



Weightlifting Queensland

December, 2005

The Official Journal of

Queensland Weightlifting Association Inc.

WINNERS ARE GRINNERS!



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NATIONAL CHAMPIONSHIPS GLORY FOR QUEENSLAND.

Queensland Weightlifting's Lifters, Coaches, Officials, and Supporters are still revelling in the glow of their National Championships "Team Sweep". See Page 8 for a full "Nationals" report as experienced by head coach Greg Hobl

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



Queensland Government
Getting more people active
through sport and recreation

Queensland Weightlifting Association Inc.

Office: The Velodrome, The Sleeman Centre,

Chandler Qld 4155

Postal Address: PO Box 1056, Capalaba 4157

Telephone: (07) 3823 1377

Facsimile: (07) 3823 1371

Email: qwa@powerup.com.au

Web Site: <http://www.qwa.org>

Executive Director: Ian Moir

Administrative Officer: Kylie Booth

Clerical Trainee: Erika Yamasaki

State Coordinator-

Women & Girls Program: Amanda Phillips

State Coordinator-

Programs & Services: Deborah Lovely

The QWA Management Committee

Patron: Bert Hobl

President: Mike Keelan

Vice President: Greg Hobl

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Treasurer: Corran Amadio

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QWA Mission Statement

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

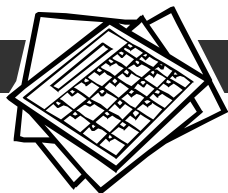
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Queensland Government –Sport and Recreation Queensland
Major Sports Facilities Authority

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

January 13 – 14	Women's Masters Workshop	Chandler
February 11	QWA League Round 1 & Masters League Round 1	Cougars
March 4	Qld U16 & U18 Championships & QWA AGM	Toowoomba
March 16 – 25	Commonwealth Games	Melbourne
March 24	Nudgee Open Club Competition	Nudgee
March 25	Sunshine Coast Open Club Competition	Sunshine Coast
April 9	QWA Masters Workshop	TBC
April 15	Cougars Open Club Comp	Cougars
April 21	Toowoomba Open Club Competition	Toowoomba
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
TBC	National Masters Championships	Sydney
July 8	Qld U20 & Open Championships	Cougars
July 11-16	Oceania Championships (senior & junior)	Apia, SAMOA
July 22	QWA Masters Workshop	TBC

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

This year only has a couple more weeks to run and while many of us look forward to taking a short break during the traditional Christmas-New Year holiday period, a number of QWA members could remain hard at work, preparing to represent Australia at the Melbourne 2006 Commonwealth Games. I say “could”, because first they will have to gain selection in the Australian Commonwealth Games Team. Six Queensland lifters: Ben Turner; Joel Wilson; Damon Kelly; Erika Yamasaki; Amanda Phillips; and Deborah Lovely will compete in the Selection Trials being held on 17th December in Melbourne and we wish them well.

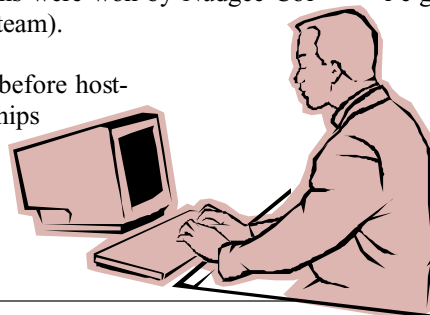
But before jumping ahead to the future, let’s look back over the past few months at what has been an incredibly busy and rewarding time for Queensland and Queenslanders in weightlifting. October / November 2005 must have set some kind of record for the number of significant weightlifting events held within the space of seven weeks.

Firstly, there was the Commonwealth and Oceania Championships in Melbourne, where Ben Turner became the Commonwealth and Oceania 69kg champion; Damon Kelly won Oceania Bronze; Erika Yamasaki took Bronze in the Commonwealth Championships and Silver in the Oceania Championships; and Deborah Lovely secured Bronze in the Oceania Championships. Miles Wydall and Angela Wydall coached the Australian Team at this event and Debra Keelan and I were appointed as Technical Officials.

At the same time, in Adelaide ten Queensland lifters competed in the Australian Masters Games and AWF Masters Championships. With the support of David De Rose as the Team Manager/Coach, Queensland’s Masters won the National Masters Team Shield again in 2005. Vicki Brady; Diana Loy; Lorraine Hibbert; Lawrie Townsend; Greg Hobl; Ray Loudon; Barry Harden; and Ben Grzes all won their age and bodyweight categories. Harry Grzes and Patrick Shannon took silver medals in their respective categories.

One week later almost 50 students competed in the Queensland All Schools Championships. This competition is usually the largest annual state event in terms of the number of competitors and although the field was a little smaller this year, quite a number of new lifters took part. The School Team competitions were won by Nudgee College (male team) and Moreton Bay College (female team).

And then we had a very short period of grace before hosting the National Open & Under 20 Championships in Brisbane on the last weekend of October. An account of the 2005 Nationals appears else-



where in this edition of Weightlifting Queensland, but it's worth prefacing that article by saying that this was Queensland's most successful National Weightlifting Championships ever.

A week after the Nationals, the World Championships started in Doha, Qatar. Deborah Lovely was Australia's only competitor at the World Championships this year and I was appointed as a referee. Deborah placed 13th in the 75kg category with her 210kg total.

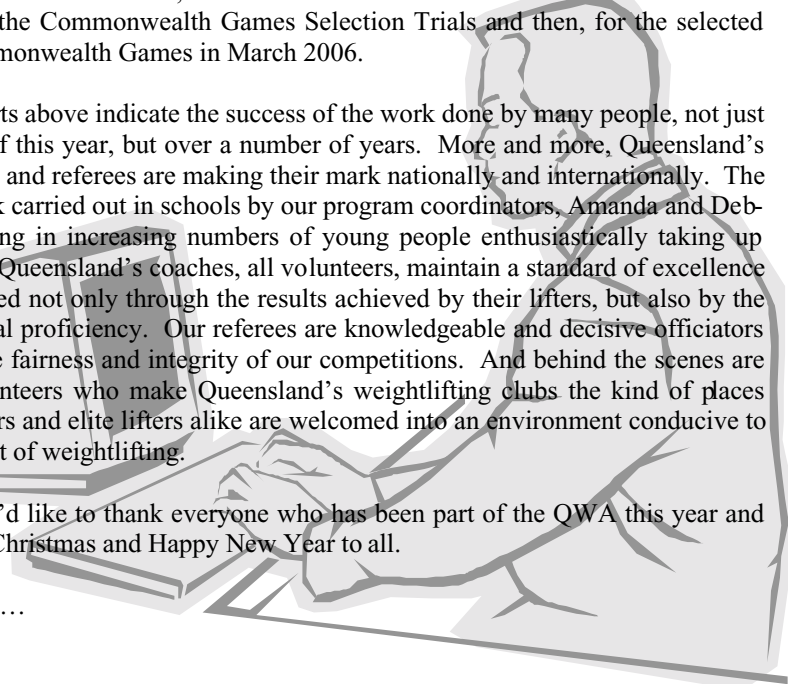
The next weekend held the QWA League Final and then two weeks after that it was the Queensland 2000, the last state event for the year on 26th November. The November schedule was interspersed with development work including two coaching courses conducted by Mike Keelan and QWA staff; an education and training tour in Mount Isa delivered by Lyn Jones, Amanda Phillips and Deborah Lovely; and the final 2005 GAQAP one-day coach training program for teachers. It was no wonder, then, that a few of the organisation's volunteer workers were feeling a little overwhelmed by weightlifting at the end of November. For most of those weary souls, there lies ahead some time to relax and recuperate before weightlifting gets underway again in the new year. But as mentioned earlier, for some lifters and coaches it's business as usual as they focus on the Commonwealth Games Selection Trials and then, for the selected ones, the Commonwealth Games in March 2006.

The brief reports above indicate the success of the work done by many people, not just in the course of this year, but over a number of years. More and more, Queensland's lifters, coaches and referees are making their mark nationally and internationally. The important work carried out in schools by our program coordinators, Amanda and Deborah, is resulting in increasing numbers of young people enthusiastically taking up weightlifting. Queensland's coaches, all volunteers, maintain a standard of excellence that is evidenced not only through the results achieved by their lifters, but also by the lifters' technical proficiency. Our referees are knowledgeable and decisive officiators who ensure the fairness and integrity of our competitions. And behind the scenes are the many volunteers who make Queensland's weightlifting clubs the kind of places where beginners and elite lifters alike are welcomed into an environment conducive to their enjoyment of weightlifting.

On that note, I'd like to thank everyone who has been part of the QWA this year and wish a Merry Christmas and Happy New Year to all.

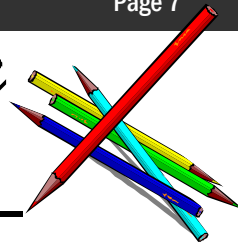
Until next time...

Ian Moir



From the Editor

By Amanda Phillips



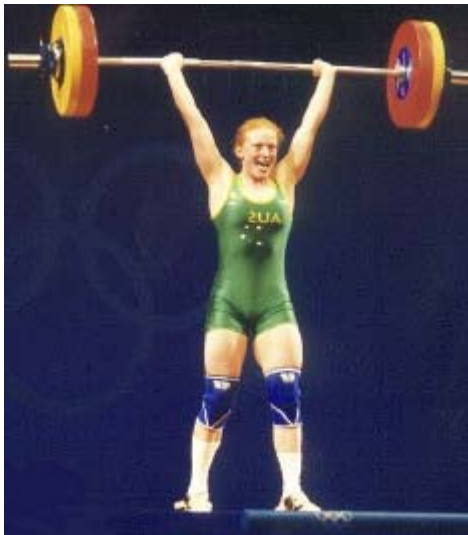
HI EVERYONE,

Phew!!! I think that adequately sums up the feelings of many of QWA's members as we all come to the end of a very busy quarter. A testament to the activity and success of this quarter is the size of this newsletter...it was amazing to put together. There have been many important competitions, including the Nationals and the "Oceania's" plus the excitement of the Queensland 2000 and the Commonwealth Games Selection Trials.

Other activities completed this quarter include 3 teachers courses, 1 Club License Course, 1 State License Course, a mentoring trip to Mt Isa (page 42) and the end of year women and girls camp (page 46).

I wish everyone a very Merry Christmas, with a relaxing break.

©Amanda



2005 Australian Open & U20 Weightlifting Championships

By Greg Hobl

YOU BLOODY BEAUTY!

