



2014 **GNC** OPA Provincial Championships,  
May 30 & 31, 2014, Final Results,  
Metro Toronto Convention Centre,  
255 Front St. W., Toronto, ON.



<b>Mens Physique Masters</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	79	Dennis Beitler	6
2	35	Pierre Belanger	13
3	130	Michael Scuglia	20
4	18	Dave Brown	26
5	157	Lyndon Anderson	28

<b>Mens Physique Short</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	179	Trevor Ryan	7
2	66	Jonathan Harvey	9
3	114	Josephy Fernando	17
4	59	Satar Safi	19
5	176	Cosimo Agostino	26
6	171	Jason Pilon	28
7	14	Brandon Monaghan	36
8	15	Eric Berthiaume	39
9	85	John Phan	46
10	36	Mark Sapala	49
11	160	Arash Fattahi	57
12	121	Scott Girard	61
13	126	Marius Ion	66
14	144	Anton Brajnikov	67
15	130	Michael Scuglia	72

<b>Mens Physique Medium</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	20	Joey Flores	5
2	86	Tyler Johnson	12
3	63	John Panagouli	13
4	78	Mike Riley	23
5	393	Chris Devogel	24
6	119	Collin Mayne	28
7	65	Jason Baker	35
8	107	Yves Morrisson	41
9	149	Ron Charles	44
10	110	Josh Wunderlich	51
11	174	Ron Syllion	55
12	133	Jesse Tubbs	62

13	47	Andrew Loy	66
14	67	Tysen Sunesen	71
15	143	Supreet Paul	75
16	44	Sven Brown	80
16	50	Mark Margiotta	80
16	73	Sabah Benou	80
16	74	Jon Oraha	80
16	81	Amir Ravek	80
16	99	Jordan Geehan	80
16	112	Michael Johnson	80
16	124	Saad Balamane	80
16	154	Joseph Hughes	80
16	188	Zach Lott	80
16	191	Kevin Decloux	80
16	193	Brian Phipps	80
16	337	Jevon Dixon	80
16	352	Burke Boot	80

### Mens Physique Medium Tall

Placing	Competitor #	Name	Total Score
1	23	Darnell Williams	5
2	158	Dan Mrdja	10
3	384	Gab Franchi	15
4	120	Jordan Kewell	20
5	166	Shane Makan	25
6	33	Scotty Lockhart	30
7	195	Chris Marchant	37
8	303	Stanleigh Mitchell	39
9	95	John Paul Belanger	45
10	167	Stephen Doukas	48
11	40	James Atkinson	58
12	192	Rob Waskowski	60
13	68	Nathan Astbury	67
14	122	Zac Gouveia	68
15	12	Patrick Turbide	74
16	164	Massi Sherzay	80

Over-all

### Mens Physique Tall

Placing	Competitor #	Name	Total Score
1	8	Branden Hunter	5
2	70	Michel Diponti	11
3	147	Garrett Boyer	16
4	22	Chris St John	22
4	123	Paul Tehrani	24
6	33	Farouk Timbilla	34
7	55	Pedi Mirdamadi	36
8	151	Niall Traynor	39

9	58	Leroy Alexis	45
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### Junior Fitness Routines A

Placing	Competitor #	Name	Total Score
1	91	Mia Spadaccini	6
2	137	Alanna Lanthier	9

### Junior Fitness Routines B

Placing	Competitor #	Name	Total Score
1	92	Kaitlyn Kennedy	8
2	90	Szilvia Spadaccini	9
3	190	Annika Marshall	22
4	102	Isabelle Racine	24
5	106	Liliane Salem	25
6	129	Alyvia Hurst	28
7	128	Zebia Mouana	29
8	93	Brennah Lynch	37
9	139	Catrina Lanthier	43

### Womens Fitness Short Routine & Presentation

Placing	Competitor #	Name	Total Score
1	395	Marghertia Dibari	5

### Womens Fitness Tall Routine & Presentation

Placing	Competitor #	Name	Total Score
1	392	Meghan White	5
2	220	Kirsten Craig	10

