



❖Weightlifting Queensland❖

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The Official Journal of the Queensland Weightlifting Association Inc.

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The Queensland Team at the National Open & Under 20 Championships

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QWA Mission Statement

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

Acknowledgement - Sponsors of the QWA

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**Queensland Government –Sport and Recreation Queensland
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2003 Competition Calendar (October – December)

October 4	Sunshine Coast Open Club Competition	Nambour
October 4	Cougars Open Club Competition	Chandler
October 11 College	Qld All Schools Championships	St Laurence's
October 18 – 19	National Age Group Team Challenge	Chandler, Brisbane
October 25	QWA League Final	Chandler
October 25	Mount Isa Open Club Competition	Mount Isa PCYC
November 11 – 22	World Championships	Vancouver, Canada
November 22	Cougars Open Club Competition	Chandler
November 28	Toowoomba Open Club Competition	Toowoomba
November 29	Queensland 2000	Brisbane
November 29	Mount Isa Open Club Competition	Mount Isa PCYC
December 4 – 6	Oceania Junior Championships	Niue
December 6	Sunshine Coast Open Club Competition	Nambour
December 13	Cougars Open Club Competition	Chandler
December 13 – 14	Tofalos Kakousis Tournament (Olympic Test Event) Greece	

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 qualifying period for the Queensland 2000 Tournament is 1st Jan 2003 – 30th Sep 2003

From the QWA Office

By Ian Moir, QWA Executive Director

Spring is in the air and it's time once again to recap the events of the past few months and report on some of the activities and challenges facing the QWA in the near future.

The big news of the moment is Queensland's success at the 2003 National Open & Under 20 Championships. On the first weekend of September, twenty-two Queensland lifters alighted the platform at the Mermet Victorian Weightlifting Stadium and wrapped up three of the four National Team Championships on offer. A detailed account of the 2003 Nationals appears in this edition of *Weightlifting Queensland*, but at this point I'll venture to say that this year's results reflect the best performance ever of a Queensland Team at a National Open & Under 20 Championship event.

For the QWA Office, September is SDP time. SDP stands for State Development Program, which is the Queensland Government's current funding program for State Sporting Organisations. SDP funding is provided to SSOs on either one-year or three-year terms. The QWA's current three-year funding term is drawing to a close and the requisite reports, plans, budgets, etc, have been lodged with an application for another three-year term to commence in 2004. Hopefully, the result of this will be a commitment from the Qld Government to financially support the QWA through to the end of 2006.

In the last edition of *Weightlifting Queensland* I made mention of changes to the QWA's Team Selection Policy that are being considered by the Management Committee. A new draft policy is reproduced in this edition and, as always, the comments of members are sought before the ratification of any changes to the policy. Please forward your comments to me by the end of October.

Many QWA members would be aware of the review of the Australian Weightlifting Federation conducted by the Australian Sports Commission earlier this year. A number of documents relating to this review somehow found their way into broad circulation, giving rise to speculation and more than a few rumours about the future of Australian weightlifting. The facts are that the ASC has made recommendations for change to the way the AWF is governed and managed and already a number of actions have been taken to progress along this path. A working party consisting of AWF Executive Board members and ASC staff is being formed to address the recommendations made within the review's report and propose changes to the AWF's constitution, policies, by laws, rules, etc, in consultation with State and Territory Associations. The QWA will take every opportunity to provide constructive input to this process.

Finally, on a sad note, I'm sure that all readers will recall the tragic death of a Queensland policeman who was shot while attempting to apprehend an armed man at Caboolture, north of Brisbane, on 22nd August. Senior Sergeant Perry Irwin was the brother of long standing QWA member, Mal Irwin. Perry was a devoted family man, and a dedicated and highly respected police officer. The QWA extends condolences to Mal and his family.

Until next time...

Ian Moir

2003 National Open & Under 20 Championships

By Ian Moir

The 2003 National Open & Under 20 Championships were held in the Mermet Victorian Weightlifting Stadium at Hawthorn in Victoria. The large Queensland contingent included twenty-two lifters, four coaches – Mike Keelan, Miles Wydall, Greg Hobl, Barry Harden; four referees – Debra Keelan, Angela Wydall, Kylie Booth, Lawrie Townsend; a manager – Ian Moir; and a masseur – Daniel Moore. In addition, Trevor Walz joined the coaching staff in a mentee role and a number of lifters' family members came along to support the team.

Melbourne turned on the usual pattern of changing weather for the team's arrival on Friday 5th September, alternating between cold rain and bright sunshine a few times during the afternoon. After settling in at the California Motel, the traditional home away from home for weightlifters visiting Melbourne, the maroon-clad horde descended on the Mermet Stadium for the first session of lifting, which contained Queenslanders Melinda Janke and Erika Yamasaki.

Lifting in the 48kg category, Melinda performed well and achieved a new personal best total of 110kg, winning the U20 Championship. Erika's performance in the snatch was a little down on her best, but she rallied in the clean & jerk to set a new Australian 53kg U16 record (80kg), win the U20 Championship and place second in the Open Championship with a total of 137.5kg. This was a good start for the Queensland team.

In the first session of lifting on Saturday, John Yamasaki and Kyle Woodlock lined up amongst the competitors in the 62kg category. John provided a steady performance, finishing with a total of 215kg to take gold in the U20 Championship and silver in the Open competition. Kyle didn't fare as well, missing more attempts than he succeeded with, but still managing to secure the bronze medal at U20 and finish 5th in the Open Championship.

The next session included three Queensland lifters – Liana Lambert in the 58kg category; and Kristie Amadio and Tammie Bower in the 63's. Liana just didn't seem to be "with it" on the day. She missed her first two snatches and second two jerks. Still, she placed third in U20 and 6th in the Open competition. Liana is a young lifter with a big future and with more competition experience she will undoubtedly overcome the "competition nerves" and readily produce the performances that she is capable of. Tammie Bower was not in top condition for this event and the Team Coaches wisely selected achievable weights for her. She breezed through the snatches and jerked 67.5kg to secure third place in the U20 Championship. Kristie produced her usual solid performance, totaling an equal best 162.5kg to win the U20 gold medal, place third in the Open competition and become the Best U20 Female overall.

In the 69kg category for men, Ben Turner led the competition after the snatch by 2.5kg over his closest rival, Victoria's David Sarkisian. The clean & jerk section was all Ben's and he outstripped the field (with the exception of Nauruan guest lifter Yukio Peter) with his 162.5kg second attempt to total an equal best of 282.5kg which, as it turned out, made him the Best U20 Male of the Championships. Josh Brady was impressive in his first National U20 Championship, achieving six out of six and new PBs. Josh is another young lifter to watch in the future and his confident approach to each attempt belied his relative inexperience.

The 77kg category proved to be one of the most successful sessions for Queensland. With four of our lifters contesting this class, the Queensland coaches had a busy time ahead of

them. Bowen Stuart and George Mylne were entered in the U20 competition and both lifted very well. Bowen equaled his best total to take the bronze medal and George made some mighty lifts to add 10kg to his previous best total and secure the silver medal. Matt Turner was another confident performer, taking the Open bronze medal with his 230kg total. David De Rose pulled out all the stops in a close battle with Paul Mateos (Vic) for the title of Open 77kg Champion. With a 2.5kg lead after the snatches and the advantage of lighter bodyweight, Dave was well positioned for his coach to call the shots in the clean & jerk. Mateos proved that he was equal to the challenge, jerking 152.5kg on his second attempt. Dave took 152.5kg on the third attempt to regain the lead and he performed the lift beautifully under considerable pressure, forcing Mateos to attempt 157.5kg. Paul was unable to complete this lift and David De Rose won his second consecutive Australian Open Championship title.

