



Weightlifting Queensland

June 2008

The Official Journal of the Queensland Weightlifting Association Inc.



2008 Olympic Contenders

(from left) Damon Kelly, Miles Wydall (Coach), Ben Turner, Mike Keelan (Coach) & Deborah Lovely

Inside This edition:

2008 Events Calender	3	Olympic Trial Article	23
AWF Domestic Standards	5	Australian Masters Results	26
From the Office	7	Australian Masters Article	30
President's Note	9	World Junior C'Ships Results	33
QWA League Round 2 Results	10	Cougars Club News	39
Masters of Weightlifting	14	North Brisbane Club News	40
Qld Masters C'Ships Results	16	Sunshine Coast Club News	42
Secret Lifter's Business	20	Toowoomba Club News	43
Olympic Trial Result	21		

The QWA is supported by the Queensland Government; Sport & Recreation Qld



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QWA Mission Statement

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

Acknowledgement:

The Queensland Weightlifting Association is extremely appreciative of the assistance provided by the following:

Queensland Government – Sport and Recreation Queensland
Major Sports Facilities Authority

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.



2008 Events Calendar

July 11	Honey Badgers Open Club Competition	Zillmere
July 19	Toowoomba Open Club Competition	Toowoomba
July 19	Cougars Open Club Competition	Cougars
July 26	QWA League Round 3 & Masters League Round 3	Zillmere
August 9 – 19	Olympic Games	Beijing, CHN
August 16	Qld U16 & Youth & Junior Championships	Toowoomba
August 30	USQ Weightlifting Club Open Competition	Springfield
August 30 - 31	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
September 6	Qld Senior Championships	USQ Springfield
September 20	QWA League Round 4 & Masters League Round 4	Cougars
September 27 – Oct 4	IWF World Masters Championships	Kefalonia, GRE
September 27	Sunshine Coast Open Club Competition	Nambour
October 3 – 5	National Under 16 & Youth & Junior Championships	Melbourne, VIC
October 10	Honey Badgers Open Club Competition	Zillmere
October 12 – 18	Commonwealth Youth Games	Pune, IND
October 25	National Senior Championships	Sydney, NSW
November 1	Qld All Schools Championships	Cougars

November 8 – 9	State Weightlifting / Sports Power Coach Level 2 course	Chandler
November 15	Toowoomba Open Club Competition	Toowoomba
November 22	'Michael Keelan Shield' Competition	Cougars
November 29	QWA Grand Final	Toowoomba
December 4 – 7	Commonwealth Senior & Junior Championships	Cyprus
December 13	Sunshine Coast Open Club Competition	Nambour
December 20	'Lawrie Townsend' Xmas Competition	Zillmere

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 Senior Championships is **AWF Youth Standard**.

The minimum qualifying standard for entry in the Queensland Under 20 Championships is **80% of AWF Youth Standard**.

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

The qualifying period for the Queensland Senior Championships is 22nd August 2007 – 22nd August 2008.

Queensland Teams for the 2008 National Youth & Junior Championships will be selected according to the QWA Selection Policy taking into consideration only results from the following State Team Qualifying Events:

QWA League Round 1	23 February 2008
QWA League Round 2	19 April 2008
QWA League Round 3	26 July 2008
Qld U16 & Youth & Junior Championships	16 August 2008

And all National and International events held between 1st January 2008 and 16th August 2008.

Queensland Teams for the 2008 National Senior Championships will be selected according to the QWA Selection Policy taking into consideration only results from the following State Team Qualifying Events:

QWA League Round 1	23 February 2008
QWA League Round 2	19 April 2008

Qld Masters Championships17 May 2008
 QWA League Round 326 July 2008
 Qld U16 & Youth & Junior Championships 16 August 2008
 # Qld Senior Championships6 September 2008

And all National and International events held between 1st January 2008 and 6th September 2008.

* To be eligible to be selected to represent the QWA at the 2008 National Youth; and Junior Championships athletes must compete in the 2008 Queensland U16 & Youth & Junior Championships.

To be eligible to be selected to represent the QWA at the 2008 National Senior Championships, athletes must compete in the 2008 Queensland Senior Championships.

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

**AUSTRALIAN WEIGHTLIFTING FEDERATION INC
 DOMESTIC STANDARDS 2008**

WOMEN	Under 16	Youth	Junior	Senior
40kg	Participation Event	70		
44kg		77		
48kg		84	100	130
53kg		96	115	139
58kg		103	123	149
63kg		108	130	156
69kg		111	133	161

75kg		116	139	167
+75kg		127	152	188

MEN	Under 16	Youth	Junior	Senior
47kg	Participation Event	120		
51kg		127		
56kg		135	161	192
62kg		144	172	206
69kg		157	188	227
77kg		167	200	250
85kg		178	214	269
94kg		184	221	283
105kg		189	226	284
+105kg		190	227	302

The above standards are the minimum Totals required for entry in the National Youth (18 years and under) Championships; National Junior (20 years and under) Championships; and National Senior Championships.

There is no minimum Total required for entry in National Under 16 Championships or National Masters Championships.

From the QWA Office

By Ian Moir, QWA General Manager

Behind every champion is a host of people who have contributed in some way to the success of that champion, often without realising it. Queensland's latest weightlifting success story is of course the selection of Deborah Lovely and Damon Kelly in the Australian Team for the 2008 Beijing Olympic Games.

As weightlifters, Deborah and Damon are products of their own talent, skill and determination, mixed with those same traits in their respective coaches Mike Keelan and Miles Wydall. They are also products of a larger community – the sport of weightlifting. Every person who has supported weightlifting in Queensland in some way, has contributed to the environment within which these two celebrated lifters, and others, have developed their athletic abilities. Deborah's and Damon's achievements should bring great pride and a sense of accomplishment to many QWA members and supporters, past and present. No doubt we will all keep an eye on the television coverage of the Beijing Games in mid August and hope for a glimpse of our local heroes in action on the Olympic stage.

Looking beyond our state's borders, those who follow such things will have noted recent developments in weightlifting at the national level. The Australian Sports Commission (ASC) had previously suspended the flow of Federal Government funding to the AWF while the federation's executive worked through a number of governance and corporate compliance issues. In April, this funding was restored, signalling that the AWF had at last

come 'up to standard' as a National Sporting Organisation, in the eyes of the ASC.

With that funding, the AWF has confidently progressed the roll-out of a number of programs designed to directly support weightlifting's high achievers across the country. Lifters and Coaches have begun to receive grant allocations in acknowledgement of the attainment of National Squad and Team selection, with additional incentive bonuses now 'on the table'. And at the most recent AWF Director's meeting, various other allocations of funding were approved for the 2008 / 09 operational budgets for International Competition and national programs encompassing Officiating, Masters, Anti-Doping and Talent Identification.

While our sport's national federation, soon to be renamed *Weightlifting Australia*, appears to be moving forward with more financial security than it has had for some time, the impending departure of the federation's CEO will hopefully not cause too much disruption. Matthew Curtain has been appointed as the Weightlifting Competition Manager for the 2012 London Olympic Games and while we heartily congratulate Matthew on securing this prestigious posting, many of us hope that he is called away from our shores later rather than sooner. The AWF's loss will be the London Games' gain and the upside of Matthew's move is that the 2012 Olympic weightlifting competition will be in good hands.

Until next time...

President's Note

It has been a month of outstanding success for the QWA with the two positions at the Beijing Olympics being filled by Queenslanders. Congratulations to coaches and lifters with the results being due to years of hard work for athletes and coaches coming to fruition. We are very proud of Deb and Damon and wish them great success in Beijing. Their success should provide inspiration for all Queensland weightlifters.

I would also like to congratulate David DeRose and the QWA Masters contingent for their success in Launceston. The quality and standard of lifting shown by QWA members stood out and our masters created considerable comment for their excellent QWA lifting attire. A special thanks to Barry & Kathleen Harden and Deb Keelan for their tireless efforts in helping make the day a great success.

The remainder of this year is now focused on the under 16, youth and junior Championships and qualifying for the Commonwealth Youth Games in India. The committee wishes all of those lifters good luck and we are very mindful that the continued success of the QWA must always be based on future talent identification.

