



Weightlifting Queensland

September, 2005

The Official Journal of

Queensland Weightlifting Association Inc.

BEN TURNER 400 SINCLAIR POINTS !!

Looking in fantastic form for the Commonwealth Games Trials in December, Ben Turner achieves the big 400 Sinclair point mark in the 3rd Round of the QWA League. Check out the League Results on page 22 .

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Getting more people active
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QWA Mission Statement

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

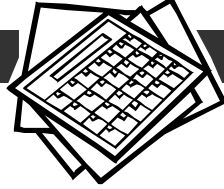
Acknowledgement

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Queensland Government –Sport and Recreation Queensland
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Disclaimer

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



2005 Calender of Events

| | | |
|-------------------------|--|-----------------------|
| October 1 | St Laurence's College Open Club Competition | Nudgee |
| October 1 | Sunshine Coast Open Club Competition | Sunshine Coast |
| October 6 – 9 | Commonwealth & Oceania Senior Championships | Melbourne, VIC |
| October 8 | Australian Masters Games / Championships | Adelaide, SA |
| October 15 | Qld All Schools Championships | Chandler |
| October 28 – 30 | National U20 & Open Championships | Chandler, QLD |
| November 9 – 21 | World Senior Championships | Doha, QATAR |
| November 12 | QWA League & Masters League Final | Chandler |
| November 12 | Mount Isa Open Club Competition | Mt Isa |
| November 18 | Cougars Open Club Competition | Chandler |
| November 18 | Nudgee Open Club Competition | Nudgee |
| November 18 | Toowoomba Open Club Competition | Toowoomba |
| <i>November 19 – 20</i> | <i>Club Weightlifting / Sports Power Coach Level 1 course</i> | <i>Chandler</i> |
| <i>November 26 – 27</i> | <i>State Weightlifting / Sports Power Coach Level 2 course</i> | <i>Chandler</i> |
| November 26 | Queensland 2000 Tournament | Brisbane (TBC) |
| <i>December 2-4</i> | <i>Women and Girls Squad Meeting</i> | <i>Tallebudgera</i> |
| December 10 | Sunshine Coast Open Club Competition | Sunshine Coast |
| December 10 | Cougars Open Club Competition | Chandler |
| December 17 | Commonwealth Games Nomination Trials | Melbourne, VIC |
| December 23 | Nudgee Open Club Competition | Nudgee |

The closing date for entries for all

- QWA events is 15 days prior to the competition date.
- National events is 28 days prior to the competition date.

The minimum qualifying standard for entry in:

- the Queensland Open Championships is C Grade.
- the Queensland Under 20 Championships is D Grade.
- There is no minimum qualifying standard for Queensland Under 16, Under 18, School or Masters Championships.

The qualifying period for:

- The Queensland Open & Under 20 Championships is 24th June 2004 – 24th June 2005.
- the Queensland 2000 Tournament is 1st January 2005 – 30th September 2005

Queensland Teams for the **2005 National Open & Under 20 Championships** will be selected **according to the QWA Selection Policy** taking into consideration results from:

- QWA League Round 1 12th February 2005
- Qld U16 & U18 Championships 5th March 2005
- Qld Masters Championships 12th March 2005
- QWA League Round 2 & Masters League Round 2 11th June 2005
- Qld Open & U20 Championships 9th July 2005
- QWA League Round 3 & Masters League Round 3 10th Sept 2005
- And all National and International events held between 1st January 2005 and 10th September 2005

From the QWA Office-By Ian Moir, QWA General Manager

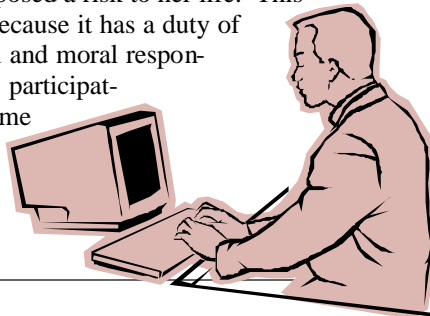
The past few months have presented difficult times for some QWA members and their families. We were all shocked and saddened by the sudden death of Roman Wojcieszuk in July. Weightlifting had been a big part of Roman's life, from his time as a lifter and coach in Poland, through to his involvement with the sport here in Australia.

Roman came to Queensland more than 20 years ago and he will be remembered by most as the Coach of the Vikings Weightlifting Club, which he established at the Anglican Church Grammar School in East Brisbane. Through the Vikings Club, he inspired many young athletes to look within themselves for the determination and strength of spirit required to achieve greater performance through hard work. Teams from Anglican Church Grammar School, or 'Churchie' as it is more commonly known, won many Qld School Weightlifting Championships over the years and to honor Roman's memory and his passion for encouraging Queensland boys to "take up the Heavy Metal", as he would often put it, the Male Team trophy at the annual Queensland All Schools Championships will be named the "Roman Wojcieszuk Memorial Shield".

The QWA extends sincere condolences to Roman's widow, Jolanta, and their children Agatha, Dorothy and Julian.

Trying times and uncertainty also befell Queensland and Australian junior representative Davina Hughes. Most QWA members will probably have read newspaper articles about Davina's heart condition and the threat that it posed to her health and indeed to her life. Some of these articles stated that the QWA had "banned" Davina from competing because of her heart condition. While that is one way of looking at it, "temporarily excluded" would have been a more accurate term to use in this case.

Once the full nature of Davina's condition had been established by medical authorities, the QWA Management Committee took the decision to not allow her to compete until participating in weightlifting no longer posed a risk to her life. This decision had to be made by the Committee because it has a duty of care to all members, which equates to a legal and moral responsibility to minimise the risks associated with participating in weightlifting activities. At the same time, the committee also resolved to find ways to assist Davina in receiving the treatment that she required. To this end, enquir-



ies were made with contacts within the medical fraternity to see if there were any options open to Davina in addition to those presented to her by the first specialist that she had consulted. Plans were also initiated to organise fund-raising activities, but these were overtaken by events that followed in quick succession.

Firstly, a QWA member was able to arrange for Davina to consult a cardiac surgeon who reviewed her case and advised that she could legitimately obtain early treatment at less cost than originally thought. And secondly, one of the QWA's equipment suppliers – Australian Barbell Company – very generously pledged a donation which, combined with funds sourced by the Hughes family, removed the financial barrier to a quick resolution. At the time of writing, Davina was preparing to undergo the corrective procedure in a few days time and she could very well be back training and lifting, with a clean bill of health, as early as October.