One Queensland lifter, John Walz, contested the 85kg category in the U20 Championship. John put in a solid performance, lifting weights that he had never attempted before. Finishing with a total which was 12.5kg in excess of his previous best, he took out the U20 bronze medal. Head Coach Mike Keelan later remarked that John is one of the most talented 'beginners' that he's seen in his twenty years involvement with Queensland weightlifting.

The final session for Saturday was the 69kg and 75kg categories for women. Christina Watkins did reasonably well in the 69kg competition, totaling slightly under her best but none the less winning the U20 bronze medal. Tanya Harden had some problems with most of her attempts and didn't really look comfortable out on the platform. Still, she totaled 137.5kg for an Open seventh place. Melissa Nightingale approached the platform with a great deal of confidence and she lifted well to win the 69kg Open Championship. In the 75kg category, Amanda Phillips had a battle on her hands with Victoria's Sarah Stranan. Both lifters snatched 82.5kg but things started going wrong for Amanda when a recurring injury flared up during her warm up for the clean & jerk. With her first attempt nominated at 100kg, Amanda waited while Sarah completed her clean & jerk campaign, finishing on 92.5kg after two close but unsuccessful attempts at 97.5kg. Amanda secured the gold medal with her first attempt and then called it a day. By this time, Queensland's coaches had been on deck for more than 12 hours and they were ready for a well earned rest.

Back at the motel, it was time to review the day's lifting and assess the team point situation. Looking at the current standings and taking into account the likely results of the day to come, Queensland was in a good position in both the U20 Men's and U20 Women's team championships. The Open Men's championship seemed unattainable, with Victoria likely to hold on to the shield. The result in the Open Women's competition would depend on how a number of lifters fared in the final session, but Queensland looked to be in a reasonably strong position. When asked by the coaches what was needed to win the Open Women's team event, I said, "well, if Caroline Pileggi (WA) comes first and Jamilla Boutros (NSW) beats Saree Williams (VIC), and Melissa Bethune (QLD) beats Sarah Bates (SA) and places around fourth, that should just about do it." In other words "...get Melissa to lift well and we'll see how everything else turns out".

The Championships resumed on Sunday morning with the men's 94kg category. Peter Thomsen had originally been selected in this category, but was forced to withdraw from the Queensland Team about a week prior to the event, due to illness. Peter's presence was missed both on and off the platform, but having no lifters in this session at least allowed the Qld coaches to sleep in. The 105kg category was the next one to feature a Queenslander – Paul Wheeler. Paul was a little shaky in the clean & jerk and he had everyone on edge after

missing his first two attempts. He got it together on his third, though, to hold 145kg overhead and finish in fourth place.

The penultimate session of the weekend held the +75kg women and included Melissa Bethune. Despite her years of experience, Melissa was still a little nervous before the session commenced. However, she maintained her focus and applied herself to the task at hand, attacking each attempt with controlled aggression and easily negotiating her three snatch attempts. She backed this up with two good clean & jerks to total 180kg and win the Open bronze medal.

The final session was for the +105kg men – The Super's. Anthony Martin and Damon Kelly lined up alongside the likes of Victorians Corran Hocking and George Ikosidekas in what was to become a great contest. Damon lifted well and secured the U20 gold medal by a comfortable margin. George matched Damon's 155kg snatch, but couldn't keep pace with him in the clean & jerk and "our Damo" grabbed the Open bronze medal with a 205kg clean & jerk. Corran led Anthony by 7.5kg after the snatch, but the contest was far from over. Anthony put up a rock-solid 212.5kg jerk, forcing Corran to do the same. Corran succeeded with this weight in the final lift of the Championships and Anthony settled into second place.

All in all, the 2003 National Open & Under 20 Championships were a great success for Queensland. The Queensland team, including lifters, coaches, officials and supporters maintained a conspicuous presence throughout the event and there was never any shortage of encouragement for the lifters as they went about their business on the platform. In the wash-up, Queensland won the Team Championships for Open Women, Under 20 Women and Under 20 Men and amassed 24 individual medals.

Australian Open & U20 Weightlifting Championships

Mermet Victorian Weightlifting Stadium, Hawthorn Vic.

5 - 7 September 2003

MEN

56KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U 20
VASILIADES Kostas	NSW	56.00	1985	85.0	100.0	185.0	1	1
MARGUCCIO Andrew	VIC	54.85	1988	72.5	90.0	162.5		2
WATKINS Dale	SA	55.05	1988	55.0	75.0	130.0		3

62KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U 20
SARKISIAN Yurik	VIC	62.00	1961	115.0	140.0	255.0	1	
YAMASAKI John	QLD	61.30	1984	95.0	120.0	215.0	2	1
IVANOVSKI George	NSW	62.00	1968	82.5	102.5	185.0	3	
GATES Shane	SA	60.35	1987	80.0	102.5	182.5	4	2
WOODLOCK Kyle	QLD	59.35	1985	70.0	97.5	167.5	5	3
POLLOCK Gerard	NSW	59.55	1985	62.5	85.0	147.5	6	4

Referees: Graeme Harper (VIC), Chris Michaelopoulos (NSW) & Lawrie Townsend (QLD)

69KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U 20
YUKIO Peter	NRU	69.00	1984	127.5	165.0	292.5	Guest	Guest
TURNER Ben	QLD	68.95	1984	120.0	162.5	282.5	1	1

SARKISIAN David	VIC	68.30	1986	117.5	140.0	257.5	2	2
HAJI-SATEROIU John	SA	68.10	1987	75.0	102.5	177.5	3	3
BRADY Joshua	QLD	62.40	1988	70.0	97.5	167.5		4
CHEE LEE Rick	ACT	68.80	1984	77.5	90.0	167.5		5

Referees: Tony Villanti (VIC), Karekin Simonian (NSW), Barrie Gilbert (SA)

77KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U 20
DE ROSE David	QLD	76.00	1982	117.5	152.5	270.0	1	
MATEOS Paul	VIC	76.40	1980	115.0	152.5	267.5	2	
WOODFORD Mark	VIC	76.60	1986	105.0	130.0	235.0		1
TURNER Matthew	QLD	76.10	1982	95.0	135.0	230.0	3	
MYLNE George	QLD	73.20	1985	97.5	125.0	222.5		2
BAYLY Paul	NSW	75.70	1974	92.5	120.0	212.5	4	
KODOS Vasili	NSW	74.80	1974	92.5	115.0	207.5	5	
STUART Bowen	QLD	76.20	1986	90.0	117.5	207.5		3
JACQUIER Tyson	SA	76.90	1985	90.0	110.0	200.0	6	4
CHAMOUN Malek	NSW	76.40	1989	70.0	100.0	170.0		5
O'DOHERTY Chris	NSW	76.50	1985	77.5	92.5	170.0		6
HEARD Daniel	ACT	73.35	1980	75.0	90.0	165.0	7	

Referees: Debbie Smith (VIC), Debbie Keelan (QLD) & Cameron Menhenick (NSW)

85KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U 20
AZARI ARPANALI Ali	NSW	83.20	1968	130.0	155.0	285.0	1	
MULDER Ben	TAS	84.20	1978	122.5	155.0	277.5	2	
KRAJEWSKI Lukas	VIC	84.90	1981	125.0	142.5	267.5	3	
DALSANTO Max	SA	81.30	1985	110.0	142.5	252.5	4	1
MCCOY Simon	VIC	77.30	1983	110.0	140.0	250.0		2
WALZ John	QLD	84.10	1987	100.0	122.5	222.5		3
ZIVKOVIC Richard	SA	85.00	1986	100.0	120.0	220.0		4
STYLANIDIS Steven	NSW	81.40	1988	77.5	87.5	165.0		5

