



# Weightlifting Queensland

June 2007

The Official Journal of the Queensland Weightlifting Association Inc.



2007 Queensland Under 16 & Under 18 Team

From Left: (Front Row) Casey Marie Jaenke-Cain, Bonnie Sleeman, Jessica Brown (2<sup>nd</sup> Row) Angela Wydall, Georgette Graham, Davina Hughes, David Hockins (Back Row) David Molde, Billy Chong Nee, Jessie Caldwell, Greg Hobl, Blake Lewer, Matthew Arthy, Stacy Ford, Miles Wydall, Mitchell Thurlow, Chanelle Sa'u, Erika Yamasaki

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## Weightlifting Queensland

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Executive Officer: Vicki Brady  
Executive Officer: Tanya Harden  
Executive Officer: Jason Hassard  
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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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Photos by Miles Wydall

### Disclaimer

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



# 2007 Events Calendar

July 1	National Masters Championships	Perth
<b>July 28</b>	<b>QWA League Round 3 &amp; Masters League Round 3</b>	<b>Cougars</b>
August 9 - 12	World University Championships	Lima, PERU
August 10 – 12	National U20 & Open Championships	Brisbane
August 25 – Sep 1	IWF World Masters Championships	Kazincbarcika, HUN
September 9	Nudgee Open Club Competition	Nudgee
September 15	Sunshine Coast Open Club Competition	Nambour
September 15 – 24	World Senior Championships	Changmai, THA
September 21	Toowoomba Open Club Competition	Toowoomba
<b>October 6</b>	<b>QWA League &amp; Masters League Final</b>	<b>Nudgee</b>
October 13 – 14	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
<b>October 27</b>	<b>Old All Schools Championships</b>	<b>Cougars</b>
November 3 – 4	State Weightlifting / Sports Power Coach Level 2 course	Chandler
November 16	Toowoomba Open Club Competition	Toowoomba
November 26 – Dec 1	Oceania Championships & World Cup	Apia, SAMOA
<b>December 8</b>	<b>Queensland 2000 Tournament</b>	<b>Brisbane</b>
December 15	Sunshine Coast Open Club Competition	Nambour
December 15	"Michael Keelan" Shield	Cougars
December 22	"Lawrie Townsend" Christmas Competition	Nudgee

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

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

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

The qualifying period for the Queensland 2000 Tournament is 1<sup>st</sup> January 2007 – 30<sup>th</sup> September 2007

Queensland Teams for the 2007 National Open & Under 20 Championships will be selected according to the QWA Selection Policy taking into consideration only results from the following events:

QWA League & Masters League Round 1	17 <sup>th</sup> February 2007
Old U16 & U18 Championships	10 <sup>th</sup> March 2007
QWA League & Masters League Round 2	5 <sup>th</sup> May 2007
Old Masters Championships	26 <sup>th</sup> May 2007
# Old Open & U20 Championships	23 <sup>rd</sup> June 2007

And all National and International events held between 1<sup>st</sup> January 2007 and 23<sup>rd</sup> June 2007.

# To be eligible to be selected to represent the QWA at the 2007 National Open & U20 Championships, athletes must compete in the 2007 Queensland Open & U20 Championships.

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

# From the QWA Office

By Ian Moir, QWA General Manager

This year marks the 20<sup>th</sup> anniversary of the Incorporation of the QWA. While the sport of Weightlifting has been conducted in Queensland since at least the 1930's, it was on 26<sup>th</sup> August 1987 that the *Queensland Amateur Weight Lifters Association* became registered as the *Queensland Weightlifting Association Inc.*

Incorporation in the State of Queensland is regulated by the Associations Incorporation Act 1981 (Qld). In recent years there has been much debate within the sport industry and elsewhere about the value of Incorporation for associations and some former Incorporated Associations have opted to register as a Company Limited, where those organisations believe that the Corporations Law is more relevant to their purpose and their business. However, for the QWA, Incorporation arguably remains as relevant today as it did twenty years ago. As one would expect of an Act of Parliament, the Associations Incorporation Act is described in a lengthy document, running to some 128 pages, but the following information from the Qld Government Office of Fair Trading website gives a general overview of the meaning and intention of Incorporation:

*Incorporation is a system of registration that gives an association certain legal advantages in return for accepting certain legal responsibilities.*

*Generally, incorporation under the provisions of the Associations Incorporation Act 1981 is available to any association that is formed or carried on for any lawful purpose except those designed for the purpose of financial gain for its members.*

*An incorporated association receives recognition as a legal entity separate from its members. Once incorporated, an association has all the powers of an individual and is legally able to do things in its own name, such as own land, sign a lease, or appear in court.*

*Although there are benefits to be gained from incorporation, there are also obligations. Incorporation requires the payment of application fees, obliges the association to have its financial transactions annually audited or verified depending on income or asset level and lodge annual financial returns, requires that the association comply with the provisions of the Act regarding the running of the association and may require the association to hold a public liability insurance policy.*

*An association that remains unincorporated has no separate legal identity from its members and must rely on individuals to do things for it in their own names.*

*As the management committee members are the ones who normally make and implement decisions for an association, the ultimate responsibility for debts and other legal obligations will usually rest with them.*

*This will be the situation even if the association is operating according to a written constitution or set of rules.*

*Incorporation provides relatively inexpensive protection for management committee members against the possibility of being personally responsible for the organisation's debts and liabilities.*

*Although this protection is not absolute, it does offer protection to management committee members who carry out their responsibilities in good faith and with care, diligence and skill.*

So basically, Incorporation allows the QWA to operate as an association of members who appoint a Management Committee and empower that committee to make decisions on behalf of all members and to carry out what members would consider to be 'normal functions' in the name of the association such as operating bank accounts; purchasing services, supplies and equipment; employing staff; leasing premises; accessing Government funding; and so on.

One important condition of Incorporation is that the association does not operate for the purpose of generating profits to be disbursed to anyone. Unlike a proprietary company which returns profits or dividends to owners or shareholders, the QWA Inc uses all funds raised to achieve the Principle Objects of the association as stated in the QWA's Constitution, two of which are:

To organise, control and develop the sport of weightlifting in Queensland under Australian Weightlifting Federation Rules.

To authorise and supervise all weightlifting activities of members in Queensland.

Which brings me to the next point – the value of membership. An Incorporated Association exists to benefit its members. While the objects of the QWA Inc are principally related to providing services in the sport of Weightlifting in Queensland, the right to access these services is limited to QWA Members and those individuals and organisations who assist in the attainment of the QWA's Objects. So, by becoming members of the QWA Inc, individuals are buying-in to a collective which provides them with services and opportunities to participate in the sport of Weightlifting which are, to the greatest extent possible, quality-assured. And of course, as with membership of any association, the best way to make the most of it, i.e. get the greatest value for the price of admission, is to participate regularly in the association's activities.

By coincidence, my own membership of the QWA commenced in 1987, the year of the association's incorporation. As a new member, I was impressed by the enthusiasm and vision of the people who were running the association at that time. I have no doubt that in making the decision to incorporate Queensland's weightlifting association all those years ago, those people took a very important step towards shaping the organisation that we know today as the QWA.

Until next time...

Ian Moir

# President's Message

It has been an extremely busy start to the Weightlifting year. Already we have seen milestones set. I was fortunate enough to be refereeing at the Arafura Games in Darwin when Deborah Lovely became the first Queensland female to snatch 100kg, and she made it look so easy! It has been great to see our Commonwealth Games athletes back on the platform, congratulations to Ben Turner, Deborah Lovely, Damon Kelly, Erika Yamasaki, and Amanda Phillips on strapping back on your boots, you really are an inspiration to the Weightlifting community.

Congratulations to Erika Yamasaki, Anthony Salsone and coach Miles Wydall on their performances at the Junior World Championships in Prague, it is fantastic to see QWA members continuing to represent Australia at this level.

Congratulations to Kylie Booth on successfully upgrading to International Category 1 referee status at the National U16/U18 National Championships in Sydney.

On the Management Committee front (Greg Hohl, Miles Wydall, Damon Kelly, Tanya Harden, Jason Hassard, Vicki Brady and Angela Wydall) lots of work has been done to tighten up our existing policies, so that our members can be assured of fair and equitable selection processes. The updated QWA Officiating Pathway has been endorsed, and very clearly shows the process required to advance from Club Referee through to Category 1 referee. The pathway has a very strong mentoring component that will hopefully assist in the recruitment and development of our referee population. Work continues on updating our Strategic/Operational plan, and adopting a Governance Policy. Talent Identification (TID) continues in the schools, the program is being expertly managed by Amanda Phillips, and we are seeing lots of new lifters in the gym's and on the competition platform.

Things aren't set to slow down any time soon with Queensland readying itself to host the National U20 and Open Weightlifting Championships at Chandler 10-12 August. We are seeking volunteers for all manner of important tasks, from loaders, competition set-up and breakdown, computer entry operators, marshalls, time clock operators and I guess we probably will need a few referees. We would love to hear from you if you are able to help out, even for just one session. Please email or phone Ian Moir with your availability details.

