



# *Weightlifting Queensland*

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**Cougars Lifter Peter Foster with his trophy for Best Male Lifter at the 2006 Queensland Masters Championships**

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**Queensland Government**  
Getting more people active  
through sport and recreation

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**QWA Mission Statement**

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

**Acknowledgement:**

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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.



## 2006 Events Calendar

July 1	Mount Isa Open Club Competition	Mount Isa
<b>July 1</b>	<b>Qld U20 &amp; Open Championships</b>	<b>Cougars</b>
July 8	Cougars Open Club Comp	Cougars
July 11 – 15	Oceania Championships (senior & junior)	Apia, SAMOA
July 22	National Masters Championships	Sydney
July 22 – 23	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
<b>August 5</b>	<b>QWA League Round 3 &amp; Masters League Round 3</b>	<b>Cougars</b>
August 19	Sunshine Coast Open Club Competition	Sunshine Coast
August 26 – Sep 2	IWF World Masters Championships	Bordeaux, FRANCE
September 9 – 10	National U20 & Open Championships	Melbourne
<b>September 16</b>	<b>QWA League &amp; Masters League Final</b>	<b>Sunshine Coast</b>
September 22	Nudgee Open Club Competition	Nudgee
September 22	Toowoomba Open Club Competition	Toowoomba
September 23	Mermet Cup International	Melbourne, AUS
September 29 – Oct 8	World Senior Championships	Santo Domingo, DOM
September 30	Mount Isa Open Club Competition	Mount Isa
<b>October 14</b>	<b>Qld All Schools Championships</b>	<b>Toowoomba</b>
October 21 – 22	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
November 4	QWA Masters Workshop	TBC
<b>November 18</b>	<b>Queensland 2000 Tournament</b>	<b>Brisbane</b>
November 24	Toowoomba Open Club Competition	Toowoomba

November 25 - 26	State Weightlifting / Sports Power Coach Level 2 course	Chandler
December 9	Cougars Club Open Competition	Cougars
December 9	Sunshine Coast Open Club Competition	Sunshine Coast
December 10	Pacific Cup International	Apia, SAMOA
December 15	Nudgee Open Club Competition	Nudgee
December 16	Mount Isa Open Club Competition	Mount Isa

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 minimum qualifying standard for entry in the Queensland Open Championships is C Grade.

The minimum qualifying standard for entry in the Queensland Under 20 Championships is D Grade.

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

The qualifying period for the Queensland Open & Under 20 Championships is 23<sup>rd</sup> June 2005 – 23<sup>rd</sup> June 2006.

The qualifying period for the Queensland 2000 Tournament is 1<sup>st</sup> January 2006 – 30<sup>th</sup> September 2006

Queensland Teams for the 2006 National Under 16 & Under 18 Championships will be selected according to the QWA Selection Policy taking into consideration only results from:

QWA League Round 1	11 February 2006
**Qld U16 & U18 Championships	4 <sup>th</sup> March 2006

And all National and International events held between 1<sup>st</sup> January 2006 and 4<sup>th</sup> March 2006.

Queensland Teams for the 2006 National Open & Under 20 Championships will be selected according to the QWA Selection Policy taking into consideration only results from:

QWA League & Masters League Round 1	11 February 2006
Qld U16 & U18 Championships	4 <sup>th</sup> March 2006
Qld Masters Championships	3 <sup>rd</sup> June 2006
QWA League & Masters League Round 2	13 <sup>th</sup> May 2006
**Qld Open & U20 Championships	1 <sup>st</sup> July 2006

And all National and International events held between 1<sup>st</sup> January 2006 and 8<sup>th</sup> July 2006.

\*\* To be eligible to be selected to represent the QWA at the National U16 & U18 Championships and/or the National Open & U20 Championships, athletes must have competed in the relevant Qld Championship. An exemption to this requirement 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*

The last edition of *Weightlifting Queensland* was, fittingly, filled with tributes to Queensland's Commonwealth Games lifters. As is often the case when highly anticipated events come and then go, the days of Melbourne 2006 now seem like such a long time ago. Those Games are over, but of course life (and weightlifting) goes on. In the ensuing months, much has been happening and QWA members have been heavily involved.

Joel Wilson, Erika Yamasaki and Miles Wydall headed north to China for the World Junior Championships in May and in June, Damon Kelly set a north-westerly course to Turkey, as Australia's only entrant in this year's World University Championships.

Following on the heels of the Commonwealth Games was the National U16 & U18 Championships, which was dominated by Queensland's youths. Every one of the twenty-eight lifters who represented Qld at that event won a championship medal. Such a feat is a great credit to those young lifters and to their coaches.

The fact that Queensland was once again represented by so many young athletes at the National U16 & U18 Championships highlights one of the perennial issues arising in sport, particularly junior sport, and that is the cost of participation. When you consider that each one of the twenty-eight lifters in this year's team had to find the funds to cover the cost of a return flight to Adelaide plus three nights in motel accommodation, it's no wonder that receipt of a notice of selection in a state team can be a bittersweet experience. On the one hand, representative selection is something that most athletes work hard to achieve and it comes as a reward for their efforts, but on the other hand, it brings with it an added financial burden. This same situation exists in most sports, but recently the Queensland Government launched a new funding program that offers some degree of relief to the families of children who compete in sport at representative levels.

The Queensland Government's Young Athlete Assistance Program provides funding in varying amounts up to \$800 for athletes who are under 18 years of age and selected to compete in state, national or international sporting events. The information brochure and application form for this program can be obtained from the QWA office.

And there is news of another initiative which, while only a proposal at this stage, could provide significant benefits to the community and to sport. This initiative is being driven by the sport and recreation sector through the various state Sports Federations around Australia and it is basically a proposal to make the cost of participating in sport and recreation activities tax deductible. The proposal was discussed at the last general meeting of the Sports Federation of Queensland and it seems like a relatively simple and common sense approach to the challenge of encouraging Australians to become more physically active.

Until next time...

Ian Moir



Above: Queensland Weightlifting Association's Lifters and Coaches who attended the 2006 National Under 16 & Under 18 Championships in Adelaide

## 2006 National U16 & U18 Championships Report – By Erika Yamasaki

Queensland produced excellent results at this year's National Championships in Adelaide! With the largest contingent from any state at the competition, Queensland dominated! Once the whole team of 28 lifters, 4 Coaches, 1 Manager, 2 Officials and 2 supporters had arrived we commenced our first team meeting. With little goodie bags and a long talk about what was to happen for the weekend, the athletes were set. The first day set the standard for the rest of the competition with Queensland's lifters winning 34 medals!

