



Weightlifting Queensland

March 2008

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Damon Kelly – 2008 Oceania Champion

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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 **United Photography & 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

April 5 – 6	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
April 13	North Brisbane Open Club Competition	Zillmere
April 19	QWA League Round 2 & Masters League Round 2	Toowoomba
April 26	USQ Weightlifting Club Open Competition	Springfield
May 3	Cougars Open Club Competition	Cougars
May 10	Sunshine Coast Open Club Competition	Nambour
May 17	Qld Masters Championships	USQ Springfield
May 30	Toowoomba Open Club Competition	Toowoomba
May 31	Cougars Open Club Competition	Cougars
June 7	AWF Olympic Nomination Trials	Melbourne, VIC
June 12 – 20	World Junior Championships	Cali, COL
June 14	National Masters Championships	Launceston, TAS
July 4	North Brisbane Open Club Competition	Zillmere
July 12 - 13	State Weightlifting / Sports Power Coach Level 2 course	Chandler
July 18	Toowoomba Open Club Competition	Toowoomba
July 19	Cougars Open Club Competition	Cougars
July 26	QWA League Round 3 & Masters League Round 3	North Brisbane
August 9 – 19	Olympic Games	Beijing, CHN

August 16	Qld All Schools 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 4	Qld U16 & Youth & Junior Championships	Cougars
October 10	North Brisbane Open Club Competition	Zillmere
October 12 – 18	Commonwealth Youth Games	Pune, IND
October 25	National Senior Championships	Sydney, NSW
November 15	Toowoomba Open Club Competition	Toowoomba
November 8 – 9	State Weightlifting / Sports Power Coach Level 2 course	Chandler
November 20 – 23	Commonwealth Senior & Junior Championships	Port Moresby, PNG
November 29	QWA Grand Final	Toowoomba
December 5 – 7	National Under 16 & Youth & Junior Championships	Melbourne, VIC
December 13	Sunshine Coast Open Club Competition	Nambour
December 13	'Michael Keelan Shield' Competition	Cougars
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 Under 16 & 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 All Schools Championships.....16 August 2008
- Qld Senior Championships.....6 September 2008
- QWA League Round 4.....20 September 2008
- * Qld U16 & Youth & Junior Championships.....4 October 2008

And all National and International events held between 1st January 2008 and 4th October 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 Championships.....17 May 2008
- QWA League Round 3.....26 July 2008
- Qld All Schools Championships.....16 August 2008
- # Qld Senior Championships.....6 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 U16; 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.

From the QWA Office

It seems that the older one gets, the quicker time passes. It's hard to believe that a quarter of 2008 is already over, and the past few months have been filled with activity.

On the organisational front, we have signed-off on our contract with the Queensland Government for funding to 2010, with our agreed performance measures, reflective of the QWA's Strategic Plan, clearly defined. The task now is to get on with the job of delivering on the promises of that plan, not only to satisfy our Government backers but also, and importantly, to benefit QWA members and grow the sport of weightlifting in Queensland.

For Queensland's lifters, coaches and officials, the first state competition of the year proved to be a big attraction. The largest field of competitors ever to turn out for a QWA League competition hit the platform on February 23rd. With 65 lifters, the competition commenced with the first group's weigh-in at 7:00am and the last lift of the day was completed over thirteen hours later at 8:15pm. As someone remarked at the time: "having so many lifters makes for a long day, but that's a 'problem' we'd love to have at every comp."

The QWA's Annual General Meeting was held on March 15th and there were some changes to the QWA Management Committee for the next 12 months. After two years of service to the Association in the position of President, Debra Keelan did not seek re-election in 2008, due mainly to making a "tree change" move out into the country. Debra continued the long line of effective leaders that the QWA has been fortunate to have over the years and while her presence will be missed in the 'Chair', she will remain an active supporter of weightlifting, particularly in her favourite area of officiating.

Miles Wydall and Damon Kelly also stepped out of the Management Committee positions that they had occupied in previous years. And again, the talents and dedication of these two former committee members will not be lost, as they continue their involvement in other areas of weightlifting.

The QWA now has a new President, in Lawrie Townsend. Many members will already be well acquainted with Lawrie, as he's been a dedicated and active member of the QWA for many years. Also coming on board in 2008 are Lee Hughes and Craig Wegert. Together with returning Committee members Greg Hobl, Tanya Harden, Jason Hassard, Angela Wydall and Vicki Brady, the three new officers constitute a Management Committee which is representative of retained corporate knowledge and new skills and new perspectives.

January 2008 marked the tenth birthday of the QWA website. These days, for most of us the internet is a part of everyday life. But the World Wide Web was still a relatively new place when the QWA website first staked its claim to a position on the internet back in 1998.

