



Weightlifting Queensland

June 2009

The Official Journal of the Queensland Weightlifting Association Inc.



Davina Hughes – 2009 Australian Junior World Championship Representative

Inside This edition:

2009 Events Calendar	3	Queensland Senior Championships	18
From the Office	5	World Junior Championships	20
President's Note	7	League Round 3	28
QWA's Participation Program	10	Technically Speaking	32
League Round 2	11	Club News	33
Arafura & Oceania Championships	14		



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

Weightlifting Queensland

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QWA Mission Statement

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

Acknowledgement:

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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.



2009 Events Calendar

July 10	Toowoomba Open Club Competition	Toowoomba
July 11	Cougars Open Club Competition	Cougars
July 18	National Senior Championships	Melbourne, VIC
July 19	National Officiating Workshop	Melbourne, VIC
July 25	Club Weightlifting/Sports Power Coach Level 1 Course	Coorparoo
July 25 - 26	Qld U16 & Youth & Junior Championships	Cougars
August 14	Toowoomba Open Club Competition	Toowoomba
August 15	Gunmaree Open Club Competition	Mount Isa
August 15	North Brisbane Open Club Competition	Zillmere
August 15	Sunshine Coast Open Club Competition	Nambour
September 12	Qld Masters Championships	Toowoomba
September 18 – 20	National Under 16 & Youth & Junior Championships	Launceston, TAS
September 21 – 25	National Junior Squad Clinic & Coach Development Workshop	TBC
September 26	Cairns North Open Club Competition	Cairns
October 10	Qld All Schools Championships	Toowoomba
October 10 – 18	WMG & IWF World Masters Championships	Sydney, AUS
October 17 – 24	National Squad Camp (Super Squad & Games Squad)	TBC
October 18 – 23	Commonwealth Senior & Junior Championships	Penang, MAL
October 24 – 25	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
October 31	QWA League Round 4 & Masters League Round 4	Cougars

November 7	Gunmaree Open Club Competition	Mount Isa
November 7	USQ Open Club Competition	USQ Springfield
<i>November 7 – 8</i>	<i>State Weightlifting / Sports Power Coach Level 2 course</i>	<i>Chandler</i>
November 17 – 27	World Senior Championships	Goyang City, KOR
November 20	North Brisbane Open Club Competition	Zillmere
November 20	Toowoomba Open Club Competition	Toowoomba
December 5	QWA Grand Final	USQ Springfield
December 12	'Michael Keelan Shield' Competition	Cougars
December 12	Sunshine Coast Open Club Competition	Nambour
December 19	Cairns North Open Club Competition	Cairns
December 19	'Lawrie Townsend' 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 Junior Championships is 80% of AWF Youth Standard.

The qualifying period for the Queensland Junior Championships is 10th July 2008 – 10th July 2009.

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

To be eligible to be selected to represent the QWA at the 2009 National U16 & Youth & Junior Championships athletes must compete in the 2009 Queensland U16 & Youth & Junior Championships.

To be eligible to be selected to represent the QWA at the 2009 National Senior Championships, athletes must compete in the 2009 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.

From the QWA Office

By Ian Moir, QWA General Manager

The QWA recently commenced an organisational audit process with independent consultancy group PEP Management and Health Services Pty Ltd. This audit, or “organisation health check”, was commissioned by the Queensland Government. All Sport & Recreation organisations that receive Qld Government funding are subject to this process and the QWA’s turn came in late May.

The purpose of the organisational audit is to review the QWA’s structure, policies, systems and processes, identify strengths and weaknesses, and provide specific recommendations for improvement, where necessary. So while it is a critical review, the approach taken by PEP was very constructive. That is, the aim of the Audit Team was not simply to point out deficiencies, but to make a detailed assessment of the QWA and to recommend realistic strategies to take the organisation forward.

We’ve just received the Audit Team’s final report which could be described as a generally good ‘report card’ with a few “can do better” comments relating to some areas. The QWA Management Committee and staff will now work through the report’s recommendations, with advice and support from PEP and Sport & Recreation Qld, to further strengthen the QWA as a State Sporting Organisation which will achieve better outcomes for members and other stakeholders.

Weightlifting has returned to Far North Queensland, with the first lifter in more than ten years competing under the banner of a Cairns weightlifting club. David De Rose has established the Cairns North Community Weightlifting & Athletics Association Inc and David has already performed well in the new club’s name on two occasions – 2009 AWF Club Championships; and the QWA League Round 3. The

Cairns North club will be officially launched on Saturday 26th September with a sanctioned club competition at St Andrew’s Catholic College, Redlynch, Cairns. Further information about this event is available on the QWA Website News page.

Queensland clubs have done well in this year’s ZKC Email International Club Tournament organised by the Oceania Weightlifting Federation. By coincidence, Round 3 of the QWA League & Masters League fell on the same weekend as the ZKC Tournament, making the task of submitting results for QWA clubs a relatively quick and easy one. As the saying goes: “You’ve got to be in it to win it”, and the Cougars Weightlifting Club came first among the 65 clubs from around the world entered in the Women’s section of the ZKC Tournament.

Over the past year or so, the QWA’s recruitment efforts have been greatly reduced for a number of reasons, mostly financial, however that is about change. Amanda Phillips has rejoined the QWA staff in the position of Athlete Recruitment Officer and Amanda will once again be taking weightlifting out into schools around South East Queensland. With only two school terms remaining in 2009, the participation targets are set high and Amanda has hit the ground running, renewing contact with many of the teachers who embraced the QWA’s school program in 2007 as well as making new contacts, in order to achieve a minimum participation figure of 1,300 students by the end of the school year in December. Experience has shown that this program of instruction and assessment on a large scale results in somewhere between 1% - 2% of the participating students eventually entering weightlifting clubs. While this figure may sound like a small return, when viewed in “people” terms, twenty or so new teenage lifters by December would represent a noticeable improvement in weightlifting participation at the critically important youth level.

Until next time...

Ian Moir

President's Note

As I get older I swear that time is accelerating. It only feels like yesterday when I held the first club competition for the year at USQ Springfield on Australia Day and now we have finished the 2009 State Championships and are preparing our Queensland Senior Team for the sporting contests to be played out at the 2009 Australian Weightlifting Championships in Melbourne in July.

With this in mind I pause and reflect on what has been an eventful and exciting first half to the year. I took up my position as President on March the 28th from former President Mr Lawrie Townsend. From then on it has been full steam ahead in my new role in the Queensland weightlifting family. Mr Ian Moir our ever capable CEO, the QWA Inc Management Committee and I have been busy with a state government audit into our performance as a state sporting body and our delivery of our programs to our members. Ian has worked tirelessly with the support of Ms Kylie Booth and we have emerged in reasonable condition as we draw closer to the end of this review process. I again thank our QWA staff for their professional manner and attitude in the day to day running of our sport.

It has been my vision and passion in 2009 for all members of our association to join me on a journey to grow and develop the sport of weightlifting and to be involved in something special. Together we will make weightlifting the prestigious and successful sport it has the potential to be.

Already this year Queensland Weightlifting has had many great achievements in the sporting arena and away from it. Queensland has been represented in the Australian Teams, Junior and Senior, with great performances at the 2009 Arafura Games and Oceania

Championships in Darwin. Noted performances were: men Nathan Kahi (Junior) and Damon Kelly (Senior) as well as Kirsten Wu (Junior), Kelsey Swift (Junior), Davina Hughes (Jun/Sen), Bianca Sheppard (Jun/Sen) and Michelle Kahi (Jun/Sen). It was also in Darwin were we saw Queensland Coaches excel in the professional delivery of their coaching skills.

We later had many young Queensland Lifters named in the Junior Commonwealth Games Squads. Then in Romania we had great pride to see our Queensland lifter Davina Hughes again in action representing Australia at the World Junior Championships.

Another couple of great moments from the first half of the year for me were seeing Ben Turner return to competition at the Queensland Championships at USQ Auditorium, and then to see Ben Turner and Damon Kelly, two of our best senior lifters, turn up and support the sport at a number of state events, some of which they were not even entered in. To me this is a very pleasing sign of the growing pride and supportive attitude we are achieving in Queensland Weightlifting.