Lawrie Townsend
QWA President



QWA League & Masters League, Round 2 Toowoomba Weightlifting Association, Toowoomba Qld 19th April 2008

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	Sn	C & J	Total	Bonus	Points
Davina Hughes	89	Toowoomba	56.10	65	85	150	0	59.761
Luke Gardner	88	Cougars	110.30	115	150	265	-9	47.144
Alison Noble	79	Cougars	74.20	65	89	154	-10	43.846
Bowen Stuart	86	Toowoomba	76.70	95	112	207	-14	40.907
Diana Loy	65		58.00	---	76	---	-4	---

Division 2

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Craig Wegert	73	USQ	157.10	130	160	290	15	76.441
Billy Chong Nee	90	Toowoomba	90.50	104	130	234	6	62.115
Melissa Robinson	81	Honey Badgers	58.00	61	74	135	7	60.785
Brent Kahi	90	Cougars	69.60	80	105	185	11	60.072
Darryl Hockins	88	Toowoomba	60.80	77	98	175	6	59.846
Matt Swift	69	Cougars	80.50	85	110	195	10	59.367
Rhian Norman	92	Toowoomba	61.90	56	77	133	7	58.751
Scott Clark	91	Sunshine Coast	58.20	81	95	176	4	58.154
Peter Foster	67	Cougars	103.40	110	122	232	-15	37.727
Liana Lambert	88	Cougars	64.40	49	63	112	-15	25.580
John Hanlon	66	Cougars	91.80	60	95	155	-15	22.170
Bianca Sheppard	92	Toowoomba	56.80	52	---	---	-1	---

Division 3

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
David Hockins	91	Toowoomba	54.10	61	87	148	13	61.525
Andrew Fletcher	75		103.60	78	97	175	19	58.773
Michelle Kahi	94	Cougars	57.90	50	68	118	5	52.012
David Lipman	87	Cougars	83.70	68	90	158	12	52.000
Jenny Butler	73	Honey Badgers	66.90	50	64	114	2	43.304
Michael Dunne	91	Cougars	83.20	64	88	152	3	41.481
Tierney Molenaar	91	Windaroo	59.50	46	60	106	0	41.245
Daniel McCallum	92	Toowoomba	72.30	62	70	132	6	41.013
Liam Henry	92	Cougars	96.50	62	86	148	5	38.636

Weightlifting Queensland

Casey Kahi	90	Cougars	70.80	53	64	117	-5	35.909
Barry Harden	59	Sunshine Coast	87.30	85	105	190	-11	34.564
Matthew Arthy	91	Cougars	62.00	52	65	117	-4	32.000
Jess Brown-Meyer	90	Cougars	47.80	36	48	84	-11	27.710
Steven Matthews	54	Toowoomba	73.90	53	73	126	-9	24.422
Bob Henderson	43	Sunshine Coast	75.60	60	70	130	-14	20.483



Jessica Brown

Billy Chong Nee

Weightlifting Queensland

Division 4

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Jordan Hardy	88	Cougars	67.30	75	95	170	19	66.619
David Caruana	86	Cougars	73.80	70	85	155	15	56.114
Daniel Mellor	75	CrossFit	69.10	55	66	121	21	53.095
Kirsten Wu	93	Cougars	47.30	34	45	79	15	51.406
Kelsey Swift	94	Cougars	56.50	39	52	91	15	51.255
Keeran Klein	94	Cougars	55.40	35	45	80	21	47.230
Sam Baumann	92	Cougars	50.60	43	60	103	12	45.770
Tim Steele	68	Sunshine Coast	92.10	55	65	120	11	39.777
Ben Quarrell	73	Toowoomba	109.20	70	87	157	6	39.263
Jacob Winwood	89	Cougars	81.00	65	90	155	0	39.241
Mitchell Thurlow	92	Cougars	108.80	65	85	150	7	38.780
Kim Hanssen	86	Cougars	66.20	45	58	103	1	38.319
Valerie Silver	49	Cougars	61.30	23	30	53	14	34.623
Ian Botham	71	CrossFit	95.80	42	57	99	9	31.500
Lesley Moyle	45	Honey Badgers	55.50	24	32	56	9	31.311
Jason Dalton	73	Cougars	75.60	35	50	85	6	28.546
Barry Lucas	62	Cougars	86.50	40	50	90	6	27.583
Arthur Livock	90	Cougars	90.30	40	50	90	6	27.583
Vicki Brady	43	Honey Badgers	51.70	27	33	60	0	26.549
Leandra Miscamble	56	Honey Badgers	63.20	29	41	70	1	26.362
Sue Cox	61	Honey Badgers	66.20	33	41	74	-2	24.812
Carly Lucas	92	Cougars	72.50	25	30	55	0	19.231
Julie Davis	52	Honey Badgers	52.00	21	34	55	-6	18.336
Ben Grzes	50	Cougars	134.90	58	75	133	-14	14.178

Referees: Ian Moir (Cat I); Barry Harden (Cat II); Dallas Turnbull (National);
Amanda Phillips (National); Brian Walsh (State); Bowen Stuart (State);
Melissa Turnbull (State); Craig Wegert (State); Julie Davis (State);
Vicki Brady (State); Kim Hanssen (Club); Lee-Ann Hughes (Club).

Timekeepers: Brian Walsh; Craig Wegert; Davina Hughes.

M.C.: Mike Keelan; Ian Moir; Greg Hobl.

Masters League

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

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Score
Men								
Craig Wegert	73	USQ	157.10	130	160	290	0	65.864
Peter Foster	67	Cougars	103.40	110	122	232	0	60.478
Bob Henderson	43	Sunshine Coast	75.60	60	70	130	0	56.414
Barry Harden	59	Sunshine Coast	87.30	85	105	190	0	56.225
Matthew Swift	69	Cougars	80.50	85	110	195	0	55.538
Steven Matthews	54	Toowoomba	73.90	53	73	126	0	44.083
John Hanlon	66	Cougars	91.80	60	95	155	0	43.043
Ben Quarrell	73	Toowoomba	109.20	70	87	157	6	41.658
Ben Grzes	50	Cougars	134.90	58	75	133	0	40.830
Tim Steele	68	Sunshine Coast	92.10	55	65	120	0	32.691
Barry Lucas	62	Cougars	86.50	40	50	90	6	32.050
Ian Botham	71	CrossFit	95.80	42	57	99	6	30.750
Jason Dalton	73	Cougars	75.60	35	50	85	6	30.170

Women

Jenny Butler	73	Honey Badgers	66.90	50	64	114	0	44.278
Vicki Brady	43	Honey Badgers	51.70	27	33	60	0	43.434
Lesley Moyle	45	Honey Badgers	55.50	24	32	56	6	41.340
Julie Davis	52	Honey Badgers	52.00	21	34	55	0	33.681
Sue Cox	61	Honey Badgers	66.20	33	41	74	0	32.630
Leandra Miscamble	56	Honey Badgers	63.20	29	41	70	0	32.236
Valerie Silver	49	Cougars	61.30	23	30	53	0	30.521
Diana Loy	65		58.00	---	76	---	0	---

Masters Records

Name	Cat	Lift	Weight	Age Group
Vicki Brady	53kg	Snatch	27	65 – 69 years
Vicki Brady	53kg	Cl & Jk	33	65 – 69 years
Vicki Brady	53kg	Total	60	65 – 69 years
Lesley Moyle	58kg	Snatch	24	60 – 64 years
Lesley Moyle	58kg	Cl & Jk	32	60 – 64 years
Lesley Moyle	58kg	Total	60	60 – 64 years
Valerie Silver	63kg	Snatch	23	55 – 59 years
Valerie Silver	63kg	Cl & Jk	30	55 – 59 years
Valerie Silver	63kg	Total	53	55 – 59 years
Craig Wegert	+105kg	Snatch	130	35 – 39 years
Craig Wegert	+105kg	Cl & Jk	160	35 – 39 years
Craig Wegert	+105kg	Total	290	35 – 39 years

Masters of Weightlifting

I've been the Queensland Masters Co-ordinator for sometime now and most of the people who have been involved in the sport for a while know me. Unfortunately, due to circumstances, I feel like I've been neglecting my duties lately. Starting now, I am hoping, with the help of my fellow Masters, to be able to raise the level of interest and support in the Queensland Masters scene. As a first step I am aiming to ensure that a Masters article appears in all future QWA Magazines.

For the Masters lifters who don't know me, here's the story so far:

I started weightlifting in 1973 when I was in grade eight at Nambour High School. I had no idea what I was doing back then and 35 years later, despite learning so much about the sport, I sometimes wonder whether I really know what I'm doing now. I am a weightlifting fanatic, which just goes to prove that you don't have to hit the heights of Elite performance to enjoy the benefits this sport brings, both physical and social.

When Masters weightlifting really kicked off in Australia after the 1994 World Masters Championships in Perth and 1994 World Masters Games in Brisbane, no one really knew what the advantages or problems were going to be with extended training. At that stage most weightlifters retired from the sport between 30 and 35. We were lead to believe that fast twitch muscle fibre deteriorated dramatically after the age of 35. We have since discovered it was more a case of "don't use it and you loose it". Diana Loy, a lifter of many years experience, has shown that you can continue to improve into your forties and both Charlie Henderson and Rube Howes continued lifting good weights well

into their eighties.

