



Weightlifting Queensland

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Best Lifters at the 2006 Australian Open & U20 Championships
Davina Hughes (U20); Damon Kelly (Open); Troy Hewkins (U20)

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QWA Mission Statement

"To Promote and develop all aspects of the sport of weightlifting in Queensland"

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2006 Events Calendar

October 14	Qld All Schools Championships	Toowoomba
October 21 – 22	Club Weightlifting/ Sports Power Coach Level 1 Course	Chandler
November 4	Queensland 2000 Tournament	Brisbane
November 18 – 19	State Weightlifting/ Sports Power Coach Level 2 Course	Chandler
November 24	Toowoomba Open Club Competition	Toowoomba
November 25	Mermet Cup International	Melbourne, AUS
December 1 – 3	QWA Women & Girls Squad Camp	Tallebudgera
December 9	Cougars Club Open Competition	Cougars
December 9	Sunshine Coast Open Club Competition	Sunshine Coast
December 10	Pacific Cup International	Apia, SAMOA
December 16	Mount Isa Open Club Competition	Mount Isa
December 23	Nudgee Open Club Competition	Nudgee

The closing date for entries for all QWA events is 15 days prior to the competition date.

The closing date for entries for all National events is 28 days prior to the competition date.

There is no minimum qualifying standard for Queensland Under 16, Under 18, School, or Masters Championships.

The qualifying period for the Queensland 2000 Tournament is 1st January 2006 – 30th September 2006.

From the QWA Office

By Ian Moir, QWA General Manager

The past few months have been busy in the office as usual, although out on the competition platform, things seem to have quietened down a little. The number of competitors at the Queensland Open & Under 20 Championships was less than we have seen for some years. Round 3 of the QWA League was also a small competition by League standards, and the League Final went ahead with Divisions 1, 2 and 3 not holding a full compliment of finalists. Nonetheless, there has been some quality lifting from those who did pull on the boots for these and other events. The League Final produced excellent battles in all Divisions and in at least one case; one missed lift meant the difference between first and fourth.

On the National stage, Queensland's lifters have performed well in the National Masters Championships (Sydney) and the National Open & Under 20 Championships (Melbourne). Assisted by David De Rose (Coach) and Barry Harden (Manager), the Qld Masters brought home the Team trophy again this year, along with their 10 gold and 2 silver individual medals. Diana Loy was the Best Female Lifter at the Masters Championships. In Melbourne, a smaller than usual Qld Team did well to claim 21 medals and the U20 Women's trophy; coming second in the Team competitions for Open Men and U20 Men; and third in the Open Women's category. Damon Kelly, Troy Hewkins and Davina Hughes were the Best Lifters in Open Men, U20 Men and U20 Women respectively. The Qld Team Coaches at this year's Open & U20 Nationals were Miles Wydall, Greg Hobl, Angela Wydall and David De Rose; and Ben Turner was the Team Manager.

Queensland lifters have been doing a bit of globe trotting lately too. Damon "Big D" Kelly was the only Australian representative at the World University Championships in Izmir, Turkey, where he won the silver medal in clean & jerk and bronze on total. Meanwhile in Samoa, six Qld lifters – Davina Hughes, Liana Lambert, Joel Wilson, Anthony Salsone, Troy Hewkins, Luke Gardner – and three

Coaches – Miles Wydall, Angela Wydall and Greg Hobl – represented Australia at the Commonwealth (Senior & Junior) and Oceania (Senior & Junior) Championships and 1st Pacific Rim Tournament. Between them, these six lifters bagged 23 medals from the five events.

Four Queenslanders competed in the World Masters Championships (Bordeaux, France) and three – Vicki Brady, Diana Loy and Debra Keelan – are now World Masters Champions; and Diana Loy was also the Best Lifter in her age group. Lawrie Townsend placed 8th in his age group and weight category.

Closer to home, the QWA's program coordinators, Amanda Phillips and Deborah Lovely, have been extremely busy doing the all-important promotional and recruitment work in schools during Term 3. So far this year, 1,467 students have participated in the QWA's recruitment program and a good number of those selected for special attention have accepted the QWA's offer of free training in their local club for a defined period. Many of these new lifters are being prepared to compete for the first time in the Queensland All Schools Championships on October 14, which promises to be a big event.

The Sports Federation of Queensland recently surveyed a number of Queensland sporting organisations and although the QWA was not part of the sample group, the results of this survey ring true for the QWA, which means that many of the issues that impact on the QWA are common across sport in Queensland. Identified in this survey as a high priority issue in sport, was volunteerism. Following is an excerpt from the survey report, entitled "Sports Thoughts", compiled by Sean Collins for the Sports Federation of Queensland:

"To most sport insiders and many in the community, sport is more a business now than ever before. However, for the layer at which most active consumers connect – organised, community sport – it remains relatively unchanged in many senses. It's about kids, having fun, tradition, love of a particular game and so on. Most notably however, sport sustainability at a local level continues to depend upon a largely unpaid workforce of parents, friends and committed club and community members.

Even though there are shifts in the balance toward a greater proportion of paid professionals, the ongoing scarcity of volunteers remains a feature of the sports landscape and is regarded as the major challenge for organised sport.

Volunteer scarcity is primarily stimulated by:

- *A decrease in willingness of community members to contribute their time and efforts creating a smaller labour pool and ensuring that more productivity is required from remaining workers to maintain current levels of service at a minimum.*

- *An increase in the expectations amongst sports consumers of the standard to which sports services should be delivered, therefore requiring higher skilled workers, often paid professionals.*

Sport can't lose sight of the fact that volunteers are just like everyone else in the community. They can't afford to or necessarily want to make significant contributions time wise. They are more likely to seek defined / confined volunteer experiences.

There are a couple of dimensions to the volunteer scarcity challenge. Firstly, there is churn – the age-old cycle of attracting volunteers and the attendant problems of training, retaining and managing staff / volunteer turnover. Labour churn in any industry setting is expensive, time consuming and requires conscious effort on the part of administrators to manage satisfactorily. The factors contributing to churn are manifold and include low or no pay or reward; limited perceived opportunities for advancement along a career pathway; interest over time limited by participation (of self or child) in a particular club / sport; burn out; and so on.

These factors (or variations on them) are all born out in other sectors where churn is 'part of doing business' – like retail and hospitality. However, what sport does not generally share with these sectors are an extremely low capital investment base and low service production margins. These factors make it more difficult for sport to address churn."

The report goes on in detail and addresses other issues such as Facilities; Participation; Sport Structures; Changing Consumer Demand; Changing Service Provision; and The Government Interface. If anyone would like a copy of this survey report, they can obtain one from the QWA office. For now, I'll close with the report's last paragraph on the subject of volunteers:

"On a final positive note, the pool of volunteers is said to be better qualified now than previously. They bring with them a better sense of the expectations of contemporary sport than their predecessors do (eg. implementing risk management regimes). This is in part generational but is also thought to be because of different workplace experiences of a greater proportion of the volunteer pool wherein the 'business' aspects of sport are readily encountered."

Until next time...

Ian Moir

Interview with Miles Wydall



(from left): Miles Wydall, Damon Kelly, Ben Turner and Joel Wilson

Tell us about yourself?

I am a club coach, the President of Cougars Weightlifting Club, the Treasurer of the QWA, the state record keeper and QWA Webmaster.

I was born in Torquay Devon, UK in 1966; I have one sister Sarah 37 who is a freelance social researcher – my parents and sister still live in the UK.

I have a degree in Electrical and Electronic Engineering. I work for Queensland Rail in Information Technology. I have won the Australian Financial Review Internet Award for Best Internet Software and I have a US Patent to my name.

I migrated to Australia in 1992 from the United Kingdom with my wife Angela and after travelling for a year settled in Queensland.

How and why did you start in Weightlifting?

Wanted to share the hobby with my wife Angela but was not really into being a weightlifter myself. I was encouraged initially by Leo Issac to get involved in coaching. Mike Keelan and the QWA then gave me every opportunity to develop in the sport as a coach and anything else involving lifting.

How many hours do you spend on weightlifting related matters?

20 hours per week coaching, 6 hours per week administration (QWA Website, writing programs, club administration, QWA committee work, lifter management etc).

What are you looking to do in the short term?

Get lots of school age lifters in the sport – entice a few of the more experienced lifters to train for a slot in the 2008 Olympic team.

What makes you keep going?

I enjoy the challenge that coaching presents and the company of my friends in the sport.

Greatest accomplishment in the sport?

Getting 3 lifters that I started in the sport to the 2006 Commonwealth Games. With Ben Turner getting a gold and the Damon Kelly a silver.

People you most admire?

Mike Keelan for his energy and skill in bringing the QWA and the Cougars to where it is today. Also for his knowledge of the sport and his ability as a coach and coach educator.

My wife Angela for her dedication to everything she does.

Paul Coffa for his remarkable coaching CV and energy and passion for weightlifting.

Damon Kelly a modest athlete who puts back a lot into the sport.

Ben Turner at the time of the 2006 Commonwealth Games for his mental and physical courage on the day.

What do you do to relax?

Go fishing in my boat, have a few drinks, have a meal with some friends, watch a movie, travel overseas.

Favourite music?

I like a huge range of music but up there are
Prodigy – Fat of the Land
The Crystal Method - Vegas
U2 – War

Favourite movies?

Pulp Fiction
Sin City
American Beauty
The Matrix
Alien
Fargo
The Terminator
Band of Brothers

Favourite foods ?

Indian.

Favourite book ?

Any Tom Sharpe or Asimov Book
Captain Scott by Ranulph Fiennes
Inside Sport Magazine

Where do you see yourself in 5 years?

Hopefully having a good time.

**DON'T MISS QUEENSLAND'S MOST
EXCITING WEIGHTLIFTING EVENT**

THE QUEENSLAND 2000

**15 of Queensland's best weightlifters will battle for a share of \$2000 prize
money**

**at
The Capalaba Sports Club
Cnr. Ney Rd & Macquarie St, Capalaba**

**SATURDAY NOVEMBER 4th
Commencing at 2:00 pm**

Free Admission

Meals and drink service available at the club bar

Programme:

Weigh-in	12:00 noon – 1:00 pm
Open Men	2:00 pm
Open Women	3:00 pm
Juniors	4:00 pm
Final Round	5:15 pm

Sweet Home Izmir

By Damon Kelly

I first went to Izmir, Turkey for the World University Weightlifting Championships back in the year 2002. On that trip I was joined by fellow Australians Debbie Lewis, Mat Williams and Theo Tasoulis along with coach/manager Martin Leach and the majority of the trip was funded, how things had changed in 4 years. Now in 2006 I was the only athlete, no funding and no coach. I had placed 5th overall back in 2002 and ever since that competition my goal was to win a medal at the World University Championships.