In governance and programs we have also identified the focus for Queensland at present in the area of talent identification and recruitment. This is a key area for our sport and one which will need the full support of all clubs in Queensland. This is not to say this is our only focus or priority. While TID and recruitment is of real and urgent importance to Queensland Weightlifting's future it is not the only focus we have.

Sustainability is also our focus. I am fully committed to the support of our clubs and their development, also the support and creation of new clubs throughout our state. In alignment with this I feel a need for Queensland to engage and support new coaches and create new clubs as a matter of natural growth of the association.

Another area which must not be overlooked is Elite and High Performance weightlifting in Queensland. I will not let Queensland weightlifting loose focus on the athletes who have put in the hard yards, Queensland will be developing future strategies to support its own High

Performance program, which in turn will support our elite senior and junior lifters, coaches and Queensland State teams.

As for all of our current members, I look to you and ask for you all to forward any concerns, ideas and support on to your clubs and or QWA committee members. Voice your concerns and ideas, this is your sport and this sport of weightlifting is what you make of it.

In closing I would like to thank all of the volunteers, officials and coaches who have given up their time and helped out at events during the first half of the year. We have had great success with the aid of your efforts and as we move into the second half of the year we will again call on your valuable time and ask for your efforts to help us make our sport great and help our athletes reach above and beyond their current levels of performance.

Yours in Weightlifting

Craig Wegert
President

Going Back to School

- The QWA's Participation Program

By Amanda Phillips (Athlete Recruitment Officer)

Some of you may already be aware that, as part of its Development Program the Queensland Weightlifting Association conducts a program of free clinics in schools which introduce school students to the sport of weightlifting. In one class session, accredited Coaches provide them with instruction in the essential techniques for lifting weights safely and assess each student's physical qualities (coordination, posture and flexibility) for potential in the sport. Over the past few years, Queensland Weightlifting has enlisted the help of Commonwealth Games Athletes and Olympians, Amanda Phillips and Deborah Lovely to be the face of this program and inspire Queensland's students.

The Schools program is a major element (in conjunction with our Student Scholarship program which some of you may already be aware of) of Queensland's continued success at both National and International competitions. This year Amanda is again employed with the QWA as the Athlete Recruitment Officer, and will coordinate and organise the schools visits. In order to ensure the continued success of this program, it is important that more people in our sport become aware of how this program runs, how to coordinate a session and become competent and confident in leading our participation clinics. Further, to ensure that school students receive the maximum benefit from the QWA's clinics, it is desirable that two coaches be present at every session. If you are interested in getting involved or want to find out more information please contact Amanda Phillips (asp1981@tpg.com.au) or the QWA office on 3823 1377. The QWA will be able to offer a casual remuneration for your help.



QWA League & Masters League, Round 2

Cougars Weightlifting Club, Chandler Qld

18th April 2009

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

Division 1

Name	Born	Club	BWT	Snatch	C & J	Total	Bonus	Points
Scott Clark	91	Sunshine Coast	61.60	88	110	198	9	69.736
Melissa Robinson	81	HoneyBadgers	57.80	62	81	143	1	57.972
Michelle Kahi	94	Cougars	64.00	62	81	143	-3	47.000
Nathan Kahi	92	Cougars	68.35	90	90	180	-4	46.420
Bowen Stuart	86	Toowoomba	76.35	95	107	202	-10	43.581

Division 2

Name	Born	Club	BWT	Snatch	C & J	Total	Bonus	Points
Darryl Hockins	88	Toowoomba	67.40	78	105	183	5	56.261
Bianca Sheppard	92	Toowoomba	57.45	61	73	134	0	53.386
Jenny Butler	73	HoneyBadgers	68.95	58	71	129	7	52.105
Kirsten Wu	93	Cougars	52.05	47	66	113	2	52.000
Christine Meier	83	Cougars	63.75	55	73	128	3	47.755
Diana Loy	65		59.10	51	79	130	-11	39.584

Division 3

Name	Born	Club	BWT	Snatch	C & J	Total	Bonus	Points
Richard Steele	87	HoneyBadgers	59.50	57	77	134	21	62.104
Sam Baumann	92	Cougars	55.90	55	76	131	13	55.951
Angus Takahashi	92	Sunshine Coast	92.60	75	105	180	12	55.689
Kelsey Swift	94	Cougars	61.80	49	65	114	9	53.358
Bonnie Sleeman	93	Cougars	78.40	57	73	130	11	50.877
Alex Maskiell	86	Cougars	89.55	78	100	178	5	48.204
Steve Matthews	54	Toowoomba	75.55	59	85	144	9	47.196
Daniel McCallum	92	Toowoomba	74.20	74	80	154	5	45.849
Kim Hanssen	86	Cougars	64.25	43	61	104	0	36.364
Tim Steele	68	Sunshine Coast	93.75	70	85	155	-8	29.621
Bob Henderson	43	Sunshine Coast	76.10	55	70	125	-13	20.156

Division 4

Name	Born	Club	BWT	Snatch	C & J	Total	Bonus	Point
Laurence Reilly	89	Gold Coast	54.20	62	79	141	15	61.230
Mitch Thurlow	92	Cougars	123.95	80	105	185	21	60.195
Kevin Blake	60	Cougars	108.50	102	136	238	6	56.424
Bronwyn Hitchener	62	Toowoomba	74.05	45	55	100	18	52.965
Jordan Arenson	95	BGS	60.55	40	60	100	21	51.675
Kara Stuart	94	Toowoomba	45.50	32	43	75	17	51.562
Henry Wen	93	BGS	80.65	75	87	162	6	47.117
Emma Hitchener	92	Toowoomba	65.10	33	43	76	19	45.573
Lesley Moyle	45	HoneyBadgers	55.80	29	39	68	13	40.092
Joshua Wu	96	Cougars	38.15	22	28	50	21	37.393
Valerie Silver	49	Cougars	62.15	31	41	72	8	36.016
Aaron Sym	95	Sunshine Coast	58.95	35	52	87	4	30.687
Andrew Adams	95	Sunshine Coast	63.85	33	40	73	9	29.448
Nick Fort	89	Cougars	118.80	65	82	147	-5	26.144
Keith Penney	37	Gold Coast	61.85	42	58	100	-8	22.675
Julie Davis	52	HoneyBadgers	47.35	21	35	56	-5	20.806
Leandra Miscamble	56	HoneyBadgers	64.45	26	42	68	-5	18.776

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								
Keith Penney	37	Gold Coast	61.85	42	58	100	0	62.975
Kevin Blake	60	Cougars	108.50	102	136	238	0	62.223
Bob Henderson	43	Sunshine Coast	76.10	55	70	125	0	55.405
Steve Matthews	54	Toowoomba	75.55	59	85	144	0	51.565
Tim Steele	68	Sunshine Coast	93.75	70	85	155	0	43.152
John Preston	38	Capital (ACT)	68.50	35	45	80		Guest
Women								
Diana Loy	65		59.10	51	79	130	0	59.840
Lesley Moyle	45	HoneyBadgers	55.80	29	39	68	6	49.563
Bronwyn Hitchener	62	Toowoomba	74.05	45	55	100	6	48.552
Valerie Silver	49	Cougars	62.15	31	41	72	6	48.275
Julie Davis	52	HoneyBadgers	47.35	21	35	56	0	36.568
Leandra Miscamble	56	HoneyBadgers	64.45	26	42	68	0	30.743
Coral Quinell	57	Time Out (NT)	52.90	48	56	104		Guest

Referees: Shokr Fallah (Cat 1); Debra Keelan (Cat 1); Ian Moir (Cat 1); Barry Harden (Cat 2); Craig Wegert (National); Keith Forbes (National); Ray Loudon (State); Julie Davis (State); Greg Baumann (State); Kim Hanssen (Club).

Time Keepers: Craig Wegert; Holly Collyer; Greg Baumann; Keith Forbes; Michelle Kahi.

