



Competing in the Masters M3 84-kilogram division, Binbrook's Linda Rousseau set a Canadian mark in the classic squat of 115 kilograms. **SUBMITTED PHOTO**

## Binbrook powerlifter sets Canadian record

MIKE PEARSON  
METROLAND MEDIA

Linda Rousseau, 62, is setting her sights on a world powerlifting record after establishing a national record for her age and weight class at the Canadian Powerlifting and Bench Press Championships in Regina, Sask.

Competing in the Masters M3 84-kilogram division, Rousseau set a Canadian mark in the classic squat of 115 kilograms. The Binbrook grandmother also competed in the equipped bench event, posting a Canadian record lift of 88 kilograms.

In classic weightlifting, unlike equipped events, competitors do not wear compression suits that enable them to lift additional weight. More than 385 of the country's best powerlifters competed at the event from Feb. 15 to 20, in both classic and equipped disciplines.

"Overall, it was a successful meet," Rousseau said. "There were a lot more lifters and a lot more excitement."

Rousseau was actually somewhat disappointed with her bench lift, after arriving late from her flight and competing one day sooner than what was initially scheduled.

"In my practices, my bench was spectacular," she said.

Next up, Rousseau plans to compete with Team Canada at the World Championships, which are being held in Texas this June.

Rousseau, who only began powerlifting in 2011, hopes to turn her Canadian record in the classic squat into a world record.

"I really hope to get the world record this time," she said. "I can move up a bit and I'm still getting stronger."

The International Powerlifting Federation Championships, which include a Masters division, will be held in Killeen, Texas from June 19 to 26.

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