Having not been overseas for an international competition since Mermet Cup back in 2003 I had forgotten the joys of flying for 24 hours. My trip started in Brisbane and then on to Singapore, Dubai, Istanbul and then finally Izmir. After the long and arduous journey I had finally landed in Izmir, situated along the Mediterranean coast of Turkey approximately a 45min flight south west from Istanbul. When I landed in Izmir I got off the plane and boarded the bus to take me to the terminal. The bus took me to the domestic terminal, the opposite of what my plane ticket said. My ticket said I would be landing at the international terminal and this is where I had told the competition organising committee to pick me up. After I had picked up my bags I caught a taxi over to the international terminal, about a 3 minute drive.

Once the taxi had arrived I paid him the money and proceeded to walk down to the arrival section of the airport. This action seemed to confuse the driver who insisted that I go to the departure lounge. After trying to explain that I was waiting for a bus to pick me up and take me to the hotel the taxi driver went and got some more of his taxi friends to try and decipher what I was saying. Now with about 5 taxi drivers surrounding me trying to understand what I was saying one of them had the idea to take me to the tourist information in the airport. When I finally arrived at the tourist info office I explained to the lady I was here for a weightlifting competition and she had no idea what weightlifting was. I was in Turkey, a country that had produced some of the best weightlifters the world had ever seen and this lady had no idea what weightlifting was, oh boy. It wasn't until I demonstrated a snatch and she "ahhhh halter!"

Yes, weightlifting in Turkey is called halter and we had finally worked it out. I made my way to the bus that was there to pick me up. I got on the bus and then the bus operator kept quizzing me of the whereabouts of Sevdalin Marinov, because he had Sevi's name down as the Australian coach. After about a 5 minute explanation that Sevi was coming at a later date he finally believed me and we started our journey to the hotel.



Around the hotel

What a relief to finally get to the hotel after 24 plus hours of travel and three lots of negotiations. The hotel I was staying at was the same hotel I stayed in for the 2002 World University Champs. It was a four or five star hotel nestled at the foot of a couple of mountains with a great pool and great food. I settled in and relaxed and had a couple of training sessions during the week. This was where I met the Irish team, my future coaches. During the week I just bummed around at the hotel trying to work a little bit on a uni assignment, eat, sleep, correspond with Matt Curtin and caught up with a few mates from USA and former Queenslander Ryan Shinn.

Finally the day had come around to lift and in the morning I found out the Sevi could not make it down from Bulgaria, as he had trouble with his plane tickets. Luckily for me Ryan Shinn and the Irish team had volunteered to coach me. Harry and Kevin from Ireland ended up coaching me for the competition, both did a very good job at making me feel relaxed; it felt like they had coached me before. When I got changed and started my stretching everything was feeling good, my legs have felt the best since I had been in Turkey. I think the competition atmosphere helped to get the adrenalin pumping.



Ryan Shinn (Shinny) and Damon in the competition hall

I started with 145 snatch as I had only done 150 in the previous two months of training. The warm up felt great and was better than any training session I had done in the past few months. I easily got 145 and then 152, then some confusion settled in between us trying to decide my third attempt. I was going to go to 160 but just ran out of time and had to end up trying to attempt 158 with 20 seconds left on the clock. The weight went up easy enough but I just had to rush it to try and get the lift in on time, yes even I am admitting that I had rushed the lift. That left me 1kg behind the THA guy to try and get an overall medal. Now the clean and jerk – I started with 185 easily lifted and then attempted 195 which was hoisted above my head with ease, giving me a good chance for a clean and jerk medal and overall. It then came down to me doing a 202 clean and jerk to get at least a bronze medal in the clean and jerk and in the total. I got the 202 to get the bronze in the clean and jerk and total but then the TUR missed his third clean and jerk and I had won silver in the clean and jerk and bronze in the total. Overall I was happy with my lifting, but would have liked a better lead up to give me more confidence to start myself a bit higher. But at least now I am happy with my progress for the year and know that I am not as weak as I think I am.

This competition was great; it had the most number of competitors and the most number of countries in the history of this event. It has left me more fired up to be in top form for next year in Peru where I could possibly be lifting for a gold medal. In conclusion it was a great comp where I got to catch up with a few mates from the USA and make some new friends, like the guys from Ireland. Also I would try and recommend a team mate, at least one but is not necessary. Anyway it was a great comp with great competitors and I look forward to competing in this comp again in the near future.



Damon (left) on the victory dais

2006 World University Championships
Izmir, Turkey
30th June – 2nd July 2006

Women**48Kg Women**

Rank Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1 CHEN Xiao Qing	1987	CHN	47.90	A	85	108	193.0
2 LAOSIRIKUL Pensiri	1984	THA	47.72	A	82	105	187.0
3 THONGYIM Bunphithak	1984	THA	47.92	A	80	101	181.0
4 OZKAN Sibel	1988	TUR	47.46	A	70	87	157.0
5 KLESZCZYNSKA Marta	1979	POL	47.34	A	68	85	153.0
6 SNETHEN Heather A.	1986	USA	46.80	A	60	77	137.0
7 FILANDRIANOU Christina	1982	GRE	47.86	A	57	79	136.0
8 HERRERA Rosalinda Serrato	1986	MEX	47.74	A	58	70	128.0
--- TAYLAN Nurcan	1983	TUR	47.96	A	---	---	---

53Kg Women

Rank Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1 JUNPIM Kuntatean	1984	THA	52.54	A	92	115	207.0
2 AREE Wiratthaworn	1980	THA	50.48	A	80	107	187.0
3 KARADEMIR Emine	1985	TUR	52.50	A	81	95	176.0
4 LIN Tsu-Ling	1984	TPE	52.38	A	72	85	157.0
5 LIN Yueh-jeng	1981	TPE	52.42	A	67	90	157.0
6 DRAGO Sylvie	1982	FRA	52.00	A	63	80	143.0
7 TEZCAN Demet	1986	TUR	50.50	A	62	80	142.0
8 PAPADOPOULOU Agela	1987	GRE	52.80	A	61	75	136.0
9 ONDOS Adel	1982	HUN	50.82	A	62	73	135.0
10 LEDOUX Ingrid	1981	NED	52.16	A	44	54	98.0

58Kg Women

Rank Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1 WANDEE Kameaim	1987	THA	57.54	A	92	122	214.0
2 YIN Lina	1987	CHN	57.80	A	95	112	207.0
3 HUBBARD Amanda	1982	USA	57.04	A	81	99	180.0
4 DAVIS Sarah E.	1983	USA	56.96	A	70	90	160.0
5 OHMAN Marina	1983	ISR	57.80	A	67	75	142.0
--- HO Hsiao-Chun	1987	TPE	57.80	A	---	103	---

63Kg Women

Rank Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1 SHU Jiean	1982	CHN	60.20	A	103	130	233.0
2 THONGSUK Pawina	1979	THA	62.68	A	104	126	230.0
3 GIRARD Christine	1985	CAN	62.88	A	90	115	205.0
4 TOKA Olibia	1981	GRE	61.90	A	85	110	195.0
5 SMOSARSKA Anna	1985	POL	60.78	A	80	100	180.0
6 FUJIMOTO Kiyo T.	1984	USA	62.54	A	75	90	165.0
7 MIHAILOVA Oksana	1984	LAT	62.56	A	77	86	163.0
8 TRIOLO Ornella	1982	ITA	62.40	A	56	73	129.0
--- BAYARMAA Namkhaidorj	1978	MGL	61.60	A	---	111	---

69Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	LI Ke Xin	1983	CHN	68.18	A	100	130	230.0
2	GAUME Teresa L.	1982	USA	68.60	A	88	106	194.0
3	DOLOT Celine	1982	FRA	68.64	A	78	96	174.0
4	BOURELIA Erini	1983	GRE	67.54	A	73	85	158.0
---	CIARELLI Maryn L.	1981	USA	64.88	A	76	---	---

75Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	LIU Jie	1979	CHN	69.38	A	100	125	225.0

+75Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	ANNIPA Mootar	1984	THA	98.30	A	107	138	245.0
2	ATKINSON Amanda S.	1982	USA	80.78	A	80	104	184.0
---	CAMPALDINI Annarosa	1985	ITA	101.24	A	---	108	---

Men**56Kg Men**

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	TANASAK Phanaim	1985	THA	55.32	A	105	138	243.0
2	OKADA Hidenori	1984	JPN	55.66	A	95	130	225.0
3	SINDONI Giovanni	1980	ITA	55.22	A	80	90	170.0

62Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	ZHANG Jie	1987	CHN	61.78	A	130	160	290.0
2	BILGIN Erol	1987	TUR	61.76	A	125	160	285.0
3	NIWAT Krithpet	1983	THA	61.14	A	125	145	270.0

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4	HUDAYBERGENOV Tolkunbek	1986	TKM	61.20	A	115	147	262.0
5	PRAMOT Phercharai	1984	THA	61.56	A	120	142	262.0
6	IOROI Masakazu	1985	JPN	61.48	A	115	140	255.0
7	YAMAUCHI Kyle	1983	USA	61.48	A	110	136	246.0
8	JOHNSON Derrick	1985	USA	61.46	A	111	134	245.0
9	KARPOUZOGLOU Panagiotis	1987	GRE	61.08	A	107	120	227.0
10	EUAN Fabian	1984	MEX	61.82	A	90	115	205.0
---	NIAZALIEV Rustam	1985	KGZ	61.48	A	100	---	---

69Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	BINAY Mete	1985	TUR	67.98	A	150	175	325.0
2	MOLDODOSOV Kutman	1984	KGZ	68.00	A	130	156	286.0
3	TOKTONALIEV Kambar	1985	KGZ	68.32	A	125	156	281.0
4	RONNAYUTH Amnoiwong	1983	THA	68.42	A	126	155	281.0
5	BROWER Henry	1982	USA	68.80	A	120	158	278.0
6	CHIU Yi-lieh	1983	TPE	67.62	A	120	150	270.0
7	ZEJDLIK Jiri	1985	SVK	66.66	A	125	140	265.0
8	RISPOLI Simone	1985	ITA	68.50	A	103	132	235.0
9	STETSIV Ivan	1986	UKR	68.20	A	105	129	234.0
10	DOUGAN Neil	1985	IRL	66.98	A	85	112	197.0
---	SHINN Ryan	1980	NED	68.70	A	80	---	---
---	SUYWENS Samuel	1980	FRA	68.88	A	---	---	---

77Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	CHU Meng	1981	CHN	76.66	A	159	186	345.0
2	LU Changliang	1986	CHN	76.52	A	150	187	337.0
3	KRAISORN Dadtuyawat	1981	THA	74.38	A	132	174	306.0
4	SEN Ferit	1982	TUR	73.48	A	137	168	305.0
5	REDJEPOV Mamsur	1982	TKM	76.16	A	137	166	303.0
6	SWIDERSKI Adam	1982	POL	76.54	A	130	160	290.0
7	REED George	1982	USA	76.12	A	126	160	286.0
8	JAUNE André	1985	FRA	76.12	A	125	155	280.0
9	LOPEZ Francisco	1979	ESP	76.24	A	130	150	280.0
10	CHOMMYKOV Kakageldy	1982	TKM	76.60	A	120	146	266.0
11	PORTANOME Claudio	1980	ITA	72.20	B	115	150	265.0
12	BRIMHALL Justin L.	1986	USA	74.40	A	117	145	262.0
13	GORODETZKI Vladimir	1982	ISR	76.60	B	118	130	248.0
14	IGLESIAS Hugo E.	1980	ESP	75.04	B	115	130	245.0
15	McGILL Brandon	1985	SCO	76.08	B	100	125	225.0
16	EKICI Safak	1987	NED	75.92	B	88	102	190.0
17	AMAR Mohamed Faried	1985	SUD	74.40	B	80	105	185.0
18	ALAGAD Abdalla Ahmed	1982	SUD	72.90	B	70	85	155.0

