

**Ontario Powerlifting Association**  
**Top Ten - 2 Years Ending December 31, 1998**

	<u>kg Squat</u>	<u>Date</u>	<u>kg Bench Press</u>	<u>Date</u>	<u>kg Deadlift</u>	<u>Date</u>	<u>kg Total</u>	<u>Date</u>
<b>MEN</b>								
<b>60kg</b>								
1-	155.0 D. Francis	05/24/97	1- 125.0 D. Francis	05/24/97	1- 185.0 D. Francis	10/04/97	1- 462.5 D. Francis	06/24/97
2-	125.0 I. Stephenson	11/15/98	2- 85.0 I. Stephenson	11/15/98	2- 165.0 I. Stephenson	11/15/98	2- 375.0 I. Stephenson	11/15/98
<b>67.5kg</b>								
1-	227.5 V. Simpson	05/18/97	1- 135.0 M. Dineno	04/05/97	1- 255.0 V. Simpson	05/17/98	1- 597.5 V. Simpson	05/18/97
2-	207.5 G. Moore	03/01/97	2- 132.5 S. Doran	02/14/98	2- 227.5 G. Moore	03/01/97	2- 560.0 G. Moore	03/01/97
3-	200.0 S. Doran	02/14/98	3- 130.0 G. Moore	05/09/98	3- 222.5 B. Summers	12/12/98	3- 540.0 S. Doran	02/14/98
4-	185.0 B. Summers	12/12/98	130.0 B. Summers	12/12/98	4- 220.0 A. DiPasquale	12/12/98	4- 537.5 B. Summers	12/12/98
5-	175.0 A. DiPasquale	12/12/98	5- 120.0 V. Simpson	05/17/98	5- 207.5 S. Doran	02/14/98	5- 502.5 M. Dineno	04/05/97
6-	170.0 S. Whittington	09/12/98	6- 117.5 S. Whittington	10/25/98	207.5 M. Dineno	04/05/97	6- 485.0 A. DiPasquale	12/12/98
7-	167.5 B. DeCastro	11/15/98	7- 115.0 B. DeCastro	11/15/98	7- 200.0 S. Whittington	10/25/98	7- 475.0 B. DeCastro	11/15/98
8-	165.0 R. Yeadon	05/24/97	8- 110.0 A. DiPasquale	12/12/98	8- 195.0 R. Yeadon	05/24/97	8- 472.5 S. Whittington	10/25/98
9-	160.0 M. Dineno	04/05/97	9- 100.0 R. Yeadon	05/24/97	9- 192.5 B. DeCastro	11/15/98	9- 460.0 R. Yeadon	05/24/97
10-	150.0 S. Sher	12/12/98	10- 97.5 L. Melo	11/15/98	10- 175.0 S. Sher	12/12/98	10- 400.0 S. Sher	12/12/98
<b>75kg</b>								
1-	255.0 C. Archdekin	05/18/97	1- 155.0 E. Dunstan	09/12/98	1- 277.5 C. Archdekin	03/01/97	1- 685.0 C. Archdekin	03/01/97
2-	232.5 A. Karasmanis	05/18/97	155.0 H. Singh-Rai	04/05/97	2- 272.5 R. Morrissette	05/17/98	2- 622.5 A. Karasmanis	05/18/97
3-	230.0 B. Jones	02/14/98	155.0 C. Archdekin	03/01/97	3- 260.0 V. Simpson	02/14/98	3- 602.5 N. Davidson	02/14/98
4-	222.5 N. Davidson	05/17/98	4- 152.5 FDipierdominico	03/01/97	4- 245.0 N. Davidson	02/14/98	4- 592.5 V. Simpson	02/14/98
	222.5 J. Bourgoin	03/01/97	5- 145.0 A. Karasmanis	05/18/97	245.0 A. Karasmanis	05/18/97	5- 590.0 B. Jones	02/14/98
6-	220.0 H. Leung	09/21/97	6- 135.0 N. Davidson	02/14/98	6- 232.5 H. Leung	09/21/97	6- 590.0 F.Dipierdominico	03/01/97
7-	210.0 H. Singh-Rai	12/12/98	7- 130.0 B. Jones	02/14/98	7- 230.0 B. Jones	02/14/98	7- 587.5 R. Morrissette	02/14/98
