



# Weightlifting Queensland

December 2008



The Official Journal of the Queensland Weightlifting Association Inc.



Masters League Winners Steve Matthews, Bob Henderson & Barry Harden

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The QWA is supported by the  
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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.



# 2009 Events Calendar

January 26	USQ Australia Day Open Competition	USQ Springfield
February 7	'Michael Keelan Shield' Competition	Cougars
<b>February 14</b>	<b>QWA League Round 1 &amp; Masters League Round 1</b>	<b>Toowoomba</b>
February 21	Australian Masters Championships & Aust Masters Games	Geelong, VIC
<i>March 14 – 15</i>	<i>Club Weightlifting / Sports Power Coach Level 1 course</i>	<i>Chandler</i>
March 20	North Brisbane Open Club Competition	Zillmere
March 20	Toowoomba Open Club Competition	Toowoomba
<i>March 21</i>	<i>QWA Annual General Meeting</i>	<i>Chandler</i>
March 21	Cougars Open Club Competition	Cougars
March 21	Gunmaree Open Club Competition	Mount Isa
March 28	Sunshine Coast Open Club Competition	Nambour
March 28 – 29	Australian Clubs Championship	USQ Springfield
<b>April 18</b>	<b>QWA League Round 2 &amp; Masters League Round 2 (National Senior qualifying event)</b>	<b>Cougars</b>
May 3 – 7	World Cup Tournament	Mont Dore, NCL
May 11 – 14	Oceania Championships (Junior & Senior) & Arafura Games	Darwin, AUS
May 16	Sunshine Coast Open Club Competition	Nambour
May 22	Toowoomba Open Club Competition	Toowoomba
May 22	USQ Open Club Competition	USQ Springfield
<b>June 6</b>	<b>Qld Senior Championships (National Senior qualifying event)</b>	<b>USQ Springfield</b>
June 12 – 21	World Junior Championships	Constanta, ROM
June 20	Gunmaree Open Club Competition	Mount Isa
<b>June 27</b>	<b>QWA League Round 3 &amp; Masters League Round 3 (National Youth/Junior qualifying event)</b>	<b>Zillmere</b>

June 27	Cairns North Open Club Competition	Cairns
July 10	Toowoomba Open Club Competition	Toowoomba
July 11	Cougars Open Club Competition	Cougars
July 18	National Senior Championships	Melbourne, VIC
July 19	National Officiating Workshop	TBC
<b>July 25</b>	<b>Qld U16 &amp; Youth &amp; Junior Championships (National Youth/Junior qualifying event)</b>	<b>Cougars</b>
<i>August 8 – 9</i>	<i>Club Weightlifting / Sports Power Coach Level 1 course</i>	<i>Chandler</i>
August 15	Gunmaree Open Club Competition	Mount Isa
August 15	North Brisbane Open Club Competition	Zillmere
August 15	Sunshine Coast Open Club Competition	Nambour
August (TBA)	Commonwealth Senior & Junior Championships	Kuala Lumpur, MAL
<b>September 12</b>	<b>Qld Masters Championships</b>	<b>Toowoomba</b>
September 18 – 20	National Under 16 & Youth & Junior Championships	Launceston, TAS
September 21 – 25	National Junior Squad Clinic & Coach Development Workshop	TBC
September 26	Cairns North Open Club Competition	Cairns
<b>October 10</b>	<b>Qld All Schools Championships</b>	<b>Toowoomba</b>
October 10 – 18	WMG & IWF World Masters Championships	Sydney, AUS
October 17 – 24	National Squad Camp (Super Squad & Games Squad)	TBC
<i>October 24 – 25</i>	<i>Club Weightlifting / Sports Power Coach Level 1 course</i>	<i>Chandler</i>
<b>October 31</b>	<b>QWA League Round 4 &amp; Masters League Round 4</b>	<b>Cougars</b>
November 7	Gunmaree Open Club Competition	Mount Isa
November 7	USQ Open Club Competition	USQ Springfield
<i>November 7 – 8</i>	<i>State Weightlifting / Sports Power Coach Level 2 course</i>	<i>Chandler</i>
November 17 – 27	World Senior Championships	Goyang City, KOR
November 20	North Brisbane Open Club Competition	Zillmere
November 20	Toowoomba Open Club Competition	Toowoomba
<b>December 5</b>	<b>QWA Grand Final</b>	<b>USQ Springfield</b>
December 12	'Michael Keelan Shield' Competition	Cougars
December 12	Sunshine Coast Open Club Competition	Nambour
December 19	Cairns North Open Club Competition	Cairns
December 19	'Lawrie Townsend' Competition	Zillmere

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

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

The minimum qualifying standard for entry in the Queensland Senior Championships is AWF Youth Standard.

The qualifying period for the Queensland Senior Championships is 22<sup>nd</sup> May 2008 – 22<sup>nd</sup> May 2009.

The minimum qualifying standard for entry in the Queensland Junior Championships is 80% of AWF Youth Standard.

The qualifying period for the Queensland Junior Championships is 10<sup>th</sup> July 2008 – 10<sup>th</sup> July 2009.

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

To be eligible to be selected to represent the QWA at the 2009 National U16 & Youth & Junior Championships athletes must compete in the 2009 Queensland U16 & Youth & Junior Championships.

To be eligible to be selected to represent the QWA at the 2009 National Senior Championships, athletes must compete in the 2009 Queensland Senior Championships.

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

**Merry Christmas**

## ***From the QWA Office***

Where does the time go? Here we are at the end of 2008 and I'm wondering whether the day added to this leap year would have been better placed in December rather than February, just to give an extra 24 hours to get a little more done in the last month before the calendar flips over to the new year.

Or perhaps that extra day could have been used to pause a little longer and reflect on the activity that has taken place over the other 365 days, for it's often only when you look up from the work at hand to take a breath that you realise how much has happened. This occurred to me recently when I attended the last general meeting of the Australian Commonwealth Games Association (Qld Division) for the year. It has become customary at these meetings for delegates to give a brief report on the happenings in their sport and as I began to make some notes about the past few months, I could see that weightlifting had quite a lot of good news to share with the other Commonwealth Games sports represented around the table.

Queensland's lifters and coaches excelled at both of the National Championships held in October and a good number of young Qld athletes gained valuable experience beyond our shores via the Commonwealth Youth Games; and an International Junior Tournament in New Zealand. Damon Kelly continued his globe trotting, competing in the World University Championships in Greece and then flying across to Cyprus to win gold at the Commonwealth Championships.

In all of these lifters' movements, Queensland coaches haven't been far away. Angela Wydall and Greg Hobl were appointed as coaches to the Australian Team at the Commonwealth Youth Games in India; and again for the Junior International in Auckland. And Miles Wydall coached Damon at the University Championships before taking up the post of AUS Team Coach at the Commonwealth Championships.

The QWA competition program was wrapped up in fine style on November 29<sup>th</sup>, with the Grand Finals of the QWA League and the Masters League. This year, elements of the Queensland 2000 Tournament and the QWA League were combined to good effect, with the lift-off round once again showing that lifters can exceed even their own expectations when encouraged to 'go for broke'.

And that brings me to the new year ahead. The QWA's first event will be Round 1 of the QWA League and QWA Masters League at Toowoomba on February 14<sup>th</sup>.

Masters lifters will have to stay close to the gym over Christmas this year, because the Australian Masters Championships, incorporated with the Australian Masters Games, will be the first National event in 2009. The Masters Championships are set for February 21<sup>st</sup>, in Geelong, Victoria.

Queensland will host the 2009 Australian Club Championships in March at the University of Southern Queensland, Springfield. The Australian Weightlifting Federation has introduced new qualifying procedures for national team selection which will make the Club Championships very important for lifters wishing to qualify for the 2009 World Cup and next year's Oceania Championships. This could mean that many of Australia's top lifters will be competing at Springfield next March.

It's probably best not to look too far ahead at this point, as this might speed up the passing of time even more. I'll be taking a few weeks leave, starting on Christmas eve and the QWA office will be closed from Wednesday 24<sup>th</sup> December until Monday 19<sup>th</sup> January. I'd like to take this opportunity to wish everyone a Merry Christmas and a Happy New Year. Stay safe and well and prepare for another bumper year of weightlifting in 2009.

Until next time...

Ian Moir

## 2008 IWF-Masters Weightlifting Championships

**Argostoli, Kefalonia, GRE**

**September 27 - October 4, 2008**

### Women's 65 – 69 Age Group / 53kg Class

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Victoria BRADY	AUS	1943	51.80	28	31	59

### Women's 65 – 69 Age Group / 63kg Class

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Dorothy Gardner	USA	1938	62.50	25	35	60

### Women's 65 – 69 Age Group / +75kg Class

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Marilyn MUNKRES	USA	1941	83.60	34	47	81

### Women's 60 – 64 Age Group / 63kg Class

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Dagmar McSWAIN	GER	1944	59.78	28	41	69
2	Elaine JANES	AUS	1945	62.97	25	35	60

### Women's 60 – 64 Age Group / 75kg Class

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Judy Quinn	CAN	1948	73.23	37	48	85

### Women's 60 – 64 Age Group / + 75kg Class

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Mary McGREGOR	USA	1948	85.35	43	63	106
2	Janis Ann KERR	GBR	1946	89.60	38	45	83

### Women's 55 – 59 Age Group / 58kg Class

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Margot SCHUKIES	GER	1952	57.08	40	54	94
2	Gwendolyn LEICK	GBR	1951	57.26	34	44	78

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**Women's 55 – 59 Age Group / 63kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Magdalini TSITSOULA	GRE	1951	62.11	38	52	90
2	<b>Valerie SILVER</b>	AUS	1949	61.00	27	35	62

**Women's 55 – 59 Age Group / 69kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Jill MILLER	CAN	1951	67.34	38	53	91
2	Eugenia BEKATOROU	GRE	1951	67.80	35	48	83

**Women's 55 – 59 Age Group / 75kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Bronwin Mary CARTER	GBR	1951	74.50	44	57	101

**Women's 55 – 59 Age Group / +75kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Natalia ZUBEKHINA	RUS	1951	95.67	50	55	105

**Women's 50– 54 Age Group / 48kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Suzie HILL	CAN	1954	46.02	28	40	68

**Women's 50 – 54 Age Group / 53kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Marga JORGENSEN	DEN	1955	52.02	45	61	106

**Women's 50 – 54 Age Group / 58kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	<b>Coral Ann QUINELL</b>	AUS	1957	55.74	50	58	108
2	Caroline CHARLES	GBR	1958	53.30	44	45	89
3	Harumi SAWA	JAP	1958	54.91	30	40	70

**Women's 50 – 54 Age Group / 63kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Lene LARSON	DEN	1955	62.55	37	48	85
2	Nadezda GAGARINSKAYA	RUS	1954	60.43	40	44	84

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**Women's 50 – 54 Age Group / 69kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Jean McCONVILLE	SCO	1955	67.25	51	65	116
2	<b>GRACE MORRISON</b>	AUS	1954	67.30	45	62	107

**Women's 50 – 54 Age Group / 75kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Marie ORSAGOVA	CZE	1956	72.46	57	75	132

**Women's 50 – 54 Age Group / +75kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Jackie BATES	GBR	1955	133.43	50	74	124
2	Claire CAMERON	SCO	1958	94.62	40	54	94

**Women's 45 – 49 Age Group / 48kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Manon POLIN-CYR	CAN	1963	47.58	47	60	107

**Women's 45 – 49 Age Group / 53kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Gudrun SCHMIDBERGER	GER	1961	52.11	51	54	105
2	Deborah HUDSON	USA	1961	52.99	42	58	100
3	Evelyne CARRE	FRA	1961	52.37	37	49	86