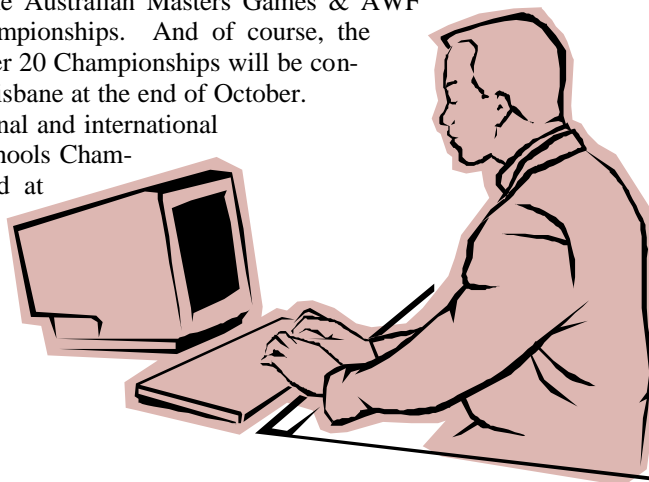
I know that the Hughes family wish to express their gratitude to all of those who have supported and assisted them during this difficult time; and I too would like to thank the many people from within Queensland and across the country, who telephoned and emailed the QWA office to offer their support and best wishes to Davina.

October is shaping up to be an extremely busy time for QWA members. Queenslanders Ben Turner; Damon Kelly; Erika Yamasaki; Amanda Phillips; and Deborah Lovely have been selected to represent Australia at the Commonwealth Championships & Oceania Championships being held in Melbourne. And Mike Keelan; Miles Wydall; and Angela Wydall have been selected as Australian Team Coaches for this event. At the same time, many Queensland Masters lifters will be heading for Adelaide to compete in the Australian Masters Games & AWF National Masters Championships. And of course, the National Open & Under 20 Championships will be conducted at Chandler, Brisbane at the end of October.

In amongst these national and international events, the Qld All Schools Championships will be held at Chandler on 15th October. A very busy month, indeed.

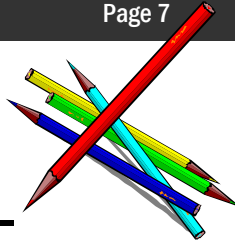
Until next time...

Ian Moir



From the Editor

By Amanda Phillips



HI EVERYONE,

Well, what a busy quarter!! QWA members (that's athletes, staff and our dedicated volunteers) have been busy with 2 state events (the State Championships and the 3rd League Round—check out the results in this issue) and the last quarter of the year stands to be even busier, with the National Championships in the forefront of all of our minds, and many other state level events. Another major event in the fore front of the minds of athletes and coaches is the Commonwealth Games Trials to be held in Melbourne on December 17, and as you can see from the results in this issue, many athletes are really starting to put fantastic totals in the lead up to this event.

In my professional role I have been busy visiting schools and delivering coach education programs such as the Get Active Queensland Accreditation Program, a Sport and Recreation Queensland (SRQ) initiative that allows school teachers and university students opportunities to gain coaching accreditations. The QWA delivers a Teacher's Sports Power Coach Certificate Course (which is part of the Sports Power/Club Weightlifting Coach Training Program) on these days, with funding provided by SRQ. A big thankyou to Mike Keelan (QWA president, International Coach and experienced presenter) who gives his time to help deliver these Courses. His input is invaluable to the association and also serves to provide Deb Lovely (QWA's new programs and services officer – see page 27) and I with valuable "on the job" experience that will allow us to deliver these courses on our own.



Angela Murray, a past member of the QWA School Girls Scholarship Program in action at league Round 3



In my role as Women and Girls Coordinator, I have seen over 800 female students from various schools around the region and have numerous inquiries into the QWA's School Girls Scholarship Program. The Scholarship program funded through the QWA's Women and Girls Program Special Initiative, acts as a pathway to allow female school students the opportunity to participate (and compete) in our sport. As the women and Girls Coordinator I am proud to see Stacey Ford and Angela Murray (pictured above right), competing on the QWA platform. These young Moreton Bay College Students have come through the scholarship program and are enjoying the sport of weightlifting, both with promising futures.

? Amanda

MERMET CUP 2005...



Deborah Lovely, Erika Yamasaki and Amanda Phillips made up the Queensland contingent of the Mermet Cup team and all 3 delivered high level performances at the first Commonwealth Games qualifying event. See the following results.

L & R: Deb and Amanda in Competition, Shreveport, Louisiana.



Above : Deb & Erika, happy with their performances...did a little dance?



Above: The Mermet Cup Women's team...and Sergio Chakoyan. From L-R, Belinda Van Tienan, Camilla Foganolo, Erika Yamasaki, Juanita White (NSW), Nadine Latif, Deborah Lovely and Amanda Phillips.



...& NEW YORK CITY 2005?



Left: Deb and Amanda, not ones to miss an opportunity ventured north to the "Big Apple" for a brief holiday. And pictured above eating the biggest (and saltiest) pretzels on earth!

RESULTS: 2005 Mermet Cup - USA vs AUS
June 24-26, 2005
Shreveport, LA

| MEN'S COMPETITION | NAT | B/W | SN | C&J | TOTAL |
|-----------------------------------|------------|---------------|--------------|----------------|--------------|
| 62 kg DIVISION | | | | | |
| Yourik Sarkisian | AUS | 61.88 | 105.0 | 135.0 | 240.0 |
| 69 kg DIVISION | | | | | |
| David Sarkisian | AUS | 68.93 | 118.0 | 150.0 | 268.0 |
| 77 kg DIVISION | | | | | |
| Matt Bruce | USA | 76.33 | 139.0 | 171.0 | 310.0 |
| Lance Frye | USA | 76.53 | 146.0 | --- | --- |
| 85 kg DIVISION | | | | | |
| Chad Vaughn | USA | 84.44 | 152.0 | 195.0 | 347.0 |
| Sergo Chakhoyan | AUS | 80.54 | 150.0 | 180.0 | 330.0 |
| Innocent Ukpong | USA | 84.33 | 140.0 | 185.0 | 325.0 |
| Chris O'Doherty - Extra Lifter | AUS | 80.80 | 81.0 | 104.0 | 185.0 |
| 94 kg DIVISION | | | | | |
| Robert Murphy | USA | 93.41 | 155.0 | 193.0 | 348.0 |
| 105 kg DIVISION | | | | | |
| Peter Kelley | USA | 104.39 | 163.0 | 205.0 | 368.0 |
| Alexan Karapetyan | AUS | 100.42 | 165.0 | 180.0 | 345.0 |
| Valeriane Saravo | AUS | 104.66 | 155.0 | 190.0 | 345.0 |
| 105+ kg DIVISION | | | | | |
| Shane Hamman | USA | 153.96 | 180.0 | 216.0 | 396.0 |
| Casey Burgener | USA | 119.27 | 170.0 | 215.0 | 385.0 |
| Corran Hocking | AUS | 145.75 | 177.0 | 200.0 | 377.0 |

