



# Weightlifting

December, 2004

*The Official Journal of  
Queensland Weightlifting Association Inc.*



## Inside this issue:

From the OWA Office	6
From the Editor	7
Banned Substances – Therapeutic Use	8
Technically Speaking	11
Mermet Results	13
Athletes Commission	15
The Goldcoast Weight- lifting Club	16
The QLD 2000	17
QWA Awards 2003	20
A Tribute to one of Life's True Champions—Leo Isaac	21
Bendigo 2004 Results	23
League Final Results	24



## MERRY CHRISTMAS!

The OWA  
wishes all its  
members, sup-  
porters, & their  
families a very  
Merry and  
Safe Christ-



## BATTLE of the BEST!!

After Josh Brady bowed out, Erika Yamasaki and Ben Turner went lift for lift in the final of QWA's showcase Queensland 2000, held November 13 at Cougars Weightlifting Club. Full details on page 17.

Photo's courtesy of  
**AwardPhotos.net**

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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**Administrative Officer:** Kylie Booth  
**State Coordinator-**  
**Women & Girls Program:** Amanda Phillips

### The QWA Management Committee

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

### QWA Mission Statement

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

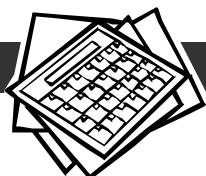
### Acknowledgement

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

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

#### Disclaimer

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



## 2005 DRAFT Events Calendar

January 21 – 22	Australian Olympic Youth Festival	Sydney, NSW
January 28 – 29	OWF Continental League (Old v Samoa)	Email competition
February 16	St Laurence's College Open Club Competition	St Laurence's College
February 19	<b>OWA League Round 1 &amp; Masters League Round 1</b>	<b>Chandler</b>
February 25 – 26	OWF Continental League (Old v NSW)	Email competition
March 5	<b>Old U 16 &amp; U 18 Championships &amp; OWA AGM</b>	<b>St Lawrence's College</b>
March 12	<b>Old Masters Championships</b>	<b>Nudgee</b>
March 25 – 26	OWF Continental League (Old v Nauru)	Email competition
April 2	Cougars Open Club Competition	Chandler
April 16 – 17	National Under 16 & Under 18 Championships	Hawthorn, VIC
April 29 – 30	OWF Continental League (Old v WA)	Email competition
April 30	Mount Isa Open Club Competition	Mt Isa
May 14	Sunshine Coast Open Club Competition	Sunshine Coast
May 14 – 21	Arafura Games & Oceania Junior Championships	Darwin, NT
May 15 – 22	World Junior Championships	Busan, KOREA
May 18	St Laurence's College Open Club Competition	St Laurence's College
May 21	Nudgee Open Club Competition	Nudgee
May 27	Toowoomba Open Club Competition	Toowoomba
May 28	Cougars Open Club Competition	Chandler
June (TBC)	Mermet Cup International	USA
June 11	<b>OWA League Round 2 &amp; Masters League Round 2</b>	<b>Nudgee</b>
June 24 – 25	OWF Continental League (Old v NT)	Email competition
July 9	<b>Old U20 &amp; Open Championships</b>	<b>Toowoomba</b>
July (TBC)	World University Championships	Lille, FRANCE
July 22 - 31	World Masters Games / Championships	Edmonton, CANADA
July 23	Mount Isa Open Club Competition	Mt Isa
July 23	Nudgee Open Club Competition	Nudgee
July 29 – 30	OWF Continental League (Old v Fiji)	Email competition

August 10	St Laurence's College Open Club Competition	St Laurence's College
August 13	Sunshine Coast Open Club Competition	Sunshine Coast
August 26	Toowoomba Open Club Competition	Toowoomba
August 26 – 27	OWF Continental League (Old v New Caledonia)	Email competition
August 30 – Sep 8	World Senior Championships	Doha, QATAR
September 10	<b>QWA League Round 3 &amp; Masters League Round 3</b>	<b>Toowoomba</b>
September 17	Mount Isa Open Club Competition	Mt Isa
September 30	Toowoomba Open Club Competition	Toowoomba
October 1 – 2	Commonwealth & Oceania Senior Championships	Melbourne, VIC
October 8	Cougars Open Club Competition	Chandler
October 8 – 9	Australian Masters Games / Championships	Adelaide, SA
October 15	Sunshine Coast Open Club Competition	Sunshine Coast
October 15	<b>Old All Schools Championships</b>	<b>Nudgee</b>
October 28 – 30	National U20 & Open Championships	Perth, WA
November 2	St Laurence's College Open Club Competition	St Laurence's College
November 12	<b>QWA League &amp; Masters League Final</b>	<b>Chandler</b>
November 12	Mount Isa Open Club Competition	Mt Isa
November 18	Nudgee Open Club Competition	Nudgee
November 18	Toowoomba Open Club Competition	Toowoomba
November 26	<b>Queensland 2000 Tournament</b>	<b>Brisbane (TBC)</b>
December 10	Sunshine Coast Open Club Competition	Sunshine Coast
December 16	Nudgee Open Club Competition	Nudgee
December 17	Cougars Open Club Competition	Chandler
December (TBC)	Commonwealth Games Nomination Trials	Melbourne, VIC

The closing date for entries for all

- QWA events is 15 days prior to the competition date.
- 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 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 24<sup>th</sup> June 2004 – 24<sup>th</sup> June 2005.
- the Queensland 2000 Tournament is 1<sup>st</sup> January 2005 – 30<sup>th</sup> September 2005

Queensland Teams for the 2005 National Under 16 & Under 18 Championships will be selected according to the QWA Selection Policy taking into consideration results from:

- QWA League Round 1 12<sup>th</sup> February 2005
- Qld U16 & U18 Championships 5<sup>th</sup> March 2005
- And all National and International events held between 1<sup>st</sup> January 2005 and 5<sup>th</sup> March 2005

Queensland Teams for the 2005 National Open & Under 20 Championships will be selected according to the QWA Selection Policy taking into consideration results from:

- QWA League Round 1 12<sup>th</sup> February 2005
- Qld U16 & U18 Championships 5<sup>th</sup> March 2005
- Qld Masters Championships 12<sup>th</sup> March 2005
- QWA League Round 2 & Masters League Round 2 11<sup>th</sup> June 2005
- Qld Open & U20 Championships 9<sup>th</sup> July 2005
- And all National and International events held between 1<sup>st</sup> January 2005 and 13<sup>th</sup> August 2005

## From the QWA Office-By Ian Moir, QWA General Manager

It's amazing how it always seems that the end of the year comes around quickly. Perhaps this is due to the sudden realisation that those low-priority items on our 'to do' lists remain undone and there's no time left to put them off until later. Or perhaps, as my children constantly tell me, I'm just getting old. Either way, the Christmas season will soon be upon us and I'd like to take this opportunity to wish all members and friends of the QWA a very merry Christmas and happy new year.

