



Weightlifting Queensland

March 2007

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



*Olympians Amanda Phillips and Deborah Lovely with QWA Scholarship athletes
at the Qld U16 & U18 Championships*

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The QWA is supported by the
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Queensland Government
Getting more people active
through sport and recreation

Weightlifting Queensland

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QWA Mission Statement

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

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Disclaimer

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



2007 Events Calendar

April 5	Toowoomba Open Club Competition	Toowoomba
April 14	Sunshine Coast Open Club Competition	Nambour
April 14	Cougars Open Club Competition	Cougars
April 20 – 21	National Under 16 & Under 18 Championships	Sydney
April 22	Nudgee Open Club Competition	Nudgee
April 28 – 29	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
May 5	QWA League Round 2 & Masters League Round 2	Sunshine Coast
May 12 – 19	Arafura Games & Commonwealth & Oceania Junior Champs	Darwin
May 26	Old Masters Championships	Sunshine Coast
June 2	Cougars Open Club Competition	Cougars
June 7 – 16	World Junior Championships	Prague, CZE
June 8	Toowoomba Open Club Competition	Toowoomba
June 9	Nudgee Open Club Competition	Nudgee
June 16	Sunshine Coast Open Club Competition	Nambour
June 23	Old U20 & Open Championships	Toowoomba
June 29 – July 3	International Tournament of Sicily	Palermo, ITA
July 1	National Masters Championships	Perth
July 28	QWA League Round 3 & Masters League Round 3	Cougars
August 9 - 12	World University Championships	Lima, PERU
August 10 – 12	National U20 & Open Championships	Adelaide
August 25 – Sep 1	IWF World Masters Championships	Kazincbarcika, HUN
September 9	Nudgee Open Club Competition	Nudgee
September 15	Sunshine Coast Open Club Competition	Nambour

September 15 – 24	World Senior Championships	Changmai, THA
September 21	Toowoomba Open Club Competition	Toowoomba
October 6	QWA League & Masters League Final	Nudgee
October 13 – 14	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
October 27	Old All Schools Championships	Cougars
November 3 – 4	State Weightlifting / Sports Power Coach Level 2 course	Chandler
November 12 – 17	Oceania Championships & World Cup	Apia, SAMOA
November 16	Toowoomba Open Club Competition	Toowoomba
December 1	Queensland 2000 Tournament	Brisbane
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 8th June 2006 – 8th June 2007.

The qualifying period for the Queensland 2000 Tournament is 1st January 2007 – 30th 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 th February 2007
* Qld U16 & U18 Championships	10 th March 2007

And all National and International events held between 1st January 2007 and 10th 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 th February 2007
Qld U16 & U18 Championships	10 th March 2007
QWA League & Masters League Round 2	5 th May 2007
Qld Masters Championships	26 th May 2007
# Qld Open & U20 Championships	23 rd June 2007

And all National and International events held between 1st January 2007 and 23rd 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/teamsel.asp> or from the QWA office on request.

From the QWA Office

By Ian Moir, QWA General Manager

The commencement of 2007 has seen a number of changes to the QWA's structure. Firstly, the Women & Girls Participation program has concluded its three-year run as a specific initiative. Funded by a Queensland Government grant, this program, coordinated and delivered by Amanda Phillips, enabled the QWA to develop and implement a range of measures designed to promote and enhance the involvement of female weightlifting participants. Although the program has now ceased, its benefits are not lost, with the promotional, educational and recognition components being rolled into the QWA's normal operational functions.

The reduction in Government funding corresponding to the end of the Women & Girls program necessitated a downsizing of the QWA's staff. The previous positions of Women & Girls Program Coordinator (Amanda Phillips) and Programs & Services Coordinator (Deborah Lovely) both ceased at the end of 2006 and the QWA moved forward into the new year with a focus on athlete recruitment as a high priority. To this end, the position of Athlete Recruitment Officer was established and following the application process, Amanda Phillips was appointed in this role. Fortunately, Deborah's skills and experience in this area are not lost to the organization, as she has made herself available to continue assisting with the delivery of the schools program. Amanda and Deborah have been busy in this first term of the school year and already we are seeing new school age participants entering the sport as a result.