David Hockins, our lightest competitor weighing a mere 41.9kg was first cab off the rank. Making his debut on the national stage, David made both his first and second attempts look easy. Missing his 3<sup>rd</sup> attempts, David ended up with a best of 34kg in the snatch and 51kg in the clean and jerk, placing 2<sup>nd</sup>.

Nick Edgley in the 51kg division did a sensational job at this year's Championships getting six for six and making new personal bests of 45kg in the snatch and 65kg in the clean and jerk, and a 110kg total which was a 4kg increase. This excellent result placed him 2<sup>nd</sup> behind Queensland's Nathan Kahi. Nathan who is the youngest in the men's team and Under 16 men's team captain is definitely a rising star for the future. Weighing in the 51kg class he got all three snatches, with his third being a personal best of 60kg. On his third clean and jerk he narrowly missed the jerk, ending up with a best of 75kg and winning both the Under 16 and Under 18 title with a total of 135kg.

Angela Murray in the 48kg category came out strong, powering her first snatch of 25kg. Her third attempt was an excellent fight to achieve 32kg. She made her first two clean and jerks look easy, but missed the clean on her third attempt and ended up with a 32kg snatch and a 40kg clean and jerk with a total of 72kg placing 2<sup>nd</sup> in both Under 16 and Under 18 in the 48kg division.

Chantel Nash competing in the 53kg division is the youngest member of the Women's Team. Nerves may have been the reason why she missed her first snatch but she got over it quickly and came out to power her second attempt on 25kg and finished with a best of 27kg. In the clean and jerk she made it look easy getting 35kg, but unfortunately was given red lights for a knee touch on her third attempt. Chantel won silver in the Under 16's age division. In the same division Women's Team Captain Davina Hughes showed her strength by powering all three snatches with a best of 64kgs. In the clean and jerk she succeeded with a 1kg personal best of 84kg which saw her win the Under 18 Title and Best Lifter award with her 148kg total.



Darryl Hockins produced an excellent result in the snatch, getting three for three and showing everyone what he was made of with a 70kg snatch. He powered his cleans and his determination was shown in his last jerk of 82kg. Darryl achieved a total of 152kgs placing him 2<sup>nd</sup> in the 56kg class.

We had three competitors in the 62kg division the first was Ben Turner who as another newcomer to the state team showed some nerves, just missing his first snatch. He then powered both 2<sup>nd</sup> and 3<sup>rd</sup> attempts for a best of 52kg. He got both his first and second attempts in the clean and jerk and on his third he fought hard to get out of the clean but missed the jerk. Ben placed a commendable third with a 52kg snatch and a 70kg clean and jerk. Cameron Trass was next out with a strong opening attempt on 55kg and only just missing his last attempt on 63kg in the snatch. Cameron's clean and jerks were outstanding and he succeeded in all three attempts and finished with a best of 76kg with a placing 2<sup>nd</sup> in the Under 16. Then Tom McCosker, who is no stranger on the national stage, had a good run in the snatches getting all three attempts with a 3<sup>rd</sup> of 86kg but his clean and jerks got the better of him, he had a strong 1<sup>st</sup> attempt but missing his 2<sup>nd</sup> and 3<sup>rd</sup>. Tom's 188kg total placed him 2<sup>nd</sup> overall.

In the last session of the day we had five lifters competing. In the 58kg class, Jayde Thomas had an excellent start in the snatches, especially for her first nationals. She got 3 out of 3 snatches, her 2<sup>nd</sup> attempt being a good fight on 34kg and she ended on 36kg. Jayde got her 1<sup>st</sup> and 2<sup>nd</sup> attempts in the clean and jerk but just missed her last jerk of 47kg. Her total of 81kgs placed her 2<sup>nd</sup> in Under 16. Also in the 58kg class Liana Lambert had a good opener on 55kg, a good fight for her second attempt of 60kg, but unfortunately missed her last attempt on 63kg dropping it behind. She showed an excellent technique in her jerks getting her first two lifts but just not catching the bounce in her last clean. With a total of 130kg, she placed 1<sup>st</sup>, 44kg ahead of the silver medalist.

Tierney Molenaar one of three competitors in the 63kg class easily powered 40kg, then 45kg, narrowly missing 48kg with a press out. Once again she powered her way through her cleans just missing her third jerk on 60kg. With best lifts of 45kg snatch and 57kg clean and jerk she won the silver medal. Also in the 63kg bodyweight category, Casey Kahi made her lifts look effortless with three out of three for the snatches and succeeding with her first two clean and jerks, but she was unable to squat out of her third clean. She completed a 52kg snatch and a 62kg clean and jerk with a total of 114kg placing her 1<sup>st</sup> in the Under 16 and 2<sup>nd</sup> in the Under 18. She had the second highest Sinclair in the Under 16 age group just behind Sam Mitchell. Holly Collyer succeeded in all three snatch attempts finishing up with 65kg. Her opening attempt on 82kg in the clean and jerk was faultless, but missed her second attempt on 87kg, she then she went on with a hard-fought third attempt and all her effort paid off. Holly was successful with a total of 152kg placing 1<sup>st</sup> Under 18 and 2<sup>nd</sup> for best sinclair.



From Left: Tierney Molenaar, Stacy Ford, Sam Mitchell, Emma Heggarty, Terianne Kahi, Casey Kahi, Angela Murray, Chantel Nash and Jayde Thomas are all members of the 2006 National Under 16 Female winning team.



Above: (from left) James Hatzis, BJ Kahi, Josh Brady, Jonathan Knowles, Billy Chong Nee, Tom McCosker, Nathan Kahi, Cameron Trass, Luke Gardner and Darryl Hockins are members of the Queensland Under 18 Male Team.

Day two proved to be just as good with many of the lifters getting 6 for 6 lifts. In the 69kg class Brent Kahi showed how it was done, equaling his personal best in the snatch with 68kg. Brent easily powered 80kg and 85kg, he went for 90kg for his third attempt and succeeded for a 5kg improvement on his clean and jerk and total and placed 2<sup>nd</sup> in the Under 16 age division. Placing 3<sup>rd</sup> behind Brent was Jonathan Knowles who just missed his 1<sup>st</sup> snatch behind his head but made his second attempt on 55kg much easier, but unfortunately missed 60kgs for his third. Jonathan had a better second half, making all three clean and jerks and a new personal best clean and jerk of 76kg.