An area the Queensland Weightlifting Association continues to struggle, is in the area of sponsorship. With sponsorship funds at our disposal we could improve and expand our programs. Do you know someone or some company that would be keen to sponsor a specific competition event eg the Queensland 2000, the QWA League Final, the Schools TID program, or be a sponsor partner for the National Championships in Brisbane. If so we would love to hear from you! Contact Ian Moir or myself.

Till the next newsletter,  
Yours in sport,  
Debra Keelan  
QWA President.



# Australian Championships (16 & U18)

## 20 - 21 April 2007, Sydney Olympic Park

Weight	Name	YOB	STATE	B/WT	SNATCH	C&J	TOTAL	U16	U18
7kg Men	Lockins David	91	QLD	46.66	44	68	112	1	1
	Maumann Sam	92	QLD	45.60	33	43	76	2	
1kg Men	Larsen Mathew	91	NZL	50.52	61	85	146	Guest	Guest
	Henriques-Gomes Luke	92	VIC	48.62	48	62	110	1	1
5kg Men	Anderson Matthew	89	VIC	55.14	72	91	163		1
	Devaivitharana Avantha	90	NZL	53.44	62	82	144	Guest	Guest
	Phillips Vester	91	NZL	53.38	57	77	134	Guest	Guest
	Edwards Justin	92	SA	54.60	53	70	123	1	2
	Deakin Myles	92	SA	51.58	43	54	97	2	3
2kg Men	Doyle Cody	90	NZL	61.50	95	113	208	Guest	Guest
	Turner Bryan	89	WA	60.32	82	113	195		1
	Harkey David	90	NZL	61.62	72	94	166	Guest	Guest
	Whelan Nathan	92	QLD	60.10	72	93	165	1	2
	McKone-Fraser Douglas	91	NZL	60.86	63	91	154	Guest	Guest
	Wark Scott	91	QLD	57.76	65	80	145	2	3
	De Sousa Matt	90	VIC	61.32	60	70	130		4
	Wilson James	93	VIC	61.60	43	58	101	3	
Harkins Liam	93	VIC	57.60	35	48	83	4		
3kg Men	Wiggins Patrick	89	SA	66.74	95	114	209		1
	Watz Daniel	90	VIC	67.86	90	112	202		2
	McCConnell Stephen	91	VIC	62.22	71	85	156	1	3
	Anderson Shannon	90	QLD	66.88	63	79	142		4
	Wolde Dave	91	QLD	62.34	52	67	119	2	5
	Wook Lachlan	92	VIC	65.62	49	60	109	3	
	Manavan Patrick	92	NSW	67.12	47	61	108	4	6
Wright Matthew	91	QLD	62.28	44	61	105	5		
7kg Men	Tratangelo Chris	89	TAS	75.80	85	112	197		1
	Callaghan Sean	91	NZL	71.48	70	90	160	Guest	Guest

Hyunh Jason	89	NSW	73.40	65	85	150		2	
Dunne Michael	91	QLD	74.38	61	83	144	1	3	
Turner Ben	90	QLD	70.14	57	81	138		4	
Barry-Murphy Callum	91	VIC	74.76	58	77	135	2	5	
Takahashi Shunsuke	92	QLD	75.54	50	67	117	3		
Castagna Luke	93	VIC	75.02	50	60	110	4		
<b>85kg Men</b>		<b>YOB</b>	<b>STATE</b>	<b>B/WT</b>	<b>SNATCH</b>	<b>C&amp;J</b>	<b>TOTAL</b>	<b>U16</b>	<b>U18</b>
Chamoun Malek	89	NSW	83.76	125	145	270		1	
Taylor Scott	89	TAS	79.32	103	128	231		2	
Chatfield Alex	89	NSW	82.48	85	95	180		3	
Litviak Daniel	93	VIC	77.84	61	79	140	1		
Woodward Josh	91	VIC	77.54	55	70	125	2	4	
<b>94kg Men</b>		<b>YOB</b>	<b>STATE</b>	<b>B/WT</b>	<b>SNATCH</b>	<b>C&amp;J</b>	<b>TOTAL</b>	<b>U16</b>	<b>U18</b>
Chong Nee Billy	90	QLD	88.34	100	113	213		1	
Boukarim John Ray	92	NSW	87.80	88	113	201	1	2	
Francazio Simon	90	VIC	92.98	84	105	189		3	
Gallagher Richard	90	NZL	85.46	85	100	185	Guest	Guest	
Hyatt Lyndon	90	QLD	87.12	71	100	171		4	
<b>105kg Men</b>		<b>YOB</b>	<b>STATE</b>	<b>B/WT</b>	<b>SNATCH</b>	<b>C&amp;J</b>	<b>TOTAL</b>	<b>U16</b>	<b>U18</b>
Galsworthy Robert	89	WA	99.82	125	160	285		1	
Grgurevic Zac	91	TAS	102.04	103	130	233	1	2	
Steffens Jordan	89	SA	94.10	104	125	229	2	3	
Quinn Joshua	91	VIC	102.52	72	90	162		4	
Lewer Blake	89	QLD	98.14	70	90	160		5	
Ussia Damien	90	NSW	97.06	70	76	146		6	
Thurlow Mitchell	92	QLD	103.98	51	67	118	3		
<b>+105kg Men</b>		<b>YOB</b>	<b>STATE</b>	<b>B/WT</b>	<b>SNATCH</b>	<b>C&amp;J</b>	<b>TOTAL</b>	<b>U16</b>	<b>U18</b>
Kok Adam	90	VIC	111.68	90	120	210		1	
<b>40kg Women</b>		<b>YOB</b>	<b>STATE</b>	<b>B/WT</b>	<b>SNATCH</b>	<b>C&amp;J</b>	<b>TOTAL</b>	<b>U16</b>	<b>U18</b>
Chisholm Courtenay	95	TAS	33.76	20	30	50	1	1	
<b>44kg Women</b>		<b>YOB</b>	<b>STATE</b>	<b>B/WT</b>	<b>SNATCH</b>	<b>C&amp;J</b>	<b>TOTAL</b>	<b>U16</b>	<b>U18</b>
Jaenke-Cain Casey-Marie	92	QLD	43.10	31	41	72	1		
Graham Georgette	93	QLD	43.72	28	37	65	2		
<b>48kg Women</b>		<b>YOB</b>	<b>STATE</b>	<b>B/WT</b>	<b>SNATCH</b>	<b>C&amp;J</b>	<b>TOTAL</b>	<b>U16</b>	<b>U18</b>
Saenger Sarah	91	VIC	45.08	22	32	54	1	1	
<b>53kg Women</b>		<b>YOB</b>	<b>STATE</b>	<b>B/WT</b>	<b>SNATCH</b>	<b>C&amp;J</b>	<b>TOTAL</b>	<b>U16</b>	<b>U18</b>
Hughes Davina	89	QLD	52.82	60	79	139		1	
Be Socheata	89	VIC	52.54	62	72	134		2	
Kahi Michelle	94	QLD	52.22	42	52	94	1	3	
Castree Sarah	90	SA	52.58	36	54	90		4	

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		YOB	STATE	B/WT	SNATCH	C&J	TOTAL	U16	U18
8kg Women									
ardy	Amy	89	WA	57.80	63	80	143		1
ovelock	Alecia	90	WA	56.50	50	69	119		2
/heldon	Sabrina	90	VIC	56.56	45	58	103		3
rown	Jessica	90	QLD	56.74	41	57	98		4
ash	Chantel	92	TAS	55.32	37	53	90	1	5
homas	Jayde	91	QLD	57.20	40	50	90	2	6
aldwell	Jessie	92	QLD	55.84	32	45	77	3	
tepleton	Gabrielle	93	NSW	57.90	27	38	65	4	7

		YOB	STATE	B/WT	SNATCH	C&J	TOTAL	U16	U18
3kg Women									
e Bondt	Dana	89	VIC	60.94	48	55	103		1
ose	Lauren	93	NSW	63.00	22	40	62	1	2

		YOB	STATE	B/WT	SNATCH	C&J	TOTAL	U16	U18
9kg Women									
ambrechs	Chantal	90	NZL	66.92	55	73	128	Guest	Guest
ahi	Teri-Anne	91	QLD	67.52	55	73	128	1	1

		YOB	STATE	B/WT	SNATCH	C&J	TOTAL	U16	U18
5kg Women									
ahi	Casey	90	QLD	71.82	52	71	123		1
ovely	Rebekah	90	QLD	74.98	58	65	123		2
leeman	Bonnie	93	QLD	71.92	40	56	96	1	

		YOB	STATE	B/WT	SNATCH	C&J	TOTAL	U16	U18
75kg Women									
a'u	Chanelle	91	QLD	107.68	65	86	151	1	1
ekone-Fraser	Tulua	90	NZL	84.08	55	75	130	Guest	Guest
ord	Stacy	91	QLD	108.20	52	77	129	2	2



2007 National Championships Best Under 18 Lifter Davina Hughes and Best Under 16 Lifter Chanelle Sa'u.

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# Arafura Games (Incorporating Commonwealth & Oceania Junior Championships)

13 - 15 May 2007,

Darwin Entertainment Centre, Australia

48kg Women	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
SUZANNE HIRAM	1987	NRU	47.18	67	81	148	1	1	1	1
NURNIADA NORDIN	1988	MAS	47.90	58	70	128	2	2	2	
AZIZAH FADZIL	1991	MAS	47.98	55	72	127	3	3	3	