**Women's 45 – 49 Age Group / 58kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Sayuri IWANAGA	JPN	1963	55.37	57	70	127

**Women's 45 – 49 Age Group / 69kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	<b>Amanda Katalin MILLER</b>	AUS	1963	66.94	43	56	99

**Women's 45 – 49 Age Group / +75kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Sandra SMITH	GBR	1962	96.07	62	86	148

**Women's 40 – 44 Age Group / 53kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Debbie MILLET	USA	1967	52.87	53	60	113

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**Women's 40 – 44 Age Group / 58kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Diana LOY	AUS	1965	57.82	57	76	133

**Women's 40 – 44 Age Group / 63kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Annett DAMME	GER	1967	59.65	57	80	137
-	Corinne GROTENHUIS	USA	1965	62.83	62	-	-

**Women's 40 – 44 Age Group / 69kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Ellyn ROBINSON	USA	1965	63.05	47	65	112
2	Alea FAIRCHILD	BEL	1964	66.00	45	62	107

**Women's 40 – 44 Age Group / 75kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Laura Denise RAMSAY-OVERRALL	TRI	1965	73.47	81	95	176

**Women's 40 – 44 Age Group / +75kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Maria TAKACS	HUN	1966	80.79	72	93	165
2	Maria Lourdes RUIZ	NCA	1965	75.79	65	93	158
3	Anastasia AKTIPI	GRE	1968	109.66	67	86	153
4	Susana Mariela PERRONE	ITA	1964	77.90	65	81	146

**Women's 35 – 39 Age Group / 48kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Chrystel INABNIT	FRA	1972	47.91	45	55	100

**Women's 35 – 39 Age Group / 53kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Esmeralda PERDOMO	VEN	1969	52.42	65	82	147
2	Nina MAGOMEDOVA	RUS	1969	52.98	62	75	137

**Women's 35 – 39 Age Group / 63kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Claire CONAN	FRA	1972	60.15	60	77	137
2	Carmen GARCIA	VEN	1973	59.06	45	55	100

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**Women's 35 – 39 Age Group / 75kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Susanna SAMUELSSON	FIN	1973	74.02	70	87	157
2	Stephanie ANGOSTON	FRA	1973	72.19	64	80	144

**Women's 35 – 39 Age Group / +75kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Eva DIMAS	ESA	1973	86.71	96	117	213
2	Dorthe Salin LAURIDSEN	DEN	1970	115.78	51	61	112
3	Olga USOLTSEVA	RUS	1970	85.09	48	61	109

**Men's 80 – 84 Age Group / 69kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Karel SAITL	CZE	1924	67.34	47	54	101

**Men's 80 – 84 Age Group / 77kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Tormod JENSEN	NOR	1926	71.35	30	37	67

**Men's 80 – 84 Age Group / 105kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Kurt A ROSENBERGER	GER	1928	94.13	41	55	96
2	<b>Wilfrid CHAPMAN</b>	AUS	1924	<b>94.72</b>	<b>33</b>	<b>43</b>	<b>76</b>
3	Jack LANO	USA	1922	98.39	30	36	66

**Men's 75 – 79 Age Group / 56kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Christopher PITSIS	GRE	1931	53.60	51	59	110
2	Yrjo HAATANEN	FIN	1933	55.85	47	57	104
3	Rudolf KOTLIKOV	USA	1933	53.65	43	57	100

**Men's 75 – 79 Age Group / 62kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Yutaka NAKASHIMA	JPN	1931	60.40	48	60	108
2	Vasily ZUBOV	RUS	1931	61.30	43	58	101

**Men's 75 – 79 Age Group / 69kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Lev EPSHTEYN	USA	1933	64.93	51	66	117
2	Howard COHEN	USA	1932	67.63	48	63	111
3	Vaclav POPILKA	CZE	1929	67.44	47	57	104

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**Men's 75 – 79 Age Group / 77kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Marcel PERRON	CAN	1933	76.17	68	90	158
2	Moahammedsmaeil GHADAMGAHI	IRI	1932	76.74	55	70	125
3	Vaino KUPARI	FIN	1932	74.02	45	57	102
4	Donald BUCHANAN	CAN	1931	75.49	43	53	96

**Men's 75 – 79 Age Group / 85 kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Albert KOZEMOV	RUS	1932	77.58	59	75	134

**Men's 75 – 79 Age Group / 94kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Don RAMOS	USA	1933	91.50	75	92	167
2	Klaus OBERGFELL	GER	1931	86.83	53	70	123
3	Heinz SCHULZ	GER	1931	88.32	46	55	101

**Men's 75 – 79 Age Group / 105kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Donald WALKER	GBR	1932	99.46	53	70	123

**Men's 70 – 74 Age Group / 56kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Yriy BUSYGIN	RUS	1934	53.56	43	55	98
2	Mykola SOYNIKOV	UKR	1938	54.79	41	56	97
3	Yevgen TAMCHI	UKR	1935	55.79	40	55	95

**Men's 70 – 74 Age Group / 62kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Teddy KAPLAN	ISR	1935	61.80	60	80	140
2	Horst NITSCHKE	GER	1937	61.38	51	60	111
3	Georg SCHALL	GER	1934	61.06	46	61	107
4	Hisao YONEDA	JPN	1936	61.80	49	58	107

**Men's 70 – 74 Age Group / 69kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Kozo KATSURAGAWA	JPN	1938	68.35	70	88	158
2	Hiroshi KOGA	JPN	1937	67.65	63	76	139
3	Kroum VELTCHEV	BUL	1935	67.89	53	75	128

**Men's 70 – 74 Age Group / 77kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Eduard ZHYHALKA	BLR	1934	70.42	63	78	141

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2	Sekio TAKAHASHI	JPN	1938	69.66	63	75	138
3	Maekawa MASAKI	JPN	1937	70.29	58	78	136
4	Peter GUSTAVIK	AUT	1937	75.16	57	75	132
5	Erling HANSEN	DEN	1938	76.41	55	75	130
6	Rafeal ARENAS	VEN	1935	76.62	50	75	125
7	Soshichi SHIBASAKA	JPN	1934	71.37	46	58	104
8	Jose POSTIGO	DOM	1937	74.78	40	55	95

**Men's 70 – 74 Age Group / 85kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Emery CHEVRIER	CAN	1936	82.03	80	103	183
2	Rolf PETER	GER	1938	82.81	77	100	177
3	Karel VOJVODIK	CZE	1938	80.34	70	81	151
4	Werner DEPPNER	GER	1935	80.25	62	81	143
5	Edward David FERGUSON	CAN	1935	82.73	50	67	117
6	Efim FREGER	RUS	1937	84.57	47	60	107
-	Valto MASALIN	FIN	1934	84.63	57	-	-

**Men's 70 – 74 Age Group / 94kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Heinz KUHN	GER	1937	92.95	65	90	155
2	William DEPARD	SCO	1935	89.82	63	80	143
3	Johann SCHIPANY	AUT	1938	92.34	63	75	138
4	Robert CRISP	GBR	1935	91.15	53	70	123

**Men's 70 – 74 Age Group / 105kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Anatoliy SHEKHOVTSOV	UKR	1938	100.24	76	95	171
2	Johann KARLHOFFER	AUT	1937	103.73	70	85	155
3	Joachim MITTMANN	GER	1936	104.45	67	83	150

**Men's 70 – 74 Age Group / +105kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Gunter SCHMOLKE	GER	1938	107.85	72	94	166
2	Lev NIKIFOROV	RUS	1936	143.08	72	94	166
3	James FERGUSON	SCO	1938	123.25	70	93	163
4	Hans EHLENZ	GER	1935	106.57	71	84	155
5	Kare SOMME	NOR	1938	116.86	65	85	150

**Men's 65 – 69 Age Group / 56kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Miroslav KUBINEC	CZE	1939	55.53	53	66	119
2	Yasuhiro NAGAHO	JPN	1941	55.00	50	66	116
3	Kenneth MALLINSON	GBR	1940	55.57	52	62	114

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4	Matti OKSANEN	FIN	1940	55.46	43	65	108
5	Monroe Ben NOWOTNY	USA	1939	55.50	42	50	92

**Men's 65 – 69 Age Group / 62kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Egor KULIKOV	RUS	1941	59.51	64	82	146
2	Yasuo MOTOYAMA	JPN	1941	61.62	60	77	137
3	Isao IKEDA	JPN	1942	61.21	58	73	131
4	Glenn HARRIS	USA	1941	61.51	52	77	129
5	Ernst REUSCH	GER	1940	61.24	54	69	123
6	Claus HESS	GER	1939	61.60	52	70	122
7	Silvestre FONSECA	POR	1940	61.80	50	68	118
8	Shuhei IWASAKI	JPN	1941	61.90	50	68	118

**Men's 65 – 69 Age Group / 69kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Yasuji SUZUKI	JPN	1943	67.72	68	82	150
2	Tadashi MANO	JPN	1941	68.82	70	80	150
3	Friedrich DR FABER	GER	1940	68.24	65	83	148
4	Victor IONIN	RUS	1941	68.33	60	77	137
5	Billy CABALL	IRL	1942	67.26	50	62	112

**Men's 65 – 69 Age Group / 77kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Piotr KOWALEWSKI	POL	1942	74.50	78	105	183
2	Akihiko TAKESHITA	JPN	1943	72.59	68	81	149
3	Cyril PETERS	GBR	1941	73.54	61	78	139
4	Pavel KLATIL	CZE	1942	73.42	60	76	136

**Men's 65 – 69 Age Group / 85kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Viktor RACK	GER	1940	83.34	86	110	196
2	Mohammad GHORBANALI TEHRANI	IRI	1943	84.55	75	100	175
3	Friedrich STEINER	AUT	1939	82.14	72	100	172
4	John MARGOLIS	CAN	1942	80.14	68	85	153
5	Ole CARSTENSEN	DEN	1943	84.67	65	88	153
6	Doug SINCLAIR	CAN	1942	79.77	65	85	150
7	Wilhelm QUAIST	GER	1943	79.90	65	78	143
8	Leif UGELSTAD	NOR	1943	83.65	60	76	136
9	Roald BJERKHOLT	NOR	1940	84.14	60	70	130

**Men's 65 – 69 Age Group / 94kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Laszlo SZEPESSY	HUN	1943	88.70	85	110	195
2	Valeriy KRUSHLINSKIY	RUS	1942	87.36	80	105	185
3	Preben PETERSEN	DEN	1939	90.88	65	89	154

*Weightlifting Queensland*

4	Manfred WERRA	GER	1940	93.56	67	82	149
5	Horst JOOSS	GER	1940	89.84	70	75	145
6	Yasumasa OMORI	JPN	1940	89.24	60	80	140

**Men's 65 – 69 Age Group / 105kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Hans BEISIGIEL	GER	1939	99.46	78	115	193
2	Walter SCHUSLER	GER	1943	94.48	81	108	189
3	Vladimir CHUEV	RUS	1941	94.35	80	95	175
4	Pekka SALO	FIN	1941	94.75	76	90	166
5	Jiri PAVLISKA	CZE	1939	95.10	65	85	150
-	Istvan TAKACS	HUN	1940	98.60	40	-	-

**Men's 65 – 69 Age Group / +105kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Alexander MOSHOS	USA	1943	105.03	85	100	185
2	Klaus SAMER	GER	1941	110.55	75	95	170
3	Vladimir JAROS	CZE	1942	105.82	68	85	153
-	Boo AHLIN	SWE	1940	120.91	53	-	-

**Men's 60 – 64 Age Group / 56kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Jan HELEBRANT	CZE	1946	55.16	60	71	131
2	Yukihiro SUZUKI	JPN	1947	54.91	60	70	130
3	Karl-Heinz FECHTER	GER	1944	50.93	40	52	92

**Men's 60 – 64 Age Group / 62kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Karel PROHL	CZE	1947	57.84	76	100	176
2	Vadim KUKOVEROV	RUS	1947	61.17	60	80	140

**Men's 60 – 64 Age Group / 69kg Class**

Place	Name	Team	Birth Year	Body Weight	Sn	C & J	Total
1	Yuriy LAGUTIN	RUS	1948	68.61	77	95	172
2	Romas MATAZINSKAS	LTU	1944	68.68	72	98	170
3	Sbigniew MAKOWSKI	POL	1947	68.72	73	95	168
4	Toshinobu TASHIMA	JPN	1947	68.17	73	95	168
5	Kinya KONNO	JPN	1948	68.49	67	80	147
6	Siegfried ROSENGARD	GER	1944	68.97	70	75	145
7	Michael HAGER	GER	1947	68.41	65	78	143
8	Ken Miller	CAN	1947	68.76	57	83	140
9	Nikolay KUDLAY	RUS	1944	68.82	60	80	140
-	Andrej BORKIEWICZ	POL	1946	68.85	78	-	-



## **2008 National Under 16 Tournament and Youth & Junior Championships**

By Ian Moir

27 lifters represented Queensland at the National Under 16 Tournament and Youth & Junior Championships, and they were supported by four coaches and a team manager. A number of the lifters' family members also came along which added greatly to the supporter base for this young team. The coaches appointed for this event were Angela Wydall (Head Coach), Greg Hobl, Barry Harden; and joining the team on his first QWA coaching assignment: Alex Croot as the Assistant Coach.

