



Weightlifting Queensland

September 2008

The Official Journal of the Queensland Weightlifting Association Inc.



Damon Kelly and Deborah Lovely at the Brisbane Olympic Welcome Home Parade

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Weightlifting Queensland

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QWA Mission Statement

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

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Photos by **Miles Wydall**

Disclaimer

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



2008 Events Calendar

October 3 – 5	National Under 16 & Youth & Junior Championships	Melbourne, VIC
October 12 – 18	Commonwealth Youth Games	Pune, IND
October 25	National Senior Championships	Sydney, NSW
November 1	Qld All Schools Championships	Cougars
<i>November 8 – 9</i>	<i>State Weightlifting / Sports Power Coach Level 2 course</i>	<i>Chandler</i>
November 14	Honey Badgers Open Club Competition	Zillmere
November 15	Toowoomba Open Club Competition	Toowoomba
November 22	'Michael Keelan Shield' Competition	Cougars
November 29	QWA Grand Final	Toowoomba
December 4 – 7	Commonwealth Senior & Junior Championships	Cyprus
December 13	Sunshine Coast Open Club Competition	Nambour
December 20	'Lawrie Townsend' Xmas Competition	Zillmere

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

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

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

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 123 February 2008
- QWA League Round 219 April 2008
- Qld Masters Championships17 May 2008
- QWA League Round 326 July 2008
- Qld U16 & Youth & Junior Championships16 August 2008
- # Qld Senior Championships6 September 2008

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

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

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

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

From the QWA Office

By Ian Moir, QWA General Manager

The third quarter of 2008 has been quite hectic for the QWA. In addition to the usual tasks required for the daily management of our growing association, there has hardly been a weekend that didn't hold some form of weightlifting activity.

The last two months in particular have been busy, with August holding the Qld Under 16 & Youth & Junior Championships at Toowoomba; a Club Licence coaching course at Chandler; and weightlifting workshops for school teachers at Rockhampton and the Gold Coast. While in September, we had the Qld Senior Championships at USQ Springfield and Round 4 of the QWA League & Masters League at the Cougars Club, Chandler. In addition to our local activities, at the beginning of August and at the end of September, a number of QWA members were lifting on the World stage at the Beijing Olympic Games and the IWF Masters Championships (Greece) respectively.

It was with great pleasure that I attended the Welcome Home reception for the Olympic Team in Brisbane a couple of weeks ago. I could think of no better place to be on that September morning than standing in the crowd at Parliament House, applauding Australia's 2008 Olympians and in particular, the Weightlifting section – Damon Kelly and Deborah Lovely. Then it was back to the office, where we were finalising the preparations for Queensland's representation at the National Under 16 Tournament and Youth & Junior Championships.

Many of the events mentioned above will be covered by reports appearing elsewhere in this edition of *Weightlifting Queensland*, but it's suffice to say that Queensland's lifters, coaches and officials have continued to perform exceptionally well across the board.

A few of Queensland's officiators also took a step up recently, passing the examinations to upgrade their qualifications with flying colours. Vicki Brady and Kathleen Harden have achieved the rank of National Grade Referee, and Greg Bauman qualified to State Referee level. As we are seeing the number of competitors in QWA competitions steadily grow, it's very important that we have qualified and active officiators such as Vicki, Kathleen, Greg and the many others who have chosen the officiating path, continuing to provide high quality services to QWA events.

In national news, the Annual General Meeting of the Australian Weightlifting Federation will be held on November 15. This AGM will be preceded by a strategic plan review in which all states will participate. QWA members are encouraged to contact the QWA office and highlight any issues or concerns that they wish the QWA's Delegate to raise at either the review or the AGM.

Occasionally, individuals or a group of people may have an idea, a suggestion, or a concern, but don't think that their voice is strong enough to question the decisions of a larger organisation and so they keep it to themselves, which inevitably achieves nothing. Recently, the members of the Sunshine Coast Weightlifting Club proved that it is better to speak up.

The Sunshine Coast Weightlifting Club's members felt that there were some disadvantages in the entry fee structure originally announced for the 2008 National Youth & Junior Championships, so they put their concerns in writing to the QWA. The QWA acknowledged the Club's concerns and relayed the message to the National Federation. The AWF considered the Club's rationale and took their written submission on board, reviewed the fee structure and revised it. This is an example of how a large organisation which is a network of affiliates can receive and respond to the views of members, wherever they may be. So again, I encourage all QWA members to forward their concerns, ideas or suggestions to me at anytime, for presentation to the appropriate authority, whether that be their local, state, or national body.

Until next time...

Ian Moir



Damon, Ian and Deborah (and Jing Jing) at the Welcome Home reception

Masters of Weightlifting

By Barry Harden.

The Masters continue to be well represented at Queensland competitions. At the recent State Seniors Championships several Masters competed for open glory. We welcomed Alex Goodyear back to the platform after many years and for the first time as a master's lifter. Alex started his career as a master on the right foot by taking Greg Hobl's records that had stood for ten years. Another Master found himself in an "old bull, young bull" contest when Luke Gardner almost dethroned Craig Wegert in a very close contest.

The next contest is the League Final on November 29. The final five women are Vicki Brady, Lesley Moyle, Julie Davis, Jenny Butler & Sue Cox. The Men are Bob Henderson, Barry Harden, Craig Wegert, Mal Irwin and John Hanlon. I very much doubt anyone will be just turning up to make up the numbers so it will be a very hard fought competition. A couple of us will have to make up our minds which division we will be lifting in as the rules stated that the totals from one session can't be used in another.

It would appear at this stage, that next year's Australian Masters Championships will be held in conjunction with the Australian Masters Games in Geelong, Victoria. The games go from February 20 to March 1 with the Weightlifting being held on Saturday 21. I will let you now more information as it becomes available.

I hope everyone has their program worked out so they will qualify for the World Masters Games in Sydney 10 to 17 October. Entries don't open for the Weightlifting until June 2, but you can sign up for the actual games before then if you like at www.2009worldmasters.com

Vicki Brady, Valerie Silver and Diana Loy acquitted themselves very well in the recent World Masters Championships in Greece. Vicki and Diana brought home Gold and Valerie a Silver. No pun intended. Congratulations girls. Full results can be found on www.iwfmasters.net.