M.C.: Michael Keelan; Ian Moir

Queensland Masters Records

Name	Cat	Lift	Weight	Age Group
Kevin Blake	+105kg	C & J	136	45 – 49 years
Kevin Blake	+105kg	Total	238	45 – 49 years
Lesley Moyle	58kg	Snatch	29	60 – 64 years
Lesley Moyle	58kg	C & J	39	60 – 64 years
Lesley Moyle	58kg	Total	68	60 – 64 years
Valerie Silver	63kg	Snatch	31	60 – 64 years
Bronwyn Hitchener	75kg	Snatch	45	45 – 49 years
Bronwyn Hitchener	75kg	C & J	53	45 – 49 years
Bronwyn Hitchener	75kg	C & J	55	45 – 49 years
Bronwyn Hitchener	75kg	Total	98	45 – 49 years
Bronwyn Hitchener	75kg	Total	100	45 – 49 years

2009 ARAFURA GAMES & OCEANIA WEIGHTLIFTING CHAMPIONSHIPS (Senior & Juniors) 12 - 15 May 2009

Men 56 kg Total

NAME	YOB	NAT	BWT	SN	C & J	TOTAL
Manueli Tulo	90	FIJ	55.70	93	126	219
Lou Guinares	90	NZL	55.00	80	100	180
Kelly Hendry	84	PNG	54.60	69	90	159
Kevin Falelavalu	99	NCL	54.60	39	50	89

Men 62 kg Total

NAME	YOB	NAT	BWT	SN	C & J	TOTAL
Daniel Koum	85	AUS	61.90	114	146	260
Matthew Madsen	91	NZL	60.70	86	114	200
Moses Wak	86	PNG	60.20	73	94	167
Jack Rau	93	NT	57.50	70	83	153
Ideliju Mesquita	85	TLE	59.70	55	85	140
Petelo Matulo	98	NCL	59.40	44	50	94

Men 69 kg Total

NAME	YOB	NAT	BWT	SN	C & J	TOTAL
Francois Etoundi	84	AUS	68.80	131	164	295
Mark Spooner	84	NZL	68.80	130	164	294
Tekaei Temake	86	KIR	68.60	115	145	260
Patrick Inglis	89	AUS	67.90	98	121	219
Nathan Kahi	92	AUS	68.10	93	121	214
Jeffrey Robby	79	PNG	64.80	90	113	203

Men 77 kg Total

NAME	YOB	NAT	BWT	SN	C & J	TOTAL
Yukio Peter	84	NRU	76.70	153	196	349
Josefa Vueti	79	FIJ	74.50	121	150	271
Toafito Perive	85	SAM	70.50	103	150	253
Stephen McConnell	91	AUS	71.40	107	125	232
Daniel Katz	90	AUS	73.00	97	130	227
Igor Lagikula	93	NCL	75.80	96	115	211
Andreou Andreas	73	NT	76.40	77	95	172

Men 85 kg Total

NAME	YOB	NAT	BWT	SN	C & J	TOTAL
Simplice Ribouem	82	AUS	84.50	151	190	341
Scott Taylor	89	AUS	82.50	90	112	202
Luca Da Costa	83	TLE	81.80	75	90	165

Men 94 kg Total

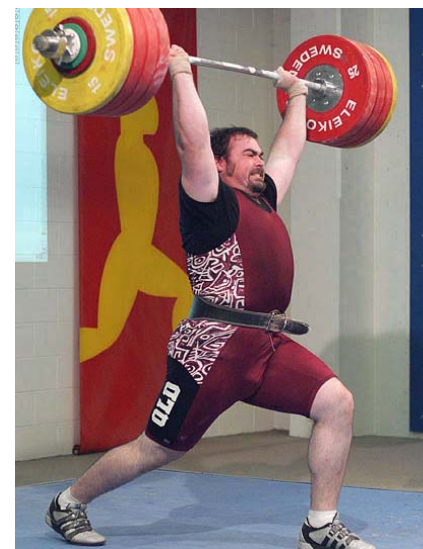
NAME	YOB	NAT	BWT	SN	C & J	TOTAL
David Kaoatau	84	KIR	88.40	130	175	305
Michael Pileggi	75	WA	93.90	130	154	284
Alosio Fatoga	90	NCL	91.10	95	126	221
Petolo Lagikula	94	NCL	85.60	76	95	171
Simon Tiakia	92	NIU	90.50	70	97	167

Men 105 kg Total

NAME	YOB	NAT	BWT	SN	C & J	TOTAL
Amete Luaki	65	NCL	103.60	125	170	295
Zac Grgurevic	91	AUS	101.20	128	160	288
Joshua Quinn	91	AUS	101.40	102	122	224

Men +105 kg Total

NAME	YOB	NAT	BWT	SN	C & J	TOTAL
Itte Detenamo	86	NRU	155.20	170	210	380
Damon Kelly	83	AUS	148.70	157	205	362
Adam Kok	90	AUS	113.10	118	155	273
Daniel Nemani	81	NIU	120.80	133	---	---



Damon Kelly

Women 53 kg Total

NAME	YOB	NAT	BWT	SN	C & J	TOTAL
Davina Hughes	89	AUS	52.80	66	86	152
Kirsten Wu	93	AUS	51.10	52	70	122

Women 58 kg Total

NAME	YOB	NAT	BWT	SN	C & J	TOTAL
Bianca Sheppard	92	AUS	57.10	64	78	142
Andrea Mullins	94	NT	53.10	43	61	104

Women 63 kg Total

NAME	YOB	NAT	BWT	SN	C & J	TOTAL
Seen Lee	82	AUS	59.70	85	102	187
Kelsey Swift	94	AUS	61.50	51	65	116

Women 69 kg Total

NAME	YOB	NAT	BWT	SN	C & J	TOTAL
Manu Ah Kuoi	82	SAM	67.90	67	91	158
Michelle Kahi	94	AUS	63.80	67	90	157
Edlyne Miso	88	PNG	64.90	64	80	144

Women 75 kg Total

NAME	YOB	NAT	BWT	SN	C & J	TOTAL
Mary Opeloge	92	SAM	74.40	90	113	203
Chantal Lambrechts	90	NZL	72.00	74	93	167
Tamyrah Mautama	95	NIU	71.40	55	62	117
Philomena Naime	87	PNG	70.70	---	---	---

Women +75 kg Total

NAME	YOB	NAT	BWT	SN	C & J	TOTAL
Ele Opeloge	85	SAM	121.40	123	154	277
Narita Viliamu	89	NIU	138.20	93	122	215
Matilda Iso	86	PNG	85.60	76	93	169
Bonnie Sleeman	93	AUS	76.60	55	70	125



2009 Queensland Senior Championships

USQ Weightlifting Club, Springfield

Springfield

Saturday 6th June 2009

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place
Women									
53kg Category									
Davina Hughes	1989	Toowoomba	52.95	54	73	127	178.674	178.674	1
Kirsten Wu	1993	Cougars	52.20	53	70	123	175.028	175.028	2
58kg Category									
Melissa Robinson	1981	Cougars	57.50	64	77	141	186.419	186.419	1
Diana Loy	1965		58.00	51	72	123	161.622	161.622	2
63kg Category									
Michelle Kahi	1994	Cougars	62.85	69	89	158	196.718	605.074	1
Christine Meier	1983	Cougars	62.00	57	75	132	165.786	776.916	2
Kelsey Swift	1994	Cougars	63.00	47	63	110	136.749	136.749	3
69kg Category									
Holly Collyer	1988	Cougars	65.02	65	96	161	196.287	196.287	1
Liana Lambert	1988	Cougars	67.50	60	67	127	151.476	924.295	2
Jenny Butler	1973	Honey Badgers	68.90	58	68	126	148.567	148.567	3
Kim Hanssen	1986	Cougars	63.90	49	65	114	140.470	1083.516	4
+75kg Category									
Amanda Phillips	1981	Cougars	82.15	84	110	194	210.626	1850.298	1
Bonnie Sleeman	1993	Cougars	77.80	60	70	130	144.352	1912.799	2
Men									
56kg Category									
Laurence Reilly	1989	Gold Coast	54.35	65	79	144	228.403	974.527	1
Sam Baumann	1992	Cougars	55.25	57	80	137	214.508	2376.673	2
62kg Category									
Scott Clark	1991	Sunshine Coast	60.95	85	110	195	283.691	283.691	Guest
69kg Category									
Nathan Kahi	1992	Cougars	68.65	95	123	218	292.702	1140.361	1
Darryl Hockins	1988	Toowoomba	65.55	82	105	187	258.730	949.408	2
Lamson Nguyen	1982	USQ	67.20	67	90	157	213.704	1296.309	3

Weightlifting Queensland

77kg Category

Ben Turner	1984	Cougars	76.80	120	165	285	357.929	357.929	1
Bowen Stuart	1986	Toowoomba	76.65	97	115	212	266.540	408.299	2
Shannon Arenson	1990	UQ	70.60	75	100	175	230.895	230.895	3

94kg Category

Christian Hopper	1985	Honey Badgers	86.60	103	125	228	269.125	2170.919	1
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105kg Category

Lindsay Sutton	1989	Sunshine Coast	96.30	90	110	200	225.317	3085.903	1
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+105kg Category

Craig Wegert	1973	USQ	147.90	130	160	290	292.615	292.615	1
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Referees: Shokr Fallah (Cat I); Debra Keelan (Cat I); Ian Moir (Cat I); Kylie Booth (Cat I); Keith Forbes (National); Vicki Brady (National); Damon Kelly (State); Greg Baumann (State).