| WOMEN'S COMPETITION | NAT | B/W | SN | C&J | TOTAL |
|------------------------------|------------|------------|-----------|----------------|--------------|
| 48 KG DIVISION | | | | | |
| Nadeene Latif | AUS | 47.75 | 64.0 | 81.0 | 145.0 |
| 53 KG DIVISION | | | | | |
| Erika Yamasaki | AUS | 52.82 | 72.0 | 95.0 | 167.0 |
| 58 KG DIVISION | | | | | |
| Jackie Berube | USA | 57.96 | 88.0 | 109.0 | 197.0 |
| 63 KG DIVISION | | | | | |
| Carissa Gordon | USA | 61.92 | 90.0 | 114.0 | 204.0 |
| Natalie Woolfolk | USA | 62.07 | 100.0 | 104.0 | 204.0 |
| Juanita White – extra lifter | AUS | 60.52 | 58.0 | 71.0 | 129.0 |
| 69 KG DIVISION | | | | | |
| Danica Rue | USA | 66.37 | 96.0 | 126.0 | 222.0 |
| Erin Okonek | USA | 68.70 | 91.0 | 119.0 | 210.0 |
| Belinda Van Tienan | AUS | 68.66 | 78.0 | 95.0 | 173.0 |
| 75 KG DIVISION | | | | | |
| Cara Heads | USA | 74.56 | 98.0 | 121.0 | 219.0 |
| Amanda Phillips | AUS | 74.49 | 86.0 | 109.0 | 195.0 |
| Camilla Foganolo | AUS | 73.03 | 82.0 | 99.0 | 181.0 |
| 75+ KG DIVISION | | | | | |
| Cheryl Haworth | USA | 141.00 | 126.0 | 161.0 | 287.0 |
| Deborah Lovely | AUS | 79.41 | 98.0 | 118.0 | 216.0 |

Team Results**Women****USA - 190 pts****AUS - 152 pts.****Men:****USA - 188 pts****AUS - 152 pts.**

Legends of International Weightlifting - Part 2

David Rigert

Compiled by Miles Wydall

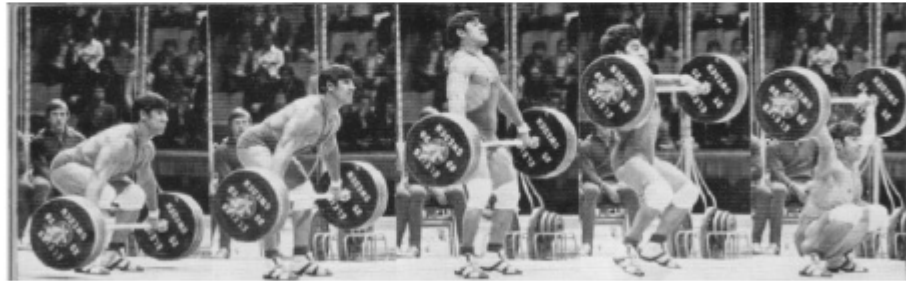
Anecdotes from people who witnessed him lifting—continued**Michael Noonan****At the January 1975 New Zealand Games where he and Soviet Super Vasily Alexeev lifted.**

Rigert, because he hadn't trained seriously since the previous year's World Championships, decided to reduce body weight from his then normal 90kg to the (then) 82.5kg class. He did this without drama and announced that he'd start on a World record Snatch of 165kg. However, during the competition he just sat in the first row of the audience seating watching everyone else. We thought that sooner or later it would be announced that Rigert wasn't competing due to 'injury', etc.

When Rigert was called to platform for his first attempt (everyone else, of course, having finished) he got up, jumped up on the competition stage, walked across the platform back into the warm-up area where he proceeded to strip off his track suit and put on his lifting costume - all with the clock counting down rapidly from the then allowed two minutes. He then quickly in succession power Snatched 60kg, 100kg and 120kg and strolled out onto the platform.

He set over the bar for what seemed like ages (obviously given the clock running down it wasn't long really), then did his typical dive-start and lifted the 165kg very easily for a new World record. On his second attempt he asked for 170kg and entertained the crowd by fooling about with the bar on stage. He even deliberately missed the bar (grabbing only air) with a dive start once, then went for real at it with seconds on the clock - narrowly losing it in front. He took no third.

Just to prove that he was (moderately) human the C&J didn't fare so well. He also called for a WR start on 197.5kg and actually warmed-up for it. He pulled this weight in for the Clean each time but couldn't stand, thus 'bombing out' - which wasn't an un-



usual event for him in 'small' events. Whether it was the lack of training, the body weight loss, or maybe the energy sapping actual warm ups for the C&J that prevented this triple (SN, CJ, TOT) World record attempt is anyone's guess.

This competition was also notable for a WR attempt in the C&J by Alexeev (missed Jerk) and the excellent first up international performance by the young Australian 75kg lifter Robert Kabbas.

At the 1985 World Championships in Sweden.

Rigert was the (slightly controversial) national coach of the Soviet Union. It became obvious after the first couple of day's competition that Bulgaria would probably narrowly beat the Soviet Union for the team title - a then first ever without the assistance of bomb-outs.

However, when we got to the (then) 90kg class where the Soviet Union had two lifters entered, we saw that the two Soviet lifters had deliberately weighed in at exactly the same body weight - one actually drinking sips of water in the weigh-in area to make sure they were exactly the same. In those days there was no rule about breaking ties if two lifters weighed in the same and did the same lift, so it transpired that the two Soviet 90kg lifters would try to tie for first in Snatch, C&J and Total and thus gain equal first points, instead of first and second, boosting their team score and enabling - so calculations showed - the Soviet Union to win the team event by a point or two. No one had thought of this before and, of course, straight after the World Championships the IWF Executive Board brought in the current rule of 'first lifter leads' to prevent this ever happening again.

All went well for Rigert and the Soviet team in the Snatches with the two lifters taking successively the same Snatches - a bit below their capability for safety. They ended the Snatch with a tie - actually a triple dead heat for the Gold as a Hungarian who weighed the same also Snatched the same. It's a sight I'll never forget of three quite substantial lifters crowded together and all trying not to fall off the number one position on the victory dais as all three were presented with a Gold medal by angry International officials.

In the C&J the first lift went to script with both lifters easily taking the winning weight on their first attempt, then moving up 5kg where one lifter (I've forgotten their names) missed the lift and was injured enough to cause him to have to withdraw from the competition. In those days (still?) there was an IWF rule ("lifters must defend their chance") that prevented Rigert from withdrawing the second lifter too.

Because of this his team mate (the World record holder in the C&J) was called for a vastly increased weight for his remaining attempts - from memory about 10kg over the World record. He came out onto the platform twice and did slow dead lifts with the bar while Rigert was standing in the wings of the stage laughing almost uncontrollably. I later asked a Soviet official why they didn't let the lifter at least try to clean it (he was a very strong cleaner) and was told that Rigert was frightened that if the lifter cleaned the weight he might forget the circumstances and actually jerk it. Thus Rigert had informed the lifter that if he so much as cleaned the weight he was off the national team forever!



