



# Weightlifting Queensland

December 2006

**The Official Journal of the Queensland  
Weightlifting Association Inc.**



2006 Queensland 2000 Winners - Davina Hughes (Open Women), Nathan Kahi (Junior and Overall Winner) and Troy Hewkins (Open Male) with their prizes.

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## Weightlifting Queensland

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## QWA Mission Statement

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

## Acknowledgement:

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Photos by **Miles Wydall**

## Disclaimer

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



## 2007 Events Calendar

<b>February 17</b>	<b>QWA League Round 1 &amp; Masters League Round 1</b>	<b>Toowoomba</b>
March 9	Nudgee Open Club Competition	Nudgee
<b>March 10</b>	<b>Qld U16 &amp; U18 Championships &amp; QWA AGM</b>	<b>Cougars</b>
April 5	Toowoomba Open Club Competition	Toowoomba
April 14	Sunshine Coast Open Club Competition	Nambour
<i>April 14 – 15</i>	<i>Club Weightlifting / Sports Power Coach Level 1 course</i>	<i>Chandler</i>
April 20 – 22	National Under 16 & Under 18 Championships	Sydney
<b>May 5</b>	<b>QWA League Round 2 &amp; Masters League Round 2</b>	<b>Sunshine Coast</b>
May 12 – 19	Arafura Games & Commonwealth & Oceania Junior Champs	Darwin
<b>May 26</b>	<b>Qld Masters Championships</b>	<b>Sunshine Coast</b>
June 2	Cougars Open Club Competition	Cougars
June 7 – 16	World Junior Championships	Prague, CZE
June 8	Toowoomba Open Club Competition	Toowoomba
June 15	Nudgee Open Club Competition	Nudgee
June 16	Sunshine Coast Open Club Competition	Nambour
<b>June 23</b>	<b>Qld U20 &amp; Open Championships</b>	<b>Toowoomba</b>
June 28 – July 1	World University Championships	Lima, PERU
June 29 – July 3	International Tournament of Sicily	Palermo, ITA
July 1	National Masters Championships	Perth
<i>July 14 – 15</i>	<i>State Weightlifting / Sports Power Coach Level 2 course</i>	<i>Chandler</i>
<b>July 28</b>	<b>QWA League Round 3 &amp; Masters League Round 3</b>	<b>Cougars</b>
August 10 – 12	National U20 & Open Championships	Adelaide

<i>August 18 – 19</i>	<i>Club Weightlifting / Sports Power Coach Level 1 course</i>	<i>Chandler</i>
August 25	Cougars Open Club Competition	Cougars
August 25 – Sep 1	IWF World Masters Championships	Kazincbarcika, HUN
September 15	Sunshine Coast Open Club Competition	Nambour
September 15 – 24	World Senior Championships	Changmai, THA
September 21	Nudgee Open Club Competition	Nudgee
September 21	Toowoomba Open Club Competition	Toowoomba
September 22	Cougars Open Club Competition	Cougars
<b>October 6</b>	<b>QWA League &amp; Masters League Final</b>	<b>Nudgee</b>
<i>October 13 – 14</i>	<i>Club Weightlifting / Sports Power Coach Level 1 course</i>	<i>Chandler</i>
<b>October 27</b>	<b>Qld All Schools Championships</b>	<b>Cougars</b>
<i>November 3 – 4</i>	<i>State Weightlifting / Sports Power Coach Level 2 course</i>	<i>Chandler</i>
November 12 – 17	Oceania Championships & World Cup	Apia, SAMOA
November 16	Toowoomba Open Club Competition	Toowoomba
<b>December 1</b>	<b>Queensland 2000 Tournament</b>	<b>Brisbane</b>
December 7	Pacific Cup International	Apia, SAMOA
December 8	Sunshine Coast Open Club Competition	Nambour
December 15	Nudgee Open Club Competition	Nudgee
December 15	Michael Keelan Shield	Cougars

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 D Grade.

The minimum qualifying standard for entry in the Queensland Under 20 Championships is 80% of 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 8<sup>th</sup> June 2006 – 8<sup>th</sup> June 2007.

The qualifying period for the Queensland 2000 Tournament is 1<sup>st</sup> January 2007 – 30<sup>th</sup> September 2007

Queensland Teams for the 2007 National Under 16 & Under 18 Championships will be selected according to the QWA Selection Policy taking into consideration only results from the following events:

QWA League Round 1	17 <sup>th</sup> February 2007
* Qld U16 & U18 Championships	10 <sup>th</sup> March 2007

And all National and International events held between 1<sup>st</sup> January 2007 and 10<sup>th</sup> March 2007.

Queensland Teams for the 2007 National Open & Under 20 Championships will be selected according to the QWA Selection Policy taking into consideration only results from the following events:

QWA League & Masters League Round 1	17 <sup>th</sup> February 2007
Qld U16 & U18 Championships	10 <sup>th</sup> March 2007
QWA League & Masters League Round 2	5 <sup>th</sup> May 2007
Qld Masters Championships	26 <sup>th</sup> May 2007
# Qld Open & U20 Championships	23 <sup>rd</sup> June 2007

And all National and International events held between 1<sup>st</sup> January 2007 and 23<sup>rd</sup> June 2007.

\* To be eligible to be selected to represent the QWA at the 2007 National U16 & U18 Championships athletes must compete in the 2007 Queensland U16 & U18 Championships.

# To be eligible to be selected to represent the QWA at the 2007 National Open & U20 Championships, athletes must compete in the 2007 Queensland Open & U20 Championships.

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



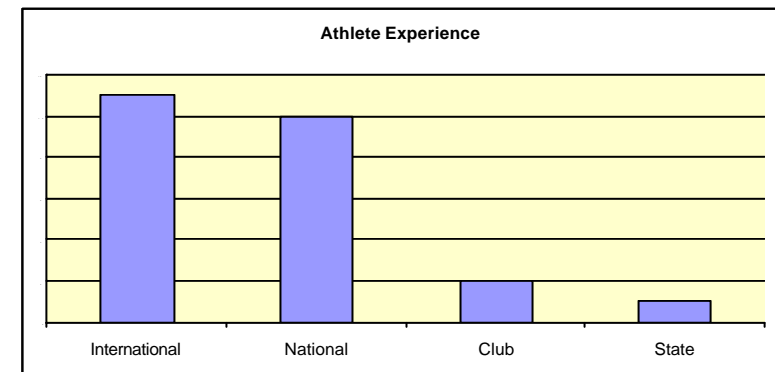
## From the QWA Office

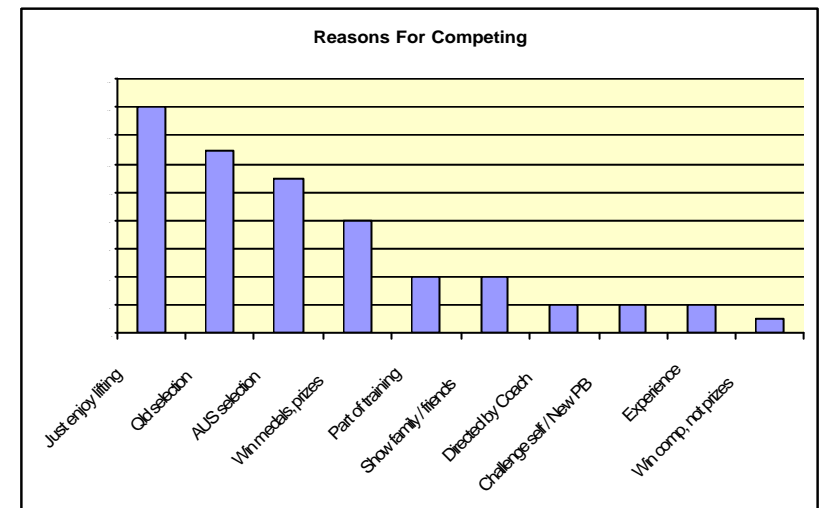
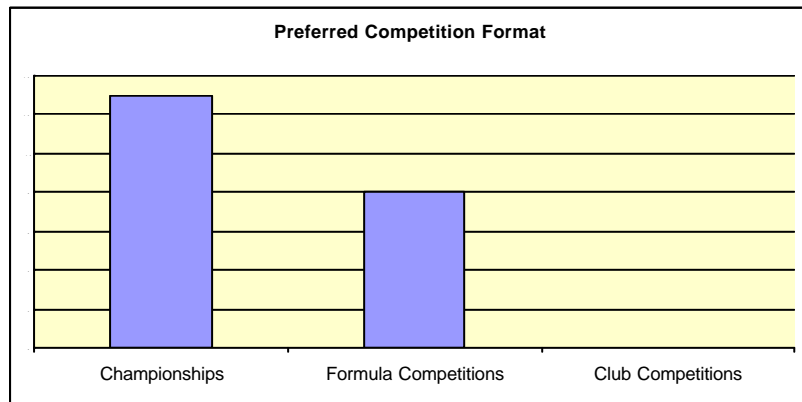
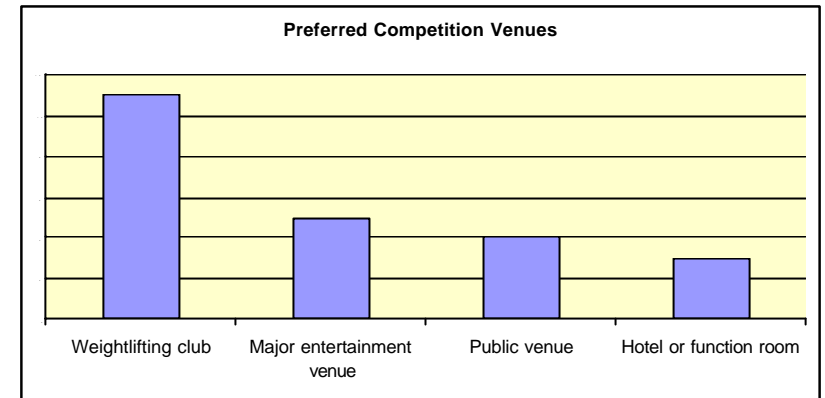
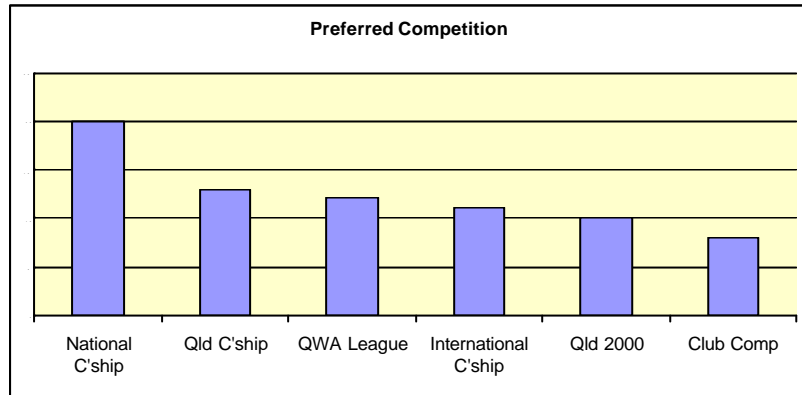
By Ian Moir, QWA General Manager

It's almost the end of another year – a time to risk whiplash by looking back over the past and forward to the future. The last quarter of the year always seems to bring a sense of winding down, as we 'tick off' the remaining events one by one. The last QWA competition for the year was the Queensland 2000 Tournament, held on 4<sup>th</sup> November at the Capalaba Sports Club. Our annual search for the 'right' venue for this competition yielded a good result and we may take weightlifting to the Capalaba Sports Club again in 2007, having tested the venue and noted some suggestions for improving our use of it next time.

