



Weightlifting Queensland

December 2009

The Official Journal of the Queensland Weightlifting Association Inc.



2009 QWA League Champion Lad Singh

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The Queensland Government is proud to provide funding for the Queensland Weightlifting Association to get more Queenslanders active through sport and recreation.

Weightlifting Queensland

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QWA Mission Statement

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

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Photos by Miles Wydall

Disclaimer

The views represented in this publication do not necessarily reflect those of the editor or of the Officers or the Management Committee of the QWA.



2010 Events Calendar

January 26	USQ Australia Day Competition	Springfield
February 13	QWA League Round 1 & Masters League Round 1	Cougars
March 6	JME Qld Club Challenge – North Brisbane	Zillmere
March 6	JME Qld Club Challenge – Toowoomba	Toowoomba
March 6	JME Qld Club Challenge – USQ Springfield	Springfield
March 7	JME Qld Club Challenge – Cairns North	Cairns
March 7	JME Qld Club Challenge – Cougars	Cougars
March 7	JME Qld Club Challenge – Sunshine Coast	Nambour
March 13 – 14	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
March 20 – 21	Australian Clubs Championship	Hawthorn, VIC
March 27	QWA Annual General Meeting	Chandler
April 9	Toowoomba Open Club Competition	Toowoomba
April 17	QWA League Round 2 & Masters League Round 2	Nambour
May 6 – 9	Oceania Championships (Senior & Junior & Youth)	Yaren, NRU
May 15	Qld U15 & Youth & Junior Championships	Toowoomba
May 22	Qld Masters Championships	Cougars
June 4	JME Qld Club Challenge – Toowoomba	Toowoomba
June 4	JME Qld Club Challenge – USQ Springfield	Springfield
June 5	JME Qld Club Challenge – Cairns North	Cairns
June 5	JME Qld Club Challenge – North Brisbane	Zillmere
June 5	JME Qld Club Challenge – Cougars	Cougars

June 5	JME Qld Club Challenge – Sunshine Coast	Nambour
June 11 – 22	World Junior Championships	Plovdiv, BUL
June 26	Commonwealth Games Team Trials	Chandler, QLD
June 27	Australian Masters Championships	Chandler, QLD
July 1 – 5	World University Championships	Taiching, TPE
July 9	National Under 15 Tournament	Springfield, QLD
July 10 – 11	National Youth & Junior Championships	Springfield, QLD
July 24 – 25	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
July 31	QWA League Round 3 & Masters League Round 3	Zillmere
August 14 – 26	Youth Olympic Games	Singapore, SIN
August 27	JME Qld Club Challenge – North Brisbane	Zillmere
August 27	JME Qld Club Challenge – Toowoomba	Toowoomba
August 27	JME Qld Club Challenge – USQ Springfield	Springfield
August 28	JME Qld Club Challenge – Cairns North	Cairns
August 28	JME Qld Club Challenge – Cougars	Cougars
August 28	JME Qld Club Challenge – Sunshine Coast	Nambour
September 11	Qld All Schools Championships	USQ Springfield
September 18 – 25	IWF World Masters Championships	Ciechanow, POL
September 18 – 30	World Senior Championships	Antalya, TUR
September 25	QWA League Round 4 & Masters League Round 4	Toowoomba
October 3 – 14	Commonwealth Games	Delhi, IND
October 9	Cairns North Open Club Competition	Cairns
October 22	JME Qld Club Challenge – Toowoomba	Toowoomba
October 22	JME Qld Club Challenge – USQ Springfield	Springfield
October 23	JME Qld Club Challenge – Cairns North	Cairns
October 23	JME Qld Club Challenge – North Brisbane	Zillmere
October 23	JME Qld Club Challenge – Cougars	Cougars
October 23	JME Qld Club Challenge – Sunshine Coast	Nambour
October 30	Qld Senior Championships	USQ Springfield
November 6 – 7	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
November 13	Sunshine Coast Open Club Competition	Nambour
November 13 – 14	State Weightlifting / Sports Power Coach Level 2 course	Chandler
November 27	QWA Grand Final	Cougars

December 3	Toowoomba Open Club Competition	Toowoomba
December 11	National Senior Championships	Launceston, TAS
December 18	'Mike Keelan Shield' Competition	Cougars
December 18	Cairns North Open Club Competition	Cairns
December 18	'The Lawrie' North Brisbane Open Club Competition	Zillmere
December 18	Sunshine Coast Open Club Competition	Nambour

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.

The qualifying period for the Queensland Junior Championships is 30th April 2009 – 30th April 2010.

The minimum standard for entry in the Queensland Junior Championships is 80% of AWF Youth Standard.

The qualifying period for the Queensland Senior Championships is 15th October 2009 – 15th October 2010.

The minimum standard for entry in the Queensland Senior Championships is AWF Youth Standard.

There is no minimum qualifying standard for Queensland Under 15, Youth, School, or Masters Championships.

To be eligible to be selected to represent the QWA at the 2010 National U15 & Youth & Junior Championships athletes must compete in the 2010 Queensland U15 & Youth & Junior Championships.

To be eligible to be selected to represent the QWA at the 2010 National Senior Championships, athletes must compete in the 2010 Queensland Senior Championships.

An exemption from these conditions may apply in special circumstances. Refer to Section 2 of the QWA Team Selection Policy. The QWA Team Selection Policy is available on the QWA web site at <http://www.qwa.org/policies/teamsel.asp> or from the QWA office on request.

From the QWA Office

By Ian Moir, QWA General Manager

In this final edition of the QWA newsletter for 2009, it's timely to reflect on the year that has passed and also to highlight some of the activities that we will be engaged in next year.

This has been a testing year for the QWA. By that, I don't mean that it has been a difficult year, but in the literal sense of the word, the QWA has been 'tested' through our own review of operations; and also by the organisational auditing process initiated by the Queensland Government. I made mention of the organisational audit in previous newsletters and I'm pleased to report that the QWA was assessed as being in relatively good shape; and that we have progressed with the recommendations contained within the audit report to a point where most of the 'boxes' have been ticked, with the remaining tasks scheduled for completion in the new year.

In terms of the QWA's competition program, 2010 will witness the resurrection of a State-wide Inter-Club postal competition. The impetus for this competition is the QWA Management Committee's desire to foster participation in weightlifting throughout Queensland, while at the same time recognising the difficulties members who live beyond the South East corner face, in attending competitions. Not only will this inter-club competition serve to link members across the state, but it will also emphasize the importance of regular involvement at club level and, no doubt, promote club pride. The 2010 JME Queensland Club Challenge will be sponsored by JME Australia and participating clubs will be competing for lucrative prizes, including \$1000 cash.

A review of another of the QWA's regular competitions, The QWA League, has highlighted the fact that for many of Queensland's lifters, sustaining a high level of performance throughout the entire year is difficult, particularly for those whom we wish to see representing Queensland and Australia in peak condition. The QWA League was established to provide opportunities for all Qld lifters to compete at a level commensurate with their abilities and so in 2010, the QWA League will continue to consist of four open competition rounds and a Grand Final, but the ranking of lifters for the Grand Final in all Divisions will take into account each lifter's best three results from the four rounds.

This means that a lifter who might miss one round due to illness; or who might be preparing for a National or International event using a League round as a relatively light training exercise; or who simply has a really bad day on the platform; will not lose all hope of making it to the Grand Final.

Other important changes to come into effect on 1 January next year relate to the age group classification of younger competitors. The Australian Weightlifting Federation has adopted the age groups implemented by the International Weightlifting Federation and the QWA is bound to follow suit by the stated objective in our operational plan to conduct a program of State Championships in alignment with National Championships. While the age limit for Juniors remains 20 years and under, Youths will be 17 years and under; and the previous Under 16 age group will be replaced with Under 15.

While on the subject of reviews, one that has attracted a lot of attention in the past few months is the review of Australian sport conducted by a panel headed by David Crawford. While the Crawford Review's focus was on national structures and funding programs, how the Federal Government responds to the 39 recommendations contained within the Crawford Report will have implications for all levels of sport in Australia.

The public release of the Crawford Report in mid-November signalled the end of one phase of this process – the review – and started the 'response phase'. From a Queensland perspective, the Minister for Child Safety and Sport, Hon. Phil Reeves MP, attended the December General Meeting of QSport (Sports Federation of Qld) prior to joining State Sport Ministers from around the country to discuss the various States' reactions to the Crawford Report.

At the QSport meeting, Minister Reeves briefed Queensland Sporting Organisations on what our state government considers to be the priority issues in this debate; and he responded to many questions and took note of common issues raised by the sport representatives present. Through my attendance at this meeting, representing the QWA, I am inclined to believe that while the Queensland Government's position will ultimately be determined by the Minister and his department, it will certainly be informed by, and representative of, the views of the Queensland sport sector.

And so, as for the Federal Government's response to 'Crawford'; the QWA clubs' response to the JME Qld Club Challenge; and Qld lifters' response to the 'best three out of four' QWA League ranking system... we must all wait and see what the new year brings.

Best wishes to all for a Merry Christmas and a safe, happy and prosperous New Year.

Until next time...

Ian Moir

President's Note

With the weightlifting competition year drawing to a close I take time out for a moment and reflect on the year that was 2009. It has been a great year of development and growth for weightlifting in Queensland.

Queensland has had numerous success stories through-out the year, many of our lifters have had great success on the Queensland, Australian and International competition stage. Our officials and coaches have been well represented at National and International Championships.

The level of achievement from members of the QWA Inc has been quite high and from all indications this trend will continue into 2010. With growth in member numbers in the last half of the year we are now set to build on our hard work and success into 2010, a Commonwealth Games year.

Queensland weightlifters and weightlifting officials have distinguished themselves as true sporting achievers throughout 2009; and our volunteers have also serviced the QWA Inc in an outstanding manner. I am truly amazed at the dedication of our volunteers at every competition I have been able to attend this year.

To all the hard working lifters, coaches, officials and volunteers in our much loved sport of weightlifting, I wish to extend an enormous thankyou for the work you have done over the year. This work is what makes Queensland Weightlifting able to do what we do. Without your countless hours of devoted time, weightlifting would cease to function in Queensland, so I thankyou again and encourage you all in your sports roles, volunteer endeavours and activities as we move into the New Year.

Queensland Weightlifting Association is a successful sporting body. As an organisation the QWA is constantly evolving. We do this to be sustainable in an ever changing world of sport and recreation activity, funding and policy environments. To this end the QWA has been working tirelessly to promote and increase interest in weightlifting throughout the community.

This can be seen in our growing innovation in delivery of weightlifting competitions and their formats. Innovations can also be seen in our marketing and public relations strategies related to weightlifting. All of which will lead us to a more attractive and accessible sport for the community to become involved with.

The level of commitment from our lifters, volunteers, officials and staff towards the goals of the QWA has been outstanding in 2009. Since taking on the role of President in March, I have seen a positive growth in our ranks. The number of competitors has steadily increased throughout the year as well as the quality of our state representatives and the level of competition within the state.

As President I can see the way in which Queensland Weightlifting is pushing forward as a cohesive and strong sporting association, maintaining strong links with its major stakeholders - the weightlifting clubs and members in our state.

The sport of weightlifting in Queensland is what you: the clubs and members make of it. The QWA staff and management committee are here to administer the sport for the members in the best way that we can. Together as members of this sport in Queensland we can continue the good work of the past and draw on our experiences and partnerships and move Queensland Weightlifting into a stronger and more vibrant position for 2010 and the future beyond.

So as we move onto a new decade of weightlifting in 2010, onto the Commonwealth Games in India, the championship battles and competitions to come. I look forward to seeing you all involved and active, enjoying the sport, the people and the friendships in our weightlifting family in 2010.

I have enjoyed my time as President in 2009. It has been an honour to give my time to the sport of weightlifting, a sport which has given so much to me. I have seen many great lifts from Queenslanders on the competition stage throughout the year, many Titanic struggles against fellow lifters and the old adversaries "**the barbell and gravity**". I look forward to seeing Queenslanders excel once again in yet another exciting year of sport in the coming New Year.

I wish you all the best over the Christmas and New Year period, **stay safe, train hard** and **rest well** as we will all need to **dig deep** again in 2010 to make weightlifting in Queensland truly great.

Yours in Weightlifting

Craig Wegert

President
Queensland Weightlifting Association Inc.



2009 Queensland All Schools Championships
Toowoomba Weightlifting Association, Toowoomba Qld
10th October 2009

WOMEN

Name	YOB	School	Bwt	Sn	C&J	Total	Sinclair	Open	U16
48kg Category									
Kara Stuart	94	SJC	47.70	35	47	82	125.93	1	1
58kg Category									
Bianca Sheppard	92	HSHS	57.70	68	76	144	189.91	1	
63kg Category									
Michelle Kahi	94	MSHS	62.90	74	88	162	201.60	1	1
+75kg Category									
Bonnie Sleeman	93	RSHS	77.20	65	75	140	155.99	1	1

MEN

Name	YOB	School	Bwt	Sn	C&J	Total	Sinclair	Open	U16
47kg Category									
Joshua Wu	96	SC	42.00	40	45	85	169.19	1	1
51kg Category									
Joshua Wegert	96	WCC	48.30	30	40	70	122.50	1	1
56kg Category									
Shane Wagner	96	TSHS	53.80	42	53	95	151.91	1	1
62kg Category									
Michael Winn	94	BPSHS	61.20	56	73	129	187.13	1	1
Aaron Sym	95	NSHS	61.50	47	58	105	151.78	2	2

2009 World Masters Games & IWF World Masters Championships

Sydney, Australia , 10th – 18th October 2009

MEN

Name	YOB	School	Bwt	Sn	C&J	Total	Sinclair	Open	U16
69kg Category									
Nathan Kahi	92	MSHS	68.80	100	125	225	301.68	1	
Jake Ratcliffe	94	HSMS	66.20	65	77	142	195.19	2	1
Jordan Arenson	95	BGS	65.40	46	65	111	153.81	3	2
Andrew Adams	95	NSHS	67.20	41	50	91	123.87	4	3
85kg Category									
Henry Wen	93	BGS	81.90	82	101	183	222.05	1	1
Michael Bailey	92	BGS	80.50	80	100	180	220.38	2	
Nathan Gill	94	NSHS	77.60	47	55	102	127.37	3	2
94kg Category									
Hugh McPhail	95	NSHS	92.00	45	60	105	120.58	1	1

Referees: Angela Wydall (Cat II); Craig Wegert (National); Stuart Wagner (State); Bowen Stuart (State); Barry Hockins (Club).