The recipe for success in Masters lifting appears to be the ability to adapt to a lower intensity training program as you get older and to closely monitor your recovery. You can't turn back time, but staying active and taking a common sense approach to training guards against injury and leads to healthy and enjoyable lifting.

Now onto Masters business. We have two more League rounds left to decide who will be in the final five for the QWA Masters League Grand Final. In the women, Vicki, Jenny and Lesley look like strong contenders so far with a battle looming between Leandra, Sue, Valerie and Julie to lift their way in. The men are in a similar position with Craig, Peter, and Bob the front-runners and half a dozen others fighting over the rest of the positions. This should make the third League round very interesting.

By the time this goes to print the National Masters in Launceston will have come and gone and hopefully we will have won the trophy. In reality, we are in for a tough fight as I have been warned that a couple of the other states believe they have the teams to win. Whatever the result I know we will have a great time anyway.

Please everyone keep focused on the World Masters Games in Sydney next year. The website for this event is already up and running at www.2009worldmasters.com. The Games are programmed for October 2009, but it will come around quicker than you think. I will be looking at what everyone has to do to qualify.

Meanwhile keep strong, keep healthy and keep lifting.

Barry Harden
Queensland Masters.



2008 Queensland Masters Championships

University of Southern Queensland, Springfield Qld
17th May 2008

Men

Name	Born	Club	Bwt	Snatch	Cl & Jk	Total	MMS
70-74 Years							
62kg Category							
Keith Penney	37		61.55	43	63	106	307.447
65-69 Years							
77kg Category							
Bob Henderson	43	SCWC	74.45	65	72	137	285.953
Keith Forbes	40		72.85	48	50	98	217.777
60-64 Years							
77kg Category							
Ray Loudon	45	SCWC	76.85	55	77	132	261.841
55-59 Years							
94kg Category							
Malcolm Irwin	53		92.00	87	111	198	305.453
+105kg Category							
Ben Grzes	50	Cougars	132.75	55	80	135	199.659
50-54 Years							
+105kg Category							
Harry Grzes	56	Cougars	115.20	56	75	131	175.464
45-49 Years							
94kg Category							
Barry Harden	59	SCWC	88.40	86	110	196	281.479

Weightlifting Queensland

Name	Born	Club	Bwt	Snatch	Cl & Jk	Total	MMS
40-44 Years							
94kg Category							
John Hanlon	66	Cougars	89.60	70	97	167	223.648
Tim Steele	68	SCWC	91.75	55	65	120	155.966
105kg Category							
Peter Foster	67	Cougars	103.25	113	133	246	307.882
35-39 Years							
105kg Category							
David Allan	70	Honey Badgers	97.75	100	122	222	275.247
+105kg Category							
Craig Wegert	73	USQ	149.95	131	161	292	314.527

Women							
Name	Born	Club	Bwt	Snatch	Cl & Jk	Total	MMS
65+ Years							
53kg Category							
Vicki Brady	43	Honey Badgers	51.50	26	33	59	131.897
55-59 Years							
53kg Category							
Julie Davis	52	Honey Badgers	49.30	23	34	57	111.971
63kg Category							
Valerie Silver	49	Cougars	61.40	27	38	65	115.328
50-54 Years							
63kg Category							
Leandra Miscamble	56	Honey Badgers	62.80	31	45	76	114.166

Weightlifting Queensland

Name	Born	Club	Bwt	Snatch	Cl & Jk	Total	MMS
45-49 Years							
69kg Category							
Sue Cox	61	Honey Badgers	65.80	33	43	76	106.340
40-44 Years							
63kg Category							
Diana Loy	65		59.20	55	75	130	186.819
35-39 Years							
69kg Category							
Jenny Butler	73	Honey Badgers	67.10	54	66	120	146.307

Referees: Debra Keelan (Cat I); Lawrie Townsend (Cat I); Barry Harden (Cat II); Vicki Brady (State).

Time Keeper: Craig Wegert; Julie Davis.

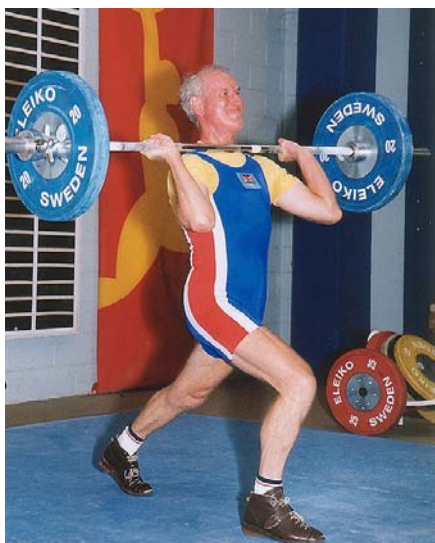
M.C: Mike Keelan; Ian Moir

Best Lifter Awards
 Male Craig Wegert 314.527 MMS points
 Female Diana Loy 186.819 MMS points

Masters Records - Men				
Name	Cat	Lift	Weight	Age Group
Keith Penney	62kg	Cl & Jk	63	70 – 74
Bob Henderson	77kg	Snatch	65	65 – 69
Peter Foster	+105kg	Snatch	113	40 – 44
Peter Foster	+105kg	Cl & Jk	133	40 – 44
Peter Foster	+105kg	Total	246	40 – 44
Craig Wegert	+105kg	Snatch	131	35 – 39
Craig Wegert	+105kg	Cl & Jk	161	35 – 39
Craig Wegert	+105kg	Total	292	35 – 39

Masters Records - Women

Name	Cat	Lift	Weight	Age Group
Valerie Silver	63kg	Snatch	24	55 – 59
Valerie Silver	63kg	Snatch	27	55 – 59
Valerie Silver	63kg	Cl & Jk	32	55 – 59
Valerie Silver	63kg	Cl & Jk	36	55 – 59
Valerie Silver	63kg	Cl & Jk	38	55 – 59
Valerie Silver	63kg	Total	59	55 – 59
Valerie Silver	63kg	Total	63	55 – 59
Valerie Silver	63kg	Total	65	55 – 59
Leandra Miscamble	63kg	Snatch	30	50 – 54
Leandra Miscamble	63kg	Snatch	31	50 – 54
Leandra Miscamble	63kg	Cl & Jk	43	50 – 54
Leandra Miscamble	63kg	Cl & Jk	45	50 – 54
Leandra Miscamble	63kg	Total	71	50 – 54
Leandra Miscamble	63kg	Total	74	50 – 54
Leandra Miscamble	63kg	Total	76	50 – 54
Sue Cox	69kg	Total	76	45 – 49



Keith Penney

Secret Lifter's Business

As told by Ben Grzes

Queensland weightlifter Peter Phillips' preparations for the 1972 Munich Olympic Games included raising the funds to get him there. The Queensland weightlifting community rallied around in support, with the usual fundraising ventures – dinners, barbeques, raffles, etc – taking place. In addition, Peter & Co hit on the idea of entering a television game show in the hope of bolstering the travel fund with prize money.

At that time, there was a popular television program called "I've Got a Secret". The premise of the show was that three people, all claiming to be the one with the "secret", would front a panel of TV celebrities who would ask questions in turn and try to figure out which of the three was the holder of the secret.

And so it was that Peter Phillips, Ben Grzes and a chef from Peter's restaurant entered the studios of the then QTQ 9 in early 1972, all claiming to be Peter Phillips – Weightlifter and Restaurateur.

After unleashing a barrage of questions relating to food, cooking, table service, and of course Weightlifting and the Olympic Games, the panel cast their votes. When it came time for the real Peter Phillips to stand up, only one of the celebrities had guessed correctly and Peter's Olympic travel fund was boosted by the show's second top prize of \$20.

Editors note: How times have changed, both in terms of the level of Olympic Team support, and TV game show prizes!