Earlier this quarter, the QWA surveyed a cross section of lifters about their experiences and preferences in relation to weightlifting competitions. Their responses were a little surprising in some areas. For example, the majority preferred to compete in weightlifting club venues and lifters with international experience rated National Championships as their favourite type of event.

Something that came through clearly from this exercise was that lifters want events to be better promoted; they want closer competitions with more competitors; and they want large, supportive audiences. Some of the survey findings follow:





### Summary of Survey Results

The majority of respondents identified National Championships as their most preferred competition (rated 1, 2 or 3). By this measure, Queensland Championships were rated second, followed in order by: QWA League; International Championships; Queensland 2000 Tournament; Club Competitions.

A majority of respondents rated Championships as their preferred type of competition. Formula Competitions were rated second and Club Competitions third.

Weightlifting Clubs were the majority's preferred competition venue.

An equal number of respondents prefer to compete once every two or three months, or three or four times per year.

The majority of respondents cited enjoyment of lifting as their main reason to compete. Other popular reasons to compete (in order of rating) are to gain Queensland Selection; to gain Australian Selection; to win medals and prizes.

Injury and distance to travel were the main reasons for not competing. No respondents considered entry fees to be a barrier to competing.

Overwhelmingly, respondents considered that good events required close competition within a large number of competitors; a large and supportive audience; good promotion; and prizes.

Until next year...

Ian Moir



*Merry Christmas and a Happy New Year*



## 2006 World Championships Santo Domingo

48Kg Women								
Rank	Name	Born	Nation	B.weight	Group	Sn	Cl&Jerk	Result
1	YANG Lian	16.10.1982	CHN	47.80	A	98	119	217.0
2	AREE Wiratthaworn	26.02.1980	THA	47.52	A	85	103	188.0
3	MIYAKE Hiromi	18.11.1985	JPN	47.63	A	80	108	188.0
4	ULYANOVA Svetlana	29.08.1979	RUS	47.73	A	83	105	188.0
5	JUAN Estefania	17.08.1981	ESP	47.77	A	82	104	186.0
6	THIP-AMON Phupruem	29.09.1989	THA	47.30	A	77	102	179.0
7	PAGLIARO Genny	15.10.1988	ITA	47.84	A	82	95	177.0
8	NGUYEN Thi Bich Ha	13.01.1982	VIE	47.65	A	75	96	171.0
9	NOEL Melanie	13.05.1986	FRA	47.79	A	74	96	170.0
10	SUMIDA Shoko	18.04.1985	JPN	47.74	A	75	92	167.0
11	VALENCIA Carolina	08.02.1985	MEX	47.97	B	73	92	165.0
12	NAVOTNA Olga	06.11.1984	UKR	47.64	B	73	91	164.0
13	CHEN Wei-Ling	04.01.1982	TPE	45.63	B	70	90	160.0
14	BURGOS Lely	06.06.1985	PUR	47.62	B	70	90	160.0
15	KLESZCZYNSKA Marta	13.02.1979	POL	47.85	B	70	90	160.0
16	CANDELARIO Guillermina	19.08.1973	DOM	47.98	B	70	86	156.0
17	KASHKULINA Lazzat	23.01.1988	KAZ	47.93	B	67	87	154.0
18	TOPALOVA Sevginar	23.12.1990	BUL	47.96	B	62	85	147.0
19	D ALESSANDRO Giovanna	22.07.1982	ITA	46.59	B	64	81	145.0
20	KOVACS Timea	11.01.1973	HUN	47.62	B	56	75	131.0
---	ANGELOVA Silviya	22.06.1982	BUL	47.48	B	---	---	---

53Kg Women								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	QIU Hongxia	10.02.1982	CHN	52.52	A	98	128	226.0
2	RUMBEWAS Raema Lisa	10.09.1980	INA	52.92	A	95	115	210.0
3	CHALEEPHAY Suda	06.06.1987	THA	52.11	A	92	115	207.0
4	CONTRERAS Yuderqui	27.03.1986	DOM	52.36	A	92	113	205.0
5	AMNUAIPORN Maneewan	07.04.1987	THA	51.70	A	86	113	199.0
6	FANG Hsin-tzu	08.03.1983	TPE	52.16	A	85	110	195.0
7	KASAJ Fetie	28.10.1985	ALB	52.77	A	82	112	194.0
8	PRAMITA Okta Dwi	15.10.1986	INA	52.37	A	85	106	191.0
9	VILLAR Barboza Rusmeris	28.03.1983	COL	52.90	B	83	104	187.0
10	LEMO Ana	24.04.1986	COL	52.90	B	79	106	185.0
11	FATNASSI Soumaya	13.02.1980	TUN	52.30	A	83	100	183.0
12	ROACH Melanie	15.12.1974	USA	52.90	B	76	103	179.0
13	MATSUMIYA Kumie	07.03.1979	JPN	52.55	B	73	103	176.0
14	HENRIQUEZ Inmara	23.09.1981	VEN	52.75	B	73	103	176.0
15	DOZOIS-PREVOST Marilou	11.05.1986	CAN	52.65	C	78	97	175.0
16	TSENG Tzu-Jung	17.05.1988	TPE	52.57	C	80	94	174.0
17	TURCOTTE Maryse	23.02.1975	CAN	52.05	B	71	101	172.0
18	VINOGRADOVA Svetlana	21.11.1987	KAZ	52.96	C	75	97	172.0
19	RIVAS Betsi	02.10.1986	VEN	51.45	B	73	97	170.0

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20	DE LA PUENTE Maria	11.03.1989	ESP	51.61	C	77	93	170.0
21	FRANCISCO Claritza	25.08.1978	DOM	52.80	B	75	93	168.0
22	LACHAUME Virginie	21.03.1980	FRA	52.60	B	73	93	166.0
23	LECHAT Estelle	07.08.1984	FRA	52.52	C	72	93	165.0
24	ZOLOTARYOVA Oxana	11.06.1979	KAZ	52.54	C	72	90	162.0
25	PIPILIARIDOU Maria	30.09.1986	GRE	51.80	C	66	86	152.0
26	LATIF Nadeene	20.05.1978	AUS	52.83	C	66	83	149.0
27	NASCIMBEN Saula	13.10.1970	ITA	51.37	C	65	80	145.0
28	DE LUCA Enrica	01.03.1981	ITA	48.38	C	60	70	130.0
---	TROTSSENKO Nataliya	07.11.1984	UKR	52.85	B	78	---	---

## 58Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	QIU Hongmei	02.03.1983	CHN	57.62	A	107	130	237.0
2	TSARUKAEVA Svetlana	25.12.1987	RUS	57.84	A	108	125	233.0
3	WANDEE Kameaim	18.01.1978	THA	57.01	A	100	130	230.0
4	YOON Jin-hee	04.08.1986	KOR	56.01	A	94	118	212.0
5	KLEJNOWSKA Aleksandra	17.12.1982	POL	57.68	A	90	118	208.0
6	PEREZ Mercedes	07.08.1987	COL	57.96	A	90	111	201.0
7	GOTFRYD Marieta	11.09.1980	POL	57.28	A	91	109	200.0
8	PICON Monica Maria	14.03.1984	COL	57.18	B	87	112	199.0
9	MUN Yu-Ra	13.05.1990	KOR	57.96	B	87	112	199.0
10	NATTHANEEYA Chanpook	13.12.1987	THA	56.96	A	87	110	197.0
11	BERUBE Jacquelyn	09.12.1971	USA	58.00	A	86	109	195.0
12	LUGO Gretty	24.06.1977	VEN	57.72	B	85	109	194.0
13	DINAR Souade	16.08.1977	FRA	57.89	A	82	110	192.0
14	KASIRYE Ruth	10.06.1982	NOR	57.86	A	86	105	191.0
15	RADUKHOUSKAYA Natallia	03.04.1979	BLR	57.72	A	80	109	189.0
16	ESCOBAR Alexandra	17.07.1980	ECU	57.63	A	85	103	188.0
17	KASTRITSI Chariklia	11.04.1983	GRE	57.78	B	84	104	188.0
18	BAGAUTDINOVA Kamiliya	12.09.1984	KAZ	57.66	B	81	105	186.0
19	VEGA Geralee	22.07.1986	PUR	56.90	B	80	105	185.0
20	LEE Seen	15.11.1982	AUS	57.77	B	86	97	183.0
21	QUARTON Emily	09.08.1984	CAN	57.99	B	83	100	183.0
22	St JACQUES Larissa	11.08.1979	FRA	57.70	B	82	100	182.0
23	HUBBARD Amanda	01.05.1982	USA	57.86	B	80	98	178.0
24	LIN Wan-Hsuan	19.03.1988	TPE	57.90	B	81	95	176.0
25	SILVA MATOS Heydy	03.05.1986	DOM	56.94	B	80	90	170.0
26	NAGY Szilvia	02.03.1982	HUN	57.74	B	75	95	170.0
27	SALINAS Idalia	07.07.1979	ESA	57.99	B	73	95	168.0
28	BAZSO Bianka	24.01.1988	HUN	57.86	B	72	92	164.0
29	MORILLAS Tania	22.05.1990	ESP	57.57	B	72	83	155.0
---	BEGAJ Romela	02.11.1986	ALB	55.89	A	91	---	---

## 63Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	QUYANG Xiaofang	05.04.1983	CHN	62.37	A	110	136	246.0
2	SHIMKOVA Svetlana	18.09.1983	RUS	62.81	A	108	133	241.0
3	DALUZYAN Meline	20.04.1988	ARM	62.32	A	105	127	232.0
4	KIM Soo-Kyung	06.08.1985	KOR	63.00	A	96	126	222.0

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5	ACOSTA Luz	22.12.1980	MEX	62.76	B	98	121	219.0
6	MANSOUR Esmat	20.11.1986	EGY	61.41	A	97	120	217.0
7	MANEVA Milka	07.06.1985	BUL	62.68	B	95	120	215.0
8	LU Ying-Chi	06.04.1985	TPE	62.89	A	95	120	215.0
9	WOOLFOLK Natalie	07.11.1983	USA	62.35	A	98	111	209.0
10	MISTERSKA Dominika	20.07.1979	POL	62.68	A	93	116	209.0
11	NGUYEN Thi Thiet	27.10.1984	VIE	62.68	A	92	117	209.0
12	GIRARD Christine	03.01.1985	CAN	62.75	B	90	119	209.0
13	KIRILOVA Gergana	18.06.1972	BUL	62.92	A	95	112	207.0
14	ABDEL Hebatalla	08.12.1984	EGY	62.83	B	90	116	206.0
15	THONGSUK Sureerat	29.11.1986	THA	59.78	B	90	115	205.0
16	PALOMEQUE Nisida Esther	09.03.1988	COL	62.40	C	89	115	204.0
17	ORSAGOVA Lenka	20.09.1983	CZE	61.92	B	87	113	200.0
18	TOKA Olympia	18.07.1981	GRE	62.39	B	87	112	199.0
19	McGERRIGLE Miel	20.09.1977	CAN	62.25	C	88	110	198.0
20	CHIUQUET Agnes	24.10.1984	FRA	61.72	B	82	112	194.0
21	TENORIO Rosa	02.10.1984	ECU	61.97	B	85	102	187.0
22	WHITE Jacqueline	23.02.1982	AUS	62.85	C	83	97	180.0
23	NAGY Nikolett	23.08.1983	HUN	62.92	C	72	97	169.0
24	VICENTE Antonia	30.08.1979	ESP	62.24	C	73	93	166.0
25	SOSA Patricia	05.03.1981	ESP	61.99	C	73	92	165.0
26	TOLEDO Angie	28.10.1989	CHI	62.45	C	75	90	165.0
---	ORTEGA Liliana Borbon	05.06.1983	MEX	62.95	B	---	110	---

