

Open Results 2005

Niagara Open - Jan 22

Results: Glyn Moore

Lifter	Club	Age Class	Squat	Bench	DL	Total	Wilks
Women							
75kg							
Sophia Ranieri	.	Junior	130.0	70.0	142.5	342.5	328.7
90+kg							
Inga Patton	.	Open	125.0	67.5	155.0	347.5	285.9
Men							
56kg							
Jason Marentette	Belle River	SubJnr	145.0	82.5	177.5	405.0	368.7
75kg							
Marlon Obratoski	Steel City	SubJnr	205.0	120.5	210.0	535.0	383.4
David Potvin	.	Open	180.0	92.5	215.0	487.5	355.2
Paul Behne	.	Junior	150.0	97.5	195.0	442.5	315.6
James Laureys	.	Junior	152.5	82.5	200.0	435.0	318.2
Kurtis Strong	Belle River	SubJnr	135.0	85.0	165.0	385.0	281.3
82.5kg							
Chris Carpenter	Belle River	Open	165.0	170.0	192.5	527.5	359.8
90kg							
Jerry Marentette	Belle River	M1	250.0	177.5	255.0	682.5	446.1
Robert McIntyre	.	Open	215.0	142.5	225.0	582.5	375.1
100kg							
Andy Childs	.	Open	-	-	-	-	-
Eric Gagnon	Ottawa Strong	Open	340.0	195.0	270.0	805.0	491.1
Ted Hastings	.	Open	272.5	185.0	265.0	722.5	439.9
Paul Gidney	Twin Chambers	M1	250.0	182.5	260.0	692.5	423.5
Scot Seguin	Belle River	M2	240.0	161.0	250.0	650.0	405.7
Darrel Beyer	.	M1	220.0	180.0	250.0	650.0	397.5
110kg							
Jamie Emberley	.	Open	340.0	225.0	305.0	870.0	515.7
John Macdonald	Island Powerlifting	Junior	262.5	202.5	280.0	745.0	440.6
Ron Strong	Belle River	M1	247.5	165.0	287.5	700.0	411.9
Patrick Hartwick	Power Reach	M2	267.5	150.0	242.5	660.0	391.2
Matt Cuthbert	Niagara	Open	192.5	142.5	220.0	555.0	327.7
125kg							
Kerry LeBlond	Ottawa Strong	Open	-	-	-	-	-
Tom Nichols	Island Powerlifting	M1	335.0	247.5	330.0	912.5	530.2
Cam Hawkshaw	.	Open	287.5	187.5	287.5	762.5	439.4
Shawn Brown	.	Open	177.5	157.5	222.5	557.5	323.6
125+kg							
Shawn Ohalloran	Belle River	M1	290.0	278.0	260.0	827.5	466.4
Prime Ouellette	Belle River	M1	200.0	182.5	210.0	592.5	335.9
Mike Knott	London	M1	-	-	-	-	-

 World Masters Record
 Canadian Masters or Sub Junior Record
 Ontario Masters or Sub Junior Record

Successful 4th attempt: Chris Carpenter – Bench Press – 175kg

Best Lifters	
Women:	
Open	Sophia Ranieri
Junior	Sophia Ranieri
Men:	
Open	Tom Nichols
Sub Junior	Marlon Obratoski
Junior	John Macdonald
Master 1	Tom Nichols
Master 2	Scot SeGuin
Team Points	
Belle River	78 points
Island Powerlifting	21
Ottawa Strong	12
Steel City	12
Twin Chambers	8
Power Reach	7
Niagara	6

The Niagara Open was a huge success, even though the weather did not cooperate, as we had one of our worst snowstorms of the winter. Our range of lifters spanned from Sub Junior novice to World Class and each lifter was there to offer support and encouragement to each other. We were lucky enough to have three International referees on hand for any records that were attempted. Louis Levesque was kind enough to drive to St. Catharines all the way from Quebec. Our thanks goes out to the London Club for not only sending us three referees and a spotter, they also brought along the "Howard Cossell" of powerlifting - Stan Goss. For the second year, Stan did an amazing job commentating for our local cable company COGECO and informing the public what our sport is all about.

In the female division we had two lifters. In the 75kilo class, in her very first competition was Sophia Ranieri who had a fantastic day and only missed one lift. The second lifter at 90+kilos was Inga Patton who did not have her best day but I am sure that she will do better in her next competition.

