

## Steel City Powerlifting Contest

March 9, 2003

Results: Bill Jamison

### Mentally Challenged Squat Contest

BW	Lifter	Club	Squat	Place	Coeff.
	Jason				
112	Richardson	Brantford	187.5	1	107.400
83.2	Danny Burke	Steel City	157.5	2	104.733
83.5	Shane McNulty	St. Thomas	117.5	3	78.149
77.5	Neill Besselink	St. Catharines	110.0	4	76.659
65.5	Ben Taylor	BJ Fitness Kitchener/	95.0	5	75.060
84	Dan Gibson	Waterloo	87.5	6	58.083
55.7	James King	Meaford	62.5	7	57.500

### Mentally Challenged Bench & Deadlift

	Lifter	Club	Bench	DL	Total
<b>Women</b>					
56	Kelly Fitzgerald	Titan's Miss.	50	80	130
	Kristien Smeets	St. Catharines	—	—	—
60	Cindy Fritsch	St. Thomas	35	67.5	102.5
	Cheryl Howey	Kitchener/ Waterloo	30	65	95
67.5	Patti Turner	London	45	90	135
	Laura Gourley	Kitchener/ Waterloo	37.5	55	92.5
75	Emily Beauchamp	St. Catharines	45	85	130
82.5	Sheena Wilson	Meaford	27.5	75	102.5
90+	Heather Calvert		47.5	87.5	135
	Marie Banks	Meaford	40	90	130
<b>Men</b>					
52	Tod Kane	London	37.5	87.5	125
	Scott Fitzgerald	Titan's Miss.	30	55	85
56	Ryan Lamey	Titan's Miss.	50	60	110
60	Jamie King	Meaford	40	112.5	152.5
67.5	Russell Gerber	JB Fitness	95	160	255
	Ben Taylor	JB Fitness	60	137.5	197.5
	Cliff Ormandy	London	37.5	102.5	140
	Nathan Wise	Kitchener- Waterloo	50	75	125
75	Bruce Penner	St. Catharines	77.5	112.5	190
	Jason Barter	Brantford	80	110	190
	Doug Shillington	St. Catharines	60	97.5	157.5
	Mike Arruda	Titan's Miss.	57.5	90	147.5
82.5	Neill Besselink	St. Catharines	75	185	260
	Shane Ellings	Brantford	57.5	107.75	165
	Mike Rastas	Titan's Miss.	55	100	155

<b>90</b>	Danny Burke	Steel City	107.5	192.5	300
	Shane McNelty	St. Thomas	107.5	167.5	275
	Dan Gibson	Kitchener/ Waterloo	72.5	152.5	225
	Roberto Fiorino	P.J. Fitness	57.5	140	197.5
	Steve Heath	Kitchener/ Waterloo	57.5	122.5	180
	Fred Ho	Titan's Miss.	40	50	90
	Norm Beemer	Kitchener/ Waterloo	50	–	–
<b>100</b>	Ron Thompson	Titan's, Miss.	120	155	275
	Clive Heath	Kitchener/ Waterloo	70	127.5	197.5
<b>110</b>	Morgan Smith	Titan's, Miss.	102.5	165	267.5
<b>125</b>	Jason Richardson	Brantford	142.5	235	377.5
	Kevin Wilkinson	Brantford	87.5	165	252.5
	Tom Armstrong	London	60	100	160
	Michael Taverner	Brantford	50	102.5	152.5
<b>125+</b>	Mike Squires	Meaford	72.5	142.5	215

### **K-W Special Athlete Contest**

*May 10, 2003*

*Results: Adele Couchman*

*Hosted By: K-W Grizzlies*

#### ***Developmentally Challenged Squat***

<b>Class</b>	<b>Lifter</b>	<b>Club</b>	<b>Squat</b>	<b>Points</b>
<b><u>Women</u></b>				
60 kg	Cheryl Howey	Kitchener-Waterloo Grizzlies	30.0	34.623
<b><u>Men</u></b>				
75kg	Shane McNulty	St. Thomas Elite	122.5	88.715
90kg	Charlie Gall	St Thomas Elite	92.5	60.355
90kg	Steve Heath	Kitchener-Waterloo Grizzlies	65.0	41.860
100kg	Clive Heath	Kitchener-Waterloo Grizzlies	77.5	47.360

Referees : Jerry Marentette, Steve Chomitz, Adele Couchman

**Developmentally Challenged Bench Press & Deadlift**

<b>Class</b>	<b>Lifter</b>	<b>Club</b>	<b>Bench</b>	<b>DL</b>	<b>Total</b>
<b><u>Women</u></b>					
56kg	Kelly Fitzgerald	Titans of Mississauga	52.5	87.5	140.0
60kg	Cheryl Howey	Kitchener-Waterloo Grizzlies	30.0	67.5	97.5
67.5kg	Laura Gourley	Kitchener-Waterloo Grizzlies	32.5	57.5	90.0
90.0+	Heather Calvert	St. Thomas Elite	45.0	110.0	155.0
<b><u>Men</u></b>					
52kg	Scott Fitzgerald	Titans of Mississauga	27.5	52.5	80.0
56kg	Ryan Lamey	Titans of Mississauga	55.0	75.0	130.0
67.5kg	Michael Arruda	Titans of Mississauga	55.0	90.0	145.0
67kg	Nathan Wise	Kitchener-Waterloo Grizzlies	55.0	85.0	140.0
75kg	Shane McNulty	St. Thomas Elite	107.5	162.5	270.0
82kg	Jeffrey Killins	Titans of Mississauga	60.0	105.0	165.0
90kg	Mike Rastas	Titans of Mississauga	55.0	100.0	155.0
	Charlie Gall	St. Thomas Elite	70.0	132.5	202.5
	Steve Heath	Kitchener-Waterloo Grizzlies	62.5	125.0	187.5
100kg	Clive Heath	Kitchener-Waterloo Grizzlies	70.0	132.5	202.5
110kg	Morgan Smith	Titans of Mississauga	105.0	170.0	275.0

