



Weightlifting Queensland

March, 2006

The Official Journal of

Queensland Weightlifting Association Inc.

QLD SUCCESS AT COMMONWEALTH GAMES



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Commonwealth Games success for our "Team within a Team". Mike Keelan gives a full report on all the action on page 13.

Photo from Left to Right: Ian Moir (referee), Damon Kelly (Silver), Ben Turner (Gold), Amanda Phillips (4th), Deborah Lovely (Gold), Joel Wilson (5th), Lawrence Townsend (Volunteer), Mike Keelan (Coach), Debra Keelan, Erika Yamasaki (bronze) and Jim Turner (Volunteer) absent.

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



Queensland Government
Getting more people active
through sport and recreation

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Executive Officer: Bowen Stuart

QWA Mission Statement

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

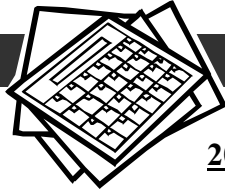
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Disclaimer

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



2006 Events Calendar

April 9	QWA Masters Workshop	TBC
April 7	Toowoomba Open Club Competition	Toowoomba
April 15	Cougars Open Club Comp	Cougars
April 22-23	National Under 16 & Under 18 Championships	Adelaide
April 29 – 30	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
May 13	QWA League Round 2 & Masters League Round 2	Toowoomba
May 24 – June 6	World Junior Championships	Hangzhou, CHINA
May 26	Nudgee Open Club Competition	Nudgee
June 3	Qld Masters Championships	Sunshine Coast
June 10	Cougars Open Club Comp	Cougars
June 17	Sunshine Coast Open Club Competition	Sunshine Coast
June 17 – 18	State Weightlifting / Sports Power Coach Level 2 course	Chandler
June 23	Toowoomba Open Club Competition	Toowoomba
June 30 – July 2	World University Championships	Izmir, TURKEY
July 8	Qld U20 & Open Championships	Cougars
July 11-16	Oceania Championships (senior & junior)	Apia, SAMOA
July 22	National Masters Championships	Sydney
July 22 – 23	<i>Club Weightlifting / Sports Power Coach Level 1 course</i>	<i>Chandler</i>
August 5	QWA League & Masters League Round 3	Cougars
August 19	Sunshine Coast Open Club Competition	Sunshine Coast
Aug 26	Cougars Open Club Comp	Cougars
August 26 – Sep 2	World Masters Championships	Eysines, FRANCE

September (TBC)	National U20 & Open Championships	Melbourne
September 16	QWA League & Masters League Final	Sunshine Coast
September 22	Nudgee Open Club Competition	Nudgee
September 22	Toowoomba Open Club Competition	Toowoomba
September 23	Mermet Cup International	Melbourne, AUS
September 29— October 8	World Senior Championships	Santo Domingo, DOM
October 14	Qld All Schools Championships	Toowoomba
October 21 – 22	<i>Club Weightlifting / Sports Power Coach Level 1 course</i>	<i>Chandler</i>
November 4	QWA Masters Workshop	TBC
November 18	Queensland 2000 Tournament	Brisbane
November 24	Toowoomba Open Club Competition	Toowoomba
November 25 - 26	<i>State Weightlifting / Sports Power Coach Level 2 course</i>	<i>Chandler</i>
December 9	Cougars Club Xmas Comp	Cougars
December 9	Sunshine Coast Open Club Competition	Sunshine Coast
December 15	Nudgee Open Club Competition	Nudgee

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

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

The minimum qualifying standard for entry in the Queensland 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 23rd June 2005 – 23rd June 2006.

The qualifying period for the Queensland 2000 Tournament is 1st January 2006 – 30th September 2006

Queensland Teams for the 2006 National Under

16 & Under 18 Championships will be selected according to the QWA Selection Policy taking into consideration only results from:

- QWA League Round 1 (11 February 2006)
- Qld U16 & U18 Championships (4th March 2006)
- And all National and International events held between 1st January 2006 and 4th March 2006.

Queensland Teams for the 2006 National Open & Under 20 Championships will be selected according to the QWA Selection Policy taking into consideration only results from:

- QWA League & Masters League Round 1 (11 February 2006)
- Qld U16 & U18 Championships (4th March 2006)
- Qld Masters Championships (3rd June 2006)
- QWA League & Masters League Round 2 (13th May 2006)
- Qld Open & U20 Championships (8th July 2006)

And all National and International events held between 1st January 2006 and 8th July 2006.

From the QWA Office—By Ian Moir, QWA General Manager

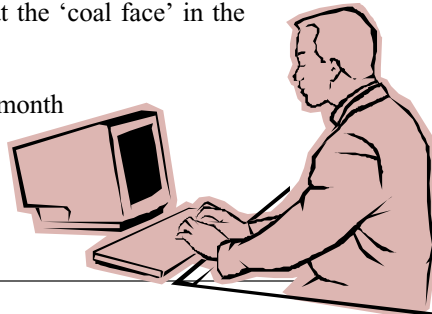
2006 has well and truly begun. In January the QWA played host to a Women's Masters Workshop. Over the course of this two-day workshop, participants from Qld, NT and NSW received information seminars on relevant topics and engaged in weightlifting training sessions tailored for Women Masters lifters. All participants reported that they gained many benefits from this workshop and thanks must go to the organisers and presenters – Coral Quinell; Amanda Miller; Lawrie Townsend; Debra Keelan; David De Rose; Ben Paris; Diana Loy; Andrea Lamont-Mills; and Amanda Phillips.

February saw the QWA League competition kick off in 2006 with 51 competitors in the first round at Chandler. This competition was followed a few weeks later by the Queensland U16 & U18 Championships which brought a good number of novice lifters to the Toowoomba platform in their first State Championship. There were many good performances from novice and experienced youth lifters alike and notable among the new-comers was Toowoomba's Billy Chong Nee, who improved on his previous best total by a whopping 69kg!

At the QWA's Annual General Meeting held on 4 March, a new Management Committee was endorsed by the membership through their club representatives. Captaining the QWA ship for the next twelve months is Debra Keelan, our new President. Greg Hohl was returned as Vice President, a position which he has held for many years. Last year's Treasurer, Lawrie Townsend moved into the position of Secretary and Miles Wydall came on board as Treasurer. Other Committee members are Ray Gardner, Tanya Harden, Jason Hassard and Bowen Stuart.

Mike Keelan did not nominate for the QWA Committee this year. Mike is taking a well-earned rest from official positions for a while, but he will remain a valuable source of advice and assistance to the QWA. Mike has worked hard for the QWA and the sport of weightlifting in Australia for more than 20 years continuously, so it's not surprising that he's taking a little time off to recharge the batteries. I'm sure that I will be joined by all QWA members in saying to Mike, you deserve a break, take it easy for while, and we take comfort in knowing that you'll be back at the 'coal face' in the not too distant future.

