



# Weightlifting Queensland

September, 2004

*The Official Journal of  
Queensland Weightlifting Association Inc.*

## LAUNCESTON 2004

The 2004 National Open & Under 20 Championships were held in Launceston, Tasmania. The Queensland contingent included 20 lifters, 4 coaches, 3 referees and a manager (Melissa Nightingale, Vivien Nightingale and Kylie Booth missing from photo).



### Inside this issue:

From the QWA Office	5	Quench your Thirst for Success	13	2 Cougars in Athens	24
From the Editor	7	The 2004 National U20 & Open Championships	14	Technically Speaking	28
Cougars ROAR in 2004	8	Active Recovery	22	Results: Qld Open & U20 Championships	30
Results: QWA league & Masters League Rd 3	11	Celebrating Success	23		

### CHECK OUT

The 2004 National  
Open & Under 20  
Championships

REPORT/RESULTS

SPECIAL

The QWA is Supported by the Queensland Government through Sport & Recreation Qld:



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Getting more people active  
through sport and recreation

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**Patron:** Bert Hobl  
**President:** Mike Keelan  
**Vice President:** Greg Hobl  
**Secretary:** Kylie Booth  
**Treasurer:** Corran Amadio  
**Executive Officer:** Barry Harden  
**Executive Officer:** Tanya Harden  
**Executive Officer:** Lawrie Townsend  
**Executive Officer:** Debra Keelan

### QWA Mission Statement

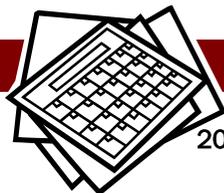
"To promote and develop all aspects of the sport of weightlifting in Queensland."  
Acknowledgement

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

Queensland Government –Sport and Recreation Queensland  
Major Sports Facilities Authority  
MTU Detroit Diesel Australia

#### 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

**2004 Events Calendar - please note changes**

September 3	TWA Open Club Competition	Toowoomba
September 3	Nudgee Open Club Competition	Nudgee
September 10 – 12	National U20 & Open Championships	Launceston, TAS
Sep 26 – Oct 2	IWF World Masters Championships	Baden, AUT
October 29	Nudgee Open Club Competition	Nudgee
October 30	Mermet Cup International	Melbourne, VIC
October 8	TWA Open Club Competition	Toowoomba
October 9	QWA League Final & Masters H/cap Final	Brisbane
October 15	Nudgee Open Club Competition	Nudgee
October 23	Qld All Schools Championships	Toowoomba
November 7	Sunshine Coast Open Club Competition	Nambour
November 13	Queensland 2000 Tournament	Brisbane
November 19	TWA Open Club Competition	Toowoomba
November 26	Nudgee Open Club Competition	Nudgee
Dec 1– 2	Commonwealth Youth Games	Bendigo, VIC
December 11	Sunshine Coast Open Club Competition	Nambour
December 18	Cougars Open Club Competition	Chandler

Dates and or venues are subject to change with 14 days notice

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.

See Qualifying Standards Over Page

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**QUALIFYING STANDARDS**

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

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

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

The qualifying period for the Queensland Open & Under 20 Championships is 25<sup>th</sup> June 2003 – 25<sup>th</sup> June 2004

The qualifying period for the Queensland 2000 Tournament is 1<sup>st</sup> January 2004 – 30<sup>th</sup> September 2004

Queensland Teams for the 2004 National Under 16 & Under 18 Championships will be selected according to the QWA Selection Policy taking into consideration results from:

- QWA League Round 1 – February 21<sup>st</sup>
- Qld U16 & U18 Championships – March 6<sup>th</sup>

Queensland Teams for the 2004 National Open & Under 20 Championships will be selected according to the QWA Selection Policy taking into consideration results from:

- QWA League Round 1 – February 21<sup>st</sup>
  - Qld U16 & U18 Championships – March 6<sup>th</sup>
  - QWA League Round 2 – May 22<sup>nd</sup>
  - Qld Open & U20 Championships – July 10<sup>th</sup>
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## From the QWA Office—By Ian Moir, QWA General Manager

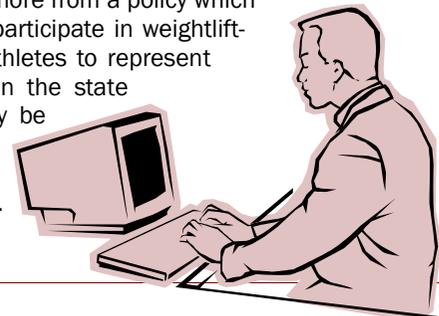
There has been quite a bit of discussion lately among QWA members on the subject of selection policies and criteria. A significant change to the QWA's Team Selection Policy last year was the replacement of "qualifying periods" with "qualifying events". This meant that to be eligible to be selected in a Queensland representative team, lifters had to meet a number of criteria which included a measure of their best results taken from specified events; and they had to participate in the Queensland Championships, unless of course such participation was impossible or inadvisable for good reason. This policy was published in the September 2003 edition of *Weightlifting Queensland* as a draft and members were invited to submit their comments. I for one assumed that because nobody raised any issue over the changes to criteria, that members must have either been happy to accept the new policy as it was, or were not sufficiently interested to raise any questions. Either way, the members had spoken (or not) and the policy was ratified and applied for the first time in the selection of lifters for the 2004 National U16 & U18 Championships with no problems.

A couple of months later it became apparent that two of Queensland's leading lifters were not going to compete in the Queensland Championships and they had not competed in any of the other specified qualifying events, making them ineligible to even be considered for selection in the team for the National Open & U20 Championships. This situation was not created by the policy of course – people are free to choose to compete, or not, in any event that's open to them – but it certainly resulted in an earlier-than-planned review, which does not necessarily mean that the policy will be changed.

The best thing to come out of all of this was the acceptance by everyone who was closely involved – the lifters, coaches, selectors, Management Committee – that the policy represented the rules of the organisation and that these rules applied to everyone, without exception.

In formulating policy and procedures, the QWA Management Committee is bound to always reflect back to the organisation's mission, which is "To promote and develop all aspects of the sport of weightlifting in Queensland". The proposition that needs to be pondered in regard to the current selection criteria is this: Will the cause of promoting and developing weightlifting in Queensland benefit more from a policy which encourages state representatives to regularly participate in weightlifting events in Queensland; or from selecting athletes to represent Queensland whether or not they participate in the state competition program? This policy review may be more interesting than most.

And now from policy matters to administration. This year the QWA commenced issuing mem-



bership cards for the primary purpose of ensuring that people are aware of their membership status. It should be remembered that the QWA is an Incorporated Association and as such its aims; its rules and regulations; and its insurance policies only apply to people who formally agree to accept them, i.e. members. And the service that most members seek from the QWA is the opportunity to compete in weightlifting events, so what better place to monitor this.

All competitors in QWA events and sanctioned club competitions (those listed on the official calendar of events) must present their current membership card at the weigh-in before they will be allowed to compete. This is the only way to ensure that every participant, and the event itself, is properly insured. The membership card must be handed to one of the officials conducting the weigh-in so that he or she can check the expiry date and also record the competitor's details such as their date of birth and their club, on the weigh-in forms.

One area of administration that is causing the QWA staff concern is the "accounts department" where receivables of over \$3,000 are represented in accounts that are past due by more than 90 days. While the QWA has made arrangements with some members to allow them to pay off their accounts by installments, there are some others who seem to be making no effort to pay their bills despite receiving regular statements and the harsh reality is that this situation must be resolved. It is unfair for some people to continue to enjoy the benefits provided by the QWA while ignoring their financial responsibilities, especially when the vast majority of members do "the right thing" and pay promptly. From November 1<sup>st</sup> any payment made to the QWA will firstly be applied to outstanding balances before being applied to the purchase of any new product or service. It is unfortunate that things have come to this, however the QWA's staff have a responsibility to ensure the proper day to day management of the organisation. So those whose accounts are in arrears will have the month of October to clean the slate, otherwise they will not be able to compete in any QWA events, because the money they offer as a competition entry fee or membership renewal fee will not be received as such; it will be part payment of the existing debt.