Michael Dunne performed well for his first National Championships completing all 6 attempts and getting all new personal bests. He made all his lifts look easy with 52kg in the snatch and 72kg in the clean and jerk, and a total of 124kg placing him 1<sup>st</sup> Under 16 age division. In the same weight class Josh Brady also got 6 for 6 making an incredible 17kg personal best improvement on his total. Josh powered all three snatches for a snatch of 100kg and clean and jerked of 138kg. His total of 238kg placed him 2<sup>nd</sup> in the Under 18 age division and he also had the 3<sup>rd</sup> highest Sinclair for the Under 18 men.

The 85kg class brought out two new lifters on the national stage. Both produced an excellent result getting six of out six lifts and new personal bests. Billy Chong Nee showed great technique in the snatch getting 77kg and a new personal best in the clean and jerk of 86kg. He's definitely someone to look out for in the future, as Billy has been lifting for less then a year and his total of 158kg placed him 1<sup>st</sup> Under 16. Just behind him was Lyndon Hyatt who powered through his snatches, increasing his personal best by 5kg with 65kg. He made his second clean and jerk attempt look so easy on 78kg that the coaches increased the weight by 9kg for his third attempt on 87kg. Lyndon was successful with another new personal best and a silver medal in the Under 16 age division.

Next was another big session for the coaches, having five lifters on the board. In the 69kg class we had three lifters and the first to go was Emma Hegarty. This also being her first National Championships, Emma did an easy opener in the snatch with 35kg, missing her 2<sup>nd</sup> on 40kgs but coming out to power it for her third attempt. She got her 1<sup>st</sup> and 2nd attempt in the clean and jerk but narrowly missed her last with a press out, leaving her with a best of 52kg. Her total placed her 2<sup>nd</sup> behind another Queenslander, Teri-Anne Kahi. Teri lifted well, getting all six attempts. Her snatches were so easy that she powered her last attempted on 47kg. Her clean and jerks were just as good as she did a personal best of 64kg. Her total of 111kg placed her 1<sup>st</sup> at Under 16 and gave her the third best total in the Under 16 age groups below her sister Casey. Trina



Egelstaff got her first two attempts in both the snatch and the clean and jerk. She snatched a best of 52kg, with 55kg just not being there for her on the day. Her second clean and jerk of 65kgs looked good and on her third attempt on 70kg she fought hard and got out of the clean but unfortunately missed the jerk. Her total of 117kgs placed her 1<sup>st</sup> in the Under 18 division for the 69kg women.



Above: (from left – front) Liana Lambert, Angela Murray, Davina Hughes, Teri-anne Kahi, (from left – back) Holly Collyer, Stacy Ford, Casey Kahi, Sam Mitchell and Trina Egelstaff with the 2006 National Under 18 Female Championship trophy.

This Championship was also the first Nationals for +75kg category lifter Stacy Ford, who produced a good start to her career getting six for six, showing that she can perform on such a level. Securing a good opener on 40kg, she powered her second attempt on 45kg and fought for her third on 50kg. With an excellent opening clean and jerk of 60kg, she fought hard in both her 65kg and 70kg attempts placing her second behind Sam Mitchell and giving her all new personal bests. Sam also got six for six. Her first two snatches looked easy and her determination was shown in her third snatch of 63kg. All of her clean and jerks looked easy, with the third on 75kg. This top effort placed her first in both Under 16 and Under 18 age divisions and Best Lifter for the Under 16 year's age group.

Our big boys were last but definitely not the least with Luke Gardner who came out a little bit unsteady for his first snatch but still got it on 113kg. He then made his second attempt look much easier on 117kg but then narrowly missed 121kgs. He came out for his opener in the clean and jerk on 145kg, but he was not feeling too well on the day and was unable to complete his second attempt and then pulled out of the competition, choosing not to take his third attempt. Although not having a good day, Luke still came out on top, winning the gold in the Under 18 age division for the 105kg men. James Hatzis, competing in the +105kg men had an excellent competition, getting all six lifts. James started with a great first attempt, power snatching 95kg, then easily got 101kg followed by a good battle for a personal best of 105kg in the snatch. His clean's were mind-blowing as he powered all three attempts and he had an excellent jerk to add to it, producing another personal best of 134kg, placing him 1<sup>st</sup> in the Under 18 age division.

The competition was a major success with all lifters coming home with a medal! It was great to see all the lifters supporting fellow team mates, they were always well presented and had good sportsmanship. A big thanks to all team coaches and supporters, who's knowledge and tactics proved to be of a high standard winning three out of the four available team trophies.

**Congratulations to the whole team for a job well done!**



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*Affiliated with*  
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 Commonwealth Weightlifting Federation  
 Oceania Weightlifting Federation

*Member of*  
 Australian Olympic Committee  
 Australian Commonwealth  
 Games Association

*Supported by the Australian Sports Commission*

**Australian U16 & U18 Weightlifting Championships**  
**22 – 23 April 2006**  
**Adelaide ?SA**

**RESULTS - WOMEN**

<b>48kg Women</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
WATKINS Lauren	SA	46.66	1990	35.0	45.0	80.0	1	1
MURRAY Angela	QLD	46.64	1991	32.0	40.0	72.0	2	2

  

<b>53kg Women</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
HUGHES Davina	QLD	52.82	1989	64.0	84.0	148.0		1
HARDY Amy	NT	53.00	1989	62.0	67.0	129.0		2
BE Socheata	VIC	52.22	1989	50.0	62.0	112.0		3
BRITTEN Jessica	TAS	51.50	1988	50.0	58.0	108.0		4
CASTREE Sarah	SA	49.18	1990	34.0	48.0	82.0	1	5
NASH Chantel	QLD	52.50	1992	27.0	35.0	62.0	2	
PENNEY Karah	SA	48.82	1992	27.0	32.0	59.0	3	

**Referees:** Saree Williams (VIC), Centre - Kylie Booth (QLD), Debbie Pascoe (SA)

**Jury:** Barrie Gilbert (SA), President - Pedro Sanchez (VIC), Chris Burden (SA)

<b>58kg Women</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
LAMBERT Liana	QLD	58.00	1988	60.0	70.0	130.0		1
MAHER Nadja	SA	53.42	1991	41.0	45.0	86.0	1	2
THOMAS Jayde	QLD	55.54	1991	36.0	45.0	81.0	2	

  

