



❖ Weightlifting Queensland ❖

June 2003

The Official Journal of the Queensland Weightlifting Association Inc.

PO Box 1056, Capalaba, Qld

4157

Tel: (07) 3823 1377 Fax: (07) 3823 1371



*Damon Kelly (centre)
2003 Oceania Superheavyweight Champion*

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The QWA is Supported by the Queensland Government through Sport & Recreation Qld



Queensland Government
Getting more people active
through sport and recreation

Queensland Weightlifting Association Inc.

Office: The Velodrome, The Sleeman Centre,
Chandler Qld 4155
Postal Address: PO Box 1056, Capalaba 4157
Telephone: (07) 3823 1377
Facsimile: (07) 3823 1371
Email: qwa@powerup.com.au
Web Site: <http://www.qwa.org>
Executive Director: Ian Moir
Administrative Officer: Kylie Booth
Development Officer: Scott Robinson

The QWA Management Committee

Patron: Bert Hobl
President: Mike Keelan
Vice President: Greg Hobl
Secretary: Kylie Booth
Treasurer: Corran Amadio
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QWA Mission Statement

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

Acknowledgement - Sponsors of the QWA

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**Queensland Government –Sport and Recreation Queensland
Major Sports Facilities Authority**

Disclaimer

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

2003 Competition Calendar (July – December)

July 5	Mount Isa Open Club Competition	Mount Isa PCYC
July 9 – 13	World University Championships	Pavia, Italy
July 5	Mount Isa Open Club Competition	Mount Isa PCYC
July 9 – 13	World University Championships	Pavia, Italy
July 12	Qld Masters Championships	Sunshine Coast
July 19	Cougars Open Club Competition	Chandler
August 2	Cougars Open Club Competition	Chandler
August 8	St Laurence's College Open Club Competition	St Laurence's College
August 8	Toowoomba Open Club Competition	Toowoomba
August 9	Sunshine Coast Open Club Competition	Nambour
August 23	QWA League Round 3 & Masters H/cap Round 3	Toowoomba
September 2 – 9	IWF World Masters Championships	Savannah, USA
September 6 – 7	National U20 & Open Championships	Melbourne
September 6	Mount Isa Open Club Competition	Mount Isa PCYC
September 13	Cougars Open Club Competition	Chandler
September 19	Toowoomba Open Club Competition	Toowoomba
September 27	Qld Masters H/cap Final	TBC
October 4	Sunshine Coast Open Club Competition	Nambour
October 11	Qld All Schools Championships	St Laurence's College
October	Cougars Open Club Competition	Chandler
October 17 – 19	National Age Group Team Challenge	Brisbane
October 25	QWA League Final	Chandler
October 25	Mount Isa Open Club Competition	Mount Isa PCYC
November 11 – 22	World Championships	Vancouver, Canada
November 22	Cougars Open Club Competition	Chandler
November 28	Toowoomba Open Club Competition	Toowoomba
November 29	Queensland 2000	Brisbane
November 29	Mount Isa Open Club Competition	Mount Isa PCYC
December 4 – 6	Oceania Junior Championships	Niue
December 6	Sunshine Coast Open Club Competition	Nambour
December 13	Cougars Open Club Competition	Chandler
December 13 – 14	Tofalos Kakousis Tournament (Olympic Test Event)	Greece

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 2000 Tournament is 1st Jan 2003 – 30th Sep 2003

Queensland Teams for the 2002 National Open & Under 20 Championships will be selected according to the QWA Selection Policy taking into consideration results from all state, national and international events held between 1st January 2003 and 30th June 2003.

From the QWA Office

By Ian Moir, QWA Executive Director

Much has happened since the last edition of *Weightlifting Queensland*. The Queensland team at the 2003 National Under 16 & Under 18 Championships achieved great success, coming away with bags full of medals, two team shields and many fond memories. The full results of these championships and the Team Manager's report appear later in this newsletter. On the international scene, six Queensland lifters and Mike Keelan (coach) represented Australia at the Commonwealth and Oceania Championships in Tonga. And four

Queensland lifters headed south of the (USA) border down Mexico way, for the World Junior Championships. Qld lifters were also selected to represent Australia at the Mermet Cup (USA) and World Championships for University & College Students (Italy) and Miles Wydall was selected by the AWF as the coach/manager for the World Championships for University & College Students.

Turning to matters of policy, the QWA's Coach Selection Criteria has been under review for the past month or so, culminating in an open forum held in Toowoomba recently. While it appears that all QWA coaches are generally satisfied with the current policy and criteria, a number of recommendations have been made resulting in subtle changes that will come into effect shortly. The QWA has also detailed a development pathway for weightlifting officials which is currently in circulation for comment and is reproduced in this edition of *Weightlifting Queensland*. In addition, the QWA Management Committee is putting the final touches to another important policy document. This one relates to the selection of athletes for Queensland representative teams and it will be released for comment within the next month.

The Queensland Government has drafted an Anti-Doping Policy in line with the *Sports Drug Testing Bill 2003* that was passed through Queensland Parliament earlier this year. The legislation enables ASDA to test state-level athletes for the use of drugs and doping methods. The QWA has voluntarily participated in the Queensland Drug Testing Program under a contract with the state government and ASDA for the past three years, and apart from the legislation removing the "voluntary" aspect of this program, nothing much will change in the way that the QWA cooperates with ASDA.

Most people can recall memorable moments from various weightlifting events and they usually refer to an outstanding lift or a situation of close competition, but not necessarily so. During one session of Round 2 of the QWA League held in May, I looked across the platform to the announcer's table and noticed Ben Turner at the microphone, flanked by David De Rose on the time clock and Damon Kelly updating results on the computer, with Paul Wheeler looking over their shoulders. It struck me that, from an organisational point of view, these guys are part of the QWA's "generation next" and it was very pleasing to see them taking on such positions at the "helm", joining other regular young contributors like Melissa Nightingale, Kristie Amadio and Amanda Phillips.

Looking ahead to the third quarter of the year, the Queensland Masters Championships will be held on the Sunshine Coast on July 12th; the third round of the QWA League and Masters League is on in Toowoomba on August 23rd and of course the National Open & Under 20 Championships will be staged in Melbourne on September 6th & 7th. And with many Club competitions taking place in between these events, there's plenty going on to keep us all busy throughout the rest of winter.

Until next time...

Ian Moir

2003 National Under 16 & Under 18 Championships

By Debra Keelan

Queensland's entourage of 34 lifters, coaches, and parents travelled to Adelaide on Friday 11th April. Holly Collyer joined us later in the day after having to catch a later flight via Timbuktu – you just can't trust those alarm clocks! The mini bus was collected from the airport and with a couple of shuttle runs and a few taxis the team made its way to the accommodation at the Adelaide Supercentre Motel in the suburb of Plympton Park. The accommodation was very comfortable with fantastically helpful management, its own tennis court, opposite a selection of food outlets and in particular Dominos Pizza, and just a half hour walk to the competition venue. With the availability of the mini bus not many of our young fit lifters were seen walking to the venue, instead preferring to get up earlier to catch the bus.

Team captains were appointed by the coaching team and announced at the team meeting on arrival – Kristie Amadio Captain of the women's team and Troy Hewkins Captain of the men's team. Both lifters have a wealth of competition experience behind them.

Support for fellow team members as they competed was of an excellent standard, somewhat the norm now for Queensland's Junior teams on away trips. Team members managed bodyweight issues with professionalism and to the relief of team officials there were no dramas at all on the day of weigh-in. All lifters finished with a total and were well prepared, turning up to compete with all their necessary equipment (it was so nice to not hear, "but I left my boots/lifting suit at the hotel" just as warm-up is about to begin).

Queensland continues to be a force in Women's Weightlifting with Queensland bringing home both the Under 16 and Under 18 team shields, and also the best Under 16 (Erika Yamasaki) and Best Under 18 (Kristie Amadio) lifter awards, a positive reflection on the efforts of our dedicated coaches.

Queensland women brought home 17 of the 42 medals on offer. Kristie Amadio's win in the 63kg class on bodyweight and Rachel Trigger's must-get lift for gold in the 75kg class, stood out as the nail-biters in the women's lifting sessions. In all there were 12 women representing Queensland resplendent in their Queensland Weightlifting Association provided lifting costumes – how could any State have any hope of beating such a professional looking team.

Queensland men came second in team points to Victoria for the second year in a row in the Under 16 (after count back), and third behind Victoria and South Australia in the Under 18. Our lack of men in the heavier bodyweight categories contributed to this result. Best lifter awards in the Under 16 had Anthony Salsone and John Walz coming in behind Vasili Kodos of NSW, and Joel Wilson coming in behind David Sarkisian in the best Under 18 lifter awards. The 14 member Queensland men's team brought home 13 medals.

Josh Brady, Anthony Salsone and John Walz put in particularly good performances to secure their gold medals. The nail-biter for the men's session had to be Joel Wilson as he went out and missed his first snatch and then his second snatch, what relief when he was successful (so easily) with his third snatch.

Coaches Miles Wydall, Greg Hobl, Jason Hassard and Angela Wydall put in very long days getting the best out of the Queensland team lifters. Deb Keelan officiated at all sessions (except one) as referee, technical controller and jury member.

Probably the only down side to the trip was the lack of time to see anything apart from the weightlifting platform, but on the flip side it was heartening to see the lifters calm acceptance of this as they were there primarily to do a job.

Congratulations must go to all of Queensland's coaches who prepared their lifters so superbly. Keep up the great work guys and gals. And a special thankyou to Ian Moir for all his hard work in organising flights, accommodation, lifting costumes, tracksuits and the now legendary Team Official's Handbook.

Australian U16 & U18 Weightlifting Championships

William Light R-12 School Plympton, South Australia

12 - 13 April 2003

Name	State	B/Wt	YOB	Snatch	C & J	Total	Sinclair	U16	U18
Women 40 Kg									
Jessica Keelan	QLD	36.08	1991	25.0	37.5	62.5	110.2387	1	

Daisy Vasic	SA	36.06	1991	25.0	32.5	57.5	101.4756	2	1
Women 44 Kg									
Dana Be Bondt	VIC	43.92	1989	25.0	35.0	60.0	88.4947	1	1
Ashleigh Brown	SA	0.00	1989	0.0	0.0	0.0	0.0000		
Women 48 Kg									
Erika Yamasaki	QLD	47.56	1987	55.0	72.5	127.5	176.5995	1	1
Melinda Janke	QLD	46.78	1987	42.5	60.0	102.5	143.7714	2	2
Alexandra Wragg	VIC	47.96	1989	32.5	40.0	72.5	99.7900	3	3
Women 53 Kg									
Rachel Tyson	SA	52.28	1985	55.0	70.0	125.0	161.8411		1
Sherry Bower	QLD	52.20	1986	50.0	55.0	105.0	136.0866		2
Jessica Edge	SA	52.74	1986	45.0	60.0	105.0	135.1535		3
Maddy Jay	VIC	52.08	1990	32.5	42.5	75.0	97.3556	1	4
Women 58 Kg									
Maria Tsoukalis	NT	57.12	1987	60.0	70.0	130.0	159.1404	1	1
Liana Lambert	QLD	56.76	1988	57.5	65.0	122.5	150.5264	2	2
Victoria Cocks	SA	57.02	1985	47.5	65.0	112.5	137.8613		3
Meghan Wragg	VIC	56.72	1987	35.0	47.5	82.5	101.4178	3	4
Women 63 Kg									
Kristie Amadio	QLD	59.78	1985	70.0	85.0	155.0	184.8469		1
Tara Crosswell	TAS	62.52	1985	65.0	90.0	155.0	180.4673		2
Rebecca Brooke	NT	62.16	1987	57.5	72.5	130.0	151.8132	1	3
Tammie Bower	QLD	58.66	1987	57.5	67.5	125.0	150.6656	2	4
Mary Ellicott	VIC	62.78	1986	50.0	60.0	110.0	127.8009		5
Trina Eglestaff	QLD	60.54	1988	40.0	47.5	87.5	103.6277	3	
Lucy Randle	SA	62.02	1988	35.0	47.5	82.5	96.4563	4	

Women 69 Kg	State	B/Wt	YOB	Snatch	C & J	Total	Sinclair	U16	U18
Jenna Myers	TAS	68.90	1986	70.0	85.0	155.0	172.3598		1
Christina Watkins	QLD	64.92	1988	60.0	72.5	132.5	151.3976	1	2
Holly Collyer	QLD	66.76	1988	52.5	67.5	120.0	135.3240	2	3
Katherine Braun	SA	66.62	1987	32.5	42.5	75.0	84.6591	3	
Georgina Saunderson	SA	68.28	1986	0.0	45.0	0.0	0.0000		
Women 75 Kg									
Rachel Trigger	QLD	74.52	1986	67.5	90.0	157.5	169.7801		1
Belinda Van Tienen	TAS	71.06	1986	67.5	87.5	155.0	170.1547		2
Kayla Bath	SA	71.86	1986	50.0	62.5	112.5	122.9492		3
Women 75+ Kg									
Camilla Fogagnolo	TAS	87.66	1986	70.0	80.0	150.0	154.2263		1
Rachel Hogg	WA	132.88	1987	50.0	70.0	120.0	137.1148	1	
Fiona Scutter	SA	84.64	1986	52.5	65.0	117.5	121.8126		2
Kate Linford	VIC	82.12	1987	50.0	65.0	115.0	120.1764	2	3
Bridget Roberts	SA	133.62	1986	42.5	57.5	100.0	111.6375		4
Rhiannon Patching	QLD	75.92	1989	32.5	45.0	77.5	82.9939	3	
Men 47 Kg									
Vanara Be	VIC	45.18	1988	42.5	55.0	97.5	183.6775	1	1
Nick Vasic	SA	46.66	1989	45.0	52.5	97.5	177.8341	2	2
Dominic Poignand	SA	43.50	1989	35.0	45.0	80.0	156.7180	3	
Mark Taranto	VIC	45.08	1989	35.0	40.0	75.0	141.6092	4	
Men 51 Kg									
Joey Morley	SA	49.84	1986	55.0	65.0	120.0	205.4078		1
Cameron Azer	VIC	50.18	1988	45.0	60.0	105.0	178.5949	1	2
Kurt Woodlock	QLD	50.22	1988	42.5	60.0	102.5	174.2134	2	3
Christopher Doley	SA	50.80	1988	42.5	55.0	97.5	163.9638	3	
Men 56 Kg									
Kostas Vasiliades	NSW	55.10	1985	82.5	107.5	190.0	297.2896		1
Josh Brady	QLD	55.46	1988	62.5	90.0	152.5	237.2942	1	2
Andrew Marguccio	VIC	54.50	1988	67.5	82.5	150.0	236.9197	2	3
Troy Davis	TAS	55.80	1988	57.5	80.0	137.5	212.8496	3	4
Adrian Cross	VIC	55.70	1987	57.5	72.5	130.0	201.5448	4	
James Chandler	SA	55.58	1988	52.5	67.5	120.0	186.3813	5	
Tom McCosker	QLD	55.44	1988	50.0	65.0	115.0	178.9980	6	5
Men 62 Kg									
Troy Hewkins	QLD	60.40	1986	82.5	105.0	187.5	272.1723		1
Anthony Salsone	QLD	61.18	1987	75.0	97.5	172.5	247.9232	1	2
Shane Gates	SA	60.62	1987	75.0	95.0	170.0	246.0725	2	3
John Hadji-Soteriou	SA	60.94	1987	67.5	90.0	157.5	227.0514	3	
Gerard Pollock	NSW	59.62	1985	62.5	85.0	147.5	216.3041		4
Peter Nicholls	VIC	59.64	1989	67.5	80.0	147.5	216.2468	4	
Scott Taylor	TAS	60.02	1989	65.0	82.5	147.5	215.1683	5	5
Seamus O'Rourke	WA	59.32	1988	50.0	65.0	115.0	169.3192	6	
Adam McLean	QLD	59.60	1987	50.0	65.0	115.0	168.6886	7	