Looking ahead, there are still some significant events to come this year. In October the QWA League Final and last round of the Masters League will be held at Chandler on the 9<sup>th</sup>; the Queensland All Schools Championships will be in Toowoomba on the 23<sup>rd</sup>; and the Mermet Cup International (four Qld lifters were selected in the AUS team) will be held in Melbourne on the 30<sup>th</sup>. On 13<sup>th</sup> November, the Queensland 2000 Tournament will finish off the state competition program for 2004 and in December, the Commonwealth Youth Games will be held in Bendigo, Victoria.

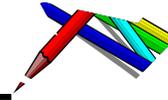
Until next time...

Ian Moir

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# From the Editor

By Amanda Phillips



HI EVERYONE,

**Editor In ATHENS!!!!**

Much has happened since the June Edition of *Weightlifting Queensland* (see all the results and reports in this issue) . However, for me, the decision to attend the 2004 Olympic Games holds the most notable memories of the Quarter, if not the year. See the full "Athens Story" on page 24.

**Thankyou again to all Contributors**

Again this issue of *Weightlifting Queensland* covers very diverse topics and I sincerely appreciate all of this quarter's contributions as the variety definitely makes a more interesting read. I would also like to take this opportunity to encourage more members and friends of the association to put fingers to keyboard and put forward their thoughts, stories, ideas and knowledge; and get their digital camera snapping as photos (and not just of lifting) are also highly appreciated. All items

for the newsletter can be emailed to me at [qwa-amanda.phillips@powerup.com.au](mailto:qwa-amanda.phillips@powerup.com.au) or alternatively pieces can be dropped into the QWA office.



**12 weeks 'Til Christmas!!!!**

This is not said to alarm you but to motivate you all. There a still a few big competitions left on the calendar, the League Final, the Mermet Cup and QWA's show case event, the Queensland 2000, so the year is far from over.

☺ Amanda

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**Left : Deborah and I in the main Stadium after Jana Pittman ran in the first round of the women's 400m hurdles.**

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## The Cougars ROAR in 2004!!



Wow! 2004 has been a big year so far for Cougars Weightlifting Club with many achievements on the platform and behind the scenes, coupled with the hive of activity from our clubs fantastic volunteers. Here are just some of the highlights.



The most outstanding achievement from the Cougars club members came mid year when Cougars became 1 of only 2 Weightlifting Clubs in Australia to boast 2 female Olympians. Deborah Lovely was eventually selected for the Olympic Games after a lengthy and emotional "will she, wont she" saga . Well done to Mike Keelan who coaches both Olympians.



The National U16 & U18 National Championships were also successfully conducted at the Cougars in April, while on the platform at that event Cougars members took 14 medals and 5 National Champions were crowned. The best U18 female lifter and Best U16 male lifter of the Championships went to Erika Yamasaki and Josh Brady, respectively. Both Miles and Angie Wydall were selected as the Assistant coaches for the Queensland team.



Erika Yamasaki, Kristie Amadio, Ben Turner with Angie Wydall as assistant coach went to Belarus after being selected to represent Australia at the Junior World Championships. Also on the international platform, 4 Cougars became Oceania Champions with 4 medals at the Oceania Senior Championships and 7 medals from the Junior contingent. Miles Wydall was selected to support the Australian team as Assistant senior Coach.

Deb Keelan, Peter Foster, Ben Grzes and Harry Grzes travelled to Darwin to compete in the National Master's Championships, and after fantastic performances were all crowned National Champions.

More recently, a large number of the Cougars membership travelled to Launceston to participate, officiate and support at the Australian U20 and Open Championships. Cougars took out 16 medals from the Championships, with Erika Yamasaki awarded best U20 female lifter. Kylie Booth, Vivien Nightingale and Deb Keelan attended the Championships as referees with a big congratulations to Deb who undertook and passed her Category 1 refereeing examination and will be recommended by the AWF to the IWF for her qualification upgrade. Again both Miles and Angie were selected as Coaches for the Queensland team. Well done to all.

Later in the year Cougars look forward to more fantastic performances on the international stage with Ben Turner, Damon Kelly, Erika Yamasaki and Melissa Nightingale all being selected for the Mermet Cup International and Erika also gaining a Guernsey for the Commonwealth Youth Games.

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*Below: Mike Keelan (coach) with his 2 Olympians Amanda Phillips (left) and Deborah Lovely (right).*

*Photo supplied by Miles Wydall*



Off the platform, Amanda Phillips was selected as State Coordinator for the Women and Girls Program. Some of our club members got good media coverage this year with Deb Lovely on the news over her Olympic selection, and Erika and Luke getting a radio interview at the Nationals in Launceston. Our Club news continues to be covered every month in the local paper thanks to our media officer Deb Keelan.



The Olympics has been a great boost in attracting new members and at a last count we have over 55 with members ranging from beginners to Olympians and all levels in between.



The club walls have been painted – thanks to the Sleeman centre. This was a catalyst for everyone to get involved in improving the club on the inside and out. This included new pictures and posters on the walls, a repaired and repainted fence, a new store room door, new PB board and new club signs.



The Cougars' Club services are ever increasing and improving. We now have a massage service available on Mon, Thurs and Fri thanks to Ray and Chris. The canteen run by Lynda has been a huge success this year, providing a large range of items and a good source of revenue for the club. We have had great sales of the platforms designed by John Nightingale and assembled using the skills of Kingy, Damo, Matt and Ben. Interclub training sessions with Nudgee and St Laurence's have been very popular.



We still have the last quarter of 2004 to go and things in the pipeline for the Cougars club include further work on the venue facelift, hosting the QWA League final, Sporting Wheelies, and our Xmas competition. I imagine a few U16 Australian records will tumble by the end of the year.



I'd like to take this opportunity to say thanks to all our lifters, coaches, officials, committee members and volunteers for making it such a great year so far.

Miles Wydall – President Cougars Weightlifting Club.

**RESULTS: QWA League & Masters League, Round 3**  
Cougars Weightlifting Club, Chandler Qld, 21<sup>st</sup> August 2004