<b>63kg Women</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
COLLYER Holly	QLD	62.08	1988	65.0	87.0	152.0		1
KAHI Casey	QLD	59.92	1990	52.0	62.0	114.0	1	2
PHILLIPS Sheena	NZ	62.00	1988	50.0	64.0	114.0		Gues
MOLENAAR Tierney	QLD	59.76	1991	45.0	57.0	102.0	2	
O'LOUGHLIN Elley	SA	62.58	1991	25.0	39.0	64.0	3	3

**Referees:** Graeme Harper (VIC), Centre - Kylie Booth (QLD), Saree Williams (VIC)

**Jury:** Barrie Gilbert (SA), President - Pedro Sanchez (VIC), Chris Burden (SA)

<b>69kg Women</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
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LAMBRECHS Chantel	NZ	66.38	1990	55.0	69.0	124.0	Guest	Gues
EGELSTAFF Trina	QLD	64.14	1988	52.0	65.0	117.0		1
KAHI Teri-Anne	QLD	64.16	1991	47.0	64.0	111.0	1	2
HEGARTY Emma	QLD	68.10	1991	40.0	52.0	92.0	2	
<b>+75kg Women</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
MITCHELL Samantha	QLD	96.68	1990	63.0	75.0	138.0	1	1
FORD Stacey	QLD	100.62	1991	50.0	70.0	120.0	2	2
SEKONE-FRASER Tulua	NZ	79.38	1990	52.0	67.0	119.0	Guest	Gues

**Referees:** Tony Villanti (VIC), Centre - Kylie Booth (QLD), Saree Williams (VIC)

**Jury:** Pedro Sanchez (VIC), President - Sam Coffa (VIC), Leo Ryan (VIC)

### TEAM POINTS - WOMEN

#### Under 16

Queensland	69
South Australia	39

#### Under 18

Queensland	73
South Australia	29
Northern Territory	7
Victoria	6
Tasmania	5

### BEST LIFTERS - WOMEN

#### Under 16

	State	Sinclair
MITCHELL Samantha	QLD	138.94520
KAHI Casey	QLD	138.87800
KAHI Teri-Anne	QLD	129.49850

#### Under 18

	State	Sinclair
HUGHES Davina	QLD	198.03190
COLLYER Holly	QLD	180.94710
HARDY Amy	NT	172.13150

### RESULTS - MEN

<b>47kg Men</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
EDGE Justin	SA	46.60	1992	40.0	54.0	94.0	1	1
HOCKINGS David	QLD	41.90	1991	34.0	51.0	85.0	2	
<b>51kg Men</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
KAHI Nathan	QLD	50.56	1992	60.0	75.0	135.0	1	1
EDGLEY Nick	QLD	50.02	1990	45.0	65.0	110.0	2	
MCFARLAND Emilio	NSW	50.76	1991	50.0	60.0	110.0	3	2
STRACHAN Jamie	VIC	50.96	1990	37.0	48.0	85.0	4	3
MCDONALD Aaron	SA	47.38	1991	32.0	42.0	74.0	5	4

**Referees:** John Way (NSW), Centre - Tony Villanti (VIC), Dean Pascoe (SA)

**Jury:** Pedro Sanchez (VIC), President - Sam Coffa (VIC), Leo Ryan (VIC)

<b>56kg Men</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
TURNOR Bryan	WA	55.60	1989	68.0	94.0	162.0		1
COLE Cody	NZ	55.00	1990	72.0	88.0	160.0	Guest	Gues
HOCKINS Darryl	QLD	55.78	1988	70.0	82.0	152.0		2
PETERSON Mathew	VIC	54.48	1989	61.0	82.0	143.0		3
STARKEY David	NZ	54.48	1990	52.0	72.0	124.0	Guest	Gues

<b>62kg Men</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
BE Vanara	VIC	56.54	1988	95.0	110.0	205.0		1
MCCOSKER Tom	QLD	61.20	1988	86.0	102.0	188.0		2
WATKINS Dale	SA	60.04	1988	77.0	105.0	182.0		3
POIGNAND Dominic	SA	58.00	1989	73.0	95.0	168.0		4
LAMB Justin	NZ	60.32	1990	70.0	90.0	160.0	Guest	Gues
PRIOR Ben	WA	59.74	1990	70.0	84.0	154.0	1	5
TRASS Cameron	QLD	61.50	1990	60.0	76.0	136.0	2	6
TURNER Ben	QLD	61.28	1988	52.0	70.0	122.0	3	

**Referees:** John Way (NSW), Centre - Peter Bandjak (SA), Tony Villanti (VIC)

**Jury:** Chris Burden (SA), President - Sam Coffa (VIC), Leo Ryan (VIC)

<b>69kg Men</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
HOLLOWAY Mark	VIC	66.58	1988	90.0	110.0	200.0		1
HEINZ Corey	WA	68.14	1988	81.0	105.0	186.0		2
INGLIS Patrick	SA	64.42	1989	81.0	96.0	177.0		3
KATZ Daniel	VIC	64.84	1990	82.0	95.0	177.0	1	4
HALL Noel	NZ	67.22	1989	80.0	93.0	173.0		Gues
KAHI Brent	QLD	65.98	1990	68.0	90.0	158.0	2	5
KNOWLES Jonathon	QLD	66.34	1990	55.0	76.0	131.0	3	6
ROWAN Ashley	SA	62.32	1989	57.0	70.0	127.0		7
HUYNH Jason	NSW	65.64	1989	0.0	0.0	0.0		

<b>77kg Men</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
CHAMOUN Malek	NSW	75.36	1989	115.0	140.0	255.0		1
BRADY Joshua	QLD	73.80	1988	100.0	138.0	238.0		2
TAYLOR Scott	TAS	76.12	1989	100.0	115.0	215.0		3
DUNNE Michael	QLD	75.42	1991	52.0	72.0	124.0	1	
RENSHAW Shane	VIC	72.08	1990	53.0	70.0	123.0	2	

**Referees:** John Way (NSW), Centre - Peter Bandjak (SA), Kevin White (VIC)

**Jury:** Pedro Sanchez (VIC), President - Sam Coffa (VIC), Leo Ryan (VIC)

<b>85kg Men</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
MERREY Chris	VIC	84.48	1988	106.0	135.0	241.0		1
STYLIANIDIS Steve	NSW	82.38	1988	97.0	116.0	213.0		2
BARRON Luke	TAS	85.00	1988	95.0	116.0	211.0		3
CHONG NEE Billy	QLD	79.66	1990	72.0	86.0	158.0	1	4
HYATT Lyndon	QLD	83.86	1990	65.0	87.0	152.0	2	
DAVIES Keiran	VIC	77.56	1988	68.0	82.0	150.0		5