This year's "Junior Nationals" were held at the Mermet Victorian Weightlifting Stadium at Hawthorn in Melbourne over three days at the beginning of October. While the venue was familiar to many Queenslanders, some changes to the competition format were introduced for this event. The AWF applied qualifying standards to the Youth and Junior Championships which meant that only those lifters who had achieved the minimum entry total for their bodyweight category could compete.

The Under 16 competition remained an 'open entry' event and it was conducted as a Tournament in which all entrants competed for overall positions rather than within separate bodyweight categories. And an international flavour was added to the event by a team from New Zealand who travelled across the ditch to participate as guests.

The Under 16 Tournament was held on the first day and Queensland had one female and ten male lifters entered in this age group. Points were awarded to the lifters by measuring their totals as a percentage of the AWF Youth Standard and they could earn additional points by succeeding with all attempts in the snatch and all attempts in the clean & jerk. This method of scoring is similar to the QWA's League competition and so the Qld lifters and coaches were well practiced in the strategies used for this type of event. We also took our trusty computer along to track the progress of the competition in the warm up room so that the coaches could easily make the conversion from kilos to points when selecting weights for each lifter's attempts.

Bonnie Sleeman was the only Queenslanders in the girls section of the Under 16 Tournament as three other U16 Qld girls had opted not to contest this one and to concentrate on the Youth Championships to follow. Bonnie lifted well, securing all of her six attempts and adding 6kg to her previous best total to finish in second place.

The U16 boys were split into three groups and Jordan Arenson, Ellis Meyer-Brown and Jake Whitmore went to the platform in the first group. All three achieved six good lifts and new personal best totals, making a great start for the Queensland team.

The U16 Boys B Group held Mitch Thurlow and Sam Baumann. Mitch completed all of his attempts successfully and beat his previous best total. Although Sam missed his third attempt in the snatch, he got all of his clean & jerks and added a kilo to his best total.

Half of the ten lifters in the U16 Boys A Group were Queenslanders and the team coaches were kept very busy in this session, not only because of the number of lifters to coach, but also because the top competition placings were on the line and the eventual winner would come from this group. Daniel McCallum missed a couple of lifts, but still equalled his personal best. Liam Henry was a little unsteady in the clean & jerk and he finished down on total after going for 111kg on his last attempt to try to push up into the top five placings, but missing the jerk. Blake Clarke hit the mark with all of his lifts and added 3kg to his previous best, finishing fifth in the field of 27 lifters. Mike Bailey lifted well, securing all attempts and an increased total to take him into third place. Nathan Kahi missed one snatch, but with his first clean & jerk of 111kg he sealed first place in the individual U16 Tournament and the win for the Queensland team. Nathan then went on to jerk 117kg before closing the U16 competition with the last lift of the day at 120kg.

The Junior and Youth Championships began on Saturday morning with a large session comprising three bodyweight categories for men, which included six Queensland lifters. David Hockins won the 56kg category Youth Championship with 152kg in the total. In the 62kg category, Scott Clark engaged South Australia's Justin Edge in a close competition to take out the Youth Championship and the bronze medal in the Junior competition by a margin of 4kg. Darryl Hockins finished 5<sup>th</sup> in the Juniors.

Lifting in the 69kg category, Nathan Kahi backed up his previous day's effort with another good performance to win the Youth Championship and place second in the Juniors. Jordan Hardy claimed the Junior bronze medal; and Shannon Arenson set a new personal best snatch on his way to the silver medal position in the Youth Championship.

All of the female competitors came up in the second session on Saturday. Kirsten Wu snatched a new PB and won the 48kg category Youth Championship. Jessica Meyer-Brown took the silver medal in the 53kg category. In a close battle with Victoria's Socheata Be, Davina Hughes won the 58kg Junior Championship; with Bianca Sheppard taking out the Youth Championship and third place in the Junior category. Amy Hardy achieved new personal best results and won the 63kg Junior Championship; and Michelle Kahi won the Youth Championship in the same category also making improvements in snatch, clean & jerk and total and winning the Best Youth Lifter award. Holly Collyer secured the 69kg category Junior Championship and made a courageous 93kg third attempt in clean & jerk to pip team mate Davina Hughes for the Best Junior Lifter title.

Two Queenslanders lined up for the Youth 77kg category in the last session on Saturday. Mike Bailey repeated the exceptional form he displayed a day earlier in the

### *Weightlifting Queensland*

Under 16 competition to further increase his PB's and take the bronze medal position. Cobba Mooney snatched well, but didn't quite hit his stride in the clean & jerk, finishing fourth.

The last session of the championships commenced at midday on Sunday. Billy Chong Nee came out firing in the 94kg category, snatching a new best of 110kg and taking second place in both the Junior and Youth Championships. Alex Kelly put 12kg on his previous best total to take out second place in the 105kg category Youth Championship in a very close contest with NSW lifter Damian Ussia. Liam Henry finished fourth with an improvement on his U16 competition performance two days earlier, achieving a milestone 120kg clean & jerk. Luke Gardner won the Junior Championship in the +105kg category with his 157kg clean & jerk giving him the distinction of lifting the heaviest weight in the whole competition.

The 2008 National Under 16 Tournament and Youth & Junior Championships were a great success for Queensland, winning five of the six team events. Across the two championships, Queenslanders won 10 first places; 6 second places; and 4 third places. While in the Under 16 Tournament, where top five placings were awarded, Queensland lifters achieved 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> in the men's competition; and 2<sup>nd</sup> in the women's event.



***The Queensland Under 16, Youth & Junior Team***

# Australian U16 Tournament

**03 October 2008  
Melbourne, Victoria**

ATHLETE – MEN	BORN	STATE	B/W	SN	C & J	TOTAL	POINTS
KAHI Nathan	1992	QLD	66.75	89	120	209	139.121
HENRIQUES-GOMEZ Luke	1992	VIC	56.70	74	95	169	123.361
ALEFAIO Capper – Guest	1992	NZL	127.90	92	118	210	116.526
BAILEY Mike	1992	QLD	74.50	81	96	177	114.988
LARKINS Liam	1993	VIC	65.80	65	82	147	102.631
CLARKE Blake	1992	QLD	91.80	74	94	168	100.304
HENRY Liam	1992	QLD	100.65	83	105	188	99.471
LAMBERT John – Guest	1993	NZL	56.75	60	77	137	98.139
CANAVAN Patrick	1992	NSW	81.65	65	87	152	94.393
THURLOW Mitchell	1992	QLD	118.10	69	90	159	92.684
MAGISTRANO Paulo	1992	VIC	84.55	72	85	157	91.202
BAUMANN Sam	1992	QLD	53.60	45	68	113	89.704
ORUNDAMI Bola	1992	VIC	110.45	72	85	157	88.632
GREGORY-HUNT S - Guest	1993	NZL	66.10	57	75	132	87.076
WOOD Eli	1992	VIC	60.85	50	65	115	85.861
McCALLUM Daniel	1992	QLD	72.35	66	76	142	85.030
PHILLIPS Nathan	1994	VIC	72.40	49	64	113	73.665
DAVIE Aaron	1994	TAS	93.95	51	66	117	72.587
HAMILTON Alex	1994	VIC	70.40	49	59	108	70.671
ARENSON Jordan	1995	QLD	53.00	31	47	78	66.778
BANNANTYNE Nathan	1994	NSW	77.40	50	58	108	66.674
RYAN Patrick	1995	VIC	64.05	44	55	99	66.057
MEYER-BROWN Ellis	1995	QLD	57.35	36	45	81	65.250
COWAN Phillip	1992	VIC	63.95	42	46	88	59.051
CARTY John	1993	NSW	118.85	46	59	105	58.263
KUMAR Jason	1994	VIC	61.20	33	45	78	54.167
LILLI Luke	1994	NSW	91.15	40	54	94	54.087
JENSEN Daniel	1994	VIC	75.70	34	46	80	53.904
WHITMORE Jake	1995	QLD	64.80	31	37	68	52.312
CORRONE Anthony	1995	VIC	63.40	35	42	77	52.045

ATHLETE – WOMEN	BORN	STATE	B/W	SN	C & J	TOTAL	POINTS
McKENZIE Stephanie – Guest	1993	NZL	68.00	66	74	140	126.126
MULLINS Andrea	1994	NT	50.95	41	55	96	106.000
KARI Naime – Guest	1994	NZL	57.65	48	57	105	104.942
SLEEMAN Bonnie	1993	QLD	77.50	51	66	117	101.126
SMITH Kimberley	1994	TAS	61.15	30	42	72	75.667
MAXFIELD Catherine	1994	VIC	46.70	24	30	54	67.286
BE Reachney	1994	VIC	51.95	27	33	60	65.500
HOWELL Lauren	1994	VIC	69.10	23	27	50	46.103

## Team Classification

Winners – Under 16 Women	Victoria
Winners - Under 16 Men	Queensland



Nathan Kahi – Best Under 16 Lifter

# Australian Youth & Junior Championships

04 & 05 October 2008  
Melbourne, Victoria

<b>40KG WOMEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Courtenay Chisholm	1995	TAS	38.95	29	43	72	1	
<b>48KG WOMEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Kirsten Wu	1993	QLD	47.10	40	55	95	1	
<b>53KG WOMEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Sabrina Wheldon	1990	VIC	52.55	53	61	114	1	1
Jessica Meyer-Brown	1990	QLD	50.90	40	59	99	2	
<b>58KG WOMEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Davina Hughes	1989	QLD	53.35	62	78	140		1
Socheata Be	1989	VIC	53.90	64	76	140		2
Bianca Sheppard	1992	QLD	56.60	58	73	131	1	3
<b>63KG WOMEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Amy Hardy	1989	QLD	60.70	68	82	150		1
Michelle Kahi	1994	QLD	59.60	59	77	136	1	
Alecia Lovelock	1990	WA	62.10	55	69	124	2	
<b>69KG WOMEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Holly Collyer	1988	QLD	64.45	67	93	160		1
<b>56KG MEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Lou Guinnares	1990	NZL	55.30	79	107	186	Guest	Guest
Matthew Peterson	1989	VIC	55.95	70	87	157		1
David Hockins	1991	QLD	54.85	65	87	152	1	

