

Novice Weightlifter

Jenny Foote

“If you can dream it, you can do it.”

Growing up in Port Hope, Jenny Foote was aware of the feats of strongman Kevin Fast, and like most of us admired them. But that was as far as it went - at first.

Jenny attended Port Hope High School, participating in the usual sports, and then went west to attend Briercrest College and Seminary in Caronport, Saskatchewan. There she earned a Bachelor of Arts degree in Christian Ministry.

Back in Port Hope, Jenny learned that good friend Bud Tinny had established a gym for training in strength and conditioning. **She decided to give it a try** and hasn't looked back since.

On December 12, 2015, at age 36, she entered her first weight lifting competition at the Holiday Open at Bayside Secondary School in Belleville, Ontario. **It was an amazing inaugural debut** as she hit all six of her lifts competing in the 75+ Kilo Masters Ladies Division.



In the competition you get three tries at two different styles of lift. Jenny got three out of three on the Snatch, where the barbell is lifted from floor to overhead in one motion. She also got three out of three on the Clean-and-Jerk where the barbell is lifted partially up, the stance is shifted and the barbell is lifted overhead.

In both kinds of lift **she set personal bests, and set a Provincial record** in her division with a combined weight lift in the two styles of 122 kilograms (269 pounds).

That's a great start, and training two hours per day, Monday through Friday, Jenny has high hopes for further success, though maybe not pulling trains!

