



Weightlifting Queensland

June, 2005

*The Official Journal of
Queensland Weightlifting Association Inc.*

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National U16 & U18 Success for Queensland!



The Queensland Junior Team brought back many trophies and medals from the 2005 Australian Under 16 and Under 18 Championships, held in Melbourne from the 16th to the 17th of April, winning the both the U18 Men and Women's Team events and placing 2nd and 3rd in the Men's and Women's U16 Team tally, respectively. Congratulations, to John Waltz, Erika Yamasaki and Davina Hughes who took out 3 of the 4 best lifter accolades of the Championships, in their respective age categories. See page 11 for full results.

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HISTORIC EDITION.

Take a trip down memory lane to commemorate the introduction of the 1kg Rule.

The QWA is Supported by the Queensland Government through Sport & Recreation Qld:



Queensland Government
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QWA Mission Statement

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

Acknowledgement

The Queensland Weightlifting Association is extremely appreciative of the assistance provided by the following:

Queensland Government –Sport and Recreation Queensland
Major Sports Facilities Authority

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

June 11	QWA League Round 2 & Masters League Round 2	Nudgee
June 24 – 25	OWF Continental League (Qld v NT)	Email competition
June 23-26	Mermet Cup International	Louisiana,USA
July 9	Qld U20 & Open Championships	Toowoomba
July 7	World University Championships	Lille, FRANCE
July 22 - 31	World Masters Games / Championships	Edmonton, CANADA
July 23	Mount Isa Open Club Competition	Mt Isa
July 23	Nudgee Open Club Competition	Nudgee
July 29 – 30	OWF Continental League (Qld v Fiji)	Email competition
August 10	St Laurence's College Open Club Competition	St Laurence's College
August 13	Sunshine Coast Open Club Competition	Sunshine Coast
August 26	Toowoomba Open Club Competition	Toowoomba
August 26 – 27	OWF Continental League (Qld v New Caledonia)	Email competition
September 10	QWA League Round 3 & Masters League Round 3	Toowoomba
September 17	Mount Isa Open Club Competition	Mt Isa
September 30	Toowoomba Open Club Competition	Toowoomba
October 1 – 2	Commonwealth & Oceania Senior Championships	Melbourne, VIC
October 8	Cougars Open Club Competition	Chandler
October 8 – 9	Australian Masters Games / Championships	Adelaide, SA
October 15	Sunshine Coast Open Club Competition	Sunshine Coast
October 15	Qld All Schools Championships	Nudgee
October 28 – 30	National U20 & Open Championships	Brisbane, QLD
November 2	St Laurence's College Open Club Competition	St Laurence's College
November 12	QWA League & Masters League Final	Chandler
November 9-21	World Senior Championships	Santo Domingo, Dominican Republic
November 12	QWA League & Master League Final	Chandler
November 12	Mount Isa Open Club Competition	Mt Isa
November 18	Nudgee Open Club Competition	Nudgee

November 18	Toowoomba Open Club Competition	Toowoomba
December 3	Queensland 2000 Tournament	Brisbane (TBC)
December 10	Sunshine Coast Open Club Competition	Sunshine Coast
December 16	Nudgee Open Club Competition	Nudgee
December 17	Cougars Open Club Competition	Chandler
December 17	Commonwealth Games Nomination Trials	Melbourne, VIC

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

During the past few months, Queensland's lifters, coaches and officials have achieved much. The Queensland Team at the National U16 & U18 Championships, comprising twenty-eight lifters, four coaches and a manager, achieved excellent results to win 12 Gold, 9 Silver and 5 Bronze medals. Queensland won the Team Championships for U18 Men and U18 Women, and Queenslanders were awarded Best Lifter in the U18 Men's, U18 Women's and U16 Women's categories. And at these championships, Lawrie Townsend undertook and passed the examination for the IWF Category 2 Referee licence.

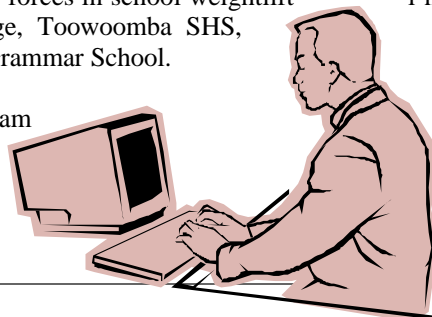
In May, four Queensland lifters were among the ten-member Australian Team which contested and won the Oceania Junior Championships in both the Men's and Women's categories. Joel Wilson, Troy Hewkins and Tammie Bower became Oceania Junior Champions and Davina Hughes won a silver medal. Miles Wydall was Head Coach of this winning team and Lawrie Townsend and I officiated at the championships, which were held in conjunction with the Arafura Games in Darwin.

At the same time, but further north, Erika Yamasaki placed 8th in the World Junior Championships at Busan, Korea; and Debbie Keelan officiated at this prestigious event.

Earlier this month, Round 2 of the QWA League & Masters League provided a full day of lifting for athletes of all levels of experience. From the field of 63 competitors in this competition came a total of 49 state and 19 national records, across a wide variety of age categories from U16 to Masters 65 – 69 years; and 48 lifters achieved new personal best results. All in all, a great day of weightlifting!

While all of this activity was taking place on various platforms, QWA staff have been busy conducting school coaching clinics. In this term, 300 students have been instructed and assessed within the general program, and twice-weekly weightlifting sessions have been established at Redeemer Lutheran College, supported by the voluntary efforts of Angela Wydall. With the continuing commitment of Angela and RLC staff member Mark Rasi, a new school team will take to the platform at the Qld All Schools Championships later this year to compete with the established forces in school weightlifting from Nudgee College, St Laurence's College, Toowoomba SHS, Windaroo Valley SHS and Anglican Church Grammar School.

On the organisational front, the QWA's Team Selection and "Guest Lifter" policies are under review. Opinions on these policies have been sought and received from coaches and



the QWA Management Committee will take these into consideration when determining what changes, if any, are needed to ensure that these policies remain relevant to the organisation's aims.

An important change to note in regard to the organisation of Queensland state championships is the implementation of a 'Verification of Entries' rule. Up until now, Queensland Championships have adhered to the 'second option' allowed by the AWF policy on the verification of entries. That is, changes to nominated bodyweight categories have been received up until 30 minutes before the start of the first weigh-in of the event. Commencing with the 2005 Queensland Open & Under 20 Championships, the verification of entries will now take place at a prescribed time on the day before the event and no changes will be permitted after this time has passed. This process is the subject of the *'Technically Speaking'* section in this edition of *Weightlifting Queensland* and adopting this practice will not only improve the management of championships, but also align the entry procedures of state championships with those that apply at national and international events.

Looking ahead, the next month will be a time when the QWA office increasingly focuses on the Brisbane 2005 National Open & Under 20 Championships. Preliminary plans have already been drafted and as these are fleshed out, members will be asked to commit their time and expertise to the various roles and tasks which must be fulfilled to ensure the success of this event. I know that I can count on QWA members to rise to the challenges ahead and deliver an event that we will all be proud of.

Until next time...