Referees: Lawrie Townsend (QLD), Graeme Harper (VIC) & Chris Michaelopoulos (NSW)

94KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U 20
HEFFERNAN Simon	VIC	93.60	1975	150.0	182.5	332.5	1	
CHRISTOU Phillip	VIC	94.00	1970	140.0	160.0	300.0	2	
ILEY Tong	WA	89.10	1975	112.5	132.5	245.0	3	
KNOWLES Nigel	SA	92.50	1980	112.5	132.5	245.0	4	
FOGAGNOLO Priscus	TAS	91.70	1983	110.0	132.5	242.5	5	1
MANN Mitchil	NSW	93.20	1987	102.5	127.5	230.0	6	2
WRAGG Matthew	VIC	94.00	1985	100.0	120.0	220.0		3
KLINKERT Daniel	SA	85.40	1985	100.0	115.0	215.0		4
CHAMBERS Brodie	SA	86.40	1986	90.0	125.0	215.0		5

Referees: Chris Michaelopoulos (NSW), Peter Bandjak (SA) & Tony Villanti (VIC)

105KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U 20
SARAVA Valeri	NSW	104.60	1978	155.0	192.5	347.5	1	
MCDOWELL Andrew	WA	95.60	1980	127.5	152.5	280.0	2	
LOADES Caleb	SA	100.70	1973	130.0	150.0	280.0	3	
WHEELER Paul	QLD	100.00	1971	120.0	145.0	265.0	4	
REID Brian	SA	103.20	1982	100.0	120.0	220.0	5	
SUSANTO Daniel	NSW	99.80	1984	92.5	122.5	215.0		1
NAYNA Matthew	VIC	102.90	1987	92.5	117.5	210.0		2
SORIA Jay	TAS	104.30	1984	90.0	110.0	200.0	6	3
HUNT Tom	NSW	101.80	1987	0.0	100.0	0.0		

Referees: Angela Wydall (QLD), Barrie Gilbert (SA) & Bob Edmond (VIC)

+105KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U 20
HOCKING Corran	VIC	148.00	1980	170.0	212.5	382.5	1	
MARTIN Anthony	QLD	144.40	1979	162.5	212.5	375.0	2	
KELLY Damon	QLD	142.10	1983	155.0	205.0	360.0	3	1
IKOSIDEKAS George	VIC	139.90	1963	155.0	190.0	345.0	4	
FALCONE Daniel	VIC	135.10	1985	115.0	147.5	262.5		2
FALCONE Matthew	VIC	142.80	1987	110.5	142.5	252.5		3
KEEGAN Marc	SA	124.40	1973	105.0	127.5	232.5	5	

Referees: Ian Moir (QLD), Julio Melo (VIC) & Cameron Menhenick (NSW)

National records

Matthew Falcone (VIC) +105kg Cat.	110.5kg	Australian Under 16 Snatch record
record	140.5kg	Australian Under 16 C&J
	142.5kg	Australian Under 16 C&J record
record	250.0kg	Australian Under 16 Total
record	252.5kg	Australian Under 16 Total

WOMEN**48KG CATEGORY**

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U20
LATIF Nadeene	NSW	47.80	1978	60.0	80.0	140.0	1	
JANKE Melinda	QLD	46.95	1987	45.0	65.0	110.0		1
MACKEN Mary	NSW	47.95	1961	45.0	52.5	97.5	2	

53KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U20
LEE Seen	VIC	52.70	1982	72.5	82.5	155.0	1	
TOUA Dika	PNG	51.45	1984	60.0	80.0	140.0	Guest	Guest
YAMASAKI Erica	QLD	49.70	1987	57.5	80.0	137.5	2	1
RUSH Rebecca	TAS	53.00	1982	60.0	77.5	137.5	3	
TYSON Rachel	SA	52.90	1985	50.0	70.0	120.0	4	2
GROVES Deborah	NSW	52.20	1970	52.5	65.0	117.5	5	
EDGE Jessica	SA	52.35	1986	47.5	55.0	102.5	6	3

Referees: Leo Ryan (VIC), Angela Wydall (QLD) & Katherine Webb (TAS)

58KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U20
LEWIS Debbie	SA	57.85	1981	65.0	77.5	142.5	1	
O'GRADY Joanna	WA	56.75	1982	65.0	75.0	140.0	2	
TSOUKALIS Maria	NT	57.35	1987	65.0	75.0	140.0	3	1
QUINELL Coral	NT	55.15	1957	57.5	67.5	125.0	4	
COCKS Victoria	SA	57.05	1985	52.5	70.0	122.5	5	2
LAMBERT Liana	QLD	56.85	1988	55.0	65.0	120.0	6	3

63KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U20
WHITE Jacquie	VIC	63.00	1982	82.5	97.5	180.0	1	
SAWON Nicole	SA	63.00	1978	75.0	92.5	167.5	2	
AMADIO Kristie	QLD	62.85	1985	72.5	90.0	162.5	3	1
BROOKE Rebecca	NT	62.75	1987	62.5	72.5	135.0	4	2
BOWER Tammie	QLD	62.05	1987	57.5	67.5	125.0		3

Referees: Debbie Smith (VIC), Kylie Booth (QLD) & Katherine Webb (TAS)

69KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U 20
NIGHTINGALE Melissa	QLD	68.10	1981	82.5	100.0	182.5	1	
VAN TIENAN Belinda	TAS	68.80	1986	72.5	90.0	162.5	2	1
BOURNE Rebecca	WA	68.90	1980	67.5	85.0	152.5	3	
O'MEARA Kelly	VIC	63.45	1982	67.5	80.0	147.5	4	
CONSTANTINIDIS Maria	NSW	67.80	1983	67.5	80.0	147.5	5	2
PURCELL Carolyn	ACT	68.90	1973	65.0	75.0	140.0	6	
HARDEN Tanya	QLD	67.20	1978	60.0	77.5	137.5	7	
WATKINS Christina	QLD	67.30	1988	60.0	72.5	132.5		3
ELLICOTT Mary	VIC	64.00	1986	50.0	57.5	107.5		4

75KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U 20
PHILLIPS Amanda	QLD	73.10	1981	82.5	100.0	182.5	1	
STRANAN Sarah	VIC	73.45	1981	82.5	92.5	175.0	2	
BATH Kayla	SA	71.90	1986	50.0	65.0	115.0	3	1

Referees: Jenny Sanchez (VIC), Katherine Webb (TAS) & Ian Moir (QLD)

+75KG CATEGORY

Name	State	B/WT	YOB	Snatch	C & J	Total	Open	U 20
PILEGGI Caroline	WA	91.90	1977	95.0	120.0	215.0	1	
SOLOMON Reanna	NRU	140.10	1981	95.0	120.0	215.0	Guest	
PENANI Setta	NRU	99.40	1980	85.0	110.0	195.0	Guest	
BOUTROS Jamila	NSW	103.90	1984	87.5	100.0	187.5	2	1
BEHTUNE Melissa	QLD	156.60	1979	82.5	97.5	180.0	3	
BORG Lindsay	NSW	91.90	1982	80.0	95.0	175.0	4	
WILLIAMS SAREE	VIC	80.70	1976	77.5	95.0	172.5	5	
BATES Sarah	SA	96.40	1984	77.5	95.0	172.5	6	2
LEAVASA Lam	SAM	90.10	1975	65.0	75.0	140.0	Guest	
LINFORD Kate	VIC	81.40	1987	57.5	70.0	127.5	7	3
SCUTTER Fiona	SA	89.30	1986	57.5	70.0	127.5		4

FOGAGNOLO TAS 88.10 1986 77.5 0.0 0.0
Camilla

Referees: Jenny Sanchez (VIC), Kylie Booth (QLD) & Katherine Webb (TAS)

National records

Erica Yamasaki (QLD) 53kg Cat.