The QWA website began life as a Bulletin Board Service (BBS) that Miles Wydall set up some years earlier on a server in his home. The BBS provided a new and, in those days of 5k modems and one-to-one dialling between computers, exciting method of electronic communication and file sharing among a relatively small number of 'subscribers'.

Over the past ten years, Miles has built the QWA website into what is widely regarded as the best weightlifting site on the internet. Proof of the site's popularity is the "hit count" of over 16,000,000 since 1998 and the current usage by more than 1,700 individuals per day.

The website at www.qwa.org has become such an important resource for the QWA that it's now hard to imagine life without it.

Until next time...
Ian Moir

President's Message

A big thanks to the QWA for their vote of confidence in electing me President for 2008; an appointment I accept with considerable pride. I am only too aware of the amount of work our past President, Deb Keelan, undertook so successfully and want to thank her for her friendship and for being such a driving force behind the QWA. Thanks also to the incoming committee for nominating and especially good to see Craig Wegert back on the scene, wearing several hats, and giving us the benefit of his experience.

Since the election I have had some time to reflect on the QWA success and the recurring theme over the years has been a committee, coaches and administration who are selfless and passionately dedicated to our sport. History has shown that any association or federation that lacks these traits has very limited potential.

On further reflection, it is an exciting time and a time of change within and outside our boundaries. Within, we have a new AWF leadership with a very capable management that is inclusive. Outside, we have a rapidly advancing South Pacific as evidenced by the quality of lifting at the recent OWF Championships in Auckland. New Zealand has also been far more focused and their success in Auckland was well earned. This regional improvement will test our athletes and our administration over the next few years and we need to be prepared. Success comes from hard work at the grass roots of the sport and the QWA will continue to assist our members to drive our sport further.

Lawrie Townsend
President



QWA League & Masters League, Round 1

Cougars Weightlifting Club, Chandler Brisbane Qld
23rd February 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	Snatch	C & J	Total	Bonus	Points
Deborah Lovely	83	Cougars	90.50	108	131	239	15	89.922
Troy Hewkins	86	Cougars	75.70	122	148	270	-15	56.618
Davina Hughes	89	Toowoomba	55.95	62	85	147	-3	55.566
Tammie Hampton	87	Cougars	74.80	64	85	149	-3	49.098
Amy Hardy	89	Cougars	60.20	65	76	141	-9	45.864
Holly Collyer	88	Sunshine Coast	66.60	66	88	154	-10	45.797
Alison Noble	79	Cougars	73.55	63	89	152	-10	43.147
Bowen Stuart	86	Toowoomba	78.00	92	112	204	-9	42.646

Division 2

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Rhian Norman	92	Toowoomba	59.40	60	72	132	20	71.362
Billy Chong Nee	90	Toowoomba	93.70	109	130	239	10	67.314
Scott Clark	91	Sunshine Coast	58.70	80	95	175	13	66.846
Craig Wegert	73	USQ	150.00	125	155	280	6	65.322
Nathan Kahi	92	Cougars	63.40	79	100	179	8	58.140
Melissa Robinson	81	Honey Badgers	60.35	60	73	133	5	56.751
Bianca Sheppard	92	Toowoomba	60.80	55	64	119	5	51.304
Peter Foster	67	Cougars	102.30	112	128	240	-7	47.545
Brent Kahi	90	Cougars	68.20	78	100	178	-3	46.860
Rebekah Lovely	90	Cougars	73.85	59	71	130	-5	40.455
John Hanlon	66	Cougars	93.90	78	105	183	-4	39.885
Mal Irwin	53		91.80	90	107	197	-10	37.242
Darryl Hockins	88	Toowoomba	61.40	75	---	---	0	0.000

Division 3

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Michelle Kahi	94	Cougars	56.75	51	66	117	19	65.614
David Hockins	91	Toowoomba	53.60	59	83	142	19	65.557
David Lipman	87	Cougars	83.80	67	83	150	18	55.975
Tom Wen	90	Cougars	81.75	67	80	147	12	49.215
Andrew Fletcher	75		102.30	75	94	169	7	45.409

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Jenny Butler	73	Honey Badgers	68.90	50	58	108	3	42.130
Daniel McCallum	92	Toowoomba	72.45	60	70	130	5	39.483
Steven Matthews	54	Toowoomba	73.15	58	78	136	2	38.074
Tierney Molenaar	91	Windaroo	59.70	45	58	103	-4	36.078
Barry Harden	59	Sunshine Coast	88.45	85	105	190	-11	34.564
Jessica Brown	90	Cougars	50.40	37	49	86	-10	28.053
Casey Kahi	90	Cougars	68.20	48	63	111	-13	27.217
Bob Henderson	43	Sunshine Coast	74.50	62	75	137	-12	24.340
Ray Loudon	45	Sunshine Coast	77.00	53	73	126	-11	22.422