There have been some significant developments in the sport of weightlifting in recent months – regionally, nationally and locally. The AWF Governance Review reached its conclusion, producing a draft constitution to be considered as a replacement for the current AWF constitution. This new constitution was adopted at a Special Meeting of the AWF Executive Board on 19<sup>th</sup> December. Australia's eight State & Territory Weightlifting Associations are now the Members of the Australian Weightlifting Federation, with all of the entitlements – and responsibilities – that go along with that. Prior to the AWF meeting, the QWA Management Committee wrote to the AWF and signaled its support of the new constitution.

The Oceania Weightlifting Federation has initiated a Continental League competition to commence in 2005. Each Australian State and Territory and all of the National federations in Oceania will compete in seven rounds of fixtures within three groups. During the Commonwealth Youth Games in Bendigo, a draw was conducted to finalise the make up of the groups that will be termed League A1 and League A2. Queensland was drawn in League A1, so in each of the seven rounds of the League, Queensland will compete against a different team within this group. In overview, the format of the League is such that each state / nation will nominate up to 7 men and up to 3 women to form their team for each fixture. The results will be forwarded to the OWF at the conclusion of each round and the team's score will be calculated as the sum of the Sinclair points of all team members divided by 10. Points are then awarded according to the results of the fixtures on the scale of 4 points for a win, 2 points for a draw and 1 point for a loss.

In his role as AWF Coaching Development Coordinator, Mike Keelan has devoted an enormous amount of time and effort this year to developing new coaching courses for weightlifting. The first of these new courses to be run in



Queensland – the Club Weightlifting / Sports Power Coach Level 1 Licence – attracted 29 participants including weightlifters; school teachers; personal trainers; physiotherapists; exercise science lecturers; strength & conditioning coaches; and coaches of other sports (swimming, athletics, martial arts). The course was delivered by Mike Keelan, Lyn Jones, Amanda Phillips and Bruce Rawson and despite the diverse backgrounds of the

participants, initial feedback indicated that the

course 'hit the mark' for all of them. Fifty percent of the participants already had some involvement in weightlifting and hopefully these people will quickly begin to take on coaching roles within their clubs.

In other local news, the Queensland Minister for Sport, Hon. Terry Mackenroth, has approved funding for the QWA for the next three year period. In addition to extending the QWA's allocation of organisational funding to the end of 2007 and continuing the funding of the QWA's Women & Girls program to 2006, the Qld Government will provide \$17,000 over two years to support further weightlifting development in western Queensland.

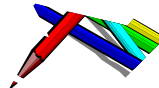
Looking ahead, Australia will play host to a number of international events next year. Weightlifting is included in the program of the Australian Youth Olympic Festival being held in Sydney in January; the Arafura Games in Darwin in March will incorporate the Oceania Junior Championships; and the Oceania Senior Championships will be held in Melbourne in October and serve as the Test Event for the Melbourne 2006 Commonwealth Games. These events, together with all of the usual club, state and national competitions, provide another full program of weightlifting for QWA members to enjoy in 2005.

Until next time...

Ian Moir

## *From the Editor*

By Amanda Phillips



HI EVERYONE,

So we've all come the end of another exciting year and there are a few moments that stand out in my memory. The fantastic organization of the U16 & U18 National Championships, Deb Lovely's eventual inclusion in the 2004 Olympic Team (and her gutsy performance at the Trials and in Athens) and of course the fantastic battle between Erika Yamasaki and Ben Turner in the Final Lift-off of the Queensland 2000- to name just a few.

On a professional note I would like to thank all those I have worked with this year- coaches, officials, athletes and volunteers, and the members of the QWA management committee who have helped me through my first year as an professional officer for the Association.

Best wishes to all for a safe and happy holiday season and I look forward to 2005

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## Banned Substances - Therapeutic Use

### Standard Therapeutic Use Exemption (TUE) process

If an athlete suffers a medical condition that a doctor can only treat with a prohibited substance, he or she must check whether the legitimate therapeutic use of the prohibited substance is permitted under the relevant National Sporting Federation's (NSF's) anti-doping policy.

Before using any prohibited substances athletes must contact their NSF to determine whether their sport's anti-doping rules allow the use of prohibited substances for legitimate therapeutic purposes.

If the relevant NSF's anti-doping policy has a provision for therapeutic use of prohibited substances the athlete must strictly adhere to the approval procedures.

More information on the therapeutic use of prohibited substances and access to application forms can be found on the Australian Sports Drug Medical Advisory Committee (ASDMAC) website

### Abbreviated Therapeutic Use Exemption (ATUE) process

The World Anti-Doping Code has set in place standard procedures for ATUEs. The many sports that have signed up to the Code now follow these TUE procedures.

Athletes who require the legitimate use of:

- an inhaled **asthma medication** (formoterol, salbutamol, salmeterol, terbutaline)
- a **non-systemic glucocorticosteroid** (anal, aural, dermatological, inhalation, intra-articular, nasal and ophthalmological administration; glucocorticosteroids are contained in some anti-inflammatory preparations)

should use an ATUE process. Previously this process was termed a medical notification. The World Anti-Doping Agency (WADA) has designed an Abbreviated TUE form for athletes to complete prior to using an inhaled asthma medication or non-systemic glucocorticosteroid.

Athletes should always check with their NSF's medical officer to ensure they are following the correct abbreviated TUE procedure.