2005 Queensland Open & U20 Championships
Toowoomba Weightlifting Assn, Toowoomba Qld
9th July 2005

| Name | YOB | Club | Bwt | Sn | C&J | Total | Sinclair | Forbes | Place | |
|------------------------|-----|-----------|--------|-----|-----|-------|----------|----------|-------|-----|
| | | | | | | | | | Open | U20 |
| 56kg Category | | | | | | | | | | |
| Darryl Hockins | 88 | Toowoomba | 55.70 | 68 | 80 | 148 | 231.666 | 1087.955 | | 1 |
| 62kg Category | | | | | | | | | | |
| Tom McCosker | 88 | S' Coast | 61.50 | 82 | 108 | 190 | 275.432 | 2198.058 | 1 | 1 |
| Ben Paris | 81 | Nudgee | 60.90 | 81 | 100 | 181 | 264.302 | 264.302 | 2 | |
| Justin Flack | 89 | Nudgee | 61.90 | 75 | 98 | 173 | 249.594 | 720.156 | 3 | 2 |
| 69kg Category | | | | | | | | | | |
| David De Rose | 82 | Nudgee | 66.10 | 113 | 135 | 248 | 341.512 | 341.512 | 1 | |
| Richard Magrath | 87 | Toowoomba | 66.20 | 77 | 102 | 179 | 246.239 | 1447.918 | | 1 |
| 77kg Category | | | | | | | | | | |
| Ben Turner | 84 | Cougars | 71.60 | 135 | 170 | 305 | 398.542 | 693.429 | 1 | |
| Troy Hewkins | 86 | Cougars | 76.00 | 117 | 150 | 267 | 336.524 | 336.524 | 2 | 1 |
| Joel Wilson | 86 | Cougars | 69.50 | 112 | 130 | 242 | 322.282 | 322.282 | 3 | 2 |
| Joshua Brady | 88 | Cougars | 71.00 | 94 | 127 | 221 | 290.315 | 290.315 | 4 | 3 |
| Bowen Stuart | 86 | Toowoomba | 75.80 | 100 | 108 | 208 | 262.565 | 262.565 | 5 | 4 |
| 85kg Category | | | | | | | | | | |
| Mitchell Barnaba | 86 | Nudgee | 84.40 | 99 | 124 | 223 | 265.470 | 483.083 | 1 | 1 |
| Greg Hobl | 60 | Toowoomba | 80.20 | 95 | 120 | 215 | 262.895 | 636.846 | 2 | |
| Christian Hopper | 86 | Nudgee | 83.80 | 91 | 112 | 203 | 242.539 | 242.539 | 3 | 2 |
| 94kg Category | | | | | | | | | | |
| Ashley Johnson | 87 | Cougars | 88.50 | 92 | 119 | 211 | 245.429 | 1121.360 | | 1 |
| 105kg Category | | | | | | | | | | |
| Luke Gardner | 88 | Cougars | 98.20 | 113 | 146 | 259 | 287.994 | 646.882 | 1 | 1 |
| 105+kg Category | | | | | | | | | | |
| Damon Kelly | 83 | Cougars | 136.20 | 150 | 180 | 330 | 335.408 | 335.408 | 1 | |
| Peter Foster | 67 | Cougars | 113.40 | 111 | 130 | 241 | 255.110 | 255.110 | 2 | |

| Name | YOB | Club | Bwt | Sn | C&J | Total | Sinclair | Forbes | Place | |
|-----------------------|-----|-----------|-------|----|-----|-------|----------|----------|-------|-----|
| | | | | | | | | | Open | U20 |
| 53kg Category | | | | | | | | | | |
| Erika Yamasaki | 87 | Cougars | 53.00 | 69 | 90 | 159 | 212.162 | 212.162 | 1 | 1 |
| Davina Hughes | 89 | Toowoomba | 52.90 | 64 | 82 | 146 | 195.115 | 1620.617 | 2 | 2 |
| 58kg Category | | | | | | | | | | |
| Diana Loy | 65 | Qld Uni | 57.90 | 56 | 71 | 127 | 158.427 | 158.427 | 1 | |
| 63kg Category | | | | | | | | | | |
| Tanya Harden | 78 | S' Coast | 62.20 | 65 | 80 | 145 | 172.404 | 2119.368 | 1 | |
| Liana Lambert | 88 | Cougars | 62.10 | 56 | 72 | 128 | 152.346 | 152.346 | 2 | 1 |
| Casey Kahi | 90 | Cougars | 62.80 | 51 | 65 | 116 | 137.100 | 529.889 | | 2 |
| 69kg Category | | | | | | | | | | |
| Holly Collyer | 88 | S' Coast | 67.60 | 66 | 84 | 150 | 169.920 | 169.920 | 1 | 1 |
| 75kg Category | | | | | | | | | | |
| Amanda Phillips | 81 | Cougars | 74.70 | 83 | 101 | 184 | 198.742 | 198.742 | 1 | |
| 75+kg Category | | | | | | | | | | |
| Deborah Lovely | 83 | Cougars | 79.10 | 96 | 110 | 206 | 217.630 | 217.630 | 1 | |
| Samantha Mitchell | 90 | Cougars | 91.40 | 61 | 74 | 135 | 137.129 | 692.712 | | 1 |

Referees: Bob Henderson (Cat 1); Ian Moir (Cat 1); Barry Harden (Cat 2); Lawrie Townsend (Cat 2); Chris Walsh (State); Dallas Turnbull (State); Ray Gardner (State).

Time Keeper: Dallas Turnbull; Brian Walsh; Amanda Phillips.

M.C: Mike Keelan; Ian Moir.

Best Lifter Award

| | | |
|--------|----------------|----------------|
| | Open | Under 20 |
| Male | Ben Turner | Troy Hewkins |
| Female | Deborah Lovely | Erika Yamasaki |

William Faulkner Award – For Outstanding Performance

| | | |
|--------|--------------|---------------|
| | Senior | Under 20 |
| Male | Ben Turner | Tom McCosker |
| Female | Tanya Harden | Davina Hughes |

Records

| Name | Cat | Lift | Weight | Age | Level |
|---------------|------------|-------------|---------------|------------|--------------|
| Davina Hughes | 53kg | Snatch | 64 | U16 | Qld, Aust |
| Davina Hughes | 53kg | Total | 146 | U16 | Qld, Aust |
| Ben Turner | 77kg | Snatch | 135 | Open | Qld |
| Luke Gardner | 105kg | Cl & Jk | 146 | U18 | Qld |
| Luke Gardner | 105kg | Cl & Jk | 146 | U20 | Qld |
| Luke Gardner | 105kg | Total | 259 | U18 | Qld |
| Luke Gardner | 105kg | Total | 259 | U20 | Qld |

The Queensland Weightlifting Association is supported by the Queensland Government- Sport and Recreation Queensland.