	210.0 G. Moore	01/31/98	130.0 J. Bourgoin	03/01/97	230.0 FDipierdominico	03/01/97	8- 577.5 H. Leung	09/21/97
9-	207.5 R. Morrissette	02/14/98	9- 127.5 V. Simpson	02/14/98	9- 225.0 G. Moore	01/31/98	9- 572.5 J. Bourgoin	03/01/97
	207.5 F.Dipierdominico	03/01/97	127.5 M. Goss	01/31/98	10- 220.0 J. Bourgoin	03/01/97	10- 570.0 H. Singh-Rai	04/05/97
<b>82.5kg</b>								
1-	287.5 J. Becker	05/18/97	1- 185.0 S. Moir	05/09/98	1- 298.0 J. Becker	05/17/98	1- 755.0 J. Becker	05/18/97
2-	235.0 D. Pigozzo	02/14/98	2- 177.5 H. Greenidge	09/14/97	2- 280.0 R. Morrissette	09/12/98	2- 640.0 T. McPhail	05/19/98
3-	232.5 T. McPhail	05/09/98	3- 175.0 E. Dunstan	09/21/97	3- 260.0 R. McDonald	09/14/97	3- 637.5 R. McDonald	09/14/97
	232.5 A. Karasmanis	02/14/98	175.0 J. Becker	05/18/97	4- 252.5 T. McPhail	05/09/98	4- 625.0 D. Pigozzo	02/14/98
5-	227.5 S. Oakley	05/24/97	5- 157.5 H. Singh-Rai	03/01/97	252.5 D. Bolton	05/24/97	5- 620.0 R. Morrissette	09/12/98
	227.5 A. Cholette	03/01/97	157.5 R. McDonald	09/14/97	6- 245.0 D. Pigozzo	02/14/98	6- 617.5 A. Karasmanis	02/14/98
7-	225.0 J. Bourgoin	01/31/98	7- 155.0 T.McPhail	05/09/98	7- 242.5 A. Karasmanis	02/14/98	7- 615.0 E. Dunstan	09/21/97
	225.0 H. Singh-Rai	03/01/97	8- 147.5 A. Cholette	03/01/97	8- 232.5 J. Abraham	03/01/97	8- 605.0 S. Moir	05/09/98
9-	220.0 L. Taylor	10/25/98	9- 145.0 D. Pigozzo	02/14/98	9- 230.0 S. Moir	05/09/98	9- 602.5 D. Bolton	05/09/98
10-	220.0 R. McDonald	09/14/97	145.0 S. Oakley	05/24/97	230.0 R. Barkley	10/04/97	10- 602.5 A. Cholette	03/01/97
					230.0 E. Dunstan	09/21/97		

**Ontario Powerlifting Association**  
**Top Ten - 2 Years Ending December 31, 1998**

	<u>kg Squat</u>	<u>Date</u>	<u>kg Bench Press</u>	<u>Date</u>	<u>kg Deadlift</u>	<u>Date</u>	<u>kg Total</u>	<u>Date</u>
<b>MEN</b>								
<b>90kg</b>								
1-	287.5 J. Becker	02/14/98	1- 175.0 B. Farrugia	05/24/97	1- 300.0 J. Becker	02/14/98	1- 755.0 J. Becker	02/14/98
2-	272.5 S. McKenzie	09/14/97	175.0 J. Becker	03/01/97	300.0 S. McKenzie	09/14/97	2- 725.0 S. McKenzie	09/14/97
	272.5 B. Farrugia	05/24/97	3- 170.0 G. Shoemaker	01/31/98	3- 285.0 D. Warriner	02/20/98	3- 722.5 B. Farrugia	05/24/97
4-	257.5 D. Warriner	02/20/98	170.0 G. Gray	12/07/97	4- 275.0 B. Farrugia	05/24/97	4- 705.0 D. Warriner	02/20/98
	257.5 G. Gray	12/07/97	5- 167.5 M. Goss	05/09/98	5- 265.0 R. McDonald	09/21/97	5- 672.5 G. Gray	12/07/97
