

Ontario Intermediates - Apr 29

Results: Dave Hoffman

Ontario Intermediates

Lifter	Club	Squat	BP	DL	Total
Men					
67.5kg					
Chad Chapman	Steel City	197.5	122.5	212.5	532.5
75kg					
Lawrence Brian		205.0	107.5	220.0	532.5
Stan Goss	London	177.5	105.0	197.5	480.0
90kg					
Tim Jones	London	210.0	152.5	215.0	577.5
110kg					
Matt Cuthbert	Niagara	240.0	175.0	220.0	635.0
Pedro Tondo	Steel City	245.0	110.0	245.0	600.0
125kg					
Brandon Ward	Golden Triangle	260.0	222.5	255.0	737.5
Best Lifter	Brandon Ward	Best Team		Points	
Referees	Steve Chomitz	Steel City		21	
	Don Clarke	London		21	
	Adele Couchman	Golden Triangle		12	
		Niagara		12	

Another disappointing turnout for the Ontario Intermediates, but the contest continues to produce graduates to the Senior ranks. Congratulations to Chad Chapman and Brandon Ward. The team trophy which I am sure is the oldest in existence in Canada and has been in circulation since 1975, was awarded to the Steel City Powerlifting Club based on Wilks points to break the tie with London.

Ontario Seniors

Sep 23, 2006 Results: Glyn Moore / Mike Knott

Lifter	Club	Squat	BP	DL	Total	Wilks
Women						
67.5kg						
Porter Jenny	.	157.5	75.0	145.0	377.5	391.6
Schaus Krista	Steel City	132.5	72.5	127.5	332.5	367.9
75kg						
Frankel Sarah	.	130.0	80.0	150.0	360.0	344.9
Men						
67.5kg						
Chan Art	.	185.0	170.0	220.0	575.0	444.9
82.5kg						
Summers Brandon	Iron Foundation	282.5	200.0	272.5	755.0	509.9
Albert Willie	.	265.0	165.0	290.0	720.0	495.1
90kg						
Byrne Vince	PowerPit	260.0	190.0	275.0	725.0	469.1
Pigozzo Dave	Iron Foundation	232.5	160.0	255.0	647.5	415.0
100kg						
Droic Alex	Iron Foundation	280.0	212.5	290.0	782.5	479.8
Childs Andy	.	287.5	185.0	285.0	757.5	463.5
110kg						
Mckenzie Steve	Iron Foundation	-	-	-	-	-
Emberley Jamie	.	287.5	195.0	300.0	782.5	460.6
125kg						
Magistrale Steve	Niagara	-	-	-	-	-
Byrne Jason	PowerPit	327.5	222.5	312.5	862.5	497.1
Ward Brandon	Golden Triangle	250.0	230.0	235.0	715.0	409.0
125+kg						
O'halloran Shawn	PowerPit	200.0	302.5	222.5	725.0	409.7

Records Set:

Jason Byrne 125kg Shawn O'Halloran 125+kg

Mens Jr National Mens M1 World

Squat 327.5kg Bench 302.5kg

Deadlift 312.5kg

Due to the fact that Jerry Marentette and Ron Strong are in the final stages of their preparations for the World Masters they have asked me to write a brief report from the contest.

The venue for this contest was the local Knights of Columbus Hall in Belle River and it offered everything that a powerlifting contest needed: adequate warm up area, good sized contest room and facilities to purchase food and beverages. The support from the local community was very nice to see and the audience got behind every lifter.

The Ontario Bench Press championship was held first. There were 22 lifters with two female. Anita Marcinko easily broke the Ontario M1 record on her second attempt. The other female lifter was Krista Schaus who got in two successful attempts. In the 75kg class, it was nice to see Harnek back on the platform. At 82.5kg, Barry Antoniow benched a massive 210kg. At 100kg Steve Chomitz had a hard time getting a bench passed and took it to a third to get one in. I think that it was just to make it interesting because the third was perfect and easy. Miroslav Koprinsky broke the Ontario M2 record with 166kgs. Coming in with an easy 295kg Canadian record first attempt was Powerpit's, Shawn O'Halloran. He made it look like it was 135lbs and then decided to save himself for the three lift.

In the three lift contest, there were sixteen lifters including three female. There were two lifters in the 67.5class - Jenny Porter and Krista Schaus. Krista had made weight in the 60kg class earlier in the day but had to re-weigh for the three lift contest. She then weighed 0.6kgs over at 60.6kgs. In my opinion this issue of having to weigh in twice on the same day should receive some discussion at the AGM. The third female lifter was Sarah Frankel who went 8 for 9 on the day.

In the men's division, Art Chan lifted at 67.5kgs with a nice 575kg total. Moving to the 82.5kg class, there were two former 75kg lifters, Brandon Summers and Willie Albert. Both looked very impressive, I think that Willie may go back to 75kgs but it appears that Brandon has made the move up and he lifted with a maturity and confidence that was very impressive. His total was an outstanding 755kg with a 509.9 wilks. Willy was narrowly behind with a massive 290kg second attempt deadlift and a 495 wilks. The 90kg class had two lifters and was won by Vince Byrne who showed remarkable character to lift so well after his family had received such tragic news. The 100kg class had Alex Droic and Andy Childs lifting. This class was won by Alex with a 782.5kgs followed by Andy at 757.5kg. The 110kg class was won by Jamie Emberley who lifted with just a belt and knee warmers and did a huge 782.5kg class. Jamie showed so much composure in each of his attempts and it will be interesting to see just what his total will be at the Nationals with full gear. The 125kg class had three lifters and it was won by the very impressive Junior lifter from the PowerPit club, Jason Byrne, who like his brother Vince, lifted under tremendous emotional pressure. Jason broke National Junior records in the squat and the deadlift and went three for three in the Bench as well. At super heavyweight Shawn O'Halloran cruised through the squat and deadlift but in the bench, set the room on fire with a new World M1 record of 302.5. Shawn then came incredibly close to locking out 317.5kg or 700lbs.