Men 69 Kg	State	B/Wt	YOB	Snatch	C & J	Total	Sinclair	U16	U18
David Sarkisian	VIC	65.74	1986	112.5	132.5	245.0	333.8872		1
Joel Wilson	QLD	66.56	1986	100.0	127.5	227.5	307.3389		2
Vasili Kodos	NSW	68.26	1987	82.5	105.0	187.5	248.9313	1	3
Greg Botha	QLD	66.64	1986	80.0	100.0	180.0	242.9649		4
Adon McCallum	QLD	68.62	1988	75.0	100.0	175.0	231.5092	2	
Adam Woods	NT	66.30	1988	70.0	90.0	160.0	216.7451	3	5
Robert Galsworthy	WA	66.20	1989	62.5	80.0	142.5	193.2439	4	
Men 77 Kg									
Mark Woodford	VIC	76.04	1986	92.5	115.0	207.5	257.2139		1
Bowen Stuart	QLD	73.46	1986	90.0	110.0	200.0	253.1562		2
Tyson Jacquier	SA	76.18	1985	85.0	107.5	192.5	238.3609		3
Chris Merry	VIC	74.85	1988	77.5	105.0	182.5	228.3689	1	
Corey Heinz	WA	76.06	1988	77.5	105.0	182.5	226.1891	2	
William Vasiliades	NSW	71.52	1987	75.0	97.5	172.5	222.0649	3	4
Chris O'Doherty	NSW	76.70	1985	67.5	90.0	157.5	194.2446		5
Stephen Davies	QLD	74.38	1988	65.0	72.5	137.5	172.7181	4	
Matt Jones	SA	73.16	1987	57.5	77.5	135.0	171.3156	5	
Alex Chatfield	NSW	75.92	1989	55.0	67.5	122.5	151.9913	6	
Men 85 Kg									
Max Dal Santo	SA	81.12	1985	105.0	135.0	240.0	286.8189		1
John Walz	QLD	83.50	1987	92.5	117.5	210.0	247.1691	1	2
Daniel Klinkert	SA	84.12	1985	95.0	115.0	210.0	246.2339		3
Michael Smolinski	SA	84.76	1987	72.5	92.5	165.0	192.7284	2	
Luke Gardner	QLD	81.90	1988	70.0	92.5	162.5	193.2083	3	4
Steven Stylianidis	NSW	80.46	1988	72.5	87.5	160.0	192.0617	4	5
Jon Angelopoulos	VIC	82.26	1987	65.0	0.0	0.0	0.0000		
Men 94 Kg									
Lee Saxton	WA	85.48	1986	102.5	140.0	242.5	282.0573		1
Matthew Wragg	VIC	93.06	1985	100.0	120.0	220.0	246.0430		2
Richard Zivkovic	SA	85.08	1986	95.0	115.0	210.0	244.8273		3
Mitchil Mann	NSW	93.22	1987	95.0	110.0	205.0	229.0995	1	4
Brodie Chambers	SA	87.06	1986	90.0	110.0	200.0	230.5509		5
Jonathon Meiers	QLD	85.06	1987	62.5	87.5	150.0	174.8972	2	6
James Smith	SA	87.30	1989	62.5	75.0	137.5	158.2943	3	
Lewy Lilli	NSW	91.94	1988	50.0	70.0	120.0	134.9092	4	7
Men 105 Kg									
Matthew Nayna	VIC	100.96	1987	85.0	105.0	190.0	205.7803	1	1
Josh Hopper	SA	98.16	1987	70.0	87.5	157.5	172.3758	2	
Ryan White	SA	103.10	1985	65.0	82.5	147.5	158.5749		2
Marc Mansour	VIC	97.73	1987	62.5	82.5	145.0	158.9639		3
Tom Hunt	NSW	100.94	1987	55.0	80.0	135.0	146.2227	3	4

Men 105+ Kg	State	B/Wt	YOB	Snatch	C & J	Total	Sinclair	U16	U18
Daniel Falcone	VIC	138.50	1985	107.5	140.0	247.5	249.1138		1
Matthew Falcone	VIC	141.20	1987	102.5	125.0	227.5	228.5635	1	2
John Klienschmidt	SA	109.88	1985	70.0	95.0	165.0	173.8366		3
Chris Henderson	NSW	109.98	1988	72.5	85.0	157.5	165.8910	2	4

Under 16 Men**Best Lifter** - Vassili Kodos NSW

Team points

1. VIC 65 (1st on countback)
2. QLD 65
3. SA 62
4. NSW 50
5. WA 14
6. TAS 10

Under 16 Women**Best Lifter** - Erika Yamasaki QLD

Team points

1. QLD 67
2. VIC 37
3. NT 18
4. SA 18
5. WA 9

Under 18 Men**Best Lifter** - David Sarkisian VIC

Team points

1. VIC 76
2. SA 68
3. QLD 64
4. NSW 51
5. WA 9
6. TAS 9

Under 18 Women**Best Lifter** - Kristie Amadio QLD

Team points

1. QLD 66
2. SA 48
3. VIC 35
4. TAS 32
5. NT 15



The Queensland Under 16 & Under 18 Team

Officiating Development

By Ian Moir

There is a saying that's often referred to as the rule of the five P's. Depending on whom you speak to, the 'P' words change slightly, but the version that I subscribe to is: **Proper Preparation Prevents Poor Performance**. This 'rule of thumb' can be applied to just about anything, including officiating.

This was brought home to me a few months ago when I was asked, at the last minute, to be a linesman at my son's junior rugby league football game. On that occasion, as on many previous ones, I had intended my involvement in the game to be nothing more than that of a spectator (and proud parent), but because there was no one else around at the time to do the job, I reluctantly agreed to run with the flag.

Now, my practical knowledge of rugby league is limited. I wouldn't even presume to call myself an 'armchair expert'. Of course, I know that rugby league is the game that's played in heaven; that Wally Lewis was the greatest footballer to ever strap on a boot; and that whenever Queensland fails to win a State of Origin match we can blame it on Bill Harrigan. But as far as applying the rules of the game is concerned, until recently I was pretty much in the dark. So as I took the flag on that fateful night, I asked the question, "what do I have to do?". The response was, "just stick the flag up if they go over the sideline". "Nothing to it", I thought. So imagine my surprise when, as the game progressed, the referee started asking me to give judgment on sections of play that he didn't have a clear view of. I was totally unprepared and the best that I could do was describe what I had seen (no doubt using all the wrong terminology) and weakly remind him that HE was the ref, not ME.

Following that uncomfortable experience, there were two ways that I could've gone. I could have decided never to volunteer for similar duty ever again; or I could have made an effort to learn the rules and seek guidance from people with the relevant knowledge and experience. I chose the latter and have since started enjoying the occasional trot up and down the sideline.

What does any of this have to do with weightlifting? Well... nothing. But it is relevant to officiating in general and more specifically, to the conditions under which people begin to learn officiating and how their first experience can affect their attitude towards taking on such roles in the future.

My early experiences as a weightlifting official were completely different to those described above. This was due to the instruction given to me by Bob Kennedy and others well before I ever sat in front of a competition platform. While there is no substitute for practical experience, at least if one feels well-prepared before being put on the spot to make a decision, the overall result is a much more confident performance which, hopefully, leads to satisfaction and a greater involvement in officiating.

Three years ago the AWF produced an excellent package of resources for educating officials and the QWA has utilised this to instruct club and state level referees. While the QWA has sought to assist referees to progress through the various levels of accreditation in the past, this has largely been done ad hoc. Now the QWA Management Committee has drafted guidelines for officiating development which state the requirements set out by the AWF and the IWF for the accreditation of officials and describe how the QWA will assist those wishing to pursue weightlifting officiating through a clear developmental pathway. Your comments are sought on the draft guidelines and you are invited to submit these for the consideration of the Management Committee. Please forward your comments on the following to the QWA Executive Director by Monday, 18th August.

QWA Officiating Pathway (Draft)

The Queensland Weightlifting Association inc. (QWA), values the services of weightlifting officials. In recognition of weightlifting officiating as a sporting pursuit, the QWA aims to provide a developmental pathway for officials to assist them to acquire the competencies required to attain each successive level of accreditation.

Classification Of Weightlifting Officials (extract from IWF Technical Rules & AWF Policy)

Club Referee

A Club Referee may officiate at club contests and act as a side referee at state events.

A club referee is a person who:

- a) Is a member of the QWA;
- b) Is aged 16 years or older;
- c) Has completed a Weightlifting Referee course conducted under the auspices of the QWA.

State Referee

A State Referee may officiate at state events and may act as a side referee at national events.

A State Referee is a person who:

- a) Has been a member of the QWA for at least one (1) year;
- b) Is aged 18 years or older;
- c) Has been a Club Referee for at least six (6) months;
- d) Has achieved a mark of at least 80% of the available marks in a written test on the technical rules of weightlifting which is approved by the AWF.

National Referee

A National Referee may officiate at all state and national events.

A National Referee is a person who:

- a) Is a member of the QWA;
- b) Is aged 20 years or older;
- c) Has been a State Referee for at least one (1) year;
- d) Has been recommended for promotion by the QWA Management Committee or QWA Technical Coordinator;
- e) Has achieved a mark of at least 90% of the available marks in a written test on the technical rules of weightlifting which is approved by the AWF;
- f) Has achieved a mark of at least 80% in a practical examination which is conducted and marked as set out in the IWF Technical Handbook.

International Category II Referee

An International Category II Referee may officiate at all weightlifting events except World Championships and Olympic Games.

An International Category II Referee is a person who:

- a) Has been a National Referee for at least five (5) years;
- b) Has acted as a centre referee in at least ten (10) state championships;
- c) Has been a centre referee in at least two (2) national championships;
- d) Has been recommended by the QWA Management Committee to the National Technical Coordinator as a suitable candidate to undertake the tests for promotion;
- e) Has achieved a mark of at least 90% of the available marks in a written test on the technical rules of weightlifting which is approved by the IWF;
- f) Has achieved a mark of at least 90% in a practical examination which is conducted by the AWF in an international championship or national championship and is marked as set out in the IWF Technical Handbook.

International Category I Referee

An International Category I Referee may officiate at all weightlifting events.

An International Category I Referee is a person who:

- a) Has been an International Category II Referee for at least two (2) years;
- b) Has been recommended by the AWF as a suitable candidate to undertake the tests for promotion;
- c) Has achieved a mark of at least 90% of the available marks in a written test on the technical rules of weightlifting which is approved by the IWF;
- d) Has achieved a mark of at least 95% in a practical examination which is organised by the IWF or in an IWF approved examination which is organised by the AWF. Candidates may be examined at Continental Championships, Regional Games, international tournaments, international matches and national championships.

QWA's Area Of Responsibility

The current AWF policy empowers the QWA to facilitate the accreditation of referees at Club, State and National level. The QWA is also able to assist National referees to obtain the prerequisites for application to undertake the examinations for promotion to International Category II Referee.

The QWA's responsibilities are therefore to:

- Provide opportunities for members to complete the Weightlifting Referee course;
- Provide opportunities for referees to officiate at State and National events;
- Maintain a database of QWA referees' activities;
- Assess the suitability of candidates to undertake the examinations for promotion to State, National and International Category II Referee status;
- Provide opportunities for candidates to undertake the examinations for promotion to State and National Referee status.
- Recommend to the AWF candidates who have met the criteria to undertake the examinations for promotion to International Category II Referee.

Weightlifting Referee Courses

The QWA will publish an annual schedule of courses stating the date and location of each course and conduct courses in addition to those published in conjunction with affiliated clubs, on request.

Officiating At State Events

The QWA will call for expressions of interest from all appropriately qualified referees to officiate at state events and devise a schedule of officials for each event which will, as far as is possible, provide all applicants with an opportunity to officiate.

Officiating At National Events

The QWA will call for expressions of interest from all appropriately qualified referees to officiate at National events and recommend to the AWF the referees selected by the QWA from among these applicants.

The number of referees to be selected by the QWA for recommendation to the AWF to officiate at each National event will be determined by the QWA Management Committee from time to time.

Referees will be selected according to the QWA Referee Selection Criteria.

