

Open Results 2004

Niagara Open - Jan 24

Jan 24, 2004

Results: Glyn Moore, Jay Gemmell

Lifter	Club	Cat.	Squat	Bench	DL	Total
Women						
82.5kg						
Wendy Hlywka	Monster	Master I	102.5	70.0	132.5	305.0
90kg						
Inga Patton		Open	-	-	-	-
Men						
67.5						
Dan Shea		Junior	152.5	110.0	177.5	440.0
David Potvin	Ottawa Strong	Open	160.0	80.0	190.0	430.0
75.0						
Everett Beachey		Open	200.0	167.5	255.0	622.5
John Bourgoin	Golden Triangle	M2	215.0	112.5	200.0	527.5
82.5						
Mike Kelso		M1	210.0	142.5	227.5	580.0
90.0						
Marvin Kelso		M3	200.0	150.0	185.0	535.0
Robert McIntyre		Open	200.0	115.0	215.0	530.0
JasonSeabrook	Golden Triangle	Open	-	-	-	-
Rick Morrisette		Open	-	-	-	-
100.0						
Steve Chomitz	Golden Triangle	M1	267.5	197.5	277.5	742.5
Jason Platts	Ottawa Strong	Open	260.0	190.0	275.0	725.0
Byron Monstur	Bayview	M2	240.0	147.5	255.0	642.5
Martin Walsh		Open	222.5	187.5	225.0	635.0
Paul Francis		M1	217.5	147.5	245.0	610.0
James Grenier		Open	205.0	130.0	207.5	542.5
110.0						
Bruce McIntyre	Golden Triangle	M1	260.0	232.5	280.0	772.5
Mark Glofcheskie	North Bay	M1	260.0	190.0	262.5	712.5
Patrick Hartwick	Power Reach	M2	285.0	155.0	245.0	685.0
Anton Migounov	Ottawa Strong	Junior	247.5	160.0	275.0	682.5
Ken Smalko	Niagara	Open	222.5	137.5	227.5	587.5
125.0						
Tom Lamb		Open	250.0	155.0	290.0	695.0
James Bezaire		Open	240.0	165.0	265.0	670.0
Doug Theal		Open	227.5	187.5	240.0	655.0
George Flikas		M3	67.5	185.0	140.0	392.5
125+						
Kerry LeBlond	Ottawa Strong	Open	225.0	167.5	245.0	637.5
Joe Montgomery		Junior	210.0	155.0	245.0	610.0

Steel City Open - Apr 18

April 18, 2004

Results: Bill Jamison

Name	Club	Squat	Bench	DL	Total
Women					
67.5kg					
Jackie Pritchard		95.0	55.0	120.0	270.0
Mens					
67.5kg					
Chad Chapman	Steel City	165.0	112.5	182.5	460.0
75kg					
Eric Dunstan		190.0	142.5	200.0	532.5
Brian DeCastro		177.5	127.5	182.5	487.5
82.5kg					
William H Jamison	Steel City	152.5	95.0	172.5	420.0
90kg					
Joel Davis		205.0	132.5	237.5	575.0
100kg					
Paul White		235.0	167.5	250.0	652.5
110kg					
Josh Carson		192.5	125.0	215.0	532.5
125kg					
Mark Glofcheski	North Bay	265.0	200.0	-----	-----
Champion of Champions – Men: Paul White					
Team Champions: Steel City Powerlifting Club					
Referees: Mike Knott, Harnek Singh Rai, Lynton Lam					

15th Annual Ontario Deadlift Open & Bench Press Qualifier - May 1

May 1, 2004

Results: *David Hoffman*

Deadlift Open

Lifter	Club	DL
Women		
67.5kg		
1. Lynda Squires	London	132.5
Men		
1. Fern Boucher	Fern's Gym	200.0
2. Bob Silverthorne		182.5
82.5kg		
1. James Abraham		240.0
2. Stan Goss	London	182.5
90kg		
1. Rick Morrissette	Golden Triangle	277.5
2. Joel Davis		215.0
100kg		
1. Jason Seabrook	Golden Triangle	250.0
110kg		
1. Shaun Roach	Golden Triangle	250.0