I think those three words adequately sum up the feelings of most members of the QWA after these wonderful championships.

To win the coveted men's team trophy for the first time was a feat I was starting to wonder if I would ever see after 30 years in the sport. But then for Qld to become the first State ever to win all FOUR team trophies at once was a dream result which proved that all the hard work put in by so many members of the QWA over the years was worth it!

So how did we achieve these great results? Well I believe primarily, it came back to the high standards of organization, co-operation and commitment shown by the coaching staff and the lifters from a variety of clubs throughout the state. I think this is an area that the QWA has fostered effectively over the years and that we can all be proud of.

Anyway, onto the lifting!!

The first day of competition (Friday) saw Qld get off to a great start with Melinda Janke winning gold in the u20 48kg category and Erika Yamasaki and Davina Hughes finishing with gold and silver in the 53kg category. Erika was in fine form and won easily, however the battle for the next three places was intense, with only 1kg and body-weight separating the second, third and fourth places.

The men continued our great start with Tom McCosker and Ben Paris fighting it out for gold in the 62kg category. With a 4kg lead after the snatches, Ben looked to be in a great position to hold Tom off and when he produced 3 great clean & jerks to finish with 104 kg, the last attempt being a wonderful fighting effort, he looked to be in the box seat. This left Tom needing 109 kg to win. After a less than convincing warm up, he successfully negotiated 97 kg and immediately jumped the 12kg required. Tom certainly left his best for last and pulled out a gut busting lift to take the title. The boy can certainly perform under pressure. I shouldn't forget Justin Flack who also pulled out a great clean & jerk of 103 kg to take the silver medal at u20 after being 7kg behind second place after the snatches!

Day 2 began just like the first, more gold for Qld lifters! The men were first up and with four lifters in this session it was going to be

From LEFT to RIGHT: Team Coaches Miles Wydall, Mike Keelan, Greg Hobl, Angela Wydall, celebrate QLDs nationals team success, including the coveted mens team trophy.



a very busy one for the team coaches. Joel Wilson became National u20 and Open Champion at 69 kg with 6 great lifts, finishing with 120 kg and 145 kg. In the end it was an easy victory helped when his close rival David Sarkisian (Victoria) failed to negotiate any of his snatches.

Ben Turner always looked a good thing in the 77 kg category and that's the way it turned out. In the end his victory was made easier by another lifter failing to make a total, but Ben was always in control with lifts of 130 kg and 160 kg. Troy Hewkins, also lifting at 77 kg, kept the Qld flag flying by winning the silver medal at Open and having a comfortable victory at u20. Lifts of 122kg and 151 kg saw Troy finish more than 30 kg ahead of the silver medalist. Anthony Salsone contributed more points to the team total by finishing with the bronze medal at u20

I think it was at this stage that we started to believe the Open Men's team trophy could be within our grasp for the very first time. But the big question was, would we have enough big fellas to see us through. No lifters in the women's 58 category, so onto the men's 85 kg class where Nudgee's Christian Hopper made his National Championships debut. Lifting in the u20 age group, Christian made four good lifts to finish with a 216 kg total and a fifth place. He's a strong lad, so when he's finished growing and had more experience under his belt he will move a lot more weight!

The next session saw the women's 63 kg and 69 kg categories contested and what a busy session for Qld. Four coaches and six lifters, it looked like it was going to be hectic and it was. Tammie Hampton lead the way in the 63's, winning the gold at u20 and finishing second at Open. Tammie clean & jerked really well to finish only 1 kg behind Jacquie White of Victoria. Tanya Harden also produced some good lifting to finish in fourth place in the Open division. Unfortunately Liana Lambert failed to register a total after missing her three snatches at 58 kg. I'm sure Liana will learn from the experience and become an even stronger lifter.

More medals awaited us in the 69 kg division, but it was a real battle. Amanda Phillips had to fight all the way to defeat Victoria's Belinda Van Tienen by just 2 kg. Basically Amanda did just what she needed

to do to win. After securing 84 kg on her second snatch and having a bodyweight advantage, she passed on her final lift and then secured a hard fought second clean & jerk of 103 kg to win. Both girls passed on their third attempts in what was an enthralling competition.

Melissa Nightingale secured more points for Qld by securing the Open bronze medal with six clean lifts in her first big competition after injury – well done Melissa! Holly Collyer rounded out the Qld lifters in this division by winning the bronze at u20. Not Holly's best day with only 3 successful lifts, but she still has heaps of potential. We just have to harness all that power!

So the end of Day 2. We had crunched the numbers and were confident that the women were on track for the two team awards, but the men's events were going to come down to the wire. It was all up to the big blokes.

The first session of day 3 was the men's 105 kg category. James Hatzis, lifting at his first National u20 Champs, started us off with five good lifts and a bronze medal. After originally being a reserve for the team, James is to be congratulated on taking his chance when it came and after some slightly nervous snatches he produced three great clean & jerks to secure the medal and the much needed points. Our other 105 kg lifter was Luke Gardner, a big chance for the gold medal at u20. Qld also needed as many points as possible so this was a case of 'no mistakes please'. Luke promptly went out and missed his first attempt (and gave this coach elevated blood pressure) but redeemed himself in his final two attempts to be only 2kg behind. It was when Luke informed yours truly in the warm up for the jerks that he was feeling very ill, that alarm bells started ringing. Frantic changes to starting weights occurred and Luke went out to an easy 130 kg to secure the second place. Despite not feeling well Luke completed two more relatively easy lifts to finish with 150 kg and a very close second place. I'm sure lifters just love to tease coaches!!

The final women's session saw Deb Lovely and Samantha Mitchell step up to the platform for Qld. It was a real contrast of lifters, Deb with the experience of lifting at Olympic and Commonwealth Games

and Samantha being the baby of the team and in only her first year of lifting. Nevertheless they both did us proud. Lifting at 75 kg Deb had a real fight on her hands with Camilla Fogagnolo from Tasmania. After only succeeding with her first snatch, Deb led by a slender 2 kg at the half way mark. But we all expected her to kick away in the clean & jerks and that is what she did – eventually. There were a few gasps from the audience when she missed her first attempt at 110 kg, but she regained her composure and finished with an excellent 118 kg to win comfortably in the end. Samantha produced a very clinical effort for 6 out of 6 and a silver medal at u20. The lifts were all new PB's and to achieve this at such a big event shows the potential that Samantha has. I'm sure we will be hearing more from her in the future.

So now we came to the last session of the Championships. Frantic calculations had been taking place and we were confident that Damo only needed to total for Qld to win the men's team trophy for the first time. Of course his coach Miles Wydall was his usual confident self and was feeling no pressure at all about this historic situation! Although he was seen biting his finger nails and heard murmuring the words 'conservative, good first attempts' etc. And Damo had a slight knee injury!

No need to worry Miles, Damo got all three snatches and an easy opener at 180 kg in the clean & jerk was all he needed to grab a bronze medal and ensure Qld would celebrate an historic win.

I know there were a lot of us who had been waiting a long time for this to happen and when it finally did it was almost a sense of relief that Qld had finally achieved this big milestone. To be able to celebrate it alongside three other team victories was an even greater sense of achievement.

I would like to congratulate all the Qld lifters for their outstanding efforts on the platform. Everyone contributed to a weekend for the QWA. I would also like to thank my fellow team coaches, Miles Wydall, Angela Wydall and Mike Keelan. As always it was a pleasure working with them before and during the event as a well organized team to en-

sure the best possible results were attained for the lifters.

I would also like to thank Ian Moir for his considerable input in making things run smoothly over the course of the weekend. And a big thank you to all the other QWA people who contributed to a wonderful event.

Lastly, I'd just like to say that for me it was a great privilege to be involved in such an historic occasion for Qld Weightlifting.



LEFT: Troy Hawkins (left) with the U20 mens trophy and Ben Turner (right) with the prized Men's Open Team Trophy

Photos by

AwardPhotos.net

RIGHT: The QLD Women's Team (from back left to front right), Liana Lambert (U20), Deborah Lovely (Open), Samantha Mitchell (U20), Davina Hughes (Open and U20), Melissa Nightingale (Open), Tamara Hampton (Open & U20), Erika Yamasaki (Open & U20) and Amanda Phillips (Open). Not present, Tanya Harden (Open), Holly Collyer (U20),



**Australian Open & U20 Weightlifting
Championships
28 – 30 October 2005**

RESULTS - MEN

56kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
BE Vannara	1988	VIC	55.84	77	112	189		1

62kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
McCOSKER Tom	1988	QLD	61.44	82	109	191	1	1
PARIS Ben	1981	QLD	61.66	86	104	190	2	
IVANOVSKI George	1968	NSW	61.70	75	98	173	3	
FLACK Justin	1989	QLD	61.90	70	103	173		2
WATKINS Dale	1988	SA	60.00	77	95	172	4	3
KATZ Daniel	1990	VIC	61.70	75	90	165		4

Referees: Leo Ryan (VIC); Chris Micahelopolous (NSW); Barry Harden (QLD)

Jury: Sam Coffa (VIC); Ralph Cashman (NSW); Pedro Sanchez (VIC)

Time Keeper: Ray Gardner (QLD)

Technical Controller: Lawrence Townsend (QLD)

Announcer: Lyn Jones

69kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
WILSON Joel	1986	QLD	66.76	120	145	265	1	1
INGLIS Patrick	1989	SA	65.48	83	100	183	2	2
SARKISIAN David	1986	VIC	68.92	---	---	---		

77kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
TURNER Ben	1984	QLD	74.28	130	160	290	1	
HEWKINS Troy	1986	QLD	75.94	122	151	273	2	1
MATEOS Paul	1980	NSW	76.62	108	142	250	3	
CHAMOUN Malek	1989	NSW	76.46	105	131	236	4	2
SALSONE Anthony	1987	QLD	71.38	96	125	221		3
TAYLOR Scott	1989	TAS	75.52	95	122	217	5	4
BLYTHMAN Craig	1970	VIC	76.84	---	---	---		

Referees: Chris Michaelopolous (NSW); Tony Villanti (VIC); Keith Forbes (QLD)

Jury: Max Ryan (VIC); Robert Henderson (QLD); Karekin Simonian (NSW)

Time Keeper: James Turner (QLD)

Technical Controller: Leo Ryan (VIC)