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85Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	HE Shu Yong	1983	CHN	84.28	A	159	195	354.0
2	INCE Izzet	1981	TUR	84.12	A	162	191	353.0
3	AKDENIZ Nejat	1982	TUR	84.54	A	141	173	314.0
4	GRANER Zoltan	1985	HUN	82.96	A	140	170	310.0
5	MARANDA Jean-Philippe	1986	CAN	80.14	A	130	165	295.0
6	ROBERTS William Paul	1985	USA	84.00	A	132	162	294.0
7	GORGANOV Nurgeldi	1984	TKM	84.70	A	136	155	291.0
8	BAEZA Alexis	1983	MEX	81.28	A	125	165	290.0
9	ZENGINIS Periklis	1985	GRE	82.90	A	130	160	290.0
10	CLAVERO Ivan	1981	ESP	84.32	A	123	153	276.0
11	KAKHJANOV Begench	1986	TKM	84.38	A	120	150	270.0
12	MIRZAKANDOV Yuri	1988	ISR	77.98	A	120	135	255.0
13	D ARCY Kevin	1985	IRL	84.00	B	112	143	255.0
14	LECLERC Hugo Andre	1979	CAN	84.26	B	108	132	240.0
15	MAZAMEL Khamis Eissa	1986	SUD	79.60	B	80	110	190.0
---	BELLOI Antonio	1981	ITA	84.50	B	130	---	---

94Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	PENG Bo	1981	CHN	93.54	A	164	197	361.0
2	FAFARA Krzysztof	1979	POL	93.02	A	163	190	353.0
3	KAPAEV Ruslan	1980	KGZ	90.60	A	161	187	348.0
4	KHUNCHAI Nuchpum	1980	THA	93.22	A	151	193	344.0
5	BAYAM Mustafa	1985	TUR	93.76	A	158	180	338.0
6	VASPORI Gabor	1983	HUN	93.76	A	145	177	322.0
7	SZEGSZARDI Bence	1981	HUN	92.72	A	137	165	302.0
8	CHIVICIN Evgeny	1984	ISR	90.82	A	110	130	240.0
---	WITTMER Jeffrey	1984	USA	89.88	A	---	---	---

105Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	LI Yijun	1982	CHN	104.56	A	166	202	368.0
2	BAYAM Talat	1981	TUR	97.04	A	165	201	366.0
3	SUTHIPHON Watthanakasikam	1985	THA	94.30	A	160	191	351.0
4	KATEV Savko	1984	BUL	102.52	A	155	175	330.0
5	HUANG Chien-chih	1981	TPE	104.48	A	140	180	320.0
6	NADRAI Jozsef	1978	HUN	103.40	A	150	160	310.0
7	ALONSO Ismael	1980	ESP	97.16	A	130	160	290.0
8	MYRADOV Hojageldi	1984	TKM	99.64	A	117	145	262.0
9	AWADALLA Eltayeb Ahmed	1977	SUD	95.86	A	85	110	195.0

+105Kg Men								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	SUN Hai Bo	1983	CHN	138.50	A	185	215	400.0
2	KUSCUOGLU Gokhan	1983	TUR	118.84	A	170	196	366.0
3	KELLY Damon	1983	AUS	149.80	A	152	202	354.0
4	NITI Khameiam	1981	THA	106.38	A	153	195	348.0
5	LIAROS Charalampos	1988	GRE	127.72	A	140	170	310.0
---	DYMSHITS Alexandre	1986	ISR	129.74	A	145	---	---



**Queensland Open & Under 20
Championships
Cougars Weightlifting Club,
Chandler
1 July, 2006**

Women

Name	YOB	Club	Bwt	Sn	C&J	Total	Place Open	U 20
48kg Category								
Melinda Janke	87	Nudgee	48.00	42	57	99	1	1
53kg Category								
Davina Hughes	89	Toowoomba	52.85	65	81	146	1	1
58kg Category								
Diana Loy	65	Unattached	58.00	64	75	139	1	
63kg Category								
Liana Lambert	88	Cougars	61.80	60	70	130	1	1
Teri-Ann Kahi	91	Cougars	62.80	53	66	119		2
Casey Kahi	90	Cougars	62.15	50	63	113		3
69kg Category								
Holly Collyer	88	Sunshine Coast	64.90	72	93	165	1	1
75kg Category								
Alison Noble	79	Nudgee	74.05	63	92	155	1	
75+ Category								
Samantha Mitchell	90	Cougars	97.45	60	71	131	1	1

Name	YOB	Club	Bwt	Sn	C&J	Total	Place Open	U 20
56kg Category								
Darryl Hockins	88	Toowoomba	55.65	65	83	148		1
62kg Category								
Justin Flack	89	Nudgee	62.00	75	100	175	1	1
69kg Category								
Brent Kahi	90	Cougars	67.35	70	87	157		1
77kg Category								
Joshua Brady	88	Cougars	73.15	105	140	245	1	1
Bowen Stuart	86	Toowoomba	76.25	100	121	221	2	2
85kg Category								
Troy Hewkins	86	Cougars	80.55	124	154	278	1	1
Christian Hopper	86	Nudgee	83.70	85	125	210	2	
105kg Category								
Luke Gardner	88	Cougars	103.45	110	154	264	1	1
+105kg Category								
James Hatzis	88	Cougars	111.55	108	135	243		1
Peter Foster	67	Cougars	118.20	110	---	---		

Jury:

Bob Henderson (Cat I); Debra Keelan (Cat I); Barry Harden (Cat II)

Referees:

Angela Wydall (Cat II); Kylie Booth (Cat II); Lawrie Townsend (Cat II); Miles Wydall (National); Amanda Phillips (National); Keith Forbes (National); Dallas Turnbull (State).

Time Keeper:

Tanya Harden; Kylie Booth; Keith Forbes; Holly Collyer.

M.C.:

Ian Moir; Melissa Nightingale.

Best Lifter Awards (Sinclair Points)

	Open	Under 20
Male	Troy Hewkins	Troy Hewkins
Female	Davina Hughes	Davina Hughes

William Faulkner Performance Awards (Forbes Points)

	Open	Under 20
Male	Christian Hopper	Joshua Brady
Female	Alison Noble	Holly Collyer

2006 Commonwealth, Oceania and South Pacific Championships and Pacific Rim Tournament Samoa

11th – 15th July 2006

By Angela Wydall

In early July the 2006 Australian Commonwealth and Oceania team set off for the beautiful South Pacific Island of Samoa. Queensland was well represented on both the Junior and Senior teams. Lifters Davina Hughes (53kg), Liana Lambert (58kg), Joel Wilson (69kg), Anthony Salsone (69kg), Troy Hewkins (77kg), Luke Gardner (105kg), coaches Greg Hobl and Angela Wydall and Team Manager and coach Miles Wydall. We were joining the rest of the Australian team which included head coach Luke Borreggine, Western Australian coach Javan Waller and 10 other lifters from all over Australia.

We arrived in Samoa about 4am (although who knows what time it was since we had crossed the International dateline and arrived before we had even left Australia). After our long flight we managed to grab a little sleep before going to the competition and training venue, which was the stadium of the Oceania Weightlifting Institute with an impressive stage and seating for several thousand spectators.

We saw the stadium at its best that evening when it was packed to capacity for the opening ceremony. Each country in the championship was supported by the locals of one of the Samoan villages. The supporters for Australia were the people of Letogo village. We met this cheer squad at the opening ceremony where they were dressed in green and gold, ready to clap, cheer, sing, dance and give their full enthusiasm to lift the Aussie team throughout the championship.

The next morning the competition began and the first Queenslander to grace the platform was Davina Hughes. After snatching 64kg and coming close with 66 she jerked 84 (a new PB in the 53kg class) to finish with 2 gold and 3 silver medals.

Liana Lambert was the other female in the Queensland contingent. She handled herself well at her first International event and lifted 58kg in the snatch, 68kg in the jerk to take home 5 gold medals.

Joel Wilson and Anthony Salsone were both lifting in the 69kg class. Joel had a close battle with Malaysian lifter Faerul Talib Mohd. In the end making bodyweight took its toll and Joel, who missed 150kg clean and jerk and had to settle for silver in the Commonwealth senior and junior championships to go with his 2 Oceania golds. Anthony, making his debut on the International stage, battling a hamstring injury snatched 105kg but missed his last jerk, which would have given him a 2 bronze medals ahead of Esau Logona of Tuvalu.

Troy Hewkins had a shaky start when he missed his first snatch. But he pulled it together well and was successful with his remaining 5 lifts, finishing with 120

snatch and 147 clean and jerk. He won 2 gold, 1 silver and 1 bronze in a field of 12 lifters.

Luke Gardner put in a steady performance at his first International event finishing on 112 snatch and 148 clean and jerk with 2 silver and 2 bronze medals.

In the 85kg men's class we enjoyed the performance of Kiribati's only lifter, David Katoatau who got one silver and one bronze medal with a performance of 120, 162. He stood out to us because the Australian team had pooled together the funds to buy him his first pair of lifting boots.

After the lifting had finished we were invited to attend a traditional Kava ceremony in the village of our supporters. It was a wonderful cultural experience and something we will never forget. Miles was appointed as our chief and Javan as our orator. During the ceremony respect was given to status within the community with the chiefs offered the Kava bowl and opportunity to speak first. We welcomed the opportunity to thank the villagers for all they had done for us.

After the Kava ceremony we rushed to the closing ceremony which included some impressive traditional dancing. A few hours after that the team had to be at the airport for our flight home. Our only regret was that we did not have the chance to stay longer in Samoa.