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
<b>Division 1</b>								
Erika Yamasaki	87	Cougars	52.35	67.5	85.0	152.5	21	88.778
Paul Wheeler	71	Nudgee	99.50	125.0	155.0	280.0	16	79.636
Diana Loy	65	Qld Uni	57.90	62.5	77.5	140.0	15	73.333
John Yamasaki	84	Cougars	64.25	95.0	115.0	210.0	6	64.741
Damon Kelly	83	Cougars	143.90	150.0	190.0	340.0	-13	58.958
<b>Division 2</b>								
Luke Gardner	88	Cougars	88.75	100.0	132.5	232.5	21	76.689
Liana Lambert	88	Cougars	58.00	60.0	70.0	130.0	15	69.167
Tammie Hampton	87	Cougars	62.20	65.0	72.5	137.5	5	60.556
Greg Hobl	60	Toowoomba	79.40	90.0	110.0	200.0	7	57.633
Tanya Harden	78	Sunshine Coast	65.00	57.5	70.0	127.5	-11	36.222
<b>Division 3</b>								
Tom McCosker	88	Sunshine Coast	61.50	75.0	95.0	170.0	15	67.308
Stephen Davies	88	Cougars	75.90	87.5	115.0	202.5	11	64.642
Davina Hughes	89	Toowoomba	57.15	52.5	70.0	122.5	11	62.042
Barry Harden	59	Sunshine Coast	90.80	90.0	112.5	202.5	1	49.503
Bob Henderson	43	Sunshine Coast	77.40	67.5	90.0	157.5	-3	36.873
Trina Egelstaff	88	Cougars	62.25	47.5	57.5	105.0	-6	32.889
<b>Division 4</b>								
James Hatzis	88	St Laurence's	108.15	80.0	112.5	192.5	15	55.741
Casey Kahi	90	Cougars	61.35	42.5	55.0	97.5	15	54.394
Darryl Hockins	88	Toowoomba	54.95	60.0	70.0	130.0	11	53.623
Lawrie Townsend	51	Nudgee	75.85	57.5	82.5	140.0	15	52.086
Brent Stewart	86	Cougars	80.05	75.0	105.0	180.0	6	51.570
Cameron Trass	90	Cougars	71.65	45.0	60.0	105.0	21	48.815
Brent Kahi	90	Cougars	50.65	42.5	60.0	102.5	15	48.607
Ashley Johnson	87	St Laurence's	88.90	77.5	100.0	177.5	6	48.515
Geordie Cassimatis	90	St Laurence's	53.55	42.5	57.5	100.0	15	47.787
Keith Penney	37	Tallebudgera	67.10	55.0	70.0	125.0	11	45.965
Richard McGrath	87	Toowoomba	64.70	67.5	85.0	152.5	3	45.657
Jason Mitchell	88	Nudgee	109.40	72.5	95.0	167.5	10	45.450
Alan McMenamin	69	Nudgee	114.95	65.0	77.5	142.5	10	40.159
Ken Harvey	68	Nudgee	102.45	80.0	110.0	190.0	-6	37.182
Michael Dunne	91	Cougars	59.90	32.5	47.5	80.0	11	35.615
Lyndon Hyatt	90	St Laurence's	84.50	47.5	60.0	107.5	6	33.215
Alexander Kelly	90	St Laurence's	62.45	40.0	50.0	90.0	6	31.175
Jason Zantis	88	Cougars	84.10	45.0	70.0	115.0	0	29.114
Ben Grzes	50	Cougars	141.15	65.0	95.0	160.0	-9	24.862

Rube Howes	22	Cougars	84.40	45.0	60.0	105.0	-8	18.582
Bob Johnson	77	Cougars	80.40	65.0	90.0	155.0	6	Guest

Referees: Barry Harden (Cat II), Debra Keelan (Cat II), Kylie Booth (Cat II), Jo Garner (Nat), Vivien Nightingale (Nat), John Nightingale (State), Kathleen Harden (Club), Damon Kelly (Club), Ray Gardner (Club).

Time Keeper: Debra Keelan, Kylie Booth, Lawrie Townsend, John Nightingale

M.C: Angela Wydall, Ian Moir, Barry Harden, Melissa Nightingale

### Masters League

Name	Born	Club	Bwt	Sn	C&J Total	MMS	Score
<b>Men</b>							
Lawrie Townsend	51	Nudgee	75.85	57.5	82.5	140.0	224.723 2007.384
Keith Penney	37	Tallebudgera	67.10	55.0	70.0	125.0	288.653 1968.037
Rube Howes	22	Cougars	84.40	45.0	60.0	105.0	370.940 370.940
Alan McMenamin	69	Nudgee	114.95	65.0	77.5	142.5	158.969 304.967
Bob Henderson	43	Sunshine Coast	77.40	67.5	90.0	157.5	296.789 296.789
Greg Hobl	60	Toowoomba	79.40	90.0	110.0	200.0	286.095 286.095
Barry Harden	59	Sunshine Coast	90.80	90.0	112.5	202.5	273.557 273.557
Ken Harvey	68	Nudgee	102.45	80.0	110.0	190.0	222.524 222.524
Ben Grzes	50	Cougars	141.15	65.0	95.0	160.0	212.033 212.033
<b>Women</b>							
Diana Loy	65	Qld Uni	57.90	62.5	77.5	140.0	191.272 551.247



# Quench your Thirst for Success

By Amanda Phillips

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Even though Weightlifting is an indoor sport it is still imperative to ensure adequate hydration (especially with the summer season just around the corner) pre, during and after training and competition. As you strive to get the best out every training session, don't forget to add water. Research has shown that as little as 2% dehydration can influence performance and ensuring appropriate rehydration is important for enhancing recovery from training.

All active organisms contain anywhere between 45-95% water, with water participating directly in many chemical reactions and is the medium in which most reactions take place, so no water, no metabolism. The Kidney's filter about 200L of blood per day to produce 2L of urine. This means that on any given day, without the effects of climate and exercise, we all need to be drinking at least 2L of water. When we are sweating and/or physically active more must be consumed, but how much? A good way to ensure adequate hydration/rehydration is to obtain pre and post training bodyweight measurements and make sure that at the end of training the athlete weighs the same or heavier (ensure that the athlete's clothing is not soaked with perspiration or accurate bodyweight readings will not be obtained). Weight loss will need to be made up by fluid ingestion, as it is indication of dehydration as a result of sweating.

Sports drinks are so named, in that they should be consumed only during and/or immediately after sport. Many sports drinks contain higher levels of sugar that is great for replenishing energy stores during and immediately after training, but not so good immediately prior to training (see March and June issues of Weightlifting Queensland for details on Carbohydrate consumption and training). Pre training and daily fluid intake should consist of water only (not soft drinks, juices and coffee or tea) and should be taken in as smaller quantities on a regular basis, not just when we are thirsty (by then dehydration is already at work).

By maintaining adequate hydration throughout the day, a higher quality of training can be performed. Ensuring rehydration after training will aid recovery and increase the capacity of the athlete to training the following day.

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## The 2004 National U20 & Open Championships



One of the “locals” monkeying around.



Erika looking comfortable on the platform as she accepts her Best U20 female trophy

By Ian Moir.

The 2004 National Open & Under 20 Championships were held in Launceston, Tasmania. The Queensland contingent included twenty lifters, four coaches – Miles Wydall, Greg Hobl, Angela Wydall, Barry Harden; three referees – Debra Keelan, Kylie Booth, Vivien Nightingale; and a manager – Ian Moir. In addition, a number of lifters’ family and friends went along to support the team.

Arriving in Launceston (or “Lonny”, as the locals call it) in two groups – one on Thursday night and the other on Friday afternoon – the Queensland team was greeted by cold and rainy weather, which wasn’t unexpected and seemed appropriate to the style of the town and surrounding area. Imagine Toowoomba with a few more 19<sup>th</sup> century buildings and that’s pretty much the look of Launceston. The team was accommodated at a motel named *Sandor’s on the Park*; the ‘park’ being the City Park which is home to a Japanese Macaque monkey colony, of all things; and the competition venue, Launceston College, was an easy 15 minute walk away through the centre of town.

The competition began on Friday evening and Queensland had two lifters in this session – Melinda Janke in the 48kg category and Erika Yamasaki in the 53’s. Melinda opened well with 47.5kg in the snatch but failed the next two attempts at 50kg. She jerked her first attempt at 65kg, missed 70kg and then got it on the third for an equal best total and first place in under 20 and second in the open championship. Erika looked very comfortable on the platform. She missed one attempt – her third snatch – but still equaled all her personal bests, set just three weeks earlier, and won the category in both of the age championships and also won the Under 20 Best Female Lifter award.