In the men's division at 56kilo was Sub Junior, Jason Marentette, son of Jerry. Jason had a fantastic day breaking Canadian and Ontario Sub Junior records four times, twice in the squat and twice in the deadlift and then the total.

The 75kilo class had five lifters including two Sub Junior lifters and two Junior lifters. Fourteen year old Kurtis Strong, son of Ron Strong, put a massive 80kilos on his best previous total. This weight class was won by Sub Junior, Marlon Obratoski, son of Brian, who will now have to give serious thought into competing again so that we can have another father son lifting combo. Marlon had a great day breaking the Ontario Sub Junior bench record and then the Canadian Sub Junior Deadlift record and also winning the 75kilo class. Marlon also put an incredible 130kilos on his best previous total.

The 82.5kilo class had only one lifter, Chris Carpenter from the very dominant Belle River Club. In his first competition went nine for nine and broke the Canadian Junior bench record twice, and then again on a fourth attempt. It must be something about training with that O'halloran guy that helps your bench.

The 90kilo class had two lifters, one of whom was a slightly heavier than normal Jerry Marentette due to his nine day all-inclusive cruise the previous week. Jerry won this weight class with Robert McIntyre in second place, improving his best total by 10kilos

The 100kg class had six lifters. In fourth place breaking a M2 Ontario bench record was Scot Seguin. Third place went to one of our three out of Province lifters, Paul Gidney who made the journey from Digby, Nova Scotia. Paul had a good day and benched an unofficial Provincial Bench record. Second place went to the rapidly improving Ted Hastings who put 20kilos on his best total to end up with 722.5kgs. First place went to the squatting machine from Ottawa Strong, Eric Gagnon. Eric broke the Canadian squat record with an incredible 340kgs but unfortunately he was not tested on this day. Eric had a flare up of a previous injury, so it prevented him getting that elusive elite total that I know is just around the corner. In the 110kg class we had five lifters. Niagara's own Matt Cuthbert did his first competition and he showed good character coming back after two missed benches on technical problems to finally get it right. Young Patrick Hartwick did not have his best day by his very high standards but he will undoubtedly bounce back at the Nationals. In third place was Ron Strong who after a couple of hiccups in the squats bounced back for a good day and went on to break the Ontario Masters deadlift record twice. Second place went to John

Macdonald, a Junior who came in from PEI to lift. He put 10kilos on his best total and then went home and lifted in the Nova Scotia Provincials the following week. First place went to Jamie Emberley who came very close to breaking the Canadian squat record and also accumulated an amazing 515.7 wilks formula. The 125kilo class had a novice Shawn Brown lifting and I am confident that he has gained a lot of experience for his next meet. Second place went to a rapidly improving Cam Hawkshaw who will, I am sure, soon be a force to be reckoned with in this weight class. Big Tom Nichols, who also came in from PEI, gave us all an exhibition in how to powerlift. His last squat for a National record just failed to satisfy the majority of the referees. Moving on to the deadlift, he opened with a National Masters record then pulled an easy 330kgs for a second. A third attempt at 342.5kg and a new open total record slipped out of his hands just before lockout. His wilks was enough to nudge Jamie out of best lifter with a 530.2 wilks. The super heavyweight class had three lifters. Unfortunately Mike Knott of the London club had difficulty with his squat depth. Second place was Prime Oullette in his first competition. In first place was Mr. Bench himself, Shawn O'Halloran. I was very impressed with the strength that Shawn showed in the squat and as soon as the depth issue is dealt with I think that this lift will go through the roof. In his second bench attempt, our three International referees moved into position for a World Masters record attempt and it went up for three white lights. A third attempt proved to be just a little too much on the day. The Best Team was easily won by the Belle River Power Pit Club