For many of us, our thoughts during the past month were occupied by the Melbourne 2006 Commonwealth Games, as we followed the exploits of our Australian lifters, and in particular those hailing from Queensland, with great



excitement and pride. Those of us who were there on the spot in Melbourne will never forget the emotions – the joy and the tears – that flowed from what was a spectacular weightlifting event. The Australian Weightlifting Section's final medal tally was 4 gold, 3 silver and 3 bronze, to which Queensland's six lifters contributed 2 gold, 1 silver and 1 bronze. And with the two Queenslanders who didn't medal still setting new personal bests at these games, the performance of this "team within a team" was nothing short of magnificent.

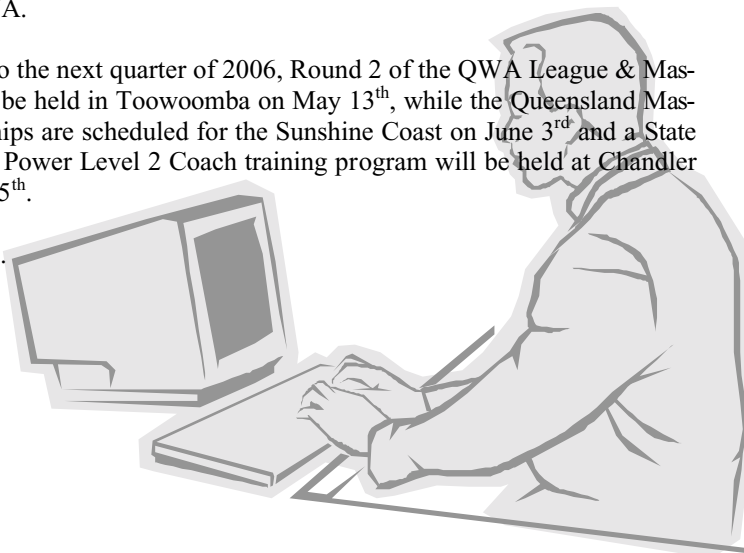
At the time of writing, the Queensland U16 & U18 Team was preparing to head off to Adelaide for this year's championships. Twenty-eight lifters hailing from six clubs will represent Queensland at the National U16 & U18 Championships and they will be supported by four coaches and a team manager. We wish them well and look forward to news of their results.

Weightlifting in Mount Isa is again on the rise. Meg Scholz and Ken Wallace are steadily building the recently incorporated *Gunmaree Weightlifting Club, Mt Isa Inc* with a core group of young lifters. Former Australian and USA National Coach Lyn Jones will accompany QWA officers on another mission to Mt Isa in June, to raise awareness and deliver education and training to the district's school teachers as part of the Queensland Government's Get Active Queensland Accreditation Program. Meg recently visited Melbourne to watch the weightlifting competition of the Commonwealth Games and took the opportunity to purchase bars and discs from a Melbourne supplier to add to some basic equipment provided by the QWA.

Looking ahead to the next quarter of 2006, Round 2 of the QWA League & Masters League will be held in Toowoomba on May 13th, while the Queensland Masters Championships are scheduled for the Sunshine Coast on June 3rd and a State Licence / Sports Power Level 2 Coach training program will be held at Chandler on June 24th & 25th.

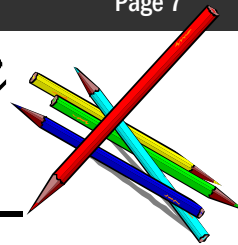
Until next time...

Ian Moir



From the Editor

By Amanda Phillips



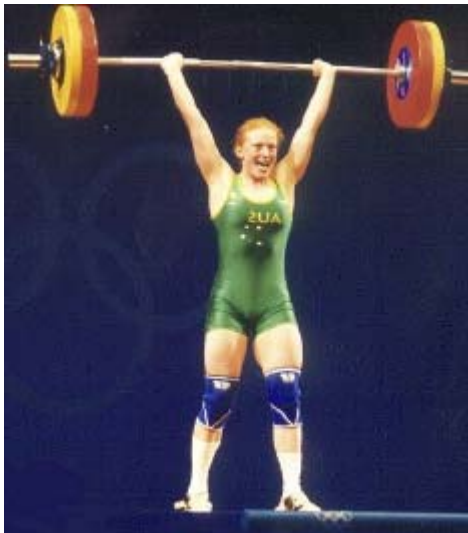
HI EVERYONE,

As the Women and Girls Coordinator, I'd like to start by Congratulating Debra Keelan for her successful nomination as QWA president. I believe this is the first female president certainly for Queensland, if not in Australia. I think its fitting that a progressive organisation such a QWA is the first to have a female in this position. Well Done Deb and I'm sure you'll do a fantastic job.

I'd also like to apologize for the late circulation of this March edition of Weightlifting Queensland, however this was not a result of tardiness, but due to my participation in the recent Commonwealth Games. The games was a fantastic experience and provided many memories, of which a few are relived in Mike Keelan's Report on page 13.

I hope you enjoy this (late) edition and as always feel free to contribute your own experiences to the next edition.

©Amanda

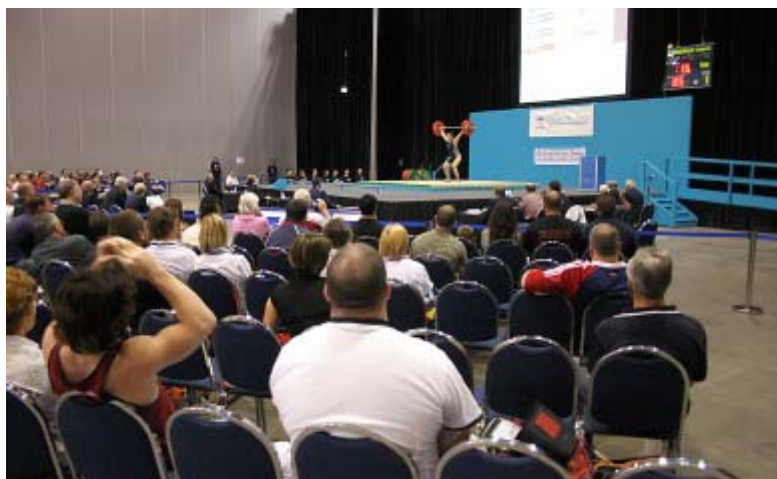


2005 AUSTRALIAN COMMONWEALTH GAMES TRIALS

Saturday 17 December 2005
Melbourne, Victoria, Australia

MEN

69kg class	Born	State	Bodyweight	Snatch				Clean & Jerk				Total
				1	2	3	Best	1	2	3	Best	
Ben Turner	1984	Qld	68.85	123	127	130	127	160	165	---	160	287
Joel Wilson	1986	Qld	68.75	118	123	125	125	150	155	155	155	280
Yurik Sarkisian	1961	Vic	63.75	110	115	115	115	140	145	145	145	260
David Sarkisian	1986	Vic	68.65	115	120	124	120	147	147	147	0	---
77kg class												
Craig Blythman	1970	Vic	76.90	123	130	133	130	150	155	---	150	280
85kg class												
Max Dal Santo	1985	SA	84.15	135	140	140	135	165	165	170	165	300
94kg class												
Alexan Karapetyn	1970	Vic	93.95	157	162	165	162	183	187	187	187	349
Simon Hefferman	1975	Vic	93.55	147	151	153	151	182	182	190	182	333
105kg class												
Valerie Sarava	1978	NSW	104.80	150	150	153	150	185	195	---	185	335
Aghvan Grigorian	1969	Vic	103.40	150	155	157	155	175	178	183	178	333
+105kg class												
Chris Rae	1980	SA	138.50	165	170	175	175	210	220	225	210	385
Damon Kelly	1983	Qld	143.75	160	167	170	167	200	209	209	200	367



LEFT: The competition arena at the Exhibition Center in Melbourne.