<b>62KG MEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Vannara Be	1988	VIC	58.10	102	124	226		1
Dale Watkins	1988	SA	60.80	93	122	215		2
Scott Clark	1991	QLD	60.80	83	102	185	1	3
Justin Edge	1992	SA	60.60	81	100	181	2	4
Darryl Hockins	1988	QLD	61.45	75	100	175		5
Patrick Chow	1991	NSW	60.45	61	84	145	3	
<b>69KG MEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Patrick Inglis	1989	SA	68.50	96	123	219		1
Nathan Kahi	1992	QLD	66.65	88	117	205	1	2
D. Sekone-Fraser	1991	NZL	68.15	86	111	197	Guest	Guest
Jordan Hardy	1988	QLD	65.75	81	104	185		3
Shannon Arenson	1990	QLD	67.75	76	96	172	2	
Emilio McFarland	1991	NSW	68.40	79	90	169	3	
Charlie Gray	1990	NSW	69.00	62	87	149	4	
<b>77KG MEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Ricky Gulyamov	1989	NSW	75.60	115	125	240		1
Daniel Katz	1990	VIC	74.95	100	130	230	1	2
Steve McConnell	1991	VIC	71.05	101	123	224	2	3
Chris Frantangelo	1989	TAS	76.35	103	120	223		4
Mike Bailey	1992	QLD	75.65	82	100	182	3	
Cobba Mooney	1990	QLD	70.25	75	90	165	4	
<b>85KG MEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Scott Taylor	1989	TAS	83.00	110	131	241		1
Josh Groube	1989	NZL	81.25	91	110	201	Guest	Guest
Casey Snodgrass	1992	SA	82.10	80	108	188	1	
<b>94KG MEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Zac Grurevic	1991	TAS	92.55	117	151	268	1	1
Michael Johnson	1988	NZL	91.85	109	142	251	Guest	Guest
Billy Chong Nee	1990	QLD	89.65	110	117	227		2
Sean Lee	1990	NZL	92.70	91	121	212	Guest	Guest
<b>105KG MEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Joshua Quinn	1991	VIC	96.05	95	112	207	1	
Alex Kelly	1990	QLD	96.15	85	116	201	2	
Damian Ussia	1990	NSW	103.50	90	111	201	3	
Liam Henry	1992	QLD	100.25	78	120	198	4	

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<b>+105KG MEN</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>Youth</b>	<b>Junior</b>
Luke Gardner	1988	QLD	114.35	121	157	278		1
Adam Kok	1990	VIC	121.90	115	145	260	1	2
Jordan Steffans	1989	SA	106.55	115	141	256		3
Todd Hodgetts	1988	TAS	133.50	107	147	254		4
Simon Francazio	1990	VIC	109.80	95	120	215	2	

<b>BEST LIFTER</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>SINCLAIR</b>
<b>Vannara Be</b>	<b>1988</b>	<b>VIC</b>	<b>58.10</b>	<b>102</b>	<b>124</b>	<b>226</b>	<b>342.081</b>
DaleWatkins	1988	SA	60.80	93	122	215	314.335
<b>Zac Grurevic</b>	<b>1991</b>	<b>TAS</b>	<b>92.55</b>	<b>117</b>	<b>151</b>	<b>268</b>	<b>305.450</b>
Ricky Gulyamov	1989	NSW	75.60	115	125	240	303.429
Patrick Inglis	1989	SA	68.50	96	123	219	294.429
Steve McConnell	1991	VIC	71.05	101	123	224	294.124
Luke Gardner	1988	QLD	114.35	121	157	278	293.574
Daniel Katz	1990	VIC	74.95	100	130	230	292.271
Scott Taylor	1989	TAS	83.00	110	131	241	289.366
Nathan Kahi	1992	QLD	66.65	88	117	205	280.706
Chris Frantangelo	1989	TAS	76.35	103	120	223	280.317
Jordan Steffans	1989	SA	106.55	115	141	256	276.307
Scott Clark	1991	QLD	60.80	83	102	185	270.474
Adam Kok	1990	VIC	121.9	115	145	260	270.048
Justin Edge	1992	SA	60.60	81	100	181	265.279
Billy Chong Nee	1990	QLD	89.65	110	117	227	262.454
Todd Hodgetts	1988	TAS	133.5	107	147	254	259.001
Jordan Hardy	1988	QLD	65.75	81	104	185	255.688
Darryl Hockins	1988	QLD	61.45	75	100	175	253.840
Matthew Peterson	1989	VIC	55.95	70	87	157	244.865
David Hockins	1991	QLD	54.85	65	87	152	240.936
Shannon Arenson	1990	QLD	67.75	76	96	172	232.937
Joshua Quinn	1991	VIC	96.05	95	112	207	232.235
Mike Bailey	1992	QLD	75.65	82	100	182	230.011
Simon Francazio	1990	VIC	109.8	95	120	215	229.808
Emilio McFarland	1991	NSW	68.40	79	90	169	227.427
Casey Snodgrass	1992	SA	82.10	80	108	188	227.019
Alex Kelly	1990	QLD	96.15	85	116	201	225.408
Damian Ussia	1990	NSW	103.5	90	111	201	219.133
Liam Henry	1992	QLD	100.25	78	120	198	218.411
Cobba Mooney	1990	QLD	70.25	75	90	165	218.222
Patrick Chow	1991	NSW	60.45	61	84	145	212.912
Charlie Gray	1990	NSW	69.00	62	87	149	199.365

*Weightlifting Queensland*

Lou Guinnares	1990	NZL	55.30	79	107	186	292.861
Michael Johnson	1988	NZL	91.85	109	142	251	287.034
D. Sekone-Fraser	1991	NZL	68.15	86	111	197	265.751
Josh Groube	1989	NZL	81.25	91	110	201	244.060
Sean Lee	1990	NZL	92.7	91	121	212	241.453
<b>BEST LIFTER</b>	<b>BORN</b>	<b>STATE</b>	<b>B/W</b>	<b>SN</b>	<b>C &amp; J</b>	<b>TOTAL</b>	<b>SINCLAIR</b>
<b>Holly Collyer</b>	<b>1988</b>	<b>QLD</b>	<b>64.45</b>	<b>67</b>	<b>93</b>	<b>160</b>	<b>186.168</b>
Davina Hughes	1989	QLD	53.35	62	78	140	185.818
Socheata Be	1989	VIC	53.90	64	76	140	184.302
Amy Hardy	1989	QLD	60.70	68	82	150	181.171
<b>Michelle Kahi</b>	<b>1994</b>	<b>QLD</b>	<b>59.60</b>	<b>59</b>	<b>77</b>	<b>136</b>	<b>166.279</b>
Bianca Sheppard	1992	QLD	56.60	58	73	131	166.126
Sabrina Wheldon	1990	VIC	52.55	53	61	114	153.180
Alecia Lovelock	1990	WA	62.10	55	69	124	147.585
Kirsten Wu	1993	QLD	47.10	40	55	95	140.629
Jessica Meyer-Brown	1990	QLD	50.90	40	59	99	136.638
Courtenay Chisholm	1995	TAS	38.95	29	43	72	130.252

**Team Classification**

<b>Youth Men</b>		<b>Youth Women</b>	
Queensland	66	Queensland	34
Victoria	41	Tasmania	9
New South Wales	23	Victoria	9
South Australia	16	Western Australia	7
Tasmania	9		
<b>Junior Men</b>		<b>Junior Women</b>	
Queensland	39	Queensland	33
Victoria	38	Victoria	16
Tasmania	28		
South Australia	27		
New South Wales	9		

## COMMONWEALTH YOUTH GAMES

Held: 13-17 October 2008

At: Pune, IND

48KG WOMEN	BORN	NAT	B/W	SN	C&J	TOTAL	PLACE
GAIKWAD Diksha	90	IND	47.87	64	76	140	1
RUEL Jessica	91	CAN	47.81	61	77	138	2
ALIKLIK Utako	91	NRU	47.65	57	71	128	3
FADZIL Azizah	91	MAS	46.53	55	70	125	4
POWELL Hannah	92	ENG	40.88	44	60	104	5
WU Kirsten	93	AUS	47.25	40	54	94	6

53KG WOMEN	BORN	NAT	B/W	SN	C&J	TOTAL	PLACE
SMITH Zoe	94	ENG	52.80	72	87	159	1
LAXMI N	91	IND	52.47	67	82	149	2
AKTHER Fayema	91	BAN	51.92	63	80	143	3
NAJWA SYDANUAR S.I.	90	MAS	51.53	59	76	135	4
LANGEVIN Maude	90	CAN	49.25	62	72	134	5
WHELDON Sabrina	90	AUS	52.31	55	62	117	6
KAITESI Milly	92	UGA	52.26	40	50	90	7
YAMINI S	93	IND	53.85	80	98	178	1

58KG WOMEN	BORN	NAT	B/W	SN	C&J	TOTAL	PLACE
LIKU Maria	90	FIJ	57.44	70	84	154	2
LANOUEETTE Carolanne	90	CAN	57.76	64	85	149	3
MJEZU Zayanda	92	RSA	57.14	60	83	143	4
ALABA Abegunde	92	NGR	57.32	64	77	141	5
SHEPPARD Bianca	92	AUS	57.40	58	73	131	6
KASSMAN Monalisa	92	PNG	57.11	55	75	130	7
HAMILTON Amy	91	SCO	57.23	60	70	130	8

63KG WOMEN	BORN	NAT	B/W	SN	C&J	TOTAL	PLACE
LEFEBVRE Valerie	90	CAN	62.42	82	105	187	1
ARUNA RANI G	91	IND	61.77	75	93	168	2
FEGUE Marie	91	CMR	62.76	67	87	154	3
MASIU Matshidiso	92	RSA	61.79	67	81	148	4
LUI Vanessa	91	SAM	62.48	64	82	146	5
KAHI Michelle	94	AUS	60.06	61	80	141	6

69KG WOMEN	BORN	NAT	B/W	SN	C&J	TOTAL	PLACE
OPELOGE Mary	92	SAM	68.01	80	111	191	1
SINGH Srishti	90	IND	68.88	86	105	191	2
LAMBRECHS Chantel	90	NZL	68.09	72	88	160	3

LEFEBVRE Audrey	92	CAN	66.99	67	85	152	4
LOVELOCK Alecia	91	AUS	63.99	45	70	115	5
MAUTAMA Tamyrh	95	NIU	66.98	48	61	109	6
TYVALU Alutu		TUV	66.96	40	51	91	7
LUISA Susan		SOL	--	--	--	--	DNS

NOTE: No competition for the 75kg and +75kg categories.