## 69Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	SLIVENKO Oxana	20.12.1986	RUS	68.53	A	123	140	263.0
2	MATVEEVA Tatiana	26.02.1985	RUS	68.95	A	110	135	245.0
3	LASSEN Jean Elisabeth	26.09.1980	CAN	68.64	A	102	136	238.0
4	DAVYDOVA Natalya	22.06.1985	UKR	68.52	A	108	129	237.0
5	KIM Mi-kyung	27.11.1981	KOR	68.53	A	100	124	224.0
6	YAMECHI Madeleine	06.03.1982	FRA	68.75	A	97	124	221.0
7	AVDALYAN Nazik	31.10.1986	ARM	68.81	A	100	121	221.0
8	DOMINGUEZ Cinthya	29.10.1982	MEX	69.00	B	101	120	221.0
9	HWANG Pu-Lum	14.01.1987	KOR	68.69	A	98	120	218.0
10	ARTEMOVA Julia	02.11.1985	UKR	67.87	B	96	118	214.0
11	MEDINA Angela	18.03.1983	COL	68.18	B	95	115	210.0
12	SZAMANSKA Nadia	11.10.1985	POL	68.88	B	96	112	208.0
13	ATANASOVA Zlatina	05.06.1980	BUL	64.40	B	90	115	205.0
14	HASHIDA Mayu	26.04.1986	JPN	63.78	B	88	116	204.0
15	ZALATAROVA Aksana	18.02.1984	BLR	68.31	B	92	112	204.0
16	SAITO Rika	23.05.1983	JPN	65.65	B	87	113	200.0
17	NEDAREZAVA Volha	24.08.1988	BLR	68.99	C	90	110	200.0
18	BEAUCHEMIN-NADEAU Marie-Eve	13.10.1988	CAN	66.79	C	88	110	198.0
19	GAUME Teresa	23.06.1982	USA	68.94	B	87	110	197.0
20	FARIAS Leuzkis	08.10.1982	VEN	67.18	B	88	107	195.0
21	IVANOVA Todorka	04.02.1985	BUL	68.77	B	87	108	195.0
22	ALONSO Raquel	30.12.1988	ESP	68.40	C	78	103	181.0
23	PERDUE Natasha	27.07.1975	WAL	66.88	C	77	97	174.0
24	TORAZZA Manuela	27.06.1968	ITA	65.53	C	79	94	173.0

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25	MOLNAR Alexandra	31.08.1986	HUN	68.10	C	75	93	168.0
---	LIU Chunhong	29.01.1985	CHN	68.57	A	111	---	---

75Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	CAO Lei	24.12.1983	CHN	71.49	A	118	150	268.0
2	EVSTYUKHINA Nadezhda	27.05.1988	RUS	73.65	A	122	145	267.0
3	KASAEVA Zarema	25.02.1987	RUS	70.48	A	110	136	246.0
4	KIM Soon-Hee	21.02.1977	KOR	74.54	A	110	133	243.0
5	CUESTA Ubaldina Valoyes	06.07.1982	COL	70.70	A	105	135	240.0
6	DARMARIANI Sinta	22.12.1986	INA	73.92	A	99	132	231.0
7	VLASSOVA Irina	02.12.1986	KAZ	74.35	A	100	130	230.0
8	MIRONYUK Nadiya	25.03.1984	UKR	74.61	A	103	125	228.0
9	AGUIRRE Damaris	25.07.1977	MEX	74.56	B	102	125	227.0
10	KRANZ Yvonne	09.06.1984	GER	74.58	B	98	126	224.0
11	BELLORIN Claret	23.10.1980	VEN	74.40	B	100	123	223.0
12	IVANENKA Natallia	07.04.1984	BLR	74.83	B	100	120	220.0
13	GAUNA Yesenia	14.04.1982	VEN	74.97	B	102	117	219.0
14	DOMINGUEZ Natividad	16.01.1984	DOM	74.97	B	95	122	217.0
15	FULLHART Doreen	14.05.1976	USA	74.95	B	100	114	214.0
16	KULESHA Iryna	26.06.1986	BLR	74.88	B	97	115	212.0
17	NGUYEN Thi Phuong Loan	28.06.1984	VIE	73.16	B	93	105	198.0
18	KOURTELIDOU Eleni	14.04.1985	GRE	74.41	B	85	106	191.0
19	SZEPESI Martina	22.08.1983	HUN	69.45	B	78	98	176.0
---	RAMADAN Nahla	04.04.1985	EGY	74.58	A	115	---	---
---	YANG Houqin	27.12.1981	MAC	74.35	A	110	---	---
---	VALENTIN Lidia	10.02.1985	ESP	74.65	A	100	---	---
---	IMAHOKO Kazue	25.08.1982	JPN	73.87	A	---	126	---

+75 Kg Women

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	JANG Mi-ran	09.10.1983	KOR	113.52	A	135	179	314.0
2	MU Shuangshuang	07.01.1984	CHN	130.91	A	136	178	314.0
3	KOROBKA Olha	07.12.1985	UKR	164.39	A	127	157	284.0
4	HAWORTH Cheryl	19.04.1983	USA	135.55	A	121	153	274.0
5	ABORNEVA Alexandra	30.10.1986	KAZ	87.08	A	110	147	257.0
6	NIEVE Seledina	25.11.1977	ECU	93.51	A	115	142	257.0
7	WROBEL Agata	28.08.1981	POL	114.83	A	112	145	257.0
8	DIMAS Eva	18.03.1973	ESA	83.82	A	115	141	256.0
9	DOVHAL Yuliya	02.06.1983	UKR	83.91	B	117	138	255.0
10	HRAMYKA Tatsiana	04.04.1986	BLR	97.09	B	120	132	252.0
11	GRABOVETSKAYA Mariya	10.04.1987	KAZ	97.10	B	115	135	250.0
12	SHKURATAVA Katsiaryna	10.09.1987	BLR	100.74	A	108	140	248.0
13	KASAPI Vasiliki	22.03.1983	GRE	121.30	B	112	135	247.0
14	APOSTOLOVA Yordanka	28.03.1983	BUL	100.06	B	110	133	243.0
15	SUAREZ Cristina	05.05.1983	VEN	103.26	C	103	135	238.0
16	RODITI Aikaterini	23.05.1983	GRE	101.30	B	108	127	235.0

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17	BURGOS Yinelis	14.04.1987	DOM	96.01	C	101	130	231.0
18	ELSAIED Saly M.	01.12.1985	EGY	84.55	B	100	127	227.0
19	UFNAL Magdalena	10.11.1984	POL	117.65	B	102	124	226.0
20	CARVAJAL Maria	24.05.1978	DOM	89.66	C	104	119	223.0
21	JONAI Fumiko	19.02.1985	JPN	105.86	C	95	126	221.0
22	SALINAS Olivia	21.09.1981	MEX	97.19	C	95	120	215.0
23	MA Hui-Chun	15.03.1987	TPE	102.62	C	90	125	215.0
24	TAI Hsiao-Chun	12.07.1985	TPE	138.96	B	95	120	215.0
25	PACHO Jessica	06.09.1988	ECU	94.29	C	90	115	205.0
26	VARGA Viktoria	17.04.1981	HUN	94.98	C	92	112	204.0
27	CAMPALDINI Annarosa	09.07.1985	ITA	104.28	C	85	110	195.0
28	CORTEZ Elizabeth	01.08.1983	CHI	107.69	C	75	100	175.0
29	MAGRO Rosa	11.01.1977	ITA	101.56	C	75	95	170.0
---	BIALKOWSKA Kamila	21.06.1985	NED	86.00	C	95	---	---

56Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	LI Zheng	18.01.1986	CHN	55.58	A	128	152	280.0
2	BOULET Sergio Alvarez	11.10.1979	CUB	55.86	A	123	156	279.0
3	HOANG Anh Taun	12.02.1985	VIE	55.00	A	124	152	276.0
4	LEE Jong-hoon	19.02.1986	KOR	55.74	A	120	155	275.0
5	WANG Shin -yuan	23.06.1976	TPE	55.69	A	121	151	272.0
6	BOUR Igor	18.12.1984	MDA	55.51	A	118	150	268.0
7	DZERBIANIOU Vitaly	05.08.1976	BLR	55.92	A	122	146	268.0
8	IRAWAN Eko Yuli	24.07.1989	INA	55.21	A	116	150	266.0
9	SETIADI Jadi	02.02.1985	INA	54.41	A	120	145	265.0
10	GASSO Lazard M. Ruiz	12.10.1984	CUB	55.34	B	115	147	262.0
11	RADA Sergio	27.01.1984	COL	55.85	B	114	142	256.0
12	YAMADA Masaharu	01.05.1980	JPN	55.72	B	106	146	252.0
13	GRABUCIA Igor	29.04.1976	MDA	55.67	B	113	138	251.0
14	TAMRAZYAN Arsen	11.09.1983	ARM	56.00	B	110	139	249.0
15	TANCSICS Laszlo	19.05.1978	HUN	55.40	B	114	134	248.0
16	LOPEZ Marvin	14.09.1980	ESA	55.98	C	108	140	248.0
17	SEKIKAWA Yasunobu	21.03.1980	JPN	55.69	B	108	138	246.0
18	VALENCIA Enrique	18.09.1988	ECU	55.96	C	105	133	238.0
19	SAMUKASHVILI Zviadi	22.11.1987	GEO	55.69	B	103	132	235.0
20	BUCI Antoniu	21.01.1990	ROM	55.84	B	107	128	235.0
21	MENG Wengjun	25.01.1976	MAC	54.97	C	110	122	232.0
22	PONGSAK Maneetong	03.05.1986	THA	55.64	B	103	128	231.0
23	BONNEL Eric	18.08.1974	FRA	55.94	B	100	128	228.0
24	DELLINO Vito	16.04.1982	ITA	55.96	C	95	125	220.0
25	GUIRADO Francisco	24.11.1985	ESP	55.51	C	100	115	215.0
26	AKMYRADOV Dovran	18.02.1985	TKM	55.98	C	95	116	211.0
27	HANDURDIYEV Omarguly	17.12.1988	TKM	53.48	C	85	105	190.0
---	TANASAK Phanaim	19.08.1985	THA	54.88	B	---	137	---
---	WU Meijin	25.04.1980	CHN	55.32	A	---	152	---

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---	FUENTES John	07.05.1985	VEN	55.63	C	---	137	---
---	ANDRIEUX Sylvain	26.12.1981	FRA	55.66	C	---	---	---
---	MUSOKE Kivumbi-Mubarak	01.12.1989	UGA	55.78	C	---	120	---

