



Weightlifting Queensland

September 2009

The Official Journal of the Queensland Weightlifting Association Inc.



2009 Queensland National Youth & Junior Championships & AWF National Under 16 Tournament Team

Front Row: (from left): Jordan Arenson, Davina Hughes
Second Row (from left): Sam Baumann, Michelle Kahi, Jake Ratcliffe, Andrew Adams, Bonnie Sleeman, Kara Stuart, Bianca Sheppard
Back Row: (from left) Josh Wu, Scott Clark, Josh Wegert, Angus Takahashi, Miles Wydall, Angela Wydall, Greg Hobl, Bowen Stuart, Craig Wegert, Michael Winn, Henry Wen, Nathan Gill
Absent: Aaron Sym, Kirsten Wu

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The Queensland Government is proud to provide funding for the Queensland Weightlifting Association to get more Queenslanders active through sport and recreation.

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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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Major Sports Facilities Authority

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

From the QWA Office

September is the time of year when the QWA reports to our biggest supporter, the Queensland Government, on the progress we have made during the previous 12 months towards achieving the outcomes that form the basis of the Government's agreement to provide funding to the QWA. This reporting process has been streamlined over the years and is now a much less arduous task than it once was. Additionally, the QWA Management Committee and I take a practical approach to operational planning, avoiding the pitfalls of declaring 'aspirational targets', preferring instead to set specific goals that are challenging but also realistically achievable and easily quantified. All of this adds up to spending less time writing reports and more time getting on with the business of managing and supporting the delivery weightlifting.

And so, with the annual SRDP reporting right on schedule and the Qld Team returned from another successful National Age Championship, I headed to Cairns on the last weekend of September. This trip north was at the kind invitation of David De Rose, for the official launch of the Cairns North Weightlifting Association. Damon Kelly also made the trip and added his Olympic presence to the occasion, which definitely helped in attracting the attention of the local media on a day that wasn't short on sport news, competing as we were with the AFL Grand Final and, more importantly, the NRL semi-final clash between the Broncos and the Storm. Nevertheless, David succeeded in securing space in the city newspaper; and airtime on ABC Radio and WIN Television.

But apart from sending out the message that "weightlifting is back" in Cairns, the launch was an important day for the club's current (inaugural) members, particularly the young lifters who stepped onto the platform in their first official weightlifting competition that day. The Cairns North Weightlifting Association has gotten off to a good start and with continued family and community support; the years ahead hold plenty of promise for Queensland's newest weightlifting club.

Looking to the future is also the Queensland Government's current posture. Within the "Toward Q2: Tomorrow's Queensland" framework the government is reviewing many of its programs, including those that support sport and recreation. The QWA will take every opportunity to be involved in the process of consultation on this, beginning in October. From the outset, the government has stated a commitment to maintain the overall level of funding to sport and recreation in Queensland, currently just under 80 million dollars per year, but how that money will be allocated and disbursed won't be known until well into 2010. Hopefully by the middle of next year, many questions will be answered, the most important of which is of course: how will the QWA continue to access Government funding and how much of it will we be able to get?

Until next time...

Ian Moir

October 10	Qld All Schools Championships	Toowoomba
October 10 – 18	WMG & IWF World Masters Championships	Sydney, AUS
October 17 – 24	National Squad Camp (Super Squad & Games Squad)	TBC
October 18 – 23	Commonwealth Senior & Junior Championships	Penang, MAL
October 24 – 25	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
October 31	QWA League Round 4 & Masters League Round 4	Cougars
November 7	Gunmaree Open Club Competition	Mount Isa
November 7	USQ Open Club Competition	USQ Springfield
November 7 – 8	State Weightlifting / Sports Power Coach Level 2 course	Chandler
November 17 – 27	World Senior Championships	Goyang City, KOR
November 20	North Brisbane Open Club Competition	Zillmere
December 5	QWA Grand Final	USQ Springfield
December 12	'Michael Keelan Shield' Competition	Cougars
December 12	Sunshine Coast Open Club Competition	Nambour
December 12	Cairns North Open Club Competition	Cairns
December 19	'Lawrie Townsend' Competition	Zillmere

President's Note

As the third quarter in 2009 draws to a close, we have seen the activity level in the sport of weightlifting pick up to a furious pace.

Over this quarter I have seen good results in Queensland's Under 16, Youth and Junior's across the board as well as development in the clubs and youth members. The Queensland Senior team has also done extremely well, at less than full strength and missing the likes of Damon Kelly, Deborah Acaon (nee Lovely) and David De Rose, Queensland's Senior team still put up a strong fight at Nationals, coming back with 3 Gold and 2 Silver in a 5 person team. Maybe in 2010 we can be at full strength and gain more Australian Champions.

In the past few months Queensland has sent its teams to two major championships events; the senior team in July to the 2009 Australian Weightlifting Championships in Melbourne and the under 16, youth and junior team in September to Launceston in Tasmania.

Queensland's lifters again proved a force to be reckoned with on the national stage with many great results being produced and many new personal best efforts coming from tight competitions and struggles for Australian team spots and qualifying totals.

It has also been a busy time at board level in Queensland Weightlifting Association Inc. The QWA Inc Management Committee supported by the tireless efforts of our QWA staff, Mr Ian Moir (Manager), Ms Kylie Booth (Admin Assistant) and Miss Amanda Phillips (QWA Recruitment Officer) have been successful in engaging local schools in the QWA recruitment program once again. We eagerly await the fruits of this labour and look forward to more development in this key area for the QWA in the near future.

It was also great to see the Australian Weightlifting Federation Inc (AWF) award Queensland Weightlifting Association Inc the rights to host the 2010 Commonwealth Games Team Nomination Trials. Mr Ian Moir again has done a fanatic job in this bid proposal. Our QWA Manager was instrumental in the bid process and handed a top quality proposal document to the AWF. Queensland was able to come out in front and this is due to the professional manner in which the QWA approaches not only the bidding, but the delivery of the events themselves.

The 2010 Commonwealth Games Team Nomination Trials will be a fantastic event for Queensland Weightlifting. The Event is to be partnered with the 2010 Australian Masters Championships, over two days in the Chandler Theatre at the Sleeman Sports Complex, Chandler in Brisbane.

Although more regularly used for other activities, the Chandler Theatre was built for the

purpose of staging weightlifting competitions and having access to this 1982 Commonwealth Games Weightlifting venue will provide a great opportunity for Queensland to showcase weightlifting at its best as well as our big-event staging ability. So a call to all QWA members: Lifters train hard and lift big weights so you can be part of the action in a bid for Commonwealth Games glory; and QWA Officials and volunteers be ready to give a hand and help out in promoting, running and staging this great event in our state for the Australian Weightlifting family.

Development of member participation is still a major focus of the QWA at present. So it was pleasing to see the number of lifters and spectators attending the QWA League round 3 held in North Brisbane's Club at Zillmere in late June 2009.

The Cougars club at Chandler also hosted the 2009 Queensland Age Championships in July and Toowoomba Weightlifting Association ran a great 2009 Queensland Masters Championships in September.

This quarter also witnessed Cairns Weightlifting (Green Ants) run its first ever competition with promising results. The QWA Manager and 2008 Olympian Damon Kelly ventured north to support David De Rose in his efforts to bring our mighty sport to Far North Queensland. I look forward to seeing many new lifters and competitions emerge from David's new outfit in FNQ.

Our other clubs were also active with Brisbane Grammar School, Sunshine Coast Weightlifting Club and USQ Weightlifting Club, placing many new faces into the Queensland Under 16 team for the National Age Championships in Launceston in Tasmania.

Under 16, Youth and Junior development along with the support of our elite Queensland lifters is the key to the future athletic success of our state's weightlifting teams at National level and beyond.

So with many of Queensland lifter's and coaches working hard into the last quarter of the year, I would like to commend you all on your efforts thus far and encourage you, the members of our State Weightlifting Association, to enjoy the work you put in and to celebrate the success you have already achieved in 2009 and to strive harder and dig deeper for your future and continued success in our great sport of weightlifting in Queensland.

