2011, the OPA, along with the CPU and the IPF, officially introduced Classic lifting. This comprised of lifting with only a singlet, belt, wrist wraps and knee sleeves (but not wraps). While lifters could always lift without supportive equipment in the past, it could be quite frustrating competing directly with someone who is wearing gear that contributes greatly to their total. With the introduction of an officially recognized Classic division, lifters could now be competitive without the use of bench shirts or squat suits.

Classic lifting offers several benefits to lifting in gear:

- Training is quicker and it is easier to train on your own
- There is no need to purchase expensive equipment that wears out and stretches
- There is much less discomfort as there are no suits or wraps digging into the lifter's skin
- Lifting at a contest is much simpler as the fit of the lifter's attire is not an issue
- A lifter without gear generally requires fewer warm up sets

Officially recognized Classic lifting may have its greatest effect on new lifters. Often new lifters don't understand the idea of equipped lifting and can be intimidated by the weights equipped lifters handle. It's often difficult to explain the intricacies of equipped lifting to those who have never tried it. Classic lifting offers a simple solution which allows new lifters to easily break into the sport while still receiving recognition for their efforts and should contribute to the growth of all types of lifting in the OPA.

Overall, Classic lifting adds an exciting new element to our sport and gives the each lifter another option that is officially recognized. Hopefully it contributes to an exciting 2012 for the OPA! - Mark Boyle



TITAN POWERLIFTING EQUIPMENT IN CANADA

Fury & F6 bench shirts: \$120 Custom made: \$165 (All taxes incl.)

Katana bench shirts: \$170 (Angle sleeve or straight sleeve) Custom made: \$210

Super Katana bench shirts: \$200 (A/S or S/S) Custom made: \$240

Superior squat suit: \$89 **Deadlift suit (Velocity):** \$175

Centurion suit : \$175 **Custom Centurion :** \$215

Super Centurion suit: \$200 **Custom Super Centurion :** \$240

Singlet : Titan singlet with logo : \$55

ADD 13% ONTARIO SALES TAX

Knee wraps : THP ,TITANIUM, MAX RPM Knee wraps : \$37

Wrist wraps : THP, TITANIUM, MAX RPM **24 in.** wrist wraps : \$28

12 in. wrist wraps : \$24 **50cm.** wrist wraps : \$26

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

T-shirts : S-XL : \$20.00 **2XL :** \$25.00 **RAM:** \$55 **SUPER RAM:** \$70 **BEANIE:** \$15

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**

679 Avenue du Parc, Sherbrooke, QC J1N 3N5

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

Toronto Invitational: Classic and Equipped Three Lift, June 17 & 18, 2011

Toronto Invitational & Super Show: This event was the first in what will hopefully become an annual event at the Toronto Convention Centre. Friday, was the classic portion of the event with 14 lifters, 12 men and 2 women. Saturday was the equipped lifting with 8 lifters, 5 women and 3 men.

Both days had best male and female lifter, 1st to 3rd place based on wilks rather than the traditional placing by weight class. For classic, Sarah Leighton placed first and Trisha Boyle placed second for women. For the men, Stephen Jesso placed first, Art Chan second and Mike Dickenson third.

In the equipped portion, in the men's division, Steve Magistrale placed first, Brandon Summers second and Matt Cuthbert third. In the womens, Mary Anne Kaczor placed first, Jayne Major second and Susan Thompson third.

Although, lifter participation was lower than expected, the event went well. It was fun and exciting to be mixed in with a variety of different strength disciplines. As both a participant and a spectator, it was unique to have the 'uninitiated' watch us both warm up and compete. There was quite a crowd during the entire day and we hope to see it repeated with even more attendance and participation next year.—Julie Watkin

Classic, June 17, 2011

Age-Class	Wt. Class	Name	Club	Bwt.	M/F	Squat	Bench	D/L.	Total	Wilks
Open	57	Trisha Boyle	Toronto Rex	53.7	Female	110.0	60.0	135.0	305.0	370.8
Open	72	Sarah Leighton	Ultimate Fitness	70.5	Female	137.5	97.5	167.5	402.5	398.5
Open	74	Art Chan	Iron Works	73.7	Male	185.0	155.0	230.0	570.0	411.2
Sub Jun	83	Frank Simson	.	83.0	Male					
Open	83	Dave Yake	Canadore Panthers	82.4	Male	170.0	120.0	227.5	517.5	346.9
M2	83	Stan Goss	London	82.5	Male	150.0	97.5	197.5	445.0	298.1
Open	105	Mike Dickenson	Iron Foundation	96.0	Male	220.0	155.0	272.5	647.5	400.9
M1	105	Craig Hirota	Toronto Rex	104.0	Male	205.0	142.5	275.0	622.5	373.2
Open	105	Marcus Skypass	.	99.4	Male	197.5	150.0	240.0	587.5	358.4
M1	105	David Pigozzo	Iron Foundation	95.2	Male	200.0	135.0	242.5	577.5	358.9
Open	105	Frank Mayer	.	93.8	Male	195.0	147.5	210.0	552.5	345.7
Sub Jun	120	Curtis Lauzon	.	106.1	Male	160.0	110.0	227.5	497.5	296.2
Open	120	Robert Burton	Canadore Panthers	119.0	Male	150.0	85.0	217.5	452.5	260.7
Open	120+	Stephen Jesso	Unattached	179.5	Male	300.0	227.5	300.0	827.5	445.5



Equipped, June 18, 2011

Age Class	Wt. Class	Name	Club	Bwt.	M/F	Squat	Bench	D/L.	Total	Wilks
M1	52	Jayne Major	Ultimate Fitness	50.7	Female	117.5	65.0	132.5	315.0	400.4
M1	63	Julie Watkin	Niagara	59.1	Female				0	0
Open	63	Mary Ann Kaczor	Unattached	62.8	Female	132.5	90.0	165.0	387.5	417.2
Open	63	Rebecca McKeen	Ultimate Fitness	61.3	Female	125.0	70.0	155.0	350.0	383.8
Open	93	Brandon Summers	Iron Foundation	89.9	Male	320.0	217.5	250.0	787.5	503.0
Open	120	Steve Magistrale	Niagara	119.9	Male	330.0	235.0	320.0	885.0	508.9
Open	120+	Matt Cuthbert	Niagara	133.4	Male	250.0	230.0	100.0	580.0	326.6



Belle River: June 8, 2011

Bench Only

Name	Team	Div	Bwt (kg)	WtCls (kg)	Bench	Total	Wilks Pts
Frank Mayer		M-O	92.5	93	185.0	185.0	116.513
Mike Mistruzzi	PP	M-O	85.9	93	122.5	122.5	80.176
Zachary Ghazoli		M-O	88.6	93	47.5	47.5	30.571
Jason Knott	PP	M-O	104	105	170.0	170.0	101.932
Dan Gibson	KW G	M-O	93.6	105	87.5	87.5	54.801

Push Pull

Name	Team	Div	Bwt (kg)	WtCls (kg)	Bench	Deadlift	Total	Wilks Pts
Cheryl Howey	KW G	F-O	56.7	57	27.5	97.5	125.0	145.6
Jackie Johnson	KW G	F-O	106.1	84+	52.5	100	152.5	125.0
Robert Greig	KW G	M-O	80	83	62.5	120	182.5	124.5
Larry Chappelle	KW G	M-O	104.8	105	55	145	200.0	119.6

Three Lift

Name	Team	Div	Bwt (kg)	WtCls (kg)	Squat	Bench	Deadlift	Total	Wilks Pts
Lynn Wardle	Iron	F-O	62.9	63	137.5	90	130	357.5	384.4
Lynn Lister	Titan	F-O	66.5	72	60	60	97.5	217.5	224.4
Lisa Nigh	Defining	F-O	72.3	84	147.5	92.5	150	390.0	379.6
Joanne Swing	Defining	F-O	79.9	84	65	50	100	215.0	196.8
Mimi McRae	Niagara	F-O	97	84+	100	55	145	300.0	252.1
Simone Upham	Defining	F-O	118.4	84+	105	57.5	120	282.5	226.4
Jeremy Crocker		M-O	58.8	59	100	70	140	310.0	269.3
Joel Kenney	PP	M-O	65.3	66	162.5	107.5	177.5	447.5	354.5
Tyler Crawford	Niagara	M-O	72.1	74	152.5	110	200	462.5	339.0
Dustin Court		M-O	67.2	74	122.5	77.5	160	360.0	278.5
Steve Spilak		M-O	82.1	83	220	175	205	600.0	403.1
Emilio Suing	Western	M-O	82.5	83	195	92.5	190	477.5	319.8
Frank Mayer		M-O	92.5	93	225	182.5	220	627.5	395.2
David Oliver	Barbarian	M-O	92.2	93	205	137.5	195	537.5	339.0
Grant Fortowsky	PP	M-O	85.3	93	192.5	110	202.5	505.0	331.7
Sam Halbouni		M-O	91.2	93	142.5	145	202.5	490.0	310.7
Matt Shilvock	Western	M-O	97	105	272.5	152.5	235	660.0	406.7
Johnathan Bailey		M-O	97.9	105	242.5	150	255	647.5	397.5
Justin Alfante		M-O	101.1	105	235	130	255	620.0	375.7
Matthew Jacobs		M-O	98.4	105	235	172.5	210	617.5	378.2
Colin Little	London	M-O	95.7	105	170	82.5	200	452.5	280.5
Sheldon Duncan	PP	M-O	110.2	120	255	157.5	287.5	700.0	411.7
Andrew Innes	Western	M-O	119.7	120	205	115	235	555.0	319.2
Michael Knott	London	M-O	142	120+	220	185	182.5	587.5	327.5



Calendar

Date	Event
January 21 & 22, 2012	Ontario Provincial Championships
April 9-14, 2012	Canadian National Championships
May 12, 2012	London Open
August 18, 2012	Niagara Open



Referees Needed!

The Ontario Powerlifting Association needs more referees. Contact the Referee Chairperson:
 Michael Knott (519) 317-6078
 Email: Mike_Knott@bell.net

UTM Classic and Equipped Three Lift, June 25, 2011

Special Athletes

Age Class	Wt. Class	Name	Club	Bwt.	M/F	Squat	Bench	D/L.	Total	Wilks
Special	57	Cheryl Howey	K.W.Grizzlies	57.0	Female	67.5	35.0	82.5	185.0	214.7
Special	63	Kelly Fitzgerald	UTM	61.9	Female	50.0	52.5	75.0	177.5	193.2
Special	84	Melissa Mancini	UTM	83.0	Female	0.0	47.5	90.0	137.5	123.4
Special	84+	Jacquie Johnson	K.W.Grizzlies	106.7	Female	85.0	47.5	102.5	235.0	192.4
Special	66	Ryan Lamey	UTM	59.2	Male	0.0	60.0	95.0	155.0	133.8
Special	66	Michael Rastas	UTM	62.1	Male	30.0	40.0	60.0	130.0	107.5
Special	74	Michael Arruda	UTM	69.3	Male	70.0	77.5	122.5	270.0	203.9
Special	74	Jeffrey Killins	UTM	73.9	Male	0.0	72.5	95.0	167.5	120.6
Special	74	Steven Chan	UTM	68.0	Male	0.0	50.0	90.0	140.0	107.3
Special	74	John (Panjoo) Kim	UTM	66.4	Male	0.0	45.0	80.0	125.0	97.7
Special	74	Siu Fan Yau	UTM	67.3	Male	0.0	40.0	85.0	125.0	96.6
Special	83	Robert Greig	K.W.Grizzlies	80.9	Male	100.0	55.0	122.5	277.5	188.1
Special	83	Frankie Ho	UTM	82.7	Male	0.0	45.0	85.0	130.0	87.0
Special	120	Larry Chappell	K.W.Grizzlies	106.8	Male	97.5	62.5	152.5	312.5	185.7
Special	120	Morgan Smith	UTM	107.5	Male	0.0	107.5	190.0	297.5	176.4

Classic

Age Class	Wt. Class	Name	Club	Bwt.	M/F	Squat	Bench	D/L.	Total	Wilks
Open	52	Jasneet Bansal	.	50.1	Female	80.0	55.0	112.5	247.5	317.5
M2	57	Sue Cornwell	.	56.4	Female	60.0	55.0	112.5	227.5	266.2
M2	72	Lynn Lister	Titans	63.4	Female	60.0	60.0	100.0	220.0	235.1
Sub Jun	59	Jeremy Crocker	.	57.8	Male	95.0	72.5	150.0	317.5	280.4
Junior	66	Jeremiah Villanueva	.	65.5	Male	140.0	97.5	190.0	427.5	337.8
M1	74	Gary Lacoursiere	.	73.0	Male	102.5	115.0	187.5	405.0	294.2
Sub Jun	74	Dustin Court	.	66.9	Male	132.5	77.5	175.0	385.0	299.0
Junior	83	Cody Buchenauer	Golden Triangle	81.0	Male	190.0	117.5	227.5	535.0	362.4
Open	83	Mark Boyle	Toronto Rex	81.6	Male	160.0	120.0	210.0	490.0	330.4
Junior	83	Spencer Short	.	81.6	Male	180.0	112.5	190.0	482.5	325.4
Open	93	David Oliver	Team Barbarian	91.8	Male	205.0	135.0	210.0	550.0	347.7
M1	93	Ken Kinakin	.	88.8	Male	142.5	120.0	182.5	445.0	286.1
Sub Jun	105	Francesco Giardulli	.	101.1	Male				0	0
Open	105	Alastair MacNicol	.	103.1	Male	220.0	130.0	255.0	605.0	363.9

