

Championship Results 2004

Ontario Men's Intermediates - Aug 28

Results: Dave Hoffman

Lifter	Club	Squat	Bench	Dead	Total
67.5kg					
1. Chad Chapman	Steel City	167.5	110.0	175.0	452.5
75kg					
1. Frank Nadeau	Niagara	220.0	142.5	190.0	552.5
2. Daniel Young		205.0 cr	120.0 or	200.5 cr	525.0 cr
3. Brian DeCastro		182.5	130.0	195.0	507.5
4. David Potvin		187.5	90.0	210.0	487.5
82.5kg					
1. Stan Goss	London	160.0	97.5	182.5	440.0
110kg					
1. Mark Lampi		255.0	182.5	230.0	667.5
125kg					
1. Cam Hawkshaw		265.0	160.0 or	275.0 or	700.0 or

cr - Canadian Record, or - Ontario Record

Team Points:

Niagara 12

Steel City 12

London 12

Best Lifter: Cam Hawkshaw

Tested Lifters: Daniel Young, Cam Hawkshaw

4th DL: Daniel Young, 205.0cr

Referees: Lynton Lam, Don Clarke, Mike Knott

Platform Crew: John Bourgoin, Steve Chomitz, Dave Hoffman, Les Kiss, Jane Lessard, Bruce McIntyre

Ontario Senior Men & Women - Sep 19

Lifter	Club	Squat	Bench	Dead	Total
Women					
67.5kg					
1. Jennifer Porter		120.0	77.5	140.0	337.5
Men					
67.5kg					
1. Art Chan		182.5	150.0	210.0	542.5
75kg					
1. Brandon Summers	Iron Foundation	252.5	177.5	262.5	692.5
2. Willie Albert		240.0	150.0	265.0	655.0
3. Andrew Demidenko	Ottawa Strong	247.5	150.0	245.0	642.5
4. Daniel Shea		---	---	---	---
82.5kg					
1. Everett Beachey		225.0	167.5	257.5	650.0
2. Vince Byrne	Power Pit	225.0	140.0	237.5	602.5
90kg					
1. Jeff Becker	Iron Foundation	290.0 *^	180.0	300.0	770.0
2. Alex Drolc	Iron Foundation	260.0	190.0 *	280.0	730.0 *^+
100kg					
1. Steve McKenzie	Iron Foundation	305.0	207.5	315.0	827.5
2. Eric Gagnon	Ottawa Strong	332.5	192.5	285.0	810.0
3. Les Kiss	Golden Triangle	272.5	180.0	270.0	722.5
110kg					
1. Steve Magistrale	Niagara	270.0	---	---	---
2. Jamie Emberley		325.0	235.0	297.5	857.5
3. Mike Mangan		277.5	232.5	250.0	760.0
125kg					
1. Jim Halliday	Ottawa Strong	280.0	195.0	275.0	750.0
125+kg					
1. Shaun O'Halloran	Power Pit	300.0	290.0 *#	240.0	830.0
2. Chris Yantha	Ottawa Strong	65.0	65.0	65.0	195.0
3. David Gratton		---	---	---	---

Champion of Champions: Jamie Emberley

Team Champions: Iron Foundation PLC

Open Provincial Record *

Open National Record #

Masters 1 Provincial Record ^

Masters 1 National Record +

Ontario Junior & Master

Nov 21, 2004

Lifter	Club	Squat	Bench	DL	Total
Women					
Master 1					
60.0kg					
Cindy Cosby	Niagara	95.0	70.0	122.5	287.5
75.0kg					
Jackie Pritchard	-	110.0	60.0	130.0	300.0
Master 2					
60kg					
Jane Lessard	Golden Triangle	117.5	75.0	132.5	325.0
Men					
Sub Junior					
56.0kg					
Jason Marentette	Power Pit	125.0	77.5	172.5	375.0
75.0 Kg					
Daniel Young	-	212.5	120.0	207.5	540.0
82.5kg					
Daniel Shea		232.5	155.0	250.0	637.5
John Greenidge		80.0	67.5	95.0	242.5
Junior					
60.0kg					
David Heisel	Ottawa Strong	180.0	110.0	190.0	480.0
75.0 Kg					
Jesse Jamison	Steel City	190.0	97.5	192.5	480.0
90kg					
Adam Bury		205.0	137.5	230.0	572.5
Nicholas Rivard		235.0	65.0	65.0	365.0
100kg					
Scott Hastings		260.0	193.5	247.5	700.0
Kellan Eckstrom		197.5	115.0	230.0	542.5
110kg					
Jason Byrne		260.0	200.0	277.5	737.5
Gregory Young		270.0	170.0	247.5	687.5
Colin Garnett					
125kg					
Cam Hawkshaw		270.0	172.5	282.5	725.0
Stephen Mackie		217.5	132.5	237.5	587.5
Master 1					
75.0 Kg					
Frank Nadeau	Niagara	222.5	142.5	205.0	570.0
Walter Urban	-	200.0	117.5	225.0	542.5
82.5kg					
Mike Kelso	-	227.5	130.0	210.0	567.5
90kg					
Jeff Becker		292.5	187.5	297.5	777.5
100kg					
Steve Chomitz		257.5	177.5	272.5	707.5
Paul Francis		-	-	-	-
110kg					
Mark Glofcheski		250.0	65.0	65.0	380.0
125kg					
Ron Strong		250.0	170.0	275.0	695.0
Sean Brown		-	-	-	-
Master 2					
75.0 Kg					
Stan Goss	London	162.5	102.5	192.5	457.5
Glyn Moore	Niagara	-	-	-	-
82.5kg					
Laurie Greenidge	-	210.0	125.0	212.5	547.5
John Bourgoin	Golden Triangle	220.0	120.0	190.0	530.0
Herb Greenidge	-	100.0	150.0	212.5	462.5
100kg					
Scot Seguin		175.0	161.0	217.5	552.5
110kg					
Patrick Hartwick	PoweReach	285.0	162.5	240.0	687.5
Master 3					
90kg					
Marvin Kelso		210.0	152.5	200.0	562.5
100kg					
Terry Stinchcombe		215.0	155.0	227.5	597.5