53kg Women	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
DIKA TOUA	1984	PNG	52.44	80	105	185	1			
ERIKA YAMASAKI	1987	AUS	50.24	69	81	150	2	1	1	1
DAVINA HUGHES	1989	AUS	52.86	64	80	144	3	2	2	2
SHARIFAH INANI NAJWA SYD	1990	MAS	52.58	61	78	139	4	3	3	
LISA SOUTER	1973	NT	52.76	52	72	124	5			
NURUL SHAMIRA ABD RANI	1990	MAS	49.30	45	62	107	6	4	4	

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58kg Women	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
WENDY HALE	1987	SOL	56.82	78	94	172	1	1	1	1
DIANA LOY	1965	QLD	57.80	64	83	147	2			
NUR AMYZA ISMAIL	1988	MAS	56.12	63	77	140	3	2	2	2

63kg Women	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
REBECCA BROOKE	1987	NT	62.24	71	83	154	1	1		
AMY HARDY	1989	AUS	62.82	67	82	149	2	2	1	1
JUANITA WHITE	1987	AUS	62.08	63	77	140	3	3	2	2
NOOR HASLIZA SABANI	1991	MAS	58.86	56	70	126	4	4	3	

69kg Women	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
HOLLY COLLYER	1988	AUS	65.48	67	93	160	1	1	1	1

75kg Women	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
TAMMIE HAMPTON	1987	AUS	69.46	65	78	143	1	1	1	1
MELISSA MILLER	1989	NT	72.50	50	64	114	2	2		

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+75kg Women	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
ELE OPELOGE	1985	SAM	110.26	108	132	240	1			
DEBORAH LOVELY	1983	QLD	86.60	100	126	226	2			
KEFILINI TUALAU	1984	TGA	130.90	95	120	215	3			
NARITA VILIAMU	1989	NIU	141.02	78	122	200	4	1	1	1
KATE LINFORD	1987	AUS	97.92	71	87	158	5	2	2	2

56kg Men	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
MOHD FAZIL DOLLAH	1989	MAS	52.64	95	118	213	1	1	-	-
MOHD SYAFIG ISMAIL	1988	MAS	56.00	105	0	0	-	-	-	-

62kg Men	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
MANUEL MINGINFEL	1978	FSM	61.02	125	160	285	1			
HONGXIANG ZHANG	1991	CHN	61.76	105	126	231	2	1		
BRONCO DEIRERAW	1991	NRU	60.76	95	120	215	3	2	1	1
KHAIRUL RIDHWAN AMMERAN	1990	MAS	59.00	90	121	211	4	3	2	
CAMERON SINCLAIR	1987	NZL	61.28	95	115	210	5	4	3	2

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CODY COLE	1990	NZL	61.86	91	115	206	6	5	4	3
BRYAN TURNOR	1989	WA	61.14	86	115	201	7	6		
BROWN RAMOHAKA	1988	SOL	61.56	82	105	187	8	7	5	4
GRAHAM WALKER	1970	NT	60.10	77	95	172	9			

69kg Men	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
MOHD HAFIFI MANSOR	1990	MAS	66.06	110	145	255	1	1	1	
ABD MUBIN RAHIM	1991	MAS	67.94	108	140	248	2	2	2	
SHANE GATES	1987	AUS	68.82	105	130	235	3	3	3	1
SIRLA PERA	1992	COK	68.40	75	85	160	4	4		2

77kg Men	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
MARK SPOONER	1984	NZL	74.28	124	158	282	1			
ANTHONY SALSONE	1987	AUS	75.56	110	143	253	2	1	1	1
JOSHUA BRADY	1988	AUS	74.44	110	142	252	3	2	2	2
JIMMY NAME	1987	PNG	75.82	100	130	230	4	3	3	3
DAVID GOROSI	1988	SOL	74.26	95	115	210	5	4	4	4
YUKIO PETER	1984	NRU	76.72	0	0	0	-	-	-	-

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85kg Men	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
CHENGJI DING	1987	CHN	83.36	145	185	330	1	1		
RICHARD PATTERSON	1983	NZL	83.04	141	175	316	2			
FAAVAE FAAULIULI	1983	SAM	83.96	129	171	300	3			
MALEK CHAMOUN	1989	AUS	83.18	126	150	276	4	2	1	1
ANDREW RODGERS	1987	NZL	82.08	115	147	262	5	3	2	2
MOHD FAIZ MUSA	1989	MAS	84.64	110	150	260	6	4	3	
COREY HEINZ	1988	WA	84.22	95	132	227	7	5		

94kg Men	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
MUHAMMAD ZAFRIL ZULKIFLI	1988	MAS	93.88	125	145	270	1	1	1	
JONATHON SELKIRK	1984	NZL	91.64	120	146	266	2			
CHRIS MERREY	1988	AUS	87.78	110	145	255	3	2	2	1

105kg Men	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
NIUSILA OPELOGE	1980	SAM	104.26	150	191	341	1			
ROBERT GALSWORTHY	1989	AUS	101.42	130	165	295	2	1	1	1
DANIEL NEMANI	1981	NZL	104.80	135	155	290	3			
STANISLAV CHALEAV	1982	NZL	100.82	120	152	272	4			
LUKE GARDNER	1988	AUS	104.56	114	146	260	5	2	2	2



+105kg Men	DoB	NAT	B/WT	SNATCH	C&J	TOTAL	ARAFURA SENIOR	ARAFURA JUNIOR	COMM JUNIOR	OCEANIA JUNIOR
ITTE DETENAMO	1986	NRU	146.92	160	200	360	1			
SAMUEL PERA	1989	COK	110.64	145	180	325	2	1	1	1
MATTHEW FALCONE	1987	AUS	149.36	125	160	285	3	2	2	2



From Left: 77kg Category medal winners Joshua Brady (AUS - Silver), Anthony Salsone (AUS - Gold) Jimmy Naime (PNG - Bronze)



Australian Team



Anthony Salsone, Josh Brady, Miles Wydall and Luke Gardner



Greg Hobl and Miles Wydall aka Groucho & Harpo Marx



2007 Queensland Masters Championships  
Crusher Park, Nambour Qld  
26<sup>th</sup> May 2007

Men							
Name	Born	Club	Bwt	Snatch	Cl & Jk	Total	MMS
<b>70-74 Years</b>							
<b>62kg Category</b>							
Keith Penney	37		60.9	45	60	105	296.376
<b>65-69 Years</b>							
<b>105kg Category</b>							
W. Patrick Shannon	40	Nudgee	103.4	42	63	105	196.846
<b>60-64 Years</b>							
<b>77kg Category</b>							
Bob Henderson	43	SCWC	76.6	55	70	125	252.185
<b>55-59 Years</b>							
<b>+105kg Category</b>							
Ben Grzes	50	Cougars	132	60	80	140	202.683
<b>50-54 Years</b>							
<b>94kg Category</b>							
Malcolm Irwin	53		90.1	87	106	193	293.65
<b>40-44 Years</b>							
<b>85kg Category</b>							
Michael Arenson	64		78.4	70	90	160	231.788
<b>105kg Category</b>							
John Hanlon	66	Cougars	96.7	75	103	178	228.426
<b>+105kg Category</b>							
Peter Foster	67	Cougars	112.4	111	126	237	285.733
<b>35-39 Years</b>							
<b>+105kg Category</b>							
Alan McMenamin	69	Nudgee	117.5	67	83	150	175

Women							
Name	Born	Club	Bwt	Snatch	Cl & Jk	Total	MMS
<b>60-64 Years</b>							
<b>53kg Category</b>							
Vicki Brady	43	Nudgee	50	25	30	55	123.969
<b>54-59 Years</b>							
<b>53kg Category</b>							
Julie Davis	52	Nudgee	52	25	36	61	111.62
<b>50-54 Years</b>							
<b>69kg Category</b>							
Leandra Miscamble	56	Nudgee	64.1	26	35	61	89.363
<b>45-49 Years</b>							
<b>69kg Category</b>							
Lorraine Hibbert	58	Nudgee	64.5	31	34	65	93.286
<b>75kg Category</b>							
Sandra Rodger	58	Nudgee	73	29	40	69	92.889
<b>+75kg Category</b>							
Debra Keelan	61	Cougars	86.1	60	70	130	161.524
Maryanne Ryan	61	Nudgee	85.5	---	---	---	---
<b>40-44 Years</b>							
<b>63kg Category</b>							
Diana Loy	65		59.6	68	78	146	206.709
<b>35-39 Years</b>							
<b>58kg Category</b>							
Michelle Kinnane	71	Nudgee	56.9	35	42	77	105.731

Referees: Bob Henderson (Cat I); Lawrie Townsend (Cat II); Keith Forbes (National); athleen Harden (State); Diana Loy (State); Holly Collyer (Club).

Time Keeper: Tanya Harden

M.C: Ian Moir.