Your is Weightlifting

Craig Wegert

President
Queensland Weightlifting Association Inc.

Queensland's Weightlifting Team Takes 3 Gold and 2 Silver

The five Queensland weightlifters who competed at the 2009 Australian Weightlifting Championships in Melbourne, Victoria on Saturday and the Queensland coaching staff did their state proud.

Each lifter took home a medal and it could have quite easily been all go for GOLD for the Queensland Team.

Davina Hughes, Amanda Phillips and Troy Hawkins all came home with a Gold Medal. Ben Turner and Craig Wegert came away with Silver.

During the Championships the Queensland women who contested the event were in a class of their own, our Queensland Girls who qualified to lift at the 2009 Australian Championships lifted in dominating form and showed why they are still at the top of their respective classes. Davina Hughes won the Gold in the 58kg class for women while Amanda Phillips in the +75kg class for women set a new personal best and biggest weight lifted by a woman in the championships of 113kg in the Clean and Jerk.

However it was in the men's section of the competition where we had the tightest and toughest challenges for each of the men of the Queensland team to contest.

First to do battle was Ben Turner in the 77kg category. Ben was suffering a sore shoulder and struggled with every lift. Despite this, Ben was to be in 3rd position after the snatch section, trailing the Gold medal place by 7kg's and with heavier bodyweight. Ben secured the Silver with his first lift in the Clean and Jerk section of the competition, overtaking Ricky Gulyamov of NSW. Ben then made the decision to forgo the more easily achievable lift of 169kg Clean and Jerk to take the Gold from Victorian David Sarkisian. Ben and the Queensland coaching staff opted instead to gamble the Gold medal Australian Title on a lift of 175kg for the Gold and a World Championships representative team qualifying total of 300kg.

Ben twice put the World Championships Qualifying lift of 175kg to his chest but his gallant efforts were not rewarded as the 3 competition referees signalled NO LIFT on each of the attempts at 175kg. This left Ben with 290kg total and the Silver.

In the 85kg category for men Troy Hawkins and the Queensland coaching staff Mike Keelan and Greg Hobl showed great composure when after the snatch section of competition Troy trailed the leaders by 2kg's and body weight. Troy had already lifted a new personal best Snatch of 133kg to stay in close contact with the leaders Malek Chamoun of NSW and Matthew Williams of Victoria who had each lifted 135kg in the snatch section. It was then with two more new personal best lifts under extreme pressure that saw Troy heave above his head 167kg in the

Clean and Jerk to give him a 300kg total to take victory from the his competition.

The final session saw the veteran weightlifter and Queensland Weightlifting Association's President Craig Wegert set foot on the National competition stage. Craig has not competed at this level since retiring from the Australian Team and National and International competition in 1997. Craig trailed in 3rd place after the snatch section of competition with Corran Hocking and Matthew Falcone of Victoria ahead of him. Craig secured the Bronze medal with his first Clean and Jerk of 165kg then jockeyed for position with the last two of his lifts in this section of competition. Twice Craig lifted the weight 173kg and 175kg which would have given him the Gold medal but twice the 3 competition referee's saw a breach of the technical rules of weightlifting and each of Craig's lifts were ruled NO LIFT. Then in an upset, Victorian Corran Hocking was unable to complete a successful lift in the Clean and Jerk which forced him out of the competition and pushed Matthew Falcone into the Gold and Craig Wegert into the Silver medal spots in the Australian Weightlifting Championships superheavy weights contest.

For Queensland Weightlifting this was a successful championship, however the size of the team limited the overall place for Queensland in its quest to regaining the overall National team's trophy. Each of Queensland's athletes brought home a medal but with only 5 out of the 15 available spots in the team filled, Queensland showed a real lacking in depth at the high end elite quality level, this short fall of team member numbers has plagued Queensland in its continuing bid for its states weightlifters to regain a dominance in the Australian Weightlifting scene. Queensland Weightlifting is now set on a path of recruitment and team development as a matter of priority in a strategy to regain a power position in the sport of Olympic Weightlifting in Australia.



Troy & Scarlet

2009 Australian Senior Championships

Melbourne, Victoria
Saturday, 18 July 2009

RESULTS – WOMEN

Athlete	Birth	State	B/WT	Snatch	C&J	Total	Sinclair
48kg Category							
Deborah Groves	1970	NSW	47.95	60	70	130	1
53kg Category							
Socheata Be	1989	VIC	52.90	67	79	146	1
Nadeene Latif	1978	NSW	52.50	60	75	135	2
58kg Category							
Davina Hughes	1989	QLD	55.00	61	83	144	1
63kg Category							
Seen Lee	1982	VIC	59.90	85	105	190	1
Jacque White	1982	VIC	62.75	82	100	182	2
69kg Category							
Camilla Fogagnolo	1986	TAS	68.20	77	100	177	1
Nicole Chamberlain	1978	SA	64.80	77	96	173	2
75kg Category							
Jenna Myers	1986	TAS	74.65	96	112	208	1
Belinda Van Tienen	1986	VIC	74.85	86	108	194	2
+75kg Category							
Amanda Phillips	1981	QLD	83.80	85	113	198	1

TEAM CLASSIFICATION WINNERS – VICTORIA

RESULTS – MEN

56kg Category	Birth	State	B/WT	Snatch	C&J	Total	Place
Vannara Be	1988	VIC	55.75	98	115	213	1
62kg Category							
Daniel Koum	1985	VIC	62.00	110	138	248	1
Dale Watkins	1988	SA	61.90	92	120	212	2
69kg Category							
Musa Kamara	1979	NSW	67.65	105	127	232	1
77kg Category							
David Sarkisian	1986	VIC	75.35	132	162	294	1
Ben Turner	1984	QLD	76.15	125	165	290	2
Ricky Gulyamov	1989	NSW	75.10	128	150	278	3
Francois Etoundi	1984	VIC	69.30	125	155	280	Guest
85kg Category							
Troy Hawkins	1986	QLD	83.75	133	167	300	1
Malek Chamoun	1989	NSW	83.45	135	160	295	2
Matthew Williams	1980	VIC	84.95	135	155	290	3
94kg Category							
Simplice Ribouem	1982	VIC	91.75	152	185	337	1
Ben Mulder	1978	TAS	91.30	130	160	290	2
Andrew Ciancio	1978	VIC	88.70	122	160	282	3
105kg Category							
Ali Gulyamov	1985	NSW	103.00	140	155	295	1
Mitchell Mann	1987	NSW	103.75	130	160	290	2
Zac Grgurevic	1991	TAS	101.00	124	157	281	3
Michael Pileggi	1975	WA	98.00	125	153	278	4
+105kg Category							
Matthew Falcone	1987	VIC	159.30	137	171	308	1
Craig Wegert	1973	QLD	156.15	135	165	300	2
Corran Hocking	1980	VIC	150.60	175	0	0	-