**Best Lifter Female:**

Kelly Fitzgerald, Titans of Mississauga  
Coefficient Points 165.1860

**Best Lifter Male:**

Shane McNulty, St. Thomas Elite  
Coefficient Points 195.5340

**Referees:** Jerry Marentette, Steve Chomitz, Adele Couchman

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**Cayuga Dunnville High School**

May 9, 2003

Results: Bill Jamison

Class	Lifter	School	(lbs)			Total
			Squat	Bench	DL	
56kg	Jesse Gill	Dunville	120	110	230	460
75kg	Tyler Trischuk	Dunnville	265	200	320	785
	Jared Humenik	Cayuga	225	185	340	780
	Kyle Jarvie	Cayuga	195	190	280	665
82.5kg	Colen Green	Dunnville	265	270	310	885
90kg	Matt Farmer	Dunnville	280	245	390	915
	Len Houwer	Cayuga	290	225	395	910
	Matt Horvath	Cayuga	265	245	380	890
	Tyler Horton	Dunnville	210	200	300	710
100kg	Mike Norton	Cayuga	270	170	390	830

**Champion of Champions:**

Light - Tyler Trischuk

Heavy - Matt Farmer

**Team Points:**

Dunnville - 55

Cayuga - 46

**Ontario Special Olympics Northern Regions Powerlifting Invitational**

April 27, 2003

Results: Bill Jamison

Class	Lifter	Club	Bench	DL	Total
<b>Women</b>					
56kg	Kristin Smeets	St. Cath.	22.5	57.5	80.0
67.5kg	Vivian Gauvreau	N. Lisk.	40.0	102.5	142.5
	Emily				
75kg	Beauchamp	St. Cath.	35.0	87.5	122.5
	Linda Carriere	Hearst	27.5	70.0	97.5
82.5kg	Shari St. Amand	Sudbury	50.0	100.0	150.0
	Sheena Wilson	Meaford	-----	-----	-----
90kg	Bev Phippen	N. Bay	67.5	160.0	227.5
	Gayle Cayen	Pembroke	-----	-----	-----
<b>Men</b>					
52kg	William Fetterly	N. Bay	25.0	42.5	67.5
56kg	Jamie King	Meaford	42.5	115.0	157.5
	Benji Chain	N. Bay	52.5	102.5	155.0
60kg	Paul Wragg	Atikokan	100	160.0	260.0
	Jeff Shand	Pembroke	42.5	85.0	127.5
	Luc Tremblay	Timmins	40.0	85.0	125.0
	Kevin Grigg	N. Bay	35.0	75.0	110.0

67.5kg	Darren Chamberlain	Sarnia	57.5	102.5	160.0
	Blake Bush	Timmins	45.0	102.5	147.5
	Doug Shillington	St. Cath.	55.0	-----	-----
	Brian Dinwoodie	Pembroke	-----	-----	-----
	Joey Battisti	Timmins	-----	-----	-----
75kg	Daniel Robar	Sarnia	70.0	115.0	185.0
	Peter Powers	Timmins	52.5	117.5	170.0
	Bruce Penner	St. Cath.	62.5	105.0	167.5
	Michael Cozac	N. Bay	50.0	80.0	130.0
	Simon Camire	Hearst	45.0	47.5	92.5

**Best Lifters:**

Women – Bev Phippen

Men – Paul Wragg

**Team Awards:**

Women – St. Catherines

Men – Timmins

**Referees:** Bill Jamison, Daralynn D'Angelo, Dan Gosselin, Larry Sheppard

**Meet Director:** Larry Sheppard

**Brantford OSO**

*June 28, 2003*

*Results: Bill Jamison*

<b>Class</b>	<b>Name</b>	<b>Club</b>	<b>Bench</b>	<b>DL</b>	<b>Total</b>
<b>Women</b>					
<b>60kg</b>	Cindy Fritsch	St. Tomas	30.0	75.0	105.0
<b>90kg</b>	Betty Farr	Brantford	52.5	97.5	150.0
<b>90+kg</b>	Heather Calvert	St. Tomas	42.5	112.5	155.0
<b>Men</b>					
<b>67.5kg</b>	Russel Gerber	Woodstock	90.0	177.5	267.5
	Ben Taylor	Woodstock	60.0	137.5	197.5
<b>75kg</b>	Shane McNulty	St. Tomas	110.0	172.5	282.5
	Jason Barter	Brantford	82.5	120.0	202.5
<b>82.5kg</b>	Shane Ellins	Brantford	65.0	122.5	187.5
<b>90kg</b>	Tim Telfer	London	95.0	167.5	262.5
	Charlie Gall	St. Tomas	80.0	157.5	237.5
	Roberto Fioriono	Woodstock	65.0	142.5	207.5
<b>125kg</b>	Jason Richardson	Brantford	145.0	242.5	387.5
	Keven Wilkinson	Brantford	87.5	182.5	270.0
	Mike Taverner	Brantford	50.0	115.0	165.0
	Tom Armstrong	London	52.5	107.5	160.0
<b>125+kg</b>	Matt Morrow	St. Tomas	—	—	—