QWA League & Masters League, Round 3

North Brisbane Weightlifting Association, Zillmere Qld
26th July 2008

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

Division 1

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Poin
Amy Hardy	89	Cougars	62.45	67	79	146	12	68.80
Luke Gardner	88	Cougars	112.45	121	160	281	9	68.50
Davina Hughes	89	Toowoomba	56.20	66	89	155	5	66.70
Bowen Stuart	86	Toowoomba	77.45	95	117	212	-10	43.90
Holly Collyer	88	Sunshine Coast	68.35	65	85	150	-13	41.30

Division 2

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Poin
Rhian Norman	92	Toowoomba	62.35	65	79	144	11	67.00
Darryl Hockins	88	Toowoomba	61.85	73	103	176	2	55.90
Scott Clark	91	Sunshine Coast	60.45	83	100	183	-4	52.10
Bianca Sheppard	92	Toowoomba	57.00	58	72	130	0	51.70
Shannon Arenson	90	BGS	69.60	70	95	165	7	50.70
Mal Irwin	53		90.85	91	114	205	-2	47.70
Billy Chong Nee	90	Toowoomba	92.55	101	129	230	-9	46.80
Nathan Kahi	92	Cougars	64.35	82	93	175	-5	44.00
John Hanlon	66	Cougars	90.60	74	102	176	-11	31.70
Liana Lambert	88	Cougars	62.95	52	62	114	-15	29.30

Division 3

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Poin
David Hockins	91	Toowoomba	56.05	67	88	155	9	56.50
Andrew Fletcher	75		103.65	79	99	178	15	56.30
Blake Daniels	89	Gunmaree	95.30	85	104	189	10	53.90
Jenny Butler	73	Honey Badgers	66.55	56	69	125	6	51.20
Tierney Molenaar	91	Windaroo	60.85	50	62	112	5	48.50
Daniel McCallum	92	Toowoomba	70.35	65	69	134	3	38.50
Steven Matthews	54	Toowoomba	76.05	56	75	131	-1	33.70
Barry Harden	59	Sunshine Coast	90.35	80	105	185	-15	29.90
Jayde Thomas	91	Toowoomba	59.55	41	54	95	-8	28.90
Bob Henderson	43	Sunshine Coast	73.95	58	76	134	-15	20.50

Division 4

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Jordan Hardy	88	Cougars	66.70	83	105	188	15	67.661
Steven Duhig	83	Cougars	84.05	71	92	163	12	53.476
Marcus Slatter	86	USQ	83.45	87	117	204	0	51.908
Kelsey Swift	94	Cougars	58.00	40	53	93	13	50.052
Mitchell Thurlow	92	Cougars	113.70	68	88	156	17	50.051
Sam Baumann	92	Cougars	53.10	47	65	112	13	49.721
Ben Quarrell	73	Toowoomba	111.00	83	105	188	9	48.831
Paul McClure	72		79.55	84	102	186	0	47.328
Bonnie Sleeman	93	Cougars	78.10	48	63	111	12	46.796
Leith Walsh	79	USQ	73.50	68	90	158	0	41.910
Tim Steele	68	Sunshine Coast	93.00	65	81	146	1	36.437
Jordan Arenson	95	BGS	52.70	27	38	65	15	36.311
Vicki Brady	43	Cougars	52.40	26	32	58	6	31.664
Ken Allan	62	Honey Badgers	77.60	40	55	95	6	30.173
Lesley Moyle	45	Honey Badgers	55.15	25	33	58	7	30.108
Kirsten Wu	93	Cougars	47.05	35	47	82	-8	29.788
Michelle Kinane	71	Honey Badgers	58.95	32	44	76	0	29.572
Sue Cox	61	Honey Badgers	64.75	32	43	75	0	27.174
Leandra	56	Honey Badgers	62.60	28	42	70	-2	25.237
Miscamble								
Julie Davis	52	Honey Badgers	47.00	20	31	51	-4	19.502
Harry Grzes	56	Cougars	115.55	56	76	132	-11	16.966
Valerie Silver	49	Cougars	62.15	28	---	---	0	---

Referees: Lawrie Townsend (Cat I); Debra Keelan (Cat I); Barry Harden (Cat II);
Keith Forbes (National); Tanya Harden (National); Craig Wegert (State);
Vicki Brady (State); Julie Davis (State); Greg Baumann (Club).

Time Keepers: Holly Collyer; Lawrie Townsend; Craih Wegert; Greg Bauman.

M.C: Mike Keelan; Ben Paris; Ian Moir.

2008 Olympic Games

Held 09 – 19 August 2008
Beijing, CHINA

Women

48kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	CHEN Xiexia	83	CHN	47.46	95	117	212
2	OZKAN Sibel	88	TUR	47.80	88	111	199
3	CHEN Wei-Ling	82	TPE	47.11	84	112	196
4	IM Jyoung-hwa	86	KOR	47.62	86	110	196
5	LAOSIRIKUL Pensiri	84	THA	47.67	85	110	195
6	MIYAKE Hiromi	85	JPN	47.35	80	105	185
7	NOEL Melanie	86	FRA	47.91	80	97	177
8	OSHIRO Misaki	84	JPN	47.62	80	92	172
9	KARPINSKA Marzena	88	POL	47.62	79	92	171
10	DOZOIS-PREVOST Marilou	86	CAN	47.75	76	90	166
11	MORENO Karla	88	NCA	47.07	65	85	150
-	TAYLAN Nurcan	83	TUR	47.84	0	0	DNF
-	BUNPHITHAK Pramsiri	84	THA	47.95	0	0	DNF
-	PAGLIARO Genny Caterina	88	ITA	47.85	0	0	DNF

53kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	JAROENRATTANATARAKOON Prapawadee	84	THA	52.47	95	126	221
2	YOON Jinhee	86	KOR	52.72	94	119	213
3	NOVIKAVA Nastassia	81	BLR	52.87	95	118	213
4	RUMBEWAS Raema Lisa	80	INA	52.95	91	115	206
5	MARIDALIN Yudelquis	86	DOM	52.74	93	111	204
6	ROACH Melanie	74	USA	52.54	83	110	193
7	ROHDE Julia	89	GER	52.79	82	103	185
8	TOUA Dika	84	PNG	52.53	80	104	184
9	CHACON Judith Andrea	86	VEN	52.96	80	101	181

58kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	CHEN Yanqing	79	CHN	57.66	106	138	244
2	SHAINOVA Marina	86	RUS	57.93	98	129	227
3	O Jong Ae	84	PRK	57.15	95	131	226
4	KAMEAIM Wandee	78	THA	57.25	98	128	226
5	ESCOBAR Alexandra	80	ECU	57.82	99	124	223
6	BEGAJ Romela	86	ALB	57.56	98	118	216

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7	KLEJNOWSKA Aleksandra	82	POL	57.66	95	120	215
8	COCOS Roxana	89	ROU	57.88	89	115	204
9	VEGA Geralee	86	PUR	57.51	90	112	202
10	GOTFRYD Marieta	80	POL	57.70	90	110	200
11	DIAZ Hidilyn	91	PHI	56.28	85	107	192
12	HALE Wendy	87	SOL	57.15	78	95	173

63kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	PAK Hyon Suk	85	PRK	61.80	106	135	241
2	NEKRASSOVA Irina	88	KAZ	62.86	110	130	240
3	LU Ying-Chi	85	TPE	62.46	104	127	231
4	GIRARD Christine	85	CAN	62.44	102	126	228
5	NGUYEN Thi Thiet	84	VIE	62.49	100	125	225
6	KIM Sookyung	85	KOR	62.74	98	127	225
7	KASIRYE Ruth	82	NOR	62.62	103	121	224
8	ACOSTA Luz Mercedes	80	MEX	62.84	103	120	223
9	PEREZ Mercedes Isabel	87	COL	62.48	97	120	217
10	NAMKHAIDORJ Bayarmaa	78	MGL	62.50	90	123	213
11	MISTERSKA-ZASOWSKA Dominika	79	POL	62.60	94	117	211
12	WOOLFOLK Natalie	83	USA	62.72	97	114	211
13	VILLASMIL Solenny	81	VEN	62.60	90	115	205
14	GUMP Carissa	83	USA	62.20	88	116	204
15	BREEZE Michaela	79	GBR	61.55	85	100	185
16	OURFELLI Hanene	86	TUN	62.38	80	95	175
17	MONASTERIO Maria Teresa	69	BOL	62.96	63	78	141
-	MANEZA Maya	85	KAZ	62.12	0	0	DNS
-	TSARUKAEVA Svetlana	87	RUS	62.37	0	0	DNF
-	LASSOUANI Leila Francoise	77	ALG	62.28	85	0	DNF

69kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	LIU Chunhong	85	CHN	68.87	128	158	286
2	SLIVENKO Oxana	86	RUS	68.47	115	140	255
3	DAVYDOVA Natalya	85	UKR	68.63	115	135	250
4	SOLIS Leidy	90	COL	67.54	105	135	240
5	KHALIL Abir	92	EGY	69.00	105	133	238
6	MEDINA Tulia Angela	83	COL	68.63	106	124	230
7	BATSIUSHKA Hanna	81	BLR	68.65	105	120	225
8	SAITO Rika	83	JPN	68.65	87	122	209
-	JIMENEZ Iriner Tahima	88	VEN	65.33	90	0	DNF
-	HONG Yong Ok	86	PRK	68.07	0	0	DNF

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75kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	CAO Lei	83	CHN	73.16	128	154	282
2	VAZHENINA Alla	83	KAZ	73.88	119	147	266
3	EVSTYUKHINA Nadezda	88	RUS	73.33	117	147	264
4	KULESHA Iryna	86	BLR	74.78	118	137	255
5	VALENTIN Lidia	85	ESP	74.42	115	135	250
6	AGUIRRE Damaris	77	MEX	74.82	109	136	245
7	VALOYES Ubaldina	82	COL	73.30	110	134	244
8	LASSEN Jeane	80	CAN	74.42	105	135	240
9	MYRONYUK Nadiya	84	UKR	74.11	105	132	237
10	NOVAKOVICH Yuliya	89	BLR	74.19	110	127	237
11	KHURSHUDYAN Hripsime	87	ARM	74.74	105	130	235
12	POBLETE Elizabeth	87	CHI	74.43	91	106	197

+75kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	JANG Miran	83	KOR	116.75	140	186	326
2	KOROBKA Olha	85	UKR	166.97	124	153	277
3	GRABOVETSKAYA Mariya	87	KAZ	112.93	120	150	270
4	OPELOGE Ele	85	SAM	123.89	119	150	269
5	USMAN Mariam	90	NGR	115.30	115	150	265
6	HAWORTH Cheryl	83	USA	136.29	115	144	259
7	DOVHAL Yuliya	83	UKR	96.05	118	140	258
8	LOVELY Deborah	83	AUS	94.19	113	135	248
9	MAVRIDOU Victoria	91	GRE	102.15	105	126	231
10	CORNEJO Cristina	85	PER	117.50	97	128	225
-	DIMAS Eva	73	ESA	86.85	105	0	DNF

Men

56kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	LONG Qingquan	90	CHN	55.37	132	160	292
2	HOANG Anh Tuan	85	VIE	55.97	130	160	290
3	IRAWAN Eko Yuli	89	INA	55.91	130	158	288
4	YANG Chin-Yi	81	TPE	55.43	128	157	285
5	CHA Kum Chol	87	PRK	55.85	128	155	283
6	ALVAREZ Sergio	79	CUB	55.67	120	152	272
7	WANG Shin-Yuan	76	TPE	55.53	115	150	265
8	IBRAHIM Amirul Hamizan	81	MAS	55.77	121	144	265
9	YAMADA Masaharu	80	JPN	55.84	106	153	259
10	MANEETONG Pongsak	86	THA	55.64	116	142	258
11	SEKIKAWA Yasunobu	80	JPN	55.79	114	142	256
12	RADA Sergio	84	COL	55.74	112	140	252
13	GOEGEBUER Tom	75	BEL	55.94	114	137	251

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14	DELLINO Vito	82	ITA	55.99	110	137	247
15	GRABUCEA Igor	76	MDA	55.63	109	130	239
-	ARTUC Sedat	76	TUR	55.98	0	0	DNF
-	EL MAAOUI Khalil	88	TUN	55.87	126	0	DNF
-	RI Kyong Sok	81	PRK	55.82	0	0	DNF
-	DZERBIANIOU Vitali	76	BLR	55.88	127	0	DNF

62kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	ZHANG Xiangxiang	83	CHN	61.91	143	176	319
2	SALAZAR Diego	80	COL	61.47	138	167	305
3	TRIYATNO	87	INA	61.90	135	163	298
4	BUCI Antoniu	90	ROU	61.66	130	165	295
5	HANSAWONG Phaisan	89	THA	61.60	132	162	294
6	RUIZ Lazaro	84	CUB	61.75	132	162	294
7	HUDAYBERGENOV Tokunbek	86	TKM	61.96	126	162	288
8	ABD ELBAKI Mohamed	87	EGY	62	129	159	288
9	YANG Sheng-Hsiung	83	TPE	61.97	130	157	287
10	MAKHVEYENIA Henadzi	83	BLR	61.95	128	150	278
11	MINGINFEL Manuel	78	FSM	61.69	120	155	275
12	SINGH Jasvir	77	CAN	61.67	115	151	266
-	HASANOV Sardar	85	AZE	61.96	128	0	DNF
-	JI Hunmin	84	KOR	61.91	142	0	DNF
-	IM Yong Su	80	PRK	61.60	138	0	DNF
-	FIGUEROA Oscar	83	COL	61.66	0	0	DNF
-	BAZARBAYEV Umurbek	81	TKM	61.96	133	0	DNF

69kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	LIAO Hui	87	CHN	68.97	158	190	348
2	DABAYA-TIENTCHEU Vencelas	81	FRA	68.38	151	187	338
3	MARTIROSYAN Tigran Gevorg	88	ARM	68.90	153	185	338
4	BORRERO Yordanis	78	CUB	68.92	148	180	328
5	MIRZAYEV Turan	79	AZE	68.86	146	181	327
6	KIM Chol Jin	78	PRK	68.64	146	180	326
7	BAYRAMOV Afgan	83	AZE	68.41	145	175	320
8	SUPHALAK Sitthisak	84	THA	68.99	147	171	318
9	DUDOGLO Alexandru	89	MDA	68.68	145	172	317
10	SHINTANI Yoshito	81	JPN	68.76	135	175	310
11	ABDELAZIM Tarek	87	EGY	68.87	138	172	310
12	KURNIAWAN Edi	88	INA	68.85	135	172	307
13	RUBIO Israel Jose	81	VEN	68.23	139	167	306
14	SHALOYAN Artyom	76	GER	68.79	135	165	300
15	PINEDA Luis Miguel	88	COL	68.14	132	167	299

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16	VIDANAGE Chinthana	81	SRI	68.90	128	165	293
17	LUNA-GRENIER Francis	87	CAN	68.97	131	162	293
18	SILVA Welisson	83	BRA	68.92	135	155	290
19	MARTIN Razvan	91	ROU	68.85	130	158	288
20	MINASIDIS Dimitris	89	CYP	66.32	128	155	283
21	SPOONER Mark	84	NZL	68.86	123	158	281
22	ADHIKARI Kamal Bahadur	77	NEP	68.67	114	154	268
23	ESAU Logona	87	TUV	68.14	110	144	254
24	SANGOV Nizom	83	TJK	66.06	115	135	250
-	SHI Zhiyong	80	CHN	68.17	152	0	DNF
-	ROSU Alexandru	87	ROU	68.91	136	0	DNF
-	De LUCA Giorgjo	84	ITA	68.93	131	0	DNF
-	TRASHA Gert	88	ALB	68.68	0	0	DNF
-	MOSQUERA Edwin	85	COL	68.59	0	0	DNF
-	LEE Baeyoung	79	KOR	68.67	155	0	DNF

77kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	SA Jaehyouk	85	KOR	76.46	163	203	366
2	LI Hongli	80	CHN	76.91	168	198	366
3	DAVYAN Gevorg	83	ARM	76.77	165	195	360
4	KIM Kwanghoon	82	KOR	76.86	155	200	355
5	PEREPECHENOV Oleg	75	RUS	76.80	162	192	354
6	CAMBAR Ivan	83	CUB	76.53	157	196	353
7	KHACHATRYAN Ara	82	ARM	76.78	162	191	353
8	SZRAMIAK Krzysztof	84	POL	76.71	161	191	352
9	KUZNETSOV Vladimir	84	KAZ	76.86	160	191	351
10	LAHUN Siarhei	88	BLR	76.56	157	192	349
11	NASUTION Sandow Weldemar	81	INA	76.92	153	194	347
12	ELHADDAD Mahmoud	86	EGY	76.73	150	192	342
13	OERIMAJ Erkand	88	ALB	76.52	154	187	341
14	BARDIS Giovanni	87	FRA	76.83	156	173	329
15	EKPO Felix	81	NGR	75.83	143	182	325
16	YUSUPOV Sherzodjon	82	UZB	76.24	144	178	322
17	OCANDO Jose Leonardo	86	VEN	76.90	140	182	322
18	RUSU Razvan	88	ROU	76.69	140	170	310
19	ESPELETA Carlos	84	ARG	76.93	140	170	310
20	GUTU Andrei	80	MDA	76.38	145	160	305
21	PATTERSON Richie	83	NZL	76.57	130	170	300
22	ANTHONY Darryn	85	RSA	76.98	135	160	295
23	VUETI Josefa	79	FIJ	76.15	124	155	279
24	MARCHESSOU Romain	85	MON	75.53	110	140	250
-	BARANYAI Janos	84	HUN	76.92	145	0	DNF
-	MEJIAS Octavio Antonio	82	VEN	76.53	152	0	DNF
-	SAGIR Taner	85	TUR	76.73	0	0	DNF
-	VAUGHN Chad	80	USA	76.81	147	0	DNF

Weightlifting Queensland

85kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	LU Yong	86	CHN	84.41	180	214	394
2	RYBAKOU Andrei	82	BLR	84.69	185	209	394
3	MARTIROSYAN Tigran Varban	83	ARM	83.78	177	203	380
4	SEDOV Vladimir	88	KAZ	84.54	180	200	380
5	VALLADARES Jadier	82	CUB	84.84	169	203	372
6	HENNEQUIN Benjamin	84	FRA	84.55	162	205	367
7	CHASHEMOV Marsurbek	83	UZB	84.71	165	202	367
8	FARRIS Kendrick	86	USA	84.14	160	202	362
9	ZAIROV Intigam	85	AZE	84.52	166	195	361
10	ANDICA Carlos	83	COL	84.62	155	201	356
11	MOLDODOSOV Ulanbek	76	KGZ	84.74	152	194	346
12	KUTLIK Ondrej	76	SVK	84.89	150	193	343
13	ULOKO Benedict	84	NGR	84.97	148	191	339
14	BATCHAYA Brice Vivien	85	CMR	82.77	153	180	333
15	KATOATAU David	84	KIR	84.17	135	178	313
16	DIXIE Terrence	83	SEY	82.67	115	140	255
-	INCE Izzet	81	TUR	84.29	170	0	DNF
-	STRALTSOU Vadzim	86	BLR	84.37	0	0	DNF
-	TSIREKIDZE Rauli	87	GEO	84.55	143	0	DNF
-	MARQUEZ Herbys Charlys	80	VEN	84.91	0	0	DNF
-	GEVORGYAN Edgar	82	ARM	84.69	176	0	DNF

94kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	ILIN Ilya	88	KAZ	93.64	180	226	406
2	KOLECKI Szymon	81	POL	93.73	179	224	403
3	AKKAEV Khadzhimurat	85	RUS	92.99	185	217	402
4	KASABIEV Arsen	87	GEO	93.69	176	223	399
5	PASHAYEV Nizami	81	AZE	93.83	181	215	396
6	HERNANDEZ Yohandrys	80	CUB	92.30	178	215	393
7	EBRAHIMI Asghar	82	IRI	92.32	180	212	392
8	KONSTANTINOV Roman	83	RUS	93.90	175	212	387
9	SPIESS Jurgen	84	GER	93.74	173	211	384
10	NAVARRO Jose Juan	81	ESP	93.09	173	210	383
11	IVANOV Artem	87	UKR	93.97	170	210	380
12	VACARCIUC Vadim	72	MDA	93.69	168	205	373
13	BRATAN Evgheni	81	MDA	93.71	170	200	370
14	GKARIPIS Konstantinos	81	GRE	93.01	160	200	360
15	TRIANAFYLLOU Anastasios	87	GRE	93.90	155	196	351
16	BHOLLAH Ravi	81	MRI	93.03	125	150	275
-	BONK Bartłomiej	84	POL	93.00	175	0	DNF
-	GUADAMUD Eduardo	86	ECU	93.71	165	0	DNF

Weightlifting Queensland

105kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	ARAMNAU Andrei	88	BLR	104.76	200	236	436
2	KLOKOV Dmitriy	83	RUS	104.72	193	230	423
3	LAPIKOV Dmitry	82	RUS	104.30	190	230	420
4	DOLEGA Marcin	82	POL	104.37	195	225	420
5	AKHMETOV Bakhyt	79	KAZ	102.13	190	225	415
6	KUZILOV Albert	85	GEO	102.48	182	227	409
7	ISTOMIN Sergey	86	KAZ	102.03	181	225	406
8	DOLEGA Robert	77	POL	104.27	184	221	405
9	KOURTIDIS Nikolaos	86	GRE	103.36	176	221	397
10	BIRANVAND Mohsen	81	IRI	104.34	180	210	390
11	TOROKHTIY Oleksiy	86	UKR	104.64	177	213	390
12	JOUGHILI Ahed	84	SYR	104.90	170	216	386
13	EL SAYED Abdelrahman	89	EGY	104.84	175	210	385
14	SUDAS Bunyami	75	TUR	104.39	166	207	373
15	WALZER Libor	75	CZE	104.64	163	187	350
16	LOPEZ Christian	84	GUA	103.76	150	186	336
17	BOER Moreno	77	ITA	104.45	150	180	330
-	TESOVIC Martin	74	SVK	104.47	0	0	DNS
-	VYSNIAUSKAS Ramunas	76	LTU	104.18	180	0	DNF
-	RAZORONOV iGOR	70	UKR	104.58	0	0	DSQ

+105kg Category

Rank	Name	YOB	NAT	BWT	SN	C & J	Total
1	STEINER Matthias	82	GER	145.93	203	258	461
2	CHIGISHEV Evgeny	79	RUS	124.13	210	250	460
3	SCERBATIHS Viktors	74	LAT	144.97	206	242	448
4	UDACHYN Artem	80	UKR	144.09	207	235	442
5	SHYMECHKO Ihor	86	UKR	130.25	201	232	433
6	SHARIFI Rashid	84	IRI	142.89	196	230	426
7	KLESZCZ Grzegorz	77	POL	131.16	185	234	419
8	VELAGIC Almir	81	GER	132.16	188	225	413
9	KELLY Damon	83	AUS	154.15	165	221	386
10	DETENAMO Itte	86	NRU	148.48	175	210	385
11	Everi Antti	81	FIN	130.04	171	195	366
12	PERA Sam	89	COK	122.96	155	195	350
13	LOLOHEA Maama	68	TGA	135.13	140	173	313
-	JEON Sangguen	81	KOR	155.49	0	0	DNF



2008 Queensland Junior & Youth & Under 16 Championships

Toowoomba Weightlifting Association, Toowoomba Qld
16th August 2008

Women

Name	Born	Club	B/wt	Sn	Cl&Jk	Total	U20	U18	U16
53kg Category									
Jessica Meyer-Brown	1990	Cougars	50.60	43	59	102	1	1	
58kg Category									
Bianca Sheppard	1992	Toowoomba	57.20	59	76	135	1	1	1
Kelsey Swift	1994	Cougars	57.60	43	57	100	2	2	2
63kg Category									
Rhian Norman	1992	Toowoomba	62.20	63	79	142	1	1	1
Michelle Kahi	1994	Cougars	60.40	55	68	123	2	2	2
Tierney Molenaar	1991	Windaroo Valley	60.40	53	64	117	3	3	
Jayde Thomas	1991	Toowoomba	60.50	42	55	97	4	4	
69kg Category									
Holly Collyer	1988	Sunshine Coast	66.50	62	88	150	1		
+75kg Category									
Bonnie Sleeman	1993	Cougars	77.60	49	61	110	1	1	1

Men

Name	Born	Club	B/wt	Sn	Cl&Jk	Total	U20	U18	U16
56kg Category									
David Hockins	1991	Toowoomba	54.50	67	89	156	1	1	
Jordan Arenson	1995	Brisbane Grammar	52.40	30	41	71		2	1
Sam Baumann	1992	Cougars	54.20	43	66	109		Guest	
62kg Category									
Scott Clark	1991	Sunshine Coast	60.90	77	105	182	1	1	
Darryl Hockins	1988	Toowoomba	61.10	73	100	173	2		
Ellis Meyer-Brown	1995	Cougars	56.60	32	40	72		2	1
69kg Category									
Nathan Kahi	1992	Cougars	65.30	84	108	192	1	1	1
Jordan Hardy	1988	Cougars	68.10	80	98	178	2		
Shannon Arenson	1990	Brisbane Grammar	68.30	75	100	175	3	2	

77kg Category

Mike Bailey	1992	Brisbane Grammar	74.70	80	95	175	1	1	1
Brent Kahi	1990	Cougars	69.60	70	100	170	2	2	
Daniel McCallum	1992	Toowoomba	72.10	68	74	142	3	3	2

105kg Category

Alex Kelly	1990	St Laurence's	95.70	80	109	189	1	1	
Liam Henry	1992	Cougars	99.50	81	106	187		2	1
Blake Clarke	1992	Brisbane Grammar	94.90	73	92	165		3	2
Billy Chong Nee	1990	Toowoomba	94.60	105	130	235			Guest

+105kg Category

Luke Gardner	1988	Cougars	112.80	116	150	266	1		
Nick Fort	1989	Cougars	117.80	70	93	163	2		
Mitchell Thurlow	1992	Cougars	114.40	64	84	148	3	1	1

Referees:

Ian Moir (Cat I); Debra Keelan (Cat I); Barry Harden (Cat II); Tanya Harden (National); Brian Walsh (State); Bowen Stuart (State); Lee Hughes (Club).

Time Keeper:

Lee Hughes; Greg Baumann.

