

Championship Results 2005

Ontario Men's Intermediates - Apr 23

Results: Dave Hoffman

Lifter	Club	Squat	Bench	DL	Total
Men					
67.5 kg					
Chad Chapman	Steel City	177.5	115.0	192.5	485.0
75 g					
Marlon Abratoski	Steel City	197.5	120.0	212.5	530.0
82.5 kg					
Stan Goss	London	162.5	100.0	185.0	447.5
90 kg					
Tim Jones	London	175.0	140.0	200.0	515.0
110 kg					
Mark Lampi	Golden Tri.	285.0	207.5	255.0	747.5
Virgil Gazzola	Steel City	235.0	165.0	262.5	662.5
125 kg					
Rick Gazdig	London	220.0	180.0	255.0	655.0

Best Lifter: Mark Lampi

Team Points:

London 36

Steel City 33

Golden Triangle 12

The 31st Annual Ontario Intermediate Championships was another lightly attended contest but featured some good lifting. Mark Lampi was the best lifter and got his Class 1 total by a wide margin. Good luck at the Ontario Seniors later in the year. Marlon Obratoski broke his own Ontario and Canadian Sub-Junior Deadlift record. Look for Marlon to hold some more of these class records before the end of 2005 when his Sub-Junior days end. The London Powerlifting Club edged out Steel City for the team Trophy. Look for this contest to be in the same time slot next year. Our registered clubs should make it a priority to have some lifters compete as London, Steel City, and Golden Triangle did this year. Get your team together and compete for the OPA's oldest trophy next year.

Ontario Senior Men & Women - Sep 24

Results: Mike Knott / Terry Stinchcombe

Lifter	BW	Club	Squat	Bench	DL	Total	Points
Women							
67.5kg							
Jennifer Porter	67.45	Unatt	145.0	85.0	147.5	377.5	385.28
Men							
67.5kg							
Art Chan	66.5	Unatt	200.0	175.0	225.0	600.0	468.24
75kg							
Willie Albert	73.9	Unatt	250.0	162.5	280.0	692.5	498.60
82.5kg							
Vincent Byrne	82.2	Power Pit	252.5	182.5	260.0	695.0	466.62
Everett Beachey	77.6	Unatt	232.5	180.0	267.5	680.0	473.48
90kg							
Alec Drolc	89.3	Iron Foundation	277.5	182.5	282.5	742.5	475.94
Jason Platts	90.0	Ottawa Strong	245.0	182.5	265.0	692.5	442.09
Rick Morrisette	87.7	Unatt	65.0	65.0	287.5	417.5	270.16
100kg							
Steve Wiseman	98.2	Golden Triangle	262.5	205.0	272.5	740.0	453.69
Andrew Childs	98.5	Unatt	272.5	167.5	280.0	720.0	440.86
Eric Gagnon	99.8	Ottawa Strong	-	-	-	-	-
110kg							
Stephen McKenzie	106.3	Iron Foundation	310.0	215.0	320.0	845.0	502.78
Mark Lampi	109.0	Golden Triangle	275.0	217.5	265.0	757.5	447.08
Nathan Donahue	107.7	Ottawa Strong	250.0	190.0	262.5	702.5	416.16
125kg							
Steve Magistrale	118.4	Niagara	320.0	235.0	310.0	865.0	498.93

Best Lifters:

Women Jennifer Porter

Men – Light Willie Albert

Men – Heavy Steve McKenzie

Best Team: Iron Foundation

Referees: Lynton Lam, Sean Brown, Terry Stinchcombe

Ontario Records

Art Chan 67.5kg Mens Open

Squat 200.0

Bench 175

Deadlift 225

Total 600

Steve Magistrale 125kg Mens Open

Deadlift 310

Total 865

*As there was only one National Referee available, there where no National Records set.