Time Keeper: Vicki Brady; Greg Baumann; Damon Kelly; Greg Hobl.
M.C.: Ian Moir; Mike Keelan; Greg Hobl.

Best Lifter Awards

	Name	Sinclair Points
Male	Ben Turner	357.929
Female	Amanda Phillips	210.626

William Faulkner Performance Awards

	Name	Forbes Points
Male	Lindsay Sutton	3085.903
Female	Bonnie Sleeman	1912.799

Records

Name	Cat	Lift	Weight	Age Group	Level
Michelle Kahi	63kg	C1 & Jk	89	Under 16	Aus; Qld
Michelle Kahi	63kg	Total	153	Under 16	Aus; Qld
Michelle Kahi	63kg	Total	158	Under 16	Aus; Qld

Weightlifting Queensland

35th Men's and 15th Women's World Junior Championships

Romania

12th – 21st June 2009

Women

48kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	KHAMSRI Panida	1989	THA	47.08	78	99	177
2	MERCADO VILLAREAL Katheryn	1990	COL	47.90	76	96	172
3	PHUPRUEM Thip-Amon	1989	THA	47.53	73	96	169
4	MERCADO VILLAREAL Margarita Rosa	1991	COL	47.79	74	95	169
5	OKUR Saziye	1992	TUR	44.72	75	93	168
6	CHANG Kai-Lin	1991	TPE	47.84	67	94	161
7	ANDRIES Elena	1994	ROU	47.80	62	86	148
8	GAIKWAD Diksha Pradeep	1993	IND	47.84	64	75	139
9	RUEL Jessica	1991	CAN	47.79	61	73	134
10	SROKA Paulina	1993	POL	47.70	58	70	128

53kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	HSU Shu-Ching	1991	TPE	52.70	83	104	187
2	CHEN Yatian	1991	CHN	52.81	81	105	186
3	VERON Malvina	1989	ARG	51.52	77	97	174
4	GUSIKEN Misaki	1990	JPN	52.85	79	94	173
5	SAYLERT Aungsumalin	1990	THA	51.37	70	100	170
6	COBAN Aysegul	1992	TUR	52.10	74	96	170
7	BERCHI Dana	1990	ROU	52.77	70	91	161
8	AYDIN Damla	1993	TUR	52.33	70	85	155
9	TITES Georgiana	1992	ROU	52.66	67	86	153
10	GIERSEWSKA Monika	1992	POL	52.47	67	85	152
11	GAMAL MAGED Shaimaa	1994	EGY	52.80	65	81	146
12	HUGHES Davina	1989	AUS	52.82	67	79	146
13	COWLES Sara	1990	USA	52.78	59	84	143
14	NAVALE Ketaki	1993	IND	52.88	62	79	141
15	BENTELE Kostantina	1993	GRE	52.45	62	77	139
16	ABDEL AATY SAYED Nahed	1994	EGY	52.88	56	73	129

58kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	DENG Mengrong	1990	CHN	57.42	98	120	218
2	COCOS Roxana	1989	ROU	57.84	91	117	208
3	KUNTAWEE Pattama	1990	THA	56.44	84	115	115
4	KULAKOVA Elena	1990	RUS	57.42	78	102	78
5	RUCI Sherjana	1993	ALB	57.99	79	99	178
6	BARCO Yorharley	1991	VEN	55.53	77	100	177
7	INAYA Haruna	1989	JPN	57.23	82	94	176
8	MEDZA Martyna	1992	POL	57.63	77	96	173
9	OKUMUS Neslihan	1994	TUR	57.23	76	96	172
10	LEPSA Irina	1992	ROU	57.61	74	94	168
11	GRABARCZYK Katarzyna	1991	POL	56.97	75	91	166
12	MONIQUI Annie	1990	CAN	54.99	72	90	162
13	KYLE Chelsea	1989	USA	55.86	67	93	160
14	LOMBARDO Jennifer	1991	ITA	55.56	70	86	156
15	BASSLER Breanne	1991	USA	56.00	70	84	154
16	YUMNAM Chaoba Devi	1991	IND	57.49	66	86	152

63kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	MUN Yu-Ra	1990	KOR	62.75	104	120	224
2	HAO Jianjian	1989	CHN	62.63	90	115	205
3	DRIUMOVA Kateryna	1990	UKR	61.75	91	111	202
4	PUZYREVA Viktoriya	1989	RUS	62.27	91	110	201
5	KAVERINA Nataliya	1991	RUS	62.14	92	108	200
6	LEFEBVRE Valerie	1990	CAN	62.25	88	112	200
7	ZAZUETA Jacqueline	1989	MEX	58.90	85	100	185
8	RIVERA Jessica	1989	PUR	61.50	77	103	180
9	RAMOS Sheila	1990	ESP	62.77	75	102	177
10	CETINTURK Emine	1991	TUR	59.21	78	96	174
11	GRYCZKA Joanna	1989	POL	62.55	78	96	174
12	FEUERMAN Robin	1990	USA	62.34	71	89	160
13	HEGHIS Loredana	1993	ROU	61.90	70	89	159
14	LANOQUETTE Carolanne	1190	CAN	61.98	69	90	159

69kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	LI Changying	1989	CHN	68.44	111	137	248
2	SOLIS Leidy Yessenia	1990	COL	66.73	106	136	242
3	ZUBOVA Mariya	1991	RUS	67.97	98	122	220
4	ZUBOVA Olga	1993	RUS	67.76	98	120	218
5	CHIRINOS Dayana	1991	VEN	67.21	96	115	211
6	KIM Hye-Mi	1990	KOR	68.88	97	113	210
7	SIMAK Karina	1990	UKR	68.34	93	108	201
8	YILMAZ Hatice	1990	TUR	68.37	80	103	183
9	URDA Marcela	1989	POL	66.28	78	97	175
10	ESTARLIK M Del Pilar	1991	ESP	66.03	75	86	161
11	SHINDE Anita	1990	IND	64.50	68	90	158

75kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	LI Rongyan	1991	CHN	74.47	105	145	250
2	LEE Ae-Ra	1990	KOR	74.64	98	135	233
3	NOVAKOVICH Yuliya	1989	BLR	74.50	108	124	232
4	KARPUNENKO Oxana	1991	RUS	74.40	95	125	220
5	SOLIS ARBOLEDA Yessica Marcela	1989	COL	73.63	97	120	217
6	NAKAMURA Rina	1990	JPN	74.22	90	110	200
7	ZARBONI-BERTHIAUME Chelse	1991	CAN	74.32	90	110	200
8	MARTINEZ Maria Belen	1989	ARG	70.13	88	110	198
9	ABDEL ALTIFF ABDEL HAY Fatma	1991	EGY	72.37	87	105	192
10	KHWAIRAKPAM Premila Devi	1990	IND	73.50	80	105	185
—	SNODGRASS Maegan-Lee	1989	USA	74.06	—	93	—