62Kg Men

Rank	Name	Born	Nation	B.weight	Group	Sn	Cl&Jerk	Result
1	QIU Le	26.02.1983	CHN	61.41	A	140	168	308.0
2	FIGUEROA Oscar	27.04.1983	COL	61.62	A	137	160	297.0
3	SALAZAR Diego Fernando	03.10.1980	COL	61.70	A	131	164	295.0
4	MINGINFEL Manuel	28.09.1978	FSM	61.80	A	128	165	293.0
5	MAKHVEYENIA Henadzi	10.12.1983	BLR	61.97	B	130	160	290.0
6	CURBELO Adan A. Rosales	31.12.1977	CUB	61.79	A	127	162	289.0
7	JI Hun-Min	26.03.1984	KOR	61.81	B	132	155	287.0
8	ABDEL BAKI Mohamed	18.07.1987	EGY	62.00	A	131	155	286.0
9	TRIYATNO	20.12.1987	INA	60.98	B	130	155	285.0
10	POPOV Vladimir	23.01.1977	MDA	61.61	A	125	155	280.0
11	SABANIS Leonidas	28.10.1971	GRE	61.84	A	130	150	280.0
12	SKVORODNYEV Oleksiy	05.12.1980	UKR	61.90	C	128	152	280.0
13	JIGAU Adrian	06.01.1970	ROM	61.61	A	127	152	279.0
14	YANG Sheng-hsiung	01.06.1983	TPE	61.68	B	122	155	277.0
15	HUDAYBERGENOV Tokunbek	04.01.1986	TKM	61.44	C	121	155	276.0
16	NDICKA Matam Samson	22.03.1976	FRA	61.88	B	123	150	273.0
17	LOPEZ Jesus	17.12.1984	VEN	61.53	C	120	152	272.0
18	PRAMOT Phetcharat	07.12.1984	THA	61.66	C	120	147	267.0
19	BAZARBAYEV Umurbek	17.09.1981	TKM	61.74	B	120	145	265.0
20	STOYANOV Yasen	17.09.1984	BUL	61.93	C	119	145	264.0
21	UECHI Katsuhiko	18.01.1986	JPN	61.75	C	115	148	263.0
22	CORNETTA Giuliano	19.12.1980	ITA	61.85	C	116	145	261.0
23	IMAMURA Toshio	25.12.1979	JPN	61.47	C	116	144	260.0
24	TRASHA Gert	31.01.1988	ALB	61.77	C	120	140	260.0
25	SIRGHI Oleg	09.07.1987	MDA	61.35	C	112	147	259.0
26	MALIKOV Asif	13.04.1971	AZE	61.59	C	115	142	257.0
27	MARQUEZ Carlos	20.09.1985	ECU	61.77	C	110	147	257.0
28	CALJA Briken	19.02.1990	ALB	61.31	D	116	140	256.0
29	GARCIA Ivan	17.01.1983	ESP	61.45	D	115	140	255.0
30	BARDIS Luca	05.05.1982	FRA	61.66	D	111	141	252.0
31	ERAZO Jose	20.03.1972	ECU	61.40	D	110	140	250.0
32	SLABY Petr	25.11.1983	CZE	61.79	D	107	142	249.0
33	ALPANOV Ruslan	07.06.1987	UZB	61.77	D	107	133	240.0
34	ALMANZAR Alberto	19.09.1989	DOM	61.35	D	100	128	228.0
35	MUSIC Ensar	30.12.1990	CRO	61.75	D	95	120	215.0
36	ARAYA Jose	12.04.1986	CHI	60.52	D	90	115	205.0
---	RUBIO Israel	11.01.1981	VEN	61.64	B	133	---	---
---	BILGIN Erol	20.02.1987	TUR	61.98	B	125	---	---
---	ZHANG Ping	21.08.1979	CHN	61.70	A	---	---	---
---	GOEGEBUER Tom	27.03.1975	BEL	61.81	B	---	---	---

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69Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	DABAYA Vencelas	28.04.1981	FRA	68.55	A	146	186	332.0
2	SHI Zhiyong	10.02.1980	CHN	67.20	A	150	177	327.0
3	DEMIREV Demir	31.08.1984	BUL	68.90	A	143	175	318.0
4	BORRERO Lamouth Yordanis	18.03.1978	CUB	68.90	A	142	174	316.0
5	DE LUCA Giorgio	19.06.1984	ITA	68.95	A	141	175	316.0
6	MARTIROSYAN Tigran G.	09.06.1988	ARM	68.90	A	140	166	306.0
7	FIKRETOV Mehmed	18.11.1986	BUL	68.70	A	135	170	305.0
8	BAYRAMOV Afgan	14.10.1983	AZE	68.15	A	130	171	301.0
9	RAGKATOV Kuanysh	18.12.1987	KAZ	67.90	A	140	160	300.0
10	HERNAN Eduardo	27.06.1983	VEN	68.40	B	128	171	299.0
11	WU Tsung-Ling	20.01.1986	TPE	69.00	C	136	158	294.0
12	RONNAYUTH Amnoiwoong	29.06.1983	THA	68.45	B	128	163	291.0
13	ROSU Alexandru	30.04.1987	ROM	68.95	B	129	162	291.0
14	WINTER Andre	28.03.1985	GER	68.60	B	130	160	290.0
15	BOMBACI Maurizio	16.02.1975	ITA	68.65	B	125	165	290.0
16	MAMMADOV Asif	09.08.1980	AZE	68.55	B	130	159	289.0
17	ASADA Tomohiro	20.12.1982	JPN	68.70	B	127	159	286.0
18	DA SILVA Welisson	22.11.1983	BRA	68.80	B	125	157	282.0
19	TOKTONALIEV Kambar	12.12.1985	KGZ	68.50	C	125	153	278.0
20	LUNA -Grenier Francis	24.05.1987	CAN	68.80	C	120	158	278.0
21	CSANK Gergely	03.06.1986	HUN	68.80	C	121	151	272.0
22	ZEJDLIK Jiri	07.06.1985	SVK	68.35	C	124	140	264.0
23	STEWART Kevin	14.07.1980	GBR	68.75	C	113	146	259.0
24	GROULX Sebastien	29.10.1974	CAN	68.45	C	112	145	257.0
25	MARTINEZ Moreno	10.02.1986	DOM	67.50	C	115	140	255.0
---	BINAY Mete	19.01.1985	TUR	67.80	A	147	---	---
---	MARTINEZ Wilfredo	19.04.1981	PUR	68.90	C	127	---	---
---	FLORES Ricardo	18.02.1987	ECU	69.00	B	126	---	---
---	MORILLAS Isaac	26.10.1988	ESP	68.55	B	125	---	---
---	CHEN Po-Fu	08.08.1977	TPE	68.70	C	124	---	---
---	GHAZARYAN Armen	19.06.1982	ARM	68.90	A	---	178	---
---	PECHALOV Nikolay	30.05.1970	CRO	69.00	B	---	---	---

77Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	SAGIR Taner	13.03.1985	TUR	76.82	A	166	195	361.0
2	LI Hongli	26.12.1980	CHN	76.79	A	167	192	359.0
3	KHACHATRYAN Ara	01.01.1982	ARM	76.82	A	165	192	357.0
4	LUKANIN Vladislav	28.10.1984	RUS	76.78	A	153	197	350.0
5	CHARNIAK Mikalai	16.11.1986	BLR	76.89	A	158	190	348.0
6	DOGARIU Sebastian	10.09.1977	ROM	76.63	A	154	189	343.0
7	CAMBAR RODRIGEZ Ivan	29.12.1983	CUB	76.93	B	155	188	343.0
8	PETER Yukio	29.01.1984	NRU	76.85	A	153	188	341.0
9	SZRAMIAK Krzysztof	09.07.1984	POL	76.90	A	150	188	338.0
10	HOCH Rene	11.04.1978	GER	76.52	B	149	188	337.0
11	LEE Jeong-Jae	07.09.1981	KOR	76.67	A	147	190	337.0
12	VAUGHN Chad	11.05.1980	USA	76.87	C	146	186	332.0
13	FISAL Elhadad M.	10.03.1986	EGY	76.88	B	140	191	331.0



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14	KUZNETSOV Vladimir	21.04.1984	KAZ	76.95	B	145	185	330.0
15	ANDICA Carlos Hernan Andica	12.11.1983	COL	76.97	B	146	183	329.0
16	MIRZAYEV Turan	01.01.1979	AZE	74.91	B	146	181	327.0
17	STAMATIADIS Spyridon	14.04.1981	GRE	76.47	C	157	170	327.0
18	HERNANDEZ PAUMIER Yoelmis	25.04.1986	CUB	76.69	C	146	180	326.0
19	RIVERA Edinson Angulo	06.08.1982	COL	76.19	C	140	185	325.0
20	CEREPI Taulant	26.07.1987	ALB	76.66	D	150	175	325.0
21	CASADO Jose	26.11.1986	ESP	76.69	B	150	175	325.0
22	BIRO Laszlo	18.12.1981	ROM	76.98	B	145	179	324.0
23	SHINTANI Yoshito	07.12.1981	JPN	74.16	C	135	185	320.0
24	ALDABERGENOV Zhenis	06.11.1987	KAZ	76.31	C	140	180	320.0
25	GUMAN Viktor	15.04.1976	SVK	76.82	C	150	170	320.0
26	MEJIAS Octavio	21.07.1982	VEN	77.00	C	145	175	320.0
27	TASHEV Anani	10.08.1986	BUL	76.89	C	138	180	318.0
28	EL MOUJOU Ali	24.07.1982	FRA	76.43	C	141	175	316.0
29	MITROU Victor	24.06.1973	GRE	76.91	B	145	170	315.0
30	MUSIC Amar	21.03.1987	CRO	75.82	B	142	171	313.0
31	GERASIMOV Konstantin	18.07.1985	LTU	76.03	C	137	176	313.0
32	IDROVO Julio	15.03.1981	ECU	76.45	C	147	165	312.0
33	BARANYAI Janos	24.06.1984	HUN	75.92	C	140	171	311.0
34	REJEPOV Maksudjan	10.01.1981	TKM	76.96	C	140	171	311.0
35	RIVERAS Santo	10.10.1980	DOM	74.53	D	135	175	310.0
36	FRYE Lance	30.09.1984	USA	76.67	C	140	170	310.0
37	SVRCEK Pavol	08.08.1982	SVK	76.95	D	145	165	310.0
38	VOLKOV Vitaliy	16.07.1983	UKR	76.88	C	141	168	309.0
39	TSAI Chun-Nan	25.01.1983	TPE	76.93	D	135	170	305.0
40	LLERENA Walter	10.01.1973	ECU	76.79	D	137	167	304.0
41	SINGH Kheela Inderjit	18.03.1982	GBR	77.00	D	137	160	297.0
42	SUPHALAK Sitthisak	23.04.1984	THA	72.55	D	131	162	293.0
43	MENDIBAEV Bahram	27.08.1983	UZB	71.51	D	130	160	290.0
44	TOTH Adam	02.09.1986	HUN	76.74	D	125	162	287.0
45	ROJAS Carlos	12.10.1984	CHI	76.32	D	122	150	272.0
46	PICONESE Marco	18.05.1975	ITA	76.06	D	120	150	270.0
---	GUTU Andrei	16.09.1980	MDA	76.55	C	142	---	---
---	ABDULLAYEV Zaur	31.08.1985	AZE	76.52	D	141	---	---
---	MARTINEZ Sergio	18.04.1980	ESP	76.42	B	---	---	---
---	FICCO Giuseppe	26.08.1974	ITA	76.65	D	---	---	---
---	PEREPECHENOV Oleg	06.09.1975	RUS	77.00	A	---	198	---

85Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	RYBAKOU Andrei	04.03.1982	BLR	84.53	A	180	203	383.0
2	EDIEV Aslambek	04.01.1970	RUS	84.98	A	172	201	373.0
3	MARTIROSYAN Tigran V.	03.03.1983	ARM	84.41	A	172	198	370.0
4	YERSHOV Vyaceslav	07.12.1980	KAZ	82.08	A	170	197	367.0
5	STRALTSOU Vadzim	30.04.1986	BLR	84.86	A	170	195	365.0
6	KHAMATCHIN Roman	29.07.1985	RUS	84.85	A	160	203	363.0
7	CALANCEA Valeriu	18.11.1980	ROM	84.35	A	162	200	362.0