ABOVE RIGHT: Erika in the Warm Up area.



WOMEN

	Born	State	Body-weight	Snatch				Clean & Jerk				Total
				1	2	3	Best	1	2	3	Best	
48kg class												
Erika Yamasaki	1987	Qld	47.90	64	67	70	67	82	85	85	82	149
Nadeene Latif	1978	NSW	47.85	62	64	64	62	80	82	82	82	144
53kg class												
Rebecca Rush	1982	Tas	52.95	66	66	66	0	---	---	---	---	---
58kg class												
Natasha Barker	1970	NSW	57.75	75	78	80	80	90	93	94	94	174
Jacquie White	1982	Vic	57.40	77	77	79	79	89	92	94	94	173
Maria Tsoukalis	1987	NT	57.50	75	77	79	79	90	90	93	90	169
63kg class												
Nicole Sarwon	1978	SA	62.40	75	78	80	78	88	92	95	92	170
69kg class												
Amanda Phillips	1981	Qld	68.85	82	85	85	82	102	104	106	106	188
Belinda van Tienen	1986	Vic	68.80	80	83	83	80	100	104	104	100	180
Sarah Stranan	1981	Vic	69.00	82	82	84	0	---	---	---	---	---
75kg class												
Camilla Fogagnolo	1986	Tas	74.15	85	88	88	85	110	110	114	110	195
+75kg class												
Jenna Myers	1986	Tas	95.85	87	91	94	94	118	122	125	122	216

INAUGURAL

Women Masters Training Workshop

BY Deb Keelan

Coral Quinnell's forward thinking and leadership, the support of Sam Coffa (AWF President), Lawrie Townsend (AWF Masters), assistance of Amanda Miller (NT), and a great roll up of participants ensured the outstanding success of the Inaugural Women Masters Training Workshop held over two days at the Queensland Weightlifting Association Headquarters and Cougars Weightlifting Club at Chandler, Brisbane 13/14 January 2006. Sincere thanks to the QWA and Cougars Weightlifting Club for allowing the use of their premises free of charge, and to the QWA for the input of their Women and Girls Coordinator Amanda Phillips.



Photo provided by Julie Davis. From Left to Right (Standing back row) Robbie Horne, Jill Cumuzzo, Lynda Bury, Helen Brooke (is that Jennie Sefton Hiding behind?), Ann Yamasaki, Mary Macken, Janine Gilchrist, Amanda Miller, Angela Wydall and Diana Loy. (Seated middle row) Saxon Newlove, Lorraine Hibbert, Vicki Brady, Julie Davis and Rebecca Luxford. (Seated front row) Amanda Phillips, David Derose, Coral Quinnell and Deb Keelan

Nineteen (19) women attended the workshop (Northern Territory, New South Wales and Queensland). The five interstate lifters utilised comfortable, affordable accommodation close to the venue, at the Koala Resort Motel, Wakarley. All participants completed the workshop thrilled with the amount of knowledge they had gained, and reported that they had renewed enthusiasm, motivation and commitment to their involvement in weightlifting, with a strong feeling of being part of a “team”. The 2-day format seemed a popular choice with Sunday off to allow people to have a bit of a weekend, although Saturday and Sunday may cater better for the large number of workingwomen who attended the workshop.

Queensland Weightlifting showcased its infrastructure of quality presenters over the two days. A group of very well qualified presenters donated their time and expertise free of charge, contributing considerably to the success of the workshop. The presenters all brought with them an intimate knowledge of weightlifting ensuring the information presented was very applicable to the participants. David De Rose (Head coach Nudgee Weightlifting Club, Coach/Manager Queensland Masters team National Masters 2005, Assistant Queensland coach National U16/U18 2005) enthusiastically took on the task of coach for the duration of the workshop, assisted by QWA Women and Girls Coordinator Amanda Phillips; Ben Paris Dietician - *Nutrition Solutions*; Dr Diana Loy GP - *Hormonal Changes in the Female Ovarian and Uterine Cycles*; Dr Andrea Lamont-Mills PhD MAPS Psychologist and Lecturer, University of Southern Queensland Toowoomba - *Goal-Setting for Weightlifting*; Lawrie Townsend Physiotherapist - *Musculo-Skeletal Problems in the Older Athlete*; with additional presentations from workshop participants Coral Quinell (Female Representative on the IWF Masters Board) - *Stretching and Flexibility* assisted by Rebecca Luxford (NT); Amanda Miller (NT) Massage Therapist - *Self Massage*.

The initial introductory session on day one was a group brainstorming session with participants sharing their stories. The participants were aged 35 through to 62 years of age, and came from quite diverse backgrounds Scientist, Gym Owner, GP, Registered Nurse, Student/Carer, Bank Officer, Massage Therapist, Retired Poodle Clipper, Teacher, Medical Receptionist, Gymnastics Coach, Horticulturist, Clerk (Public Service), with a range of experience levels from beginner through to a number of former Australian representative lifters, and a current World Masters Champion. Time involved in weightlifting ranged from beginners through to 22 years, in roles of lifting, refereeing, loading, administration, coaching and general volunteering. Participants shared reasons why they were involved in weightlifting - the challenge, enjoy the company of like-minded people; mental strength needed; “training enables me to eat more cake”; being coached; able to measure improvement; enjoy the control/discipline; long term physical effects in particular bone density; fitness; challenge whole body mentally and physically - don’t get bored; bonding; Doctor recommended it to rectify weak knees; social; friend-

ship; I loved it and just want to do it as a personal thing - it's my time from work and family; my physio recommended it (no prizes for guessing who that physio is!!); with a few brave souls admitting to aspirations of representing Australia at the World Masters Weightlifting Championships.

Feedback forms were circulated to participants via email in the week following the workshop, with a good response. The respondents took this task very seriously and put a lot of effort into their forms, giving us quality information that we can use to develop our future workshops.