Announcer: Lyn Jones

85kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
CHAKHOYAN Sergo	1969	VIC	84.66	150	175	325	1	
DAL SANTO Max	1985	SA	84.88	137	170	307	2	1
CIANCIO Andrew	1978	VIC	84.74	120	145	265	3	
KLINKERT Michael	1980	ACT	83.76	115	138	253	4	
WOODFORD Mark	1986	VIC	80.94	110	136	246		2
HAIKAL Edward	1986	VIC	84.10	105	137	242		3
OGILVIE Michael	1983	NSW	83.62	112	122	234	5	
HOPPER Christian	1985	QLD	83.74	95	121	216		4
BAYLY Paul	1974	NSW	78.34	90	120	210	6	
O'DOHERTY Chris	1985	NSW	82.18	80	98	178		5
QUARRELL Lee	1980	TAS	82.78	---		---		

Referees: Barry Harden (QLD); Chris Michaelopolous (NSW); Tony Villanti (VIC)

Jury: Max Ryan (VIC); Robert Henderson (QLD); Shokr Fallah (QLD)

Time Keeper: Ray Gardner (QLD)

Technical Controller: Ian Moir (QLD)

Announcer: Lyn Jones

94kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
HEFFERNAN Simon	1975	VIC	93.90	140	178	318	1	
MULDER Ben	1978	TAS	93.38	120	162	282	2	
CITTON Emmanuel	1982	NSW	92.20	113	138	251	3	
KNOWLES Nigel	1980	SA	89.60	113	137	250	4	
MERREY Chris	1988	VIC	89.76	108	141	249		1
CHAMBERS Brodie	1986	SA	85.58	105	135	240	5	2
STYLIANIDIS Steven	1988	NSW	85.60	97	120	217		3
SMITH James	1989	SA	88.68	88	120	208		4

Referees: Chris Michaelopolous (NSW); Tony Villanti (VIC); Ross Gagliardi (QLD)

Jury: Max Ryan (VIC); Robert Henderson (QLD); Shokr Fallah (QLD)

Time Keeper: Ray Gardner (QLD)

Technical Controller: Lawrence Townsend (QLD)

Announcer: Michael Keelan

105kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
KARAPETYAN Alex	1970	VIC	98.44	160	181	341	1	
SARAVA Valerie	1978	NSW	104.92	150	181	331	2	
GRIGORIAN Aghvan	1969	VIC	104.22	150	170	320	3	
GALSWORTHY Rob	1989	WA	94.14	117	150	267	4	1
GARDNER Luke	1988	QLD	98.28	115	150	265	5	2
HARDIMAN Peter	1982	NSW	97.30	98	135	233	6	
HATZIS James	1988	QLD	103.90	95	132	227		3
MANN Mitchil	1987	NSW	94.16	100	126	226		4
STEFFANS Jordan	1989	SA	98.88	93	120	213	7	5

Referees: Leo Ryan (VIC); Mark Woods (NT); Barry Harden (QLD)
Jury: Sam Coffa (VIC); Ralph Cashman (NSW); Pedro Sanchez (VIC)
Time Keeper: Ian Moir (QLD)
Technical Controller: Chris Michaelopolous (NSW)
Announcer: Lyn Jones

+105kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
RAE Chris	1980	SA	141.16	165	220	385	1	
HOCKING Corran	1980	VIC	147.78	170	212	382	2	
KELLY Damon	1983	QLD	141.42	160	180	340	3	
FALCONE Matthew	1987	VIC	161.75	130	170	300		1
FALCONE Daniel	1985	VIC	154.10	120	154	274		2

Referees: Shokr Fallah (QLD); Tony Villanti (VIC); Chris Michaelopolous (NSW)
Jury: Sam Coffa (VIC); Ralph Cashman (NSW); Pedro Sanchez (VIC)
Time Keeper: Ray Gardner (QLD)
Technical Controller: Leo Ryan (VIC)
Announcer: Michael Keelan

TEAM POINTS - MEN

Open

Queensland	51
Victoria	46
New South Wales	40
South Australia	39
Tasmania	11
Western Australia	5
Australian Capital Territory	5

Under 20

Queensland	58
Victoria	52
South Australia	37
New South Wales	22
Tasmania	5
Western Australia	9

BEST LIFTERS – MEN**Open**

Chris Rae

State

SA

Sinclair

389.336

Under 20

Max Dal Santo

State

SA

Sinclair

364.424

RESULTS - WOMEN

48kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
JANKE Melinda	1987	QLD	47.94	40	61	101		1
MACKEN Mary	1961	NSW	47.58	43	55	98	1	

53kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
YAMASAKI Erika	1987	QLD	51.20	75	93	168	1	1
HUGHES Davina	1989	QLD	52.74	62	82	144	2	2
LATIF Nadeene	1978	NSW	50.98	63	80	143	3	
RUSH Rebecca	1982	TAS	52.96	61	82	143	4	
EDGE Jessica	1986	SA	52.54	54	63	117	5	3

Referees:Debra Keelan (QLD); Josephine Garner (QLD); Tony Villanti (VIC)

Jury:Max Ryan (VIC); Karekin Simonian (NSW); Shokr Fallah (QLD)

Time Keeper: Keith Forbes (QLD)

Techincal Controller: Ian Moir (QLD)

Announcer: Lyn Jones

58kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
BARKER Natasha	1970	NSW	57.92	77	92	169	1	
TSOUKALIS Maria	1987	NT	57.30	76	88	164	2	1
O'MEARA Kelly	1982	VIC	57.88	60	80	140	3	
TYSON Rachel	1985	SA	54.94	60	76	136	4	2
LOVELOCK Alecia	1990	WA	54.14	50	66	116	5	3
KENNEDY Priscilla	1985	VIC	57.34	45	50	95		4

Referees:Karekin Simonian (NSW); Josephine Garner (QLD); Debra Keelan (QLD)

Jury:Sam Coffa (VIC); Ralph Cashman (NSW); Pedro Sanchez (VIC)

Time Keeper: Keith Forbes (QLD)

Techincal Controller: Lawrence Townsend (QLD)

Announcer: Michael Keelan

63kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
WHITE Jacquie	1982	VIC	60.82	80	91	171	1	
HAMPTON Tammie	1987	QLD	62.26	75	90	165	2	1
BROOKE Rebecca	1987	NT	62.80	72	83	155	3	2
HARDEN Tanya	1978	QLD	61.92	64	80	144	4	
COCKS Victoria	1985	SA	61.38	60	77	137	5	3
WHITE Juanita	1987	NSW	60.20	60	75	135	6	4
LAMBERT Liana	1988	QLD	60.78	---		---		

69kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
PHILLIPS Amanda	1981	QLD	68.70	84	103	187	1	
VAN TIENEN Belinda	1986	VIC	68.90	82	103	185	2	1
NIGHTINGALE Mel-lisa	1981	QLD	68.20	74	87	161	3	
PALAMARA Elena	1986	NSW	67.36	67	85	152	4	2
COLLYER Holly	1988	QLD	67.60	62	86	148		3
ALEXANDER Kellie	1973	VIC	64.38	50	65	115	5	

Referees: Leo Ryan (VIC); Debra Keelan (QLD); Josephine Garner (QLD)

Jury: Sam Coffa (VIC); Ralph Cashman (NSW); Pedro Sanchez (VIC)

Time Keeper: Lawrence Townsend (QLD)

Technical Controller: Barry Harden (QLD)

Announcer: Robert Kabbas

75kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
LOVELY Deborah	1983	QLD	74.80	90	118	208	1	
FOGAGNOLO Camilla	1986	TAS	74.64	88	112	200	2	1
WILLIAMS Saree	1976	VIC	74.96	77	92	169	3	

+75kg Category	YOB	State	B/WT	Snatch	C&J	Total	Open	U20
MYERS Jenna	1986	TAS	96.04	90	118	208	1	1
WALLER Danielle	1965	WA	100.34	76	96	172	2	
MITCHELL Samantha	1990	QLD	91.04	69	81	150		2

Referees: Debra Keelan (QLD); Josephine Garner (QLD); Tony Villanti (VIC)

Jury: Max Ryan (VIC); Robert Henderson (QLD); Karekin Simonian (NSW)

Time Keeper: Ray Gardner (QLD)

Technical Controller: Barry Harden (QLD)

Announcer: Robert Kabbas

TEAM POINTS - WOMEN**Open**

Queensland	52
New South Wales	32
Victoria	32
Tasmania	21
Northern Territory	13
South Australia	13
Western Australia	11

Under 20

Queensland	47
South Australia	19
Tasmania	18
Northern Territory	16
Victoria	14
New South Wales	12
Western Australia	6

BEST LIFTERS – WOMEN**Open****Erika Yamasaki****State****QLD****Sinclair****230.708****Under 20****Erika Yamasaki****State****QLD****Sinclair****230.708**

RIGHT: Erika Yamasaki, Best Female Lifter

Photo by AwardPhotos.net

Anti Doping

By Ian Moir

In the past few weeks, the issue of drugs in sport has again thrust weightlifting into the media spotlight. Despite Queensland's weightlifters continuing to be excellent role models for clean athletes everywhere, incidents occurring in other places unfortunately tarnish the image of our sport globally. Queensland weightlifting's record of no positive results from drug testing remains intact and we must all remain vigilant in our stand against drug use. I urge all coaches and athletes to ensure that they are conversant with the AWF Anti Doping Policy, which is also the Anti Doping policy of the QWA.

For those athletes who are included in the national Registered Testing Pool for out of competition testing, it is important to ensure that information on training times and venues, place of residence, etc, is kept up to date by promptly notifying me of any changes.

Athletes must also be extremely careful when considering taking medications and nutritional supplements. Supplements and other preparations may contain substances that are banned in sport and not knowing the ingredients of a supplement is not accepted as an excuse for a positive test result. Athletes should only ingest foods, drinks, herbal remedies, nutritional supplements, etc, if they are certain that these things do not contain any substance that is banned in sport. If in any doubt at all, call the ASDA information hotline to check the status of such things before taking them.