As in every year, the month of March accommodated the QWA Annual General Meeting and there were some changes to the Management Committee. 2006 committee members Ray Gardner, Bowen Stuart and Lawrie Townsend chose not to nominate in this year and the organization welcomes on board

new committee members Vicki Brady, Damon Kelly (Secretary) and Angela Wydall who, along with returning members Debra Keelan (President), Greg Hobl (Vice President), Miles Wydall (Treasurer), Tanya Harden and Jason Hassard will guide the organization through the next twelve months.

2007 will also be a year of change for the Queensland Government program which delivers funding to State Sporting Organizations and State Active Recreation Organizations – the State Development Program (SDP). At the end of 2006, the new Minister for Sport Hon. Andrew Fraser MP called for submissions in response to a discussion paper released to kick off a review of the SDP. The QWA, along with some 30 other organizations, took the opportunity to provide a detailed submission in February and the QWA was subsequently invited to participate in a review focus group which will further inform the State Government's shaping of this program for the future. This focus group consists of representatives from diverse organizations within the Queensland sport & recreation industry including sports such as Cricket, Rugby League, Water Polo, Weightlifting; plus Industry Peak Bodies such as the Sports Federation Of Qld, and a couple of active recreation organizations. From the outset, it's pleasing to see the Government consulting with such diverse organizations and it will be interesting to see how the SDP is changed as we move into the next three-funding cycle of the program for 2008 – 2010. At the very least, weightlifting has had its say.

Government at the Federal level will also, hopefully, be considering a submission from the Australian Sports Federations Alliance which proposes a rebate to tax payers for their children's involvement in organized sport and recreation. Originating in Queensland and driven by the Sports Federation of Queensland, this proposal promises to deliver real benefits to parents in meeting the costs associated with their children playing sport, if the Federal Government embraces it. Full details of the submission are available on the QWA web site News section.

Closer to home, it's business as usual in the QWA office as we prepare for Queensland's campaign at the 2007 National U16 & U18 Championships. This year's championships will be held in Sydney in April and we wish the Team of 27 Lifters, 4 Coaches, 1 Manager and 2 Referees, every success.

The 2007 National Open & Under 20 Championships will be held in Brisbane following Queensland's successful bid to hold this event after the South Australia Weightlifting Association withdrew from hosting it. The 2007 "Nationals" will take place on 10 – 12 August and QWA members will shortly be invited to apply for positions within the Event Team that will be responsible for the planning and delivery of the championships. As the old saying goes, "many hands make light work" and there will be plenty of opportunities for QWA members to get involved and enjoy making this event the unqualified success that I'm confident it will be.

Until next time...

Ian Moir

Hope you had a really great Easter!!!

In future issues Michael Keelan will present articles relevant to coaching and athlete development leading with this first paper on Energy Systems written by Catherine Sellers - USOC Coaching.

WHAT EVERY COACH SHOULD KNOW ABOUT ENERGY SYSTEMS

By Catherine Sellers, USOC Coaching

When we talk about training it can be simplified to stress, recovery and adaptation. As a coach, your job is to stress the physiology of the athlete through training, the athlete has a period of recovery (rest) and the athlete's physiology adapts. Through adaptation the athlete can gradually develop the capability to handle more training or training with more intensity. As the coach, you manipulate combinations of training frequency (how often you train) training intensity (how hard you train) and training duration (how long you train) and the type or mode of training.

Another key factor is how the training you do relates to your sport or specificity. If I run long distance, I have improved my endurance adaptation, but it does not transfer the adaptation to developing strength and power. Physiologists call this **SAID – Specific Adaptations to Imposed Demands**. The athlete by following your training plan will adapt to the type of load that you place upon them.

We have all heard of Non-oxidative (Anaerobic) and Oxidative (Aerobic), but what do these terms really mean. Non-oxidative (without oxygen) supplies rely on using stored resources (ATP, CP and production of lactic acid) and do not go into using oxygen to produce more energy. Oxidative (with oxygen) the body uses oxygen to aid in energy production through what is called the Krebs cycle. This whole process is called oxidation phosphorylation.