Queensland Government
Getting more people active
through sport and recreation

The QWA Website

By Miles Wydall

There have been over 8 millions hits on the QWA site in the last 7 years and over 4000 people visit the site every week from over 160 countries. Over 2000 record videos are downloaded each week – so get an Australian record and a lot of people will end up watching that lift!!

The site is a good source of information for QWA athletes and coaches, as it contains over 400 pages of weightlifting information.

The site mailing list has over 1000 subscribers, so if you want to receive competition results add your email address to the mailing list on the home page.

An easy way to look for information is to go to the Site button and click on "Search this site". For example, if you type programs in the box and hit search, the results show links to an article on training programs by Mike Keelan and some sample programs.



Some of the more interesting sections are

Information

-> News

Updated with current lifting news in Australia and the Oceania region – all general emails sent by the QWA can also be found here so it's a good place to pick up competition entry forms. This page also contains links to weightlifting discussion forums and news sites

-> Calendar

The latest version of the QWA calendar – always updated with competition date changes as soon as they are known.

-> QWA Policies

A reference area containing all the current QWA policies.

-> Magazines

Pdf versions of all the QWA magazines since 1996.

-> Articles

Contains a wide range of weightlifting articles.

Lifters

-> Best Lifters

Profiles of all QLD lifters that have achieved A grade or higher in the last 6 months.

-> Women's Lifting

For all things related to women's lifting in Queensland

-> National Squads

Profiles of Qld lifters in national squads

Stats

->Results Records and Rankings

This link contains a heap of weightlifting statistical data including Australian and Queensland Results, plus Queensland, Australian, Commonwealth and Oceania Records and Rankings. You can also find past Australian Results, Records and Rankings.

Other information found under this link:

- **Detailed Individual Lifter Statistics** shows a complete history of a lifter's career
- **Qld Rankings by Most Improved in Year** shows which lifters have improved most in the year.
- Male and female lifters can compare themselves using the **Qld Rankings by Percentage of World Record**
- Coaches can use **QWA Lifter Best Lifts and Last 3 Competition Results** to help them select lifter competition weights.

Multimedia -> Video

Contains videos of Qld lifters breaking Australian records

Links -> Related Site

Contains links to Nudgee, Cougars and St Laurence's club websites and other weightlifting websites in the world.

Technically Speaking

By Ian Moir

In previous issues, we have covered the conditions that determine the order in which competitors are called to make their attempts. In this edition, we look at the practical application of these rules and how the new '1kg increment rule' provides coaches with a greater ability to make the order of calling work to their advantage by making small adjustments to the weight selections for their lifters' attempts.



By the IWF Technical Rules, we know that the order of lifting is affected by four factors – the weight of the barbell; the number of the attempt; the competitor's lot number; and the progression from the competitor's previous attempt. It is this fourth factor, the PROGRESSION, that coaches should consider carefully when their lifters are engaged in close competition.

In the following examples, we can see how the order of lifting can change, according to the weights selected for the progressive attempts as the competition unfolds

Example 1: Snatch

| Lot | Name | B/Wt | 1 | 2 | 3 |
|-----|----------|-------|-----|-----|-----|
| 25 | Lifter A | 69.00 | 100 | 105 | 110 |
| 165 | Lifter B | 67.00 | 100 | 105 | 110 |

In Example 1, for all attempts the order would be A – B, because the weight; the attempt number; and the progression from the previous attempt, is the same for both lifters and so they lift in lot order.

Lifter B has the advantage of lighter bodyweight and only needs to equal Lifter A's result to lead this competition, while Lifter A will need to make at least 1kg more than B to be in front. Assuming that both lifters originally plan to take 105kg for their second attempts and 110kg for their third attempts, if they both stick to this plan, Lifter B will maintain the best strategic position throughout, by being able to follow all of Lifter A's attempts.

Example 2: Snatch

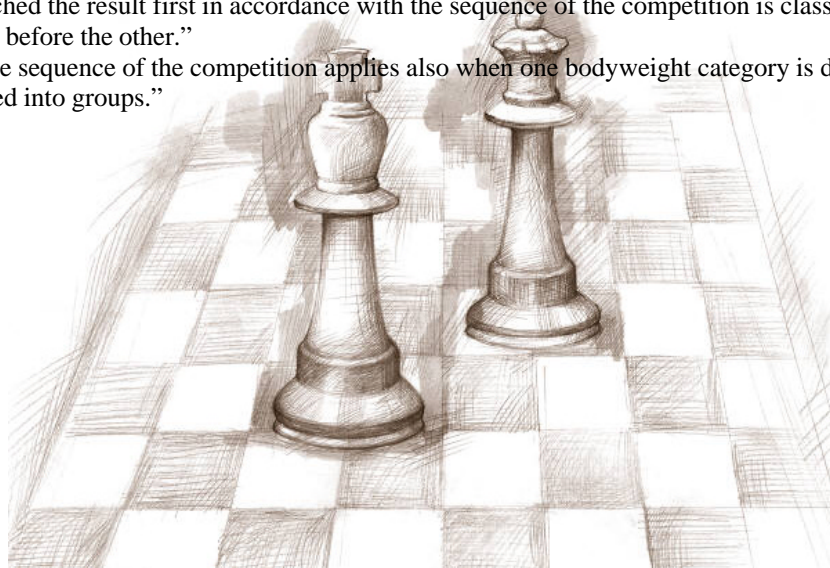
| Lot | Name | B/Wt | 1 | 2 | 3 |
|-----|----------|-------|-----|-----|-----------|
| 25 | Lifter A | 69.00 | 100 | 106 | 110 (111) |
| 165 | Lifter B | 67.00 | 100 | 105 | 110 |

In Example 2, Lifter A requests just 1kg more than originally planned on the second attempt and the order of lifting then changes from A – B to B – A, because B is attempting the lighter weight. More importantly, Lifter B will now have to nominate the third attempt before Lifter A does, giving A the ability to nominate the same weight, which B will have to lift first (greater progression; i.e. difference in kg between the second and third attempts). So if B nominates 110kg for the third attempt, Lifter A can do likewise and wait to see if B is successful. If B does succeed, Lifter A can change his/her call to 111kg, thus creating the opportunity to take the lead.

Of course these examples are contrived, but they do illustrate how, by being aware of the rules relating to the order of lifting, in some circumstances a coach may be able to employ a strategy that will force an opponent onto the platform first.

In addition to the possibilities explored above, coaches should also bear in mind IWF Technical Rule 5.8.6: “When two or more competitors obtain the same result at a competition where they registered at the same bodyweight, the competitor who reached the result first in accordance with the sequence of the competition is classified before the other.”

“The sequence of the competition applies also when one bodyweight category is divided into groups.”



INTRODUCTION TO ASADA:

The Australian Government has announced that it will establish a new Australian Sports Anti Doping Authority (ASADA) that will incorporate the current functions of the Australian Sports Drug Agency, and the addition of new functions for the investigation of doping allegations and presentation of cases at hearings.