For more information:

ASDA Hotline: 1800 020 506

ASDA web site: www.asda.org.au

World Anti Doping Agency web site: www.wada-ama.org

AWF Anti Doping Policy: www.awf.com.au

COMMONWEALTH, OCEANIA & SOUTH PACIFIC CHAMPIONSHIPS

Held: 06-09 October 2005 At: Melbourne, Australia

MEN

56kg class

Name	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Com.	Place Ocean.	S.P.
Ganesan Veera- badran	1979	IND	55.50	107	138	245	1		
Starron Dowabobo	1984	NRU	55.70	100	125	225	2	1	1

62kg class

Manuel Minginfel	1978	FSM	61.55	120	155	275		1	1
Kamran Panjavi	1975	ENG	61.90	121	140	261	1		
Anbu K. Kathira- van	1982	IND	61.95	115	140	255	2		
Velayuthan Biju	1980	IND	61.90	110	142	252	3		
Ika Aliklik	1985	NRU	60.75	90	120	210	4	2	2

69kg class

Ben Turner	1984	AUS	68.45	126	168	294	1	1	
C.P.R. Sudhir Kumar	1979	IND	68.55	125	155	280	2		
Mark Spooner	1984	NZL	68.85	122	155	277	3	2	
David Sarkisian	1986	AUS	68.80	118	145	263		3	
Renos Doweiya	1983	NRU	68.45	112	142	254			1

77kg class

Yukio Peter	1984	NRU	76.75	142	185	327	1	1	1
Sateesha Rai	1971	IND	76.90	140	172	312	2		
Richard Patterson	1983	NZL	76.45	127	160	287	3	2	
Arfon Roberts	1978	WAL	76.25	122	156	278	4		
Caleb Symon	1982	NZL	75.10	112	145	257	5	3	
Faavae Faauliuli	1983	SAM	75.05	110	145	255	6	4	2
Naoupu Livi	1976	ASA	71.95	95	120	215		5	3
Samiu Tupou	1985	TGA	76.90	90	120	210	7	6	4

85kg class

Sergo Chakhoyan	1969	AUS	81.50	160	190	350	1	1	
Gopal Krishna Sandeep	1976	IND	84.45	143	168	311	2		
Max DalSanto	1985	AUS	84.55	135	167	302	3		
Uati Maposua	1976	SAM	83.30	130	168	298	4	2	1
Fiafia Fiafia	1986	SAM	80.30	113	145	258	5	3	2
Sherman Chia Wei Shoong	1986	SIN	82.20	112	141	253	6		

94kg class

Grant Cavit	1976	NZL	93.45	150	185	335	1	1	
Aleksan Kara-									
petyan	1970	AUS	93.95	150	180	330	2	2	
Simon Heffernan	1975	AUS	93.60	145	181	326	3	3	
Thomas Yule	1976	SCO	93.70	143	178	321	4		
Michael Howarth	1984	ENG	91.15	135	165	300	5		
Sam Pera Jr.	1989	COK	93.90	120	155	275	6		1
Finau Saffi	1978	TGA	90.35	115	125	240	7	4	2
Peter May	1966	ENG	91.75	150	181	---	-		

105kg class

Valerie Sarava	1978	AUS	104.80	152	185	337		1	
Luaki Amete	1965	NCL	103.95	141	174	315		2	1
Gurbinder Cheema	1978	ENG	103.50	145	168	313	1		
Tavita Tuuamaalii	1983	SAM	105.00	136	174	310	2	3	2
Eleei Ilalio	1979	ASA	104.55	132	167	299		4	3
Sam Pera	1969	COK	103.30	136	160	296	3	5	4

+105kg class

Chris Rae	1980	AUS	138.50	170	215	385	1		
Corran Hocking	1980	AUS	146.25	182	203	385		1	
Itte Detenamo	1986	NRU	146.90	166	210	376	2	2	1
Damon Kelly	1983	AUS	141.95	167	203	370		3	
Maamaloa Lobe-									
hea	1968	SAM	130.65	140	185	325	3	4	2
Terry Perdue	1971	WAL	142.80	Withdrew	---	---	-		

WOMEN**48kg class**

Name	Born	Nation	Body.Wt	Snatch	Cl & Jk	Total	Place		
							Com.	Ocean.	S.P.
Nadeene Latif	1978	AUS	47.50	64	82	146		1	
Suzanne Hiram	1987	NRU	47.95	61	73	134	1	2	1
Kathleen Hare	1988	PNG	47.25	52	66	118	2	3	2

53kg class

Dika Toua	1984	PNG	52.40	81	110	191	1	1	1
Soniya Chanu	1980	IND	51.80	75	97	172	2		
Erika Yamasaki	1987	AUS	50.90	70	90	160	3	2	
Joanne Calvino	1980	ENG	53.00	63	88	151	4		
Kate Howard	1979	WAL	51.50	58	75	133	5		

58kg class

Prasmita Mangraj	1977	IND	56.60	88	110	198	1		
Natasha Barker	1970	AUS	57.45	78	95	173	2	1	
Rita Kari	1989	PNG	56.45	74	95	169	3	2	1
Maria Tsoukalis	1987	AUS	57.10	76	90	166		3	
Joanne Savastio	1984	ENG	57.60	67	85	152	4		
Marie-Jeanne Lagikula	1991	NCL	55.40	41	48	99		4	2

63kg class

Pramila Vali	1988	IND	61.40	81	113	194	1		
Chanu Inu Rani	1985	IND	61.40	83	108	191	2		
Jacquie White	1982	AUS	61.70	84	95	179	3	1	

69kg class

Nansita Devi	1974	IND	66.30	85	110	195	1		
Belinda Van Tienan	1986	AUS	68.55	81	100	181	2	1	
Denise Ramsey-Overall	1965	ENG	66.90	76	93	169	3		
Kerri-Anne Wotenick	1983	ENG	68.25	76	93	169	4		
Natasha Perdue	1975	WAL	67.75	73	90	163	5		

75kg class

Pujari Sailaja	1982	IND	72.60	103	136	239	1		
Sheba Deireragea	1986	NRU	74.55	100	121	221	2	1	1
Camila Fogagnolo	1986	AUS	74.60	83	110	193	3		
Sarah Stranan	1981	AUS	73.45	84	98	182	4		

+75kg class

Geta Rani	1981	IND	99.10	100	132	232	1		
Sioe Haioti	1985	NIU	100.80	91	128	219	2	1	1
Sheeva Peo-Cook	1976	NRU	101.75	98	121	219	3	2	2
Deborah Lovely	1983	AUS	77.45	97	117	214	4	3	
Keisha-Dean Soffe	1982	NZL	130.70	91	119	210	5	4	
Ivy Shaw	1976	FIJ	87.55	92	111	203	6	5	3
Jenna Myers	1986	AUS	95.40	87	115	202	7		
Kefilini Tualau	1984	TGA	135.00	85	110	195	8	6	4

IS THE MOTHER

BY Malcom Irwin

I have trained in many makeshift environments, the second-worst of which I can attest are motel driveways. They are never level, are often not horizontal and are exposed to the glare of the curious public. The only option worse was to look for a spot in the dark out the back. At Rolleston in Central Queensland it was often below 10 °C by 8pm, and I would be standing on an old metal Mobil sign laid on the dust in the old corrugated iron shed to do the full repertoire of Olympic training (squat stands, two 200 litre drums). I had given up on the concrete driveway because the whole clientele of the Rolleston pub would be walking by. So the weights were covered in dust, clothes would be dusty and it was almost impossible to stay warm if a curious onlooker wanted to ask questions.

At Proserpine I started off in the unlit back yard of the Grand Central, with permission of the owner. It was with great relief that I soon discovered a reasonably well equipped gym being run by the Shire Clerk's wife. In her middle fifties, Erika ran aerobics classes, trained race horses, coached and ferried kids from outlying farms to their five am swimming lessons. So during that period I trained pretty well in a welcoming and enthusiastic environment.

The best place that I trained was with Bill Odger in Mackay, firstly at the North Mackay Police Club. Bill is a keen student of the Iron Game, and had an extensive library and a collection of basic weights, racks and Olympic bars under his own house. Later all the equipment moved to a large shed out the back. Then there are all the commercial gyms, from Cairns through to Gympie, Blackwater to Tenterfield. Even Mount Isa, where I formerly struggled to maintain some form using isometric during my months of solitary confinement in the Argylla Ranges, came to have a reasonable gym in the old Concordia Club. And of course, Maurie Carmichael and Bob Henderson always conspired to have training facilities at their various Sunshine Coast residences that we were obliged to attend on weekends as an adjunct to training in the University gym. I always regret missing the one chance I had to train at Ray Loudon's Muscle Beach, Mudjimba.

My very first training platform was a concrete slab 700mm square in the old carport at Chermside, with two planks set in the earth for the weights. That was my father's first contribution to my career. So now I am fully domesticated, and have no time or space to develop an indoors gymnasium on level ground, I have become adaptable to circumstance, and went back to my origins (Photo 1). The four separate slabs can settle unevenly, and the specific procedure of adjustment to provide a level surface, a horizontal bar and a height off the ground which corresponds to the radius of the disc requires involving a spirit level, crowbar and handfuls of sand. At least the grass grows thickest over the slab, providing turf sprigs for the parched lawn elsewhere in the yard to regenerate.



Borrowing from the “space-frame” concept, the rack is specifically designed to stand on sloping ground and has supported 190kg (photo 2). If the opportunity to squat on the horizontal carport floor presents, a dumbbell placed in the front fork is a suitable counterweight. It cost nought to build, being all scrap. The hardest part of maintenance is that it is stored behind the magnolia bush in the weather (Photo 2, on the right) and needs to be regularly checked for rot. If this is not done diligently, the rack can withstand up to 160 kgs before collapsing. Fortunately it has never chosen to do so in the middle of a set of squats. If this had ever happened, I would have to adopt the unloading procedure commonly used if pinned with no spotters. The biggest disaster was when it chose to let 155 kgs down when I was standing between it and the



2005 Australian Masters Championships

SA Weightlifting Headquarters October 8, 2005

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WEIGHTLIFTING QUEENSLAND

Name	State	Body Weight	Born	Snatch	Jerk	Total	Sinclair
Women 48 Kg							
BRADY Vicki	QLD	46.72	1943	23.0	30.0	53.0	121.44120
Women 53 Kg							
GRIGGS Lisa	NT	53.00	1973	42.0	62.0	104.0	140.71550
Women 58 Kg							
LOY Diana	QLD	57.36	1965	55.0	72.0	127.0	179.43090
Women 63 Kg							
ARENA Lina	VIC	62.16	1961	36.0	50.0	86.0	119.68490
JANES Elaine	VIC	62.20	1945	27.0	30.0	57.0	100.30340
Women 69 Kg							
MILLER Amanda	NT	66.20	1963	38.0	51.0	89.0	116.96840
JAMES Leonie	SA	67.18	1946	30.0	35.0	65.0	107.05100
HIBBERT Lorraine	QLD	66.16	1958	25.0	35.0	60.0	83.00800
MAYCOCK Marcia	VIC	65.56	1942	17.0	26.0	43.0	77.33290
Women 75 Kg							
PEARSON Terry	SA	69.90	1964	36.0	54.0	90.0	113.83980
GREY Rebecca	VIC	71.30	1969	34.0	40.0	74.0	87.48400
Women 75+ Kg							
PAUL Nadene	VIC	86.00	1972	40.0	45.0	85.0	89.97640
MCFARLAND Shirley	VIC	112.80	1935	22.0	26.0	48.0	102.63880