Ian Moir

From the Editor

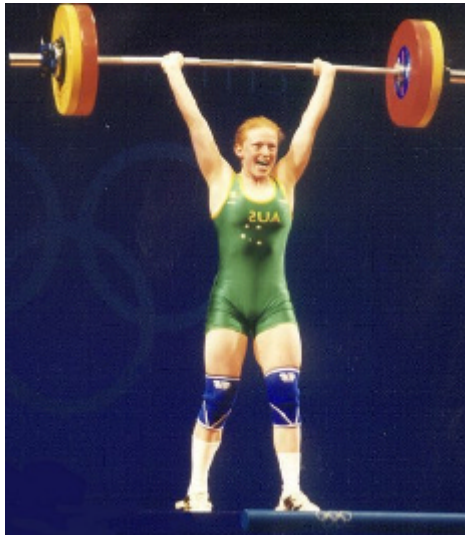
By Amanda Phillips

HI EVERYONE,

As an athlete I would have to say the most memorable part of this quarter is the introduction of the 1kg rule on May 1 this year. During the QWA's marathon League Round 2 (in which 64 athletes lifted— what a long day!) many records and personal bests were set and achieved and this can surely be attributed to the 1kg increments. As a spectator at the same event I found it just as exciting to watch my fellow Queenslanders break many records and achieve their bests.

With the introduction of this rule, I think it is fitting that many of the articles in this issue of "Weightlifting Queensland" take the reader down "memory lane" (for some of us least!) and remember some of the stories of "Weightlifting Past".

Also in this issue, check out the results from the many competitions that have taken place in this quarter (at international, domestic and state level). Please note that the Mermet Cup results, although held in June, will be published in the next edition of Weightlifting Queensland.



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Legends of International Weightlifting - Part 1

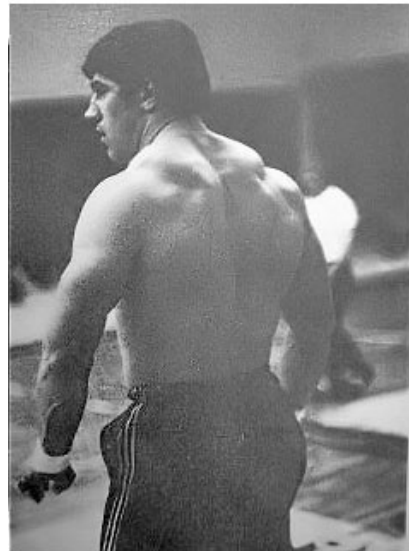
David Rigert

Compiled by Miles Wydall

David Rigert (b. 1947) was one of the leading athletes in a legendary Soviet team that dominated the world weightlifting in the 1970's. Rigert was famous for his impressive physical strength and nearly perfect technique in all types of lifts he had to compete in. Rigert's outstanding results and phenomenal performance made him a definite role model for many junior weightlifters of my generation.

Despite the fact that Rigert was literally unchallenged in the world class competition and was a clear favourite in his weight class at three Olympic contests, he won a gold medal only once in Montreal in 1976. In Munich in 1972, he set an Olympic record in the press of 187.5 kg but failed at all three of his attempts to snatch 160 kg (although he held the world record of 167.5 kg at that time). Rigert was so upset that he literally pulled his hair out and banged his head against the wall. He was finally restrained by his colleagues. In 1980, the Mexico City scenario repeated itself in Moscow. This time Rigert started to snatch at 170 kg and was eliminated because he failed at all three attempts.

After his retirement from weightlifting competitions, David Rigert launched a successful coaching career.

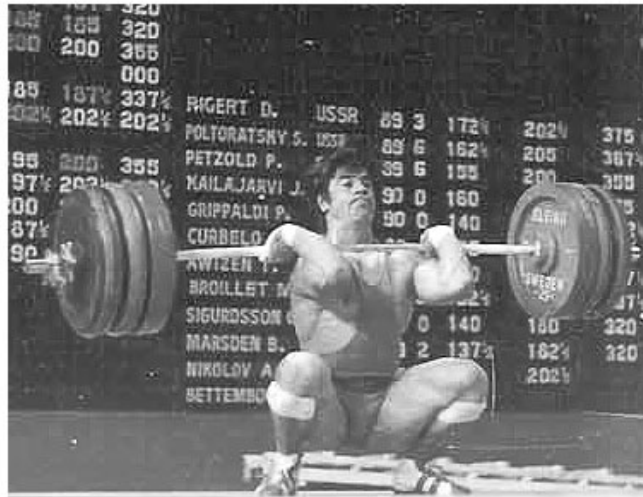


*“Rigert was literally
unchallenged in the
world class
competition...”*

CAREER HIGHLIGHTS

Olympic Medals & Results				
Year	Weight	Rank	Results (kg)	
1976	90kg	1	170+212.5 = 382.5	
World Championships – Medals and Results				
Year	Weight	Rank	Results (kg)	
1970	82.5kg	3	152.5+147.5+182.5= 482.5	
1971	90kg	1	177.5+162.5+202.5= 542.5	
1973	90kg	1	165+200= 365	
1974	90kg	1	172.5+215= 387.5	
1975	90kg	1	167.5+210= 377.5	
1976	90kg	1	170+212.5= 382.5	
1978	100kg	1	170+220= 390	
World Record Counter : 68 records				
Press	Snatch	Jerk	Total (2)	Total(3)
1	22	22	15	8

Source: Arthur R. Chidlovski—Lift Up Website



Anecdotes from people who witnessed him lifting — Robert Kabbas**1975 New Zealand Games, Christchurch.**

David Rigert had been invited to compete in NZ and he came out from the middle of the Russian Winter to compete in the middle of a hot Southern Hemisphere Summer. Rigert had not been training much and this, combined with the heat, saw his bodyweight drop to around 84.5kg from his usual 90kg. A day or so before the comp, Rigert decided to shed a couple more kilos and lift in the 82.5kg category. In typical Rigert fashion, he ignored the fact that he was light, out of condition and suffering from the heat and started snatching at 165kg - 1.5kg above the world record. In this comp, Rigert employed the "dive" method, where you line up your grip on the bar from a standing position and then dive into the starting position, grip and pull the bar all in the one motion. He succeeded with his first attempt, breaking the world record and becoming at the time the heaviest lifter to snatch double bodyweight. He took just one more snatch attempt - at 170kg - but missed. The clean and jerks were somewhat anti-climactic, as he started on 200kg to try to set a new total record but three times he couldn't rise out of his deep squat clean - but we got our money's worth!

1975 World Championships, Moscow

A full house turned out to watch David Rigert defend his world title on home soil. There was obviously something wrong with Rigert as he only took one attempt (from memory) on the snatch with 167.5kg. It wasn't easy but enough to win the snatch gold on bodyweight from Switzerland's Michel Broillet. Broillet, an ex-bodybuilder, wasn't a strong jerker so it seemed a safe bet that Rigert would go on to win the contest. Rigert had planned to also take just one attempt in the clean and jerk, enough to win the overall title. However, with compatriot Poltoratsky also lifting, the weight needed would be reasonably heavy. As it turned out, 210kg was the weight that would seal the championship - just 6kg under the world record. On his first attempt, Rigert pulled heavily and could not get out of the squat clean. He limped off the platform as the crowd fell silent. On his second attempt, Rigert couldn't get the weight to his chest as he fell backwards and was helped off the platform. While Petzold of East Germany tackled the same weight, Rigert backstage received some treatment for what seemed to be an injured ankle. Without enough time to take his lifting shoe off, he was quickly injected with a pain killer through his sock! No one knows whether there was enough time for the pain killer to work but Rigert came out and made one of the gutsiest lifts (if not THE gutsiest) I've ever seen at a world championships - hard at every stage, the pull, getting out of the squat and struggling to hold the jerk - before finally holding it for the down signal and a standing ovation from the crowd as his coach, 1964 Olympic Champion Rudi Plyukfelder, raised his arm in victory and he helped him off the stage.