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8	BALLESTEROS Hector	18.10.1981	COL	84.42	B	160	200	360.0
9	YUAN Aijun	07.04.1977	CHN	84.60	A	163	197	360.0
10	MARKOV Georgi	12.03.1978	BUL	84.68	A	160	195	355.0
11	HAXHIYSENI Endri	27.08.1986	ALB	84.24	A	163	190	353.0
12	RUIZ Jose Oliver	18.09.1974	COL	84.80	B	158	192	350.0
13	FARHAN Gaber	01.09.1985	EGY	85.00	B	158	192	350.0
14	HER Jin	30.09.1979	KOR	84.42	B	152	192	344.0
15	FARRIS Kendrick	02.07.1986	USA	84.85	B	150	193	343.0
16	MOLDODOSOV Ulanbek	18.06.1976	KGZ	82.51	B	150	190	340.0
17	YOTOV Yoto	22.05.1969	CRO	83.93	C	150	190	340.0
18	KIM Seon-Jong	01.02.1986	KOR	84.96	B	145	195	340.0
19	SELIVANOV Kostyantyn	20.06.1981	UKR	84.89	B	150	188	338.0
20	RYTKOWSKI Mariusz	26.07.1976	POL	84.98	B	152	186	338.0
21	ZAIRVOV Intigam	21.04.1985	AZE	84.89	C	150	186	336.0
22	CSER Norbert	18.01.1985	HUN	83.85	B	150	185	335.0
23	SEDOV Sergey	24.05.1984	KAZ	84.59	B	155	176	331.0
24	UKPONG Innocent	05.02.1986	USA	84.63	C	147	184	331.0
25	MENDEZ Adriano	14.08.1985	ESP	84.20	C	145	183	328.0
26	QUITERIO Juan C.	06.02.1983	DOM	83.66	C	145	180	325.0
27	SKAVICIUS Arturas	28.03.1986	LTU	84.60	C	142	181	323.0
28	REDJEPOV Mansur	03.01.1982	TKM	83.98	C	150	172	322.0
29	RAMAZANOV Ruslan	10.02.1987	TKM	84.97	C	146	175	321.0
30	TKAC Richard	24.05.1985	SVK	84.81	C	150	170	320.0
31	KOLOSOVSKI Pavel	26.08.1981	ISR	84.71	C	141	176	317.0
32	GRANER Zoltan	28.01.1985	HUN	83.89	C	140	170	310.0
33	MARANDA Jean -Philippe	01.11.1986	CAN	84.33	D	133	175	308.0
34	ANTHONY Darryn	18.12.1985	RSA	84.63	C	141	167	308.0
35	LAVERTUE Jean	04.09.1974	CAN	84.98	D	140	165	305.0
36	HOWARTH Michael	13.10.1984	GBR	84.98	D	140	160	300.0
37	SAIDOV Furkat	01.01.1987	UZB	82.95	D	130	160	290.0
38	GARCIA Rodrigo	24.07.1983	CHI	83.05	D	122	152	274.0
---	INCE Izzet	01.01.1981	TUR	84.88	A	171	---	---
---	MATAM David	05.06.1975	FRA	84.70	B	157	---	---
---	CHASHEMOV Mansurbek	22.06.1983	UZB	82.66	D	130	---	---
---	LLANCAMAN Victor	18.08.1989	CHI	84.50	D	113	---	---
---	BOHM Michael	08.02.1984	GER	84.14	C	---	176	---
---	HENNEQUIN Benjamin	24.08.1984	FRA	84.71	B	---	---	---

94Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	ILIN Ilya	24.05.1988	KAZ	93.26	A	175	217	392.0
2	KOLECKI Szymon	12.10.1981	POL	93.61	A	173	219	392.0
3	KONSTANTINOV Roman	15.08.1983	RUS	93.77	B	177	215	392.0
4	SOZAEV Mukhama	13.01.1982	RUS	93.06	B	176	215	391.0
5	HERNANDEZ Cobas Yohandrys	25.05.1980	CUB	92.79	A	170	216	386.0
6	PILIYEV Konstantyn	28.02.1983	UKR	93.54	B	171	214	385.0
7	KOURTIDIS Nikolaos	01.04.1986	GRE	93.65	B	173	210	383.0
8	NAVARRO Jose	14.04.1981	ESP	93.20	A	170	208	378.0
9	BRATAN Evgheni	22.05.1981	MDA	93.86	A	170	208	378.0

Weightlifting Queensland

10	KUZILOV Albert	05.02.1985	GEO	93.71	A	172	205	377.0
11	BONK Bartlomiej	11.10.1984	POL	93.32	A	170	205	375.0
12	MARTINEZ Santiago	19.04.1979	ESP	93.89	B	170	200	370.0
13	SOTOLONGO Miranda Joel	12.12.1982	CUB	93.94	B	165	201	366.0
14	SPIESS Jurgen	26.03.1984	GER	92.79	B	165	200	365.0
15	EL NAGAR Mohamed	05.08.1984	EGY	93.51	B	155	206	361.0
16	LEE Ungjo	10.11.1980	KOR	93.61	B	160	200	360.0
17	GOGIA Teimuraz	24.01.1986	GEO	93.20	B	160	197	357.0
18	DAZA Angel	11.04.1979	VEN	93.43	C	150	205	355.0
19	PAPADOPOULOS Kostantinos	25.05.1983	GRE	93.44	C	155	200	355.0
20	MELNYK Andriy	15.08.1983	UKR	91.95	C	156	193	349.0
21	HORN Rene	31.10.1985	GER	93.00	C	146	200	346.0
22	KUTLIK Ondrej	09.09.1976	SVK	89.06	C	150	195	345.0
23	WATTANAKASIKAM Suthipon	08.08.1985	THA	92.45	C	157	187	344.0
24	HIRAOKA Yuki	11.01.1983	JPN	93.70	C	150	191	341.0
25	NUCHPUM Khunchai	20.10.1980	THA	92.09	C	150	190	340.0
26	WITTMER Jeffrey	30.09.1984	USA	91.79	C	148	190	338.0
27	GALKIN Yuriy	05.06.1986	KAZ	88.79	C	145	187	332.0
28	MIZUTA Osamu	21.08.1984	JPN	92.75	C	140	189	329.0
29	ZVIRBLYS Mantas	27.09.1985	LTU	91.41	C	145	182	327.0
30	KISS Attila	03.10.1984	HUN	93.08	C	148	178	326.0
31	MARTIN Anthony	02.04.1981	USA	93.56	C	147	179	326.0
32	JIMENEZ Juan	09.10.1979	DOM	93.98	D	142	172	314.0
33	GORGANOV Nurgeldi	11.09.1984	TKM	89.59	D	140	162	302.0
34	GRANDO Luigi	09.07.1983	ITA	93.94	D	130	166	296.0
35	NIEVES David	22.04.1983	PUR	92.90	D	130	150	280.0
36	GATICA Nelson	21.01.1988	CHI	92.38	D	120	145	265.0
---	VACARCIUC Vadim	01.10.1972	MDA	93.92	A	167	---	---
---	KAPAEV Ruslan	29.10.1980	KGZ	90.52	C	155	---	---
---	ROBERTS Nicolas	15.09.1984	CAN	90.15	D	---	170	---
---	ANUSKEVICIUS Donatas	07.05.1980	LTU	91.78	B	---	---	---
---	PATOTSKI Mikalai	01.09.1983	BLR	92.97	A	---	196	---
---	DOBREV Milen	22.02.1980	BUL	93.30	A	---	---	---
---	HSIEH Wei-Chun	14.08.1983	TPE	93.39	C	---	196	---
---	GUADAMUD Eduardo	11.06.1986	ECU	93.92	B	---	---	---

105Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	DOLEGA Marcin	18.07.1982	POL	105.00	A	193	222	415.0
2	LAPIKOV Dmitry	04.06.1982	RUS	104.52	B	194	220	414.0
3	KLOKOV Dmitriy	18.02.1983	RUS	104.10	A	188	218	406.0
4	DOLEGA Robert	31.12.1977	POL	104.14	A	181	219	400.0
5	NANIYEV Alan	03.10.1978	AZE	104.58	A	182	218	400.0
6	TESOVIC Martin	26.10.1974	SVK	104.81	B	185	215	400.0
7	MACHAVARIANI Gia	26.02.1985	GEO	102.73	A	180	217	397.0
8	LOBAN Aleh	15.01.1985	BLR	104.26	B	171	217	388.0
9	MOURS Ibrahlim	01.10.1980	EGY	102.24	B	177	210	387.0
10	TSAGAEV Alan	13.09.1977	BUL	104.85	A	170	215	385.0

Weightlifting Queensland

11	BABAYAN Artur	17.11.1983	ARM	103.54	B	170	213	383.0
12	TOROKHTIY Oleksiy	22.05.1986	UKR	104.70	B	165	208	373.0
13	MAZUR Jorg	15.11.1977	GER	104.36	B	171	200	371.0
14	BALA Isa	11.08.1984	ALB	103.81	B	177	192	369.0
15	URINOV Aleksandr	24.02.1973	UZB	97.83	B	167	198	365.0
16	BOER Moreno	09.01.1977	ITA	104.15	B	160	205	365.0
17	KIM Wha-Seung	22.06.1985	KOR	104.31	B	170	195	365.0
18	SHANKLE Donald	18.03.1982	USA	104.78	B	165	195	360.0
19	TSIRIDIS Athanasios	05.08.1982	GRE	103.05	B	157	197	354.0
20	KHAM-EIAM Niti	02.09.1981	THA	103.87	C	156	195	351.0
21	SANDOR Akos	11.12.1977	CAN	105.00	C	155	195	350.0
22	NEMESHAZY Janos	11.04.1979	SUI	103.32	B	150	190	340.0
23	HOLGUIN Carlos	29.01.1973	DOM	98.72	C	150	172	322.0
24	HUANG Te-Feng	16.01.1979	TPE	104.41	C	142	177	319.0
---	AKHMETOV Bakhyt	27.03.1979	KAZ	102.98	A	185	---	---
---	LIZAMA Marcos	30.09.1983	CHI	104.59	C	140	---	---
---	JOUGHILI Ahed	01.01.1984	SYR	103.56	A	---	---	---
---	AUDZEYEU Mikhail	02.02.1982	BLR	104.45	A	---	217	---
---	ROHDE Andre	18.08.1975	GER	104.19	B	---	---	---

+105Kg Men

Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	REZA ZADEH Hossein	12.05.1978	IRI	162.87	A	202	246	448.0
2	UDACHYN Artem	26.03.1980	UKR	142.04	A	199	240	439.0
3	DONG Feng	01.01.1986	CHN	134.28	A	192	245	437.0
4	SCERBATIHS Viktors	06.10.1974	LAT	141.67	A	198	236	434.0
5	KLESZCZ Grzegorz	12.11.1977	POL	121.29	A	180	225	405.0
6	PAPAGERIDIS Dimitrios	19.04.1986	GRE	137.10	A	182	222	404.0
7	SONG Young-hoon	19.08.1984	KOR	136.28	A	170	226	396.0
8	VELAGIC Almir	22.08.1981	GER	127.64	A	175	220	395.0
9	BIALEK Arkadiusz	13.02.1982	POL	107.34	A	175	215	390.0
10	BURGENER Casey	15.08.1982	USA	120.38	B	175	215	390.0
11	ARBOLEDA William A. Solis	14.03.1981	COL	119.08	B	165	215	380.0
12	SHYMECHKO Ihor	27.05.1986	UKR	122.89	B	180	200	380.0
13	SOBOTKA Petr	30.04.1975	CZE	159.09	B	170	210	380.0
14	WALZER Libor	08.12.1975	CZE	109.25	B	170	200	370.0
15	DETENAMO Itte	22.09.1986	NRU	145.38	C	167	203	370.0
16	ESCALANTE Cristian	11.09.1976	CHI	121.04	C	167	202	369.0
17	NAGY Peter	16.01.1986	HUN	133.07	B	167	195	362.0
18	HEREDIA Victor	22.02.1985	VEN	122.74	B	160	200	360.0
19	ARTEAGA Julio	09.03.1986	ECU	126.61	B	155	200	355.0
20	<u>KELLY Damon</u>	01.12.1983	AUS	149.50	C	152	200	352.0
---	SIMKUS Modestas	02.10.1985	LTU	105.19	B	153	192	345.0
---	GYLLENHAMMAR Jim	26.12.1978	SWE	124.57	B	168	---	---
---	GUILLLEN Francisco	26.10.1984	DOM	179.88	C	155	---	---
---	CEGAR Sasa	23.12.1980	CRO	107.32	B	---	---	---
---	ATTIA Ehssan M.	11.01.1984	EGY	147.14	A	---	241	---
---	CHOLAKOV Velichko	12.01.1982	BUL	159.80	A	---	---	---