The standard energy of all human motion is the release of energy from ATP (Adenosine Triphosphate). Therefore, all of the

components are related to the resynthesis or replenishment of ATP or the removal and/or dissipation of the waste products associated with maintaining our ATP supplies.

The trained athlete has the ability to utilize the system or systems necessary to replenish the ATP that is being utilized. The three major components: ATP/CP, LA and oxidative have the ability to support activities of varying intensities and durations. All athletes have the ability to produce power and work intensities that exceed their ability to resynthesize ATP. For example, even in a 100m sprint on the track the athlete slows down due to fatigue. Similarly, in a series of five jumps or explosive lifts, power output drops.

Energy Systems- Anaerobic

Physiologists have devised a method to look at the energy expenditures of different sports. They have broken energy systems into three categories based on the duration of all-out exercise and the intercellular response. However, it is important to note that while the different systems mentioned provide the resources for activities of varying intensities and power output requirements the systems function in an integrated fashion. Table 2 attempts to quantify the percentage contributed that could be expected from each of the major systems for varying sports or activities.

The first phase is called the ATP- CP system. ATP (Adenosine Triphosphate) is stored in all cells, particularly muscles. In a sense, it is free energy because the body stores ATP to make it available for immediate use, however, you can only use it once and it needs recovery time to restore the storage. The ATP system is great for short and quick activities, because it only last for about 5 seconds. It would be used in activities like-- 10 meter sprints, diving, spiking and throwing the shot.

When ATP is used it breaks down into ADP. ADP then can combine with phosphocreatine (PC) to make more ATP, but only for a short period of time around 5-20 seconds. This system requires some recovery time as well. It takes about 25-30 seconds to regain

about half of the phosphocreatine stores. These two systems combine for activities like 200m sprints and sports where short intermittent burst of activity are required— for example, basketball, hockey and rugby. A coach can train this system to adapt to some extent. A sample of training would be maximum efforts (5-10 seconds) with rest of about 1 minute.

The next major phase is called the Lactic (LA) system. After the 20 seconds of the ATP-PC system, the body requires another ingredient -- muscle glycogen (glucose) to be added to continue.

This system begins when phosphocreatine stores are depleted. Lactic acid (or lactate) comes from the breakdown of the glucose released from the muscles. One of the outcomes of this breakdown, is that positive Hydrogen ions are expelled which accumulated in the muscle and cause it to fatigue.

The lactic system is used in a number of sports that do repeat sprinting or high energy activities, such as ice hockey, sprint cycling, 100m swim, lacrosse, soccer, up to the 400 meters in track. Training can be designed to help the athlete improve their tolerance to the build up of the positive hydrogen ions. Bouts of intense training lasting from 25 to 45 seconds with rest ranging from 20 seconds to 3 minutes (determined by the amount of time of the work or the distance covered).

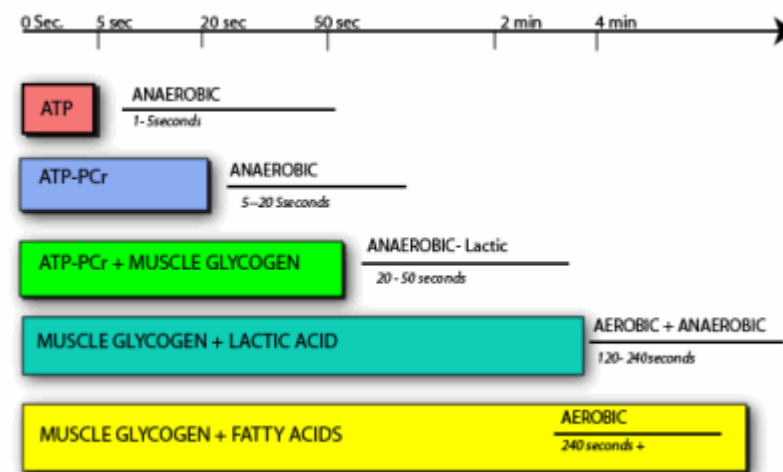
Energy Systems-Oxidative

The third system is the Oxidative phase. In this phase, as the term indicates you are using oxygen to fuel the breakdown of carbohydrates first, free fatty acids second and if the exercise continues long enough -protein. Whereas, the previous systems have related to higher intensity work (or power) the aerobic system is more for moderate or low intensity work, but of longer duration.