**Best Lifter Awards**

Male Keith Penney 296.376 MMS points  
Female Diana Loy 206.709 MMS points

**Masters Records - Men**

Name	Cat	Lift	Weight	Age Group
Keith Penney	62kg	Snatch	40.0	70 – 64
Keith Penney	62kg	Snatch	45.0	70 – 64
Keith Penney	62kg	Cl & Jk	60.0	70 – 64
Keith Penney	62kg	Total	105.0	70 – 64
John Hanlon	105kg	Snatch	71.0	40 – 44
John Hanlon	105kg	Snatch	73.0	40 – 44
John Hanlon	105kg	Snatch	75.0	40 – 44
John Hanlon	105kg	Cl & Jk	101.0	40 – 44
John Hanlon	105kg	Cl & Jk	103.0	40 – 44
John Hanlon	105kg	Total	176.0	40 – 44
John Hanlon	105kg	Total	178.0	40 – 44
Peter Foster	+105kg	Snatch	111.0	40 – 44
Peter Foster	+105kg	Cl & Jk	126.0	40 – 44
Peter Foster	+105kg	Total	237.0	40 – 44



Vicki Brady

**Masters Records - Women**

Name	Cat	Lift	Weight	Age Group
Vicki Brady	53kg	Snatch	22.0	60 – 64
Vicki Brady	53kg	Snatch	24.0	60 – 64
Vicki Brady	53kg	Snatch	25.0	60 – 64
Vicki Brady	53kg	Cl & Jk	26.0	60 – 64
Vicki Brady	53kg	Cl & Jk	28.0	60 – 64
Vicki Brady	53kg	Cl & Jk	30.0	60 – 64
Vicki Brady	53kg	Total	51.0	60 – 64
Vicki Brady	53kg	Total	53.0	60 – 64
Vicki Brady	53kg	Total	55.0	60 – 64
Julie Davis	53kg	Snatch	24.0	55 – 59
Julie Davis	53kg	Snatch	25.0	55 – 59
Julie Davis	53kg	Cl & Jk	36.0	55 – 59
Julie Davis	53kg	Total	58.0	55 – 59
Julie Davis	53kg	Total	60.0	55 – 59
Julie Davis	53kg	Total	61.0	55 – 59
Lorraine Hibbert	69kg	Snatch	31.0	45 – 49
Diana Loy	63kg	Snatch	68.0	40 – 44



Peter Foster

# 2007 Junior World Championships

## Held: 10 - 16 June 2007

### Prague, CZE

## 48Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	OZKAN Sibel	03.03.1988	TUR	47.12	A	79	102	181
2	PAGLIARO Genny Caterina	15.10.1988	ITA	47.74	A	83	98	181
3	THIP-AMON Phupruem	29.09.1989	THA	47.02	A	75	96	171
4	MERCADO Katheryn	20.05.1990	COL	47.92	B	72	90	162
5	VERON Malvina	11.06.1989	ARG	47.29	A	70	90	160
6	OKUR Saziye	23.02.1992	TUR	43.26	A	73	85	158
7	SOLIS Carolina KARPINSKA	15.05.1990	COL	47.89	B	70	87	157
8	Marzena	19.02.1988	POL	47.62	A	71	85	156
9	SUNG Goen	30.03.1989	KOR	47.63	A	64	91	155
10	<b>YAMASAKI Erika</b>	<b>02.09.1987</b>	<b>AUS</b>	<b>47.90</b>	<b>A</b>	<b>67</b>	<b>81</b>	<b>148</b>
11	NAKABE Yuri STOYANOVA	18.08.1987	JPN	47.33	A	63	83	146
12	Zvezdelina	30.01.1987	BUL	47.66	B	56	71	127
13	SALCEDO Josefina	21.08.1988	PER	44.84	B	53	73	126
14	KOLEVA Petya	16.11.1991	BUL	47.09	B	53	66	119
15	STARCKOVA Eva	25.08.1987	CZE	45.10	B	44	50	94
16	GURISOVA Kristina	02.07.1992	SVK	43.61	B	40	48	88
---	WANG Chengyan	01.01.1989	CHN	47.78	A	73	---	---
---	CABRERA Maria BRODEUR Maude- Emilie	22.10.1988	ESP	47.52	B	58	---	---
---		02.02.1989	CAN	47.00	B	---	70	---

3	HEREDIA Jackelina DE LA PUENTE	31.12.1988	COL	52.35	A	81	107	188
4	Maria	11.03.1989	ESP	52.32	A	84	96	180
5	TAKESHITA Nao	08.03.1988	JPN	52.16	A	75	94	169
6	TSENG Tzu-Jung LOCHOWSKA	17.05.1988	TPE	52.34	A	75	92	167
7	Joanna	17.11.1988	POL	51.93	A	72	88	160
8	IVANOVA Maya KASHKULINA	05.06.1991	BUL	52.65	B	66	92	158
9	Lazzat	23.01.1988	KAZ	52.05	B	67	90	157
10	OZKAN Songul	08.05.1989	TUR	52.54	B	72	85	157
11	MONIQUI Annie	28.03.1990	CAN	52.04	B	70	86	156
12	TURKCEPE Gamze	14.02.1991	TUR	51.06	B	67	75	142
---	SUDA Chalephay	06.06.1987	THA	52.28	A	---	111	---
---	SIBETOVA Irina	27.03.1989	RUS	52.99	A	---	100	---

## 58Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	LI Xueying NATTHANEEYA	15.05.1990	CHN	57.27	A	102	123	225
2	Chapok	13.12.1987	THA	57.25	A	90	115	205
3	MUN Yura	13.05.1990	KOR	57.49	A	92	113	205
4	SIBETOVA Olga	05.01.1988	RUS	56.93	A	88	111	199
5	KAVERINA Nataliy	05.01.1991	RUS	57.48	A	90	108	198
6	HO Hsiao-Chun	16.05.1987	TPE	56.98	A	88	108	196
7	RIVAS Lina COCOS Roxana	24.04.1990	COL	57.09	A	90	105	195
8	Daniela	05.06.1989	ROU	57.54	A	79	108	187
9	LEFEBVRE Valerie KOSTENKO	16.06.1990	CAN	57.62	A	80	95	175
10	Tatyana	09.06.1988	KAZ	56.91	A	80	92	172
11	BAZSO Bianka DESCHENES	24.01.1988	HUN	57.57	B	77	95	172
12	Jacinthe	22.10.1987	CAN	57.15	B	79	92	171
13	NIKOLOVA Ivelina BORDIGNON	30.06.1990	BUL	56.43	B	76	91	167
14	Giorgia	24.05.1987	ITA	57.95	B	70	93	163
15	JEWELL Helen TALARSKA	29.11.1988	GBR	56.83	B	73	86	159
16	Magdalena LAPOU	06.03.1989	POL	57.29	B	70	87	157
17	Konstantina GRUNDNER	11.03.1990	GRE	57.47	B	75	80	155
18	Verena	24.12.1989	AUT	57.53	B	66	76	142

Weightlifting Queensland

19	LOZOVA Laura	06.07.1988	CZE	56.36	B	56	75	131
<b>63Kg Women</b>								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	PEREZ Mercedes	07.08.1987	COL	62.18	A	102	125	227
2	JIANG Xia PALOMEQUE	06.01.1989	CHN	62.21	A	95	126	221
3	Nisida	09.03.1988	COL	62.30	A	96	116	212
4	KOPYLOVA Natalia	17.12.1987	RUS	61.95	A	93	116	209
5	KIM Bora	12.02.1991	KOR	61.50	A	87	110	197
6	JIMENEZ Iriner OSTAPSKA	24.02.1988	VEN	62.83	A	80	117	197
7	Katarzyna	25.02.1988	POL	62.12	A	85	100	185
8	MIYAHIRA Namiko	19.07.1988	JPN	62.12	B	79	93	172
9	EVERI Anna	28.04.1987	FIN	59.34	B	74	93	167
10	CETINTURK Emine	13.06.1991	TUR	61.16	B	74	90	164
11	KAYA Figen HORVATH	28.05.1991	TUR	61.25	B	72	91	163
12	Zsuzsanna	06.04.1990	HUN	61.68	B	67	83	150
13	SARANOVA Iva	06.08.1991	CZE	62.00	B	51	58	109
---	DALUZYAN Meline	20.04.1988	ARM	61.51	A	100	---	---
---	GUTIERREZ Gaby	07.07.1988	PER	62.14	B	70	---	---

**69Kg Women**

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	SOLIS Leidy Yessenia	17.02.1990	COL	66.30	A	105	132	237
2	LI Juan	03.06.1987	CHN	68.03	A	100	132	232
3	SEROVA Lyudmila	18.08.1988	RUS	67.01	A	103	126	229
4	YUN Saetbeol PUZYREVA	27.07.1987	KOR	68.29	A	88	118	206
5	Viktoria ASMALOUSKAYA	30.01.1989	RUS	67.75	A	90	115	205
6	Anastasiya BEAUCHEMIN-	20.05.1987	BLR	68.04	A	91	113	204
7	NADEAU Marie-Eve	13.10.1988	CAN	68.41	A	87	110	197
8	MIZDAL Ewa	18.07.1987	POL	67.35	A	88	108	196
9	TANI Ayano	12.02.1987	JPN	68.55	A	82	112	194
10	BAIEVA Daria WILLIAMS	31.03.1988	UKR	68.38	B	85	106	191
11	Katelynn	12.05.1987	CAN	67.33	B	87	100	187
12	ALVAREZ Maria	28.03.1987	VEN	68.22	B	85	102	187