56KG MEN	BORN	NAT	B/W	SN	C&J	TOTAL	PLACE
TULO Manueli	90	FIJ	55.54	97	122	219	1
SINGH Shiv Shankar	90	IND	55.86	93	123	216	2
BIN AMMERAN K.R.	90	MAS	55.40	95	120	215	3
SUFYAN Abu	93	PAK	55.92	87	113	200	4
RAHOMAN Mizanur	91	BAN	55.88	92	106	198	5
MADSEN Matthew	91	NZL	55.76	84	108	192	6
LIYANAARACHCHI Shashika	91	SRI	55.78	82	110	192	7
NGWELE Mnikhaya	92	RSA	55.94	85	101	186	8
HENRIQUES-GOMES Luke	92	AUS	55.78	76	96	172	9
SCOTT Dylan	93	SCO	53.66	75	90	165	10
PESALELI Bob	92	SAM	55.44	70	95	165	11
CADMUS DIXON Adrian	92	CAN	54.19	62	84	146	12

62KG MEN	BORN	NAT	B/W	SN	C&J	TOTAL	PLACE
JUMITH Aricco	90	MAS	61.32	119	148	267	1
SIBI Yukar	92	IND	61.29	112	147	259	2
SSEKYAAYA Charles	94	UGA	60.69	95	120	215	3
MENARD Anthony	92	CAN	61.54	88	108	196	4
CLARK Scott	91	AUS	61.39	86	106	192	5
CRITCHLOW Ian	91	WAL	59.44	67	82	149	6
SAWARI HEWAYAGE D.H.B.	90	SRI	61.32	92	--	--	DNF

69KG MEN	BORN	NAT	B/W	SN	C&J	TOTAL	PLACE
MANSOR Mohd Haffi	90	MAS	67.76	120	152	272	1
YANOU KETCHANKE J.B.	93	CMR	68.50	116	147	263	2
DUBE Gourav	90	IND	68.53	116	142	258	3
LONE Umer Rasool	90	PAK	68.83	110	145	255	4
OLIVER Jack	91	ENG	68.67	115	130	245	5
CLARKE Christopher	90	BAR	65.72	105	130	235	6
KARI Steven	93	PNG	68.02	100	130	230	7
CHENIER Francois	90	CAN	67.72	100	123	223	8
TOROMON Takenibeia	92	KIR	64.51	90	110	200	9
KARAI Terah	93	SOL	66.50	80	100	180	10
McFARLAND Emilio	91	AUS	67.89	80	93	173	11
OLADUNJOYE Oluwasola	92	NGR	65.79	105	--	--	DNF

77KG MEN	BORN	NAT	B/W	SN	C&J	TOTAL	PLACE
DUMAIS Paul	91	CAN	76.77	130	157	287	1
TOPO Anup Deo	90	IND	72.34	117	152	269	2
RAHIM Abd Mubin	91	MAS	72.28	118	150	268	3
ANTHONY Sean	91	RSA	75.84	112	140	252	4
INNISS Brandon	93	BAR	76.64	105	132	237	5
WATSON Benjamin	90	ENG	76.28	105	130	235	6



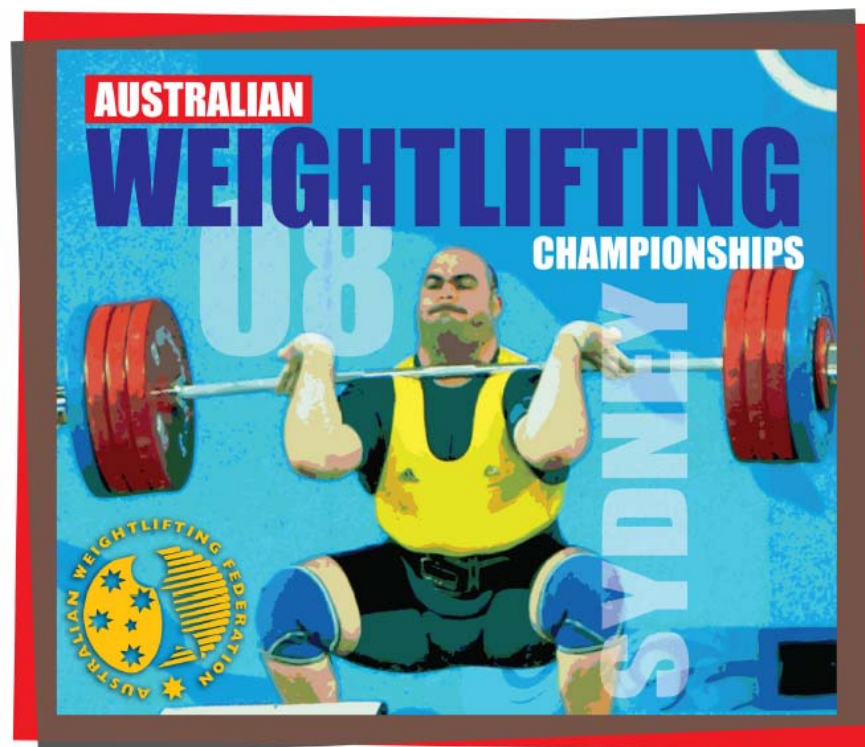
<b>McCONNELL Stephen</b>	<b>91</b>	<b>AUS</b>	<b>70.78</b>	<b>103</b>	<b>122</b>	<b>225</b>	<b>7</b>
TATONGA Taubena	90	KIR	73.40	90	120	210	8
PERA Sirla	92	COK	76.50	95	115	210	9
TUPULIU Suitulaga	93	NIU	76.48	80	102	182	10
DESMOND Glen	90	WAL	72.72	75	95	170	11
CHEEMA Ali Shan	92	PAK	73.85	108	--	--	DNF
<b>85KG MEN</b>	<b>BORN</b>	<b>NAT</b>	<b>B/W</b>	<b>SN</b>	<b>C&amp;J</b>	<b>TOTAL</b>	<b>PLACE</b>
MARINEAU Mathieu	90	CAN	83.01	130	163	293	1
SINGH Harbhajan	90	IND	82.82	120	146	266	2
GREEFF Jean	90	RSA	84.39	112	146	258	3
FARGHALY Joshua	92	ENG	82.95	105	131	236	4
AMIR Azhar	92	PAK	83.58	110	125	235	5
BURLEY James	91	SCO	82.89	98	123	221	6
<b>SNODGRASS Casey</b>	<b>92</b>	<b>AUS</b>	<b>82.52</b>	<b>75</b>	<b>99</b>	<b>174</b>	<b>7</b>
TIAKIA Simon	92	NIU	82.91	71	90	161	8
TEOIAKI Bonteatu	90	KIR	--	--	--	--	DNS

Note: No Competition for the 94kg, 105kg and +105kg categories.



Bianca Sheppard

## 2008 National Senior Championships



6 lifters, supported by Coach Michael Keelan, represented Queensland at the National Senior Championships this year in Sydney.

The introduction of a higher minimum entry standard for the Senior Championships resulted in fewer competitors than in recent years, but there were some close and exciting contests in a number of categories.

Erika Yamasaki triumphed over tough competition in the 53kg category, winning the National Senior title by 1kg. Davina Hughes and Amanda Phillips were unchallenged in the 58kg and +75kg categories, respectively. Davina didn't have her best day on the platform, but she kept it together and came away with the title and nine points to add to the Qld Women's Team tally. Amanda put up a rock-solid 105kg clean & jerk to achieve her best total for the year and National Senior Gold. Holly Collyer was down on her performance and finished 4<sup>th</sup> in the 69kg category, but the Queensland women still won the Team Championship by a comfortable margin of 17 points over their nearest rivals.

Two Queensland men competed in the National Seniors and both Troy Hewkins and Damon Kelly achieved Gold medal placings in their respective categories. Damon was unchallenged in the +105kg category but still had work to do in the overall 'Best Lifter' competition, which he eventually won by a whisker. Troy turned on a good performance in what was arguably the most hotly contested category of the day – the 85's. Troy led the field after the snatches with 130kg and the lightest bodyweight of the five competitors in this category, but he was shadowed by three of his rivals who snatched 130; 129; and 128. The clean & jerk section was similarly close, but Troy's determination got him there in the end, winning by 2kg in the total.

Although the 2008 Queensland Senior Team was small in number, their results were outstanding: Five National Senior Champions; the Senior Women's Team Shield; and the Best Male Lifter award.

## **Australian Weightlifting Championships**

**Sydney, New South Wales  
25 October 2008**

### **Results - Men**

#### **Men 62kg Category**

	<b>YOB</b>	<b>State</b>	<b>B/WT</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
Dale Watkins	88	SA	60.66	95	120	215	1

#### **Men 69kg Category**

	<b>YOB</b>	<b>State</b>	<b>B/WT</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
Musa Kamara	79	NSW	68.60	100	130	230	1

#### **Men 77kg Category**

	<b>YOB</b>	<b>State</b>	<b>B/WT</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
Ricky Gulyamov	89	NSW	75.62	120	140	260	1

#### **Men 85kg Category**

	<b>YOB</b>	<b>State</b>	<b>B/WT</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
Troy Hewkins	86	QLD	82.9	130	156	286	1
Malek Chamoun	89	NSW	83.12	129	155	284	2
Matthew Williams	80	VIC	84.74	130	146	276	3
Simon McCoy	83	VIC	84.88	120	150	270	4
Ben Mulder	78	TAS	84.08	128	0	0	-

#### **Men 94kg Category**

	<b>YOB</b>	<b>State</b>	<b>B/WT</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
Max Dalsanto	85	SA	93.36	145	175	320	1

#### **Men 105kg Category**

	<b>YOB</b>	<b>State</b>	<b>B/WT</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
Aghvan Grigoryan	69	VIC	104.14	140	160	300	1
Robert Galsworthy	89	WA	101.74	130	155	285	2
Pete Hardiman	82	NSW	104.96	120	165	285	3

#### **Men +105kg Category**

	<b>YOB</b>	<b>State</b>	<b>B/WT</b>	<b>Snatch</b>	<b>C&amp;J</b>	<b>Total</b>	<b>Place</b>
Damon Kelly	83	QLD	149.96	155	207	362	1



*Weightlifting Queensland*

## Sinclair – Men

Athlete	Name	DoB	State	B/WT	Snatch	C&J	Total	Sinclair
Damon	Kelly	01-Dec-83	QLD	149.96	155	207	362	363.74
Max	Dalsanto	16-Feb-85	SA	93.36	145	175	320	363.34
Troy	Hewkins	27-Feb-86	QLD	82.9	130	156	286	343.61
Malek	Chamoun	03-Jan-89	NSW	83.12	129	155	284	340.74
Ricky	Gulyamov	19-Aug-89	NSW	75.62	120	140	260	328.66
Matthew	Williams	21-Jul-80	VIC	84.74	130	146	276	327.90
Aghvan	Grigoryan	11-Feb-69	VIC	104.14	140	160	300	326.35
Simon	McCoy	02-Dec-83	VIC	84.88	120	150	270	320.50
Dale	Watkins	29-May-88	SA	60.66	95	120	215	314.88
Robert	Galsworthy	15-May-89	WA	101.74	130	155	285	312.65
Pete	Hardiman	29-Oct-82	NSW	104.96	120	165	285	309.19
Musa	Kamara	14-Aug-79	NSW	68.6	100	130	230	308.92
Ben	Mulder	05-Jun-78	TAS	84.08	128	0	0	0

## Team Classification - Men

New South Wales	32
Victoria	20
South Australia	18
Queensland	18
Western Australia	7
Tasmania	0

## Results – Women

### Women 53kg Category

	YOB	State	B/WT	Snatch	C&J	Total	Place
Erika Yamasaki	87	QLD	52.92	61	83	144	1
Nadeene Latif	78	NSW	52.38	63	80	143	2
Rebecca Rush	82	TAS	52.82	60	80	140	3

### Women 58kg Category

	YOB	STATE	B/WT	SNATCH	C&J	TOTAL	Place
Davina Hughes	89	QLD	54.68	60	78	138	1

### Women 63kg Category

	YOB	STATE	B/WT	SNATCH	C&J	TOTAL	Place
Jacquie White	82	VIC	62.64	75	90	165	1

*Weightlifting Queensland*

### Women 69kg Category

	YOB	STATE	B/WT	SNATCH	C&J	TOTAL	Place
Camilla Foganollo	86	TAS	67.62	75	99	174	1
Nicole Chamberlain	78	SA	64.36	78	93	171	2
Elena Palamara	86	NSW	68.22	70	82	152	3
Holly Collyer	88	QLD	65.04	63	82	145	4

### Women 75kg Category

	YOB	STATE	B/WT	SNATCH	C&J	TOTAL	Place
Kathryn Davis	86	NSW	74.90	0	0	0	-

### Women +75kg Category

	YOB	STATE	B/WT	SNATCH	C&J	TOTAL	Place
Amanda Phillips	81	QLD	83.42	82	105	187	1

## Sinclair – Women

Athlete	Name	DoB	State	B/WT	Snatch	C&J	Total	Sinclair
Nicole	Chamberlain	13-May-78	SA	64.36	78	93	171	199.13
Camilla	Fogagnolo	31-May-86	TAS	67.62	75	99	174	197.08
Jacquie	White	23-Feb-82	VIC	62.64	75	90	165	195.32
Amanda	Phillips	04-Jul-81	QLD	83.42	82	105	187	194.18
Nadeene	Latif	20-May-78	NSW	52.38	63	80	143	192.66
Erika	Yamasaki	02-Sep-87	QLD	52.92	61	83	144	192.38
Rebecca	Rush	17-Aug-82	TAS	52.82	60	80	140	187.33
Davina	Hughes	06-Aug-89	QLD	54.68	60	78	138	179.63
Elena	Palamara	21-Nov-86	NSW	68.22	70	82	152	171.36
Holly	Collyer	15-Jun-88	QLD	65.04	63	82	145	167.82
Kathryn	Davis	22-Aug-86	NSW	74.90	0	0	0	0

## Team Classification - Women

Queensland	32
Tasmania	15
New South Wales	13
Victoria	9
South Australia	7

## Up, Up and Away

QWA member Rube Howes has accomplished many things during his 86 years and while the multiple World Masters Weightlifting Champion and member of the IWF Masters Hall Of Fame may have hung up his lifting boots, he's not yet ready to give up one of his other great passions – flying.

