

## Other Results 2004

### Waterloo Region High School Push/Pull - Mar 6

March 6, 2004

Results: *Dave Hoffman*

Lifter	Bench	Deadlift	Total
<b>Men</b>			
<b>56kg</b>			
Mark Darby	65.0	97.5	162.5
<b>67.5kg</b>			
Dan Dempsey	90.0	150.0	240.0
Brandon Toth	75.0	115.0	190.0
Eric ball	52.5	112.5	165.0
<b>75kg</b>			
Adrian Kovacs	102.5	175.0	277.5
Peter Kuzyk	75.0	147.5	222.5
Shane Heffeman	80.0	122.5	202.5
<b>82.5kg</b>			
Adam Erler	85.0	175.0	260.0
<b>90kg</b>			
Brandon Krukowski	72.5	122.5	195.0
<b>Best Lifter: Adrian Kovacs</b>			
<b>Successful 4<sup>th</sup> attempt Deadlifts:</b>			
Mark Darby - 122.5kg			
Brandon Toth - 122.5			
Adrian Kovacs - 182.5			
Peter Kuzyk - 150.0			
Adam Erler - 182.5			
Brandon Krukowski - 135.0			

---

### Timmins Mentally Challenged - Apr 4

April 4, 2004

Results: *Janet Dunn*

Lifter	Club	Squat	Bench	DL	Total
<b>Women</b>					
<b>44kg</b>					
Nicole Ferguson	TI	37.5	27.5	80.0	107.5
<b>60kg</b>					
Kristin Smeets	ST	42.5	27.5	72.5	100.0
<b>67.5kg</b>					
Vivian Gauvreau	NL		42.5	110.0	152.5
<b>75kg</b>					
Linda Carrier	HE		32.5	92.5	125.0
<b>90kg</b>					
Linda Milsap	ST	47.5	35.0	77.5	112.5
<b>90+kg</b>					
Bev Phippen	NB	120.0	70.0	150.0	220.0
<b>Men</b>					
<b>56kg</b>					
Benji Chain	NB	77.5	55.0	105.0	160.0
Jacob Ringstead	TI	30.0	27.5	65.0	92.5
<b>60kg</b>					
Kevin Grigg	NB		52.5	80.0	132.5
Luc Tremblay	TI	42.5	42.5	82.5	125.0
<b>67.5kg</b>					
Gordon Brazil	SU		60.0	137.5	197.5
Doug Shillington	ST	70.0	60.0	105.0	165.0
Blake Bush	TI	35.0	47.5	105.0	152.5
Joey Battisti	TI		35.0	82.5	117.5
<b>75kg</b>					
Paul Perreault	TI	110.0	110.0	180.0	290.0
Bruce Penner	ST	77.5	75.0	132.5	207.5
James Mills	SU		62.5	125.0	187.5
Peter Powers	TI	50.0	50.0	110.0	160.0
Michael Cozac	NB	0.0	60.0	90.0	150.0
Peter Carriere	NB	55.0	60.0	85.0	145.0
Simon Camire	HE		52.5	35.0	87.5
<b>82.5kg</b>					
Chris Schmidt	ST	70.0	47.5	112.5	160.0
Allan Root	SU		50.0	67.5	117.5
<b>90kg</b>					
Eddie Phippen	NB	140.0	90.0	202.5	292.5
<b>100kg</b>					
Gary Perkins	TI	45.0	55.0	112.5	167.5
<b>110kg</b>					
Chris Thacker	NB	150.0	107.5	175.0	282.5
Richard Dwyer	TI	100.0	90.0	190.0	280.0
Scott Halverson	SU		110.0	162.5	272.5
<b>125+kg</b>					
Ward Kostello	NL		115.0	185.0	300.0

---

**Steel City Mentally Challenged - Apr 18**

April 18, 2004

Results: *Bill Jamison*

<b>Name</b>	<b>Club</b>	<b>Bench</b>	<b>DL</b>	<b>Total</b>	<b>Wilks</b>
<b>Women</b>					
<b>56kg</b>					
Charlene Whitcroft	St. Thomas	35.0	82.5	117.5	139.42
<b>60kg</b>					
Cheryl Howey	Kitchener	22.5	62.5	85.0	
Kristin Smeets	Brantford	20.0	72.5	97.5	
Cindy Fritsch	St. Thomas	30.0	65.0	95.0	
Kelly Fitzgerald	Mississauga	50.0	97.5	147.5	165.5
<b>75kg</b>					
Jannette Popp	St. Thomas	35.0	80.0	115.0	
<b>82.5kg</b>					
Betty Farr	Brantford	62.5	120.0	182.5	167.94
<b>90+kg</b>					
Heather Calvert	St. Thomas	45.0	105.0	150.0	
<b>Men</b>					
<b>52kg</b>					
Scott Fitzgerald	Mississauga	30.0	60.0	90.0	
<b>60kg</b>					
Ryan Lamey	Mississauga	52.5	60.0	112.5	
<b>67.5kg</b>					
Adam McMurrin	Kitchener	47.5	80.0	127.5	
Doug Shillington	St. Catherines	72.5	107.5	180.0	
Nathan Wise	Kitchener	55.0	87.5	142.5	
Mike Arruda	Mississauga	65.0	100.0	165.0	
<b>75kg</b>					
Bruce Penner	St. Catherines	65.0	125.0	190.0	
<b>82.5kg</b>					
Jeff Killins	Mississauga	62.5	100.0	162.5	
Dan Burke	Hamilton	105.0	180.0	285.0	199.47
Mike Rastas	Mississauga	50.0	35.0	85.0	
Chris Schmidt	St. Catherines	45.0	115.0	160.0	
<b>90kg</b>					
Dan Gibson	Kitchener	72.5	165.0	237.5	
Tim Telfer	London	105.0	160.0	265.0	173.09
<b>100kg</b>					
Steve Heath	Kitchener	57.5	125.0	182.5	
Ron Thompson	Mississauga	127.5	160.0	287.5	
Clive Heath	Kitchener	75.0	135.0	210.0	
<b>110kg</b>					
Morgan Smith	Mississauga	105.0	175.0	280.0	
<b>125kg</b>					