Time Keepers: Barry Hockins; Darryl Hockins.

M.C: Ian Moir

Best Lifter Awards

	Under 16	Open
Male	Henry Wen	Nathan Kahi
Female	Michelle Kahi	Michelle Kahi

The Roman Wojcieszuk Memorial Shield Team Points

School	Points
Nambour SHS	98
Brisbane Grammar School	76
Mansfield SHS	28
Browns Plains SHS	28
Sheldon College	28
Toowoomba SHS	28
Woodcrest College	28
Harristown SHS	25

Records

Name	Cat	Lift	Weight	Age Group	Level
Michelle Kahi	63kg	Snatch	74	Under 16	AUS; QLD
Michelle Kahi	63kg	Total	159	Under 16	AUS; QLD
Michelle Kahi	63kg	Total	162	Under 16	AUS; QLD

Men 's 80-84 age group / 62kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Jean Jacques BRETAGNE	FRA	1928	60.26	45	60	105

Men 's 80-84 age group / 77kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Andre DESCHAIRES	FRA	1929	76.70	40	50	90

Men 's 80-84 age group / 105kg class

Place	Name	NAT	YOB	BWT	SN	C & J	Total
1	Kurt ROSENBERGER	GER	1928	98.71	42	59	101

Men 's 75-79 age group / 56kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Yury BUSYGIN	RUS	1934	54.15	45	57	102
2	Yrjö HAATANEN	FIN	1933	55.67	45	57	102
-	Rudolf KOTLIKOV	USA	1933	53.82	40	---	---

Men 's 75-79 age group / 62kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Christopher PITISIS	GRE	1931	59.25	54	59	113
2	Yutaka NAKASHIMA	JPN	1931	61.53	48	62	110
3	Georg SCHALL	GER	1934	61.01	44	56	100

Men 's 75-79 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Eduard ZHYHALKA	BLR	1934	67.66	60	75	135
2	Vasily ZUBOV	RUS	1931	62.43	40	55	95

Men 's 75-79 age group / 77kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Howard COHEN	USA	1932	69.14	49	62	111
2	Matvey SOLOVYEV	USA	1932	72.94	43	52	95
3	Trevor LOVATT	NZL	1934	75.99	41	52	93
4	Gonzalo GONZALEZ	USA	1932	75.75	38	42	80

Men 's 75-79 age group / 85kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Alexandr AVANESOV	USA	1934	79.69	65	85	150
2	Heinz Rolf SCHULZ	GER	1931	83.50	46	58	104

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Men 's 75-79 age group / 94kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Valto MASALIN	FIN	1934	86.85	59	83	142
2	Bob CRISP	GBR	1934	88.63	40	60	100

Men 's 75-79 age group / 105kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Don RAMOS	USA	1933	94.20	80	100	180
2	Donald WALKER	GBR	1932	100.35	48	65	113
3	Roger ANER	FRA	1934	94.34	45	52	97

Men 's 70-74 age group / 56kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Miroslav KUBINEC	CZE	1939	55.81	50	68	118
2	Albinas Vytautas NAUSEDA	LTU	1937	50.47	47	60	107
3	Mykola SOYNIKOV	UKR	1938	54.90	40	52	92
4	Ben NOWOTNY	USA	1939	55.59	40	45	85
5	Tanto GARDJITO	INA	1937	55.61	36	40	76
6	Viacheslav KRAYNOV	RUS	1935	54.78	32	41	73

Men 's 70-74 age group / 62kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Horst NITSCHKE	GER	1937	61.48	50	61	111
2	Koki HIRANUMA	JPN	1937	60.65	43	60	103
3	Keith PENNEY	AUS	1937	61.28	43	57	100
4	John MCNIVEN	SCO	1935	60.12	40	53	93
-	Hisao YONEDA	JPN	1936	61.53	47	55	---

Men 's 70-74 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Hiroshi KOGA	JPN	1937	68.14	60	76	136
2	Ng CHOW SENG	MAS	1935	67.46	57	73	130
3	Feliks BINKOWSKI	POL	1936	67.12	53	70	123
4	Jose POSTIGO	DOM	1937	68.71	40	50	90
5	John PRESTON	AUS	1938	66.42	38	45	83
-	Kozo KATSURAGAW	JPN	1938	67.73	63	76	---

Men 's 70-74 age group / 77kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	John LOMBARDO	USA	1939	75.49	60	77	137
2	Masaki MAEKAWA	JPN	1937	70.37	58	73	131
3	Howard BOVELL	USA	1939	72.28	60	65	125
4	George BYNG	SCO	1936	76.14	53	65	118
5	Alex HART	GBR	1937	76.17	48	55	103

Men 's 70-74 age group / 85kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Friedrich STEINER	AUT	1939	83.65	70	95	165
2	Karel VOJVODIK	CZE	1938	84.32	65	75	140
3	Jesus ARENAS	VEN	1935	77.49	52	73	125
4	Chris HOLT	AUS	1936	78.02	55	65	120

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Men 's 70-74 age group / 94kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Bob STRANGE	USA	1936	90.47	70	90	160
2	Vaclav TOMSIK	CZE	1936	89.25	63	90	153
3	Preben PETERSEN	DEN	1939	89.57	67	86	153

Men 's 70-74 age group / 105kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Heinz KUHN	GER	1937	94.25	70	93	163
2	Kåre SØMME	NOR	1938	104.35	65	75	140
3	Randhir WIRAK	USA	1939	97.35	45	75	120

Men 's 70-74 age group / 105+kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Lev NIKIFOROV	RUS	1936	143.97	72	95	167
2	Gunter SCHMOLKE	GER	1938	107.19	68	92	160
3	Jim FERGUSON	SCO	1938	115.84	60	80	140

Men 's 65-69 age group / 56kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Yasuhiro KUSUMOTO	JPN	1941	55.65	53	66	119
2	Yasuhiro NAGAHO	JPN	1941	54.66	53	65	118
3	Ernst REUSCH	GER	1940	55.64	49	60	109
4	Matti OKSANEN	FIN	1940	55.44	40	45	85

Men 's 65-69 age group / 62kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Egor KULIKOV	RUS	1941	59.60	66	87	153
2	Yasuo MOTOYAMA	JPN	1941	61.71	65	76	141
3	Hidetoshi KAWASAKI	JPN	1943	61.01	58	80	138
4	Isao IKEDA	JPN	1942	61.06	56	75	137
5	Glenn HARRIS	USA	1941	61.31	54	73	131

Men 's 65-69 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Tadashi MANO	JPN	1941	68.59	72	82	154
2	Siegfried ROSENGART	GER	1944	68.08	70	82	152
3	Nikolay KUDLAY	RUS	1944	68.55	65	85	150
4	Yasuji SUZUKI	JPN	1943	66.91	65	80	145
5	Tsegmed BYAMBAA	MGL	1940	68.27	59	82	141
6	Friedrich FABER	GER	1940	68.26	62	76	138
7	Romas MATAZINSKAS	LTU	1944	68.78	52	65	117

Men 's 65-69 age group / 77kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Piotr KOWALEWSKI	POL	1942	73.80	78	96	174
2	Hideki FUJIMOTO	JPN	1943	76.92	75	90	165
3	Akihiko TAKESHITA	JPN	1943	72.56	75	83	158
4	Pavel KLATIL	CZE	1942	75.22	61	80	141
5	Tony CAMPBELL-COWIE	AUS	1944	75.26	64	72	136

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- Viacheslav AZAROV UKR 1944 76.72 --- --- ---

Men 's 65-69 age group / 85kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Viktor RACK	GER	1940	84.21	85	102	187
2	Mohammad GHORBANALI TEHRANI	IRI	1943	84.27	78	103	181
3	Wilhelm QUAST	GER	1943	79.74	72	85	157
4	Ole CARSTENSEN	DEN	1943	82.84	61	80	141
5	Clarry PARSONS	NZL	1941	81.55	59	79	138
6	Barry John ALLEN	AUS	1940	83.48	59	75	134
7	Grant LAMOTHE	CAN	1943	82.80	50	75	125
8	Jaroslav TOMANEC	CZE	1943	82.95	48	55	103

Men 's 65-69 age group / 94kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Ebrahim POURDEJAM KHORAMI	IRI	1944	93.51	94	110	204
2	Jean Pierre BRUNET	FRA	1944	93.16	85	105	190
3	Kestutis KARDELIS	LTU	1944	88.26	75	103	178
4	Valeriy KRUSHLINSKIY	RUS	1942	85.84	77	100	177
5	Borys KOVALSKYI	UKR	1943	89.18	75	95	170
6	Dieter WAGNER	GER	1941	90.09	70	85	155
7	Ray HUEBSCHMANN	USA	1944	89.41	57	85	142
8	Frank PARSONS	AUS	1941	91.59	50	68	118
-	Yasumasa OMORI	JPN	1940	88.35	50	---	---

Men 's 65-69 age group / 105kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Walter SCHUESSLER	GER	1943	94.01	81	100	181
2	Garry MARSHALL	NZL	1941	94.96	66	84	150
3	John REYNOLDS	AUS	1944	102.97	56	76	132

Men 's 60-64 age group / 56kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Yukihiro SUZUKI	JPN	1947	55.64	50	70	120

Men 's 60-64 age group / 62kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Karel PROHL	CZE	1947	59.66	73	93	166
2	Isamu SUNABE	JPN	1947	60.87	76	75	151
3	Jan HELEBRANT	CZE	1946	61.43	56	77	133

Men 's 60-64 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Koji KANEKO	JPN	1947	68.11	83	101	184
2	Andrzej BORKIEWICZ	POL	1946	68.61	73	82	155
3	Tokuya ADACHI	JPN	1947	67.83	67	79	146
4	Michael HAGER	GER	1947	68.44	65	80	145
5	Shingo TAKEMURA	JPN	1945	68.54	60	80	140
-	Lasse TÖRMİKOSKI	FIN	1949	68.83	68	---	---

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Men 's 60-64 age group / 77kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Alexander KURNEV	RUS	1947	75.73	78	103	181
2	Takashi OKADA	JPN	1949	75.57	80	100	180
3	Zbigniew MAKOWSKI	POL	1947	73.74	79	99	178
4	Tony EBERT	NZL	1947	76.80	71	90	161
5	Kenji WATANABE	JPN	1946	74.77	78	80	158
6	Jozef NOSICKY	CZE	1947	75.17	67	88	155
7	François BIGOT	FRA	1947	74.57	64	74	138
8	Ludek PROKES	AUS	1949	75.38	63	75	138
9	Ray LOUDEN	AUS	1945	76.10	60	76	136
10	Tjandra WIHARDJA	INA	1948	73.35	55	80	135
11	Ryszard BAJOR	POL	1945	76.01	55	70	125
-	Morgan ASK	SWE	1949	75.38	77	---	---

Men 's 60-64 age group / 85kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Etsuo MITSUISHI	JPN	1949	83.96	103	118	221
2	Chris DARIOTIS	USA	1949	84.59	93	124	217
3	Roger BOUKO	FRA	1947	84.34	73	100	173
4	John CLOW	AUS	1949	83.82	72	93	165
5	Reinhard KOSSMANN	GER	1948	83.42	68	86	154
6	George HARDIMAN	AUS	1945	84.81	55	80	135

Men 's 60-64 age group / 94kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Erik Stefan JAKOBSSON	SWE	1947	93.65	98	117	215
2	Jean-Paul BELMAS	FRA	1949	93.14	83	105	188
3	George CAPSIS	AUS	1947	87.45	77	95	172
4	Claude BAECHLER	FRA	1947	85.11	65	91	156
5	Tom WITHERSPOON	USA	1949	91.03	58	75	133

Men 's 60-64 age group / 105kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Yoshiaki SHIMOSAKA	JPN	1949	103.55	101	110	211
2	Zdenek BULAN	CZE	1947	102.57	80	90	170
3	John APPLE	USA	1947	104.11	65	96	161
4	Bob CHANDLER	USA	1945	104.75	62	81	143

Men 's 60-64 age group / 105+kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Manfred SCHRÖEDER	GER	1946	112.06	89	128	217
2	Evgeny SIDOROK	RUS	1947	106.32	90	124	214
3	Jozef EJMONT	POL	1947	110.80	93	120	213
4	Petr KALANTAEV	RUS	1949	111.26	85	122	207
5	David WESCOMBE-DOWN	AUS	1946	106.49	60	91	151

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Men 's 55-59 age group / 56kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Anatoliy LAVROV	BLR	1953	55.32	70	83	153

Men 's 55-59 age group / 62kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Geza PATROVICS	HUN	1954	61.35	77	101	178
2	Johann ANGLBERGER	AUT	1951	61.50	76	97	173
3	Hiroshi SAKO	JPN	1951	60.99	73	98	171
4	Volodymyr ZHABOKRYTSKY	UKR	1953	61.33	75	95	170
-	Ahmad Ali HORMOZI	IRI	1951	61.04	78	---	---

Men 's 55-59 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Harald HERBERG	GER	1954	68.66	93	112	205
2	Tahmaseb MOHEBI	IRI	1953	68.11	94	102	196
3	Satoshi MORINO	JPN	1950	68.47	80	95	175
4	Patrick ATTERIDGE	GBR	1952	67.51	68	90	158
5	Jerry MOYLAN	USA	1953	67.89	60	77	137

Men 's 55-59 age group / 77kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Claes INGE	SWE	1953	75.54	96	110	206
2	Jürgen GREINER	GER	1951	71.48	88	115	203
3	Gennady MURASHOV*	RUS	1950	76.93	90	110	200
4	Dek Sen KIM	RUS	1954	75.56	80	100	180
5	Yadollah BAGHERI ESFEH	IRI	1952	76.05	77	100	177
6	Lothar SCHULZE	GER	1950	75.54	75	95	170
7	Dominique VAUGIN	FRA	1951	73.77	67	100	167
8	Steven MATTHEWS	AUS	1954	73.07	57	84	141
9	Art DONAHOE	USA	1950	76.67	56	78	134
-	Mark LIVINGSTON	AUS	1952	76.66	---	---	---

