Souris Spartans Powerlifting Chronology
2008 - 2014

2008 Canadian Championships (Moose Jaw, SK)
Dan MacInnis: Men’s Junior 100 Kg Silver Medalist
Canadian Records: 1

2008 IPF World Championships (Potchefstroom, South Africa)
Dan MacInnis:
6th Place: Men’s Junior 100 Kg Division
IPF World Ranking: 53rd

2009 Canadian Championships (St Catherines, ON)
Dan MacInnis: Men’s Junior 100 kg Silver Medalist

2010 Provincial Championships (Charlottetown, PEI)
Rebecca Chapman: Women’s Sub Junior 67.5 Kg Champion
Women’s Sub Junior Overall Champion

Candice McIntosh: Women’s Sub Junior 75 Kg Champion

Kyler Burke: Men’s Sub Junior 90 Kg Silver Medalist

Nathan Conway: Men’s Junior 110 Kg Champion

2010 Canadian Championships (Quebec City, QC)
Kyler Burke: Men’s Sub Junior 93 Kg Silver Medalist

Nathan Conway: Men’s Junior 110 Kg Bronze Medalist
2011 PEI Provincial Championships (Souris, PEI)

Rebecca MacPhee: Women’s Sub Junior 43 Kg Champion
   Women’s Sub Junior Overall Champion
   Canadian Records: 3

Nelly Leslie: Women’s Sub Junior 63 Kg Champion
   Canadian Records: 2

Rebecca Chapman: Women’s Sub Junior 72 Kg Champion
   Canadian Records: 3
Kurtis McCormack: Men’s Sub Junior 59 Kg Champion
   Canadian Records: 1

Jonathan Gallant: Men’s Sub Junior 83 Kg Champion

Zachary McCormack: Men’s Sub Junior 105 Kg Champion

Nathan Conway: Men’s Junior 120 Kg Champion

Larry LeBlanc: Men’s Masters II 105 Kg Champion
   Canadian Records: 2

2011 Canadian Championships (Charlottetown, PE)

Rebecca MacPhee: Women’s Sub Junior 43 Kg National Champion
   Women’s Sub Junior Overall Champion
   Canadian Records: 3

Rebecca Chapman: Women’s Sub Junior 72 Kg National Champion
   Canadian Records: 4

Nelly Leslie: Women’s Sub Junior 63 Kg National Champion
   Canadian Records: 3

Jonathan Gallant: Men’s Sub Junior 83 Kg National Champion
   Canadian Records: 3
Kurtis McCormack: Men’s Sub Junior 59 Kg National Champion

Nathan Conway: Men’s Junior 120 Kg Silver Medalist

Zachary McCormack: Men’s Sub Junior 105 Kg Bronze Medalist
Canadian Records: 1

Alex Fitzpatrick: Men’s Sub Junior 83 Kg, 7th place

Larry LeBlanc: Men’s Masters II 105 Kg, 4th place

2011 IPF World Championships (Moose Jaw, SK)

Rebecca MacPhee:

Silver Medalist: Women’s Sub Junior 43 Kg Division
Squat: Silver Medal
Bench: Gold Medal (Three Lift World Champion)
Deadlift: Silver Medal

Canadian Records: 3
Commonwealth Records: 1
IPF World Ranking: 6th

Nelly Leslie:

6th Place: Women’s Sub Junior 63 Kg Division

Canadian Records: 5
Only Women’s Sub Junior Division 9/9 competitor
IPF World Ranking: 70th

Kurtis McCormack:

6th Place: Men’s Sub Junior 59 Kg Division

Canadian Records: 1
IPF World Ranking: 67th
2012 PEI Provincial Championships (Charlottetown, PEI)

Rebecca Chapman: Women’s Equipped Sub Junior 72 Kg Champion
       Women’s Equipped Sub Junior Overall Champion

Courtney Dill: Women’s Equipped Sub Junior 72 Kg Silver Medalist

Matthew LaPierre: Men’s Classic Sub Junior 74 Kg Champion

Sean Fitzpatrick: Men’s Classic Sub Junior 83 Kg Champion

Zachary McCormack: Men’s Equipped Sub Junior 105 kg Silver Medalist

2012 Canadian Championships (Calgary, AB)

Rebecca Chapman: Women’s Equipped Sub Junior 72 Kg Silver Medalist
       Canadian Records: 5

Courtney Dill: Women’s Equipped Sub Junior 63 Kg National Champion
       Canadian Records: 5

Zachary McCormack: Men’s Equipped Sub Junior 105 Kg National Champion
       Canadian Records: 3

Sean Fitzpatrick: Men’s Classic Sub Junior 74 Kg Silver Medalist

Matthew LaPierre: Men’s Classic Sub Junior 74 Kg Bronze Medalist
2012 IPF World Championships (Szczyrk, Poland)