<b>94kg Men</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
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GALSWORTHY Robert	WA	93.46	1989	121.0	145.0	266.0		1
HEENEY Simon	NZ	92.52	1988	95.0	120.0	215.0		Gues
SMITH James	SA	92.82	1989	92.0	120.0	212.0		2
FRANCAZIO Simon	VIC	92.80	1990	76.0	88.0	164.0	1	3
LILLI Lewy	NSW	88.44	1988	60.0	95.0	155.0		4
BOUKRIM John Ray	NSW	92.12	1992	60.0	80.0	140.0	2	5

**Referees:** Graeme Harper (VIC), Centre - Tony Villanti (VIC), Jeff Hedger (SA)

**Jury:** Barrie Gilbert (SA), President - Pedro Sanchez (VIC), Chris Burden (SA)

<b>105kg Men</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
GARDNER Luke	QLD	102.82	1988	117.0	145.0	262.0		1
GRGUREVIC Zac	TAS	100.74	1991	75.0	110.0	185.0	1	2
KOK Adam	VIC	104.20	1990	72.0	90.0	162.0	2	3

<b>+105kg Men</b>	<b>State</b>	<b>B/Wt</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>U16</b>	<b>U18</b>
HATZIS James	QLD	107.12	1988	105.0	134.0	239.0		1
STEFFANS Jordan	SA	105.56	1989	100.0	129.0	229.0		2
DALSANTO Tom	SA	110.46	1988	80.0	95.0	175.0		3
FOX Michael	VIC	158.64	1988	75.0	85.0	160.0		4
MUNDAY Cameron	VIC	117.62	1990	48.0	62.0	110.0	1	

**Referees:** Dean Pascoe (SA), Centre - Graeme Harper (VIC), Kevin White (VIC)

**Jury:** Barrie Gilbert (SA), President - Kylie Booth (QLD), Chris Burden (SA)

## TEAM POINTS - MEN

### Under 16

Queensland	74	
Victoria	46	
South Australia	13	(3rd place on count back)
New South Wales	13	
Tasmania	9	= 5th place
Western Australia	9	

### Under 18

Victoria	65
Queensland	63
South Australia	53
New South Wales	32
Western Australia	29
Tasmania	19

## BEST LIFTERS - MEN

### Under 16

<b>State</b>	<b>Sinclair</b>
KATZ Daniel	VIC 247.01130
KAHI Nathan	QLD 229.37510
PRIOR Ben	WA 228.15510

### Under 18

**State Sinclair**

CHAMOUN Malek	NSW	322.99630
BE Vanara	VIC	317.04160
BRADY Joshua	QLD	305.25140



Above: (from Left) Ben Turner, Lyndon Hyatt, Cameron Trass, Jonathan Knowles, BJ Kahi, Nick Edgley, Billy Chong Nee, Nathan Kahi and David Hockins with the 2006 Under 16 National Male Championship Trophy.

All Photos by

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# **QUEENSLAND MASTERS CHAMPIONSHIPS**

**3<sup>rd</sup> June 2006**

## **CRUSHER PARK- NAMBOUR**

*By Barry Harden*

It was a beautifully sunny day for the 2006 Queensland Masters Championships hosted by the Sunshine Coast Weightlifting Club at Crusher Park, Nambour. The warm-up area, being outside took advantage of the weather. There were eighteen lifters in all including two guest lifters. It was heart warming to see almost as many women as men lifters as Nudgee Club just goes from strength to strength.

From here I could go on and give you a clinical blow-by-blow description of the competition but the results sheet can do that just as easily. Instead I would prefer to describe the atmosphere and why a bunch of aging athletes do this to themselves knowing that getting out of bed the next day is going to be a little harder.

The first session showed that determination does not decrease with age. The technique may be a little rough in places but the intention does not change from young to older lifter, and that is to do the best they possibly can. That was the thing that really struck me, not one lifter in the day's lifting came out just to do a total, they were all there to lift the most they possibly could.

I will try to describe some of the day's highlights:

Patrick Shannon set the tempo for the day by showing absolute determination with each lift. Mind you I think the Nudgee cheer squad helps. Bob Henderson always looks the goods with technique and flexibility. It was hard not to feel for Lawrie Townsend when you saw the look of disappointment on his face after the lift does not quite finish how he would like when he has tried so hard to make it right, still lifting good weights though. The Grzes brothers Harry and Ben always add excitement to the competition with their personal battles with both injuries and each other. I believe John Hanlon is starting to enjoy his lifting if only we could keep him off the football field.

It is obvious that Dave DeRose puts a lot of work in encouraging his Masters charges to enjoy their lifting and try to achieve their goals. Unfortunately, I did not get to see all lifts of the girls in the second session but what I did see was encouraging. As mentioned previously, the Nudgee cheer squad helps to add atmosphere and it is good to see the support they give each other. A couple of new faces I had not seen before, Maryanne Ryan and Michelle Kinnane, although a little nervous still acquitted themselves quite well. The experienced lifters of Julie Davis and Lorraine Hibbert went about their business of

setting new personal best's and breaking national records, as they seem to do at just about every competition.

I think sometimes the younger female lifters don't know the debt they owe lifters like Debra Keelan and Diana Loy who pioneered female weightlifting and are still supporting and enjoying the sport. For me it is magic to watch them come out to lift knowing the experience they have and seeing the professional way they go about business. It is good to see them still lifting very competitive weights. In fact I think Diana has found the elixir of youth as she is improving instead of going backwards like the rest of us.

In the ladies session we also had a guest lifter, Meg Scholz who was visiting from Mt Isa. Meg has just start her own weightlifting club up there called "Gunmaree". I am sure you will all join me in wishing her luck with her venture. And, by the way, Meg definitely looks the goods on the platform so we should see some talent coming out of Mt Isa shortly.

The last session was always going to be a small one but when Greg Hobl withdrew that only left three so like an idiot I volunteered to make up the numbers. Trevor Walz already has the Queensland clean & jerk and total record but the snatch record is starting to become a bit of nightmare. In an attempt to ensure he obtain the record Trevor failed to post a total in the snatch but he did come out later and improve on the clean & jerk record. Mal Irwin may have been carrying an injury that prevented him from threatening his best total but it did not stop him from tormenting me with a good show of power snatching and clean & jerks.