Weightlifting Queensland

13	LYNCH Kelly	05.05.1989	USA	68.66	B	78	106	184
14	JOSEFI Nikola	01.12.1987	CZE	67.83	B	63	80	143
<b>75Kg Women</b>								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	KHURSHUDYAN Hripsime NEDAREZAVA	27.07.1987	ARM	73.50	A	108	137	245
2	Volha	24.08.1988	BLR	73.33	A	99	130	229
3	LEE Aera	06.03.1990	KOR	74.59	A	97	123	220
4	ZHUKOVA Tetyana ZABOROWSKA	25.08.1988	UKR	73.47	A	97	122	219
5	Ewelina ANANIADOU	18.12.1987	POL	73.29	A	95	112	207
6	Eftychia	10.07.1987	GRE	74.00	A	75	95	170
---	WAHIED Sara	04.06.1991	EGY	74.79	A	---	116	---

**+75Kg Women**

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	HUANG Huan GRABOVETSKAYA	06.05.1987	CHN	125.81	A	126	152	278
2	Mariya SHKURATAVA	10.04.1987	KAZ	104.34	A	127	150	277
3	Katsiaryn a	10.09.1987	BLR	102.24	A	117	147	264
4	KACHAEVA Yulia	29.11.1990	RUS	86.03	A	101	130	231
5	SHIMAMOTO Mami	24.09.1987	JPN	100.74	A	100	128	228
6	MA Hui-Chun	15.03.1987	TPE	108.78	A	97	126	223
7	DIACHKOVA Olga MAVRIDOU	24.05.1987	UKR	118.35	A	98	124	222
8	Victoria	08.07.1991	GRE	102.72	A	101	116	217
9	IBRAHIM Afaf SOKOLOVA	05.02.1989	EGY	91.31	A	90	126	216
10	Kateryna	16.07.1987	UKR	80.73	A	100	115	215
11	YANKOVA Ralitsa	17.07.1989	BUL	82.20	A	98	107	205
12	SPYRA Sandra	27.12.1989	POL	96.21	A	85	103	188

**56Kg Men**

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	IRAWAN Eko Yuli	24.07.1989	INA	55.64	A	120	153	273
2	WU Jingbiao	10.01.1989	CHN	55.69	A	128	145	273
3	SUKHANOV Pavel	29.04.1988	RUS	55.86	A	120	146	266
4	NOH Guggi	19.08.1989	KOR	55.56	A	105	142	247
5	YOUSEF Mohamed	21.11.1989	EGY	55.76	A	105	133	238

Weightlifting Queensland

6	MARTIN Razvan	22.12.1991	ROU	55.66	A	107	130	237
7	NIETO Jose DE LAS SALAS Habib	29.05.1988	VEN	55.50	A	102	134	236
8		19.04.1987	COL	55.67	A	107	127	234
9	MURILLO Yeison TUNCHE Welinton	21.08.1988	COL	55.54	A	97	132	229
10	Pec KARAULANOV	01.12.1987	GUA	55.48	A	98	128	226
11	Evgeniy	29.11.1989	BUL	54.96	A	100	125	225
12	NAJERA Carlos	28.10.1987	GUA	55.57	B	95	127	222
13	KILIC Gokhan	06.01.1988	TUR	55.42	B	100	120	220
14	YANIK Zafer	12.02.1988	TUR	55.90	B	100	118	218
15	ARAKELIAN Armen	16.07.1990	GRE	55.97	B	92	117	209
16	LARIKI El Habib PRZEPIORKIEWICZ	03.11.1987	ALG	55.36	B	90	115	205
17	Maciej	14.11.1987	POL	55.28	B	85	115	200
18	LIHL Jakub	25.08.1992	CZE	55.51	B	78	95	173
---	NAKAGAWA Daiki	27.11.1987	JPN	55.72	B	---	123	---
---	TAO Jing	09.01.1988	CHN	55.76	A	---	145	---

62Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	ZHANG Jie	26.08.1987	CHN	61.67	A	136	170	306
2	LIU Xin	01.07.1987	CHN	60.80	A	137	168	305
3	TRIYATNO PETROSYAN	20.12.1987	INA	61.59	A	136	164	300
4	Sergey	07.06.1988	RUS	61.12	A	131	160	291
5	MINASIDIS Dimitris	29.04.1989	CYP	61.46	A	128	156	284
6	IBRAHIM Mohamed CHINNARAT	18.07.1987	EGY	61.74	A	127	151	278
7	Kaorak	12.10.1988	THA	61.27	A	120	147	267
8	BEN SAADA Amor	02.10.1988	TUN	61.41	A	120	145	265
9	SANCHEZ Junior NAKAMURA	01.06.1989	VEN	60.76	A	120	140	260
10	Tomoo NAKAYAMA	14.01.1987	JPN	61.94	B	118	136	254
11	Yosuke BUCI Horatiu	20.03.1987	JPN	60.68	B	114	138	252
12	Bogdan VALDIZON	21.01.1988	ROU	61.26	B	108	140	248
13	CORONADO Oscar Fernando	12.06.1989	GUA	61.10	B	110	135	245
14	LERCH Zsolt	15.08.1990	HUN	61.27	B	107	128	235

Weightlifting Queensland

15	LIU Po-Yen	01.03.1988	TPE	61.58	B	102	133	235
16	PETROV Petr LINTULA Toni	19.10.1989	CZE	61.71	B	102	120	222
17	Antero	15.05.1989	FIN	60.42	B	95	120	215
---	BECZO Adam	28.03.1990	HUN	61.26	B	100	---	---
---	ADAMS Aaron B.	01.03.1988	USA	61.54	B	105	---	---
---	BILGIN Erol	20.02.1987	TUR	61.21	A	133	---	---

69Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	ZHENG Zhisheng	11.03.1987	CHN	67.93	A	145	180	325
2	TANG Fei	15.09.1988	CHN	68.63	A	143	181	324
3	MIRZOYAN Arayik	29.07.1987	ARM	67.91	A	143	170	313
4	TRASHA Gert	31.01.1988	ALB	68.37	A	143	166	309
5	CHEN Oleg	22.11.1988	RUS	68.48	A	140	160	300
6	ROSU Alexandru	30.04.1987	ROU	68.79	A	137	162	299
7	LEE Kun-ho LUNA-Grenier	10.12.1987	KOR	68.05	B	130	160	290
8	Francis	24.05.1987	CAN	68.92	C	127	161	288
9	TARIFA Antonio PINEDA Luis	05.01.1989	ESP	68.34	A	125	155	280
10	Miguel	03.08.1988	COL	67.50	B	127	152	279
11	MORILLAS Isaac	16.10.1988	ESP	67.48	A	125	150	275
12	SU Feng-Pin KADZIOLKA	21.03.1988	TPE	68.20	B	110	160	270
13	Krzysztof	04.07.1988	POL	67.60	B	120	147	267
14	LEONIENKO Piotr	30.03.1987	POL	68.57	B	127	140	267
15	KULIK Roman JOHNSON Phillip	16.12.1989	KAZ	67.45	B	120	145	265
16	Jacob AMANATIDIS	19.02.1988	USA	67.16	B	120	143	263
17	Alexandros	12.05.1987	CYP	68.73	C	108	149	257
18	WADA Taiga	07.12.1988	JPN	67.64	B	111	145	256
19	GRECO Emanuele	12.08.1987	ITA	68.10	C	112	144	256
20	SZABO Tamas EHRENGRUBER	26.07.1987	HUN	68.05	C	115	140	255
21	Florian	18.02.1989	AUT	68.00	C	119	132	251
22	LESCANO Arturo BIBEAU-VILLIARD	16.06.1988	PER	68.12	C	107	140	247
23	Philippe	27.12.1987	CAN	68.05	C	105	132	237
24	BERZONS Ulvis	01.03.1989	LAT	67.42	C	105	130	235
25	FOJTIK Eduard	07.12.1988	CZE	68.93	C	105	125	230
---	PORNCHAI Lobsi	16.07.1990	THA	68.35	A	127	---	---