**Abbreviated TUE forms that have been completed must be sent to the relevant NSF, not to ASDA or ASDMAC.**

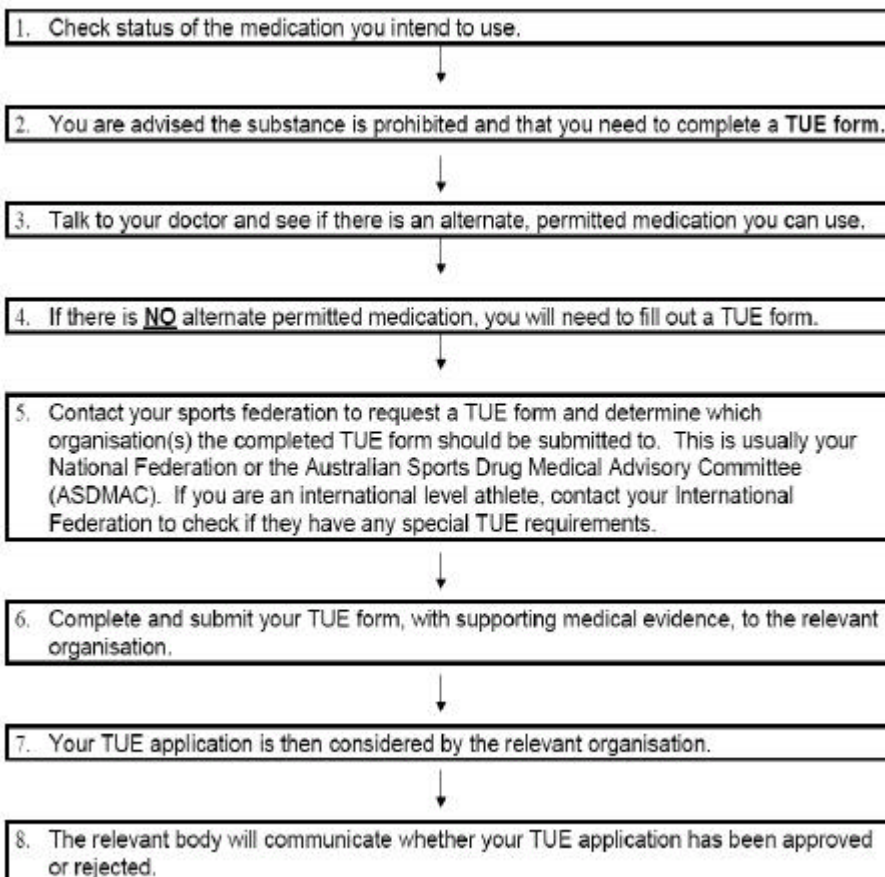




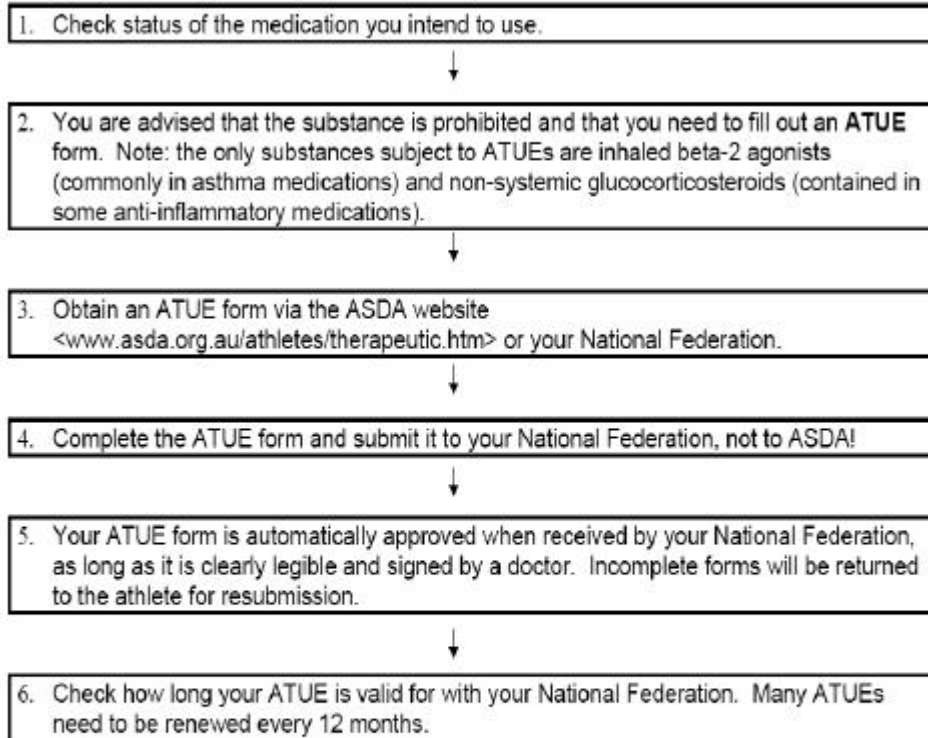
Are you confused about TUEs and ATUEs? Don't be! Just follow the simple steps listed below if advised that you need to apply for a TUE or ATUE. Remember to check the status of all medications and substances prior to use.

- ASDA Hotline (1800 020 506) weekdays 9am - 5pm Eastern Standard Time
- ASDA website <[www.asda.org.au](http://www.asda.org.au)>.

### Therapeutic Use Exemption (TUE) – 8 easy steps for athletes



### Abbreviated Therapeutic Use Exemption (ATUE) – 6 easy steps for athletes



**NOTE:**

- If you compete at International Federation level you need to obtain and submit an ATUE form designed by your International Federation. Call your sport to find out whether you are considered to be competing at International Federation level.
- An athlete using a beta-2 agonist or a non-systemic glucocorticosteroid without first obtaining an ATUE may be committing an Anti-Doping Rule Violation!

## Technically Speaking By Ian Moir

In 2005, the International Weightlifting Federation will formally consider a proposal to change the technical rules to allow the barbell to be loaded to a weight which is a multiple of 1; and also allow a minimum progression of 1kg between attempts. Currently, the IWF rules require the barbell to be loaded to a weight which is a multiple of 2.5; and 2.5kg is the minimum progression allowed between the weight of a lifter's successful attempt and their next attempt. To an 'interested bystander', this could seem like a small change, but to those who participate in weightlifting competitions the implications are considerable.