**2006 Queensland All Schools Championships**  
**Toowoomba Weightlifting Association, Toowoomba, Qld**  
**14<sup>th</sup> October 2006**

**WOMEN**

Name	YOB	School	Bwt	Snatch	C&J	Total	Sinclair	Place Open	U16
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**58kg Category**

Davina Hughes	89	Harristown	55.70	62	85	147	188.659	1	
Jayde Thomas	91	Centenary Hts	57.40	37	51	88	110.460	2	1

Chantel Nash	92	Toowoomba	55.10	33	44	77	99.640	3	2
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**63kg Category**

Tierney Molenaar	91	Windaroo	62.30	47	63	110	130.657	1	1
Jessica Brown	90	Lourdes Hill	59.60	33	44	77	94.143	2	2

**69kg Category**

Teegen Conway	90	St Joseph's	66.80	46	59	105	119.712	1	1
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**+75kg Category**

Chanelle Sa'u	91	Capalaba	105.70	50	65	115	115.027	1	1
Rebekah Lovely	90	Westside CC	77.00	46	55	101	107.769	2	2

Amy Higgins	93	St Joseph's	80.00	27	31	58	61.034	3	3
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**MEN**

Name	YOB	School	Bwt	Snatch	C&J	Total	Sinclair	Place Open	U16
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**47kg Category**

David Hockins	91	Toowoomba	44.50	43	62	105	200.878	1	1
Raymond Tarumuri	93	Nudgee	46.00	23	32	55	101.912	2	2

**51kg Category**

Jake Whitmore	95	Westside	49.20	17	20	37	64.414	1	1
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**56kg Category**

Scott Clark	91	Nambour	55.20	60	75	135	212.875	1	1
Dominic Bohl	92	Nudgee	54.40	33	40	73	116.502	2	2

**62kg Category**

Nathan Kahi	92	Mansfield	58.80	64	86	150	224.944	1	1
Dave Molde	91	Wynnum Nth	58.60	35	45	80	120.287	2	2

**69kg Category**

Shannon Arenson	90	Bris Grammar	67.60	65	72	137	185.812	1	1
Adrian Ward	91	St Joseph's	67.70	18	25	43	58.263	2	2

**77kg Category**

Justin Flack	89	Nudgee	72.90	90	108	198	255.854	1	
Richard Christie	89	Nudgee	71.00	65	82	147	193.105	2	
Troy Small	89	Nudgee	70.70	58	75	133	175.184	3	
Michael Dunne	91	C O C	72.10	50	75	125	162.629	4	1
Josh Liddle	90	Nudgee	75.90	70	90	160	201.817		Guest

**85kg Category**

Adam McDonald	89	Nudgee	80.40	90	114	204	249.108	1	
Billy Chong Nee	90	Toowoomba	83.50	95	109	204	244.183	2	1
Nick Winkler	89	Nudgee	83.90	70	95	165	197.018	3	
Darcey Chapman	89	Nudgee	79.30	60	90	150	184.553	4	
Elias Power	90	Nudgee	81.70	65	65	130	157.387	5	2
Hadlee Whyte	92	Nudgee	81.10	47	61	108	131.266	6	3
Angus Takahashi	92	Nambour	79.90	35	50	85	104.148	7	4

**94kg Category**

Corey Braithwaite	90	Nudgee	87.10	70	90	160	187.529	1	1
Tom Sayer	90	Nudgee	85.40	60	75	135	159.763	2	2
Brendan Sanders	92	St Joseph's	88.50	26	34	60	69.790	3	3

**105kg Category**

Tom Cox	90	Nudgee	94.40	75	90	165	186.459	1	1
Joe McIlwaine	91	Nudgee	103.30	70	90	160	174.554	2	2
Mitchell Thurlow	92	Alexandra Hills	101.40	45	52	97	106.542	3	3

**+105kg Category**

William Hoare	88	Nudgee	105.10	63	75	138	149.642	1	
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**Referees:**  
(Nat);

Debra Keelan (Cat I); Barry Harden (Cat II); Keith Forbes (Nat); Dallas Turnbull

## Walsh (Club);

Chris Walsh (State); Bowen Stuart (State); Melissa Turnbull (State); Brian

Barry Hockins (Club).

**Time Keepers:**

Chris Walsh; Deborah Janke; Bowen Stuart; Brian Walsh.

**M.C.:**

Ian Moir.

**Best Lifter Awards**

	Under 16	Open
Male	Billy Chong Nee	Justin Flack
Female	Tierney Molenaar	Davina Hughes

**Team Championship**

Women	Points	Men	Points
St Joseph's Toowoomba	51	Nudgee College A	140
Harristown SHS	28	Nudgee College C	114
Windaroo Valley SHS	28	Nudgee College B	100
Capalaba State College	28	Toowoomba SHS	53
Centenary Heights SHS	25	St Joseph's Toowoomba	48
Lourdes Hill	25	Nambour SHS	47
Toowoomba SHS	23	Mansfield SHS	28
		Brisbane Grammar School	28
		Westside Christian College	28
		Wynnum North SHS	25
		Alexandra Hills SHS	23
		Christian Outreach College	22
		Nudgee College D	20

**CAMP CURRIMUNDI**

Masters Women Squad Meeting 2006 – By Amanda Phillips

It's been a long held plan to organise a Masters Camp for women, which sounds like an extreme minority group in our sport, but this is not the case. Our masters's women make up almost one 3<sup>d</sup> of our female membership and due to other commitments in their lives, have previously been unable to attend the general Women's squad camp.

The camp was scheduled from the 6<sup>th</sup> to the 8<sup>th</sup> of October at the Currimundi Active Recreation Centre on the Sunshine Coast and 11 of our Women committed to the weekend. Considering only a small amount of equipment was to be taken to Currimundi (for use in the Camp's scheduled technique analysis/coaching educational workshop) a group training schedule was organised at Nudgee Weightlifting Club prior to our travels up the coast.

The training session went extremely well, with our masters ladies demonstrating how well they trained with passion and enthusiasm, and the support for one another was fantastic. 2 of the newer ladies Romi (from the Gold coast) and Christine from Cougars demonstrated particularly well how quickly they had picked up the techniques of Olympic weightlifting, which is a credit to their coaches, Ken McDonald and Angela Wydall (respectively). Diana Loy also impressed us with her continued determination and passion for the sport. We took the opportunity to present Diana with a rather large trophy for a rather large achievement, that being the best female lifter (in her age group, 40-44 years) at the recent World Masters Championships in France. Well done Diana and well done Deb Keelan for managing to transport the trophy safely back.



*Congratulations Diana for your fantastic efforts at the World Masters Championships*

At the end of the session we all piled into the Mini bus hired for the convenience of the ladies over the weekend. We were ready to go when, despite being booked through a reputable hire company (who shall remain nameless – have a look at the photos later), I turned the key in the ignition and ....nothing. Turning off the radio and air conditioner provide us with a small ray of hope upon the next key turn with a small chug. Just when we almost needed a push, third time lucky sees the beast roar to life. We were off (later down the highway the air conditioner started leaking, but no real dramas).

We arrived just prior to the scheduled dinner time and managed to settle into our rooms and settle the night manager. The poor man was very concerned for our safety, when not only did he not comprehend that there were “no men...no men at all...over the entire weekend?”, but that I had requested the use of the disabled rooms (due to the private bathroom in the rooms) and he felt the need to check the “everyone’s OK though?”.

Dinner was great (as were all the meals over the weekend) and we then headed back to the common area for some “Friday Night Funnies” to play some icebreakers and “get to know you” games. One game in particular called “everyone’s a liar” where 4 facts are presented to the group with 1 being a lie (and the lie must be sorted out by the group), had Deborah Lovely trying to convince the group (very credibly I might add) that she rode a Baby Bull in a Rodeo, Romi Jones said that she had sat in the cockpit on a Flight from Singapore (Oh wait, that was actually true) and I tried to persuade the group that I had been in an ice-cream commercial when I was 3 (which was kind of true...I did audition).

The next morning everyone was up early ready for our trip out to “Healing Arts Therapies” on Buderim, for a Pilates/Yoga/Meditation session. The session was extremely well run and everyone enjoyed the experience, leaving rejuvenated and ready for the day ahead. It was lucky we were all so calm, as when we were backing out the driveway...the mini bus strikes again!!! While reversing the spare tyre had come loose and was dragging on the ground. Never fear Deborah and Amanda were willing to sacrifice themselves for the good of the group and lay under the bus on the road to fix the tyre. Again, we were off (air conditioner still leaking).

*BELOW: Feeling fine at Healing Arts Therapies in Buderim (from Back left, Jen Sefton, Katrina Roberston, Christine Bayne, Romi Jones, Debra Keelan. Middle, Amanda Phillips and Deborah Lovely. Front, don’t ask me what Meg Soroka and Vicki Brady are doing...!)*



*RIGHT: Fixing the spare tyre?*



Arriving back at the camp we all piled again into the common room and did the Club referee course, which was great as Queensland weightlifting is always in need of referees (especially females, so please contact the office if you can help out). Katrina Robertson, our guest speaker for the weekend gave one of her presentations next. Katrina is a World Champion Powerlifter who started in the sport as a Master and rose to the top of Open competition despite significant Physical and geographical setbacks. Katrina is also a qualified Psychologist, and her first presentation was Psychology based, specifically for female masters. She did a great job and I think that everyone got something out of the session with a large discussion session following where all the ladies shared their experiences/questions. Well done Katrina!

After lunch we all went through a technique analysis/coaching session, designed to use some of the information from the Club Licence coaching course as a way of supporting each other's training and analysing the technique of the snatch, clean and jerk. It was a great session and the ladies gleaned loads of information for use in their training sessions and Vicki Brady even stepped up to the mark and participated in the Club coaching course a few weeks later. Well done Vicki!!



*Debra Keelan (right) coaches Julie Davis (left) and Vicki Brady (middle), during the Technique Analysis/Coaching Session. Nice extension ladies!*

Some free time followed with most of the women taking the opportunity to take a swim and spend some time on the beach. I just needed a nap...those masters women really tired me out!!!

Later that night Katrina gave us the 2<sup>nd</sup> of her presentations. There are no words to express the impact that this informal motivational presentation had on all of us present. Katrina's experiences and outlook on life really helped all of us to focus on what's important and to not limit ourselves by negative thoughts. Katrina's involvement through out the entire weekend was great and we all really enjoyed having her as part of our camp. Thank you Katrina from all of the Ladies.



*Thankyou Katrina! Saturday Night's presentation was enjoyed by all. Back row, left to right – Amanda Phillips, Julie Davis, Jen Sefton, Romi Jones, Debra Keelan, Christine Bayne. Front row, left to right – Deborah Lovely, Katrina Robertson, Vicki Brady and Meg Soroka.*



*The ladies enjoyed sampling the local produce*

The next morning, we had a bit of a sleep in, while some went down the beach. We were all mentally preparing ourselves for the tough trip home...a Wine tour; sorry I mean "tourist drive" through the Sunshine coast hinterland. With 4 stops scheduled, we only managed 3 due to time constraints and I was impressed with the commitment with which the ladies sampled the products of the establishments that we visited on the "tourist drive". As the designated driver my only excitement was over a cat at one of these enterprises, who came out to welcome us.