M.C.:

Mike Keelan; Ian Moir.

Best Lifter Awards (Sinclair Points)

Male	Under 16 Nathan Kahi	Under 18 Nathan Kahi	Under 20 Luke Gardner
Female	Bianca Sheppard	Bianca Sheppard	Holly Collyer

William Faulkner Performance Awards (Forbes Points)

Male	Under 16 Mike Bailey	Under 18 Shannon Arenson	Under 20 Nick Fort
Female	Kelsey Swift	Tierney Molenaar	Holly Collyer



2008 Queensland Senior Championships

USQ Weightlifting Club, Springfield Qld
6th September 2008

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Place
Women								
53kg Category								
Erika Yamasaki	87		52.75	57	75	132	176.814	1
58kg Category								
Melissa Robinson	81	Honey Badgers	57.10	66	75	141	177.660	1
Bianca Sheppard	92	Toowoomba	57.30	57	70	127	159.615	2
63kg Category								
Amy Hardy	89	Cougars	62.65	67	81	148	175.180	1
Rhian Norman	92	Toowoomba	61.65	64	76	140	167.399	2
Diana Loy	65		59.40	50	72	122	149.503	3
69kg Category								
Holly Collyer	88	Sunshine Coast	65.70	68	93	161	185.265	1
75+ Category								
Amanda Phillips	81	Cougars	84.85	78	100	178	183.948	1
Men								
56kg Category								
David Hockins	91	Toowoomba	54.25	60	85	145	231.939	1
62kg Category								
Darryl Hockins	88	Toowoomba	61.75	75	102	177	255.821	1
69kg Category								
Nathan Kahi	92	Cougars	65.60	87	113	200	276.856	1
Jordan Hardy	88	Cougars	66.55	81	107	188	257.691	Guest
77kg Category								
Bowen Stuart	86	Toowoomba	76.20	95	115	210	264.277	1
Leith Walsh	79	USQ	75.70	73	97	170	214.762	2
Cobba Mooney	90	Gunmaree	70.60	72	97	169	222.803	3
85kg Category								
Troy Hewkins	86	Cougars	84.80	127	160	287	340.845	1
Alex Goodyear	72	Cougars	82.95	105	126	231	277.446	2
94kg Category								
Barry Harden	59	Sunshine Coast	90.40	90	100	190	218.837	1
John Hanlon	66	Cougars	87.65	76	100	176	205.658	2

105kg Category

Peter Foster	67	Cougars	103.85	116	120	236	256.982	1
Liam Henry	92	Cougars	99.55	85	111	196	216.785	2

+105kg Category

Craig Wegert	73	USQ	137.50	130	155	285	289.256	1
Luke Gardner	88	Cougars	113.60	123	160	283	299.416	2

Referees: Ian Moir (Cat I); Kylie Booth (Cat I); Barry Harden (Cat II); Angela Wydall (Cat II); Kathleen Harden (State); Vicki Brady (State); Julie Davis (State)

Jury: Lawrie Townsend (Cat I); Kylie Booth (Cat I); Angela Wydall (Cat II).

Time Keeper: Julie Davis; Bowen Stuart; Holly Collyer

M.C: Mike Keelan; Ian Moir

Best Lifter Awards

	Name	Sinclair Points
Male	Troy Hewkins	340.845
Female	Holly Collyer	185.265

William Faulkner Performance Awards

	Name	Forbes Points
Male	Alex Goodyear	5663.294
Female	Melissa Robinson	604.359

Masters Records

Name	Cat	Lift	Weight	Age Group	Level
Alex Goodyear	85kg	Snatch	101	35 – 39 years	Qld
Alex Goodyear	85kg	Snatch	105	35 – 39 years	Qld
Alex Goodyear	85kg	Ci & Jk	126	35 – 39 years	Qld
Alex Goodyear	85kg	Total	226	35 – 39 years	Qld
Alex Goodyear	85kg	Total	231	35 – 39 years	Qld



QWA League & Masters League, Round 4
Cougars Weightlifting Club, Chandler Qld
20th September 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	YOB	Club	Bwt	Sn	C & J	Total	Bonus	Points
Luke Gardner	88	Cougars	113.45	117	140	257	-12	42.449
Davina Hughes	89	Toowoomba	55.10	60	78	138	-13	41.980
Holly Collyer	88	Sunshine Coast	62.90	70	---	---	---	0.000

Division 2

Name	YOB	Club	Bwt	Sn	C & J	Total	Bonus	Points
Nathan Kahi	92	Cougars	66.35	90	116	206	19	76.703
Craig Wegert	73	USQ	139.05	132	162	294	7	69.288
Melissa Robinson	81	Honey Badgers	57.35	64	80	144	9	66.371
Bianca Sheppard	92	Toowoomba	58.00	56	74	130	0	51.793
Darryl Hockins	88	Toowoomba	61.90	75	97	172	-5	47.761
Scott Clark	91	Sunshine Coast	60.85	78	100	178	-9	45.601
Mal Irwin	53	Toowoomba	92.15	89	113	202	-6	43.029
Brent Kahi	90	Cougars	69.25	72	102	174	-10	36.154
John Hanlon	66	Cougars	87.70	73	95	168	-13	27.777

Division 3

Name	YOB	Club	Bwt	Sn	C & J	Total	Bonus	Points
Michelle Kahi	94	Cougars	60.25	58	75	133	12	63.751
Andrew Fletcher	75		102.70	80	100	180	13	54.284
David Hockins	91	Toowoomba	54.10	62	85	147	0	48.197
Daniel McCallum	92	Toowoomba	71.70	65	80	145	9	47.462
Barry Harden	59	Sunshine Coast	90.30	89	110	199	-3	45.301
Steven Matthews	54	Toowoomba	74.20	57	78	135	0	35.809
Bob Henderson	43	Sunshine Coast	73.10	60	75	135	-14	21.809
Tierney Molenaar	91	Windaroo	60.45	---	63	---	---	0.000