Weightlifting Queensland

---	AGILLI Ekrem	20.08.1987	TUR	68.61	A	---	---	---
77Kg Men								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	LAHUN Sjarhei	27.05.1988	BLR	76.62	A	155	189	344
2	QERIMAJ Erkand	10.08.1988	ALB	76.43	A	147	191	338
3	ZHANG Shichong	07.02.1989	CHN	76.01	A	150	185	335
4	USHAKOV Vladimir	02.06.1987	RUS	76.21	A	150	182	332
5	MUSIC Amar	21.03.1987	CRO	76.11	A	148	180	328
6	ANDRIKYAN Aram	20.09.1988	ARM	76.74	A	148	180	328
7	RAMADAN Ibrahim	06.02.1988	EGY	75.42	A	145	180	325
8	STRIGA Dmitriy	12.12.1989	KAZ	73.90	A	147	170	317
9	YAGCI Semih	15.11.1988	TUR	75.92	A	142	170	312
10	KLIS Roman	03.05.1988	POL	72.86	B	140	170	310
11	BAHLUOL Ramzi	18.10.1989	TUN	73.61	B	138	170	308
12	ANDICA Yony Alexander	26.08.1987	COL	75.42	B	136	172	308
13	BURCEA Tudor	26.03.1987	ROU	76.89	B	148	155	303
14	MOZGOVENKO Oleksandr	01.09.1988	UKR	76.22	B	132	169	301
15	SEMJONOVS Mihails	05.06.1987	LAT	73.13	B	129	162	291
16	KALAITSIDIS Georgios	19.02.1992	GRE	75.72	B	130	157	287
17	JUMAYEV Inoyat	02.11.1987	TKM	76.17	B	131	155	286
18	SINCRAIAN Gabriel	21.12.1988	ROU	75.49	B	130	155	285
19	HAS Arif Yalcin	08.02.1989	TUR	75.11	B	130	154	284
20	MARCO Joan	01.10.1987	ESP	72.50	B	125	155	280
21	SZANATI Szabolcs	25.08.1989	HUN	76.55	B	124	155	279
22	GOYETTE-							
22	DEMERS Laurent	13.03.1990	CAN	75.89	B	117	153	270
23	KRYWULT Patrik	25.08.1990	CZE	76.02	C	123	143	266
24	BELHOUT Amir	25.05.1989	ALG	73.04	C	120	145	265
25	SAMKO Karol	09.03.1990	SVK	75.64	C	110	145	255
26	SALSONE Anthony	17.04.1987	AUS	75.66	C	113	142	255
27	SAUTEBIN Yannick	27.10.1988	SUI	73.15	C	109	137	246
28	KANE Graeme	24.09.1988	GBR	72.43	C	110	134	244
29	VASILIADES William	22.11.1987	CYP	76.82	C	108	133	241
30	GASIOR Jiri	24.01.1991	CZE	75.50	C	105	135	240
31	METSMA Martin	16.01.1989	EST	76.18	C	110	130	240
32	KOVAC Milan	08.12.1988	SVK	76.33	C	105	131	236

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---	BARDIS Giovanni	21.05.1987	FRA	76.57	A	---	---	---
85Kg Men								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	IVANOV Alexandr	22.07.1989	RUS	81.69	A	163	196	359
2	CIRICU Anatol	14.09.1988	MDA	84.23	A	157	196	353
3	BIDEEV Aslan	25.12.1988	RUS	84.27	A	155	196	351
4	DOGHMANE Hamdi	19.03.1987	TUN	83.72	A	153	191	344
5	BOEV Plamen	29.03.1987	BUL	83.56	A	146	191	337
6	CEREPI Taulant	26.07.1987	ALB	84.47	A	150	181	331
7	ZIELINSKI Adrian	28.03.1989	POL	84.55	A	150	181	331
8	KOVTUNS Vitalijs	17.06.1987	LAT	83.71	A	144	180	324
9	ALDABERGENOV Aibol	20.07.1989	KAZ	84.78	A	145	176	321
10	KIRIYEVSKYY Kostyantyn	13.10.1987	UKR	84.07	B	145	175	320
11	UTESHOV Almas	18.05.1988	KAZ	83.46	B	140	175	315
12	MARTINEZ Teddy	11.09.1987	ESP	84.16	B	135	175	310
13	PENCZAK Patrik	09.01.1987	HUN	84.54	B	140	163	303
14	HO Huai-Hsin	30.05.1987	TPE	83.91	B	135	165	300
15	POCZA Vajk Karoly	26.05.1987	HUN	84.32	B	135	165	300
16	BURAKOV Vitali	25.03.1988	EST	83.99	B	130	163	293
17	KIRKBRIDE Peter	19.12.1987	GBR	84.63	B	125	168	293
18	CHEN Wen-Hsin	20.09.1987	TPE	83.69	B	127	165	292
19	ILIOPOULOS Panagiotis	25.05.1987	GRE	82.16	B	130	160	290
20	DURMISHEV Ziyad	31.05.1988	AZE	84.00	B	125	160	285
21	ANTTI-ROIKO Miika	20.11.1988	FIN	82.52	B	128	155	283
22	CHAMOUN Malek	03.01.1989	AUS	83.98	C	127	150	277
23	FIORE Federico	03.01.1990	ITA	84.58	C	127	150	277
24	MARINEAU Dany	23.11.1988	CAN	80.63	C	120	145	265
25	KOZIENKA Lukas	30.06.1989	SVK	83.63	C	118	145	263
26	POKUSA Matus	29.09.1988	SVK	84.04	C	117	135	252
---	RAMAZANOV Ruslan	10.02.1987	TKM	84.60	A	150	---	---
94Kg Men								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	IVANOV Artem	16.12.1987	UKR	93.17	A	164	199	363
2	RUSSYANOVSKIY Roman	10.02.1989	KAZ	93.38	A	163	197	360

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3	NASIRSH ELAL Navab	01.04.1989	IRI	93.48	A	161	193	354
4	CISNEROS Alejandro	30.03.1987	CUB	92.42	A	160	193	353
5	KOLECKI Sylwester	30.09.1987	POL	90.67	A	155	195	350
6	CZEKIEL Kornel	15.07.1987	POL	93.13	A	160	185	345
7	SEMENIUK Oleksandr	15.05.1987	UKR	93.59	A	154	190	344
8	NASRELDIN Ahmed	03.12.1989	EGY	91.75	A	155	182	337
9	CIBULKA Lukas	09.08.1987	CZE	93.26	A	140	181	321
10	GOMES Armando	20.09.1989	ESP	91.28	A	140	175	315
11	SALTSIDIS Christos	02.07.1987	GRE	92.24	B	140	175	315
12	FATULLAYEV Rovshan	26.03.1987	AZE	87.23	B	138	174	312
13	CHOUYA Rabeh	10.09.1988	ALG	89.79	B	135	170	305
14	ELVAN Resul	18.03.1989	TUR	92.47	B	125	163	288
15	SHIRAISHI Hiroaki	24.10.1989	JPN	90.82	B	123	163	286
16	SIMONICS Erik	27.03.1990	SVK	92.04	B	125	158	283
17	PECE Mihaly	18.06.1987	SRB	93.14	B	130	151	281
18	RODRIGUEZ Miguel	16.04.1990	ESP	86.04	B	125	155	280
19	JAVORKA Vojtech	27.03.1989	SVK	86.25	B	105	145	250
---	KARINA Endri	02.03.1989	ALB	93.01	A	153	---	---

105Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	ARAMNAU Andrei	17.04.1988	BLR	100.11	A	187	220	407
2	MERKUSHOV Igor	16.07.1987	RUS	103.43	A	172	221	393
3	MOHAMED Abdelrahman	19.05.1989	EGY	104.46	A	172	210	382
4	SAHAKYAN Sevak	27.07.1988	ARM	99.58	A	168	200	368
5	TRIANAFYLLOU Anastasios	30.05.1987	GRE	104.49	A	161	191	352
6	DOLEGA Daniel	16.12.1988	POL	104.25	A	160	191	351
7	TAGIROV Sergiy	02.01.1989	UKR	102.63	A	157	190	347
8	BERKH Yakov	28.06.1988	KAZ	101.24	A	158	187	345
9	MENSIKOVLS Ilja	06.02.1989	LAT	104.09	B	151	187	338
10	PROKOPENKO Olexandr	20.03.1988	UKR	104.59	B	150	187	337
11	ERDEMIR Ismail	08.06.1987	TUR	98.68	B	140	180	320
12	OHMAN Ragnar	05.08.1988	SWE	104.70	B	145	170	315

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13	PIRIYEV Rolan	21.04.1989	AZE	102.14	B	140	168	308
14	GALSWORTHY Robert	17.05.1989	AUS	102.27	B	132	165	297
15	TEPLICEK Petr	11.09.1988	CZE	102.86	B	130	163	293
16	RATHORE Usman	10.01.1987	PAK	97.95	B	130	162	292
17	MIMOUNE Abdelhamid	08.03.1988	ALG	94.95	B	130	160	290
---	MOSER James	30.05.1989	USA	103.54	B	---	---	---
---	NEJADBAKHTIARI Kiyani	19.07.1988	IRI	103.77	B	155	---	---
---	TEGKAEV Yury	10.01.1990	RUS	103.91	A	---	---	---

+105Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	PUPPO Alberto	08.02.1987	CUB	133.34	A	166	210	376
2	SOTSKOV Kostiantyn	28.04.1987	UKR	146.30	A	166	200	366
3	ORSAG Jiri	05.01.1989	CZE	105.73	A	155	191	346
4	APRIYANTO Dedi	13.02.1988	INA	144.29	A	152	190	342
5	SWART Cameron	24.10.1988	USA	116.98	A	150	187	337
6	SMORODINOV Denys	18.04.1989	UKR	110.97	A	156	180	336
7	POKUSA Michal	11.05.1987	SVK	119.00	A	150	185	335
8	TYMTSIOS Konstantinos	14.02.1987	GRE	127.58	A	145	185	330
9	KRUZEL Ondrej	23.08.1988	SVK	117.49	A	147	178	325
10	FALCONE Matthew	24.04.1987	AUS	149.24	A	130	160	290
11	PROVOST Marc-Olivier	24.02.1987	CAN	136.48	A	133	156	289
12	GABOR Robert	14.04.1991	HUN	150.80	A	122	160	282
13	BACSO Barnabas	26.01.1989	HUN	111.45	A	130	148	278