Bench Qualifier

Lifter	Club	Bench
67.5kg		
Fern Boucher	Fern's Gym	55.0
125kg		
George Flikas		185.0
125+kg		
Clinton Harwood		

Best Lifters / Best Club

Women: Lynda Squires

Men: Rick Morrissette

Master:

1. James Abraham
2. Fern Boucher
3. Bob Silverthorne
4. Stan Goss

Team Points

1. Golden Triangle 36
2. London 21
3. Fern's Gym 12

Referees: Mark Giffen, Mike Knott, Adele Couchman

Platform Crew: Steve Chomitz, Dan Dempsey, Mark Dempsey, Jane Lessard, Rick Morrissette, Shaun Roach, Jody Roemer, Bruce McIntyre, Jason Seabrook, John Bourgoin, Dave Hoffman, Les Kiss

14th Annual London Open - Jun 5

June 5, 2004

Results: *Terry Stinchcombe*

Lifter	Squat	Bench	Deadlift	Total
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Women**52kg**

1. Nina Witford	75.0	40.0	102.5	217.5
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56kg

1. Tracy Coderre	85.0	47.5	112.5	245.0
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60kg

1. Cheryl Howey	32.5	30.0	72.5	135.0
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67.5kg

1. Doreen Bonnell	100.0	50.0	115.0	265.0
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2. Shauna Elliott	95.0	60.0	100.0	255.0
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75kg

1. Jackie Pritchard	105.0	55.0	135.0	295.0
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2. Kay Carlson	80.0	52.5	107.5	240.0
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90+kg

1. Inga Patton	125.0	80.0	172.5	377.0
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Men**67.5kg**

1. Art Chan	142.5	127.5	217.5	487.5
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2. Marco Rivas	140.0	95.0	160.0	395.0
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75kg

1. Willi Albert	240.0	145.0	277.5	662.5
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2. Everett Beachey	215.0	160.0	260.0	635.0
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3. Daniel Shea	197.5	135.0	217.5	550.0
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4. Walter Urban	192.5	125.0	222.5	540.0
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5. Frank Nadeau	182.5	137.5	195.0	515.0
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6. Eric Dunstan	182.5	137.5	195.0	515.0
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7. David Potvin	177.5	85.0	205.0	467.5
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8. Paul Behne	145.0	82.5	190.0	417.5
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9. Jeff Powell	125.0	85.0	170.0	380.0
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10. Gerry Kasaboski	125.0	65.0	147.5	337.5
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11. Bill Baker	37.5	45.0	70.0	152.5
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82.5kg

1. John Doris	207.5	162.5	227.5	597.5
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2. Paul Attia	150.0	125.0	180.0	455.0
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3. Stephen Walker	125.0	102.5	182.5	410.0
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90kg

1. Nicholas Rivard	235.0	155.0	235.0	625.0
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2. Robert McIntyre	210.0	135.0	227.5	572.5
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3. Matt Wright	185.0	120.0	212.5	517.5
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4. Jean Miljour	190.0	132.5	190.0	512.5
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5. Tim Telfor	142.5	100.0	165.0	407.5
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6. Robert Greig	70.0	55.0	80.0	205.0
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100kg

1. Les Kiss	255.0	187.5	260.0	702.5
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2. Andy Childs	230.0	165.0	265.0	660.0
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3. Darrell Beyer	227.5	167.5	260.0	655.0
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4. Blair Lyon	222.5	147.5	262.5	632.5
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5. Paul Francis	227.5	155.0	222.5	605.0
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6. Martin Walsh	182.5	190.0	230.0	602.5
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7. Clive Heath	95.0	77.5	140.0	312.5
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8. Steve Heath	60.0	65.0	130.0	255.0
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110kg

1. Jamie Emberley	320.0	220.0	290.0	830.0
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2. Anton Migounov	255.0	160.0	277.5	692.5
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3. Patrick Hartwick	262.5	155.0	255.0	672.5
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4. Derek Tiller	170.0	132.5	230.0	532.5
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125kg

1. Steve Magistrale	282.5	202.5	292.5	777.5
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2. Ian McLaughlin	207.5	135.0	227.5	570.0
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3. Stephen Mackie	210.0	125.0	222.5	557.5
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4. George Flikas	100.0	185.0	180.0	465.0
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5. Tom Armstrong	105.0	65.0	105.0	275.0
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125+kg

