

Niagara Open - Jan 21

Results: Glyn Moore

Lifter	Club	BW	Squat	Bench	DL	Total	Wilks
Men							
60kg							
Marentette Jason	Power Pit Gym	59.5	165.0	95.0	187.5	447.5	384.60
75kg							
Strong Kurtis	Power Pit Gym	74.0	190.0	110.0	217.5	517.5	372.24
Lawrence Brian	.	73.1	195.0	100.0	215.0	510.0	370.08
82.5kg							
Marentette Jerry	Power Pit Gym	82.1	255.0	170.0	265.0	690.0	463.59
Demidenko Andrew	Ottawa Strong	80.5	257.5	167.5	250.0	675.0	459.02
Leung Hoi	.	82.4	235.0	150.0	260.0	645.0	432.40
Rivard Nicholas	Ottawa Strong	82.5	240.0	152.5	230.0	622.5	417.02
Wright Matt	Iron Foundation	82.5	0.0	0.0	0.0	0.0	0.00
90kg							
Becker Jeff	Iron Foundation	88.9	305.0	195.0	300.0	800.0	513.96
Pigozzo David	Iron Foundation	90.0	235.0	150.0	255.0	640.0	408.57
Platsko Greg	Power Pit Gym	88.4	185.0	147.5	237.5	570.0	367.28
Venkatraman Vinodh	.	88.3	190.0	120.0	200.0	510.0	328.82
Platts Jason	Ottawa Strong	90.0	0.0	0.0	0.0	0.0	0.00
100kg							
Wiseman Steve	Golden Triangle	98.4	272.5	207.5	280.0	760.0	465.58
Childs Andy	.	98.9	275.0	175.0	282.5	732.5	447.79
Truscott Randall	Steel City	92.3	177.5	107.5	177.5	462.5	291.59
Khalamov Ilya	.	97.8	170.0	120.0	150.0	440.0	270.24
110kg							
Mckenzie Stephen	Iron Foundation	104.7	325.0	212.5	335.0	872.5	521.89
Brown Sean	Monster	109.5	275.0	245.0	290.0	810.0	477.35
Emberley Jamie	.	110.0	292.5	195.0	292.5	780.0	459.02
Donahue Nathan	Ottawa Strong	105.4	245.0	190.0	245.0	680.0	405.80
Hartwick Patrick	PoweReach	104.6	275.0	155.0	245.0	675.0	403.89
125kg							
Giffin Mark	Iron Foundation	116.3	302.5	245.0	305.0	852.5	493.89
Strong Ron	Power Pit Gym	112.0	265.0	182.5	300.0	747.5	437.54
Ward Brandon	Golden Triangle	124.1	232.5	222.5	227.5	682.5	389.50
Ninaber Adrian	Power Pit Gym	114.5	227.5	190.0	230.0	647.5	376.67
Taylor Chris	.	118.0	200.0	147.5	227.5	575.0	331.91
125+kg							
O'Halloran Shawn	Power Pit Gym	133.1	330.0	302.5	270.0	902.5	508.37
Yantha Chris	Ottawa Strong	134.1	285.0	215.0	300.0	800.0	450.07

Best Lifters

Age Class	Name	Club	Total	Wilks
SubJr	Strong Kurtis	Power Pit Gym	517.5	372.2
Junior	Rivard Nicholas	Ottawa Strong	622.5	417.0
M1	Becker Jeff	Iron Foundation	800.0	514.0
M2	Marentette Jerry	Power Pit Gym	690.0	463.6
Open	McKenzie Stephen	Iron Foundation	872.5	521.9

Club Points

Power Pit Gym	72	Monster	9
Iron Foundation	52	Steel City	8
Ottawa Strong	25	PoweReach	6
Golden Triangle	20		

St Thomas Powerlifting Open - Mar 5

Results: Daniel Pare

Lifter	Squat	Bench	DL	Total
Women				
67.5kg				
Charlene Whitcroft	55.0	40.0	87.5	185.0
75kg				
Jannette Popp	50.0	37.5	90.0	177.5
90kg				
Heather Calvert	50.0	40.0	110.0	200.0
Men				
100kg				
Chad McGregor	182.5	115.0	220.0	520.0
Dan De Perio	185.0	117.5	215.0	517.5
110kg				
Pedro Tondo	-	-	-	-
125kg				
Todd Taylor	205.0	160.0	220.0	585.0