Waterloo Regional High School Push/Pull - Mar 5

Results: Dave Hoffman

Lifter	School	Bench	Deadlift	Total
Men				
60kg				
Raul Zia	Resurrection	60	107.5	167.5
Tim Donovan	Grand River	42.5	112.5	155
67.5kg				
Adam McCarter	Grand River	75	137.5	212.5
Matt Osinkowski	Resurrection	60	125	185
75kg				
Alex Stumpf	Resurrection	102.5	182.5	285
Gabe Dasundzsz	Resurrection	102.5	137.5	240
Peter Kuzyk	Grand River	80	142.5	222.5
Matt Kay	Resurrection	72.5	147.5	220
Chris Statz	Grand River	65	147.5	212.5
Ken Nguyen	Resurrection	75	130	205
John Lee	Grand River	57.5	95	152.5
82.5kg				
Brandon Toth	Grand River	80	140	220
Mike Rodrigues	Resurrection	82.5	125	207.5
Marcus Nuxoll	Resurrection	72.5	127.5	200
90kg				
Tim Nosal	Resurrection	85	185	270
100kg				
Brendan Winarski	Waterloo	87.5	167.5	255
125kg				
Richard Singh	Grand River	102.5	145	247.5

The Golden Triangle held the 2nd Annual Waterloo Region High School Push/Pull meet at Grand River Collegiate on March 5, 2005. A Total of 17 Lifters from 3 high schools participated in the event. This year we also had 4 of these lifters compete in the squat as well. Resurrection won the team award by a narrow margin over Grand River. Top individual honours went to Alex Stumpf from Resurrection who was the best squatter as well as the best lifter in the push/pull.

SQUAT Competition	Lifter	Kg	Successful 4 th Attempts
	Alex Stumpf	137.5	150.0
	Tim Nosal	120.0	127.5
	Richard Singh	135.0	
	Adam McCarter	97.5	
			4th Attempts
Deadlift:	Tim Donovan		120.0
	Adam McCarter		150.5
	Alex Stumpf		195.0
	Tim Nosal		197.5
	Brendan Winarski		177.5
Team Points			
Resurrection	63 points		
Grand River	59		
Waterloo	12		

A great day of lifting by these young athletes. Peter Kuzyk and Brandon Toth were returnees from our first contest last year. Some of the lifts performed would have exceeded Ontario and Canadian Sub Junior Records. The judging by Steve Chomitz, Don Clarke and Jane Lessard was very strict. We would like to thank Grand River for hosting this contest for the last two years.

Resurrection has been given the opportunity to host it in 2006. We hope to have even more athletes and more schools next year. The Ontario Powerlifting Association is not far away from having a provincial high school championship in the near future. More on that as it develops.

Thanks to all who helped out putting on the meet. They include John Bourgojn, Steve Chomitz, Don Clarke, John Clayton, Dave Hoffman, Les Kiss, Terry Knechtel, Jane Lessard, Bruce McIntyre, Jody Roemer, Mark Lampi, and Steve Wiseman.

Ontario Deadlift Open & Bench Press Qualifier - Apr 23

Results: Dave Hoffman

Deadlift Open

Lifter	Club	DL
Women		
60 kg		
Charmaine Lindsay		115.0
Men		
67.5 kg		
Fern Boucher	Fern's Gym	190.0
75 kg		
Alex Stumpf	Golden Triangle	200.0
90 kg		
Rick Morrissette	Golden Triangle	282.5
Kevin Stirling		215.0
Tim Nosal	Golden Triangle	202.5
125 kg		
Shawn Brown		220.0
Richard Singh	Golden Triangle	170.0

Team Trophy

Golden Triangle 41 Points

Fern's Gym 12 Points

Best Lifter

Rick Morrissette

Masters Division

1st-Fern Boucher

2nd-Kevin Stirling

Bench Qualifier

Lifter	Club	Bench
Men		
75 kg		
Andrew Haber		125.0
82.5 kg		
Bob Wilson		150.0
Les Fleiszig	Golden Triangle	140.0
Paul Ledrew		125.0
90 kg		
Dan Mielko		147.5
Kevin Stirling		117.5
100 kg		
Steve Wiseman	Golden Triangle	190.0
Marcus Skypas		155.0
110 kg		
John Clayton	Golden Triangle	172.5
125 kg		
Colin Garnett		200.0
Shawn Brown		167.5
Richard Singh	Golden Triangle	112.5
Cam Hawkshaw		

Best Lifter

Steve Wiseman

Referees

Mike Knott, Terry Stinchcombe, Adele Couchman, Don Clarke

The 16th Annual Ontario Deadlift Open & Bench Qualifier attracted lifters from Cambridge, Chatham, Georgetown, Kitchener, New Liskeard, Scarborough, Toronto, Wallaceburg, and Waterloo. Rick Morrisette was our best lifter in the Deadlift Open with Fern Boucher picking up the best lifter for the masters division. Steve Wiseman was the best lifter in the Bench Qualifier which featured 13 lifters. We were excited to have three high school athletes from our high school meet in early March take the next step and compete in this contest and will all be in three lift meets very soon. The host Golden Triangle club retained the team trophy for the 10th time in 16 years. Our thanks to the K-W Grizzlies for supplying our venue once again and to Kitchener Scale who again supplied the scale to weigh the athletes for all the contests held that day.