Saturday’s competition program presented a busy day for the team’s coaches, with thirteen Queensland lifters competing across four of the day’s five sessions, starting with the first weigh-in at 7:30am. John Yamasaki (62kg); Tom McCosker (62kg); Troy Hewkins (69kg); and Josh Brady (69kg) were all competing in the first session. John had some close competition from South Australia’s Shane Gates in the snatches. John led by 2.5kg after the snatch and asserted himself in the clean & jerk, securing first place in both the Open and Under 20 championships, making it GOLD, GOLD, GOLD, GOLD for the Yamasaki family. Tom McCosker impressed greatly with a faultless performance – holding off the challenge from Victoria’s Mark Holloway by succeeding with six good lifts and a 7.5kg increase in his best total to win the bronze medal at Under 20.

In the 69kg category, Troy Hewkins established a 15kg lead in

the snatch and then continued to succeed with every clean & jerk attempt to total 230kg and become Queensland's third dual gold medalist at these championships (Open & Under 20). While Troy looked to have the gold medal in the bag early on, Josh Brady was engaged in a close battle with Troy Davis (TAS) and Dale Woodford (VIC) for the minor placings. Brady was 2.5kg behind both of these lifters after the snatch, but he was the lightest of the three. Woodford opened with a very conservative 105kg jerk and then jumped to 115kg for his second. Brady and Davis both started with 115kg and succeeded. Woodford got 115kg and Brady took 117.5kg on his second attempt to move into second place. Davis selected 120kg and missed. Woodford succeeded with 120kg and moved ahead of Brady again. The situation now lay with Hawkins untouchable in first place; Woodford finished with a 210kg total; Davis on 205kg with one attempt to go; and Brady on 205kg with lighter bodyweight and one attempt to go. Coach Miles Wydall knew that Brady was capable of jerking 122.5kg - he'd done it twice before in competition - and he knew that to select 120kg would achieve nothing. If Davis succeeded with 120kg, then Brady would need 122.5kg to take third and if Davis missed, then Brady would already be third and 122.5kg would give him second place. Davis attempted 120kg again and missed. Brady now had nothing to lose, but in the end this was the only attempt that he missed and he remained in third place at Under 20 and second in the Open competition. But what a great contest!

The next session again contained four Queenslanders. Davina Hughes and Liana Lambert in the 58kg category; and Kristie Amadio and Tammie Hampton in the 63kg category. Davina and Liana are both still relative newcomers to weightlifting and in this category they found themselves among seasoned Australian representatives Nata-

sha Barker (NSW) and Debbie Lewis (SA); and Aussie Junior rep Maria Tsoukalis (NT). This was Davina's first time at a senior national championship and although she lifted weights which were close to her current personal bests, she is obviously capable of more. For Liana, the championships showed a return to form. Succeeding with five attempts at these championships should give Liana the confidence to look to the future with expectations of surpassing her achievements of last year before the end of 2004. Both girls certainly have the potential to be very good lifters and with more experience, greater success will undoubtedly come. Liana finished third in the Under 20 championship, followed by Davina in fourth place and fifth in the Open competition.

For Kristie and Tammie, it was very much a case of concentrating on their own individual performances without weight selections being influenced by any close competition. Kristie was not yet ready to challenge Jacquie White's (VIC) dominance of the 63kg category and she had a comfortable buffer to her nearest rival for second place. Tammie's expected performance also fitted her into a gap between the competitor ahead of her and the one behind. So both lifters ran their own race (I know ... that's a different sport. It's just a figure of



Right : Tammie "nailed" the silver medal in the U20 63kg category for women

speech). Kristie snatched well, completing all attempts and finishing with a 2.5kg increase on her best snatch in this category. She didn't fare so well with the clean & jerk, opening strongly on 82.5kg but missing 90kg twice. Tammie missed her second snatch attempt but succeeded with the same weight on her third. She then completed three good jerks for new personal best results in clean & jerk and total. In the Under 20 championship 63kg category it was a Queensland 1-2 finish with Kristie taking gold and Tammie silver; and in the Open championships they finished second and fourth respectively.

Three Queensland lifters lined up in the next session – the men's 77kg category. Matthew Turner competed in the Open championship, while Stephen Davies and Bowen Stuart contested the Under 20 event. This category held the largest number of competitors at the championships and, with more than 45% of snatch attempts failed, quite a few close battles were played out in the clean & jerk. Matt started well with 95kg in snatch, missed 100kg and then got 102.5kg, placing him in the middle of the field. The failure rate for clean & jerk in this



Stephen Davies came up with one of those stand-out performances that marks someone as not just a lifter, but a COMPETITOR.

session was also high at around 40%. Unfortunately Matthew contributed to this statistic by missing 132.5kg; getting it; and then missing 137.5kg to finish in fifth place with a 235kg total.

In the juniors, Bowen was another lifter who, although succeeding with weights close to his best performances to date, showed potential which was unrealized. Missing two snatch attempts at 95kg and his third clean & jerk at 125kg, Bowen finished in fifth place with a 210kg total. Stephen Davies came up with one of those stand-out performances that marks someone as not just a lifter, but a COMPETITOR. After stringing together three good snatches and two good jerks, Stephen was in a position of uncertainty. He had lifted very well to this point, succeeding with all attempts up to 117.5kg clean & jerk, but there were a number of other juniors in the category about to attempt 120kg and more. Coach Angela Wydall analyzed the situation. She expected that Woodford (VIC) and Kodos (NSW), both yet to take a first attempt in clean & jerk, would be out of reach, but if Stephen matched the total of Rick Chee Lee (ACT), his lighter bodyweight would carry him into third place. Chee Lee had out-snatched Stephen by 10kg but when he missed his third jerk attempt at 120kg, the bronze medal was there for Stephen – if he could jerk 7.5kg more than he had before. Angela made the call and let Stephen know that this wasn't just one of those *'nothing to lose, so why not give it a try'* attempts; she was confident that he would do it. After pushing through a difficult clean, Stephen set himself for the jerk and drove the weight up hard to hold out for his sixth good lift and the Under 20 bronze with a total which was 10kg more than his previous best.

Queensland had no entrants in the 85kg men's category and so at around 5:00pm, the team coaches got their first break of

the day. In this category former World Number 1 Sergo Chakhoyan (VIC), nursing an injury, showed a good sense of humour as he cracked a smile when approaching his first snatch attempt at more than 40kg below his best and someone in the crowd called out, "C'mon Sergo, you can do it"! Quite possibly the understatement of the year. But the real entertainment in this category came from the contest for the minor placings in the junior championship. Max Dalsanto (SA) was the clear winner but Corey Heinz (WA); who many will remember as the determined young lifter at the 2004 National U16 & U18 Championships who jumped 15kg from his first clean & jerk attempt to his second and then a further 7.5kg to his third to win the U16 gold medal; put in another strong performance to beat three other lifters by 2.5kg for second; with third, fourth and fifth places decided on body-weight.

The final session for Saturday brought the Queensland coaching team back into action with Melissa Nightingale contesting the 69kg category and Holly Collyer in the 75kg category. Melissa's first attempt of 75kg presented her with little resistance but she didn't quite negotiate the barbell into the right place at the right time when receiving, leaving her and everyone else wondering how on earth she missed it. Coming back to the weight on the second attempt she was a little more settled and although the bar was again received slightly forward, she was able to step into the recovery and complete a good lift. On her third snatch attempt, disaster struck. Again not achieving a comfortable receiving position, Melissa moved around trying to bring the 80kg barbell under control and as she stepped toward the front edge of the platform she lost the bar behind but didn't let go soon enough, resulting in a twisted elbow and painful ligament strain. Determined not to let the team down, Melissa refused to pull out of the competition and during the next 15 minutes, after a quick dash to a nearby hotel to obtain a bag of ice to re-

place the rapidly warming cold gel packs, her elbow was iced, wrapped and re-wrapped in an effort to keep the swelling down and minimize the extent of the injury. In what can only be described as a courageous performance, Melissa returned to the platform for one attempt in the clean & jerk before retiring from the competition with a 145kg total which, as it turned out, was good enough for second place.