Hamilton District Regional HS

April 13, 2006 Results: Bill Jamison

Lifter	School	Squat	BP	DL	Total
Women					
48kg					
Bonnie Robson	Erin District	42.5	32.5	75.0	150.0
56kg					
Amber Van Ravenswaay	Dunville	45.0	45.0	85.0	175.0
60kg					
Sam Cowan	McKinnon Park	45.0	30.0	87.5	162.5
67.5kg					
Patricia Cole	Sir John A MacD	47.5	37.5	85.0	170.0
75kg					
Kristina Schaus	Cayuga	85.0	45.0	97.5	227.5
90kg					
Caitlin Hughes	McKinnon Park	57.5	42.5	112.5	212.5
Men					
56kg					
Eric Peart	Cayuga	72.5	70.0	102.5	245.0
James Beitz	McKinnon Park	-	-	-	-
60kg					
Nick Cowe	Sir John A MacD	77.5	80.0	135.0	292.5
Chanda Ros	Sir John A MacD	75.0	62.5	135.0	272.5
67.5kg					
Chris Hunter	M M Robinson	85.0	95.0	107.5	287.5
Jordan Meisel	McKinnon Park	75.0	72.5	130.0	277.5
Mike Bell	Erin	87.5	72.5	117.5	277.5
Rob Eckensviller		75.0	70.0	130.0	275.0
Amere Zalloum	Sir John A MacD	75.0	62.5	102.5	240.0
Jordan DeCosta	Delta	75.0	62.5	95.0	232.5
Evan Jurmain	Delta	77.5	67.5	80.0	225.0
Nick Wojcik	Delta	77.5	52.5	85.0	215.0
Evan Webb	Dunville	92.5	-	-	-
Kevin Cox		70.0	-	-	-
75kg					
Ryan Marshall	Cayuga	107.5	105.0	185.0	397.5
Nick Auld	Delta	115.0	92.5	145.0	352.5
Lincoln Cole	Sir John A MacD	112.5	82.5	150.0	345.0
Chris Dawncey	McKinnon Park	72.5	57.5	105.0	235.0
Dylan Lee	Delta	80.0	52.5	97.5	230.0
Ahmar Ahmar	Sir John A MacD	-	-	-	-
82.5kg					
Andrew Richardson	M M Robinson	142.5	102.5	150.0	395.0
Tylar Brajic	Dunville	102.5	85.0	175.0	362.5
Jonathan Girard	Dunville	107.5	65.0	122.5	295.0
William Davidson	McKinnon Park	80.0	60.0	110.0	250.0
90kg					
Patrick Terry	M M Robinson	125.0	107.5	185.0	417.5
Charles Armstrong	Cayuga	120.0	97.5	192.5	410.0
Chris Wilson	M M Robinson	85.0	107.5	145.0	337.5
100kg					
Randall Truscott	Ancaster	182.5	105.0	212.5	500.0
Shawn Hawley	Delta	102.5	70.0	137.5	310.0
Anthony Bak	Delta	-	-	-	-
110kg					
Marshall Davis	Delta	142.5	115.0	177.5	435.0
125+kg					
James Pow-Blacklock	Cayuga	165.0	110.0	192.5	467.5

Champion of Champions

Women Kristina Schaus
Men Randall Truscott
Team Champions Cayuga High School

Bench Press Open - Apr 29

Results: Dave Hoffman

Lifter	Club	Bench
Men		
82.5		
Les Fleiszig	Golden Triangle	155.0
Robert Wilson	Golden Triangle	-
Barry Antoniow		-
90kg		
Shawn Hislop		180.0
100kg		
Zbiginiew Zatek		180.0
110kg		
Jody Roemer	Golden Triangle	182.5
John Clayton	Golden Triangle	160.0
Colin Dore		-
125kg		
George Flikas		165.0
Russell Stocker		-
125+kg		
Curd Hos		227.5
Mike Knott	London	177.5

Best Lifter Curd Hos **Best Team** **Points**

Referees Steve Chomitz Golden Triangle 33
 Don Clarke London 9
 Adele Couchman 12

Platform Crew Steve Chomitz, Les Kiss, Terry Knechtel, John Bourgoin, Richard Singh, Steve Wiseman, Jody Roemer, John Clayton, Les Fleiszig, Robert Wilson, Brandon Ward, Lindsey Chomitz, Dave Hoffman

Curd Hos made an excellent return to the platform after a long absence by taking the Best Lifter honours. A Canadian record attempt by Bob Wilson and an Ontario Record attempt by George Flikas were both unsuccessful.