6-	235.0 M. Bilz	10/04/97	6- 165.0 D. Warriner	12/12/98	6- 255.0 G. Gray	03/01/97	6- 650.0 R. McDonald	09/21/97
7-	232.5 D. Mitchell	10/04/97	7- 160.0 S. McKenzie	09/14/97	7- 250.0 D. Bolton	09/12/98	7- 627.5 M. Goss	05/09/98
8-	230.0 M. Goss	05/09/98	8- 157.5 R. McDonald	09/21/97	8- 247.5 S. Magistrale	05/09/98	8- 620.0 D. Bolton	09/12/98
9-	227.5 D. Bolton	09/12/98	9- 152.5 M. Chute	05/09/98	9- 245.0 J. Platts	10/25/98	9- 617.5 S. Magistrale	05/09/98
	227.5 R. McDonald	09/21/97	10- 147.5 S. Magistrale	05/09/98	10- 230.0 M. Goss	05/09/98	10- 615.0 D. Mitchell	05/24/97
			147.5 D. Mitchell	10/04/97	230.0 D. Mitchell	10/04/97		
					230.0 M. Bilz	10/04/97		
<b>100kg</b>								
1-	285.0 M. Giffen	09/12/98	1- 230.0 M. Giffen	09/14/97	1- 292.5 M. Giffen	02/14/98	1- 802.5 M. Giffen	05/18/97
2-	277.5 J. Gemmell	05/18/97	2- 177.5 L. Kiss	12/12/98	2- 272.5 M. Kennedy	05/09/98	2- 697.5 T. Hastings	12/07/97
3-	265.0 L. Kiss	12/12/98	3- 175.0 T. Hastings	12/07/97	3- 262.5 S. Chomitz	01/31/98	697.5 J. Gemmell	05/18/97
4-	260.0 T. Hastings	12/07/97	4- 170.0 J. Gemmell	09/12/98	262.5 T. Hastings	12/07/97	4- 695.0 L. Kiss	12/12/98
5-	245.0 S. Chomitz	09/12/98	5- 165.0 S. Chomitz	09/12/98	5- 260.0 J. Gemmell	05/18/97	5- 670.0 S. Chomitz	09/12/98
6-	230.0 S. DiPasquale	12/12/98	6- 160.0 R. Truchon	11/15/98	6- 252.5 L. Kiss	12/12/98	6- 640.0 M. Kennedy	05/09/98
	230.0 B. Dunham	11/15/98	160.0 S. Thornton	09/12/98	7- 250.0 T. Stinchcombe	12/12/98	7- 627.5 T. Stinchcombe	12/12/98
	230.0 M. Kennedy	05/09/98	160.0 J. Neal	05/09/98	250.0 J. Neal	12/12/98	8- 620.0 D. Pedley	05/24/97
	230.0 B. Baresich	05/09/98	9- 157.5 D. Pedley	05/24/97	9- 235.0 B. Lyon	11/15/98	9- 610.0 J. Neal	12/12/98
	230.0 D. Pedley	05/24/97	10- 152.5 T. Stinchcombe	12/12/98	10- 232.5 D. Pedley	05/24/97	10- 605.0 B. Dunham	11/15/98
<b>110kg</b>								
1-	347.5 R. Celio	05/18/97	1- 215.0 R. Celio	05/18/97	1- 325.0 R. Celio	05/18/97	1- 887.5 R. Celio	05/18/97
2-	300.0 N. Singleton	09/12/98	2- 197.5 D. Gratton	03/01/97	2- 305.0 N. Singleton	09/14/97	2- 777.5 N. Singleton	09/12/98
3-	285.0 D. Gratton	05/18/97	3- 195.0 P. Lacelle	10/25/98	3- 285.0 G. Theoret	11/15/98	3- 727.5 D. Gratton	03/01/97
4-	277.5 L. LeBlanc	03/01/97	4- 190.0 H. Weir	07/19/98	4- 270.0 S. Chomitz	12/12/98	4- 695.0 G. Theoret	11/15/98
5-	262.5 T. Anderson	09/12/98	5- 177.5 N. Singleton	09/12/98	5- 252.5 H. Weir	07/19/98	5- 685.0 S. Chomitz	12/12/98
6-	252.5 G. Theoret	02/14/98	6- 170.0 T. Anderson	09/12/98	6- 250.0 T. Anderson	09/12/98	6- 682.5 T. Anderson	09/12/98