TEAM CLASSIFICATION WINNERS – VICTORIA



2009 Queensland Junior & Youth & Under 16 Championships

Cougars Weightlifting Club, Chandler Qld
25th July 2009

NAME	YOB	CLUB	BWT	SN	C & J	TOTAL	SINCLAIR	FORBES	U20	U18	U16
Women											
48kg Category											
Kara Stuart	94	Toowoomba	45.90	35	44	79	125.625	677.008	1	1	1
53kg Category											
Kirsten Wu	93	Cougars	52.40	55	73	128	181.585	181.585	1	1	1
58kg Category											
Davina Hughes	89	Toowoomba	55.20	64	82	146	198.907	198.907	1		
Bianca Sheppard	92	Toowoomba	57.95	64	76	140	184.072	184.072	2	1	
69kg Category											
Michelle Kahi	94	Cougars	65.15	75	91	166	202.140	1095.924	1	1	1
+75kg Category											
Bonnie Sleeman	93	Cougars	79.05	59	72	131	144.466	144.466	1	1	1
Men											
47kg Category											
Joshua Wu	96	Cougars	42.90	28	43	71	138.471	138.471		1	1
51kg Category											
Joshua Wegert	96	USQ	49.20	22	30	52	89.556	863.328		1	1
56kg Category											
Laurence Reilly	89	Gold Coast	55.40	61	77	138	215.616	215.616	1		
Shane Wagner	96	Toowoomba	53.55	36	45	81	130.006	3955.960		1	1
62kg Category											
Scott Clark	91	Sunshine Coast	61.25	85	105	190	275.451	275.451	1	1	
Sam Baumann	92	Cougars	56.60	62	82	144	221.296	1045.926	2	2	
Michael Winn	93	USQ	59.70	58	65	123	181.641	4811.074		3	1
Jordan Arenson	95	Brisbane Grammar	60.75	43	61	104	151.658	832.205		4	2
Aaron Sym	95	Sunshine Coast	60.45	45	55	100	146.345	2439.751		5	3
Jack Rau	93	Guest (NT)	59.20	75	87	162	209.844	Guest			
69kg Category											
Jake Ratcliffe	94	Toowoomba	63.45	57	68	125	176.799	1824.187		1	1
77kg Category											
Nathan Kahi	92	Cougars	70.40	97	123	220	290.775	290.775	1	1	
Shannon Arenson	90	UQ	73.35	78	100	178	229.515	229.515	2		
85kg Category											
Henry Wen	93	Brisbane Grammar	77.30	77	92	169	211.483	2820.684	1	1	1
Nathan Gill	94	Sunshine Coast	77.40	40	50	90	112.543	112.543		2	2
105kg Category											
Lindsay Sutton	89	Sunshine Coast	94.25	90	115	205	232.998	232.998	1		
+105kg Category											
Mitchell Thurlow	92	Cougars	125.25	76	95	171	177.407	177.407	1	1	
Nicholas Fort	89	Cougars	122.35	75	91	166	173.158	417.828	2		

Referees: Shokr Fallah (Cat I); Debra Keelan (Cat I); Kylie Booth (Cat I); Lawrie Townsend (Cat I); Vicki Brady (National); Ray Loudon (State).
Time Keeper: Kim Hanssen; Greg Baumann; Vicki Brady.
M.C.: Ian Moir; Craig Wegert.

Best Lifter Awards (Sinclair Points)

	Under 16	Under 18	Under 20
Male	Henry Wen	Nathan Kahi	Nathan Kahi
Female	Michelle Kahi	Michele Kahi	Michelle Kahi

William Faulkner Performance Awards (Forbes Points)

	Under 16	Under 18	Under 20
Male	Michael Winn	Sam Baumann	Nick Fort
Female	Michelle Kahi	Bianca Sheppard	Davina Hughes

Records

Name	Cat	Lift	Weight	Age Group	Level
Michelle Kahi	69kg	Snatch	73	Under 16	AUS, Qld
Michelle Kahi	69kg	Snatch	75	Under 16	AUS, Qld
Michelle Kahi	69kg	Cl & Jk	91	Under 16	AUS, Qld
Michelle Kahi	69kg	Total	164	Under 16	AUS, Qld
Michelle Kahi	69kg	Total	166	Under 16	AUS, Qld



Michelle Kahi – 91kg Clean & Jerk Record



2009 Queensland Masters Championships
Toowoomba Weightlifting Association, Toowoomba Qld
12th September 2009

Men

Name	Born	Club	Bwt	Sn	Cl & Jk	Total	MMS
70-74 Years							
62kg Category Keith Penney	1937	Tallebudgera	61.50	46	---	---	---
60-64 Years							
77kg Category Ray Loudon	1945	Sunshine Coast	75.80	57	75	132	268.54
55-59 Years							
77kg Category Steven Matthews	1954	Toowoomba	74.30	58	82	140	241.87
85kg Category Lawrie Townsend	1951	Honey Badgers	79.50	70	95	165	294.66
94kg Category Mal Irwin	1953		90.90	72	101	173	276.40
+105kg Category Ben Grzes	1950	Cougars	124.50	50	62	112	172.20
50-54 Years							
+105kg Category Harry Grzes	1956	Cougars	118.10	60	76	136	185.07
45-49 Years							
85kg Category Greg Hobl	1960	Toowoomba	79.20	82	100	182	277.35
105kg Category Kevin Blake	1960	Cougars	104.20	110	130	240	323.90

40-44 Years

94kg Category Tim Steele	1968	Sunshine Coast	93.80	65	85	150	195.94
105kg Category John Hanlon	1966	Cougars	102.50	62	90	152	195.63
+105kg Category Peter Foster	1967	Cougars	105.30	108	100	208	262.47

35-39 Years

94kg Category Stuart Wagner	1972	Toowoomba	91.20	100	120	220	278.96
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Women

Name	Born	Club	Bwt	Snatch	Cl & Jk	Total	MMS
65-69 Years							
53kg Category Vicki Brady	1943	Honey Badgers	51.80	26	31	57	136.38
60-64 Years							
58kg Category Lesley Moyle	1945	Honey Badgers	55.70	29	42	71	154.49
63kg Category Valerie Silver	1949	Cougars	58.70	31	41	72	141.57
55-59 Years							
48kg Category Julie Davis	1952	Honey Badgers	47.40	23	36	59	129.12
50-54 Years							
58kg Category Coral Quinell	1957	NT (Guest)	54.70	52	60	112	195.28
63kg Category Leandra Miscamble	1956	Honey Badgers	64.50	30	46	76	120.39

Weightlifting Queensland

45-49 Years

63kg Category

Sue Cox	1961	Honey Badgers	62.90	39	50	89	135.78
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69kg Category

Lina Arena-Vukojevic	1961	VIC (Guest)	63.90	44	57	101	152.58
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75kg Category

Bronwyn Hitchener	1962	Toowoomba	73.40	48	55	103	143.01
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40-44 Years

58kg Category

Diana Loy	1965		57.60	51	81	132	206.20
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35-39 Years

53kg Category

Lisa Souter	1973	Cougars	52.80	51	68	119	182.39
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63kg Category

Michelle Kinnane	1971	Honey Badgers	60.10	38	47	85	121.29
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69kg Category

Jenny Butler	1973	Honey Badgers	68.50	60	73	133	171.01
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Referees: Debra Keelan (Cat I); Keith Forbes (National); Vicki Brady (National);
Chris Walsh (State); Brian Walsh (State); Bowen Stuart (State);
Julie Davis (State); Lee Hughes (State).

Time Keeper: Brian Walsh; Chris Walsh.

M.C: Ian Moir.

Weightlifting Queensland

Best Lifter Awards

Male:	Kevin Blake	323.90	MMS points
Female:	Diana Loy	206.20	MMS points

Women's Masters Records

Name	Cat	Lift	Weight	Age Group
Lesley Moyle	58kg	Snatch	29	60 – 64
Lesley Moyle	58kg	Cl & Jk	42	60 – 64
Lesley Moyle	58kg	Total	69	60 – 64
Lesley Moyle	58kg	Total	71	60 – 64
Valerie Silver	63kg	Snatch	31	60 – 64
Julie Davis	48kg	Cl & Jk	36	55 – 59
Leandra Miscamble	69kg	Snatch	30	50 – 54
Leandra Miscamble	69kg	Cl & Jk	46	50 – 54
Leandra Miscamble	69kg	Total	74	50 – 54
Leandra Miscamble	69kg	Total	76	50 – 54
Sue Cox	63kg	Snatch	39	45 – 49
Sue Cox	63kg	Cl & Jk	50	45 – 49
Sue Cox	63kg	Total	86	45 – 49
Sue Cox	63kg	Total	89	45 – 49
Bronwyn Hitchener	75kg	Snatch	45	45 – 49
Bronwyn Hitchener	75kg	Snatch	48	45 – 49
Bronwyn Hitchener	75kg	Total	103	45 – 49
Diana Loy	58kg	Cl & Jk	81	40 – 44
Lisa Souter	53kg	Cl & Jk	68	35 – 39
Jenny Butler	69kg	Cl & Jk	73	35 – 39
Jenny Butler	69kg	Total	133	35 – 39



(From left): Kevin Blake, Stuart Wagner, Greg Hohl, John Hanlon, Peter Foster & Tim Steele



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2009 National Youth & Junior Championships & National Under 16 Tournament

By Craig Wegert

The 2009 Australian Weightlifting Age Championships this year were held in Launceston, Tasmania from the 18th to 20th September 2009.