Commonwealth
Junior Champion
Troy Hewkins
(centre) with
Mark Woodford
(Aus) and
William
Vasilades (CYP)

Commonwealth, Oceania and South Pacific
Championships and Pacific Rim Tournament
Samoa
11th – 15th July 2006

MEN													
	YOB	NAT	BWMT	SNATCH	C&J	TOTAL	CW SENIOR	CW JUNIOR	OCEANIA SENIOR	OCEANIA JUNIOR	STH PAC SENIOR	STH PAC JUNIOR	PACIFIC RIM
56KG CATEGORY													
LU Jinbi	1981	CHN	55.81	105	145	250							1
PRADINANDIS Emil	1974	SRI	56.00	92	118	210	1						
DOWABOBO Starron	1984	NRU	54.95	90	117	207	2		1		1		2
ASANG K K	1987	SRI	55.46	90	117	207	3	1					
DIERANAW Bronco	1991	NRU	55.92	85	110	195	4	2	2	1	2	1	3
IOANE Vaipava Nevo	1988	ASA	54.75	80	105	185			3	2	3	2	4
PATRIS Stevick	1991	PLW	54.29	72	90	162			4	3	4	3	5
PERA Sirla	1992	COK	55.89	55	67	122	5	3	5	4	5	4	6

	YOB	NAT	BWMT	SNATCH	C&J	TOTAL	CW SENIOR	CW JUNIOR	OCEANIA SENIOR	OCEANIA JUNIOR	STH PAC SENIOR	STH PAC JUNIOR	PACIFIC RIM
62KG CATEGORY													
MINGINFEL Manuel	1978	FSM	61.38	128	156	284			1		1		1
ZHENG Zhisheng	1987	CHN	61.35	128	145	273							2
VIDANAGE Chintana	1981	SRI	61.93	113	150	263	1						
NAHARUDIN Mahaydin	1987	MAS	61.35	113	140	253	2						3
ROSWADI Bin Abdul Rashid	1969	MAS	61.27	112	135	247	3						4
ALIKLIK Ika	1985	NRU	61.70	100	130	230	4		2		2		5
VASILIADES Con	1985	CYP	61.52	100	125	225	5						
SINCLAIR Cameron	1987	NZL	61.33	95	115	210	6	1	3	1			6
KIM Elliott	1993	ASA	56.54	50	65	115			4	2	3	1	7
69KG CATEGORY													
YAO Yuewei	1985	CHN	68.97	140	155	295							1
MOHD Faerul Talib	1986	MAS	68.58	123	150	273	1	1					2
WILSON Joel	1986	AUS	68.81	125	145	270	2	2	1	1			3
SPOONER Mark	1984	NZL	68.75	115	148	263	3		2				4
GATES Shane	1987	AUS	68.91	108	130	238							5
LOGONA Esau	1986	TUV	68.14	105	130	235	4	3	3	2	1	1	6
SALSONE Anthony	1987	AUS	68.80	105	130	235	5	4	4	3			

Weightlifting Queensland

	YOB	NAT	BMT	SNATCH	C&J	TOTAL	C/W SENIOR	C/W JUNIOR	OCEANIA SENIOR	OCEANIA JUNIOR	STH PAC SENIOR	STH PAC JUNIOR	PACIFIC RIM
NAOUPU Lmi	1976	ASA	67.47	95	130	225			5	4	2		7
PEDRO Joseph Junior	1991	PLW	67.08	75	100	175			6	5	3	2	8
77KG CATEGORY													
LIU Haihua	1983	CHN	76.79	158	185	343							1
PETER Yukio	1984	NRU	76.88	150	180	330	1		1		1		2
ZULKIFLI Bin Che Rose	1985	MAS	75.99	125	160	285	2						3
PICONESE Marco - Guest	1975	ITA	74.27	121	155	276							
HEWKINS Troy	1986	AUS	76.23	120	147	267	3	1	2	1			4
SYMON Caleb	1982	NZL	76.77	107	146	253	4		3				5
WOODFORD Mark	1986	AUS	76.29	110	142	252	5	2	4	2			6
VASILIADES William	1987	CYP	75.30	110	130	240	6	3					
BRITTON Andrew	1986	NZL	73.73	110	115	225	7	4	5	3			7
SEFO SIAULAIGA	1978	ASA	75.53	107	120	227			6		2		8
PESALELI Francis	1987	SAM	74.64	80	110	190	8	5	7	4	3	1	9
DAYAN P K N	1980	SRI	75.15	117	0								

Weightlifting Queensland

	YOB	NAT	BMT	SNATCH	C&J	TOTAL	C/W SENIOR	C/W JUNIOR	OCEANIA SENIOR	OCEANIA JUNIOR	STH PAC SENIOR	STH PAC JUNIOR	PACIFIC RIM
85KG CATEGORY													
JIANG Hairong	1980	CHN	83.42	155	185	340							1
PATTERSON Richard	1983	NZL	82.83	135	170	305	1		1				2
HOWARTH Michael	1984	ENG	83.50	140	156	296	2						
FAAULIULI Faavae	1983	SAM	82.84	125	161	286	3		2		1		3
KATOATAU David	1984	KIR	82.40	120	162	282	4		3		2		4
MAPOSUA Uati	1976	SAM	83.03	125	155	280	5		4		3		5
JAYATILAKE Tmub	1970	SRI	84.40	110	147	257	6						
CHAMOUN Malek	1989	AUS	79.18	110	145	255	7	1	5	1			6
ROGERS Andrew	1987	NZL	83.06	115	140	255	8	2	6	2			7
OPELOGE Tovia	1990	SAM	84.76	90	115	205		3		3		1	
O'DOHERTY Chris - Guest	1985	NSW	83.20	88	107	195							
RAYNER Chia Wei Loong	1991	SIN	80.51	72	98	170	9	4					8
94KG CATEGORY													
SUN Weiyi	1983	CHN	93.35	150	161	311							1
RANSILU JAATHILAKA	1986	SRI	92.94	120	157	277	1	1					
GALSWORTHY Robert	1989	AUS	93.75	121	156	277	2	2	1	1			2
FALESUANI Tia	1986	SAM	86.21	110	152	262	3	3	2	2	1	1	3

Weightlifting Queensland

	YOB	NAT	BMT	SNATCH	C&J	TOTAL	C/W SENIOR	C/W JUNIOR	OCEANIA SENIOR	OCEANIA JUNIOR	STH PAC SENIOR	STH PAC JUNIOR	PACIFIC RIM
CHALAEV Staas	1986	NZL	91.23	118	140	258	4	4	3	3			4
YOSHIDA Jonathan	1982	SAM	85.32	110	132	242	5		4		2		5
MALIFA Malifa	1981	ASA	91.14	88	110	198			5		3		6
TOLOA Kanava Taleni	1985	TOK	93.26	80	100	180			6		4		7
CITTON Emanuel - Guest	1982	NSW	92.01	0	0	0							
105KG CATEGORY													
ZHANG ZHICHENG	1985	CHN	104.66	160	200	360							1
OPELOGE NIUSILA	1980	SAM	102.89	140	180	320	1		1		1		2
PERA SAM JUNIOR	1989	COK	103.47	140	171	311	2	1	2	1	2	1	3
GARDNER LUKE	1988	AUS	102.36	112	148	260	3	2	3	2			4
TUUAMAALII TAVITA	1983	SAM	104.46	0	0	0							
+105KG CATEGORY													
GAO LE	1983	CHN	137.91	166	215	381							1
DETENAMO Itte	1986	NRU	149.86	165	202	367	1	1	1	1	1	1	2
ABDUL Azim Najimi Ab Rashid	1986	MAS	130.12	140	180	320	2	2					3
LOLOHEA Maamaloa	1968	TGA	131.50	130	180	310	3		2		2		4
IOPU Aukuso	1971	SAM	105.32	110	160	270	4		3		3		5

Weightlifting Queensland

	YOB	NAT	BMT	SNATCH	C&J	TOTAL	C/W SENIOR	C/W JUNIOR	OCEANIA SENIOR	OCEANIA JUNIOR	STH PAC SENIOR	STH PAC JUNIOR	PACIFIC RIM
Theron Taupau	1986	ASA	133.35	103	130	233			4	2	4	2	6
TOMAILUGA Leon	1988	NIU	135.36	90	115	205	5	3	5	3	5	3	7
QUDDU'S Ale Apineru	1978	SAM	112.08	112	0	0							
WOMEN													
48KG CATEGORY													
HIRAM Suzanne	1987	NRU	47.78	62	77	139	1	1	1	1	1	1	1
ZAIRA Binti Zakaria	1987	MAS	46.16	62	76	138	2	2					2
MACKEN Mary	1961	NSW	47.55	0	0	0							
53KG CATEGORY													
LATIF Nadeene	1978	AUS	51.74	68	85	153	1		1				1
HUGHES Davina	1989	AUS	52.97	64	84	148	2	1	2	1			2
RAIHAN Yusoff	1988	MAS	50.77	59	76	135	3	2					3
HARDY Amy	1989	AUS	53.00	59	70	129		3		2			
58KG CATEGORY													
QIU Hongmei	1983	CHN	57.52	95	130	225							1
BERUBE Jackie	1971	USA	57.85	84	108	192							2

Weightlifting Queensland

	YOB	NAT	BMT	SNATCH	C&J	TOTAL	C/W SENIOR	C/W JUNIOR	OCEANIA SENIOR	OCEANIA JUNIOR	STH PAC SENIOR	STH PAC JUNIOR	PACIFIC RIM
KIM EUN-SUK	1982	KOR	54.28	65	88	153							3
LAMBERT Liana	1988	AUS	57.98	58	68	126	1	1	1	1			
63KG CATEGORY													
SHU Jie'an	1982	CHN	62.54	105	133	238							1
PARK Jin Sun	1981	KOR	59.49	81	105	186							2
MURUL Farhannan	1988	MAS	62.01	78	95	173	1	1					3
PATRIS Alexandrina	1989	PLW	59.06	73	90	163			1	1	1	1	4
SAVASTIO Joanne	1984	ENG	62.98	68	91	159	2						
O' MEARA Kelly	1982	AUS	62.56	69	88	157	3		2				5
BROOKE REBECCA	1987	AUS	62.81	68	86	154	4	2	3	2			6
WHITE Juanita	1987	AUS	60.76	62	77	139		3		3			
CHINEN Reiko	1964	JPN	61.00	38	52	90							7
69KG CATEGORY													
HUANG Shih-Chun	1975	TPE	68.84	111	136	247							1
KANG MIN -SUK	1981	KOR	63.52	85	106	191							2
ARES-PILON MJ	1982	CAN	64.83	80	106	186	1						3
PATRIS Alexandra	1989	PLW	63.49	70	95	165			1	1	1	1	4

Weightlifting Queensland

	YOB	NAT	BMT	SNATCH	C&J	TOTAL	C/W SENIOR	C/W JUNIOR	OCEANIA SENIOR	OCEANIA JUNIOR	STH PAC SENIOR	STH PAC JUNIOR	PACIFIC RIM
OPELOGE Mary	1992	SAM	68.19	55	78	133	2	1	2	2	2	2	5
PALAMARA Elena	1986	AUS	66.53	0	0	0							
YUSLINDA Matisa	1986	MAS	66.77	0	0	0							
75KG CATEGORY													
CHOI HYE-JIN	1983	KOR	74.63	95	110	205							1
DEIRERAGEA Sheba	1986	NRU	74.97	80	91	171	1	1	1	1	1	1	2
DAVIS Kathryn - Guest	1986	NSW	73.57	62	76	138							
+75KG CATEGORY													
MU Shuangshuang	1984	CHN	133.35	115	145	260							1
TUALAU Kefilini	1984	TGA	140.52	95	120	215	1		1		1		2
OPELOGE Ele	1985	SAM	101.08	90	120	210	2		2		2		3
VILIAMU Narita	1989	NIU	132.25	84	117	201	3	1	3	1	3	1	4
SHAW Ivy	1976	FIJ	90.11	85	100	185	4		4		4		5
JAMALIAH Rashid	1987	MAS	109.99	70	87	157	5	2					6
FOMAI Barbara	1989	ASA	77.99	40	55	95			5	2	5	2	7

Right:
Anthony
Salsone
Oceania
Junior
Bronze



With IWF President Dr Tamas Ajan, in Samoa. From left: Troy Hewkins, Mark Woodford, Anthony Salsone, Joel Wilson, Miles Wydall, Greg Hobl, Angela Wydall, Shane Gates, Davina Hughes. Kneeling: Luke Gardner, Liana Lambert.