Kudos to all our members who lifted, coached, worked on the platform and table, and helped to set up and teardown. It goes so much easier when there is lots of help.

Thanks to John Bourgoin, Steve Chomitz, John Clayton, Les Fleiszig, Les Kiss, Bruce McIntyre, Rick Morrisette, Mark Lampi, Tim Nosal, Richard Singh, Alex Stumpf, Mike Piskorski, and Steve Wiseman.

Special Athletes - Friends in Steel - Apr 23

Results: Adele Couchman

Developmentally Challenged Bench Press and Deadlift Contest

Hosted By: K-W Grizzlies

Lifter	Club	Bench	DL	Total
Women				
56 kg				
Cheryl Howey	K-W Grizzlies	27.5	57.5	85.0
Laura Gourley	K-W Grizzlies	40.0	62.5	102.5
Ananda Emch	K-W Grizzlies	25.0	50.0	75.0
Men				
75 kg				
Nathan Wise	K-W Grizzlies	60.0	82.5	142.5
Bill Baker	K-W Grizzlies	45.0	65.0	110.0
82.5 kg				
Robert Greig	K-W Grizzlies	52.5	75.0	127.5
100 kg				
David Teresi	K-W Grizzlies	80.0	107.5	187.5
110 kg				
Chris Thacker	Valhalla PL Club	117.5	200.0	317.5
Clive Heath	K-W Grizzlies	77.5	142.5	220.0
Best Lifter Female:	Laura Gourley, K-W Grizzlies Coefficient Points 102.3770			
Best Lifter Male:	Chris Thacker, Valhalla Powerlifting Club Coefficient Points 189.9285			
Team Points:	London 36 Steel City 33 Golden Triangle 12			
Referees:	Steve Chomitz, Mike Knott, Terry Stinchcombe			

Developmentally Challenged Squat Contest

Lifter	Club	Bench	Points
Women			
56 kg			
Cheryl Howey	K-W Grizzlies	37.5	44.4338
Men			
75.0 kg			
Bill Baker	K-W Grizzlies	35.0	26.1415
82.5 kg			
Robert Greig	K-W Grizzlies	60.0	40.5240
100.0 kg			
David Teresi	K-W Grizzlies	57.5	36.6045
110.0 kg			
Chris Thacker	Valhalla PL Club	170.0	101.6940
Clive Heath	K-W Grizzlies	107.5	65.1450