+75kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	LEE Hui-Sol	1989	KOR	118.60	115	150	265
2	KACHAEVA Yuliya	1990	RUS	88.57	110	138	248
3	ABDEL RAHMAN KHALIL Abir	1992	EGY	75.33	106	137	243
4	AN Yunmo	1993	CHN	118.88	105	138	243
5	YAO Chi-Ling	1993	TPE	80.49	90	125	215
6	AANEI Andreea	1993	ROU	103.54	91	117	208
7	VILIAMU Narita	1989	NIU	141.10	93	115	208

Weightlifting Queensland

8	SPYRA Sandra	1989	POL	97.15	90	113	203
9	MANGOLD Holley	1989	USA	173.38	82	115	197
10	MAGAT Krisztina	1989	HUN	101.24	90	105	195
11	ALTINDAS Sibel	1990	TUR	78.39	86	108	194
12	WYATT KAREN	1990	USA	106.96	84	110	194
13	MOREAU Sarah	1991	CAN	101.12	86	106	192
14	ARCHANCO M Mercedes	1992	ESP	83.03	78	95	173
15	KAINTURA Reena	1991	IND	78.58	70	87	157

Men**56kg Category**

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	WU Jingbiao	1989	CHN	55.87	125	155	280
2	DUDOGLO Iuri	1991	MDA	55.64	115	132	247
3	ITOKAZU Yoichi	1991	JPN	55.93	105	138	243
4	DEY Sukhen	1989	IND	55.81	109	132	241
5	MONTES Jose Lino	1989	MAX	55.03	100	130	230
6	ALGUL Ismet	1992	TUR	54.12	105	123	228
7	TAN Chi-Chung	1990	TPE	55.80	100	125	225
8	IVAN Alberto	1990	ROU	55.55	100	123	223
9	CORNIVEL Elvis	1990	VEN	55.39	100	120	220
10	CHIANG Tsung-Ting	1989	TPE	55.92	92	127	219
11	CASTRO Victor	1992	ESP	55.59	97	115	212

62kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	IRAWAN Eko Yuli	1989	INA	61.63	136	161	297
2	QIAO Ningbo	1991	CHN	61.96	137	155	292
3	BEHROUZI Sajad	1989	IRI	61.06	133	157	290
4	IHAB YOUSSEF Mohamed	1989	EGY	61.52	128	156	284
5	MONTES HURTADO Hugo Fernando	1990	COL	61.19	126	147	273
6	MOTA Gilnaldo	1989	DOM	61.62	115	142	257
7	COBAN Tuncer	1991	TUR	61.79	118	138	256
8	ARAUJO Ivis Abel	1991	MEX	61.20	112	133	245
9	SIBI Yukar	1992	IND	61.42	103	141	244
10	HERNANDEZ Acoran Juan	1990	ESP	61.53	112	132	244

Weightlifting Queensland

11	KINJO Kotomaru	1990	JPN	61.58	103	137	240
12	ABU SHARIFEH Murad	1989	JOR	61.40	104	131	235
13	HERNANDEZ Yordan	1991	ESP	61.68	100	131	231
14	PHILLIPS Luwellyne Andrew	1989	RSA	61.57	102	126	228
15	ARAKELIAN Armen	1990	GRE	61.52	100	125	225
16	LACATUS Marius	1990	ROU	61.58	97	122	219
—	SIMOZA Mario	1989	VEN	61.79	113	—	—
—	SANCHEZ Junior	1989	VEN	61.61	133	—	—
—	YASUNAGA Kazushi	1989	JPN	61.66	—	136	—

69kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	LIN Qingfeng	1989	CHN	67.48	147	173	320
2	HANSAWONG Phaisan	1989	THA	67.84	145	175	320
3	MARTIN Razvan	1991	ROU	68.81	143	170	313
4	REZAEIAN Morteza	1989	IRI	67.80	135	171	306
5	STOICHITA Paul	1989	ROU	68.62	135	170	305
6	CALJA Briken	1990	ALB	68.41	139	163	302
7	SROKA Krystian	1991	POL	68.90	132	160	292
8	VOLOKHIN Stepan	1990	RUS	68.66	130	160	290
9	BLANCO Henry	1990	VEN	68.42	125	161	286
10	ROSOL Tomasz	1989	POL	68.62	128	150	278
11	GENC Halit	1991	TUR	67.64	115	152	267
12	DUBEY Gaurv	1990	IND	68.74	121	146	267
13	RUZGAR Suleyman	1992	TUR	67.61	120	140	260
14	KINJO Kiyomaru	1990	JPN	67.36	114	144	258
15	MARZULLO Domenico	1990	ITA	68.30	115	143	258
—	JOMNI Hamza	1989	TUN	67.53	—	—	—
—	SARANG Ajay Deep	1990	IND	68.19	115	—	—
—	MIRZOYAN Arakel	1989	ARM	68.82	152	—	—
—	DUDOGLO Alexandru	1989	MDA	68.73	—	—	—

77kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	FITSNER Kazimir	1990	BLR	76.90	155	179	334
2	SARHAN Nizar	1989	TUN	76.37	147	178	325
3	DAVIDENCO Dmitri	1989	MDA	76.68	145	177	322

Weightlifting Queensland

4	SAVCHENKO Eduard	1990	UKR	76.15	146	175	321
5	ABDEL HAY SAAD Ragab	1991	EGY	76.27	140	176	316
6	ZWARYCZ Krzysztof	1990	POL	76.70	136	174	310
7	GHISOIU Adrian	1990	ROU	76.39	141	168	309
8	CERNEI Gheorghii	1990	MDA	76.58	142	163	305
9	DZYUBA Alexandr	1990	KAZ	76.02	135	166	301
10	MICKEVICIUS Marius	1990	LTU	76.47	141	160	301
11	HAS Arif Yalcin	1989	TUR	76.42	135	162	297
12	SHIRAKUSA Ryuta	1990	JPN	74.19	132	164	296
13	MALEKI Hamid	1991	IRI	75.22	133	162	295
14	HERRERA Luis	1989	VEN	75.18	133	160	293
15	YILMAZ Mehmet	1990	TUR	76.38	138	152	290
16	TOPPO Anupdeo	1990	IND	73.65	120	151	271
17	FRASER Mathew	1990	USA	75.95	120	146	266
18	SANTIAGO Ricardo	1991	PUR	75.65	105	135	240
—	KULIK Roman	1989	KAZ	75.76	145	—	—
—	KHARCHENKO Viktor	1991	RUS	76.33	—	177	—
—	SAMKO Karol	1990	SVK	76.59	—	175	—

85kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	ZIELINSKI Adrian	1989	POL	84.65	169	199	368
2	TABAKU Ervis	1989	ALB	84.55	166	196	362
3	ZIELINSKI Tomasz	1990	POL	84.26	156	201	357
4	AUKADOV Abti	1992	RUS	83.33	163	193	356
5	TIBNOKE Pitaya	1989	THA	84.81	151	191	342
6	MOHAMED EL SAYED El Sayed	1989	EGY	83.03	148	192	340
7	MO Jieyong	1989	CHN	84.17	145	190	335
8	DANCIU Marius	1989	ROU	84.70	156	175	331
9	DHALMATOV Taghir	1989	KAZ	81.71	145	180	325
10	SATALENCO Alexandru	1989	MDA	84.10	145	180	325
11	ZAREI Mohammad	1991	IRI	83.03	146	178	324
12	KOZHAKHMETOV Mirashkhan	1989	KAZ	84.03	136	183	319
13	RYU Jun-Ho	1990	KOR	83.94	143	172	315
14	HUANG Tse-Wei	1989	TPE	81.66	138	173	311
15	KRYWULT Patrik	1990	CZE	84.38	139	165	304
16	CHAMOUN Malek	1989	AUS	83.96	138	165	303

Weightlifting Queensland

17	FLEMING Jared	1991	USA	82.88	139	162	301
18	DUMAIS Paul	1991	CAN	82.14	140	160	300
19	COBZARIU Leonard	1992	ROU	84.62	135	165	300
20	OTLU Mustafa	1989	TUR	81.19	136	161	297
21	MARINEAU Mathieu	1990	CAN	82.98	132	163	295
22	ABOUDI Mohammad	1989	JOR	83.14	135	155	290
23	HUANG Min-Chih	1989	TPE	84.38	128	152	280
24	LUKAC Jozef	1990	SRB	80.75	110	150	260
25	RAVINDER Partap Singh	1991	IND	84.46	111	136	247
—	HIRAHARA Takahito	1989	JPN	83.09	128	—	—

94kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	IVANOV Alexandr	1989	RUS	92.90	175	210	385
2	LI Bing	1990	CHN	93.59	170	210	380
3	MAKARANKA Aliaksandr	1990	BLR	89.82	163	201	364
4	GAGLOEV Soslan	1989	RUS	92.16	164	190	354
5	HASSAN NASR EL DIEN Ahmed	1989	EGY	93.32	160	194	354
6	CHEN Hu	1991	CHN	93.19	151	200	351
7	RUSSYANOVSKIY Roman	1989	KAZ	93.40	161	185	346
8	MICHALSKI Arkadiusz	1990	POL	93.71	151	192	343
9	ZBIRNEA Andrian	1990	MDA	89.85	154	188	342
10	DIDZBALIS Aurimas	1991	LTU	90.17	151	191	342
11	KARINA Endri	1989	ALB	93.64	152	190	342
12	KOSZALKA Pawel	1990	POL	93.52	146	190	336
13	ELVAN Resul	1989	TUR	92.46	140	190	330
14	MEDVEDEV Oleksandr	1989	UKR	91.77	153	175	328
15	RODRIGUEZ Miguel	1990	ESP	91.94	147	170	317
16	SZANATI Szabolcs	1989	HUN	87.39	135	172	307
17	TRAJANAUSKAS Algis	1991	LTU	92.89	135	170	305
18	KHAKIMULIN Albert	1990	KAZ	91.68	136	167	303
19	MARTASOV Meramb	1990	GRE	93.40	133	170	303
20	FIORE Federico	1990	ITA	93.42	136	165	301
21	VERDUGO Oscar	1989	MEX	92.56	130	166	296
22	RIEF David	1989	USA	93.04	133	157	290
23	GREEFF Jean	1990	RSA	93.57	128	160	288
24	CHIRITA Marius	1989	ROU	90.46	120	165	285
25	NACKOUL Michael	1991	USA	91.78	123	162	285

Weightlifting Queensland

26	AL ABUDI Majdi	1989	JOR	92.28	120	150	270
—	GOO Won-Seo	1989	KOR	93.70	156	—	—

105kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	MEZHGIKHOV Eduard	1989	RUS	103.42	175	220	395
2	TAGIROV Sergeiy	1989	UKR	104.19	173	201	374
3	PLESNIKS Arturs	1992	LAT	103.25	160	206	366
4	ARMAK Anoush	1990	IRI	104.23	162	204	366
5	ALDABERGENOV Aibol	1989	KAZ	103.59	165	194	359
6	SARAIVA Reis Fernand	1990	BRA	104.65	152	186	338
7	FORD Donovan	1990	USA	99.77	142	183	325
8	SHIRAIISHI Hiroaki	1989	JPN	96.11	135	182	317
9	SIMONICS Erik	1990	SVK	103.11	140	173	313
10	SIDISKIS Arnas	1990	LTU	96.30	135	173	308
11	TAKAHASHI Ippei	1990	JPN	97.00	120	160	280
—	KOUVAKAS Alexandros	1989	CAN	103.64	—	175	—
—	MOULAEI Bahador	1992	IRI	104.22	150	—	—

+105kg Category

Rank	Name	Born	Nat	BWT	Sn	C & J	Result
1	SALIMIKORDASIABI Behdad	1989	IRI	153.60	195	228	423
2	SUN Longfei	1989	CHN	134.24	180	220	400
3	MOHAMED Abdel Rahman	1989	EGY	120.62	178	221	399
4	TEGKAEV Yury	1990	RUS	111.24	175	220	395
5	SMORODINOV Denys	1989	UKR	119.56	175	205	380
6	EL ADAWY Mahmoud	1989	EGY	132.35	165	200	365
7	SEIFISHOURKAEI Mohammadhossein	1989	IRI	142.94	155	208	363
8	BONDARENKO Sergey	1989	RUS	125.77	167	195	362
9	CHAO Shih-Chieh	1990	TPE	136.34	158	202	360
10	MENSIKOV S Ilya	1989	LAT	109.75	161	193	354
11	WARD Caleb	1990	USA	127.64	153	185	338
12	VOMPU Prabhakar	1991	IND	115.20	131	167	298
—	ORSAG Jiri	1989	CZE	121.81	—	211	—
—	KOCHANSKI Martin	1991	POL	118.13	—	191	—
—	SLEVINSKIS Vincas	1990	LTU	110.98	145	—	—

Weightlifting Queensland



QWA League & Masters League, Round 3
 North Brisbane Weightlifting Association, Zillmere Qld
 Saturday 27th June 2009

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

Division 1

Name	YOB	Club	Bwt	Sn	C & J	Total	Bonus	Points
David De Rose	82	Cairns North	71.40	120	143	263	1	70.761
Michelle Kahi	94	Cougars	66.10	72	89	161	8	64.294
Nathan Kahi	92	Cougars	69.35	96	120	216	2	59.294
Melissa Robinson	81	Cougars	58.00	65	78	143	0	56.972
Scott Clark	91	Sunshine Coast	61.00	85	105	190	-5	53.282
Peter Foster	67	Cougars	104.90	114	130	244	-3	52.963
Holly Collyer	88	Cougars	66.30	64	87	151	-14	38.797
Alison Noble	79	Cougars	72.80	51	67	118	-9	32.259

Division 2

Name	YOB	Club	Bwt	Sn	C & J	Total	Bonus	Points
Christine Meier	83	Cougars	61.85	60	78	138	13	66.696
Kirsten Wu	93	Cougars	51.20	53	73	126	9	64.752
Christian Hopper	85	HoneyBadgers	86.20	105	127	232	0	56.311
Bianca Sheppard	92	Toowoomba	57.65	65	64	129	-2	49.394
Darryl Hockins	88	Toowoomba	65.75	81	100	181	-3	47.700
Diana Loy	65		57.55	52	70	122	0	Guest

Division 3

Name	YOB	Club	Bwt	Sn	C & J	Total	Bonus	Points
Greg Hobl	60	Toowoomba	80.60	87	100	187	21	68.462
Lisa Souter	73	Cougars	52.75	52	67	119	5	57.655
Richard Steele	87	HoneyBadgers	60.20	59	80	139	12	54.638
Sam Baumann	92	Cougars	55.60	60	79	139	7	52.574
Kim Hanssen	86	Cougars	64.80	50	67	117	9	49.909
Kelsey Swift	94	Cougars	61.65	48	63	111	0	43.191
Bonnie Sleeman	93	Cougars	78.70	60	70	130	2	41.877
Lawrie Townsend	51	HoneyBadgers	75.90	66	87	153	-5	35.584
Steve Matthews	54	Toowoomba	74.25	55	79	134	-8	27.544
John Hanlon	66	Cougars	100.30	67	87	154	-15	20.321
Angus Takahashi	92	Sunshine Coast	91.45	---	100	---	0	0.000
Alex Maskiell	86	Cougars	90.30	84	103	187	11	Guest

Division 4

Name	YOB	Club	Bwt	Sn	C & J	Total	Bonus	Points
Lindsay Sutton	89	Sunshine Coast	95.35	95	115	210	21	69.165
Laurence Reilly	89	Gold Coast	54.15	63	79	142	1	47.557
Joshua Wu	96	Cougars	40.10	30	40	70	21	43.951
Keith Penney	37	Tallebudgera	61.75	45	62	107	6	38.822
Bronwyn Hitchener	62	Toowoomba	74.40	43	57	100	2	36.965
Nick Fort	89	Cougars	116.00	72	88	160	2	35.898
Kara Stuart	94	Toowoomba	45.50	30	43	73	1	34.641
Julie Davis	52	HoneyBadgers	47.55	23	36	59	6	33.189
Sue Cox	61	HoneyBadgers	62.10	33	47	80	2	33.128
Emma Hitchener	92	Toowoomba	65.85	34	44	78	3	30.273
Lesley Moyle	45	HoneyBadgers	56.25	28	40	68	3	30.092
Michelle Kinnane	71	HoneyBadgers	61.70	32	45	77	0	29.961
Andrew Adams	95	Sunshine Coast	65.35	32	45	77	1	22.569
Leandra Miscamble	56	HoneyBadgers	65.90	28	42	70	-2	22.476
Valerie Silver	49	Cougars	57.90	29	37	66	-5	21.295
Mitch Thurlow	92	Cougars	126.20	78	---	---	0	0.000
Warwick Selvey	39		97.40	51	61	112	0	Guest