[illegible]



2005 Queensland All Schools Championships

Cougars Weightlifting Club, Chandler, Qld

15th October 2005

Name	Born	School	Bwt	Snatch	C&J	Total	Sinclair	Place	
								Open	U16
48kg Category									
Angela Murray	91	MBC	46.20	25	36	61	91.983	1	1
Amanda Bailey-Brown	92	MBC	47.05	12	20	32	47.417	2	2
53kg Category									
Carissa Gardiner	92	CHSHS	52.10	20	27	47	63.604	1	1
58kg Category									
Davina Hughes	89	HSBS	54.30	60	80	140	183.231	1	1
Jayde Thomas	91	CHSHS	55.30	21	25	46	59.360	2	2
Chantel Nash	92	CHSHS	53.40	19	25	44	58.356	3	3
63kg Category									
Tammie Hampton	87	MGSBS	62.90	74	90	164	193.641	1	
Liana Lambert	88	MGSBS	61.85	63	76	139	165.861	2	
Casey Kahi	90	MSHS	62.90	50	66	116	136.965	3	1
69kg Category									
Holly Collyer	88	NSHS	67.85	68	87	155	175.240	1	
Trina Egelstaff	88	MSHS	65.15	53	63	116	134.125	2	
Tierney Molenaar	91	WSHS	63.70	37	53	90	105.451	3	1
Teegan Conway	90	SJC	64.80	20	40	60	69.592	4	2
75kg Category									
Miranda Neylon	89	SJC	73.60	20	35	55	59.785	1	1
+75kg Category									
Samantha Mitchell	90	CSHS	91.50	65	80	145	147.256	1	1
Stacy Ford	91	MBC	97.15	36	55	91	91.569	2	2
Kelly Luo	91	MCG	79.30	26	29	55	58.053	3	3

Name	Born	School	Bwt	Snatch	C&J	Total	Sinclair	Place	
								Open	U16
47kg Category									
Nathan Kahi	92	MSHS	46.75	55	68	123	224.452	1	1
David Hockins	91	TSHS	38.80	30	49	79	173.974	2	2
Jonathon Davies	92	SLC	46.85	25	32	57	103.806	3	3
56kg Category									
Darryl Hockins	88	TSHS	55.95	71	82	153	238.626	1	
62kg Category									
Tom McCosker	88	BSHS	61.85	83	96	179	258.404	1	
Ashley Eggins	89	SLC	61.95	50	70	120	173.026	2	1
Charles McMahon	90	BGS	67.75	50	55	105	142.200		
Shannon Arenson	90	BGS	61.95	42	55	97	139.863		
Tyrone Connaughton	91	SLC	61.00	38	48	86	125.426	3	2
69kg Category									
Justin Flack	89	NC	65.00	75	105	180	250.766	1	1
Ben Watt	87	RLC	68.85	56	75	131	175.531	2	
Jonathan Knowles	90	TSHS	64.55	60	65	125	174.992	3	2
Ben Turner	90	WSHS	62.15	47	66	113	162.549	4	3
Troy Small	89	NC	64.35	45	60	105	147.315	5	4
Kieren Tully	91	NC	67.85	36	48	84	113.648	6	5
Mark Aboud	90	SJC	66.20	31	45	76	104.548	7	6
77kg Category									
Richard Christie	89	NC	69.15	63	84	147	196.410	1	1
Alex Cowen	89	IONA	74.05	64	83	147	188.153	2	2
Harry Barry	89	NC	71.75	55	75	130	169.648	3	3
Michael Dunne	91	COC	72.40	45	64	109	141.447	4	4
Dean Kubie	90	RLC	71.90	50	58	108	140.755	5	5

85kg Category									
Nick Winkler	89	NC	82.90	61	80	141	169.403	1	1
Kyle Randle	89	CHSHS	77.75	45	56	101	125.645	2	2
94kg Category									
Adam McDonald	89	NC	85.25	90	105	195	230.971	1	1
Tim Chaston	90	SLC	89.20	47	68	115	133.272	2	2
Michael Neylon	91	SJC	87.75	43	55	98	114.452	3	3
105kg Category									
Luke Gardner	88	AHSHS	99.55	116	148	264	291.996	1	
James Hatzis	88	SLC	104.05	102	126	228	248.102	2	
Joe McIlwain	91	NC	98.00	70	85	155	172.491	3	1
+105kg Category									
Jason Mitchell	88	NC	117.05	88	105	193	202.511	1	
Hayden Stewart	88	CHAC	110.65	60	71	131	139.688	2	

Referees: Debra Keelan (Cat I); Barry Harden (Cat II); Jo Garner (National);
Amanda Phillips (National); Ray Gardner (State); Erika Yamasaki (State).

Time Keepers: Barry Harden; Tanya Harden; Erika Yamasaki; Holly Collyer; David Hockins.

M.C: Mike Keelan; Ian Moir.

Best Lifter Awards

	Under 16	Open
Male	Justin Flack	Luke Gardner
Female	Davina Hughes	Tammie Hampton

Records

Name	Cat	Lift	Weight	Age	Level
Nathan Kahi	47kg	Snatch	54	U16	Qld, Aust
Nathan Kahi	47kg	Snatch	55	U16	Qld, Aust
Nathan Kahi	47kg	Total	123	U16	Qld, Aust
Nathan Kahi	47kg	Snatch	54	U18	Qld, Aust
Nathan Kahi	47kg	Snatch	55	U18	Qld, Aust
Nathan Kahi	47kg	Total	123	U18	Qld, Aust
Luke Gardner	105kg	Snatch	114	U18	Qld
Luke Gardner	105kg	Snatch	116	U18	Qld
Luke Gardner	105kg	Total	264	U18	Qld
Luke Gardner	105kg	Snatch	114	U20	Qld
Luke Gardner	105kg	Snatch	116	U20	Qld
Luke Gardner	105kg	Total	264	U20	Qld

Team Championship

Women	Points	Men	Points
Moreton Bay College	78	Nudgee College A	140
Centenary Heights SHS	76	St Laurence's College A	98
Mt Gravatt SHS	53	Nudgee College B	87
St Joseph's Toowoomba	50	Toowoomba SHS	76
Mansfield SHS	48	Redeemer Lutheran College	46
Harristown SHS	28	St Joseph's Toowoomba	42
Nambour SHS	28	Alexandra Hills SHS	28
Capalaba SHS	28	Burnside SHS	28
Macgregor SHS	23	Mansfield SHS	28
Windaroo Valley SHS	23	Iona College	25
		Cannon Hill Anglican College	25
		Centenary Heights SHS	25
		St Laurence's College B	23
		Windaroo Valley SHS	22
		Christian Outreach College	22

Doha Diary

Ian Moir's World Championships Experience

Excerpts from the Phoenix Weightlifting Forum

Day 1 - Monday

Met up with the other Aussies and the Oceania crew at Dubai for the short hop over to Doha. The Aussie's also didn't have a smooth entry because the visas never arrived. Only a small hiccup though, which was overcome with a visa of the plastic kind. Fortunately AUS is on Qatar's list of nations whose citizens can purchase an entry visa on arrival. So a swipe of the credit card and 55 Riyals later, I was through.

Not much information available as yet and there doesn't seem to be much in the way of a transport system for the championships. Hopefully this will improve when the competition begins - at least for the athletes and coaches. The rest of us can get by with taxis which are pretty cheap, with petrol going for around the equivalent of 40 cents Australian per litre. I'll try to keep you all posted as the championships unfold.

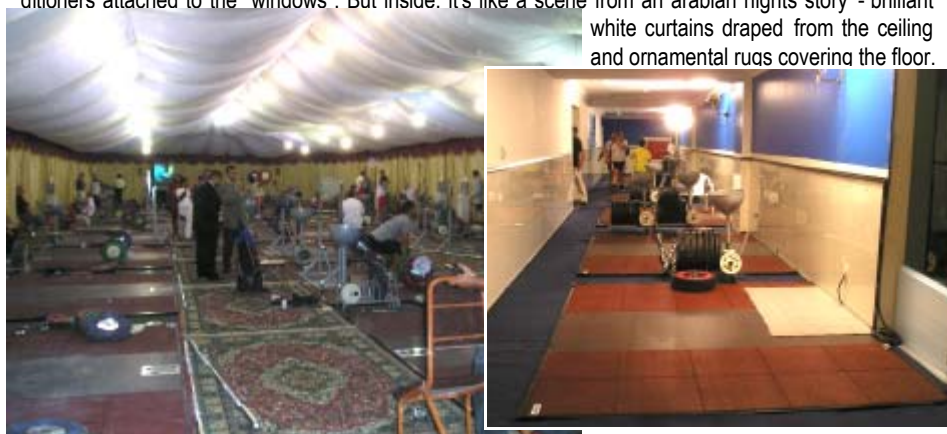
Until then, ma'a salaamah.

Day 2 - Tuesday

Still no sign of much organisation. On the eve of the championships, lifters don't know if they are in A groups or B groups and technical officials don't know which sessions they are required for. Transport is still a problem for everyone. Schedules are promised for the morning. I went to the opening ceremony tonight, which was basically a photo opportunity for the president of the Qatari Weightlifting & Body Building Federation, who is apparently a member of the ruling family. The evening's "cultural program" consisted of about a dozen Qatari men marching through the venue waving swords to the beat of drums.

The competition venue is the third choice of venues for the championships - relocated again just last week - it might be okay if a lot of work is done overnight. It's basically a basketball stadium. The stage and platform are set up, but not much else.

The training venue is amazing (photo 1) . On the outside, it's a big vinyl tent with about a dozen air conditioners attached to the "windows". But inside, it's like a scene from an arabian nights story - brilliant white curtains draped from the ceiling and ornamental rugs covering the floor.



Plenty of space and plenty of platforms and equipment.

Not so the competition warm-up area (photo2), which is a corridor adjacent to the competition hall. Platforms are squeezed into an area that is only about four meters wide. With only a narrow walkway between the front edge of the platforms and the wall, Technical Controllers may become traffic cops when lifters and coaches need to move in and around the area.

tomorrow the lifting starts and that's what it's really all about. I'll try to remember what the competitors do and report again tomorrow night. Signing off for now. ma'a salaamah. Note to self... learn another Arabic farewell.