80.0kg Australian Under 16 C&J record

Open Men

Best Lifter – Corran Hocking
VIC

Team points

1. VIC 59
2. QLD 53
3. NSW 48
4. SA 38
5. TAS 14
6. WA 13
7. ACT 2
8. NT 0

Open Women

Best Lifter – Caroline Pileggi
WA

Team points

1. QLD 42
2. SA 37
3. NSW 36
4. VIC 36
5. WA 22
6. NT 16
7. TAS 13
8. ACT 3

Under 20 Men

Best Lifter – Ben Turner QLD

Team points

1. QLD 57
2. VIC 56
3. SA 47
4. NSW 41
5. TAS 15
6. ACT 4
7. WA 0
8. NT 0

Under 20 Women

Best Lifter - Kristie Amadio
QLD

Team points

1. QLD 45
2. SA 41
3. NSW 16
4. NT 16
5. VIC 11
6. TAS 9
7. WA 0
8. ACT 0

Images from the 2003 National Open & Under 20 Championships



Best U20 Lifters – Ben Turner and Kristie Amadio



Kristie, Melissa and Damon with the Championship Team Shields.



David De Rose celebrates a good lift



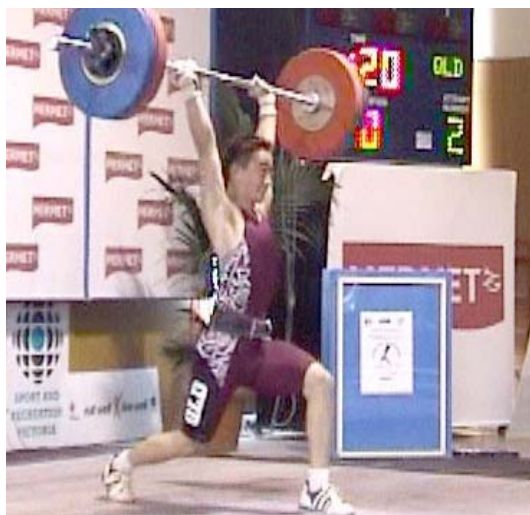
Erika Yamasaki; 53kg U20 Champion



Melinda Janke; 48kg U20 Champion



Amanda Phillips; 75kg Open Champion



John Yamasaki; 62kg U20 Champion



Dave ...still celebrating !!

Queensland Weightlifting Association Inc
Team Selection Policy and Procedures
(Draft – 15th August 2003)

1. Objectives

- 1.1. To select the competitors with weightlifting abilities of the highest commensurate standard and who are the most able, at the time of selections, to contest the competition for which selections are made.
- 1.2. To select the team or teams to represent Queensland which are perceived to have the best chance of success in the competition for which selections are made.

2. Eligibility for Selection

- 2.1. Any QWA Member selected in a QWA Representative Team must be in good standing with his/her club, and the QWA.
- 2.2. Any QWA Member selected in a QWA Representative Team for National Championship events must have competed in the relevant Queensland Championship event conducted in the same calendar year as that of the event for which selections are made, i.e.:-
 - 2.2.1. to be eligible to be selected in the Queensland Team for the National Open & Under 20 Championships, members must compete in the Queensland Open & Under 20 Championships of that year;
 - 2.2.2. to be eligible to be selected in the Queensland Team for the National Under 16 & Under 18 Championships, members must compete in the Queensland Under 16 & Under 18 Championships of that year.
- 2.3. The QWA Selection Committee may consider for selection any member who has not competed in the relevant Queensland Championship event, provided that their non-participation was due to acute or severe injury or acute or severe illness, or circumstances reasonably considered to be beyond the member's control; or that participation in the event would have caused the member severe economic hardship.

In such cases, the onus is on the member to substantiate any request for consideration and to provide such substantiation to the QWA Selection Committee within three (3) days after the conclusion of the relevant Queensland Championship event.

3. Qualifying Events

- 3.1. Only results achieved in the competitions specified in the official annual QWA Events Calendar as State Team Qualifying Events will be considered for selection purposes.

4. Selectors' Duties

- 4.1. Publish an annual calendar of State Team Qualifying Events.
- 4.2. Be aware of the rules and conditions applicable to the competition to be contested by the individual or teams being selected;

- 4.3. Not be biased in respect of club or personal association with the member under consideration for selection and to declare any interest prior to selection of the individual or team under consideration;
- 4.4. Attend where possible, the respective Queensland Championships and any other State Team Qualifying Events;
- 4.5. Investigate the performances and other details of members under consideration of selection by talking with fellow selectors, officials, coaches, competitors and other relevant parties.

5. Selection procedure

- 5.1. The selection of teams or individual members to represent the QWA are to be based on the specific requirements and rules of the competition for which selections are to be made.
- 5.2. Potential team members are those athletes who meet the eligibility requirements of Clause 2 and who have recorded a total in at least one of the specified State Team Qualifying Events.
- 5.3. From the potential team members, Selectors are to determine and recommend the most appropriate selections for the competition to be contested. In the first instance, this is achieved by:-
 - 5.3.1. Constructing a ranking list of all eligible athletes showing the potential team members' best official total achieved within the State Team Qualifying Events expressed as a percentage of the D Grade total of the AWF National Classification Standards, relevant to gender and bodyweight categories;
 - 5.3.2. Drawing up a table with age and bodyweight categories depicting anticipated team nominations; and
 - 5.3.3. Prior to, and at selection meetings, penciling in, deleting and reinstating and otherwise allocating names of members to the teams, according to the percentage ranking list. By this process the recommended QWA team, including Reserves as required, will be determined by the Selection Committee.

6. Announcement /Confirmation of Selections

- 6.1. The Selection Committee's nominations will be communicated to all QWA Clubs and coaches prior to submission to the QWA Management Committee for ratification, in order to afford the opportunity to appeal.
- 6.2. The ratification of nominations is the responsibility of the QWA Management Committee. If this is not practicable, the team will be confirmed following agreement between the President, Vice President, and Secretary. Such an agreement is to be ratified at the next Management Committee meeting. Confirmation of the team will be within seven (7) days of the communication of the Selection Committee's nominations or at the conclusion of the appeal process.
- 6.3. Announcement of teams is to be by way of a general notice to all QWA clubs and coaches with the QWA Executive Director and/or Team Manager having the responsibility of contacting team members in the first instance to advise them of their selection and request confirmation in writing of their acceptance or otherwise.

7. Public Comment

- 7.1. No comments publicly, on any individual or team selections, can be made by selectors or team management. Only the QWA President or a person duly authorised by the QWA President can comment.