2008 Australian Olympic Team Nomination Trials

07 June 2008 - Melbourne, Victoria

RESULTS - WOMEN

48kg Women	DoB	STATE	B/WT	SNATCH	C&J	TOTAL
LEE Vivian	29-Mar-78	VIC	47.65	67	87	154

58kg Women	DoB	STATE	B/WT	SNATCH	C&J	TOTAL
LEE Seen	15-Nov-82	VIC	57.75	88	105	193

63kg Women	DoB	STATE	B/WT	SNATCH	C&J	TOTAL
WHITE Jacqueline	23-Feb-82	VIC	63.00	77	90	167

75kg Women	DoB	STATE	B/WT	SNATCH	C&J	TOTAL
MYERS Jenna	01-Mar-86	TAS	73.90	89	114	203

+75kg Women	DoB	STATE	B/WT	SNATCH	C&J	TOTAL
LOVELY Deborah	20-Jun-83	QLD	90.60	112	140	252

RESULTS - MEN

62kg Men	DoB	STATE	B/WT	SNATCH	C&J	TOTAL
KOUM KOUM Daniel	27-May-85	VIC	61.65	115	140	255

69kg Men	DoB	STATE	B/WT	SNATCH	C&J	TOTAL
TURNER Ben	23-Jan-84	QLD	68.95	128	165	293

85kg Men	DoB	STATE	B/WT	SNATCH	C&J	TOTAL
RIBOUEM Simplicie	05-Dec-82	VIC	84.70	150	185	335

105kg Men	DoB	STATE	B/WT	SNATCH	C&J	TOTAL
KARAPETYAN Aleksan	17-Aug-70	VIC	99.90	170	190	360

+105kg Men	DoB	STATE	B/WT	SNATCH	C&J	TOTAL
KELLY Damon	01-Dec-83	QLD	151.60	170	222	392
HOCKING Corran	29-Jul-80	VIC	151.55	182	203	385

2008 Olympic Nomination Trials

By Ian Moir

On Saturday 7th June, eleven lifters descended on the Mermet Victorian Weightlifting Stadium in Melbourne to compete in the 2008 Olympic Nomination Trials and before the day was over, two of them would be named as weightlifting's nominees to the Australian Olympic Committee for selection in the team for Beijing. Among the contenders were three Queenslanders – Deborah Lovely, Ben Turner and Damon Kelly.

Through the Regional Olympic Qualification Event – 2008 Oceania Championships – Australia had earned the right to enter one male and one female in the weightlifting competition of the Beijing Olympics. The selection of those two lifters would be based upon the contenders' best results from any one of four specific events: the 2007 World Championships; 2007 Oceania Championships; 2008 Oceania Championships; and 2008 Australian Olympic Nomination Trials.

Going into the Trials, Ben and Damon had some runs on the board from earlier qualifying competitions, but they both knew that it was going to take more than that to claim the single Olympic place on offer. Deborah didn't have a selection result to her credit at that point and the only way for her to make it was to come up with something very special on the day.

With lifters in categories ranging right across the scale all competing for the same prize, selections would be based on the lifters' totals measured as a percentage of the qualifying standard for their bodyweight category. Quite simply, at the end of the Trials the lifter with the highest percentage score from any of the specific selection events would win.

Victoria's Seen Lee had a score of 111% from the 2008 Oceania Championships and that was the figure that stood as the initial challenge to all of the other female competitors. Deborah's coach, Mike Keelan, had crunched the numbers a couple of months earlier and he knew that for Deborah to achieve 112% she would have to lift a total of 252kg. And of course, if Seen got a better result at the Trials, even more would be needed.

For Ben and Damon and their coach, Miles Wydall, things weren't quite so clear. Damon was the leading qualifier in the men's group, but all of the six contenders, including Damon, were expected to surpass that mark of 103.5%.

Deborah held a great advantage over her competitors – she would be lifting the heaviest weights and would therefore lift last. After the snatches, Seen Lee and Deborah were

out ahead of the pack, but Seen had missed two attempts and finished 4kg below her previous best, while Deborah had recovered from a failed second attempt to secure a National Record 112kg on the third.

For the guys, the snatches finished with less than four percentage points between the competition leader and sixth place. Damon sailed through with three successful attempts and new personal best 170kg; and Ben also snatched well, missing 127kg on the second attempt but adding a kilo to secure 128kg on the third.

As the women's competition progressed through the clean & jerk, Coach Keelan directed Deborah's warm up while keeping track of the percentages. By the time Deborah's first attempt came around, the score to beat was still 111% and she made a confident first attempt on 132kg, which happened to set a National record, before moving on to the decisive lift.

140kg represented a number of things to Deborah – a new Personal Best; a new National record; and of course the whole reason for her being in Melbourne that day, the chance to earn a place in the Australian Olympic Team. Deborah approached the barbell with confidence, cleaned strongly, and belted out a solid jerk to lift herself into the Australian Olympic Team for a second time.

Then it was the turn of the guys to sort out which among them would be Beijing bound. The first attempt in clean & jerk was taken by 62kg lifter Daniel Koum from Victoria. Although there were many more attempts yet to come, Daniel's 140kg clean & jerk was significant because it established a percentage score higher than anything done in the previous events, meaning that whoever was eventually selected for the Beijing Games was going to have to win the position at the Trials that day.

Ben Turner came through his clean & jerk attempts as the leader at that stage of the competition. Despite missing his last attempt on 169kg, Ben succeeded with 165kg in the jerk and 293kg in total, giving him 107.32%. The next two lifters to come out didn't overtake Ben and he maintained the lead as the first of the two "Supers" came to the platform.

Corran Hocking (Vic) had snatched 12kg more than Damon, but Damon and Coach Wydall were confident that his 170kg snatch had set things up for the past few months of hard training to pay off with a clean & jerk big enough to get the job done. Corran opened on 203kg and Damon started with 210. Corran went to 210kg to edge ahead of Ben on percentage, but failed this weight twice.

So then it was down to Damon to jerk whatever weight was needed to beat Ben's score. That translated into 222kg, 5kg more than the Commonwealth Games Record Damon

set just over two years earlier. The call was made and Damon, in his usual fashion, didn't linger over the bar. The clean was strong and the jerk solid, and Damon let out a roar of triumph. In the final analysis, it was Damon Kelly 107.39%; Ben Turner 107.32%.

As the saying goes: good news travels fast. Even before the official announcement was made that afternoon, telephones around Queensland were ringing with the message – "Deb and Damo are going to Beijing!!"



Deborah & Mike



Damon, Miles & Ben

2008 Australian Masters Championships

14th June 2008

Launceston, Tasmania

Women

Name	YOB	State	BWT	Snatch	C & J	Total	Age Correct Sinclair	Placing
30 – 34 Age Group								
69kg Category								
Alexandra Stewart	77	NSW	68.66	70	78	148	167.95	1
+75kg Category								
Kellie Mikulec	76	VIC	94.84	40	53	93	96.7	1
35 – 39 Age Group								
58kg Category								
Michelle Kinnane	71	QLD	57.46	35	45	80	110.38	1
69kg Category								
Jennifer Butler	73	QLD	66.66	57	70	127	155.11	1
Linda Hancock	70	NSW	66.72	0	0	0	0	-
75kg Category								
Sheree Peck	72	VIC	72.96	35	48	83	98.72	1
40 – 44 Age Group								
58kg Category								
Diana Loy	65	QLD	57.72	61	74	135	197.47	1
45 – 49 Age Group								
58kg Category								
Katrina Hanan	62	VIC	57.04	27	37	64	97.65	1
63kg Category								
Lina Vukojevic	61	VIC	60.44	39	50	89	131.52	1
Sue Cox	61	QLD	61.08	34	41	75	110.06	2
69kg Category								
Amanda Miller	63	NT	66.42	45	54	99	135.87	1
50 – 54 Age Group								
58kg Category								
Colleen Rush		TAS	57.88	0	0	0	0	-
63kg Category								
Leandra Miscamble	56	QLD	61.92	28	41	69	104.49	1
69kg Category								
Grace Morrison	54	WA	67.4	44	65	109	163.25	1

Weightlifting Queensland

Name	YOB	State	BWT	Snatch	C & J	Total	Age Correct	
							Sinclair	Placing
55 – 59 Age Group								
48kg Category								
Julie Davis	52	QLD	46.82	22	32	54	110.94	1
63kg Category								
Valerie Silver	49	QLD	61.54	28	43	71	125.79	1
69kg Category								
Barbara Ludwig	53	TAS	66.48	37	50	87	134.26	1
75kg Category								
Jeanette Matrenza	53	VIC	69.32	25	30	55	83.02	1
60 – 64 Age Group								
63 kg Category								
Elaine James	45	VIC	62.04	28	35	63	118.54	1
Over 65 Age Group								
53kg Category								
Vicki Brady	43	QLD	51.62	28	34	62	141.21	1
+75 Category								
Shirley McFarland	35	VIC	111.56	24	25	49	102.41	1
Men								
Name	YOB	State	BWT	Snatch	C & J	Total	Age Correct	
							Sinclair	Placing
35 – 39 Age Group								
69kg Category								
Graham Walker	70	NT	66.60	76	100	176	267.64	1
77kg Category								
Kieran Larkins	69	VIC	75.16	95	125	220	315.38	1
85kg Category								
Arjun Singh Tokhi	69	SA	78.30	80	105	185	259.03	1
40 – 44 Age Group								
77kg Category								
David Holt	68	VIC	74.82	70	90	160	232.02	1
94kg Category								
Michael Torriero	66	VIC	90.62	85	100	185	246.90	1
John Hanlon	66	QLD	90.46	77	100	177	236.41	2
Tim Steele	68	QLD	91.76	65	75	140	177.79	3
105kg Category								
Warren Hellisen	66	VIC	102.36	113	155	268	340.28	1
+105kg Category								
Peter Foster	67	QLD	106.04	115	135	250	310.81	1