After the contest Jerry, had a BBQ at the Powerpit gym where I proceeded to keep up with Ron Strong beer for beer. I was successful for the first 20 minutes and then I just watched in admiration.

On Behalf of the Power Pit Team. *Glyn Moore*

Ontario Bench Press

Sep 23, 2006 Results: Glyn Moore / Mike Knott

Lifter	Club	BP	Wilks
Women			
56kg			
Marcinko Anita	.	70.0	84.7
60kg			
Schaus Krista	Steel City	70.0	78.4
Men			
60kg			
Marentette Jason	PowerPit	90.0	78.0
67.5kg			
Chan Art	.	150.0	116.8
75kg			
Irwin Drew	PowerPit	162.5	116.1
Tellier Darek	PowerPit	125.0	93.3
Singh Rai Harnek	Monster	100.0	71.3
82.5kg			
Antoniow Barry	Ottawa Strong	210.0	141.6
Carpenter Chris	PowerPit	192.5	130.9
Wilson Robert	Golden Triangle	175.0	118.3
90kg			
Platsko Greg	PowerPit	150.0	96.3
Pigozzo Dave	Iron Foundation	142.5	91.1
Marentette Jerry	PowerPit	-	-
Byrne Vince	PowerPit	-	-
100kg			
Chomitz Steve	Golden Triangle	182.5	111.1
Koprnicky Miroslav	.	166.0	101.0
Garrett Steve	.	155.0	96.5
125kg			
Strong Ron	PowerPitt	-	-
Byrne Jason	PowerPitt	-	-
Ninaber Adrian	PowerPitt	182.5	105.3
125+kg			
Knott Mike	London	-	-
O'halloran Shawn	PowerPitt	295.0	166.8

Records Set:

Anita Macinko 56kg Miroslav Koprnicky 100kg

Womens Open Provincial Mens M2 Provincial

Bench Press 70kg Bench Press 170kg

Shawn O'halloran 125+kg Barry Antoniow

Mens M1 and Open
National/Provincial

Bench Press 295kg

Ontario Junior and Masters

Nov 25, 2006 Results: Mike Knott

Lifter	Club	Squat	BP	DL	Total	Wilks
Women						
56kg MI						
Anita Marcinko		90.0	67.5	120.0	277.5	333.53
48kg SubJr						
Angela Goss	London	65.0	40.0	85.0	190.0	255.13
Men						
60kg Jr						
Jason Marentette	Power Pit	155.0	90.0	191.0	435.0	371.01
75kg Jr						
Drew Irwin	Power Pit	130.0	172.5	192.5	495.0	353.73
Daniel Young	Iron Foun.					
82.5kg Jr						
Jesse Jamison	Steel City	205.0	105.0	215.0	525.0	357.84
90kg Jr						
Nicholas Rivard	Capit. Bar.	237.5	155.0	247.5	640.0	413.38
Marlon Obratoski	Steel City	232.5	145.0	245.0	622.5	408.17
100kg Jr						
Stephen MacKie		215.0	140.0	257.5	612.5	375.71
125kg Jr						
Jason Byrne	Power Pit	320.0	220.0	310.0	850.0	491.73
75kg M1						
Frank Nadeau		205.0	152.5	210.0	567.5	408.20
82.5kg M1						
Walter Urban	Iron Foun.					
90kg M1						
Tim Jones	London	200.0	120.0	220.0	540.0	346.14
Greg Platsko	Power Pit					
100kg M1						
Steve Garrett		250.0	150.0	235.0	635.0	397.70
125kg M1						
Shawn O'Halloran	Power Pit	280.0	280.0	230.0	790.0	450.77
Ron Strong	Power Pit	255.0	175.0	290.0	720.0	420.41
75kg M2						
Stan Goss	London	162.5	100.0	202.5	465.0	331.36
90kg M2						
Jerry Marentette	Power Pit	212.5	172.5	273.0	657.5	433.42
100kg M2						
Scot Seguin	Power Pit	210.0	155.0	245.0	610.0	375.15
110kg M2						
Miroslav Koprnicky		170.0	167.5	190.0	527.5	319.03
60kg SubJr						
Alex Croteau	Ottawa Str	145.0	105.0	175.0	425.0	370.47
67.5kg SubJr						
Andrew Meyer	Iron Foun.	147.5	92.5	152.5	392.5	308.98
82.5kg SubJr						
Kurtis Strong		190.0	120.0	220.0	530.0	359.29
100kg SubJr						
Randall Truscott	Steel City	262.5	145.0	240.0	647.5	395.69

Records					
Name	Category	Squat	Bench	DL	Total
Angela Goss	Women SJ 48kg	65.0kg Prov	40kg Nat, Prov	85kg Nat	190kg Nat, Prov
Jason Marentette	Men Jr 60kg			191kg Prov	
Drew Irwin	Men Jr 75kg		172.5 Nat, Prov		
Randall Truscott	Men SubJr 100kg	262.5kg Nat, Prov	145kg Prov	240kg Prov	647.5 Prov
Jerry Marentette	Men M2 90kg		182.5kg Prov	273kg Prov	657.5kg Prov
Miroslav Koprnicky	Men M2 110kg		167.5kg Prov		
Shawn O'Halloran	Men M1 125kg		280kg World, Nat, Prov		