The QWA may provide financial assistance to selected referees, subject to budgetary constraints. Where the QWA allocates funding to any number of the selected referees, this funding will be applied on the basis of the referees' selection ranking, in proportions to be determined by the QWA Management Committee from time to time.

Promotion Of Referees

The QWA will identify suitable candidates for promotion to State Referee and facilitate examinations for promotion from Club Referee to State Referee as required.

The QWA will identify suitable candidates for promotion from State Referee to National Referee and facilitate examinations for promotion at the Queensland Open & Under 20 Championships in each year, subject to the availability of suitable candidates. Where there are more than three (3) candidates for promotion in any one year, the QWA will rank the candidates according to the QWA Referee Selection Criteria and afford the three (3) highest ranked referees the opportunity to undertake the examination.

For each event at which the AWF conducts examinations for promotion from National Referee to International Category II Referee, the QWA will identify suitable candidates for promotion and recommend no more than two (2) candidates to the AWF. Where there are more than two (2) suitable candidates identified to undertake the examinations for promotion at any one event, the QWA will rank the candidates according to the QWA Referee Selection Criteria and recommend the two (2) highest ranked candidates to the AWF.

QWA Referee Selection Criteria

The AWF policy states that "...only substantially active referees of proven competence will be recommended for promotion". The purpose of the QWA Referee Selection Criteria is to identify the referees who are the most active in the provision of officiating services to the QWA. Referees' activities will be recorded in the QWA Referee Activity Database and the selection of referees will be based on their level of activity in QWA events and National events conducted in Queensland, within the twelve month period prior to the event for which selections are being made, as measured on the following scale:

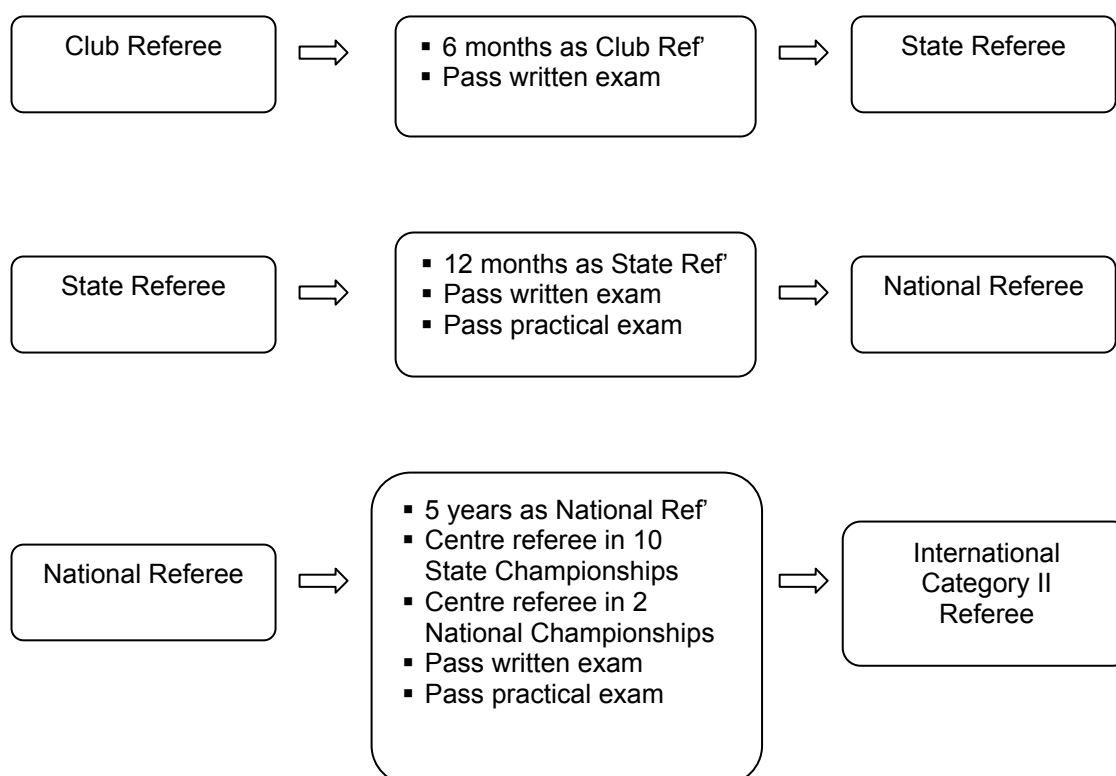
- 2 points for each session as a Referee *
- 2 points for each session as a member of the Jury
- 2 points for each session as an Announcer
- 1 point for each session as a Time Keeper
- 1 point for each session as a Technical Controller

* Referees must conduct the weigh-in for the relevant session unless they are of a different gender to the athletes being weighed.

In all cases, potential candidates for promotion and/or recommendation to officiate at National events must have performed some official duties in the position of Time Keeper; and at least 50% of the total number of points accrued by any candidate must relate to the performance of official duties in the positions of Referee and/or Jury member. They must also officiate at the Queensland Open & Under 20 Championships and the Queensland Under 16 & Under 18 Championships in that year.

Progression Of Officiating Qualifications

(Note: promotion to International Referee Categories I & II is facilitated by the AWF and/or the IWF)



2003 World Junior Championships

Hermosillo, Mexico

by Ben Turner

The Australian team consisting of Dave Sarkisian, Deb Lovely, Kristie Amadio, Sevi Marinov (coach), Sam Coffa (manager) and myself arrived in Hermosillo on the 28th May after a lengthy 30 hours of travelling. It was a quick wakeup once we hopped off the plane to a very steamy temperature for 10 o'clock at night.

With no Australians in action until the third day of competition we had a lot of time on our hands, and not much to do with it. Mostly we either slept, ate, watched TV or caught up with old friends from different countries.

The remaining Australian team members, Damon Kelly, Jamila Boutros and Luke Borreggine (head coach) arrived on June 2, the day before we entered the competition.

On June 3 we had 3 lifters competing. First up was Kristie lifting in the B group of the 63kg women. She breezed through the snatches with 65kg, 70kg and equalled her PB on her third attempt of 72.5kg. She made two successful clean and jerks with 80kg and 85kg. Completing an easy clean of 90kg, but unfortunately driving forward in the jerk, she missed the lift which would have given her 6 out of 6 and a PB total. However 5 out of 6 and a 157.5kg total was a great effort. She finished in 17th place.

Next up we had Dave Sarkisian in the 69kg category for men group B. It was obvious that Dave was nervous and it showed for his first attempt in the snatch of 107.5kg, dropping it out front. He successfully negotiated it on his second. Lifting the bar to 112.5kg for his third he pulled the bar high enough but lost it behind. With an opener of 135 in the clean and jerk, it should have been a comfortable lift, however a few nerves appeared again and he lost the jerk forward. Dave showed strong character to come back and lift 135kg and 140kg on his third attempt to finish with an equal PB. Dave finished with a 247.5kg total and gained 13th place for his efforts.

I was up in next session competing in the 69kg category for men group A. Weighing in light at 68.30kg turned out to be very costly later in the competition. My first attempt was 115kg and it was a very nervous but comfortable lift. Then I lifted the bar to 120kg and made another comfortable lift. I asked for 122.5kg for my third. After a good fight I was given the down signal and three white lights. My first attempt for C & J was 152.5kg and a good lift. For the second attempt 157.5kg was asked. Approaching the bar I knew this was going to be a hard lift. At the bottom of the clean I did a knee touch which the judges picked up on. The same weight remained for my final attempt. After successfully cleaning the bar, I missed the timing in the jerk and dropped the bar. I finished the competition with a new PB in the snatch @ 69kg of 122.5kg and 152.5kg for a 275kg total. This gained me 9th place.

June 5 was the next day of competition where Australia was represented. Deborah Lovely was competing in the 75kg class for women group A. She started off very shakily, missing her first two attempts at 90kg, a weight which she had lifted many times with ease recently. After focusing for her third attempt she comfortably lifted the bar. Deb came out for 112.5kg for her first attempt in the clean and jerk and lifted the bar. However she missed her next two attempts at 115kg after cleaning the bar twice. The jerk would just not stick and she finished with 112.5kg. Finishing with 90kg and 112.5kg and a total of 202.5kg Deb took 6th place.

On June 6 we had Jamila lifting in the 75+kg class for women group B. Her nerves showed for her first attempt in the snatch, missing 82.5kg. Showing some good fight and determination she lifted this weight and 87.5kg for her third to equal her PB. Another nervous opener saw her miss 100kg in the clean and jerk. She lifted the bar for her second and unfortunately missed 105kg for her third. she finished with 87.5kg and 100kg for a 187.5kg total. This placed her 12th.

Our last lifter was the big boy, Damo. He was lifting in the 105+kg category for men A session. He weighed in at 141.80kg, the heaviest in the session and the entire championships for men and women. Afterwards he remarked that at least he had won something. He opened with 145kg in the snatch and lifted the weight easily. His second attempt of 150kg was a good save after almost losing the bar behind. He stood up with the bar with his feet half off the back of the platform. His final lift in the snatch was unsuccessful with 155kg. Damo narrowly missed the weight behind but it's not far away in the near future. For his first attempt in the clean and jerk Damo asked for 195kg which he toyed with. He asked for 200kg for his second and lifted the weight equalling his PB. Between his second and third attempts was about 10 – 15 minutes due to a very tight competition. Finally the big boy came out for 205kg and struggled his way through the clean and then the jerk to get three white lights, a new PB clean and jerk and total. Damo finished with 150kg, 205kg and a 355kg total. He was easily the stand-out lifter for Australia and things are looking very promising for the rest of the year.

Junior World Championships Results

Hermosillo, Mexico
01-06 June, 2003

WOMEN**48kg Class (01 June)**

Place	Name	Born	Nation	Bwt	Snatch	Ci&Jerk	Total
1	GAO Wei	1985	CHN	47.60	85.0	110.0	195.0
2	SAYED Enga	1985	EGY	47.45	77.5	92.5	170.0
3	PERIS Gema	1983	ESP	47.55	77.5	90.0	167.5
4	PAGLIARO Genny	1988	ITA	47.25	75.0	87.5	162.5
5	OSHIRO Misaki	1984	JPN	47.55	70.0	80.0	150.0
6	HU Yu-ju	1985	TPE	47.30	62.5	82.5	145.0
7	SUYAMA Stacy	1983	USA	47.50	67.5	75.0	142.5
8	PIPIIARIDOU Maria	1986	GRE	47.55	57.5	77.5	135.0
9	LAIA Valdirene	1984	BRA	47.80	60.0	72.5	132.5
10	KAINZ Eva	1986	AUT	47.15	57.5	62.5	120.0
-	CHALEEPHAY Suda	1987	THA	47.75	----	97.5	----

53kg Class (01 June)

Place	Name	Born	Nation	Bwt	Snatch	Ci&Jerk	Total
1	KUNTATEAN Junpim	1984	THA	52.60	95.5 ^{JWR}	115.5 ^{JWR}	210.0 ^{JWR}
2	TAYLAN Nurcan	1983	TUR	52.50	90.0	110.0	200.0
3	ZHANG Shihong	1984	CHN	52.45	85.0	105.0	190.0
4	TSARUKAEVA Svetlana	1987	RUS	52.35	85.0	102.5	187.5
5	FANG Shin-tzu	1983	TPE	52.30	75.0	105.0	180.0
6	LEMON Ana	1986	COL	52.45	75.0	100.0	175.0
7	YOUNES May Magdy	1986	EGY	52.80	80.0	95.0	175.0
8	RODRIGUEZ Martha	1984	COL	51.95	72.5	87.5	160.0
9	ORTEGA Maria	1983	MEX	52.45	70.0	85.0	155.0
10	BILMEZ Ozlem	1986	TUR	51.65	65.0	85.0	150.0
11	ENCINAS Denisse	1983	MEX	52.50	65.0	85.0	150.0
12	ROWINSKA Malwina	1986	POL	52.80	65.0	85.0	150.0
13	CHANG Chia-fei	1985	TPE	52.80	60.0	90.0	150.0
14	GILSDORF Emma	1986	USA	51.90	62.5	80.0	142.5
15	SEBASTIAO Rafaela	1984	BRA	52.60	62.5	75.0	137.5
16	DENSMORE Rosemary	1984	CAN	51.45	57.5	75.0	132.5
17	VEGA Geralee	1985	PUR	51.65	60.0	70.0	130.0

58kg Class (02 June)

Place	Name	Born	Nation	Bwt	Snatch	Ci&Jerk	Total
1	HONG Yonghong	1983	CHN	57.25	97.5	120.0	217.5
2	BILGIN Emine	1984	TUR	57.00	92.5	112.5	205.0
3	CHAINOVA Marina	1986	RUS	56.75	85.0	115.0	200.0
4	VILLAR Rosmery	1983	COL	57.45	85.0	107.5	192.5
5	PICON Monica	1984	COL	56.60	82.5	107.5	190.0
6	LIN Tsu-ling	1984	TPE	57.35	85.0	105.0	190.0

7	KU Chih-hua	1984	TPE	56.20	75.0	105.0	180.0
8	SACHMACINSKA Barbara	1983	POL	56.65	77.5	100.0	177.5
9	BAGAUTDINOVA Kamilya	1984	KAZ	56.80	75.0	100.0	175.0
10	BORBON Liliana	1983	MEX	57.45	72.5	90.0	162.5
11	QUARTON Emily	1984	CAN	58.00	65.0	92.5	157.5
12	HOWELL Sarah	1983	USA	56.95	72.5	82.5	155.0
13	RIVERA Rizelyx	1987	PUR	56.85	70.0	80.0	150.0
14	DASZKIEWICZ M.	1986	POL	57.30	62.5	82.5	145.0
15	VILLEDIA Linda	1983	HON	57.90	62.5	82.5	145.0
-	MARINEAU Valerie	1983	CAN	57.25	----	80.0	----

63kg Class (03 June)