8. Final Nominations

- 8.1. Should any selected Team Member declare that they are unavailable to compete in the event prior to the lodgment of entries, the QWA Selection Committee will nominate one or more of the selected Reserves to fill any vacancies in the Team, according to the original selection ranking and subject to the rules of the event to be contested. In such cases, the QWA Selection Committee may also nominate additional members as Reserves, subject to ratification by the QWA Management Committee.
- 8.2. Should any vacancies in the Team arise after the lodgment of entries, the appointed Team Manager together with the appointed Team Coaches will nominate athletes from among the eligible Reserves to fill such vacancies. The primary objective in this case is to nominate the athletes who are perceived to have the best chance of achieving the highest placing within the competition. This is to be determined by referring to the published list of entries for the event.
- 8.3. The final nomination of the athletes who will contest the competition for which selections are made will take place at the time prescribed for this purpose by the relevant event organiser. The appointed Team Manager together with the appointed Team Coaches will confirm the bodyweight categories in which the selected athletes will compete.

9. Appeal

- 9.1. Any athlete may appeal their non selection on the basis that, in the specific case, their claim for selection is more meritorious according to the criteria stated in this policy, than that of an athlete who is selected.
- 9.2. All appeals must be made in writing and lodged with the QWA Executive Director within three (3) days of the announcement of the selections as described in section 6.1.
- 9.3. The appeal must be in the form of a written submission to the QWA Management Committee in which the appellant details the grounds for their claim.
- 9.4. Upon receipt of an appeal, the QWA Selection Committee will provide a written submission to the QWA Management Committee in support of its decision.
- 9.5. Within seven (7) days of receipt of an appeal, the QWA Management Committee will convene to consider the submissions of the appellant and of the QWA Selection Committee and decide the appeal.
- 9.6. In the eventuality that the appeal is unsuccessful, the QWA Management Committee will ratify the decision of the Selection Committee by confirming the team/s as nominated.
- 9.7. In the eventuality of the QWA Management Committee upholding the appeal, the appellant will be deemed to be selected and the QWA Selection Committee will be instructed to nominate which of the previously selected athletes is to be replaced by the successful appellant.

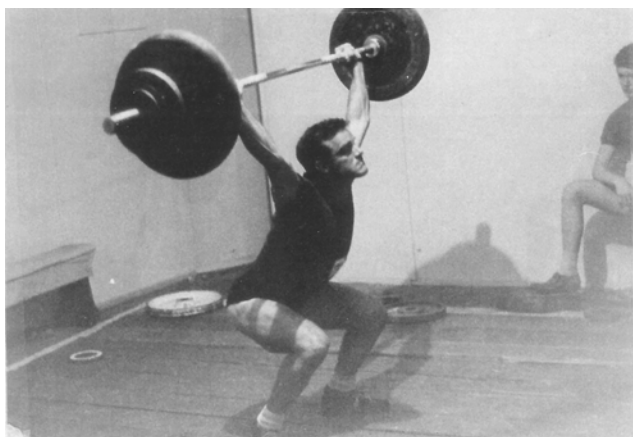
- 9.8. Any athlete who is replaced due to a successful appeal may lodge their own appeal of this decision. Any such appeal must be made on the grounds that their claim for selection is more meritorious according to the selection criteria stated in this policy than that of the successful appellant and lodged in accordance with this policy.

Training with Maurie Carmichael

By Mal Irwin

My first coach, Pat Pacey of Wavell High, mentioned once a lifter of tremendous determination and focus he had trained with in the Air Force as an example for us to set our sights on.

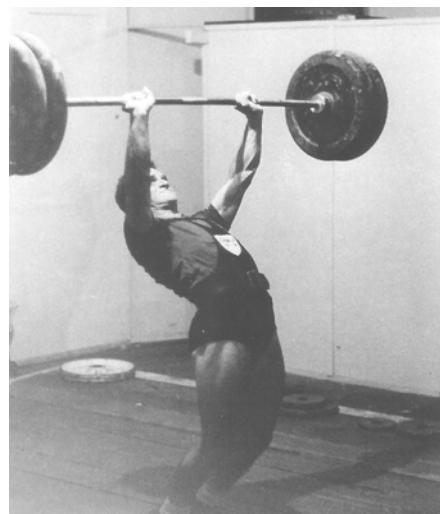
I first met Maurie and Evonne Carmichael when they brought their family to settle at Caloundra around the middle of 1971. As soon as he arrived a gym was set up under the house and training sessions started. The weights later moved to a rickety corrugated iron shack on the top of the ridge behind Shelley Beach, the current site of a Catholic Church and presbytery. Extra-curricular activities included the rare shot-put event (Exhibit A). Some of our heaviest training was done in a joint that leaked like a sieve and threatened to blow away in a good south-easterly.



At first Maurie and Evonne ran a soft-drink retail business which for a short while curtailed training to the point that Maurie was ambushed at the 1971 State Titles by an in-form Alan Drew in the middleweight (75kg) class (Exhibit B). However as time went on and things settled down, including the abolition of the two-hands press at the 1972 Munich Olympics, Maurie was able to concentrate on training enough to slip back to the lightweight (67.5kg) class and take the Australian Senior Title with 107.5 and 140. But not before he proved to me at the 1972

State Titles that “the Clean and Jerk separates the men from the boys”. Maybe if I could have got away with bending my knees in the press (Exhibit C) I wouldn’t have had to attempt 150kg jerk.

For several years after that Maurie continued to contest the Queensland State Titles, usually in the lightweight class. But there were several other activities going on mainly concerned with the development of the sport, especially in the area of school lifting (in those days called schoolboy lifting). The fund-raising efforts concentrated on the Dinner-Dance series at Orana Hall, Clayfield. An army of volunteers would assemble at the hall on a Saturday afternoon to prepare a smorgasbord buffet, and arrange tables and assist the DJ in any way. Then the party would begin at seven and wind up around eleven or later. Most were sell-outs, and thousands of dollars were raised to send teams interstate.



Then in 1977 the family moved onto a farm at Laxton Road Mooloolah. This is now the Strawberry Fields, opposite the Ettamogah Pub. But at first the cash crops were button squash and the then scarcely-known zucchini.

In addition there was a herd of mangy Droughtmasters whose eponymous capacities were being sorely tested by the elements. One Sunday afternoon Maurie had decided to cull the calves to preserve the cows through the dry spell which was developing over the normally showery Sunshine Coast and other parts of SEQ. It was relatively easy to catch the calves and finish them off but when it came time to recycle the remains of the unfortunate calves as veal or dog-feed, it was necessary to skin the beasts.

As Maurie knelt on the ground with the knife in hand, going about his task, a city lifter was heard to ask "Why do you take the skin off; is that to make it bleed?". Maurie, in his frequently adopted role as spokesman for the Bleedin' Obvious; replied, "Have you ever bought a piece of meat from the butcher with the hide still on it?"

The cow-pat collection was another fund-raising idea. A dozen keen lifters from all corners of SEQ converged on the paddocks of the Mooloolah River flats, and collected about two tonnes of dry cow-pats to go on sale as manure. \$2.00/bag, close to three hundred bags, a tidy profit on volunteer labour? For many months the pile of bags laid on an abandoned trailer until they split.

Another event was the Christmas comp of about 1979, held at Laxton Road. As well as winding up a relatively quiet year of lifting for yours truly, this provided Mr Carmichael another opportunity to cast the ancient well-tried adage in stone; that is "Age and Cunning will always beat Youth and Skill".

Having passed the youthful flush of raw strength and speed which made him one of Australia's elite lifters in the previous decade, he devised a scheme to train youngsters in the art of deception.

Down in the hollow below the first paddock was a narrow water-hole. Across this hole was a rope. He challenged me to a tug-of war across the water-hole. Having surpassed his weights by several tens of kilos several times that year, I was sure it would be a struggle, but he would know he had had a battle. Alas, I hardly noticed that the rope was laid out so that I had only one foot-hold before a patch of pre-wet mud formed a perfect slippery-slide into the muddy hole.