Lifting in the 75kg category, Holly Collyer showed the same form in Launceston that she had shown earlier this year at the Queensland Championships where she set a new state U16 clean & jerk record and increased her best total by 7.5kg. The clean & jerk is undoubtedly Holly's best event. Finishing the snatch in third place and 5kg behind second position, she opened with an 82.5kg good lift. She was then able to wait and watch her two rivals for the silver medal finish all of their clean & jerk attempts before taking her next lift. Natasha Parker (TAS) missed 82.5kg and then got



Lifting in the 75kg category, Holly Collyer, secured the Open silver medal

it on her third attempt. But this only equaled Holly's total at the time and Holly retained the Junior Championship on body-weight. Carolyn Purcell (ACT) missed her second and third attempts, leaving Holly with a 2.5kg deficit to make up with two attempts still in hand and with a powerfully executed second attempt on 87.5kg. Without a realistic chance of challenging Sarah Stranan (VIC) for the Open Championship, Holly's competition was more or less over, so coach Barry Harden allowed her third attempt to progress the minimum 2.5kg to 90kg for Holly to try a new personal best. She missed this lift but still achieved the best placing that she possibly could have; and that's what counts in any championship.

After the last session of day two, all of Queensland's female competitors had finished their competition and it was time to go over the team points. The Under 20 women were secure in first place and Queensland would retain the Junior Women's team shield. In the Open Women's Team Championship, Queensland was finished on 46 points while New South Wales had 34 points and two lifters still to compete in the +75kg category. We knew that if both of the NSW women totaled, they would earn at least 13 points – enough to win the team championship by 1 point.

Queensland's last two junior men competed in the first session on Sunday Morning. Luke Gardner and John Walz were in the 94kg category and both gave good accounts of themselves. Luke started well with 95kg, missed 100kg on his second attempt but got it on the third to finish the snatch in fourth place and 5kg behind Brodie Chambers (SA). In the clean & jerk, Luke opened with a confident lift on 125kg. Chambers started on 127.5kg and South Australia's other junior competitor in the category, Daniel Klinkert, missed 127.5kg

three times to exit the competition without a total. Luke moved to an equal PB 132.5kg for his second attempt and Chambers did the same. The Referees passed Luke's attempt and the contest appeared to be 'on'. But then the Jury intervened and changed this decision to 'no lift'. Chambers succeeded with 132.5kg on his second attempt and Luke followed up with another attempt at 132.5kg, this time making sure of the jerk to consolidate his bronze medal position in the U20 competition.

John Walz snatched 110kg and 115kg before missing his third attempt on 120kg, to lead the Junior competition and hold third place among the Open competitors, with Ben Mulder (TAS) and Nigel Knowles (SA) also snatching 115kg but both of them weighing more than John. With his first clean & jerk of 135kg, John won the U20 gold medal and from then on his mission was to stay ahead of Nigel Knowles in the Open competition. Nigel also started on 135kg and then moved to 140kg while coach Greg Hobl took John to 142.5kg. Nigel completed his second attempt and added another 5kg for his third. John responded to the weight of 142.5kg with a more determined attitude than his first attempt and moved ahead of Nigel's total. Nigel again increased 5kg to his next attempt and although John appealed to coach Hobl to let him have a crack at 150kg, Greg pointed out that 145kg was really all that was required but because of the form displayed thus far by John, he would allow a call of 147.5kg. Nigel overtook John again with his successful third attempt and while the three strongest lifters in the group were yet to make a first attempt, John's 147.5kg now became the lift required to lead the category. Once again, John attacked the barbell and powered it overhead for a good lift and eventual fourth place in the Open Championship.

At the conclusion of the 94kg category,

Queensland's junior men's team had finished on 55 points and at this stage the only state which remained in a challenging position was Victoria. The Vic's had one junior in the 105kg category and two junior superheavies to come. Our expectation was that their +105kg lifters would place first and second and the 105kg lifter, second. This would put Victoria and Queensland on equal points and we would win on the gold medal count. But if Matthew Nayna (VIC) got up in the junior 105kg category, Victoria would take back the National Under 20 shield which they had held for at least a decade to 2001 but which had rested in Queensland hands ever since. As it turned out, Mitchil Mann (NSW) was in fine form and he won the junior championship convincingly, allowing us to not become too distracted from supporting our own lifters contesting the Open championship in this group.

Paul Wheeler and Peter Foster took to the platform in the 105kg category. After his strong performance at the Queensland Championships nine weeks earlier, Paul was on track for some more PB's. But although Paul's individual results weren't as good as he would have liked, he held his own in the competition. Paul opened on 117.5kg snatch; missed the next two attempts at 122.5kg but remained in third place. With his first clean & jerk of 145kg, Paul secured the Open bronze medal and then went on to succeed with 150kg before missing his third attempt at a new personal best 157.5kg.

If there's one thing to be said about Peter Foster, it's that he absolutely loves lifting. And to Peter, there is nothing better than lifting at a National Championship. With the old 'mullet' hairstyle now gone, Peter took to the platform in Launceston with that familiar look of determination and he succeeded with every one of his six attempts to finish in fifth place with 110kg in the snatch; 135kg in the clean & jerk and a 245kg total.

The second last session of the championships

was for the +75kg women and while Queensland had no lifters in this category, we did have an interest in its outcome as far as the Open Women's Team Championship was concerned. As mentioned earlier, New South Wales had two Open competitors out of the three in this category and as expected, they took their state's tally to 47 points, stopping the Open Women's team shield from returning to Queensland this year.

And so we came to the last session of the championships - the +105kg guys. Damon Kelly, still working his way back to previous form after training around an injury for much of the year, was Queensland's only competitor in this group. With Corran Hocking (VIC) certain to win the category and Damon expected to hold second place by a comfortable margin, he was able to lift according to his own plan. Damon started confidently on 145kg and then snatched 152.5kg before missing his third attempt on 157.5kg. With his successful first clean & jerk attempt at 180kg, Damon took the lead for the time being and moved up to 190kg for his second attempt. Corran opened on 190kg to clinch the championship title and Damon missed the clean at this weight before taking it again on his third attempt and jerking it convincingly to finish with a 342.5kg total and in second place.

Although some of Queensland's lifters didn't achieve the results that they would have liked to, from a team perspective the overall performance this year was very good. And the work done by the team coaches, individually and as a group, was fantastic. Not only did they support the lifters and each other during the championships, but in the preceding weeks they had agreed on an appropriate assignment of coaches to lifters; contacted each lifter and his or her personal coach to discuss and record details of the

lifters' preparation – their training regime, bodyweight management plan, injuries or other concerns, expected weights for each attempt, etc; and at the event they always focused on team goals first, i.e. championship placings and points, but still assisted lifters to pursue individual goals whenever the opportunity arose.

Queensland's team this year was a young team, which means that there's plenty of scope to build on the successes of 2004 and do even better at the 2005 National Open & Under 20 Championships in Perth.