Referees: Steve Chomitz, Mike Knott, Terry Stinchcombe

London Open - May 14

Results: Mike Knott, Terry Stinchcombe

Lifter	Club	Squat	Bench	DL	Total
Women					
56 kg					
Cheryl Howey	KW Grizzlies	40.0	30.0	62.5	132.5
60 kg					
Krista Schaus	Unattached	112.5	60.0	115.0	287.5
75 kg					
Sophia Ranieri	Unattached	132.5	75.0	150.0	357.5
90 kg					
Inga Patton	Unattached	135.0	72.5	180.0	387.5
Men					
60 kg					
Jason Marentette	Power Pitt	160.0	80.0	190.0	430.0
67.5 kg					
Paul Simoes	Unattached	-----	-----	-----	Disq
75 g					
Dave Potvin	Unattached	185.0	95.0	220.0	500.0
Jim Rand	Unattached	160.0	115.0	210.0	485.0
Alexander Stumpf	Golden Triangle	160.0	120.0	200.0	480.0
Kurtis Strong	Power Pitt	162.5	95.0	187.5	445.0
Brett Strong	Power Pitt	122.5	82.5	182.5	387.5
82.5 kg					
Everett Beachey	Unattached	217.5	177.5	272.5	667.5
Herb Greenidge	Ottawa Strong	230.0	175.0	225.0	630.0
Drew Irwin	Power Pitt	160.0	162.5	197.5	520.0
Zachary Farrar	Unattached	165.0	115.0	210.0	490.0
Greg Platsko	Power Pitt	150.0	132.5	202.5	485.0
Bradford Byers	Power Pitt	145.0	115.0	212.5	472.5
Robert Greig	KW Grizzlies	60.0	52.5	105.0	217.5
90 kg					
Jonas Elliot	Ottawa Strong	205.0	-----	-----	Disq
David Pigozzo	Iron Foundation	232.5	160.0	245.0	637.5
Luke Vine	Unattached	170.0	130.0	230.0	530.0
Aaron McDonald	Unattached	155.0	112.5	195.0	462.5
Chad McGregor	St Thomas	150.0	95.0	182.5	427.5
Tim Telfor	London OSO	150.0	110.0	160.0	420.0
David Teresi	KW Grizzlies	67.5	87.5	110.0	265.0
100 kg					
Steve Chomitz	Golden Triangle	260.0	185.0	275.0	720.0
Steve Wiseman	Golden Triangle	252.5	182.5	267.5	702.5
Andrew Childs	Unattached	262.5	165.0	272.5	700.0
Ben Atkinson	Power Pitt	182.5	90.0	182.5	455.0
110 kg					
Mark Giffin	Iron Foundation	290.0	250.0	-----	Disq
Mike Goss	London Powerlifting	260.0	190.0	235.0	685.0
Clive Heath	KW Grizzlies	105.0	80.0	147.5	332.5
125 kg					
Colin Garnett	Unattached	265.0	205.0	275.0	745.0
Patrick Timony	Sudbury	240.0	180.0	227.5	647.5
Adrian Ninaber	Power Pitt	215.0	142.5	215.0	572.5
Richard Singh	Golden Triangle	155.0	112.5	172.5	440.0
125+ kg					
Tom Armstrong	Unattached	125.0	60.0	80.0	265.0

Lifter	Wt Class	Lift	Record Kg	Type of Record
Jason Marentette	60kg	Squat	165.0	Cdn/Ont Sub Jr
		Bench Press	80.0	Cdn/Ont Sub Jr
		Deadlift	190.0	Cdn/Ont Sub Jr
		Total	430.0	Cdn/Ont Sub Jr
Alexander Stumpf	75kg	Bench Press	120.0	Ont Sub Jr
Herb Greenidge	82.5kg	Squat	230.0	Canadian MII
		Total	630.0	Canadian MII
Michael Goss	100kg	Squat	260.0	Ontario
Steve Chomitz	110kg	Bench Press	185.0	Ontario MI
Richard Singh	125kg	Squat	155.0	Ont Sub Jr
		Bench Press	112.5	Cdn Ont Sub Jr
		Deadlift	172.5	Ont Sub Jr
		Total		

Best Lifters:	
Men – Light	Everett Beachey
Men – Heavy	Steve Chomitz
Women	Sophia Ranieri
Master I	Steve Chomitz
Master II	Herb Greenidge
Novice	Steve Wiseman
Best Team	Power Pit

The London Open "2005" featured 37 lifters from Sub Juniors to Master II. Good to see lots of new lifters and many National and Ontario Records fall. The London Powerlifting Club wishes to thank the Niagara Powerlifting Club for the loan of their Platform equipment and help with the spot and loading. The Lambeth Community Center was a new venue for us and had a large separate warm up area the lifters seemed to enjoy.

Thanks to all referees Adele Couchman, Don Clarke, Rick Gazdig, Jerry Marentette and Mike Knott. Special thanks to all the London Powerlifting Club and their families. Without them, this meet would not have happened.