*The view from the Flaxton Winery was breathtaking.*

As the saying goes "All good things must come to an end" and unfortunately this camp was no different. Before we knew it we were back off down the good old Bruce Highway (air conditioner still leaking) and I was dropping people off at the airport or at home. Thanks again to Katrina for her insight and to all the ladies for your ongoing enthusiasm for weightlifting. I had a great time and think the camp was a tremendous success.

*Best Wishes  
for a  
Merry Christmas*

## Mermet Cup International

25 November 2006

### Mermet Victorian Weightlifting Stadium

ATHLETE	NAME	BORN	STATE	B/WT	SN	C&J	TOTAL	SINCLAIR	PLACE
<b>MEN</b>									
PETER	Yukio	1984	NRU	76.75	150	180	330	413.5681	1
MINGINFEL	Manuel	1978	FSM	61.40	120	152	272	394.7778	2
ETOUND	Francoise	1984	VIC	72.95	130	166	296	382.3279	3
KOUM	Daniel	1985	VIC	61.90	115	145	260	375.1128	4
RIBEUM	Simplice	1982	CMR	87.60	140	170	310	362.3378	5
KELLY	Damon	1983	QLD	150.25	150	205	355	356.6454	6
VASILIADES	Con	1985	NSW	64.45	111	135	246	344.7608	7
GRIGORYAN	Ahgvn	1969	VIC	104.35	145	165	310	336.9908	8
BE	Vannara	1988	VIC	56.00	96	119	215	335.0821	9
CITTON	Emmanuel	1982	NSW	91.25	120	155	275	315.4009	10
HELLISON	Warren	1966	VIC	98.15	120	152	272	302.5103	11
OGILVIE	Michael	1983	NSW	90.05	117	145	262	302.3009	12
MERREY	Chris	1988	VIC	90.80	110	145	255	293.1148	13
VUKOJEVIC	Goran	1962	VIC	77.00	75	101	176	220.1578	14
CHAMOUN	Malek	1989	NSW	79.10	115	0	0	0	-
HARDIMAN	Peter	1982	NSW	100.05	110	0	0	0	-
<b>WOMEN</b>									
OPELOGE	Ele	1985	SAM	105.45	101	129	230	230.0663	1
WHITE	Jacque	1982	VIC	62.75	80	98	178	210.4812	2
VAN TIENAN	Belinda	1986	VIC	81.50	86	109	195	203.9423	3
LEE	Vivian	1978	VIC	47.45	56	75	131	192.5711	4
HARDY	Amy	1989	NT	57.30	60	77	137	172.1828	5

**Records:** Vannara BE (VIC) 96kg Snatch - AUS U18 & U20 Record

**Records:** Vannara BE (VIC) 119kg Clean & Jerk - AUS U18 & U20 Record

**Records:** Vannara BE (VIC) 215kg Total - AUS U18 & U20 Record

**Records:** Ele Opeloge (SAM) 101kg Snatch - South Pacific Senior Record

**Records:** Ele Opeloge (SAM) 230kg Total - South Pacific Senior Record

**Referees:** Yourik Sarkisian, Robert Kabbas, Kevin White, Jenny Sanchez, Debra Keelan, Debbie Smith, Leo Ryan, Bob Hemery, Mark Dowse

## The Queensland 2000 Tournament

By Ian Moir

This year's Queensland 2000 added another exciting chapter to the continuing story of this unique competition. I'll get to the lifting a little later, but first I want to pay tribute to the people who made this event possible.

For Ray Gardner, Kylie Booth and me, the day started early as we met at Chandler to load up well over 1000kg of weights, bars, and platforms before heading off to the Capalaba Sports Club to set up the venue. We were ever so grateful later that day for the assistance of many hands to help load up again for the return journey; and to Amanda Phillips, who joined the crew to make it a gang of four unloading everything again back at Chandler that night.

More than any other weightlifting competition, The Queensland 2000 puts a lot of pressure on the Loaders, requiring as it does, dramatic changes to the weight of the barbell after each attempt. Carrying out this heavy work at a cracking pace was an expert team of Loaders: David De Rose, Deborah Lovely, Damien Thompson and David Hockins.

With \$2,000 prize money on the line, the officiating at this event had to be tight and our Referees and Timekeepers set and maintained their usual high standard throughout. Many thanks to Debra Keelan, Kylie Booth, Lawrie Townsend, Jo Garner, Amanda Phillips and Ray Gardner. At the marshalling table, Bowen Stuart, Luke Gardner, Holly Collyer and Barry Harden provided a valuable service, calling through the weight selections and keeping coaches informed of the progress of the competition.

When it comes to the presentation of The Queensland 2000, one person in particular always brings the competition to life. That person is Mike Keelan. Not only is Mike an exceptional announcer, but his insightful and entertaining commentary ensures that everyone in the room knows exactly what's going on, and he gets everyone involved.

And now to the stars of the show: the fifteen lifters, any one of whom, with a sharp performance and smart weight selections, could realistically hope to win.

The competition kicked off with the men's group. In the preceding weeks, speculators had considered that Troy Hewkins might be the one to beat, but none of the other competitors were discounted. Anthony Salsone was training strongly and Josh Brady has forged a reputation for lifting whatever his coach tells him to lift. Luke Gardner was expected to add a kilo or two to his Personal Best results, and of course Damon Kelly would be lifting the biggest weights.

Troy set the early lead with three good attempts and a Qld U20 Record snatch of 127kg. Following closely at the end of the snatches were Anthony and Luke; both completing three good lifts, with Luke setting a new Qld U20 and U18 Record at 122kg. Damon missed his first snatch and Josh missed his third, making things that little bit more difficult for these two.



In the clean & jerk, Damon took his first attempt at 175kg and then retired. He hadn't been feeling well that morning but had soldiered on, to post a total in this premier event. Luke secured more State Records with his second attempt and held a one point lead over Troy at that stage. On to the third attempts and Luke was first up with 160kg, but he failed to complete this one. Josh had missed 138kg on his second attempt and called for 141kg on the third. This one also didn't go the distance, but the door was still open for Troy and Anthony to challenge Luke's top score. Anthony jerked 142kg, a +2kg PB, in fine style to leapfrog Luke and land in the lead. And so it came down to the last lift of the session. With Anthony now on 81 points, Troy knew that he had to do 155kg to pip him at the post and claim the \$500 group prize. The triumphant "YESSSS!!!" that escaped Troy's lips as he rocketed the jerk overhead said it all.

With the room still buzzing, the competitors in the women's group came to the platform. Once again, pre-event forecasting didn't identify any one of these lifters as a certainty. Diana Loy had spent some time in the sauna that morning and made weight in the 58kg category. Holly Collyer weighed in under 63kg and Liana Lambert rushed back from a university exam to weigh-in with just minutes to spare. Alison Noble had worked hard all week to rehabilitate an injury and she came into the competition in good shape, but not supremely confident of being able to go all out. Davina Hughes was probably the most settled of the five competitors although, like Holly, she had endured a two-hour drive to the venue that morning.

After the snatches, Davina sat in first place with three good lifts and +1kg PB. Less than two points behind was Holly, although she had missed her opening attempt and lost the possibility of gaining bonus points for six-out-of-six. Less than one point behind Holly was Alison with three good attempts and +1kg on her previous best. Diana had missed her first and third attempts and Liana's results were down on her previous best, meaning that these two lifters would have to make up a lot of ground in the clean & jerk to remain in contention.

After the second attempts in clean & jerk, Holly led Davina by just over two and a half points and Alison was only three points further back. Diana had missed 81kg on the second attempt and Liana continued to lift with good style, but off the pace.

With the third attempts came the challenges for the lead. Alison went for 94kg, which would have added ten points to her score. She didn't complete that one and the standings remained the same. Holly went for 98kg and missed, but remained in first spot. Diana had missed 81kg on the second attempt and came to this weight again for her third. The referees judged an 'elbow touch' in the clean and the 'down' signal sounded before she got the chance to have a crack at the jerk. At that point, the scores hadn't changed since the second attempts and only Davina had another attempt up her sleeve. She had been lifting strongly all day, power snatching and power cleaning, and now there was an opportunity for her to finish off the session with the winning lift. Which is exactly what she did. Hoisting 85kg for an equal PB total and six good attempts catapulted Davina into the winner's circle.

With two of the finalists decided, it was time for the junior group to come forward and produce the third. Bowen Stuart was the top qualifier in this group and he was joined by Dimitri Hatzigeorgiou, Darryl Hockins, Nathan Kahi and Brent 'BJ' Kahi.

At the close of the snatches, Dimitri held the lead after a 112kg snatch (+2kg PB), but he had missed his second attempt and with that, the possibility of extra points for six-out-of-six was lost. Darryl had a few problems and had secured only his first attempt at this point. Bowen looked to be right on track, up until he failed his third snatch, which would prove costly as the competition progressed. That left the two Kahi brothers, Nathan and BJ, in great positions. Both had completed three good lifts and exceeded their previous best results by 3kg and 4kg respectively. But it was still too close to call, with less than three points separating first and fourth place.

After the second attempts in clean & jerk, Nathan's position looked even better. He was still on target for six good lifts, while all of the other four competitors had failed at least one attempt. That meant that it was time for some big jumps in weight to try to make up lost ground. BJ had missed 93kg on his second attempt but succeeded with 94kg on the third to take him into the lead with new PB's in snatch, clean & jerk and total. Nathan came up next and confidently jerked a +4kg PB of 87kg to pass BJ's score by more than 5 points. Darryl was too far behind to take a shot at the title and so attempted a new PB at 86kg for personal satisfaction, ultimately missing this lift.

Nathan had clearly become the man to beat and Dimitri was the next challenger, attempting the 142kg needed to move into first position. It wasn't to be, however and Nathan held firm in the top spot. There was just one attempt pending – Bowen's third – but with the realisation that he had little chance of lifting the weight required to surpass Nathan's score, Bowen settled for another go at the 116kg he had missed on the previous attempt.

With the group competitions done and dusted, the three finalists – Troy Hewkins, Davina Hughes and Nathan Kahi – prepared for the gruelling challenge of the Queensland 2000 Lift-Off.

With the Hewkinses and Hugheses in the front row and a large contingent of Kahis around the room, the Final got underway to the sound of tremendously vocal family support.

Troy and Nathan chose to do battle with the clean & jerk, while Davina opted to take her test with the snatch. The order of lifting and weight selections were set and so all that coaches Miles Wydall and Greg Hobl could do was concentrate on their lifters' technique and motivation.

Nathan led out with his first attempt at 74.5kg. Davina followed with 59kg and then Troy matched them both on 139.5kg. The lift-off progressed with ever increasing weights representing percentages of the lifters' PB's. All three succeeded with 95%, then 97.5% of their previous bests and moved into the 100% round.

Nathan hadn't missed a beat all day and he wasn't showing any signs of flagging. Up went 83kg. Davina set herself over 66kg but missed, taking her out of the competition. Troy stepped up to 155kg for the second time that day, but failed to complete the jerk this time around and Nathan Kahi was declared the outright winner of The Queensland 2000 Tournament for 2006, doubling his prize money to receive a grand in the hand.