Place	Name	Born	Nation	Bwt	Snatch	Ci&Jerk	Total
1	ZHANG Xianzhu	1983	CHN	61.95	100.0	125.0	225.0
2	CELIK KAYA Yesim	1983	TUR	62.25	102.5	120.0	222.5
3	IBRAHIM Hebaialla	1984	EGY	62.45	95.0	122.5	217.5
4	INCE Seda	1985	TUR	62.75	97.5	117.5	215.0
5	KIM Soo-kyung	1985	KOR	62.10	95.0	115.0	210.0
6	GORDON Carissa	1983	USA	61.05	87.5	115.0	202.5
7	KHURSHUDYAN Hripsime	1987	ARM	61.25	87.5	105.0	192.5
8	ORSAGOVA Lenka	1983	CZE	60.95	82.5	105.0	187.5
9	WOOLFOLK Natalie	1983	USA	61.90	90.0	97.5	187.5
10	SMOSARSKA Justyna	1986	POL	62.25	82.5	102.5	185.0
11	PANAGIOTIDOU Maria	1985	GRE	62.65	80.0	105.0	185.0
12	FANG Hui-chen	1983	TPE	59.25	80.0	102.5	182.5
13	GIRARD Christine	1985	CAN	62.30	80.0	102.5	182.5
14	TOKESHI Masako	1983	JPN	62.50	82.5	100.0	182.5
15	GRADZKA Malwina	1986	POL	62.35	77.5	97.5	175.0
16	HIRAMINE Aya	1985	JPN	62.70	75.0	97.5	172.5
17	AMADIO Kristie	1985	AUS	61.60	72.5	85.0	157.5
-	CHELOUIMOVA Alla	1983	RUS	59.90	80.0	----	----
-	MERKER Tatiana	1983	RUS	62.45	----	----	----

69kg Class (04 June)

Place	Name	Born	Nation	Bwt	Snatch	Ci&Jerk	Total
1	CAO Lei	1983	CHN	68.00	105.0	140.0	245.0
2	MEDINA Angela	1983	COL	68.20	110.0	127.5	237.5
3	INCE Esra	1983	TUR	67.95	100.0	127.5	227.5
4	MATVEEVA Tatiana	1985	RUS	68.05	97.5	130.0	227.5
5	ABOUELWafa Asma	1985	EGY	67.95	100.0	112.5	212.5
6	FERNANDEZ Tatiana	1984	ESP	68.25	97.5	105.0	202.5
7	VLASSOVA Irina	1986	KAZ	66.10	87.5	107.5	195.0
8	CRASS Rachel	1985	USA	68.95	85.0	105.0	190.0
9	CALDERON Susana	1985	ESA	68.30	80.0	105.0	185.0

10	OSTAPSKA Katarzyna	1988	POL	63.35	70.0	92.5	162.5
11	KAMMENOU Dimitra	1984	GRE	68.80	72.5	90.0	162.5
12	TOVAR Nancy	1988	MEX	63.80	67.5	92.5	160.0

75kg Class (05 June)

Place	Name	Born	Nation	Bwt	Snatch	Cl&Jerk	Total
1	RAMADAN Nahla	1985	EGY	73.40	116.5 ^{JWR}	147.5	262.5 ^{JWR}
2	LIU Chunhong	1985	CHN	70.80	112.5	147.5 ^{JWR}	260.0
3	SIMSEK Sibel	1984	TUR	71.30	100.0	130.0	230.0
4	MAHMOUD Saly	1985	EGY	73.85	100.0	127.5	227.5
5	LOVELY Deborah	1983	AUS	74.25	90.0	112.5	202.5
6	VALENZUELA Priscila	1984	MEX	69.05	85.0	97.5	182.5
7	NOVELA Irma	1983	MEX	69.35	80.0	95.0	175.0
8	CERNA Sandra	1985	ESA	72.40	75.0	95.0	170.0
9	COCCIA Vera	1985	ITA	71.95	70.0	85.0	155.0
-	DE LEON Rosita	1983	GUA	72.60	----	85.0	----

+75kg Class (06 June)

Place	Name	Born	Nation	Bwt	Snatch	Cl&Jerk	Total
1	NIU Lina	1983	CHN	134.85	120.0	160.0	280.0
2	KASAPI Vasiliki	1983	GRE	116.95	120.0	142.5	262.5
3	GAGARINA Natalia	1983	RUS	87.20	120.0	135.0	255.0
4	KATSIDI Theano	1983	GRE	94.20	107.5	125.0	232.5
5	DREGER Marta	1984	POL	89.70	102.5	122.5	225.0
6	SOLIS Nubia	1984	COL	90.40	95.0	120.0	215.0
7	CHENG Yung-hsin	1984	TPE	100.00	95.0	115.0	210.0
8	MENESES Maritza	1984	COL	86.65	95.0	110.0	205.0
9	KRENDELEVA Tatiana	1984	RUS	92.65	90.0	110.0	200.0
10	SILVA Tania	1987	MEX	97.70	90.0	110.0	200.0
11	WILLIAMS Natalie	1986	CAN	109.10	85.0	115.0	200.0
12	BOUTROS Jamila	1984	AUS	102.75	87.5	100.0	187.5
13	PRIMO Terersa	1983	ITA	105.60	77.5	97.5	175.0
14	VALENTE Ana	1984	BRA	106.05	72.5	87.5	160.0
-	HAWORTH Cheryl	1983	USA	129.30	127.5	----	----

MEN**56kg Class (01 June)**

Place	Name	Born	Nation	Bwt	Snatch	Cl&Jerk	Total
1	SU Haofeng	1983	CHN	55.25	120.0	145.0	265.0
2	HERNANDEZ Carlos	1983	CUB	55.60	107.5	142.5	250.0
3	RADA Sergio	1984	COL	55.70	105.0	137.5	242.5
4	KIRILLIDIS Dimitrios	1985	GRE	55.25	110.0	130.0	240.0
5	GULCAN Ahmet	1983	TUR	55.80	105.0	125.0	230.0
6	ABDETWAB Mohmad	1987	EGY	55.75	105.0	122.5	227.5
7	HERNANDEZ Ivan	1983	ESP	55.50	97.5	122.5	220.0

8	SLABY Petr	1983	CZE	55.75	95.0	125.0	220.0
9	CANTO Leonel	1983	MEX	55.70	100.0	117.5	217.5
10	TSAI Sheng-fen	1984	TPE	55.45	95.0	120.0	215.0
11	CANTO Harvey	1984	MEX	53.25	90.0	115.0	205.0
12	YAMAUCHI Bryce	1985	USA	54.60	90.0	110.0	200.0
13	AURELIO David	1986	HON	55.55	90.0	110.0	200.0
14	GLIDEWELL Zakary	1987	USA	55.30	82.5	112.5	195.0
15	LUNA-GRENIER Francis	1987	CAN	55.85	85.0	110.0	195.0

62kg Class (02 June)

Place	Name	Born	Nation	Bwt	Snatch	Cl&Jerk	Total
1	QIU Le	1983	CHN	60.95	127.5	160.0	287.5
2	DOBRIANSKI Roman	1985	RUS	61.85	122.5	155.0	277.5
3	DANIELYAN Artur	1983	ARM	61.45	122.5	152.5	275.0
4	FIKRETOV Mehmed	1986	BUL	60.85	115.0	147.5	262.5
5	SANCHEZ Cristian	1983	ECU	61.55	117.5	145.0	262.5
6	MOUZENIDIS Charis	1983	GRE	61.35	115.0	142.5	257.5
7	ZUKOWSKI Sebastian	1984	POL	61.50	115.0	142.5	257.5
8	SARIYILDIZ Serkan	1983	TUR	61.35	115.0	140.0	255.0
9	ROJAS Maiker	1984	VEN	61.75	115.0	140.0	255.0
10	IVANOV Leonid	1984	RUS	61.15	115.0	135.0	250.0
11	CAESEMAEKER Kevin	1986	FRA	61.30	112.5	137.5	250.0
12	ZEJDLIK Jiri	1985	SVK	61.40	115.0	135.0	250.0
13	RAMADAN Mohamed	1985	EGY	61.90	112.5	137.5	250.0
14	SILVA Welisson	1983	BRA	61.80	110.0	135.0	245.0
15	PELAYES Adolfo	1983	ARG	61.90	110.0	132.5	242.5
16	UECHI Katsuhiko	1986	JPN	61.25	100.0	137.5	237.5
17	AVCI Abdurrezzak	1984	TUR	61.70	100.0	137.5	237.5
18	LUSSIER Dominic	1984	CAN	61.50	102.5	127.5	230.0
19	YAMAUCHI Kyle	1983	USA	61.25	100.0	125.0	225.0
20	RODRIGEZ Pedro	1984	MEX	61.05	90.0	132.5	222.5
-	STOYANOV Jasen	1984	BUL	61.55	122.5	----	----
-	CHATZIDIS Theocharis	1985	GRE	61.65	115.0	----	----

69kg Class (03 June)

Place	Name	Born	Nation	Bwt	Snatch	Cl&Jerk	Total
1	LOUKANINE Vladislav	1984	RUS	68.55	147.5	182.5	330.0
2	YAO Yuewei	1985	CHN	68.40	150.0	172.5	322.5
3	LIU Huayong	1983	CHN	68.35	135.0	182.5	317.5
4	DEMIREV Demir	1984	BUL	67.75	140.0	172.5	312.5

5	TOGOEV Makhmudjon	1983	UZB	69.00	135.0	160.0	295.0
6	ZOGROBAN Mohamed	1983	EGY	68.60	125.0	162.5	287.5
7	KILINC Seyit	1983	TUR	68.45	130.0	155.0	285.0
8	CHRUSCIEWICZ Piotr	1984	POL	68.35	120.0	160.0	280.0
9	TURNER Ben	1984	AUS	68.30	122.5	152.5	275.0
10	ARNEDO Orlando	1984	COL	68.30	122.5	150.0	272.5
11	GALLEGO Brayán	1985	COL	67.90	117.5	147.5	265.0
12	CABEZA Giovanni	1984	ESA	68.00	110.0	150.0	260.0
13	SARKISIAN David	1986	AUS	65.70	107.5	140.0	247.5
14	TOGOEV Nurullo	1986	UZB	67.90	105.0	135.0	240.0
15	LOPEZ Diego	1984	MEX	65.90	100.0	132.5	232.5
16	TORRES Wayne	1986	PUR	67.25	100.0	125.0	225.0
-	RADILLA Esteban	1984	MEX	68.80	----	142.5	----

77kg Class (04 June)

Place	Name	Born	Nation	Bwt	Snatch	Ci&Jerk	Total
1	SAGIR Taner	1985	TUR	75.95	160.0	195.5 ^{JWR}	355.0 ^{JWR}
2	LU Changliang	1986	CHN	76.20	152.5	185.0	337.5
3	DAVTYAN Gevorg	1983	ARM	76.50	152.5	182.5	335.0
4	FARHAN Gaber	1985	EGY	76.55	150.0	185.0	335.0
5	SAGIR Nezir	1983	TUR	76.20	150.0	182.5	332.5
6	SAYED Anwar	1983	EGY	76.55	145.0	180.0	325.0
7	SLAVOV Slav	1984	BUL	76.60	145.0	180.0	325.0
8	ANDICA Carlos	1983	COL	76.40	147.5	175.0	322.5
9	ESPELETA Carlos	1984	ARG	76.45	142.5	175.0	317.5
10	PAVLENKO Andrey	1983	RUS	76.50	142.5	175.0	317.5
11	KUZNETSOV Vladimir	1984	KAZ	74.30	140.0	167.5	307.5
12	BRUCE Matthew	1983	USA	75.95	130.0	170.0	300.0
13	PAWLIKOWSKI S.	1983	POL	76.50	132.5	165.0	297.5
14	FRYE Lance	1984	USA	76.20	130.0	160.0	290.0
15	MATOZO Oscar	1984	ESA	76.60	130.0	160.0	290.0
16	DEMERS Alexis	1984	CAN	75.80	125.0	145.0	270.0
17	VALLE Luis	1986	GUA	74.50	115.0	135.0	250.0
18	VALENZUELA Daniel	1983	MEX	76.10	107.5	137.5	245.0
-	SONG Jiawen	1984	CHN	76.30	----	185.0	----
-	SZRAMIAK Krzysztof	1984	POL	76.75	147.5	----	----

85kg Class (05 June)

Place	Name	Born	Nation	Bwt	Snatch	Cl&Jerk	Total
1	EKOTOV Roman	1983	RUS	84.15	160.0	195.0	355.0
2	MARTIROSYAN Tigran	1983	ARM	79.65	160.0	192.5	352.5
3	BAYDAR Fatih	1983	TUR	82.35	162.5	190.0	352.5
4	GORCZYCZEWSKI Karol	1983	POL	83.65	155.0	197.5	352.5
5	KOURTIDIS Nikos	1986	GRE	84.25	157.5	192.5	350.0
6	AMOS Mikalai	1983	BLR	84.45	160.0	180.0	340.0
7	LUKANINE Maxim	1984	RUS	83.50	150.0	180.0	330.0
8	KOTENEV Vitaly	1983	KAZ	79.80	145.0	175.0	320.0
9	HENNEQUIN Benjamin	1984	FRA	84.05	142.5	175.0	317.5
10	EISSA Mohamed	1984	EGY	84.90	135.0	180.0	315.0
11	GUADAMUD Eduardo	1986	ECU	84.70	140.0	170.0	310.0
12	ACOSTA Arley	1983	COL	84.45	135.0	157.5	292.5
13	OGASAWARA Shingo	1984	JPN	84.60	132.5	160.0	292.5
14	GOODWIN Billy	1983	USA	84.55	127.5	155.0	282.5
-	ATUTIS Natanas	1983	LTU	79.30	140.0	----	----
-	DEMIREL Iskender	1984	TUR	80.10	155.0	----	----
-	HUANG Cheng-kai	1983	TPE	83.10	137.5	----	----
-	OPENSHAW Evan	1983	CAN	83.90	----	----	----

94kg Class (06 June)