Masters League

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

Name	YOB	Club	Bwt	Sn	C & J	Total	Bonus	Score
Men								
Keith Penney	37	Tallebudgera	61.75	45	62	107	6	73.384
Peter Foster	67	Cougars	104.90	114	130	244	0	64.806
Greg Hobl	60	Toowoomba	80.60	87	100	187	6	64.568
Lawrie Townsend	51	HoneyBadgers	75.90	66	87	153	0	58.806
Steve Matthews	54	Toowoomba	74.25	55	79	134	0	47.984
John Hanlon	66	Cougars	100.30	67	87	154	0	41.326
Warwick Selvey	39		97.40	51	61	112	0	Guest

Women

Lisa Souter	73	Cougars	52.75	52	67	119	0	57.236
Julie Davis	52	HoneyBadgers	47.55	23	36	59	6	44.527
Lesley Moyle	45	HoneyBadgers	56.25	28	40	68	0	43.563
Bronwyn Hitchener	62	Toowoomba	74.40	43	57	100	0	42.552
Valerie Silver	49	Cougars	57.90	29	37	66	0	39.679
Sue Cox	61	HoneyBadgers	62.10	33	47	80	0	38.163
Michelle Kinnane	71	HoneyBadgers	61.70	32	45	77	0	33.347
Leandra Miscamble	56	HoneyBadgers	65.90	28	42	70	0	31.647
Diana Loy	65		57.55	52	70	122	0	Guest

Referees: Kylie Booth (Cat I); Barry Harden (Cat II); Craig Wegert (National); John Hanlon (National); Damon Kelly (State); Julie Davis (State).

Time Keepers: Melissa Robinson; Ben Paris; Barry Harden; Barry Hockins.

M.C.: Ian Moir; Craig Wegert.

Queensland Records

Name	Cat	Lift	Weight	Age Group
Warwick Selvey	105kg	Snatch	48	70 – 74 years
Warwick Selvey	105kg	Snatch	51	70 – 74 years
Warwick Selvey	105kg	Cl & Jk	58	70 – 74 years
Warwick Selvey	105kg	Cl & Jk	61	70 – 74 years
Warwick Selvey	105kg	Total	109	70 – 74 years
Warwick Selvey	105kg	Total	112	70 – 74 years
Valerie Silver	58kg	Snatch	29	60 – 64 years
Lesley Moyle	58kg	Cl & Jk	40	60 – 64 years
Lesley Moyle	58kg	Total	68	60 – 64 years
Julie Davis	48kg	Cl & Jk	36	55 – 59 years
Sue Cox	63kg	Cl & Jk	47	45 – 49 years
Lisa Souter	53kg	Snatch	52	35 – 39 years
Lisa Souter	53kg	Total	119	35 – 39 years
Michelle Kahi	69kg	Snatch	70	Under 16
Michelle Kahi	69kg	Snatch	72	Under 16
Michelle Kahi	69kg	Total	161	Under 16



Michelle Kahi

Australian Records

Name	Cat	Lift	Weight	Age Group
Michelle Kahi	69kg	Snatch	70	Under 16
Michelle Kahi	69kg	Snatch	72	Under 16
Michelle Kahi	69kg	Total	161	Under 16

Technically Speaking

By Ian Moir

At the 2009 International Weightlifting Federation Congress held in Madrid earlier this year, the IWF adopted a number of changes to the Technical Rules, which are now effective. The IWF Technical Rules for 2009 – 2012 are available on the International Weightlifting Federation website at www.iwf.net

Following is a summary of significant changes to the Technical Rules:

2.3 GENERAL RULES FOR ALL LIFTS

2.3.3 After the Referees signal to lower the barbell, the lifter must lower it in front of the body and not let it drop either deliberately or accidentally. **The grip on the barbell may be released when it has passed the level of the shoulders.**

2.4 INCORRECT MOVEMENTS AND POSITIONS FOR ALL LIFTS

2.4.12 **Not facing the Centre Referee** at the beginning of a lift.

6.5 COURSE OF THE COMPETITION

6.5.3 The barbell is loaded in progression, the competitor taking the lowest weight lifting first. Once the announced weight is loaded on the barbell, **and the clock has started**, it cannot be reduced. The competitors or their coach must therefore observe the progression of the loading and be ready to make their attempt at the weight they have chosen.

6.5.5 The automatic progression after **any successful attempt for the same athlete must be a minimum of one (1) kg.**

6.5.7 The aggregate weight of the starting attempts in the Snatch and the Clean and Jerk cannot be less than twenty (20) kg below the announced Entry Total for the male competition, and less than fifteen (15) kg below the announced Entry Total for the female competition. The monitoring and implementation of this rule is the responsibility of the Competition Secretary and the Referees at the weigh-in; and of the Chief Marshal, the Technical Controllers and the Jury during the competition. **This rule shall apply unless otherwise stated.**

[Note: this rule 6.5.7 applies to IWF Events. It is not applied at QWA competitions]

6.5.15 In case a request by an athlete taking consecutive attempts changes the order and another athlete is called **whose time starts running, but he/she too asks for a change, as a result of which athlete No.1 (originally called) is called again, he/she shall be granted only one (1) minute.**

9.2 VICTORY CEREMONY

9.2.10 During the Victory Ceremony, medal winners **cannot take electronic devices onto the podium and cannot be accompanied by any other persons.**

**IIII-THE CAIRNS NORTH COMMUNITY-IIII-
-IIII-WEIGHTLIFTING & ATHLETICS ASSOCIATION INC.-IIII-**



GREEN ANTS



INVITE YOU TO ATTEND THEIR CLUB OPENING LAUNCH

DATE: 25-26TH September, 2009

ADDRESS: St Andrew's Catholic College
Intake Rd, REDLYNCH (CAIRNS) 4870

SCHEDULE: 6:30pm Friday – Referees Course
Presented by Ian Moir

8:00pm Friday – Loaders Course
Presented by David De Rose

10:00am Saturday – Competition Session 1

11:30am Saturday – Competition Session 2

1:00pm Saturday – Presentations and BBQ

All QWA/AWF lifters, referees, officials and volunteers welcome to attend

Anyone interested in competing or officiating at this event should contact David De Rose on 0421334246 or daviederose@hotmail.com



Although it was a few months ago now, congrats to all those Cougars lifters who competed at the Arafura Championships in Darwin. Nathan Kahi won silver in Juniors (69kg) with a 214kg total, Damon Kelly with a silver with a 362kg total, Kirsten Wu won a silver in the Juniors and a silver in the Seniors (53kg) with a 122kg total, Kelsey Swift won Gold in Juniors and Silver in Seniors (63kg), Michelle Kahi won gold in the Juniors and silver in the Seniors (69kg) with a 157kg total and Bonnie Sleeman won silver in the Juniors and placed 4th in the Seniors (75+kg) with a 125kg total. Thanks and congratulations to coaches Miles and Angela Wydall for not only their lifters making the team but also their competition coaching efforts in Darwin.

A big thank you and congrats to Craig Wegert for holding the State titles at Springfield. Congrats go to all the Cougars lifters who competed and special mention to Amanda Phillips and Ben Turner for winning the Best Lifter Awards and Bonnie Sleeman for the William Faulkner Performance Award. Thanks to all the Cougars lifters, coaches and officials for helping out at the competition.

Congrats to the Cougars girls for winning the ZKC International Clubs Tournament. Well done and great effort.

Lastly, congratulations to Paul and Alison on the birth of our newest little Cougar, Jasmine Grace Wheeler born 19th April weighing a healthy 3.23kgs.