The Queensland contingent travelled to Launceston in a few different groups but the majority of the team and its entourage arrived on Thursday 17th of September and out again on Monday 21st September. The team was ferried around from the various locations in the sunny Tasmanian city of Launceston by the QWA-provided bus. The team bus was driven by yours truly who also filled the role of the Queensland Team manager for the duration of the event.

Greg Hobl was Queensland's Head Coach, Miles Wydall, Angela Wydall and Bowen Stuart were the Queensland team coaches, along with Kylie Booth who was a competition referee for this national event.

By the end of Thursday night all of the Queensland team bar Scott Clark and Angus Takahashi had arrived in Launceston, even though some were delayed or diverted by bad weather conditions. The team settled into the hotel and lifters rested and prepared for the Under 16 Tournament to be run on the Friday and Youth and Junior Championships, run over Saturday and Sunday.

Ben Turner was also very much a part of this Qld team, despite his junior days being behind him. Ben travelled to Launceston to lift in a Senior Invitational qualifying event that was attached to the Age Championships.

A couple of the Queensland girls who were competing on the Saturday needed to do a light training session on Thursday afternoon, so while the team rested at the hotel, Bowen Stuart and I accompanied the girls to the training venue for a quick work out, this venue by the map was only 5 minutes from the hotel.

It is at this point that I would like to point out to the members of the team that Bowen was relieved of all navigating duties after we returned from this training session. Bowen the navigator decided to take the group on a small and unscheduled detour via a mountain range encased in thick fog for our trip back to the hotel from the training venue. A 5 minute trip ended up a 45 minute mountain range driving experience, but as a highlight we got to see the night view of all the lights of Launceston city from our mountain vantage point, so thanks for that, Bowen.

Scott and Angus arrived on Saturday and joined the Queensland team at the competition venue, "The Door of Hope" community church venue on the outskirts of Launceston.



The Venue: "Door of Hope" Launceston, Tasmania

Queensland came out victorious over the three days of weightlifting competition at the 2009 Australian Weightlifting Age Titles. Winning the Australian Under 16 Boys and Girls Trophies as well as the Australian Girls Youth and Junior Team Shields and the Australian Boys Youth Team Shields as well as many individual Gold, Silver and Bronze medals.

Day 1 saw all the athletes in the Under 16 event lift in the 2009 Australian Under 16 Tournament event. The event was contested across all bodyweight categories male and females on a points system.

This system of points scoring was used to find the best 5 male and female under 16 lifters for the titles. Also in the under 16 Australian titles the state teams were broken up into teams of 3 athletes from each state to contest the Australian Weightlifting Under 16 teams event. Queensland entered 2 girls under 16 teams and 3 boys under 16 teams.

At the end of the Australian Under 16 titles Queensland had finished with Michelle Kahi winning the 1st place for girls. In doing so Michelle broke the Australian under 16 snatch record of 73kg in the 63kg class.

Queensland's under 16 girls "A" team, consisting of Michelle Kahi, Bonnie Sleeman and Kirsten Wu, demonstrated with their superior weightlifting talent that they would dominate the Australian under 16 girl's competition. The girls went forward winning the under 16 title in a massive show of power and strength, being streets ahead of all the others states.

Queensland under 16 boys also got into the action in the tightest competition of day 1. With Henry Wen muscling his way to 4th place in the boys under 16 Australian titles. This set the Queensland's boys "A" team, consisting of Henry Wen, Michael Winn and Jake Ratcliffe up for a close finish. The boys under 16 teams contest came down to the wire and saw Queensland "A" just snatch victory from Western Australia "A". Western Australia "A" took out second place, just pushing out the Queensland "B" team of Jordan Arenson, Aaron Sym and Joshua Wu, who secured 3rd place in the overall teams event.

Day 2 was exciting again with competition in the Youth and Junior Australian Weightlifting Championships. The youth and junior competitions were held in the traditional "bodyweight category" format, as seen in the Commonwealth and Olympic Games. This gives the young competitors a real taste of big time championships weightlifting.

Each of the Queensland athletes were lifting in a bodyweight class at this level as well as age divisions. Queensland's girls again showed superior ability and great tenacity, with all of the Queensland under 16 girls backing up again to lift in the second day of competition to assist the Queensland youth and junior girls team to victory. Queensland girls; Davina Hughes, Bianca Sheppard, Kara Stuart, Kirsten Wu, Michelle Kahi and Bonnie Sleeman all produced outstanding performances to take home the Australian team shields once again for Queensland at under 18 and junior levels.



Socheata Be, Davina Hughes & Kirsten Wu



Bianca Sheppard

Davina Hughes also took out the best Australian junior overall female lifter award as well as the 53kg class junior gold. Michelle Kahi took home the Australian 63kg class female youth and junior gold as well as the best female Australian youth lifter trophy. Bianca Sheppard hung on to her last lift with a gutsy effort in the clean and jerk to attain the 58kg class female Australian youth and junior gold. Bonnie Sleeman came through at the end to bring home the +75kg class Australian youth and junior gold.



Michelle Kahi



Bonnie Sleeman

In the men's youth and junior competition over day 2 and 3 of the event Queensland also showed great talent with Sam Baumann winning the silver in the Australian youth 56kg class. Scott Clark won the gold in the youth and junior men's 62kg class.

Then Queensland's final lifter Angus Takahashi also won the gold on day 3 in the Australian youth 94kg class for men event. With the 2 gold and 1 silver Queensland's youth men's team tied for equal first with the Victorian youth's men's team in the contest for the Australian youth men's team shield.

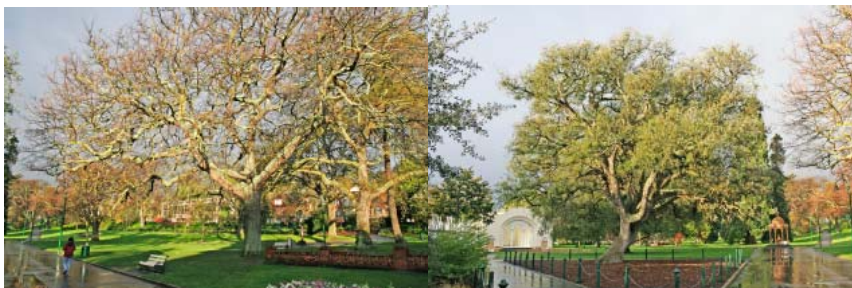
The entire Queensland team's conduct over the 4 days was a credit to themselves, Queensland and the sport of weightlifting. It was great to take this bunch of young Queensland lifters to Launceston for this national event. The team was also fortunate on this trip to experience some of the local Launceston scenery. On Saturday afternoon when day 2 of lifting had concluded, Greg Hobl (the "lets go walking" man) led us to Launceston's Cataract Gorge for the walk of a lifetime.

The Queensland team went for a great afternoon stroll around the gorge taking in the scenery. Kylie Booth, myself and Ben were led up a mountainous path by the younger members of the team. We thought this path would never end, but to our credit we managed to keep up with the kids as they tore up the mountain path. At one stage of our epic climb I did think that Ben Turner (Commonwealth Games Gold Medallist) was going to die and I have not done a leg work out like that since I was coached by Mike Keelan in the 1980's, but we all survived, although Kylie kept blaming me for the ordeal. The views of the gorge were definitely worth the walk and the team seemed to have a good time bonding as they explored the area.



Ben showing the mountain we climbed.