Equipped

Age Class	Wt. Class	Name	Club	Bwt.	M/F	Squat	Bench	D/L.	Total	Wilks
M1	66	Maria Commisso	.	59.1	Female	92.5	45.0	110.0	247.5	214.0
Open	74	Daniel Roppelt	.	71.9	Male	185.0	115.0	200.0	500.0	367.2
Open	74	Bilal Khan	.	71.1	Male	165.0	132.5	197.5	495.0	366.6
Open	83	James Newton	.	79.6	Male	192.5	115.0	227.5	535.0	366.4
M1	83	Anthony Fenech	.	82.0	Male	155.0	112.5	187.5	455.0	305.9
M1	83	Andy Irons	.	81.9	Male	112.5	92.5	155.0	360.0	242.2
Open	93	Travis Graham	.	89.6	Male	217.5	147.5	260.0	625.0	399.9
Open	93	Nello Miele	Niagara	86.0	Male	235.0	152.5	230.0	617.5	403.9
Junior	93	Thomas McCann	.	90.2	Male	202.5	125.0	230.0	557.5	355.5
Junior	93	Alex Harris	Steel City	91.9	Male	210.0	132.5	215.0	557.5	352.2
M1	93	Loris Corazza	.	90.5	Male	92.5	92.5	200.0	385.0	245.1
Open	105	Daniel Schultz	.	97.9	Male	262.5	170.0	252.5	685.0	420.5
M1	120	Tony Bunce	Golden Triangle	117.7	Male	200.0	142.5	185.0	527.5	304.7
M1	120+	Peter McGill	Steel City	129.4	Male	260.0	205.0	190.0	655.0	370.8

Titans of Mississauga team up with the University of Toronto Mississauga (UTM)...

In 1995 the Titans of Mississauga Powerlifting Club was founded by Ron Creary and was operated out of the University of Toronto at Mississauga (then known as Erindale College). With Pascal Tyrrell as head coach, the club has participated in the OPA ever since and has been and remains the largest special athlete team in Ontario. The club has always encouraged both generic and special athletes to train and compete together and after many years of success the University of Toronto at Mississauga has decided to take us under its wing. We have become the University of Toronto Mississauga Powerlifting Club. The fusion of UTM and the Titans of Mississauga powerlifting club is a great opportunity for both special athletes and student athletes to work together and create a really unique training environment which will benefit all involved.



Photograph courtesy of Fred Harris, R & A Images



Photograph courtesy of Fred Harris, R & A Images

We are currently developing both university and community involvement with the help of Andrew Bellerby (Program Coordinator - UTM) and Darren Turner (Personal Trainer - UTM) in addition to our special athletes. We are hopeful to raise awareness of the sport of Powerlifting and see more students from the university participate in the club.

We hosted our first official combined competition last June and it was a great success! The morning was dedicated to our special athletes and in the afternoon we ran both classic and equipped sessions. The turn-out was fantastic and the meet ran smoothly thanks to the always wonderful OPA officials and to our volunteer crew. We look forward to running this competition every year. See you at there! - Pascal Tyrrell

UTM powerlifting





Ottawa Open: Classic and Equipped Three Lift & Classic and Equipped Bench Only, July 16, 2011

Equipped Three Lift

Name	Team	Div	Bwt (kg)	WtCls (kg)	Squat	Bench	Deadlift	Total	Wilks Pts
Odette Michaud		F-O	39.7	47	90.0	37.5	130.0	257.5	386.2
Jayne Major	UF	F-O	49.9	52	115.0	65.0	130.0	310.0	398.8
Stacey Jensen		F-O	62.4	63	157.5	97.5	175.0	430.0	465.2
Maggie Rafferty	IW	F-O	59.7	63	135.0	70.0	167.5	372.5	416.9
Rebecca McKeen	UF	F-O	61.4	63	125.0	70.0	155.0	350.0	383.3
Sarah Leighton	UF	F-O	71.1	72	195.0	125.0	182.5	502.5	494.6
Jennifer Proulx		F-O	71.2	72	150.0	85.0	165.0	400.0	393.4
Chris Fudge	IW	M-O	73.2	74	200.0	135.0	215.0	550.0	398.7
Laurie Greenidge	LP	M-O	92.8	93	222.5	141.0	215.0	578.5	363.8
Andrew Wilson		M-O	92.4	93	192.5	142.5	222.5	557.5	351.3
Jean-Philippe Thivierge		M-O	92.7	93	170.0	142.5	222.5	535.0	336.6
Claude Dellaire		M-O	89.1	93	0.0	0.0	0.0	0.0	0.0
Patrick Hartwick	PR	M-O	96.8	105	250.0	145.0	235.0	630.0	388.6
Kevin Obrien	LP	M-O	102.6	105	230.0	125.0	250.0	605.0	364.6
Kevin Sedore		M-O	126.3	120+	205.0	170.0	272.5	647.5	368.2

The 5th annual Ottawa open was held on July 16, 2011 at the Travelodge Hotel in Ottawa. The Ottawa Open has become an annual event in Ottawa each July with an ever increasing number of novice and experienced lifters.

As this is the first year that the OPA included both equipped and Classic (unequipped) lifters, the Ottawa Open meet included both classic and equipped lifters competing in separate classes. The meet included a total of 48 lifters with 26 lifting Classic and 22 lifting equipped.

The day ran smoothly thanks to the help of all the volunteers and our referees Mike Knott, Art Chan and Mark Giffin.

Congratulations to the best bench of the day Serge Leduc, the best equipped female lifter Sarah Leighton, the best male equipped lifter Chris Fudge, best Classic female lifter Lesley Hamill and best Classic male and overall best lifter of the meet Michael Sinclair.

Thanks to our sponsors Popeye's and Louis Levesque from Titan Canada for providing T-shirts and prizes for the lifters. A special thanks to all the Iron Works team members for all their hard work and help.

We are looking forward to a bigger and better 6th annual Ottawa open in July 2012.

A reminder to everyone that Iron Works Powerlifting club will also be hosting the 2012 Ontario Three lift Powerlifting Championships on January 21/22 2012 at the Travel Lodge Hotel in Ottawa. See the OPA site for details and be sure to get your CPU card and entry form in on time.- Sandro D'Angelo

Classic Three Lift

Name	Team	Div	Bwt (kg)	WtCls (kg)	Squat	Bench	Deadlift	Total	Wilks Pts
Anna Hardy		F-O-U	50.6	52	50.0	37.5	72.5	160.0	203.7
Carolyne Savage	IW	F-O-U	66	72	70.0	50.0	125.0	245.0	254.2
Tracey Ford		F-O-U	81.1	84	107.5	62.5	130.0	300.0	272.5
Tracey Alf	UF	F-O-U	80.7	84	95.0	50.0	127.5	272.5	248.1
Elena Wharton		F-O-U	74.9	84	87.5	37.5	92.5	217.5	206.9
Lesley Hammil	IW	F-O-U	103	84+	125.0	70.0	142.5	337.5	278.7
Shelley Colter	UF	F-O-U	112.5	84+	0.0	0.0	0.0	0.0	0.0
Blain Leblond		M-O-U	73.3	74	192.5	137.5	205.0	535.0	387.4
Adrien Stotesbury		M-O-U	73.3	74	197.5	105.0	200.0	502.5	363.9
Steve Cancian	CB	M-O-U	72.7	74	170.0	102.5	210.0	482.5	351.5
Callum Schjerning		M-O-U	70.3	74	125.0	90.0	165.0	380.0	283.8
Jon Steward	LP	M-O-U	81.7	83	152.5	115.0	190.0	457.5	308.3
Ross Lattanzio		M-O-U	92.1	93	180.0	170.0	200.0	550.0	347.1
Herb Greenidge	OS	M-O-U	90	93	195.0	120.0	185.0	500.0	319.2
Phillipe Cholette		M-O-U	92.9	93	160.0	110.0	165.0	435.0	273.4
Francesco Giardulli		M-O-U	100.2	105	115.0	77.5	157.5	350.0	212.8
Rowan Neufeld		M-O-U	101	105	210.0	0.0	0.0	0.0	0.0
Michael Sinclair		M-O-U	115.8	120	300.0	215.0	347.5	862.5	500.2

Equipped Bench Only

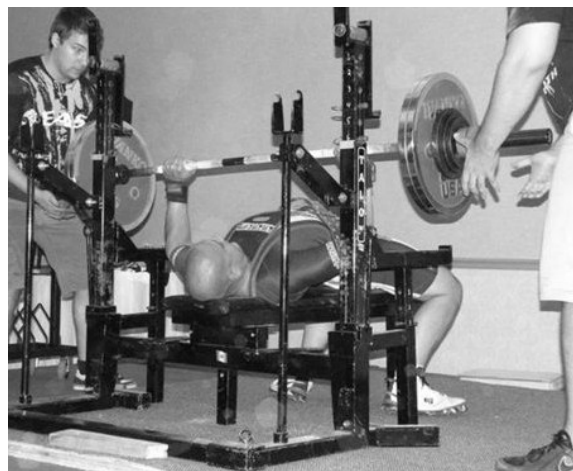
Name	Team	Div	BWt	WtCls	Bench	Wilks Pts
Chris Fudge	IW	M-O	73.2	74	135.0	97.9
Louis Levesque		M-O	82.7	83	110.0	73.6
Greg Page	IW	M-O	82.4	83	0.0	0.0
Kristin Fischer	IW	M-O	92.6	93	180.0	113.3
Serge Leduc	IW	M-O	101.4	105	192.5	116.5
Patrick Hartwick	PR	M-O	96.8	105	155.0	95.6
Scott MacDiarmid		M-O	98.5	105	142.5	87.3
Fred English		M-O	114.9	120	182.5	106.1

Classic Bench Only

Name	Team	Div	BWt	WtCls	Bench	Wilks Pts
Carolyne Savage	IW	F-O-U	66.0	72	50.0	51.9
Lesley Hammil	IW	F-O-U	103.0	84+	70.0	57.8
Ellyne Dickson		F-O-U	85.1	84+	55.0	48.7
Yvan Huppe		M-O-U	75.6	83	135.0	95.7
Jon Stewart	LP	M-O-U	81.7	83	135.0	91.0
Steve Ricci		M-O-U	79.6	83	125.0	85.6
Ross Lattanzio		M-O-U	92.1	93	170.0	107.3



Ottawa Open, Mike Sinclair



Ottawa Open, Andrew Wilson

London Open, August 29, 2011

Name	Team	Div	Bwt	WtCls	Squat	Bench	Deadlift	Total	Wilks Pts
Maggie Rafferty	Iron Works	F-O	59.7	63	130.0	70.0	155.0	355.0	397.3
Chris Fudge	Iron Works	M-O	73.3	74	202.5	142.5	200.0	545.0	394.7
Mike Pearl		M-O-U	72.8	74	167.5	145.0	205.0	517.5	376.6
Aaron Wilson		M-O-U	73.9	74	140.0	107.5	187.5	435.0	313.2
Gianmarco Giglio		M-O-U	78.4	83	140.0	110.0	177.5	427.5	295.7
Jamie Desjardai		M-O	88.9	93	195.0	125.0	220.0	540.0	346.9
Aaron Thawe		M-O-U	85.6	93	162.5	100.0	192.5	455.0	298.3
John Wesley Cummings		M-O	95.6	105	215.0	140.0	225.0	580.0	359.8
David Pigozzo	Iron Foundation	M-O-U	95.6	105	205.0	137.5	235.0	577.5	358.2
John Clayton	Golden Triangle	M-O	114.6	120	65.0	172.5	105.0	342.5	199.2

The London Open this year was small but we still had a good time. With just 10 lifters the day went quickly. The top lifters of the day were Maggie Rafferty, and Chris Fudge.

I would like to thank all the people that helped to put on the competition especially the spotter/loaders who are always the hardest workers at a meet.