	Male Open	Male U20	Female Open	Female U20
Gold	2	3	1	4
Silver	2	0	4	1
Bronze	1	4	0	1

#### QUEENSLAND MEDAL TALLY TEAM CLASSIFICATION

Women Open	New South Wales
Women U20	Queensland
Men Open	Victoria
Men U20	Queensland

Queensland's U20 Champion Men's Team (Tom McCosker missing)



#### BEST LIFTERS

Women Open	Jacquie White (VIC)
Women U20	Erika Yamasaki (QLD)
Men Open	Corran Hocking (VIC)
Men U20	Max Dalsanto (SA)

62kg Men	State	B/WT	YOB	Snatch	C&J	Total	Open	U20
YAMASAKI John	QLD	61.70	1984	92.5	112.5	205.0	1	1
McCOSKER Tom	QLD	61.75	1988	77.5	100.0	177.5		3

69kg Men	State	B/WT	YOB	Snatch	C&J	Total	Open	U20
HEWKINS Troy	QLD	68.60	1986	105.0	125.0	230.0	1	1
BRADY Joshua	QLD	65.25	1988	87.5	117.5	205.0	2	3

<b>77kg Men</b>	<b>State</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Open</b>	<b>U20</b>
TURNER Matthew	QLD	76.35	1982	102.5	132.5	235.0	5	
DAVIES Stephen	QLD	73.45	1988	95.0	125.0	220.0		3
STUART Bowen	QLD	75.60	1986	90.0	120.0	210.0		5
<b>94kg Men</b>	<b>State</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Open</b>	<b>U20</b>
WALZ John	QLD	86.90	1987	115.0	147.5	262.5	4	1
GARDNER Luke	QLD	89.15	1988	100.0	132.5	232.5		3
<b>105kg Men</b>	<b>State</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Open</b>	<b>U20</b>
WHEELER Paul	QLD	101.40	1971	117.5	150.0	267.5	3	
FOSTER Peter	QLD	104.60	1967	110.0	135.0	245.0	5	
<b>+105kg Men</b>	<b>State</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Open</b>	<b>U20</b>
KELLY Damon	QLD	144.45	1983	152.5	190.0	342.5	2	

Referees: Ian Moir (QLD)

#### RESULTS – QUEENSLAND WOMEN

<b>48kg Women</b>	<b>State</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Open</b>	<b>U20</b>
JANKE Melinda	QLD	47.45	1987	47.5	70.0	117.5	2	1
<b>53kg Women</b>	<b>State</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Open</b>	<b>U20</b>
YAMASAKI Erika	QLD	52.15	1987	67.5	85.0	152.5	1	1
<b>58kg Women</b>	<b>State</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Open</b>	<b>U20</b>
LAMBERT Liana	QLD	57.40	1988	57.5	72.5	130.0		3
HUGHES Davina	QLD	55.65	1989	50.0	70.0	120.0	5	4
<b>63kg Women</b>	<b>State</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Open</b>	<b>U20</b>
AMADIO Kristie	QLD	62.85	1985	77.5	82.5	160.0	2	1
HAMPTON Tamara	QLD	61.85	1987	65.0	80.0	145.0	4	2
<b>69kg Women</b>	<b>State</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Open</b>	<b>U20</b>
NIGHTINGALE Melissa	QLD	68.70	1981	75.0	70.0	145.0	2	
<b>75kg Women</b>	<b>State</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Open</b>	<b>U20</b>
COLLYER Holly	QLD	70.25	1988	67.5	87.5	155.0	2	1

Referees: Debra Keelan (QLD), Vivien Nightingale (QLD), Kylie Booth (QLD)

## Recovery In Weightlifting- Part Two

### Active Recovery.

As we discussed in the last issue, for a lifter to get the greatest possible benefit from their training, it is important that recovery between training efforts is optimised. One of the most important techniques is performed in what is typically called the “cool down” period, and is referred to as an *active recovery*. By Andrew McGough

#### *Active Recovery:-*

- Follows immediately after exercise.
- § Generally an exercise not specific to weightlifting but one that employs basic muscles groups used during training.
- § Allows the body to slow to a low intensity exercise.
- § Should last for 10-15 minutes and assists with the removal of muscle swelling and lactic acid, and allows the heart rate to slow.
- § Ensure that intensity of selected exercise not too high as can cause more fatigue.
- § Should then be followed by more specific, dynamic then static stretches.

#### *Static Stretching*

Following on from the active recovery, athletes are encouraged to proceed with their static stretches. It is considered important for these stretches to be commenced whilst the athletes “core temperature” is still raised –

- Local muscles, tendons and connective tissue warmer and more mobile
- Increased blood flow to stretched muscles still assists the removal of waste products from muscles (e.g. lactic acid) resulting from strenuous exercise.
- Muscles generally more “relaxed” and stretch tolerant.

When performing static stretches, the target muscle should be taken to the point of comfortable stretch and maintained for 30 seconds to 1 minute. It is important that stretches are not performed too aggressively, as this can in fact cause some local muscle damage or at least increase the tone in the muscle (muscle tightens – protective response), and this then reduces the potential for flexibility gains.

Of course it is most important during a passive stretch to actually feel the stretch in the muscle that is being targeted. It is sometimes possible to be more caught up in the technique or position of a stretch, or a feeling of a stretch in a different area, and the muscle that needs to be stretched may be missed or not effectively stretched.

Passive stretching following exercise may have the following benefits;

- Improves flexibility and joint range of motion
- Injury prevention
- Relief of muscular pain, tightness/ tension and soreness

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## CELEBRATING SUCCESS

*Dr. Peter Honey*

People get things right far more often than they get things wrong. Undoubtedly mistakes provide opportunities for learning but so do successes. It is understandable why mistakes tend to receive more attention than successes; but you can easily redress the balance by 'catching people doing it right' and reinforcing success.

'One success leads to another' goes the old adage, but not if successes go unrecognized and the norm becomes the avoidance of mistakes. It is surprisingly easy for standards to drop and for people to assume that success means being cautious and careful and keeping out of trouble.

Even when people are successful, they often do not know why. It just seems like a fortuitous piece of good fortune. People who attribute success to luck are not learning the lesson Thomas Jefferson clearly had when he said 'I'm a great believer in luck, and I find the harder I work, the more of it I have'. More often than not people do not know why something they have done led to a successful outcome. The trick is to learn from successes so that they can be repeated and specific lessons learned from one success can be generalized to different circumstances.

There is plenty of learning mileage in celebrating successes. For example, people discover that

- Emphasizing the positive is a far more powerful motivator than emphasizing the negative
- No news, ie if no-one says anything then it must have been all right, is not good news
- You win some, you lose some, but either way it's OK to 'go for it'
- Success is rewarded with the best reward of all; recognition
- Things are successful for a combination of reasons rather than there being one single factor
- Once you know the reasons for a success you can plan future successes even though the circumstances will never be identical
- It isn't healthy to be inappropriately modest and 'hide your light under a bushel'
- Celebrating someone else's success gives vicarious pleasure from which everyone benefits

This is a fair list of potential lessons from the delightful practice of celebrating successes. Make it a habit to find a success to celebrate, say, once a week and adopt the bottom line practice of ensuring that the ratio of recognizing successes to recognizing mistakes is at least 2:1.

\* These articles are taken from Peter Honey's best selling paperback now in its fourth reprint, *101 Ways To Develop Your People, Without Really Trying!*

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## *Two Cougars in Athens*

By Amanda Phillips

I touched down early (very early) on the 18<sup>th</sup> of August to a typical Athens morning (hot and blue skies) and as I gathered around the baggage collection area with a throng of other tired travellers, it became apparent exactly how many other Australians had made the voyage to the Games of the XXVIII Olympiad, to enjoy the spectacle that is an Olympic Games, either as a supporter or a volunteer.

As a 2000 Olympian and proud training partner to Deborah Lovely, the “pull” to be part of the 2004 Olympic Games proved too strong for me to resist, so I had hurriedly organised flights and accommodation only a couple of weeks prior to the start of the Games. I was now standing at the home of the Olympics anticipating my week ahead. After finding and settling into my accommodation (a couch –which I was over the moon to have, as I thought I would have to sleep on the floor) around midday, I planned a **brief** nap before exploring the local neighbourhood...