Caledonia High School - May 31

Results: Bill Jamison

Lifter	School	Squat	Bench	DL	Total
WOMEN					
56 kg					
Sam Cowan	MacKinnon Park	35.0	30.0	82.5	147.5
60 kg					
Julie Lofstrom	Dunnville	37.5	32.5	70.0	140.0
67.5 kg					
Kristina Schaus	MacKinnon Park	60.0	42.5	90.0	192.5
82.5 kg					
Caitlin Hughes	MacKinnon Park	65.0	40.0	110.0	215.0
90 kg					
Lindsay Patterson	Dunnville	57.5	42.5	95.0	195.0
Katie Brewster	Dunnville	42.5	45.0	92.5	180.0
90+ kg					
Leanne Crumb	Dunnville	40.0	35.0	85.0	160.0
MEN					
56 kg					
Eric Peart	Cayuga	70.0	67.5	105.0	242.5
Nick Cowe	Sir John A MacDonald	87.5	75.0	122.5	285.0
60 Kg					
Chanda Ros	Sir John A MacDonald	95.0	62.5	130.0	287.5
Evan Webb	Dunnville	80.0	65.0	110.0	255.0
67.5 kg					
Brad Stinson	Dunnville	62.5	70.0	87.5	220.0
Kyle Lemos	MacKinnon Park	75.0	62.5	122.5	260.0
Jay Polanco	Sir John A MacDonald	-	-	-	-
75 kg					
Lincoln Cole	Sir John A MacDonald	112.5	72.5	125.0	310.0
Clayton Minshall	Erin	112.5	95.0	162.5	370.0
Ryan Marshall	Cayuga	130.0	105.0	175.0	410.0
Will Robertson	Erin	105.0	80.0	165.0	350.0
Ryan MacKness	Cayuga	87.5	72.5	145.0	305.0
Kyle Jodway	Delta (Ham.)	100.0	60.0	100.0	260.0
82.5 kg					
David Palmer	Sir John A MacDonald	120.0	85.0	150.0	355.0
Jordan Howatt	MacKinnon Park	110.0	102.5	165.0	377.5
Marlon Obratoski	Saltfleet	175.0	120.0	195.0	490.0
Tyler Brajic	Dunnville	105.0	72.5	172.5	350.0
Jonathan Girard	Dunnville	107.5	55.0	107.5	270.0
90 kg					
Mark Dolan	Cayuga	115.0	75.0	175.0	365.0
Jason Meisel	MacKinnon Park	120.0	92.5	177.5	390.0
Shawn Hawley	Delta (Ham.)	100.0	65.0	137.5	302.5
100 kg					
Tyler Horton	Dunnville	132.5	125.0	177.5	435.0
Anthony Bak	Delta (Ham.)	122.5	92.5	150.0	365.0
125 kg					
Shawn Nunes	Sir John A MacDonald	127.5	107.5	182.5	417.5
Adam Vieneaue	Delta (Ham.)	107.5	85.0	150.0	342.5

Women's Champion of Champions:

Kristina Schaus – MacKinnon Park, Caledonia

Men's Champion of Champions:

Marlon Obratoski – Saltfleet, Hamilton

Team Champions: MacKinnon Park, Caledonia

Referees: Bill Jamison, Lynton Lam, Mike Knot, Don Clark

This year, our regional high school contest was held at McKinnon Park High School in Caledonia. There were nearly double the number of schools represented compared to last year, with 32 lifters competing. The new schools involved were Delta and Saltfleet from Hamilton, and Erin District High School. Dunnville, Cayuga, Caledonia and Sir John A Macdonald high schools competed in the previous year.

In the womens division, Kristina Schaus, daughter of Canadian Champion Krista Schaus, competed and won the 67.5kg class, totaling 192.5kg. Caitlin Hughes, from MacKinnon Park deadlifted 110kg and totaled 215kg. This was the highest Deadlift and total in the womens division.

Ontario Sub-Junior Champion and Record holder Marlon Obratoski competed and won in the 82.5kg category. Other outstanding performances came from Nick Cowe, winning the 56kg class. Ryan Marshall deadlifted 175kg and totaled 410kg in the 75kg class. Although placing 2nd to Obratoski, Jordan Howatt showed great potential totaling 377.5kg at a body weight of 75.1kg. Tyler Horton from Dunnville won the 100kg class with a 435kg total.

The contest ran well. 7 women and 25 men competed with a large audience provided by MacKinnon Park High School. Next year we hope to have more lifters and high schools involved.