Peter Foster completed a very good day of lifting with personal bests and Queensland records that should bring a smile to Miles' face.

In conclusion I would like to thank the Members of my Club, the Sunshine Coast Weightlifting Club, who put in a lot of effort to ensure the competition went off without a hitch. Other people that definitely need thanking are Ian Moir who always works all day at these events and I think gets taken for granted and all the people that stayed to the end to try and keep up the atmosphere. Mal, Harry and Ben who helped us set up/pack up and Keith Forbes deserves a special mention for coming all the way from Stradbroke just to referee.

I would also like to thank Debra Lovely and Amanda Phillips who come up to the Coast just to promote Weightlifting. It was good to have them here , as we did not get any other support other than the competitors. It's a pity that the newspaper did not even turn up as they were supposed to, to interview Debra and Amanda.

I would like to make a short mention of the Crushers Rugby League. I think all those that attended would agree that it is a good venue and will probably be used for other competitions in future. It was provided to us free of charge as I think they expected to make money out of catering. This did not happen, as the competition was not well supported so our club gave them some money to keep in good for future comps. I think this may be something that will have to be addressed in some way prior to the next competition being held there. All suggestions welcome.





**2006 Queensland Masters Championships**

Crusher Park, Nambour Qld

3<sup>rd</sup> June 2006

<b>Men</b>							
<b>Name</b>	<b>Born</b>	<b>Club</b>	<b>Bwt</b>	<b>Snatch</b>	<b>Ci &amp; Jk</b>	<b>Total</b>	<b>MMS</b>
<b>35-39 Years</b>							
<b>+105kg Category</b>							
Peter Foster	1967	Cougars	117.00	119	140	259	305.769
<b>40-44 Years</b>							
<b>94kg Category</b>							
John Hanlon	1966		91.20	70	100	170	221.546
<b>45-49 Years</b>							
<b>94kg Category (Guest)</b>							
Barry Harden	1959	Sunshine Coast	89.00	90	115	205	289.428
<b>50-54 Years</b>							
<b>85kg Category</b>							
Trevor Walz	1952		83.50	---	104	---	---
<b>94kg Category</b>							
Mal Irwin	1953		92.20	88	111	199	293.752
<b>+105kg Category</b>							
Harry Grzes	1956	Cougars	117.90	63	82	145	188.757
<b>55-59 Years</b>							
<b>77kg Category</b>							
Lawrie Townsend	1951	Nudgee	76.00	65	84	149	253.527
<b>+105kg Category</b>							
Ben Grzes	1950	Cougars	132.90	61	90	151	213.263
<b>60-64 Years</b>							
<b>77kg Category</b>							
Bob Henderson	1943	Sunshine Coast	76.90	65	85	150	297.435
<b>65-69 Years</b>							
<b>105kg Category</b>							
Patrick Shannon	1940	Nudgee	103.50	42	60	102	185.818
<b>Women</b>							
<b>Name</b>	<b>Born</b>	<b>Club</b>	<b>Bwt</b>	<b>Snatch</b>	<b>Ci &amp; Jk</b>	<b>Total</b>	<b>MMS</b>
<b>35-39 Years</b>							
<b>58kg Category</b>							
Michelle Kinnane	1971	Nudgee	57.20	30	39	69	93.081
<b>40-44 Years</b>							
<b>58kg Category</b>							
Diana Loy	1965		58.00	66	78	144	205.788

Name	Born	Club	Bwt	Snatch	Cl & Jk	Total	MMS
<b>45-49 Years</b>							
<b>69kg Category</b>							
Lorraine Hibbert	1958	Nudgee	66.20	28	35	63	88.501
<b>+75kg Category</b>							
Debra Keelan	1961	Cougars	80.50	65	77	142	178.190
Maryanne Ryan	1961	Nudgee	82.40	26	38	64	79.712

**50-54 Years**

**53kg Category**

Julie Davis	1952	Nudgee	52.90	24	33	57	100.475
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**Guest**

**69kg Category**

Meg Scholz	1973	Gunmaree	64.70	52	60	112	135.613
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Referees: Bob Henderson (Cat I); Barry Harden (Cat II); Keith Forbes (National); Tanya Harden (National); Ray Loudon (State); Kathleen Harden (State); Owen McCosker (Club); Tom McCosker (Club).

Time Keeper: Kathleen Harden., Holly Collyer, Tom McCosker

M.C: Ian Moir.

**Best Lifter Awards**

Male	Peter Foster	305.769 MMS points
Female	Diana Loy	205.788 MMS points

**Masters Records**

Name	Cat	Lift	Weight	Age Group	Level
Julie Davis	53kg	Snatch	22.0	50 – 54	Qld, Aust
Julie Davis	53kg	Snatch	24.0	50 – 54	Qld, Aust
Julie Davis	53kg	Cl & Jk	30.0	50 – 54	Qld, Aust
Julie Davis	53kg	Cl & Jk	33.0	50 – 54	Qld, Aust
Julie Davis	53kg	Total	54.0	50 – 54	Qld, Aust
Julie Davis	53kg	Total	57.0	50 – 54	Qld, Aust
Lorraine Hibbert	69kg	Snatch	24.0	45 – 49	Qld, Aust
Lorraine Hibbert	69kg	Snatch	26.0	45 – 49	Qld, Aust
Lorraine Hibbert	69kg	Snatch	28.0	45 – 49	Qld, Aust
Diana Loy	58kg	Snatch	63.0	40 – 44	Qld, Aust
Diana Loy	58kg	Snatch	66.0	40 – 44	Qld, Aust
Diana Loy	58kg	Cl & Jk	78.0	40 – 44	Qld, Aust
Diana Loy	58kg	Total	140.0	40 – 44	Qld, Aust
Diana Loy	58kg	Total	144.0	40 – 44	Qld, Aust
Trevor Walz	85kg	Cl & Jk	102.0	50 – 54	Qld
Trevor Walz	85kg	Cl & Jk	104.0	50 – 54	Qld
Peter Foster	+105kg	Snatch	119.0	35 – 39	Qld
Peter Foster	+105kg	Total	259.0	35 – 39	Qld



**QWA League & Masters League, Round 2**  
 Toowoomba Weightlifting Association, Toowoomba Qld  
 13<sup>th</sup> May 2006

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

**Division 1**

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Davina Hughes	89	Toowoomba	55.40	66	86	152	26	89.071
Luke Gardner	88	Cougars	104.00	121	151	272	20	81.818
Tammie Hampton	87	Cougars	63.00	68	81	149	-18	40.203