NATIONAL MASTERS CHAMPIONSHIPS SYDNEY 22nd JULY 2006

By Barry Harden, Qld Team Manager

Twelve Masters lifters, six men, six women, journeyed to Burwood in Sydney to do battle in the National Masters Championships to try and retain the number one spot that Queensland has maintained for the past two years.

It was always going to be a tough assignment with NSW looking unbeatable on paper and Victoria on about the same level as Queensland.

Debra Keelan, Lawrie Townsend, Dave DeRose and myself got together before the technical meeting to decide the make up of the team and any weight changes that may be required. At the end we believed we had a team that could possibly pull it off but not knowing who the other State's teams consisted of made it an educated guess.

This year Masters Championships were the first run under the new team rules that a team could consist of any combination of male or female athletes. The placing's were decided by placing points and if there was a tie then the team with the most 1st places would be the winner, however, if the team were still tied then a formula based on Ian Moir's Masters League calculator was used to split the teams.

When the teams were circulated the next day, the only way we could beat NSW was if Peter Foster beat Nathan Best or if one of their lifters failed to total. It was still going to be tight between Queensland and Victoria. All three States had arranged their team to ensure maximum team points.

Keith Penney competed in the first session finishing with a gold medal and a new Australian total record.

In the second session we had two lifters, Vicki Brady and Julie Davis. Both finishing the day in first place. Initially, we thought the third session was going to be a hard one for us but with people changing weight categories, not making weight or just not turning up, Lawrie Townsend, Ray Loudon and Bob Henderson all finished on top and with good totals to give us some handy points.

All going according to plan at this stage.

It was the fourth session that really made the day for Queensland and decided the competition. We had four lifters in the session, Michelle Kinnane, Lorraine Hibbert, Diana (I can't sit still) Loy and Debra Keelan. All the girls did what was asked of them. Diana and Debra lifted magnificently, giving the team points a boost that was needed to pull away from Victoria. Victoria's challenge diminished in this session when Lina Arena was injured and did her best just to total. The big blow also came for NSW in the session when Mary Macken failed to total. By the end of this session Queensland had the competition in the bag with no other state in a position to gain enough points to pass us in the final session.

Although the Team placing's may have been decided the last session contained the closest competitions with both John Hanlon and Peter Foster fighting to the death for gold. Unfortunately, it was not to be on the day but not for want of trying. John considered himself a little unlucky not to be given his 100kg jerk to take first place. Peter, although injured, certainly gave his opposition a fright, with it coming down to the last lift of the day to determine the final placing's. I am sure Peter will be looking for revenge in the future when he is fit and well.

Diana Loy won the female best lifter trophy with Charlie Henderson taking the men's. Charlie also announced his retirement at this Competition.

I would like to thank the QWA for its support of Masters weightlifting as once again we appeared the most professional outfit. I believe that we won not because of luck but because we had a united goal with a coach that never lost sight of the overall outcomes instead of individual performances.

I must commend Dave on his coaching efforts, as; in this case, it was the coaching approach that made the difference.

With the new formula to decide placing's it was become evident, to stay on top, Queensland is going to have to encourage our best lifters to attend the Nationals each year.

Vicky Brady
48kg Category
60 – 64 years
Gold Medallist



Australian Masters Championships
Burwood PCYC
22nd July 2006

Men - Session 1									
Division	Name	YOB	B/wt	State	Snatch	C & J	Total	Place	Sinclair
	80+								
62kg	Charles Henderson	1922	56.25	NSW	40.0	40.0	80.0	1	393.33
	70+74								
77kg	Chris Holt	1936	72.85	VIC	54.0	65.0	119.0	1	285.52
85kg	Abbey Brown	1935	78.55	NSW	40.0	40.0	80.0	1	191.27
85kg	David Richardson	1936	78.55	SA	0.0	0.0	0.0	0	0.00
	65-69								
69kg	Keith Penny	1937	65.65	QLD	53.0	65.0	118.0	1	290.93
77kg	John Preston	1938	69.40	ACT	35.0	45.0	80.0	1	183.31
85kg	Robert Hennes	1937	80.85	NT	51.0	70.0	121.0	1	262.51
94kg	Barry Allen	1940	85.80	NSW	62.0	83.0	145.0	1	280.08

Referees: Alexi Stewart (Nat), John Way (Nat), Ralph Cashman (Cat I)

MC: Deborah Groves (State), Time Keeper: Steven Tikkanen (State)

Records

Chris Holt 77kg AUS Masters 70-74 Snatch Record 54kg

Keith Penney 69kg AUS Masters 65-69 Total Record 115kg

Barry Allen 94kg AUS Masters 65-69 Clean Jerk Record 83kg

Weightlifting Queensland

Women - Session 2									
Division	Name	YOB	B/wt	State	Snatch	C & J	Total	Place	Sinclair
	65-69								
75+kg	Shirley McFarland	1935	113.10	VIC	25.0	26.0	51.0	1	113.94
	60-64								
48kg	Vicki Brady	1943	47.15	QLD	25.0	29.0	54.0	1	124.66
58kg	Sandra Young	1945	55.65	NSW	28.0	34.0	62.0	1	120.15
63kg	Elaine Janes	1945	62.95	VIC	28.0	35.0	63.0	1	112.19
69kg	Marcia Maycock	1942	64.40	VIC	22.0	28.0	50.0	1	92.20
	50-54								
53kg	Julie Davis	1952	50.85	QLD	24.0	32.0	56.0	1	100.02
69kg	Rebecca Luxford	1953	65.20	NT	30.0	38.0	68.0	1	99.89

Referees: Natasha Barker (State), Vince Boutros (Nat), Ralph Cashman (Cat I)
 MC: Deborah Groves (State), Time Keeper: John Way (Nat)

Records

Vicki Brady 48kg AUS Masters 60-64 Snatch Record 25kg
 Sandra Young 58kg AUS Masters 60-64 Snatch Record 28kg
 Sandra Young 58kg AUS Masters 60-64 Clean & Jerk Record 34kg
 Sandra Young 58kg AUS Masters 60-64 Total Record 62kg
 Elaine Janes 63kg AUS Masters 60-64 Snatch Record 28kg
 Marcia Maycock 69kg AUS Masters 60-64 Snatch Record 22kg
 Marcia Maycock 69kg AUS Masters 60-64 Clean & Jerk Record 28kg
 Marcia Maycock 69kg AUS Masters 60-64 Total Record 50kg

Men - Session 3									
Division	Name	YOB	B/wt	State	Snatch	C & J	Total	Place	Sinclair
	60-64								
69kg	Maxwell Bristow	1944	66.85	NSW	62.0	70.0	132.0	1	277.06
77kg	Robert Henderson	1943	75.50	QLD	65.0	87.0	152.0	1	300.21
85kg	Ray Loudon	1945	80.20	QLD	60.0	75.0	135.0	1	249.10
94kg	George Hardiman	1945	92.55	ACT	62.0	92.0	154.0	1	264.86
105kg	John Reynolds	1944	102.50	VIC	60.0	85.0	145.0	1	243.66

Weightlifting Queensland

Division	Name	YOB	B/wt	State	Snatch	C & J	Total	Place	Sinclair
	55-59								
77kg	Lawrie Townsend	1951	76.65	QLD	62.0	85.0	147.0	1	243.18
85kg	Ludek Prokes	1949	78.60	NSW	63.0	74.0	137.0	1	234.44
94kg	George Capsis	1947	85.25	NSW	72.0	96.0	168.0	1	288.34
105kg	Peter Voss	1951	102.35	ACT	70.0	95.0	165.0	1	238.23
	50-54								
94kg	Robert Mitchell	1955	89.15	NSW	85.0	125.0	210.0	1	302.58
105+kg	Phillip Chatfield	1956	114.70	NSW	82.0	105.0	187.0	1	243.48
105+kg	Dean Pasco	1956	110.50	SA	70.0	102.0	172.0	2	226.42
105+kg	Sean Rose	1954	109.45	NSW	65.0	90.0	155.0	3	208.13
105+kg	Phillip Smith	1952	127.35	NSW	40.0	52.0	92.0	4	126.36

Referees: Steven Tikkanen (State), Karekin Simonian (Cat I), Chris Michaelopoulos (Cat I)
 MC: Lyn Jones (Cat I), Time Keeper: John Way (Nat)

Records

George Hardiman 94kg AUS Masters 60-64 Clean & Jerk Record 92kg
 Phillip Chatfield 105+kg AUS Masters 50-54 Snatch Record 82kg
 Phillip Chatfield 105+kg AUS Masters 50-54 Clean & Jerk Record 105kg
 Phillip Chatfield 105+kg AUS Masters 50-54 Total Record 187kg

Women - Session 4									
Division	Name	YOB	B/wt	State	Snatch	C & J	Total	Place	Sinclair
	45-49								
48kg	Mary Macken	1961	48.00	NSW	49.0	0.0	0.0	0	0.00
53kg	Coral Quinell	1957	52.65	NT	54.0	62.0	116.0	1	190.79
63kg	Lina Arena	1961	61.85	VIC	35.0	20.0	55.0	1	77.64
69kg	Lorraine Hibbert	1958	64.95	QLD	27.0	32.0	59.0	1	83.17
75+kg	Debra Keelan	1961	83.95	QLD	67.0	81.0	148.0	1	181.48
	40-44								
58kg	Diana Loy	1965	57.60	QLD	62.0	78.0	140.0	1	199.13
63kg	Amanda Miller	1963	62.65	NT	37.0	53.0	90.0	1	123.36
69kg	Helen Brooke	1963	68.85	NT	38.0	55.0	93.0	1	120.83

Division	Name	YOB	B/wt	State	Snatch	C & J	Total	Place	Sinclair
	35-39								
58kg	Deborah Groves	1970	55.90	NSW	60.0	75.0	135.0	1	185.23
63kg	Michelle Kinnane	1971	58.45	QLD	29.0	37.0	66.0	1	86.53
75kg	Rebecca Grey	1969	71.95	VIC	35.0	45.0	80.0	1	95.49
	30-34								
53kg	Lisa Griggs	1973	52.70	NT	50.0	65.0	115.0	1	158.48
75+kg	Nadene Paul	1972	90.30	VIC	35.0	55.0	90.0	1	95.58

Referees: Natasha Barker (State), Karekin Simonian (Cat I), Chris Michaelopoulos (Cat I)

MC: Lyn Jones (Cat I), Time Keeper: Steven Tikkanen (State)