Rebecca Chapman

Silver Medalist: Women’s Sub Junior 72 Kg Division

Bench: Gold Medal (3 lift World Champion)
Deadlift: Bronze Medal

Canadian Records: 9 (Sub Junior 5 + Junior 4)
Commonwealth Records: 6
IPF World Ranking: 41st

Courtney Dill

6th Place: Women’s Sub Junior 63 Kg Division

Zachary McCormack

Bronze Medalist: Men’s Sub Junior 93 Kg Division

Squat: Silver Medal
Deadlift: Silver Medal

Canadian Records: 3
Commonwealth Records: 1
IPF World Ranking: 70th

2013 PEI Provincial Championships (Souris, PEI)

(Equipped)

Courtney Dill: Women’s Sub Junior 63 Kg Champion
Women’s Sub Junior Overall Champion
Canadian Records: 8 ( 5 Sj + 4 Jr)

Sean Fitzpatrick: Men’s 83 Kg Sub Junior Champion
Courtney Dill: Women’s Sub Junior 72 Kg Champion  
Canadian Records: 5 (NSPLA May/13)

Cara MacKenzie: Women’s Sub Junior 72 Kg Silver Medalist  
Canadian Records: 5 (PEIPLA Jan/13)

Zachary Acorn: Men’s Sub Junior 74 Kg Champion

Tyler Rose: Men’s Sub Junior 83 Kg Champion

Calvin Mooney: Men’s Sub Junior 93 Kg Champion

Colin Peters: Men’s Sub Junior 105 Kg Champion

Ben MacNeill: Men’s Sub Junior 120 Kg Champion  
Canadian Records: 10 (5 Sj + 5 Jr)

Graham Leslie: Men’s Junior 120 Kg Champion

Nathan Conway: Men’s Junior 120 Kg Silver Medalist  
Canadian Records: 1

2013 Canadian Championships (Richmond, BC)

Courtney Dill: Women’s Equipped Sub Junior 63 Kg National Champion  
Canadian Records: 8 (5 Sj + 3 Jr)

Sean Fitzpatrick: Men’s Equipped Sub Junior 93 Kg National Champion

Cara MacKenzie: Women’s Classic Sub Junior 72 Kg National Champion  
Canadian Records: 5

Zachary Acorn: Men’s Classic Sub Junior 74 Kg National Champion

Tyler Rose: Men’s Classic Sub Junior 83 Kg National Champion  
Canadian Records: 10 (5 Sj + 5 Jr)
Calvin Mooney: Men’s 93 kg Sub Junior Classic National Champion

Ben MacNeill: Men’s Classic Sub Junior 120 Kg National Champion
National Records: 10 (5 Sj + 5 Jr)

2013 IPF World Championships (Killeen, Texas USA)

Courtney Dill

5th Place: Women’s Sub Junior 63 Kg Division
Deadlift: Bronze Medalist
Canadian Records: 4
Commonwealth Records: 5
IPF World Ranking: 48th

2014 Canadian Championships (St Catherine’s ON)

Cara MacKenzie: Women’s Classic Sub Junior 72 Kg National Champion
Canadian Records: 1

Summary of Accomplishments:

IPF World Championship Competition

(11) IPF World Championship Medals
(8) Team Canada Sub Junior / Junior World Championship Athletes
(1) Team Canada Sub Junior / Junior World Championship Team Canada Head Coach
(1) Team Canada Sub Junior / Junior World Championship Team Canada Manager
(2) IPF Sub Junior Female Bench Press World Champions (3 Lift)
(2) IPF World Sub Junior Championship Gold Medalists
(5) IPF World Championship Sub Junior Silver Medalists
(4) IPF World Championship Sub Junior Bronze Medalists

(1) Women’s Sub Junior Division 9/9 World Championship Lifting Performance

**Commonwealth Nations Competition**

(12) Commonwealth Women’s Sub Junior Records

(1) Commonwealth Men’s Sub Junior Record

**Canadian Championship Competition**

(15) National Sub Junior Champions

(1) Women’s Sub Junior Overall National Champion

(5) National Sub Junior Silver Medalists

(2) National Junior Silver Medalists

(3) National Sub Junior Bronze Medalists

(2) CPU Female Bench Press Athlete of the Year

**2011**: Rebecca MacPhee, 2011 IPF World Sub Junior Championship Gold Medalist

**2012**: Rebecca Chapman, 2012 IPF World Sub Junior Championship Gold Medalist

(128) National Records

**Provincial Championship Competition**

(20) Sub Junior Champions

(4) Sub Junior Silver Medalists

(3) Women’s Sub Junior Women’s Overall Champions

(1) Men’s Sub Junior Overall Champion

(1) Men’s Master II Champion