From left: Miles Wydall, Anthony Salsone, Robert Galsworthy, Erika Yamasaki, Malek Chamoun, Matthew Falcone and George Chamoun





2007 Queensland Open & U20 Championships  
 Toowoomba Weightlifting Association,  
 Toowoomba Qld  
 23<sup>rd</sup> June 2007

Women										
Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place	
										Open U20
<b>48kg Category</b>										
Casey -Marie										
Jaenke-Cain	92	Cougars	45.2	32	45	77	118.631	258.699		1
<b>53kg Category</b>										
Erika Yamasaki	87	Cougars	51.9	68	85	153	207.715	207.715	1	1
<b>58kg Category</b>										
Davina Hughes	89	Toowoomba	54.8	63	81	144	187.125	187.125	1	1
Diana Loy	65		58	63	70	133	165.709	165.709	2	
Michelle Kahi	94	Cougars	54.6	42	56	98	127.711	127.711	3	2
Rhian Norman	92	Toowoomba	56.9	41	53	94	118.743	3718.223		3
Jessica Brown	90	Cougars	54.8	40	53	93	120.851	120.851	4	4
<b>63kg Category</b>										
Liana Lambert	88	Nudgee	61.3	61	70	131	157.212	157.212	1	1
Melissa Robinson	81	Nudgee	58.5	56	65	121	149.849	149.849	2	
Jayde Thomas	91	Toowoomba	61.8	42	57	99	118.192	118.192		2
<b>69kg Category</b>										
Holly Collyer	88	Sunshine Coast	66.2	70	95	165	189.06	189.06	1	1
Tammie Hampton	87	Cougars	68.4	69	83	152	171.121	171.121	2	2
Teri-Anne Kahi	91	Cougars	68.9	58	75	133	149.169	518.067	3	3
<b>75kg Category</b>										
Amanda Phillips	81	Cougars	74.8	81	110	191	206.187	206.187	1	
Alison Noble	79	Nudgee	74.3	66	88	154	166.716	166.716	2	
Casey Kahi	90	Cougars	70.7	52	64	116	128.444	128.444	3	1

75+ Category										
Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place	
										Open U20
Chanelle Sa'u	91	Cougars	108.4	70	85	155	155	155	1	1
Bonnie Sleeman	93	Cougars	76.3	42	52	94	100.658	100.658		2
<b>Men</b>										
56kg Category										
Darryl Hockins	88	Toowoomba	56	68	80	148	230.661	230.661	1	1
David Hockins	91	Toowoomba	47	46	71	117	212.438	530.185		2
<b>62kg Category</b>										
Ben Paris	81	Nudgee	61.8	87	100	187	270.113	270.113	1	
Nathan Kahi	92	Cougars	59.2	73	91	164	244.66	322.508	2	1
Corey Detheridge	76	Toowoomba Sunshine Coast	61.5	63	88	151	218.896	3280.219	3	
Scott Clark	91	Coast	57.7	65	83	148	225.232	225.232	4	2
Matthew Arthy	91	Cougars	61.6	50	65	115	166.509	166.509		3
Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place	
<b>69kg Category</b>										
David De Rose	82	Nudgee	67.6	120	147	267	362.13	2792.208	1	
Shannon Arenson	90	BGS	68	68	83	151	203.996	1298.954		1
Benjamin Turner	90	Windaroo	68.6	64	84	148	198.784	421.029		2
Zach Wong	92	Nudgee	68.3	56	72	128	172.419	172.419		3
<b>77kg Category</b>										
Joshua Brady	88	Cougars	76	110	146	256	322.659	322.659	1	1
Bowen Stuart	86	Toowoomba	75.6	95	115	210	265.5	265.5	2	
Michael Dunne	91	Cougars	74.8	59	85	144	183.205	183.205		2
<b>85kg Category</b>										
Troy Hewkins	86	Cougars	83.9	131	160	291	347.468	1659.474	1	
<b>94kg Category</b>										
Christian Hopper	85	Nudgee	85.5	96	125	221	261.386	261.386	1	
Billy Chong Nee	90	Toowoomba	88.3	97	105	202	235.212	235.212	2	1

**105kg Category**

Luke Gardner	88	Cougars	104.2	115	145	260	282.78	282.78	1	1
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**+105kg Category**

Damon Kelly	83	Cougars	147.2	153	190	343	345.226	345.226	1	
Peter Foster	67	Cougars	106.8	108	125	233	251.286	251.286	2	

**Referees:** Debra Keelan (Cat I); Barry Harden (Cat II); Lawrie Townsend (Cat II); Tanya Harden (National); Keith Forbes (National); Dallas Turnbull (National); Melissa Turnbull (State); Vicki Brady (State); Julie Davis (Club).

**Time Keeper:** Mike Keelan; Ian Moir; Keith Forbes; Brian Walsh.

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

**Best Lifter Awards (Sinclair Points)**

	Open	Under 20
Male	David De Rose	Joshua Brady
Female	Erika Yamasaki	Erika Yamasaki

**William Faulkner Performance Awards (Forbes Points)**

	Open	Under 20
Male	Corey Detheridge	Shannon Arenson
Female	Amanda Phillips	Rhian Norman

**Records**

Name	Cat	Lift	Weight	Age	Level
David Hockins	47kg	Cl & Jk	71	U16	Qld; Aus
David Hockins	47kg	Cl & Jk	71	U18	Qld; Aus
Troy Hewkins	85kg	Snatch	131	Open	Qld
Troy Hewkins	85kg	Total	289	Open	Qld
Troy Hewkins	85kg	Total	291	Open	Qld

# 2007 AWF Masters Championships 1 July 2007, Perth WA

**RESULTS - WOMEN**

+75kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Shirley McFarland	65+	VIC	113.70	22	27	49	1
53kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Vicky Brady	60-64	QLD	49.70	23	31	54	1
63kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Elaine Jones	60-64	VIC	62.60	26	38	64	1
53kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Julie Davis	55-59	QLD	52.10	26	37	63	1
58kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Coral Quinell	50-54	NT	55.10	55	66	121	1
63kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Leandra Miscamble	50-54	QLD	62.10	27	36	63	1
Jeanette Matrenza	50-54	VIC	60.80	21	30	51	2
69kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Grace Morrison	50-54	WA	67.90	45	67	112	1
69kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Amanda Foley	45-49	WA	67.00	35	47	82	1
Lorraine Hibbert	45-49	QLD	64.00	30	37	67	2

Weightlifting Queensland

+75kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Margaret Sweeney	45 - 49	WA	116.95	38	51	89	1
63kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Diana Loy	40 - 44	QLD	58.70	66	80	146	1
Monica Cook	40 - 44	WA	61.20	45	63	108	2
58kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Michelle Kinnane	35 - 39	QLD	56.90	32	40	72	1
<b>RESULTS</b>				-	<b>MEN</b>		
94kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Bill Chapman	80+	WA	92.35	40	50	90	1
62kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Keith Penney	70 - 74	QLD	60.60	46	60	106	1
77kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Chris Holt	70 - 74	VIC	76.40	54	70	124	1
85kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Barry Allen	65 - 69	NSW	83.35	62	77	139	1
94kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Milos Trnka	60 - 64	VIC	85.90	40	70	110	1
85kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Lawrie Townsend	55 - 59	QLD	79.50	65	90	155	1
Ludek Prokes	55 - 59	NSW	78.10	60	65	125	2
94kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Warren Hills	55 - 59	WA	93.85	50	66	116	1
+105kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Russell Davidson	55 - 59	WA	126.50	50	70	120	1
85kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Peter Gates	50 - 54	SA	80.90	57	75	132	1

Weightlifting Queensland

105kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Peter Phillips	50 - 54	WA	103.10	85	110	195	1
+105kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Dean Pascoe	50 - 54	SA	108.55	70	103	173	1
77kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Russell Cook	45 - 49	WA	76.50	66	86	152	1
85kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Michael Arenson	40 - 44	QLD	78.90	72	92	164	1
94kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
John Hanlon	40 - 44	QLD	93.10	75	105	180	1
105kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
John Parker	40 - 44	WA	103.40	40	60	100	1
+105kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Peter Foster	40 - 44	QLD	106.50	110	130	240	1
James Holt	40 - 44	VIC	114.00	45	60	105	2
77kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
James Power	35 - 39	WA	73.60	92	115	207	1
Brendan Kennedy	35 - 39	WA	75.70	82	108	190	2
David Holt	35 - 39	VIC	74.90	60	90	150	3
+105kg Category	Age Group	STATE	B/WT	SNATCH	C&J	TOTAL	PLACE
Alan McMenamain	35 - 39	QLD	120.20	70	95	165	1
Referees:	Sam Castiglione, Robyn Turnor, Naruhiro Hori, Brendan Kennedy, Barry Gilbert						
Best Female Lifter:	Diana Loy (QLD)						
Best Male Lifter:	Bill Chapman (WA)						
Female Team Classification Winners:	Western Australia						
Male Team Classification Winners:	Western Australia						

# 2007 National Masters Championships – Armadale WA

By Barry Harden

Twelve Queenslanders – six women and six men – travelled to Western Australia to represent our State in the 2007 National Masters Championships. I was appointed by the QWA as Manager and Coach. The competition was held in the Armadale PCYC which proved to be an excellent venue as it was intimate but not cramped which made it a great atmosphere. The only problem experienced was the rain that sprinkled onto the back of the platform during a cyclonic storm that hit Armadale during the afternoon. But this did not detract from a great competition that was only decided in the last session as to which State won.