Then after the conclusion of lifting on Sunday and the post event function at the venue we dropped a few team members off at the airport for an early flight home and then headed back to the hotel where Greg Hobl again lead us on a sunny afternoon stroll around the river and streets of Launceston. This walk was to see the famous monkeys in the city park which have been terrorised by many a Queensland weightlifting team over the years. Greg promised us monkeys and a pleasant stroll. Not more than a couple of minutes into the walk, the heavens opened up and rained down on us all. On arriving at the park in the rain, the monkeys had already gone to bed for the day and the rain continued to come down. Thanks Greg, you promised us monkeys and a nice stroll, it was 0 out of 2 so far.



The park when the sun finally came out

But as we sheltered under a tree in the park freezing from the cold rain and wind, the skies cleared and we continued on our team walk down to the river and up through the sights of the city of Launceston. Again another great team experience and bonding session with the future of Queensland's weightlifting teams enjoying the feelings of success and reward for the training efforts during the year.



In other great news at the conclusion of this weekend of Australian Weightlifting competition was that Toowoomba's Davina Hughes and Cougars' Michelle Kahi were chosen to represent Australia at the 2009 Commonwealth Championships which will be held in Penang, Malaysia from the 18th – 24th October 2009.

Davina and Michelle now join Queensland's 2006 Commonwealth Games Gold Medallist Ben Turner (Australian Senior Men's Team) in this great lead up international weightlifting event to the 2010 Commonwealth Games in India.

Craig Wegert
Team Manager

Australian Youth & Junior Weightlifting Championships & AWF Under 16 Tournament

**18 – 20 September 2009
Launceston, Tasmania**

RESULTS - WOMEN

48kg	Women	Birth	State	B/WT	Sn	C&J	Total	Junior	Youth
Courtenay	CHISHOLM	1995	TAS	47.20	35	47	82	-	1

53kg	Women	Birth	State	B/WT	Sn	C&J	Total	Junior	Youth
Davina	HUGHES	1989	QLD	52.92	65	84	149	1	-
Socheata	BE	1989	VIC	52.82	67	81	148	2	-
Kirsten	WU	1993	QLD	52.16	54	71	125	3	1
Andrea	MULLINS	1994	NT	52.28	46	64	110	-	2

58kg	Women	Birth	State	B/WT	Sn	C&J	Total	Junior	Youth
Bianca	SHEPPARD	1992	QLD	57.44	65	72	137	1	1

63kg	Women	Birth	State	B/WT	Sn	C&J	Total	Junior	Youth
Michelle	KAHI	1994	QLD	62.12	73	84	157	1	1

+75kg	Women	Birth	State	B/WT	Sn	C&J	Total	Junior	Youth
Bonnie	SLEEMAN	1993	QLD	76.66	64	78	142	-	1

TEAM CLASSIFICATION – YOUTH WOMEN
WINNERS - QUEENSLAND

TEAM CLASSIFICATION – JUNIOR WOMEN
WINNERS - QUEENSLAND

RESULTS – MEN

56kg	Men	Birth	State	B/WT	Sn	C&J	Total	Junior	Youth
Simon	BANNISTER	1991	TAS	55.78	65	90	155	-	1
Sam	BAUMANN	1992	QLD	55.26	60	80	140	-	2

62kg	Men	Birth	State	B/WT	Sn	C&J	Total	Junior	Youth
Scott	CLARK	1991	QLD	60.76	88	105	193	1	1
Justin	EDGE	1992	SA	61.42	80	98	178	2	2
Jack	RAU	1993	NT	61.20	75	92	167	-	3

69kg	Men	Birth	State	B/WT	Sn	C&J	Total	Junior	Youth
Akashdeep	SINGH GILL	1989	VIC	67.84	84	100	184	1	-
Patrick	CHOW	1991	NSW	63.36	71	101	172	-	1

77kg	Men	Birth	State	B/WT	Sn	C&J	Total	Junior	Youth
Patrick	INGLIS	1989	SA	70.88	105	135	240	1	-
Stephen	McCONNELL	1991	VIC	75.90	110	130	240	2	1
Liam	LARKINS	1993	VIC	72.00	83	100	183	-	2

85kg	Men	Birth	State	B/WT	Sn	C&J	Total	Junior	Youth
Chris	FRATANGELO	1989	TAS	80.36	103	135	238	1	-
Daniel	KATZ	1990	VIC	77.38	100	135	235	2	-
Paulo	MAGISTRADO	1992	VIC	83.22	90	110	200	-	1

94kg	Men	Birth	State	B/WT	Sn	C&J	Total	Junior	Youth
Scott	TAYLOR	1989	TAS	88.68	100	125	225	1	-
Shunsuke	TAKAHASHI	1992	QLD	92.66	80	105	185	-	1

105kg	Men	Birth	State	B/WT	Sn	C&J	Total	Junior	Youth
Zac	GRGUREVIC	1991	TAS	99.32	120	155	275	1	1
Firas	EL ACHKAR	1992	SA	103.22	110	140	250	2	2
Joshua	QUINN	1991	VIC	102.66	0	-	-	-	-

+105kg	Men	Birth	State	B/WT	Sn	C&J	Total	Junior	Youth
Adam	Kok	1990	VIC	116.34	120	155	275	1	-

TEAM CLASSIFICATION – YOUTH MEN
EQUAL WINNERS - QUEENSLAND & VICTORIA

TEAM CLASSIFICATION – JUNIOR MEN
WINNERS - VICTORIA

RESULTS – UNDER 16 WOMEN

Women	Birth	State	Team	B/WT	Snatch	C&J	Total	Points
Michelle Kahi	1994	QLD	A	62.42	72	80	152	147.57
Kirsten Wu	1993	QLD	A	52.06	53	69	122	128.42
Bonnie Sleeman	1993	QLD	A	77.02	61	77	138	124.00
Reachny Be	1994	VIC	A	57.56	44	52	96	97.12
Kimberley Smith	1994	TAS	A	69.62	40	55	95	96.16
Courtney Page	1996	WA	A	90.92	45	57	102	94.00
Kara Stuart	1994	QLD	B	44.84	33	45	78	89.66
Sarah Wignall	1994	WA	A	66.34	37	49	86	86.37
Sophie Cowen	1997	TAS	A	50.48	36	44	80	84.21
Nakieta Davis	1997	TAS	A	32.86	22	30	52	80.14
Tiarna Davis	1999	TAS	B	37.80	20	31	51	78.86
Alexandra Martin	1997	WA	A	46.58	23	26	49	59.32

RESULTS – UNDER 16 MEN

Men	Birth	State	Team	B/WT	Snatch	C&J	Total	Points
Liam Larkins	1993	VIC	A	71.58	82	97	179	117.48
Jack Rau	1993	NT	A	59.82	75	91	166	115.28
Kallan Lauritsen	1993	WA	B	64.70	67	93	160	112.90
Henry Wen	1993	QLD	A	80.18	78	96	174	108.43
Ryan Pasfield	1993	NSW	A	88.38	77	107	184	106.00
Matthew Munns	1993	WA	A	65.62	58	84	142	101.21
Michael Winn	1994	QLD	A	61.46	59	70	129	98.58
Jake Ratcliffe	1994	QLD	A	63.18	60	75	135	93.66
Patrick Ryan	1995	VIC	A	67.00	55	71	126	87.82
Jackson Hughes	1993	WA	B	72.16	57	82	139	87.24
Jordy Gallagher	1993	WA	B	85.24	70	88	158	85.87
Aaron Sym	1995	QLD	B	59.98	45	56	101	79.14
Jordan Arenson	1995	QLD	B	63.78	45	63	108	79.13
Luke Lilli	1994	NSW	A	85.92	58	70	128	75.57
Joshua Wu	1996	QLD	B	41.90	37	42	79	71.83
Matthew Newman	1995	TAS	A	75.22	47	63	110	69.67
Nathan Gill	1994	QLD	C	77.44	43	56	99	62.57
Andrew Adams	1995	QLD	C	65.32	36	46	82	62.25
Blake Shadbolt	1998	WA	A	42.26	25	34	59	58.17