Weightlifting Queensland

Name	YOB	State	BWT	Snatch	C & J	Total	Age Correct	
							Sinclair	Placing
45 – 49 Age Group								
77kg Category								
Goran Vukojevic	62	VIC	76.9	70	102	172	260.53	1
94kg Category								
Barry Harden	59	QLD	88.16	85	100	185	265.16	1
50 – 54 Age Group								
94kg Category								
Nick Milankovic	57	VIC	91.22	75	107	182	263.05	1
+105kg Category								
Dean Pascoe	56	SA	108.46	71	105	176	239.85	1
55 – 59 Age Group								
77kg Category								
Ludek Prokes	49	NSW	76.62	63	68	131	243.22	1
105kg Category								
Peter Voss	51	ACT	101.88	60	80	140	217.98	1
+105kg Category								
Peter Phillips	53	WA	108	80	114	194	281.42	1
60 – 64 Age Group								
77kg Category								
Tony Campbell-Cowie	44	NSW	73.88	58	70	128	264.14	1
94kg Category								
George Hardiman	45	ACT	88.5	60	88	148	272	1
105kg Category								
John Reynolds	44	VIC	100.96	56	75	131	232.03	1
65 – 69 Age Group								
85kg Category								
Milos Trnka	43	VIC	88.08	56	60	116	221.78	1
70 – 74 Age Group								
62kg Category								
Keith Penney	37	QLD	61.26	48	63	111	322.75	1
85kg Category								
Chris Holt	33	VIC	79.46	50	70	120	315.6	1
105kg Category								
Barry Reilly	37	VIC	103.74	57	75	132	287.58	1
Over 80 Age Group								
105kg Category								
Wilfred Chapman	24	WA	97.64	38	48	86	315.33	1

Masters National Records

Name	Cat	Lift	Weight	Age Group
Women				
Vicki Brady	53	Snatch	28	Over 65
	53	C & J	34	Over 65
	53	Total	62	Over 65
Valerie Silver	63kg	Snatch	28	55 – 59
	63kg	C & J	38	55 – 59
	63kg	C & J	42	55 – 59
	63kg	C & J	43	55 – 59
	63kg	Total	71	55 – 59
Barbara Ludwig	69kg	Snatch	35	55 – 59
	69kg	Snatch	37	55 – 59
	69kg	C & J	47	55 – 59
	69kg	C & J	50	55 – 59
	69kg	Total	87	55 – 59
Jeanette Matrenza	75kg	Snatch	25	55 – 59
	75kg	Total	55	55 – 59
Amanda Miller	69kg	Snatch	41	45 – 49
	69kg	Snatch	43	45 – 49
	69kg	Snatch	45	45 – 49
	69kg	C & J	54	45 – 49
	69kg	Total	99	45 – 49
Men				
Keith Penney	62kg	Snatch	48	70 – 74
	62kg	C & J	63	70 – 74
	62kg	Total	111	70 – 74
Barry Reilly	105kg	Snatch	57	70 – 74
	105kg	C & J	75	70 – 74
	105kg	Total	132	70 – 74
Peter Phillips	+105kg	C & J	114	55 – 59
	+105kg	Total	194	55 – 59
Referees:	Debra Keelan (Cat 1), Gino Fratangelo (Cat 2), Chris Chugg (National), Camilla Fogagnolo (State), Kathleen Harden (State), Jenna Myers (State), Brian Taylor (State)			

2008 MASTERS CHAMPIONSHIPS**LAUNCESTON, TASMANIA****By Barry Harden**

Tasmania in June! One may be lead to believe that it could be cold that time of year. You would be right. However, Weightlifting Tasmania should be given a lot of credit for not only providing a well run competition but a well heated venue as well.

The Queensland contingent consisted of eight female & five male lifters, a Coach/Manager and three Officials. We are claiming Lawrie Townsend here. Lawrie is the Australian Masters Co-ordinator but he did do all the Technical Controlling and he is a Queenslander. I will take this opportunity to thank Debbie Keelan for giving up her time and money to travel to Tasmania and assist with organizing the refereeing. Kathleen Harden was also one of the referees.

I am not going into actual results, as these are reported elsewhere. I will just try to give a little insight into the event itself and I'll give an account of the Coach/Manager later in this report as you will have a greater understanding and appreciation of his role.

The first session consisted of the women from (50-54) to 65+ age group. Queensland was represented by four competitors. I did not know it at the time but there was more at stake than a gold medal. All four ladies were using this competition to qualify for the 2008 World Masters Championships in Greece. At the completion of the session there was mixture of celebration and deep disappointment. I am sure Miles must have heard Valerie Silver celebrating her last lift all the way back in Brisbane. Not only did she qualify for Greece but she broke the Australian snatch, clean & jerk and total records. Well done. Vicki Brady did not quite match Valerie's celebration but it was obvious she was very happy with her performance. Six out of six lifts

and a qualifying total left Vicki with a very big smile. Both Leandra Miscamble and Julie Davis had a goal in mind and gave it their best shot. Unfortunately, the snatches did not go as planned which put too much pressure on the clean & jerk. Both ladies impressed me with the way they fought for their weights and the way they handled their disappointment afterwards. Mind you the totals were still very respectable and all four ladies took home a gold medal.

Keith Penney was our only competitor in the second session that included the age groups from (55-59) to 80+. The old saying "when you're, hot you're hot" applied to Keith this day. Except that he pushed his last jerk out a little in front he would have finished with six out of six, but it didn't matter by that stage, Keith had already broken the Australian snatch, clean & jerk and total records. Keith also led the "best male lifter" award all day until he was pipped by the last lifter of the day.

The rest of the ladies graced the platform in session three, (30-34) to (45-49) age groups. Sue Cox had a battle on her hands with very experienced lifter Lina Vukojevic. As always, Sue produced a very polished performance but it was not quite good enough to beat Lina on the Day. I am looking forward to this little battle becoming an annual event. Michelle Kinnane lifted brilliantly with a six out of six total and a gold medal. "No fuss" Michelle always gives the crowd the impression that her last lift was her best until she comes out and gets her next one. This really helps to get the crowd involved. The selectors counted on Jenny Butler doing a personal best as she has done at every competition so far and she did not disappoint. Jenny just keeps getting better. I think she must have frightened her competition off because the poor girl missed all her snatches leaving Jenny to accept the gold. Diana Loy might not have been happy with her performance but it is only because she has such a high standard. Diana's total guaranteed her the "best female" award for I really don't know how many years in a row.

In the last session the men from (35-39) to (50-54) age groups competed. John Hanlon and Tim Steel competed against each other but John had other problems. Tim lifted extremely well finishing with

a 20kg personal best and six out of six. John had a battle with Victoria's Michael Torriero for the gold medal. John set himself up well with three out of three snatches. After John had successfully completed his first clean & jerk he was left with two attempts on 108kg to secure gold. I will let John tell you what went wrong. Never mind, it was a gutsy effort and hopefully next year the result will be different. Peter Foster is like Diana Loy, keeps getting better with age. His speed and focus was inspiring. Peter was well and truly back to his best. Six out of six and he did it with ease. The crowd really got behind him because of the enthusiasm he attacked the weight with. I also made an appearance in this session. Let's just say that I might listen to Dave a little more next time.

Speaking of Dave. Queensland's Coach/Manager was Dave DeRose. Dave had a big job in front of him as in three of the four sessions he had four lifters to work with. I was impressed with Dave from the start. His handling of the "Manager" part of the role was very professional. It was a long day and Dave was just as enthusiastic and precise with the last lifter as the first. His technical advice was excellent. If the lifter did not perform well on the platform then it was no fault of Dave's. I would also like to mention Jenny Butler and thank her for her support throughout the day.

The only really downside of the Day was Victoria kicking our butts for the Team Trophy. We came second again. Come on all you Queensland Masters. Let's make a plan to get them next year.

Finally, I would like to thank Weightlifting Tasmania for a good venue, a well-run competition and a well-attended function afterwards.

