

Saturday's Pro highlights included a battle for Canada's top squats in with Al Mehan and Mike Guay both attempting squats over 1100 lbs - Al won with his second squat of 1120 lbs and Mike missed his second of 1100 lbs by one inch on depth. Shany Gilbert a strong 21 year old girl from Montreal Barbell set a new Canadian All-time squat record of 600 lbs, as well as a new Canadian All-time bench record with 424 lbs which also put her 3rd in the All-Time World rankings. In the Bench only, Clint Harwood took back his Canadian All-time bench from Mike Guay who previously took it from Clint with his 810 lb bench. Clint opened with and got the biggest bench in Canada in his first attempt of 826 lbs. which also put him at number 22 in the All-time world rankings. This then set his Anvil team on fire and they stormed in on Sunday in the Amateur men's session getting big lifts and PR's all over the place and Chris Armes edging out Joanick Boilard for the Best Lifter Heavyweight award and a beautiful KATANA Sword donated by Louis Levesque the Canadian TITAN representative.

It was exciting to witness the team spirit of the MOFO team, the ANVIL team and the MONTREAL BARBELL team. We had many returning lifters from last year as well as many new lifters, new to powerlifting and new to the sport. Brad White was one of these new lifters, first time in a meet, he benched 546 lbs raw and then easily benched 575 lbs but didn't wait for the rack call. The atmosphere is what also made this meet alot of fun, with people helping each other, competitors cheering on each other, team mates helping each other and new lifters mixed in with experienced lifters. The presence of Russ Barlow and Steve Smith raised the judging to a world level and made the lifters proud when they achieved there lifts. Bill Crawford of the Metal Militia came up to help handle lifters and help them get their lifts.

The 2011 Canadian Pro/Am Nationals was our most successful meet to date and everyone walked away with a great sense of accomplishment and a great enjoyment for the sport of powerlifting.

Shawna Geraghty-Saldan of Montreal Barbell was Best Lifter Amateur Female with at total of 1069 lbs, 485 kg - with at squat of 402 lbs, bench of 303 lbs and deadlift of 463.8 lbs. at 146 lbs bodyweight.

17 year old Derek Tremblay of MOFO Barbell in Jonquiere, Quebec was Best Lifter Amateur Men lightweight with a total of 574 kg, 1256 lbs (474, 264, 518). Derek, 181 lbs body weight, lifted raw against equipped lifters.

Clint Harwood won the Bench Only contest with his 826 lb bench press, which also earned him the biggest bench in Canada.

In the Pro Division, the top six placings won money as follows:

Allan Mehan, \$2000, 2647 lbs total

Shany Gilbert \$1000, 1466 lbs total
Joel Boulianne of MOFO Barbell, \$500, 1708 lb total , raw
Evan Beyer, \$300, 1763 lbs total
Andrew Kuber, \$200, 1450 lbs total
Jesse LeBlanc, \$100, 1306 lbs total

In the Pro Bench Only, the top three money winners were:

Clint Harwood, \$500, 826 lbs
Allan Mehan, \$250, 760 lbs
Leo Tilli, \$125, 634 lbs