

## TOP 10 Ontario – 2 Years Ending December 31, 2003

<b>MEN</b>	<b>Squat</b>		<b>Bench</b>		<b>DL</b>		<b>Total</b>	
<b>56kg</b>								
	D. Heisel	137.5 07/06/03	D. Heisel	85.0 07/06/03	D. Heisel	155.0 07/06/03	D. Heisel	377.5 07/06/03
	J. Marentette	115.0 10/14/03	J. Marentette	70.0 10/14/03	J. Marentette	147.5 10/14/03	J. Marentette	325.0 10/14/03
<b>60kg</b>								
	J. Jong	202.5 07/06/03	J. Jong	147.5 07/06/03	J. Jong	215.0 07/06/03	J. Jong	565.0 07/06/03
	D. Heisel	175.0 12/07/03	D. Heisel	92.5 12/07/03	D. Heisel	175.0 12/07/03	D. Heisel	442.5 12/07/03
<b>67.5kg</b>								
	G. Moore	210.0 12/07/02	F. Nadeau	130.0 12/07/03	G. Moore	235.5 12/07/02	G. Moore	567.5 12/07/02
	B. DeCastro	170.0 05/25/02	G. Moore	130.0 10/08/03	B. DeCastro	200.0 08/11/02	F. Nadeau	487.5 12/07/03
	F. Nadeau	165.0 12/07/03	B. DeCastro	117.5 05/25/02	K. Inozemtsev	195.0 10/14/03	B. DeCastro	482.5 08/11/02
	K. Inozemtsev	165.0 10/14/03	C. Chapman	110.0 07/06/03	F. Nadeau	192.5 12/07/03	K. Inozemtsev	460.0 10/14/03
	C. Chapman	157.5 10/14/03	K. Inozemtsev	100.0 10/14/03	C. Chapman	175.0 07/06/03	C. Chapman	442.5 07/06/03
	J. Greenidge	85.0 12/07/03	J. Greenidge	45.0 12/07/03	J. Greenidge	100.0 12/07/03	J. Greenidge	230.0 12/07/03
<b>75kg</b>								
	B. Summers	242.5 11/04/03	B. Summers	180.0 11/04/03	W. Albert	260.0 12/07/03	B. Summers	672.5 11/04/03
	W. Albert	240.0 12/07/03	E. Beachey	157.5 09/20/03	B. Summers	257.5 03/14/03	W. Albert	650.0 12/07/03
	G. Moore	232.5 05/25/02	W. Albert	150.0 12/07/03	E. Beachey	247.5 09/20/03	E. Beachey	610.0 09/20/03
	A Demindenko	222.5 09/20/03	E. Dunstan	150.0 03/09/03	A Demindenko	245.0 09/20/03	G. Moore	605.0 05/25/02
	H. Singh-Rai	205.0 12/07/03	C. Stinchcombe	142.5 10/14/03	G. Moore	237.5 09/22/02	A Demindenko	597.5 09/20/03
	E. Beachey	205.0 09/20/03	G. Moore	135.0 03/14/03	P. Simoes	232.5 06/07/03	E. Dunstan	542.5 03/09/03
	E. Dunstan	192.5 10/14/03	A Demindenko	130.0 09/20/03	S. Goss	207.5 08/11/02	P. Simoes	522.5 06/07/03
	B. DeCastro	192.5 03/09/03	H. Singh-Rai	130.0 12/07/02	E. Dunstan	200.0 03/09/03	H. Singh-Rai	517.5 12/07/03
	P. Simoes	172.5 06/07/03	B. DeCastro	122.5 10/14/03	H. Singh-Rai	192.5 12/07/03	B. DeCastro	490.0 10/14/03
	S. Goss	167.5 03/14/03	F. Nadeau	120.0 03/09/03	B. DeCastro	192.5 10/14/03	S. Goss	470.0 03/14/03
<b>82.5kg</b>								
	06/07/03	285.0 11/04/03	J. Becker	177.5 03/14/03	J. Becker	290.0 09/22/02	J. Becker	742.5 11/04/03
	J. Marentette	242.5 10/08/03	J. Byrne	175.0 12/07/03	J. Marentette	265.0 10/08/03	J. Marentette	680.0 10/08/03
	B. Simms	235.0 05/25/02	H. Greenidge	175.0 09/20/03	B. Simms	242.5 03/14/03	B. Simms	645.0 03/14/03
	J. Bourgoin	230.0 12/07/02	J. Marentette	172.5 10/08/03	J. Byrne	235.0 12/07/03	J. Byrne	625.0 12/07/03
	N. Rivard	225.0 09/20/03	E. Dunstan	160.0 05/25/02	J. Doris	235.0 10/24/03	H. Greenidge	590.0 07/06/03
	M. Kelso	220.0 06/07/03	B. Simms	152.5 03/14/03	G. Wojtowicz	235.0 06/07/03	J. Doris	577.5 10/24/03
	J. Byrne	215.0 12/07/03	J. Doris	147.5 10/24/03	N. Rivard	225.0 12/07/03	N. Rivard	577.5 09/20/03
	L. Greenidge	215.0 10/08/03	N. Rivard	145.0 12/07/03	M. Kelso	222.5 12/07/03	M. Kelso	575.0 06/07/03
	H. Greenidge	212.5 07/06/03	R. Etchells	140.0 08/11/02	H. Greenidge	217.5 07/06/03	E. Dunstan	565.0 05/25/02
	E. Dunstan	205.0 05/25/02	M. Kelso	135.0 06/07/03	R. Etchells	217.5 08/11/02	L. Greenidge	555.0 03/14/03
			L. Greenidge	135.0 03/14/03				
<b>90kg</b>								
	J. Bqcker	277.5 03/22/02	J. Becker	180.0 03/22/02	R. Morrisette	300.0 09/20/03	J. Becker	737.5 03/22/02
	R. Morrisette	270.0 06/30/02	A. Drolc	175.0 03/10/02	J. Becker	280.0 03/22/02	A. Drolc	717.5 03/10/02
	A. Drolc	262.5 03/20/02	J. Marentette	170.0 12/07/03	A. Drolc	280.0 03/10/02	R. Morrisette	712.5 05/25/02
	J. Marentette	247.5 12/07/03	B. Simms	162.5 10/08/03	J. Marentette	275.0 12/07/03	J. Marentette	692.5 12/07/03
	S. Seguin	242.5 10/08/03	R. Morrisette	162.5 09/20/03	P. Perry	272.5 12/07/02	S. Seguin	662.5 10/08/03
	B. Simms	242.5 10/08/03	T. McPhail	162.5 03/10/02	H. Leung	262.5 11/04/03	H. Leung	655.0 11/04/03
	D. Bolton	240.0 09/22/02	S. Seguin	160.0 12/07/03	S. Seguin	260.0 12/07/02	P. Perry	655.0 12/07/02
	P. Perry	237.5 12/07/02	J. Seabrook	160.0 06/07/03	D. Bolton	260.0 09/22/02	D. Bolton	655.0 09/22/02