Records

Mary Macken 48kg AUS Masters 45-49 Snatch Record 49kg

Debra Keelan 75+kg AUS Masters 45-49 Snatch Record 67kg

Debra Keelan 75+kg AUS Masters 45-49 Clean & Jerk Record 81kg

Debra Keelan 75+kg AUS Masters 45-49 Total Record 148kg

Helen Brooke 69kg AUS Masters 40-44 Total Record 93kg

Men - Session 5									
Division	Name	YOB	B/wt	State	Snatch	C & J	Total	Place	Sinclair
	40-44								
85kg	Goran Vukojevic	1962	78.05	VIC	70.0	92.0	162.0	1	235.78
94kg	Michael Torriero	1966	91.90	VIC	80.0	92.0	172.0	1	221.23
94kg	John Hanlon	1966	89.85	QLD	75.0	95.0	170.0	2	220.89
	35-39								
62kg	Graham Walker	1970	60.35	NT	77.0	97.0	174.0	1	274.23
69kg	George Ivanovski	1968	65.80	NSW	70.0	90.0	160.0	1	243.12
77kg	Brendan Kennedy	1968	75.95	WA	75.0	95.0	170.0	1	235.78
77kg	David Holt	1968	76.30	VIC	65.0	85.0	150.0	2	207.49
94kg	Kevin Groves	1967	85.10	NSW	90.0	105.0	195.0	Guest	257.30
105+kg	Nathan Best	1969	115.20	NSW	105.0	140.0	245.0	1	280.65
105+kg	Peter Foster	1967	117.25	QLD	110.0	135.0	245.0	2	285.99

Referees: Lawrie Townsend (Cat II), Karekin Simonian (Cat I), John Way (Nat)

MC: Chris Michaelopoulos (Cat I), Time Keeper: Steven Tikkanen (State)



QWA League & Masters
League, Round 3
 Cougars Weightlifting Club, Chandler
 Qld
 5th August 2006

Points are calculated as the percentage of World Record Total relative to bodyweight category plus bonus points for equal or new personal best lifts and 6 successful attempts; less penalty points for lifts more than 5kg below personal best.

Name	YOB	Club	Bwt	Sn	C&J	Total	Bonus	Points
Division 1								
Monty Sullivan	76	Cougars	68.35	103	120	223		Guest
Division 2								
Tom McCosker	88	Sunshine Coast	67.25	83	106	189	13	65.941
Bowen Stuart	86	Toowoomba	77.85	98	118	216	7	61.684
Alison Noble	79	Nudgee	73.90	65	87	152	7	60.147
Mal Irwin	53		92.35	94	117	211	9	59.600
Darryl Hockins	88	Toowoomba	55.95	65	83	148	8	56.525
Division 3								
Bob Henderson	43	Sunshine Coast	75.65	68	90	158	25	66.910
Nathan Kahi	92	Cougars	54.90	60	77	137	6	50.918
Division 4								
Craig Holt	75	Cougars	84.35	65	88	153	26	64.734
Jonathan Knowles	90	Toowoomba	67.60	66	78	144	21	61.336
Teegan Conway	90	Toowoomba	68.00	42	51	93	26	59.818
Billy Chong Nee	90	Toowoomba	83.80	83	94	177	15	59.810
Jenni Sefton	67	Nudgee	68.55	44	58	102	17	54.091
Ben Turner	90	Windaroo	65.95	54	76	130	13	49.415
Tierney Molenaar	91	Windaroo	61.85	48	60	108	5	47.188
Nick Edgley	90		50.30	47	60	107	12	47.082
Chantel Nash	92	Toowoomba	55.00	30	35	65	20	46.971
David Hockins	91	Toowoomba	44.40	39	56	95	11	42.148

Michael Dunne	91	Cougars	75.15	52	76	128	4	37.952
Rebekah Lovely	90	Cougars	76.80	42	55	97	5	35.503
Jayde Thomas	91	Toowoomba	57.45	37	46	83	1	35.440
Julie Davis	52	Nudgee	50.75	22	32	54	10	34.000
Melissa Robinson	81	Nudgee	57.35	20	25	45	6	24.672
Mitchell Thurlow	92	Cougars	100.95	35	47	82	5	23.636
Meg Scholz	73	Gunmaree	62.15	56	68	124		Guest

Referees: Ian Moir (Cat I); Debra Keelan (Cat I); Barry Harden (Cat II); Amanda Phillips (National); Ray Gardner (State); Ray Loudon (State); Deborah Lovely (State).

Time Keepers: Barry Harden; Tanya Harden; Ray Gardner.

M.C: Mike Keelan; Debra Keelan; Ian Moir.

Masters League

Points are calculated as the percentage of World Record Total relative to bodyweight category multiplied by the Malone Meltzer age coefficient, plus 6 Bonus points for six successful attempts

Name	YOB	Club	Bwt	Sn	C & J	Total	Bonus	Score
Men								
Bob Henderson	43	Sunshine Coast	75.65	68	90	158	6	72.385
Mal Irwin	53		92.35	94	117	211		65.425
Women								
Jenni Sefton	67	Nudgee	68.55	44	58	102		41.727
Julie Davis	52	Nudgee	50.75	22	32	54	6	37.656

World Masters Weightlifting Championships Bordeaux, France 26 August – 2 September 2006

By Debra Keelan

Seven Aussies made the mammoth journey to France (4 from Queensland, 1 from NT, 1 from NSW and 1 from WA). Lifters had had to achieve qualifying totals before they were eligible to submit an entry form to compete at the World Masters Weightlifting Championships.

The competition was very well run. They had very efficient teams of loaders that would appear to have been sourced from Frances junior ranks of weightlifters. A shuttle bus service ran between the hotels, the competition venue and the closing Banquet venue. The weather suited us Aussies, although it did get quiet warm in the warm-up room as there wasn't much in the way of ventilation or the circulation of fresh air, most buildings are well fitted out to cope with the cold, but come to summer they swelter.

The Technical meeting was run in the old fashioned manner with names being called out, thus making it impossible to keep track of changes accurately.

Young 63 year old Vicki Brady was the first Aussie female to take to the platform at the World Masters Weightlifting Championships, and she set the example for us all to follow. Vicki had a great competition and just thrived on the atmosphere of it all – although she did have me feeling a bit nervous in the warm-up with her continual stretching – I really didn't want that hip of hers popping out on me. Vicki was successful with 21, then 23kg in the snatch and then 26kg, and 28kg in the clean and jerk to take out our first gold medal of the championships.

Grace Morrison (WA) moved up a weight category to the 75kg category to escape Marie Orsagova from the Czech Republic only to find out on the day that Marie had followed her, thus relegating Grace to silver medal position in the 50 -54 years age group with her successful lifts of 43kg in the snatch and 63kg in the clean and jerk

Veteran World Masters Champion and World Record Holder Coral Quinell (NT) was successful with 56 in the snatch and 65 in the clean and jerk lifting in the 53kg category. A very strong performance taking out the gold ahead of Deborah Hudson of the USA, and Caroline Charles (newly inducted hall of Fame member) of Great Britain, for someone nursing a shoulder injury. Coral placed 4th in the overall women's rankings of the championships.

Deb Keelan took out the Gold in the 75+kg category 45 – 49 years age group with a 59kg lead over Briska Cech of Germany when she was successful with 67kg in the snatch and 79kg in the clean and jerk.

Then the baby of the team, Diana Loy took to the platform and put in yet another fantastic competition performance for 2006, successful with all six of her lifts finishing with a best snatch of 65kg and best clean and jerk of 80kg, lifting in the 58kg category. Diana's Sinclair Malone Meltzer score put her in the 200 club and also ensured she took out the Best 40 – 44 years female trophy of the championships.



Diana Loy

Then it came time for our male lifters to do their bit with Lawrie Townsend sufficiently recovered from the trauma of flying in and out of London airports. Lawrie had a great competition and with the help of his coaching team secured an 8th placing in a field of 11 – the most heavily contested group of the whole championships (55-59 yrs 77kg category). Lawrie was successful with snatches of 62 and 65kg and clean and jerk's of 84kg and 87kg relegating Francois Bigot of France to 9th place after totalling an extra 2kg to ensure his heavier bodyweight wasn't an issue.

Finally Robert Mitchell (NSW) got his chance on the platform. Robert weighed in at a very slim 87.54kg in the 94kg class (thanks to a tummy bug he contracted), but delivered a solid performance to place 5th in a field of 8 lifters with successful lifts of 80kg and 85kg in the snatch and 115kg, 120kg and 125kg in the clean and jerk to finish with a total of 210kg. Bob Hemery was there supporting each and every Aussie lift.



I was fortunate to referee three sessions and TC (as my alter ego Diane Keelan) two sessions. TC was hard work with masters lifters having all manner of contractions holding their joints together, and to further compound things "their lack of English??!!" ho hum meant they didn't (or is it wouldn't) "understand" - NO you can't wear that! It was a very good learning experience for me. The marshals had this interesting system of moving the attempt cards around in the warm-up to show the order of lifting – very confusing for me, but it obviously made perfect sense to them!. The Jury was only manned by 3 people so did not have the power to overturn the referees decisions, but they certainly weren't shy in letting the referees know what they expected to happen – "strict adherence to the rules in the adjudication of all lifts"!!

The closing Banquet ended up being good fun, after a rather "dry" start while the pomp and ceremony of the Masters Hall of Fame was played out. Dinner was great (I think we must have decimated a whole population of ducks while we were in France), and the subsequent 1920's recreation of a French vaudeville show was memorable.

On returning home I had the pleasure of presenting Vicki Brady with her World Record certificate 60-64 years age group 48kg category. It was a complete surprise to her; she was quite overwhelmed as she really hadn't expected that she would be allowed to claim the records when she hadn't achieved the qualifying standard in the World Masters Weightlifting Competition program. Imagine the lifts she could have achieved if she hadn't had that hip dislocation a few weeks before setting out for France! What an inspiration she is. Keep up the training Vicki.

So did we all have a good comp? OUI!! And did we have fun afterwards tracking down that elusive bottle of good French wine? OUI OUI! (Well it took a fair amount of effort – but someone had to do it!)