Over-all

### Womens Physique Masters

Placing	Competitor #	Name	Total Score
1	298	Teresa Bragado	5
2	373	Gena Govas	10
3	396	Martha Haug	15
4	313	Eva Varvatsoulis	20
5	386	Tess Moffat	25
6	347	Lisa Hendri	33
7	276	Elise Michaud	34
8	101	Teresa Heron	41
9	136	Lynn Calmeira	43

<b>Womens Physique Short</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	131	Jessica Martin	5
2	316	Jenna Reid	10
3	330	Samantha Antoine	15
4	298	Teresa Bragado	22
5	342	Melanie Lacroix	23
6	396	Martha Haug	30
7	373	Gena Govas	37
8	138	Taylor Nisbet	43
9	386	Tess Moffat	46
10	101	Teresa Heron	47
11	276	Elyse Michaud	51

Over-all

<b>Womens Physique Medium</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	271	Vanessa Rojas	5
2	163	Laura Bryce	13
3	286	Marie Vandusen	14
4	277	Sydney Ma	22
5	313	Eva Varvatsoulis	29

<b>Womens Physique Tall</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	250	Krissy Raines	5
2	370	Amanda Smith	10
3	142	Myriam Paquin	14
4	145	Shannah Roulston	20
5	243	Kristy Adeniyi	25

<b>Womens Masters Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	162	Robin Hillis	5
2	16	Eva Lamb	10

<b>Womens Lightweight Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	71	Sarah Gilmour	5

<b>Womens Middleweight Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	16	Eva Lam	5

<b>Womens Heavyweight Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	162	Robin Hillis	5

Over-all

<b>Mens Junior Heavyweight Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	115	Chris Bumstead	6
2	37	Regan Grimes	9
3	94	Adam Beveridge	17
4	161	Taylor Paquette	18
5	127	Dakota Wilcox	25

<b>Mens Masters Lightweight Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	159	Jason Barkley	5
2	194	Dwight Nelson	10
3	17	John Yanyk	15

<b>Mens Masters Middleweight Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	45	Danny Ciccirillo	5
2	125	Richard Gayle	12
3	252	Voytek Maciejko	13
4	54	Frank Gimondo	20

<b>Mens Masters Heavyweight Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	177	Adam Headland	5
2	51	Darrell Jackson	10
3	84	Jonathan Heron	15
4	165	Todd Danforth	20
5	134	Eustace Abraham	25
6	46	Darren Ivins	30
7	62	Allen Hernandez	35
8	150	Paul Clement	40
9	69	Philip Mihalus	46
10	34	Mark Heathcote	49

Over-all

<b>Mens Grandmaster Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	21	Doug Derma	7
2	49	Larry Wright	8
3	130	Michael Scuglia	15
4	189	John Reid	21
5	98	Joseph Turry	24
6	87	Joseph Walker	32
7	132	Tom Weaver	33

<b>Mens Bantamweight Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	13	John Mai	5

<b>Mens Lightweight Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	26	Jose-Agustin Campos-Reales	7
2	39	Patrick Yule	8
3	117	Holly Dorman	15
4	11	Greg Leavitt	20
5	42	James Cameron	25
6	185	King Ian David	30

<b>Mens Welterweight Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	60	Nader Halabi	5
2	21	Doug Derma	10
3	156	Brandon Medak	15
4	100	Anthony Fonzo	20
5	72	Ninos Sarkis	25
6	25	Jorge Tigse	30
7	27	Blake McQuattie	36
8	155	Dennis Angileri	39
9	169	Ramon Fodor	46
10	41	Paul-Henri Proulx-Begin	49
11	130	Michael Scuglia	56
12	159	Jason Barkley	59

**Mens Light Middleweight Bodybuilding**

<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	152	Stephan Smith	6
2	24	Todd Coulombe	12
3	148	Salim Sagar	13
4	170	Kyle Atkinson	20
5	19	Angelo De Lavinias	26
6	32	Hamid Noorouzi	36
7	96	Kevin Catenacci	37
8	104	Marc-Andre Dauth	38
9	77	Scott Sinfield	41
10	64	Zoltan Sandor	43
11	3	John Poste	55
12	113	Tyler Trenholm	60