## Queensland 2000

Capalaba Sports Club, Capalaba Qld  
4<sup>th</sup> November 2006

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
<b>Group 1 – Open Men</b>								
Troy Hawkins	86	Cougars	83.40	127	155	282	11	82.392
Anthony Salsone	87	Cougars	75.20	108	142	250	15	81.313
Luke Gardner	88	Cougars	103.60	122	155	277	10	72.955
Josh Brady	88	Cougars	73.40	102	132	234	-12	50.069
Damon Kelly	83	Cougars	148.15	145	175	320	-20	47.797
<b>Group 2 – Open Women</b>								
Davina Hughes	89	Toowoomba	55.80	67	85	152	9	72.071
Holly Collyer	88	Sunshine Coast	61.80	70	94	164	2	66.063
Alison Noble	79	Nudgee	74.25	70	92	162	5	61.643
Diana Loy	65		57.95	61	76	137	-5	51.846
Liana Lambert	88	Cougars	62.50	58	69	127	-12	37.609
<b>Group 3 – Juniors</b>								
Nathan Kahi	92	Cougars	58.90	65	87	152	23	69.769
Brent Kahi	90	Cougars	66.10	74	94	168	17	64.059
D Hatzigeorgiou	88	Cougars	108.00	112	130	242	1	52.271
Bowen Stuart	86	Toowoomba	78.30	100	110	210	-12	41.165
Darryl Hockins	88	Toowoomba	60.45	66	79	145	-14	30.615

**Bonus Round (lift-off) \***

Name	Lift	90.0%	95.0%	97.5%	100.0%
Nathan Kahi	Cl & Jk	74.5	78.5	80.5	83.0
Davina Hughes	Snatch	59.0	62.5	64.0	66.0
Troy Hawkins	Cl & Jk	139.5	147.0	151.0	155.0

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

Referees: Debra Keelan (Cat I), Kylie Booth (Cat II), Lawrie Townsend (Cat II),  
Amanda Phillips (National), Jo Garner (National).

Time Keeper: Ray Gardner, Amanda Phillips.

M.C: Mike Keelan

**Prize Winners**

Group 1	Troy Hawkins	\$ 500
Group 2	Davina Hughes	\$ 500
Group 3	Nathan Kahi	\$ 500
Bonus Round	Nathan Kahi	\$ 500

**Records**

Name	Cat	Lift	Weight	Age Group	Level
Holly Collyer	63kg	Cl & Jk	94	U18	Qld
Troy Hawkins	85kg	Snatch	127	U20	Qld
Luke Gardner	105kg	Snatch	122	U20	Qld
Luke Gardner	105kg	Cl & Jk	155	U20	Qld
Luke Gardner	105kg	Total	277	U20	Qld
Luke Gardner	105kg	Snatch	122	U18	Qld
Luke Gardner	105kg	Cl & Jk	155	U18	Qld
Luke Gardner	105kg	Total	277	U18	Qld

## The Year That Was!!



National U20 & Open Team

Lawrie in France

Cougars Members with their Tug of War Trophy



Joel & Erika in a Chinese Market (Junior Worlds)

Deborah & Ben with their Gold Medals



Greg in Samoa

Debbie in France

Masters women at National Championships



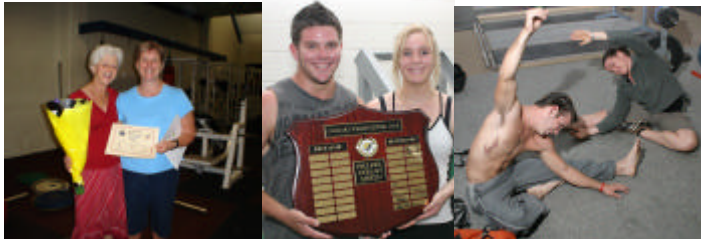


Team Damo at the Commonwealth Games



Our Coaches in Samoa

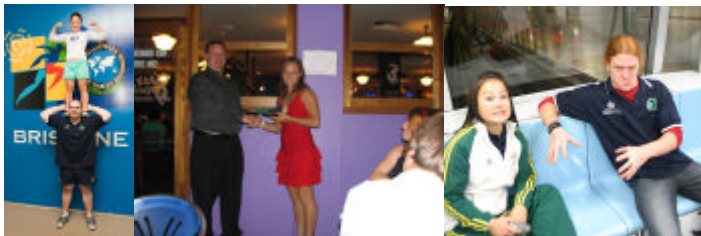
Toowoomba Awards Night



Vicky Brady receives her World Masters Record

Troy Hewkins & Jessica Brown

Josh Brady & Alison Noble



Erika & Damo

Ian Presenting Davina with Award

Erika & Joel in China

## Queensland Weightlifting Association Past and Present



Ben Grzes

Angela Wydall

Alex Goodyear

Barry Harden

Cameron Anderson



Bob Kennedy

Bob Kennedy

Danielle Barr

Debbie & Jessica Keelan



Craig Wegert

Darren Lythall

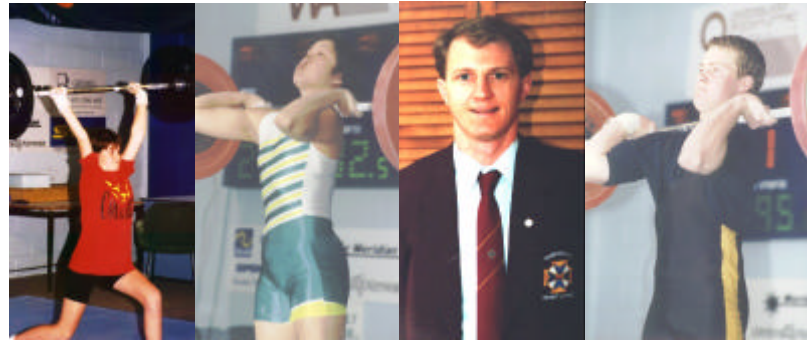
Dallas Turnbull

Bryan Fischer





Anthony Martin Desiree Gagliardi Dion Wood Fred Buchanan



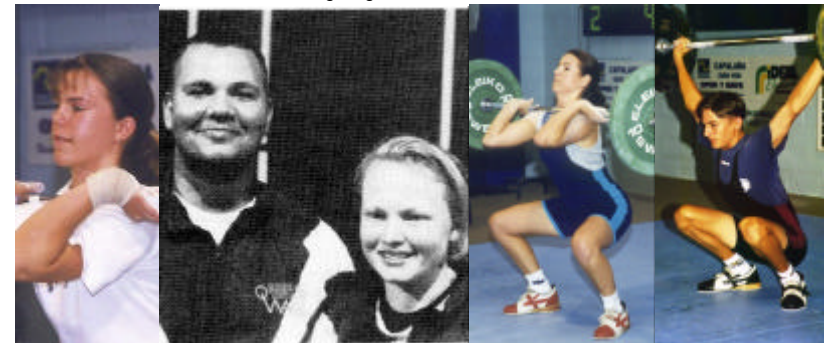
Elizabeth Redman Diana Loy Greg Hobl Jason Power



Harry Grzes Justine Hartwig Jessica Keelan



Kristy Timms, Sarah Timms, Elizabeth Redman, Kerry Timms, Jo Garner  
Danielle Barr & Melissa Nightingale



Kristie Amadio Anthony Martin & Amanda Phillips Linda Forbes Matthew Cornes



Melissa Nightingale Miles Wydall Pat Allridge



Paul Wheeler

Mike Keelan

Peter Foster

Peter Thomsen



Robert Nardi

Saree Williams

Rube Howes

Scott Robinson



Stephen Davies

Tim Oberg

Stuart Wagner

Wes Cassidy

## Technically Speaking

By Ian Moir

The International Weightlifting Federation (IWF) has adopted changes to a number of technical rules, to take effect from 1 January 2007.

### PROGRESSION OF THE WEIGHT OF THE BARBELL

A study of the major events held since the introduction of the 1kg rule has shown that only an insignificant minority (0.4%) of the athletes – whether men or women, and whether in snatch or in clean and jerk – have accepted the 1kg automatic increase of the barbell's weight from the 1<sup>st</sup> to the 2<sup>nd</sup> attempt. Reloading the barbell takes a lot of time.

Therefore, it was decided that:

As of 1st January 2007, the automatic progression of the weight of the barbell from the 1<sup>st</sup> attempt to the 2<sup>nd</sup> attempt is 2 kg (two kilograms).

The 2kg minimum progression refers only to the 2<sup>nd</sup> attempt. It applies both in snatch and in clean and jerk, for men and women, for seniors and juniors. For 3<sup>rd</sup> attempts lifters may take the 1kg progression or any weight, multiples of 1kg, as before.

### TIME LIMIT FOR WEIGHT CHANGE REQUEST

Competitions are too often slowed down when an athlete who follows himself / herself and has 2 minutes delays the announcement of his / her decision whether to take the automatically allocated weight or take more until the last second of his / her time. Many times, for 1 minute and 30 seconds there is no activity on the platform and the public is waiting for something to happen. This gives a bad image and takes a lot of unnecessary time from the competition.

Therefore, the IWF Executive Board decided that:

As of 1st January 2007, a request for changing the weight of the barbell must be announced within the FIRST 30 SECONDS of the allocated time. This is the same in both cases: the 1-minute and the 2-minute allocated times.

## **IMPORTANT ANTI-DOPING INFORMATION FOR ALL WEIGHTLIFTERS**

The Australian Weightlifting Federation condemns the use of Prohibited Substances and Methods in sport. The use of Prohibited Substances and Methods is contrary to the ethics of sport and potentially harmful to the health of athletes.

The only legitimate Use of Prohibited Substances and Methods is under the supervision of a physician for a clinically justified purpose AFTER a Therapeutic Use Exemption has been approved.

Under the anti-doping rules of Weightlifting, ANY athlete can be selected for testing in competition or out-of-competition.

All weightlifters should be aware that they can be approached at any time by ASADA, WADA or IWF accredited anti-doping officials - at their home, training facility or anywhere in the world. Athletes must comply with the testing procedure or face the prospect of registering an anti-doping rule violation for failing to comply with a request for a sample.

An anti-doping rule violation is likely to result in a disqualification and possible sanction or suspension.

Athletes are responsible for being fully aware of the requirements for providing a sample for testing.

### **Supplements**

Supplements are not comprehensively regulated in Australia.

For this reason the AWF and other organisations such as the Australian Sports Anti Doping Authority (ASADA), the Australian Institute of Sport, or state institutes of sport can not provide clear information about the status in sport of supplements and sports foods.

There is a risk that supplements may contain:

- ingredients not listed on the label which could cause a positive test
- impurities introduced at the manufacturing stage which could cause a positive test.

It is impossible to guarantee that these products do not contain substances that may result in a positive test. Australian Government Authorities can not accurately determine the status of any supplement product in sport.

Under the AWF Anti-Doping Policy's strict liability rule, athletes are responsible for any substance found in their body. It does not matter whether the athlete intentionally or inadvertently used the product.

If an athlete tests positive to a prohibited substance the result is likely to be a disqualification and possible sanction or suspension.

While some manufacturers may guarantee the ingredients in their product, or that the use of the product will not result in a positive test, the athlete is still responsible if a prohibited substance is detected in their body, even with the guarantee.

Athletes must take seriously their personal responsibility for what they ingest.

For more information, see the ASADA Website: [www.asada.gov.au](http://www.asada.gov.au)



## News News News

**If you have an article for Weightlifting Queensland please send an email to Kylie Booth at [qwa-kylie.booth@powerup.com.au](mailto:qwa-kylie.booth@powerup.com.au).**

- Craig Wegert has formed the Western Districts Weightlifting Club located in Ipswich. Craig expects to bring new lifters to the platform in early 2007.
- QWA organisational review and planning meeting was held on the 17<sup>th</sup> December.
- Ben Turner is closer to his dream of being a commercial pilot starting a new job with Jetstar as a Customer Service Officer.
- The QWA office will be closed from **Friday 22<sup>nd</sup> December 2006 until Monday 8<sup>th</sup> January 2007.**



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Internet: [www.qwa.org](http://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.*