Rube trained as pilot in the RAAF during World War II, but due to a mechanical problem on the aircraft assigned to him for his final examination (the wheel brakes failed), he couldn't complete the test. There was a war on and in the urgency required of the times, no "second attempts" were allowed and so Rube saw out his active service as an aircraft gunner. Between missions, Rube honed his piloting skills on flight simulators whenever he got the chance and after the war, he owned and flew various light aircraft in the skies over NSW.

Last month, Rube discovered a flying school that operates some of the aircraft that he grew fond of back in the 1940's. He's already clocked up a few hours in a Winjeer Advanced Trainer and will soon move up to the more powerful Wirraway. It's hard to imagine that he'll stop there, especially when one hears him talk excitedly about the legendary P51 Mustang being restored nearby!



Rube Howes back in the cockpit



## 2008 Queensland All Schools Championships Cougars Weightlifting Club, Chandler, Qld 1<sup>st</sup> November 2008

### WOMEN

Name	Born	School	Bwt	Sn	C&J	Total	Sinclair	Place Open	U16
<b>48kg Category</b>									
Kara Stuart	94	SJC	46.30	24	35	59	88.781	1	1
<b>58kg Category</b>									
Kelsey Swift	94	CRSHS	58.00	42	52	94	117.117	1	1
<b>+75kg Category</b>									
Bonnie Sleeman	93	RSHS	77.70	52	66	118	125.476	1	1

### MEN

Name	Born	School	Bwt	Sn	C&J	Total	Sinclair	Place Open	U16
<b>56kg Category</b>									
David Hockins	91	TSHS	55.30	61	87	148	233.029	1	
Sam Baumann	92	RLC	54.05	50	67	117	187.727	2	1
Jordan Arenson	95	BGS	54.95	35	50	85	134.532	3	2
<b>69kg Category</b>									
Nathan Kahi	92	MSHS	67.45	90	118	208	282.529	1	1
Shannon Arenson	90	BGS	68.80	75	102	177	237.280	2	
<b>77kg Category</b>									
Mike Bailey	92	BGS	75.50	76	101	177	223.953	1	1
Daniel McCallum	92	SJC	70.55	69	76	145	191.249	2	2
<b>94kg Category</b>									
Blake Clarke	92	BGS	93.25	75	100	175	198.801	1	1
Angus Takahashi	92	NSHS	92.30	71	90	161	183.716	2	2
Gilad Goldman	91	BGS	92.30	65	80	145	165.459	3	
<b>105kg Category</b>									
Alex Kelly	90	SLC	94.90	85	113	198	223.253	Guest	
<b>+105kg Category</b>									
Mitchell Thurlow	92	AHSHS	117.95	70	88	158	165.453	1	1

**Referees:** Debra Keelan (Cat I), Barry Harden (Cat II), Greg Hobl (National), Craig Wegert (National), Vicki Brady (National), Barry Hockins (Club).

**Time Keepers:** Barry Hockins, Josh Wegert.

**M.C:** Mike Keelan, Craig Wegert.

**Best Lifter Awards**

	Under 16	Open
Male	Nathan Kahi	Nathan Kahi
Female	Bonnie Sleeman	Bonnie Sleeman

**The Roman Wojcieszuk Memorial Shield Team Points**

Place	School	Points
1	Brisbane Grammar School	127
2	Mansfield SHS	28
3	Toowoomba SHS	28
4	Alexandra Hills SHS	28
5	St Joseph's College Toowoomba	25
6	Redeemer Lutheran College	25
7	Nambour SHS	25



**Blake Clarke**



**Bonnie Sleeman**

# 1st WORLD UNIVERSITY CHAMPIONSHIPS

Held: 25-28 November 2008

At: Komotini, Greece

## 48Kg Women [25 Nov]

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	LAOSIRIKUL Pensiri	84	THA	47.60	80	103	183
2	BUNPHITHAK Pramsiri	84	THA	47.53	78	102	180
3	KARAGOZ Nurdan	87	TUR	46.76	71	93	164
4	HU Yu-Ju	85	TPE	47.76	73	91	164
5	VAUGHN Jodi	80	USA	47.88	65	78	143
6	RICCI Mariateresa	81	ITA	47.25	58	76	134
7	KARCZEWSKA Paulina	85	POL	47.99	56	70	126
8	POLYCHRONIADI Christina	89	GRE	47.15	53	69	122
9	ADAM Monika	85	HUN	47.85	51	69	120

## 53Kg Women [26 Nov]

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	LIN Yen-Chiao	88	TPE	52.73	82	94	176
2	ROWINSKA Malwina	86	POL	52.29	72	101	173
3	KAYA Ozlem	84	TUR	52.93	76	94	170
4	FILANDRIANOU Christina	82	GRE	52.76	66	91	157
5	DENSMORE Rosemary	84	CAN	52.76	70	82	152
6	De COSTER Sarah	86	BEL	52.62	65	82	147
7	PETITPAS Camille	88	FRA	52.07	66	77	143
8	KAZLOUSKAYA Irina	82	BLR	51.94	50	70	120
9	ARCHONTIDOU Eirini	87	GRE	50.10	51	58	109

### 58Kg Women [26 Nov]

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	HO Hsiao-Chun	87	TPE	57.85	93	120	213
2	PRETORIUS Mona	88	RSA	57.52	80	99	179
3	KATZENMEIER Hilary	88	USA	56.37	80	98	178
4	DAVIS Sarah	83	USA	57.70	76	93	169
5	DESCHENES Jacinthe	87	CAN	58.00	73	92	165
6	TEEUWEN Ingrid	81	NED	53.94	46	56	102
---	PUPUTTI Jenni	86	FIN	57.49	72	---	---

### 63Kg Women [27 Nov]

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	GUO Xiyan	87	CHN	62.55	100	125	225
2	OHMAN Marina	83	ISR	62.92	85	100	185
3	McCOY Vanessa	85	USA	62.12	82	100	182
4	VUKAS Silvana	85	SRB	62.15	80	102	182
5	GRADZKA Malwina	86	POL	61.14	79	95	174
6	OLSZEWSKA Monika	85	POL	60.62	73	99	172
7	KRANZ Megan	86	USA	60.71	78	94	172
8	PSARRAKI Maria	88	GRE	62.35	74	87	161

### 69 Kg Women [27 Nov]

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	YANG Sha	85	CHN	65.29	95	123	218
2	AVDALYAN Nazik BEAUCHEMIN-NADEAU Marie-Eve	86	ARM	68.35	95	120	215
3		88	CAN	68.82	92	121	213
4	BAIEVA Daria	88	UKR	68.21	98	113	211
5	JORDALEN Anja Evelyn	87	NOR	67.90	85	111	196
6	SMOSARSKA Anna	85	POL	64.08	85	110	195
7	KLADIVOVA Pavla	84	CZE	66.99	78	96	174

### 75Kg Women [27 Nov]

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	WU Jian	90	CHN	74.62	110	136	246
2	KHURSHUDYAN Hripsime	87	ARM	74.62	106	135	241
3	CHUNG Chieh-Jui	86	TPE	73.64	98	130	228
4	MYRONYUK Nadiya RATTANACHUANG Watcharawadee	84	UKR	71.49	102	125	227
5		88	THA	73.99	92	126	218
6	GIRARD Caroline	82	CAN	74.88	84	108	192
7	OSTAPSKA Katarzyna Anna	88	POL	69.48	82	105	187
8	NOKTA Gulden	86	TUR	74.57	75	90	165

### +75Kg Women[28Nov]

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	MOONAR Annipa	84	THA	103.61	108	140	248
2	JONAI Fumiko	85	JPN	113.95	99	134	233
3	LIU Yun-Chien	88	TPE	89.43	93	128	221
4	BUSSARD Jenna	86	USA	160.69	95	122	217
5	ROBLES Sarah	88	USA	112.78	90	120	210
6	MAGAT Krisztina	89	HUN	99.23	82	101	183
7	VIGLIETTI Ilaria	84	ITA	99.36	85	95	180
---	SHIMAMOTO Mami	87	JPN	104.82	107	---	---

### 56Kg Men [25 Nov]

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	WU Jingbiao	89	CHN	55.79	123	150	273
2	MANEETONG Pongsak	86	THA	55.92	115	145	260
3	OHAMA Kenichi	87	JPN	55.81	107	128	235
4	HANDURDIEV Omarguli	88	TKM	56.00	95	127	222
5	PINDEL Bartosz	84	POL	55.73	98	121	219
6	BEKTAS Abdurrahman	86	TUR	55.74	85	115	200

### 62Kg Men [25 Nov]

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	DING Jianjun	89	CHN	61.82	140	170	310
2	HASANOV Sardar	85	AZE	61.93	125	152	277
3	SIRGHI Oleg	87	MDA	61.20	115	145	260
4	ADAMS Aaron B.	88	USA	61.63	106	143	249

*Weightlifting Queensland*

5	SAHETMIRADOV Meretguly	88	TKM	61.65	111	136	247
6	KATSOLIDIS Panayotisy	87	GRE	61.55	105	136	241
7	HUTCHINSON Sean	87	USA	61.61	106	132	238
8	BELAN Michal	85	SVK	61.68	105	133	238
9	KRAJEWSKI Jaroslaw	89	POL	61.74	100	125	225

**69Kg Men [25 Nov]**

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	XIAO Minghua	88	CHN	68.85	150	182	332
2	MIRZOYAN Arakel	89	ARM	68.75	141	171	312
3	AGILLI Ekrem	87	TUR	68.85	141	171	312
4	SUPHALAK Sitthitsak	84	THA	68.84	135	163	298
5	ZEJDLIK Jiri	85	SVK	68.14	140	150	290
6	KUCZYNSKI Damian	86	POL	68.79	128	162	290
7	BROWER Henry	82	USA	68.73	130	159	289
8	BIRCA Andrei	88	MDA	68.75	125	153	278
9	TAKEICHI Itsuki	87	JPN	68.41	125	150	275
10	MEREDOV Aman	90	TKM	68.93	121	146	267
11	TASGI Gokhan	84	TUR	68.68	115	141	256
12	DU PLOOY Lyle William Henry GARCIA SERRANO Fernando	88	RSA	68.94	115	141	256
13	Tomas	86	ESP	68.88	115	140	255
14	BYRD Cathal	86	IRL	68.67	107	140	247
15	LEREDDE Arnaud	86	FRA	68.60	112	132	244
16	ASHYROV Ashyr	90	TKM	68.64	107	131	238
17	DOUGAN Neil	85	IRL	68.75	95	122	217