Division 4

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Jordan Hardy	88	Cougars	66.40	72	90	162	10	55.378
David Caruana	86	Cougars	71.95	52	70	122	21	53.361
Kelsey Swift	94	Cougars	55.45	35	46	81	21	53.271
Mitchell Thurlow	92	Cougars	106.85	67	85	152	21	53.203
Kim Hanssen	86	Cougars	66.95	45	59	104	14	51.681
Rhyahn Brock	94	Cougars	49.25	37	45	82	13	49.283
Nick Fort	89	Cougars	109.55	65	88	153	15	47.415
Liam Barry	91	Cougars	59.05	38	55	93	15	43.615
Sam Baumann	92	Cougars	50.25	42	56	98	11	43.131
Bonnie Sleeman	93	Cougars	77.25	46	63	109	8	42.169
Jesse Suna	81	CrossFit	76.05	50	70	120	6	37.830
Jake Whitmore	95	Cougars	63.15	31	36	67	19	37.768
Garry O'Neil	74	CrossFit	81.65	55	70	125	6	37.646
Steven Duhig	83	Cougars	86.25	52	75	127	6	36.456
Leandra Miscamble	56	Honey Badgers	63.55	28	44	72	9	35.087
Troy Grinham	71	CrossFit	87.90	50	70	120	6	34.777
Gene Suna	72	CrossFit	76.85	50	57	107	6	34.382
Daniel Mellor	75	CrossFit	69.85	47	55	102	6	33.056
Lesley Moyle	45	Honey Badgers	55.80	22	29	51	12	32.319
Kirsten Wu	93	Cougars	47.50	30	35	65	0	29.954
Ian Botham	71	CrossFit	97.25	40	60	100	6	28.727
Vicki Brady	43	Honey Badgers	52.00	26	32	58	0	25.664
Sue Cox	61	Honey Badgers	65.75	32	40	72	-5	21.087
Keeran Klein	94	Cougars	50.70	20	25	45	6	20.754
Ellis Brown	95	Cougars	54.90	20	25	45	6	20.754
Harry Grzes	56	Cougars	115.55	57	77	134	-9	19.390
Stephen Chalmers	91	Cougars	91.00	45	65	110	-8	18.379
Valerie Silver	49	Cougars	61.05	20	25	45	0	17.510
Ben Grzes	50	Cougars	131.15	55	76	131	-15	12.754
Julie Davis	52	Honey Badgers	52.85	18	22	40	-9	8.699

Referees: Debra Keelan (Cat I); Ian Moir (Cat I); Kylie Booth (Cat I); Michael Keelan (Cat II); Barry Harden (Cat II); Amanda Phillips (National); Keith Forbes (National); Craig Wegert (State); Ray Loudon (State); Vicki Brady (State); Julie Davis (Club); Greg Baumann (Club).

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Time Keepers: Tanya Harden; Ben Turner; Julie Davis; Amanda Phillips; Sandra Brock.

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

Records

Name	Cat	Lift	Weight	Age Group	Level
Deborah Lovely	+75kg	Snatch	105	Open	Aus; Qld
Deborah Lovely	+75kg	Snatch	108	Open	Aus; Qld
Deborah Lovely	+75kg	Cl & Jk	131	Open	Aus; Qld
Deborah Lovely	+75kg	Total	233	Open	Aus; Qld
Deborah Lovely	+75kg	Total	239	Open	Aus; Qld



Deborah Lovely

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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	150.00	125	155	280	6	69.593
Peter Foster	67	Cougars	102.30	112	128	240	6	64.322
Mal Irwin	55		91.80	90	107	197	0	61.084
Bob Henderson	43	Sunshine Coast	74.50	62	75	137	0	59.451
Barry Harden	59	Sunshine Coast	88.45	85	105	190	0	56.225
Ray Loudon	45	Sunshine Coast	77.00	53	73	126	0	52.940
John Hanlon	66	Cougars	93.90	78	105	183	0	50.819
Steven Matthews	54	Toowoomba	73.15	58	78	136	0	47.582
Ben Grzes	50	Cougars	131.15	55	76	131	0	40.216
Troy Grinham	71	CrossFit	87.90	50	70	120	6	37.655
Gene Suna	72	CrossFit	76.85	50	57	107	6	36.851
Harry Grzes	56	Cougars	115.55	57	77	134	0	36.083
Ian Botham	71	CrossFit	97.25	40	60	100	6	31.000

Women

Vicki Brady	43	Honey Badgers	52.00	26	32	58	0	41.986
Jenny Butler	73	Honey Badgers	68.90	50	58	108	0	41.948
Leandra Miscamble	56	Honey Badgers	63.55	28	44	72	0	33.157
Lesley Moyle	45	Honey Badgers	55.80	22	29	51	0	32.185
Sue Cox	61	Honey Badgers	65.75	32	40	72	0	31.748
Julie Davis	52	Honey Badgers	52.85	18	22	40	6	30.496
Valerie Silver	49	Cougars	61.05	20	25	45	0	25.914