1. Shaun O'Halloran	282.5	287.5	245.0	815.0
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2. Michael Knott	215.0	165.0	182.5	562.5
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Best Lifters/Team

Open

Men

Inga Patton

Inga Patton

Mens Light Weight Willie Albert

Mens Heavy Weight Jamie Emberly

Novice Andy Childs

Inga Patton

Master I	Frank Nadeau
Master II	Patrick Hartwick
Master III	George Filkas
Best Team	K-W Grizzlies

Toronto Open and Bench Press - Jul 18

July 18, 2004

Results: *Harneke Singh Rai*

Lifter	Club	Squat	Bench	DL	Total
Women					
60kg					
1. Jenny Porter	-	110.0	70.0	137.5	317.5
67.5kg					
1. Janet Warne	-	120.0	67.5	122.5	310.0
75kg					
1. Kate Pike	Forsey's	137.5	67.5	100.0	305.0
90+kg					
1. Inga Patton	-	130.0	72.5	155.0	357.5
Men					
60kg					
1. David Heisel	-	187.5	105.0	187.5	480.0
67.5kg					
1. Art Chan	-	170.0	147.5	210.0	527.5
75kg					
1. Andrew Demidenko	-	245.0	152.5	252.5	650.0
2. Daniel Shea	-	202.5	152.5	232.5	587.5
3. Jesse Jamison	Steel City	187.5	95.0	192.5	475.0
82.5kg					
1. Claude Dallaire	-	245.0	152.5	305.0	702.5
2. Herb Greenidge	-	220.0	175.0	222.5	617.5
3. William Jamison	Steel City	160.0	100.0	165.0	425.0
4. John Greenidge	-	90.0	60.0	100.0	250.0
90kg					
1. Walt Forsey	Forsey's	260.0	182.5	287.5	730.0
2. John Heisel	-	227.5	160.0	227.5	615.0
3. Laurie Greenidge	-	210.0	137.5	200.0	547.5
4. Serge Charest	-	180.0	110.0	227.5	517.5
5. Luke Vine	-	160.0	120.0	210.0	490.0
100kg					
1. Blair Lyon	-	232.5	155.0	262.5	650.0
2. Luke Pike	Forsey's	220.0	132.5	272.5	625.0
110kg					
1. Jim Halliday	-	285.0	195.0	302.5	782.5
2. Michael Mangan	-	285.0	205.0	250.0	740.0
3. Nathan Donahue	-	245.0	182.5	250.0	677.5
4. Mark Lampi	-	220.0	150.0	250.0	620.0
5. Colin Garrett	-	200.0	125.0	245.0	570.0
125kg					
1. Kerry LeBlond	-	255.0	170.0	272.5	697.5
2. Patrick Timony	-	220.0	165.0	235.0	620.0
3. Peter Bugnatti	-	190.0	155.0	247.5	592.5
Cam Hawkshaw	-	-	-	-	-
125+kg					
1. Chris Yantha	-	275.0	205.0	300.0	780.0
2. Ryan Silverson	-	280.0	210.0	272.5	762.5
3. Desmond Savage	-	280.0	175.0	280.0	735.0

Referees

Michael Knott, Stan Goss, Rick Gadzig, Lynton Lam, William T Jamison, Harneke Singh Rai

Bench Press Contest

Lifter	Club	Bench
75kg		
1. Tom Kean	-	170.0
90kg		
1. Herb Greenidge	-	170.0
125kg		
1. George Robinson	-	165.0
125+kg		
1. Clinton Harwood	-	240.0

Best Lifters / Best Club

Novice - Mark Lampi

Women - Jenny Porter

Men - Walt Forsey

Bench Press - Clinton Harwood

Best Club - Forsey's

Successful Record Attempts

Bench Press

Herb Greenidge (90kg/MII) 172.5 Bench

3-Lift

Daniel Shea (75kg/SubJr) 202.5 Squat

152.5 Bench

245.0 Deadlift

Herb Greenidge (82.5kg/MII) 175.0 Bench

Claude Dallaire (82.5kg/MI) 305.0 Deadlift