What did they learn? Self massage - massage exercises to complement my stretching. Identifying muscles and how to relieve tightness. Goal setting - reinforced info I already had and refocused my goals; some good suggestions for keeping to a training regime and setting reachable goals; Menstruation - the effects of the cycle on strength and mind power; increased risk of injuries at specific point in woman's cycle. Nutrition - what to eat and how much; simple way to work out daily carbs and protein- I learnt the importance of protein & carbs more regularly throughout the day; Physio - areas that are affected by weightlifting; the different injuries and how best to manage them; what I need to do to avoid injury. Correcting of technique; Use of straps for pulls; just seeing the other girls lift was an incentive to keep trying.

Comments. "I thought the workshop was extremely informative. I loved the way all the presenters were weightlifters - they made their area of expertise specific to weightlifting". "Everybody was friendly and we all really did seem to bond by the end of the weekend. Last but definitely not least "THE FOOD WAS GREAT!!!" "A great team building exercise". "The workshop was fantastic and I enjoyed the time immensely". "I wanted to do the exercise side of the sport but wasn't interested in competing, but now I feel I would like to do both - make new friends, provides more goals, get to travel (maybe), receive more technical information which would permit me to participate more safely and effectively". "Enjoyed socialising and getting to know the other lifters, it was lovely to meet so many women all with the same aspirations that I have". "The workshop provided great networking opportunities and good rapport building of relationships for the sport of weightlifting".

With female lifters of Australia committing to entering a full team at the World Masters Championships in France this year - Masters lifting really seems to have come of age!



Karak



MELBOURNE 2006

Experience the Moment

Mike Keelan recaps the Commonwealth Games Weightlifting Experience

The Queensland Weightlifting Association contingent at the 2006 Melbourne Commonwealth Games comprised six lifters (Erika Yamasaki, Amanda Phillips, Deborah Lovely, Joel Wilson, Ben Turner, Damon Kelly) one coach (Mike Keelan), two referees (Deb Keelan, Ian Moir) and two members of the aqua volunteer army (Jim Turner, Lawrie Townsend).

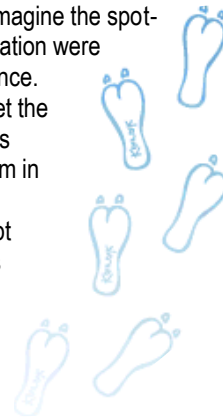
The Games, simply the best yet, provided an unforgettable experience and many fond memories for all the Queenslanders taking part along with their magnificent supporters.

The XVIII Commonwealth Games was very special and the build up to this spectacle was exciting and extraordinary - to compete in a major event on home soil is a rarity, having family and friends in close support is very special, to be the centre of media attention for the best of reasons was a luxury and to do personal bests or win medals in front of parochial capacity crowds lifted the spirit of everyone involved in the weightlifting battles that emerged.

As always it's important for a team to get off to a good start as this lays the foundations for others to follow. First up was Erika Yamasaki. Erika had put in some fine lifting performances during the Canberra pre-games training camp albeit at her training weight of 50kg. Erika's

category was to provide the first medals of the Games. As you can imagine the spotlight and the hopes of a nation were fixed on Erika's performance.

The team coaches had set the starting weights and it was Erika's job to execute them in style in order to lock in a medal. Erika's first attempt in the snatch of 66kg was solid and gave her the lead in the competition. The Canadian, who weighed less than Erika,



RIGHT : Erika in action with her solid opening snatch attempt of 66 kg





LEFT: Joel rocketed 126 for his 3rd attempt. Photo provided by Brad Monk

then came out at 69kg and registered a good lift to push Erika into the silver medal slot. The same weight, 69kg, was called for Erika's second attempt, Erika failed to extend and the weight dropped forward. Annoyed with her self she came out for her third with a lot more aggression and nailed it to everyone's delight. The Indian came out to miss her first, to everyone surprise, but composed herself for the 2nd attempt to register a success and move into the lead. The Canadian put in a fine effort on her next two attempts finishing with 73kg Snatch to secure first place over the Indian's best snatch of 72kg.

Erika registered two good attempts in the Cn & Jk to put her back in the lead within the competition and watched the efforts of other contenders from England and Malaysia who tried to better her total of 153kg, their efforts proved fruitless. Erika secured the bronze medal with PB and national records in both lifts and total. The battle for Gold continued with India finally coming out triumphant just one kilo ahead of Canada. With Erika on the podium securing Australia's fist medal of the Games the media frenzy began and celebrations of the 'Yama Team' began.

The next Queenslanders in the spot light

RIGHT: Ben Turner takes home the first Australian weightlifting gold medal of the games. His efforts have been commemorated by Australia post with this fantastic stamp.

were Joel Wilson and Ben Turner lifting in the men's 69 Kg category on 18 March. Both lifters had demonstrated good form in training but as is usually the case had to loose a few kilo's to make weight for this the biggest competition of their lives to date.

Ben Turner also had the added pressure of entering the competition as the number one ranked lifter, the lifter every competitor in this class wanted to beat. Joel, its fair to say, gained a lot of attention when people viewed his starting weights. Joel had an excellent warm up and looked in great shape and I for one was startled when he missed his opener at 122kg. Within 90 seconds Joel had rectified his mistake when he murdered the weight that had previously caused a problem. Ben came out for his first snatch of 125Kg that looked a little shaky but got the white lights required unlike the attempts of contenders Cameroon and Malaysia. Joel was next up after the Indian who registered 126, he looked determined and this 127 rocketed to arms length to put Joel into the lead. Ben followed with 128 but failed to go through the gears and showed no acceleration at the top of the lift to miss out. Ben composed himself and on his 3rd got it together for a successful 128 to steal the lead from Joel. The Indian took his 3rd at 129 to take the lead for a moment before



Malaysia came out to succeed with 130 the best lift of the session.

As a mate of mine says “snatch for show, clean and jerk for dough” – well this saying rang true on this occasion for in the end only 12 kg separated places 1 to 5. Joel started with 150 and pleased the refs and the crowd with a good lift. Cameroon and India followed with successes at 155 and 156 respectively. Joel came in for a PB 2nd attempt at 156 and once again fought hard to deliver a good lift. Ben now came out at 158 for his first to secure a medal, followed by the Indian – no problem for either. Joel’s last attempt at 159 would have given him a chance of a medal but after a challenging clean and a massive battle between the bar and his efforts in the jerk it wasn’t to be. Malaysia now opened with a solid 160, followed by a 2nd attempt failure to Cameroon. India missed the 3rd at 160 but Cameroon got it together for a good lift to relegate Joel to 5th spot. Ben came out for a painful looking 161 that was ground out from start to finish with the award of success and earning him the silver medal position with one lift still to go. Malaysia now called 163 and it was successful. The tactics continued and the call for Ben was made at 166, a weight that would elevate him into the Gold medal position. The crowd roared to lift his spirit, he stood over the bar, the hush settled and everyone was on the edge of their seats as he pulled in the weight to his chest. He stood up easily, paused, set and rammed the jerk to arms length for three white lights. The crowd erupted, the medal was now his, the Malaysian was the only one now who could change the outcome. He came out for the same weight, the clean was easy. The atmosphere was electric, time slowed as the Malaysian dipped for the jerk, extended the knees, but the drive was forward, the bar moved beyond salvation and gravity got its way - Ben was Commonwealth Games Champion. Ben’s feat was courageous, the relief



ABOVE: In 4th place, Amanda Phillips sets a new State record with 109 kg.

was enormous, the jubilation was ecstatic and Australia won its first weightlifting Gold Medal of the Games and it went to the 69kg category favorite who managed to get every muscle and sinew in his body to fire and have the fortitude of mind to believe in his capacity to win Gold – the tears and emotions flowed and the pride on peoples faces said it all. The raising of the Aussie Flag and the sounds of our National anthem in honour of Ben’s performance will remain with us, particularly his proud Mum and Dad, forever.

