



SARAH THOMPSON
...powerlifter

Thompson establishes new marks in powerlifting

OTTAWA-The records keep piling up for Sarah Thompson.

Competing at the World Powerlifting championships for the Blind, Thompson set two new world records plus broke a third.

Despite those achievements Thompson says the best is yet to come.

"I can do better but you always have to leave the door open for the next meet," said Thompson. The next meet is slated for Indianapolis, Indiana in June when Thompson will compete in the United States American Blind Athletes Summer National championships.

In Ottawa, Thompson set new records in the squat (90kg) and bench (47.5kg) while also establishing a world best in the dead lift (110kg) in the Women's Masters Division.

All three lifts were personal bests in a sanctioned competition but Thompson says she can, and will, do better.

"I was nervous at first. It was a long day for us. We were up for the meet at 6:30 a.m. but we didn't lift until 4:30 p.m. I had a lot of butterflies by that time," she said.

For the past four years Thompson has been training twice a week at the Apollo Barbell Club under the direction of Bob Walt.

"He's a good coach. He's always pushing me to do better. He was right there with me on my lifts," Thompson said.