Masters Records

Name	Cat	Lift	Weight	Age Group
Vicki Brady	53kg	Snatch	26	65 – 69 years
Vicki Brady	53kg	Cl & Jk	32	65 – 69 years
Vicki Brady	53kg	Total	58	65 – 69 years
Lesley Moyle	58kg	Snatch	22	60 – 64 years
Lesley Moyle	58kg	Cl & Jk	29	60 – 64 years
Lesley Moyle	58kg	Total	51	60 – 64 years
Valerie Silver	63kg	Cl & Jk	25	55 – 59 years
Valerie Silver	63kg	Total	45	55 – 59 years
Leandra Miscamble	69kg	Cl & Jk	44	50 – 54 years
Leandra Miscamble	69kg	Total	72	50 – 54 years
Bob Henderson	77kg	Snatch	62	65 – 69 years
Bob Henderson	77kg	Cl & Jk	75	65 – 69 years
Bob Henderson	77kg	Total	137	65 – 69 years

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Peter Foster	105kg	Snatch	112	40 – 44 years
Peter Foster	105kg	Cl & Jk	128	40 – 44 years
Peter Foster	105kg	Total	240	40 – 44 years
Craig Wegert	+105kg	Snatch	125	35 – 39 years
Craig Wegert	+105kg	Cl & Jk	155	35 – 39 years
Craig Wegert	+105kg	Total	280	35 – 39 years



Craig Wegert

2008 OCEANIA SENIOR CHAMPIONSHIPS

Women

48Kg Women								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	LEE Vivian	29.03.1978	AUS	47.28	A	60	81	141
2	HARE Kathleen	23.11.1988	PNG	47.22	A	55	77	132
3	ALIKLIK Utako	28.09.1991	NRU	47.66	A	55	77	132

53Kg Women								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	TOUA Dika	23.06.1984	PNG	52.56	A	80	110	190
2	LATIF Nadeene	20.05.1978	AUS	52.58	A	61	78	139
3	KIMBU Gloria	14.09.1986	PNG	51.00	A	60	70	130

58Kg Women								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	LEE Seen	15.11.1982	AUS	57.67	A	92	106	198
2	HALE Wendy	03.11.1987	SOL	57.51	A	75	90	165
3	KASSMAN Monalisa	05.11.1992	PNG	55.46	A	50	75	125

63Kg Women								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	KARI Rita	03.09.1989	PNG	59.84	A	75	107	182
2	WHITE Jacquie	23.02.1982	AUS	62.44	A	84	98	182
3	PATRIS Alexandrina	02.02.1989	PLW	60.63	A	72	100	172
4	TOGAGAE Faitoa	06.03.1989	SAM	62.28	A	70	95	165
5	BALEROS Yvette	03.04.1987	NZL	61.88	A	63	75	138
6	TYRELL Urima	08.01.1992	SAM	62.33	A	59	76	135

69Kg Women								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	FOGAGNOLO Camilla	31.05.1986	AUS	68.59	A	75	100	175
2	AH KUOI Manu	14.10.1982	SAM	67.79	A	68	95	163
3	HALE Guba	07.06.1986	PNG	65.26	A	75	85	160
4	LAMBRECHS Chantal	22.02.1990	NZL	67.82	A	67	87	154
5	SALIMU Vanissa	08.10.1991	SAM	67.76	A	64	82	146
6	MISO Edlynne	23.12.1988	PNG	64.03	A	60	77	137
7	BUCHIN Vahinearii	24.07.1987	TAH	66.42	A	45	55	100
8	MAUTAMA Tamyrah	01.03.1995	NIU	66.65	A	35	53	88

75Kg Women								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	OPELOGE Mary	24.01.1992	SAM	73.26	A	81	105	186
2	PHILLIPS Amanda	04.07.1981	AUS	74.86	A	78	100	178
3	WOOLRIDGE Janelle	07.03.1985	NZL	72.16	A	72	90	162

+75Kg Women								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	OPELOGE Ele	11.07.1985	SAM	118.66	A	118	151	269
2	MYERS Jenna	01.03.1986	AUS	82.22	A	96	118	214
3	VILIAMU Narita	04.07.1989	NIU	136.82	A	90	120	210
4	TUALAU Kefilini	21.02.1984	TGA	137.86	A	90	110	200
5	LAMBRECHS Tracey	27.08.1985	NZL	87.97	A	85	105	190
6	ATONIO Tiresa	01.09.1988	SAM	87.95	A	64	86	150
7	PETERS Luisa	27.06.1993	COK	79.48	A	48	60	108