Successful Record Attempts – 3-Lift				
	Class	Lifter	Lift	kg Type
M1	60kg	Cindy Cosby	Bench	73.0 Prov
M2	60kg	Jane Lessard	Squat	117.5 Prov
			Bench	77.5 Prov
SJr	56kg	Jason Marentette	Deadlift	172.5 Prov/Cdn
			Total	375.0 Prov/Cdn
SJr	56kg	Daniel Young	Squat	212.5 Prov/Cdn
			Deadlift	207.5 Prov/Cdn
			Total	540.0 Prov/Cdn
SJr	82.5kg	Daniel Shea	Squat	232.5 Prov/Cdn
			Bench	155.0 Prov/Cdn
			Deadlift	250.0 Prov/Cdn
			Total	637.5 Prov/Cdn
Jr	100kg	Scott Hastings	Bench	193.5 Prov
			Squat	265.5 Prov
Jr	110kg	Jason Byrne	Bench	200.0 Prov
M1	90kg	Jeff Becker	Bench	187.5 Prov
M1	100	Steve Chomitz	Squat	257.5 Prov/Cdn
M2	110	Patrick Hartwick	Squat	290.0 Prov/Cdn
			Bench	162.5 Prov
M3	100	Terry Stinchcombe	Squat	215.0 Prov/Cdn
	90kg	Adam Bury	Dead	230.0 Blind

Referees	
Rick Gazdig, Lynton Lam, Bill Jamison, Adele Couchman, Mark Giffen, Harnek Singh Rai, Mike Knott, Jerry Marentette	
Champion of Champions	
Womens Masters	Jane Lessard
Mens Junior	Daniel Shea
Mens Master	Jeff Becker
Team Champions	
<i>Power Pit</i>	
Drug Tested Lifters	
Adam Bury, Steven Byrne, Jerry Marentette, Sean Brown, Daniel Shea, Jason Marentette, Daniel Young, Jason Byrne, Cam Hawkshaw, Jeff Becker, Sean Brown, Jane Lessard, Patrick Hartwick, Marvin Kelso	

Ontario Bench Press

Nov 20, 2004

Lifter	Club	Bench
Men		
75kg		
Harneke Singh Rai	Monster Gym	132.5
82.5kg		
Gerry Marentette	Power Pit	176.0
Herb Greenidge	Ottawa Strong	140.0
Laurie Greenidge	-	130.0
90kg		
Steven Byrne	Power Pit	140.0
100kg		
Sheldon Duncan	-	162.5
Miroslav Koprnicay	-	157.5
110kg		
Mark Lampi	Golden Triangle	192.5
Tim Ekert	-	170.0
Mark Glofcheskie	North Bay	65.0
125kg		
George Flikas	-	-
125+kg		
Shawn O'Halloran	Power Pit	295.0
Sean Brown	Monster Gym	263.5
Clint Harwood	-	260.0
Michael Knott	London	170.0
Dave Hoffman	Golden Triangle	155.0

Successful Record Attempts – Bench Only

Class	Lifter	Lift	kg	Type
Op	125+kg Shawn O'Halloran	Bench	295.0	Cdn
M1	125+kg Sean Brown	Bench	263.5	World
M1	82.5kg Jerry Marentette	Bench	180.0	

Referees

Rick Gazdig, Lynton Lam, Bill Jamison, Harnek Singh Rai, Terry Stinchcombe

Champion of**Champions**

Shawn O'Halloran

Team Points

Power Pit	36 points
Monster Gym	24
Golden Triangle	18
Ottawa Strong	9
London Powerlifting Club	7