Next year London hopes to get back into full swing again.—
Mike Knott



London Open



London Open

Niagara Open, October 22, 2011

AgeClass	Wt. Class	Name	Club	Bwt.	M/F	Squat	Bench	D/L	Total	Wilks	Place
M1	57	Maria Commisso	.	56.3	Female	102.5	42.5	112.5	257.5	301.7	1
Open	63	Maggie Rafferty	Iron Works	58.5	Female	150.0	85.0	160.0	395.0	449.1	1
M2	63	Lynn Lister	Titans	62.5	Female	80.0	65.0	105.0	250.0	270.1	2
aSubJun	72	Melissande Gagne	.	71.0	Female	85.0	42.5	107.5	235.0	231.5	1
M1	84	Jackie Pritchard	.	75.0	Female	150.0	95.0	150.0	395.0	375.5	1
M2	84	Joanne Swing	Defining Strength	78.7	Female	110.0	52.5	120.0	282.5	260.9	2
M1	84	Linda McFeeters	.	81.0	Female	75.0	57.5	100.0	232.5	211.3	3
M1	84+	MiMi McRae	Niagara	97.6	Female	110.0	57.5	155.0	322.5	270.5	1
Open	84+	Erin Denton	Steel City	97.1	Female	100.0	80.0	130.0	310.0	260.5	2
M1	84+	Simone Upham	Defining Strength	118.5	Female	125.0	55.0	127.5	307.5	246.4	3
Open	84+	Krista Miller	Defining Strength	91.6	Female	107.5	75.0	115.0	297.5	255.2	4
Open	74	Chris Fudge	Iron Works	73.4	Male	207.5	142.5	215.0	565.0	408.8	1
Open	74	Andrew Carnovale	.	67.3	Male	150.0	112.5	187.5	450.0	347.8	2
M1	74	Gary Lacoursier	.	73.8	Male	80.0	115.0	185.0	380.0	273.9	3
M3	74	Stan Sher	.	70.7	Male	110.0	72.5	137.5	320.0	238.0	4
Open	83	Zurab Dzamukashvil	.	80.8	Male	245.0	160.0	320.0	725.0	491.9	1
Open	83	Steve Spilak	.	82.8	Male	210.0	182.5	207.5	600.0	401.1	2
Junior	83	Brian Whitworth	Steel City	81.9	Male	232.5	147.5	212.5	592.5	398.7	3
M1	83	Brian Lawrence	.	82.5	Male	187.5	105.0	215.0	507.5	340.0	4
M2	83	Peter Ring	.	78.2	Male	150.0	130.0	180.0	460.0	318.7	5
Junior	83	Corey Tsang	.	75.9	Male	165.0	87.5	192.5	445.0	314.5	6
M1	83	Andrew Irons	.	82.0	Male	135.0	95.0	165.0	395.0	265.6	7
Open	93	Brandon Summers	Iron Foundation	89.9	Male	322.5	227.5	250.0	800.0	511.0	1
Open	93	Greg Page	Iron Works	87.1	Male	225.0	190.0	237.5	652.5	423.8	2
Junior	93	Matthew Jacobs	.	91.3	Male	142.5	135.0	215.0	492.5	312.2	3
M1	93	Loris Corazza	.	90.8	Male	147.5	92.5	220.0	460.0	292.4	4
M3	105	Patrick Hartwick	PowerReach	97.5	Male						
M1	105	Charles Banfield	.	102.8	Male	180.0	127.5	170.0	477.5	287.5	1
Junior	120	Atik Tarabousli	.	111.0	Male	192.5	140.0	222.5	555.0	325.7	1
M1	120+	Robert Fortney	.	132.5	Male	295.0	182.5	295.0	772.5	435.5	1
Open	120+	Philippe Landry	.	122.0	Male	250.0	200.0	260.0	710.0	406.7	2
Open	120+	Adam McInroy	.	120.4	Male	240.0	172.5	272.5	685.0	393.5	3



Niagara Open



K-W Oktoberfest High School Invitational, October 29, 2011 Eastwood Collegiate, Kitchener

Lifter	School	Weight Class	Squat	Bench	Deadlift	Total	Place
Maggie Tucker	Glenview Park	52.0	75.0	42.5	92.5	210.0	1
Emma Bluemke	Bluevale	63.0	65.0	45.0	95.0	205.0	1
Kayla Welch	St. Davids	72.0	85.0	47.5	115.0	247.5	1
Alex Pedrosa	Monsignor Doyle	53.0	-	62.5	105.0	-	
Curtis Dwyer	Monsignor Doyle	59.0	107.5	67.5	132.5	307.5	1
Jeremy Crocker	Central Huron	66.0	105.0	72.5	160.0	337.5	1
John Pitts	Monsignor Doyle	66.0	65.0	65.0	110.0	240.0	2
Jimmy Lekkas	St. Mary's	74.0	120.0	87.5	180.0	387.5	1
Michael Tang	Bluevale	74.0	135.0	82.5	167.5	385.0	2
Rob Thomas	Glenview Park	83.0	142.5	90.0	165.0	397.5	1
Dylan Lambert	Central Huron	83.0	117.5	65.0	152.5	335.0	2
Yashar Laghai	Waterloo Collegiate	83.0	135.0	-	175.0	-	
Ethan Bresele	St. David's	83.0	-	85.0	-	-	
Keeley Hewton	Bluevale	93.0	130.0	105.0	152.5	387.5	1
Steven Hall	Glenview Park	93.0	97.5	90.0	122.5	310.0	2
Mike Rotermann	St. David's	93.0	102.5	70.0	130.0	302.5	3

Best Lifter Female- Maggie Tucker Glenview Park

Best Lifter Male- Jeremy Crocker Central Huron

Best Team - Bluevale

Thanks to Melissa Shad for covering the cost of the awards and World Gym for supplying our warm-up weights. Thanks to the coaches, friends and family members who came out to support the athletes. Thanks to Adele Couchman of the K-W Grizzlies for coming and being our head referee. But, as usual, my greatest thanks to my fellow members of the Golden Triangle Powerlifting Club whose expertise and equipment made it all happen. We look forward to our 9th annual regional high school meet next spring at Bluevale — Dave Hoffman

The 1st Annual Kitchener-Waterloo Oktoberfest Health and Wellness Expo was held at Eastwood Collegiate Institute in Kitchener on October 29th. Similar to the event held in Toronto in June of this year, it featured high school powerlifting event at the request of event coordinator Melissa Shadd. The Golden Triangle Powerlifting Club stepped up to run this portion of the show. Sixteen lifters from Waterloo Region schools and Central Huron turned out. Three lifters failed to get a lift passed in either the squat or bench press but were allowed to continue to make it a positive experience. Hopefully, these athletes will be back at our regional meet next spring when they won't be afforded the same luxury. Our closes battle of the day was with the 74kg class where Jimmy Lekkas of St. Mary's edged out Michael Tang of Bluevale by 2.5kg with our biggest pull of the day of 180kg. On his third attempt. Female best lifter went to Maggie Tucker of Glenview Park in Cambridge while Jeremy Crocker of Central Huron in Clinton won best male lifter. Glenview Park and Bluevale Collegiate of Waterloo tied with team points with Bluevale pulling out the win on the Wilks Formula average.

Belle River, November 26, 2011

Best lifter for Open Bench was Mike Schin with a 225 kg bench. Best lifters for the Ontario Bench Press Championships was Susan Abbott with a 92.5 kg bench and Jerry Merrentette with a 205 kg bench.

Best lifters for the Open Three lift was Gloriane Papoulis with a 375 kg total and Jason Byrne with a 785 kg total. Best team was the Power Pit in both bench and the three lift.

Congratulations to all lifters, it was a good day and a great wrap up for 2011 for Ontario powerlifting meets. - Julie Watkin

Bench Only Championships

Name	Team	Div	Bwt	WtCls	Best BP	Wilks Pts
Susan Abbott	Defining Strength	F-O	82.2	84	92.5	83.407
Lesley Hammil	Iron Works	F-O	105.6	84+	65.0	53.339
Chris Fudge		M-O	73.9	74	140.0	100.800
Steve Spliak	Power Pit	M-O	82.1	83	193.0	129.677
Art Chan		M-O-U	79.4	83	162.5	111.475
Greg Platsko		M-O-U	78.4	83	127.5	88.179
Jerry Merrentette	Power Pit	M-O	90.6	93	205.0	130.442
Robert Truchon	Power Pit	M-O	88.6	93	142.5	91.713
Kevin Stirling	Steel City	M-O-U	83.9	93	125.0	82.912
Jason Knott	Iron Works	M-O	103.7	105	198.0	118.840
Fred English	Niagara	M-O	114.1	120	192.5	112.093
Adrian Ninaver	Power Pit	M-O	107.5	120	185.0	109.668
John Clayton	Power Pit	M-O-U	111.9	120	160.0	93.680
Peter McGill	Golden Triangle	M-O	131.4	120+	210.0	118.545
George Flikas	Iron Works	M-O-U	121.5	120+	185.0	106.061
Dave Hoffman	Golden Triangle	M-O-U	162.6	120+	160.0	87.504
Matt Cuthbert		M-O-U	137.9	120+	70.0	39.207

Open Bench Only

Name	Team	Div	Bwt	WtCls	Age	Best BP	Wilks Pts
Jon Stewart		M-O	82.2	83	25	145.0	97.353
Mike Mistruzzi	Power Pit	M-O	90.4	93	45	132.5	84.403
Jason Knott	Power Pit	M-O	103.7	105	33	185.0	111.037
Mike Schin		M-O	107.8	120	38	225.0	133.267
Fred English		M-O	114.1	120	56	190.0	110.637
Doug Bloch-Hansen	London	M-O	119.8	120	50	152.5	87.703
Darren Pries Klassen	Niagara	M-O	117.6	120	45	150.0	86.655



Belle River, Three Lift Open, November 26, 2011

Name	Team	Div	Bwt	WtCls	Best SQ	Best BP	Best DL	PL Total	Wilks Pts
Glorianne Papolis		F-O	62.3	63	140.0	75.0	160.0	375.0	406.162
Lynn Lister		F-O	60.4	63	80.0	70.0	107.5	257.5	285.619
Lislie Hammil	Defining Strength	F-O-U	105.6	84+	122.5	65.0	155.0	342.5	281.055
Simone Upham	Iron Works	F-O	120.4	84+	125.0	60.0	145.0	330.0	263.736
Erin Denton	Steel City	F-O-U	98.3	84+	107.5	80.0	135.0	322.5	269.900
William Xiao	Niagara	M-O-U	65.9	66	0.0	0.0	0.0	0.0	0.000
Tyler Crawford		M-O	72.1	74	195.0	115.0	217.5	527.5	386.657
John Bourgoi		M-O-U	72.1	74	150.0	97.5	177.5	425.0	311.525
Tyler Van Devenne		M-O-U	72.7	74	142.5	107.5	170.0	420.0	305.970
Philippe Bjerring		M-O-U	69	74	135.0	100.0	175.0	410.0	310.698
Stan Sher	Power Pit	M-O	71.1	74	130.0	85.0	160.0	375.0	277.725
Joseph Lamonica	Power Pit	M-O-U	72.2	74	125.0	80.0	170.0	375.0	274.575
Dave Bolton	Niagara	M-O	82.6	83	230.0	150.0	245.0	625.0	418.375
Steve Spilak	Iron Foundation	M-O	82.3	83	210.0	193.0	200.0	603.0	404.553
Art Chan		M-O-U	79.4	83	182.5	160.0	227.5	570.0	391.020
James Abraham		M-O	82.1	83	190.0	122.5	235.0	547.5	367.865
Jon Stewart	Power Pit	M-O-U	82.5	83	135.0	117.5	200.0	452.5	303.130
Vince Byrne	Power Pit	M-O-U	88.7	93	222.5	182.5	260.0	665.0	427.728
Ryan Maedel	Power Pit	M-O	86.4	93	212.5	152.5	217.5	582.5	379.965
Cody Buchenauer	Niagara	M-O-U	87.7	93	210.0	130.0	240.0	580.0	375.318
Kevin Stirling		M-O	84.5	93	185.0	150.0	205.0	540.0	356.724
Shawn Roach		M-O-U	87.9	93	170.0	127.5	235.0	532.5	344.155
Laurie Greenidge	London	M-O-U	88.8	93	180.0	117.5	202.5	500.0	321.400
Mark MacWilliam	Iron Works	M-O-U	87.6	93	165.0	117.5	200.0	482.5	312.419
Dave Jastrubecki		M-O	91.1	93	0.0	0.0	0.0	0.0	0.000
Rober Truchon	Iron Works	M-O-U	88.3	93	0.0	0.0	0.0	0.0	0.000
Dave Pigozzo		M-O	95.5	105	257.5	177.5	267.5	702.5	435.971
Andy Childs	Power Pit	M-O-U	104.1	105	228.0	168.0	275.0	671.0	402.197
Brent Cecchini	Golden Triangle	M-O-U	102.7	105	232.5	142.5	255.0	630.0	379.512
Kevin O'Brien		M-O	104.1	105	235.0	120.0	260.0	615.0	368.631
Steve Thorpe		M-O	94.2	105	205.0	152.5	185.0	542.5	338.737
Val Ataev		M-O-U	104.9	105	150.0	140.0	220.0	510.0	304.878
Adrian Ninaber		M-O	107.5	120	227.5	185.0	250.0	662.5	392.730
Atik Taraboulsi		M-O-U	109.9	120	195.0	147.5	227.5	570.0	335.559
Blake Giberson	Ferns Gym	M-O	110	120	150.0	150.0	190.0	490.0	288.365
Jason Byrne		M-O	126.9	120+	240.0	235.0	310.0	785.0	445.958
Matt Cuthbert		M-O	138.9	120+	250.0	0.0	0.0	0.0	0.000

2012 London Open

Date	May 12, 2012	Contact	Mike Knott
Location	Fitness Club, 595 Exeter Road, London	Entry Deadline	April 27, 2012
Meet Director	Mike Knott	Weigh In	7:30 am (subject to change)
Cost	\$65.00 including drug test fee	Lifting Starts	9:30 am (subject to change)
Payable to	London Powerlifting Club	Contest Type	Three Lift Open
Send to	Michael Knott 1002 -860 Commissioners Road East London, Ontario, N6C 5Y8	Awards:	1st to 3rd for each weight class men's and women's. Best lifter Male Best lifter Female



How to Enter an OPA Sanctioned Contest

Anyone entering an OPA sanctioned 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 for (below) and send to the Meet Director along with the appropriate fees.