Men

56Kg Men								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	DOWABOBO Starron	05.09.1984	NRU	55.36	A	90	120	210
2	KIVAVE Leo	06.08.1983	PNG	55.47	A	80	102	182
3	HEWAVITHARANA	23.05.1990	NZL	54.96	A	76	99	175
4	MADSEN Matthew	16.12.1991	NZL	54.72	A	78	95	173

62Kg Men								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	MINGINFEL Manuel	28.09.1978	FSM	61.62	A	120	160	280
2	COLE Cody	28.05.1990	NZL	61.71	A	101	124	225
3	KARI Steven	13.05.1993	PNG	61.50	A	90	120	210
4	AKUBOR Gad	03.08.1985	NRU	61.84	A	82	113	195
5	LOLO Regori	31.10.1984	PNG	59.93	A	87	105	192
6	ROBERTSON Marotea	07.05.1993	TAH	61.04	A	53	63	116

69Kg Men								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	SPOONER Mark	12.12.1984	NZL	68.93	A	131	153	284
2	ALIKLIK Ika	16.09.1985	NRU	67.98	A	117	140	257
3	TEMAKE Tekaei	14.06.1986	KIR	68.41	A	103	143	246
4	PERITE Toafitu	07.01.1985	SAM	68.06	A	103	140	243
5	DEIRANAUW Bronco	04.03.1991	NRU	67.59	A	102	135	237
6	ESAU Logona	24.01.1986	TUV	68.41	A	95	135	230
7	RAMOHAKA Brown	02.02.1988	SOL	68.15	A	95	122	217
8	TOROMON Takenibeia	29.01.1992	KIR	62.98	A	67	90	157

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9	SAUMALEATO Faagu	16.01.1994	ASA	67.86	A	65	80	145
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77Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	PETER Yukio	29.01.1984	NRU	76.82	A	135	180	315
2	TURNER Ben	23.01.1984	AUS	74.43	A	130	165	295
3	SARKISIAN David	27.12.1986	AUS	76.45	A	130	160	290
4	SYMON Caleb	20.12.1982	NZL	76.95	A	123	148	271
5	GOROSI David	29.12.1988	SOL	76.97	A	105	140	245
6	PESALELI Francis	30.05.1987	SAM	75.64	A	96	130	226
7	BORAUEA Akawe	29.12.1987	KIR	75.76	A	110	115	225
8	TATONGA Taubena	23.08.1990	KIR	70.27	A	90	115	205
9	AMOLE Jason	10.11.1991	NCL	74.91	A	70	90	160
10	TUPUILIU Suitulaga	01.02.1993	NIU	75.95	A	60	82	142

85Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	PATTERSON Richard	30.04.1983	NZL	77.80	A	135	175	310
2	MAPOSUA Uati	26.07.1976	SAM	84.20	A	135	171	306
3	FAAULIULI Faavae	12.05.1983	SAM	84.55	A	130	170	300
4	KATOATAO David	17.07.1984	KIR	84.20	A	125	167	292
5	WILLIAMS Matthew	21.07.1980	AUS	84.32	A	132	148	280
6	CHAMOUN Malek	03.01.1989	AUS	81.07	A	125	150	275
7	STAR Val-John	25.06.1989	NRU	83.68	A	105	150	255
8	PERA Sirla	28.08.1992	COK	80.19	A	87	110	197
9	TIAKIA P. Simon	01.10.1992	NIU	82.30	A	60	85	145
10	HAKEAGAIKI Braydon	22.09.1991	NIU	81.09	A	51	62	113
11	PORUTU Romano	27.04.1993	TAH	83.19	A	50	56	106

94Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	DALSANTO Maxwell	16.02.1985	AUS	90.83	A	135	170	305
2	YOSHIDA Jonathan	07.03.1982	SAM	88.75	A	125	160	285
3	FALESUANI Tia	30.08.1986	SAM	86.67	A	128	155	283
4	SELKIRK Jonathan	18.06.1984	NZL	91.87	A	124	157	281
5	CITTON Emmanuel	02.08.1982	AUS	91.99	A	120	155	275
6	TIITO Teataua	23.03.1981	KIR	87.29	A	117	150	267
7	TEOIAKI Bonteatu	08.05.1990	KIR	86.72	A	110	135	245

105Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	ILALIO Eleei	19.08.1979	SAM	103.99	A	150	185	335
2	CHALAEV Staas	16.10.1986	NZL	102.25	A	138	176	314
3	GALSWORTHY Robert	17.05.1989	AUS	104.77	A	136	163	299
4	OPELOGE Tovia	27.03.1990	SAM	94.91	A	128	150	278

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5	FAAGU Tavita	23.06.1992	ASA	94.51	A	87	117	204
6	TEREVAURA Lotua	16.11.1993	TAH	103.34	A	47	56	103