Australian Results

Men

Men's 55-59 age group / 77kg class													
Place	Name	Team	Weight Class	Birth Year	Body Weight	First Snatch	Second Snatch	Third Snatch	First C & J	Second C & J	Third C & J	Total	Formula
1	Roland CHAVIGNY	FRA	77	1950	75.09	95.0	98.0	100.0	115.0	118.0	120.0	218.0	382.9752
2	Guennadi MOURACHOV	RUS	77	1950	76.97	87.0	92.0	92.0	115.0	125.0	127.0	207.0	358.4470
3	Jan CIHLA	CZE	77	1948	71.99	90.0	92.0	92.0	110.0	113.0	0.0	200.0	377.3969
4	Frederick LOWE	USA	77	1947	76.87	85.0	88.0	90.0	106.0	110.0	110.0	200.0	370.6248
5	Robert BONDIMAN	USA	77	1951	76.68	81.0	84.0	84.0	100.0	104.0	108.0	188.0	318.2387
6	Gilbert CARREZ	FRA	77	1948	76.31	68.0	71.0	74.0	90.0	94.0	96.0	165.0	300.6275
7	Jozef NOSICKY	CZE	77	1947	77.00	70.0	75.0	75.0	90.0	95.0	95.0	160.0	296.2123
8	Lawrence TOWNSEND	AUS	77	1951	75.97	62.0	65.0	67.0	84.0	87.0	87.0	152.0	258.6913
9	François BIGOT	FRA	77	1947	74.81	67.0	70.0	70.0	80.0	83.0	85.0	150.0	282.4188
-	Takashi OKADA	JPN	77	1948	74.69	85.0	85.0	85.0	110.0	110.0	110.0	0.0	0.0000
-	Morgan ASK	SWE	77	1949	76.95	88.0	88.0	88.0	-	-	-	0.0	0.0000

Men's 50-54 age group / 94kg class													
Place	Name	Team	Weight Class	Birth Year	Body Weight	First Snatch	Second Snatch	Third Snatch	First C & J	Second C & J	Third C & J	Total	Formula
1	Ardeshir SHAMS	IRI	94	1956	93.55	102.0	110.0	115.0	140.0	140.0	150.0	260.0	366.6250
2	Marc KRETTY	FRA	94	1956	93.70	97.0	102.0	102.0	125.0	137.0	140.0	239.0	336.7809
3	Hassan AHMADIMANESH	IRI	94	1956	92.70	100.0	105.0	110.0	128.0	133.0	138.0	238.0	336.9344
4	Gerd KLEINSCHMID	GER	94	1952	93.47	101.0	105.0	105.0	120.0	124.0	124.0	221.0	330.8070
5	Robert MITCHELL	AUS	94	1955	87.54	80.0	85.0	85.0	115.0	120.0	125.0	210.0	308.1467
6	Edmund BOGENSBERGER	AUT	94	1956	90.24	79.0	83.0	85.0	98.0	103.0	105.0	188.0	269.3693
7	Patrick COYNEL	FRA	94	1952	93.20	82.0	85.0	85.0	105.0	105.0	106.0	188.0	281.7625
8	Richard ODOR	USA	94	1954	87.53	75.0	78.0	81.0	100.0	105.0	105.0	181.0	268.9939

Women

Women's 60-64 age group / 48kg class													
Place	Name	Team	Weight Class	Birth Year	Body Weight	First Snatch	Second Snatch	Third Snatch	First C & J	Second C & J	Third C & J	Total	Formula
1	Vicki BRADY	AUS	48	1943	46.07	21.0	23.0	25.0	26.0	28.0	30.0	51.0	122.1494

Women's 50-54 age group / 75kg class													
Place	Name	Team	Weight Class	Birth Year	Body Weight	First Snatch	Second Snatch	Third Snatch	First C & J	Second C & J	Third C & J	Total	Formula
1	Marie ORSAGOVA	CZE	75	1956	70.20	55.0	61.0	61.0	75.0	81.0	-	142.0	196.1171
2	Grace MORRISON	AUS	75	1954	69.20	40.0	43.0	45.0	60.0	63.0	63.0	106.0	150.7706

Women's 45-49 age group / 53kg class													
Place	Name	Team	Weight Class	Birth Year	Body Weight	First Snatch	Second Snatch	Third Snatch	First C & J	Second C & J	Third C & J	Total	Formula
1	Coral QUINELL	AUS	53	1957	52.83	53.0	55.0	56.0	62.0	65.0	65.0	121.0	199.7593
2	Deborah HUDSON	USA	53	1961	53.00	44.0	44.0	47.0	60.0	62.0	62.0	106.0	169.0225
3	Caroline CHARLES	GBR	53	1958	52.38	46.0	49.0	49.0	56.0	59.0	59.0	105.0	173.4343

Women's 45-49 age group / 75+kg class													
Place	Name	Team	Weight Class	Birth Year	Body Weight	First Snatch	Second Snatch	Third Snatch	First C & J	Second C & J	Third C & J	Total	Formula
1	Debra KEELAN	AUS	75+	1961	83.21	62.0	67.0	69.0	75.0	79.0	82.0	146.0	181.3064
2	Briska CECH	GER	75+	1957	93.39	37.0	39.0	40.0	47.0	50.0	51.0	91.0	113.6310

Women's 40-44 age group / 58kg class													
Place	Name	Team	Weight Class	Birth Year	Body Weight	First Snatch	Second Snatch	Third Snatch	First C & J	Second C & J	Third C & J	Total	Formula
1	Diana LOY	AUS	58	1965	57.78	60.0	63.0	65.0	72.0	77.0	80.0	145.0	207.7777
2	Sayuri IWANAGA	JPN	58	1963	56.93	56.0	58.0	60.0	68.0	72.0	77.0	130.0	192.0626
3	Caroline KRAUT	FRA	58	1963	56.52	38.0	41.0	43.0	50.0	54.0	56.0	97.0	144.0710

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2006 Australian Open & Under 20 Championships Melbourne 9th – 10th September

By Ben Turner

At the recent National Championships held in Melbourne the Queensland team produced a remarkable team result. This result was achieved without full team representation. The men's U/20 team narrowly missed out on the team trophy to Victoria by 1 point but still finished in a very strong second position. The men's Open team also performed well placing second overall. Our standout team for the event was the women's U/20 team. Fielding only 4 competitors they were comfortably able to defend the title they have won for the past few championships. The senior women's team also performed solidly, although missing many of the star lifters of recent years to come in third place.

Special mention must be made the coaching staff. Their job of winning team shields was made all the more difficult with the smaller team this year. Their close collaboration was instrumental to the success of the Queensland team.

With 5 of the 6 Commonwealth Games representatives missing from this year's team, it did not stop our lifters from once again dominating the best lifter awards. Damon Kelly and Troy Hewkins won the best senior and junior males respectively. Davina Hughes also continued the trends of recent years and comfortably won the best junior female of the event.

Well done to the two oldest members of the team Diana Loy and Peter Foster. Both lifted well and placed 2nd and 3rd respectively and continued to show that age is no barrier to being successful at the top level.

Congratulations to Alison Noble who not only was competing in her first National championships but came away with the national title!

Luke Gardner was involved in the most exciting competition of the championships narrowly missing out on a U/20 Gold but lifted extremely well to be pipped by Mitchell Mann from NSW on his last lift.

However the lifter of the championships for me was Dmitri Hatzigeorgiou who completed 6 out of 6 attempts and 3 new personal bests. 110kg Snatch, 136 Clean and Jerk and a 246kg Total.

Congratulations to all members of the Queensland team for another successful National championship result!!

Australian Championships (Open & U20)
08 - 10 September 2006,
Mermet Victorian Weightlifting Stadium

RESULTS - MEN

56kg Men	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
BE Vannara	1988	VIC	55.85	95	117	212	1	1
HOCKINS Darryl	1988	QLD	55.65	71	82	153	2	2
PETERSON Matthew	1989	VIC	55.10	63	85	148		3
KAHI Nathan	1992	QLD	54.70	62	83	145		4

62kg Men	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
WATKINS Dale	1988	SA	60.40	80	111	191	1	1
WALKER Graham	1970	NT	59.70	80	101	181	2	
TURNOR Bryan	1989	WA	59.75	68	95	163	3	2
TURNOR William	1987	NT	60.30	68	86	154		3
KOUM Daniel		CMR	61.75	105	140	245	Guest	

69kg Men	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
GATES Shane	1987	SA	68.75	110	132	242	1	1
KATZ Sam	1983	VIC	68.60	97	115	212	2	
INGLIS Patrick	1989	SA	65.40	90	110	200	3	2
KATZ Daniel	1991	VIC	65.80	80	95	175		3
KAMARA Musa Brima		SLE	66.75	90	115	205	Guest	

77kg Men	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
CHAMOUN Malek	1989	NSW	76.65	112	148	260	1	1
BRADY Joshua	1988	QLD	73.75	107	130	237	2	2
WOODFORD Mark	1986	VIC	76.85	90	105	195		3
BAYLY Paul	1974	NSW	76.35	90	0	0		
ETOUND Francoise		CMR	72.90	125	160	285	Guest	

85kg Men	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
HEWKINS Troy	1986	QLD	81.05	126	155	281	1	1
CIANCIO Andrew	1978	VIC	85.00	122	152	274	2	
CIANCIO Chris	1984	VIC	81.55	120	135	255	3	
OGILVIE Michael	1983	NSW	83.55	115	135	250	4	
TAYLOR Scott	1989	TAS	79.35	104	123	227	5	2
STUART Bowen	1986	QLD	77.60	103	117	220	6	3
O'DOHERTY Chris	1985	NSW	83.50	85	110	195	7	
DALSANTO Max	1985	SA	84.05	125	0	0		

94kg Men	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
HEFFERNAN Simon	1975	VIC	93.65	131	168	299	1	
GALSWORTHY Robert	1989	WA	93.75	120	161	281	2	1
MULDER Ben	1978	TAS	93.35	120	160	280	3	
CITTON Emmanuel	1982	NSW	92.7	115	155	270	4	
MERREY Chris	1988	VIC	90.55	113	151	264		2
CHAMBERS Brodie	1986	SA	85.15	100	133	233	5	3
RIBEUM SImplice		CMR	88.15	135	170	305	Guest	

105kg Men	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
GRIGORYAN Aghvan	1969	VIC	104.35	140	160	300	1	
HELLISON Warren	1966	VIC	98.25	112	161	273	2	
MANN Mitchil	1987	NSW	100.10	120	153	273	3	1
GARDNER Luke	1988	QLD	102.80	117	153	270	4	2
HARDIMAN Peter	1982	NSW	100.30	113	150	263	5	
MANSOUR Marc	1987	VIC	100.70	95	105	200		3

+105kg Men	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
KELLY Damon	1983	QLD	147.90	160	196	356	1	
FALCONE Matthew	1987	VIC	155.80	133	167	300	2	1
HATZIGEORGIOU Dimitri	1988	QLD	108.95	110	136	246		2
FOSTER Peter	1967	QLD	116.25	114	130	244	3	

RESULTS - WOMEN

48kg Women	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
LEE Vivian	1978	VIC	47.40	54	70	124	1	
MACKEN Mary	1961	NSW	47.70	44	58	102	2	
JANKE Melinda	1987	QLD	47.45	43	55	98	3	1
WATKINS Lauren	1990	SA	47.35	36	46	82		2

53kg Women	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
LATIF Nadeene	1978	NSW	52.30	67	86	153	1	
HUGHES Davina	1989	QLD	52.75	60	85	145	2	1
EDGE Jessica	1986	SA	52.05	53	65	118	3	2
BE Socheata	1989	VIC	52.40	55	62	117	4	3
GRIGGS LISA	1973	NT	53.00	48	67	115	5	

58kg Women	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
LEE Seen	1982	VIC	57.55	86	100	186	1	
LOY Diana	1965	QLD	57.45	64	78	142	2	
GROVES Deborah	1970	NSW	55.20	59	78	137	3	
HARDY Amy	1989	NT	57.95	62	72	134	4	1
LAMBERT Liana	1988	QLD	58.00	52	63	115	5	2