This last one, I'm not sure about the comp or the date but it was around the late 70's when Rigert was lifting at 100kg. I had a subscription to the Sovietski Sport newspaper through which I used to follow weightlifting news. On this occasion, the issue I received had a report of the Friendship Cup or the USSR Cup and looking at the results, I noticed with disappointment that Rigert had bombed out in the snatch with a zero against his name. It wasn't until I laboured with my limited knowledge of Russian through the report that I realized that Rigert had started snatching at 190kg - 8 or 9 kilos above the world record! So even when he bombed, he was exciting.



AUSTRALIAN UNDER 16 & UNDER 18 WEIGHTLIFTING CHAMPIONSHIPS

16 - 17 APRIL 2005

Mermet Victorian Weightlifting Stadium, Hawthorn, Victoria

RESULTS—MEN

47kg Category

Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
KAHI Nathan	QLD	43.20	1992	40.0	52.5	92.5	182.22020	1	
EDGLEY Nick	QLD	45.95	1990	37.5	52.5	90.0	166.93800	2	
RAYMONT Aleks	SA	38.15	1989	35.0	45.0	80.0	179.42940	3	1
EDGE Justin	SA	40.35	1992	32.5	42.5	75.0	158.43140	4	2

51 kg Category

Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
POIGNAND Dom- nic	SA	50.10	1989	65.5	87.5	152.5	261.21530	1	1
LARWOOD Nick	SA	51.00	1989	47.5	60.0	107.5	181.26420	2	2
HIGGINS Joshua	NT	49.50	1992	40.0	52.5	92.5	160.15720	3	3
MCFARLAND Emilio	NSW	50.25	1991	37.5	52.5	90.0	153.75110	4	4
MCCONNELL Steve	VIC	50.45	1991	32.5	45.0	77.5	131.93190	5	5

56 kg Category

Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
BE Vanara	VIC	55.75	1988	75.0	97.5	172.5	269.81990		1
HOCKINS Darryl	QLD	54.80	1988	65.0	75.0	140.0	222.08100		2
TURNOR Bryan	WA	55.20	1989	57.5	80.0	137.5	216.81740	1	3
KAHI Brent	QLD	56.00	1990	55.0	77.5	132.5	206.50410	2	
PETERSON Mat- thew	VIC	53.80	1989	55.0	75.0	130.0	209.39490	3	4
COCKS Jeremy	SA	55.95	1989	47.5	60.0	107.5	167.66200	4	
PETRIE Chris	VIC	55.45	1989	40.0	55.0	95.0	149.24950	5	

62 kg Category

Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
MCCOSKER Tom	QLD	61.70	1988	80.0	100.0	180.0	260.31200		1
HOLOWAY Mark	VIC	61.50	1988	77.5	100.0	177.5	257.31180		2
WATKINS Dale	SA	58.95	1988	75.0	100.0	175.0	261.92040		3
INGLIS Patrick	SA	61.10	1989	75.0	90.0	165.0	240.35060	1	4
TURNER William	WA	61.35	1987	65.0	85.0	150.0	217.83970		5
KATZ Daniel	VIC	60.30	1990	65.0	82.5	147.5	216.98820	2	6
CHRISTIE Richard	QLD	61.85	1989	57.5	80.0	137.5	198.49470	3	
TRASS Cameron	QLD	61.55	1990	52.5	70.0	122.5	177.47490	4	

69 kg Category

Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
VERVAART DAVIS Troy	TAS	68.00	1988	97.5	122.5	220.0	297.21210		1
BRADY Josh	QLD	68.35	1988	92.5	120.0	212.5	286.10450		2
SALSONE Anthony	QLD	67.75	1987	90.0	115.0	205.0	277.62800		3
FLACK Justin	QLD	66.50	1989	67.5	92.5	160.0	219.42350	1	
DUNN Craig	SA	68.90	1989	62.5	80.0	142.5	190.84910	2	

77 kg Category

Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
TAYLOR Scott	TAS	75.00	1989	95.0	120.0	215.0	273.10210	1	1
VASILIADES William	NSW	76.45	1987	100.0	115.0	215.0	270.05580		2
HEINZ Corey	WA	75.10	1988	85.0	115.0	200.0	253.84800		3
PYKE Daniel	TAS	73.30	1989	92.5	105.0	197.5	254.35510	2	4
MCDONALD Adam	QLD	76.80	1989	87.5	107.5	195.0	244.28960	3	5
GREY Nick	QLD	75.45	1987	80.0	105.0	185.0	234.16600		6
MELICAN Chris	VIC	74.05	1989	60.0	75.0	135.0	172.79380	4	
COATES Scott	QLD	76.65	1989	52.5	72.5	125.0	156.77230	5	
OWEN-TAYLOR Lindsay	NSW	72.10	1989	52.5	70.0	122.5	159.37620	6	7
PETRIE Michael	VIC	76.00	1991	40.0	60.0	100.0	126.03890	7	

85kg Category									
Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
MERREY Chris	VIC	84.45	1988	102.5	150.0	252.5	300.49790		1
GALSWORTHY Robert	WA	84.80	1989	110.0	137.5	247.5	293.93390	1	2
WOODS Adam	NT	83.45	1988	102.5	132.5	235.0	281.37560		3
HADGI-SOTERIOU John	SA	83.95	1987	92.5	127.5	220.0	262.61070		4
FRANCAZIO Simon	VIC	84.10	1990	55.0	67.5	122.5	146.09350	2	

94kg Category									
Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
WALZ John	QLD	87.25	1987	112.5	150.0	262.5	307.40870		1
STYLIANIDIS Steve	NSW	85.55	1987	100.0	115.0	215.0	254.21620		2
BARRON Luke	TAS	93.45	1988	92.5	117.5	210.0	238.34000		3
JOHNSON Ashley	QLD	90.20	1987	87.5	115.0	202.5	233.47060		4
SMITH James	SA	89.55	1989	85.0	110.0	195.0	225.57260	1	5
MANSOUR Marc	VIC	92.55	1987	85.0	107.5	192.5	219.39960		6
LILLY Lewy	NSW	89.20	1988	70.0	105.0	175.0	202.80510		7
HODGE Sam	SA	88.05	1989	60.0	80.0	140.0	163.23710	2	
HOYE Jack	NSW	90.30	1988	55.0	65.0	120.0	138.28290	3	

105kg Category									
Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
GARDNER Luke	QLD	98.30	1988	105.0	145.0	250.0	277.87510		1
HATZIS James	QLD	102.75	1988	95.0	122.5	217.5	237.74090		2
STEFFANS Jordan	SA	96.55	1989	90.0	110.0	200.0	223.90580	1	
MCILLWAIN Joe	QLD	97.70	1991	62.5	82.5	145.0	161.55910	2	
KOK Adam	VIC	99.40	1990	47.5	65.0	112.5	124.50230	3	

+105kg Category									
Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
FALCONE Matthew	VIC	147.75	1987	120.0	155.0	275.0	276.68550		1
SU Venna	SA	123.55	1987	80.0	100.0	180.0	186.37630		2
DALSANTO Tom	SA	106.25	1988	77.5	97.5	175.0	189.06100		3
FOX Michael	VIC	154.50	1988	67.5	82.5	150.0	150.39210		4