2012 - 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.

Name of Contest: _____ Date of Contest: _____
 Your Name: _____ Phone#: _____
 Address: _____
 Email: _____
 Club Representing: _____ Or Unattached ☐

CPU Card#: _____ Weight Class: _____ kg Male ☐ Female ☐ Date of Birth (dd/mm/yy): _____
 Contest Category Entered: (check all that apply) Equipped ☐ Classic ☐
 3-Lift ☐ Deadlift only ☐ Bench only ☐ Special Athlete ☐ Intermediate ☐ Blind ☐ Novice ☐
 Sub-Junior ☐ Junior ☐ Master I ☐ Master II ☐ Master III ☐ Open ☐
 T-Shirt Size: _____

Required Information for Provincial or National Championships: (Note if this section is not filled out, you will not be considered qualified for Championships. All qualifying totals must be within 24 months of the competition for which you are applying)

Qualifying Total: _____ Date of Qualifying Total: (dd/mm/yy): _____
 Where Qualifying Total was obtained: _____

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)

Complete all areas of the form – Please Print Legibly. ALL ENTRY FEES ARE NON-REFUNDABLE



2011 Top Ten Lifters: Men

Squat

Men Junior & Sub Junior

Ranking	Wt. Class	First Name	Surname	Squat	Wilks
1	120.0	Andrew	Cameron	330.0	192.2
2	93.0	Kristin	Fischer	260.0	164.9
3	74.0	Justin	Van Schyndel	217.5	159.9
4	83.0	Jake	Wood	235.0	159.7
5	83.0	Brian	Whitworth	232.5	156.4
6	105.0	Matthew Jacobs	Matthew Jacobs	235.0	144.0
7	74.0	Adrien	Stotesbury	197.5	143.0
8	74.0	Tyler	Crawford	195.0	142.9
9	105.0	Justin	Alfante	235.0	142.4
10	105.0	Kevin	O'Brien	235.0	140.9

Bench

Wt. Class	First Name	Surname	Bench	Wilks
120	Andrew	Cameron	232.5	135.4
93	Kristin	Fischer	190.0	120.2
83	Emilio	Suing	175	117.2
74	Justin	Van Schyndel	155	114.0
74	Mike	Pearl	145	105.5
83.0	Jake	Wood	152.5	105.5
120+	Chad	Farquhar	182.5	104.0
74.0	Blain	Leblond	137.5	99.6
105.0	David	Droeske	165.0	99.4
83.0	Brian	Whitworth	147.5	99.2

Men M1

Ranking	Wt. Class	First Name	Surname	Squat	Wilks
1	83.0	Jeff	Becker	292.5	196.1
2	93.0	Dave	Walters	307.5	194.4
3	105.0	Stephen	McKenzie	320.0	191.7
4	120.0	Mark	Giffin	307.5	178.9
5	83.0	Hoi	Leung	255.0	170.2
6	120+	Robert	Fortney	295.0	166.3
7	105.0	Dave	Pigozzo	257.5	159.8
8	83.0	Sandro	D'Angelo	230.0	154.9
9	120.0	Sheldon	Duncan	255.0	150.0
10	120+	Peter	McGill	260.0	147.2

Wt. Class	First Name	Surname	Bench	Wilks
93.0	Dave	Walters	250.0	158.0
120.0	Mark	Giffin	250.0	145.5
83.0	Jeff	Becker	190.0	127.4
105.0	Stephen	McKenzie	212.5	127.3
120+	Peter	McGill	205.0	116.0
83.0	Hoi	Leung	172.5	115.1
105.0	Dave	Pigozzo	177.5	110.1
74.0	Donald R.	Francis	147.5	109.7
93.0	Greg	Platsko	172.5	109.3
83.0	Sandro	D'Angelo	157.5	106.1

Men M2 & M3

Ranking	Wt. Class	First Name	Surname	Squat	Wilks
1	105.0	Patrick	Hartwick	297.5	180.1
2	74.0	Glyn	Moore	232.5	167.6
3	120.0	Ron	Strong	285.0	164.3
4	83.0	Jerry	Marentette	245.0	164.1
5	120+	Kari	Suutari	280.0	159.6
6	74.0	Walter	Urban	215.0	155.0
7	74.0	Frank	Nadeau	210.0	152.4
8	105.0	Steve	Chomitz	237.5	142.2
9	93.0	Laurie	Greenidge	220.0	142.0
10	105.0	Paul	Francis	232.5	140.2

Wt. Class	First Name	Surname	Bench	Wilks
120+	Kari	Suutari	230.0	131.1
93.0	Jerry	Marentette	195.0	125.8
74.0	Frank	Nadeau	170.0	123.0
120.0	Ron	Strong	210.0	121.5
105.0	Steve	Chomitz	200.0	119.9
83.0	Jerry	Marentette	175.0	117.2
120+	Mike	Knott	200.0	111.2
120.0	Adrian	Ninaber	185.0	109.7
93.0	Ross	Lattanzio	170.0	107.3
74.0	Glyn	Moore	147.5	106.3

Men Open

Ranking	Wt. Class	First Name	Surname	Squat	Wilks
1	93.0	Brandon	Summers	800.0	511.0
2	120.0	Steve	Magistrale	885.0	508.9
3	120.0	Michael	Sinclair	862.5	500.2
4	83.0	Zurab	Dzamukashvili	725.0	491.9
5	74.0	Jamie	Stephen	657.5	474.8
6	93.0	Mike	Dickinson	735.0	462.7
7	93.0	Brandon	Ward	727.5	460.9
8	120+	Jason	Byrne	785.0	447.5
9	93.0	Brandon	Ward	710.0	446.9
10	120+	Stephen	Jesso	827.5	445.5

Wt. Class	First Name	Surname	Bench	Wilks
93.0	Brandon	Summers	227.5	145.3
120.0	Steve	Magistrale	240.0	138.0
120+	Jason	Byrne	235.0	133.5
120+	Matt	Cuthbert	230.0	129.5
83.0	Steve	Spilak	193.0	129.5
120.0	Michael	Sinclair	215.0	124.7
93.0	Greg	Page	190.0	123.4
120+	Stephen	Jesso	227.5	122.5
93.0	Vincent	Byrne	185.0	118.2
93.0	Brandon	Ward	182.5	115.9

2011 Top Ten Lifters: Men

Deadlift

Men Junior & Sub Junior

Wt. Class	First Name	Surname	D/L	Wilks
83.0	Jake	Wood	282.5	192.0
63.0	Stacey	Jensen	175.0	189.3
105.0	David	Droeske	297.5	179.1
120.0	Andrew	Cameron	287.5	167.5
74.0	Tyler	Crawford	217.5	159.4
93.0	Corey	Persic	237.5	158.4
93.0	Kristin	Fischer	247.5	157.0
105.0	Kevin	O'Brien	260.0	155.8
93.0	Cody	Buchenaue	240.0	155.3
105.0	Justin Alfante	Justin Alfante	255.0	154.5

Total

Wt. Class	First Name	Surname	Total	Wilks
120	Andrew	Cameron	850.0	495.2
83	Jake	Wood	672.5	457.0
93	Kristin	Fischer	687.5	434.8
74	Justin	Van Schyndel	570.0	419.1
105	David	Droeske	690.0	415.5
74	Justin	Van Schyndel	547.5	404.2
83	Brian	Whitworth	592.5	398.7
120+	Chad	Farquhar	682.5	388.9
74	Blain	Leblond	535.0	387.5
74	Tyler	Crawford	527.5	386.6

Men M1

Wt. Class	First Name	Surname	D/L	Wilks
83.0	Jeff	Becker	295.0	197.8
105.0	Stephen	McKenzie	300.0	179.3
83.0	Sandro	D'Angelo	262.5	176.2
93.0	Dave	Walters	275.0	173.9
83.0	Hoi	Leung	260.0	173.5
93.0	Dave	Walters	272.5	172.3
120.0	Sheldon	Duncan	287.5	169.1
83.0	Sandro	D'Angelo	250.0	168.3
120+	Robert	Fortney	295.0	166.3
105.0	Dave	Pigozzo	267.5	166.0

Wt. Class	First Name	Surname	Total	Wilks
93.0	Dave	Walters	830.0	524.7
83.0	Jeff	Becker	775.0	519.6
105.0	Stephen	McKenzie	827.5	495.6
120.0	Mark	Giffin	840.0	488.8
83.0	Hoi	Leung	687.5	458.9
105.0	Dave	Pigozzo	702.5	435.9
120+	Robert	Fortney	772.5	435.5
83.0	Sandro	D'Angelo	642.5	431.4
120.0	Sheldon	Duncan	700.0	411.7
105.0	Andy	Childs	671.0	402.2

Men M2 & M3

Wt. Class	First Name	Surname	D/L	Wilks
93.0	Jerry	Marentette	282.5	182.2
120.0	Ron	Strong	310.0	179.4
120+	Kari	Suutari	300.0	171.8
120.0	Ron	Strong	290.0	167.2
74.0	Walter	Urban	225.0	162.2
74.0	Glyn	Moore	220.0	158.6
83.0	James	Abraham	235.0	157.9
74.0	Frank	Nadeau	215.0	156.0
120.0	Adrian	Ninaber	250.0	148.2
105.0	Steve	Chomitz	245.0	146.8

Wt. Class	First Name	Surname	Total	Wilks
120.0	Ron	Strong	790.0	457.2
120+	Kari	Suutari	800.0	455.9
83.0	Jerry	Marentette	680.0	455.5
74.0	Glyn	Moore	600.0	432.4
74.0	Frank	Nadeau	585.0	424.5
105.0	Patrick	Hartwick	685.0	423.3
105.0	Steve	Chomitz	680.0	407.6
74.0	Walter	Urban	562.5	405.4
120.0	Adrian	Ninaber	662.5	392.7
105.0	Paul	Francis	637.5	384.4

Men Open

Wt. Class	First Name	Surname	D/L	Wilks
83.0	Zurab	Dzamukashvil	320.0	217.1
120.0	Michael	Sinclair	347.5	201.5
74.0	Jamie	Stephen	265.0	191.4
93.0	Brandon	Ward	290.0	184.2
120.0	Steve	Magistrade	320.0	184.0
74.0	Jamie	Stephen	250.0	180.9
120+	Jason	Byrne	315.0	179.6
59.0	Steve	Earl	202.5	176.0
93.0	Mike	Dickinson	270.0	170.0
93.0	Vince	Byrne	260.0	167.2

Wt. Class	First Name	Surname	Total	Wilks
93.0	Brandon	Summers	800.0	511.0
120.0	Steve	Magistrade	885.0	508.9
120.0	Michael	Sinclair	862.5	500.2
83.0	Zurab	Dzamukashvil	725.0	491.9
74.0	Jamie	Stephen	657.5	474.8
93.0	Mike	Dickinson	735.0	462.7
93.0	Brandon	Ward	727.5	460.9
120+	Jason	Byrne	785.0	447.5
93.0	Brandon	Ward	710.0	446.9
120+	Stephen	Jesso	827.5	445.5

2011 Top Ten Lifters: Women

Squat						Bench				
Ranking	Wt. Class	First Name	Surname	Squat	Wilks	Wt. Class	First Name	Surname	Bench	Wilks
1	72.0	Ulrike	Kruger	160.0	159.0	47.0	Susan	Thomson	72.5	97.8
2	63.0	Julie	Watkin	140.0	158.1	84.0	Jackie	Pritchard	95.0	90.3
3	63.0	Glorianne	Papolis	140.0	151.6	63.0	Julie	Watkin	80.0	89.4
4	52.0	Jayne	Major	117.5	149.4	52.0	Jayne	Major	70.0	88.0
5	84.0	Lisa	Nigh	147.5	143.6	84.0	Joanne Swing	Joanne Swing	92.5	84.7
6	84.0	Jackie	Pritchard	150.0	142.6	72.0	Lisa	Nigh	85.0	84.2
7	47.0	Susan	Thomson	100.0	134.9	63.0	Glorianne	Papolis	75.0	81.2
8	63.0	Jane	Lessard	120.0	132.9	63.0	Lynn	Lister	70.0	77.6
9	57.0	Maria	Commisso	102.5	120.1	63.0	Jane	Lessard	70.0	77.5
10	84.0	Joanne	Swing	110.0	101.6	72.0	Ulrike	Kruger	77.5	77.0