The oxidative system should be developed to aid in lactic system. The development of the aerobic system aids in lactate removal, so that the athlete can tolerate more lactate.

Training to develop this system consists of the traditional long runs, but can also have repeats of shorter distances of low intensity with reduced rest (20 x 200m with 30 second rest). This example would not have the athlete perform with an all-out effort, but would be at race pace for a mile run.

TABLE 1- Energy Systems



As the coach, you now have to determine what energy system should predominately be trained. E.L. Fox et al, developed a nice chart to help you sort through this. He looked at the dominate energy systems for each sport.

TABLE 2- Sports and Energy Systems

SPORTS	ATP-PC/ LA	LA/02	02
Basketball	60	20	20
Fencing	90	10	
Field events	90	10	
Golf swing	95	5	
Gymnastics	80	15	5
Hockey	50	20	10
Distance running	10	20	70
Rowing	20	30	50
Skiing	33	33	33
Soccer	50	20	30
Sprints	90	10	
Swimming 1.5k	10	20	70
Tennis	70	20	10
Volleyball	80	5	15

References:

Frank W. Dick, Sports Training Principles (London: A & C Black, 2002).

Donald K. Mathews and Edward L. Fox, The Physiological Basis of Physical Education and Athletics (Philadelphia: W. B. Saunders Company, 1993).

Brent S. Rushall and Frank S. Pyke, Training for Sports and Fitness (South Melbourne: MacMillan, 1990).

William D. McArdle, Frank I. Katch and Victor L. Katch, Essentials of Exercise Physiology (Philadelphia: Lippincott Williams & Wilkins, 2006).



QWA LEAGUE & MASTERS LEAGUE, ROUND 1
Toowoomba Weightlifting Association, Toowoomba Qld
17th February 2007

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

Division 1

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Darryl Hockins	88	Toowoomba	60.80	74	86	160	7	56.231
Diana Loy	65		60.10	63	80	143	-4	51.859
Tom McCosker	88	Sunshine Coast	65.90	81	105	186	-1	51.101
Billy Chong Nee	90	Toowoomba	88.50	95	108	203	1	49.681
Alison Noble	79	Nudgee	73.90	65	88	153	-6	47.497
Peter Foster	67	Cougars	119.20	105	122	227	-14	34.093
Tanya Harden	78	Sunshine Coast	65.10	55	68	123	-14	30.727

Division 2

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Scott Clark	91	Sunshine Coast	57.10	64	80	144	20	64.308
Corey Dethridge	76	Toowoomba	61.40	55	74	129	0	39.692
Melissa Robinson	81	Nudgee	56.80	44	58	102	-4	36.637
Teri-Anne Kahi	91	Cougars	65.30	45	63	108	-11	28.273
John Hanlon	66	Cougars	95.30	70	100	170	-14	24.636
Jenni Sefton	67	Nudgee	62.00	40	53	93	-19	17.328

Division 3

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Chanelle Sa'u	91	Cougars	107.60	61	81	142	26	70.654
Rebekah Lovely	90		77.40	50	60	110	26	60.591
Michelle Kahi	94	Cougars	52.50	33	45	78	26	60.513
David Molde	91	Cougars	59.70	45	65	110	26	59.846
Matthew Arthy	91	Cougars	61.50	37	60	97	26	55.846
Angus Takahashi	92	Sunshine Coast	76.80	46	65	111	26	55.443
Casey-Marie Jaenke-Cain	92	Cougars	43.10	27	35	62	26	54.571
Brett Coyne	90	Cougars	66.20	38	50	88	26	50.650
Bonnie Sleeman	93	Cougars	74.90	34	50	84	20	49.371
Nick Fort	89	Cougars	113.90	45	65	110	26	49.305
Georgette Graham	93	Cougars	43.10	23	35	58	20	46.728
Stacy Ford	91	Cougars	107.30	50	70	120	7	44.736
Jake Whitmore	95	Cougars	52.70	24	33	57	25	43.689
Michael Dunne	91	Cougars	73.70	57	80	137	7	43.340
Daniel McCallum	92	Toowoomba	64.50	39	43	82	20	42.969