Division 4

Name	YOB	Club	Bwt	Sn	C & J	Total	Bonus	Points
Paul McClure	72		76.95	86	100	186	10	59.337
Kirsten Wu	93	Cougars	49.10	42	54	96	16	58.478
Jordan Hardy	88	Cougars	66.75	80	105	185	6	57.821
Sam Baumann	92	Cougars	53.90	48	67	115	14	51.705
Bonnie Sleeman	93	Cougars	77.75	50	64	114	14	48.969
Tim Steele	68	Sunshine Coast	91.90	68	85	153	11	48.136
Zack Tuckey	86	Cougars	81.65	70	80	150	6	44.071
Mitchell Thurlow	92	Cougars	116.45	68	88	156	9	42.051
Kelsey Swift	94	Cougars	58.00	44	55	99	2	41.442
Lesley Moyle	45	Honey Badgers	55.80	25	35	60	13	39.549
Steven Duhig	83	Cougars	84.15	65	97	162	-4	37.117
Kim Hanssen	86	Cougars	65.15	45	61	106	0	37.063
Jordan Arenson	95	BGS	52.85	30	46	76	11	35.918
Sue Cox	61	Honey Badgers	63.95	37	44	81	5	33.322
Barry Lucas	62	Cougars	85.25	54	64	118	4	32.641
Vicki Brady	43	Cougars	51.30	26	32	58	6	31.664
Ben Quarrell	73	Toowoomba	113.15	76	93	169	-7	28.805
Nick Fort	89	Cougars	121.25	66	88	154	-6	26.627
Leandra Miscamble	56	Honey Badgers	64.05	28	43	71	0	24.825
Harry Grzes	56	Cougars	117.55	60	75	135	-8	20.602
Valerie Silver	49	Cougars	61.20	25	35	60	-3	20.346
Julie Davis	52	Honey Badgers	47.60	21	30	51	-4	19.502

Referees: Ian Moir (Cat I); Lawrie Townsend (Cat I); Kylie Booth (Cat I); Mike Keelan (Cat II); Craig Wegert (National); Amanda Phillips (National); Keith Forbes (National); Vicki Brady (National); Ray Loudon (State); Erika Yamasaki (State); Julie Davis (Club); Paul Wheeler (Club).

Time Keepers: Ian Moir; Craig Wegert; Keith Forbes; Vicki Brady; Julie Davis; Greg Baumann.

M.C.: Mike Keelan; Craig Wegert; Ian Moir.

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

Men

Name	Born	Club	Bwt	Sn	C& J	Total	Bonus	Score
Craig Wegert	73	USQ	139.05	132	162	294	0	66.773
Mal Irwin	53		92.15	89	113	202	0	66.189
Paul McClure	72		76.95	86	100	186	6	59.629
Barry Harden	59	Sunshine Coast	90.30	89	110	199	0	59.603
Bob Henderson	43	Sunshine Coast	73.10	60	75	135	0	58.584
Steven Matthews	54	Toowoomba	74.20	57	78	135	0	47.232
John Hanlon	66	Cougars	87.70	73	95	168	0	47.219
Ben Quarrell	73	Toowoomba	113.15	76	93	169	6	44.383
Tim Steele	68	Sunshine Coast	91.90	68	85	153	0	42.186
Harry Grzes	56	Cougars	117.55	60	75	135	0	36.353
Barry Lucas	62	Cougars	85.25	54	64	118	0	34.569

Women

Name	Born	Club	Bwt	Sn	C& J	Total	Bonus	Score
Vicki Brady	43	Cougars	51.30	26	32	58	6	47.986
Lesley Moyle	45	Honey Badgers	55.80	25	35	60	6	43.865
Julie Davis	52	Honey Badgers	47.60	21	30	51	6	38.527
Valerie Silver	49	Cougars	61.20	25	35	60	0	34.553
Sue Cox	61	Honey Badgers	63.95	37	44	81	0	34.467
Leandra Miscamble	56	Honey Badgers	64.05	28	43	71	0	31.553

Masters Records

Name	Cat	Lift	Weight	Age Group
Lesley Moyle	58kg	Ci & Jk	35	60 – 64 years
Lesley Moyle	58kg	Total	60	60 – 64 years
Sue Cox	69kg	Snatch	37	45 – 49 years
Sue Cox	69kg	Total	81	45 – 49 years
Craig Wegert	+105kg	Snatch	132	35 – 39 years
Craig Wegert	+105kg	Ci & Jk	162	35 – 39 years
Craig Wegert	+105kg	Total	294	35 – 39 years

Club Round Ups



By Angela Wydall, Cougars President

Damon Kelly placed 9th and Deborah Lovely place 8th at the recent 2008 Olympic Games held in Beijing, China. Congratulations for a job well done.

Cougar's members Angela Wydall (Head Coach), Kirsten Wu and Michelle Kahi will be attending the 2008 Commonwealth Youth Games in Pune, India.

Vicki Brady and Valerie Silver will be departing soon for the 2008 IWF World Masters Championships in Kefalonia, Greece from 27th September until 4th October.

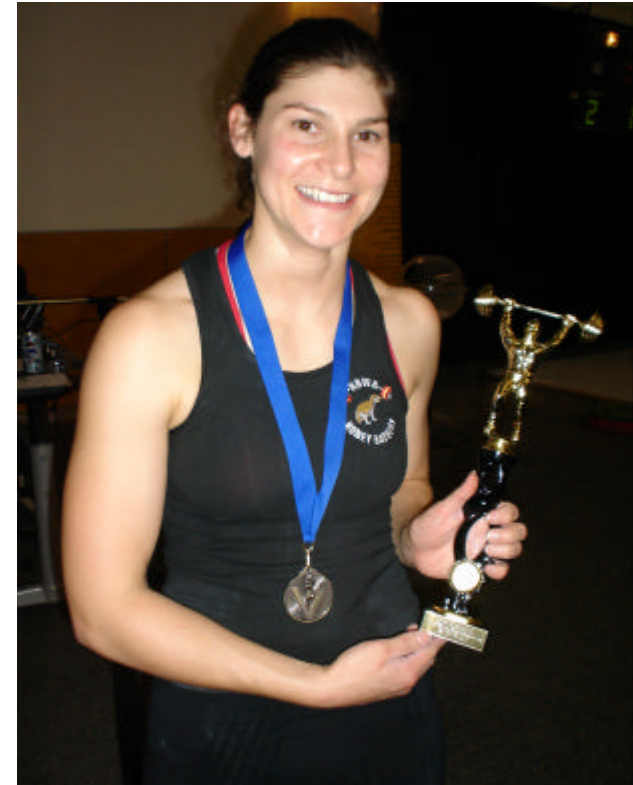
Cougars's members Troy Hewkins, Mike Keelan (Head Coach), Damon Kelly and Amanda Phillips are heading off to the 2008 National Senior Championships in Sydney on the 25th October.

Kirsten Wu (48kg), Jessica Meyer-Brown (53kg), Amy Hardy (63kg), Michelle Kahi (63kg), Bonnie Sleeman (+75kg), Sam Baumann (56kg), Ellis Meyer-Brown (62kg), Nathan Kahi (69kg), Jordan Hardy (69kg), Jake Whitmore (69kg) Liam Henry (105kg) Luke Gardner (+105kg) and Mitchell Thurlow (+105kg) will be attending the Australian Youth and Junior Weightlifting Championships and Under 16 Tournament with coach Angela Wydall (Head Coach).