Unfortunately, Queensland had to settle for second behind Western Australia. Both States registered eight first places so the result came down to points with Western Australia on a total of 510 and Queensland finishing with 487. Victoria was an early leader but with one lifter short and one injured, they had to settle for third on a total of 342.

I believe it is a big task to beat a State on their home ground at the National Masters, unless they make a mistake. We almost achieved it on the weekend and it was obvious by the way people were talking that Queensland has become the 'Team to Beat'.

The Queensland Team was made up of Michelle Kinnane, Diana Loy, Lorraine Hibbert, Leandra Miscamble, Julie Davis, Vicki Brady, Alan McMenamin, John Hanlon, Peter Foster, Michael Arenson, Lawrie Townsend and Keith Penney.

All in all Queensland had a very good day as we broke several National records and a few PB's as well. (Although, Peter Foster was a little selfish as we could have pipped W.A. at the last if Peter had gotten a 140/180, 320 total – joking, of course).

Each lifter has their own story to tell, I would just like to make a couple of brief observations. Desire to achieve does not diminish with age nor does the desire to win. Vicki Brady was not happy with her performance in the snatch. This fired her up enough to break the clean and jerk record. Julie Davis is the quiet achiever, didn't say much but did what she set out to do. Lorraine Hibbert still lifted although she was quite sick. She thought about going home but surprised herself in the end, she ended up with a good total. Leandra Miscamble lifted very well and has so much potential. Leandra easily took account of her opposition. Both Michelle Kinnane and Keith Penney had one thing in common on the weekend, they both tried to give me a heart attack. Michelle decided to wait for her third attempt before registering a snatch result and Keith tried the same trick with his clean and jerk. In the end they both made the lifts look easy. There is not much I can say about Diana Loy that has not already been said. She is the most determined person on the platform and once again won the best female lifter award.

Lawrie Townsend had a battle on his hands with Ludek Prokes from NSW. Although the totals did not finish close, Ludek took big jumps to come after Lawrie. The difference came down to Lawrie achieving his lifts in the clean & jerk when Ludek was unsuccessful. Michael Arenson finished the day with his own fan club. His lifting is so dynamic that people started cheering as soon as he came out to the platform. On one jerk, Michael drove his foot so hard into the platform that he ripped a big piece out of one of the planks. There is

only one way to describe John Hanlon's lifting, determined. John saved the best for last, his last clean and jerk was a real fighting effort. Alan McMenamin is a steady achiever and at the Nationals, achieved his goal of improving with each competition. Alan's fighting approach to his last clean and jerk showed there is much more to come.

Peter Foster was left to round off the day. He was the last lifter and our last hope to take out the trophy. Peter just missed his last snatch on 115 kg and then decided that he better make sure he totalled so he dropped his starting weight for his clean and jerk down to 115 kg. After success at this weight Peter then jumped to 125 kg followed by 130 kg for his last attempt, which had everyone in the venue cheering when he was successful. Unfortunately as previously mentioned we had let WA get too far in front by this stage.

We finished with a tally of eleven Gold Medals and one Silver. The women's best lifter Trophy – Diana Loy – and second place overall.

I would like to thank Western Australia for a very well run competition. The atmosphere was very friendly and everyone was allowed to go about their job with no fuss. The function afterwards was well attended and everyone had a great time. I know Jack Walls (WA) enjoyed telling us who won on a regular basis. It is just a pity that Western Australia is so far away from most of us, as I am sure no one would hesitate to compete there again.

I would like to thank everyone on the team that looked after me. I was treated like a king. Thank you very much. I would also like to make special mention of Lawrie Townsend and Coral Quinell who assisted me greatly. We are lucky in Queensland to have a group that get on so well together. Tasmania 2008, here we come.

Barry Harden.  
Manager/Coach



Dian a Loy – Best Female Lifter 2007 National Masters Championships – Perth.

# Technically Speaking

By Ian Moir

A Referee's main task is to adjudicate on the attempts performed by lifters in the competition, but there are also other duties that Referees must perform in order to ensure the validity of the competition. Referees know that they must conduct the weigh-in and ensure that the official forms – attempt cards; weigh-in forms; protocol (score sheet) – are correctly prepared at the weigh-in. In addition to these duties, Referees must also perform the functions of the Technical Controller when no Technical Controller is appointed, which is often the case at state events.

The Technical Controller's duties include:

- Checking the competition equipment
- Checking the Referees uniform
- Checking the Lifters costume
- Controlling the cleaning of the bar and platform

Point three above is the most difficult of these duties for Referees to perform while the competition is under way. No Referee wants to interrupt a lifter as he or she alights the platform to begin an attempt, but if it is at this point that the Referee first sights a competitor who is not correctly attired or who has bandages or plasters applied to areas that the rules don't permit, then the Referees have no choice but to act.

Ultimately, it is the competitor's responsibility to be correctly attired and to observe the rules pertaining to bandages and plasters, belts, gloves, lubricants, etc. Coaches and lifters should ensure that they are fully conversant with these rules so that they can enter the competition area confident in the knowledge that the lifter's outfit and personal equipment conforms to the rules and that their approach to the platform won't be interrupted at this critical time.

## OUTFIT OF THE COMPETITORS

### COSTUME

Competitors must wear clothing which is clean, designed and worn so as to comply with the following criteria:

The costume:

- may be one-piece or two pieces but must cover the trunk of the competitors
- must be close fitting
- must be collar-less
- may be of any colour
- must not cover the elbows

must not cover the knees

A T-shirt may be worn under the costume. The sleeves must not cover the elbows. This shirt must be collar-less.

Close fitting leotard/cycling trunks may be worn under or over the costume. They must not cover the knees.

A T-shirt and trunks may not be worn instead of the costume.

**AWF POLICY** - For National Championships the prescribed uniform as above is required. For local events referees may permit shorts and t-shirt provided they are not objectionable.

**QWA POLICY** - For Queensland Championships the prescribed uniform as above is required. For other local events referees may permit shorts and t-shirt provided they are not objectionable.

Socks may be worn, but they must not go higher than below the knees and must not cover any bandages.

### WEIGHTLIFTING FOOTWEAR

The competitors must wear sport footwear (called weightlifting shoes/boots) to protect their feet and give them stability and a firm stance on the competition platform.

**AWF POLICY** - Competitors in National Championships must wear the above prescribed footwear. For other events athletes at the discretion of the referees may wear other substantial and safe footwear. Athletes may not compete in bare feet and may not wear thongs or other such open footwear.

Weightlifting footwear must be made in such a way that they do not give the athlete an unfair advantage or additional support.

A strap over the instep is permitted.

The part of the footwear that covers the heel may be reinforced.

The maximum height permitted on the upper part of the footwear, measured from the top of the sole, is 130 mm.

The sole must not extend from the footwear by more than 5 mm at any point.

The heels must not be tapered.

The footwear may be made of any material or combination of materials.

There are no minimum or maximum height of the soles.

There are no restrictions for the shape of the footwear.

**BELT**

The maximum width of the belt may not exceed 120 mm.

No belt may be worn under the competitor's costume.

**BANDAGES , TAPES AND PLASTERS**

Bandages, tapes or plasters may be worn on the wrists, the knees and the hands. Tape or plasters may be worn on the fingers or the thumbs.

The bandages may be made of gauze, medical crepe or leather. A one-piece elastic bandage or rubberised knee cap, which allows free movement, may be worn over the knees. This latter piece of equipment cannot be reinforced in any way.

On the wrists, the bandages must not cover more than 100 mm of skin.

On the knees, the bandages must not cover more than 300 mm of skin.

There is no limit to the length of the bandages.

The use of plasters or bandages on both the inner and outer surface of the hands is allowed. These plasters tapes or bandages may be attached to the wrist but not to the bar.

Plasters on the fingers are allowed but must not protrude in front of the finger tips.

In order to protect the palm of the hands, wearing special fingerless gloves is allowed e.g. gymnastic palm guards, cyclists gloves. These gloves may cover only the first phalanx of the fingers. If plasters are worn on the fingers, there has to be a visible separation between the plasters and the glove.

No bandages or substitute for bandages are allowed on the following parts of the body:

- the elbows
- the trunk
- the thighs
- the shins
- the arms

NOTE: In the event of an injury, plasters may be allowed on the shins.

Only one type of bandage may be worn or authorised on any part of the body.

There has to be a visible separation between the costume and the bandage(s).

The use of grease, oil, water, talcum or any similar lubricant on the thighs is forbidden. Lifters are not permitted to have any substance on their thighs when arriving in the competition area. A lifter who uses any lubricant is ordered to remove it. During the removal the clock goes on.



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

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

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