H. Leung 235.0 11/04/03  
T. McPhail 235.0 03/10/02

H. Leung 157.5 11/04/03  
T. Jones 155.0 07/06/03  
D. Bolton 155.0 09/22/02

T. McPhail 252.5 03/10/02  
D. Pigozzo 245.0 09/22/02

T. McPhail 650.0 03/10/02  
B. Simms 645.0 10/08/03

## TOP 10 Ontario – 2 Years Ending December 31, 2003 (continued)

<b>MEN</b>	<b>Squat</b>		<b>Bench</b>		<b>DL</b>		<b>Total</b>				
<b>100kg</b>											
E. Gagnon	315.0	11/04/03	S. McKenzie	182.5	09/15/01	S. McKenzie	327.5	03/22/02	S. McKenzie	810.0	03/15/03
S. McKenzie	300.0	03/23/02	E. Gagnon	185.0	11/07/02	P. Perry	290.0	12/07/03	E. Gagnon	770.0	11/04/03
G. Power	285.0	09/20/03	L. Kiss	190.0	06/07/03	J. Platts	280.0	05/25/02	J. Platts	717.5	09/20/03
J. Cautillo	277.5	07/06/03	S. Magistrale	185.0	09/22/02	M. Skypas	275.0	05/25/02	G. Power	707.5	09/20/03
J. Platts	272.5	09/20/03	M. Mangan	185.0	08/11/02	S. Magistrale	272.5	03/15/03	S. Magistrale	700.0	09/22/02
M. Mangan	270.0	08/11/02	M. Goss	182.5	02/01/03	E. Gagnon	270.0	09/20/03	M. Mangan	697.5	08/11/02
S. Magistrale	250.0	03/15/03	M. Walch	175.0	10/24/03	B. Lyon	265.0	10/24/03	P. Perry	687.5	12/07/03
M. Finochio	250.0	09/22/02	J. Platts	175.0	09/20/03	L. Kiss	265.0	06/07/03	L. Kiss	682.5	06/07/03
V. Kozmimko	250.0	08/11/02	N. Donahue	175.0	09/20/03	M. Mangan	265.0	03/10/02	J. Cautillo	672.5	07/05/03
M. Goss	250.0	08/11/02	G. Power	172.5	09/20/03	G. Power	250.0	09/20/03	M. Skypas	670.0	05/25/02
<b>110kg</b>											
G. Power	285.0	09/20/03	M. Giffen	232.5	09/22/02	M. Giffen	297.5	09/22/02	M. Giffen	812.5	09/22/02
M. Finochio	285.0	03/14/03	B. McIntyre	215.0	12/07/03	S. Magistrale	290.0	06/07/03	S. Magistrale	740.0	06/07/03
M. Giffen	285.0	03/10/02	S. Chomitz	195.0	12/07/03	B. McIntyre	285.0	12/07/02	S. Chomitz	730.0	12/07/03
P. Hartwick	280.0	07/05/03	T. Ekert	190.0	12/07/03	R. Lyndon	280.0	09/22/02	B. McIntyre	730.0	12/07/03
R. Lyndon	262.5	05/25/02	S. Magistrale	190.0	06/07/03	S. Chomitz	275.0	12/07/03	M. Finochio	715.0	05/25/02
S. Chomitz	260.0	12/07/03	M. Glofcheskie	182.5	05/25/02	R. Strong	275.0	03/23/02	G. Power	707.5	09/20/03
S. Magistrale	260.0	06/07/03	S. Roach	180.0	06/07/03	J. Byrne	272.5	12/07/03	M. Glofcheskie	687.5	02/01/03
M. Glofcheskie	247.5	02/01/03	M. Finochio	177.5	05/25/02	M. Finochio	262.5	05/25/02	P. Hartwick	685.0	06/07/03