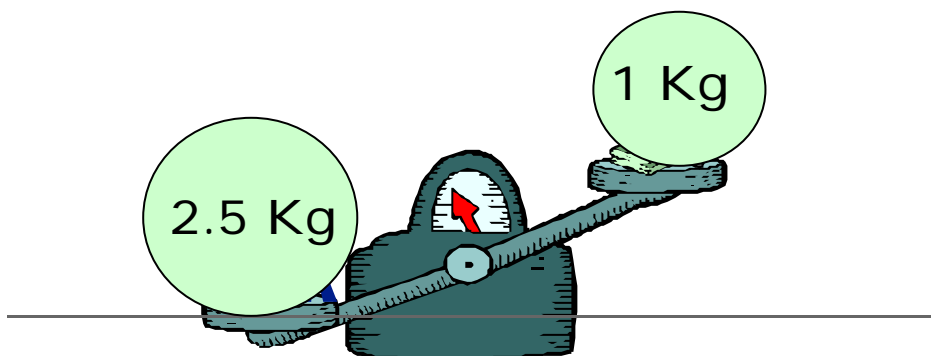
The 2004 Mermet Cup International, held in Melbourne in October, trialed the '1kg rule' and afterwards, I asked a cross section of participants, comprising a lifter; a coach; a referee; and a spectator; what they thought of the format. This was of course by no means an extensive survey, but it was interesting to hear the views of these people, and particularly interesting to see how each person's opinion related to the capacity in which they participated in the event.

### The Lifter:

- thought that it was a good idea to be allowed to try to lift 1kg more than an opponent to win;
- felt a little distracted by the 'odd' weights he attempted on the platform;
- was comfortable with 2.5kg increments but didn't mind either way.

### The Coach:

- thought that it was a good idea for lifters to be allowed to lift 1kg more than an opponent to win;
- felt that he was more engaged in the competition because he had to make more precise evaluations of the capabilities of his lifters and their opponents;
- liked having more options for selecting weights;



- used the two permitted changes per attempt more often than ever before;
- felt there was potential for uncertainty in weight selections, e.g. can the lifter succeed with 3kg or 4kg or 6kg more? ...as opposed to a more clear cut choice of either 2.5kg or 5kg.

#### The Referee:

- thought that it didn't make any difference to refereeing, except that it required more concentration to confirm that the barbell was correctly loaded;
- thought that there were a lot more 'changes of call' than usual;
- thought that the loaders coped well.

#### The Spectator

- thought that the competition ran noticeably slower than usual due to the barbell being loaded and reloaded a number of times before any lifters came to the platform;
- noticed that many lifters attempted weights that were multiples of 2.5 anyway;
- suggested that retaining the 2.5kg minimum increment for all attempts except the last clean & jerk, where 1kg increments could be allowed, would be a good compromise.

So it seems that at least a few people see both an upside and a downside to this proposition. But it is possible that, like the Press; the 90 second / 3 minute time allowance; the minimum 5kg increment between 1<sup>st</sup> and 2<sup>nd</sup> attempts; and the allowance of fourth attempts; the '2.5kg rule' could become a thing of the past and only mentioned in conversations that begin with those immortal words: "Remember when..."

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## CHECK OUT THE NEW "STRONGER WOMEN" WEBSITE

- News
- Squad Info
- Athlete Profiles
- Articles
- Mentoring Info

[www.qwa.org](http://www.qwa.org).

and click on women's weightlifting

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**Mermet Cup International**  
**30 October 2004, Melbourne, Australia**

**RESULTS – WOMEN (1.0KG)**

<b>48kg Women</b>	<b>NAT</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Place</b>
LATIF Nadeene	AUS	47.55	1978	61.0	81.5	142.0	1

<b>53kg Women</b>	<b>NAT</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Place</b>
WILHITE Jodi	USA	52.20	1980	75.0	85.0	160.0	1
YAMASAKI Erika	AUS	52.25	1987	68.0	88.0	156.0	2
TOUA Dika	PNG	51.45	1984	65.0	85.0	150.0	3

<b>58kg Women</b>	<b>NAT</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Place</b>
BERUBE Jackie	USA	57.70	1971	80.0	100.0	180.0	1
BARKER Natasha	AUS	57.55	1970	76.0	93.0	169.0	2

<b>63kg Women</b>	<b>NAT</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Place</b>
GORDON Carissa	USA	62.50	1883	83.0	106.0	189.0	1
WHITE Jacaue	AUS	61.90	1982	80.0	95.0	175.0	2

<b>75kg Women</b>	<b>NAT</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Place</b>
HELDT Doreen	USA	74.75	1976	100.0	110.0	210.0	1
VAN TIENAN Belinda	AUS	71.00	1986	78.0	102.0	180.0	2
STRANAN Sarah	AUS	71.70	1981	85.0	95.0	180.0	3

<b>+75kg Women</b>	<b>NAT</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Place</b>
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SOFFE Keisha-Dean NZL 131.50 1982 92.0 113.0 205.0 1  
**Referees: Jenny Sanchez (AUS), Debra Keelan (AUS), Cameron Menhenick (AUS)**

**Technical Controllers: Leo Ryan (AUS), Ian Moir (AUS)**

**Jury: Ralph Cashman (AUS), Boris Kayser (AUS), Bob Hemery (AUS)**

*Records:*

Nadeene Latif, 81.5kg Australian Open C & J Record (48kg)

Ben Turner, 128kg Australian U20 Snatch Record (77kg)

Ben Turner, 163kg Australian U20 C & J Record (77kg)

Alex Karapetyan, 175kg Australian Open Snatch Record (105kg)

**RESULTS – MEN (1.0KG)**

Division	NAT	BWT	YOB	Snatch	C & J	Total	Place
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**69kg Men**

SARKISIAN Yourik	AUS	65.70	1961	117.0	155.0	272.0	1
SPOONER Mark	NZL	68.70	1984	116.0	148.0	264.0	2

**77kg Men**

FRYE Lance	USA	76.40	1984	140.0	178.0	318.0	1
YUKIO Peter	NRU	74.30	1984	136.0	177.0	313.0	2
TURNER Ben	AUS	75.70	1984	128.0	163.0	291.0	3
PATTERSON Richard	NZL	75.60	1983	128.0	153.0	281.0	4
SYMON Caleb	NZL	77.00	1982	115.0	148.0	263.0	5