There was only a look of merciless mischief on our host's knavish physiognomy as I dragged my wretched carcass from the bottomless muck of run-off from the cattle-yard.

The stories, the pranks, the endless training sessions followed by some task of labour ranging from loading the soft-drink truck to picking zucchinis or patching fences, and the presence of the misshapen hound Rocky which was a cross (via intermediaries of course) between a dachshund and Rottweiler were part of a different, more joyful society which is now gone. Lifting was only one part of life, although it was the bond which brought us together. Sometimes I wonder if we made the monthly pilgrimage to Caloundra not so much to train as to see what would happen next, or what fantastic tale would be told.

Many of these tales revolved around motor-bikes, such as a Triumph Speed Twin which ran into a bull on the Mount Perry road one night and suffered a bent brake-lever. Or the Ariel Square Four which collided with an aluminium bodied Singer wagon, sending Maurie down

one street while it was embedded in the passenger-side wall of the car. The driver got out, silly as a wheel, and thought the rider had disappeared underneath the car. He was most confused when a young fellow with evening attire came along and reclaimed his (again unscratched) machine and rode off to collect his fiancée down the road. I can vouch for the extremely high probability of such an incident, having been involved in near-misses in the same city (Maryborough). Of course none of our Japanese machines rated against the best of the British Empire.

Mal Irwin.

6th International University Championships

Pavia, Italy 10 – 13 July, 2003

MEN

56 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	LU Jinbi	1981	CHN	55.89	115.0	152.5	267.5
2	RADIONOV Andrey	1982	KAZ	55.43	100.0	115.0	215.0
3	TRASTOGIANNOS Ch.	1981	GRE	55.05	90.0	105.0	195.0
4	LASKAR Faliks	1984	ISR	54.93	80.0	100.0	180.0
5	SINDONI Giovanni	1980	ITA	54.03	80.0	95.0	175.0
	YANG Chin-Yi	1981	TPE	55.33	125.0	----	----

62 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	SU Feixiang	1980	CHN	61.76	130.0	165.0	295.0
2	MEDRANO Luis	1976	GUA	59.71	112.5	137.5	250.0
3	PANJAVI Kamran	1975	GBR	61.74	115.0	135.0	250.0
4	DIAMANTIS Efsthios	1984	GRE	61.18	92.5	122.5	215.0
5	DIONNE Daniel	1979	CAN	61.50	90.0	115.0	205.0

69 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	ZHOU Dongnan	1983	CHN	68.74	135.0	172.5	307.5
2	ARSLAN Emrah	1982	TUR	68.68	135.0	170.0	305.0
3	SUYWENS Samuel	1980	FRA	68.61	130.0	162.5	292.5
4	BOMBACI Maurizio	1975	ITA	68.26	130.0	155.0	285.0
5	IDROVO Julio	1981	ECU	68.66	135.0	150.0	285.0
6	ADILGAZIN Daulet	1981	KAZ	68.64	120.0	150.0	270.0
7	MARTINEZ Wilfredo	1981	PUR	68.60	115.0	140.0	255.0
8	DIVILEK Pavol	1976	SVK	67.95	115.0	135.0	250.0
	MORITA Yuko	1981	JPN	67.50	115.0	----	----
	MARTIN Manuel	1977	ESP	68.40	----	155.0	----

77 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	HANG Huaping	1979	CHN	75.92	150.0	187.5	337.5
2	SEN Ferit	1982	TUR	75.41	145.0	185.0	330.0
3	MOLDODOSOV Ulanbek	1976	KGZ	76.24	150.0	180.0	330.0
4	MEIJAS Octavio	1982	VEN	76.70	147.5	175.0	322.5
5	EL MOUJOURD Ali	1982	FRA	76.24	135.0	170.0	305.0
6	TSAL Chun-Nan	1983	TPE	76.78	125.0	175.0	300.0
7	MATSUZAKI Yasuhiro	1981	JPN	76.77	130.0	160.0	290.0
8	COSNARD Julien	1983	FRA	76.07	120.0	165.0	285.0
9	PORTANOME Claudio	1980	ITA	75.50	110.0	155.0	265.0
10	DE ROSE David	1982	AUS	76.09	120.0	145.0	265.0
11	RAMSAY Buck	1982	CAN	76.87	120.0	140.0	260.0
12	MATNISDAL Ronny	1978	NOR	73.25	110.0	130.0	240.0
13	STEWART Peter	1978	IRL	76.20	105.0	135.0	240.0
14	LALJEK Slavko	1982	SLO	75.98	95.0	115.0	210.0
15	NIKPOUR Koroush	1984	GBR	74.75	90.0	110.0	200.0
SCHOUTEN Gregorio		1976	USA	76.24	130.0	----	----

85 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	BARKHAH Mohammad	1977	IRI	80.73	160.0	197.5	357.5
2	SUNAR Erdal	1982	TUR	84.02	165.0	190.0	355.0
3	NURULLAEV Bahtiyor	1975	UZB	84.54	160.0	195.0	355.0
4	CICEK Ayhan	1978	TUR	82.15	150.0	180.0	330.0
5	NOMOFILOV Dmitriy	1982	KAZ	84.35	130.0	165.0	295.0
6	HORDNES Per	1981	NOR	84.59	125.0	157.5	282.5
7	SCIPIONI Giovanni	1982	ITA	80.99	112.5	145.0	257.5
8	KARPATI Zoltan	1980	HUN	84.11	115.0	132.5	247.5

94 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	AKHMETOV Bakhytbek	1979	KAZ	93.42	180.0	207.5	387.5
2	SOZAEV Mohamad	1982	RUS	92.14	165.0	207.5	372.5
3	BAYAM Talat	1981	TUR	93.57	167.5	195.0	362.5
4	EBRAHIMI Asghar	1982	IRI	92.81	155.0	180.0	335.0
5	URAZIMBETOV Fazilbek	1976	UZB	92.84	150.0	170.0	320.0
6	VELLIANITIS D.	1982	GRE	92.92	142.5	170.0	312.5
7	ALONSO Ismael	1980	ESP	93.42	135.0	172.5	307.5
8	SANDOR Balazs	1979	CAN	92.07	137.5	165.0	302.5
9	APREA Alessandro	1980	ITA	92.86	137.5	150.0	287.5
10	ANANOV Maksim	1984	ISR	87.32	115.0	145.0	260.0
WANG Hailong		1979	CHN	92.45	----	200.0	----
RAKAN Awad		1976	SYR	93.12	----	----	----

105 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	DOLEGA Robert	1977	POL	102.95	172.5	212.5	385.0

2	BIRANVAND Mohsen	1981	IRI	103.04	170.0	215.0	385.0
3	DIMOV Yordan Enev	1979	BUL	99.29	160.0	185.0	345.0
4	AMEDE Sacha	1975	CAN	100.85	145.0	175.0	320.0
5	KORKOWSKI Rafal	1980	CAN	104.84	147.5	167.5	315.0
	YEH Po-Lin	1982	TPE	102.15	140.0	----	----

+105 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	DONG Feng	1980	CHN	128.76	190.0	237.5	427.5
2	DOLEGA Marcin	1982	POL	108.28	185.0	220.0	405.0
3	MORILLO Hildegard	1977	VEN	132.75	167.5	215.0	382.5
4	ESCALANTE Cristian	1976	CHI	119.34	165.0	195.0	360.0
5	BRAN Joel	1981	GUA	128.25	145.0	200.0	345.0
6	CHUNG Cheng-lin	1981	TPE	133.83	140.0	180.0	320.0
7	SARDO Maurizio	1978	ITA	105.80	140.0	170.0	310.0
8	MIZOV Gyorgy	1982	HUN	119.04	145.0	160.0	305.0
	MOMBEKOV Alisher	1980	UZB	111.17	----	180.0	----
	FOLENS Steve	1976	BEL	117.66	----	145.0	----
	CHIU Loren	1979	CAN	119.19	----	165.0	----