I awoke early on the 19<sup>th</sup> (the day Deborah was to join the exclusive world club of Olympians) and felt there was certainly a little magic in the air. The Weightlifting venue was at Pireaus in the Nikea Weightlifting Stadium, which was apparently 1.5 hrs of public transport away, so I embarked on my journey to battle my way through what I thought would be the “Athens Public Transport Jungle”. Actually, much to my delight the public/Olympic transport system was very convenient and ran smoothly (with no air con) and after asking a couple of people for directions, arrived safely at my destination. As I stepped out of the Spectator’s bus, my breath was taken from my throat (an over-sentimental response that happens to anybody who believes so strongly in the Olympic movement) as I looked up at the Weightlifting Stadium- it was magnificent. Sure the landscaping pro-



Entering the Weightlifting venue through the “Spectators Entrance” .

Opposite page (bottom left): A few greek cats trying to find some warmth on an uncharacteristically cold and windy day in Athens.

This Page (Right): Outside the magnificent Nikea Weightlifting Stadium



ceeded to appear over the next few days (trees and plants materialised and fountains were progressively turned on as the Games proceeded) and some of the grout remained on top of the newly laid tiles, but what a fantastic venue!!!!

I met Deb at the “**Athlete’s**” Entrance (I had to remind myself that I couldn’t go through *there*) and she gave me the tickets to her session, so that I could go through the “**Spectator’s**” Entrance. Finding my seat was no issue, I was pleased to see that I was right up the front and I settled in to watch the end of the men’s 77kg B session (which I was paying nooooo attention to as I was sooooo nervous and excited for Deb). Finally the Women’s 75kg B session started and well we all know the competition results, but by the end of the session, I had officially achieved my goal for the Olympics and that was to be the loudest audience member screaming my guts out in support of Deb. I could now go home happy....In 6 days time.

The next day was spent doing the “touristy”



Deb and Amanda Doing the “Touristy” thing. Here they have persuade a trust-worthy looking tourist to capture a moment in front of the Parthenon

thing, you know posing (well flexing in Deb’s case) for photos at the Parthenon (on top of the acropolis- I had to educate Deb that the “hill” was the Acropolis and the “Old temple thing” was the Parthenon), in the National Gardens, The temple

of Olympian Zeus and Hadrian’s gate, the Roman Stadium (where the marathon ended), The Old royal palace in Syntagma Square where guards watch over the parliament building (The guards aren’t allowed to move and they change on the hour, **Athen’s time** which equals 15 minutes late), before watching the

75kg women’s A session and collapsing into bed (after the 1.5 hr journey home). That day Deb and I had met up with Denis Talbot (Deborah’s manager) and his wife Lyn who had also made the trek to Athens. Denis and Lyn had some spare tickets to other events including Cycling, Athletics, Volleyball and Basketball and they gave them to me, a gift that I am eternally grateful for.

Deborah and I spent the next few days taking in the daily life of Athens in between going to events. Some memorable moments include sitting front row in the main Stadium, leading a crowd of Aussie’s in cheer at the Australia v Lithuania Men’s Preliminary basketball game (the



Lithuanian mob up the other end of the court were actually rude enough to Boo- bad form I think!), watching "super" woman Gonghong Tang from China come out and jump 10 kg to 182.5kg in the Clean & Jerk to win, and singing our National Anthem in the Velodrome after Ryan Bailey won the men's Sprints (the velodrome crowd started to empty at that point, I'm not sure why). The list could go on.

On my second last day I was also fortunate enough to get into the Athlete's Village. It was quite well laid out with streets bordering the permanent buildings (not like the demountables of Sydney- although I did enjoy staying in those demountables). There was a large Dining hall from which I sampled 5 different desserts and a Big Mac from the Village Macca's and a casual dining hall from which I sampled a further 3 desserts. The Athens Athlete's village also had a full sized athletics track and a fully equipped (with very, very, very fit Athletes who trained with their shirts off- but who was looking?) gymnasium filled with every piece of pin equipment you could ever think of, every angle of bench press benches in existence, loads of smiths machines and dumbbells with all equipment having that "new" rubbery smell about them (I know as weightlifters we hardly ever smell that!).

It felt as though I had just arrived in Athens and it was time to go home – although I was away for 9 days. Back home I am asked, "did you have a good time" and "was the trip worth it"? Well the answer to those questions is HELL YES! There is something very special about an Olympic Games that can't be described on paper. We often here the cliché that it's not whether you win or lose, its how you play the game, but this really is true about all participants in the Olympic Games. I am so glad I went and hate the thought of sitting at home watching the games on TV. See you in Beijing!!!!

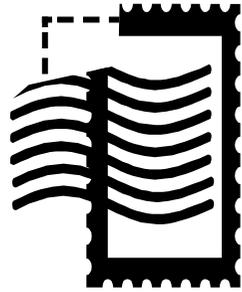
## AUSSIE OLYMPIC RESULTS

### WOMEN 75kg Class (A Group 20 August; B Group 19 August)

Place	Name	Nation	Year of Birth	B/W (kg)	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1	THONGSUK Pawina	THA	1979	69.29	115.0	120.0	122.5	145.0	150.0	153.0	272.5
2	ZABOLOTNAIA Natalia	RUS	1985	74.09	120.0	125.0	127.5	142.5	147.5	152.5	272.5
3	POPOVA Valentina	RUS	1972	72.89	117.5	120.5	122.5	145.0	150.0	155.0	265.0
13	LOVELY Deborah	AUS	1983	74.71	92.5	92.5	97.5	110	115	120	207.5

### MEN 85kg Class (21 August)

Place	Name	Nation	Year of Birth	B/W (kg)	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1	ASANIDZE George	GEO	1975	84.28	172.5	177.5	180.0	202.5	205.0	207.5	382.5
2	RYBAKOU Andrei	BLR	1982	84.58	175.0	180.0	183.0	195.0	200.0	202.5	380.0
3	DIMAS Pyrros	GRE	1971	83.15	170.0	175.0	175.0	202.5	205.0	207.5	377.5
-	CHAKHOYAN Sergo	AUS	1969	84.15	175.0	175.0	177.5	205.0	205.0	207.5	-



### Post from Deb

Athens 2004 was an experience for me....I woke up the 2nd day in the village sick, had a full course of antibiotics before my comp, had the date of my comp brought forward a day which really helped me make weight and finally missed about 10mins of critical warm up time as the guys finished late in the session before me. All in all although it was a great experience, I was glad to finish the comp.

I met some great people over there. I literally bumped into Shawn Crawford (US 200m gold medallist), Mary Pierce (tennis), got my compulsory pic with Thorpie, caught the Game ball in the AUS v USA men's basketball game, got my pic with Pyros Dymas and met quite a few tall, dark, handsome athletes....

The sightseeing around with my old mate Phyllice (aka Amanda) was great, notably the Acropolis and the temple of Zeus, plus about 10hrs a day of other wandering and watching other sports. The Aussie team had a BBQ with Roy and HG, which was hilarious, and I became great friends with many other athletes from other sports in AUS. Each of the Ceremonies were fantastic, although we didn't see much of the 'Opening' as we were waiting to come out but the crowd was unreal. I ran round the stadium a few times with the light saber I found on the ground.

A great experience and one that I will never forget. I am very grateful for the support I received from Amanda making the trip out to watch, Mike coaching me and Cougars and QWA, as well as my family and friends. I have 10000 of photos to show you all and I cant wait to be home.

Love Deb



Editors Note: Deborah Lovely is currently enjoying a well

earned vacation during Europe, so miss the message soon.