Toronto Open & Bench Press - Jul 17

Results: Bill Jamison

Lifter	Club	Squat	Bench	DL	Total
Women					
67.5kg					
Jennifer Porter	Unattached	137.5	80.0	137.5	355.0
Jackie Pritchard	Unattached	112.5	67.5	130.0	310.0
Doreen Bonnell	Unattached	115.0	60.0	115.0	290.0
Charmaine Lindsay	Unattached	-	-	-	-
Men					
60kg					
Alexandre Croteau	Ottawa Strong	110.0	92.5	135.0	337.5
67.5kg					
Chad Chapman	Steel City	185.0	117.5	195.0	497.5
75kg					
Marlon Obratoski	Steel City	215.0	120.0	217.5	552.5
Jesse Jamison	Steel City	200.0	107.5	205.0	512.5
Drew Irwin	Power Pit	150.0	140.0	197.5	487.5
Frank Nadeau	Unattached	-	-	-	-
82.5kg					
Vincent Byrne	Power Pit	247.5	182.5	245.0	675.0
			187.5	4 th	
Hoi Leung	Unattached	245.0	155.0	245.0	645.0
Herb Greenidge	Ottawa Strong	232.5	178.0	232.5	642.5
Tyler Hamilton	Steel City	142.5	112.5	250.0	505.0
Ken Kinakin	Unattached	175.0	105.0	182.5	462.5
Billy Jamison	Steel City	162.5	95.0	165.0	422.5
Paul Behne	Unattached	142.5	92.5	75.0	310.0
90kg					
Jason Platts	Ottawa Strong	250.0	182.5	260.0	692.5
Robert McIntire	Unattached	207.5	145.0	245.0	597.5
Laurie Grennidge	Unattached	220.0	142.5	200.0	562.5
Jean Miljour	Unattached	215.0	140.0	195.0	550.0
Steven Byrne	Power Pit	195.0	142.5	205.0	542.5
Tim Nosal	Golden Triangle	125.0	80.0	200.0	405.0
David Teresi (Blind)	KW Grizzlies	70.0	82.5	115.0	267.5
David Greenidge	Unattached	60.0	35.0	70.0	165.0
Kurt Obratoski	Steel City	-	-	-	-
100kg					
Steve Mackie	Unattached	187.5	120.0	217.5	525.0
Benjamin Atkinson	Power Pit	160.0	102.5	175.0	437.5
John Greenidge	Unattached	80.0	70.0	115.0	265.0
110kg					
Matt Cuthbert	Niagara	210.0	160.0	220.0	590.0
Jamie Emberly	Unattached	-	-	-	-
125kg					
Shawn O'Halloran	Power Pit	332.5	275.0	275.0	882.5
Jason Byrne	Power Pit	290.0	202.5	265.0	757.5
Adrian Ninaber	Power Pit	-	-	-	-
Sean Brown	Monster	295.0	230.0	275.0	800.0
Jason Smith	Unattached	230.0	182.5	230.0	642.5
125+kg					
Richard Singh	Golden Triangle	185.0	140.0	185.0	510.0
		200.0	4 th		
Best Lifters:					
Men – Novice	Jason Smith				
Men	Shawn O'Halloran				
Women	Jennifer Porter				
Best Team	Power Pit				

Records (pending)

Lifter	Wt Class	Lift	Record Kg	Type of Record
Shawn O'Halloran	125kg	Bench	275.0	MI – Cdn / Ont / World
Richard Singh	125+kg	Squat	200.0	Sub Jr – Cdn / Ont
		Bench	140.0	Sub Jr - Cdn / Ont
		Deadlift	185.0	Sub Jr – Ont
		Total	510.0	Sub Jr – Ont
Herb Greenidge	82.5kg	Squat	232.5	MII – Cdn / Ont
		Bench	178.0	MII – Cdn / Ont
		Deadlift	232.5	MII – Ont
		Total	642.5	MII – Cdn / Ont
Marlon Obratoski	75kg	Squat	215.0	Sub Jr – Cdn / Ont
		Deadlift	217.5	Sub Jr – Cdn / Ont
		Total	552.5	Sub Jr – Cdn / Ont
Vincent Byrne	82.5kg	Bench	182.5kg	Open – Ont
Alexandre Croteau	60kg	Squat	110.0	Sub Jr – Ont
		Bench	92.5	Sub Jr – Cdn / Ont
		Deadlift	135.0	Sub Jr – Ont
		Total	337.5	Sub Jr – Ont

Bench Press Only

Lifter	Club	Bench
Women		
67.5kg		
Jackie Pritchard	unattached	62.5
Men		
75kg		
Drew Irwin	Power Pit	142.5
82.5kg		
Herb Greenidge	Ottawa Strong	180.0
Kevin Samson	Iron Foundation	137.5
Peter Marquis	Unattached	127.5
Chris Carpenter	Power Pit	-
90kg		
Barry Antoniow	Ottawa Strong	140.0
Laurie Greenidge	Unattached	135.0
John Greenidge	Unattached	80.0
David Greenidge	Unattached	35.0
100kg		
Miroslav Koprinsky	Unattached	-
Marcus Skypass	unattached	-
125kg		
Shawn O'Halloran	Power Pit	288.0
Best Lifter – Men	Shawn O'Halloran	
Team:	Power Pit	