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Adrian Ward	91	Toowoomba	71.20	27	35	62	26	42.446
David Hockins	91	Toowoomba	47.40	40	67	107	6	41.082
Sam Baumann	92	Cougars	44.00	24	40	64	20	40.984
Mitchell Thurlow	92	Cougars	105.80	48	58	106	17	39.458
Neil Bennett	80	Cougars	81.60	50	75	125	6	37.646
Riley Pollard	96	Cougars	71.60	27	35	62	20	36.446
Jayde Thomas	91	Toowoomba	57.60	38	50	88	0	35.060
Blake Lewer	89	Gunmaree	96.90	62	85	147	0	33.409
Jessica Brown	90	Cougars	59.00	35	51	86	-4	29.594
Michael Neylon	91	Toowoomba	88.70	53	70	123	0	29.496
Kristin Gilbert	87	Cougars	64.90	26	35	61	6	28.182
Julie Davis	52	Nudgee	51.40	23	34	57	0	25.221
Leandra Miscamble	56	Nudgee	63.20	23	33	56	2	22.364
Phillip Pham	85	Cougars	67.10	60	53	113	-10	21.653
Emma Hegarty	91	Cougars	71.60	35	54	89	-11	20.119
Ben Grzes	50	Cougars	129.50	60	85	145	-14	16.720
Harry Grzes	56	Cougars	111.60	55	80	135	-20	8.602
Lorraine Hibbert	58	Nudgee	68.40	30	37	67	15	39.364

Guests

Name	Born	Club	Bwt	Sn	C & J	Total
Davina Hughes	89	Toowoomba	54.30	60	71	131
Meg Soroka	73	Gunmaree	60.50	51	60	111
Holly Collyer	88	Sunshine Coast	66.80	70	94	164

Referees: Barry Harden (Cat II); Amanda Phillips (National); Ray Loudon (State); Chris Walsh (State); Brian Walsh (State); Bowen Stuart (State); Meg Soroka (State); Barry Hockins (Club); Davina Hughes (Club).

Time Keepers: Tracy Nash; Lee Hughes; Brian Walsh.

M.C: Ian Moir



Weightlifting Queensland

Masters League

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

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Score
Men								
Peter Foster	67	Cougars	119.20	105.0	122.0	227.0	6	60.634
John Hanlon	66	Cougars	95.30	70.0	100.0	170.0	6	50.316
Ben Grzes	50	Cougars	129.50	60.0	85.0	145.0	6	49.531
Harry Grzes	56	Cougars	111.60	55.0	80.0	135.0		35.895

Women

Diana Loy	65		60.10	63.0	80.0	143.0		64.685
Jenni Sefton	67	Nudgee	62.00	40.0	53.0	93.0		41.269
Lorraine Hibbert	58	Nudgee	68.40	30.0	37.0	67.0	6	36.065
Julie Davis	52	Nudgee	51.40	23.0	34.0	57.0		34.049
Leandra	56	Nudgee	63.20	23.0	33.0	56.0		25.556