Next day was the turn of Amanda Phillips in the Women’s 69 kg category. On paper the top four lifters were a cut above the rest of the field. To win a medal though, Amanda needed to stick close within the snatch and then see what was needed in the Cn&Jk to be in with a chance. Surprisingly Amanda’s first attempt at 84 was a miss. She composed herself for her 2nd and easily hoisted it. The three other girls still to lift opted for heavier weights so Amanda followed herself for a 3rd at 88 but the bar won out. Seychelles entered the competition with a success at 90 then moved to 95, this weight was



failed then succeeded giving a 12 kg advantage over 4th placed Amanda. Canada opened with 97 that was to be her best in the snatch while India succeeded all three snatches at 93, 96 and a best of 100 to take the lead at the half way junction. In the clean and jerk Amanda opened with 100 to secure a total, and moved on to 105 for a good 2nd. With the reality set in, Amanda had no chance of a medal and opted for 3rd on 109 which was successful giving Amanda the lead temporarily and a new PB total. Seychelles then came out to secure the bronze and to everyone's disbelief fainted after the clean. After a short recess she came out again and missed the jerk. A mighty effort on the 3rd gave her a registered clean and jerk and total to win the Bronze. Now the battle was on for Gold and Canada's superior jerking ability gave her the title and the Gold medal, with

India being forced to settle for Silver.

The two contestants for Gold in the 75kg category were Deborah Lovely and Sheba Deireragea of Nauru. The last time these lifters met on the platform was at the 2005 World's when Deb came out on top. The stage was set, other lifters had done their best with South Africa finishing with a 78kg best snatch. Deb had weighed in lighter than Sheba giving an early advantage. Sheba opened with an 85 success. Deb who lacked luster in the warm up, entered the comp with 90, the bar moved slowly off the ground and the aggression at the top of pull was missing, consequently the lift failed. Sheba came out and added to Deb's pressure by succeeding with her lift of 90. Deb's 2nd attempt at the same weight showed more tenacity this time and got the white lights the effort deserved. Sheba got 3 from 3 with a good 93 last attempt. Same weight for Deb and same result giving Deb the half way lead on bodyweight advantage. During the first part of the Cn & Jk session, South Africa placed itself in a definite medal position (their first medal at a Commonwealth Games). Deb opened at 108 and successful, the total guaranteed a silver medal to emulate what she achieved previously at the 2002



Deb Lovely , celebrates her golden performance on the victory dais and later a little more relaxed in the warm up area.



Manchester Games. Sheba opted for 109 and was once again successful moving back into the lead. Deb moved to 112, it was a good lift and the gauntlet had been thrown, Sheba now needed 113 to win back the lead, she moved onto the platform for her 2nd attempt, the weight was heavy and resulted in a miss. Deb waited patiently and called 114, Sheba decided to stay at 113 for her final effort to put the pressure back on Deb, but the lift failed and Deb was the Gold medal winner still with a lift to go – 115 was called and Deb came out to the cheering crowd and live the moment that only few people experience – the clean was the best of her campaign and the jerk was rammed to arms length and secured overhead – the warrior in her had come to the fore when it counted and the smile and body language said it all – another Gold medal for Australia, family, friends and the QWA.

The final night of lifting was witnessed on 23 March when the Super's were the centre of attention. A packed house waited in anticipation. On paper the Aussies were ranked 1 & 2, closely followed by the young Nauruan.

Damon Kelly had a top preparation for these Games and he had done everything asked of him by the coaching staff to ensure he had the best possible build up to this event, lifting on the last day of competition he had been champing at the bit to be part of the team's success. The comp turned out as expected – a three horse race. Nauru opened with a 150 success. Damo put in an apprehensive opener at 157 that managed to ease the nerves. Chris Rae began with an easy 160 to take the lead. Nauru registered 160 for a second while Damo elevated 163 for his 2nd that looked a lot easier than his first. Rae hammered 167 for his 2nd and was followed by Nauru who did not have the oomph! Damo came out confidently and ripped 167 up, al-

beit a little back, but managed to fight it all the way to gain control and register 3 from 3. Rae finished with a strong 172 to secure the lead.

The Cn&Jk campaign mirrored the snatch with three outright contenders. Nauru negotiated 190 to secure a medal, Damo did likewise with 195. Nauru moved to 200 for a success and Rae blasted 205 to secure his medal soon followed by Damo at the same weight and same result. Nauru settled for Bronze going for 208 that would not alter the placings, the lift failed. Damo, with Silver to his name had a Games Record on his mind and followed Rae who had registered 216 for his 2nd. The bar was set at 217, Damo steamed onto the platform and gave it his all with the help of the capacity crowd that was good enough for success giving him a Games Record Jerk, PB's all round and a few Qld records to boot. The crowd erupted for his efforts that resulted in a magnificent performance registering 6 from 6 when it counted – a dream come true for the big fella, and it could not happen to a nicer bloke, who did us all proud.

So, our lifters brought back medals of all luster's - 2 Gold, one Silver and one Bronze and placings of 4th and 5th respectively. Every one of our heroes prepared themselves professionally. They lifted with conviction and overcame adversity in its various forms. Each and every one of them did themselves proud, their families proud, our country and our Queensland proud. Their accomplishments throughout the Games excited millions of people and they have become trail blazers and role models for others to follow in their footsteps. They have provided many of us with positive emotions we have never or rarely felt before and they always acted with humility and dignity – thank you for the moments and for lifting the QWA and its people to another level – New Delhi here we come!!