Records (pending)

Lifter	Wt Class	Lift	Record Kg	Type of Record
Shawn O'Halloran	125kg	Bench	288.0	MI – Cdn / Ont / World
Herb Greenidge	82.5kg	Bench	180.0	MII – Cdn / Ont

Steel City - Mentally ChallengedOct 16, 2005 *Results:* Bill Jamison**Developmentally Challenged**

Lifter	Club	Squat		
Women				
60kg				
Cheryl Howey	Kitchener	40.0		
67.5kg				
Charlene Whitcroft	St. Thomas	55.0		
Cindy Fritsch	St. Thomas	45.0		
82.5kg				
Janette Popp	St. Thomas	45.0		
90kg				
Heather Calvert	St. Thomas	35.0		
Men				
82.5kg				
Robert Greig	Kitchener	65.0		
100kg				
Ron Thompson	Mississauga	110.0		
125kg				
Clive Heath	Kitchener	75.0		
125+kg				
Matt Morrow	St. Thomas	120.0		
Lifter	Club	Bench	DL	Total
Women				
60kg				
Cheryl Howey	Kitchener	27.5	65.0	92.5
67.5kg				
Charlene Whitcroft	St. Thomas	40.0	85.0	125.0
Kelly Fitzgerald	Mississauga	50.0	90.0	140.0
Cindy Fritsch	St. Thomas	35.0	80.0	115.0
82.5kg				
Janette Popp	St. Thomas	35.0	80.0	115.0
90kg				
Heather Calvert	St. Thomas	45.0	102.5	147.5
Men				
52kg				
Scott Fitzgerald	Mississauga	30.0	60.0	90.0
60kg				
Ryan Lamey	Mississauga	57.5	75.0	132.5
67.5kg				
Michael Rastas	Mississauga	45.0	60.0	105.0
75kg				
Nathan Wise	Mississauga	55.0	75.0	130.0
Michael Aruda	Mississauga	72.5	120.0	192.5
82.5kg				
Jeffery Killins	Mississauga	62.5	110.0	172.5
Robert Greig	Kitchener	50.0	85.0	135.0
100kg				
Ron Thompson	Mississauga	130.0	180.0	310.0
110kg				
Morgan Smith	Mississauga	110.0	180.0	290.0
125kg				
Clive Heath	Kitchener	75.0	135.0	210.0
125+kg				
Matt Morrow	St. Thomas	90.0	170.0	260.0

Best Lifters:

Women Charlene Whitcroft

Men Ron Thompson

Best Team: Mississauga Titans

Steel City OpenOct 16, 2005 *Results:* Bill Jamison

Lifter	Club	Squat	Bench	DL	Total
Women					
52.5kg					
Carol Smith	Steel City	80.0	45.0	100.0	225.0
67.5kg					
Susan Abbott	Steel City	95.0	65.0	115.0	275.0
75kg					
Ulrike Kruger	Steel City	145.0	80.0	150.0	375.0
Men					
56kg					
Josiah Marquis	Unattached	52.5	40.0	67.5	160.0
67.5kg					
Stan Sher	Unattached	120.0	70.0	150.0	340.0
75kg					
Brian Lawrence	Unattached	190.0	100.0	210.0	500.0
82.5kg					
Tyler Hamilton	Steel City	175.0	115.0	252.5	542.5
Billy Jamison	Steel City	170.0	100.0	170.0	440.0
Greg Platsko	Power Pit	160.0	-	-	-
Peter Marquis	Unattached	137.5	125.0	165.0	427.5
90kg					
Randall Truscott	Steel City	160.0	92.5	172.5	425.0
110kg					
Pedro Tondo	Steel City PLC	235.0	125.0	235.0	595.0
125kg					
Matt Cuthbert	Niagara PLC	230.0	175.0	227.5	632.5
Kari Sutari	Unattached	220.0	205.0	287.5	712.5
125+kg					
Mike Knott	London PLC	205.0	175.0	200.0	580.0

Best Lifters:

Women Ulrike Kruger

Men Kari Sutari

Best Team: Steel City Powerlifting Club,Hamilton**Ontario Records** 125kg Master 1 Ontario

Deadlift Kari Sutari