Deadlift						Total				
Ranking	Wt. Class	First Name	Surname	D/L	Wilks	Wt. Class	First Name	Surname	Total	Wilks
1	63.0	Julie	Watkin	165.0	186.4	63.0	Julie	Watkin	380.0	429.2
2	63.0	Glorianne	Papolis	160.0	173.3	63.0	Glorianne	Papolis	375.0	406.2
3	52.0	Jayne	Major	137.5	173.0	52.0	Jayne	Major	322.5	405.7
4	72.0	Ulrike	Kruger	165.0	164.0	72.0	Ulrike	Kruger	402.5	400.0
5	47.0	Susan	Thomson	117.5	158.5	47.0	Susan	Thomson	290.0	391.2
6	72.0	Lisa	Nigh	155.0	153.0	84.0	Lisa	Nigh	390.0	379.6
7	84.0	Jackie	Pritchard	150.0	142.6	84.0	Jackie	Pritchard	395.0	375.5
8	63.0	Jane	Lessard	125.0	138.5	63.0	Jane	Lessard	315.0	348.9
9	57.0	Maria	Commisso	112.5	131.8	57.0	Maria	Commisso	257.5	301.7
10	57.0	Sue	Cornwell	112.5	131.6	63.0	Lynn	Lister	257.5	285.6

Squat						Bench				
Ranking	Wt. Class	First Name	Surname	Squat	Wilks	Wt. Class	First Name	Surname	Bench	Wilks
1	72.0	Sarah	Leighton	192.5	192.1	72.0	Sarah	Leighton	125.0	123.0
2	52.0	Trisha	Boyle	145.0	182.4	63.0	Mary Ann	Kaczor	100.0	107.9
3	63.0	Maggie	Rafferty	150.0	170.6	52.0	Trish	Boyle	80.0	101.5
4	63.0	Mary Ann	Kaczor	152.5	166.0	63.0	Lynn	Wardle	90.0	96.8
5	63.0	Lynn	Wardle	137.5	147.8	63.0	Maggie	Rafferty	85.0	96.6
6	72.0	Jennifer	Proulx	150.0	147.5	72.0	Jennifer	Proulx	85.0	83.6
7	63.0	Rebecca	McKeen	125.0	137.1	63.0	Rebecca	McKeen	70.0	76.8
8	52.0	Jasneet	Bansal	80.0	102.6	52.0	Jasneet	Bansal	55.0	70.5
9	84+	Krista	Miller	107.5	92.2	84+	Erin	Denton	80.0	67.2
10	84+	Erin	Denton	107.5	90.0	84+	Krista	Miller	75.0	64.3

Deadlift						Total				
Ranking	Wt. Class	First Name	Surname	D/L	Wilks	Wt. Class	First Name	Surname	Total	Wilks
1	57.0	Maggie	Rafferty	160.0	188.0	72.0	Sarah	Leighton	502.5	494.6
2	72.0	Sarah	Leighton	180.0	181.8	52.0	Trisha	Boyle	360.5	456.2
3	52.0	Trisha	Boyle	140.5	177.8	57.0	Maggie	Rafferty	382.5	449.4
4	63.0	Mary Ann	Kaczor	165.0	177.6	63.0	Mary Ann	Kaczor	412.5	445.2
5	63.0	Rebecca	McKeen	155.0	170.0	72.0	Jennifer	Proulx	400.0	393.3
6	72.0	Jennifer	Proulx	165.0	162.3	63.0	Lynn	Wardle	357.5	384.4
7	52.0	Jasneet	Bansal	112.5	144.3	63.0	Rebecca	McKeen	350.0	383.8
8	63.0	Lynn	Wardle	130.0	139.8	52.0	Jasneet	Bansal	247.5	317.5
9	84+	Erin	Denton	135.0	113.0	84+	Erin	Denton	322.5	269.9
10	84+	Krista	Miller	115.0	98.7	84+	Krista	Miller	297.5	255.2



2012 – OPA Membership Application



For residents of Ontario
Required if competing Jan 1, 2012 - Dec 31, 2012



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

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.

Go to OPA Website at Ontariopowerlifting.org to download waiver forms. 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 ***

Please visit the OPA website at: Ontariopowerlifting.org for waiver forms

Are you a new member? ☐

First Name: _____ Middle Initial: _____ Last Name: _____
Address: _____ City: _____
Province: _____ Postal Code: _____
Phone: _____ Email: _____

Type of Memberships (Check only one)

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

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

Date of Birth (dd/mm/yyyy): _____ M ☐ or F ☐ Level: Novice ☐ Intermediate: ☐ Senior: ☐

Categories: (Check all that apply)

Sub Junior ☐ Junior ☐ Open ☐ Blind ☐ Special Athlete ☐ Other _____
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 Blake Giberson
210 Wedgewood Lane
Tecumseh, ON N8N 4J5

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: 06/11

PLEASE PRINT. Complete all areas. Membership Fees are non-refundable.



OPA Qualifying Standards

Men's National Competition Standards

Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Elite	515	570	630	687.5	740	787.5	827.5	860	875
Master	472.5	525	577.5	632.5	680	722.5	760	790	802.5
Class I	407.5	457.5	510	565	615	657.5	695	720	730
Class II	360	402.5	447.5	495	542.5	580	610	635	642.5
Class III	312.5	350	392.5	432.5	472.5	505	535	555	560
Class IV	272.5	307.5	342.5	375	412.5	440	465	485	490
Class V	237.5	270	297.5	325	360	382.5	402.5	422.5	427.5

Men's Required Totals	Equipped	Unequipped
Open	Class I	Class III
Sub-Junior	Class IV	none
Junior	Class III	Class V
Master 40-49	Class II	Class IV
Master 50-59	Class III	Class V
Master 60-69	Class IV	none
Master 70+	none	none

Women's National Competition Standards

Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Elite	297.5	315	340	365	395	435	475	497.5
Master	270	285	307.5	332.5	357.5	395	432.5	452.5
Class I	230	250	272.5	295	320	355	397.5	422.5
Class II	207.5	220	242.5	262.5	285	315	352.5	370
Class III	180	195	212.5	227.5	250	277.5	307.5	322.5
Class IV	155	167.5	182.5	195	215	237.5	265	275
Class V	132.5	142.5	155	165	182.5	202.5	227.5	232.5

Women's Required Totals	Equipped	Unequipped
Open	Class III	Class V
Sub-Junior	Class IV	none
Junior	Class III	Class V
Master 40-49	Class III	Class V
Master 50-59	Class IV	none
Master 60+	none	none

Note: Any categories that list "none" still require previous experience in a CPU sanctioned contest

National Bench Press Championship—Qualifying Lifts

Men (all, except Sub-Junior)									
Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Equipped	95	112.5	125	137.5	150	157.5	167.5	172.5	180
Unequipped	80	95	105	115	125	132.5	140	145	150

Women (all, except Sub-Junior)								
Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Equipped	47.5	50	55	60	65	70	77.5	82.5
Unequipped	40	42.5	47.5	50	55	60	65	70

Sub-Junior lifters have the following scales

Sub-Junior Men									
Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Equipped	67.5	75	82.5	92.5	97.5	105	110	112.5	115
Unequipped	57.5	62.5	70	77.5	82.5	87.5	92.5	95	97.5

Sub-Junior Women								
Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Equipped	35	37.5	40	45	52.5	62.5	70	77.5
Unequipped	30	32.5	35	37.5	45	52.5	60	65

Points to Remember

1. You must have qualified within the previous 24 months from the date of the intended Nationals.
2. You must satisfy your provinces additional requirements to be qualified for each Nationals.
3. A lifter who achieves a National qualifying standard is then eligible to compete at any chosen weight class at the National Championships.
4. All age categories begin on January 1 of the year the lifter reaches the minimum age limit. For example, a lifter become a Master 1 on January 1 of the year they turn 40. Similarly, a Junior ceases to be a Junior on Dec 31 of the year they turn 23.
5. A lifter can qualify for a higher level meet in their next age category within the 12 month period before meeting the minimum age requirement for the class they will compete in, but cannot claim awards in that category at that qualifying meet. For example, a lifter who turns 40 next year can qualify for next years Master Nationals at any time during THIS year, but would only win "Open" awards at that meet.
6. If you achieve the qualifying total for Equipped nationals, you are automatically qualified for Classic (unequipped) nationals.

1. A lifter's status as "unequipped" must be clearly identified on the contest scoresheet. Lifters CANNOT "cross-over" from equipped to unequipped, or from unequipped to equipped, they can only be in one division at a time in regards to records. If not so identified as unequipped, they will be assumed to be equipped.
2. "Unequipped" is defined as normal shoes, socks, under-garments, non-supportive singlet, T-shirt, wrist-wraps, neoprene knee-sleeves and belt. All items must conform to standard IPF Rules specifications. No other items are allowed

Ontario Men's Equipped Powerlifting Records

MENS SUB-JUNIOR		
53 Kg	Weight	Name
Squat	132.5	Minimum Standard
Bench	90	Minimum Standard
D/L	130	Minimum Standard
Total	300	Minimum Standard
59 Kg	Weight	Name
Squat	150	Minimum Standard
Bench	100	Minimum Standard
D/L	145	Minimum Standard
Total	332.5	Minimum Standard
66 Kg	Weight	Name
Squat	160	Minimum Standard
Bench	110	Minimum Standard
D/L	160	Minimum Standard
Total	370	Minimum Standard
74 Kg	Weight	Name
Squat	175	Minimum Standard
Bench	120	Minimum Standard
D/L	175	Minimum Standard
Total	410	Minimum Standard
83 Kg	Weight	Name
Squat	190	Minimum Standard
Bench	130	Minimum Standard
D/L	190	Minimum Standard
Total	430	Minimum Standard
93 Kg	Weight	Name
Squat	202.5	Minimum Standard
Bench	140	Minimum Standard
D/L	200	Minimum Standard
Total	455	Minimum Standard
105 Kg	Weight	Name
Squat	212.5	Minimum Standard
Bench	145	Minimum Standard
D/L	215	Minimum Standard
Total	480	Minimum Standard
120 Kg	Weight	Name
Squat	220	Minimum Standard
Bench	155	Minimum Standard
D/L	220	Minimum Standard
Total	500	Minimum Standard
120.0+ Kg	Weight	Name
Squat	225	Minimum Standard
Bench	165	Minimum Standard
D/L	225	Minimum Standard
Total	520	Minimum Standard

MENS JUNIOR				
53 Kg	Weight	Name	Date	Meet
Squat	155.0	Minimum Standard		
Bench	105.0	Minimum Standard		
D/L	150.0	Minimum Standard		
Total	380.0	Minimum Standard		
59 Kg	Weight	Name	Date	Meet
Squat	172.5	Minimum Standard		
Bench	115.0	Minimum Standard		
D/L	170.0	Minimum Standard		
Total	422.5	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Squat	190.0	Minimum Standard		
Bench	130.0	Minimum Standard		
D/L	190.0	Jeremiah Villanueva	25-Jun-2011	2011 UTM Classic
Total	475.0	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Squat	205.0	Minimum Standard		
Bench	140.0	Minimum Standard		
D/L	217.5	Tyler Crawford	26-Nov-2011	2011 Belle River Open
Total	527.5	Tyler Crawford	26-Nov-2011	2011 Belle River Open
83 Kg	Weight	Name	Date	Meet
Squat	225.0	Minimum Standard		
Bench	152.5	Minimum Standard		
D/L	220.0	Minimum Standard		
Total	585.0	Minimum Standard		
93 Kg	Weight	Name	Date	Meet
Squat	235.0	Minimum Standard		
Bench	160.0	Minimum Standard		
D/L	237.5	Corey Persic	21-Feb-2011	Canadore Classic
Total	625.0	Minimum Standard		
105 Kg	Weight	Name	Date	Meet
Squat	250.0	Minimum Standard		
Bench	170.0	Minimum Standard		
D/L	260.0	Kevin O'Brien	26-Nov-2011	2011 Belle River Open
Total	645.0	Minimum Standard		
120 Kg	Weight	Name	Date	Meet
Squat	260.0	Minimum Standard		
Bench	175.0	Minimum Standard		
D/L	255.0	Minimum Standard		
Total	655.0	Minimum Standard		
120.0+ Kg	Weight	Name	Date	Meet
Squat	265.0	Minimum Standard		
Bench	180.0	Minimum Standard		
D/L	262.5	Minimum Standard		
Total	685.0	Minimum Standard		