Men 's 55-59 age group / 85kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Jerzy ZALEJKO	POL	1951	84.65	90	120	210
2	Don LEITCH	CAN	1953	81.63	76	101	177
3	Oscar FERREIRA	VEN	1952	80.88	70	95	165

Men 's 55-59 age group / 94kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Les SCRANNAGE	GBR	1953	92.73	90	96	186
2	Petr KUTNER	CZE	1950	85.26	78	90	168
3	Rick ODOR	USA	1954	88.46	76	91	167

Men 's 55-59 age group / 105kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	David MELTZER	USA	1952	101.97	86	110	196
-	Rolf PRIM	SWE	1954	103.98	115	---	---

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Men 's 55-59 age group / 105+kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Anatoli POCHELIOUK	BLR	1954	112.24	104	137	241
2	Preben KREBS	DEN	1951	105.04	103	136	239
3	Jan HINRICHSEN	SWE	1953	139.60	95	120	215
4	Peter PHILLIPS	AUS	1953	109.07	80	100	180
-	Fritz PETRIK	AUT	1954	114.11	58	---	---

Men 's 50-54 age group / 56kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Akif ALIYEV	AZE	1959	54.12	80	95	175
2	Kakamorad GHASHGHAEI	IRI	1956	55.56	70	98	168
3	Yoshinobu MAKINO	JPN	1958	55.43	74	93	167

Men 's 50-54 age group / 62kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Makoto OTSUKA	JPN	1957	60.49	80	90	170
2	Ari VÄLIMAA	FIN	1955	61.18	65	85	150
3	Jean-Marc PEDROLA	FRA	1956	60.75	52	75	127

Men 's 50-54 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Andrew SEABER	GBR	1956	68.84	100	115	215
2	Kalevi KANNASOJA	FIN	1957	68.66	95	110	205
3	Andryei DAMDINSUREN	MGL	1955	68.79	65	75	140

Men 's 50-54 age group / 77kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Sergey SIDORENKO	RUS	1959	76.73	95	120	215
2	Jozef GABRHEL	SVK	1955	73.63	92	119	211
3	Ingo UNGER	GER	1956	75.93	90	115	205
4	Jonny KÄRKKÄINEN	SWE	1958	76.76	85	103	192
5	Juergen KOPF	GER	1957	76.38	80	100	180
6	Durvunjin YANJMAA	MGL	1955	76.41	75	92	167
-	Jan CIESLIK	POL	1956	76.29	90	---	---
-	Enkhtaivan BAASAN	MGL	1956	76.57	---	---	---

Men 's 50-54 age group / 85kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Geoffroy GUILLAUMET	FRA	1959	84.14	109	137	246
2	Miroslaw IYCZKOWSKI	POL	1959	82.70	110	135	245
3	Abdollah FATEMI RIKA	IRI	1958	84.31	112	121	233
4	George PJURA	USA	1956	83.00	101	120	221

Men 's 50-54 age group / 94kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Roman KUBICA	CZE	1958	92.55	105	128	233
2	Michael HARADA	USA	1957	85.66	103	126	229
3	Ralf SCOTT	SWE	1957	86.44	100	118	218
4	Nick MILANKOVIC	AUS	1957	91.76	80	115	195
5	Clive VANDEPEER	GBR	1956	92.95	90	105	195

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6	Nikolaos GALIATSATOS	GRE	1955	86.50	82	111	193
7	Leslie SIMONTON	USA	1958	91.04	80	111	191
8	John CASE	CAN	1955	89.79	80	110	190
9	John COLLINS	GBR	1956	92.28	85	100	185
10	Walter WARREN	USA	1955	92.21	82	102	184
11	Giancarlo ROPPA	ITA	1955	88.79	80	100	180
12	Bob PAVONE	AUS	1957	92.03	77	100	177
13	Ross LLOYD	AUS	1957	93.50	76	101	177
-	Ceponis GINTAUTAS	LTU	1959	91.13	77	---	---
-	Steve JOHNSTONE	AUS	1958	93.68	82	---	---

Men 's 50-54 age group / 105kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Gurdawar DHESI	GBR	1958	101.38	120	166	286
2	Katsuhiro OKAWA	JPN	1955	103.28	120	141	261
3	Gennadiy TSVETKOV	RUS	1959	104.27	117	140	257

Men 's 50-54 age group / 105+kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Nikolay SHANIN	RUS	1956	133.93	137	145	282
2	Harry BARTH	GER	1958	121.08	111	132	243
3	Scott RAGAN	USA	1957	106.11	102	125	227

Men 's 45-49 age group / 56kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Damien HEWISH	AUS	1964	55.78	70	90	160

Men 's 45-49 age group / 62kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Ali FAREGHDELI	IRI	1963	60.71	86	117	203
2	Harri HELIN	FIN	1964	61.53	70	90	160
3	Victor POTAPOV	CAN	1960	61.59	65	85	150

Men 's 45-49 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Bernd SCHMIEDEL	GER	1963	68.60	98	117	215
2	Yoshiyuki YOSHIMOTO	JPN	1961	67.86	98	110	208
3	Vakhiddin NAJMIDINOV	UZB	1963	68.72	92	112	204
4	Kent OLSSON	SWE	1963	68.61	88	105	193
5	Bernard ROOSEBEKE	FRA	1963	68.05	85	105	190
6	Grant BOYD	NZL	1961	65.07	82	95	177
7	Nikolaos KONSTANTINIDIS	GRE	1960	68.64	75	86	161
8	Christian GUILLEMOT	FRA	1962	67.13	72	86	158

Men 's 45-49 age group / 77kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Thorsten TEICHERT	GER	1962	76.37	95	130	225
2	Mykhaylo BURKOV	UKR	1963	75.58	100	122	222
3	Bruno COLIN	FRA	1964	76.66	102	120	222
4	Mark KAPPES	USA	1962	73.19	85	104	189
5	Daniel PARE	CAN	1961	75.67	83	95	178

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6	Colin HANNAH	SCO	1960	76.70	77	100	177
7	Edvin TEHRANI	SWE	1961	74.05	76	96	172
8	Abdullo RAKHMATOV	UZB	1961	73.79	70	85	155
-	Peter HERAK	SVK	1960	73.38	70	---	---
-	Tim STREZOVSKI	AUS	1963	73.81	75	---	---
-	Holger WORM	GER	1961	76.82	110	---	---

Men 's 45-49 age group / 85kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Pedro INFANTE	VEN	1964	83.66	110	145	255
2	Peter ROSANICS	HUN	1964	83.60	111	140	251
3	Lohrasb BEHROOZI	IRI	1962	84.59	111	131	242
4	Marco RODARO	ITA	1961	83.87	113	128	241
5	Osamu KANO	JPN	1960	78.33	80	115	195
6	Goran VUKOJEVIC	AUS	1962	77.31	75	100	175

Men 's 45-49 age group / 94kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Aki MÄNNISTÖ	FIN	1961	92.34	115	140	255
2	Sante GIRARDI	ITA	1964	85.26	94	110	204
3	Paul Theodor PREIBNER	GER	1962	91.25	92	108	200
4	Toshihiko SASAKI	JPN	1962	85.78	90	108	198
5	Yury SHIRYAEV	RUS	1961	91.67	82	100	182

Men 's 45-49 age group / 105kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Jari HIRVONEN	FIN	1963	104.42	140	167	307
2	Yaghoub AMIRSALARI	IRI	1962	103.51	125	148	273
3	Konstantin SMOLONOGIN	RUS	1964	104.53	122	147	269
4	Yuji SEINO	JPN	1964	104.25	120	130	250
5	Chris HILLIARD	AUS	1960	98.06	85	106	191
-	Petr TEPLICEK	CZE	1961	101.73	110	---	---
-	Efrain FLORES	VEN	1960	103.48	100	---	---

Men 's 45-49 age group / 105+kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Igor MEDVEDEV	RUS	1964	113.66	132	164	296
2	Arto SAVONEN	FIN	1960	112.73	120	146	266
3	Jan TREBICHAVSKY	SVK	1960	117.38	118	145	263
4	Sergey LOPATIN	RUS	1961	110.78	113	130	243
5	Julio MELO	CHI	1963	113.10	85	112	197

Men 's 40-44 age group / 56kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Josue FARFAN	VEN	1968	55.60	97	119	216

Men 's 40-44 age group / 62kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Ryohei MORISHITA	JPN	1968	59.93	90	110	200

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Men 's 40-44 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Seyed Reza MOUSAVIAN	IRI	1968	68.92	115	136	251
2	Petri KILPONEN	FIN	1968	68.54	108	130	238
3	Rene RUEDIGER	GER	1967	68.92	105	130	235
4	Joachim ROHLAND	GER	1965	68.53	87	105	197

Men 's 40-44 age group / 77kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Sergio MANNIRONI	ITA	1967	76.63	121	145	266
2	Patrice LE RUYET	FRA	1967	75.46	110	135	245
3	Hamid SANGI	IRI	1968	76.89	105	125	230
4	Ingo SCHOBERT	GER	1969	75.65	98	115	213
5	Kazim ZAKIROV	UZB	1965	76.37	93	116	209
6	Greg BÄHLER	NZL	1966	75.89	90	117	207
7	Erik SALLWEY	GER	1966	76.13	96	110	206
8	Jörg SCHAMBACH	GER	1966	75.63	90	110	200
9	Jose LOZADA	VEN	1969	75.68	80	120	200

Men 's 40-44 age group / 85kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Victor PAREDES GUILLEN	VEN	1968	84.58	120	155	275
2	Alireza SHEIKHOESLAMI KANDELOUSI	IRI	1968	84.83	110	136	246
3	Yoshihito TASAKA	JPN	1967	81.34	110	125	235
4	Daniel KOLAR	CZE	1968	84.76	100	122	227
5	Brendan KENNEDY	AUS	1968	82.59	80	112	192
-	Hassan EL KAISSI	LIB	1968	84.47	85	---	---

Men 's 40-44 age group / 94kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Attila ROTT	HUN	1969	93.11	135	155	290
2	Mikhail SHCHERBAK	RUS	1965	93.10	125	152	277
3	Rauseo RAMIREZ	VEN	1965	92.52	122	154	276
4	Christophe HELENA	FRA	1968	90.47	123	152	275
5	Mario SCHULT	GER	1966	91.78	118	143	261
6	Minoru IKUSHIMA	JPN	1969	93.01	105	125	230

Men 's 40-44 age group / 105kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Vasyl MARTYNYUK	UKR	1969	98.83	140	166	306
2	Bahram JAVADI	IRI	1968	103.88	128	150	278
3	Javier Jose OLIVO RUZA	VEN	1966	103.92	115	150	265
4	Yukihiro ASAI	JPN	1967	95.61	115	145	260
5	Peter FOSTER	AUS	1967	103.01	110	130	240
6	Gary BROOMFIELD	NZL	1966	104.17	95	135	230
7	Donald BELL	USA	1966	98.61	104	125	229

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Men 's 40-44 age group / 105+kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Warren HELLISEN	AUS	1966	105.20	125	170	295
2	Aziz GHAHREMANI JAJIN	IRI	1969	115.31	130	160	290
3	Alexey NIKITIN	RUS	1967	107.64	133	156	289
4	Sergio TOVAR AMUNDARAY	VEN	1969	131.88	121	155	276
5	Jürgen BRAUN	GER	1966	131.56	110	148	258
6	Abdupatta YULDASHEV	UZB	1965	154.28	96	135	231
7	János MAGÁT	HUN	1966	132.81	105	125	230
8	Patrick BIASINI	FRA	1968	105.37	95	125	220
-	Frank MOLINA	VEN	1967	133.81	95	---	---

Men 's 35-39 age group / 56kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Valery BATIEV	RUS	1974	55.73	85	105	190
2	Jorge LISTA TORRES	VEN	1974	54.34	70	85	155

Men 's 35-39 age group / 62kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Zoltán SOÓKY	HUN	1971	61.80	101	124	225
2	Terry HUGHES	NZL	1974	61.33	95	111	206
3	Graham WALKER	AUS	1970	60.96	80	100	180

Men 's 35-39 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Enderson RAMIREZ	VEN	1974	68.81	107	148	255
2	Charli BARIN CHAHARBAKSHSH	IRI	1970	68.35	114	140	254
3	Asif MALIKOV	AZE	1971	67.45	100	126	226
4	Laurent ECKMANN	FRA	1973	67.26	93	120	213
5	Batzaya TSERENJID	MGL	1973	68.88	100	112	212
6	Eric BRAMWELL	USA	1970	67.54	85	100	185
7	Mark LATHAM	AUS	1970	68.78	70	90	160

Men 's 35-39 age group / 77kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Gábor MOLNÁR	HUN	1972	76.28	135	160	295
2	Gennadii IURKEVYCH	UKR	1970	76.34	126	155	281
3	Alik PCHENUSHAY	RUS	1970	75.00	130	147	277
4	Alexandros MOUSKAFIDIS	GRE	1974	75.16	105	136	241
5	Satoshi FURUKAWA	JPN	1970	76.18	95	120	215
6	Grant MCKAY	NZL	1970	76.40	95	110	205
7	Hideki MIYATA	JPN	1971	74.24	90	100	190

Men 's 35-39 age group / 85kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Walter LLERENA	ECU	1973	84.22	135	160	295
2	Viktor GALFINGER	GER	1971	84.32	120	155	275
3	Khodor ALAYWAN	LIB	1973	84.42	121	144	265
4	Stephane MAGNIN	FRA	1974	83.73	107	143	250
5	Yves NEITZEL	GER	1970	84.86	110	135	245
6	Christopher DOUGHTY	USA	1970	82.66	109	131	240

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Men 's 35-39 age group / 94kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Fardin YAVARI	IRI	1973	93.06	145	170	315
2	Jose MEDINA	VEN	1970	90.98	130	160	290
3	Vlastimil STRUNC	CZE	1972	93.36	130	143	273
4	Michael GASSMANN	GER	1970	93.94	120	140	260
5	Alexander HEIB	GER	1971	92.83	114	143	257
6	Jimmy ALARD	FRA	1973	92.57	115	140	255
7	Abdul Fatah EL JLAILATI	LIB	1972	92.80	115	139	254
8	Igor LOGVYENKO	UKR	1970	89.76	110	135	245