I will just leave you with this quote from Jason Roberts, Tasmanian and Australian Heavy Weight (Retired). (At the function after the competition). "I did not know there was anything wrong with being a Tasmanian until I went to the mainland for a competition".

2008 World Junior Championships

12th – 20th June 2008
Cali, Columbia

48Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	OZKAN Sibel	03.03.1988	TUR	47.78	A	84	106	190
2	KHAMSI Panida	13.01.1989	THA	46.50	A	76	101	177
3	PAGLIARO Genny Caterina	15.10.1988	ITA	47.72	A	80	96	176
4	PHUPRUEM Thip-Amon	29.09.1989	THA	47.54	A	75	100	175
5	TAKESHITA Nao	08.03.1988	JPN	47.94	A	73	92	165
6	VERON Malvina	11.06.1989	ARG	47.24	A	72	91	163
7	MERCADO Kathryn	20.05.1990	COL	47.46	A	73	88	161
8	OKUR Saziye	23.02.1992	TUR	41.90	A	72	85	157
9	LEE Meecheong	17.02.1991	KOR	47.46	A	66	90	156
10	FUENTES Yusmaria	11.11.1988	VEN	47.82	A	71	85	156
11	CHANG Kai-Lin	22.07.1991	TPE	47.28	A	67	88	155
12	MORENO Karla	15.03.1988	NCA	47.26	B	65	83	148
13	BERCHI Dana	11.03.1990	ROU	47.94	B	62	80	142
14	RUEL Jessica	15.02.1991	CAN	47.80	B	63	77	140
15	SANCHEZ Fatima	12.05.1988	ESA	47.64	B	60	75	135
16	PORTER Kailee	04.06.1989	USA	47.30	B	58	76	134
17	LANGEVIN Maude	21.01.1990	CAN	47.56	B	60	74	134
---	VASQUEZ Maria	26.11.1990	ECU	46.92	B	61	---	---

53Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	HEREDIA Jackelina	31.12.1988	COL	52.54	A	84	108	192
2	LOCHOWSKA Joanna	17.11.1988	POL	52.52	A	83	101	184
3	DE LA PUENTE Maria Alvarez	11.03.1989	ESP	52.66	A	83	100	183
4	HSU Shu-Ching	09.05.1991	TPE	51.80	A	75	98	173
5	SIBETOVA Irina	27.03.1989	RUS	52.82	A	72	95	167
6	GUSHIKEN Misaki	08.02.1990	JPN	52.90	A	77	89	166
7	SEO Jeong-Mi	18.11.1991	KOR	52.98	A	71	90	161
8	YANIK Gulnaz	22.06.1991	TUR	52.82	A	70	88	158
9	BARCO Yorharley	07.12.1991	VEN	52.70	A	68	88	156
10	VASQUEZ Tatiana	07.01.1993	ECU	51.28	A	70	85	155
11	LYKHODID Tetiana	04.04.1989	UKR	52.86	A	71	83	154
12	MERCEDES Leidy	27.01.1992	DOM	52.36	A	65	80	145

58Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	SIRIKAEW Pimsiri	25.09.1990	THA	56.60	A	91	120	211
2	COCOS Roxana	05.06.1989	ROU	57.80	A	86	116	202

3	RIVAS Lina	24.04.1990	COL	57.16	A	91	110	201
4	HERRERA Yarvanis	13.12.1989	VEN	57.88	A	81	105	186
5	CAKAL Eda	01.01.1993	TUR	56.96	A	81	104	185
6	DE LOS SANTOS Wildry	24.05.1991	DOM	56.88	A	80	101	181
7	DRIUMOVA Katerina	12.02.1990	UKR	57.12	A	82	96	178
8	SIBETOVA Olga	05.01.1988	RUS	57.20	A	75	101	176
9	KIKUTA Yasuko	10.10.1988	JPN	57.78	A	74	99	173
10	ANGULO Sofia	27.12.1991	ECU	57.58	B	75	97	172
11	KATZENMEIER Hilary	22.08.1988	USA	56.64	B	76	92	168
12	SEKER Elif	20.03.1988	TUR	55.20	B	75	92	167
13	GLASGOW Michelle	20.04.1991	USA	56.90	B	70	89	159
14	GUTIERREZ Melissa	30.03.1990	CHI	57.88	B	71	88	159
15	RIVERA Jessica	21.12.1989	PUR	57.72	B	65	90	155
16	LANOUILLE Carolanne	18.09.1990	CAN	57.52	B	63	81	144
17	CUBA Maribel Ines	07.01.1989	PER	54.22	B	59	81	140

63Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	SAVENKO Viktoriya	28.05.1988	RUS	62.18	A	103	117	220
2	PALOMEQUE Nisida	09.03.1988	COL	61.76	A	96	117	213
3	MIYAHIRA Namiko	19.07.1988	JPN	62.38	A	86	103	189
4	SAVCHENKOVA Olena	24.01.1989	UKR	61.18	A	87	101	188
5	KONDRASHOVA Viktoriya	16.03.1988	RUS	60.88	A	85	101	186
6	LEFEBVRE Valerie	16.06.1990	CAN	61.90	A	81	105	186
7	BAZSO Bianka	24.01.1988	HUN	62.60	A	82	97	179
8	TOVAR Wendy	05.04.1991	VEN	62.98	A	77	100	177
9	AGUILAR Ana	24.11.1991	ECU	61.96	A	75	95	170
10	GRYCZKA Joanna	02.02.1989	POL	62.80	A	76	93	169
11	SAMUELSSON Matilda	12.07.1989	SWE	62.00	A	73	88	161
12	BOUGIE Pamela	24.01.1991	CAN	61.36	A	74	80	154

69Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	KHALIL Abir	13.06.1992	EGY	68.78	A	101	132	233
2	SOLIS Leidy Yessenia	17.02.1990	COL	67.50	A	101	131	232
3	KIM Hyemi	05.08.1990	KOR	67.94	A	95	118	213
4	BAIEVA Daria	31.03.1988	UKR	68.76	A	100	113	213
5	BEAUCHEMIN-NADEAU Marie-Eve	13.10.1988	CAN	68.60	A	93	115	208
6	OSTAPSKA Katarzyna	25.02.1988	POL	67.82	A	90	114	204
7	FRIEND Natalie	18.11.1988	USA	64.66	A	78	102	180
8	DOMINGUEZ Yessenia	16.09.1989	DOM	66.98	A	82	97	179
9	VALDEZ Maria Fernanda	17.03.1992	CHI	68.86	A	75	104	179
10	RANGEL Ruth	25.12.1989	VEN	68.00	A	80	97	177
---	VELI Maria	11.07.1988	ALB	64.20	A	---	95	---
---	MARTINEZ Maria Belen	19.10.1989	ARG	68.86	A	85	---	---
---	PINTO Cinthia	10.08.1989	ECU	66.98	A	---	96	---

75Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	LEE Aera	06.03.1990	KOR	74.36	A	97	126	223

Weightlifting Queensland

2	SOLIS Yessica	17.12.1989	COL	73.92	A	96	120	216
3	LYNCH Kelly	05.05.1989	USA	72.02	A	86	108	194
4	NAKAMURA Rina	25.12.1990	JPN	73.92	A	85	103	188
5	ZARBONI-BERTHIAUME Chelse	04.12.1991	CAN	74.60	A	80	100	180
6	ALTINDAS Sibel	24.02.1990	TUR	71.74	A	80	90	170
7	YILMAZ Hatice	05.10.1990	TUR	69.24	A	73	88	161
---	INOUE Saori	05.01.1989	JPN	74.34	A	78	---	---
---	KONOVALOVA Julia	01.12.1990	RUS	71.88	A	---	115	---

Weightlifting Queensland

8	ASCENCIO Albert	10.02.1988	ESA	61.98	B	112	145	257
9	ATAK Hursit	24.05.1991	TUR	61.14	B	112	140	252
10	TOKAR Bogdan	25.11.1988	UKR	60.88	B	110	138	248
11	ADAMS Aaron B.	01.03.1988	USA	61.66	B	106	140	246
12	LEE Alex	18.11.1988	USA	61.92	B	110	135	245
13	ALMANZAR Francisco	19.09.1989	DOM	61.38	B	109	135	244
---	SEZER Bunyami	04.07.1988	TUR	60.98	A	123	---	---

+75Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	KACHAEVA Yuliya	29.11.1990	RUS	85.52	A	98	125	223
2	ROBLES Sarah	01.08.1988	USA	109.30	A	84	117	201
3	SERNA Paola	20.04.1990	COL	81.88	A	90	110	200
4	CAZAR Silvia	02.05.1988	ECU	100.82	A	91	109	200
5	MATAMALA Nicol	07.08.1988	CHI	80.80	A	89	96	185
6	MANGOLD Holley	22.12.1989	USA	168.70	A	75	95	170

69Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	CHEN Oleg	22.11.1988	RUS	68.56	A	142	165	307
2	MIRZOYAN Arakel	21.10.1989	ARM	68.22	A	137	165	302
3	PINEDA Luis Miguel	03.08.1988	COL	68.56	A	136	166	302
4	CALJA Briken	19.02.1990	ALB	68.04	A	136	164	300
5	RAZVAN Martin	22.12.1991	ROU	68.20	A	134	161	295
6	REZAEIAN Morteza	14.06.1989	IRI	66.60	A	133	157	290
7	MORILLAS Sanchez Isaac	16.10.1988	ESP	68.16	A	130	160	290
8	TARIFA Antonio Gomez	05.01.1989	ESP	68.28	A	130	156	286
9	PAN Chien-Hung	07.08.1988	TPE	67.16	B	127	158	285
10	OBUKHOV Anton	21.11.1990	UKR	68.64	B	126	155	281
11	ZWARYCZ Krzysztof	13.12.1990	POL	68.80	A	125	155	280
12	HERRERA Luis Javier	30.03.1989	VEN	68.40	B	121	152	273
13	SOLIS Elio	10.02.1989	ECU	68.68	B	117	147	264
14	ROSOL Tomasz	04.09.1989	POL	68.10	B	120	140	260
15	LESCANO Arturo	16.06.1988	PER	68.22	B	112	140	252
16	CARINAO Jorge	18.02.1991	CHI	66.40	B	105	120	225
17	FEIJDO Joanmanuel	05.08.1993	PER	65.42	B	98	125	223
---	MARTINEZ ARIAS Yuniesel	03.10.1988	CUB	67.88	A	120	---	---
---	SEVERINO Nelson	08.10.1990	DOM	67.10	B	119	---	---

56Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	EL MOUAOUI Khalil	12.09.1988	TUN	55.54	A	123	138	261
2	GIL GALVAN Adiel	07.03.1990	CUB	55.54	A	107	135	242
3	BERNA Carlos	21.01.1990	COL	54.94	A	102	136	238
4	NIETO Jose	29.05.1988	VEN	55.84	A	103	135	238
5	MURILLO Yeison	21.08.1988	COL	55.66	A	105	130	235
6	SALAMANCA Julio	15.07.1989	ESA	55.90	A	100	128	228
7	TAN Chi-Chung	24.02.1990	TPE	55.60	A	101	125	226
8	KILIC Gokhan	06.01.1988	TUR	55.56	A	100	125	225
9	TAMASHIRO Narikazu	31.01.1989	JPN	55.90	B	96	128	224
10	HAN Myeong-Mok	01.02.1991	KOR	55.70	A	104	118	222
11	MOTA Gilnaldo	31.01.1989	DOM	55.02	B	101	120	221
12	SANGRONIS Alfredo	30.04.1988	VEN	55.98	B	95	125	220
13	CEPEDA Francisco	20.03.1989	ECU	54.26	B	94	125	219
14	SOTO Diego	28.01.1988	CHI	55.02	B	95	122	217
15	GARCIA Jonathan	13.06.1988	USA	55.98	B	82	120	202
16	BARNETT Joshua	09.10.1988	USA	53.74	B	75	102	177
---	AGARIJO Yusuke	16.09.1989	JPN	55.58	B	---	---	---

77Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	IBRAHIM Ibrahim Ramadan	06.02.1988	EGY	76.08	A	146	186	332
2	YAGCI Semih	15.11.1988	TUR	76.46	A	150	182	332
3	MORADI Sourab	22.09.1988	IRI	76.72	A	141	177	318
4	KIM Kyungsu	11.01.1988	KOR	76.32	A	141	176	317
5	MENDOZA Cesar	08.05.1989	VEN	76.68	A	134	161	295
6	CARLES Josep Costa	17.08.1988	ESP	76.54	A	132	160	292
7	CANGEMI Enrico	05.11.1988	ITA	76.18	A	125	163	288
8	DUMAIS Paul	08.03.1991	CAN	76.36	A	133	155	288
9	SAVCHENKO Eduard	06.04.1990	UKR	75.38	A	125	149	274
10	GOYETTE-DEMERS Laurent	13.03.1990	CAN	76.52	A	118	155	273
11	DANIL Agustin	14.12.1989	ARG	76.44	A	120	145	265
12	EVARISTO Gonzalez Cosma	17.10.1990	DOM	72.98	A	117	145	262
13	SANTIAGO Ricardo	04.02.1991	PUR	74.60	A	119	136	255
---	ZIELINSKI Tomasz	29.10.1990	POL	76.34	A	145	---	---
---	QERIMAJ Erkand	10.08.1988	ALB	76.56	A	---	185	---

Weightlifting Queensland

85Kg Men								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	IVANOV Alexandr	22.07.1989	RUS	84.20	A	165	200	365
2	ANDRIKYAN Aram	20.09.1988	ARM	84.46	A	150	191	341
3	SHAHEDICHENIJANI Saeid	12.09.1988	IRI	83.86	A	151	186	337
4	HASSOUNA Elsayed Mohamed	04.06.1989	EGY	80.88	A	145	186	331
5	TABAKU Ervis	22.09.1989	ALB	84.22	A	147	181	328
6	ARAT Ibrahim	02.12.1988	TUR	84.14	A	150	175	325
7	MOZGOVENKO Oleksandr	01.09.1988	UKR	81.60	A	147	173	320
8	CHUMAK Dmytro	11.07.1990	UKR	84.72	A	142	174	316
9	RUSU Razvan	04.03.1988	ROU	82.88	B	140	173	313
10	OSWALD Robert	01.12.1988	GER	83.96	B	143	170	313
11	COOPER Travis	27.01.1988	USA	83.80	A	130	175	305
12	SAMKO Karol	09.03.1990	SVK	78.48	B	125	164	289
13	ARREAGA Eduardo	17.09.1988	ECU	84.78	B	120	166	286
14	MARINEAU Mathieu	01.12.1990	CAN	82.42	B	126	157	283
15	GOZUBERK Furkan	02.06.1989	TUR	79.10	B	125	155	280
16	CHAMOUN Malek	03.01.1989	AUS	80.24	B	128	150	278
17	GOMEZ Ovidio	08.07.1988	COL	83.66	B	122	152	274
18	MARINEAU Dany	23.11.1988	CAN	81.52	B	120	150	270
19	AQUINO Miguel	01.05.1989	DOM	79.52	B	117	132	249
---	ZIELINSKI Adrian	28.03.1989	POL	84.24	A	---	190	---

94Kg Men								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	SHEYKO Maxim	14.04.1988	RUS	93.20	A	170	204	374
2	MEZHGIKHOV Eduard	19.01.1989	RUS	93.34	A	174	200	374
3	NASIRSHELAL Navab	01.04.1989	IRI	93.30	A	164	199	363
4	GOO Wonseo	01.01.1989	KOR	92.88	A	153	198	351
5	ABDELAZIZ Ahmed	27.04.1988	EGY	94.00	A	152	190	342
6	MICHALSKI Arkadiusz	07.01.1990	POL	89.98	A	148	180	328
7	KARINA Endri	02.03.1989	ALB	93.00	A	145	180	325
8	ANDRADE Rafael Lima	25.06.1988	BRA	93.16	B	141	182	323
9	ELVAN Resul	18.03.1989	TUR	91.40	B	140	181	321
10	PADILLA Wilson	01.04.1989	ECU	93.88	B	141	180	321
11	FERNANDEZ Franklin	19.08.1988	VEN	93.80	B	140	180	320
12	KAWAHARA Yusuke	17.02.1989	JPN	90.22	B	133	170	303
13	ETO Yasuhiro	17.08.1988	JPN	93.78	B	130	163	293

105Kg Men								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	ABDEL RAHMAN Mohamed	19.05.1989	EGY	104.64	A	170	213	383
2	TEGKAEV Yury	10.01.1990	RUS	104.12	A	169	212	381
3	SAHAKYAN Sevak	27.07.1988	ARM	103.76	A	165	211	376
4	BEDZHANYAN David	06.09.1988	RUS	102.56	A	165	210	375
5	TAGIROV Sergiy	02.01.1989	UKR	103.82	A	168	190	358
6	NASIRINIA Mohammad Ali	14.05.1988	IRI	104.98	A	161	191	352
7	DOLEGA Daniel	16.12.1988	POL	102.30	A	160	190	350
8	GERLACH Rico	27.01.1989	GER	104.10	A	150	187	337
9	HAM Sangil	25.08.1989	KOR	104.48	A	144	190	334

