

Moffitt achieves ?elite? weightlifting class at Worlds



By Jeff Doner

Auroran powerlifter Jordan Moffitt's hard work and determination has put him exactly where he wanted to be after gaining elite status at the World Powerlifting Congress Championships in Prague, Czech Republic earlier this month.

Moffitt entered the competition in the 220 category and wanted to elevate his totals to achieve elite status in that category.

?It went really well,? he said of the competition. ?We were there for eight days total and in my division, which was 220 pounds or 100 kilo open men's, there were 16 lifters for the day and overall there were 200 in that category. I ended up with a 550 squat, 375 bench press and so those totaled out to an elite total in 220, which was what I was going for.?

Moffitt was on a team with six other Canadians who represented the nation against 26 other countries from around the world.

?We held our own,? he said of his team. ?There were four of us lifting in the same day and we all used each other for motivation and spotters and gave each other handoffs for the bench press. We were all good.?

In achieving elite status, Moffitt went nine for nine on all of his squats, benches and dead lifts (which was a first for him) and put him fourth overall in his division and 26th overall in the 100 kilo men's competition.

?I had done better than I ever had before. There was so much pressure being up against the strongest people in the world, but I think I held my own,? he said.

Even though he came up with sparkling results, Moffitt said he had some doubts heading into the competition, as he was battling a few ailments and injuries.

?My prep was going very well, but I had some setbacks with lower back pain,? he said. ?I tore my pectoral previously and it just kept aggravating me. I also had some tendonitis in my elbow and bicep.

?So I did have my doubts, but everyone around me was just so supportive and got me to do it. They told me that I couldn't really stop now. I didn't want to stop, but I had to listen to my body as well. Nobody else really knew what I was feeling and dealing with, so put all that aside, I made it happen and it was honestly the best experience of my life. It was my best powerlifting by far.?

Moffitt said he also popped his ribs out while in competition and didn't get them put back in until days later when he returned home.

With that competition and accomplishment under his belt, Moffitt still has some goals for the upcoming year, but not before taking some well deserved time off.

He plans to compete in nationals next April in Cornwall and then maybe off to world's in Florida next year.

?That gives me six months or so to back off the weights a bit. It takes some time to get my body back to normal and what I want to do is go elite at 242 [pounds], so I want to put on some weight and I have about six months to do that. I'm not far off I just need keep training.?

The world record right now is five elite titles in five different weight classes, something he has his eye on, but isn't quite sure about. ?I'd like to be able to get close to that, but I don't know if those are reasonable goals.?

All in all, Moffitt chalked up the experience as very positive, not only for his accomplishments, but also for being able to see Prague.

?We went everywhere we could,? he said. ?You wake up and look out the window there and think, ?there's no way this place is real. You think it has to be some sort of movie backdrop. It's too nice to be real. The buildings and architecture were just unbelievable.?