Place	Name	Born	Nation	Bwt	Snatch	Cl&Jerk	Total
1	PATOTSKI Mikalai	1983	BLR	92.30	175.0	197.5	372.5
2	AKKAEV Hadjimurad	1985	RUS	92.90	170.0	200.0	370.0
3	LOBAN Aleh	1985	BLR	93.10	165.0	205.0	370.0
4	BONK Bartlomiej	1984	POL	93.25	165.0	205.0	370.0
5	SUN Weiyi	1983	CHN	89.70	165.0	200.0	365.0
6	REMEZA Egidijus	1983	LTU	92.70	162.5	200.0	362.5
7	PILIYEV Konstyantyn	1983	UKR	92.70	160.0	195.0	355.0
8	VASPORI Gabor	1983	HUN	93.40	155.0	197.5	352.5
9	MELNYK Andriy	1983	UKR	90.50	157.5	192.5	350.0
10	DIOSZEGI Istvan	1983	ROM	91.40	155.0	185.0	340.0
11	WNUCZEK Tomasz	1984	POL	93.25	140.0	180.0	320.0
12	PALACIO Simon	1983	COL	92.85	130.0	165.0	295.0
13	GIBBS Cody	1985	USA	91.95	127.5	152.5	280.0
14	LOPEZ Jose	1986	PUR	88.90	130.0	140.0	270.0
-	WITTMER Jeffrey	1984	USA	93.45	----	----	----

105kg Class (07 June)

Place	Name	Born	Nation	Bwt	Snatch	Cl&Jerk	Total
1	RYZHANKOU Maksim	1984	BLR	104.15	180.0	215.0	395.0
2	KLOKOV Dmitriy	1983	RUS	100.15	170.0	210.0	380.0
3	SHPIHANOVICH Mikita	1984	BLR	103.95	170.0	197.5	367.5
4	PARK Deok-young	1983	KOR	101.35	162.5	197.5	360.0

5	PINEDA Hector	1984	VEN	96.20	157.5	192.5	350.0
6	ROMANIDIS Romanos	1983	GRE	103.15	155.0	185.0	340.0
7	SALAMA Mohamed	1983	EGY	104.45	150.0	185.0	335.0
8	MORALES Joel	1983	VEN	103.30	142.5	190.0	332.5
9	RENGIFO Jorge	1983	COL	100.95	135.0	175.0	310.0
10	CARCAMO Marcos	1983	CHI	102.95	132.5	167.5	300.0
11	RIZO Hector	1984	MEX	104.40	135.0	160.0	295.0
12	LAGUNES Ruben	1985	MEX	95.10	125.0	165.0	290.0

+105kg Class (07 June)

Place	Name	Born	Nation	Bwt	Snatch	Cl&Jerk	Total
1	EHSSAN Mohamed	1984	EGY	138.65	180.0	225.0	405.0
2	KAPRANAU Viktor	1983	BLR	112.50	175.0	215.0	390.0
3	KOSHNICHARSKI Kiril	1984	BUL	120.70	170.0	212.5	382.5
4	PAPAGERIDIS D.	1986	GRE	129.30	162.5	202.5	365.0
5	BULAUSKAS Aurimas	1983	LTU	140.65	157.5	207.5	365.0
6	KELLY Damon	1983	AUS	141.80	150.0	205.0	355.0
7	SANTAMARIA Luis	1983	COL	130.25	155.0	190.0	345.0
8	SONG Young-heon	1984	KOR	126.55	145.0	192.5	337.5
-	HEJDA Petr	1983	CZE	106.55	----	200.0	----
-	KLIANYE Aliaksandr	1984	BLR	118.85	155.0	----	----

Images from the 2003 World Junior Championships

Photos by Kristie Amadio



The competition venue at Hermosillo



The training venue



Kristie and Deb



The Australian Team, flying the flag

Cleaning the Bar

By Ian Moir

Every now and then a coach or a lifter asks for the bar to be cleaned during a competition. Often this is warranted, but sometimes it seems unnecessary and when this is the case it's usually assumed that the coach or lifter is employing a delaying tactic to gain a few precious moments of extra recovery time, as the clock is stopped during the cleaning procedure.

We all know that the accumulation of chalk in the bar's knurling during a competition is inevitable, but what do the rules say about cleaning the bar? IWF technical rule 6.3.11 states that one of the Technical Controller's duties is to "Control the cleaning of the bar and the platform." The AWF technical rules state that when there is no Technical Controller appointed, the Centre Referee, in consultation with the other serving referees, must assume the Technical Controller's duties. The decision to clean the bar and/or the platform during the competition, then, rests with the appointed officials.

So, what does this mean for coaches and lifters? Firstly, coaches and/or lifters who wish to have the bar cleaned must direct this request to the Technical Controller, or in the absence of a Technical Controller, to the Centre Referee. Secondly, they must never assume that a request to clean the bar will be automatically granted. For instance, if after a quick inspection of the bar the Technical Controller is satisfied that it doesn't need cleaning, he or she will rightly deny such a request. Sometimes an inspection of the bar may not even be necessary, particularly if only a few attempts have been made since it was last cleaned.

Of course, the cleaning of blood from the bar or platform is a different matter and the officials must act to ensure that if contamination of the bar or platform occurs at any time, they are disinfected immediately.

National Masters Championships

By Barry Harden

The National Masters Championships held in Burwood signalled the acceptance of Masters weightlifting as a legitimate progression for serious weightlifters moving from one age group to the next, the same as lifters moving from Under16 through to Open and now from Open to Masters.

The Nationals in Queensland 2001 was the first to be taken seriously but that was partially because we tried something a bit different and was also Lawrie Townsend's first attempt to improve the standard. The 2002 National's was held in Hawthorn and used as a test event for the World's so it was always going to be of a high standard. To tell the truth, I expected the standard at Burwood to be back to the same old thing but it wasn't. The competition was run at the same standard of any National Championships. There was a Jury, highly qualified referees and other officials present and the layout of the venue showed that the competition was taken seriously.

Coming with the improved standard of competition is an expected higher standard from the lifters themselves. No longer should we, as Masters, expect leniency in refereeing or competition rules. If we wish to be taken seriously then we must move into main stream. We must also ensure that we treat the Masters' Nationals as seriously as other age groups and look at them as a privilege to compete in. Maintaining a high number of participants will increase the competition and maintain the standard and excitement.

And there was no shortage of excitement at this year's Nationals. Although the number of women competing was not great, it is increasing and the standard was high. Debra Keelan, lifting in the first session, threw down the challenge to the men by being successful with all six attempts and improving her personal best total by 5kg, (since Debra's come back).

After the conclusion of the Women's lifting, I (40-44, 94kg) was the first Queenslander out. Being the first after Debbie's challenge and not having opposition I opted for six out of six, finishing with a 200kg total, not exactly a PB but I'll take it. Greg Hobl (40-44, 85kg) was next. Greg just missed out on achieving six out of six when he has ruled out on his last jerk but was happy with his 97.5kg snatch finishing with a total of 215kg. Greg's main opposition got mixed up on which day the competition was being run and flew home without lifting.

Peter Thomsen (35-39, 94kg) and Peter Foster (35-39, 105+kg) both started on 100kg snatch, however, as the competition went on the results indicated one Peter was having a better day than the other. This trend continued into the clean & jerk with Peter Foster finishing with six out of six and a 242.5 total. Thommo may not have had a good day by his standards, but still finished with a respectable total of 232.5kg (and a wrist injury).

Harry Grzes (45-49, 105+kg), had a very competitive group and had to fight very hard for a place. After the snatch section Harry was in a good position to take Silver, however, this all came unstuck after being ruled out twice in the jerk and he had to settle for the Bronze with a 155kg total. In retrospect, this was a reasonable result as Harry has been battling a knee injury and was not sure if he could lift at all.

Ben Grzes (50-54, 105+kg) also returning from injury, lifted well. I am waiting for the record's list to be updated to be sure, but on my list, Ben's results of 70kg snatch, 100kg clean & jerk, making a total of 170kg are new Australian Records.

While we are on the subject of records, Bob Henderson (60-64, 77kg) also set new Australian records of 70kg snatch, 92.5kg clean & jerk, totalling 162.5kg. But that only tells half the story. The Australian records were the end result of a very close and hard fought battle for Gold. The last session of the day saw some of the closest competitions with back room tactics playing a major role in the outcomes. The will to win does not change with age. Bob had body weight and a 2.5kg lead after the snatch section and finished his campaign with a jerk of 92.5kg, playing safe after being ruled out on his second attempt of 90kg. Bob had to sit back and watch as his competitor came out for the last lift of the day. 97.5kg was needed to take the Gold from Bob, but as it turned out it was too much on the day.

Queensland finished a very creditable second behind NSW by only 9 points and with only two thirds of a team.

As always, the atmosphere was great and, although the competition was fierce at times, there was never any ill feeling after the battle. I think this is what makes Masters so enjoyable.

I would like to thank Lawrie Townsend and NSW Weightlifting for their efforts.

Don't forget to rock up to the State Masters Championships on the Sunshine Coast on 12 July. It is being held in the Crushers Rugby League clubhouse, which is a licensed premise. After the competition I am sure you will find us sitting around having a few celebratory drinks talking about how great we once weresorry, STILL ARE!!

AWF National Masters Championships Results

Burwood PCYC, NSW
22/06/2003

Women

Category	Name	YOB	B/wt	State	Snatch	C & J	Total	Place	SMM
48kg	Mary Macken (40-44)	61	47.80	NSW	42.5	55.0	97.5	1	155.79
53kg	Deborah Groves (30-34)	70	53.00	NSW	55.0	65.0	120.0	1	160.58
58kg	Coral Quinell (45-49)	57	54.95	NT	55.0	70.0	125.0	1	189.12
	Marion Troon (50-54)	50	57.00	NZL	35.0	45.0	80.0	Guest	126.79

Category	Name	YOB	B/wt	State	Snatch	C & J	Total	Place	SMM
63kg	Monica Cook (35-39)	64	61.25	WA	45.0	60.0	105.0	1	139.02
	Grace Morrison (45-49)	54	61.30	WA	40.0	52.5	92.5	1	134.28
	Juliana Colbran (45-49)	56	60.40	ACT	30.0	40.0	70.0	2	101.02
	Colleen Rush (45-49)	55	61.80	TAS	27.5	40.0	67.5	3	96.93
	Brabara Fogagnolo (50-54)	53	62.70	TAS	40.0	60.0	100.0	1	144.51
75kg	Kim Bytheway (45-49)	58	72.80	VIC	0.0	50.0	0.0		0.00
75+kg	Debra Keelan (40-44)	61	82.15	QLD	60.0	75.0	135.0	1	163.35
	Shirley McFarland (65+)	35	106.25	VIC	30.0	30.0	60.0	1	107.09

Men

Category	Name	YOB	B/wt	State	Snatch	C & J	Total	Place	SMM
62kg	Charles Henderson (80+)	22	60.20	NSW	50.0	62.5	112.5	1	466.46
69kg	George Ivanovski (35-39)	68	64.70	NSW	85.5	107.5	192.5	1	284.46
	Maxwell Bristow (55-59)	44	66.65	NSW	72.5	85.0	157.5	1	314.61
77kg	David Holt (35-39)	68	70.55	VIC	62.5	75.0	137.5	1	191.44
	Russell Cook (40-44)	62	74.00	WA	70.0	90.0	160.0	1	231.25
	Bob Henderson (60-64)	43	76.90	QLD	70.0	92.5	162.5	1	301.96
	Roy Davies (60-64)	40	75.75	SA	65.0	90.0	155.0	2	305.03
	Chris Holt (65-69)	36	76.25	VIC	57.5	75.0	132.5	1	281.88
85kg	Anthony Dove (35-39)	67	83.05	VIC	100.0	127.5	227.5	1	291.88
	Marty Thompson (35-39)	68	82.30	NT	82.5	115.0	197.5	2	251.08
	Kevin Groves (35-39)	67	84.10	NSW	92.5	100.0	192.5	3	245.38
	Greg Hobl (40-44)	60	80.25	QLD	97.5	117.5	215.0	1	302.39
	Robert Mitchell (45-49)	55	84.45	NSW	90.0	127.5	217.5	1	312.04
	Ludek Prokes (50-54)	49	81.20	NSW	65.0	80.0	145.0	1	228.44

Category	Name	YOB	B/wt	State	Snatch	C & J	Total	Place	SMM
85kg	George Capsis (55-59)	47	84.85	NSW	82.5	107.5	190.0	1	306.99
	Tom Constantinidis (55-59)	47	80.75	NSW	75.0	97.5	172.5	2	286.02
	Barry Allen (60-64)	40	84.20	NSW	62.5	92.5	155.0	1	287.74
	Milos Trnka (60-64)	43	84.10	VIC	65.0	85.0	150.0	2	265.44
	Abbey Brown (65-69)	35	82.35	NSW	45.0	52.5	97.5	1	205.98
94kg	Peter Thomsen (35-39)	64	93.55	QLD	100.0	132.5	232.5	1	291.87
	Barry Harden (40-44)	59	88.05	QLD	90.0	110.0	200.0	1	271.28
	Malcolm McMartin (70-74)	32	90.65	NSW	42.5	65.0	107.5	1	243.47
105kg	Chris Duthie (35-39)	67	100.35	SA	115.0	150.0	265.0	1	312.67
	Peter Voss (50-54)	51	102.30	ACT	82.5	90.0	172.5	1	236.35
	John Reynolds (55-59)	44	99.20	VIC	60.0	80.0	140.0	1	225.87
	Barry Rielly (65-69)	37	103.90	VIC	62.5	80.0	142.5	1	255.32
	Barry Rait (65-69)	36	95.60	NZL	50.0	62.5	112.5	Guest	213.87
	105+kg	Peter Foster (35-39)	67	113.00	QLD	110.0	132.5	242.5	1
Philip Chatfield (45-49)		56	111.95	NSW	80.0	100.0	180.0	1	229.57
Sean Rose (45-49)		54	110.35	NSW	65.0	92.5	157.5	2	204.51
Harry Grzes (45-49)		56	126.85	QLD	70.0	85.0	155.0	3	192.19
Ben Grzes (50-54)		56	135.00	QLD	70.0	100.0	170.0	1	221.89

Best Female Lifter: Coral Quinell (NT) 189.12 Sinclair Malone/Meltzer Points

Best Male Lifter: Charles Henderson (NSW) 466.46 Sinclair Malone/Meltzer Points

Male Team Points: 1st NSW - 72 points 2nd QLD - 63 points 3rd VIC - 54 points

Images from the 2003 National Masters Championships



Ben Grzes

Debra Keelan

Lawrie Townsend, Peter Foster,
Greg Hobl, Barry Harden,
Peter Thomsen

How Important Is Coaching For Children?