RESULTS—WOMEN**48 kg Women**

Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
JANKE Melinda	QLD	47.30	1987	45.0	67.5	112.5	165.86900		1
STAFFORD Meg	VIC	47.55	1991	30.0	42.5	72.5	106.36550	1	2
IVES Ashley	VIC	47.15	1989	27.5	42.5	70.0	103.51730	2	3
MURRAY Angela	QLD	44.90	1991	25.0	32.5	57.5	89.17850	3	4
CASTREE Sarah	SA	45.45	1990	22.5	32.5	55.0	84.27430	4	5
HEDDLE Bonnie	SA	48.00	1991	22.5	32.5	55.0	79.98680	5	6

53kg Category

Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
YAMASAKI Erika	QLD	51.75	1987	72.5	90.0	162.5	221.14800		1
LOVELOCK Alecia	WA	52.45	1990	45.0	65.0	110.0	148.03670	1	2
DEBONT Dana	VIC	52.95	1989	35.0	50.0	85.0	113.50700	2	3
WATKINS Lauren	SA	50.70	1990	37.5	45.0	82.5	114.25110	3	4
BE Socheata	VIC	52.60	1989	27.5	45.0	72.5	97.34080	4	5
KLICKE Malissa	SA	50.15	1990	25.0	37.5	62.5	87.37820	5	6

58kg Category

Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
TSOUKALIS Maria	NT	57.95	1987	72.5	87.5	160.0	199.47080		1
HUGHES Davina	QLD	55.10	1989	60.0	82.5	142.5	184.39790	1	2
WRAGG Alexandra	VIC	56.50	1989	47.5	52.5	100.0	126.97920	2	3

63kg Category

Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
HAMPTON Tamara	QLD	61.60	1987	70.0	87.5	157.5	188.42200		1
BROOKE Rebecca	NT	62.85	1987	70.0	82.5	152.5	180.15060		2
LAMBERT Liana	QLD	61.35	1988	60.0	70.0	130.0	155.92980		3
WHITE Juanita	NSW	60.80	1987	57.5	70.0	127.5	153.82890		4
CORRIE Thomasa	TAS	59.70	1991	37.5	55.0	92.5	112.96580	1	5
MCCONNELL Kate	VIC	60.95	1990	32.5	47.5	80.0	96.36480	2	
THOMAS Adele	SA	62.90	1990	35.0	42.5	77.5	91.50710	3	6
ARNOLD Tegan	SA	59.85	1990	25.0	35.0	60.0	73.15120	4	7

69kg Category

Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
COLLYER Holly	QLD	66.20	1988	52.5	67.5	120.0	137.49810		1
KAHI Casey	QLD	63.25	1990	45.0	57.5	102.5	120.61440	1	2
WRAGG Meghan	VIC	67.85	1987	42.5	55.0	97.5	110.23150		3
SCRIVENER Rhian-non	WA	67.25	1989	40.0	50.0	90.0	102.23670	2	4
HILL Alana	SA	65.25	1991	27.5	35.0	62.5	72.20200	3	5

75kg Category

Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
PARKER Natasha	TAS	74.60	1989	72.5	90.0	162.5	175.61800	1	1
SCHOPP Katrina	SA	74.30	1990	27.5	35.0	62.5	67.66080	2	2

+75kg Category

Name	State	B/Wt	Born	Snatch	C & J	Total	Sinclair	U16	U18
LINFORD Kate	VIC	91.10	1987	62.5	77.5	140.0	142.29670		1
MITCHELL Samantha	QLD	92.20	1990	50.0	65.0	115.0	116.62590	1	2
SUKUNDA Aleksandra	VIC	86.95	1987	47.5	60.0	107.5	110.38760		3
MERREY Jacky	VIC	83.40	1990	35.0	45.0	80.0	83.07880	2	
PRINGLE Caddie	SA	91.20	1989	32.5	40.0	72.5	73.67380	3	4
HAY Jordan	QLD	81.00	1991	27.5	35.0	62.5	65.49640	4	

BEST MALE LIFTER – UNDER 18 - John Walz (QLD) 307.409 Sinclair points

BEST MALE LIFTER – UNDER 16 - Robert Galsworthy (WA) 293.934 Sinclair points

BEST FEMALE LIFTER – UNDER 18 - Erika Yamasaki (QLD) 221.148 Sinclair points

BEST FEMALE LIFTER – UNDER 16 - Davina Hughes (QLD) 184.398 Sinclair points

TEAM CLASSIFICATION - MALE

Under 18	1 st	Queensland	65 points
	2 nd	Victoria	49 points
	3 rd	South Australia	43 points
	4 th	Tasmania	29 points
	5 th	Western Australia	22 points
	6 th	New South Wales	19 points
	7 th	Northern Territory	8 points
Under 16	1 st	South Australia	57 points
	2 nd	Queensland	44 points
	3 rd	Victoria	34 points
	4 th	Tasmania	16 points
	5 th	Western Australia	16 points
	6 th	New South Wales	9 points

TEAM CLASSIFICATION - FEMALE

Under 18	1 st	Queensland	68 points
	2 nd	Victoria	50 points
	3 rd	South Australia	36 points
	4 th	Northern Territory	16 points
	5 th	Tasmania	13 points
	6 th	Western Australia	12 points
	7 th	New South Wales	5 points
Under 16	1 st	Victoria	49 points
	2 nd	South Australia	49 points
	3 rd	Queensland	38 points
	4 th	Tasmania	18 points
	5 th	Western Australia	16 points

1Kg Rule and Records

As you all know the 1kg increment came into effect as of the 1 May 2005. Records can now only be broken if they exceed the previous weight by 1kg.

Previous records have also be changed to reflect the new rule, and they have been rounded down to the nearest 1kg (for example 97.5 becomes 97kg).

2005 JUNIOR WORLD WEIGHTLIFTING CHAMPIONSHIPS BUSAN, KOREA

By Debra Keelan

It was with some trepidation that I set off on my 10-hour flight from Brisbane to Seoul, and then a further one hour's flight to Busan. There were only going to be a couple of people that I knew for sure would be at the championships. Sam Coffa 1st Vice President of the International Weightlifting Federation & AWF President (a very busy and important person), and of course, the small Australian team. Quite a challenge for shy old me to be meeting so many new people, but that's what these things are good for - putting you out of your comfort zone - one day I may just learn and be comfortable with the art of small talk!!

Busan by night was like landing in a fairy grotto - the Koreans seem to love all colours of lights (including lots of pink), and plenty of them. After a slow accreditation process late at night, thankfully in the company of some familiar faces I stumbled across at the airport, Stella and Richard Herrick from the USA - part of the anti-doping contingent; we were taken to our accommodation at the Paradise Hotel located beachfront on Hyundai Beach.

After a day of settling in, it was time for the Congress meeting. Dr Tamas Ajan IWF President addressed the assembled delegates from countries from all over the world emphasising that for Weightlifting to maintain its position as an Olympic sport we must all take up a strong anti-doping stand; commit to timely communication with the IWF; increase positive media exposure; and increase our contact with our own Olympic Committees. A roll-call of referee groupings, technical controller and competition secretary appointments, had me being named as a competition secretary. Thankfully by the time the technical meeting came around the next night I had made it into Group 3 of the referees.

The Congress meeting proved to be day one of a gift giving routine by the Organising Committee - JWC (Junior World Championships) Wall clock, jewellery box, framed set of medals, Championship watch, clothing - I had to buy a new bag just to bring



back the spoils. Each time you turned up for a meeting – you left with a present.