Men 's 35-39 age group / 105kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Mohammad GHARAGOUZLOU	IRI	1973	104.30	134	160	294
2	Sergio BRITVA	ISR	1971	100.36	130	157	287
3	David BAECHLER	FRA	1973	100.77	125	155	280
4	Oliver ROSENGART	GER	1971	103.10	125	150	275
5	Tofiq HEYDAROV	AZE	1972	103.40	120	130	250
6	Laurie JENSEN	NZL	1974	100.25	105	135	240
7	Ken GORMAN	CAN	1973	102.84	110	127	237
8	Kestutis KALUNDA	LTU	1974	104.27	97	122	219
-	Jan SEDLBAUER	CZE	1971	103.60	123	---	---

Men 's 35-39 age group / 105+kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Vladimir SUSHCHAK	RUS	1972	131.64	170	186	356
2	Parviz NOUR ALIPOUR	IRI	1973	115.00	157	185	342
3	Craig WEGERT	AUS	1973	159.85	130	172	302
4	Phillip SILVERMAN	NZL	1974	129.69	130	167	297
5	Ewald FISCHER	AUT	1970	126.59	128	150	278
6	Jules DEMPSEY	NZL	1971	110.65	116	140	256
7	David ENGLISH	GBR	1970	125.78	105	125	230

WOMEN

Women 's 65-69 age group / 48kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Marg SAVAGE	USA	1938	47.29	23	26	49

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Vicki BRADY	AUS	1943	51.36	27	33	60

Women 's 65-69 age group / 58kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Dagmar MCSWAIN	GER	1944	57.82	31	43	74

Weightlifting Queensland

Women 's 65-69 age group / 63kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Regina ZELTNER	GER	1940	61.56	23	31	54

Women 's 65-69 age group / 48kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Marg SAVAGE	USA	1938	47.29	23	26	49

Women 's 65-69 age group / 53kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Vicki BRADY	AUS	1943	51.36	27	33	60

Women 's 65-69 age group / 58kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Dagmar MCSWAIN	GER	1944	57.82	31	43	74

Women 's 65-69 age group / 63kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Regina ZELTNER	GER	1940	61.56	23	31	54

Women 's 65-69 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Barb BOYER	USA	1943	64.95	38	53	91

Women 's 65-69 age group / 75+kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Marilyn MUNKRES	USA	1941	84.93	30	48	78

Women 's 60-64 age group / 53kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Jenni EBERT	NZL	1948	52.45	25	32	57

Women 's 60-64 age group / 58kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Maddy CHEN	USA	1948	56.27	32	41	73
2	Lesley MOYLE	AUS	1945	55.19	31	41	72
3	Sandra YOUNG	AUS	1945	56.78	28	40	68

Women 's 60-64 age group / 63kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Valerie SILVER	AUS	1949	59.55	32	44	76
2	Elaine JANES	AUS	1945	62.98	26	37	63

Women 's 60-64 age group / 75+kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Elizabeth HENSHAW	USA	1946	98.17	34	46	80

Weightlifting Queensland

Women 's 55-59 age group / 48kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Julie DAVIS	AUS	1952	46.98	24	38	62

Women 's 55-59 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Grace MORRISON	AUS	1954	67.21	45	62	107

Women 's 55-59 age group / 75kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Ludmila PROHLOVA	CZE	1952	71.94	31	37	68

Women 's 55-59 age group / 75+kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
-	Wendy STEVENS	NZL	1954	90.22	33	---	---

Women 's 50-54 age group / 48kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Aniela GREGOREK	USA	1959	47.85	36	46	82

Women 's 50-54 age group / 53kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Coral QUINELL	AUS	1957	52.64	52	59	111

Women 's 50-54 age group / 58kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Marga JØRGENSEN	DEN	1955	53.62	49	63	112
2	Caroline CHARLES	GBR	1958	54.42	43	48	91

Women 's 50-54 age group / 63kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Tina BALL	NZL	1956	60.47	38	53	91
2	Kathy MITCHELL	USA	1955	60.83	35	42	77
3	Leandra MISCAMBLE	AUS	1956	62.84	29	44	73

Women 's 50-54 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Jean MCCONVILLE (WILLS)	SCO	1955	68.69	35	50	85

Women 's 50-54 age group / 75+kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Linda Jo BELSITO	USA	1957	79.41	51	71	122

Women 's 45-49 age group / 53kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Gudrun SCHMIDBERGER	GER	1961	50.25	52	55	107
2	Viola LAUBER	GER	1964	51.30	43	62	105
3	Mary MACKEN	AUS	1961	48.63	46	58	104
4	Ute HEHL	GER	1963	50.95	46	55	101

Weightlifting Queensland

Women 's 45-49 age group / 58kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Sayuri IWANAGA	JPN	1963	56.55	52	68	120
2	Jami WILLETTE-BROWN	USA	1961	57.41	43	58	101
3	Monica COOK	AUS	1964	57.41	40	55	95

Women 's 45-49 age group / 63kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Sue COX	AUS	1961	62.15	38	48	86

Women 's 45-49 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Sabina ESCHEMANN	GER	1964	67.02	53	70	123
2	Alea FAIRCHILD	BEL	1964	65.71	43	63	106
3	Lina ARENA-VUKOJEVIC	AUS	1961	63.64	44	59	103
4	Amanda FOLEY	AUS	1962	65.25	40	50	90

Women 's 45-49 age group / 75kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Susana Mariela PERRONE	ITA	1964	74.32	66	81	147
2	Bronwyn HITCHENER	AUS	1962	72.88	47	61	108
3	Trisha FORBES	GBR	1962	69.43	33	44	77

Women 's 45-49 age group / 75+kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Sandra SMITH-VOKROJ	GBR	1962	95.00	60	76	136

Women 's 40-44 age group / 48kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Sandrine MABIT	FRA	1969	47.71	53	63	116

Women 's 40-44 age group / 53kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Esmeralda PERDOMO	VEN	1969	52.72	62	81	143
2	Kumi TSUDA	JPN	1967	50.88	35	43	78

Women 's 40-44 age group / 58kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Diana LOY	AUS	1965	57.66	58	80	138
2	Tina KINSLEY	USA	1968	57.41	47	55	102

Women 's 40-44 age group / 63kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Annett DAMME	GER	1967	59.17	50	70	120

Weightlifting Queensland

Women 's 40-44 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Corinne GROTENHUIS	USA	1965	65.39	63	76	139

Women 's 40-44 age group / 75kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Elke LOHAN	GER	1969	70.20	57	73	130
2	Denise OFFERMANN-LOIZOU	CYP	1965	70.93	57	73	130
3	Anne-Marie GRIMAL	FRA	1967	73.18	40	58	98

Women 's 40-44 age group / 75+kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Laura-Denise RAMSAY-OVERALL	TRI	1965	75.13	82	96	178
2	Dani WALLER	AUS	1965	102.23	76	88	164
3	Carmelina AYALA	VEN	1966	79.57	62	80	142
4	Helen TODD	NZL	1966	95.88	41	53	94
-	Anastasia AKTYPI	GRE	1968	101.22	67	84	---

Women 's 35-39 age group / 48kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Deborah GROVES	AUS	1970	47.98	55	73	128

Women 's 35-39 age group / 53kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Lisa SOUTER	AUS	1973	52.65	52	69	121

Women 's 35-39 age group / 58kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Carmen GARCIA	VEN	1973	57.88	45	56	101

Women 's 35-39 age group / 63kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Michelle KINNANE	AUS	1971	59.73	32	45	77

Women 's 35-39 age group / 69kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Alessia MILESI	ITA	1970	68.77	63	73	136
2	Sandrine FARINA	FRA	1971	67.76	60	69	129

Women 's 35-39 age group / 75kg class

Place	Name	NAT	YOB	BWT	SN	C&J	Total
1	Susanna SAMUELSSON	FIN	1973	73.01	73	93	166
2	Linda HANCOCK	AUS	1970	70.01	57	71	128
3	Tuakau WAIKATO	NZL	1970	69.79	43	55	98

Weightlifting Queensland



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2009 Commonwealth Senior & Junior Championships

Penang, Malaysia
19 – 23 October 2009

RESULTS - WOMEN

WOMEN 48KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
NGANGBAM SONIYA CHANU	1980	IND	47.90	72	95	167	1	-
PORTIA VRIES	1984	RSA	48.00	66	92	158	2	-
BANGARU USHA	1991	IND	47.30	66	86	152	-	1
KATHLEEN HARE	1987	PNG	46.64	60	80	140	3	-
DIEKSHA GAIKWAD	1990	IND	47.86	61	78	139	-	2
KATHSIA TELEMAQUE	1989	SEY	47.38	65	73	138	4	3
NURNIADA NORDIN	1988	MAS	46.42	60	70	130	5	-
S.D.PEDURUARCHCHI	1983	SRI	47.44	52	60	112	6	-

WOMEN 53KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
CLEMENTINA AGRICOLE	1988	SEY	52.72	77	100	177	1	-
MINATI SETHI	1990	IND	52.76	75	100	175	2	-
KULUSU SANDHYA	1990	IND	50.98	68	87	155	-	1
J.N.NADINI GUNESEKARA	1975	SRI	52.06	68	86	154	3	-
CHANDHARR BALVIR KAUR	1991	IND	52.40	68	85	153	-	2
NEELAM SETTY VENI	1982	IND	52.70	68	82	150	4	-
SY.INANI NAJIWA	1990	MAS	51.46	66	80	146	5	3
FAYEMA AKHTER	1991	BAN	52.60	65	78	143	-	4
KATE HOWARD	1979	NZL	52.68	66	77	143	6	-

WOMEN 58KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
RITA KARI	1989	PNG	57.40	72	103	175	1	1
MONA PRETORIUS	1988	RSA	57.44	78	97	175	2	-
MARIA LIKU	1990	FIJ	57.50	70	90	160	3	2
NURUL ISMAYANTI NORDZUAN	1987	MAS	57.06	66	83	149	4	-
ELYONE MATIN	1990	MAS	54.06	65	80	145	5	3
ZAYANDA MJEZU	1992	RSA	57.58	62	83	145	6	4

FIROZA PARVIN	1986	BAN	57.16	60	67	127	7	-
J.A.S.NIRMANI	1988	SRI	56.98	56	70	126	8	-
DANIELLE CALLENDER	1996	BAR	55.68	55	65	120	9	5
JAMIE EMMA WEE	1993	SIN	57.56	42	50	92	-	6
FATIN ATIKAH OSMAN	1993	MAS	54.74	60	-	-	-	-
D.A.SHYAMALEE RANASINGHE	1982	SRI	57.18	-	-	-	-	-

WOMEN 63KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
HIJAM POIREINGANBI CHANU	1980	IND	62.76	86	101	187	1	-
GARA ARUNA RANI	1991	IND	62.08	76	98	174	-	1
MICHELLE KAHI	1994	AUS	62.64	76	88	164	2	2
KHAIRANI MOHD MALIK	1992	MAS	61.60	62	84	146	3	3
NOR HASLIZA SABANI	1991	MAS	58.46	62	81	143	-	4
ROKEYA SULTANA SATHY	1994	BAN	62.60	50	65	115	-	5
JACQUIE WHITE	1982	AUS	62.70	-	95	-	-	-

WOMEN 69KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
NANSITA DEVI	1974	IND	68.42	79	96	175	1	-
REENA	1991	IND	65.00	76	91	167	-	1
GUBA HALE	1985	PNG	66.76	77	90	167	2	-
YUSLINDA MAT ISA	1989	MAS	68.48	63	80	143	3	-
NORKHASIDAH HALIM	1991	MAS	63.52	62	75	137	-	2

WOMEN 75KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
BABALWA NDLELENI	1979	RSA	73.70	83	112	195	1	-
BELINDA VAN TIENEN	1986	AUS	74.82	86	108	194	2	-
K.PREMILA DEVI	1990	IND	74.02	81	105	186	-	1
CHANTAL LAMBRECHS	1990	NZL	73.86	72	89	161	3	2
M.M.D. HARISCHANDRA	1985	SRI	74.24	64	76	140	4	-

WOMEN +75KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
GEETA RANI	1981	IND	111.80	102	132	234	1	-
NARITA VILIAMU	1989	NIU	137.44	92	123	215	2	1
TRACEY LAMBRECHS	1985	NZL	98.00	93	115	208	3	-

Weightlifting Queensland

TEY SHAN FUNG	1990	MAS	94.08	77	101	178	4	2
LUISA PETERS	1993	COK	84.78	58	74	132	5	3

RESULTS - MEN

MEN 56KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
VALLURI SRINIVASA RAO	1981	IND	55.98	110	133	243	1	-
VELU VINOTH KUMAR	1984	IND	55.70	111	126	237	2	-
SUKHEN DEY	1989	IND	55.80	104	133	237	-	1
SWAPNIL GHAGARE	1990	IND	55.88	98	125	223	-	2
MOHD FAZLI DOLLAH	1989	MAS	53.74	100	120	220	3	3
MANUELI TULO	1990	FIJ	55.94	95	121	216	4	4
S. LIYANARACHCHI	1991	SRI	55.98	90	120	210	-	5
MOREA BARU	1990	PNG	55.40	85	110	195	5	6
LOU GUINARES	1990	NZL	55.12	80	105	185	6	7
LAPUA LAPUA	1991	TUV	55.92	75	105	180	7	8
VESTER YOUNG	1991	NZL	55.84	78	98	176	8	9
JOE OWEN	1993	WAL	55.30	65	-	-	-	-
W.G.K. BANDARA	1985	SRI	55.92	0	-	-	-	-

MEN 62KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
RUSTAM SARANG	1988	IND	61.92	119	147	266	1	-
OTARI OMKAR SHEKHAR	1987	IND	61.90	120	145	265	2	-
MOHD OSMAN ABDUL KADIR	1988	MAS	61.82	115	135	250	3	-
KURUMOJU RAMESH KUMAR	1989	IND	61.80	108	139	247	-	1
D.M.I.C.DISSANAYAKE	1989	SRI	61.80	103	130	233	-	2
HASANORZAMAN	1991	BAN	61.82	105	127	232	-	3
MOHD KHAIROL RIDZUAN	1990	MAS	60.70	98	130	228	-	4
A.A.C. ATHUKORALA	1984	SRI	61.52	100	125	225	4	-
ALPHONSO ADONIS	1987	RSA	61.04	97	125	222	5	-
S.H.D.H. BANDARA	1990	SRI	61.90	101	120	221	-	5
MATHEW MADSEN	1991	NZL	61.52	90	125	215	6	6
IANNE GUINARES	1988	NZL	60.42	91	119	210	7	-
MOSES WAK	1986	PNG	60.76	75	95	170	8	-