2006 Queensland U16 & U18 Championships

Toowoomba Weightlifting Association,

Toowoomba Qld

4th March 2006

Women										
Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place	
									U18	U16
48kg Category										
Angela Murray	91	Cougars	46.00	33	41	74	112.057	156.362	1	1
53kg Category										
Davina Hughes	89	Toowoomba	53.00	61	81	142	189.478	189.478	1	
Chantel Nash	92	Toowoomba	52.60	27	34	61	81.901	184.073	2	1
58kg Category										
Liana Lambert	88	Cougars	58.00	60	69	129	160.725	160.725	1	
Jayde Thomas	91	Toowoomba	54.90	32	43	75	97.324	536.407	2	1
63kg Category										
Holly Collyer	88	Sunshine Coast	62.20	62	86	148	175.971	175.971	1	
Casey Kahi	90	Cougars	61.30	52	65	117	140.411	464.856	2	1
Terri-Anne Kahi	91	Cougars	60.20	50	61	111	134.802	638.718	3	2
Tierney Molenaar	91	Windaroo	60.50	45	57	102	123.464	1531.737	4	3
69kg Category										
Trina Egelstaff	88	Cougars	63.20	52	67	119	140.098	140.098	1	
Aleisha Neumann	89	Toowoomba	66.80	35	41	76	86.649	1004.429	2	
75kg Category										
Miranda Neylon	89	Toowoomba	71.80	30	38	68	74.746	74.746	1	
75+ Category										
Samantha Mitchell	90	Cougars	94.80	64	81	145	146.384	146.384	1	1
Stacy Ford	91	Cougars	98.90	49	68	117	117.502	946.637	2	2

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place	
									U16	U18
47kg Category										
David Hockins	91	Toowoomba	40.80	33	50	83	173.312	173.312	1	1
Robert Hill	91	Toowoomba	43.90	32	41	73	141.531	141.531	2	2
51kg Category										
Nathan Kahi	92	Cougars	49.40	58	76	134	232.434	232.434	1	1
Nick Edgley	90		49.60	43	63	106	183.199	1266.531	2	2
56kg Category										
Darryl Hockins	88	Toowoomba	55.50	65	77	142	222.925	222.925	1	
Scott Clark	91	S' Coast	52.10	43	57	100	165.522	6231.489	2	1
62kg Category										
Tom McCosker	88	S' Coast	61.30	83	107	190	276.097	276.097	1	
Cameron Trass	90	Cougars	61.70	60	75	135	195.234	195.234	2	1
Ben Turner	90	Windaroo	61.10	51	72	123	179.170	1323.616	3	2
69kg Category										
Brent Kahi	90	Cougars	65.50	66	82	148	205.090	205.090	1	1
Jonathan Knowles	90	Toowoomba	67.10	62	75	137	186.741	1796.799	2	2
Shannon Arenson	90	Bris. Grammar	66.30	47	57	104	142.919	436.715	3	3
77kg Category										
Joshua Brady	88	Cougars	72.40	92	126	218	282.895	282.895	1	
Michael Dunne	91	Cougars	75.60	50	68	118	149.186	149.186	2	1
85kg Category										
Billy Chong Nee	90	Toowoomba	80.50	71	85	156	190.366	15475.495	1	1
Lyndon Hyatt	90	St Laurence's	82.60	60	86	146	175.742	2647.354	2	2
Scott Coates	89	St Laurence's	80.10	62	82	144	176.198	2322.181	3	
94kg Category										
Kyle Randle	89	Toowoomba	92.40	58	77	135	153.974	967.771	1	
Michael Neylon	91	Toowoomba	89.50	56	65	121	140.007	1886.016	2	1
105kg Category										
Luke Gardner	88	Cougars	100.90	118	153	271	298.208	1084.630	1	
+105kg Category										
James Hatzis	88	St Laurence's	106.60	102	127	229	247.127	247.127	1	

Referees: Barry Harden (Cat II); Kylie Booth (Cat II); Lawrie Townsend (Cat II); Angela Wydall (Cat II); Vivien Nightingale (National); Dallas Turnbull (State); Chris Walsh (State); Melissa Turnbull (State); Brian Walsh (State); Bowen Stuart (State); Sue Edyvean (Club); Barry Hockins (Club); Melinda Janke (Club).

Time Keeper: Lee Hughes; Chris Walsh; Brian Walsh.

M.C: Ian Moir.

Best Lifter Awards (Sinclair Points)

	Under 16	Under 18
Male	Nathan Kahi	Luke Gardner
Female	Samantha Mitchell	Davina Hughes

William Faulkner Performance Awards (Forbes Points)

	Under 16	Under 18
Male	Billy Chong Nee	Scott Coates
Female	Tierney Molenaar	Aliesha Neumann

Records

Name	Cat	Lift	Weight	Age	Level
Luke Gardner	105kg	Snatch	118	Under 18	Qld
Luke Gardner	105kg	Snatch	118	Under 20	Qld
Luke Gardner	105kg	Cl & Jk	153	Under 18	Qld
Luke Gardner	105kg	Cl & Jk	153	Under 20	Qld
Luke Gardner	105kg	Total	268	Under 18	Qld
Luke Gardner	105kg	Total	268	Under 20	Qld
Luke Gardner	105kg	Total	271	Under 18	Qld
Luke Gardner	105kg	Total	271	Under 20	Qld



QWA League & Masters League, Round 1
 Cougars Weightlifting Club, Chandler Qld
 11th February 2006

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

Division 1								
Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Davina Hughes	89	Toowoomba	54.00	62	80	142	0	58.921
Luke Gardner	88	Cougars	101.65	114	120	234	-15	38.182
Monty Sullivan	76	Cougars	67.70	105	---	---	-16	13.412

Division 2								
Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Tom McCosker	88	Sunshine Coast	62.80	80	107	187	5	57.381
Liana Lambert	88	Cougars	61.20	60	72	132	-3	48.563
Tanya Harden	78	Sunshine Coast	62.30	60	72	132	-9	42.563
Greg Hobl	60	Toowoomba	81.90	97	115	212	-13	40.671
Bowen Stuart	86	Toowoomba	75.00	95	110	205	-14	40.377
Diana Loy	65		58.00	62	72	134	-16	39.602
Angela Wydall	67	Cougars	57.90	58	71	129	-14	39.527
Darryl Hockins	88	Toowoomba	56.00	66	77	143	-8	38.885
Peter Foster	67	Cougars	115.40	107	137	244	-13	38.695
Alison Noble	79	Nudgee	73.35	59	82	141	-13	36.474
Holly Collyer	88	Sunshine Coast	63.00	60	75	135	-19	33.734
Mal Irwin	53		93.60	93	114	207	-18	31.640
Coral Quinell	57	NT	52.95	55	65	120		Guest

Division 3								
Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Nathan Kahi	92	Cougars	48.35	57	75	132	20	63.279
Terri-Anne Kahi	91	Cougars	61.85	47	62	109	17	59.578
Brent Kahi	90	Cougars	65.70	68	85	153	7	49.857
Debra Keelan	61	Cougars	85.10	66	78	144	0	47.213
Samantha Mitchell	90	Cougars	94.25	68	77	145	-1	46.541
Casey Kahi	90	Cougars	63.20	51	65	116	1	43.182
Trina Egelstaff	88	Cougars	61.45	50	60	110	-12	30.969
Barry Harden	59	Sunshine Coast	87.75	85	105	190	-20	25.564
Bob Henderson	43	Sunshine Coast	76.25	60	80	140	-14	23.135
John Hanlon	66	Cougars	89.50	72	100	172	-20	21.247
Cameron Trass	90	Cougars	61.15	62	---	---	-14	5.077