WOMEN**48 kg**

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	LI Zhuo	1981	CHN	47.88	93.0	116.0	207.5
2	WIRATTAWORN Aree	1980	THA	47.62	80.0	102.5	182.5
3	CHEN Han-Tung	1980	TPE	47.42	75.0	95.0	170.0
4	WU Ling-Hui	1981	TPE	46.87	65.0	80.0	145.0
5	POLLY Kelly	1978	USA	47.66	62.5	80.0	142.5
6	GOMEZ Olvina	1977	GUA	47.54	60.0	77.5	137.5
7	YAMAGAMI Shino	1983	JPN	47.67	60.0	75.0	135.0

53 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	POLSAK Udomporn	1981	THA	52.95	95.0	120.0	215.0
2	GUO Huibing	1979	CHN	52.65	90.0	110.0	200.0
3	LING I-Hua	1979	TPE	52.41	77.5	97.5	175.0
4	REYES Marina	1980	MEX	52.65	72.5	90.0	162.5
5	KARADEMIR Emine	1985	TUR	52.39	67.5	85.0	152.5
6	NATAN Renata	1978	ISR	51.24	55.0	70.0	125.0

58 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	ZHOU Yan	1984	CHN	57.44	100.0	120.0	220.0
2	KAMEAIM Wandee	1978	THA	57.54	90.0	125.0	215.0
3	TURCOTTE Maryse	1975	CAN	57.41	82.5	115.0	197.5
4	TOKA Olimpia	1981	GRE	57.33	82.5	97.5	180.0
5	NUNEZ Laura	1980	ESP	56.61	72.5	90.0	162.5
6	NAGASAKI Kana	1984	JPN	57.94	70.0	87.5	157.5
7	ORTEGA Janet	1983	MEX	57.89	65.0	90.0	155.0
8	RUANO Oglia	1980	GUA	57.62	70.0	82.5	152.5
	GABRIEUCIG Gaia	1979	ITA	56.76	52.5	----	----
	McGERRIGLE Miel	1977	CAN	57.19	----	102.5	----

63 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	CHOOBAN Kesorn	1982	THA	59.92	92.5	115.0	207.5
2	VAZHENINA Alla	1983	RUS	62.78	92.5	112.5	205.0
3	SABLINA Olga	1978	KAZ	62.26	85.0	117.5	202.5
4	VILLASMIL Solenny	1981	VEN	60.14	85.0	115.0	200.0
5	RIVERA Ruth	1978	PUR	62.65	87.5	110.0	197.5
6	SASSI Hayet	1982	TUN	61.63	85.0	105.0	190.0
7	KARASEVA Lessya	1982	KAZ	62.23	82.5	100.0	182.5
8	WHITE Jacqueline	1982	AUS	62.84	80.0	95.0	175.0
9	HUANG Yu-Chin	1982	TPE	62.17	70.0	100.0	170.0
10	HUNG Hsiu-Ling	1980	TPE	59.38	75.0	90.0	165.0
11	CIARELLI Maryn	1981	USA	63.00	72.5	85.0	157.5
12	TANNA Payne	1980	CAN	62.85	67.5	77.5	145.0

69 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	THONGSUK Pawina	1979	THA	67.77	116.0	140.0	255.0
2	LASSEN Jeane	1980	CAN	67.95	85.0	105.0	190.0
3	IACUZZO Catia	1975	ITA	64.49	80.0	100.0	180.0
4	DOLOT Celine	1982	FRA	68.37	80.0	92.5	172.5
5	MERAL Muslime	1982	FRA	65.53	75.0	90.0	165.0
6	GAGNON Danielle	1982	CAN	67.26	65.0	87.5	152.5

75 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	SUN Ruiping	1981	CHN	74.08	115.0	145.0	260.0
2	KHROMOVA Tatyana	1980	KAZ	74.73	115.0	130.0	245.0
3	LIU Fang-Hsiu	1980	TPE	74.18	97.5	120.0	217.5
4	VEGA Gracielis	1982	PUR	73.97	95.0	115.0	210.0
5	CHAROENCHAI N.	1984	THA	71.56	82.5	105.0	187.5
6	STRANAN Sarah Anne	1981	AUS	74.50	85.0	97.5	182.5
7	YESSIE Kara Jayne	1982	CAN	74.34	77.5	97.5	175.0

+75 kg

Place	Name	Born	Nation	Bodyweight	Snatch	Cl&Jerk	Result
1	DING Melyuan	1979	CHN	96.56	127.5	160.0	287.5
2	KATSIDI Theano	1983	GRE	89.30	95.0	120.0	215.0
3	POLE-SUMMERS Shannon	1984	USA	102.13	82.5	112.5	195.0
4	TRIOLO Ornella	1982	ITA	76.10	65.0	75.0	140.0

New World Records

Lift	Result	Name	Born	Nation	World Sen	World Jun
Snatch	93.0	LI Zhuo	1981	CHN	X	
CL & Jerk	116.0	LI Zhuo	1981	CHN	X	
Snatch	116.0	THONGSUK Pawina	1979	THA	X	



The competition hall at Pavia, Italy.

2003 Mermet Cup - USA vs AUS

July 17, 2003

Colorado Springs, USA

Men's Competition

Men's 56 kg	Nation	Body Wt.	Snatch	Jerk	Total
Shelton Gilyard	USA	55.67	100.0	117.5	217.5
Men's 69 kg	Nation	Body Wt.	Snatch	Jerk	Total
Yurik Sarkisian	AUS	64.80	115.0	145.5	260.0
Men's 77 kg	Nation	Body Wt.	Snatch	Jerk	Total
Ben Turner	AUS	73.10	125.0	150.0	285.0
George "Giff" Reed	USA	75.92	120.0	157.5	282.5
Men's 85 kg	Nation	Body Wt.	Snatch	Jerk	Total
Oscar Chaplin III	USA	84.82	150.0	170.0	320.0
Zach Krych	USA	84.56	132.0	165.0	297.0
Robert Campbell	AUS	84.88	125.0	160.0	285.0
Lukas Krajewski	AUS	84.76	125.0	150.0	275.0
Billy Goodwin III	USA	84.48	---	155.0	---
Men's 94 kg	Nation	Body Wt.	Snatch	Jerk	Total
Alex Karapetyan	AUS	93.75	152.0	180.0	332.0
Michael Butler	USA	92.96	140.0	170.0	320.0
Simon Hefferman	AUS	93.51	140.0	177.5	317.5
Jason Stowers	USA	93.78	140.0	165.0	305.0

Men's 105 kg	Nation	Body Wt.	Snatch	Jerk	Total
Peter Kelley	USA	104.39	160.0	200.0	360.0
Casey Burgener	USA	104.32	155.0	190.0	345.0
Benn Overkamp	USA	104.12	140.0	172.5	312.5

Men's 105+ kg	Nation	Body Wt.	Snatch	Jerk	Total
Shane Hamman	USA	161.12	182.0	210.0	392.0
Damon Kelly	AUS	140.96	155.0	209.0	362.5
Joshua Moreau	USA	124.29	155.0	200.0	355.0
George Ikosidekas	AUS	137.35	157.5	192.5	350.0