By Mike Keelan

At one time or another all children will be exposed to coaching of some kind, either in a school or club situation. The type of coaching that they receive often has a large impact on whether or not they continue the sport because of the experience it provides. At training and in competition it is important to provide an environment where the children can experience many things.

The ways in which weightlifting coaches can create a good environment are to:

- Ensure that all children have a go at a variety of exercises. This way they can develop an understanding of weightlifting and develop greater skills.
- Allow 'play' time during the warm up and warm down so that the children can socialise with their friends and have fun.
- Make sure that you provide challenges for the skilled children and opportunities for the less skilled to achieve success.
- Create challenges that are commensurate to the lifters skill levels.
- Make sure you take the time to get to know your lifters to find out what 'makes them tick'.
- Provide structure for lifters involvement and provide support when needed.

Weightlifting coaches should continually update their knowledge of coaching, as new ideas and studies are constantly available. Coaching courses guarantee increased knowledge, increased standards of coaching, safer environments, better instruction by coaches and greater enjoyment. If you are interested in becoming a coach or wish to gain a higher level of coach accreditation the QWA conducts courses and workshops.

For more information contact the QWA office on telephone 3823 1377 or email qwa@powerup.com.au

Oceania & South Pacific Championships

Nuku'alofa, Kingdom of Tonga, 02 - 03 May 2003

WOMEN

48kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Ebonette Deigaeruk	83	NRU	46.80	52.5	80.0	132.5	1	1
Rita Kari	89	PNG	45.70	50.0	67.5	117.5	2	2
Tina Ball	56	NZL	47.70	45.0	60.0	105.0	3	
Suzanne Hiram	87	NRU	46.75	42.5	55.0	97.5		3
Maria Liku	90	FIJ	46.85	45.0	52.5	97.5	4	4
53kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Dika Toua	84	PNG	49.50	60.0	82.5	142.5	1	1
Ebony Deigaeruk	86	NRU	51.90	52.5	67.5	120.0	2	
Maria Vira	87	FIJ	52.80	50.0	62.5	112.5	3	2
Francine Dongobir	87	NRU	51.80	45.0	62.5	107.5		3
58kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Natasha Barker	70	AUS	57.60	82.5	102.5	185.0	1	
Tyoni Batsiua	81	NRU	57.55	70.0	90.0	160.0	2	1
63kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Jacqui White	82	AUS	62.60	80.0	92.5	172.5	1	
Della Vakuruivalu	76	FIJ	61.60	65.0	82.5	147.5	2	1
El Nita Jeremiah	75	NRU	62.50	55.0	80.0	135.0	3	
Sera Tawai	85	FIJ	61.90	55.0	70.0	125.0	4	2
69kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Sheba Deireragea	86	NRU	68.85	80.0	95.0	175.0	1	1
Aralele Fipe	79	FIJ	68.80	65.0	85.0	150.0	2	2
Melissa Nightingale	81	AUS	67.45	0.0	102.5	0.0	-	
75kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Deborah Lovely	83	AUS	74.85	95.0	117.5	212.5	1	
Amanda Phillips	81	AUS	74.60	80.0	107.5	187.5	2	
Mary Diringa	83	NRU	74.75	77.5	100.0	177.5	3	1
Kesa Tawai	80	FIJ	72.70	77.5	92.5	170.0	4	2
Heckure Joe	86	PNG	73.60	70.0	95.0	165.0	5	3
+75kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Caroline Pileggi	77	AUS	91.60	100.0	127.5	227.5	1	
Olivia Baker	79	NZL	88.00	90.0	110.0	200.0	2	
Reanna Solomon	81	NRU	136.00	87.5	112.5	200.0	3	1
Keisha Dean Soffe	82	NZL	109.60	87.5	105.0	192.5	4	
Cynthia Bernanos	73	NCL	95.60	80.0	95.0	175.0	5	2
Ivy Shaw	76	FIJ	80.35	75.0	85.0	160.0	6	3
Margaret Tupou	77	TGA	146.35	50.0	75.0	125.0	7	4
Kefilini Tualau	84	TGA	117.85	52.5	70.0	122.5	8	5

Women's Team Classification - Oceania:

1. Nauru	175 points
2. Fiji	159
3. Australia	109
4. New Zealand	98
5. Papua New Guinea	74
6. Tonga	37
7. New Caledonia	21

Women's Team Classification - S. Pacific:

1. Nauru	186 points
2. Fiji	173
5. Papua New Guinea	76
6. Tonga	43
7. New Caledonia	25

Best Lifter- Oceania (WOMEN):

Caroline Pileggi AUS

Best Lifter- S. Pacific (WOMEN):

Reanna Solomon NRU

MEN

56kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Jeffrey Robby	79	PNG	55.40	90.0	120.0	210.0	1	1
Starron Dowabobo	84	NRU	54.60	85.0	110.0	195.0	2	2
Abdul Raman	85	FIJ	55.90	67.5	90.0	157.5	3	3
Siaosi Ofa Ulunga	65	TGA	55.80	40.0	60.0	100.0	4	4
62kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Manuel Minginfel	78	FSM	61.45	120.0	150.0	270.0	1	1
Gadd Teabuge	83	NRU	61.40	105.0	130.0	235.0	2	2
Sade Vira	75	FIJ	61.55	100.0	122.5	222.5	3	3
Chako Daniel	82	NRU	61.50	97.5	122.5	220.0	4	4
Petaia Nabukabuka	84	FIJ	61.80	85.0	110.0	195.0	5	5
69kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Yukio Peter	84	NRU	68.90	125.0	165.0	290.0	1	1
Marc Spooner	84	NZL	68.45	105.0	140.0	245.0	2	
Peni Tawai	82	FIJ	68.40	105.0	137.5	242.5	3	2
Hakeai Finau	81	TGA	68.55	100.0	132.5	232.5	4	3
Makaili Radua	76	FIJ	68.45	100.0	125.0	225.0	5	4
Faavae Faauliuluu	83	SAM	67.00	87.5	120.0	207.5	6	5
David Thomas	77	AUS	68.95	100.0	0.0	0.0	-	
77kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Joe Vueti	79	FIJ	76.30	120.0	165.0	285.0	1	1
Ben Turner	84	AUS	70.95	120.0	162.5	282.5	2	
Richard Patterson	83	NZL	76.30	127.5	152.5	280.0	3	
David DeRose	82	AUS	76.05	115.0	150.0	265.0	4	
Renos Doweyia	83	NRU	75.40	110.0	130.0	240.0	5	2
Kelepulu Makahili	70	TGA	71.35	100.0	132.5	232.5	6	3
Sam Pera Junior	89	COK	75.65	90.0	110.0	200.0	7	4
Uati Maposua	76	SAM	76.75	0.0	0.0	0.0	-	
Fouima Popoalii	60	ASA	72.85	85.0	0.0	0.0	-	
85kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
NiuSila Opelege	80	SAM	84.95	142.5	177.5	320.0	1	1
Rutherford Jeremiah	82	NRU	83.60	112.5	155.0	267.5	2	2
Lukas Krajewski	81	AUS	84.75	117.5	150.0	267.5	3	
Valami Dau	67	FIJ	83.95	100.0	120.0	220.0	4	3
94kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Alex Karapetyn	70	AUS	94.00	150.0	180.0	330.0	1	
Grant Cavit	76	NZL	92.45	145.0	182.5	327.5	2	
Bodie Buramen	76	NRU	93.00	117.5	147.5	265.0	3	1
Leon Likafia	83	NCL	91.40	115.0	145.0	260.0	4	2
105kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Sam Pera	69	COK	101.30	132.5	170.0	302.5	1	1
Nicholas Suve	79	NCL	104.75	120.0	150.0	270.0	2	2

Robert Katu	83	NZL	95.45	117.5	147.5	265.0	3	
Kautu Kaiea	79	KIR	97.45	120.0	140.0	260.0	4	3
Tevita Tevita	83	SAM	99.65	100.0	130.0	230.0	5	4
Ratu Kinijoli	73	FIJ	98.20	90.0	120.0	210.0	6	5
Elalio Eleei	79	ASA	96.15	130.0	165.0	295.0	Reserve	
+105kg Category	YOB	Nation	B/wt	Snatch	C&J	Total	Oc.	SP
Damon Kelly	83	AUS	140.60	142.5	195.0	337.5	1	
Maamaloa Lolohea	68	TGA	127.20	140.0	192.5	332.5	2	1
Amete Luaki	65	NCL	114.00	140.0	187.5	327.5	3	2
Itte Detenamo	86	NRU	121.90	140.0	170.0	310.0	4	3
Corran Hocking	80	AUS	142.85	170.0	0.0	0.0	-	

Men's Team Classification - Oceania:

1. Nauru	191 points
2. Fiji	181
3. Australia	126
4. New Zealand	96
5. Tonga	89
6. New Caledonia	70
7. Samoa	69
8. Cook Islands	47
9. Papua New Guinea	28
10. FSM	28
11. Kiribati	22
12. American Samoa	0

Men's Team Classification - S. Pacific:

1. Nauru	201 points
2. Fiji	186
3. Samoa	93
4. New Caledonia	75
5. Tonga	74
6. Cook Islands	50
7. Papua New Guinea	28
8. FSM	28
9. American Samoa	0

Best Lifter- Oceania (MEN):

Manuel Minginfel FSM

Best Lifter- S. Pacific (MEN):

Manuel Minginfel FSM

2003 Commonwealth Rankings as at 30th June 2003

Compiled by Michael Noonan

Email: mnoonan@hyperion.strathcona.vic.edu.au**Men**

	Bor	Natio		Snatc				
56kg Class	n	n	B.Wt	h	Cl & Jk	Total	Date	City, Nation
Hamizan Amirul Ibrahim	81	MAS	55.95	117.5	140.0	257.5	2-May	Nuku'alofa, TGA
Vicky Batta	81	IND		115.0	137.5	252.5	5-Mar	Lucknow, IND
Nayden Rusev	74	CYP	54.83	110.0	140.0	250.0	15-Apr	Loutraki, GRE
Mohd Faizal Baharom	82	MAS	56.00	110.0	140.0	250.0	19-Apr	Johor Baru, MAS
Matin Guntali	66	MAS	55.90	105.0	140.0	245.0	19-Apr	Johor Baru, MAS
Thandava Muthu	75	IND		110.0	132.5	242.5	5-Mar	Lucknow, IND
Gbenga Olupona	81	NGR		105.0	135.0	240.0	21-May	Lagos, NGR
S. Elangovan		IND		100.0	132.5	232.5	6-Jan	Chennai, IND
V. Kumar		IND		95.0	125.0	220.0	6-Jan	Chennai, IND
Mohd Osman Ismail	80	MAS	56.00	105.0	112.5	217.5	19-Apr	Johor Baru, MAS
Jeffrey Robby	79	PNG	55.40	90.0	120.0	210.0	2-May	Nuku'alofa, TGA
Ramahari Naik		IND		95.0	110.0	205.0	6-Jan	Chennai, IND
Robert Davies	83	WAL	55.86	87.5	110.0	197.5	6-Mar	Ferrol, ESP
Starron Dowabobo	84	NRU	54.60	85.0	110.0	195.0	2-May	Nuku'alofa, TGA
Kostas Vasiliades	85	AUS	55.60	90.0	106.0	195.0	6-Apr	Sydney, AUS
Francis Luna-Grenier	87	CAN	55.85	85.0	110.0	195.0	1-Jun	Hermosillo, MEX
62kg Class	Bor	Natio		Snatc				
	n	n	B.Wt	h	Cl & Jk	Total	Date	City, Nation
Yurik Sarkisian	61	AUS	62.00	115.0	145.0	260.0	28-Jun	Melbourne, AUS

Anbu Kathiravan	82	IND	61.45	115.0	142.5	257.5	2-May	Nuku'alofa, TGA
Naharudin Mahayudin	84	MAS	61.55	120.0	137.5	257.5	2-May	Nuku'alofa, TGA
Akwa Eteine		NGR		107.5	150.0	257.5	21-May	Lagos, NGR
David Sarkisian	86	AUS	62.00	110.0	140.0	250.0	29-Mar	Melbourne, AUS
Dominic Lussier	84	CAN		105.0	135.0	240.0	29-Mar	Montreal, CAN
Azaidi A. Kadir	82	MAS	59.95	105.0	130.0	235.0	2-May	Nuku'alofa, TGA
Gadd Teabuge	83	NRU	61.40	105.0	130.0	235.0	2-May	Nuku'alofa, TGA
Greg Gerts	80	RSA	60.50	95.0	127.5	222.5	29-Mar	Strand, RSA
Francois Lagace	71	CAN	60.96	102.5	120.0	222.5	17-May	Vancouver, CAN
Sade Vira	75	FIJ	61.55	100.0	122.5	222.5	2-May	Nuku'alofa, TGA
Chako Daniel	82	NRU	61.50	97.5	122.5	220.0	2-May	Nuku'alofa, TGA
John Yamasaki	84	AUS	61.70	97.5	120.0	217.5	28-Jun	Brisbane, AUS
Albert Pilon	81	CAN	61.60	97.5	115.0	212.5	29-Mar	St Thomas, CAN
Behrooz Sharifiklangestani	71	CAN	61.50	95.5	115.5	210.0	29-Mar	St Thomas, CAN
Daniel Couture	82	CAN	61.80	100.0	110.0	210.0	17-May	Vancouver, CAN