Many thanks to our sponsors, KW Grizzlies and Kitchener Scale.

10th Annual Friends in Steel

Developmentally Challenged Bench Press & Deadlift

April 29, 2006 *Results:* Adele Couchman

Hosted By: K-W Grizzlies

Lifter	Club	Bench	DL	Total
Women				
60kg				
Cheryl Howey	K-W Grizzlies	25.0	65.0	90.0
67.5kg				
Kelly Fitzgerald	Titans of Mississauga	52.5	92.5	145.0
Men				
52kg				
Scott Fitzgerald	Titans of Mississauga	27.5	60.0	87.5
60kg				
Ryan Lamey	Titans of Mississauga	60.0	80.0	140.0
67.5kg				
Nathan Wise	K-W Grizzlies	62.5	95.0	157.5
Michael Rastas	Titans of Mississauga	50.0	70.0	120.0
75kg				
Michael Arruda	Titans of Mississauga	72.5	120.0	192.5
82.5kg				
Jeffrey Killins	Titans of Mississauga	70.0	120.0	190.0
Robert Greig	K-W Grizzlies	57.5	105.0	162.5
110kg				
Morgan Smith	Titans of Mississauga	107.5	175.0	282.5
125kg				
Clive Heath	K-W Grizzlies	80.0	150.0	230.0

Referees: Steve Chomitz, Adele Couchman, Mike Knott

Best Lifter - Female: Kelly Fitzgerald

Titans of Mississauga

Coefficient Points 155.1645

Best Lifter – Male: Morgan Smith

Titans of Mississauga

Coefficient Points 167.6073

4th Annual Friends in Steel

Developmentally Challenged Squat Contest

Lifter	Club	Squat	Points
Women			
60kg			
Cheryl Howey	K-W Grizzlies	55.0	63.2170
Men			
82.5kg			
Robert Greig	K-W Grizzlies	75.0	51.5325
125.0kg			
Clive Heath	K-W Grizzlies	112.5	66.0038

Referees: Steve Chomitz, Adele Couchman, Mike Knott

Best Squat: Clive Heath

K-W Grizzlies

Coefficient Points 66.0038

Ontario High School

May, 2006 Results: Bill Jamison

Lifter	School	Squat	BP	DL	Total
Women					
48kg					
Angela Goss	Central London	42.5	35.0	65.0	142.5
52kg					
Bonnie Robson	Erin	45.0	40.0	82.5	167.5
56kg					
Amber Vanravenswaay	Dunnville	50.0	45.0	80.0	175.0
67.5kg					
Sam Cowan	McKinnon Park	47.5	35.0	95.0	177.5
75kg					
Kristina Schaus	Cayuga	92.5	50.0	107.5	250.0
90kg					
Katie Brewster	Dunnville	52.5	42.5	107.5	202.5
90+kg					
Caitlin Hughes	McKinnon Park	60.0	37.5	97.5	195.0
Men					
60kg					
Nick Cowe	Sir John A MacD	92.5	82.5	140.0	315.0
Andrew Hexter	Central London	87.5	57.5	105.0	250.0
67.5kg					
Mike Bell	Erin	90.0	80.0	130.0	300.0
75kg					
Mat Kay	Ressurrection	127.5	102.5	182.5	412.5
Ryan Marshall	Cayuga	115.0	100.0	187.5	402.5
Nick Auld	Delta	132.5	92.5	147.5	372.5
Lincoln Cole	Sir John A MacD	115.0	80.0	155.0	350.0
Chris Hunter	M M Robinson	87.5	95.0	115.0	297.5
82.5kg					
Andrew Richardson	M M Robertson	142.5	105.0	155.0	402.5
Tyler Brajic	Dunnville	122.5	85.0	182.5	390.0
James Humphrey	Ressurrection	100.0	70.0	125.0	295.0
90kg					
Tim Nosal	Ressurrection	135.0	90.0	205.0	430.0
Tom Ertel	Monsignor Doyle	80.0	95.0	190.0	365.0
Jonathan Girard	Dunnville	125.0	67.5	125.0	317.5
100kg					
Randall Truscott	Ancaster	182.5	110.0	227.5	520.0
Shawn Hawley	Delta	107.5	75.0	155.0	337.5
125kg					
James Pow-Blacklock	Cayuga	182.5	120.0	190.0	492.5