Ontario Men's Equipped Powerlifting Records

MENS OPEN				
59 Kg	Weight	Name	Date	Meet
Squat	182.5	Minimum Standard		
Bench	115.0	Minimum Standard		
D/L	180.0	Minimum Standard		
Total	450.0	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Squat	200.0	Minimum Standard		
Bench	125.0	Minimum Standard		
D/L	195.0	Minimum Standard		
Total	500.0	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Squat	232.5	Glyn Moore	27-Sep-2011	2011 IPF World Masters Championship
Bench	170.0	Frank Nadeau	31-Mar-2011	2011 Canadian Championships
D/L	225.0	Walter Urban	31-Mar-2011	2011 Canadian Championships
Total	600.0	Glyn Moore	27-Sep-2011	2011 IPF World Masters Championship
83 Kg	Weight	Name	Date	Meet
Squat	292.5	Jeff Becker	23-Jan-2011	2011 Ontario Championships
Bench	193.0	Steve Spilak	26-Nov-2011	2011 Belle River Open
D/L	295.0	Jeff Becker	31-Mar-2011	2011 Canadian Championships
Total	775.0	Jeff Becker	23-Jan-2011	2011 Ontario Championships
93 Kg	Weight	Name	Date	Meet
Squat	307.5	Dave Walters	28-Sep-2011	2011 IPF World Masters Championship
Bench	250.0	Dave Walters	28-Sep-2011	2011 IPF World Masters Championship
D/L	282.5	Jerry Marentette	24-Jan-2011	2012 Ontario Championships
Total	830.0	Dave Walters	28-Sep-2011	2011 IPF World Masters Championship
105 Kg	Weight	Name	Date	Meet
Squat	297.5	Patrick Hartwick	1-Apr-2011	2011 Canadian Championships
Bench	195.0	Steve Chomitz	23-Jan-2011	2011 Ontario Championships
D/L	265.0	Dave Pigozzo	24-Jan-2011	2011 Ontario Championships
Total	682.5	Patrick Hartwick	1-Apr-2011	2011 Canadian Championships
120 Kg	Weight	Name	Date	Meet
Squat	275.0	Ron Strong	24-Jan-2011	2011 Ontario Championships
Bench	205.0	Ron Strong	24-Jan-2011	2011 Ontario Championships
D/L	305.0	Ron Strong	24-Jan-2011	2011 Ontario Championships
Total	785.0	Ron Strong	24-Jan-2011	2011 Ontario Championships
120.0+ Kg	Weight	Name	Date	Meet
Squat	285.0	Minimum Standard		
Bench	230.0	Kari Suutari	1-Oct-2011	2011 IPF World Masters Championship
D/L	290.0	Kari Suutari	1-Oct-2011	2011 IPF World Masters Championship
Total	800.0	Kari Suutari	1-Oct-2011	2011 IPF World Masters Championship

MENS MASTERS 40 - 49				
59 Kg	Weight	Name	Date	Meet
Squat	165	Minimum Standard		
Bench	105	Minimum Standard		
D/L	165	Minimum Standard		
Total	450	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Squat	182.5	Minimum Standard		
Bench	120	Minimum Standard		
D/L	195	Minimum Standard		
Total	505	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Squat	232.5	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
Bench	170	Frank Nadeau	31-Mar-11	2011 Canadian Championships
D/L	225	Walter Urban	31-Mar-11	2011 Canadian Championships
Total	600	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
83 Kg	Weight	Name	Date	Meet
Squat	292.5	Jeff Becker	23-Jan-11	2011 Ontario Championships
Bench	190	Jeff Becker	23-Jan-11	2011 Ontario Championships
D/L	295	Jeff Becker	31-Mar-11	2011 Canadian Championships
Total	775	Jeff Becker	23-Jan-11	2011 Ontario Championships
93 Kg	Weight	Name	Date	Meet
Squat	307.5	Dave Walters	28-Sep-2011	2011 IPF World Masters Championship
Bench	250.0	Dave Walters	28-Sep-2011	2011 IPF World Masters Championship
D/L	282.5	Jerry Marentette	24-Jan-2011	2012 Ontario Championships
Total	830.0	Dave Walters	28-Sep-2011	2011 IPF World Masters Championship
105 Kg	Weight	Name	Date	Meet
Squat	297.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
Bench	195	Steve Chomitz	23-Jan-11	2011 Ontario Championships
D/L	265	Dave Pigozzo	24-Jan-11	2011 Ontario Championships
Total	682.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
120 Kg	Weight	Name	Date	Meet
Squat	275	Ron Strong	24-Jan-11	2011 Ontario Championships
Bench	205	Ron Strong	24-Jan-11	2011 Ontario Championships
D/L	305	Ron Strong	24-Jan-11	2011 Ontario Championships
Total	785	Ron Strong	24-Jan-11	2011 Ontario Championships
120.0+ Kg	Weight	Name	Date	Meet
Squat	280	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship
Bench	230	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship
D/L	290	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship
Total	800	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship

Ontario Men's Equipped Powerlifting Records

MENS MASTERS 50 - 59				
59 Kg	Weight	Name	Date	Meet
Squat	137.5	Minimum Standard		
Bench	102.5	Minimum Standard		
D/L	150	Minimum Standard		
Total	370	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Squat	152.5	Minimum Standard		
Bench	112.5	Minimum Standard		
D/L	165	Minimum Standard		
Total	407.5	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Squat	232.5	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
Bench	170	Frank Nadeau	31-Mar-11	2011 Canadian Championships
D/L	225	Walter Urban	31-Mar-11	2011 Canadian Championships
Total	600	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
83 Kg	Weight	Name	Date	Meet
Squat	245	Jerry Marentette	31-Mar-11	2011 Canadian Championships
Bench	175	Jerry Marentette	31-Mar-11	2011 Canadian Championships
D/L	260	Jerry Marentette	31-Mar-11	2011 Canadian Championships
Total	680	Jerry Marentette	31-Mar-11	2011 Canadian Championships
93 Kg	Weight	Name	Date	Meet
Squat	222.5	Laurie Greenidge	16-Jul-11	2011 Ottawa Open
Bench	195	Jerry Marentette	23-Jan-11	2011 Ontario Championships
D/L	282.5	Jerry Marentette	24-Jan-11	2012 Ontario Championships
Total	578.5	Laurie Greenidge	16-Jul-11	2011 Ottawa Open
105 Kg	Weight	Name	Date	Meet
Squat	297.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
Bench	195	Steve Chomitz	23-Jan-11	2011 Ontario Championships
D/L	240	Steve Chomitz	24-Jan-11	2012 Ontario Championships
Total	682.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
120 Kg	Weight	Name	Date	Meet
Squat	275	Ron Strong	24-Jan-11	2011 Ontario Championships
Bench	205	Ron Strong	24-Jan-11	2011 Ontario Championships
D/L	305	Ron Strong	24-Jan-11	2011 Ontario Championships
Total	785	Ron Strong	24-Jan-11	2011 Ontario Championships
120.0+ Kg	Weight	Name	Date	Meet
Squat	280	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship
Bench	230	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship
D/L	290	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship
Total	800	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship

MENS MASTERS 60 - 69				
59 Kg	Weight	Name	Date	Meet
Squat	105	Minimum Standard		
Bench	77.5	Minimum Standard		
D/L	112.5	Minimum Standard		
Total	282.5	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Squat	117.5	Minimum Standard		
Bench	85	Minimum Standard		
D/L	125	Minimum Standard		
Total	312.5	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Squat	232.5	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
Bench	147.5	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
D/L	220	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
Total	600	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
83 Kg	Weight	Name	Date	Meet
Squat	195	Laurie Greenidge	23-Jan-11	2011 Ontario Championships
Bench	135	Laurie Greenidge	23-Jan-11	2011 Ontario Championships
D/L	200	Laurie Greenidge	23-Jan-11	2011 Ontario Championships
Total	530	Laurie Greenidge	23-Jan-11	2011 Ontario Championships
93 Kg	Weight	Name	Date	Meet
Squat	222.5	Laurie Greenidge	16-Jul-11	2011 Ottawa Open
Bench	141	Laurie Greenidge	16-Jul-11	2011 Ottawa Open
D/L	215	Laurie Greenidge	16-Jul-11	2011 Ottawa Open
Total	578.5	Laurie Greenidge	16-Jul-11	2011 Ottawa Open
105 Kg	Weight	Name	Date	Meet
Squat	297.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
Bench	157.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
D/L	227.5	Patrick Hartwick	24-Jan-11	2011 Ontario Championships
Total	682.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
120 Kg	Weight	Name	Date	Meet
Squat	160	Minimum Standard		
Bench	115	Minimum Standard		
D/L	170	Minimum Standard		
Total	425	Minimum Standard		
120.0+ Kg	Weight	Name	Date	Meet
Squat	162.5	Minimum Standard		
Bench	117.5	Minimum Standard		
D/L	172.5	Minimum Standard		
Total	432.5	Minimum Standard		



Ontario Men's Equipped Powerlifting Records

MENS MASTERS 70 +				
59 Kg	Weight	Name	Date	Meet
Squat		Minimum Standard		
Bench		Minimum Standard		
D/L		Minimum Standard		
Total		Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Squat		Minimum Standard		
Bench		Minimum Standard		
D/L		Minimum Standard		
Total		Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Squat		Minimum Standard		
Bench		Minimum Standard		
D/L		Minimum Standard		
Total		Minimum Standard		
83 Kg	Weight	Name	Date	Meet
Squat	150	Lynton Lam	23-Jan-11	2011 Ontario Championships
Bench	92.5	Lynton Lam	28-Sep-11	2011 IPF World Masters Championship
D/L	192.5	Lynton Lam	28-Sep-11	2011 IPF World Masters Championship
Total	430.0	Lynton Lam	28-Sep-11	2011 IPF World Masters Championship
93 Kg	Weight	Name	Date	Meet
Squat	182.5	Jack Taylor	1-Apr-11	2011 Canadian Championships
Bench	122.5	Jack Taylor	23-Jan-11	2011 Ontario Championships
D/L	190	Jack Taylor	23-Jan-11	2011 Ontario Championships
Total	487.5	Jack Taylor	1-Apr-11	2011 Canadian Championships
105 Kg	Weight	Name	Date	Meet
Squat		Minimum Standard		
Bench		Minimum Standard		
D/L		Minimum Standard		
Total		Minimum Standard		
120 Kg	Weight	Name	Date	Meet
Squat		Minimum Standard		
Bench		Minimum Standard		
D/L		Minimum Standard		
Total		Minimum Standard		
120.0+ Kg	Weight	Name	Date	Meet
Squat		Minimum Standard		
Bench		Minimum Standard		
D/L		Minimum Standard		
Total		Minimum Standard		

Ontario Men's Equipped Bench Only Records

MENS SUB-JUNIOR				
	Weight	Name	Date	Meet
53 Kg	90.0	Minimum Standard		
59 Kg	100.0	Minimum Standard		
66 Kg	110.0	Minimum Standard		
74 Kg	120.0	Minimum Standard		
83 Kg	130.0	Minimum Standard		
93 Kg	140.0	Minimum Standard		
105 Kg	145.0	Minimum Standard		
120 Kg	155.0	Minimum Standard		
120.0+ Kg	165.0	Minimum Standard		
MENS JUNIOR				
53 Kg	105.0	Minimum Standard		
59 Kg	115.0	Minimum Standard		
66 Kg	130.0	Minimum Standard		
74 Kg	140.0	Minimum Standard		
83 Kg	152.5	Minimum Standard		
93 Kg	160.0	Minimum Standard		
105 Kg	170.0	Minimum Standard		
120 Kg	175.0	Minimum Standard		
120.0+ Kg	180.0	Minimum Standard		
MENS OPEN				
59 Kg	115.0	Minimum Standard		
66 Kg	125.0	Minimum Standard		
74 Kg	170.0	Frank Nadeau	31-Mar-2011	2011 Cdn. Championships
83 Kg	193.0	Steve Spilak	26-Nov-2011	2011 Belle River Open
93 Kg	195.0	Jerry Marentette	23-Jan-2011	2011 Ontario Championships
105 Kg	198.0	Jason Knott	26-Nov-2011	2011 Ont. BP Championships
120 Kg	205.0	Ron Strong	24-Jan-2011	2011 Ontario Championships
120.0+ Kg	205.0	Minimum Standard		
MENS MASTERS 40 - 49				
	Weight	Name	Date	Meet
59 Kg	105.0	Minimum Standard		
66 Kg	120.0	Minimum Standard		
74 Kg	170.0	Frank Nadeau	31-Mar-2011	2011 Cdn. Championships
83 Kg	190.0	Jeff Becker	23-Jan-2011	2011 Ontario Championships
93 Kg	205.0	Jerry Marentette	26-Nov-2011	2011 Ont. BP Championships
105 Kg	195.0	Steve Chomitz	24-Jan-2011	2011 Ontario Championships
120 Kg	205.0	Ron Strong	24-Jan-2011	2011 Ontario Championships
120.0+ Kg	200.0	Michael Knott	2-Apr-2011	2011 Cdn. Championships
MENS MASTERS 50 - 59				
59 Kg	102.5	Minimum Standard		
66 Kg	112.5	Minimum Standard		
74 Kg	170.0	Frank Nadeau	31-Mar-2011	2011 Cdn Championships
83 Kg	135.0	Minimum Standard		
93 Kg	205.0	Jerry Marentette	26-Nov-2011	2011 Ont. BP Championships
105 Kg	195.0	Steve Chomitz	24-Jan-2011	2011 Ontario Championships
120 Kg	205.0	Ron Strong	24-Jan-2011	2011 Ontario Championships
120.0+ Kg	200.0	Michael Knott	2-Apr-2011	2011 Cdn. Championships
MENS MASTERS 60 - 69				
59 Kg	77.5	Minimum Standard		
66 Kg	85.0	Minimum Standard		
74 Kg	140.0	Glyn Moore	31-Mar-2011	2011 Cdn. Championships
83 Kg	135.0	Laurie Greenidge	23-Jan-2011	2011 Ontario Championships
93 Kg	141.0	Laurie Greenidge	16-Jul-2011	2011 Ottawa Open
105 Kg	112.5	Minimum Standard		
120 Kg	115.0	Minimum Standard		
120.0+ Kg	117.5	Minimum Standard		
MENS MASTERS 70 +				
59 Kg		Minimum Standard		
66 Kg		Minimum Standard		
74 Kg		Minimum Standard		
83 Kg	90.0	Lynton Lam	23-Jan-2011	2011 Ontario Championships
93 Kg	122.5	Jack Taylor	23-Jan-2011	2011 Ontario Championships
105 Kg		Minimum Standard		
120 Kg		Minimum Standard		
120.0+ Kg		Minimum Standard		