R. Strong	247.5	12/07/02	J. Byrne	175.0	10/24/03	P. Hartwick	255.0	12/07/03	J. Byrne	675.0	12/07/03
B. McIntyre	240.0	12/07/03	N. Donahue	175.0	09/20/03	S. Roach	255.0	09/22/02	R. Lyndon	665.0	09/22/02
<b>125kg</b>											
D. Gratton	337.5	03/10/02	M. Giffen	265.0	12/07/03	S. Brown	315.0	05/25/02	D. Gratton	862.5	09/22/02
S. Brown	305.0	05/25/02	D. Gratton	245.0	09/22/02	J. Halliday	290.0	07/06/03	S. Brown	835.0	05/25/02
H. Weir	287.5	07/06/03	S. Brown	215.0	05/25/02	D. Gratton	290.0	09/22/02	M. Giffen	815.0	12/07/03
R. Freeman	275.0	05/25/02	R. Freeman	210.0	05/25/02	M. Giffen	285.0	12/07/03	H. Weir	770.0	07/06/03
M. Giffen	272.5	12/07/03	H. Weir	202.5	07/06/03	R. Freeman	285.0	05/25/02	R. Freeman	770.0	05/25/02
M. Glofcheskie	262.5	03/09/03	J. Halliday	195.0	07/06/03	H. Weir	280.0	07/06/03	J. Halliday	675.0	08/11/02
J. Halliday	260.0	07/06/03	M. Glofcheskie	192.5	03/09/03	R. Strong	275.0	12/07/03	M. Glofcheskie	712.5	03/09/03
R. Strong	240.0	12/07/03	N. DaCosta	192.5	03/10/02	M. Glofcheskie	257.5	03/09/03	R. Strong	672.5	12/07/03
R. Gazdig	232.5	12/07/02	C. Yantha	175.0	06/30/02	R. Gazdig	255.0	12/07/02	R. Gazdig	657.5	12/07/02
D. Theal	207.5	06/07/03	D. Theal	172.5	06/07/03	C. Yantha	250.0	06/30/02	C. Yantha	630.0	06/30/02
<b>125+kg</b>											
S. Brown	310.0	03/14/03	S. O'Halloran	240.0	10/24/03	S. Brown	312.5	09/20/03	S. Brown	857.5	03/14/03
D. Vordnov	275.0	08/11/02	S. Brown	237.5	05/14/03	C. Yantha	290.0	07/06/03	C. Yantha	757.5	07/06/03
C. Yantha	267.5	07/06/03	W. White	220.0	03/09/03	G. Cosby	280.0	12/07/03	S. O'Halloran	732.5	10/24/03
S. O'Halloran	260.0	10/24/03	C. Harwood	215.0	06/07/03	C. Harwood	235.0	06/07/03	W. White	705.0	03/09/03
W. White	250.0	03/09/03	C. Yantha	200.0	07/06/03	W. White	235.0	03/09/03	C. Harwood	650.0	06/07/03
L. Johnson	277.5	02/01/03	D. Vordnov	185.0	08/11/02	S. O'Halloran	232.5	10/24/03	G. Cosby	645.0	10/24/03
G. Cosby	210.0	03/15/03	L. Johnson	170.0	02/01/03	J. Dawson	220.0	06/07/03	D. Vordnov	645.0	08/11/02
C. Harwood	200.0	06/07/03	G. Cosby	165.0	10/24/03	L. Johnson	220.0	02/01/03	L. Johnson	617.5	02/01/03
M. Knott	197.5	06/07/03	L. Weatherson	155.0	07/06/03	L. Weatherson	215.0	07/06/03	L. Weatherson	552.5	07/06/03
J. Dawson	192.5	06/07/03	M. Knott	142.5	06/07/03	M. Knott	210.0	06/07/03	M. Knott	550.0	06/07/03
						D. Vordnov	210.0	08/11/02			