Day 3 - Wednesday

The competition started today and things are starting to come together. Transport is greatly improved. Loaders are learning quickly 'on the job' but there's a shortage of other competition volunteers. Referees are helping out with marshalling. No food or drink to be begged or bought at the venue. This might change.

I Refereed my first world championships today - 56kg B group. Not quite the momentous occasion I thought it would be. Just like an Australian championship, really. Maybe it takes time to sink in. Or maybe it's the venue's similarity to a national championships venue rather than the auditoriums I've seen on all of Miles' (Wydall) World Championships DVDs.

I am listed for a few A sessions and a couple more B's. Will help with marshalling in between times (Lyn Jones and I were covering the attempt cards for the 56kg A tonight). Great competition with the women 48kg and men 56kg today.

Reports of jostling for the best location in the warm up room. To be expected with only 7 platforms available. The 77kg B session could turn ugly, with 16 lifters in the group. Mmmmm... seven goes into 16 how many times?

Fancy new Eleiko scales in use. The scale has a printer attached and once the display settles on the correct weight, the push of a button prints out the bodyweight on a small docket that is taken to the competition secretary. Saves any confusion or misunderstandings. Might ask Santa to bring me a set for Christmas.

Projected scoreboard. Projector is great; 10m x 10m screen is great; row of 1000 watt spotlights directly above screen is not so great. It could be so good if someone would just turn those lights off. Giant video screen is fantastic! Al Jazeera is broadcasting the championships and providing a live feed for use on the big screen above the stage. All those great shots of warm-up room action, coach slapping lifter's legs, etc, included. Plus instant replays.

Day 4 - Thursday

Things keep getting better at the venue. The lights above the scoreboard have been dealt with and it now looks fabulous. A camera on a huge boom appeared in the competition area this morning and this is providing even more great shots for the video screen. Only problem with the boom is that it's positioned so that lifters have to walk under it to get to the stage and sometimes, if the operator is looking elsewhere, the lifters have to duck.

Noticed that the results are going up on the IWF web site now, so no need to recap the placings here. It was China's day today, although the 53kg Thai women were impressive too.

Refereed the 53kg A group today. Some great lifting, some strange mistakes for this level of competition - the Tunisian woman had two minutes between consecutive attempts and she didn't get back to the platform in time - but nothing controversial.

Day 5 - Friday

Victory for China again today in both the women's 58kg and men's 69kg. But again - and the published results may not show this - the Chinese lifters were pushed along in the early attempts by strong competitors from Thailand (women) and Korea (men).

The French 69kg male bronze medalist previously represented Cameroon. Good news for AUS that he's made the switch and won't be competing at the 2006 Commonwealth Games. Also good news for AUS that FSM isn't in the Commonwealth. I should have mentioned yesterday that Manuel Minginfel gave an outstanding performance in the 62kg category. Not only were his results good, but he looked very sharp on the platform and, importantly, looked as though he was thoroughly enjoying himself up there.

More improvements at the venue. A wide screen TV has been placed at the marshal's station as an electronic attempt board, replacing the small computer monitor that served this purpose previously.

Took my turn on the clock tonight. The timekeeper's post is always a good spot for watching the lifting without the demands of decision making and you also get to check out how other things are working... or not working, as described above. Good learning experience all round.

Have given up trying to learn Arabic - way too difficult. I asked our regular bus driver for some tips on Arabic greetings today and he said, "three o'clock". Must be my accent. Maybe I'll try French... Adieu

Day 6 - Saturday

Another exciting day at the championships. More world records in the 63kg women's category. Thongsuk (THA) was very impressive. Snatched a record 116kg. Shimkova jerked 139kg and held the world record for almost a minute before Thongsuk took it further with 140kg on her second attempt. Thongsuk went to 145 for the third, but failed to hold the jerk - went the distance, but slightly forward.

The 77kg men provided much entertainment, particularly in the clean & jerk. Many lifters listed 185kg first attempts and the competition remained close to the end. Eventual winner on total was Hong Li (CHN) sn: 160; 165; 170x. CJ: 190; 195x; 196. But the minor placings in clean & jerk were hotly contested.

Yukio Peter (NRU), lifted tremendously. 3 for 3 in the snatch with 143; 150; 155. Yukio started the jerk with 185 and nominated 195 second attempt. After other lifters came and went, Yukio pulled back to 192, but missed the jerk. He needed 193 to secure a c&j medal and he did it well. Abbas (QTR) had 191 but missed 196. He jumped to 201 for the total gold, but missed and Yukio took the silver in c&j.

Have also given up on learning French, so... Arrivederci

Day 7 - Sunday

Some incredible lifting (again) today! Quite a number of women have kicked on through the 150kg cj barrier with the most amazing attempt at 162kg from a 75kg woman - strong clean and not far off completing the jerk. More on that later.

The 69kg women's category was not without drama. Liu (CHN) secured three good snatches: 110;

118; 120; and was followed closely by Kasaeva (RUS) on 118x; 118x; 118. Both started with 145 in the jerk and Liu went to 150. Kasaeva moved to a good 153 and then Liu took 154 and completed 6 for 6. Kasaeva jumped to the 157 required and got it.

Earlier in the cj, Davydova (UKR) scared the hell out of everyone when she put 123kg overhead in the jerk but dropped it onto her neck behind the head and lifter and barbell went crashing to the floor. In the terminology used by my 12 y.o. son and his football mates, she was 'snapped'. She lay on the platform convulsing and the medicos, led by Dr Mike Irani, were quick to act. She was braced and stretchered off to a waiting ambulance. Later, reports came though that she was okay- no serious damage done.

The 75's provided yet another intense battle for medals and world records. But first... our Deb. Deb Lovely performed well considering that she'd only more or less just arrived here after being off-loaded in Dubai, adding 5 hours to the already long haul from Oz. Deb snatched 90; 94; 97x; and jerked 112; 116; 118x; for a 210 total. Giving her 3rd place in the B group and eventually 13th in the category. I got a few photos before the camera's batteries went flat and Pedro (Sanchez) captured Deb's lifts on video. At the top end, a three-cornered contest quickly developed between Liu of China and the two Russians - Zabolotnaya and Podobedova (forthwith here dubbed Z and P).

Liu and P started out with 118 snatches. P got 121 and Z started with 123. Liu got 123 and P took 124 for a third and got it. Liu went to 126 and set a new world record. Z then came out and got 127 (WR) and followed it up with a good lift at 130(WR)!

A similar pattern emerged in the c&j. Z started with 148. P started on 149 and Liu on 150. Z missed 153 but nominated 155 for her third to stay in the hunt. P got 155 and Liu followed suit at that same weight. Z got 155 on her third and Liu succeeded with 159 giving her 6 for 6 and a swag of records. P called for 162 and almost did it! She cleaned strongly but couldn't complete the jerk. A big crowd pleaser nonetheless.



Tonight seemed to be 'former champion's' night at the venue. So many greats and so many photo opportunities for young lifters. Rigert, Botev, Vlad, Vardanian, Chermerkin... and others whose names I can't remember right now. Deb Lovely did the rounds with camera in hand and it's amazing how much Chermerkin (with spectacles on) looks like Damo (or vice versa)! Might be an omen?

Have completely abandoned any hope of learning a second language, so will just have to stick to strine...

LEFT: Deborah Lovely with Chermerkin...or is that Damo (Damon Kelly).



ABOVE: Deborah Lovely in the 75kg category.

Day 8 - Monday

The best laid plans of mice and men go astray when B groups produce world records! Had planned to attend every A session of the championships to witness the best of the best and set out along this path again today.

Was refereeing the +75kg women's B group, so I headed to the venue for the 1pm weigh in. After fulfilling my duty as referee, I went back to the hotel to change and pick up some camera batteries and other odds and ends at a shop just down the road (the one next to the butcher shop that cats keep running out of) and headed back for the 85kg men's A session. Upon arrival, Deb Lovely told me that Rybakov (BLR) had snatched two records in the B group: 183 and 185.

My disappointment at not witnessing those lifts was assuaged by the fantastic 85kg A session. None of the A's came close to Rybakov's snatch, but he only jerked 195, missing 200 twice. Eight out of the ten A lifters had listed first attempts ranging from 200 to 205. The clean & jerk competition was great. A number of lifters seemed to be taking risks with 5 - 7kg progressions. Some of those risks paid off but quite a few didn't. This was a session full of "if only's". In the end, Ilin (KAZ) made a gutsy final lift of 216 which combined with his 170 snatch to take the total gold from Lu (CHN) who was on 385 (175+210). Ediev (RUS) came third with 381 (170+211). I was sitting next to a bunch from Kazakhstan and they went bananas!

The competition platform is, not surprisingly, taking a pounding and it started to move toward the front of the stage today. The platform has two rubber inserts where the barbell rests and I was told by a Technical Controller that the timber under one of these was broken, making a depression on one side. As the day wore on, the barbell started to bounce out of line. It got to the point where lifters were at risk of being hit in the shins by the twisting bar. Word is that repairs will be carried out tonight and I hope that they are. Otherwise, if the 94's don't demolish the platform altogether, the bigger guys just might!

Day 9 - Tuesday

Could probably just copy and paste the opening sentence from earlier posts, but here it is again: more great lifting in Doha today.

I was a ref for the women +75kg A today, and the total placings in this one depended a lot on body-weight. In the snatch, Jang (KOR) went 125; 128; but missed 130. Mu (CHN) missed 125; got 125; and

got 130. Other front runners at this point were Haworth (USA) 119; 123; 126. And Korobka (UKR) 121; 125; 127.

The snatch section was pretty good, with a smaller percentage of failed attempts than many of the other sessions in the championships so far. But the clean & jerk was something else. Video of this section would make a good teaching tool for a referee course, because we saw pressing; uneven extensions; incomplete extensions; paused extensions; elbow-knee touching; and oscillation of the bar. All of which received red lights, as warranted.

Haworth had the bwt advantage over (or should that be under?) Korobka and these two almost went lift for lift in the battle for third place on total. Both started on 155 and Korobka got 158 before Haworth got 159. Korobka took 160 (total 287) and Haworth made a good 161 to total the same and secure a top three finish at that point.

Likewise, Jang and Mu made a real contest of it. Jang started on 162. Mu took 165 and then followed on with 170. Jang jumped to 172 for her second and got it. Both lifters were then on 300 total with Jang at lighter bwt. Mu cleaned 174 but in the jerk she paused during extension of the arms ('pressed it out', to be less officious) and got three reds.