Ontario Junior & Master - Nov 27

Results: Mike Knott

Lifter	Squat	BP	DL	Total	Points
Women - Master I					
67.5kg					
Jackie Pritchard	130.0	75.0	132.5	337.5	350.1
75kg					
Ulrike Kruger	145.0	77.5	152.5	375.0	362.7
Women - Master II					
60kg					
Jane Lessard	115.0	70.0	125.0	310.0	349.7
75kg					
Lynda Squires	117.5	67.5	130.0	315.0	319.1
Men - SubJr					
56kg					
Alexandre Croteau	125.0	97.5	157.5	380.0	350.2
60kg					
Jason Marentette	170.0	95.0	190.0	455.0	388.7
75kg					
Marlon Obratoski	230.0	120.0	235.0	585.0	416.9
Kurtis Strong	175.0	102.5	202.5	480.0	346.3
90kg					
Randall Truscott	167.5	105.0	177.5	450.0	289.1
100kg					
Benjamin Atkinson	170.0	100.0	175.0	445.0	271.4
John Greenidge	85.0	60.0	120.0	265.0	165.9
David Greenidge	55.0	40.0	75.0	170.0	106.7
125+kg					
Richard Singh	227.5	150.0	190.0	567.5	322.1
Men - Junior					
75kg					
Jesse Jamison	192.5	97.5	197.5	487.5	349.0
Drew Irwin	137.5	162.5	182.5	482.5	344.5
82.5kg					
Tyler Hamilton	170.0	117.5	260.0	547.5	374.7
Bradford Byers	160.0	102.5	220.0	482.5	332.3
Daniel Young	65.0	75.0	75.0	215.0	149.2
90kg					
Steve Byrne	205.0	150.0	207.5	562.5	360.1
100kg					
Stephen MacKie	195.0	125.0	250.0	570.0	348.6
Scott Hastings					
125kg					
Jason Byrne	302.5	225.0	302.5	830.0	478.7
Colin Garnett	-	-	-	-	-
Men - Master I					
75kg					
Frank Nadeau	220.0	142.5	210.0	572.5	413.0
90kg					
Tim Jones	192.5	140.0	225.0	557.5	357.1
100kg					
Steve Chomitz	262.5	177.5	265.0	705.0	431.0
Darrell Beyer	-	-	-	-	-
110kg					
Ron Strong	235.0	170.0	290.0	695.0	409.2
Patrick Hartwick	62.5	62.5	62.5	187.5	111.9
125kg					
Mark Giffen	292.5	260.0	292.5	845.0	489.3
Sean Brown	305.0	210.0	290.0	805.0	466.5
Kari Suutari	227.5	200.0	287.5	715.0	411.7
Rick Gazdig					
125+kg					
Shawn O'Halloran	300.0	287.5	270.0	857.5	484.2
Men - Master II					
75kg					
John Bourgoin	200.0	110.0	167.5	477.5	344.5
82.5kg					
Herbert Greenidge	200.0	162.5	227.5	590.0	397.6
Stan Goss	75.0	75.0	75.0	225.0	159.3
90kg					
Laurie Greenidge	210.0	120.0	205.0	535.0	349.7
Men - Master III					
67.5kg					
Stan Sher	130.0	70.0	150.0	350.0	269.9

Best Lifters

Women
Men – Light
Men – Heavy

Men – Light
Men – Heavy

Best Team:

Master

Ulrike Kruger
Frank Nadeau
Mark Giffen

Junior

Marlon Obratoski
Jason Byrne

Power Pit

Lifter	Class	Category	Lift	Weight	World	Nat	Prov	B/W
Drew Irwin	75.0 Kg	Junior Mens	Benchpress Only	160 Kg		X	X	74.70
Drew Irwin	75.0 Kg	Junior Mens	Benchpress 3 Lift	162.5 Kg		X	X	74.80
Alexandre Croteau	56.0 Kg	Sub-Junior Mens	Benchpress 3 Lift	97.5 Kg		X	X	55.30
Marlon Obratoski	75.0 Kg	Sub-Junior Mens	Squat	230.0 Kg		X	X	75.00
Marlon Obratoski	75.0 Kg	Sub-Junior Mens	Deadlift	235.0 Kg		X	X	75.00
Marlon Obratoski	75.0 Kg	Sub-Junior Mens	Total	585.0 Kg		X	X	75.00
Jason Marentette	60.0 Kg	Sub-Junior Mens	Squat	170.0 Kg		X	X	59.90
Jason Marentette	60.0 Kg	Sub-Junior Mens	Benchpress 3 Lift	97.5 Kg		X	X	59.90
Jason Marentette	60.0 Kg	Sub-Junior Mens	Deadlift	190.5 Kg		X	X	59.90
Jason Marentette	60.0 Kg	Sub-Junior Mens	Total	455.0 Kg		X	X	59.90
Lynda Squires	75.0 Kg	Masters II Womens	Benchpress 3 Lift	70.5 Kg		X	X	68.11
Lynda Squires	75.0 Kg	Masters II Womens	Deadlift	130.0 Kg		X	X	68.11
Lynda Squires	75.0 Kg	Masters II Womens	Total	315.0 Kg		X	X	68.11
Jackie Pritchard	67.5 Kg	Masters I Womens	Benchpress Only	75.0 Kg			X	65.84
Richard Singh	125+ Kg	Sub-Junior Mens	Squat	227.5 Kg		X	X	127.50
Richard Singh	125+ Kg	Sub-Junior Mens	Benchpress 3 Lift	150.0 Kg		X	X	127.50
Richard Singh	125+ Kg	Sub-Junior Mens	Deadlift	190.0 Kg		X	X	127.50
Richard Singh	125+ Kg	Sub-Junior Mens	Total	567.5 Kg		X	X	127.50
Ron Strong	110 Kg	Masters I Mens	Deadlift	290.0 Kg			X	109.80
Jason Byrne	125 Kg	Sub-Junior Mens	Squat	302.5 Kg			X	118.40
Jason Byrne	125 Kg	Sub-Junior Mens	Benchpress 3 Lift	227.5 Kg		X	X	118.40
Jason Byrne	125 Kg	Sub-Junior Mens	Deadlift	305.0 Kg		X	X	118.40
Jason Byrne	125 Kg	Sub-Junior Mens	Total	830.0 Kg			X	118.40
David Hoffman	125+ Kg	Masters II Mens	Benchpress Only	170.0 Kg			X	164.90
Clint Harwood	125+ Kg	Open Mens Benchpress	Benchpress Only	292.5 Kg		X	X	166.50
Chris Carpenter	90.0 Kg	Junior Mens	Benchpress Only	192.5 Kg		X	X	83.30
Shawn O'Halloran	125+ Kg	Masters I Mens	Benchpress Only	282.5 Kg		X	X	131.20
Shawn O'Halloran	125+ Kg	Masters I Mens	Benchpress 3 Lift	300.0 Kg	X	X	X	131.10

Ontario Bench Press - Nov 27

Results: Mike Knott

Lifter	Bench Press	Points
Women		
67.5kg		
Jackie Pritchard	75.0	77.9
Men		
75kg		
Drew Irwin	157.5	112.5
Andrew Haber	137.5	98.1
82.5kg		
Barry Antoniow	185.0	125.5
Robert Wilson	177.5	120.1
Herbert Greenidge	160.0	108.1
Les Fleiszig	152.5	102.8
Kevin Samson	137.5	93.4
90kg		
Chris Carpenter	192.5	128.2
Jerry Marenette	162.5	107.6
Dan Mielko	147.5	96.9
Laurie Greenidge	100.0	66.2
100kg		
Miroslav Koprnicky	162.5	100.1
S. Byrne	152.5	97.3
David Pigozzo	152.5	96.1
110kg		
Mark Lampi	215.0	127.1
John Clayton	175.0	103.6
Ron Strong	-	
125kg		
Jason Byrne	205.0	118.4
Shawn Brown	-	
Sean Brown	-	
125+kg		
Clint Harwood	292.5	159.4
Shawn O'Halloran	282.5	159.5
David Hoffman	170.0	92.8
Mike Knott	165.0	92.6
P. Ouellette	-	

Champion of Champions:

Clint Hartwood

Best Team:

Power Pit