

Championship Results 2003
Ontario Senior & Intermediates
 Sep 20, 2003
 Results: Eric Gagnon

Class	Lifter	Squat	Bench	DL	Total
Seniors					
Women					
82.5kg	Sarah Frankle	120.0	70.0	150.0	340.0
Men					
75kg	Everett Beachey	205.0	157.5	247.5	610.0
	Andrew Demidenko	222.5	130.0	245.0	597.5
	Willie Albert	-	-	-	-
90kg	Rick Morrissette	247.5	162.5	300.0	710.0
	Dave Pigozzo	222.5	140.0	240.0	602.5
100kg	Eric Gagnon	312.5	175.0	270.0	757.5
	Jason Platts	272.5	175.0	270.0	717.5
110kg	Mark Finchio	250.0	170.0	235.0	655.0
	Mike Mangan	-	-	-	-
	Steve Magistrale	-	-	-	-
125kg	Jim Halliday	-	-	-	-
125+	Sean Brown	300.0	235.0	312.5	847.5
	Chris Yantha				

Intermediate

Men

82.5kg	Nicholas Rivard	225.0	137.5	215.0	577.5
	Herb Greenidge	180.0	175.0	215.0	570.0
90kg	Laurie Greenidge	200.0	135.0	200.0	535.0
110kg	Mark Golfcheskie	-	-	-	-
	George Power	285.0	172.5	250.0	707.5
	Nathan Donahue	230.0	175.0	235.0	640.0

Womens Senior

Champion of Champions: Sarah Frankel

Mens Senior

Champion of Champions: Sean Brown

Team: Ottawa Strong

Ontario Intermediates:

Champion of Champions: George Power Jr

Team: Ottawa Strong

2003 Bench Press

December 7, 2003

Results: Lynton Lam

Lifter	Bench	Lifter	
Women		Men	
60kg		100kg	
Cindy Cosby	72.5	Jason Seabrook	175.0
Jane Lessard	67.5	Terry Stinchombe	160.0
		John Giffen	152.5
		Martin Walsh	
Men		110kg	
75kg		Bruce McIntyre	227.5
Everett Beachey	167.5	Mike Goss	182.5
Graig Stinchcombe	145.0	Shaun Roach	182.5
Harnek Singh Rai	100.0	Tim Ekert	180.0
82.5kg		Nathan Donahue	170.0
Laurie Greenidge	130.0	Mark Finochio	65.0
90kg		Mike Mangan	-
Herb Greenidge	162.5		
Jason Master	160.0		
Hoi Leung	160.0	125+kg	
Miroslav Kopnický	150.0	Mark Gloczski	65.0
Tim Jones	147.5	Shawn O'Halloran	252.5
David Pigozzo	145.0	Sean Brown	230.0
Matt Chute	140.0	Wayne White	200.0
Adam Bury	125.0	David Hoffman	155.0
Robert Truchon	130.0	Mike Knott	152.5
Jon Heisel	-		

Best Lifter: Shawn O'Halloran

Best Team: Golden Triangle Powerlifting Club

Announcer: Stan Goss

Score Sheet: Ms. Stinchombe

Referees: Bill Jamison, Gord Cosby, Rick Gadzig

2003 Ontario Junior and Masters*December 7, 2003**Results: Lynton Lam*

Lifter	Squat	Bench	Deadlift	Total
Sub Juniors				
Women				
52kg				
Christine Greenidge	50.0	35.0	70.0	155.0
Sub Juniors Men				
56.0 kg				
Jason Marrenette	102.5	62.5	147.5	312.5
60.0 kg				
Davis Heisel	175.0	92.5	175.0	442.5
67.5 kg				
John Greenidge	85.0	45.0	100.0	230.0
75.0 kg				
Willie Albert	240.0	150.0	260.0	650.0
Jessie Jamison	167.5	95.0	180.0	442.5
125+kg				
Zack Johnson	105.0	100.0	102.5	307.5
Juniors Men				
82.5 kg				
Vince Byrne	215.0	175.0	235.0	625.0
Nicholas Rivard	60.0	145.0	225.0	430.0
90.0 kg				
Joel Davis	190.0	137.5	235.0	562.5
Adam Bury	182.5	125.0	205.0	512.5
Greg Zilberbrant	165.0	145.0	182.5	492.5
110 kg				
Jason Byrne	230.0	172.5	272.5	675.0
Tim Ekert	217.5	190.0	230.0	637.5
Cam Hawkshaw	-	-	-	-
Master I				
67.5 kg				
Frank Nadeau	165.0	130.0	192.5	487.5
75.0 kg				
Harnek Singh Rai	205.0	120.0	192.5	517.5
82.5 kg				
Mike Kelso	185.0	120.0	222.5	527.5
90.0 kg				
Jerry Marenette	247.5	170.0	275.0	692.5
Tim Jones	200.0	152.5	220.0	572.5
Herb Greenidge	100.0	175.0	100.0	375.0
100.0 kg				
Dr Paul Francis	-	-	-	-
110.0 kg				
Steve Chomitz	260.0	195.0	275.0	730.0
Bruce McKenzie	240.0	215.0	275.0	730.0

125.0 kg

Mark Giffen	272.5	257.5	285.0	815.0
Ron Strong	240.0	157.5	275.0	672.5
Rick Gazdig	220.0	155.0	250.0	625.0

125+ kg

Gordon Cosby	205.0	157.5	280.0	642.5
--------------	-------	-------	-------	-------

Masters II**82.5 kg**

Laurie Greenidge	200.0	125.0	210.0	535.0
John Bourgoin	205.0	102.5	192.5	500.0

90.0 kg

Scott Seguin	200.0	160.0	250.0	610.0
--------------	-------	-------	-------	-------

100.0 kg

Peter Perry	240.0	157.5	290.0	687.5
Terry Stinchombe	210.0	160.0	230.0	600.0

110.0 kg

Patrick Hartwick	272.5	150.0	255.0	677.5
------------------	-------	-------	-------	-------

Master III**90.0 kg**

Marvin Kelso	190.0	140.0	192.5	522.5
--------------	-------	-------	-------	-------

100.0 kg

Ray Villeneuve	155.0	112.5	170.0	437.5
----------------	-------	-------	-------	-------

Junior Best Lifter: Willie Albert

Master Best Lifter: Mark Giffen

Junior Best Team: Bell River Powerlifting Club

Master Best Team: London Powerlifting Club

Referees: Bill Jamison, Harnek Singh Rai, Lynton Lam, Perry Lacelle, Sean Brown, Mike Knott, Rick Gazdig, Gord Cosby