Jordan Wales	1998	WA	A	49.98	24	34	58	54.67
Joshua Wegert	1996	QLD	C	47.28	26	34	60	50.24
Keelan Turvey	1997	TAS	A	65.46	26	36	62	49.26
Matthew Lilli	1996	NSW	A	92.68	33	45	78	48.39

TEAM WINNERS – UNDER 16 WOMEN
QUEENSLAND 'A'

TEAM WINNERS – UNDER 16 MEN
QUEENSLAND 'A'

BEST LIFTER – UNDER 16 WOMEN
MICHELLE KAHİ – QUEENSLAND

BEST LIFTER – UNDER 16 MEN
LIAM LARKINS - VICTORIA

Senior Invitational Tournament

Friday, 18 September 2009
Launceston, Tasmania

Name	Sex	YOB	STATE	BWT	SN	C&J	TOTAL	SINCLAIR
Vivian LEE	F	1978	VIC	47.88	---	---	---	---
Jacquie WHITE	F	1982	VIC	62.88	---	---	---	---
Belinda VAN TIENEN	F	1986	VIC	74.84	---	---	---	---
Vannara BE	M	1988	VIC	61.62	112	127	239	345.01
Ben TURNER	M	1984	QLD	75.58	126	---	---	---
David SARKISIAN	M	1984	QLD	75.58	134	---	---	---

2009 QWA Bodyweight Rankings

Female Open

48kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Kara Stuart	U16	Toowoomba	47.70	35	47	82	10/10/09
2	Julie Davis	Sen	North Brisbane	46.98	24	38	62	10/10/09

53kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Davina Hughes	U20	Toowoomba	52.80	66	86	152	12/05/09
2	Kirsten Wu	U16	Cougars	52.40	55	73	128	25/07/09
3	Lisa Souter	Sen	Cougars	52.65	52	69	121	10/10/09
4	Vicki Brady	Sen	North Brisbane	51.36	27	33	60	10/10/09

58kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Davina Hughes	U20	Toowoomba	55.20	64	82	146	25/07/09
2	Bianca Sheppard	U18	Toowoomba	57.70	68	76	144	10/10/09
3	Melissa Robinson	Sen	North Brisbane	57.80	62	81	143	18/04/09
4	Diana Loy	Sen	Qld University	57.66	58	80	138	10/10/09
5	Lesley Moyle	Sen	North Brisbane	55.19	31	41	72	10/10/09
6	Valerie Silver	Sen	Cougars	57.90	29	37	66	27/06/09

63kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Michelle Kahi	U16	Cougars	62.90	74	88	162	10/10/09
2	Christine Meiers	Sen	Cougars	61.85	60	78	138	27/06/09
3	Diana Loy	Sen	Qld University	59.10	51	79	130	18/04/09
4	Bianca Sheppard	U18	Toowoomba	58.50	62	67	129	20/03/09
5	Kelsey Swift	U16	Cougars	61.50	51	65	116	12/05/09
6	Sue Cox	Sen	North Brisbane	62.90	39	50	89	12/09/09
7	Michelle Kinnane	Sen	North Brisbane	60.10	38	47	85	12/09/09
8	Tanya Beths	U20	Cougars	62.20	35	50	85	15/08/09
9	Valerie Silver	Sen	Cougars	59.55	32	44	76	10/10/09
10	Leandra Miscamble	Sen	North Brisbane	62.84	29	44	73	10/10/09

69kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Michelle Kahi	U16	Cougars	65.15	75	91	166	25/07/09
2	Holly Collyer	Sen	Sunshine Coast	65.02	65	96	161	6/06/09
3	Jenni Butler	Sen	North Brisbane	68.50	60	73	133	12/09/09
4	Christine Meiers	Sen	Cougars	63.75	55	73	128	18/04/09
5	Liana Lambert	Sen	Cougars	67.50	60	67	127	6/06/09
6	Kim Hanssen	Sen	Cougars	64.80	50	67	117	27/06/09
7	Sue Cox	Sen	North Brisbane	64.65	37	48	85	15/08/09
8	Emma Hitchener	U18	Toowoomba	67.20	35	47	82	14/08/09
9	Leandra Miscamble	Sen	North Brisbane	64.50	30	46	76	12/09/09

75kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Jenni Butler	Sen	North Brisbane	70.20	58	72	130	15/08/09
2	Alison Wheeler	Sen	Cougars	72.80	51	67	118	27/06/09
3	Bronwyn Hitchener	Sen	Toowoomba	72.88	47	61	108	10/10/09
4	Kirsty Burke	Sen	Cougars	70.20	32	45	77	14/02/09

+75kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Amanda Phillips	Sen	Cougars	83.80	85	113	198	18/07/09
2	Bonnie Sleeman	U16	Cougars	76.66	64	78	142	18/09/09
3	Christine Bayne	Sen	Cougars	77.60	39	53	92	21/02/09
4	Deborah Oliver	Sen	North Brisbane	75.30	26	36	62	15/08/09

Male Open

56kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Laurence Reilly	U20	Cougars	54.35	65	79	144	6/06/09
2	Sam Baumann	U18	Cougars	55.26	60	80	140	18/09/09
3	Shane Wagner	U16	Toowoomba	53.80	42	53	95	10/10/09
4	Joshua Wu	U16	Cougars	42.00	40	45	85	10/10/09
5	Lachlan Everist	U16	Cairns	52.20	35	44	79	26/09/09
6	Joshua Wegert	U16	USQ	48.30	30	40	70	10/10/09

62kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Scott Clark	U18	Sunshine Coast	61.60	88	110	198	18/04/09
2	David Hockins	U18	Toowoomba	57.10	70	93	163	14/02/09
3	Sam Baumann	U18	Cougars	56.60	62	82	144	25/07/09
4	Richard Steele	Sen	North Brisbane	60.20	59	80	139	27/09/09
5	Michael Winn	U16	USQ	61.20	56	73	129	10/10/09
6	Keith Penney	Sen	Gold Coast	61.75	45	62	107	27/06/09
7	Aaron Sym	U16	Sunshine Coast	61.50	47	58	105	10/10/09
8	Jordan Arenson	U16	Brisbane Grammar	60.75	43	61	104	25/07/09

69kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Nathan Kahi	U18	Cougars	68.80	100	125	225	10/10/09
2	Darryl Hockins	Sen	Toowoomba	65.55	82	105	187	6/06/09
3	Ben Paris	Sen	North Brisbane	66.45	78	92	170	28/03/09
4	Lamson Nguyen	Sen	USQ	67.20	67	90	157	6/06/09
5	Andrew Young	Sen	Cairns	68.80	70	75	145	26/09/09
6	Jake Ratcliffe	U16	Toowoomba	66.20	65	77	142	10/10/09
7	Jordan Arenson	U16	Brisbane Grammar	65.40	46	65	111	10/10/09
8	Andrew Adams	U16	Sunshine Coast	67.20	41	50	91	10/10/09
9	Michael Winn	U16	USQ	62.90	40	47	87	26/01/09

77kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Ben Turner	Sen	Cougars	76.15	125	165	290	18/07/09
2	David De Rose	Sen	Cairns	71.40	120	143	263	27/06/09
3	Nathan Kahi	U18	Cougars	70.40	97	123	220	25/07/09
4	Bowen Stuart	Sen	Toowoomba	76.65	97	115	212	6/06/09
5	Paul McClure	Sen	Unattached	75.80	87	101	188	14/02/09
6	Jaco Du Plessis	U18	Cairns	72.25	80	105	185	26/09/09
7	Shannon Arenson	U20	Brisbane Grammar	73.35	78	100	178	25/07/09
8	Michael Arenson	Sen	Unattached	76.20	70	90	160	22/05/09
9	Daniel McCallum	U18	Toowoomba	73.20	71	83	154	28/03/09
10	Lawrie Townsend	Sen	North Brisbane	75.90	66	87	153	27/06/09
11	Steve Matthews	Sen	Toowoomba	75.55	59	85	144	18/04/09
12	Ray Loudon	Sen	Sunshine Coast	75.70	60	77	137	21/02/09
13	Bob Henderson	Sen	Sunshine Coast	74.60	57	77	134	14/02/09
14	Luke Gozzard	Sen	Sunshine Coast	75.40	40	65	105	15/08/09

85kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Troy Hewkins	Sen	Cougars	83.75	133	167	300	18/07/09
2	Bowen Stuart	Sen	Toowoomba	78.30	96	112	208	14/02/09
3	Zack Tuckey	Sen	Cougars	82.50	85	105	190	28/03/09
4	Greg Hobl	Sen	Toowoomba	80.60	87	100	187	27/06/09
5	Henry Wen	U16	Brisbane Grammar	81.90	82	101	183	10/10/09
6	Michael Bailey	U18	Brisbane Grammar	80.50	80	100	180	10/10/09
7	Lawrie Townsend	Sen	North Brisbane	79.50	70	95	165	12/09/09
8	Nathan Gill	U16	Sunshine Coast	77.60	47	55	102	10/10/09

94kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Mitchell Barnaba	Sen	Cougars	89.00	114	153	267	14/02/09
2	Christian Hopper	Sen	North Brisbane	86.20	105	127	232	27/06/09
3	Stuart Wagner	Sen	Toowoomba	91.20	100	120	220	12/09/09
4	Alex Maskiell	Sen	Cougars	90.30	84	103	187	27/06/09
5	Angus Takahashi	U18	Sunshine Coast	92.66	80	105	185	18/09/09
6	Barry Harden	Sen	Sunshine Coast	92.70	85	100	185	15/08/09
7	Mal Irwin	Sen	Unattached	90.90	72	101	173	12/09/09
8	Tim Steele	Sen	Sunshine Coast	93.60	72	92	164	21/02/09
9	Justin Bennett	U20	Toowoomba	87.00	50	64	114	14/02/09
10	Hugh McPhail	U16	Sunshine Coast	92.00	45	60	105	10/10/09
11	Nicholas Gregory	U16	Cairns	91.00	32	44	76	26/09/09
12	Lindsay Sutton	U20	Sunshine Coast	93.90	95	0	0	15/08/09

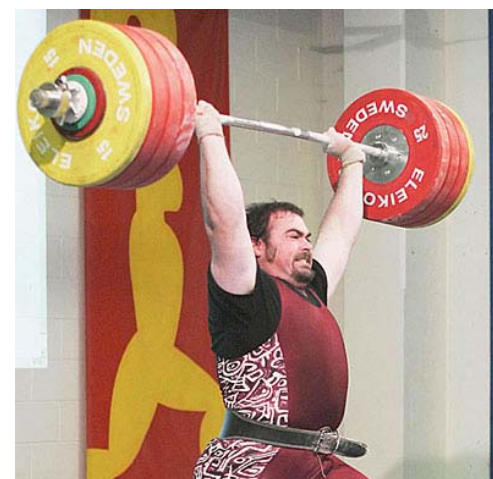
105kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Peter Foster	Sen	Cougars	104.90	114	130	244	27/06/09
2	Kevin Blake	Sen	Cougars	104.20	110	130	240	12/09/09
3	Lindsay Sutton	U20	Sunshine Coast	95.35	95	115	210	27/06/09
4	Angus Takahashi	U18	Sunshine Coast	94.30	74	100	174	21/03/09
5	John Hanlon	Sen	Cougars	100.30	67	87	154	27/06/09
6	Gavin Cormack	Sen	USQ	105.00	65	80	145	26/01/09

7	Tim Steele	Sen	Sunshine Coast	94.80	50	75	125	15/08/09
8	Warwick Selvey	Sen	Unattached	97.40	51	61	112	27/09/09

+105kg Category

Rank	Name	Age	Club	BWT	SN	C&J	Total	Date
1	Damon Kelly	Sen	Cougars	147.50	152	213	365	28/03/09
2	Craig Wegert	Sen	USQ	154.15	140	170	310	21/02/09
3	Peter Foster	Sen	Cougars	108.20	110	133	243	21/02/09
4	Kevin Blake	Sen	Cougars	108.50	102	136	238	18/04/09
5	Ben Quarrell	Sen	USQ	113.60	90	110	200	14/02/09
6	Mitchell Thurlow	U18	Cougars	123.95	80	105	185	18/04/09
7	Matthew Stopel	U20	Gold Coast	118.60	77	100	177	14/02/09
8	Robert Johnson	U16	Cairns	115.75	77	90	167	26/09/09
9	Nick Fort	U20	Cougars	122.35	75	91	166	25/07/09
10	Richard Sauer	U18	Cairns	113.65	65	80	145	26/09/09
11	Harry Grzes	Sen	Cougars	118.10	60	76	136	12/09/09
12	Josh Russle	U18	Cairns	119.40	60	75	135	26/09/09
13	Ben Grzes	Sen	Cougars	124.50	50	62	112	12/09/09



Damon Kelly

CNCWAA NEWS



||| - THE CAIRNS NORTH COMMUNITY - ||| -

||| - WEIGHTLIFTING & ATHLETICS ASSOCIATION INC. - ||| -

Green Ants

New Mascot and Logo

The CNCWAA recently adopted the local Green Ant as its official mascot, and had a fantastic new logo designed by one of the sport's most prominent personalities. Whilst the club's formal title will remain the CNCWAA, it will now be referred to generally as the Cairns Green Ants Weightlifting Club.

Inaugural Club Championships

The Green Ants' first club competition held on Saturday 26th September was an overwhelming success. Seven junior male lifters took to the platform for the first time, each achieving respectable totals in their first competition outing.

The trophy for Best Lifter was awarded to promising 18-year-old debutant Jaco du Plessis, who at 72.25kg bodyweight managed an impressive 80kg snatch, 105kg and 185kg total.

The competition was very well supported by the local community, with a healthy crowd turning out to cheer the new lifters on. Local media also got behind the event, with the Cairns Post publishing a preview story on the Thursday prior, and a results-based story on the Monday after the competition. Whilst ABC Far North ran a promotional segment on their local sports show on the Saturday morning, and Channel 9's WIN news team aired a story on Monday evening from footage they shot on the day of the competition.

QWA's Executive Director Ian Moir and 2008 Olympian Damon Kelly were also in attendance for the weekend. Both men were instrumental in helping the club deliver such a smooth running, successful competition.

Ian conducted a referee's course for club members on the Friday evening prior to the competition, where 14 new referees completed the course. This will be invaluable for our somewhat isolated club to run competitions self-sufficiently in the future. Ian also juggled MC and refereeing duties on the day of the competition with professionalism as he always does.

The jovial Damon Kelly, who unfortunately was unable to compete in the competition due to a quad injury, inspired the new lifters by presenting their medals and trophies, and making regular appearances in the local media in helping promote the event. He also helped out with refereeing and to set-up and pack-up the competition. So thanks again to Damon and Ian.

The Green Ants' next club competition will be held in December.

-By David De Rose-

Cairns Green Ants Weightlifting Club President



Hi All

Congrats to all of the Queensland junior lifters that competed at the national junior championships in Tasmania. A special congrats to the Cougars lifters, coaches and officials that travelled down there too.

Congratulations to Liana Lambert who is our new enthusiastic Vice President. We all look forward to her input into the club for the remainder of the year.

Cougars Club are very happy to welcome the new ZKC weights and bar that have just arrived due to winning the women's team ZKC international tournament.

The current committee has worked hard putting together an application for a government grant for new equipment so we will wait to see what happens with that grant.

That's all from me; see you in the gym next time.

Deb Aason, President
Cougars Weightlifting Club



North Brisbane Weightlifting Association

This time last year our club was preparing to say goodbye to "King Honey Badger" Dave De Rose as he set off for his new career in Cairns. We were unsure what path our club would take without him - who would coach us? Would we be able to maintain membership was a big question...? Well, 12 months down the track and the club is increasing in membership, has purchased new equipment and retained coaches. A positive all round. Jenny has continued to successfully run her circuit mornings Mon, Wed, Fri and Saturday, Christian and Paul are in at varying times during the week for coaching and Leo has an increasing number of lifters Tuesday and Thursday nights.