Weightlifting Queensland

LUWELLYNE PHILLIPS	1989	RSA	61.46	-	-	-	-	-
SIMUL KANTI SINGHA	1986	BAN	61.56	-	-	-	-	-

MEN 69KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
KATULU RAVI KUMAR	1988	IND	68.76	137	170	307	1	-
GOVINDAN ELUMALAI	1984	IND	68.82	135	170	305	2	-
GARUV DUBEY	1990	IND	68.68	121	150	271	-	1
AHMAD FAUZI HASIBULLAH	1989	MAS	66.74	122	145	267	3	2
HAMIDUL ISLAM	1975	BAN	68.92	115	147	262	4	-
MOIDA RAMAKRISHINA	1992	IND	68.68	116	142	258	-	3
STEVEN KARI	1993	PNG	67.94	110	140	250	5	4
P.G.C. GUNAPALA	1979	SRI	68.96	105	145	250	6	-
MINIKHAYA NGWELLE	1992	RSA	64.04	100	112	212	7	5
IAN CRITCHLOW	1991	WAL	68.94	85	105	190	8	6
U.G.R.J.KUMARATUNGA	1991	SRI	64.06	80	105	185	-	7
RESHVEEN RAJENDRAN	1992	SIN	68.88	72	103	175	-	8
WU CHUANFU	1983	SIN	68.66	136	-	-	-	-
OTSILI GREG SHUSHU	1980	RSA	66.92	112	-	-	-	-

MEN 77KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
PETER YUKIO	1984	NRU	76.94	150	185	335	1	-
DAVID SARKISIAN	1986	AUS	76.24	130	156	286	2	-
ANUPDEO TOPPO	1990	IND	75.30	120	154	274	-	1
AJAYDEEP SARANG	1990	IND	74.20	120	153	273	-	2
JOSEFA ATEKINI VUETI	1979	FIJ	76.16	116	151	267	3	-
CODY COLE	1990	NZL	73.94	121	145	266	4	3
MOHD AZARUDDIN NORDIN	1989	MAS	70.82	105	137	242	5	-
DOUGLAS SEKONE FRASER	1991	NZL	74.92	101	131	232	6	4
ABDUL MUBIN RAHIM	1991	MAS	75.10	-	-	-	-	-
VELU PRABHU	1982	IND	76.50	-	-	-	-	-

MEN 85KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
DAVID KATOATAU	1984	KIR	84.64	135	180	315	1	-
MALEK CHAMOUN	1989	AUS	84.62	133	140	273	2	1

BRANDON INNISS	1993	BAR	81.18	110	145	255	3	2
J.I.S.K. JAYAKODY	1974	SRI	79.00	113	130	243	4	-
DERRICK KIM	1983	SIN	77.70	110	130	240	5	-
D.R.M.M.ELLEPOLA	1989	SRI	83.56	100	124	224	-	3
JAKE DAVIES	1994	WAL	84.18	87	105	192	6	4
SIRLA PERA	1992	COK	83.36	101	-	-	-	-

MEN 94KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
JEAN GREEFF	1990	RSA	92.60	133	163	296	1	1
R.R.SAMARASEKARA	1985	SRI	85.86	120	155	275	2	-
MOHD NORAMIN	1989	MAS	92.08	121	151	272	3	2
D.I.NICHOLAS	1977	SRI	85.32	115	130	245	4	-
I.M.A.WAHABDEEN	1989	SRI	91.44	80	100	180	-	3
MD.FORHAD ALI	1986	BAN	93.48	-	135	-	-	-

MEN 105KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
IVORN McKNEE	1981	BAR	103.92	150	187	337	1	-
MEAMEAA THOMAS	1985	KIR	103.08	145	178	323	2	-
STAS CHALAEV	1986	NZL	102.78	140	175	315	3	-
MOHD SHAFIQ HUSSIN	1990	MAS	103.44	115	140	255	4	1

MEN +105KG	Birth	NAT	B/WT	Snatch	C&J	Total	Senior	Junior
ITTE DETENAMO	1986	NRU	151.38	170	211	381	1	-
SANDEEP KUMAR	1980	IND	119.54	140	180	320	2	-
SAUFIK AHMAD	1988	MAS	142.62	142	172	314	3	-
VOMPU PRABHAKAR	1991	IND	114.40	127	164	291	-	1
R.P.M.S.WIJERATHNE	1980	SRI	105.32	130	150	280	4	-
MOHD AIZAT ZAINI	1987	MAS	127.02	120	160	280	5	-
P.M.M.N. CHATURANGA	1988	SRI	108.84	110	145	255	6	-
U.H.R.A.J.DE SILVA	1989	SRI	124.50	115	140	255	-	2
LEWIS CHUA YONG HWEE	1991	SIN	120.10	100	120	220	7	3



QWA League & Masters League, Round 4
Cougars Weightlifting Club, Chandler Qld
31st October 2009

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.

Division 1

Name	YOB	Club	BWT	SN	C&J	Total	Bonus	Points
Troy Hawkins	86	Cougars	84.85	135	162	297	2	77.381
Luke Gardner	88	Cougars	121.95	124	162	286	15	75.593
Nathan Kahi	92	Cougars	71.45	98	127	225	4	63.682
Melissa Robinson	81	Cougars	58.45	66	79	145	2	58.420
Bowen Stuart	86	Toowoomba	76.40	94	115	209	0	55.438
Alison Wheeler	79	Cougars	70.90	55	70	125	-15	28.706

Division 2

Name	YOB	Club	BWT	SN	C&J	Total	Bonus	Points
Christine Meier	83	Cougars	60.80	69	80	149	13	70.977
Christian Hopper	85	HoneyBadgers	87.55	107	130	237	12	69.524
Lad Singh	83	Cougars	104.90	140	150	290	0	66.514
Darryl Hockins	88	Toowoomba	65.50	80	108	188	6	58.661
Bianca Sheppard	92	Toowoomba	57.80	63	77	140	-1	54.777
Kirsten Wu	93	Cougars	53.00	53	70	123	0	54.425

Division 3

Name	YOB	Club	BWT	SN	C&J	Total	Bonus	Points
Zack Tuckey	86	Cougars	78.80	85	113	198	11	61.254
Alex Maskiell	86	Cougars	90.10	83	107	190	9	55.117
Sam Baumann	92	Cougars	58.75	63	83	146	7	51.785
Tim Steele	68	S/Coast	93.65	70	93	163	8	
Greg Hobl	60	Toowoomba	79.50	81	101	182	0	46.193
Kim Hanssen	86	Cougars	64.75	51	65	116	2	42.559
Bonnie Sleeman	93	Cougars	74.45	61	73	134	-5	41.853
Steven Matthews	54	Toowoomba	74.85	57	79	136	-6	30.074
John Hanlon	66	Cougars	100.95	72	90	162	-14	23.156

Division 4

Name	YOB	Club	BWT	SN	C&J	Total	Bonus	Points
Lamson Nguyen	82	USQ	70.50	73	95	168	21	65.562
Aaron Sym	95	S/Coast	62.00	51	61	112	20	
Laurence Reilly	89	G/Coast	55.05	61	81	142	3	
Hugh McPhail	95	S/Coast	90.95	52	65	117	21	
Michael Winn	94	USQ	64.10	60	75	135	10	47.815
Lisa Souter	73	Toowoomba	53.05	51	68	119	0	47.410
Jake Ratcliffe	94	Toowoomba	67.80	66	78	144	7	47.336
Henry Wen	93	BGS	82.65	81	101	182	1	47.193
Nathan Gill	94	S/Coast	77.55	51	62	113	15	

2010 JME Queensland Club Challenge

Competition Format and Rules

The 2010 JME Queensland Club Challenge is open to all QWA affiliated Clubs and consists of four competition Rounds. The Rounds are Club competitions held within each of the participating clubs on the following dates:

- Round 1: March 6 – 8
- Round 2: June 4 – 6
- Round 3: August 27 – 29
- Round 4: October 22 – 24

Results Management

The complete record of each Club competition, i.e. the score sheet showing the lifters' name; year of birth; bodyweight; and all attempts, indicating 'good lift' or 'no lift'; must be submitted to the QWA office within seven (7) days of each Round. Score sheets can be mailed, scanned and emailed, or faxed.

A lifter can represent only one Club in the JME Queensland Club Challenge in any one calendar year.

The QWA office will compile the results of each round and tabulate the scores. Any number of lifters may participate in the Club competitions which form the JME Queensland Club Challenge Rounds, however each Club's score in each Round will be the sum of the scores achieved by the highest six (6) scoring lifters only, from each Club.

The final placings in the 2010 JME Queensland Club Challenge will be determined by the sum of the points achieved by each Club in all of the four (4) Rounds.

Example:

Rank	Club	Round 1	Round 2	Round 3	Round 4	Final Score
1	A	540 points	580 points	590 points	470 points	540+580+590+470 = 2180 points
2	B	565 points	470 points	520 points	620 points	565+470+520+620 = 2175 points
3	C	480 points	650 points	450 points	500 points	480+650+450+500 = 2080 points

James Blake	89		91.00	62	78	140	6	39.981
Bronwyn Hitchener	82	Toowoomba	72.90	48	60	108	2	39.762
Tom Hall	88		86.00	72	82	154	0	37.379
Deborah Oliver	54	HoneyBadgers	77.25	28	38	66	17	37.245
Kara Stuart	94	Toowoomba	47.20	35	43	78	1	36.945
Nicholas Fort	89	Cougars	121.10	71	90	161	0	34.110
Stacy Koh	85	Cougars	79.50	38	48	86	6	32.380
Emma Hitchener	92	Toowoomba	67.40	34	48	82	3	31.671
Sue Cox	61	HoneyBadgers	63.45	38	48	86	0	30.070
Lesley Moyle	45	HoneyBadgers	56.05	31	40	71	1	29.287
Jakob Daniels	95	S/Coast	63.75	37	45	82	6	
Joshua Wegert	96	USQ	49.55	30	41	71	5	28.279
Leandra Miscamble	56	HoneyBadgers	64.05	29	46	75	1	27.224
Andrew Adams	95	S/Coast	68.35	42	48	90	2	
Joshua Wu	96	Cougars	42.60	40	40	80	0	26.230
Valerie Silver	49	Cougars	60.30	31	39	70	-3	24.237
Julie Davis	52	HoneyBadgers	48.25	21	32	53	-9	14.451

Guest

Name	YOB	Club	BWT	SN	C&J	Total
Jenna Myers	86	TAS	76.45	90	115	205

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								
Greg Hohl	60	Toowoomba	79.50	81	101	182	0	57.002
Tim Steele	68	S/Coast	93.65	70	93	163	6	51.379
Steven Matthew	54	Toowoomba	74.85	57	79	136	0	48.700
John Hanlon	66	Cougars	100.95	72	90	162	0	43.472
Women								
Lisa Souter	73	Cougars	53.05	51	68	119	0	51.535
Bronwyn Hitchener	62	Toowoomba	72.90	48	60	108	0	45.957
Lesley Moyle	45	HoneyBadgers	56.05	31	40	71	0	45.485
Valerie Silver	49	Cougars	60.30	31	39	70	0	41.101
Sue Cox	61	HoneyBadgers	63.45	38	48	86	0	36.866
Leandra Miscamble	56	HoneyBadgers	64.05	29	46	75	0	33.907
Deborah Oliver	54	HoneyBadgers	77.25	28	38	66	6	33.331
Julie Davis	52	HoneyBadgers	48.25	21	32	53	0	33.231

Referees: Shokr Fallah (Cat I); Debra Keelan (Cat I); Kylie Booth (Cat I); Craig Wegert (Nat); Keith Forbes (Nat); Tanya Harden (Nat); Vicki Brady (Nat); Ray Loudon (State); Julie Davis (State); Kim Hanssen (Club).

Time Keepers: Craig Wegert; Diana Loy; Tanya Harden; Kylie Booth; Ray Loudon; Ian Moir.
M.C.: Ian Moir; Mike Keelan; Craig Wegert.

Queensland Records

Name	Cat	Lift	Weight	Age Group
Troy Hewkins	85kg	Snatch	135	Open
Lad Singh	105kg	Snatch	140	Open

Scoring System

The 2010 JME Queensland Club Challenge Scoring System will incorporate four elements in each Round:

1. **Percentage of AWF National Qualification Standards**

The lifter's final total is calculated as a percentage of the AWF National Qualification Standards relevant to gender and bodyweight categories, according to the following scale:

Lifters 17 years of age and under – AWF National **YOUTH** Standard
Lifters 18 to 20 years of age – AWF National **JUNIOR** Standard
Lifters 21 to 39 years of age – AWF National **SENIOR** Standard
Lifters 40 to 49 years of age – AWF National **JUNIOR** Standard
Lifters 50 years of age and over – AWF National **YOUTH** Standard

2. **Bonus Points for Consistency in Performance**

Three successful attempts in snatch 3 points
Three successful attempts in clean & jerk 3 points

3. **Bonus Points for Personal Best Performance**

Final Total equalling Previous Personal Best 1 Point
Final Total exceeding Previous Personal Best by 1kg 2 Points
Final Total exceeding Previous Personal Best by 2kg 3 Points
Final Total exceeding Previous Personal Best by 3kg 4 Points
Final Total exceeding Previous Personal Best by 4kg or more 5 Points

4. **Penalties for Performance Below Previous Best**

Final Total 5kg below Personal Best -1 Point
Final Total 6kg below Personal Best -2 Points
Final Total 7kg below Personal Best -3 Points
Final Total 8kg below Personal Best -4 Points
Final Total 9kg or more below Personal Best -5 Points

Calculating the individual lifter score

Percentage of National Qualification Standard + Bonus Points + Penalty Points = Score

Personal Best

For the purposes of the 2010 JME Queensland Club Challenge, the Personal Best Total is the Total achieved in any official weightlifting competition held after 1st January 2009. Personal Best Totals are absolute, i.e. a lifter's Personal Best Total is his or her highest Total regardless of his or her bodyweight at the time of achieving the Total and regardless of his or her bodyweight at the relevant JME Queensland Club Challenge Round.

