

## Local powerlifters post strong results in June competitions

June was a strong month for the Highland Powerlifting Club.

Members of Orangeville-based club successfully competed at the Toronto Super Show at the Metro Convention Centre in downtown Toronto June 1 and 2.

Caledon native Andrew Carnovale earned the silver medal in the 66-kilogram division, while Tom Foley of Orangeville secured the gold in the 120-kg division of the bench press only competition. Orangeville's David McElroy placed eighth in the 83-kg division in his first competition, while Shelburne native Jon Murray placed fifth in the 93-kg division.

Orangeville's Anthony Fenech received the gold medal for his performance in the 93-kg equipped division at the UTM Powerlifting Meet in Mississauga June 15.

Powerlifting is a sport that tests total body strength. Athletes compete in three separate events to achieve a combined three-lift total. The squat requires the lifter to first stand with a weighted barbell across his/her shoulders, then squat down until the hips are below the tops of the knees before standing back up. In the bench press, the lifter lays on a bench and lowers a weighted barbell to the chest and holds it until the referee gives the command to press it back up to arm's length. For the deadlift, competitors simply bend over and grip a weighted barbell, which is resting on the floor, and lift it until they stand completely upright with their shoulders back. All lifts must comply with a strict set of rules and at least two out of three judges must agree that the lift has been properly executed for it to be successful. Competitors are given three attempts to register their highest successful lift in each event, which are added together to record a three-lift total. Final results are determined by ranking the three-lift totals from highest to lowest in each weight division.

The Highland Powerlifting Club was formed in July 2011 and holds open training sessions Saturdays and Sundays between 1 and 3 p.m. at the ACTS Athlete Institute, a world-class facility at Highway 9 and Heart Lake Road. All are welcome to participate and no prior competitive experience is required.

For more information about the Highland Powerlifting Club, contact Charles Banfield at [charles.banfield@sympatico.ca](mailto:charles.banfield@sympatico.ca) or visit the club's Facebook profile page to view competition and training photos and videos.

To view the complete results of the Toronto Super Show or the UTM Powerlifting meet, visit the Ontario Powerlifting Association website at [www.ontariopowerlifting.org](http://www.ontariopowerlifting.org)