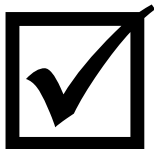
With the creation of ASADA, the Federal Government is delivering on its commitment to protect Australia's outstanding reputation by making our Tough on Drugs in Sport policy even tougher, whilst ensuring that all athletes are treated fairly under Australia's anti doping regime

ASADA will incorporate the existing drug testing, education and advocacy functions of ASDA and also include the current Australian Sports Drug Medical Advisory Committee.

ASADA will also acquire the ASC's policy development, approval and monitoring roles and will manage all allegations of Anti-Doping Rule Violations outlined in the World Anti-Doping Code. Where appropriate, it will also prepare and present cases to the Court of Arbitration for Sport and at other sports' tribunals.

Legislation establishing ASADA would be introduced to Parliament at the earliest opportunity, with the aim that the new agency should be operational early in the new year.

Under the new Australian anti doping framework:



Athletes will be responsible for:

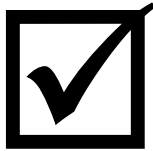
- being aware of, and complying with, their sport's anti doping policy;
- being available for drug testing;
- in the context of anti doping, the substances they ingest and use; and
- ensuring that any medical treatment received complies with their sport's anti doping policy.



Sports will be responsible for:

- adopting anti doping policies that are consistent with the World Anti Doping Code;
- accepting the jurisdiction of ASADA in relation to investigations of doping allegations and presentation of cases at hearings;
- accepting any findings resulting from ASADA investigations into alleged anti-doping offences; and
- applying appropriate sanctions to athletes and athlete support

personnel who breach their anti doping policies.



ASADA will:

- define how sports should frame their anti doping policies to ensure they are WADA Code compliant;
- monitor the compliance of sporting organisations with these policies, and report breaches to the ASC for action under individual sport's funding agreement with the ASC;
- undertake drug testing;
- develop overarching anti doping education programs to encompass athletes at all levels from community to elite professional athletes;
- investigate allegations of doping violations under the World Anti Doping Code, and present cases against alleged offenders at hearings; and
- receive and take action on relevant information from the Australian Customs Service and other law enforcement agencies in relation to possible doping violations.



The ASC will:

through its funding agreements with sporting organisations, require all sports to:

- adopt World Anti Doping Code compliant anti doping policies, within the template defined by ASADA, and
- accept the jurisdiction of ASADA in relation to investigations and presentation of cases at hearings. A sport will be able to present the case at a hearing and utilise its own hearing tribunal if ASADA is satisfied that the sport has a robust and transparent process for its own hearing of doping matters.
- in the event of a breach of a sport's anti doping obligations being determined by ASADA, determine the consequences of non compliance, taking into consideration ASADA's view of appropriate action; and
- complement ASADA's broader education curriculum by educating
 - Australian Institute of Sport athletes on their anti doping responsibilities.



The Court of Arbitration for Sport and other sporting tribunals will:

- continue to hear cases of doping violations and impose penalties. ASADA will now appear before these tribunals to present the case against alleged offenders.



QWA League & Masters League

Round 3

Toowoomba Weightlifting Association,

Toowoomba Qld

10th September 2005

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

| Division 1 | | | | | | | | |
|---------------------|------|---------|-------|--------|-------|-------|-------|--------|
| Name | Born | Club | B/wt | Snatch | C & J | Total | Bonus | Points |
| Deborah Lovely | 83 | Cougars | 77.10 | 95 | 122 | 217 | 10 | 81.148 |
| Amanda Phillips | 81 | Cougars | 73.90 | 88 | 112 | 200 | 15 | 80.574 |
| Ben Turner | 84 | Cougars | 69.00 | 128 | 171 | 299 | -6 | 77.754 |
| Troy Hewkins | 86 | Cougars | 76.40 | 120 | 146 | 266 | 1 | 71.557 |
| Melissa Nightingale | 81 | Cougars | 68.90 | 72 | 82 | 154 | -15 | 41.000 |



Above: Deborah Lovely, with her personal best clean & jerk of 122 Kg secures 2 Open QLD records in the 75+kg category

Photos by AwardPhotos.net



Above: Ben Turner, at a trim 69 kgs becomes a member of the prestigious 400 Sinclair point club with 128 Kg in the Snatch and 171 Kg Clean & Jerk. He also registered 5 state records and 1 Australian record

| Division 2 | | | | | | | | |
|-------------------|-------------|----------------|------------|---------------|------------------|--------------|--------------|---------------|
| Name | Born | Club | Bwt | Snatch | C & J | Total | Bonus | Points |
| Liana Lambert | 88 | Cougars | 62.20 | 62 | 74 | 136 | 21 | 76.061 |
| Luke Gardner | 88 | Cougars | 100.70 | 112 | 150 | 262 | 10 | 69.545 |
| Tom McCosker | 88 | Sunshine Coast | 63.70 | 82 | 110 | 192 | 15 | 68.782 |
| Peter Foster | 67 | Cougars | 113.10 | 118 | 135 | 253 | 15 | 68.602 |
| Greg Hobl | 60 | Toowoomba | 79.80 | 92 | 118 | 210 | 15 | 68.165 |
| Melinda Janke | 87 | Toowoomba | 53.40 | 43 | 65 | 108 | 10 | 55.000 |
| Mal Irwin | 53 | | 92.50 | 93 | 123 | 216 | -3 | 48.799 |
| Holly Collyer | 88 | Sunshine Coast | 68.60 | 62 | 87 | 149 | -6 | 48.182 |
| Diana Loy | 65 | Qld Uni | 58.00 | 61 | --- | --- | -5 | --- |

| Division 3 | | | | | | | | |
|-------------------|-------------|----------------|------------|---------------|------------------|--------------|--------------|---------------|
| Name | Born | Club | Bwt | Snatch | C & J | Total | Bonus | Points |
| Tanya Harden | 78 | Sunshine Coast | 62.80 | 64 | 77 | 141 | 15 | 72.085 |
| Christian Hopper | 85 | Nudgee | 83.60 | 93 | 120 | 213 | 15 | 68.924 |
| Ben Paris | 81 | Nudgee | 58.80 | 85 | 100 | 185 | 11 | 67.923 |
| Justin Flack | 89 | Nudgee | 64.30 | 78 | 100 | 178 | 15 | 64.860 |
| Darryl Hockins | 88 | Toowoomba | 56.00 | 70 | 82 | 152 | 15 | 64.836 |
| Trina Egelstaff | 88 | Cougars | 64.70 | 53 | 67 | 120 | 21 | 64.636 |
| Richard Magrath | 87 | Toowoomba | 64.50 | 75 | 100 | 175 | 10 | 59.020 |
| Casey Kahi | 90 | Cougars | 62.40 | 52 | 60 | 112 | 10 | 55.344 |
| Barry Harden | 59 | Sunshine Coast | 86.70 | 85 | 105 | 190 | -13 | 32.564 |
| Bob Henderson | 43 | Sunshine Coast | 76.40 | --- | 85 | --- | -10 | --- |
| James Hatzis | 88 | St Laurence's | 101.60 | 100 | 125 | 225 | 10 | Guest |