Miscamble



Masters Records

Name	Cat	Lift	Weight	Age Group	Level
John Hanlon	105kg	Snatch	66	40 – 44 years	Qld
John Hanlon	105kg	Snatch	68	40 – 44 years	Qld
John Hanlon	105kg	Snatch	70	40 – 44 years	Qld
John Hanlon	105kg	Cl & Jk	83	40 – 44 years	Qld
John Hanlon	105kg	Cl & Jk	90	40 – 44 years	Qld
John Hanlon	105kg	Cl & Jk	100	40 – 44 years	Qld
John Hanlon	105kg	Total	153	40 – 44 years	Qld
John Hanlon	105kg	Total	160	40 – 44 years	Qld
John Hanlon	105kg	Total	170	40 – 44 years	Qld
Peter Foster	+105kg	Snatch	95	40 – 44 years	Qld
Peter Foster	+105kg	Snatch	100	40 – 44 years	Qld
Peter Foster	+105kg	Snatch	105	40 – 44 years	Qld
Peter Foster	+105kg	Cl & Jk	110	40 – 44 years	Qld
Peter Foster	+105kg	Cl & Jk	117	40 – 44 years	Qld
Peter Foster	+105kg	Cl & Jk	122	40 – 44 years	Qld
Peter Foster	+105kg	Total	215	40 – 44 years	Qld
Peter Foster	+105kg	Total	222	40 – 44 years	Qld
Peter Foster	+105kg	Total	227	40 – 44 years	Qld
Lorraine Hibbert	69kg	Snatch	30	45 – 49 years	Qld, Aus
Leandra Miscamble	69kg	Cl & Jk	33	50 – 54 years	Qld
Julie Davis	53kg	Snatch	21	55 – 59 years	Qld, Aus
Julie Davis	53kg	Snatch	23	55 – 59 years	Qld, Aus
Julie Davis	53kg	Cl & Jk	31	55 – 59 years	Qld, Aus
Julie Davis	53kg	Cl & Jk	33	55 – 59 years	Qld, Aus
Julie Davis	53kg	Cl & Jk	34	55 – 59 years	Qld, Aus
Julie Davis	53kg	Total	54	55 – 59 years	Qld, Aus
Julie Davis	53kg	Total	56	55 – 59 years	Qld, Aus
Julie Davis	53kg	Total	57	55 – 59 years	Qld, Aus



2007 Queensland U16 & U18 Championships

Cougars Weightlifting Club, Chandler Qld

10th March 2007

Women

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place U18	U16
44kg Category										
Casey-Marie Jaenke-Cain	92	Cougars	42.90	28	35	63	102.393	216.768	1	1
53kg Category										
Davina Hughes	89	Toowoomba	52.90	60	75	135	180.415	180.415	1	
Michelle Kahi	94	Cougars	52.70	40	47	87	116.627	1368.998	2	1
58kg Category										
Jessica Brown	90	Cougars	57.05	39	52	91	114.733	422.326	1	
Jayde Thomas	91	Toowoomba	57.90	37	51	88	109.776	109.776	2	1
Jessie Caldwell	92	Sunshine Coast	57.05	32	43	75	94.560	141.662	3	2
63kg Category										
Bianca Sheppard	92	Toowoomba	59.00	23	25	48	59.094	59.094	1	1
69kg Category										
Teri-Anne Kahi	91	Cougars	66.60	51	65	116	132.472	132.472	1	1
75kg Category										
Rebekah Lovely	90		74.70	54	64	118	127.454	1314.546	1	
Casey Kahi	90	Cougars	71.75	52	64	116	127.549	127.549	2	
Emma Hegarty	91	Cougars	72.55	39	56	95	103.927	103.927	3	1
Bonnie Sleeman	93	Cougars	73.20	37	53	90	98.065	729.301	4	2
75+ Category										
Chanelle Sa'u	91	Cougars	106.10	64	83	147	147.022	738.395	1	1
Stacy Ford	91	Cougars	107.65	52	73	125	125.000	334.030	2	2
Shari Egan	92	Gunmaree	83.70	35	45	80	82.992	82.992	3	3

Men

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place U18	U16
47kg Category										
David Hockins	91	Toowoomba	46.45	46	67	113	207.459	1333.091	1	1
Sam Baumann	92	Cougars	44.95	26	38	64	121.248	121.248	2	2