## TOP 10 Ontario – 2 Years Ending December 31, 2003 (continued)

<b>WOMEN</b>	<b>Squat</b>		<b>Bench</b>		<b>DL</b>		<b>Total</b>				
<b>52kg</b>											
N. Whitford	62.5	10/24/03	N. Whitford	40.0	10/24/03	N. Whitford	100.0	10/24/03	N. Whitford	202.5	10/24/03
C Greenidge	60.0	07/06/03	C Greenidge	35.0	12/07/03	C Greenidge	80.0	07/06/03	C Greenidge	175.0	07/06/03
<b>56kg</b>											
P. Cookson	80.0	05/25/02	P. Cookson	62.5	05/25/02	P. Cookson	97.5	05/25/02	P. Cookson	240.0	05/25/02
<b>60kg</b>											
J. Lessard	117.5	10/08/03	C. Cosby	72.5	03/14/03	J. Lessard	147.5	10/08/03	J. Lessard	330.0	10/08/03
C. Cosby	112.5	10/08/03	J. Lessard	67.5	03/14/03	C. Cosby	127.5	12/07/02	C. Cosby	302.5	03/14/03
L. Harlie	100.0	12/07/02	L. Harlie	50.0	12/07/02	L. Harlie	100.0	12/07/02	L. Harlie	250.0	12/07/02
C. Howey	37.5	06/07/03	C. Howey	32.5	06/07/03	C. Howey	72.5	06/07/03	C. Howey	142.5	06/07/03
<b>67.5kg</b>											
G. Papolis	160.0	10/08/03	G. Papolis	87.5	10/08/03	G. Papolis	165.0	03/14/03	G. Papolis	405.0	03/14/03
L. Squires	135.0	05/25/02	L. Squires	70.0	12/07/02	L. Squires	137.5	03/14/03	L. Squires	337.5	03/14/03
L. Harlie	100.0	08/11/02	L. Harlie	55.0	08/11/02	R. Morgan	122.5	10/24/03	L. Harlie	265.0	08/11/02
D. Bonnell	82.5	06/07/03	D. Bonnell	50.0	10/24/03	L. Harlie	110.0	08/11/02	R. Morgan	245.0	10/24/03
R. Morgan	75.0	10/24/03	R. Morgan	47.5	10/24/03	D. Bonnell	105.0	06/30/02	D. Bonnell	242.5	06/30/02
<b>75kg</b>											
G. Papolis	160.0	12/07/02	G. Papolis	85.0	12/07/02	G. Papolis	165.0	12/07/02	G. Papolis	410.0	12/07/02
S. Clark	152.5	09/22/02	S. Harris	82.5	06/07/03	S. Clark	160.0	09/22/02	S. Clark	387.5	09/22/02
S. Harris	102.5	06/07/03	S. Clark	75.0	09/22/02	S. Harris	125.0	06/07/03	S. Harris	310.0	06/07/03
<b>82.5kg</b>											
U. Kruger	147.5	12/07/02	U. Kruger	75.0	12/07/02	U. Kruger	170.0	12/07/02	U. Kruger	392.5	12/07/02
S. Frankel	135.0	07/06/03	S. Frankel	75.0	07/06/03	S. Frankel	150.0	09/20/03	S. Frankel	350.0	07/06/03
W. Hlywka	90.0	10/24/03	W. Hlywka	65.0	10/24/03	W. Hlywka	112.5	10/24/03	W. Hlywka	267.5	10/24/03
<b>90kg</b>											
S. Frankel	152.5	03/14/03	P. Eisen	95.0	02/03/03	S. Frankel	157.5	03/14/03	S. Frankel	385.0	03/14/03
P. Eisen	125.0	08/11/02	S. Frankel	75.0	03/14/03	P. Eisen	137.5	09/22/02	P. Eisen	345.0	02/01/03
M. Greenidge	105.0	06/30/02	M. Greenidge	62.5	06/30/02	M. Greenidge	110.0	06/30/02	M. Greenidge	277.5	06/30/02

Please report any errors to omissions or corrections to: Dave Hoffman, OPA Records  
Chairperson

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