The men's 94kg A group also provided great entertainment in the c&j section. Coba (CUB) jerked 220 in the B group and for a while it didn't look like the A's were going to surpass that result. Dobrev (BUL) and Sozaev (RUS) both opened on 210. Pashayev (AZE) started with 212. Sozaev got 215, but Dobrev missed this same weight and jumped to 218 for his third attempt. Pashayev secured 216 on his second for a 401 total (185+216). Dobrev got 218, giving him 398 (180+218). Pashayev missed 220 and Sozaev, with a snatch of 177, went to 221 for the silver in total on bwt and got it.

The platform was fixed this morning. Wood sheeting was placed between the planks and the stage to spread the force across a larger area (I guess that's the theory - drawing on knowledge gained from the 8 weeks of year 11 physics I did last century). It seems to be working okay so far.

I Went to the IWF Centennial dinner tonight. Everyone involved in the championships - lifters, coaches, officials, etc were invited and a few hundred people were there. Even IOC President Jacques Rogge popped in to say a few words. Food was great at the Doha Sheraton, but one can stand only so much fruit juice and Qatari tea - I think there's lemon in it, and it's very bitter.

Have no duties at the championships tomorrow, but will go along to watch the 105kg A now that a planned excursion has fallen through. A few of us were going to take an overnight desert tour, but Mr Ong (MAS) got a call this evening to say that it was all booked up. Oh well... seen one desert, you've seen 'em all, I guess. Although this one is a lot closer to town than the Simpson Desert is to Brisbane!

Day 10 - Wednesday

Men's 105kg - Klovov (RUS) took gold after another good competition. Snatch and jerk closely contested with Klovov doing 186; 190; 192 + 222; 227 and no third attempt (not necessary by then). Bratan (MDA) second with 185; 190x; 190 + 220; 223; 229x. Tesovic (SVK) third on 183x; 183; 187 + 220x; 221; 225.

The "local lad", Saif (QAT) clean pulled 215 to about mid thigh twice before declining a third attempt and bowing out with no result in jerk and total.

Moursi (EGY) displayed an unusual starting style in all attempts. He got on to the platform with plenty of time on the clock and set himself in the start position with 20 seconds or more to go. He stayed in that

position, occasionally glancing at the clock until it counted down under 10 seconds before lifting. Obviously this works for him because, from memory, I think he only failed one attempt. Although on his last attempt the barbell left the platform with 2 seconds on the clock!

There was Traffic chaos around Al Saad due to the soccer game this evening. With no public transport system in Doha, thousands of cars descended upon the area as we were trying to get out. We eventually made it but at one point things didn't look promising - lots of two-way streets blocked with traffic using both lanes to go in the one direction. I commented about the Qataris' driving habits to one of my new friends, a Russian journo named Sergei, and he said, "This is pretty calm compared to Moscow"....!!!

I went to the up market shopping district today. Was surprised to find a shopping centre with an ice rink in the middle of it! Apparently there's a regular ice hockey competition between ex-pat Americans and ex-pat Canadians here. Ice hockey in Arabia! Who'd have thunk it?

Day 11 - Thursday

The Championships finished this afternoon with the always spectacular superheavy men. The bleachers were filled to overflowing with Iranian supporters, not surprisingly, and they went absolutely wild at every glimpse of Reza Zadeh. The big guy didn't look to be in top form and had the limelight diverted from him (at least in the eyes of the non-Iranians present) by Chigishev (RUS).

Chigishev started the snatch on 200 and Reza Zadeh 201. Salem (QAT) started at 195 and went to 201 for his second attempt and then missed 203. Reza Zadeh snatched 205 next and when Chigishev secured 209, the big guy (at +160kg bwt) took 210 and stood with the weight overhead for a long time after the down signal... just because he can. Chigishev could have gone for 210 to take snatch gold on body-weight, but he obviously wanted to make a point and asked for 211. With the partisan crowd howling up a storm, Chigishev raised his index finger to signal "number one", and that really got them going! A brilliantly hard-fought lift! With the barbell moving ever so slightly backwards, he hung on and hung on until it came under control, and the statement was made.

The c&j gold was never in doubt, but the big question was: would Reza Zadeh jerk 265? The answer was "no". Salem jerked 240; 245 and then retired. Chigishev jerked 240; 246; and missed 251 (actually, he barely pulled 251 past his knees). He was gracious though, and left the stage smiling broadly and holding up two fingers to signal "number two".

Reza Zadeh jerked 251 to win the c&j and total and then went for an equal c&j record 263, which would have given him a new world record total. But he failed the jerk and although two minutes was set for his third attempt, it was pretty obvious that he wasn't coming back. Draped in an Iranian flag and waving to the crowd, he disappeared into the warm-up room while the clock counted down to zero.

The closing function was held in the competition hall tonight and the level of organization remained consistent to the end - 200 seats for 300 people. Oh well, at least we got to drink room temperature Pepsi and eat lamb that a guy tore of the bone with his (gloved) hands and slapped on the plate... yum! VIPs of course had a whole roast lamb - head and all - placed on their table and got to dig in for themselves - I guess rank does have its privileges

In a few hours I'll say farewell to sunny Doha and start the long journey home to sunny Brisbane. In all seriousness, I've had a great time at the championships and learned quite a lot.



QWA League Grand Final
Cougars Weightlifting Club, Chandler Qld
12th November 2005

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Division 1								
Troy Hewkins	86	Cougars	75.40	122	150	272	11	83.149
Melissa Nightingale	81	Cougars	68.30	70	90	160	10	68.182
Division 2								
Luke Gardner	88	Cougars	99.90	115	151	266	21	81.455
Tom McCosker	88	Sunshine Coast	60.90	83	106	189	5	63.154
Holly Collyer	88	Sunshine Coast	66.85	66	89	155	5	61.364
Peter Foster	67	Cougars	113.80	112	140	252	2	55.390
Liana Lambert	88	Cougars	61.55	61	73	134	0	54.251
Division 3								
Tanya Harden	78	Sunshine Coast	62.20	60	82	142	10	67.490
Trina Egelstaff	88	Cougars	63.55	54	68	122	21	65.364
Casey Kahi	90	Cougars	62.65	50	63	113	10	55.749
Darryl Hockins	88	Toowoomba	55.95	65	77	142	-3	43.557
Division 4								
Alison Noble	79	Nudgee	74.20	57	89	146	15	68.480
Samantha Mitchell	90	Cougars	92.45	64	79	143	15	61.885
Shayne Lambert	87	Cougars	87.55	55	87	142	10	44.053
Nathan Kahi	92	Cougars	46.35	54	69	123	15	41.059
Michael Dunne	91	Cougars	70.55	44	62	106	-6	22.117

Masters League

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Men								
Mal Irwin	53		92.15	93	114	207	0	63.093
Ray Loudon	45	Sunshine Coast	81.70	63	80	143	0	54.630
Bob Henderson	43	Sunshine Coast	76.10	---	---	---	0	---
Women								
Diana Loy	65	Qld Uni	58.00	57	70	127	0	60.113
Vicki Brady	43	Nudgee	46.75	24	29	53	0	39.397
Jenni Sefton	67	Cougars	68.10	40	53	93	0	37.640
Lorraine Hibbert	58	Nudgee	66.15	25	33	58	6	31.668
Julie Davis	52	Nudgee	57.35	23	29	52	0	28.015

Referees: Debra Keelan (Cat I), Barry Harden (Cat II), Angela Wydall (Cat II), Miles Wydall (National), Ray Gardner (State), Damon Kelly (State), Erika Yamasaki (State), Luke Gardner (Club).

Time Keepers: Damon Kelly, Erika Yamasaki, Luke Gardner, Tammie Hampton.

M.C: Mike Keelan, Barry Harden.

Records

Name	Cat	Lift	Weight	Age	Level
Luke Gardner	105kg	Cl & Jk	151	U20	Qld
Luke Gardner	105kg	Total	266	U20	Qld
Luke Gardner	105kg	Cl & Jk	151	U18	Qld
Luke Gardner	105kg	Total	266	U18	Qld
Vicki Brady	48kg	Snatch	24	60 – 64	Qld, Aust
Julie Davis	58kg	Snatch	23	50 – 54	Qld Aust

Thank You One and All

By Ian Moir

Hosting the 2005 National Open & Under 20 Championships presented the QWA with one of its greatest challenges, organisationally, this year. And I'm proud to say that the members and friends of the QWA rose to the occasion magnificently. In his closing speech, AWF President Sam Coffa described the conduct of these championships as "faultless" and all of those who played a part in running the event deserve to revel in the satisfaction engendered by such a commendation.

Many, many thanks to all of the volunteers who made this year's national championships run so smoothly:

Amanda Bailey-Brown; Michael Dunne; Nick Edgley; Trina Egelstaff; Shokr Falah; Keith Forbes; Stacy Ford; Peter Foster; Ross Gagliardi; Ray Gardner; Luke Gardner; Stephanie Gardner; Jo Garner; Tammie Hampton; John Hanlon; Barry Harden; Bob Henderson; Troy Hewkins; Darryl Hockins; Brent Kahi; Casey Kahi; Nathan Kahi; Terri-Anne Kahi; Debra Keelan; Mike Keelan; Damon Kelly; Matt King; Liana Lambert; Deborah Lovely; Diana Loy; Kelly Luo; Samantha Mitchell; Brad Monk; Angela Murray; Amanda Phillips; Anthony Salsone; Hayden Stewart; Bowen Stuart; Monty Sullivan; Lawrie Townsend; Cameron Trass; Ben Turner; Jim Turner; Matt Turner; Brian Walsh; Chris Walsh; Erika Yamasaki.

Special thanks also to all of the interstate Technical Officials and to interstate An-

DEVELOPING The Isa

MENTORING INITIATIVE IN Mt ISA - By Deborah Lovely

Earlier this year, in response to an application lodged by Michael Keelan, the QWA received a \$9000 grant from the Qld Government to aid the growth of Olympic Weightlifting in Mt Isa (the home of Champions Greg Norman and Pat Rafter). More specifically, to mentor the coaches in the region and support the development of a weightlifting club within the Mt Isa PCYC.

2005's competition and coach education calendar was always going to create an end of the year frenzy for QWA's staff, athletes, coaches, officials and volunteers with competitions week after week including Oceania

Championships in Melbourne, Nationals Championships in Brisbane, World Championships in Qatar, Qld 2000 in Brisbane, the Commonwealth Games Trials in Melbourne and various other club competitions in between plus numerous coaching and teachers courses scattered in between.