**Mens Middleweight Bodybuilding**

<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	53	Graham Miller	5
2	57	Lloyd Costello	12
3	28	Scott Doucette	14
4	4	Brandon Mendoza	20
5	43	Aloysius Williams	25
6	125	Richard Gayle	31
7	2	Andrew Eisen	32
8	31	Raymond Ong	43
9	160	Arash Fattahi	45
10	7	Richie Keirouz	47
11	141	Kyle Blake	55
12	146	Dallas Massey	61
13	108	Ukelabuchi Tabele	64
14	252	Voyek Maciejko	70
15	5	Stephen Ryan	75

<b>Mens Light Heavyweight Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	9	Rob Graham	6
2	10	Jason Green	9
3	173	Rob Simpson	15
4	111	Brandon Corbett	22
5	84	Jonathan Heron	25
6	181	Ben Bell	31
7	29	Leonard Trani	40
8	175	Steve Gauthier	41
9	161	Taylor Paquette	42
10	172	Ian Gutpell	46
11	321	Charles Dubuc	56
12	56	Shane Roberts	63
13	165	Todd Danforth	67
14	182	Mike Manlen	68
15	168	Matt McLean	72
16	186	Lorenzo Parete	80
16	150	Paul Clement	80
16	98	Joe Ph Turry	80

<b>Mens Heavyweight Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	118	Hassan Jamma	6
2	37	Regan Grimes	12
3	76	Marc Grondin	13
4	115	Chris Bumstead	20
5	52	Jo Del Gobbo	23
6	1	Jonathan Dernck	31
7	51	Darrell Jackson	37
8	82	Ryan Hawkes	40
9	183	Adolph Quoida	44
10	6	Michael Sanita	48
11	83	Joe Alves	55
12	105	Antonio Rattray	60
13	187	Billy Pope	67
14	109	Noah Hamilton	69
15	97	Amey Cody	75
16	30	Chris Colomvakos	80
16	38	Gus Minor	80
16	48	Gbenga Adeniyi	80
16	61	Alessandro Didone	80
16	75	Keith Williams	80
16	88	Danny Kairouz	80
16	103	Colin LaForge	80
16	178	Stas Mazur	80
16	238	Jaxx Tiernan	80



<b>Mens Super Heavyweight Bodybuilding</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	116	Iain Valliere	5
2	135	John Marlon	10
3	89	Adrian Iesev	15
4	134	Eustace Abraham	20
5	153	Ali Saharkhiz	25
6	80	Alen Mujawovic	30
7	180	Derek Martins	35

Over-all

<b>Figure Masters Short</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	308	Helen Coutts	9
2	359	Carla Torchia	11
3	228	Karen Moore	14
4	336	Natalie Ricard	22
5	215	Emmanuela Pintus	24
6	324	Yolanda Rosato	31
7	234	Kate Kersey	37
8	249	Ella Proksch	38
9	282	Bonnie Maine	43
10	206	Beverly Goldchuk	56
11	276	Elyse Michaud	57
12	361	Tammy Spicer	61
13	386	Tess Moffat	63
14	267	Susan Anderson	67
15	266	Shannon Jackson	71
16	225	Sonia Lourenco	76

Over-all

<b>Figure Masters Medium</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	322	Sally Forse	6
2	286	Marie Van Dusen	13
3	379	Jody Mullen	14
4	201	Lydia Paquin	20
5	383	Suzanne Oesterle	21
6	317	Jessica Valliancourt	30
7	239	Leslie Rotella	35
8	211	Deborah Givenrod	41
9	245	Catherine Bissonnette	44
10	231	Nada Gualtieri	49
11	328	Petroula Zaikos	55
12	209	Connie Baker	61
13	236	Helen Petras	66
14	233	Janet Hocevar	72
15	210	Mary Dinner	74

<b>Figure Masters Tall</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	289	Katherine Glen	7
2	270	Monika Kaczmariski	8
3	202	Maribeth Ryan	18
4	341	Angy Dauth	19
5	240	Ruby Zinsmeister	24
6	265	Renata Fournier-Belanger	29