7-	247.5 S. Chomitz	12/12/98	7- 167.5 S. Chomitz	12/12/98	7- 247.5 D. Gratton	03/01/97	7- 672.5 L. Leblanc	03/01/97
8-	235.0 M. Glofcheske	10/04/97	8- 162.5 M. Code	05/24/97	8- 245.0 L. LeBlanc	03/01/97	8- 670.0 H. Weir	07/19/98
9-	230.0 P. Lacelle	10/25/98	9- 160.0 G. Theoret	11/15/98	9- 235.0 P. Lacelle	10/25/98	9- 660.0 P. Lacelle	10/25/98
10-	227.5 H. Weir	07/19/98	160.0 M. Glofcheske	10/04/97	235.0 B. Giberson	05/09/98	10- 610.0 M. Glofcheske	10/04/97
	227.5 M. Code	10/04/97			235.0 R. Villeneuve	05/17/97		

**Ontario Powerlifting Association**  
**Top Ten - 2 Years Ending December 31, 1998**

	<u>kg Squat</u>	<u>Date</u>	<u>kg Bench Press</u>	<u>Date</u>	<u>kg Deadlift</u>	<u>Date</u>	<u>kg Total</u>	<u>Date</u>
<b>MEN</b>								
<b>125kg</b>								
1-	307.5 D. Gratton	09/12/98	1- 217.5 D. Gratton	09/12/98	1- 297.5 N. Singleton	05/18/98	1- 790.0 D. Gratton	09/12/98
2-	295.0 R. Celio	03/01/97	2- 192.5 S. Brown	05/18/97	2- 290.0 S. Brown	05/18/97	2- 770.0 R. Celio	03/01/97
3-	287.5 N. Singleton	05/18/98	3- 190.0 R. Celio	03/01/97	3- 285.0 R. Celio	03/01/97	3- 767.5 N. Singleton	05/18/98
4-	272.5 S. Brown	05/18/97	4- 185.0 B. Jolley	10/04/97	4- 272.5 D. Hynes	12/12/98	4- 755.0 S. Brown	05/18/97
5-	260.0 B. Jolley	10/04/97	5- 182.5 R. Silverson	10/25/98	5- 272.5 R. Silverson	10/25/98	5- 700.0 R. Silverson	10/25/98
6-	255.0 T. McIntosh	12/07/97	6- 182.5 D. Hynes	12/12/98	6- 265.0 D. Gratton	09/12/98	6- 690.0 T. McIntosh	12/07/97
7-	245.0 R. Silverson	10/25/98	7- 182.5 N. Singleton	05/18/98	7- 265.0 R. Verkest	12/07/97	7- 682.5 D. Hynes	12/12/98
8-	235.0 R. Verkest	05/24/97	8- 175.0 T. McIntosh	12/07/97	8- 260.0 G. Cosby	12/07/97	8- 675.0 B. Jolley	10/04/97
9-	227.5 D. Hynes	12/12/98	9- 167.5 R. Gazdig	05/09/98	9- 260.0 T. McIntosh	12/07/97	9- 650.0 R. Verkest	12/07/97
	227.5 G. Cosby	12/07/97	10- 157.5 R. Verkest	12/07/97	10- 245.0 R. Gazdig	05/09/98	10- 637.5 G. Cosby	12/07/97
<b>125+kg</b>								
1-	302.5 T. Lyndon	11/15/98	1- 200.0 T. Lyndon	12/07/97	1- 290.0 B. Duguay	05/18/97	1- 780.0 B. Duguay	05/18/97
2-	292.5 B. Duguay	05/18/97	2- 197.5 B. Duguay	05/18/97	2- 285.0 T. Lyndon	05/18/98	2- 775.0 T. Lyndon	05/18/98
3-	270.0 S. Brown	05/18/98	3- 195.0 S. Brown	05/18/98	3- 270.0 S. Brown	05/18/98	3- 735.0 S. Brown	05/18/98
4-	252.5 K. Bartlett	12/07/97	4- 182.5 K. Bartlett	10/25/98	4- 265.0 K. Bartlett	10/25/98	4- 687.5 K. Bartlett	10/25/98
5-	250.0 D. Hoffman	12/12/98	5- 165.0 D. Hoffman	12/12/98	5- 230.0 D. Hoffman	12/12/98	5- 645.0 D. Hoffman	12/12/98