**Division 2**

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Bowen Stuart	86	Toowoomba	76.40	98	122	220	25	83.355
Diana Loy	65		58.80	65	80	145	25	81.641
Holly Collyer	88	Sunshine Coast	62.80	67	87	154	20	80.156
Alison Noble	79	Nudgee	74.40	61	90	151	18	70.982
Darryl Hockins	88	Toowoomba	56.10	69	77	146	9	53.923
Mal Irwin	53		93.00	91	116	207	4	53.640

**Division 3**

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Nathan Kahi	92	Cougars	52.70	61	80	141	26	72.230
Brent Kahi	90	Cougars	66.40	70	92	162	24	69.378
Terri-Anne Kahi	91	Cougars	63.40	51	65	116	23	65.182
Bob Henderson	43	Sunshine Coast	77.30	65	80	145	12	48.709
Casey Kahi	90	Cougars	61.20	51	60	111	0	43.359
Trevor Walz	52		83.10	75	101	176	-7	37.557

**Division 4**

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Tierney Molenaar	91	Windaroo	61.40	47	60	107	26	67.797
Jeremy Hall	85	Cougars	60.10	52	73	125	26	64.462
Billy Chong Nee	90	Toowoomba	83.20	82	92	174	20	64.051
Jayde Thomas	91	Toowoomba	55.90	37	48	85	26	61.270
Kyle Randle	89	Toowoomba	91.20	63	80	143	26	60.293
Stacy Ford	91	Cougars	100.70	52	70	122	20	60.000
Michael Dunne	91	Cougars	74.70	54	74	128	26	59.952
Shannon Arenson	90	Bris Grammar	68.10	55	72	127	20	55.574
David Hockins	91	Toowoomba	43.10	37	54	91	25	54.836
Ben Turner	90	Windaroo	63.70	53	75	128	18	53.854
Jonathan Knowles	90	Toowoomba	68.20	60	77	137	15	53.375
Scott Clark	91	Sunshine Coast	54.10	50	62	112	16	52.721
Robert Hill	91	Toowoomba	44.70	32	49	81	16	42.557
Ben Grzes	56	Cougars	134.80	63	86	149	8	39.568
Michael Neylon	91	Toowoomba	89.10	50	62	112	7	33.859
Jessica Brown	90	Cougars	56.70	25	32	57	6	29.651
Julie Davis	52	Nudgee	54.00	24	30	54	5	27.407

Angela Murray	91	Cougars	46.30	25	40	65	-8	22.516
Harry Grzes	56	Cougars	120.00	64	80	144	-20	10.508

Referees: Bob Henderson (Cat I), Debra Keelan (Cat I), Ian Moir (Cat I), Barry Harden (Cat II), Chris Walsh (State), Brian Walsh (State), Dallas Turnbull (State), Melissa Turnbull (State), Deborah Lovely (State), Sue Edyvean (Club).

Time Keepers: Brian Walsh, Sue Edyvean, Christine Hobl, Lee Hughes.

M.C: Ian Moir; Debra Keelan.

<b>Records Name</b>	<b>Cat</b>	<b>Lift</b>	<b>Weight</b>	<b>Age</b>	<b>Level</b>
Julie Davis	58kg	Snatch	24.0	50 – 54 years	Aust, Qld
Julie Davis	58kg	Total	54.0	50 – 54 years	Aust, Qld
Diana Loy	63kg	Snatch	58.0	40 – 44 years	Aust, Qld
Diana Loy	63kg	Snatch	63.0	40 – 44 years	Aust, Qld
Diana Loy	63kg	Snatch	65.0	40 – 44 years	Aust, Qld
Diana Loy	63kg	Cl & Jk	74.0	40 – 44 years	Aust, Qld
Diana Loy	63kg	Cl & Jk	78.0	40 – 44 years	Aust, Qld
Diana Loy	63kg	Cl & Jk	80.0	40 – 44 years	Aust, Qld
Diana Loy	63kg	Total	139.0	40 – 44 years	Aust, Qld
Diana Loy	63kg	Total	143.0	40 – 44 years	Aust, Qld
Diana Loy	63kg	Total	145.0	40 – 44 years	Aust, Qld
Trevor Walz	85kg	Cl & Jk	101.0	50 – 54 years	Qld
Trevor Walz	85kg	Total	173.0	50 – 54 years	Qld
Trevor Walz	85kg	Total	176.0	50 – 54 years	Qld
Luke Gardner	105kg	Snatch	121.0	U20	Aust, Qld
Luke Gardner	105kg	Snatch	121.0	U18	Aust, Qld
Luke Gardner	105kg	Total	272.0	U20	Qld
Luke Gardner	105kg	Total	272.0	U18	Qld

### **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

<b>Name</b>	<b>Born</b>	<b>Club</b>	<b>Bwt</b>	<b>Sn</b>	<b>C&amp; J</b>	<b>Total</b>	<b>Bonus</b>	<b>Score</b>
<b>Men</b>								
Mal Irwin	53		93.00	91.0	116.0	207.0	0	64.185
Trevor Walz	52		83.10	75.0	101.0	176.0	0	58.771
Bob Henderson	43	Sunshine Coast	77.30	65.0	80.0	145.0	0	58.147
Ben Grzes	50	Cougars	134.80	63.0	86.0	149.0	6	49.690
Harry Grzes	56	Cougars	120.00	64.0	80.0	144.0	0	37.922
<b>Women</b>								
Diana Loy	65		58.80	65.0	80.0	145.0	6	70.967
Julie Davis	52	Nudgee	54.00	24.0	30.0	54.0	0	29.554



## **News News News**

***If you have an articles or ideas for the Weightlifting Queensland Journal please send an email to Kylie Booth at [qwa-kylie.booth@powerup.com.au](mailto:qwa-kylie.booth@powerup.com.au)***

- Erika Yamasaki (53kg) ,Joel Wilson (69kg) were selected for the 2006 Junior World Championships in China both placing 12<sup>th</sup> together with Miles Wydall as the coach.
- The Queensland Team who lifted recently at the Under 16 & Under 18 National Championships in Adelaide won the Under 16 and Under 18 Female and Under 16 Male team shields. Congratulations to all!
- Congratulations to Samantha Mitchell (Under 16) and Davina Hughes (Under 18) for winning their respective National Age Championships.
- Deborah Lovely and Damon Kelly were selected to attend the 2006 World University Championships in Izmir, Turkey.
- Congratulations to Luke Gardner, Troy Hewkins, Damon Kelly, Anthony Salsone, Ben Turner, Joel Wilson, Holly Collyer, Tamara Hampton, Davina Hughes, Liana Lambert, Amanda Phillips, Deborah Lovely and Erika Yamasaki who have been named as team members for the 2006 Senior and Junior Oceania Championships to be held in Apia, Samoa, with special mention to Luke, Anthony, Holly and Liana with their first ever selection on an Australian team. Congratulations must also go to Greg Hobl, Angela Wydall and Miles Wydall who have been selected as coaches. Good Luck to them all!!
- Vicky Brady, Diana Loy, Deborah Keelan and Lawrie Townsend have qualified and will compete at the 2006 World Masters in Bordeaux, France.