Weightlifting Queensland

10	REIS Fernando	10.03.1990	BRA	104.80	A	151	180	331
11	WIELEBSKI Tomasz	08.08.1990	POL	94.34	A	155	171	326
12	ERNST Kyle	17.02.1988	USA	103.90	A	143	181	324
13	DELGADO Carlos	03.06.1990	COL	104.06	A	137	180	317
14	ROJAS Franklin	10.05.1989	ECU	104.20	B	133	177	310
15	ALARCON Fernando	20.05.1988	ECU	100.84	B	136	170	306
16	LAMEC Abreu	08.05.1989	VEN	104.42	B	130	175	305
17	GALSWORTHY Robert	17.05.1989	AUS	102.90	B	137	165	302
18	KOUVAKAS Alexandros	06.07.1989	CAN	104.28	B	136	164	300
19	IBISOGLU Ibrahim	19.02.1989	TUR	94.90	B	135	161	296
20	HURTADO Cristian	24.11.1990	COL	103.52	B	135	160	295
21	FORTIN David	25.02.1988	CAN	104.58	B	125	170	295
22	HOFBAUER Tomas	17.04.1990	CZE	104.92	B	128	160	288
23	RODRIGUEZ Stalin	16.10.1988	PER	101.36	B	122	152	274
24	SHIRAIISHI Hiroaki	24.10.1989	JPN	94.24	B	118	155	273
---	SIMONICS Erik	27.03.1990	SVK	98.76	B	125	---	---
---	NEJAD BAKHTIARI Kiyan	19.07.1988	IRI	104.38	A	---	189	---

+105Kg Men								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	PISAREV Evgeny	17.08.1988	RUS	135.38	A	196	230	426
2	ALEKSANYAN Ruben	14.03.1990	ARM	133.82	A	185	227	412
3	SALIMI KORDASIABI Behdad	08.12.1989	IRI	151.46	A	186	220	406
4	ALBEGOV Ruslan	26.01.1988	RUS	130.06	A	170	212	382
5	PROKOPENKO Olexandr	20.03.1988	UKR	119.04	A	170	201	371
6	SMORODINOV Denys	18.04.1989	UKR	118.68	A	175	195	370
7	ORSAG Jiri	05.01.1989	CZE	111.04	A	163	202	365
8	CHEN Shih-Chieh	27.11.1989	TPE	127.02	A	157	200	357
9	KIM Yongkwan	07.01.1988	KOR	144.14	A	156	200	356
10	EL ADAWY Mahmoud	03.01.1989	EGY	117.12	A	160	190	350
11	SWART Cameron	24.10.1988	USA	133.28	A	155	195	350
12	SALAS Fernando	10.02.1988	ECU	126.00	B	158	191	349
13	PERA Samuel Jnr	11.03.1989	COK	122.62	A	155	185	340
---	KARAMZADEH Mohammad	21.09.1988	IRI	128.74	A	173	---	---
---	MARCZAK Jozef	05.02.1990	POL	132.10	A	150	---	---
---	KRUZEL Ondrej	23.08.1988	SVK	121.16	B	---	191	---



Miles Wydall attended the 2008 World Championships in Columbia as the Australian Coach and Team Manager.

Club Round Up



By Angela Wydall, Cougars President

Three Cougars members competed at the 2008 Olympic Trials in Melbourne on 7th June vying for a spot on the Beijing Olympic Team. Damon Kelly, Ben Turner and Deborah Lovely travelled to the event with their coaches Miles Wydall and Mike Keelan.

Damon Kelly and Deborah Lovely have been nominated to the AOC for selection in the Australian Olympic team for the 2008 Beijing Olympic Games. Ben Turner was named as a reserve.

Cougar's founder and National High Performance Manager Mike Keelan has been busy in his new role. He organised and ran the National Coach Licence course here in May. The course was a great success and was attended by 22 coaches from around Australia.

Cougars Coach Miles Wydall is off to Columbia in South America in mid June as the manager and coach of the National team to the World Junior Championships.

Cougar's lifter Deborah Lovely recently announced her engagement. Congratulations to Deborah and her fiancé Josh.

North Brisbane Weightlifting Association



Honeybadgers at the Qld Masters Championships: (From Left) Lawrie Townsend, Vicky Brady, David Allan, David De Rose, Jenny Butler, Leandra Miscamble, Sue Cox, Ben Paris and Julie Davis

North Brisbane Weightlifting Association Inc. known as the Honey Badgers is now relocated and fully functional at O'Callaghan Park, Zillmere Road, Zillmere. Our new home is small, but homely and we look forward to new members joining our fold.

On the 20th May, we held a referees course which Ian Moir kindly ran for us and ten of our very enthusiastic members and friends attended. In addition to the active lifters, we were lucky to have two non-lifters who were keen to do the course so they can come and support us and help at competitions.

We have held a club competition in our new home which went well and we look forward to our next one on Friday 11th July and then the QWA League Round on 26th July. We plan to hold the League Round in the area adjacent to our gym, giving us more space and canteen facilities – so bring your money for raffles, yummy food etc.

The club is in the process of applying for a government grant. We have had some wonderful letters of support from community members, local council members and politicians which is all very positive. We would like to see the TID programme up and running again in our local schools and hope with more equipment and coaches we can get this started.

National Titles are next on the agenda for some of our Masters lifters in Tasmania which also offers the chance for World Masters qualifying totals. We have six Honey Badgers flying off to Tassie to compete and with our own Dave De Rose as Qld team coach we are looking forward to a good result.

Our new Club website is ready for viewing thanks to the combined efforts of Dave De Rose and Miles Wydall, who we thank very much. Go to “Links” > “Related Sites” on the QWA website at www.qwa.org and click on the North Brisbane Weightlifting Club link to find out more about us and our mascot – the Honey Badger.

Julie Davis
Secretary
North Brisbane Weightlifting Association



WEIGHTLIFTING CLUB INC.

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Over the past couple of months the main focus for the club has been on the Masters with the States and Nationals both held recently. Bob Henderson, Ray Loudon, Barry Harden and new lifter, Tim Steel competed at the new venue at USQ Springfield which turned out to be a very good venue. Bob lifted well, managing to break the Australian snatch record. Barry and Tim then proceeded to Launceston, Tasmania for the Nationals. Tim was very happy with his new total being 20kg better than his previous.

With a trip to India in the offering for the Commonwealth Youth Games, Scott Clark has been training hard. It is just a little unfortunate that they only take one from each weight division as he and Nathan Kahi are both well over the qualifying total but only one will go and at this stage Nathan has the runs on the board. All that hard training won't go to waste with the Youth & Junior States and Nationals being moved up Scott is preparing for a busy end to the year.

The rumour of Holly Collyer's demise is a little premature and she is slowly easing back into training after suffering a bout of pneumonia. She is hoping to be okay by States.

We had a rare visit from Tom McCosker who proceeded to show us why he was once the best 62kg junior lifter in the country. Maybe a come back is somewhere in the future.

As a club our main focus for the rest of the year has got to be on recruiting new lifters as we are currently at our lowest membership. Hopefully, we will have some positive news by the next newsletter. Holly has volunteered to complete a Level one Coaching Course, which will be a big help.

NEWS FROM TOOWOOMBA

Well winter is here and everyone in Toowoomba has been preparing for the really cold weather, but as yet we have been spared the windy, freezing nights at the gym. Consequently we haven't seen too much blue coloured skin lately. But for all you warmer blooded Queenslanders I'm sure Toowoomba will turn on its winter charm just in time for the State Junior Champs in August!

There's always something exciting happening up here in the world of weightlifting and recently four of our intrepid club members made the decision to travel to Melbourne to watch the excitement of the Olympic Trials. So Davina, her mum Lee, Darryl and myself made the trek to Brissie to catch a plane at some godforsaken hour so we could get to Melbourne for a bit of shopping before we went to the comp. The trials themselves were fantastic and it was great we could be there to see one of Queensland Weightlifting's finest days. Needless to say by the time we arrived back in Toowoomba near midnight that evening we were all completely exhausted. Many people told us we were mad, but when you love the sport and these events only come around every four years, well you just have to go don't you!!

The next big date on the calendar will be July 19, the last day of qualifying for the Commonwealth Youth Games in India. Rhian, Bianca and David are all in the running to be selected in the team, so they are all training hard with the hope of being the number one qualifier in their division. We are holding a club competition on that date, so it should be an exciting competition and an exciting weekend, knowing that so many other junior lifters around Australia will be trying to achieve the same goal.

Not sure how many TWA lifters will back up for the League Round the following weekend, but some of us will be there, so we look forward to catching up with everyone in Brisbane.

Greg Hobl



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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.