The following Cougars members were announced in the AJCGS squad:

Luke Gardner
Amy Hardy

North Brisbane Weightlifting Association



The Honey Badgers are battling along – we would like some new members and to initiate the TID programme soon. We loose our "King Honey Badger" in December as he heads back to Cairns to fulfill his career ambitions. He will be a huge loss to the honey badgers and no doubt his friends in the general weightlifting circle. Could lifters please put in their diary the 20th December for our very important end of year club comp - "The Lawrie" which not only holds a special meaning to our club, but will be our farewell to Dave with a dinner afterwards at Geebung RSL club. Anyone who has been before will agree it's a good day/night with lots of atmosphere and as a club we would like to give Dave the proper send off he deserves for all his tireless efforts he

has put in to our training. So you are all invited. A flyer with more info and cost will be circulated shortly.

We have a new baby badger in the club with the birth of a baby boy to Dave and Tanya Allan, one of our very popular heavy weights. Congratulations to you both and look forward to seeing you back in the gym when time permits!!

Congratulations to Melissa Robinson for her performance at States, what a great effort. Also to the masters who are vying for the top 5 spots for league final. A tight finish!!

Good luck to all the masters from Australia who are lifting at "The Worlds" on the island of Kefalonia in Greece. Safe travelling and good lifting.

Julie Davis
Secretary



Melissa Robinson and David De Rose



WEIGHTLIFTING CLUB INC.

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The last few months have been a busy time for our little club.

In the last club newsletter I mentioned that Scott Clark was in hard training to try and qualify for the Commonwealth Youth Games in India but with little chance of succeeding. This was a classic example of not losing site of the goal. Someone has a bad day, someone has a good day and all of a sudden the unlikely becomes a reality and Scott gets to go to India. Even though going to India was the focus, he knew the training would not be wasted as he had other goals to fulfil. 1st place in the National Youth Championships in Melbourne and a spot in the league final were the other events Scott can now tick off.

Holly Collyer was going to use the rest of the year to try and get back some form after a serious illness but she managed better than that by being awarded the best over all Junior female at the recent National Championships. Holly is also one of the few lifters to qualify for the up coming National Senior Championships in Sydney. Unfortunately, she did not qualify for the League Final as there are no bonus points for missing three out of three.

Barry Harden won his first State Seniors Title in 25 years. Thank you to all those people who did not turn up. Both Barry and Bob Henderson have also made the League Final. Should be a good day.

We have several new recruits, thanks to Ian Moir's 300 demonstrations of the power clean and snatch squat techniques at Nambour High. Ironically, not one of them can squat... yet! It will be interesting to see how many come back after the Christmas School Holidays as this is always the deciding factor.

The Sunshine Coast Weightlifting Club would like to thank the QWA for its assistance throughout the year as without such a supportive governing body a small club such as ours could not exist.

USQ Weightlifting Club Report 2008

USQ has had a great year in 2008. After the birth of the club in late 2007 and setup in the University of Southern Queensland's Springfield campus gym, the club has grown and developed steadily during the year.

The club has hosted two state championships and sent competitors to several Queensland events throughout the year. The club has been at the front of promoting the sport of weightlifting in the Ipswich area and has had great feedback from members of the local community and Ipswich City Council Representatives. This will hopefully lead to more support for the sport of weightlifting in the Ipswich community.

The numbers of lifters in the club has now grown to 8 and membership numbers to 11 in total, with all getting ready to compete or become active at different levels of competition and club activities in the near future. The club also claimed two medals at the recent Queensland State Championships, with Craig Wegert winning the +105kg Championship and recent new comer Leith Walsh picking up a silver medal in the 77kg category.

Also, the club's President (Craig Wegert) attend the Inaugural National Licence coaching course in mid 2008 and has been busy putting that knowledge gained to good use in programming for the lifters in the club. It is planned to get two other club members to complete the Club level coaching licence in early 2009.

Early in 2009 USQ Weightlifting will have Craig Wegert heading off to the Australian Master Games and then later in 2009 to the World Masters Championships in Sydney.

USQ Weightlifting is also looking forward to running some training camps in the future, which it hopes other clubs and athletes will attend. The club will be looking at utilising its air-conditioned training and Lecture Auditorium facilities. It is planned to give detailed feedback to lifters at the training camps through the use of detailed video analysis of their lifting technique and information through presentations about training programming methodology.

USQ Weightlifting Club's President Craig Wegert would like to extend his sincere gratitude to Mr Ian Moir (General Manager, Queensland Weightlifting Association) and Mr Mike Keelan (High Performance Manager, Australian Weightlifting Federation) for their continued support and guidance in the development of the USQ Weightlifting Club and the sport of weightlifting in the Ipswich community during 2008.

Yours in sport
Stephanie Crowther
USQ Weightlifting Secretary

Technically Speaking

By Ian Moir

Obviously Referees need to be well-versed in all of the rules of the sport, but it is also important for Coaches and other athlete support personnel such as Team Managers, to remain current with competition procedures, rules and regulations.

At a championship event, a Team Manager accompanied lifters to the weigh-in. The lifter with the lowest lot number was called to be weighed but wasn't present. The officials at the weigh-in called the lifter with the next lowest lot number and that lifter was weighed. They then called the first lifter again. At this point the Team Manager's knowledge of the technical rules came into play as he pointed out to the officials that if a lifter is not present when called to be weighed, that lifter should not be called again until all of the other lifters have been called, and that the third lifter on the list (a lifter in the Manager's team) must be called next.

It may seem like a small technicality, but when lifters are waiting at the weigh-in, such a departure from the

rules can disadvantage those who present themselves to be weighed at the earliest time available to them, so that they can begin eating and hydrating as soon as possible before their competition. Only lifters who are present when called to be weighed and who are under or over the limits of their bodyweight category, are entitled to be weighed next when they return to the weigh-in.

In another instance, a lifter raised the barbell from the platform with 19 seconds remaining on the clock, but dropped it before it had gone very far and the lifter looked as though he was going to walk away. The lifter's Coach, who obviously had a good knowledge of the rules, immediately shouted out to the lifter to have another go.

Although the clock is stopped as soon as the barbell is raised from the platform, if the barbell is replaced on the platform before it has reached the height of the knees, the clock must be restarted and the lifter can make further attempts during the time still available to him or her. In this case, the clock recommenced and at the Coach's instruction the lifter continued with the attempt, which was ultimately successful.

These two examples demonstrate how Coaches and Manager's who know the rules, can provide the best

possible advice and support to lifters in competitions.



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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.