Jason Richardson	Brantford	150.0	235.0	385.0	220.99
Tom Armstrong	London	60.0	110.0	170.0	

Name	Club	Squat	Wilks	Place
------	------	-------	-------	-------

**Women**

**56kg**

Charlene Whitcroft	St. Thomas	60.0	71.196	1 <sup>st</sup>
--------------------	------------	------	--------	-----------------

**60kg**

Cheryl Howey	Kitchener	35.0	40.394	3 <sup>rd</sup>
--------------	-----------	------	--------	-----------------

Kristin Smeets	Brantford	32.5		
----------------	-----------	------	--	--

Cindy Fritsch	St. Thomas	42.5	48.004	2 <sup>nd</sup>
---------------	------------	------	--------	-----------------

**82.5kg**

Betty Farr	Brantford	-----		
------------	-----------	-------	--	--

**Men**

**67.5kg**

Adam McMurrin	Kitchener	45.0		
---------------	-----------	------	--	--

Doug Shillington	St. Catherines	75.0		
------------------	----------------	------	--	--

**75kg**

Bruce Penner	St. Catherines	67.5		
--------------	----------------	------	--	--

**82.5kg**

Danny Burke	Hamilton	152.5	106.735	2 <sup>nd</sup>
-------------	----------	-------	---------	-----------------

Chris Schimidt	St. Catherines	80.0		
----------------	----------------	------	--	--

**90kg**

Dan Gibson	Kitchener	95.0		
------------	-----------	------	--	--

Tim Telfer	London	145.0	94.714	3 <sup>rd</sup>
------------	--------	-------	--------	-----------------

**100kg**

Steve Heath	Kitchener	80.0		
-------------	-----------	------	--	--

Clive Heath	Kitchener	85.0		
-------------	-----------	------	--	--

**125kg**

Jason Richardson	Brantford	192.5	110.495	1 <sup>st</sup>
------------------	-----------	-------	---------	-----------------

Tom Armstrong	London	90.0		
---------------	--------	------	--	--

**Womens Squat**

**Mens Squat**

1 <sup>st</sup> Charlene Whitcroft	Jason Richardson
------------------------------------	------------------

2 <sup>nd</sup> Cindy Fritsch	Danny Burke
-------------------------------	-------------

3 <sup>rd</sup> Cheryl Howey	Tim Telfer
------------------------------	------------

**Champion of Champions:**

**Men:** Jason Richardson

**Women:** Betty Farr

**Team Champions:** Titans of Mississauga

**Referees:** Mike Knott, Harnek Singh Rai, Lynton Lam

**Dunnville High School Contest - Jun 3**

June 3, 2004

Results: *Bill Jamison*

<b>Lifter</b>	<b>School</b>	<b>Squat</b>	<b>Bench</b>	<b>DL</b>	<b>Total</b>
<b>Women</b>					
<b>56kg</b>					
1. Amber Van Ravensway	Dunnville	42.5	45.0	60.0	147.5
<b>60kg</b>					
1. Shera Martini	Sir John A MacDonald	42.5	37.5	82.5	162.5
<b>67.5kg</b>					
1. Michelle Fazzari	Cayuga	70.0	42.5	102.5	215.0
<b>Men</b>					
<b>52kg</b>					
1. Nathan Letay	Dunnville	55.0	50.0	67.5	172.5
<b>60kg</b>					
1. Dara Ros	Sir John A MacDonald	60.0	70.0	115.0	245.0
2. Jesse Gill	Dunnville	60.0	60.0	115.0	235.0
3. Evan Webb	Dunnville	75.0	50.0	97.5	222.5
<b>67.5kg</b>					
1. Adam Lavoie	Sir John A MacDonald	72.5	70.0	120.0	262.5
<b>75kg</b>					
1. Nik Kohut	Cayuga	112.5	97.5	185.0	395.0
2. Jonathan Girard	Dunnville	102.5	50.0	92.5	245.0
<b>82.5kg</b>					
1. Raymond Blake	Caledonia	115.0	100.0	140.0	355.0
2. Dave Ricard	Cayuga	85.0	65.0	127.5	277.5
<b>90kg</b>					
1. Cedric Lloyd	Sir John A MacDonald	145.0	102.5	185.0	432.5
2. Tyler Horton	Dunnville	117.5	107.5	162.5	387.5
3. Mat Merz	Caledonia	110.0	97.5	160.0	367.5
4. Chris Best	Dunnville	92.5	77.5	117.5	287.5
<b>100kg</b>					
1. John MacKenzie	Sir John A MacDonald	142.5	130.0	190.0	475.0
2. Gage Stephens	Dunnville	130.0	107.5	165.0	462.5
<b>125+kg</b>					
1. James Blacklock	Cayuga	152.5	92.5	157.5	402.5

**Best Lifters / Best Club**

Women - Michelle Fizzari

Men - John MacKenzie

**Team Points**

Sir John A MacDonald - 60

Dunnville - 60

Cayuga - 45

Caledonia - 20

**Referees:** Lynton Lam, Bill Jamison, Jesse Jamison**Volunteers:** Dave Hoffman, Virgil Gazzola, Chad Chapman, Billy Jamison