+105Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	KELLY Damon	01.12.1983	AUS	150.00	A	165	213	378
2	DETENAMO Itte	22.09.1986	NRU	149.30	A	169	208	377
3	PERA Sam Jr.	11.03.1989	COK	121.99	A	145	190	335
4	NGALU Tevita	11.05.1979	TGA	124.97	A	141	180	321
5	LOLOHEA Maamaloa	27.06.1968	TGA	131.55	A	135	185	320
6	KAM Isca	07.07.1980	NRU	145.59	A	121	156	277
7	TAUPAU Theron	04.12.1989	ASA	144.98	A	120	155	275



Ben Turner

The QWA has for a number of years been delivering a coach education program that has resulted in a large number of our coaches gaining a berth in Australian teams contesting events at international level including Oceania, World Junior/Senior Championships and Commonwealth Games.

Our coaches have many duties and responsibilities to attend to when looking after weightlifters who are keen to do their best on the competition platform.

Following is part three of 'Duties and Responsibilities of a Head Coach'.

Travel

As travel to most important competitions is by air, the Head Coach should be involved with travel arrangements and receive the individual travel itineraries of all team members. For international competitions, often the team assembles from various parts of the country at the international departure airport. Early arrival at this departure point is an advantage as the Head Coach can then often supervise seating etc. and a planned early arrival does allow a margin of error due to domestic flight delays. On long flights aisle seats have a definite advantage for athletes as it enables them to get up and move around regularly without disturbing others. The Head Coach should encourage athletes to (unless they are making weight) drink fluids regularly and also to walk around the plane as often as possible.

On Arrival

The Head Coach should assist the Team Manager with baggage retrieval and aid in facilitating travel to the accommodation. Check in and rooming arrangements also need supervising. The Head Coach should make a note of all team members' room numbers and make sure that they, in turn, are acquainted with all staff room numbers. As soon as possible the Head Coach needs to ascertain the whereabouts of a weight check scale and location and times of opening of the dining hall or restaurant. In collaboration with the Team Manager locate an appropriate area for a team meeting. The training hall location and available

training times are also information that should be sought out as soon as possible. Once information has been collected then a short team meeting can be called to disseminate to all members.

Venue appraisal

As soon as possible the Head Coach should endeavour to locate and visit the training and competition venue. These are often at the same location but not always. Distances from the accommodation and times of travel need to be noted. Any transportation schedules available need to be collected. The Head Coach should check the competition venue and attempt to ascertain any problem areas. The following are a guide to some of the items that need attention. Others might come to light.

- Location of weigh-in room
- Location of sauna
- Distance of warm-up room from competition area
- Type of barbell to be used in competition & warm-up
- Lighting and temperature of auditorium and warm-up area
- Position of time clock
- Position and audibility of "Down" signal
- Platform surface
- Location of warm-up room scoreboard
- Location and operation of any closed circuit TV
- Location of announcer
- Availability of chalk & resin
- Layout of warm-up room
- Appraisal of best warm-up room platforms
- Availability of drinks, food etc.
- Availability of rest area for post weigh-in & between lifts
- Location and availability of ice
- Availability of chairs
- Location of Marshals table

Even if the team does not have any competitors in the first group of the first category the Head Coach should endeavour to attend this so that an appraisal can be made of the competition organisation and any problems identified.

Entries & Competition procedure

All Weightlifting Championships are conducted within bodyweight categories. The International Weightlifting Federation (IWF) rules allow teams to consist of eight (8) men and seven (7) women, with no more than two (2) athletes competing in any one bodyweight category. The rules also allow for a Team to nominate two (2) male and two (2) female reserves. Reserves are not permitted to compete in the championship unless they are substituting for a previously nominated team member who is withdrawn.

Prior to the start of a championship, the Competition Secretary will convene a meeting to verify the entries submitted by each Team. This meeting is termed the Technical Conference. This meeting provides the final opportunity to make changes to the team composition by substituting reserves and/or changing the bodyweight category of nominated Team members. The Head Coach/Team Manager must supply to the organisers a list of team members in the categories in which they wish to start at this conference. The competitor's best-recorded total (verifiable) is also included as is their date of birth. Competitors are allocated – usually by a computer program – lot numbers at this conference. These lot numbers govern the order of the weigh-in and are also used in deciding the order of lifting. The competitors are listed on the scoreboards in the order of the lot draw. Following completion of the Technical Conference a start list is produced and distributed to all teams. This list shows the allocation of lifters into groups within each category, which is based on the entry total that is also listed. In many large competitions each category may be divided into two or more groups. It also shows the start times of each category and group and the officials who will be in charge. The Head Coach needs to

appraise this start list and share the contents with staff and athletes.