Bexco Convention Centre was the venue for the competition, a 5 –10 minute drive from the accommodation (Paradise Hotel for the officials and the Glory Hotel for the athletes) and training hall – the transport arrangements were fantastic and reliable (once we came to terms with buses leaving early). Lots of groups of school children attended on school days. Korean pancakes – “free” sweet treats were available for everyone at the championships (lifters, officials and spectators) it must have been a sponsorship/ marketing activity – can’t imagine we will ever see “free” food given away at our comps.

Erika Yamasaki lifted in the 53kg class and finished with a very creditable 8th place in the total. Jenna Myers of Tasmania unfortunately had to withdraw after the snatch with muscle spasms in her back. Sevdalin Marinov ably managed and coached the girls, and got them back home again safely.

In all I refereed 4 times and one session as reserve referee (had to miss my last scheduled group to catch my plane home) – once as centre, and thankfully didn’t have any decisions overturned. The experience gave me added confidence in my ability as a referee, and also a very strong feeling of how lucky I had been, being able to officiate at such a prestigious event.

The lifting was just mind blowing – the weights those juniors can lift??!! I confess to being somewhat naïve in my expectations – thought everyone would have great technique, but I saw lots of things that I wouldn’t see at our Nationals – lifters jumping forward, or swinging the bar over the back in the snatch, dodgy elbows and quite a few bombers.

The 1kg rule was really well tested at this event, but thanks to an invention by Uesaka of single locking collars that allow the new .5kg (white), 1kg (green), 1.5kg (yellow) and 2kg (blue) weights to attach to the outside of the collar actually seemed to speed up the competition as there was no need to remove the collars for the 1kg increases. We had no loading errors with the small weights being very visible to the referees; and of course fantastic loaders male and female!! The only stumbling block in obtaining these collars seems to be the \$800US price tag for a set.

Busan was beautiful, the organisers generously organised a bus outing (although it was a little worrying when they issued us with small printed cards to use if we became lost – we were told that we could give them to any Korean and they would know what to do !???) that included an authentic Korean lunch – there I was with Erika and Jenna sitting on the floor trying to get up the courage to try foods that we had no idea what they were – Erika proved the most adventurous and led the way. After lunch it was time to

go shopping in the market – while we chose our souvenirs the owner proudly showed us a photo of himself..... at SeaWorld on theGold Coast!! The world seems so small at moments like those.

In all a memorable trip.
Deb Keelan International Category 1 referee.

53kg

Place	Name	Born	Nation	Group	B/W	Sn	C&J	Total
1	LI Ping	15.09.1988	CHN	A	52.55	90	117	207
2	MIYAKE Hiromi	18.11.1985	JPN	A	48.75	81	105	186
3	SUDA Chaleephay	06.06.1987	THA	A	51.70	82	104	186
4	KASAJ Fetie	28.10.1985	ALB	A	52.40	78	107	185
5	CHO Yoon-Mi	20.03.1985	KOR	A	52.85	76	93	169
6	ROWINSKA Malwina	06.11.1986	POL	A	52.90	75	90	165
7	KARADEMIR Emine	01.03.1985	TUR	A	51.80	72	90	162
8	YAMASAKI Erika	02.09.1987	AUS	B	53.00	71	90	161
9	HETZYG Malwina	23.07.1988	POL	A	52.20	72	86	158
10	KASHKULINA Lazzat	23.01.1988	KAZ	B	51.30	70	87	157
11	DE LA PUENTE Maria	11.03.1989	ESP	B	51.80	73	84	157
12	GILSDORF Emma	26.07.1986	USA	B	52.80	69	82	151
13	GUICHO Quisia	12.09.1987	MEX	B	53.00	67	82	149
14	PAPADOPOULOU Ageliki	30.06.1987	GRE	B	52.85	65	77	142
	DWI PRAMITA Okta	15.10.1986	INA	A	52.70	82	---	---
	ORENDAIN Alejandra	06.10.1987	MEX	B	52.75	65	---	---
	DAVIS Amber	17.06.1986	USA	B	52.90	70	---	---

Technically Speaking

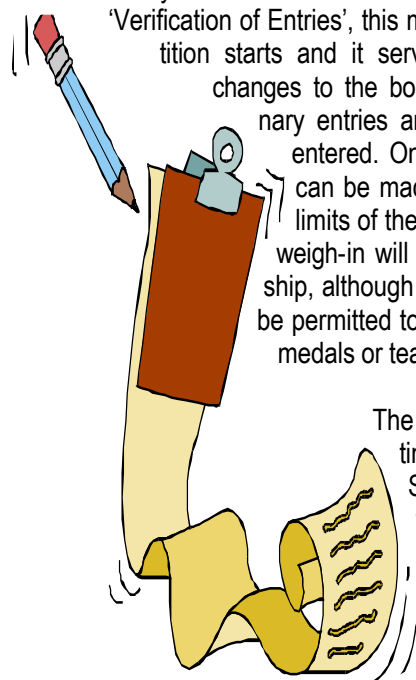
By Ian Moir

In previous editions, we've dealt mostly with rules and regulations that apply during the competition. This time, we'll look at an aspect of the pre-competition management – the Verification of Entries.

Prior to championship events, entries are submitted for each competitor indicating their nominated bodyweight category and these are published as the Preliminary Entries. After the preliminary entries are published and before the commencement of the championship, lifters may change this nomination to a different bodyweight category, provided that they meet the specific qualification requirements of the event and provided that notice of this change is given at the appropriate time.

Before the commencement of national and international events, a meeting is convened to verify the entries. Sometimes referred to as a 'Technical Meeting', or the

'Verification of Entries', this meeting is often held the day before the competition starts and it serves to provide the final opportunity to make changes to the bodyweight categories nominated in the preliminary entries and to substitute reserves for lifters previously entered. Once this meeting is closed, no further changes can be made and any lifters who do not weigh within the limits of their nominated bodyweight category at the official weigh-in will not be permitted to compete in the championship, although at state and national championships, they may be permitted to participate, but not compete for championship medals or team points.



The process is a simple one. At the designated time, team officials meet with the Competition Secretary to verify their team's entries. They do this by submitting a list of the competitors in their team showing the bodyweight category in which each lifter will compete. If no representative of a team attends the meeting, then that

team's preliminary entries are confirmed as their final entries. Once the meeting is closed, the Competition Secretary revises the preliminary entries to include any changes and publishes the final entry list.

In this way, team officials can move lifters into categories that may result in a higher placing, or accommodate changes to a lifter's bodyweight.

The QWA will initiate a similar process for all state championships. The verification of entries for the 2005 Queensland Open & Under 20 Championships will take place at the QWA Office, The Sleeman Centre, Chandler, at 1:00pm on Friday 8th July. Changes to the preliminary entries can be submitted in person, by email, by fax, or by telephone up until this time. The final entry list will then be published and no changes to lifters' bodyweight categories can be made after this.

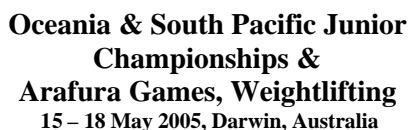
So, what needs to be done in the days leading up to the 2005 Qld Championships to ensure that lifters are entered in their desired categories?

Lifters:-

- Check your bodyweight on the Thursday night or Friday morning and inform your coach.