Ontario Women's Equipped Powerlifting Records

WOMEN'S SUB-JUNIOR		
43 Kg	Weight	Name
Squat	60	Minimum Standard
Bench	35	Minimum Standard
D/L	67.5	Minimum Standard
Total	160	Minimum Standard
47 Kg	Weight	Name
Squat	62.5	Minimum Standard
Bench	37.5	Minimum Standard
D/L	72.5	Minimum Standard
Total	170	Minimum Standard
52 Kg	Weight	Name
Squat	67.5	Minimum Standard
Bench	40	Minimum Standard
D/L	77.5	Minimum Standard
Total	185	Minimum Standard
57 Kg	Weight	Name
Squat	72.5	Minimum Standard
Bench	45	Minimum Standard
D/L	82.5	Minimum Standard
Total	197.5	Minimum Standard
63 Kg	Weight	Name
Squat	80	Minimum Standard
Bench	47.5	Minimum Standard
D/L	90	Minimum Standard
Total	215	Minimum Standard
72 Kg	Weight	Name
Squat	87.5	Minimum Standard
Bench	52.5	Minimum Standard
D/L	100	Minimum Standard
Total	235	Minimum Standard
84 Kg	Weight	Name
Squat	95	Minimum Standard
Bench	57.5	Minimum Standard
D/L	107.5	Minimum Standard
Total	257.5	Minimum Standard
84.0+ Kg	Weight	Name
Squat	100	Minimum Standard
Bench	60	Minimum Standard
D/L	115	Minimum Standard
Total	270	Minimum Standard

WOMEN'S JUNIOR				
43 Kg	Weight	Name	Date	Meet
Squat	72.5	Minimum Standard		
Bench	45	Minimum Standard		
D/L	72.5	Minimum Standard		
Total	190	Minimum Standard		
47 Kg	Weight	Name	Date	Meet
Squat	77.5	Minimum Standard		
Bench	47.5	Minimum Standard		
D/L	77.5	Minimum Standard		
Total	200	Minimum Standard		
52 Kg	Weight	Name	Date	Meet
Squat	85	Minimum Standard		
Bench	52.5	Minimum Standard		
D/L	82.5	Minimum Standard		
Total	215	Minimum Standard		
57 Kg	Weight	Name	Date	Meet
Squat	90	Minimum Standard		
Bench	57.5	Minimum Standard		
D/L	90	Minimum Standard		
Total	227.5	Minimum Standard		
63 Kg	Weight	Name	Date	Meet
Squat	157.5	Stacey Jensen	16-Jul-11	2011 Ottawa Open
Bench	97.5	Stacey Jensen	16-Jul-11	2011 Ottawa Open
D/L	175	Stacey Jensen	16-Jul-11	2011 Ottawa Open
Total	430	Stacey Jensen	16-Jul-11	2011 Ottawa Open
72 Kg	Weight	Name	Date	Meet
Squat	107.5	Minimum Standard		
Bench	67.5	Minimum Standard		
D/L	105	Minimum Standard		
Total	270	Minimum Standard		
84 Kg	Weight	Name	Date	Meet
Squat	110	Minimum Standard		
Bench	70	Minimum Standard		
D/L	110	Minimum Standard		
Total	280	Minimum Standard		
84.0+ Kg	Weight	Name	Date	Meet
Squat	117.5	Minimum Standard		
Bench	72.5	Minimum Standard		
D/L	115	Minimum Standard		
Total	297.5	Minimum Standard		



Ontario Women's Equipped Powerlifting Records

WOMEN'S OPEN				
47 Kg	Weight	Name	Date	Meet
Squat	95	Minimum Standard		
Bench	55	Minimum Standard		
D/L	97.5	Minimum Standard		
Total	240	Minimum Standard		
52 Kg	Weight	Name	Date	Meet
Squat	145	Trisha Boyle	30-Mar-11	2011 Canadian Championships
Bench	77.5	Trisha Boyle	23-Jan-11	2011 Ontario Championships
D/L	140.5	Trisha Boyle	23-Jan-11	2011 Ontario Championships
Total	362.5	Trisha Boyle	30-Mar-11	2011 Canadian Championships
57 Kg	Weight	Name	Date	Meet
Squat	110	Minimum Standard		
Bench	65	Minimum Standard		
D/L	112.5	Minimum Standard		
Total	277.5	Minimum Standard		
63 Kg	Weight	Name	Date	Meet
Squat	157.5	Stacey Jensen	16-Jul-11	2011 Ottawa Open
Bench	100.0	Mary Ann Kaczor	09-11-11	2011 IPF World Open Championships
D/L	175	Stacey Jensen	16-Jul-11	2011 Ottawa Open
Total	430	Stacey Jensen	16-Jul-11	2011 Ottawa Open
72 Kg	Weight	Name	Date	Meet
Squat	160	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship
Bench	85	Lisa Nigh	23-Jan-11	2011 Ontario Championships
D/L	165	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship
Total	402.5	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship
84 Kg	Weight	Name	Date	Meet
Squat	160	Ulrike Kruger	30-Mar-11	2011 Canadian Championships
Bench	95.0	Jackie Pritchard	22-Oct-11	2011 Niagara Open
D/L	170	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
Total	405	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
84.0+ Kg	Weight	Name	Date	Meet
Squat	150	Minimum Standard		
Bench	90	Minimum Standard		
D/L	155	Minimum Standard		
Total	380	Minimum Standard		

WOMEN'S Masters 40 - 49				
47 Kg	Weight	Name	Date	Meet
Squat	85	Minimum Standard		
Bench	52.5	Minimum Standard		
D/L	95	Minimum Standard		
Total	280	Minimum Standard		
52 Kg	Weight	Name	Date	Meet
Squat	90	Minimum Standard		
Bench	55	Minimum Standard		
D/L	102.5	Minimum Standard		
Total	247.5	Minimum Standard		
57 Kg	Weight	Name	Date	Meet
Squat	100	Minimum Standard		
Bench	60	Minimum Standard		
D/L	110	Minimum Standard		
Total	260	Minimum Standard		
63 Kg	Weight	Name	Date	Meet
Squat	105	Minimum Standard		
Bench	65	Minimum Standard		
D/L	117.5	Minimum Standard		
Total	275	Minimum Standard		
72 Kg	Weight	Name	Date	Meet
Squat	160	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship
Bench	85	Lisa Nigh	23-Jan-11	2011 Ontario Championships
D/L	165	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship
Total	402.5	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship
84 Kg	Weight	Name	Date	Meet
Squat	160	Ulrike Kruger	30-Mar-11	2011 Canadian Championships
Bench	95.0	Jackie Pritchard	22-Oct-11	2011 Niagara Open
D/L	170	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
Total	405	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
84.0+ Kg	Weight	Name	Date	Meet
Squat	135	Minimum Standard		
Bench	82.5	Minimum Standard		
D/L	147.5	Minimum Standard		
Total	365	Minimum Standard		

Ontario Women's Equipped Powerlifting Records

WOMEN'S Masters 50 - 59				
47 Kg	Weight	Name	Date	Meet
Squat	77.5	Minimum Standard		
Bench	47.5	Minimum Standard		
D/L	90	Minimum Standard		
Total	210	Minimum Standard		
52 Kg	Weight	Name	Date	Meet
Squat	82.5	Minimum Standard		
Bench	50	Minimum Standard		
D/L	97.5	Minimum Standard		
Total	227.5	Minimum Standard		
57 Kg	Weight	Name	Date	Meet
Squat	90	Minimum Standard		
Bench	55	Minimum Standard		
D/L	105	Minimum Standard		
Total	245	Minimum Standard		
63 Kg	Weight	Name	Date	Meet
Squat	117.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
Bench	67.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
D/L	117.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
Total	302.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
72 Kg	Weight	Name	Date	Meet
Squat	160	Ulrike Kruger	27-Sep-11	2011 IPF World Masters
Bench	77.5	Ulrike Kruger	27-Sep-11	2011 IPF World Masters
D/L	165	Ulrike Kruger	27-Sep-11	2011 IPF World Masters
Total	402.5	Ulrike Kruger	27-Sep-11	2011 IPF World Masters
84 Kg	Weight	Name	Date	Meet
Squat	160	Ulrike Kruger	30-Mar-11	2011 Canadian Championships
Bench	80	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
D/L	170	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
Total	405	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
84.0+ Kg	Weight	Name	Date	Meet
Squat	130	Janine Wheeler	3-Mar-11	2011 USAPL Raw Challenge
Bench	72.5	Minimum Standard		
D/L	142.5	Minimum Standard		
Total	332.5	Minimum Standard		

WOMEN'S Masters 60 - 69				
47 Kg	Weight	Name	Date	Meet
Squat		Minimum Standard		
Bench		Minimum Standard		
D/L		Minimum Standard		
Total		Minimum Standard		
52 Kg	Weight	Name	Date	Meet
Squat		Minimum Standard		
Bench		Minimum Standard		
D/L		Minimum Standard		
Total		Minimum Standard		
57 Kg	Weight	Name	Date	Meet
Squat		Minimum Standard		
Bench		Minimum Standard		
D/L		Minimum Standard		
Total		Minimum Standard		
63 Kg	Weight	Name	Date	Meet
Squat	100	Carol Brady	27-Sep-11	2011 IPF World Masters
Bench	50	Carol Brady	23-Jan-11	2011 Ontario Championships
D/L	97.5	Carol Brady	23-Jan-11	2011 Ontario Championships
Total	240	Carol Brady	23-Jan-11	2011 Ontario Championships
72 Kg	Weight	Name	Date	Meet
Squat		Minimum Standard		
Bench		Minimum Standard		
D/L		Minimum Standard		
Total		Minimum Standard		
84 Kg	Weight	Name	Date	Meet
Squat		Minimum Standard		
Bench		Minimum Standard		
D/L		Minimum Standard		
Total		Minimum Standard		
84.0+ Kg	Weight	Name	Date	Meet
Squat		Minimum Standard		
Bench		Minimum Standard		
D/L		Minimum Standard		
Total		Minimum Standard		



Ontario Women's Equipped Bench Only Records

WOMEN'S SUB-JUNIOR				
	Weight	Name	Date	Meet
43 Kg	35.0	Minimum Standard		
47 Kg	37.5	Minimum Standard		
52 Kg	40.0	Minimum Standard		
57 Kg	45.0	Minimum Standard		
63 Kg	47.5	Minimum Standard		
72 Kg	52.5	Minimum Standard		
84 Kg	57.5	Minimum Standard		
84.0+ Kg	60.0	Minimum Standard		
WOMEN'S JUNIOR				
43 Kg	45.0	Minimum Standard		
47 Kg	47.5	Minimum Standard		
52 Kg	52.5	Minimum Standard		
57 Kg	57.5	Minimum Standard		
63 Kg	62.5	Minimum Standard		
72 Kg	67.5	Minimum Standard		
84 Kg	70.0	Minimum Standard		
84.0+ Kg	72.5	Minimum Standard		
WOMEN'S OPEN				
47 Kg	55.0	Minimum Standard		
52 Kg	60.0	Minimum Standard		
57 Kg	65.0	Minimum Standard		
63 Kg	100.0	Mary Ann Kaczor	November 9, 2011	IPF World Powerlifting Championships
72 Kg	85.0	Lisa Nigh	January 23, 2011	2011 Ontario Championships
84 Kg	85.0	Minimum Standard		
84.0+ Kg	90.0	Minimum Standard		
WOMEN'S Masters 40 - 49				
47 Kg	52.5	Minimum Standard		
52 Kg	55.0	Minimum Standard		
57 Kg	60.0	Minimum Standard		
63 Kg	65.0	Minimum Standard		
72 Kg	85.0	Lisa Nigh	January 23, 2011	2011 Ontario Championships
84 Kg	80.0	Ulrike Kruger	January 23, 2011	2011 Ontario Championships
84.0+ Kg	82.5	Minimum Standard		
WOMEN'S Masters 50 - 59				
47 Kg	47.5	Minimum Standard		
52 Kg	50.0	Minimum Standard		
57 Kg	55.0	Minimum Standard		
63 Kg	57.5	Minimum Standard		
72 Kg	65.0	Minimum Standard		
84 Kg	80.0	Ulrike Kruger	January 23, 2011	2011 Ontario Championships
84.0+ Kg	72.5	Minimum Standard		
WOMEN'S Masters 60 - 69				
47 Kg		Minimum Standard		
52 Kg		Minimum Standard		
57 Kg		Minimum Standard		
63 Kg	50.0	Carol Brady	January 23, 2011	2011 Ontario Championships
72 Kg		Minimum Standard		
84 Kg		Minimum Standard		
84.0+ Kg	70.0	Ellyne Dickson	March 29, 2011	2011 Canadian Championships