	Bor	Natio		Snatc				
69kg Class	n	n	B.Wt	h	Cl & Jk	Total	Date	City, Nation
Yukio Peter	84	NRU	68.90	125.0	165.0	290.0	2-May	Nuku'alofa, TGA
C.P.R. Sudheer Kumar	79	IND	68.45	130.0	157.5	287.5	2-May	Nuku'alofa, TGA
Ben Turner	84	AUS	69.00	117.5	162.5	280.0	28-Jun	Brisbane, AUS
Sebastien Groulx	74	CAN	67.70	120.0	152.5	272.5	17-May	Vancouver, CAN
Marco Dumberry	82	CAN		120.0	152.5	272.5	29-Mar	Montreal, CAN
Mohd A. Hakim	82	MAS	68.85	120.0	150.0	270.0	2-May	Nuku'alofa, TGA
Jasvir Singh	77	IND	63.98	115.0	145.0	260.0	17-May	Vancouver, CAN
David Sarkisian	86	AUS	65.70	107.5	140.0	247.5	3-Jun	Hermosillo, MEX
Marc Spooner	84	NZL	68.45	105.0	140.0	245.0	2-May	Nuku'alofa, TGA
Peni Tawai	82	FIJ	68.40	105.0	137.5	242.5	2-May	Nuku'alofa, TGA

	Bor	Natio		Snatc				
77kg Class	n	n	B.Wt	h	Cl & Jk	Total	Date	City, Nation
Satish Rai	71	IND	76.40	137.5	175.0	312.5	2-May	Nuku'alofa, TGA
Yukio Peter	84	NRU	70.10	135.0	167.5	302.5	11-Apr	Sigatoka, FIJ
Ahmad F. Ghazalli	82	MAS	76.95	130.0	160.0	290.0	2-May	Nuku'alofa, TGA
Khurram Shehzad		PAK		130.0	160.0	290.0	27-Jun	Islamabad, PAK
Sandeep		IND		122.5	165.5	287.5	6-Jan	Gwalior, IND
Joe Vueti	79	FIJ	76.30	122.5	162.5	285.0	11-Apr	Sigatoka, FIJ
Ben Turner	84	AUS	70.95	120.0	162.5	282.5	2-May	Nuku'alofa, TGA
R. Kalidoss		IND	69.50	120.0	160.0	280.0	8-Jan	Chennai, IND
Richard Patterson	83	NZL	76.30	127.5	152.5	280.0	2-May	Nuku'alofa, TGA
Kazem Panjavi	66	ENG	76.55	125.0	155.0	280.0	25-Jan	Birmingham, GBR
Claude Caouette	71	CAN	76.84	130.0	145.0	275.0	17-May	Vancouver, CAN
Alexis Demers	84	CAN	76.48	125.0	147.5	272.5	17-May	Vancouver, CAN
David DeRose	82	AUS	76.00	120.0	150.0	270.0	28-Jun	Brisbane, AUS
Saun Trebillcock	85	ENG	76.60	115.0	150.0	265.0	25-Jan	Birmingham, GBR

	Bor	Natio		Snatc				
85kg Class	n	n	B.Wt	h	Cl & Jk	Total	Date	City, Nation
Senthil Kumar	78	IND	84.00	142.5	177.5	320.0	2-May	Nuku'alofa, TGA
Niusila Opelege	80	SAM	84.95	142.5	177.5	320.0	2-May	Nuku'alofa, TGA
Yvan Darsigny	66	CAN	84.84	140.0	170.0	310.0	18-May	Vancouver, CAN
Serge Tremblay	73	CAN		135.0	170.0	305.0	29-Mar	Montreal, CAN
Hamri Hussain	82	MAS		130.0	170.0	300.0	20-Apr	Johor Baru, MAS
Bradley Burrowes	79	ENG	80.00	135.0	155.0	290.0	11-May	Birmingham, GBR
Jerry Nonong	80	MAS		127.5	160.0	287.5	20-Apr	Johor Baru, MAS
Robert Campbell	72	AUS	84.70	125.0	160.0	285.0	6-Apr	Sydney, AUS
Jason MacLean	73	CAN	83.50	127.5	155.0	282.5	8-Feb	Mississauga, CAN

Lukas Krajewski	81	AUS	84.95	130.0	152.5	282.5	24-May	Melbourne, AUS
94kg Class	Bor n	Natio n	B.Wt	Snatc h	CI & Jk	Total	Date	City, Nation
Simon Heffernan	75	AUS	93.80	147.5	190.0	337.5	24-May	Melbourne, AUS
Thomas Yule	76	SCO	90.64	150.0	185.0	335.0	19-Apr	Loutraki, GRE
Paul Supple	71	ENG	93.09	152.5	180.0	332.5	19-Apr	Loutraki, GRE
Alexan Karapetian	70	AUS	94.00	150.0	180.0	330.0	3-May	Nuku'alofa, TGA
Grant Cavit	76	NZL	92.45	145.0	182.5	327.5	3-May	Nuku'alofa, TGA
Edmond Yeo	76	MAS		135.0	180.0	315.0	20-Apr	Johor Baru, MAS
Balasz Sandor	79	CAN	90.60	140.0	170.0	310.0	29-Mar	St Thomas, CAN
Serge Tremblay	73	CAN	87.44	135.0	167.5	302.5	18-May	Vancouver, CAN
Guy Marineau	65	CAN	89.50	130.0	165.0	295.0	1-Feb	Lachute, CAN
Jerry Nonong	80	MAS	90.65	125.0	170.0	295.0	3-May	Nuku'alofa, TGA
Andrew Goswell	75	WAL	85.60	132.5	160.0	292.5	10-May	San Guan, MLT
Andy Joy	71	WAL	93.70	125.0	165.0	290.0	7-Apr	Cardiff, GBR
K. Ezilarasan		IND		125.0	160.0	285.0	9-Jan	Chennai, IND
105kg Class	Bor n	Natio n	B.Wt	Snatc h	CI & Jk	Total	Date	City, Nation
Akos Sandor	77	CAN	104.52	165.0	205.0	370.0	18-May	Vancouver, CAN
Delroy McQueen	75	ENG	103.10	160.0	195.0	355.0	25-Jan	Birmingham, GBR
Gurbinder Cheema	78	ENG	103.56	155.0	192.5	347.5	19-Apr	Loutraki, GRE
Sacha Amede	75	CAN	101.46	155.0	185.0	340.0	18-May	Vancouver, CAN
Simon Heffernan	75	AUS	94.50	145.0	180.0	325.0	29-Mar	Melbourne, AUS
Edmond Yeo	76	MAS	95.15	142.5	175.0	317.5	3-May	Nuku'alofa, TGA
Rafal Korkowski	80	CAN	102.80	145.0	170.0	315.0	18-May	Vancouver, CAN
Mick Maloney	68	ENG	102.00	135.0	172.5	307.5	2-Feb	Manchester, GBR
Sam Pera	69	COK	101.30	132.5	170.0	302.5	3-May	Nuku'alofa, TGA
Jocelyn Bilodeau	75	CAN	104.68	130.0	162.5	292.5	18-May	Vancouver, CAN
Deep Takhar	81	CAN		122.5	165.0	287.5	29-Mar	Whitehorse, CAN
+105kg Class	Bor n	Natio n	B.Wt	Snatc h	CI & Jk	Total	Date	City, Nation
Corran Hocking	80	AUS	146.25	170.0	207.5	377.5	24-May	Melbourne, AUS
Damon Kelly	83	AUS	141.20	152.5	208.5	360.0	28-Jun	Brisbane, AUS
Mike Enamson	80	NGR		150.0	210.0	360.0	24-May	Lagos, NGR
George Ikosidekas	63	AUS	140.00	150.0	197.5	347.5	24-May	Melbourne, AUS
Anthony Martin	79	AUS	139.10	155.0	190.0	345.0	28-Jun	Brisbane, AUS
Che Mohd Azrol	79	MAS	117.65	157.5	185.0	342.5	3-May	Nuku'alofa, TGA
Joseph Christopher		NGR		160.0	182.5	342.5	24-May	Lagos, NGR
Maamaloa Lolohea	68	TGA	127.20	140.0	192.5	332.5	3-May	Nuku'alofa, TGA
Tevita Kofe Ngalu	73	TGA	113.70	145.0	185.0	330.0	3-May	Auckland, NZL
Parminder Phangura	79	CAN	124.22	137.5	182.5	320.0	18-May	Vancouver, CAN
Sarabjit Sngh		IND		140.0	175.0	315.0	10-Jan	Chennai, IND
Karl Grant	70	ENG	108.90	130.0	180.0	310.0	5-Apr	Cardiff, GBR
Giles Greenwood	71	ENG	115.10	150.0	160.0	310.0	25-Jan	Birmingham, GBR
Loren Chiu	79	CAN	119.38	145.0	165.0	310.0	18-May	Vancouver, CAN
Itte Detenamo	86	NRU	121.90	140.0	170.0	310.0	3-May	Nuku'alofa, TGA
Women	Bor n	Natio n	B.Wt	Snatc h	CI & Jk	Total	Date	City, Nation
48kg Class	Bor n	Natio n	B.Wt	Snatc h	CI & Jk	Total	Date	City, Nation
Nameir Kunjarani Devi	68	IND		80.0	105.0	185.0	5-Mar	Lucknow, IND
Neelamsetty Krishna Veni	82	IND		77.5	90.0	167.5	5-Mar	Lucknow, IND
A. Sandhya Rani	80	IND		72.5	95.0	167.5	5-Mar	Lucknow, IND
Anthonia Aneke	82	NGR		65.0	90.0	155.0	21-May	Lagos, NGR
Joke Adekola		NGR		67.5	87.5	155.0	21-May	Lagos, NGR

Karine Turcotte	78	CAN		67.5	82.5	150.0	29-Mar	Montreal, CAN
Nadeene Latif	78	AUS	47.80	60.0	80.5	140.0	3-May	Goulburn, AUS
Ebonette Deigaeruk	83	NRU	46.80	52.5	80.0	132.5	2-May	Nuku'alofa, TGA
Erika Yamasaki	87	AUS	47.56	55.0	72.5	127.5	12-Apr	Adelaide, AUS
Manon Poulin-Cyr	63	CAN	48.00	55.0	72.5	127.5	19-Apr	Montreal, CAN
Kate Howard	79	WAL	46.98	55.0	67.5	122.5	15-Apr	Loutraki, GRE
Julie Matatiken	80	SEY		55.0	67.5	122.5	29-Mar	Victoria, SEY
Melissa Ladouceur	87	CAN		52.5	67.5	120.0	3-May	Windsor, CAN
Rita Kari	89	PNG	45.70	50.0	67.5	117.5	2-May	Nuku'alofa, TGA
Rebecca Heard	86	ENG	47.10	52.5	62.5	115.0	11-May	Birmingham, GBR
France Brouillard	74	CAN		52.5	62.5	115.0	29-Mar	Montreal, CAN
Melinda Janke	87	AUS	47.30	45.0	62.5	107.5	28-Jun	Brisbane, AUS
Emily Jones	82	AUS	47.96	42.5	65.0	107.5	28-Mar	Brisbane, AUS
Alexandra Larouche	89	CAN		45.0	62.5	107.5	3-May	Windsor, CAN
Tina Ball	56	NZL	47.70	45.0	60.0	105.0	2-May	Nuku'alofa, TON
Naira Uzice		SEY		45.0	61.0	105.0	29-Mar	Victoria, SEY

	Bor	Natio		Snatc				
53kg Class	n	n	B.Wt	h	Cl & Jk	Total	Date	City, Nation
Th. Sanamacha Chanu	78	IND	52.50	80.0	105.0	185.0	2-May	Nuku'alofa, TGA
Patience Lawal		NGR		77.5	105.0	182.5	21-May	Lagos, NGR
Margaret Effiong		NGR		75.0	102.5	177.5	21-May	Lagos, NGR
Inao Devi		IND		72.5	92.5	165.0	7-Jan	Chennai, IND
Sade Okotieboh	80	NGR	53.00	65.0	90.0	155.0	23-Mar	Woking, GBR
Seen Lee	82	AUS	53.00	70.0	85.0	155.0	28-Jun	Melbourne, AUS
Clementina Agricole	88	SEY		65.5	87.5	152.5	29-Mar	Victoria, SEY
Dika Toua	84	PNG	50.00	65.0	85.0	150.0	15-Mar	Port Moresby, PNG
Karine Turcotte	78	CAN	49.70	62.5	85.0	147.5	8-Feb	Mississauga, CAN
Jamuna Tarafdar		IND		65.0	80.0	145.0	7-Jan	Chennai, IND
Nadeene Latif	78	AUS	49.55	60.0	80.0	140.0	6-Apr	Sydney, AUS
Kirsty Law	78	SCO	52.47	60.0	80.0	140.0	28-Jun	Undine, ITA
Joanne Calvino	80	ENG	52.70	60.0	80.0	140.0	25-Jan	Birmingham, GBR
Erika Yamasaki	87	AUS	50.10	60.0	77.5	137.5	28-Jun	Brisbane, AUS
Majolie Nadeau	87	CAN	52.72	60.0	77.5	137.5	17-May	Vancouver, CAN
Portia Vries	84	RSA	51.10	57.5	77.5	135.0	29-Mar	Strand, RSA
Marilou Dozois-Prevost	86	CAN		60.0	75.0	135.0	12-Apr	Cap-de-la-Madeleine, CAN
Rosemary Densmore	84	CAN	51.45	57.5	75.0	132.5	1-Jun	Hermosillo, MEX
Rebecca Rush	82	AUS	52.75	57.5	75.0	132.5	8-Feb	Launceston, AUS
Annie Moniqui	90	CAN	49.50	57.5	70.0	127.5	12-Apr	Cap-de-la-Madeleine, CAN

