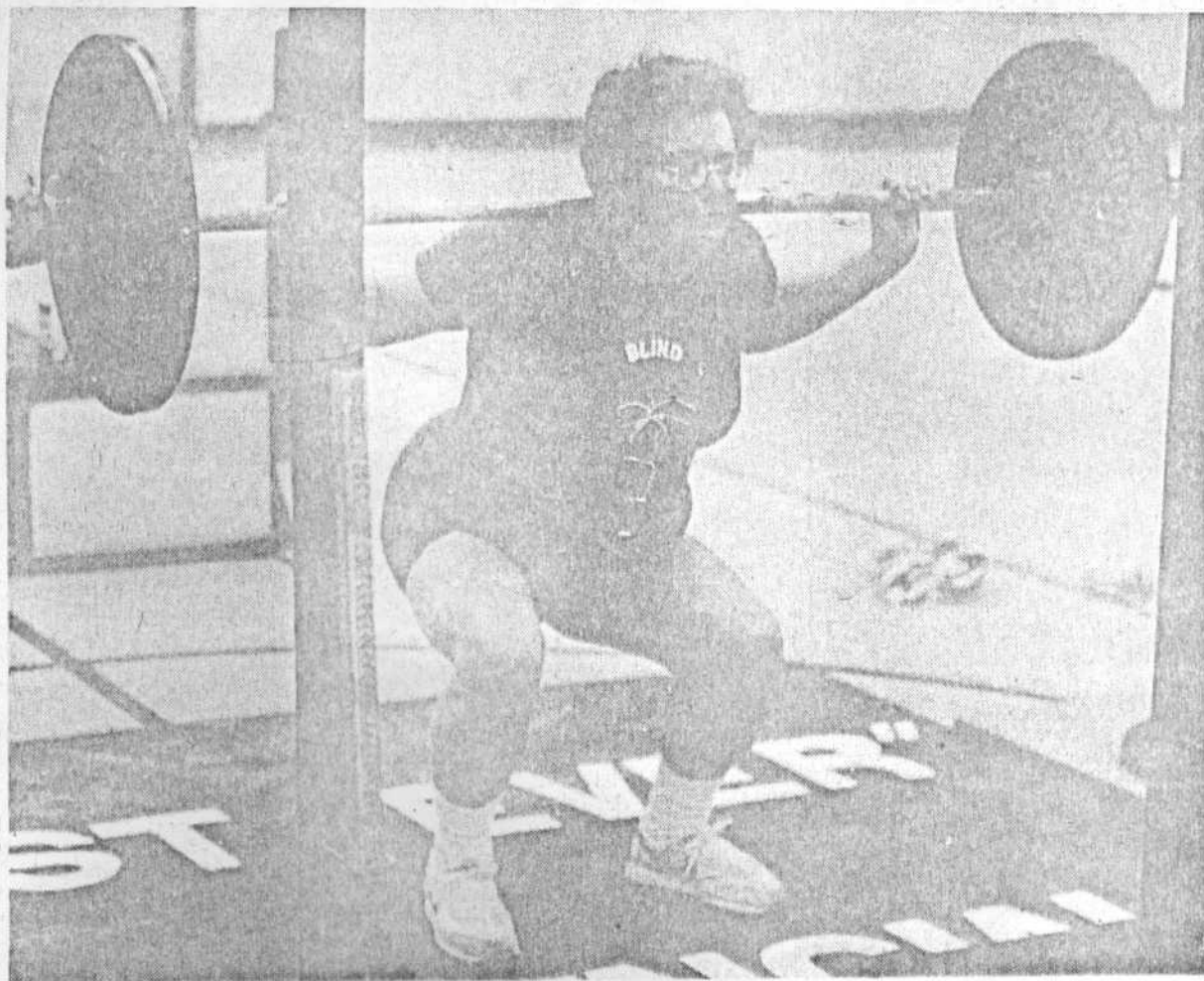


Credits Belleville coach Bob Walt

# Thompson continues to set world marks



Belleville's Sarah Thompson set three world records and three Canadian records competing in the Blind

Masters division at the National Games for the Blind last weekend in Mississauga. Thompson heads to

New Mexico for the U.S. championships.

(Photo by Brian O'Meara)

BY ADY VOS  
Sports staff

Sarah Thompson has little left to prove but she says she has no plans to stop competing in power lifting and track and field events.

Thompson, competing in the Masters divisions at the Canadian National Games for the Blind in Mississauga, set three world records plus three Canadian records last weekend.

"I've gotten into this (competing) so deep that I can't stop now," says Thompson who set the three world records in rather easy fashion in the power lifting event.

Thompson had a squat of 85 kg (187 pounds) a bench press of 50kg (110 pounds) and a deadlift of 105 kg (231 pounds) for a 529 pound total. The total plus the squat and deadlift were all new world records.

Although Thompson admits she was "really surprised" by her per-

formance she know she could have done even better.

"I can lift more in each category, I know I can, but I'm holding back for New Mexico (where the United States National championship will be held next year)."

Thompson gives much of the credit for her record setting performances to her coach, Bob Walt of the Apollo Barbell Club.

"I don't think there's anyone who can hold a candle to him," says Sarah. "He trains just right so you don't peak too soon or too late." Thompson has been training twice a week with Walt for the past two years.

While Thompson set new world records in the power lifting event she settled for new Canadian records in three field events.

Thompson won the shot put, discus and javelin setting a Canadian record in each event.

With no major competitions slated until sometime next year Thompson said she would occupy herself by working out at the track and gym while mixing in some cross-country skiing. She says she might even take up the game of golf.

"I'm not going to stop, I just have to keep active," she says.

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