**85kg Men**

CHAKHOYAN Sergo	AUS	84.20	1969	165.0	192.0	357.0	1
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**Referees: Roger Sadeki (USA), Anthony Villanti (AUS), Barrie Glibert (AUS)****Technical Controllers: Leo Ryan (AUS), Chris Michaelopoulos (AUS)****Jury: Ralph Cashman (AUS), Boris Kayser (AUS), Bob Hemery (AUS)****94kg Men**

MURPHY Robert	USA	93.20	1978	155.0	195.0	350.0	1
HEFFERNAN Simon	AUS	93.40	1975	140.0	183.0	323.0	2
CAVIT Grant	NZL	93.85	1976	140.0	175.0	315.0	3

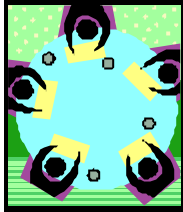
**105kg Men**

KELLEY Peter	USA	104.80	1974	158.0	208.0	366.0	1
KARAPETYN Alex	AUS	98.45	1970	175.0	190.0	365.0	2
PERA Sam	COK	104.45	1969	135.0	173.0	308.0	3
CHRISTOU Phillip	AUS	99.80	1970	135.0	160.0	295.0	4

**+105kg Men**

HOCKING Corran	AUS	137.60	1980	175.0	200.0	375.0	1
BURGENER Casev	USA	114.55	1982	160.0	193.0	353.0	2
DETENAMO Itte	NRU	137.15	1986	150.0	190.0	340.0	3
KELLY Damon	AUS	138.15	1983	150.0	185.0	335.0	4

**Referees: Chris Michaelopoulos (AUS), Barrie Glibert (AUS), Anthony Villanti (AUS)****Technical Controllers: Jenny Sanchez (AUS), Boris Kayser (VIC)****Jury: Max Ryan (AUS), Pedro Sanchez (AUS), Ralph Cashman (AUS)**



## ATHLETE'S COMMISSION

The AWF Athletes Commission (AC) was established in 2003 and during 2004 the AC has developed productively, with members providing constructive opinions on various topics of discussion and projects.

Officially our role is to advise the AWF and represent the athletes' views on all matters relating to the sport of weightlifting. Unofficially, we also feel our role is to assist the AWF in communicating important matters back to the athletes, as well as being role models, particularly to novice or junior athletes.

We have held three meetings during 2004, taking advantage of major events on the AWF calendar as follows.

- 26/6/04 after the Olympic Trials;
- 11/9/04 during the Australian Championships in Launceston; and
- 31/10/04 during the weekend of the Mermet Cup /AntiDoping seminar.

Between our meetings we liaise via email, a very effective (and cheap) method of communication, which easily works with everyone's busy schedules.

Initially the emphasis of our discussion was mainly on housekeeping issues, how the AC was to effectively operate and our general purpose. We have a Constitution based on the AOC by-laws, however we have made some minor changes to fit in with practicalities of our sport. Most importantly, though, emphasis remains on the fact that the members of the AC must be elected by our peers, ie by athletes.

Other Issues and Projects discussed by the AC during 2004 include:

- Athletes Code of Conduct - An initial draft prepared by the AC has been forwarded to the AWF
- Feedback Questionnaire – Proposal and draft forwarded to the AWF for consideration
- Coach selection policy – Discussed and agreed new policy is superior to the previous policy
- ASDA & Anti-Doping – Assisting AWF with emphasising policies to fellow athletes
- Cancellation of future National Age Group Team Challenges – Discussing feasible, practical alternatives.

We have made a great deal of progress this past year. Whilst there may have been some

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initial concern the AC might only be used as a forum for athletes to complain, I believe to the contrary the AC is a valuable function. Discussion has proven so far to be constructive, and I believe the involvement of athletes 'off the platform' gives the opportunity for athletes to take some 'ownership', accountability and responsibility in our sport, as we work towards a common goal of improving and developing our sport.

If anyone has any ideas or issues or a viewpoint which you would like to bring to the attention of the AWF AC, please don't hesitate to contact your QLD representatives: Amanda Phillips or Damon Kelly.

Natasha Barker  
Chairperson



Weightlifting has spread a little further now with a new club having just opened on the Gold Coast. It is based in the gym at the Southport Sharks Australian Football Club (on Musgrave Rd, Southport).

This means that those of you who are spending some holiday time on the Coast no longer have an excuse to not keep on training!

Although there are only 2 platforms with 2 pairs of squat stands at the moment, the club is looking to build for the future.

In all, the facility is equipped with 7 Olympic bars, over 230kg of rubberised weights, over 500kg of metal weights and 2 Olympic benches, amongst other equipment.

For more information call Grant Jenkins on 0409 625 263 or email him: [physiokinetics@mail.com](mailto:physiokinetics@mail.com)







## The Queensland 2000 Tournament



The 2004 Queensland 2000 was held at the Cougars Weightlifting Club on the evening of November 13 and this year, the weather was kind to us – no record high temperatures; no oppressive humidity; and no thunder storms bringing the blackouts to which south east Queensland has become accustomed to in recent times.

Spectator attendance was down compared to last year, but a good sized and very vocal crowd turned out to cheer on the fifteen lifters who competed for a share in the \$2000 prize money.

Three of the lifters in the Open Men's group produced solid performances. Ben Turner, Paul Wheeler and Troy Hawkins all set new Personal Bests and Ben and Paul broke records. John Walz reduced his bodyweight to fit into the 85kg category and although John also broke Queensland records, his lifts were below his previous (94kg category) bests and didn't translate into bonus points. Damon Kelly was still traveling the long road back from injury, but it was good to see him once again clean & jerk 200kg. As many had predicted, Ben Turner set the pace of the competition in this group and worked steadily through to victory.

The competition in the Open Women's group held few surprises. Erika Yamasaki took an early lead and remained in front of the field, despite Davina Hughes, Tammie Hampton and Liana Lambert either exceeding or equaling their previous best lifts. Amanda Phillips hadn't been training at full capacity for some time and didn't really expect to place highly this time around.

In the Junior group, Luke Gardner and Josh Brady were tipped to have the best chances of winning and when both of these lifters achieved new PBs in the snatch, it seemed that a close contest would ensue. But when Luke failed his first two attempts in clean & jerk, the pressure was off and Josh went through to win the group ahead of Luke, Bowen Stuart, Greg Botha and Tom McCosker.