| Division 4 | | | | | | | | |
|-------------------|-------------|-------------|------------|---------------|------------------|--------------|--------------|---------------|
| Name | Born | Club | Bwt | Snatch | C & J | Total | Bonus | Points |
| Alison Noble | 79 | Nudgee | 77.10 | 55.0 | 84.0 | 139 | 21 | 66.574 |
| Samantha Mitchell | 90 | Cougars | 91.30 | 62.0 | 78.0 | 140 | 15 | 60.902 |
| Nathan Kahi | 92 | Cougars | 46.00 | 51.0 | 64.0 | 115 | 15 | 52.705 |
| Michael Dunne | 91 | Cougars | 72.90 | 50.0 | 65.0 | 115 | 21 | 51.504 |
| Jonathan Knowles | 90 | Toowoomba | 64.50 | 55.0 | 67.0 | 122 | 15 | 49.174 |
| Shayne Lambert | 87 | Cougars | 89.10 | 58.0 | 83.0 | 141 | 15 | 48.813 |
| Ben Grzes | 50 | Cougars | 139.90 | 64.0 | 93.0 | 157 | 15 | 48.263 |
| Stacy Ford | 91 | Cougars | 96.10 | 40.0 | 59.0 | 99 | 15 | 47.459 |
| Alex Cowen | 89 | Cougars | 72.10 | 63.0 | 73.0 | 136 | 10 | 46.074 |
| Angela Murray | 91 | Cougars | 46.70 | 30.0 | 35.0 | 65 | 15 | 45.952 |
| Jenni Sefton | 67 | Cougars | 66.50 | 38.0 | 52.0 | 90 | 11 | 43.727 |
| Tierney Molenaar | 91 | Windaroo | 62.40 | 37.0 | 50.0 | 87 | 6 | 41.223 |
| David Hockins | 91 | Toowoomba | 39.20 | 31.0 | 46.0 | 77 | 15 | 40.246 |
| Patrick Shannon | 40 | Nudgee | 109.30 | 45.0 | 61.0 | 106 | 15 | 37.458 |
| Vicky Brady | 43 | Nudgee | 46.00 | 23.0 | 31.0 | 54 | 11 | 36.714 |
| Julie Davis | 52 | Nudgee | 58.00 | 22.0 | 29.0 | 51 | 15 | 36.250 |
| Harry Grzes | 56 | Cougars | 122.20 | 60.0 | 80.0 | 140 | -5 | 24.661 |
| Chris Walsh | 66 | Toowoomba | 83.30 | 65.0 | 85.0 | 150 | -15 | 22.975 |
| Rube Howes | 22 | Cougars | 81.00 | 42.0 | 50.0 | 92 | -15 | 8.291 |

Referees: Debra Keelan (Cat I); Barry Harden (Cat II); Keith Forbes (National); Dallas Turnbull (State); Melissa Turnbull (State); Bowen Stuart (State); Deborah Lovely (State); Chris Walsh (Club); Brian Walsh (Club); Sue Edyvean (Club); Barry Hockins (Club).

Time Keepers: Chris Walsh; Dallas Turnbull; Barry Harden; Ian Moir; Kylie Booth.

M.C: Ian Moir; Michael Keelan.

Masters League

Scores are calculated as the percentage of the World Record Total relative to body-weight category, multiplied by the Malone Meltzer factor for age, plus 6 Bonus points for six successful attempts.

| Women | | | | | | | | |
|--------------|-------------|-------------|------------|-----------|------------------|--------------|--------------|--------------|
| Name | Born | Club | Bwt | Sn | C & J | Total | Bonus | Score |
| Vicky Brady | 43 | Nudgee | 46.00 | 23 | 31 | 54 | 0 | 40.140 |
| Jenni Sefton | 67 | Cougars | 66.50 | 38 | 52 | 90 | 0 | 36.425 |
| Julie Davis | 52 | Nudgee | 58.00 | 22 | 29 | 51 | 0 | 27.476 |
| Diana Loy | 65 | Qld Uni | 58.00 | 61 | --- | --- | 0 | --- |

| Men | | | | | | | | |
|-----------------|------|-----------|--------|-----|------|-------|-------|--------|
| Name | Born | Club | Bwt | Sn | C& J | Total | Bonus | Score |
| Rube Howes | 22 | Cougars | 81.00 | 42 | 50 | 92 | 0 | 73.740 |
| Mal Irwin | 53 | | 92.50 | 93 | 123 | 216 | 0 | 65.757 |
| Greg Hobl | 60 | Toowoomba | 79.80 | 92 | 118 | 210 | 0 | 63.532 |
| Peter Foster | 67 | Cougars | 113.10 | 118 | 135 | 253 | 0 | 59.596 |
| Barry Harden | 59 | S' Coast | 86.70 | 85 | 105 | 190 | 0 | 54.929 |
| Harry Grzes | 56 | Cougars | 122.20 | 60 | 80 | 140 | 6 | 49.967 |
| Ben Grzes | 50 | Cougars | 139.90 | 64 | 93 | 157 | 0 | 44.857 |
| Chris Walsh | 66 | Toowoomba | 83.30 | 65 | 85 | 150 | 0 | 42.722 |
| Patrick Shannon | 40 | Nudgee | 109.30 | 45 | 61 | 106 | 0 | 36.702 |
| Bob Henderson | 43 | S' Coast | 76.40 | --- | 85 | --- | 0 | --- |