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place U18	U16
56kg Category										
Alex Isaac	93	Cougars	51.95	30	43	73	121.132	121.132	1	1
Jake Whitmore	95	Cougars	52.75	24	29	53	86.801	86.801	2	2
62kg Category										
Nathan Kahi	92	Cougars	59.15	70	92	162	241.833	1668.935	1	1
Scott Clark	91	Sunshine Coast	57.55	62	80	142	216.544	216.544	2	2
David Molde	91	Cougars	60.65	51	71	122	178.697	2795.828	3	3
Matthew Arthy	91	Cougars	61.15	43	63	106	154.313	2113.820	4	4
69kg Category										
Shannon Arenson	90	Bris Grammar	66.50	64	80	144	197.481	197.481	1	
Brent Coyne	90	Cougars	65.60	40	53	93	128.738	988.968	2	
Daniel McCallum	92	Toowoomba	65.75	43	50	93	128.535	1758.001	3	1
Scott Duncan	92	Cougars	63.60	30	48	78	110.348	2735.346	4	2
Brent Kahi	90	Cougars	65.90	72	100	172			Guest	
77kg Category										
Michael Dunne	91	Cougars	73.25	60	86	146	188.108	2304.668	1	1
Ben Turner	90	Windaroo	69.20	63	82	145	193.647	610.310	2	
Adrian Ward	91	Toowoomba	71.05	32	40	72	94.540	1251.615	3	2
Riley Pollard	96	Cougars	70.10	29	38	67	88.733	684.834	4	3
Nicholas Hatzis	92	St Laurence's	71.15	40	52	92			Guest	
85kg Category										
Gilad Goldman	91	Bris Grammar	84.35	53	55	108	128.607	128.607	1	1
94kg Category										
Lyndon Hyatt	90	St Laurence's	86.45	70	95	165	194.094	2436.776	1	
105kg Category										
Blake Lewer	89	Gunmaree	97.45	67	90	157	175.109	1887.611	1	
Mitchell Thurlow	92	Cougars	103.50	45	63	108	117.743	360.400	2	1
Tim Chaston	90	St Laurence's	94.55	55	75	130			Guest	
+105kg Category										
Nick Fort	89	Cougars	113.15	49	72	121	128.166	1521.724	1	







Barry Harden Awarded Life Membership

At the 2007 Annual General Meeting, on a unanimous vote, Barry Harden was awarded with Queensland Weightlifting Association Life Membership.

Barry Harden has been a member of the QWA from the time of the association's incorporation in 1987 and before that; he was a member of the unincorporated association which was the QWA's predecessor. Barry's contributions to the sport of weightlifting in Queensland and to the QWA as an organisation are many and they span more than three decades.

Barry has served many terms on the QWA Management Committee and QWA Selection Panel; he has been the driving force behind the Sunshine Coast Weightlifting Club; he has coached Queensland lifters to numerous state championships and state representative selections; he has worked through the grades of officiating to attain International Category 2 status; he has been appointed as Coach to Queensland Teams at national championships; and he has officiated at numerous state events and also national and international events.

Barry is best known for the enormous amount of effort he has put into the organisation and development of Masters lifting. Thanks to Barry, Masters lifting has remained a relevant and important section of the sport, not only in Queensland, but nationally. Barry initiated the Queensland Masters newsletter, which he continues to edit, publish and distribute. He maintains the Qld Masters records. He assists and supports Qld Masters at state events and National Championships, whether he is himself competing, or not. And he often sacrifices his own entitlement to lift in competitions, including Qld Masters Championships, to focus on delivering the event for the enjoyment of others.

In summary, Barry Harden is a QWA member of long standing who is conspicuous by his deeds. He has been, and continues to be, a member who makes the effort to be involved in every facet of the organisation – governance; event delivery; club development; coaching; officiating; lifting – and he has proved himself to be an always reliable, enthusiastic and eminently skilled volunteer to the QWA and to the sport. Barry is a role model for all in the QWA.



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.

- New Committee: Debra Keelan (President), Greg Hobl (Vice-President), Damon Kelly (Secretary), (Treasurer), Vicki Brady, Tanya Harden, Jason Hassard and Angela Wydall (Executive Officers).
- Congratulations to Ian Moir on receiving his Ipswich City Australia Day Sports Official/Administrator Award.
- Deborah Lovely received the Sports Award and Young Citizen Award for Ipswich City's Australia Day Awards
- Deborah Lovely has been selected by the Australian Olympic Committee as one of two Olympians to represent at Australia at the 2007 session of the International Olympic Academy. The Academy will run from 19 June – 3rd July in Olympia, Greece.
- Congratulations to everyone selected for the 2007 Under 16 & Under 18 Championships in Sydney – Good Luck !!!!
- Erika Yamasaki (53), Davina Hughes (53), Holly Collyer (69), Tammie Hampton (69), Chanelle Sa'u (Reserve - +75), Joshua Brady (77), Anthony Salsone (85) and Luke Gardner (105) have been selected to participate at the Arafura Games (Commonwealth and Oceania Junior Championships) to be held in Darwin, Australia from 12 – 15 May 2007.



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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.