This year's Lift-Off between the three group winners produced yet another exciting finish. Josh Brady dropped out in the fourth round, missing 122.5kg clean & jerk. Ben and Erika continued on – Erika succeeding with 67.5kg and then 69.0kg in snatch; and Ben achieving 162.5kg and 166.5kg in clean & jerk. The next round at 105% of Personal Best brought the competition to a close. Erika succeeded with a snatch of 70.5kg, setting Ben the mammoth task of jerking 170.5kg. Ben gave it everything that he had left, but it wasn't to be and Erika Yamasaki became the Queensland 2000 Champion.





Ben Turner (1), Paul Wheeler (3) and Troy Hewkins (2) all performed well in the Open Men's Group but as many had predicted, Ben Turner worked steadily through

The competition in the Open Women's group held few surprises. Erika Yamasaki (5) took an early lead and remained in front of the field. In the Junior group, Luke Gardner (6) and Josh Brady (4) were tipped to have the best chances of winning however, Josh went through to win the group



**Photos courtesy of  
AwardPhotos.net**

## RESULTS

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
<b>Group 1 – Open Men</b>								
Ben Turner	84	Cougars	75.05	127.5	165.0	292.5	11	88.483
Paul Wheeler	71	Nudgee	99.75	130.5	160.5	290.0	15	80.909
Troy Hewkins	86	Cougars	73.30	110.0	135.0	245.0	15	79.901
Damon Kelly	83	Cougars	137.75	152.5	200.0	352.5	-6	68.603
John Walz	87	Rockhampton	85.00	112.5	140.0	252.5	-6	57.924
<b>Group 2 – Open Women</b>								
Erika Yamasaki	87	Cougars	51.80	70.0	85.0	155.0	11	79.889
Davina Hughes	89	Toowoomba	55.60	55.0	72.5	127.5	11	64.125
Tammie Hampton	87	Cougars	52.00	55.0	80.0	145.0	3	61.586
Liana Lambert	88	Cougars	59.65	60.0	72.5	132.5	3	56.535
Amanda Phillips	81	Cougars	78.30	77.5	100.0	177.5	-11	47.197
<b>Group 3 – Juniors</b>								
Joshua Brady	88	Cougars	55.65	90.0	120.0	210.0	6	64.741
Luke Gardner	88	Cougars	92.70	102.5	130.0	232.5	6	61.689
Bowen Stuart	86	Toowoomba	75.45	95.0	115.0	210.0	1	56.629
Greg Botha	86	Cougars	57.55	82.5	107.5	190.0	-3	50.147
Tom McCosker	88	Sunshine Coast	51.30	75.0	95.0	170.0	-3	49.308

## BONUS ROUND (lift-off) \*

Name	Lift	90.0%	95.0%	97.5%	100.0%	102.5%	105.0%
Joshua Brady	Cl & Jk	110.0	116.0	119.0			
Erika Yamasaki	Snatch	60.5	64.0	65.5	67.5	69.0	70.5
Ben Turner	Cl & Jk	146.0	154.0	158.0	162.5	166.5	

\* Bonus Round results are not sanctioned for official rankings or records.

Referees: Bob Henderson (Cat I), Debra Keelan (Cat I), Barry Harden (Cat II), Kylie Booth (Cat II),  
Time Keeper: Kylie Booth, Barry Harden, Debra Keelan  
M.C: Mike Keelan

**PRIZE MONEY**

Group 1	Ben Turner	\$ 500
Group 2	Erika Yamasaki	\$ 500
Group 3	Joshua Brady	\$ 500
Bonus Round	Erika Yamasaki	\$ 500

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## QWA Awards for 2003

The Annual Awards for the year of 2003 were presented during 2004 – the 'Lifter' Awards were announced at the Queensland Open & Under 20 Championships in July and the winners of the other award categories gathered for a luncheon at Southbank's Plough Inn.

And the winners were:

Best U14 Male:	Adam McDonald
Best U14 Female:	Davina Hughes
Best U17 Male:	Joel Wilson
Best U17 Female:	Erika Yamasaki
Best U20 Male:	Ben Turner
Best U20 Female:	Deborah Lovely
Best Senior Male:	Anthony Martin
Best Senior Female:	Amanda Phillips
Best Masters Lifter:	Bob Henderson
Rookie of the Year:	John Walz
Most Improved Male:	Stephen Davies
Most Improved Female:	Trina Egelstaff
Club of the Year:	Toowoomba Weightlifting Association Inc.
Club Improvement Award:	Cougars Weightlifting Club
Coach of the Year:	Miles Wydall
Novice Coach of the Year:	Damon Kelly
Volunteer of the Year:	Kylie Booth
Officiator of the Year:	Debra Keelan
Contribution to Special Groups:	Barry Harden
QWA Office Bearer of the Year:	Gregory Hobl
Achiever of the Year:	Damon Kelly

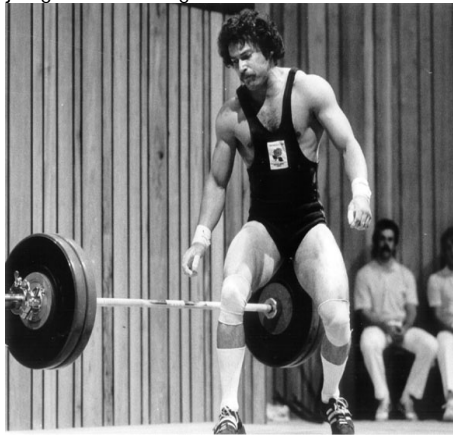
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## A Tribute to one of life's true Champions - Leo Isaac

Leo Isaac is a name many of us remember from the past due to his love and dedication to weightlifting and occasionally we still see him pop into the gym to lend a hand, offer advice or "catch up". Recently many of Leo's "weightlifting friends" gathered to celebrate another milestone in Leo's life, his 50<sup>th</sup> Birthday. Mike Keelan, perhaps one of his oldest friends says this about Leo...

“ I've known Leo for a long time, over a ¼ of a Century in fact, and I thought it fitting to share some of that history with you all. In the 50 years of his life, he's made a big impact, and has influenced many organizations (including the QWA) and individuals in positive ways, and there's a number of people who will read this, like me, that have benefited from knowing the MAN himself, his words and his actions.

Leo strives to perform better today than he did yesterday. Give him a job to do and he takes it on with a dogged determination until it's done, even though it may take him many hours and although this can be frustrating for his family the job gets done and gets done well.