Champion of Champions

Women Kristina Schaus
Men Randall Truscott
Team Champions Dunnville High School

St. Thomas Powerlifting Open

May 20, 2006 Results Daniel Pare

Lifter	Squat	BP	DL	Total
Women				
60kg				
Shelley Sandiford	77.5	52.5	110.0	240.0
Cheryl Howey	55.0	30.0	77.5	162.5
67.5kg				
Charlene Whitcroft	55.0	42.5	90.0	187.5
Cindy Fritsch	42.5	35.0	75.0	152.5
90kg				
Heather Calvert	55.0	45.0	102.5	202.5
90kg+				
Inga Patton	125.0	72.5	170.0	367.5
Men				
75kg				
Stan Goss	167.5	102.5	200.0	470.0
82.5kg				
Robert Creig	77.5	50.0	107.5	235.0
90kg				
Shawn Hislop	182.5	182.5	205.0	570.0
100kg				
Steve Garrett	240.0	150.0	227.5	617.5
Dan de Perio	227.5	137.5	227.5	592.5
Tim Jones	212.5	152.5	207.5	562.5
Chad McGregor	195.0	110.0	237.5	542.5
125kg				
Colin Garnett	267.5	195.0	280.0	742.5
Todd Taylor	205.0	170.0	225.0	600.0
Clive Heath	115.0	80.0	152.5	347.5
125kg+				
Matt Morrow	157.5	92.5	195.0	445.0

Referees Michael Knott, Rick Gazdig, Daniel Pare
Set up/Tear Down Jason Carnegie, Todd Taylor, David Pigozzo, Margaret Zylstra
Spotters/Loaders Rick Mills, Louis, David Carnegie, Jeff McGregor
Announcing Table Andy Moore announcer, Lisa Palmer score keeping with Dorothy (Dot) Kelly, Jonathan Zylstra
Equipment Dave Hoffman for the lights, Chad McGregor and Jeff McGregor for the necessary equipment for the warm up area.

Power Pit Push Pull

Jun 10, 2006 Results: Jerry Marentette

Lifter	Club	BW		BP	DL	Total
Women						
56kg						
ANITA MARCINKO		53.5	M1	65.0	110.0	175.0
67.5kg						
JODY BROWN		60.7	M1	45.0	70.0	115.0
Men						
67.5kg						
JASON MARENTETTE	Power Pit	61.7	JR	95.0	197.5	292.5
75kg						
DERICK TELLIER	Power Pit	69.8	JR	115.0	192.5	307.5
BEAU DUBOIS	Power Pit	71.2	SJR	120.0		120.0
STAN GOSS	London	74.6	M2		195.0	195.0
82.5kg						
KURTIS STRONG	Power Pit	78.4	SJR	117.5	220.0	337.5
BRAD BYERS	Power Pit	79.4	JR		205.0	205.0
90kg						
VINCE BYRNE	Power Pit	86.4	OP		280.0	280.0
GREG PLATSKO	Power Pit	89.5	M1	157.5	222.5	380.0
DAVE PIGOZZO	Iron Foundation	89.8	OP		247.5	247.5
100kg						
ANDY CHILDS		98.6	OP	182.5	272.5	455.0
110kg						
LARRY BYRNE	Power Pit	101.9	OP	115.0	200.0	315.0
125kg						
SIR RON STRONG	Power Pit	113.5	M1		285.0	285.0
JAMIE EMBERLY		115	OP	210.0	325.0	535.0
ADRIAN NINABER	Power Pit	115.5	M2	192.5	250.0	442.5
JASON BYRNE	Power Pit	120.8	JR		320.0	320.0
BRANDON WARD	Golden Triangle	124.4	OP	227.5	250.0	477.5
125+kg						
MIKE KNOTT	Lonson	141.4	M1	187.5		187.5

Referees: MIKE KNOTT, SCOTT SEGUIN, STAN SHER, JERRY MARENTETTE

Successful 4th Anita Marcinko 112.5kg

DL Attempts:

Jody Brown 95.0kg

Andy Childs 282.5kg

Iron Foundation Open

July 29, 2006 Results: Walter Urban

Lifter	Club	Squat	BP	DL	Total	Wilks
Women						
52kg SubJr						
Goss Angela	London	52.5	37.5	72.5	162.5	214.23
56kg M1						
Marcinko Anita	.	70.0	65.0	120.0	255.0	300.88
67.5kg M1						
Brown Jody	.	75.0	47.5	97.5	220.0	230.80
75kg Open						
Frankel Sarah	.	112.5	67.5	130.0	310.0	296.45
Men						
67.5kg Jr						
Meyer Andrew	Iron Foundation	135.0	82.5	140.0	357.5	282.12
75kg M1						
Nadeau Frank	.	205.0	150.0	215.0	570.0	406.92
75kg Open						
Lawrence Brian	.	220.0	112.5	237.5	570.0	406.92
Samuel Aaron	.	182.5	120.0	182.5	485.0	361.10
75kg M2						
Goss Stan	London	180.0	105.0	215.0	500.0	357.61
82.5kg Jr						
Jivov Anton	.	135.0	90.0	165.0	390.0	271.78
100kg Jr						
Mackie Stephen	.	210.0	137.5	252.5	600.0	366.64
100kg SubJr						
Truscott Randall	Steel City	220.0	137.5	240.0	597.5	367.29
100kg Open						
Byrne Larry	Power Pitt	182.5	107.5	195.0	485.0	295.64
110kg Open						
Brown Sean	Monster	285.0	187.5	305.0	777.5	458.07
Vickery Peter	.	225.0	165.0	225.0	615.0	368.24
125kg Open						
Magistrale Steve	Niagara	260.0	185.0	280.0	725.0	415.34

Iron Foundation – Bench Press

July 29, 2006 Results: Walter Urban

Lifter	Club	BP	Wilks
Women			
56kg			
Chomitz Patti	Golden Triangle	42.5	50.1
60kg			
Schaus Krista	.	65.0	72.7
Men			
82.5kg			
Wilson Bob	Golden Triangle	165.0	111.5
100kg			
Beyer Darrell	.		
110kg			
Chomitz Steve	Golden Triangle	190.0	114.1
Vickery Peter	.	142.5	85.3
125kg			
Cuthbert Mat	Niagara	185.0	107.1

Ontario Paralympics

Jul 7-8, 2006 Results: Mike Knott

Lifter	Squat	BP	DL	Total	Wilks
Blind Open					
Women					
75kg					
Petrina Dressler	50.0	30.0	80.0	160.0	152.48
Men					
90kg					
Robert Truchon	175.0	135.0	190.0	500.0	320.85
Adam Bury	140.0	107.5	182.5	430.0	281.44
100kg M4					
Ray Villeneuve	150.0	162.5	170.0	482.5	298.04
125kg					
Tim Ekert	175.0	162.5	195.0	532.5	308.69

Ontario Paralympics–Bench Press

Jul 7-8, 2006 Results: Mike Knott

Lifter	BP	Wilks
Women		
40kg		
Sally Thomas	65.0	
56kg		
Michael Kuijpers	42.5	39.60
75kg		
Blake Harper	145.0	105.85
100+kg M1		
Edward Dennis	117.5	65.19

Power Pit Open

Nov 11, 2006 Results: Mike Knott

Lifter	Club	Squat	BP	DL	Total	Wilks
Women						
48kg Sub Jr						
Angela Goss	London	65.0	40.0	100.0	205.0	278.25
Men						
67.5kg Jr						
Jason Marentette	Power Pit	155.0	92.5	192.5	440.0	369.69
75kg Jr						
Derek Telleir	Power Pit	175.0	117.5	185.0	477.5	349.29
82.5kg Jr						
Brad Byre	Power Pit	160.0	112.5	210.0	482.5	326.36
90kg						
Vince Byrne	Power Pit	282.5	197.5	260.0	740.0	480.04
100kg M2						
Kevin Sterling	Power Pit					
110kg						
Matt Cuthdert	St Catharines	235.0	177.5	235.0	647.5	381.18
Luke Skaarap	Power Pit	205.0	155.0	272.5	632.5	375.20