<b>Figure Grandmasters</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	308	Helen Coutts	5
2	282	Bonnie Maine	11
3	346	Heather Sills	14
4	206	Beverly Goldchuk	20
5	276	Elyse Michaud	25
6	265	Renata Fournier-Belanger	30
7	233	Janet Hocevar	35
8	245	Catherine Bissonette	40
9	236	Helan Petras	46
10	196	Linda Gough	54
11	386	Tess Moffat	56
12	210	Mary Dinner	58
13	262	Martha Phillips	67
14	275	Millicent Prince	72
15	388	Vivian Guerriero-Kehoe	74

<b>Figure 1</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	205	Nimual Ivins	7
2	247	Sarah Huxter	11
3	298	Teresa Bragado	14
4	208	Mandy Chan	20
5	345	Kristina Kulik	28
6	281	Lori Clemente	31
7	267	Susan Anderson	32
8	225	Sonia Lourenco	39

<b>Figure 2</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	344	Chantel Phillips-Robinson	7
2	261	Tiffany Doorbal	12
3	268	Kelsey Irving	14
4	308	Helen Koutts	20
5	249	Ella Proksch	25
6	251	Tracy Blakely	30

7	256	Desirae Heine	36
8	131	Jessica Martin	38
9	295	Rachel Presley	46
10	400	Mandy Squires	55
11	324	Yolanda Rosato	56
12	309	Sarah McNaughton	60
13	234	Kate Kersey	64
14	276	Elyse Michaud	65
15	222	Belinda Brown	71
16	266	Shannon Jackson	80
16	366	Ashley Maeda	80

**Figure 3**

Placing	Competitor #	Name	Total Score
1	219	Alejandra Diaz Mercado	7
2	228	Karen Moore	9
3	359	Carla Torchia	17
4	361	Tammy Spicer	18
5	215	Emmanuela Pintus	25
6	392	Meghan White	29
7	204	Carissa Beck	38
8	356	Danya Tobin	40
9	258	Tina Salicco	46
10	230	Falyn Day	48
11	389	Brittany Lauzon	56
12	314	Jessica Park	59

**Figure 4**

Placing	Competitor #	Name	Total Score
1	322	Sally Forse	6
2	292	Martine Dupont	9
3	383	Suzanne Oesterle	16
4	319	Dana Unick	21
5	379	Jody Mullen	27
6	271	Vanessa Rojas	31
7	317	Jessica Vallincourt	32
8	280	Katie Tayler	42
9	382	Amanda Schmidt	43
10	286	Marie Vandusen	49
11	201	Lydia Paquin	55
12	236	Helen Petras	60
13	209	Connie Baker	65
14	273	Amanda Snooks	70

<b>Figure 5</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	371	Laura Stewart	6
2	216	Rachel Palvetzian	12
3	242	Ashley Pacht	13
4	305	Francesca McKenzie	21
5	283	Zsuzanna Bajzat	24
6	245	Catherine Bissonnette	29
7	265	Renate Fournier-Belanger	36
8	328	Petroula Zaikos	41
9	223	Melissa Leffelhoc	45
10	341	Angy Dauth	48
11	257	Samantha Donaldson	55
12	310	Jana Vezina	58

Over-all

<b>Figure 6</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	197	Charlot Clarke	7
2	260	Carlie Phillips	8
3	270	Monika Kaczmarski	15
4	248	Nadine Hyatt	20
5	299	Kate Keigan	25
6	240	Ruby Zinsmeister	32
7	202	Maribeth Ryan	35
8	269	Tiffany Campbell	38
9	275	Millicent Prince	45

<b>Bikini Masters Short</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	348	Lucy Kim	5
2	212	Hanna Hart	10
3	349	Denny Frattaroli	15
4	369	Roxanne Mark	22
5	217	Melanie Couperus	24
6	326	Rosanne Neddo	30
7	237	Tracey Tink	35
8	300	Lynn Lebrun	39