With the weeks rapidly flashing by, the dates for the visit were finally set in stone from Monday the 21st to Friday the 25th of November; for the development expedition to Mt Isa. Newspapers, ABC radio, Sport and Recreation Queensland and the 4 schools in Mt Isa were contacted outlining the program and interest was promoted prior to our arrival.

The purpose of the trip was to mentor and encourage the enthusiastic coaches residing in the Isa. Meg Scholz (Formerly Meg Zoroka) was a member of Cougars Weightlifting Club and since moved to the Isa for work as a nurse. Meg is now our women's coach and will be mentored by Amanda Phillips. Ken Wallace has been involved in the sport for a number of years now and undertook his level 1 course over 2 years ago. He will be the primary male coach and is looking forward to helping these talented students learn the techniques and become well established weightlifters. Both Ken and Meg will be flown to Brisbane in early January to update their coaching knowledge by undertaking the new



LEFT: Deborah is interviewed at ABC radio

RIGHT: Deborah, Lyn & Amanda (from Left to Right) outside the PCYC.

Club Weightlifting and Sports Power Coach level 1 Licence.

When planning the trip it was noted that the first major problem facing the development of the Mt Isa Club coaches, was a lack of participants for them to support. This year QWA has extensively run the schools program in the South east corner of the state and has proven extremely successful in encouraging school students to take up the iron game. This same program was taken to the Isa, with the Spinifex State College just down the road from the PCYC as our recruiting base for the young talented students.

The development team was made up of Amanda Phillips (Women & Girls Coordinator), Deborah Lovely (Programs and Services Coordinator) and USA, UK and AUS Olympic Weightlifting National Coach – Lyn Jones. They spent 3 days promoting weightlifting to grade 8 – 11 students of Spinifex College and giving regional students the chance to participate in our exciting Olympic Sport. Amanda generally looked after the girls, who proved

very talented but extremely shy, while Lyn and Deborah looking after the male students.

A total of 88 students were given a scholarship offer to train at the PCYC (which will host the Mt Isa Weightlifting Club long term...all going to plan) for 3 months. Within three days of these offers, no less than 15 calls from keen and eager parents and students responded wanting to know when they could begin their training. In total 184 students received achievement certificates for their efforts and 30 students received participation certificates. Out of the 184 students, 95 were girls and 88 were boys and the breakdown of the scholarship students saw 35 boys and 26 girls receive the scholarship offers.

The team headed by Lyn Jones also presented an information evening on Wednesday night for 2hrs about the benefits of Olympic Weightlifting techniques for developing power in athletes from other sports. It was an interactive session with lots of Q and A, promoting the activity to other coaches and athletes. It was good to see 10 people make it along to the information evening at



RIGHT: Wednesday Night's Sports Power Information Session headed by Lyn.



the PCYC. Those in attendance ranged from bodybuilders, rowers, judo players to those generally interested in health and fitness.

The Northern Star which is the local newspaper was extremely helpful and ran 4 stories with pictures prior to and during our visit to the Isa. The journalist's enthusiasm for our stories and creative photographs was really appreciated. The ABC radio was also very kind in airing 2 interviews between the host and Deborah. These interviews covered a wide range of topics associated with the sport including the various aspects of our visit and our goals for Mt Isa. The Mt Isa PCYC advertised the QWA's visit with posters and newspaper clippings up on the wall and in the gym which gained much interest amongst those that train there.

With the success of our recent visit to the Isa the QWA hopes to receive the second part of the grant from the Qld Government for continued development in 2006. This will allow more coach development training to accommodate for the increasing number of athletes. Other schools in Mt Isa will hopefully participate in the schools program next year and could provide the basis for inter school weightlifting tournaments. The sports power coach / level 1 weightlifting course is going to be presented next year in Mt Isa to encourage participation from other sports such as rugby, AFL, tennis, cricket and athletics. Based on the natural sporting talent of the students, the enthusiasm and quick responses already made by the scholarship kids (and the teachers who had a lift) there is the potential for a very promising future for Olympic weightlifting in the Isa.



LEFT: training at the Mt Isa PCYC. Meg performs a snatch while Deborah and Ken look on

Queensland 2000
Mooroondu Sports Club, Thorneside Qld
26th November 2005

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Group 1 – Open Men								
Troy Hewkins	86	Cougars	76.30	124	150	274	11	83.679
Joel Wilson	86	Cougars	67.95	120	140	260	-13	59.829
Luke Gardner	88	Cougars	99.20	110	147	257	0	58.409
John Yamasaki	84	Cougars	65.25	86	110	196	-20	34.902
Anthony Salsone	87	Cougars	68.40	101	---	---	-10	18.291
Group 2 – Open Women								
Deborah Lovely	83	Cougars	81.50	96	125	221	9	81.459
Tammie Hampton	87	Cougars	62.95	70	90	160	2	64.500
Amanda Phillips	81	Cougars	73.20	86	106	192	-6	61.368
Alison Noble	79	Nudgee	74.40	60	86	146	8	59.228
Davina Hughes	89	Toowoomba	52.35	58	80	138	-6	55.333
Group 3 – Juniors								
Tom McCosker	88	Sunshine Coast	62.50	85	107	192	8	61.782
Bowen Stuart	86	Toowoomba	75.15	100	117	217	4	61.560
Samantha Mitchell	90	Cougars	94.15	63	82	145	13	60.541
Darryl Hockins	88	Toowoomba	55.60	66	80	146	-2	45.869
Casey Kahi	90	Cougars	61.60	50	59	109	-5	37.578

Bonus Round (lift-off) - results are not sanctioned for official rankings or records

Name	Lift	90.0%	95.0%	97.5%	100.0%
Tom McCosker	Cl & Jk	99.0			
Tammie Hampton	Snatch	65.5	69.0	71.0	73.0
Troy Hewkins	Snatch	108.0	114.0	117.0	

Referees: Debra Keelan (Cat I), Ian Moir (Cat I), Lawrie Townsend (Cat II),

Time Keeper: Ian Moir M.C:Mike Keelan; Lyn Jones

Prize Winners

Group 1	Troy Hewkins	\$ 500
Group 2	Deborah Lovely	\$ 500
Group 3	Tom McCosker	\$ 500

Bonus Round	Troy Hewkins	\$ 500
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Records

Name	Cat	Lift	Weight	Age Group	Level
Deborah Lovely	+75kg	C & J	125	Open	Qld
Deborah Lovely	+75kg	Total	221	Open	Qld

Surfing Safari

DECEMBER WOMEN & GIRLS SQUAD CAMP

By Amanda Phillips

With the success of the February Women's Squad Camp, the end of year Camp was booked for the 2nd-4th of December at the Tallebudgera Outdoor Recreation Camp, and provided a fantastic opportunity for QWA's women and girls to get to know each other, train together and access some athlete education. All female athletes who were a member of the Squad or Scholarship program received invites to attend the camp and out of our (now) 45 female members 30 confirmed their availability.

On Friday the 2nd of December, arrival time was for 3.30-4.00pm with training soon to follow at 5 pm. Training was held at the Tallebudgera beach school where over the 2 days of training many PB's were achieved or bettered – Well Done Girls!!!! Although all participants were encouraged to provide training input and encouragement, the coaches for the weekend were myself (as the women's coordinator), Deborah Lovely (Programs and Services Coordinator) and Mike Keelan. I sincerely thank Mike and Deb for their efforts as the weekend would not have been as successful without your input.

After dinner a game of Charades was on the agenda (as decided by the girls??? Movie and popcorn sounded better to me, but the crowd had spoken). Deborah Lovely set about coordinating the activity into something that resembled competitive team charades. As the game proceeded, the rules were quickly established, 1) no mouthing the answer to your partner, 2) no using your body to "spell-out" the answer and 3) Samantha Mitchell and Emma Hegarty rule the charade team Challenge!

Due to the large number of squad members, training the following day was divided into 2 groups, and AM session and a PM session. The juniors trained at 9.30-11.00am and the Masters trained from 4.00-5.30pm.

A fantastic Christmas lunch was scheduled for 12.30 Saturday and the Guys in the "Tallebudgera



Kitchen" rose to the challenge and delivered a fantastic meal. There was mountains (well not really but there was heaps to eat) of Turkey and Ham with "all the trimmings", roast potatoes, stuffing, boiled veggies and the mini steamed puddings with custard and cream left us all adjusting our belts. Thanks again to the effort put in by the Staff at

Tallebudgera.
LEFT: Christmas Lunch



ABOVE: Teegan Conway has a rest



LEFT: Angela Murray

In the afternoon, Alison Noble (occupational therapist) provided some very useful information outlining the importance of recovery in training and competition performance. Afterwards free time was on the cards (which involved a nap for some, swimming in the surf or a walk along the beach for others).

Saturday night saw the movie and popcorn option come out on top. Looking a little bit like a slumber party, we all wandered down to the Beach school where we had access to a data projector with fantastic sound. With pillows and doonas and hot popcorn, it was not surprising that some succumbed to the "land of nod" sometime during the movie. Later, Deborah Lovely "thrilled" the scholarship girls with ghost stories and tales, which I have later heard and I am sure they were scarier at the time!! Otherwise it was (eventually) off

to sleep ready for an early start, ready for surfing at Currumbin Alley.

Sunday morning was an early start for all with a quick breakfast at 7am and then with towel, sunscreen and board shorts we all "flip-flopped" into cars to travel the 10 minutes down the coast to "they Alley" for our 8am surfing lesson with Surfing Services Australia. This surfing class was a hit at the February squad meeting and again the group enjoyed it (see the photographic evidence for a bit of a laugh – I think there is a reason why we are weightlifters!). As the saying goes "time flies when your having fun" and all too soon the session was over. We headed back to clean up our rooms, have lunch and travelled home a little sandy, a little sunburnt, really tired but with many new friendships.



ABOVE: Angela Wydall shows us how its done
RIGHT: The girls deep in thought during charades (from L to R) Kelly Luo, Stacey Ford, Teri-ann Kahi, Angela Murray, Casey Kahi with Emma Hegarty and Samantha Mitchell (front)



ABOVE: Teri-ann gets in to the Christmas Spirit at the Saturday Christmas Lunch





*Queensland Weightlifting Association
Inc.*

PO box 1056

Capalaba

Queensland, 4157

Phone: (07) 3823 1377

Fax: (07) 3823 1371

Email: qwa@powerup.com.au

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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.