Bodyweight Management

It is imperative that the Head Coach regularly monitors the bodyweight of all athletes in the team in the weeks leading up to the event. This is done in consultation with the athletes; their personal coaches; and other members of the team coaching staff.

Between competitions, it is normal for some athletes to maintain a bodyweight which is heavier than their “competition weight” and they will need to undertake a carefully managed regime to reduce their bodyweight over time, to ensure that they are able to continue to train effectively prior to the event and still weigh-in correctly at the competition. Similarly, a competitor who is required to increase their bodyweight to compete, e.g. when it is advantageous to the team to enter an athlete in a higher bodyweight category than the one they normally compete in, the athlete will need to be guided in their efforts to achieve the desired bodyweight.

Strategies for Reducing Bodyweight

Athletes who are required to reduce their bodyweight prior to competing should accomplish this over time and aim to lose 0.5kg – 1.0kg of body fat per week. This can be achieved by:

- Consuming a diet high in protein and carbohydrate
- Reducing consumption of high energy foods such as fats and alcohol
- Keeping nutritious, low-fat, snacks on hand to avoid succumbing to the convenience of ‘take away’ foods, which often have a high fat content

- Engaging in light aerobic exercise such as jogging, fast walking and cycling to decrease body fat stores
- Having body fat levels monitored regularly by a qualified skin fold tester
- Restricting fluid intake in the 12 hours before weigh-in
- Eliminating additional salt from the diet for up to two weeks prior to competition
-

Having achieved a bodyweight, which is close to the desired weigh-in target, athletes can further reduce their weight immediately prior to the weigh-in through the use of a sauna to promote excessive perspiration over a short period of time. The Head Coach should ensure that any assistant coaches assigned to monitor final bodyweight reduction by an athlete are completely familiar with the technique of using the sauna correctly to achieve this. After making weight, athletes must rehydrate as quickly and effectively as possible. Modern sports drinks which contain electrolytes and carbohydrate provide an excellent means of rehydration in this situation. A well-hydrated person will produce copious amounts of urine that is clear in colour. For athletes that have “come back hard” should be encouraged to keep up the re-hydration throughout the warm-up period and during the competition.

Strategies for Increasing Bodyweight

Occasionally the Head Coach may encounter the problem that an athlete weighs actually under the minimum for the category in which they are entered. This happens more frequently when the Head Coach has moved an athlete to a higher category at short notice to increase their chances of a higher place or to score more team points. Now the Head Coach and assistants should encourage the athlete to consume higher calorie foods and in greater quantity in the hours or days before they have to weigh-in.

An athlete who is still under the minimum limit of the desired

category immediately prior to the weigh-in can increase their bodyweight immediately by consuming a sufficient amount of fluid. 100ml of water weighs 100g.

Competitors should be accompanied at the weigh-in by their coach or other team official. They must provide evidence of athlete identity (passport for international competitions) and proof of age (passport again or other documents). The competitors are weighed while either nude or in underclothes, in the presence of officials of the same gender. The officials verify the competitor's weight which is then recorded on the Competitor's Card. The coach must verify that the bodyweight recorded on the Competitor's Card is correct and write the weights for the competitor's first attempts in snatch and clean & jerk on the card in the spaces provided. Once the coach is satisfied that all of the information on the Competitor's Card is correct, he or she signs the card in the appropriate space. The Head Coach must ensure that the addition of the starting attempts comes to within 20kg of the qualifying total verified on the entry form for men and within 15kg for women. If an athlete does not adhere to this policy the Jury can disqualify them. For each attempt lifters are allowed to make two changes from the initial chosen weight. These changes can be increases or decreases or a combination of both. Whenever a weight is nominated, be it initial or a change, the coach must sign the Competitors card. Lifters will be called for an automatic 2kg increase between 1st and 2nd attempts and a 1kg increase between 2nd and 3rd attempts, if the coach has not nominated a weight for the next attempt. If the weight of the first snatch is decreased then the weight of the first clean and jerk must give a total, which is within

20kg/15kg of the entry form qualifying total. With the introduction of the 1kg increase rule (2005) and the 2kg increase rule (2007) coaches are tending to use their two changes/attempt far more frequently than previously. Consequently, bearing in mind all the above, the Head Coach has a very responsible and at times, stressful job at the Marshals table where all the nominations and changes of weight must take place.

Competition Warm Up

The purpose of the warm up is to prepare the athlete physically and psychologically for maximal performance in the competition. The routine should include general warm up and mobilisation; stretching; and the specific warm up.

The specific warm up consists of performing the competition lifts, starting with light weights and progressively increasing the weights up to a final lift which is close to the weight of the athlete's first attempt. The content and timing of the specific warm up is critical. It should include sufficient repetitions at light and medium intensity to practice speed and technical accuracy; and sufficient high-intensity repetitions to recruit muscle fibres and instil confidence in the athlete... without excessively taxing their energy stores. The specific warm up should be completed with enough time for the athlete to recover from their last warm up lift before making their first attempt in the competition.