Leo is always seen to be in control and disciplined but when it counts he can summon aggression because you can't lift weights or be successful in life without it. He hungers, strives and welcomes challenges. Nothing beats him. He gives 100% to all tasks, and more when called on to do so – I guess this stems from his desire to be the best at every task he takes on. Leo has always taken on responsibility for his own life, his actions, his successes and his failures – you don't hear Leo making excuses or blaming!

You don't get to be a Champion sports person or lift weights 2 ½ times bodyweight over your head without being mentally tough. You don't sweat it out in a stinking hot sauna for hours to lose vital kilo's to make weight without being mentally tough – Leo has done these things.

He confronts rather than dodges issues – if he were a betting man, which he is not, he'd bet on himself – if he believes in something strongly, and even though he might be in the minority, he fights for it – Leo has the courage of his conviction.

He also has a benevolent streak – he gives his time and energy unselfishly to support organiza-

*This Ripped and Chiseled athlete is Leo at the '82 Brisbane Commonwealth Games.*

tions and individuals, and expects no financial return – he listens, and tries to help out by providing empathy to the people whom he comes in contact with.

Leo has always pondered over problems, his creative streak allows him to come up with realistic solutions, and he has also developed a plethora (one of Leo's favored words) of resources being used here in Qld and throughout Australia.

Leo as a coach and educator realizes the need to be positive and encouraging and from what I have witnessed this spills out to his family, friends and work colleagues. Leo not only believes in himself and his ability, but more importantly recognizes and trusts in the potential of others.

Having been 'there' and done it, Leo has developed a sensitivity to other peoples needs – as a coach, administrator, educator, father and husband it's a very useful trait.

Leo is a deep, thoughtful thinker, in ways philosophical and certainly insightful – useful quali-

ties for any team member as it gives balance to the organization.

Leo can always conjure a vision, he has a lot of expertise in planning, he's a good communicator, and he's not scared of taking on roles. Leo rolls up his sleeves to be among the sweat and chalk-dust – he welcomes opportunities to take calculated risks – he endeavors to bring out the best in others, and, he always strives to achieve the best outcomes for all.

”

#### Creed of a Leader

To lead people, walk behind them.

As for the best leaders,

People do not notice their existence.

The next best, the people honour and praise.

The next people fear.

And the next, people hate.

When the best leader's work is done, people say:

"We did it ourselves!"

Lao Tse





**II COMMONWEALTH YOUTH GAMES**  
**WEIGHTLIFTING**  
 01 & 02 December 2004  
 Evolution Centre, La Trobe University – Bendigo

**RESULTS – WOMEN**

<b>48kg Category</b>	<b>Nation</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
HEARD Rebecca	ENG	45.20	1986	55.0	70.0	125.0	1
YUSOFF Raihan Binti	MAS	47.60	1988	55.0	65.0	120.0	2

<b>53kg Category</b>	<b>Nation</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
YAMASAKI Erika	AUS	51.40	1987	67.5	82.5	150.0	1
HIRAM Suzanne	NRU	51.05	1987	55.0	65.0	120.0	2
HALE Wendv	SOL	53.00	1987	42.5	65.0	107.5	3

<b>58kg Category</b>	<b>Nation</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
PRETORIUS Mona	RSA	57.20	1988	67.5	90.0	157.5	1
JOHARI Nurul Farhanah	MAS	56.90	1988	60.0	80.0	140.0	2
O'NEILL Jenna	SCO	57.90	1987	50.0	65.0	115.0	3

**Referees: Deborah Keelan (AUS), Debra Smith (AUS), Leo Ryan (AUS)**  
**Jury: Pedro Sanchez (AUS), Robert Hemery (AUS), Jenny Sanchez (AUS)**

<b>63kg Category</b>	<b>Nation</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
EASTMOND Amy	ENG	62.45	1986	67.5	82.5	150.0	1
WILLIE Jacinta	SOL	59.20	1987	62.5	82.5	145.0	2

<b>69kg Category</b>	<b>Nation</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
VAN TIENEN Belinda	AUS	69.00	1986	77.5	95.0	172.5	1

<b>+75kg Category</b>	<b>Nation</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
DEIRERAGEA Sheba	NRU	79.90	1986	82.5	105.0	187.5	1
BAKER Sharleah	NZL	133.65	1986	80.0	95.0	175.0	2
JIUTA Marion	FIJ	128.60	1986	62.5	75.0	137.5	3

**Referees: Jenny Sanchez (AUS), Deborah Keelan (AUS), Anthony Villanti (AUS)**  
**Jury: Boris Kayser (AUS), Phil Klieed (AUS), Cameron Menhenick (AUS)**

**RESULTS – MEN**

<b>56kg Category</b>	<b>Nation</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
ISMAIL Mohd Shafiq	MAS	54.70	1988	90.0	110.0	200.0	1
THUNGWANA Siy-abulela	RSA	55.40	1986	82.5	107.5	190.0	2
MICHAELAS Andreas	ENG	54.90	1988	82.5	100.0	182.5	3
<b>62kg Category</b>							
WILSON Dane	ENG	61.25	1987	90.0	115.0	205.0	1
SINCLAIR Cameron	NZL	61.00	1987	90.0	110.0	200.0	2
CROMI John	NI	61.05	1987	77.5	95.0	172.5	3
PESALELI Francis	SAM	61.45	1987	77.5	0.0	0.0	-

**Referees: Manasa Vakuruivalu (FIJ), Andy Baker (NZL), Barrie Gilbert (AUS)**  
**Jury: Pedro Sanchez (AUS), Robert Hemery (AUS), Jenny Sanchez (AUS)**

<b>69kg Category</b>	<b>Nation</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
SARKISIAN David	AUS	68.60	1986	117.5	142.5	260.0	1
TALIB Mohd Faerul	MAS	67.45	1986	115.0	137.5	252.5	2
CUPIDO Stephen	RSA	68.15	1986	105.0	125.0	230.0	3
KANE Graeme	SCO	68.30	1988	92.5	117.5	210.0	4
<b>77kg Category</b>							
WOODFORD Mark	AUS	77.00	1986	115.0	140.0	255.0	1
HAMMAN Richard	RSA	70.30	1987	105.0	130.0	235.0	2
FIAIA Fiafia	SAM	75.90	1986	105.0	130.0	235.0	3
RODGERS Andrew	NZ	76.60	1987	102.5	117.5	220.0	4