A lifter in a JME Queensland Club Challenge Round who has not recorded a result in an official weightlifting competition after 1st January 2009 and therefore has no Personal Best Total for the purpose of this competition, will not receive Personal Best Bonus Points or Penalty Points in that Round, but will be eligible for the 'Consistency' bonus.

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77th MEN'S and 20th WOMEN'S WORLD CHAMPIONSHIPS

Men

56Kg Men

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	LONG Qingquan	90	CHN	55.43	130	162	292
2	WU Jingbiao	89	CHN	56.00	131	155	286
3	ALVAREZ Sergio	79	CUB	55.85	120	154	274
4	SETIADI Jadi	85	INA	55.44	123	150	273
5	EL MAOUI Khalil	88	TUN	55.78	125	146	271
6	MAKAROV Ruslan	87	UZB	55.71	117	144	261
7	YANG Chin-yi	81	TPE	55.86	115	145	260
8	YAMADA Masaharu	80	JPN	55.92	109	150	259
9	CASTELLANO Victor	76	VEN	56.00	111	136	247
10	OSMONALIEV Erzat	88	KGZ	55.90	114	132	246
11	ITOKAZU Yoichi	91	JPN	55.98	106	138	244
12	DELLINO Vito	82	ITA	55.79	105	135	240
13	KILIC Gokhan	88	TUR	55.94	110	130	240
14	RAMO Moustafa	85	SYR	56.00	103	132	235
15	AL-SHARUEE Ahmed	91	IRQ	55.91	107	125	232
16	HERNANDEZ Ivan	83	ESP	55.85	101	120	221
---	GUIRADO Francisco	85	ESP	55.60	106	---	---
---	MONTES GONGORA Jose Lino	89	MEX	55.99	---	140	---
---	HANDURDYEV Omarguly	88	TKM	55.96	105	---	---

62Kg Men

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	DING Jianjun	89	CHN	61.85	146	170	316
2	IRAWAN Eko Yuli	89	INA	61.68	140	175	315
3	YANG Fan	87	CHN	61.65	144	170	314
4	FIGUEROA MOSQUERA Oscar Albeiro	83	COL	61.72	139	168	307
5	YANG Sheng-hsiung	83	TPE	61.44	130	170	300
6	SULEYMANOV Zulfugar	82	AZE	61.83	133	165	298
7	RUIZ Lazaro	84	CUB	60.48	135	161	296
8	BEHROUZI Sajad	89	IRI	61.64	135	161	296
9	SALAZAR QUINTERO Diego Fernando	80	COL	61.73	132	162	294
10	JI Hun-Min	84	KOR	61.60	137	155	292
11	BILGIN Erol	87	TUR	61.93	135	155	290
12	IHAB YOUSSEF Mohamed	89	EGY	61.68	126	154	280
13	IORO Masakazu	85	JPN	61.59	125	154	279
14	SEZER Bunyamin	88	TUR	61.90	131	147	278
15	GOEGEBUER Tom	75	BEL	61.75	122	151	273
16	WISNIEWSKI Damian	86	POL	61.66	127	145	272

17	ALPANOV Ruslan	87	UZB	61.78	123	149	272
18	MINASIDIS Dimitris	89	CYP	62.00	125	145	270
19	SAHETMYRADOV Meret	88	TKM	61.99	121	144	265
20	CAESEMAEKER Kevin	86	FRA	61.69	120	142	262
21	SINGH Jasvir	77	CAN	61.78	112	150	262
22	KOUM Daniel	85	AUS	61.75	113	147	260
23	SLABY Petr	83	CZE	61.82	111	149	260
24	ARAUJO RODRIGUEZ Ivis Abel	91	MEX	61.99	115	145	260
25	GARCIA Ivan	83	ESP	61.78	117	142	259
26	HERNANDEZ Acoran Juan	90	ESP	61.80	123	135	258
27	NGAMBA Simon	82	CMR	61.85	115	135	250
28	ADAMS Aaron B.	88	USA	61.48	107	140	247
---	UECHI Katsuhiko	86	JPN	61.82	---	150	---
---	BAZARBAYEV Umurbek	81	TKM	61.98	138	---	---

69Kg Men

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	LIAO Hui	87	CHN	68.92	160	186	346
2	MIRZOYAN Arakel	89	ARM	68.61	154	180	334
3	TRIYATNO	87	INA	68.16	150	180	330
4	MICULESCU Ninel	85	ROU	68.54	155	173	328
5	KIM Sun-Bae	86	KOR	68.60	142	181	323
6	ROQUE Bredni	87	CUB	68.48	143	175	318
7	ABDEL TAWWAB Mohamed	87	EGY	68.41	141	172	313
8	MENDIBAEV Bakhran	83	UZB	68.88	140	173	313
9	RUBIO Israel	81	VEN	68.68	141	165	306
10	BAYRAMOV Afgan	83	AZE	68.27	135	170	305
11	MORILLAS Isaac	88	ESP	68.88	128	160	288
12	BROWER Henry	82	USA	68.68	127	160	287
13	LUNA-Grenier Francis	87	CAN	68.77	130	157	287
14	SPOONER Mark	84	NZL	68.72	124	156	280
15	ETOUNDI Francois	84	AUS	68.77	125	152	277
16	COUOH TAZUETA Roger	86	MEX	68.99	118	158	276
17	IMRAN Ali	88	IRQ	67.78	120	155	275
18	WILLIAMS Caleb	84	USA	68.76	124	151	275
19	TOKTONALIEV Kambar	85	KGZ	68.93	115	145	260
20	PENA Juan	92	DOM	67.75	115	142	257
21	FETRIE Seth	91	GHA	68.37	100	137	237
---	VIDANAGE Chinthana	81	SRI	68.43	---	---	---
---	NII DARKU Dodoo	87	GHA	66.60	100	---	---
---	MARTIN Manuel D.	77	ESP	68.60	125	---	---
---	DABAYA-TIENTCHEU Vencelas	81	FRA	68.58	149	---	---
---	YANOUE Jean-Baptiste	93	CMR	68.58	125	---	---
---	DUDOGLO Alexandru	89	MDA	68.66	---	---	---

77Kg Men

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	LU Xiaojun	84	CHN	76.35	174	204	378
2	MARTIROSYAN Tigran G.	88	ARM	76.44	170	200	370

Weightlifting Queensland

3	SU Dajin	86	CHN	76.34	165	200	365
4	SA Jae-Hyouk	85	KOR	76.54	160	205	365
5	CAMBAR Ivan	83	CUB	76.30	160	196	356
6	YEHIA Tarek	87	EGY	76.75	156	197	353
7	QERIMAJ Erkand	88	ALB	76.63	156	193	349
8	KIM Kwang-Hoon	82	KOR	76.49	153	193	346
9	CHARNIAK Mikalai	86	BLR	76.94	160	185	345
10	PETER Yukio	84	NRU	76.71	154	190	344
11	LUKANIN Vladislav	84	RUS	76.42	155	188	343
12	BAHLOUL Ramzi	89	TUN	76.76	153	190	343
13	KAZARYAN Armen	82	RUS	76.15	150	185	335
14	SZRAMIAK Krzysztof	84	POL	76.84	155	180	335
15	JAMILOV Namig	82	AZE	76.85	150	181	331
16	YAGCI Semih	88	TUR	76.94	151	180	331
17	SHINTANI Yoshito	81	JPN	75.86	145	184	329
18	DE LUCA Giorgio	84	ITA	73.84	150	176	326
19	CHYKYDA Iurii	88	UKR	76.76	145	180	325
20	AL-JUMAILI Safaa	90	IRQ	75.50	140	175	315
21	KELES Samet	86	TUR	76.66	145	170	315
22	SUPHALAK Sitthisak	84	THA	76.94	138	166	304
23	NYSTROM Johan	83	FIN	76.72	130	172	302
24	CANGEMI Enrico	88	ITA	76.34	135	166	301
25	MEREDOV Aman	90	TKM	76.71	136	156	292
26	MINKOUMBA David	89	CMR	76.43	125	155	280
27	CRITCHLOW Ian	91	WAL	72.75	87	112	199
28	DAHER Hosni	78	PLE	76.12	93	105	198
---	MUSIC Ensar	90	CRO	76.64	135	---	---
---	RAMADAN IBRAHIM Ibrahim	88	EGY	76.39	---	190	---
---	JUMAYEV Jasurbek	84	TKM	76.88	---	170	---

85Kg Men

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	LU Yong	86	CHN	84.68	175	208	383
2	LAHUN Siarhei	88	BLR	83.90	171	209	380
3	KUZNETSOV Vladimir	84	KAZ	83.93	170	206	376
4	POGHOSYAN Gevorik	84	ARM	84.85	166	208	374
5	ZAIROV Intiqam	85	AZE	84.53	170	203	373
6	ZIELINSKI Adrian	89	POL	84.94	171	201	372
7	HERNANDEZ Yoelmis	86	CUB	83.93	162	205	367
8	KHAMATSHIN Roman	85	RUS	84.62	161	200	361
9	YUSUPOV Sherzodjon	82	UZB	81.10	155	203	358
10	VALLADARES Jadiel	82	CUB	84.71	162	193	355
11	SCHWARZBACH Tom	86	GER	84.92	150	196	346
12	FARRIS Kendrick	86	USA	84.92	154	191	345
13	BRUCE Matthew	83	USA	84.32	147	191	338
14	TKAC Richard	85	SVK	84.92	158	180	338
15	RIBOUEM Simplicie	82	AUS	84.62	146	187	333
16	JUMAYEV Inoyat	87	TKM	82.74	142	183	325
17	PATTERSON Richard	83	NZL	84.09	144	178	322
18	DUMAIS Paul	91	CAN	83.90	140	165	305

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19	ALIJA Ahmed	80	PLE	84.72	112	140	252
20	GAYA Hansley	85	MRI	84.45	110	138	248
21	ISMAIL Ismail	89	UAE	78.95	90	110	200
---	MARTIROSYAN Tigran V.	83	ARM	84.72	172	---	---
---	HENNEQUIN Benjamin	84	FRA	84.04	160	---	---
---	FETRIE Majeti	74	GHA	83.21	115	---	---
---	CHASHEMOV Mansurbek	83	UZB	84.16	---	---	---

94Kg Men

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	SEDOV Vladimir	88	KAZ	92.23	185	217	402
2	PASHAYEV Nizami	81	AZE	93.75	177	210	387
3	KIM Min-Jae	83	KOR	93.86	178	206	384
4	KIM Seon-Jong	86	KOR	92.89	165	218	383
5	DEMANOV Andrey	85	RUS	93.72	171	210	381
6	FUTULLAYEV Rovshan	87	AZE	92.99	170	210	380
7	IVANOV Artem	87	UKR	93.64	180	200	380
8	BRATAN Evgheni	81	MDA	93.90	174	203	377
9	EBRAHIMI FARBODKAMACHALI Asghar	82	IRI	93.63	176	200	376
10	BONK Bartlomiej	84	POL	93.69	172	204	376
11	CIRICU Anatoli	88	MDA	92.05	165	210	375
12	VASHANOV Igor	88	KAZ	92.85	170	200	370
13	MATAM MATAM David	75	FRA	91.35	167	198	365
14	TABAKU Ervis	89	ALB	92.90	165	196	361
15	GOGIA Teimurazi	86	GEO	93.64	165	192	357
16	RAMAZANOV Ruslan	87	TKM	93.96	160	196	356
17	NAVARRO Jose J.	81	ESP	93.85	160	195	355
18	HSIEH Wei-Chun	83	TPE	93.73	161	192	353
19	TORRES LOPEZ Wilmer Hernan	86	COL	92.75	163	185	348
20	ABBOOD Salwan	91	IRQ	92.71	150	190	340
21	ELVAN Resul	89	TUR	93.51	150	190	340
22	USOVSKIS Dmitrijs	79	LAT	89.95	140	170	310
23	KABIA Abu Bakarr	85	SLE	90.12	122	153	275
24	HAMADA Husam	85	PLE	90.43	123	146	269
---	CALANCEA Valeriu	80	ROU	93.42	---	211	---

105Kg Men

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	DOLEGA Marcin	82	POL	104.95	195	226	421
2	LAPIKOV Dmitry	82	RUS	104.45	194	222	416
3	KUZILOV Albert	85	GEO	104.65	187	221	408
4	KONSTANTINOV Roman	83	RUS	101.31	180	220	400
5	TOROKHTIY Oleksiy	86	UKR	104.31	180	215	395
6	KIM Wha-Seung	85	KOR	104.95	182	210	392
7	DOLEGA Robert	77	POL	104.95	175	216	391
8	MACHAVARIANI Gia	85	GEO	104.09	180	210	390
9	JOUGHILI Ahed	84	SYR	104.82	172	218	390
10	HORDIYCHUK Mykola	83	UKR	103.88	178	207	385
11	REMEZA Egidijus	83	LTU	104.62	170	210	380
12	SAMADOV Alibay	82	AZE	100.25	162	200	362

Weightlifting Queensland

13	WALZER Libor	75	CZE	104.98	160	202	362
14	GIBBS Cody	85	USA	104.25	167	190	357
15	DAZA Angel	79	VEN	104.12	150	206	356
16	ALBARRAN Leonel	82	VEN	103.39	150	205	355
17	OSUNA LOPEZ Luis Alfredo	89	MEX	104.03	160	185	345
18	QALAJA Sakher	85	PLE	94.35	123	162	285
19	ABOTSI Albert	81	GHA	104.79	120	156	276

