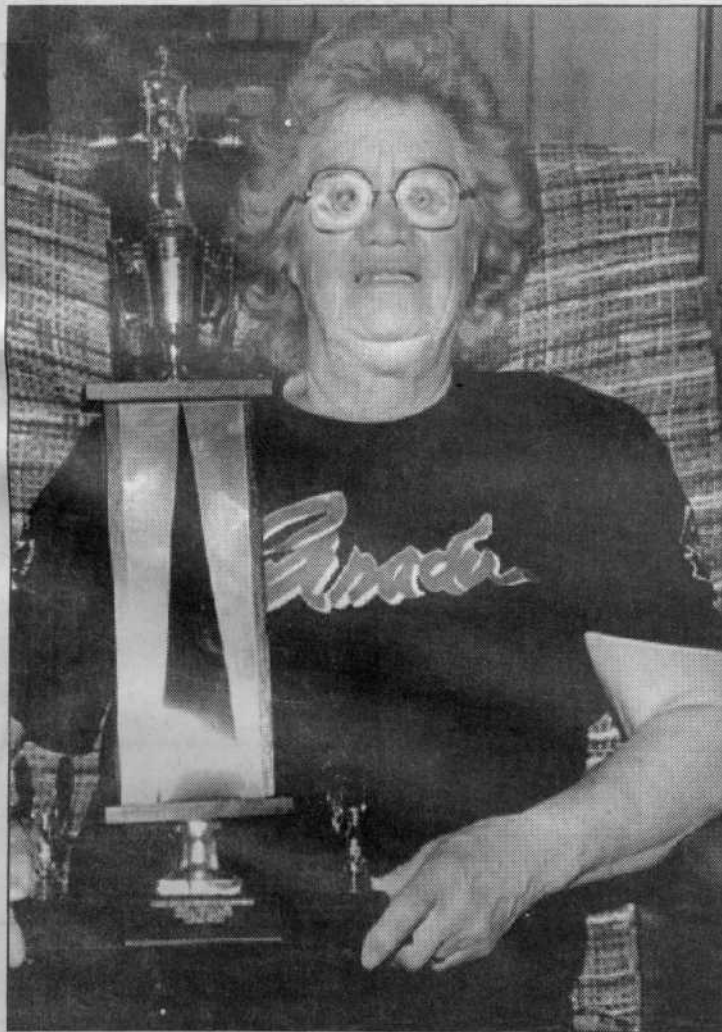


Powerlifting championships

# Thompson does it again



Sarah Thompson with her latest prize

## 3 gold medals for Sarah in Australia

Winning power lifting championships has become routine for Belleville's Sarah Thompson.

Despite being almost twice as old as some of her competitors Thompson won three gold medals at the World Powerlifting championships for the blind in Perth, Australia.

Thompson, a young 72 years of age, added to her extensive trophy collection by winning the deadlift, squat and bench press at the championships.

Standing 5'4" and weighing in at 166 pounds, Thompson won the squat with a lift of 87.5 kilograms (192.5 pounds), the bench (45kg, 99lbs.) and deadlift (117.5kg, 259lbs.).

Competing against 21 other athletes Thompson was the star of the show in Australia.

She owns provincial, Canadian, U.S. and world records in power lifting, although she didn't even begin lifting weights until seven years ago.

Thompson turned to sports 16 years ago when she lost her sight following a stroke.

She first began competing in track and field events (winning gold medals along the way) 10 years ago but then switched to weightlifting.

After pumping iron for a year Thompson began competing internationally. She's competed throughout Canada and the United States as well as Mexico, and Australia.

She works out twice a week at the Apollo Barbell Club and credits her coach Bob Walt for much of her success.

"I work one-on-one with Bob. He's my private coach. Most people aren't fortunate enough to have someone work with them one-on-one all the time. It's certainly been a big help to me," says Thompson.

To compete in Australia Thompson had to spend over \$2,000 of her own money.

She says she wouldn't have been able to compete had it not been for the efforts of the Belleville Lions Club.

"They certainly helped me out financially. Without them I couldn't have gone to Australia," said Thompson.

Thompson says she has considered retiring a few times "but somebody always knocks some sense into me and I keep at it," she says.

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