Division 4								
Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Emma Hegarty	91	Cougars	69.00	41	52	93	26	59.818
Angela Murray	91	Cougars	46.60	32	42	74	17	51.742
Stacy Ford	91	Cougars	99.10	46	63	109	16	51.738
Kyle Randle	89	Toowoomba	90.05	55	73	128	19	49.695
Ben Turner	90	Windaroo	61.15	51	67	118	13	49.308
Tierney Molenaar	91	Windaroo	60.75	38	54	92	13	48.938
Jayde Thomas	91	Toowoomba	55.15	28	43	71	19	48.461
Michael Neylon	91	Toowoomba	90.65	50	60	110	20	46.379
Miranda Neylon	89	Toowoomba	70.85	33	40	73	20	45.614
Chantel Nash	92	Toowoomba	52.25	26	33	59	17	43.222
Robert Hill	91	Toowoomba	42.45	32	40	72	19	42.607
Jonathan Knowles	90	Toowoomba	66.50	61	67	128	3	38.854
Michael Dunne	91	Cougars	76.90	47	65	112	7	36.708
Jason Kahl	77	Cougars	100.40	57	70	127	6	34.864
Saxon Newlove	52	Nudgee	71.55	29	43	72	7	32.263

Patrick Shannon	40	Nudgee	109.50	43	65	108	8	30.881
Jeremy Hall	85	Cougars	58.75	47	66	113	-5	29.769
David Hockins	91	Toowoomba	40.55	34	47	81	3	29.557
Julie Davis	52	Nudgee	55.90	23	30	53	3	24.992
Lawrie Townsend	51	Nudgee	76.20	64	88	152	-20	20.318
Ben Grzes	50	Cougars	139.80	62	90	152	-14	18.203
Craig Holt	75	Cougars	89.95	61	82	143	5	Guest
Nick Edgely	90	Vikings	49.60	42	60	102	11	Guest
Scott Coates	89	St Laurence's	82.10	55	80	135	19	Guest

Referees: Bob Henderson (Cat I); Debra Keelan (Cat I); Barry Harden (Cat II); Kylie Booth (Cat II); Jo Garner (National); Keith Forbes (National); Amanda Phillips (National); John Hanlon (National); Tanya Harden (National); Ray Louden (State); Ray Gardner (State); Damon Kelly (State); Erika Yamasaki (State); Barry Hockins (Club); Tom McCosker (Club).

Time Keepers: Erika Yamasaki; Keith Forbes; Damon Kelly; Amanda Phillips.

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

Records

Name	Cat	Lift	Weight	Age	Level
Diana Loy	58kg	Snatch	61	40 – 44 years	Aust, Qld
Diana Loy	58kg	Snatch	62	40 – 44 years	Aust, Qld
Julie Davis	58kg	Snatch	23	50 – 54 years	Aust, Qld
Julie Davis	58kg	Cl & Jk	30	50 – 54 years	Aust, Qld
Julie Davis	58kg	Total	53	50 – 54 years	Aust, Qld
Debra Keelan	+75kg	Snatch	62	45 – 49 years	Aust, Qld
Debra Keelan	+75kg	Snatch	66	45 – 49 years	Aust, Qld
Debra Keelan	+75kg	Cl & Jk	74	45 – 49 years	Qld
Debra Keelan	+75kg	Cl & Jk	78	45 – 49 years	Qld
Debra Keelan	+75kg	Total	140	45 – 49 years	Aust, Qld
Debra Keelan	+75kg	Total	144	45 – 49 years	Aust, Qld
Patrick Shannon	+105kg	Cl & Jk	63	65 – 69 years	Qld
Patrick Shannon	+105kg	Cl & Jk	65	65 – 69 years	Qld
Patrick Shannon	+105kg	Total	108	65 – 69 years	Qld

Masters League

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

Name	Born	Club	Bwt	Sn	C& J	Total	Bonus	Score
Men								
Bob Henderson	43	Sunshine Coast	76.25	60.0	80.0	140.0	6	64.822
Greg Hobl	60	Toowoomba	81.90	97.0	115.0	212.0	0	64.781
Mal Irwin	53		93.60	93.0	114.0	207.0	0	64.185
Peter Foster	67	Cougars	115.40	107.0	137.0	244.0	0	58.157
Barry Harden	59	Sunshine Coast	87.75	85.0	105.0	190.0	0	55.451
Lawrie Townsend	51	Nudgee	76.20	64.0	88.0	152.0	0	54.430
Ben Grzes	50	Cougars	139.80	62.0	90.0	152.0	6	50.569
John Hanlon	66	Cougars	89.50	72.0	100.0	172.0	0	46.857
Patrick Shannon	40	Nudgee	109.50	43.0	65.0	108.0	0	38.235
Women								
Angela Wydall	67	Cougars	57.90	58.0	71.0	129.0	6	66.218
Diana Loy	65	Qld Uni	58.00	62.0	72.0	134.0	0	63.775
Debra Keelan	61	Cougars	85.10	66.0	78.0	144.0	0	56.420
Saxon Newlove	52	Nudgee	71.55	29.0	43.0	72.0	0	33.322
Julie Davis	52	Nudgee	55.90	23.0	30.0	53.0	0	29.007
Coral Quinell	57	NT	52.95	55.0	65.0	120.0	0	Guest



Technically Speaking

By Ian Moir

In previous articles, we've looked at the operation of the clock from the Time Keeper's perspective, e.g. when to start, stop and reset the clock. This time, let's consider a scenario that involves the Referees making a decision on whether the lifter has commenced an attempt within the time limit.

To set the scene: a lifter approaches the barbell with only a short time remaining and the clock counting down. He grips the bar and begins to lift just as the clock ticks over to zero and the audible time signal sounds. Does this mean that the lifter has run out of time and therefore failed the attempt? Not necessarily.

The IWF Technical Rules (6.5.2.) state that the clock stops "...immediately the barbell is raised from the platform." In a situation like the one described above, it is possible that a fraction of a second will pass while the Time Keeper registers that the barbell is off the platform and operates the switch to stop the clock. The effect of this would be that the audible signal indicating 'zero time' would sound although the lifter has begun the attempt.

In this situation, the Referees have to be alert to the diminishing time period as the lifter approaches the barbell and focus their attention on the discs touching the platform. If a Referee judges that the barbell was raised from the platform before the audible signal was heard, then the attempt has begun within the allocated time period and if the lift is completed without any infringement of the rules, it must be a 'Good Lift'.

