

KING OF THE BENCH

“Ooooh... WHAT A RUSH...!” On November 30th the “East Coast Gym” and “Myron’s” held it’s 2nd annual bench-press contest. I was totally amazed and impressed by the competitors. If you think that this event is for a bunch of air-headed muscle-bound jocks, you are definitely misled. I wanted to go to the competition held last year but for some lame reason, I missed it. Well when I seen the signs posted everywhere this year, I took it as an early christmas present from the big Hulkster in the sky.

If you’re wondering how these people lift the heavy weights that they do, alot of the results come from hard training and the proper healthy diet!

Working on your body is done in the basic manor as working your mind. For most of us we must constantly study in order to get those high grades, well bodybuilders and powerlifters must regularly work out through exercise in order to see any type of gains. It does not necessarily mean that you must weigh between 200 and 250 pounds to work out, it just takes alot of determination, desire and the will to improve. These points are also easily noticeable in many people who want to succeed with their future dreams or goals.

These guys and gals just don’t lie on a bench in the gym and automatically start to push-off and repeatedly lift heavy weight, they must also have a healthy mind accompanied by an attitude that does not involve the words “I can’t” or “lets quit”.

For many people, they get a great joy or satisfaction out of receiving good grades that they have worked hard for. Well I noticed that these “power lifters” were working on the similar system. When they matched or better yet, broke previous records, they got a “rush” of satisfaction. But it didn’t stop there,... they now had to improve on that goal. Athletes are people who are constantly always striving to be better than they currently are. Some people might say that they are stubborn, but what is determination? An unstoppable will to succeed with your present goal will get you alot farther than just sitting there and dreaming or wishing about it.

This was my first ever weight lifting competition that I entered. My main objective was to go down to

Myron’s as an observer and a “rookie” journalist. But no thanks to my good friend, (who also entered the competition) he gave me the confidence that I lacked, so we both ended up in this. I was truly surprised by the competitors who entered this event. There were males and females ranging from the ages of 19 to 40 years old and alot of the competitors were from the island, but a group lifters also came over from Moncton.

This event is split up into two weight classes, for the males they were classed as 185 pounds and under, or 185 pounds and over. And it was an weight open class for the females. The majority of the lifters were males who were over the 185 pound marker. Each lifter was given four chances to lift his or her maximum weight. There were always three “spotters” present to ensure the safety of each individual who attempted a lift in the event that somebody was pinned under the bar and needed help. The people who competed are listed in each weight class first, by their name and then accompanied by the maximum weight that they lifted in pounds.

185 POUNDS AND UNDER WEIGHT CLASS

1st PLACE	Gordie Cameron	352 pds.
2nd PLACE	Ryan Tingman	315 pds.
3rd PLACE	Tillman Gallant	290 pds.
	Charles Dowling	280 pds.
	Ed LaVoie	245 pds.
	Dave Blackburn	240 pds.
	Mike Smith	225 pds.
	Robert Bernard	220 pds.
	Lonnie Buchanon	205 pds.

185 POUNDS AND OVER WEIGHT CLASS

1st PLACE	Alan Brown	375 pds.
2nd PLACE	Graham Bellyea	362 pds.
3rd PLACE	Blair DesRoches	360 pds.
	Terry Adams	340 pds.
	Mike Corrigan	320 pds.
	Tony McGuire	320 pds.
	Greg Tingman	320 pds.
	Tommy Gass	315 pds.
	Alan Gillis	315 pds.
	Terry Larkin	250 pds.
	Shadster Sahley	245 pds.
	Paul Perry	225 pds.

LADIES OPEN WEIGHT CLASS

1st PLACE	Sazanne Buote Costair	166 pds.
2nd PLACE	Kathy Lavandier	157 pds.
3rd PLACE	Karen Watts	120 pds.