**Deb Aason
President
Cougars Weightlifting Club**



North Brisbane Weightlifting Association

The HoneyBadgers den is changing shape with the arrival of new equipment. The signage has been placed in a prominent spot so when the traffic comes to a stand still in the peak hour, it is well noticed!! Our platforms, crafted skilfully by Christian and Peter Hopper are proving to be very popular and at our recently held league round we were able to put them to the test. Having our gym as the warm up area was a much better option, proving a lot less work and seemed to work well. We now have our lat pull down and seated row machine and are just waiting for delivery of our competition set of weights and new bars. Paul B has been busy building some new squat racks and once these are completed we should have spent our grant money. We unfortunately have to relocate our furry little possum friend, he is making too much of a mess!!!

The results of the raffle for the third League round were:

- \$50.00 lucky no. - Sue (from the honey badgers)
- Christine (from Cougars) won the rug.

We raised \$515.00 - thank you to everyone who purchased a ticket or bought something from the canteen. We appreciate your help.

The gym membership has increased. We are very lucky to have our coaches, Paul Wheeler, Christian Hopper and the experience of Leo Isaac. Their coaching skills speak for themselves with the lifters all improving and proving it on the platform. Tuesday and Thursday night training with Leo is consistent and increasing in numbers. We have a junior Eli interested in weightlifting and it's good to see Michelle back in the gym again.

Some dates to remember –

- Club General Meeting Saturday 18th July after training – approx 11am.
- Saturday 15th August NBWA club competition

Julie Davis



WEIGHTLIFTING CLUB INC.

Affiliated with the Queensland Weightlifting Association Inc.

Crusher Park, Crusher Park Drive, NAMBOUR, 4560

Postal Address: 165 Highlands Road, EUDLO 4554

Phone: (07) 54450226 Email: tanyaharden@ozemail.com.au

By Barry Harden

Our Club has recently been hit by injuries, with Bob and Tim (shoulder), Aaron, (knee) and Barry (back) unable to compete in the last league round.

Andrew, Angus, Scott and Lindsay rolled up to Zillmere to represent the Club at League Round 3.

Andrew lifted quite well but was unable to improve on his PB's. Angus achieved something he has not experienced before, a failure to total. He has now slipped from first place in division 3 to ninth and has some work to do to make the final. Scott started the day feeling a little ill with the flu. By the time the clean & jerks came around he looked like death warmed up and was fortunate to total, but it was good enough to keep him in first place in division 2. Lindsay was the shining light for our club on the day with six out of six and 10kg PB on total.

Both Scott and Lindsay competed in the State Senior Championships. Scott lifted as a guest as he had a Uni exam that morning and could not make weigh-in on time. I was hoping Scott might have made the qualifying total for National Seniors but it was always going to be a stretch and after completing an exam in the morning it all proved a little too much. Lindsay lifted well considering it was his first major competition and managed to pick up the most improved lifter trophy. He also received the privilege of getting drug tested for the first time.

Our Club is now getting the athletes ready for the up coming State u16, Youth and Junior Championships. We are hoping to have about six lifters from our Club compete.

We have had several additional members join the Club in the past few weeks. We welcome Nathan, Chris, Luke and Keiran to our weightlifting family and hope to see them all on the platform shortly.

NEWS FROM TOOWOOMBA

NEWS FROM TOOWOOMBA

It's been a very busy time for the Toowoomba club since I last dropped a line. I suppose the highlight of the year so far was Davina Hughes qualifying for the World Junior Championships at the Oceania's in Darwin. She had a fantastic experience in Romania where she finished in 12th place in the 53kg category. A personal best snatch added another highlight to Davina's achievement.

The National Club Championships was another great day for the club with our Junior Girls team of Davina, Bianca Sheppard and Kara Stuart winning the title narrowly from Cougars. The big improver on the day was Kara who produced a huge P.B. to help the team get across the line.

Since then we have had lifters represent the club at the State Senior Champs, QWA League Rounds and more recently the National Senior Champs. This coming weekend sees 5 club members competing at the Qld under 16, Under 18 and Under 20 Champs.

Importantly the club has been really busy of late with a mixture of new lifters, juniors, seniors and masters training hard. It's great to see Steve Matthews and Bronwyn Hitchener continuing to train hard and improve in the lead up to the World Masters Games in October. They both worked tirelessly to qualify for the games and I know they are both going to enjoy the experience of competing on the 'big stage'.

The club is also looking forward to hosting the Qld Masters Champs in September and the All Schools in October. We are also keen to see the QWA TID program roll into town and hopefully provide us with some new members!

Speaking of new members, a young Shane Wagner makes his Championships debut this weekend. Those of you who have been around Qld lifting for a while will recognise the name. That's right Shane is the son of former top Qld lifter Stuart Wagner. It's great to see Shane carrying on the family tradition and also having Stuart drop in for a chat about old times occasionally.

Until next time.

GREG HOBL

USQ Weightlifting Club

2009 thus far has seen the USQ Weightlifting club extremely busy again. The USQ Club successfully ran both the 2009 Australian Weightlifting Club Championships (AWCC) as well as the 2009 Queensland Senior Championships. Not that this is all USQ has done, but the major part of the small club's resources were poured into these two events.

The USQ Club was stretched to the max with these two major events. The club' members banded together with Ian Moir of the QWA and Mike Keelan of the AWF to pull together the 2009 AWCC and 2009 QWA Champs.

With its band of helpers in the form of Gavin Cormack, Amanda Wegert, Stephanie Crowther, Brooke Ladd, Jill Blacker and Josh Wegert as well as the countless QWA volunteers, both events ran well and helped grow weightlifting and awareness of the sport in the Ipswich community.

The 2009 AWCC: two days, clubs from five states, 88 competitors. On Saturday morning, March 28th, the 2009 AWCC got off the ground and had Ian and Craig on edge during the two days of the event, hoping that all the new gadgets and gismos they had installed for competition presentation and coordination – which were to some extent experimental and untested in the heat of battle – would hold up and work throughout the event's two day duration.

To the outside world i.e. the competitors and spectators, all seemed fine except for the one small incident with Troy Hewkins, or as we at USQ refer to him: "THE SMASHER", causing any interruption. However if you ask Craig or Ian about the countless hours of watching and worrying, nervously waiting to jump in and fix any problems that might arise; and managing volunteers, officials, media and VIP's, you would then realise the work involved in the presentation of a major weightlifting event.

"**THE SMASHER**" decided to give the competition director; Craig Wegert a mild heart attack when, during the closing stages of the final group of the

final day of the 2009 AWCC, "THE SMASHER" let his super power loose and decided to send his thunder bolt bar drops into the USQ platform not once but twice to halt proceedings for a short time.

Craig, as prepared as always, worked like a formula one pit crew as he twice rectified the "THE SMASHER'S" handy work and the competition resumed with little interruption. And all of this being broadcast out to the world with Queensland Weightlifting's innovative Weightlifting WEBCAST catching every moment of the event (give or take a few start-up tech problems).

Then the 2009 QWA Champs came around on June 6th. This event was quite smaller when compared with the 2009 AWCC's but as always the USQ club strove to present weightlifting in the venue and manner which befits the Olympic sport that weightlifting is. Again without the help of Ian Moir and Mike Keelan the competition would not have gotten off the ground.

USQ Weightlifting club had lifters in both these events. Michael Winn, Lamson Nguyen and Ben Quarrell at the 2009 AWCC; and Lamson Nguyen and Craig Wegert at the 2009 Queensland Championships.

At the USQ club competition in May we saw a new USQ Club member Joshua Wegert compete for the first time.

Josh did well to get a total in his first comp when he missed both first and second attempts in the snatch, but managed to hold on and secure his third snatch and then go on and record a total.

Lamson also reached his goal at the May club comp as he qualified for the State Champs. Lamson then went on to get the bronze in his first State Weightlifting Championship event.

With the start of the second half of 2009 upon us, USQ weightlifting is still pushing for growth in numbers and looking forward to hosting the next weightlifting event when it rolls around.

Craig Wegert



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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.

Note the QWA's new email address:
qwa@tpg.com.au