## Technically Speaking By Ian Moir



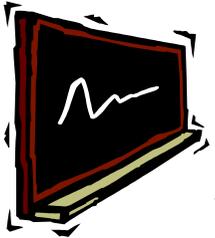
It's a familiar scene: the coach studies the score board, turns and calls across a crowded warm-up room to a lifter, "five attempts to go". The lifter knows that this means that there will be five attempts made by other lifters before he or she is called for the first attempt. But where does the coach get the information to make this calculation? And how does the announcer know the weight requested by each competitor for their attempts? In this edition we look at the role of the officials designated as 'Marshals' and the use of competitor's cards and the warm-up room score board.



The IWF rules provide some guidance as to the duties carried out by the Marshals, but the practicalities of arranging "...the order and the progress of the attempts chosen by the competitors" are mostly learned through experience.



The Marshals take up a position within the warm-up room and they monitor the competitor's attempt cards and operate a score board. The competitor's cards are documents which are prepared at the weigh-in. There is one card for each competitor and it shows information such as the lifter's name, bodyweight, nationality, category, year of birth, etc. It also has spaces in which the lifter or coach writes the weight requested for each attempt in the competition. At the weigh-in, the first snatch attempt and first clean & jerk attempt will be written on the competitor's card. Subsequent attempts will be written at the appropriate time during the competition and the Marshals must monitor the competitor's cards very closely, for it is from these that they will gain most of the information required to do their job.



After the weigh-in, the Marshals will receive the competitor's cards and a copy of the scoresheet and they prepare the score board by writing the competitors' names and lot numbers in order; their bodyweights; their nationality (or state, or club); their first attempts - snatch and clean & jerk - and any other information that may be required. The competitor's cards are usually set out on a table close to the scoreboard and it's important for the Marshals to be in this area before the competition commences because lifters or coaches may want to make changes to their first attempts and any changes must be communicated to the announcer. Usually, the Marshals will have an electronic communication system that enables them to stay in touch with the announcer, but they also need to be prepared to carry messages directly to the announcer's table if this system fails.



Once the competition gets under way, the Marshals record the progress of the attempts on the score board by writing the weights being attempted, putting a tick against those which are completed successfully (good lift) and crossing the failed attempts (no lift). It also makes the score board easier to follow if the Marshals make a small mark to indicate the attempt being taken at the time. To do this job well, the Marshals need to pay close attention to the announcer.

During the competition, the Marshals must keep a close eye on the competitor's cards and if any changes are made to the weights previously written on the card, or if the weight for a lifter's next attempt is written in, this information must be relayed to the announcer immediately. These changes and additions also need to be written up on the scoreboard as soon as possible, but the first priority is to get the message to the announcer. Especially if a change is made for the lifter who has been called to make his or her attempt and the clock is running. In this case, the Marshals should immediately give the announcer the instruction to "stop the clock" and then give the details of the change, e.g. "change of call; lot number 123; Jane Smith; second attempt; 100kg."

Marshals also need to be aware of the technical rules that apply to their particular duties:

Before the first attempt or between two attempts, only two changes of weight are allowed, excluding the automatic 2.5kg progression from the weight of one attempt to another. Each change has to be written on the competitor's card and signed by the competitor or their coach.

A competitor can not change the weight of an attempt after the final call, i.e. after the clock has reached the final 30 seconds of time allowed for their attempt. Sometimes, the lifter or coach will make the change just before the final call and by the time it has been relayed to the announcer the 30 second signal may have already been given. In this case, the Marshals must inform the announcer that the change was made in time and it is allowed.

A competitor can not request a weight which is lighter than the weight that has been announced and is loaded on the bar. Once a weight has been loaded within the normal course of the competition, the barbell can not be changed to a lighter weight for any lifter unless a mistake has been made. For example, the bar is loaded to 100kg and a lifter is called to attempt this weight, but the announcer has made an error and omitted a lifter who requested 97.5kg. The bar can be loaded "down" to 97.5kg for the lifter who should have been called earlier.

A competitor can not change their decision to decline an attempt or withdraw from the competition once it has been officially announced.

Points to remember:

- Marshals should be at their post before the start of the competition to accept any changes to first attempts.
- All requests of weights or changes to requests must be written on the competitor's card by the competitor or their coach and communicated immediately by the Marshals to the announcer.
- If a competitor does not request a weight for a second or third attempt, then the minimum progression of 2.5kg from their previous attempt is automatically applied.
- If a change of weight is requested for the lifter who has been called and the clock is running, the Marshals should tell the announcer to "stop the clock" and then give the details of the change.
- A competitor or their coach may communicate a request for a weight, or a change of request, directly to the announcer.
- Only two changes are allowed for each attempt.
- No changes can be made by a competitor after they receive the final call, i.e. after the clock has reached 30 seconds.

## RESULTS: Old Open and U20 Championships

### Cougars Weightlifting Club, Chandler 10/07/2004

#### Open Female

##### 48Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	Melinda Janke	U18 (87)	Toowoomba	46.70	50.0	67.5	117.5

##### 53Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	Erika Yamasaki	U18 (87)	Cougars	51.90	65.5	77.5	142.5
2	Davina Hughes	U16 (89)	Toowoomba	52.80	52.5	72.5	125.0

##### 58Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	Liana Lambert	U16 (88)	Cougars	57.80	52.5	67.5	120.0

##### 63Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	Tammie Hampton	U18 (87)	Cougars	62.30	62.5	75.0	137.5
2	Trina Eglestaff	U16 (88)	Cougars	63.00	50.0	62.5	112.5

##### 69Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	Kristie Amadio	U20 (85)	Cougars	63.90	75.0	90.0	165.0
2	Holly Collyer	U16 (88)	S' Coast	68.30	67.5	88.0	155.0

##### 75Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	Melissa Nightingale	Sen (81)	Cougars	71.90	80.0	100.0	180.0
2	Christine Watkins	U16 (88)	S' Coast	69.30	55.0	72.5	127.5

##### 75+Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	Deborah Lovely	Sen (83)	Cougars	77.90	95.5	115.0	210.0
2	Melissa Turnbull	Sen (79)	Toowoomba	158.20	70.0	95.0	165.0

#### Open Male - 62Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	Tom McCosker	U16 (88)	S'Coast	61.50	70.0	95.0	165.0
2	Matthew Edgley	U18 (86)	Vikings	60.75	72.5	85.0	157.5

#### Open Male

##### 69Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	Troy Hewkins	U18 (86)	Cougars	68.80	105.0	127.5	232.5
2	Joshua Brady	U16 (88)	Cougars	67.45	87.5	122.5	210.0

## 77Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	Matthew Turner	Sen (82)	Cougars	76.20	102.5	132.5	235.0
2	Bowen Stuart	U18 (86)	Toowoomba	75.10	95.0	120.0	215.0
3	Stephen Davies	U16 (88)	Cougars	72.40	92.5	117.5	210.0
4	Matthew King	Sen (83)	Cougars	72.50	87.5	110.0	197.5

## 85Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	Luke Gardner	U16 (88)	Cougars	84.60	100.0	125.0	225.0

## 94Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	John Walz	U18 (87)	Rockhampton	87.70	117.5	0.0	0.0

## 105Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	Paul Wheeler	Sen (71)	Nudgee	99.20	120.0	150.0	270.0
2	Peter Foster	Sen (67)	Cougars	104.70	112.5	137.5	250.0

## 105+Kg

Pos	Name	Age	Club	Bwt	Snatch	C & J	Total
1	Damon Kelly	Sen (83)	Cougars	141.50	145.0	175.0	320.0

The QWA is Supported by the Queensland Government through Sport & Recreation Qld:



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**Getting more people active**  
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*Queensland Weightlifting Association  
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WE'RE ON THE WEB!!  
[HTTP://WWW.QWA.ORG.](http://www.qwa.org)

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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.*