**Above (from left): Sam Mitchell with her Best Under 16 Lifter award, Nathan Kahi and Davina Hughes with her Best Under 18 Lifter award from the 2006 National Under 16 & Under 18 Championships in Adelaide in April.**

# Technically Speaking

*By Ian Moir*

The rules that govern weightlifting competitions are the International Weightlifting Federation (IWF) Technical Rules. The IWF Technical Rules strictly apply at World Championships, Olympic Games; and other International weightlifting events. However, at lower levels of competition such as State Championships, some variations to the competition procedures are permitted.

In recent years, the procedures adopted at National Championships have been brought more into line with the IWF Rules. Queensland Championships have also changed in some ways, however there are still some procedural differences between Queensland events and National Championships. In this edition, we highlight these differences.

## **Qualifying Standards**

**National Championships** – qualifying standards apply for all national championships except Masters. Lifters who have not achieved these standards can still compete in national championships if they are selected by their state association, however unqualified lifters must compete in the bodyweight category in which they are entered, i.e. qualified entrants can change categories, but non-qualified entrants can not change categories.

**Qld Championships** – qualifying standards only apply to the Qld Open & Under 20 Championships. To be eligible to compete in the Open Championships, lifters must have achieved the AWF C Grade standard in the twelve months up to the close of entries. To be eligible to compete in the Under 20 Championships, lifters must have achieved the AWF D Grade standard in the twelve months up to the close of entries.

## **Verification of Entries**

**National Championships** – the verification of entries takes place at a meeting convened for this purpose, before the start of the competition. The representatives of each state team attend this meeting and they can make changes to the preliminary entries from their state. Once each representative has verified his or her state's final entries and the meeting is closed, no further changes can be made to the entries for the Championships.

**Qld Championships** – the verification of entries takes place at 1:00pm on the day before the championship. Anytime between the publication of the preliminary entries and 1:00pm on the day before the event, individual entrants or their coach can change the bodyweight category in which the lifter is entered. These changes can be made by notifying the QWA General Manager in person; by telephone; by email; or by fax. After 1:00pm on the day before the championship, no changes can be made.

**QWA League & Masters League** – at these events, lifters compete within the League Divisions and are not required to nominate a bodyweight category prior to the event. So no verification of final entries is necessary.

## **Weigh-In**

**National Championships** – the weigh-in for each competition session commences two hours before the scheduled start time of the session and lasts for one hour. An entrant who does not weigh within the limits of his or her nominated bodyweight category before the end of the weigh-in is not permitted to lift in the event.

An entrant who arrives too late for the weigh-in, i.e. he or she first arrives at the weigh-in room after their scheduled weigh-in is finished, is not weighed and is not permitted to lift in the event.

**Qld Championships** – the weigh-in for each competition session commences two hours before the scheduled start time of the session and lasts for one hour. Any entrant who does not weigh within the limits of his or her nominated bodyweight category before the end of the weigh-in, is permitted to lift in the event but as a 'Guest' only, i.e. he or she can not compete for medals or other awards.

An entrant who arrives at the weigh-in room too late, i.e. after their scheduled weigh-in has finished, may be permitted to lift in the event as a 'Guest'.

**QWA League & Masters League** – the weigh-in for each competition session commences two hours before the scheduled start time of the session and lasts for one hour. Competitors are weighed once only, unless they wish to try to reduce or increase their weight to fit into a particular category. In this case, the competitor can return as many times as necessary during the weigh-in to make weight. If at the end of the weigh-in, the competitor is still weighing outside the limits of the category that he or she was trying to make, then the bodyweight recorded when he or she was first weighed is entered in the competition forms.

An entrant who arrives at the weigh-in room too late, i.e. after their scheduled weigh-in has finished, may be permitted to lift in the event as a 'Guest'. Guests in the QWA League & Masters League do not gain points from the competition.

### **Presentation Of Athletes And Officials**

**National Championships** – fifteen minutes before the start of the competition, the presentation of lifters commences. Once the lifters have been presented to the audience and have returned to the warm-up area, the Competition Officials – Referees and Technical Controllers – are presented in similar fashion.

**Qld Championships and QWA League & Masters League** – fifteen minutes before the start of the competition, the presentation of lifters commences. The Referees are introduced in their respective 'working' positions prior to the start of the competition.

### **Nominating and Changing Weights**

**National Championships** – Competitor's Cards (sometimes called Attempt Cards) are used to indicate the weights that lifters wish to attempt in the competition. The lifters or their coaches write the first attempts on the Competitor's Cards at the weigh-in and these cards are displayed in the warm-up area and monitored by the Marshals. When a lifter wishes to change the weight of their first attempt or nominate weights for their second and third attempts, the lifter or their coach must write the weight in the appropriate space on the Competitor's Card and sign it. The Marshals will then relay this information to the Announcer.

**Qld Championships and QWA League & Masters League** – when Competitor's Cards are used, the procedure is the same as for National Championships. If Competitor's Cards are not used, when a lifter wishes to change the weight of their first attempt or nominate weights for their second and third attempts, the lifter or their coach must tell the Marshal in the warm-up area who will relay the information to the Announcer. Or the lifter or coach can tell the Announcer directly, if it is more convenient.

### **No Result In The Snatch**

**National Championships** – if a competitor fails to achieve at least one successful attempt in the Snatch, he or she is **NOT** permitted to lift in the Clean & Jerk.

**Qld Championships and QWA League & Masters League** – if a competitor fails to complete at least one successful attempt in the Snatch, he or she **IS** permitted to lift in the Clean & Jerk.



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WE ARE ON THE WEB!!

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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 organized 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.*