Women's Competition

Women 53 kg	Nation	Body Wt.	Snatch	Jerk	Total
Nadeene Latif	AUS	50.17	60.0	80.0	140.0
Rebecca Rush	AUS	52.96	55.0	80.0	135.0

Women 58 kg	Nation	Body Wt.	Snatch	Jerk	Total
Jackie Berube	USA	57.37	77.5	95.0	172.5

Women 63 kg	Nation	Body Wt.	Snatch	Jerk	Total
Carissa Gordon	USA	61.72	85.0	107.5	192.5
Nicole Sawon	AUS	62.62	75.0	92.0	167.5
Kristie Amadio	AUS	62.32	72.5	90.0	162.5
Katherine Redcher-Bowling	USA	62.27	70.0	---	---

Women 69 kg	Nation	Body Wt.	Snatch	Jerk	Total
Teresa Gaume	USA	68.94	87.5	110.0	197.5
Melissa Nightingale	AUS	66.99	82.5	100.0	182.5
Maria Constantinidis	AUS	67.74	70.0	40.0	110.0

Women 75 kg	Nation	Body Wt.	Snatch	Jerk	Total
Rachel Crass	USA	72.41	85.0	112.5	197.5

Women 75+ kg	Nation	Body Wt.	Snatch	Jerk	Total
Doreen Heldt	USA	76.47	95.0	110.0	205.0
Jennifer Buckner	USA	98.93	77.5	90.0	167.5

Why Coach ?

Why would you volunteer to coach and what do you need to do to provide a good experience for young players ?

Which reason fits you ?

- love of the sport;
- involvement of your children;
- the only person willing to do it;
- achieve success or recognition;
- help others get enjoyment out of sport.

Strangely, winning is not always the most important result on the journey to a life's enjoyment and involvement in sport.

Coaches are important in developing players to their highest potential. A good coach will display the following qualities:

- An aim and direction for the players that they agree on;
- Enthusiasm;
- Knowledge of the sport;
- Sense of humour;
- Role model;
- Gives positive reinforcement and encouragement;
- Communication;
- Is organised;
- Honesty;
- Is able to self evaluate and learn.

The National Coaching Accreditation Scheme guarantees that coaches have:

- Increased knowledge;
- Increased standard of coaching;
- Safer participation environments;
- Increased self esteem;
- Better instruction by informed coaches;
- Greater enjoyment and lower drop out levels.

If you are coaching and would like more information, please contact the QWA office on 3823 1377.

Technically Speaking

In this edition, we take a look at the role of the Jury at weightlifting competitions.

The Jury has overall control of the competition and is made up of either three or five experienced Referees. The function of the Jury is to ensure that the Technical Rules are being followed and applied. The duties of the Jury are fully explained in the AWF Technical Handbook, copies of which are available from the QWA, but for now, we will consider just one of the Jury's roles. This is to ensure that the Referees' decisions comply with the rules of weightlifting.

For each attempt in the competition, the three Referees give their judgment of either "Good Lift" or "No Lift" and their decisions are displayed to all by a system of lights or flags. Each member of the Jury also gives a judgment, however this is only displayed to the Jury members. Occasionally, the decision of the majority of the Referees' does not match the unanimous judgment of the Jury and when this happens, the Jury will deliberate and decide what action, if any, to take. Initially, the Chairman of the Jury will call the Referees to the Jury table and ask them the reason for their decision. Having heard the Referees' explanation for their decisions, the Jury members then decide whether or not, in their unanimous opinion, an error has occurred. If all Jury members agree that the majority decision of the Referees is incorrect, they will overturn it.

It must be remembered that the three Referees view the lifters on the platform from different angles and an infringement of the rules that may be apparent to one Referee may not be seen by another. Referees must base their decisions only on what they have seen, and not on what they think might have occurred. The role of the Jury is to provide a "safety net" to ensure consistency in officiating and an even application of the rules to all competitors.

News Clips

2003 Queensland All Schools Championships

SATURDAY 11TH OCTOBER

ST LAURENCE'S COLLEGE

82 STEPHENS ROAD

SOUTH BRISBANE

2003 National Age Group Team Challenge

SATURDAY 18TH OCTOBER; 9:00am – 7:00pm

SUNDAY 19TH OCTOBER; 9:00am – 1:00pm

THE COUGARS WEIGHTLIFTING CLUB

THE SLEEMAN SPORTS CENTRE

CORNER OLD CLEVELAND ROAD & TILLEY ROAD

CHANDLER, BRISBANE QLD

Queensland Team for the 2003 Age Group Team Challenge

The following lifters have been selected to represent Queensland at the 2003 National Age Group Team Challenge:

U23 Men:	David De Rose; John Yamasaki; Matthew Turner.
U20 Men:	Ben Turner; Damon Kelly; Bowen Stuart.
U18 Men:	George Mylne; Troy Hawkins; Kyle Woodlock.
U16 Men:	John Walz; Josh Brady; Luke Gardner.
Reserves:	Greg Botha; Stephen Davies; Jon Meiers.
U23 Women:	Melissa Nightingale; Amanda Phillips; Holly Collyer.
U20 Women:	Kristie Amadio; Erika Yamasaki; Bianca Gastberger.
U18 Women:	Liana Lambert; Christina Watkins; Sherry Bower.
U16 Women:	Tammie Bower; Melinda Janke; Davina Hughes.
Reserves:	Trina Eglestaff; Jessica Keelan; Rhiannon Patching.

QWA League Grand Final

SATURDAY 25TH OCTOBER
 COUGARS WEIGHTLIFTING CLUB
 THE SLEEMAN CENTRE
 CNR OLD CLEVELAND & TILLEY ROADS
 CHANDLER, BRISBANE

Australian Team for the 2003 World Championships

The Australian Weightlifting Federation has selected the following lifters to represent Australia at the World Championships to be held at Vancouver, Canada in November:

Men

62kg	Yourik Sarkisian	VIC
69kg	Ben Turner	QLD
85kg	Sergo Chakhoyan	VIC
94kg	Aleksan Karapetyan	VIC
94kg	Simon Heffernan	VIC
+105kg	Corran Hocking	VIC
+105kg	Anthony Martin	QLD

Women

63kg	Jacqui White	VIC
+75kg	Caroline Pileggi	WA

Draft 2004 Calendar of Events

(Dates subject to change. Venues for QWA events are yet to be confirmed.)

February 21	QWA League Round 1 & Masters H/cap Round 1	
March 6	Qld Under 16 & Under 18 Championships	
April 17 – 18	National Under 16 & Under 18 Championships	Nudgee, QLD
May 5 – 8	Oceania Championships	Apia, SAMOA
May 22	QWA League Round 2 & Masters H/cap Round 2	
June 5 – 12	World Junior Championships	Minsk, BLR
June	Australian Olympic Team Selection Trials	Melbourne, VIC
June 19	Qld U20 & Senior Championships	
July 1 – 4	World University Championships	Frederick, USA
July 17	Qld Masters Championships	
August 14 – 25	Olympic Games	Athens, GREECE
August 21	QWA League Round 3 & Masters H/cap Round 3	
September 25	Qld Masters H/cap Final	
(TBA)	IWF World Masters Championships	Baden, AUT
October 9	QWA League Final	
October	National U20 & Open Championships	Launceston, TAS
October 23	Qld All Schools Championships	
November 14	Queensland 2000	
November 29 – Dec 1		Commonwealth
Youth Games	Bendigo, VIC	
December	Oceania Junior Championships	FIJI