**77Kg Men [26 Nov]**

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	ZHONG Guoshun	87	CHN	76.21	170	195	365
2	SU Dajin	86	CHN	76.92	163	195	358
3	DAVIDENCO Dmitrii	89	MDA	76.50	135	165	300
4	JUMAYEV Jasurbek	84	TKM	76.88	136	151	287
5	CSANK Gergely	86	HUN	76.67	122	150	272
6	JOHANSSON Jere	87	FIN	76.36	121	149	270
7	DESORMEAUX Karl	87	CAN	76.58	118	152	270
8	ATZARIS Charalambos	87	GRE	76.56	122	145	267
9	MAMEDOV Charygeldy	87	TKM	74.05	115	148	263

*Weightlifting Queensland*

10	CHATZIOANNOU Georgios	89	GRE	76.14	115	145	260
11	GORODETZKI Vladimir	82	ISR	74.26	115	135	250
12	SARKANY Zoltan	86	HUN	76.75	112	135	247
13	MURPHY Andrew	85	IRL	75.51	99	121	220

**85Kg Men [26 Nov]**

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	KRYCH Zachary	83	USA	84.75	147	186	333
2	SEVGILI Mehmet	85	TUR	84.27	152	180	332
3	ZIELINSKI Adrian	89	POL	84.25	150	180	330
4	REJEPOV Mansur	82	TKM	84.65	155	175	330
5	MAISEICHUK Kiryl	85	BLR	84.99	148	176	324
6	SVRCEK Pavol	82	SVK	84.69	141	173	314
7	COOPER Travis	88	USA	85.00	132	175	307
8	GOYETTE-DEMERS Laurent	90	CAN	82.14	125	168	293
9	PEPLOWSKI Grzegorz	89	POL	82.65	125	156	281
10	VAN THIENEN Tom	88	BEL	84.07	120	137	257
11	FLANAGAN Eamonn	82	IRL	84.55	106	135	241
12	CALLAGHAN Nathaniel	83	IRL	84.39	106	119	225
---	SATALENCO Alexandru	89	MDA	84.25	---	181	---

**94Kg Men [27 Nov]**

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	HUANG Zhong	85	CHN	89.18	166	200	366
2	FATULLAYEV Rovshan	87	AZE	93.85	161	201	362
3	WATTANAKASIKAM Suthiphon	85	THA	92.76	165	196	361
4	ANUSKEVICIUS Donatas	80	LTU	91.34	155	201	356
5	HSIEH Wei-Chun	83	TPE	93.92	155	198	353
6	ZHUANG Yinqing	86	CHN	92.30	153	195	348
7	FARAS Pawel	87	POL	93.64	152	183	335
8	BASOL Mehmet	84	TUR	93.04	141	180	321
9	BELLOI Antonio Pasquale	81	ITA	89.05	137	179	316
10	DEMELIDIS Eleftherios	86	GRE	85.25	140	165	305
11	GRANER Zoltan	85	HUN	89.37	140	165	305
12	BARANSKI Przemyslaw	87	POL	88.25	128	164	292
13	GONCALVES Raoul	88	FRA	86.59	128	160	288
14	BAGNI Yuri	88	ISR	89.88	130	150	280
15	KOUSIS Anastasios	86	GRE	85.55	123	155	278



# QWA League Grand Final

Toowoomba Weightlifting Association

Toowoomba Qld

29<sup>th</sup> November 2008

16	MURGIMAE Lydon	87	EST	93.75	117	145	262
17	PASKA Vojtech	88	CZE	91.82	115	145	260
---	SUNAR Erdal	82	TUR	89.44	162	---	---
---	VARDANIAN Norik	87	USA	92.33	---	192	---

## 105Kg Men [28 Nov]

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	HORDIYCHUK Mykola	83	UKR	103.13	175	208	383
2	PENG Feng	87	CHN	96.58	163	208	371
3	CZEKIEL Kornel	87	POL	99.78	165	193	358
4	SIMKUS Modestas	85	LTU	101.05	165	191	356
5	GKARIPIS Kontantinos	81	GRE	98.20	155	194	349
6	BAYAM Mustafa	85	TUR	97.19	160	186	346
7	VASPORI Gabor	83	HUN	99.15	154	190	344
8	LIU Chen-Chuan	88	TPE	96.43	149	186	335
9	KOUVAKAS Alexandros	89	CAN	104.31	145	181	326
10	GRANDO Luigi	83	ITA	95.14	143	176	319
11	LUKAUSKAS Tautvydas	89	LTU	101.65	140	170	310
12	MURADOV Hojageldy	82	TKM	104.40	125	160	285
13	ZACHAROPOULOS Panayotis	88	GRE	96.22	131	145	276
14	FOLDI Tamas	85	HUN	104.16	117	152	269
---	ALONSO GARROTE Ismael	80	ESP	99.20	---	150	---

## +105Kg Men [28 Nov]

Rank	Name	Born	Nation	B.weight	Snatch	Cl&Jk	Total
1	SOTSKOV Kostiantyn	87	UKR	141.40	180	218	398
2	NAGY Peter	86	HUN	144.81	180	215	395
3	KOCAK Ali Yasar	85	TUR	131.89	170	205	375
4	CHEN Shih-Chieh	89	TPE	130.63	159	212	371
5	ZELIANKOV Aliaksei	82	BLR	107.15	165	202	367
6	KELLY Damon	83	AUS	151.03	150	209	359
7	JUDGE Patrick	86	USA	149.99	155	200	355
8	EVERI Antti	81	FIN	130.75	150	187	337
9	PIRIYEV Rolan	89	AZE	106.80	140	172	312
10	DANI Gabor	85	HUN	121.50	140	172	312
11	KOZOMPOLIS Lykourgos	85	GRE	153.57	131	150	281

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
<b>Division 1</b>								
Luke Gardner	86	Cougars	115.90	123	160	283	3	62.958
Amy Hardy	89	Cougars	60.80	69	81	150	3	61.366
Davina Hughes	89	Toowoomba	52.85	60	78	138	-13	48.062
Bowen Stuart	86	Toowoomba	76.60	95	115	210	-12	43.703
<b>Division 2</b>								
Craig Wegert	73	USQ	145.40	135	165	300	13	76.559
Nathan Kahi	92	Cougars	66.50	89	116	205	0	57.423
Melissa Robinson	81	Honey Badgers	57.35	63	77	140	0	55.777
Bianca Sheppard	92	Toowoomba	58.75	58	75	133	0	51.751
Darryl Hockins	88	Toowoomba	67.00	78	97	175	0	49.020
<b>Division 3</b>								
David Hockins	91	Toowoomba	56.00	69	93	162	19	72.115
Michelle Kahi	94	Cougars	61.65	62	82	144	15	71.031
Andrew Fletcher	75		101.90	85	117	202	15	61.330
Daniel McCallum	92	Toowoomba	72.30	70	83	153	17	57.584
<b>Division 4</b>								
Kirsten Wu	93	Cougars	51.80	45	56	101	17	61.690
Mitch Thurlow	92	Cougars	119.50	71	93	164	18	52.746
Sam Baumann	92	Cougars	54.00	49	71	120	8	47.344
Kelsey Swift	94	Cougars	57.50	45	56	101	4	44.239

## Bonus Round (lift-off) \*

Name	Lift	90.0%	95.0%	97.5%	100.0%	102.5%	105.0%	107.5%	110.0%
Kirsten Wu	C&J	49	52	53	55	56	57	59	60
David Hockins	C&J	80	84	86	89	91	93	95	97
Craig Wegert	C&J	145	153	157	162	166	170	174	
Luke Gardner	C&J	144	152	156	160				

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

Referees: Debra Keelan (Cat I); Barry Harden (Cat II); Keith Forbes (National); Vicki Brady (National); Brian Walsh (State); Chris Walsh (State); Julie Davis (State); Greg Baumann (State); Barry Hockins (Club).

Time Keeper: Debra Keelan; Keith Forbes; Vicki Brady; Greg Baumann.

M.C: Mike Keelan; Ian Moir.

#### Awards

Division 1	Luke Gardner	\$ 400	Coach: Miles Wydall	\$100
Division 2	Craig Wegert	\$ 400	Coach: Craig Wegert	\$100
Division 3	David Hockins	\$ 400	Coach: Greg Hobl	\$100
Division 4	Kirsten Wu	\$ 400	Coach: Angela Wydall	\$100
Bonus Round	Kirsten Wu	\$ 400	Coach: Angela Wydall	\$100



Luke Gardner

## 2008 Commonwealth Weightlifting Championships

Lissamol, Cyprus

5 – 7 December 2008

### JUNIOR WOMEN


#### Category: 48kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
No Participants											

#### Category: 53kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
No Participants											

#### Category: 58kg

Rk	Name	YoB	Country		BW	Snatch			Clean & Jerk			Total
						1	2	3	1	2	3	
1.	Mona Pretorius	1988	RSA		57.50	72.0	77.0	77.0	93.0	98.0	104.0	175.0

#### Category: 63kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
No Participants											

#### Category: 69kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
No Participants											

Category: 75kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
No Participants											

Category: +75kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
No Participants											

JUNIOR MEN

Category: 56kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Mohd Shafiq Ismail	1988	MAS	55.20	96.0	101.0	101.0	123.0	128.0	0.0	224.0
2.	Demis Demourtsides	1989	CYP	55.70	70.0	75.0	75.0	85.0	90.0	93.0	160.0

Category: 62kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Arrico Jumith	1990	MAS	61.05	115.0	115.0	120.0	140.0	145.0	152.0	267.0
2.	Dimitris Minasides	1989	CYP	60.90	113.0	116.0	116.0	135.0	142.0	142.0	248.0
3.	Luwellyne Phillips	1989	RSA	61.30	95.0	95.0	101.0	115.0	120.0	123.0	218.0
4.	Craig Carfray	1992	SCO	60.95	75.0	80.0	84.0	98.0	102.0	102.0	182.0

Category: 69kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Mohd Hafifi Mansor	1990	MAS	67.90	120.0	120.0	126.0	150.0	157.0	157.0	270.0
2.	Halil Zorba	1988	ENG	68.60	105.0	110.0	112.0	142.0	147.0	153.0	257.0
3.	Andrea Naslev	1993	CYP	62.85	77.0	80.0	82.0	95.0	100.0	110.0	177.0

4.	Argyris Socratous	1993	CYP		68.90	70.0	75.0	78.0	85.0	90.0	92.0	167.0
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Category: 77kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Lyle du Plooy	1988	RSA	70.25	112.0	117.0	120.0	138.0	143.0	146.0	260.0
2.	Sean Anthony	1991	RSA	72.20	105.0	110.0	115.0	127.0	127.0	135.0	245.0
3.	Dale Cree	1992	SCO	74.90	85.0	85.0	90.0	100.0	105.0	110.0	195.0
4.	Christian Saliba	1992	MLT	76.15	68.0	72.0	72.0	88.0	92.0	97.0	169.0

Category: 85kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Malek Chamoun	1989	AUS	84.10	125.0	130.0	135.0	155.0	160.0	165.0	300.0

Category: 94kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Mohd Faiz Musa	1989	MAS	91.90	130.0	130.0	140.0	165.0	171.0	177.0	301.0
2.	Jean Greeff	1990	RSA	88.30	112.0	118.0	122.0	141.0	148.0	148.0	259.0

Category: 105kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Robert Galsworthy	1989	AUS	102.60	130.0	135.0	138.0	160.0	165.0	170.0	308.0
1.	M. Zafril Zulkifli	1988	MAS	102.75	128.0	132.0	132.0	160.0	-	-	-


Category: +105kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Samuel Pera	1989	COK	124.20	.	.	.	.	.	.	.