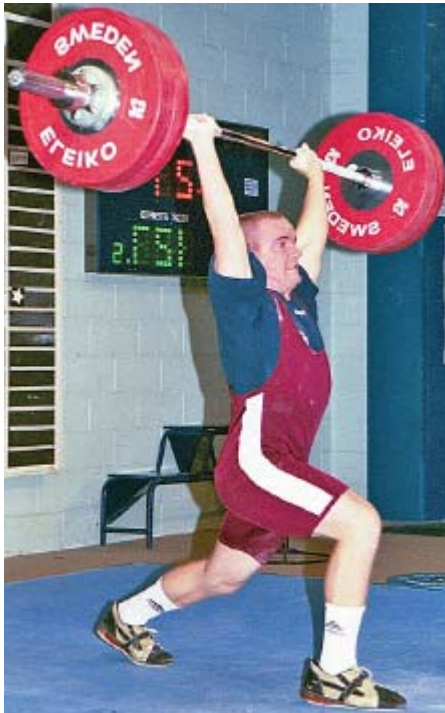
Sometimes there may be confusion between this point and the next point of rule 6.5.2. in the IWF Hand Book: the clock "...restarts if the barbell has not reached the height of the knees." This point does NOT mean that the barbell has to reach the height of the knees before the time runs out. It simply allows lifters to move the barbell on the platform, or even lift it slightly and replace it, before beginning an attempt.



Where there's a will there's a way...

By Amanda Phillips

I am sure that QWA members have taken pride in the elite performances of our commonwealth games athletes; however as editor I took some time out to look at where they all started. As best as I could I did a bit of research (thanks to Miles Wydall's statistical library/archive that can be found on the QWA website) into the humble beginnings of these athletes and dug up some old pictures of a much younger Commonwealth Games team. I hope that these results inspire all QWA's athletes to dream of what can be as when I look at these tentative beginnings, I find myself thinking "who would have thought..."



ABOVE: A little Ben Turner Clean and Jerks 127.5...with much less hair!!

Ben Turner

After inquiring about weightlifting in 1999, Ben's first competition was the QWA League, Masters League and School League (back then weightlifting was still sponsored by Telstra) on the 7th of October 2000. Little Ben weighed a mere 66.55kg and snatched 75 and Clean and Jerked 103, not bad for the then 16 year old. With Miles Wydall as his coach, Ben went from strength to strength and 14 months later made his first International event in the 2001 Junior Oceania and South Pacific Championships where he Snatched 107 and Jerked 142 for a 250 total in the 69kg Class and a Silver medal. Since then he has competed in 3 Junior Worlds and 2 Senior Worlds, numerous Oceania championships and various national titles with his M2006 Gold medal the highest point of his career to date.

Deborah Lovely

Deborah, an already accomplished thrower (discus, hammer, shot-put) with a bright future ahead of her, primarily began weightlifting to help her develop strength and power. Debra Keelan (Deb's first weightlifting coach - this is probably a little know fact), helped Deb through her early days of lifting and in 1999 decided to have a go at Olympic weightlifting competitively. Deb's first comp was a Cougars club competition on the 18th of June, and she snatched 52 kg and jerked 62 weighing 77kg flat. Deb continued

RIGHT: A much younger Deborah snatching 45 kg training



BELOW: Damon clean and Jerks 100 kg at the 1999 Telstra Qld U16, U18 & U20 Championships - 6/03/1999.



with lifting and gradually more time was dedicated to the sport. Her throws coach Brad Monk eventually took over her weightlifting coaching with his time and effort leading her to the Manchester Commonwealth games where she took home 2 silver medals. After the 2002 games Mike Keelan took over her coaching and helped her to the Athen's Olympics and now to a Gold medal performance in Melbourne.

Damon Kelly

Little Damon started lifting in 1998 at St Laurence's College (he is now giving some of his time coaching to the college, hoping to inspire some other St Laurie's boys to greatness) where his first coach was Michael Power. In his first competition, Damo registered a 67 kg snatch and 82 kg Clean and jerk at the "slender" bodyweight of 123.35. 3 years later Damo received his Australian lifting suit for the first time after being selected for the Junior Oceania

and South Pacific Weightlifting Championships in 2001. There he snatched 142 and jerked 185 kg weighing a whisker over 140kg. Now 7 years later and at 22 years of age, "Damo" can enjoy being the owner of a Commonwealth Record (clean and jerk 217) for at least the next 4 years.

Erika Yamasaki

Coming from a gymnastics background, her explosive qualities combined with her flexibility gave Erika a physical head start on most beginners and her potential was outstanding. Her First coach was Scott Robinson, however Angela Wydall took over after Scott retired from coaching, with Mike Keelan guiding her through 2005 to the Commonwealth Games. Erika began her lifting days as a mere 39.54 at a Cougars competition in October 2000. There she snatched 30 kg and clean and jerked 37. Under 2 years later Erika made her first international event in the 2003 Junior Oceania's where she weighted just over 50 kg, snatched 57 and clean and jerked 80.



ABOVE: Erika Snatches 37.5 kg...without lifting boots

BELOW: Joel cleans 47.5 kg with great focus and determination



Joel Wilson

Joel began weightlifting at the age of 13 after a family friend identified some physical potential in him at the age of 10 (by the way that family friend was Miles Wydall). His first competition was the QWA Junior and Senior Handicap on the 5th of September 1998 where he snatched 27.5 and jerked 32.5 in the 51kg category (out of interest he weighed in at 50.25). Joel's weightlifting training over the past 8 years can best be described as "on again and off again". Miles Wydall's enduring patience and encouragement has been a key stone in Joel's success. Joel's first serious international event was in 2001 at the "Junior Oceania's" where he snatched and jerked 100kg more than his first competition (132kg) in the 69kg class.

Amanda Phillips

Well, Amanda (the veteran of the group) began weightlifting before the QWA website logged results, however fortunately the editor is feeling honest ☺. Amanda began weightlifting in 1994 (13 years old) after the QWA did some Promotional work/Talent Identification in some of the local schools. After training for only 8 weeks she competed in the 70kg class (as was the category at the time) at the All Schools weightlifting Championships where she snatched 30 kg and clean and jerked 40 kg (she actually lifted 42.5 but pressed out) in competition and did 45 for a 4th attempt at a State record (if memory serves she did not press out in this one...but this maybe a biased recollection). Her first international was the Junior International (which was what they called the Junior Oceania's) in 1996. There she snatched approximately 70kg and jerked about 87 in the 70kg class at the age of 15. Amanda's major claim to fame is as the highest placed Australian female at the Olympic Games and holds the unofficial record for the Australian competing in the most number of Junior World Championships.

So that's where we all started, and the rest they say is history.



ABOVE: Amanda's first attempt (ever!) snatch of 25 kg. There were no Kevlar Discs or women's bars back then!



The people of Brisbane welcomed home all of QLD's Commonwealth Games athletes on Wednesday the 29th of March. Here are a few snapshots of QWA's athletes enjoying the celebrations.



Clock wise from top right: Joel & Erika cuddle up in the back seat of a car...? ; Deborah, Damon & Ben at Parliament House; Deborah approves of Damon's hat; Amanda flies the flag.



The Queensland Weightlifting Association is supported by the Queensland Government- Sport and Recreation Queensland.





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WE'RE ON THE WEB!!
www.qwa.org

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.