Coaches:-

- Check the preliminary entries and confirm with your lifters the category in which they will compete.
 - Note the minimum entry standard (C Grade for Open; D Grade for Under 20) for lifters intending to change categories.
 - Contact me before 1:00pm on Friday 8th July to make any changes.
 - Check your email or the QWA web site (News page) on the evening of Friday 8th to obtain the final entry list.
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[illegible][illegible]

85kg Men	YOB	NAT	Bwt	Snatch	C&J	Total	Ara SR	Ara Jr	OCE	SP
Max Dalsanto	1985	AUS	84.08	130.0	160.0	290.0	1	1	1	
Maposua Uati	1976	SAM	84.70	123.0	151.0	274.0	2			
Lee Saxton	1986	AUS	84.54	115.0	140.0	255.0	3	2	2	
Adam Woods	1988	NT	83.18	107.0	135.0	242.0		3		

94kg Men										
Jeremiah Rutherford	1982	NRU	93.46	140.0	180.0	320.0	1			
Sarawut Nartcharoen	1987	THA	88.44	110.0	148.0	258.0	2	1		
Benny Bong	1987	MAS	88.34	112.0	145.0	257.0	3	2		
S. Turaganivalu	1985	FIJ	91.46	115.0	137.0	252.0		3	1	1

Referees: Lawrie Townsend (AUS), Pedro Sanchez (AUS), Garry Marshall (NZL)

105kg Men	YOB	NAT	Bwt	Snatch	C&J	Total	Senior	Junior	OCE	SP
Sam N Pera	1969	COK	104.90	128.0	160.0	288.0	1			
Sam R Jnr Pera	1986	COK	96.35	115.0	150.0	265.0	2	1	1	1
+105kg Men	YOB	NAT	Bwt	Snatch	C&J	Total	Senior	Junior	OCE	SP
Itte Detenamo	1986	NRU	145.96	157.0	201.0	358.0	1	1	1	1

Referees: Ian Moir (AUS), Garry Marshall (NZL), Pedro Sanchez (AUS)

RESULTS– WOMEN

48kg Women	YOB	NAT	Bwt	Snatch	C&J	Total	Ara Sr	Ara Jr	OCE	SP
Suzanne Hiram	1987	NRU	47.80	57.0	72.0	129.0	1	1	1	1
53kg Women	YOB	NAT	Bwt	Snatch	C&J	Total	Ara Sr	Ara Jr	OCE	SP
Dika Toua	1984	PNG	51.40	70.0	95.0	165.0	1			
Chueh-Yu Kuo	1986	TPE	52.50	70.0	93.0	163.0	2	1		
58kg Women	YOB	NAT	Bwt	Snatch	C&J	Total	Ara Sr	Ara Jr	OCE	SP
Maria Tsoukalis	1987	AUS	57.72	68.0	85.0	153.0	1	1	1	
Davina Hughes	1989	AUS	54.74	60.0	80.0	140.0	2	2	2	

Referees: Tony Villanti (AUS), Lawrie Townsend (AUS), Bob Hemery (AUS)

63kg Women	YOB	NAT	Bwt	Snatch	C&J	Total	Ara Sr	Ara Jr	OCE	SP
Tammie Hampton	1987	AUS	62.06	71.0	88.0	159.0	1	1	1	
Rebecca Brooke	1987	AUS	62.96	70.0	75.0	145.0	2	2	2	
Resena Joe	1985	PNG	59.92	52.0	56.0	108.0	3	3	3	1
69kg Women	YOB	NAT	Bwt	Snatch	C&J	Total	Ara Sr	Ara Jr	OCE	SP
Belinda Van Tienen	1986	AUS	68.90	79.0	99.0	178.0	1	1	1	
Guba Hale	1986	PNG	66.68	60.0	65.0	125.0	2	2	2	1
Edlynne Miso	1986	PNG	65.40	55.0	65.0	120.0	3	3	3	2
Referees: Bob Hemery (AUS), Ian Moir (AUS), Tony Villanti (AUS)										

75kg Women	YOB	NAT	Bwt	Snatch	C&J	Total	Ara Sr	Ara Jr	OCE	SP
Sheba Deireragea	1986	NRU	74.58	90.0	110.0	200.0	1	1	1	1
Bede Vada	1987	PNG	69.54	0.0	67.0	0.0				
+75kg Women	YOB	NAT	Bwt	Snatch	C&J	Total	Ara Sr	Ara Jr	OCE	SP
Sheeva Peo-Cook	1976	NRU	101.24	90.0	117.0	207.0	1			
Keisha-Dean Soffe	1982	NZL	132.98	91.0	116.0	207.0	2			
Ivy Shaw	1976	FIJ	85.80	90.0	115.0	205.0	3			
Sioe Haioti	1985	NIU	97.60	75.0	110.0	185.0		1	1	1
Narita Viliamu	1989	NIU	128.46	70.0	102.0	172.0		2	2	2
Referees: Tony Villanti (AUS), Bob Hemery (AUS), Lawrie Townsend (AUS)										

BEST LIFTER – MEN ?OCEANIA & SOUTH JUNIOR CHAMPIONSHIPS

Name	YOB	NAT	B/WT	Total	Sinclair
Itte Detenamo	1986	NRU	145.96	358.0	360.630
Joel Wilson	1986	AUS	68.10	260.0	350.908
Max Dalsanto	1985	AUS	84.08	290.0	345.896

BEST LIFTER – WOMEN ?OCEANIA & SOUTH JUNIOR CHAMPIONSHIPS

Name	YOB	NAT	B/WT	Total	Sinclair
Sheba Deireragea	1986	NRU	74.58	200.0	216.170
Belinda Van Tienen	1986	AUS	68.90	178.0	199.640
Maria Tsoukalis	1987	AUS	57.72	153.0	191.285

TEAM CLASSIFICATION – MEN ?OCEANIA JUNIOR CHAMPIONSHIPS

1 st Place	Australia	134
2 nd Place	Nauru	58
3 rd Place	Cook Islands	28
3 rd Place	Fiji	28

TEAM CLASSIFICATION – WOMEN ?OCEANIA JUNIOR CHAMPIONSHIPS

1 st Place	Australia	134
2 nd Place	Papua New Guinea	71
3 rd Place	Nauru	56

THE 2005 JUNIOR OCEANIA AUSTRALIAN TEAM

From Left to Right (back row) : Miles Wydall (Coach) QLD, Max Dalsanto (SA), Javan Waller (Coach) (WA), Lee Saxton (WA), Troy Hewkins (QLD).

From Left to Right (front row) : Rebecca Brooke (NT), Belinda Van Tienen (VIC), Mark Woodford (VIC), Maria Tsoukalis (NT), Tammie Hampton (QLD), Joel Wilson (QLD), Davina Hughes (QLD).

Competitive Weightlifting for Children: The Issue of Safety

Kyle Pierce, EdD and Ronald Byrd, PhD

USA Weightlifting Development Center in Shreveport, Louisiana

The American Academy of Pediatrics (1983) produced a position statement that has had serious negative impact for almost two decades. The paper concluded that weightlifting has a high injury rate and should be avoided by preadolescents. Sewall and Micheli (1986) concur with the American Academy of Pediatrics, recommending that any resistive training for preadolescents should be controlled and slow and that weightlifting competition should not take place until after skeletal maturity is achieved. In contrast, Micheli (1988) admitted later that there is little scientific evidence regarding injury potential of preadolescents in resistive training and that "... potential for growth plate injury may actually be less in the prepubescent than in the pubescent, however, because the growth plate is actually much stronger and more resistant to sheer stress in younger children than in adolescents." A second position paper by the American Academy of Pediatrics (1990) recommended, "Unless good data become available that demonstrate safety, children and adolescents should avoid the practice of weight lifting, power lifting, and body building..." (p. 802).

