

Thompson, Sarah

# Six more world records for Belleville's 'granny'

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By **Ady Vos**

**THE INTELLIGENCER**

At the age of 82, Belleville's Sarah Thompson shows no signs of slowing down.

Thompson, who has won enough trophies and medals to fill a mini-van, was at it again last week at the 10th World Cup Powerlifting championships for the disabled in the Netherlands.

Thompson, competing in the Masters Division, set six new world records. With her victory Thompson is now the only person to have 10 World Cup championships.

At the Netherlands competition, as a member of the Canadian disabled team, Thompson set three world marks in the dead lift, two in the bench press and one in total lift.

"I could have set a record in the squat but my knee is still a little tweaky so I took it easy," said Thompson.

Thompson, blind since a stroke in the mid-1970's, trains regularly at the Apollo Barbell Club under the guidance of Bob Walt.

At the World Cup in the Netherlands Thompson had a total lift of 347-pounds, a dead lift of 176-pounds, a bench of 77-pounds and a squat of 93-pounds.

Thompson won her first Canadian championship in 1987 then three years later she set a world record at a meet in California.

She won the world championship in Perth, Australia in 1991 and she's been on top ever since.

Thompson, who was inducted into the Belleville Sports Hall of Fame in 1987, owns Canadian records in blind Masters in the 3,000m, 100m, shot put, discus, javelin and long jump.

In powerlifting, which she began in 1984, Thompson also is the holder of every Canadian record in her division.

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