Records

| Name | Cat | Lift | Weight | Age | Level |
|----------------|--------|---------|--------|---------------|----------|
| Vicky Brady | 48kg | Cl & Jk | 29 | 60 – 64 years | Qld, Aus |
| Vicky Brady | 48kg | Cl & Jk | 31 | 60 – 64 years | Qld, Aus |
| Vicky Brady | 48kg | Total | 52 | 60 – 64 years | Qld, Aus |
| Vicky Brady | 48kg | Total | 54 | 60 – 64 years | Qld, Aus |
| Julie Davis | 58kg | Snatch | 22 | 50 – 54 years | Qld, Aus |
| Julie Davis | 58kg | Cl & Jk | 29 | 50 – 54 years | Qld, Aus |
| Julie Davis | 58kg | Total | 51 | 50 – 54 years | Qld, Aus |
| Deborah Lovely | +75kg | Cl & Jk | 122 | Open | Qld |
| Deborah Lovely | +75kg | Total | 217 | Open | Qld |
| Ben Turner | 69kg | Snatch | 128 | Open | Qld |
| Ben Turner | 69kg | Cl & Jk | 166 | Open | Qld |
| Ben Turner | 69kg | Cl & Jk | 171 | Open | Qld, Aus |
| Ben Turner | 69kg | Total | 294 | Open | Qld |
| Ben Turner | 69kg | Total | 299 | Open | Qld |
| Luke Gardner | 105kg | Cl & Jk | 147 | U18 | Qld |
| Luke Gardner | 105kg | Cl & Jk | 147 | U20 | Qld |
| Luke Gardner | 105kg | Cl & Jk | 150 | U18 | Qld |
| Luke Gardner | 105kg | Cl & Jk | 150 | U20 | Qld |
| Luke Gardner | 105kg | Total | 262 | U18 | Qld |
| Luke Gardner | 105kg | Total | 262 | U20 | Qld |
| Peter Foster | +105kg | Snatch | 118 | 35 – 39 years | Qld |
| Ben Grzes | +105kg | Snatch | 64 | 55 – 59 years | Qld |
| Ben Grzes | +105kg | Cl & Jk | 93 | 55 – 59 years | Qld |
| Ben Grzes | +105kg | Total | 149 | 55 – 59 years | Qld |
| Ben Grzes | +105kg | Total | 157 | 55 – 59 years | Qld |

AUSTRALIAN WEIGHTLIFTERS ACHIEVING 400 SINCLAIR TOTALS By Michael Noonan

On the occasion of the recent achievement of a 400 Sinclair Total by Queensland lifter Ben Turner someone asked on the web forum of the Phoenix Weightlifting Club, Melbourne, how many Australian weightlifters have achieved such a score. My research suggests that the answer is 23 (plus two then non-citizen permanent residents). Below are the results of my research for your possible interest. I wish to thank Robert Kabbas, himself a prominent member of this list, for his assistance in compiling the summary.

If you haven't seen the forum, I recommend it. It can be accessed via the web site of the Club at the following address:

www.phoenixweightlifting.com

List compiled by Michael Noonan - mpnoonan@optusnet.com.au
14 September 2005

| Name | State | Total | Bodyweight | Date | Sinclair Total |
|------------------|-------|-------|------------|-------------------|----------------|
| Sergo Chakhoyan | Vic | 392.5 | 84.60 | 28 September 2003 | 466.7 |
| Stefan Botev | Vic | 450.0 | 123.96 | 30 July 1996 | 465.6 |
| Nicu Vlad | Vic | 422.5 | 107.72 | 26 November 1994 | 454.4 |
| Kiril Kunev | Vic | 372.5 | 82.80 | 8 August 1993 | 447.8 |
| Alex Karapetyan | Vic | 392.5 | 93.90 | 5 November 2001 | 444.6 |
| Ron Laycock | Tas | 337.5 | 75.00 | 18 July 1987 | 428.7 |
| Yurik Sarkisan | Vic | 300.0 | 63.80 | 14 May 2000 | 423.5 |
| Harvey Goodman | Vic | 365.0 | 89.90 | 16 May 1992 | 421.5 |
| Bill Stellios | Vic | 330.0 | 74.55 | 12 April 1986 | 420.7 |
| Marcus Stephen * | Vic | 280.0 | 58.90 | 31 July 1993 | 419.3 |
| Damian Brown | Vic | 332.5 | 76.00 | 25 October 1997 | 419.1 |
| Dean Lukin | SA | 412.5 | 138.55 | 8 August 1984 | 418.2 |
| Robert Kabbas | Vic | 342.5 | 81.90 | 4 August 1984 | 414.1 |
| Chris Rae | SA | 405.0 | 142.60 | 16 April 2004 | 409.0 |
| Paul Harrison | NSW | 320.0 | 74.70 | 22 August 1987 | 407.4 |
| Gino Fratangelo | Tas | 375.0 | 105.60 | 23 August 1987 | 406.0 |
| Gary Paresi | NSW | 350.0 | 89.10 | 8 March 1987 | 405.8 |
| Phillip Christou | Vic | 335.0 | 82.00 | 2 December 1989 | 404.8 |
| Blagoi Blagoev # | Vic | 350.0 | 89.75 | 17 November 1991 | 404.5 |
| Sevdalin Marinov | Vic | 270.0 | 58.95 | 31 July 1993 | 404.1 |
| Tony Pignone | NSW | 317.5 | 74.90 | 2 August 1984 | 403.6 |
| Nick Ciano | Vic | 347.5 | 88.90 | 11 May 1974 | 403.3 |
| Leo Isaac | NSW | 295.0 | 67.25 | 12 April 1986 | 401.5 |
| Mark Blair | Vic | 295.0 | 67.40 | 16 April 1988 | 400.9 |
| Ben Turner | Qld | 299.0 | 69.00 | 10 September 2005 | 400.1 |

NOTES:

* Stephen was not an Australian citizen, but started his lifting and lived in Australia as a permanent resident up until this date. # Blagoev was not at that time an Australian citizen, but was a permanent resident.

INTRODUCING Deborah Lovely— Programs and Services Officer

I am delighted to be introducing myself to you as the new Programs and Services Officer for QWA. Some of you might have been aware that Grant Jenkins was previously employed in this position, however with new commitments to various organisations; Grant was unable to continue in this role, so now I am very pleased to have this opportunity.

What does this position entail, you ask? Basically anything and everything involving the development and promotion of QWA's services, facilities and programs. The main objectives of my position are to facilitate the growth of our sport through avenues including but certainly not limited to;

- school visits and talent identification days,
- university sports involvement and education,
- Involvement in Sport and Recreation Queensland Initiatives
- QWA representation and participant support at Sports Power Coach Courses and other training programs (refereeing and other short courses provided by the QWA)
- Visiting clubs across Qld and assessing their needs,
- Liaising with club coaches to get ideas and requests,
- Developing a male squad program to encourage the Qld male participants

So far I've had the pleasure of accompanying the Women's & Girls Program Coordinator – Amanda Phillips to various schools in Toowoomba (with the help of Bowen Stuart), Brisbane and Redland Bay area, as well as a solo trip to the sunshine coast to contact approximately 300 students at Nambour State High school (with the much appreciated help of Tanva Harden – Sunshine Coast Weightlifting Club Coach, Tom McCoska and Holly Collyer).

A male squad structure has been developed and will soon be implemented which will involve training camps for selected male lifters and various other benefits. I've also had the pleasure of visiting St Laurence's Weightlifting club for a training session and a school based training session at Iona College. It is great to see coaches such as Miles Wydall, Damon Kelly, Peter Dadds and Ben Turner putting time and effort into these students and the QWA recognizes these important contributions. I am looking forward to visiting many more clubs and schools in the future with the hope of increasing the profile of our sport and encouraging more participation. Please feel free to get in contact with me at the QWA office if you have any questions or



Photo by AwardPhotos.net



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WE'RE ON THE WEB!!

www.qwa.org

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

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

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