A position paper by the American College of Sports Medicine was in support of weight training, but not with maximal weights (Faigenbaum & Micheli, 1998). This by implication would constitute a position against traditional competitive weightlifting for children.

An exhaustive literature review and position paper by the National Strength and Conditioning Association (Faigenbaum Kraemer, Cahill et al., 1996) supported children's resistive training if programs are appropriate and supervised by trained professionals. However, they fail to specifically address weightlifting, but do recommend against "interindividual competition, effectively precluding involvement in the sport.

The lack of data is the issue; the alarmist negative response by well-meaning physicians and scientists has done an immeasurable disservice to the sport of weightlifting. In a recent paper presenting information regarding injuries to children resulting from weightlifting, Pierce, Byrd, and Stone (1999) reported no days of training lost from injuries incurred in weightlifting over a period of a year's competition and training by 70 children ranging in age from 7 to 16 years. It was concluded that weightlifting is safer than is generally believed if training and competition are appropriate for this age group and are well supervised. Faigenbaum, Wescott, Micheli, Outerbridge, Long,

LaRosa-Loud, and Zaichkowsky (1996) found in a study of 7-12-year-old boys and girls, Tanner Stages 1 and 2, large and significant increases in strength from resistive training, with no injuries. Hamill (1994) reported that weightlifting had a lower rate of injury than resistive training and both activities are safer than most other sports. Rielly (2002) studied 20 young weightlifters (mean age 14.6, SD=1.9) who competed in the U.S. National Junior Weightlifting Championships, following them through the final eight weeks of preparation through completion of competition. Attesting to the quality of these athletes, four won gold in the Age 16 and Under Division and seven qualified for the National Junior Squad. Though this represents the maximum in terms of intensity, nearly 90% of the injuries were minor, resulting in a return to training within a day of the injury. No injuries occurred during the competition, none involved epiphyseal growth plates, and only one involved medical evaluation. In the case of this exception, the athlete recovered to compete at the 2001 Junior Nationals, winning the bronze medal. It is clear that the potential for injury is an issue that requires ongoing scientific study. However, anecdotal reports and conjecture regarding injury continue to limit early participation and possibly eventual potential for success.

In conclusion, competitive weightlifting can be appropriate for children given supervision in training and competition by well-qualified professionals. For those with remaining doubts, a conservative approach could include scoring for technique rather than only total weight lifted or totaling multiple lifts rather than just the best of the two lifts. As with other sports, motivation would be minimal without some form of competition.



QWA League & Masters League, Round 2
Cougars Weightlifting Club, Chandler Qld
11th June 2005

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

Division 1								
Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Damon Kelly	83	Cougars	134.55	162.0	213.0	375.0	21	100.365
Ben Turner	84	Cougars	73.65	134.0	175.0	309.0	15	96.854
Troy Hewkins	86	Cougars	76.75	120.0	150.0	270.0	15	86.523
Amanda Phillips	81	Cougars	77.85	86.0	107.0	193.0	16	79.279
Deborah Lovely	83	Cougars	79.60	96.0	116.0	212.0	6	75.508
David De Rose	82	Nudgee	67.40	114.0	140.0	254.0	-13	58.049
Erika Yamasaki	87	Cougars	52.95	73.0	94.0	167.0	N/A	Guest

Division 2								
Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Joel Wilson	86	Cougars	70.75	122.0	150.0	272.0	15	87.053
Tammie Hampton	87	Cougars	62.90	73.0	89.0	162.0	21	86.455
Anthony Salsone	87	Cougars	70.95	95.0	130.0	225.0	15	74.603
Luke Gardner	88	Cougars	99.20	113.0	145.0	258.0	15	73.636
Davina Hughes	89	Toowoomba	53.00	57.0	83.0	140.0	11	73.222
Holly Collyer	88	Sunshine Coast	69.45	68.0	88.0	156.0	15	72.248
Diana Loy	65	Qld Uni	58.00	60.0	75.0	135.0	15	71.250
Bowen Stuart	86	Toowoomba	77.00	97.0	112.0	209.0	15	70.364
Mal Irwin	53		93.00	98.0	128.0	226.0	15	69.132
Liana Lambert	88	Cougars	61.70	61.0	72.0	133.0	15	68.737
Tom McCosker	88	Sunshine Coast	64.05	85.0	105.0	190.0	15	68.147
Peter Foster	67	Cougars	112.95	117.0	133.0	250.0	15	67.910
Josh Brady	88	Cougars	72.25	95.0	122.0	217.0	10	67.483
Greg Hobl	60	Toowoomba	79.95	91.0	115.0	206.0	15	67.152

Division 3								
Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Ben Paris	81	Nudgee	61.65	83.0	100.0	183.0	15	71.308
Tanya Harden	78	Sunshine Coast	62.45	60.0	75.0	135.0	15	69.545
Justin Flack	89	Nudgee	61.95	74.0	97.0	171.0	15	67.615
Christian Hopper	85	Nudgee	83.80	90.0	115.0	205.0	15	66.899
Casey Kahi	90	Cougars	61.85	49.0	61.0	110.0	21	65.444
Richard Magrath	87	Toowoomba	65.80	72.0	102.0	174.0	15	63.671
Darryl Hockins	88	Toowoomba	55.70	68.0	77.0	145.0	15	62.541
Ashley Johnson	87	Cougars	89.35	90.0	118.0	208.0	11	60.820
Trina Egelstaff	88	Cougars	62.80	47.0	65.0	112.0	15	60.253
Bob Henderson	43	Sunshine Coast	76.80	70.0	90.0	160.0	3	45.384

Division 4								
Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Brent Kahi	90	Cougars	57.75	60.0	83.0	143.0	21	65.000
Alison Noble	79	Nudgee	74.70	52.0	81.0	133.0	15	63.807
Steven Eadie	88	St Laurence's	67.65	56.0	75.0	131.0	21	57.643
Samantha Mitchell	90	Cougars	91.30	60.0	70.0	130.0	15	57.623
Teri-Anne Kahi	91	Cougars	57.40	42.0	57.0	99.0	15	56.250
Nathan Kahi	92	Cougars	44.05	45.0	60.0	105.0	21	55.426
Cameron Trass	90	Cougars	61.50	55.0	73.0	128.0	15	54.385
Tierney Mole-naar	91	Windaroo	63.80	36.0	51.0	87.0	21	52.636
Jeremy Hall	85	Nudgee	60.45	55.0	65.0	120.0	15	51.923
Harry Grzes	56	Cougars	120.80	70.0	90.0	160.0	15	48.862
Stacy Ford	91	Cougars	94.55	37.0	47.0	84.0	21	48.541
Nick Edgley	90	Vikings	48.60	40.0	58.0	98.0	15	47.131
Ashley Eggins	89	St Laurence's	62.45	47.0	63.0	110.0	15	45.769
Alex Kelly	90	St Laurence's	70.45	53.0	63.0	116.0	15	45.728
David Hockins	91	Toowoomba	37.90	28.0	45.0	73.0	21	44.934
Michael Dunne	91	Cougars	72.25	47.0	62.0	109.0	15	43.874
Shayne Lambert	87	Cougars	88.45	55.0	76.0	131.0	10	41.377
Alex Cowen	89	Cougars	72.90	55.0	75.0	130.0	6	40.437
Ray Loudon	45	Sunshine Coast	82.40	65.0	88.0	153.0	1	39.734
Craig Holt	75	Cougars	93.20	52.0	71.0	123.0	10	39.461
Lawrie Townsend	51	Nudgee	76.65	58.0	85.0	143.0	1	38.881