	Bor	Natio		Snatc				
58kg Class	n	n	B.Wt	h	Cl & Jk	Total	Date	City, Nation
Maryse Turcotte	75	CAN	57.68	87.5	120.5	207.5	17-May	Vancouver, CAN
Michaela Breeze	79	WAL	56.37	90.0	112.5	202.5	16-Apr	Loutraki, GRE
Sunaina	80	IND	57.90	85.0	115.0	200.0	2-May	Nuku'alofa, TGA
Renu Bala Devi	86	IND		85.0	107.5	192.5	7-Jan	Chennai, IND
Miel McGerrigle	77	CAN	57.60	85.0	105.0	190.0	17-May	Vancouver, CAN
Natasha Barker	70	AUS	57.60	82.5	102.5	185.0	2-May	Nuku'alofa, TGA
Uju Ekwudike		NGR		77.5	95.0	172.5	21-May	Lagos, NGR
Tania Whalen	81	CAN		75.0	92.5	167.5	29-Mar	Montreal, CAN
Emily Quarton	84	CAN		70.0	95.0	165.0	29-Mar	Whitehorse, CAN
Seen Lee	82	AUS	55.80	75.0	85.0	160.0	29-Mar	Melbourne, AUS
Tyoni Batsiua	81	NRU	57.55	70.0	90.0	160.0	2-May	Nuku'alofa, TGA
Meagan Warthold	72	AUS	57.80	67.5	90.0	157.5	8-Feb	Goulburn, AUS
Valerie Marineau	83	CAN		67.5	82.5	150.0	29-Mar	Montreal, CAN

Asimau Musa		NGR		67.5	80.0	147.5	21-May	Lagos, NGR
Roxane Corbeil	79	CAN	56.75	65.0	80.0	145.0	17-May	Vancouver, CAN
Debbie Lewis	81	AUS	57.60	67.5	77.5	145.0	24-May	Melbourne, AUS
Veronica Samayoa	85	CAN	56.46	62.5	80.0	142.5	17-May	Vancouver, CAN
Valerie Lefebvre	90	CAN	55.90	60.0	77.5	137.5	3-May	Windsor, CAN
Jacinthe Deschenes	87	CAN	57.30	62.5	75.0	137.5	1-Feb	Val d'Or, CAN
Sue Lloyd	67	ENG	57.80	60.0	77.5	137.5	25-Jan	Birmingham, GBR
Claudine Martin	80	CAN	57.90	62.5	75.0	137.5	29-Mar	Montreal, CAN

	Bor n	Natio n	B.Wt	Snatc h	Cl & Jk	Total	Date	City, Nation
63kg Class								
Pratima Kumari	76	IND	62.70	90.0	115.0	205.0	2-May	Nuku'alofa, TGA
Maryse Turcotte	75	CAN	59.55	82.5	112.5	195.0	8-Feb	Mississauga, CAN
Anieke Ayodele		NGR		85.0	110.0	195.0	22-May	Lagos, NGR
Ann Azowun		NGR		85.0	107.5	192.5	22-May	Lagos, NGR
Inu Rani		IND		80.0	110.0	190.0	8-Jan	Chennai, IND
Christine Girard	85	CAN	62.50	80.0	107.5	187.5	25-Jan	Regina, CAN
Jacqui White	82	AUS	62.60	80.0	92.5	172.5	2-May	Nuku'alofa, TGA
Annette Campbell	65	ENG	62.50	77.5	92.5	170.0	16-Jun	Eysines, GBR
Nicole Sarwon	78	AUS	62.65	75.0	92.5	167.5	24-May	Melbourne, AUS
Meagan Warthold	72	AUS	59.40	72.5	92.5	165.0	2-Mar	Sydney, AUS
Tania Whalen	81	CAN	59.80	72.5	87.5	160.0	25-Jan	Brossard, CAN
Kristie Amadio	85	AUS	61.65	72.5	87.5	160.0	15-Feb	Brisbane, AUS
Gail Leclerc	74	CAN	61.96	67.5	87.5	155.0	17-May	Vancouver, CAN
Tara Crosswell	85	AUS	62.52	65.0	90.0	155.0	12-Apr	Adelaide, AUS
Lyne Levasseur	72	CAN		67.5	85.0	152.5	29-Mar	Montreal, CAN
Edith Pepin	87	CAN		65.0	87.5	152.5	3-May	Windsor, CAN
Kelly O'Meara	82	AUS	62.95	65.0	85.0	150.0	28-Jun	Melbourne, AUS
Della Vakuruivalu	76	FIJ	61.60	65.0	82.5	147.5	2-May	Nuku'alofa, TGA
Tanna Payne	80	CAN	62.84	65.0	82.5	147.5	17-May	Vancouver, CAN
Valerie Marineau	83	CAN	58.94	62.5	82.5	145.0	17-May	Vancouver, CAN

	Bor n	Natio n	B.Wt	Snatc h	Cl & Jk	Total	Date	City, Nation
69kg Class								
Karnam Malleswari	75	IND	68.55	102.5	132.5	235.0	3-May	Nuku'alofa, TGA
Michaela Breeze	79	WAL	63.10	92.5	115.0	207.5	25-Jan	Birmingham, GBR
Pascale Dorcelus	79	CAN		90.0	107.5	197.5	29-Mar	Montreal, CAN
Faith Okonkwo	81	NGR		85.0	110.0	195.0	22-May	Lagos, NGR
Jeane Lassen	80	CAN	68.22	85.0	107.5	192.5	18-May	Vancouver, CAN
Helen Ali		NGR		85.0	105.0	190.0	22-May	Lagos, NGR
Melissa Nightingale	81	AUS	67.50	85.0	100.0	185.0	17-May	Brisbane, AUS
Sophia Sandhu	79	CAN	66.72	77.5	105.0	182.5	18-May	Vancouver, CAN
Sheba Deireragea	86	NRU	68.85	80.0	95.0	175.0	3-May	Nuku'alofa, TGA
K. Manimala		IND		75.0	97.5	172.5	9-Jan	Chennai, IND
Sapna Raut		IND		77.5	92.5	170.0	9-Jan	Chennai, IND
Maria Constantinidis	83	AUS	69.00	72.5	90.5	162.5	7-Jun	Sydney, AUS
Tara Crosswell	85	AUS	64.60	67.5	90.0	157.5	3-May	Launceston, AUS
Aralele Fipe	79	FIJ	68.70	70.0	87.5	157.5	11-Apr	Sigatoka, FIJ
Jenna Myers	86	AUS	68.90	70.0	85.0	155.0	13-Apr	Adelaide, AUS
Heckure Joe	86	PNG		65.0	90.0	155.0	11-Jan	Port Morseby, PNG
Danielle Gagnon	82	CAN	67.62	65.0	87.5	152.5	18-May	Vancouver, CAN
Kerri-Ann Wotenick	83	ENG	69.00	70.0	82.5	152.5	11-May	Birmingham, GBR
C-Emilie Deschenes	82	CAN	67.50	65.0	82.5	147.5	25-Jan	Brossard, CAN
Tanya Harden	78	AUS	68.10	65.0	80.0	145.0	28-Jun	Brisbane, AUS

	Bor n	Natio n	B.Wt	Snatc h	Cl & Jk	Total	Date	City, Nation
75kg Class								

Khoirom Sumati Devi	81	IND	74.70	95.0	120.0	215.0	3-May	Nuku'alofa, TGA
Deborah Lovely	83	AUS	74.85	95.0	117.5	212.5	3-May	Nuku'alofa, TGA
Charlotte MacEachern	81	CAN	73.98	95.0	105.0	200.0	18-May	Vancouver, CAN
Amanda Phillips	81	AUS	74.66	85.0	105.0	190.0	28-Mar	Brisbane, AUS
Kara Yessie	82	CAN	74.56	82.5	102.5	185.0	18-May	Vancouver, CAN
Kesa Tawai	80	FIJ	74.00	83.0	100.0	182.5	11-Apr	Sigatoka, FIJ
Sarah Strannan	81	AUS	73.90	85.0	95.0	180.0	24-May	Melbourne, AUS
Mary Diringa	83	NRU	74.75	77.5	100.0	177.5	3-May	Nuku'alofa, TGA
Theresa Brick	65	CAN		80.0	95.0	175.0	29-Mar	Whitehorse, CAN
Rachael Blueman (Clarke)	68	ENG	72.80	77.5	95.0	172.5	25-Jan	Birmingham, GBR
Rajyalakshmi		IND		75.0	97.5	172.5	10-Jan	Chennai, IND
Gurwinder Kaur		IND		75.0	95.0	170.0	10-Jan	Chennai, IND
Heckure Joe	86	PNG	73.60	70.0	95.0	165.0	3-May	Nuku'alofa, TGA
Tapasi Banerjee		IND		72.5	90.0	162.5	10-Jan	Chennai, IND
Jenna Myers	86	AUS	70.70	70.0	90.0	160.0	15-Mar	Triabunna, AUS
Belinda van Tienan	86	AUS	69.60	70.0	87.5	157.5	3-May	Launceston, AUS
Rachel Trigger	86	AUS	74.52	67.5	90.0	157.5	13-Apr	Adelaide, AUS
Kerri-Anne Wotenick	83	ENG	69.50	70.0	85.0	155.0	25-Jan	Birmingham, GBR
Rebecca Bourne	80	AUS	72.00	65.0	85.0	150.0	15-Jun	Perth, AUS

	Bor	Natio		Snatc				
+75kg Class	n	n	B.Wt	h	CI & Jk	Total	Date	City, Nation
Simple Kaur Bhumrah	86	IND		108.0	132.5	240.0	9-Mar	Lucknow, IND
Khoirom Sumati Devi	81	IND		102.5	132.5	235.0	9-Mar	Lucknow, IND
Geeta Rani	81	IND		102.5	132.5	235.0	9-Mar	Lucknow, IND
Caroline Pileggi	77	AUS	91.60	100.0	127.5	227.5	3-May	Nuku'alofa, TGA
Suzanne Dandenault	70	CAN	113.62	95.0	125.0	220.0	18-May	Vancouver, CAN
Deborah Lovely	83	AUS	77.25	95.0	120.0	215.0	17-May	Brisbane, AUS
Bilikusa Musa	70	NGR		100.0	115.0	215.0	24-May	Lagos, NGR
Glory Omoh		NGR		95.0	115.0	210.0	24-May	Lagos, NGR
Olivia Baker	79	NZL	88.00	90.0	110.0	200.0	3-May	Nuku'alofa, TGA
Natalie Williams	86	CAN	109.10	85.0	115.0	200.0	6-Jun	Hermosillo, MEX
Reanna Solomon	81	NRU	136.00	87.5	112.5	200.0	3-May	Nuku'alofa, TGA
Jamila Boutros	84	AUS	104.25	87.5	105.0	192.5	6-Apr	Sydney, AUS
Keisha-Dean Soffe	82	NZL	109.60	87.5	105.0	192.5	3-May	Nuku'alofa, TGA
Theresa Brick	65	CAN	80.28	85.0	105.0	190.0	18-May	Vancouver, CAN
Rosetta Penani	80	NRU	91.30	80.0	102.5	182.5	11-Apr	Sigatoka, FIJ
Melissa Bethune	79	AUS	162.00	80.0	102.5	182.5	28-Jun	Brisbane, AUS
Saree Williams	76	AUS	78.60	80.0	97.5	177.5	6-Apr	Sydney, AUS
Michelle Bernard	78	CAN	91.60	77.5	100.0	177.5	29-Mar	St Thomas, CAN
Sarah Bates	84	AUS	93.10	75.0	100.0	175.0	15-Mar	Adelaide, AUS
Denise Ramsay-Overall	65	ENG	77.70	80.0	90.0	170.0	9-Feb	London, GBR
Riku Miria	74	PNG	115.00	70.0	100.0	170.0	15-Mar	Port Moresby, PNG

News Clips

2003 National Age Group Team Challenge

FRIDAY 17TH OCTOBER (EVENING)

SATURDAY 18TH OCTOBER

SUNDAY 19TH OCTOBER (MORNING)

FINAL SCHEDULE DEPENDANT UPON ENTRIES

THE SLEEMAN SPORTS CENTRE

CORNER OLD CLEVELAND ROAD & TILLEY ROAD

CHANDLER, BRISBANE QLD 4155

Level 1 Weightlifting Coaching Course

SUNDAY 27TH JULY & SUNDAY 3RD AUGUST
THE SLEEMAN SPORTS CENTRE
CNR OLD CLEVELAND & TILLEY ROADS, CHANDLER, BRISBANE.

Sports Coaching Update Seminar

SPORTS NUTRITION – JULIE ALBRECHT
 SPORTS PSYCHOLOGY – DR PHIL JAUNCEY
 DRUGS IN SPORT – ASDA

9:00AM – 1:30PM
 SATURDAY 16TH AUGUST
 UNIVERSITY OF QUEENSLAND

Queensland Open & Under 20 Team

The following team has been selected to represent Queensland at the 2003 National Open & Under 20 Championships:

Open Women

53kg Erika Yamasaki
 63kg Kristie Amadio
 69kg Melissa Nightingale
 69kg Tanya Harden
 75kg Deborah Lovely
 75kg Amanda Phillips
 +75kg Melissa Bethune
 Reserve Rachel Trigger (75kg)
 Reserve Liana Lambert (58kg)

Under 20 Women

53kg Erika Yamasaki
 58kg Liana Lambert
 63kg Kristie Amadio
 63kg Tammie Bower
 69kg Christina Watkins
 75kg Deborah Lovely
 75kg Rachel Trigger
 Reserve Melinda Janke (48kg)
 Reserve Holly Collyer (69kg)

Open Men

62kg John Yamasaki
 69kg Ben Turner
 69kg James Turner
 77kg David De Rose
 77kg Matthew Turner
 105kg Paul Wheeler
 +105kg Damon Kelly
 +105kg Anthony Martin
 Reserve Troy Hewkins (69kg)
 Reserve Peter Thomsen (94kg)

Under 20 Men

62kg John Yamasaki
 62kg Kyle Woodlock
 69kg Ben Turner
 69kg Troy Hewkins
 77kg George Mylne
 77kg Bowen Stuart
 85kg John Walz
 +105kg Damon Kelly
 Reserve Luke Gardner (85kg)
 Reserve Tom McCosker (56kg)

Head Coach Michael Keelan
 Coach Miles Wydall
 Coach Greg Hobl
 Assistant Coach Barry Harden

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