Ontario Women's Classic Powerlifting Records

WOMEN'S OPEN				
72 Kg	Weight	Name	Date	Meet
Squat	60.0	Lynn Lister	June 25, 2011	2011 UTM Classic
Bench	60.0	Lynn Lister	June 25, 2011	2011 UTM Classic
D/L	100.0	Lynn Lister	June 25, 2011	2011 UTM Classic
Total	220.0	Lynn Lister	June 25, 2011	2011 UTM Classic
WOMEN'S Masters 40 - 49				
72 Kg	Weight	Name	Date	Meet
Squat	60.0	Lynn Lister	June 25, 2011	2011 UTM Classic
Bench	60.0	Lynn Lister	June 25, 2011	2011 UTM Classic
D/L	100.0	Lynn Lister	June 25, 2011	2011 UTM Classic
Total	220.0	Lynn Lister	June 25, 2011	2011 UTM Classic
WOMEN'S Masters 50 - 59				
72 Kg	Weight	Name	Date	Meet
Squat	60.0	Lynn Lister	June 25, 2011	2011 UTM Classic
Bench	60.0	Lynn Lister	June 25, 2011	2011 UTM Classic
D/L	100.0	Lynn Lister	June 25, 2011	2011 UTM Classic
Total	220.0	Lynn Lister	June 25, 2011	2011 UTM Classic

Please note that the Classic Category has no 'minimum standards' set. Therefore the list includes only those records that have been claimed.

Annual General Meeting

Date: Saturday January 21, 2012 6:30 pm
Location: Travelodge Ottawa Hotel & Conference Centre

Contact: Trisha Boyle
Email: trisha.ross@rogers.com

Please be aware 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 the AGM for CPU)
- Contribution Award

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

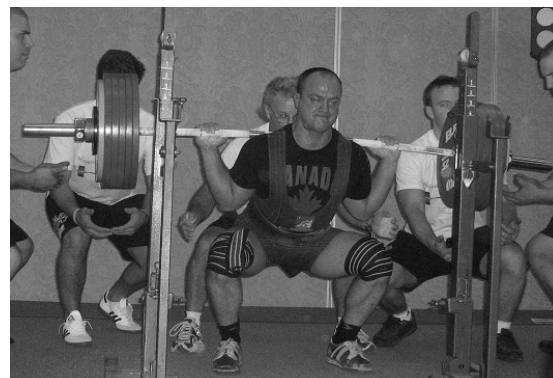
Ontario Men's Classic Powerlifting Records

MENS JUNIOR				
66 Kg	Weight	Name	Date	Meet
Squat	140.0	Jeremiah Villanueva	25-Jun-2011	2011 UTM Classic
Bench	97.5	Jeremiah Villanueva	25-Jun-2011	2011 UTM Classic
D/L	190.0	Jeremiah Villanueva	25-Jun-2011	2011 UTM Classic
Total	427.5	Jeremiah Villanueva	25-Jun-2011	2011 UTM Classic
93 Kg	Weight	Name	Date	Meet
Squat	210.0	Cody Buchenauer	26-Nov-2011	2011 Belle River Open
Bench	130.0	Cody Buchenauer	26-Nov-2011	2011 Belle River Open
D/L	240.0	Cody Buchenauer	26-Nov-2011	2011 Belle River Open
Total	580.0	Cody Buchenauer	26-Nov-2011	2011 Belle River Open
MENS OPEN				
66 Kg	Weight	Name	Date	Meet
Squat	140.0	Jeremiah Villanueva	25-Jun-2011	2011 UTM Classic
Bench	97.5	Jeremiah Villanueva	25-Jun-2011	2011 UTM Classic
D/L	190.0	Jeremiah Villanueva	25-Jun-2011	2011 UTM Classic
Total	427.5	Jeremiah Villanueva	25-Jun-2011	2011 UTM Classic
74 Kg	Weight	Name	Date	Meet
Squat	150.0	John Bourgoin	26-Nov-2011	2011 Belle River Open
Bench	115.0	Gary Lacoursiere	22-Oct-2011	2011 Niagara Open
D/L	185.0	Gary Lacoursiere	22-Oct-2011	2011 Niagara Open
Total	425.0	John Bourgoin	26-Nov-2011	2011 Belle River Open
83 Kg	Weight	Name	Date	Meet
Squat	152.5	Jon Stewart	16-Jul-2011	2011 Ottawa Open
Bench	115.0	Jon Stewart	16-Jul-2011	2011 Ottawa Open
D/L	190.0	Jon Stewart	16-Jul-2011	2011 Ottawa Open
Total	457.5	Jon Stewart	16-Jul-2011	2011 Ottawa Open
93 Kg	Weight	Name	Date	Meet
Squat	210.0	Cody Buchenauer	26-Nov-2011	2011 Belle River Open
Bench	130.0	Cody Buchenauer	26-Nov-2011	2011 Belle River Open
D/L	240.0	Cody Buchenauer	26-Nov-2011	2011 Belle River Open
Total	580.0	Cody Buchenauer	26-Nov-2011	2011 Belle River Open
105 Kg	Weight	Name	Date	Meet
Squat	232.5	Brent Cecchini	26-Nov-2011	2011 Belle River Open
Bench	135.0	David Pigozzo	17-Jun-2011	2011 Toronto Pro Super Show
D/L	242.5	David Pigozzo	17-Jun-2011	2011 Toronto Pro Super Show
Total	577.5	David Pigozzo	17-Jun-2011	2011 Toronto Pro Super Show
MENS MASTERS 40 - 49				
74 Kg	Weight	Name	Date	Meet
Squat	150.0	John Bourgoin	26-Nov-2011	2011 Belle River Open
Bench	115.0	Gary Lacoursiere	22-Oct-2011	2011 Niagara Open
D/L	185.0	Gary Lacoursiere	22-Oct-2011	2011 Niagara Open
Total	425.0	John Bourgoin	26-Nov-2011	2011 Belle River Open
93 Kg	Weight	Name	Date	Meet
Squat	195.0	Herbert Greenidge	16-Jul-2011	2011 Ottawa Open
Bench	120.0	Herbert Greenidge	16-Jul-2011	2011 Ottawa Open
D/L	202.5	Laurie Greenidge	26-Nov-2011	2011 Belle River Open
Total	500.0	Herbert Greenidge	16-Jul-2011	2011 Ottawa Open
105 Kg	Weight	Name	Date	Meet
Squat	232.5	Brent Cecchini	26-Nov-2011	2011 Belle River Open
Bench	168.0	Andy Childs	26-Nov-2011	2011 Belle River Open
D/L	275.0	Andy Childs	26-Nov-2011	2011 Belle River Open
Total	671.0	Andy Childs	26-Nov-2011	2011 Belle River Open

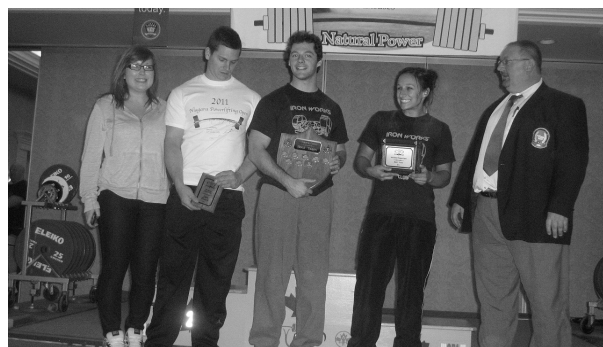
Ontario Men's Classic Bench Only Records

MENS OPEN				
74 Kg	115.0	Gary Lacoursiere	22-Oct-2011	2011 Niagara Open
MENS MASTERS 40 - 49				
74 Kg	115.0	Gary Lacoursiere	22-Oct-2011	2011 Niagara Open
93 Kg	117.5	Laurie Greenidge	26-Nov-2011	2011 Belle River Open
105 Kg	168.0	Andy Childs	26-Nov-2011	2011 Belle River Open
MENS MASTERS 50 - 59				
93 Kg	117.5	Laurie Greenidge	26-Nov-2011	2011 Belle River Open
MENS MASTERS 60 - 69				
93 Kg	117.5	Laurie Greenidge	26-Nov-2011	2011 Belle River Open

Brandon Summers: Niagara Open



Best Team, Iron Works: Niagara Open





Affiliated Clubs

Club Name: Canadore Panthers Powerlifting Club
Club Contact: Jeff Sivell
Address: 545 McNamara St. Apt C6, North Bay Ont. P1B 9R1
Phone Number: 705 493 8940
Email: jjeffsivell@hotmail.com

Club Name: Fern's Gym
Club Contact: Fern Boucher
Address: 571 Bolger Ave Box 2858, New Lis-kard On P0J 1P0
Phone Number: 705 647 4279

Club Name: Iron Works
Club Contact: Sandro D'Angelo
Address: 630 Du Parc Ave. Russell On. K4R 1G4
Phone Number: 613 769 7747
Email: sandrodangelo@rogers.com
Website: ottawaironworks.weebly.com/

Club Name: Monster Powerlifting Club
Club Contact: Harnek Singh Rai
Address: 6 Yukon Lane Brampton L6P 1L4
Phone Number: 416 569 1488
Email: raiharnek@hotmail.com

Club Name: PoweReach
Club Contact: Ashley Hartwick
Address: 139 Willand Lane RR3., Woodlawn On K0A 3M0
Phone Number: 613 832 2906
Email: powereach@sympatico.ca

Club Name: Toronto Rex Powerlifting Club
Club Contact: Mark Boyle
Address: 17 Stephen Drive, Toronto M8Y 3M7
Phone Number: 416 628 3577
Email: mark.boyle@algorithmics.com

Club Name: Capital Barbell
Club Contact: Sue Thomson
Address: Merivale YMCA, 1642 Merivale Road. On. K2G 4A1
Phone Number: 613 240 6134
Email: sue.thomson@yahoo.com

Club Name: Golden Triangle
Club Contact: Dave Hoffman
Address: 278 Thaler Ave, Kitchener On. N2A 1R6
Phone Number: 519 894 5913

Club Name: K.W. Grizzlies
Club Contact: Adele Couchman
Address: 210 Highland Cr. Unit 3., Kitchener Ont. N2M 5H6
Phone Number: 519 744 4881
Email: acouchman@sympatico.ca

Club Name: Niagara Powerlifting Club
Club Contact: Jay Gemmell/ Glyn Moore
Address: 20 Foxtrail Cres./9 Old Oxford Rd., St. Catharines On. L2S 3T9/L2M 2J7
Phone Number: 905-685-9828
Email: jgemmell@cogeco.ca
Website: niagrapowerlifting.org

Club Name: Steel City Powerlifting Club
Club Contact: William T. Jamison
Address: 412 Big Creek Rd. Caledonia ON. N3W 2G9
Phone Number: 905 765 5345
Email: billjamison@sympatico.ca

Club Name: U.T.M. Powerlifting
Club Contact: Pascal Tyrrell
Address: 3359 Mississauga Road N. Missis-sauga. On. L5L 1C6
Phone Number: 905 842 6701
Email: pascal.tyrrell@gmail.com
Website: utm.utoronto.ca

Club Name: Defining Strength
Club Contact: Susan Abbott
Address: P.O. Box 988, Hagersville On N0A 1H0
Phone Number: 905 768 4723
Email: suabbott@mountaincable.net

Club Name: Iron Foundation
Club Contact: Mark Giffin
Address: 316 Stevenson St. N., Guelph. On. N1E 5B6
Phone Number: 519 841-0353
Email: markgiffin@yahoo.com

Club Name: London Powerlifting Club
Club Contact: Terry Stinchcombe
Address: 18 Locust Cres., London On N6E 2K2
Phone Number: 519 681 4766
Email: karnterr@primus.ca
Website: londonpowerlifting.org

Club Name: Power Pit Gym
Club Contact: Jerry Marentette
Address: 1530 County Rd. 22, Belle River On. N0R 1A0
Phone Number: 519 727 6096

Club Name: Team Barbarian
Club Contact: Josh Hewett
Address: 993 Roselawn Ave., Toronto, On M6B 4M9
Phone Number: 416-931-0800
Email: josh@top-form-fitness.com
Website: teambarbarian.com

Club Name: Ultimate Fitness Gyms
Club Contact: Sarah Leighton
Address: 1459 Whitton Rd. RR#1, Renfrew On. K7V 2Z4
Phone Number: 613-433-9775
Email: sarah@ultimatefitnessgyms.com
Website: ultimatefitnessgyms.com