63kg Women	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
WHITE Jacquie	1982	VIC	62.60	82	98	180	1	
BROOKE Rebecca	1987	NT	62.55	68	82	150	2	1
WHITE Juanita	1987	NSW	61.30	62	78	140	3	2
KAHI Teri Anne	1991	QLD	62.15	48	65	113	4	3

69kg Women	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
SAWON Nicole	1978	SA	63.10	78	98	176	1	
OMEARA Kelly	1982	VIC	63.60	64	90	154	2	
LOCH WILKINSON Astrid	1982	NSW	64.55	60	81	141	3	
PALAMARA Elena	1986	NSW	66.85	76	0	0		

75kg Women	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
NOBLE Alison	1979	QLD	73.75	66	91	157	1	
STEWART Alexandra	1977	NSW	71.35	65	78	143	2	
DAVIS Kathryn	1986	NSW	74.20	63	70	133		1

+75kg Women	YOB	STATE	B/WT	SN	C&J	TOTAL	Open	U20
VAN TIENAN Belinda	1986	VIC	79.40	76	101	177	1	1
WALLER Danielle	1965	WA	102.80	70	90	160	2	
LINFORD Kate	1987	VIC	92.75	66	82	148	3	2



Queensland Team at the 2006 National Open & 20 Championships



QWA League Final & Masters League Final
 Nambour SHS, Sunshine Coast, Qld
 16th September 2006

The QWA League Final saw close battles in all divisions, with the competitors having to apply both body and mind to hold off the challenges of their rivals. Because the League format awards points to lifters by comparing their totals to World Records and offering bonus points for improvement and consistency in performance, lifters and coaches must make every attempt count and keep a close eye on the ever-changing "leader board" to select the weights which will keep them in the hunt for the prize money and trophies.

Division 1

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Luke Gardner	88	Cougars	103.60	114	153	267	0	60.682
Davina Hughes	89	Toowoomba	54.50	64	82	146	-2	58.581

Division 2

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Alison Noble	79	Nudgee	74.20	69	92	161	24	80.294
Bowen Stuart	86	Toowoomba	78.90	102	117	219	4	59.443
Holly Collyer	88	Sunshine Coast	65.10	68	86	154	3	59.000
Darryl Hockins	88	Toowoomba	58.10	66	78	144	-1	43.308

Division 3

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Nathan Kahi	92	Cougars	55.90	62	82	144	15	62.213
Debra Keelan	61	Cougars	85.00	67	79	146	13	58.912
Teri-Anne Kahi	91	Cougars	65.80	50	66	116	3	45.182

Division 4

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Ben Turner	90	Windaroo	64.50	56	80	136	21	59.095
Tierney Molenaar	91	Windaroo	62.30	49	61	110	13	55.969
David Hockins	91	Toowoomba	44.90	41	60	101	21	54.115
Jayde Thomas	91	Toowoomba	57.10	39	50	89	17	53.929
Jon Knowles	90	Toowoomba	68.50	67	76	143	2	42.056

Masters League

Points are calculated as the percentage of World Record Total relative to bodyweight category multiplied by the Malone Meltzer age coefficient, plus 6 Bonus points for six successful attempts

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Women								
Jenni Sefton	67	Nudgee	68.20	44	57	101	0	41.318
Julie Davis	52	Nudgee	50.50	21	33	54	0	31.656
Men								
Greg Hobl	60	Toowoomba	79.30	90	112	202	6	67.725
Mal Irwin	53		93.10	92	112	204	0	63.255
Bob Henderson	43	Sunshine Coast	75.40	62	80	142	0	59.663

Referees: Bob Henderson (Cat I); Lawrie Townsend (Cat II); Amanda Phillips (National); Tanya Harden (National); Ray Loudon (State); Tom McCosker (Club).

Time Keepers: Barry Harden; Rod Carr; Tom McCosker.

M.C: Ian Moir.

Technically Speaking

By Ian Moir

Undoubtedly the most important task for Referees at competitions is to judge the lifters' attempts; however there are a number of other duties for which Referees are responsible. These include conducting the weigh-in; checking the competition equipment; and ensuring the correct weight of the barbell during the competition.

Although it is the loaders who set the barbell up with the announced weight, the ultimate responsibility for ensuring that the barbell is loaded correctly falls on the Referees and they must keep a check on the loading of the barbell throughout the competition. Occasionally, mistakes are made; and the IWF Rules set out the following procedures in the case of errors in loading or incorrect announcements:

IWF Technical Rule 6.1.10

Example 1:

When the barbell is loaded to a lighter weight than the one requested by the competitor, the competitor may, if he or she wishes, either accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1.0 kg, or refuse it. If he or she refuses the attempt, the competitor is granted an additional attempt with the weight originally requested.

Example 2:

When the barbell is loaded to a weight which is not a multiple of 1.0 kg and the lift is successful, the competitor may accept the attempt at the value of the next lower value of 1.0 kg.

Example 3:

When the barbell is loaded to a heavier weight than the one requested by the competitor, the competitor may if he or she wishes accept the attempt if it was successful and provided the barbell was loaded to a multiple of 1.0 kg. If the attempt is not successful or if the barbell is not a multiple of 1.0 kg, the competitor is automatically granted an additional attempt with the weight originally requested.

Example 4

When a lift is failed because the barbell is not equally loaded, or because the barbell is changed during the lift, or the platform is disarranged, the jury may grant an additional attempt at the request of the lifter or his or her coach.

Example 5:

When the speaker makes a mistake in announcing a weight lighter or heavier than the one requested by a competitor, the jury must take the same decision as for errors in loading.

Example 6:

In certain competitions, when the competitors are not obliged to remain near the platform, therefore finding it impossible to follow the progress of the other competitors, the weight must be similarly reduced when the speaker omits to call a competitor at the time he or she would have normally taken his or her attempt.



The IWF recently clarified the rule pertaining to the changes lifters or coaches can make to their nominated weights. Two changes per attempt are permitted, but in the past there has been some confusion over what constituted the lifter's first nominated weight. Now it is clear that the first weight is the weight which the athlete or coach nominates and not the weight which results from the automatic 1kg progression, even if the lifter is called to attempt that weight. For example: a lifter succeeds with an attempt at 100kg; the announcer calls the lifter for the next attempt at a weight of 101kg (automatic progression). The lifter's coach then goes to the attempt card and writes 102kg. 102kg is the weight nominated for that lifter's attempt and it can then be changed twice before the final signal (30 seconds left on the clock).

MOST AUSTRALIAN OPEN (SENIOR) CHAMPIONSHIPS

MEN: (From Australian Championships since 1939)

1. 12 Charles (Charlie) Henderson (NSW)
-56kg: 1951, 1952, 1953, 1954, 1955, 1956, 1957, 1958, 1959, 1960
-60kg: 1962, 1968
- =2. 9 Harold MacBain (Vic)
-60kg: 1939, 1940, 1941, 1942, 1947, 1948, 1950, 1954
-67.5kg: 1943
- =2. 9 Harvey Goodman (Vic)
-90kg: 1987, 1988, 1990
-91kg: 1993
-94kg: 1999
-99kg: 1994, 1996
-100kg: 1989, 1992
- =4. 8 Russell (Nev) Pery (Qld)
-67.5kg: 1959, 1960
-75kg: 1962, 1963, 1966
-82.5kg: 1967, 1970
-90kg: 1971
- =4. 8 Damian Brown (Vic)
-75kg: 1989, 1991
-76kg: 1993, 1995, 1997
-83kg: 1994
-85kg: 1998, 2000
- =4. 8 Mehmet Yagci (NSW)
-52kg: 1990, 1992, 1993, 1995
-54kg: 1996, 1997
-62kg: 2000, 2001

WOMEN: (Competition began in 1989)

1. 8 Caroline Pileggi (WA)
-75kg: 2000
-83kg: 1994, 1996, 1997
+75kg: 1998, 2001, 2003
+83kg: 1995
- =2. 6 Diana Loy (Qld)
-56kg: 1991
-54kg: 1993, 1994
-59kg: 1996
-67.5kg: 1989, 1990
- =2. 6 Deborah (Debbie) Smith (Vic)
-59kg: 1993
-60kg: 1989, 1990, 1991, 1992
-63kg: 1999
- =2. 6 Michelle Kettner (nee Randall) (Vic/NSW)
-59kg: 1995
-63kg: 1998
-64kg: 1993, 1994, 1997
-69kg: 2000
- =2: 6 Nadeene Latif (NSW)
-48kg: 2001, 2003, 2004
-53kg: 1999, 2000, 2006
- =6. 5 Robin Weckert (SA)
-70kg: 1994, 1995
-75kg: 1989, 1990, 1992
- =6. 5 Amanda Inman (Tas)
-46kg: 1994
-48kg: 1992, 1998
-50kg: 1996, 1997
- =6. 5 Jacqueline (Jacquie) White (Vic)
-63kg: 2002, 2003, 2004, 2005, 2006

Compiled by Michael Noonan. email: mpnoonan@optusnet.com.au

Editor's note: If any members have results from Australian Weightlifting Championships held prior to 1979, Michael Noonan would appreciate copies of these. Please forward them to the QWA. They will be copied and returned.

News News News

If you have an article for Weightlifting Queensland please send an email to Kylie Booth at gwa-kylie.booth@powerup.com.au.

- Mike Keelan appointed as a Director of the Australian Weightlifting Federation.
- Mike Keelan and Angela Wydall appointed to the AWF High Performance Management Committee.
- Damon Kelly (+105kg) and Miles Wydall (Coach) were selected for the 2006 World Championships in the Dominican Republic.
- The Queensland Team who lifted recently at the Open and Under 20 National Championships in Melbourne won the Under 20 Female team shield.
- Congratulations to Troy Hewkins (Under 20) and Damon Kelly (Open) and Davina Hughes (Under 20) for winning their respective National Age Championships.
- Dallas Turnbull for passing his National Referee examination.
- Congratulations to Luke Gardner, Troy Hewkins, Anthony Salsone, Joel Wilson, Davina Hughes, Liana Lambert, for the 23 medals earned at the 2006 Senior and Junior Oceania Championships held in Apia, Samoa.
- Vicky Brady (World Champion – 48kg Category 60-64yrs), Diana Loy (World Champion – 58kg Category 40-44yrs), Debra Keelan (World Champion - +75kg Category 45-49yrs) and Lawrie Townsend (8th – 77kg Category 55-59yrs) at the 2006 World Masters in Bordeaux, France. Diana Loy was also named as the Best Lifter in her age group.



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The Queensland Weightlifting Association (QWA) strives to promote weightlifting as a healthy and enjoyable sport for all.

Through its system of clubs around the state of Queensland, Australia, the QWA provides quality coaching for beginners to elite athletes, and offers an organised program of events for men and women aged from their 'teen years through to the Masters categories.

The QWA also offers training for coaches and officials and, as an affiliated member of the Australian Weightlifting Federation, opportunities to participate in national and international events.