

St Thomas Powerlifting Open - Apr 14

Results: Daniel Pare

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Lifter	Club	Squat	Bench	Deadlift	Total	Place
Women						
56Kb						
Sandra Huerter	London	97.5	55	115	267.5	1
Anita Marcinko	Unattached	xxx	xxx	xxx	xxx	--
67.5Kb						
Anita Santos	Unattached	90	52.5	110	252.5	1
Cindy Fritsch	St. Thomas	47.5	35	75	157.5	2
Doreen Bonnell	Unattached	xxx	xxx	xxx	xxx	--
75Kb						
Suzan Abbott	Unattached	100	65	130	295	1
Karen Allison	Steel City	102.5	60	122.5	285	2
Lisa Nigh	Unattached	82.5	55	107.5	245	3
82.5Kb						
Kristina Schaus	Unattached	100	50	115	265	1
Men						
52Kb						
Marcus Jones	London	45	30	62.5	137.5	1
75Kb						
Glyn Moore	Niagara	232.5	*143.5	230	606	1
Frank Nadeau	Unattached	216	147.5	200	563.5	2
Shawn Forgues	London	172.5	120	182.5	475	3
Benjamin Butty	Unattached	147.5	100	187.5	435	4
82.5Kb						
Nello Miele	Niagara	182.5	125	187.5	495	1
Ivan Williamson	London	135	95	200	430	2
David O'Riley	Unattached	xxx	xxx	xxx	xxx	--
90Kb						
David Pigozzo	Iron Foundation	250	152.5	260	662.5	1
Mike Dickenson	Iron Foundation	232.5	145	232.5	610	2
Frank Butty	Unattached	185	135	240	560	3
Kevin Stirling	Power Pit	185	145	210	540	4
Sam Arsenaault	Golden Triangle	175	147.5	195	517.5	5
Jonathan McMillan	St. Thomas	155	125	207.5	487.5	6
Tim Tilfer	Special O	150	105	170	425	7
Greg Dery	Unattached	137.5	100	170	397.5	8
Cedric Lloyd	Steel City	xxx	xxx	xxx	xxx	--
Maxwell J. Mercer	Unattached	xxx	xxx	xxx	xxx	--
100Kb						
Blair Lyon	Unattached	227.5	147.5	265	640	1

110Kb						
Casey Rusbridge	Unattached	227.5	xxx	xxx	xxx	--
125Kb						
Matt Cuthbert	Niagara	250	192.5	245	687.5	1
Todd Taylor	St. Thomas	230	180	220	630	2
Tom Armstrong	Special O	70	55	85	210	3
125+Kb						
Michael Knott	London	205	185	195	585	1
Keenan Hollingsworth	Unattached	160	115	205	480	2
Matt Morrow	St. Thomas	155	xxx	xxx	xxx	--

*** Provincial and Un-Official Canadian Master 2 Record**

Points allowed per clubs:

London = 53 Wins the best team trophy

Niagara = 36

St. Thomas = 23

Iron Foundation = 21

Special "O" = 12

Steel City = 9

Power Pit = 7

Golden Triangle = 6

A great meet in St. Thomas. In total 35 lifters walked the platform. We witnessed new personal bests, record broken, several novices with a few great surprises, lots of women competing and a sub-junior lifter, Marcus Jones. I personally want to thank you all for coming to St. Thomas and making the 2007 St. Tomas powerlifting Open a successful meet. Wishing you all the best and see you soon.

A special thanks to the following people who volunteered their time and effort to make this meet a great success:

Set up and tear down; Nick Dykstra, Jonathan Zylstra, Jonathan McMillan, David Pigozzo, Brett Baresich, Matt Pfeifer, Daniel Pare.

Equipment; Niagara powerlifting club, London powerlifting club and Jonathan

Head Table: Announcers Dave Hoffman and Andy Moore, Marlene Moore score

Score board; Matt Pfeifer and Lucy Van Pelt.

Entrance; Lucy Van Pelt

Spotter and loaders; Chad McGregor, Jeff McGregor, Brett Baresich, Shawn

Referees; Lynda Squires, Rick Gazdig, Terry Stinchcombe, Jerry Marentette, Stan