+105Kg Men

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	AN Yong-Kwon	82	KOR	142.23	198	247	445
2	UDACHYN Artem	80	UKR	158.90	200	245	445
3	SHYMECHKO Ihor	86	UKR	133.82	202	225	427
4	MOHAMED ABDEL RAHMAN Abdel Rahman	89	EGY	122.15	185	230	415
5	EHSSAN ATTIAA Mohamed	84	EGY	149.38	185	230	415
6	VELAGIC Almir	81	GER	133.72	185	228	413
7	KOZLOV Andrey	82	RUS	145.75	180	231	411
8	ORSAG Jiri	89	CZE	122.95	170	218	388
9	JUDGE Patrick	86	USA	157.25	171	217	388
10	SUDAS Bunyami	75	TUR	116.95	170	216	386
11	SOBOTKA Petr	75	CZE	151.79	170	211	381
12	DETENAMO Itte	86	NRU	152.93	170	211	381
13	TURMANIDZE Irakli	84	GEO	112.24	175	205	380
14	KOBALADZE George	76	CAN	125.05	166	212	378
15	CHEN Shih-Chieh	89	TPE	131.47	162	216	378
16	HOCKING Corran	80	AUS	151.00	173	195	368
17	ROININEN Teemu	86	FIN	141.26	142	183	325
---	SCERBATHIS Viktors	74	LAT	134.52	195	---	---
---	DOLEGA Daniel	88	POL	107.92	---	---	---
---	GYLLEHAMMAR Jim	78	SWE	128.82	---	---	---

Women

48Kg Women

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	WANG Mingjuan	85	CHN	47.97	93	115	208
2	OZKAN OZ Sibel	88	TUR	47.82	89	117	206
3	TAYLAN Nurcan	83	TUR	47.44	90	115	205
4	CHEN Wei-Ling	82	TPE	46.36	84	112	196
5	LAOSIRIKUL Pensiri	84	THA	47.51	85	106	191
6	IM Joung-Hwa	86	KOR	47.68	85	103	188
7	KARPINSKA Marzena	88	POL	47.64	82	100	182
8	VALENCIA HERNANDEZ Carolina	85	MEX	47.80	82	100	182
9	KHAMSRI Panida	89	THA	46.89	75	100	175
10	YAGI Kanae	92	JPN	47.77	71	93	164
11	REXROAD Kelly	78	USA	47.91	72	88	160
12	MICHEL Anais	88	FRA	47.96	66	85	151
13	SISOEVA Marina	93	UZB	44.84	59	75	134

Weightlifting Queensland

53Kg Women

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	CHINSHANLO Zulfiya	93	KAZ	52.99	90	129	219
2	CHEN Xiaoting	91	CHN	52.51	95	123	218
3	YOON Jin-hee	86	KOR	52.64	93	116	209
4	CONTRERAS Yuderqui	86	DOM	52.63	91	111	202
5	CHEREMSHANOVA Svetlana	85	KAZ	52.99	92	110	202
6	DASDELEN Aylin	82	TUR	52.79	83	115	198
7	BILGIN Emine	84	TUR	52.84	86	110	196
8	VILLAR Barboza Rusmeris	83	COL	52.75	85	109	194
9	YU Weili	83	HKG	52.63	85	105	190
10	LOCHOWSKA Joanna	88	POL	52.87	83	106	189
11	LIAKHAVETS Valiantsina	90	BLR	52.68	80	102	182
12	DOZOIS-PREVOST Marilou	86	CAN	52.83	84	98	182
13	GUSHIKEN Misaki	90	JPN	52.76	81	94	175
14	MAVLYUTOVA Regina	79	RUS	52.93	78	95	173
15	BERNTSSON Lena	78	SWE	52.99	70	90	160
16	DAVIS Sarah	83	USA	52.87	72	87	159
17	BURIEVA Zilola	92	UZB	52.36	58	77	135
18	LAM Wai Yee	66	HKG	51.06	24	30	54
---	ULYANOVA Svetlana	79	RUS	52.81	75	---	---
---	FANG Li-Chun	83	TPE	52.17	---	115	---
---	JAROENRATTANATARAKOON Prapawadee	84	THA	52.45	---	---	---

58Kg Women

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	LI Xueying	90	CHN	57.42	107	132	239
2	NOVIKAVA Nastassia	81	BLR	57.98	100	125	225
3	KALINA Yuliya	88	UKR	57.46	96	119	215
4	BEGAJ Romela	86	ALB	57.52	95	112	207
5	SIRIKAEW Pimsiri	90	THA	57.35	90	115	205
6	GOTFRYD Marieta	80	POL	57.83	90	107	197
7	GUICHO RECIO Quisia	87	MEX	57.22	88	107	195
8	TOKESHI Masako	83	JPN	57.66	85	110	195
9	CHIQUET Agnes	84	FRA	57.54	83	107	190
10	DE LOS SANTOS Wildry	91	DOM	57.72	84	106	190
11	QUARTON Emily	84	CAN	57.95	81	102	183
12	KATZENMEIER Hilary	88	USA	57.98	81	98	179
13	BAKAMTZUCHE Pilar	88	CMR	57.54	75	102	177
14	SO Wai Ching	82	HKG	55.67	36	42	78
---	LIN Wan-Hsuan	88	TPE	57.05	---	117	---
---	UWAH Margaret	83	NGR	56.83	80	---	---
---	EVERI Anna	87	FIN	57.93	---	91	---

63Kg Women

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	MANEZA Maiya	85	KAZ	62.62	105	141	246
2	TSARUKAEVA Svetlana	87	RUS	62.91	111	135	246
3	SIMSEK Sibel	84	TUR	62.43	108	135	243

Weightlifting Queensland

4	SAVENKO Viktoriya	88	RUS	62.89	112	130	242
5	GUO Xiyan	87	CHN	62.54	105	135	240
6	DALUZYAN Meline	88	ARM	62.79	105	130	235
7	BATSIUSHKA Hanna	81	BLR	62.92	112	122	234
8	KIM Soo-Kyung	85	KOR	62.94	101	131	232
9	MUN Yura	90	KOR	62.82	104	125	229
10	KASIRYE Ruth	82	NOR	62.89	103	123	226
11	PEREZ TIGRERO Mercedes Isabel	87	COL	62.62	100	125	225
12	MANSOUR EL SAYED Essmat	86	EGY	62.25	101	120	221
13	KAMEAIM Wandee	78	THA	62.05	96	122	218
14	LU Ying-Chi	85	TPE	62.84	98	120	218
15	ACOSTA VALDEZ Luz Mercedes	80	MEX	62.94	103	115	218
16	HASHIDA Mayu	86	JPN	62.91	94	117	211
17	ORSAGOVA Lenka	83	CZE	62.53	92	115	207
18	KOSTENKO Tatyana	88	KAZ	61.27	88	115	203
19	SUNAR Muslime	82	FRA	62.75	90	110	200
20	SISOVA Elena	84	UZB	62.92	88	100	188
21	RAMOS Sheila	90	ESP	62.92	78	106	184
22	NGUIDJOL Hortense	81	CMR	62.65	77	100	177
23	BERUBE Jacquelynn	71	USA	62.77	78	98	176
24	AFI Abotsi	91	GHA	61.70	65	77	142
---	KUNRIT Sukanya	90	THA	61.15	85	---	---
---	FEQUE Marie-Josephe	91	CMR	61.88	---	102	---

69Kg Women

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	AVDALYAN Nazik	86	ARM	68.74	119	147	266
2	SLIVENKO Oxana	86	RUS	68.35	118	146	264
3	ZHANG Shaoling	84	MAC	68.29	112	136	248
4	LIU Chunhong	85	CHN	68.68	110	135	245
5	SOLIS ARBOLEDA Leidy Yessenia	90	COL	67.52	104	135	239
6	SHIMKOVA Svetlana	83	RUS	66.65	105	132	237
7	WANG Ya-Jhen	87	TPE	68.45	105	132	237
8	GIRARD Christine	85	CAN	68.84	103	132	235
9	TULIAYEVA Shemshat	84	BLR	68.62	110	124	234
10	DOMINGUEZ LARA Cinthya Vanessa	82	MEX	68.78	107	126	233
11	MIZDAL Ewa	87	POL	68.47	98	120	218
12	NADEAU Marie-Eve	88	CAN	68.94	97	121	218
13	ARTEMOVA Yuliya	85	UKR	68.68	99	118	217
14	SAITO Rika	83	JPN	68.73	88	120	208
15	GOPPOLD Anett	81	GER	68.52	93	113	206
16	BERTRAM Sarah	83	USA	68.75	89	107	196
17	PERDUE Natasha	75	GBR	66.48	86	109	195
18	DOMINGUEZ Yesenia	89	DOM	68.33	90	105	195
19	BERNTSSON Annika	76	SWE	68.34	87	103	190
---	TANI Ayano	87	JPN	68.51	93	---	---

Weightlifting Queensland

75Kg Women

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	PODOBEDOVA Svetlana	86	KAZ	74.91	132	160	292
2	CAO Lei	83	CHN	72.43	121	148	269
3	KHURSHUDYAN Hripsime	87	ARM	74.26	120	147	267
4	ABDEL RAHAMAN KAHLIL Abir	92	EGY	74.17	110	142	252
5	KHROMOVA Tatyana	80	KAZ	74.72	110	135	245
6	VALENTIN Lidia	85	ESP	74.58	112	130	242
7	MYRONYUK Nadiya	84	UKR	74.21	109	131	240
8	DARMARIANI Sinta	86	INA	71.13	100	135	235
9	LIM Ji-Hye	85	KOR	74.83	97	132	229
10	PETANANG Khanittha	89	THA	74.53	95	122	217
11	YANG Houqin	81	MAC	74.57	95	115	210
12	GIRARD Caroline	82	CAN	74.84	91	116	207
13	ALONSO Raquel	88	ESP	74.33	85	111	196
14	NAKAMURA Rina	90	JPN	74.53	86	110	196
15	LIZDE Almira	82	BIH	74.85	83	100	183
---	AGUIRRE ALDAZ Damaris Gabriela	77	MEX	74.62	---	---	---

+75Kg Women

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	JANG Mi-ran	83	KOR	115.04	136	187	323
2	KASHIRINA Tatiana	91	RUS	90.90	138	165	303
3	MENG Suping	89	CHN	113.95	131	165	296
4	OPELOGE Ele	85	SAM	122.32	120	145	265
5	USMAN Maryam	90	NGR	126.16	115	145	260
6	LEE Hui-Sol	89	KOR	115.89	110	140	250
7	DOVHAL Yuliya	83	UKR	90.24	110	134	244
8	IBRAHIM MOHAMED Afaf	89	EGY	97.33	105	135	240
9	GURCAY Ummuhan	86	TUR	89.65	106	133	239
10	SCHOEPPE Kathleen	82	GER	93.37	105	132	237
11	ROBLES Sarah	88	USA	120.83	100	133	233
12	SILVA HEREDIA Tania Irasema	86	MEX	103.15	102	130	232
13	ZAKARE Hadiza	87	NGR	81.77	103	125	228
14	MASCORRO OSUNA Tania Guadalupe	88	MEX	103.07	98	125	223
15	BAGINSKA Sabina	85	POL	99.45	96	122	218
16	CARVAJAL Maria	78	DOM	82.28	97	120	217
17	CAMPALDINI Annarosa	85	ITA	97.04	97	116	213
18	ALTINDAS Sibel	90	TUR	82.82	92	117	209
19	MAGAT Krisztina	89	HUN	105.42	97	110	207
---	RAMADAN MOHAMED Nahla	85	EGY	97.01	118	---	---



QWA League Grand Final

University of Southern Queensland, Springfield Qld
5th December 2009

Division 1

Name	Born	Club	Bwt	SN	C&J	Total	Bonus	Points
Melissa Robinson	81	Cougars	60.90	64	84	148	8	65.588
Nathan Kahi	92	Cougars	70.15	95	130	225	4	63.524
Scott Clark	91	S/Coast	60.45	90	105	195	2	61.816
Bowen Stuart	86	Toowoomba	76.80	97	116	213	3	59.349
Michelle Kahi	94	Cougars	65.05	71	83	154	-10	43.846

Division 2

Name	Born	Club	Bwt	SN	C&J	Total	Bonus	Points
Lad Singh	83	Cougars	105.30	140	151	291	11	72.653
Kirsten Wu	93	Cougars	52.65	52	69	121	-3	50.540
Bianca Sheppard	92	Toowoomba	58.45	66	71	137	-6	47.307
Christine Meier	83	Cougars	60.85	64	74	138	-8	45.696
Darryl Hockins	88	Toowoomba	65.35	75	103	178	-9	40.860

Division 3

Name	Born	Club	Bwt	SN	C&J	Total	Bonus	Points
Sam Baumann	92	Cougars	58.35	64	84	148	7	52.399
Bonnie Sleeman	93	Cougars	74.55	66	75	141	2	50.288
Kim Hanssen	86	Cougars	63.10	44	64	108	-8	29.762

Division 4

Name	Born	Club	Bwt	SN	C&J	Total	Bonus	Points
Bronwyn Hitchener	62	Toowoomba	73.70	50	61	111	14	52.014
Emma Hitchener	92	Toowoomba	67.20	38	50	88	18	48.769
Kara Stuart	94	Toowoomba	46.15	37	47	84	7	45.710
Laurence Reilly	89	G/Coast	55.00	61	78	139	0	45.574

Bonus Round (lift off) *

Name	Lift	90.0%	95.0%	97.5%	100.0%	102.5%	105.0%	107.5%
Bronwyn Hitchener	Snatch	43	45	46	48	49	50	51
Sam Baumann	C&J	74	78	80	83			
Melissa Robinson	C&J	72	76	78	81	83	85	
Lad Singh	C&J	135	142	146	150	153	157	161

* Bonus Round results are not sanctioned for official rankings or records.