6-	205.0 M. Girouard	05/09/98	6- 110.0 M. Girouard	05/09/98	6- 167.5 M. Girouard	05/09/98	6- 482.5 M. Girouard	05/09/98
<b>WOMEN</b>								
<b>52kg</b>								
1-	80.0 S. McDougall	10/25/98	1- 50.0 S. McDougall	10/25/98	10 105.0 S. McDougall	10/25/98	1- 235.0 S. McDougall	10/25/98
<b>56kg</b>								
1-	70.0 S. McDougall	05/24/97	1- 45.0 S. McDougall	05/24/97	1- 102.5 S. McDougall	05/24/97	1- 222.5 S. McDougall	05/24/97
2-	60.0 B. Power	09/21/97	2- 42.5 B. Power	09/21/97	2- 95.0 B. Power	09/21/97	2- 197.5 B. Power	09/21/97
<b>60kg</b>								
1-	147.5 H. Ayles	03/01/97	1- 72.5 H. Ayles	03/01/97	1- 145.0 H. Ayles	03/01/97	1- 365.0 H. Ayles	03/01/97
2-	102.5 C. Cosby	10/25/98	2- 60.0 C. Cosby	10/25/98	2- 110.0 J. Mattice	12/07/97	2- 262.5 C. Cosby	10/25/98
3-	87.5 J. Mattice	12/07/97	3- 47.5 J. Mattice	12/07/97	3- 110.0 J. Jolkowski	05/24/97	3- 245.0 J. Mattice	12/07/97
4-	82.5 J. Jolkowski	05/24/97	4- 47.5 J. Jolkowski	05/24/97	4- 100.0 C. Cosby	10/25/98	4- 240.0 J. Jolkowski	05/24/97
<b>67.5kg</b>								
1-	167.5 G. Papolis	03/01/97	1- 92.5 G. Papolis	10/25/98	1- 160.0 G. Papolis	10/25/98	1- 417.5 G. Papolis	03/01/97
2-	122.5 S. Squires	12/12/98	2- 65.0 L. Squires	05/09/98	2- 127.5 L. Squires	12/12/98	2- 302.5 L. Squires	12/12/98
3-	100.0 J. Warne	12/12/98	3- 50.0 J. Mattice	05/09/98	3- 115.0 J. Warne	12/12/98	3- 257.5 J. Warne	12/12/98
4-	97.5 J. Mattice	05/09/98	4- 47.5 J. Warne	12/08/96	4- 110.0 J. Mattice	05/09/98	4- 257.5 J. Mattice	05/09/98
<b>75kg</b>								
1-	165.0 U. Kruger	10/25/98	1- 95.0 G. Papolis	05/09/98	1- 187.5 U. Kruger	10/25/98	1- 435.0 U. Kruger	10/25/98
2-	160.0 G. Papolis	05/09/98	2- 87.5 U. Kruger	03/01/97	2- 165.0 G. Papolis	05/09/98	2- 420.0 G. Papolis	05/09/98
3-	80.0 K. Hiltz	05/09/98	3- 45.0 S. Thompson	05/17/97	3- 95.0 K. Hiltz	11/15/98	3- 212.5 K. Hiltz	11/15/98
4-	75.0 S. Thompson	03/07/98	4- 42.5 K. Hiltz	11/15/98	7- 102.5 S. Thompson	07/12/97	7- 210.0 S. Thompson	05/17/97
<b>82.5kg</b>								
1-	125.0 H. Johns	10/25/98	1- 55.0 H. Johns	10/25/98	1- 140.0 H. Johns	10/25/98	1- 320.0 H. Johns	10/25/98

**Ontario Powerlifting Association  
Top Ten - 2 Years Ending December 31, 1998**

<b>90kg</b>	<b><u>kg Squat</u></b>	<b><u>Date</u></b>	<b><u>kg Bench Press</u></b>	<b><u>Date</u></b>	<b><u>kg Deadlift</u></b>	<b><u>Date</u></b>	<b><u>kg Total</u></b>	<b><u>Date</u></b>
1-	112.5 E. Dowd	10/04/97	1- 80.0 E. Dowd	10/04/97	1- 120.0 E. Dowd	10/04/97	1- 312.5 E. Dowd	10/04/97