**Referees: Chris Michaelopoulos (AUS), Cameron Menhenick (AUS), Anthony Villanti (AUS)**  
**Jury: Boris Kayser (AUS), Phil Klieed (AUS), Bob Hemery (AUS)**



<b>85kg Category</b>	<b>Nation</b>	<b>B/WT</b>	<b>YOB</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
KIRKBRIDE Peter	SCO	79.90	1987	120.0	145.0	265.0	1
FALESUANI Muaututia	SAM	80.95	1986	100.0	122.5	222.5	2
<b>94kg Category</b>							
SAXTON Lee	AUS	87.35	1986	120.0	152.5	272.5	1
HARTLEY James	ENG	85.55	1986	112.5	135.0	247.5	2
PERA Sam	COK	93.35	1989	105.0	137.5	242.5	3
<b>105kg Category</b>							
JAYATHILAKE Ransilu	SRI	96.20	1986	105.0	160.0	265.0	1
<b>+105kg Category</b>							
DETENAMO Itte	NRU	140.60	1986	147.5	180.0	327.5	1
TOTOREWA Darren	NZL	122.65	1987	107.5	127.5	235.0	2

**Referees: Manasa Vakuruivalu (FIJ), Andy Baker (NZL), Barrie Gilbert (AUS)**  
**Jury: Pedro Sanchez (AUS), Boris Kayser (AUS), Robert Hemery (AUS)**

#### VICTORY HONOURS

<b>NATION</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>	<b>TOTAL</b>
Australia	5	0	0	5
England	3	1	1	5
Nauru	2	1	0	3
Malaysia	1	3	0	4
South Africa	1	2	1	4
Scotland	1	0	1	2
Sri Lanka	1	0	0	1
New Zealand	0	2	1	3
Solomon Islands	0	1	1	2
Samoa	0	1	1	2
Fiji	0	0	1	1
Cook Islands	0	0	1	1
Northern Island	0	0	1	1

**OWA League Grand Final**  
Cougars Weightlifting Club, Chandler Qld  
9th October 2004

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
<b>Division 1</b>								
Erika Yamasaki	87	Cougars	52.80	70.0	87.5	157.5	21	91.000
Damon Kelly	83	Cougars	139.65	142.5	190.0	332.5	5	65.370
Diana Loy	65	Qld Uni	57.25	60.0	80.0	140.0	6	64.333
Paul Wheeler	71	Nudgee	97.75	125.0	150.0	275.0	1	63.500
John Yamasaki	84	Cougars	63.70	95.0	110.0	205.0	-2	65.343
<b>Division 2</b>								
Josh Brady	88	Cougars	66.85	87.5	120.0	207.5	21	79.042
Troy Hawkins	86	Cougars	73.55	105.0	125.0	230.0	17	77.927
Luke Gardner	88	Cougars	93.25	102.5	135.0	237.5	21	77.886
Tammie Hampton	87	Cougars	62.75	65.0	80.0	145.0	11	69.586
Liana Lambert	88	Cougars	57.85	62.5	70.0	132.5	11	66.208
<b>Division 3</b>								
Stephen Davies	88	Cougars	76.45	92.5	115.0	207.5	17	71.967
Tom McCosker	88	Sunshine Coast	61.85	80.0	102.5	182.5	15	71.154
Davina Hughes	89	Toowoomba	56.25	60.0	67.5	117.5	0	48.958
Bob Henderson	43	S' Coast	76.50	72.5	87.5	160.0	2	44.384
Barry Harden	59	S' Coast	91.90	87.5	Withdrew	---	-10	10.958
<b>Division 4</b>								
Brent Stewart	86	Cougars	83.25	80.0	107.5	187.5	17	64.468
Casey Kahi	90	Cougars	60.90	45.0	57.5	102.5	21	62.414
Brent Kahi	90	Cougars	52.60	45.0	65.0	110.0	15	51.066
Cameron Trass	90	Cougars	70.50	47.5	65.0	112.5	21	60.801
Michael Dunne	91	Cougars	60.50	85.0	52.5	87.5	15	41.923

### Masters League

Name	Born	Club	Bwt	Sn	C& J	Total	MMS	Score
<b>Men</b>								
Greg Hobl	60	Toowoomba	80.90	97.5	115.0	212.5	300.869	3502.965
Harry Grzes	56	Cougars	122.05	70.0	90.0	160.0	201.333	1212.123
Mal Irwin	53		92.25	95.0	127.5	222.5	313.471	313.471
Bob Henderson	43	Sunshine Coast	76.50	72.5	87.5	160.0	303.560	303.560
Warwick Selvey	39	Gold Coast	99.25	60.0	70.0	130.0	231.795	231.795
Ben Grzes	50	Cougars	142.35	65.0	90.0	155.0	205.261	205.261
Barry Harder	59	Sunshine Coast	91.90	87.5	---	---	0.000	0.000
<b>Women</b>								
Diana Loy	65	57.25	Old Uni	60.0	80.0	140.0	192.545	245.067

Referees: Bob Henderson (Cat I), Shokr Fallah (Cat I), Barry Harden (Cat II),  
Kylie Booth (Cat II), Lawrie Townsend (National), Keith Forbes (National),  
Jo Garner (National), Vivien Nightingale (National), Tanya Harden (National),  
Ray Gardner (Club),

Time Keepers: Amanda Phillips, Jo Garner, Vivien Nightingale, Tanya Harden, Ray Gardner

M.C: Debra Keelan, Ian Moir, Greg Hobl

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



**Queensland Government**  
**Getting more people active**  
**through sport and recreation**



*Queensland Weightlifting Association  
Inc.*

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**WE'RE ON THE WEB!!**

**[HTTP://WWW.QWA.ORG](http://www.qwa.org)**

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*The Queensland Weightlifting Association (QWA) strives to promote weightlifting as a healthy and enjoyable sport for all.*

*Through its system of clubs around the state of Queensland, Australia, the QWA provides quality coaching for beginners to elite athletes, and offers an organised program of events for men and women aged from their 'teen years through to the Masters categories.*

*The QWA also offers training for coaches and officials and, as an affiliated member of the Australian Weightlifting Federation, opportunities to participate in national and international events.*