## SENIOR WOMEN


## Category: 48kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Portia Vires	1980	RSA 	46.90	60.0	63.0	66.0	80.0	85.0	87.0	153.0

## Category: 53kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Joanne Calvino	1980	ENG 	52.57	65.0	65.0	65.0	83.0	86.0	88.0	151.0



## Category: 58kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Mona Pretorius	1988	RSA 	57.50	72.0	77.0	77.0	93.0	98.0	101.0	175.0


## Category: 63kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
No Participants											

## Category: 69kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Natasha Perdue	1975	WAL 	67.90	84.0	88.0	88.0	100.0	105.0	105.0	189.0
2.	Denise Offerman-Loizou	1969	CYP 	68.00	50.0	53.0	53.0	65.0	67.0	68.0	118.0

## Category: 75kg


Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Babalwa Ndleleni	1984	RSA 	73.35	77.0	82.0	85.0	102.0	110.0	113.0	192.0

## Category: +75kg




Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
No Participants											

## SENIOR MEN





## Category: 56kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Demis Demourtsides	1989	CYP 	55.70	70.0	75.0	75.0	85.0	90.0	93.0	160.0

## Category: 62kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Dimitris Minasides	1989	CYP 	60.90	113.0	116.0	116.0	135.0	142.0	142.0	248.0
2.	Luwellyne Phillips	1989	RSA 	61.30	95.0	95.0	101.0	115.0	120.0	123.0	218.0
3.	Craig Carfray	1992	SCO 	60.95	75.0	80.0	84.0	98.0	102.0	102.0	182.0




## Category: 69kg

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
1.	Mark Spooner	1984	NZL 	68.80	118.0	121.0	125.0	151.0	161.0	161.0	276.0
2.	Greg Shushu	1980	RSA 	67.05	112.0	117.0	117.0	138.0	143.0	150.0	262.0
3.	Halil Zorba	1988	ENG 	68.60	105.0	110.0	112.0	142.0	147.0	153.0	257.0
4.	Constantinos Vassiliades	1985	CYP 	68.40	105.0	110.0	115.0	130.0	135.0	142.0	252.0






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5.	Clint Grench	1987	MLT		68.60	82.0	82.0	82.0	100.0	105.0	110.0	192.0
6.	Andrea Naslev	1993	CYP		62.85	77.0	80.0	82.0	95.0	100.0	110.0	177.0
7.	Temake Tekaei	1986	KIR		68.35	114.0	114.0	114.0	-	-	-	-



**Category: 77kg**

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total	
					1	2	3	1	2	3		
1.	Peter Yukio	1984	NRU		76.60	135.0	<del>140.0</del>	145.0	175.0	185.0	<del>190.0</del>	330.0
2.	Josefa Vueti	1979	FIJ		76.00	117.0	122.0	<del>126.0</del>	150.0	160.0	<del>165.0</del>	282.0
3.	Alexandros Amanatides	1987	CYP		76.35	120.0	125.0	<del>127.0</del>	147.0	<del>153.0</del>	155.0	272.0
4.	Lyle du Plooy	1988	RSA		70.25	112.0	117.0	<del>120.0</del>	138.0	143.0	<del>146.0</del>	260.0
5.	William Vassiliades	1987	CYP		76.00	110.0	115.0	<del>118.0</del>	140.0	<del>146.0</del>	146.0	255.0
6.	Sean Anthony	1991	RSA		72.20	105.0	110.0	<del>115.0</del>	<del>127.0</del>	127.0	135.0	245.0
7.	Dale Cree	1992	SCO		74.90	<del>85.0</del>	85.0	90.0	100.0	105.0	<del>110.0</del>	195.0
8.	Christian Saliba	1992	MLT		76.15	68.0	<del>72.0</del>	72.0	88.0	92.0	97.0	169.0


**Category: 85kg**

Rk	Name	YoB	Country		BW	Snatch			Clean & Jerk			Total
						1	2	3	1	2	3	
1.	Anthony Darryn	1985	RSA		82.70	140.0	<del>145.0</del>	<del>145.0</del>	170.0	175.0	180.0	320.0
2.	David Kotoatau	1984	KIR		84.05	<del>130.0</del>	<del>130.0</del>	130.0	171.0	177.0	<del>180.0</del>	307.0
3.	Malek Chamoun	1989	AUS		84.10	125.0	130.0	135.0	155.0	160.0	165.0	300.0
4.	Andreas Mouzouras	1973	CYP		84.15	85.0	90.0	96.0	115.0	120.0	126.0	222.0
5.	Stephen Borg	1976	MLT		83.65	77.0	82.0	<del>86.0</del>	102.0	107.0	<del>111.0</del>	189.0





**Category: 94kg**

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total	
					1	2	3	1	2	3		
1.	Peter Kirkbride	1987	SCO		87.35	130.0	135.0	136.0	170.0	175.0	181.0	317.0
2.	Coe Hoorn	1984	CAN		92.95	115.0	120.0	120.0	150.0	150.0	150.0	265.0




*Weightlifting Queensland*

3.	Jean Greeff	1990	RSA		88.30	112.0	118.0	122.0	141.0	148.0	148.0	259.0
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**Category: 105kg**

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total	
					1	2	3	1	2	3		
1.	Ivorn McKnee	1981	BAR		103.95	140.0	147.0	147.0	180.0	187.0	192.0	334.0
2.	Robert Galsworthy	1989	AUS		102.60	130.0	135.0	138.0	160.0	165.0	170.0	308.0
3.	Angelos Ioannou	1972	CYP		98.40	110.0	115.0	120.0	130.0	140.0	150.0	255.0
	Gurbinder Singh Cheem	1978	ENG		104.55	145.0	145.0	145.0	-	-	-	-

**Category: +105kg**

Rk	Name	YoB	Country	BW	Snatch			Clean & Jerk			Total	
					1	2	3	1	2	3		
1.	Damon Kelly	1983	AUS		151.00	150.0	155.0	160.0	192.0	202.0	208.0	363.0
2.	Samuel Pera	1989	COK		124.20	150.0	157.0	157.0	190.0	200.0	205.0	350.0
3.	Joseph Muskett	1985	ENG		134.30	135.0	135.0	140.0	165.0	171.0	171.0	306.0



*Damon Kelly*

## Australia Vs New Zealand Junior Tournament

Auckland, New Zealand  
13 December 2008

### MEN

Name	YOB	NAT	BWT	Sn	C & J	Total	Score
Vester VILLALON	91	NZL	55.20	76	90	166	264.76
Matthew MADSEN	91	NZL	60.45	85	115	200	296.49
Cody COLE	90	NZL	68.00	117	135	252	340.44
Sean GALLAGHER	91	NZL	73.35	86	112	198	263.79
James WYLLIE	88	NZL	72.00	85	111	196	261.22
Sean LEE	90	NZL	92.40	93	126	219	249.78
Capper ALEFAIO	93	NZL	128.85	97	120	217	225.69
							<b>1902.17</b>
Dale WATKINS	88	AUS	60.70	88	115	203	297.16
Patrick INGLIS	89	AUS	68.60	89	119	208	279.37
Daniel Katz	90	AUS	75.65	96	125	221	279.19
Scott TAYLOR	89	AUS	83.30	110	132	242	290.03
Zac GRUREVIC	90	AUS	95.50	122	155	277	300.26
Todd HODGETTS	89	AUS	135.90	121	151	272	279.55
Luke GARDNER	88	AUS	116.15	118	152	270	283.86
							<b>2009.42</b>

### WOMEN

Name	YOB	NAT	BWT	Sn	C & J	Total	Score
Naime KARI	94	NZL	56.75	51	61	112	144.66
Sheena PHILLIPS	88	NZL	62.00	64	75	139	165.61
Stephanie MCKENZIE	93	NZL	67.70	67	74	141	162.6
Chantal LAMBRECHS	90	NZL	74.00	73	95	168	188.19
							<b>661.06</b>
Davina HUGHES	88	AUS	55.05	63	82	145	193.63
Bianca SHEPPARD	92	AUS	51.50	60	66	126	175.18
Amy HARDY	89	AUS	59.40	68	83	151	188.04
Holly COLLYER	88	AUS	66.05	64	94	158	184.19
							<b>741.04</b>

# Club



# News

## **North Brisbane Weightlifting Association**

The Honey Badgers travelled in convoy to Toowoomba for "The League Final" in November and the results were very positive. Lesley Moyle took out first place in the ladies masters and Sue Cox placed third. Mel Robinson placed third and whilst Julie Davis was happy with her clean and jerks, Leandra had had better days!! We are all now focusing on our club comp "The Lawrie" which of course will see us farewell Dave De Rose as coach. 2009 will be challenging for our club, but in true "Honey Badger" style we will survive.

Julie Davis  
Secretary



**Vicki Brady, Lesley Moyle & Sue Cox**

## **Toowoomba Weightlifting Association**

### **WHAT'S BEEN HAPPENING AT THE TOOWOOMBA WEIGHTLIFTING ASSOCIATION?**

Well the last few months have been very interesting and hectic at the TWA. As a matter of fact the author of this report was sitting in New Zealand at the time he wrote it. This not only says something about the travels of TWA members, but also the incredible fear of Kylie Booth's wrath that the author has. When Kylie says she wants a club report she means it, and after failing to submit one for the last edition I am not about to tempt fate by failing to provide another.

So here goes. A busy end to the year began in October when Bianca Sheppard (athlete) and Greg Hobl (assistant coach) headed to India to represent Australia at the Commonwealth Youth Games. It was a fantastic experience all round and whilst Bianca did not lift up to her P.B.'s she came away with four out of six lifts and the motivation to train hard and make more Australian teams. Better ask her yourself what she thought of the food and the smells she encountered.

Then late in November Davina Hughes travelled to Sydney with the Queensland team to compete at the National Open Championships. In a fantastic result for Davina, she was victorious in the 58 kg category, becoming the club's first ever National Open Champ!! It has been a hard year for Davina and to even make it to the competition let alone win it, was a great effort. Congratulations Davina. I'm sure if you can just stick at it you will be back to your best next year.

The very next week we were down to Brisbane to compete at the Qld All Schools Championships. The fact that there were relatively few lifters probably indicated the very hectic schedule we had. The TWA had three lifters and they were Kara Stuart, who in her very first competition came home with a gold medal, David Hockins who while not lifting his best won easily and Daniel McCallum who lifted well, doing some P.B.'s for a second placing.

Then followed a Toowoomba club comp on November 15, where Bronwyn Hitchener broke state masters records in her very first competition, the QWA League Grand Final where David Hockins produced his best ever lifts of 69kg snatch and 93kg clean and jerk to make it through to the final where he produced a 95kg clean and jerk for another P.B. but couldn't quite rack 97kg. A great effort and \$400 prize money to boot.

Currently I am in New Zealand with Bianca Sheppard and Davina Hughes as part of the Australian Junior team, for a week training camp followed by a competition on Saturday 13 December. We are hoping for some good results in what will be the last comp of a busy year.

Our club is going to have a couple of weeks off before we start all over again in 2009. Hope you all have a very Merry Christmas.



Greg Hobl



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

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

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

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# Happy New Year

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