Referees: Shokr Fallah (Cat I); Kylie Booth (Cat I); Craig Wegert (National); Ray Loudon (State); Damon Kelly (State);
Jenny Butler (Club); Kim Hanssen (Club).
Time Keeper: Kylie Booth; Craig Wegert; Damon Kelly
M.C: Ian Moir

Awards

Division 1	Melissa Robinson	\$400	Coach: Mike Keelan	\$100
Division 2	Lad Singh	\$400	Coach: Miles Wydall	\$100
Division 3	Sam Baumann	\$400	Coach: Angela Wydall	\$100
Division 4	Bronwyn Hitchener	\$400	Coach: Barry Hockins	\$100
Bonus Round	Lad Singh	\$400	Coach: Miles Wydall	\$100



QWA Masters League Grand Final

University of Southern Queensland, Springfield Qld
5th December 2009

Women

Name	Born	Club	Bwt	SN	C&J	Total	Bonus	Points
Lisa Souter	73	Toowoomba	52.70	53	68	121	0	58.198
Lesley Moyle	45	HoneyBadgers	56.00	31	43	74	0	47.407
Valerie Silver	49	Cougars	60.90	30	37	67	0	39.340
Sue Cox	61	HoneyBadgers	65.40	36	51	87	0	37.294
Leandra Miscamble	56	Cougars	64.70	29	47	76	0	34.359
Deborah Aason	83	Cougars	89.00	103	125	228	Guest	

Men

Name	Born	Club	Bwt	SN	C&J	Total	Bonus	Points
Peter Foster	67	Cougars	103.00	108	125	233	6	67.884
Paul McClure	72		78.95	84	100	184	0	51.371
John Hanlon	66	Cougars	99.90	75	94	169	0	45.351

Referees: Shokr Fallah (Cat I); Craig Wegert (National); Jenny Butler (Club).
Time Keeper: Craig Wegert
M.C: Ian Moir

Queensland Masters Records

Name	Cat	Lift	Weight	Age Group
Lisa Souter	53kg	Snatch	53	35-39 years
Lesley Moyle	58kg	C&J	43	60-64 years
Lesley Moyle	58kg	Total	73	60-64 years
Lesley Moyle	58kg	Total	74	60-64 years
Sue Cox	69kg	C&J	51	45-49 years
Sue Cox	69kg	Total	87	45-49 years
Leandra Miscamble	69kg	C&J	47	50-54 years

2009 Pacific Cup International Tournament

Oceania weightlifting Institute- Mont Dore, New Caledonia
12th December 2009

MEN

	NAT	D/B	B/W	SN	C&J	TOTAL	PL
56Kg Class							
Maueili Tulo	FIJ	1990	55.90	105	125	230	1
Lapua Lapua	TUV	1991	56.00	90	105	195	2
Tofata Kanilo	NCL	1998	46.40	30	32	62	3
62Kg Class							
Ioanne Haumili	TUV	1988	61.80	85	110	195	1
Falevalu Valeliano	NCL	1999	61.10	47	60	107	2
Driss Joey	NCL	1999	62.00	25	37	62	3
69Kg Class							
Nathan Kahi	AUS	1992	68.40	96	125	221	1
Roy Tristan	NCL	1997	63.90	25	40	65	2
77Kg Class							
Cody Cole	NZL	1989	72.90	112	145	257	1
Daniel Katz	AUS	1989	76.20	105	135	240	2
Lagikula Ange	NCL	1996	75.10	60	70	130	3
85Kg Class							
Joe Vueti (IOH)	FIJ	1979	84.80	130	170	300	1
Igor Lagikula	NCL	1993	80.40	105	130	235	2
Alfred Muavaka	NCL	1991	85.00	90	110	200	3
94Kg Class							
David Katoatau	KIR	1984	89.90	120	138	258	1
Scott Taylor	AUS	1989	93.80	110	138	248	2
Lagikula Irene	NCL	1995	85.50	91	110	201	3
Siale Muavaka	NCL	1988	91.20	90	100	190	4
Landry Laufillitoga	NCL	1972	92.30	80	105	185	5
Bruno Tofili	NCL	1982	87.90	80	100	180	6
Lagikula Michaelaele	NCL	1994	85.50	70	90	160	7
105Kg Class							
Meameea Thomas	KIR	1985	103.90	145	190	335	1
Zac Grgurevic	AUS	1991	103.50	130	160	290	2
Michaelaele Muavaka	NCL	1990	97.80	95	110	205	3
105+Kg Class							
Itte Detenamo	NRU	1986	153.90	175	215	390	1
Adam Kok	AUS	1990	117.20	130	160	290	2

Jordan Steffans	AUS	1989	109.00	115	145	260	3
Lasalo Lusiano	NCL	1994	123.00	75	100	175	4

RECORDS

Manueli Tulo Fiji, 56Kg 102kg Snatch – Oceania and South Pacific Junior record
Manueli Tulo Fiji, 56Kg 105kg Snatch – Oceania and South Pacific Junior record
Manueli Tulo Fiji, 56Kg 230kg Snatch – Oceania and South Pacific Junior record

WOMEN

	NAT	D/B	B/W	SN	C&J	TOTAL	PL
53kg Class							
Kirsten Wu	AUS	1993	52.07	52	70	122	1
58kg Class							
Maria Liki (IOH)	FIJ	1990	57.89	76	95	171	1
Bianca Sheppard	AUS	1992	57.82	64	74	138	2
Maniulua Filiaki	NCL	1994	55.80	43	54	97	3
63kg Class							
Michelle Kahi	AUS	1994	62.27	ret..			
69kg Class							
Mero Khalila	NCL	1995	67.22	35	40	75	1
Driss Prisca	NCL	1996	66.44	20	30	50	2
+75kg Class							
Narita Viliamu (IOH)	NIU	1989	132.77	92	125	217	1
Luake Noeline	NCL	1987	103.30	65	83	148	2

CUP WINNERS:

Men: Itte Detenamo Nauru 390Kg Total 105+Kg
Women: Narita Viliamu Niue 217Kg Total +75Kg

Countries participating:

Nauru
New Caledonia
Australia
New Zealand
Fiji
Tuvalu
Kiribati
Niue



North Brisbane Weightlifting Association

Honey Badgers are gearing up for "The Lawrie" and their end of season trophy night/dinner at Geebung Zillmere RSL Club. We are hoping to hold at least two sessions and with the return of Dave DeRose there are a few lifters coming out of the woodwork! Thank you to Ian Moir and members who helped make this day possible.

One of our members has indicated his interest in doing the coaching course with the idea of taking some younger lifters, so we hope to implement the TID programme in 2010 at long last.

The League Final was strongly contested by the Women's Masters Group and congratulations to Lesley, Sue and Leandra who made the top 5. Congratulations to Christian who also made the top 5 but chose not to lift. Congratulations also to Mel Robinson, who always has a special place at the Honey Badger Den!

Our small but energetic group are looking forward to 2010 and hoping to build numbers and retain members.

Merry Christmas and a Happy Weightlifting 2010 to all - stay safe, happy and healthy!

Julie Davis
Secretary.



WEIGHTLIFTING CLUB INC.

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By Barry Harden

I have been away since the start of September. During that time I missed a lot of good performances from our Club members. I'd like to thank Tanya, Tim and Mr & Mrs Sym for their assistance during my absence.

September was a big month for our Club. Ray Loudon and Tim Steele competed in the Qld Masters, both taking out their respective age/weight divisions. Ray then went on to give a creditable performance at the World Masters Games, being our only competitor after Bob Henderson was forced to withdraw due to injury.

During September Scott Clark, Angus Takahashi, Aaron Sym, Andrew Adams and Nathan Gill competed in the National Age Championships. The boys that competed in the U/16 team challenge handled the pressure of a National competition with maturity. Aaron's team managed a third place which was outstanding. Angus managed a PB snatch on his way to winning the U/18 94kg Category. Scott once again put in an outstanding performance to win both the U/18 and Junior Championships.

In October four of the boys from Nambour High, Aaron Sym, Andrew Adams, Hugh McPhail and Nathan Gill came out on top in the Qld All Schools Championships. I think it has been about 25 years or more since Nambour High School has had that honour. I am going to try and research how long Nambour High has been involved in weightlifting. Bob Henderson tells me it has at least been since the late sixties. I also wonder when Wavell High started?

Sunshine Coast Club was represented by six lifters in the final League round. For Jacob Daniels, it was his first time on the platform and I believe he acquitted himself well. One lifter that was absent for this round was Scott. He was still recovering from a bout of food poisoning. Although he missed this round he still managed to make the final. For quite a while it was doubtful if Scott would compete in the final as his strength and his body weight was still well down from being sick.

On the day, Scott and Bowen Stuart (Toowoomba) were the only ones to complete all three snatches and after two clean & jerks it seemed like the winner was going to be out of these two. Bowen missed his jerk so Scott only had to get his to win. Unfortunately he didn't. This was then followed by some fantastic lifting from Nathan Kahi and Melissa Robinson pushing Scott back to third.

The Club finished its year with a Christmas Comp on Dec 12. Despite melting from the humidity, everyone had a good time. I would like to thank the parents for their support throughout the year and we will do it all again next year.

Merry Christmas ☺

NEWS FROM TOOWOOMBA

A very busy year is almost over for the Toowoomba Weightlifting Association, culminating with the recently held TWA Awards Night where over 40 club members, parents and supporters came together to celebrate a great year for the club.

Our club hosted its last QWA event for the year back in October with the Qld All School s Championships. It was all hands on deck to make sure we presented a competition of suitable standard and once again the club came through with flying colours. To make the day even better, all four TWA lifters; Shane Wagner, Kara Stuart, Bianca Sheppard and Jake Ratcliffe came away with gold medals for an outstanding result.

Next we waited for news of how Bronwyn Hitchener and Steve Matthews fared at the World Masters Championships in Sydney. Both really enjoyed their first international experience with Bronwyn producing an outstanding effort to bring home a silver medal and Steve finishing in a creditable seventh place. Well done to both!

The QWA Grand Final rounded off the lifting for the year and Toowoomba was represented by a healthy six lifters with Lisa Souter our soul representative in the Masters League Final. Some good results were achieved with new PB's for Emma, Bronwyn, Kara and Lisa. Bronwyn provided her family and her coach Barry Hockins with an early Christmas present by winning the Division four final and Lisa was victorious in the Masters final. Once again a great result for the club.

Two days later Bianca and I were off to New Caledonia as part of the Australian Junior Squad training camp, including competing at the Pacific Cup and New Caledonia Championships. It was a great experience for Bianca to train at the Oceania Institute and witness the intensity of training undertaken by the Institute team. She trained well leading up to the comp but having to lose over 2kgs in the high humidity took its toll on competition day with a few shaky moments leading up to weigh-in. All was well after some food and re-hydration and Bianca went on to produce 5 good lifts and a 138kg total - only 6kg below her PB. We were both looking forward to leaving Noumea at 4.30 pm on the 13th December but when we turned up at the airport and found it deserted we knew something was wrong. 8 HOURS WRONG IN FACT!!! Because that's how long we had to wait for our plane. Getting back to Toowoomba at 3.00 am the next morning was not our idea of fun and Bianca still had to travel to Kingsthorpe! I hope she looked better than me when she turned up for work that day!

The TWA Awards night was the 17th annual event and a great night was had by all. It was especially pleasing to have the presence of the QWA President and General Manager to help celebrate the year. Reviewing all the great performances of club members during the year highlighted just how successful our club had been in 2009. I am sure we are all looking forward to another successful year in 2010.

A Merry Christmas and Happy New Year to all the weightlifting community.

Greg Hobl

USQ Weightlifting Club

USQ weightlifting club finished off the year by hosting the 2009 QWA League and Masters League Grand Final on the 5th of December. Even though the USQ club did not have any of its club members entered, the event was still a great finish to the year which has past by so quickly.

USQ weightlifter's this year have performed with steady increases and show much promise for the coming competition calendar in 2010.

Lamson Nguyen showed great improvement over the year and has been rock solid with his commitment to training and determination in competition. Lamson first lifted in the USQ Australia Day Open in 2009 and has not missed a beat since then.

Joshua Wegert first lifted in the 2nd USQ Open Competition and just managed to total after a bad start in the snatch, but from that time on he has moved on to lift in 3 state championships and 1 National event. In each of these events he has shown steady improvement and with hard work in training this should continue into 2010.

Mick Winn has lifted very well in 2009. Mick finished the year off lifting as a guest at the Cougars Club's "Mike Keelan Shield" competition and as always lifted well and managed to secure a PB Total and PB Clean and Jerk to finish off a fantastic year of lifting for him. Mick won several state age and school events over the course of 2009. Mick was also part of QLD Under 16 "A" Team which took the Gold at the 2009 AWF Under 16 Tournament in Launceston, Tasmania. We look forward to seeing him keep on with his lifting into 2010.

New members of USQ Weightlifting Club Matt and Tiddo have yet to set foot on to the competition stage. The club is looking forward to seeing these new lifters step up and compete in 2010.

Yours truly also managed to squeeze in a couple of small competition outings during 2009 where I actually got to do some lifting which I still love to do. Also I had the privileged to be Queensland's Team Manager for the 2009 Australian Under 16, and Youth and Junior Championships in Launceston, Tasmania. This was a great experience for me and I had a great trip meeting and working with all the Queenslander's involved.

USQ Weightlifting Club during 2009 has had the great pleasure to host many great weightlifting competitions. By far the standout event in 2009 was the two days, 90+ competitors and first ever Australian Championship event hosted by the club, The 2009 Australian Weightlifting Federation's Club Championships.

This event has been nominated for an Australia Day award as "Event of the year in Ipswich" which is a great honour for the club and the QWA. I was honoured for this event to rate a nomination for an Australia Day Award, it's a big wrap for all of us from USQ and the QWA Inc. Big special thanks to the QWA General Manager Mr Ian Moir, whose tireless efforts have helped grow USQ Weightlifting and we are sure that without Ian's support USQ Weightlifting would have struggled in 2009.

I would also like to thank the outgoing AWF CEO Mr Matthew Curtain for his support during 2009. I also thank him for his attendance at USQ Weightlifting Club's staging of the 2009 Queensland Weightlifting Championships in June this year.

Weightlifting Queensland

USQ Weightlifting also needs to thank the efforts of the AWF's High Performance Manager and Acting CEO Mr Mike Keelan. Mike has always been a great supporter of USQ Weightlifting and we always appreciated his help and guidance.

To this end I would like to thank all USQ Club members, family, friend's and the countless QWA volunteers who have help make USQ Weightlifting a growing viable community weightlifting club. I would also like to extend an enormous thank you to Mr Doug Fraser, USQ Springfield's Director. Doug and USQ Springfield has been a great supporter of our weightlifting club and without that support the club's success would be greatly reduced.

In 2010 USQ weightlifting club is looking forward to stronger numbers of lifters and bigger lifts for all our members. We look forward to seeing you all in the New Year, as we set foot onto the competition stage again to do battle in the great sport of weightlifting.

Yours in Weightlifting

Craig Wegert
USQ Weightlifting Club President



USQ Club Member Lamson Nguyen

Weightlifting Queensland



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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.


**Merry Christmas
&
Happy New Year**