A working bee saw another coat of paint applied, storage area obtained and a lot of "clutter" put away. The possum has been relocated and the gym is looking a lot cleaner and more user friendly. The new entrance has been completed and we now have separate access from the footballers. We still have a competition platform to build and plans for 2010 have been spoken about with a lot of enthusiasm. Bigger premises would be nice and a budget for the year ahead is underway.

Our recent AGM saw a change of President with Jenny Butler accepting the role, Christian Hopper as Vice President, Murray Cox as Treasurer, Julie Davis as secretary and committee members - Ben Paris, Sue Cox, Lesley Moyle and Richard Steele coming on board. Leo and Lawrie have offered their help and support.

The club has recently purchased equipment insurance and public liability and have borrowed an engraver from the Northside Police Headquarters. We are in the process of engraving all our equipment with a code which will be registered with the Police. We thank Geoff for this suggestion and everyone for sharing the workload completing the "code engraving"

State Masters were held in Toowoomba on 12th September and there were good lifts from the Honey Badgers. Good to see Jenny Butler on the platform and breaking records. Well done to you all.

Our next club comp is Friday 20th November in the gym and then "The Lawrie" on Saturday 19th December in the club rooms next door with trophy night and dinner afterwards at The Geebung RSL Club at Geebung. We would like to see as many HoneyBadger members as possible and invite other interested parties as well... A nice social way to finish off the year and celebrate the achievements.

No doubt by the time this newsletter comes out the Masters will have competed at The Worlds in Sydney and achieved good results!

Good to see "The Green Ants" club first competition went well. Congratulations to Dave – the results show he is doing the hard work.

Photo below from State Masters held in Toowoomba 12th September:



Front (from left): Valerie Silver, Jenny Butler, Lesley Moyle

Back (from left): Leandra Miscamble, Michelle Kinnane, Lisa Souter, Bronwyn Hitchener, Julie Davis, Sue Cox, Vicki Brady

NEWS FROM TOOWOOMBA

The end of the year is fast approaching but it seems that the weightlifting world is as busy as ever. The past few months have kept us on our toes up here on the range and I'm sure the lead up to the year's conclusion will be no less hectic.

Since the last time I informed you all of events in Toowoomba we have had an exciting time. Firstly we had six club members involved with the Qld team which participated at the National Junior Championships in Launceston. Four Toowoomba lifters, Kara Stuart, Jake Ratcliffe, Davina Hughes and Bianca Sheppard made the team and Bowen Stuart and I were selected as coaches. It was certainly an eventful trip. For Kara and Jake it was their first Qld team experience and for Bowen it was his first as a coach. Jake, Bianca and Davina all brought home gold medals and Kara finished with a new P.B. and lots of experience of lifting at a National level.

The competition wasn't without drama. Firstly Bianca almost gave her coach high blood pressure by failing with her first two clean & jerk attempts. Then Davina came off after her first clean & jerk stating "I think I hurt my elbow". Her coach suggested she pull out of the comp if it was too sore but she stated there was no way she was going to miss out on winning her last National Junior Champs. And to Davina's credit she pulled out a great second attempt at 84kg to end up winning the event from Victoria's Socheata Be by only one kilogram! Unfortunately she did more damage to her elbow in the process and has been out of action ever since.

After returning home there was no chance to rest as the TWA prepared to host the State Masters Champs. Thankfully we were blessed with a beautiful Toowoomba spring day to help any of the aching joints and bones of the participants and a great days lifting was had by all. The TWA had three

representatives, most notably Stuart Wagner who made his long awaited comeback after something like 15 years away from the platform. My sources tell me there was plenty of aching joints and bones in the Wagner household the next day!!

Only three weeks later we were back at it, hosting the Qld All Schools Champs, our last competition in Toowoomba for the year. Another great day weather wise and some really good lifting from the TWA contingent with Jake Ratcliffe, Kara Stuart, Shane Wagner and Bianca Sheppard all producing PB's. In fact there was only one missed lift between the four lifters on the day! Shane Wagner's total was a whopping 14kg P.B. Not bad for a little bloke.

Since then we have had Steve Matthews and Bronwyn Hitchener represent Australia at the World Masters Championships in Sydney. Both lifters really enjoyed their first big competition experience and Bronwyn brought home a silver medal as well. What a fantastic effort! We congratulate both lifters on their performances.

As I write this Davina should have been in Malaysia with the Australian team competing at the Commonwealth Champs. Unfortunately her elbow injury put a stop to that. We will have more Australian representation in December when yours truly and Bianca Sheppard attend a week long junior training camp in New Caledonia followed by the Pacific Cup competition. Should be an interesting trip.

The club has been quite busy of late, however like most clubs we are still looking for more young lifters. We are keeping our fingers crossed that recent TID conducted by the QWA representatives will help us out in that area.

Our final big event of the year will be our annual club awards night to be held this year on Saturday 19th December. It's always a great night and I'm sure we will get a good turn out.

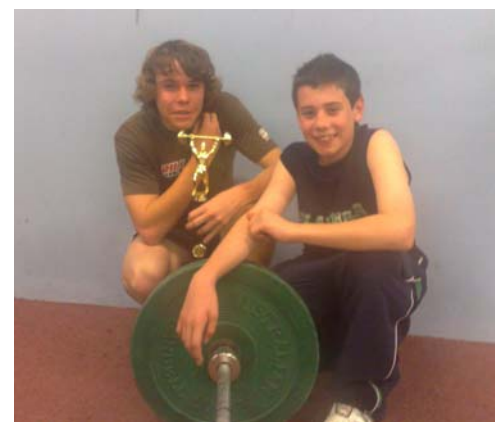
Hope you all have an enjoyable conclusion to the year.

Greg Hobl

USQ Weightlifting Club

USQ Weightlifting Club

USQ's small but growing team of weightlifters have travelled well from July onwards. Both Michael Winn and Joshua Wegert have competed and won medals at the Queensland Under 16 and Youth Championships. Both lads continued a steady rate of improvement not only in total kilograms lifted but also in improvement in lifting technique.



Mick and Josh at USQ Gym with rewards from 2009 QLD AGE Championships

Michael and Joshua travelled to Launceston as part of the Queensland under 16 team to contest the Australian Under 16 Tournament. Michael was a member of the successful Queensland "A" team which brought home the Gold.

Launceston was a Great experience for the boys as both were keen to lift again when they got back home. So just 2 weeks after the National Under 16 event both lifted again in Toowoomba at the Queensland All Schools Championships and again produce increases in the totals they recorded. In the process each of them won their own respective weight class in both the Under 16 and Open events.

USQ also sends a welcome to a new starter this quarter at USQ; Titto Basu. Titto is 12 years old and has just started with the club and is looking forward to lifting later in the year.

Troy Hawkins the 2009, 85kg Class Australian Champion dropped in to train and inspire the USQ lifter's, so a big thanks to Troy for showing the younger lifter's the way forward.



Troy doing an easy couple of squats at USQ Gym

In other USQ news; yours truly managed about 3 training sessions since my last outing at the Australian Championships (*in between work, coaching, study, family and being president of USQ Weightlifting and the QWA*).

With the same preparation strategy used in my Australian Champs campaign of less is best and under extreme protest from my aging and ever expanding body, 3 training sessions were all I had time for prior to travelling to the World Masters Games in Sydney. With such extreme excellence in preparation and dedication to training (LOL) I still managed to hang on to enough weight to eventually take the Bronze medal home (Note this course / method of weightlifting training is not recommended for the serious weightlifter).

Lamson Nquyen is still training hard and will venture out for a lift in the last round of the QWA League on the 31st of October at Cougars Weightlifting Club at Chandler. Lamo has been solid in training and will be looking to put up some good lifts at Chandler on the 31st.

The next USQ Club competition will be moved to Friday the 13th (BLACK FRIDAY) and the venue is TBA (Maybe at RAAF BASE Amberley's new gym facility) so stay tuned for more info.

Yours in Lifting
Craig Wegert

President



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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.