There are a number of factors to consider when directing the specific warm up of an athlete at a competition, such as:

- The weight of the competitor's first attempt
- The level of the competitor's experience
- The competitor's position in the order of calling
- The prevailing conditions within the venue, e.g. temperature, humidity.

Following is an example of a specific warm up for a competitor starting the snatch with a first attempt of 100kg:

Movement	Weight	Repetitions
Power snatch	20kg	3 reps
Snatch squat	20kg	3 reps
Power snatch + snatch	30kg	2 + 2 reps
Power snatch + snatch	40kg	1 + 2 reps
Snatch	50kg	2 reps
Snatch	60kg	2 reps
Snatch	70kg	2 reps
Snatch	80kg	1 rep
Snatch	90kg	1 rep
Snatch	95kg	1 rep

Competition Tactics

It is always an advantage in weightlifting to be able to follow your opponent so that you know exactly what is needed to move into the lead. However, to be able to put your athlete into this advantageous position the Head Coach must have a thorough knowledge of the rules governing weight changes and lifting order. Making last minute changes of attempts can often upset opponents and the timing of these changes is often crucial. Sometimes this involves taking risks especially on the clean and jerk, which will ultimately decide the medals. On the snatch, it is a good idea not to take risks, as this lift relies so much on balance and precision that the pre-competition game plan should be adhered to. Knowing the fighting qualities of the athlete being coached and their reaction to pressure has a great deal of bearing on the coach's decisions as to weight increases. The more experience the Head Coach has in high-pressure competitions the better and there is no substitute for this experience. Developing the judgment to make the right call in a

tactical battle is a quality all coaches aim for. However, the bottom line in all tactical situations rests with the lifter, if they cannot lift the weight all the tactics are for nothing. All the Head Coach can ensure is that they send the lifter out for attainable weights and the correct one's to win the medal or place high – then it is up to the lifter.

Anti-Doping Control

Competitors in weightlifting are subject to drug testing both in-competition and out-of-competition. If a team member is notified that they are selected for drug testing at an event, the Head Coach should direct a suitable adult person to accompany the athlete throughout the drug testing procedure. The Head Coach should ensure that both the athlete and the person accompanying him or her are aware of the drug testing procedure and their rights and responsibilities in this regard. If a lifter is selected for doping control, the anti-doping team will on completion of the lifter's final attempt, send an appointed "spotter" to accompany the lifter and get them to sign a document agreeing they have been informed they are to be tested. The spotter will stay with the lifter and keep them under observation – through Medal Ceremonies and any press interviews – and then accompany them to the doping control area.

Post Competition

Following the completion of the competition a closing banquet is often held (compulsory at World Championships). Normally the Head Coach accepts any team awards on behalf of the team. Consequently it is essential the Head Coach attends the banquet and is appropriately dressed. The full printed results are normally given out at the banquet and the Head Coach or Team Manager must ensure they gain a copy. Unless there are extenuating circumstances, the entire team is expected to attend this function.

Reporting

Following every event, the Head Coach is responsible for making a comprehensive written report to the association or federation represented by the team.

Topics to be covered in the Head Coach's Report:

Competition venue

- Facilities
- Equipment
- Training facilities

Coaching staff

- Assessment of Team coaches' performance
- Other Team support personnel

Team Meetings

- Timing
- Topics covered

Overview of the athletes' performance

- Individual performances and results
- Team results

Behaviour

- Attitude
- Cooperation
- Incidents

Other issues

Recommendations

News News News

- Michael Keelan was appointed as the Australian Weightlifting Federation's High Performance Programme Manager.
- Deborah Lovely, Ben Turner and Damon Kelly were named in the Olympic Shadow Team.
- Ian Moir was chosen as the Australian Team Manager for the 2008 Oceania Championships in Auckland, New Zealand.
- Damon Kelly, Deborah Lovely, Amanda Phillips, Ben Turner and Davina Hughes (Reserve) were named in the Australian 2008 Oceania Championships Team.
- At the recent Oceania Championships Damon Kelly placed first in the +105kg class with a 378kg total, Ben Turner placed 2nd in the 77kg class with a 295kg total and Amanda Phillips place 2nd in the 75kg class with a 178kg total. Well done to all!
- Miles Wydall has been selected as Head Coach and Manager for the Australian team at the 2008 World Junior Championships in Cali, Columbia.
- Angela Wydall has been selected as Head Coach for the Australian team for the Commonwealth Youth Games in Pune, India. Angela is the first female head coach selected for any Australian weightlifting team.
- Greg Hobl was selected as Assistant Coach for the Australian team for the Commonwealth Youth Games in Pune, India.



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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.