Over-all

**Bikini Masters Tall**

Placing	Competitor #	Name	Total Score
1	317	Jessica Vaillancourt	7
2	320	Sevy Mavrantzas	11
3	323	Lisa Theriault	12
4	301	Suzzane Terpstra	22
5	377	Jessica Damphouse	23
6	325	Yolando Chambers	33
7	376	Janine Hayes	34
8	232	Nichelle Laus	42
9	357	Michelle Voegelin	44
10	296	Sarah Downs	49
11	391	Sue Telfer	56
12	329	Sylvie D'Aoust	60
13	378	Natasha Clark	64
14	259	Julie Bodony	70
15	331	Shelley Hunter	77
16	272	Lee-Anne Bell	78
16	374	Ethel Craft	80

**Bikini 1**

Placing	Competitor #	Name	Total Score
1	198	Mai Tran	5
2	213	Kim Do	10
3	365	Kawin Li	15
4	247	Sara Huxter	20
5	254	Michelle Crane	25
6	288	Lisa Delahaye	30
7	375	Natasha Avila	35

**Bikini 2**

Placing	Competitor #	Name	Total Score
1	334	Kaitlyn Watson	5
2	381	Kathleen Eggleton	12
3	367	Rafaella Polovynkina	14
4	253	Ksenia Chezar	20
5	199	Natalie Gagnon	24
6	261	Tiffany Doorbal	32
7	338	Rush James	35
8	256	Desirae Heine	43
9	353	Nicole Nelson	44
10	217	Melanie Couperus	51
11	368	Lindsey Walsh	54

<b>Bikini 3</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	229	Stacy de Silva	5
2	297	Alex Cane Bolstad	10
3	315	Samantha Alston	15
4	307	Tasha Star	20
5	218	Courtney Willett	25
6	226	Rima Hajjaj	32
7	214	Laura Hughes	36
8	362	Gina Switzeny	42
9	235	Ashley Warboys	43
10	291	Laura Gray	46
11	348	Lucy Kim	57
12	387	Claudia Scali	58
13	304	Tiziana Temple	65
14	360	Shari Harrison	68
15	349	Denny Frattarolli	75

Over-all

<b>Bikini 4</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	390	Katie Reid	5
2	290	Ashley Thomasina Boot	13
3	343	Briegha Birkof	14
4	364	Nicole Ho-Sang	19
5	372	Breanne Schroder	25
6	355	Aly Lepkey	30
7	227	Jahnna Adjodha	36
8	320	Sevy Mavrantzas	39
9	200	Diana Hegedus	45
10	311	Melissa Brazeau	50
11	306	Jennifer Watt	59
12	350	Jessica Tarnawski	62
13	279	Jade Cook	69
14	264	Dana Bell	70
15	354	Kira Ciancone	71
16	385	Erica Leslie	73
16	241	Taylor Murray	80
16	274	Carolyn Alves	80
16	285	Janet Badel	80
16	302	Krista Coutu	80
16	323	Lisa Theriault	80
16	339	Katie Evans	80
16	357	Michelle Voegelin	80

<b>Bikini 5</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	351	Evelyn Mihaly	5
2	327	Faye Corbette	12
3	242	Ashley Pacht	13
4	380	Kim Ly Nguyen	20
5	340	Nina Samimy	23
6	332	Diellah Jules	31
7	333	Abby Pollock	35
8	287	Victoria Genoch	40
9	203	Riki-Lee Saleron-Steinwall	45
10	255	Alexandra Booth	50
11	305	Francesca McKenzie	57
12	207	Chaylene Thompson	62
13	284	Karly Smith	63
14	221	Elena Soloveva	71
15	244	Stephanie Merli	73
16	376	Janine Haynes	80
16	223	Melissa Leffelhoc	80

<b>Bikini 6</b>			
<b>Placing</b>	<b>Competitor #</b>	<b>Name</b>	<b>Total Score</b>
1	224	Christina Barrett	7
2	293	Dea Gravelle	9
3	312	Emiee Farmer	15
4	394	Alyson Elizabeth	20
5	294	Torrence Petit	27
6	278	Marie Esper	32
7	246	Jade Mya	37
8	318	Alysha Mills	38
9	263	Robin Prest	47
10	335	Nneka Ezurike	50
11	325	Yolando Chambers	57
12	378	Natasha Clark	58
13	363	Giselle Curcio	62
14	391	Susan Telfer	67