Vicky Brady	43	Nudgee	46.75	23.0	26.0	49.0	15	38.333
Donna Fry	66	Nudgee	61.65	30.0	39.0	69.0	10	37.879
Tim Chaston	90	St Laurence's	85.70	48.0	61.0	109.0	10	36.108
Patrick Shannon	40	Nudgee	110.50	42.0	56.0	98.0	15	35.741
Alisha Freiberg	89	Windaroo	88.40	42.0	58.0	100.0	1	33.787
Sam Morgan	84	Vikings	59.50	40.0	50.0	90.0	6	33.692
Jordan Hay	91	Cougars	83.10	26.0	37.0	63.0	10	30.656
Lorraine Hibbert	58	Nudgee	67.15	21.0	32.0	53.0	10	29.273
Julie Davis	52	Nudgee	61.25	19.0	28.0	47.0	5	23.990
Ben Grzes	50	Cougars	137.60	63.0	92.0	155.0	-15	17.804
Angela Murray	91	Cougars	46.85	26.0	32.0	58.0	N/A	Guest

Referees: Bob Henderson (Cat 1); Ian Moir (Cat 1); Debra Keelan (Cat 1); Barry Harden (Cat 2); Kylie Booth (Cat 2); Jo Garner (National); Amanda Phillips (National); Tanya Harden (National); Keith Forbes (National); Lawrie Townsend (National); Bowen Stuart (State); Ray Gardner (State); Barry Hockins (Club).

Time Keepers: Tanya Harden; Jo Garner; Erika Yamasaki; Kylie Booth; Ray Gardner; Bowen Stuart;
Matt King.

M.C: Michael Keelan; Ian Moir.

RECORDS

Name	Cat	Lift	Weight	Age	Level
Vicky Brady	48kg	Snatch	23.0	60 – 64 years	Qld, Aust
Vicky Brady	48kg	Cl & Jk	26.0	60 – 64 years	Qld, Aust
Vicky Brady	48kg	Total	47.0	60 – 64 years	Qld, Aust
Vicky Brady	48kg	Total	49.0	60 – 64 years	Qld, Aust
Davina Hughes	53kg	Cl & Jk	83.0	U16	Qld, Aust
Erika Yamasaki	53kg	Snatch	73.0	Open	Qld
Erika Yamasaki	53kg	Snatch	73.0	U20	Qld
Erika Yamasaki	53kg	Snatch	73.0	U18	Qld, Aust
Erika Yamasaki	53kg	Cl & Jk	92.0	Open	Qld
Erika Yamasaki	53kg	Cl & Jk	92.0	U20	Qld, Aust
Erika Yamasaki	53kg	Cl & Jk	92.0	U18	Qld, Aust

Name	Cat	Lift	Weight	Age	Level
Erika Yamasaki	53kg	Cl & Jk	94.0	Open	Qld
Erika Yamasaki	53kg	Cl & Jk	94.0	U20	Qld, Aust
Erika Yamasaki	53kg	Cl & Jk	94.0	U18	Qld, Aust
Erika Yamasaki	53kg	Total	165.0	Open	Qld
Erika Yamasaki	53kg	Total	165.0	U20	Qld, Aust
Erika Yamasaki	53kg	Total	165.0	U18	Qld, Aust
Erika Yamasaki	53kg	Total	167.0	Open	Qld
Erika Yamasaki	53kg	Total	167.0	U20	Qld, Aust
Erika Yamasaki	53kg	Total	167.0	U18	Qld, Aust
Diana Loy	58kg	Snatch	60.0	40 – 44 years	Qld, Aust
Diana Loy	58kg	Cl & Jk	75.0	40 – 44 years	Qld, Aust
Diana Loy	58kg	Total	135.0	40 – 44 years	Qld, Aust
Julie Davis	63kg	Cl & Jk	28.0	50 – 54 years	Qld
Lorraine Hibbert	69kg	Cl & Jk	32.0	45 – 49 years	Qld
Lorraine Hibbert	69kg	Total	53.0	45 – 49 years	Qld
Deborah Lovely	+75kg	Snatch	96.0	Open	Qld
Ben Turner	77kg	Snatch	134.0	Open	Qld
Ben Turner	77kg	Cl & Jk	175.0	Open	Qld
Ben Turner	77kg	Total	304.0	Open	Qld
Ben Turner	77kg	Total	309.0	Open	Qld
Mal Irwin	94kg	Cl & Jk	128.0	50 – 54 years	Qld, Aust
Mal Irwin	94kg	Total	226.0	50 – 54 years	Qld, Aust
Luke Gardner	105kg	Snatch	111.0	U18	Qld
Luke Gardner	105kg	Snatch	113.0	U18	Qld
Luke Gardner	105kg	Snatch	113.0	U20	Qld
Luke Gardner	105kg	Total	254.0	U18	Qld
Luke Gardner	105kg	Total	254.0	U20	Qld
Luke Gardner	105kg	Total	258.0	U18	Qld
Luke Gardner	105kg	Total	258.0	U20	Qld
Damon Kelly	+105kg	Cl & Jk	213.0	Open	Qld
Peter Foster	+105kg	Snatch	117.0	35 – 39 years	Qld
Ben Grzes	+105kg	Snatch	63.0	55 – 59 years	Qld
Ben Grzes	+105kg	Cl & Jk	92.0	55 – 59 years	Qld
Ben Grzes	+105kg	Total	149.0	55 – 59 years	Qld
Ben Grzes	+105kg	Total	155.0	55 – 59 years	Qld
Patrick Shannon	+105kg	Snatch	42.0	65 – 69 years	Qld
Patrick Shannon	+105kg	Cl & Jk	56.0	65 – 69 years	Qld
Patrick Shannon	+105kg	Total	98.0	65 – 69 years	Qld

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.

Men								
Name	Born	Club	Bwt	Sn	C& J	Total	Bonus	Score
Mal Irwin	53		93.00	98.0	128.0	226.0	0	68.801
Bob Henderson	43	Sunshine Coast	76.80	70.0	90.0	160.0	0	66.162
Greg Hobl	60	Toowoomba	79.95	91.0	115.0	206.0	0	62.322
Peter Foster	67	Cougars	112.95	117.0	133.0	250.0	0	58.889
Ray Loudon	45	Sunshine Coast	82.40	65.0	88.0	153.0	0	58.450
Lawrie Townsend	51	Nudgee	76.65	58.0	85.0	143.0	0	49.965
Ben Grzes	50	Cougars	137.60	63.0	92.0	155.0	0	44.286
Harry Grzes	56	Cougars	120.80	70.0	90.0	160.0	0	41.786
Patrick Shannon	40	Nudgee	110.50	42.0	56.0	98.0	0	33.932

Women								
Name	Born	Club	Bwt	Sn	C& J	Total	Bonus	Score
Diana Loy	55	Qld Uni	58.00	60.0	75.0	135.0	0	63.900
Vicky Brady	43	Nudgee	46.75	23.0	26.0	49.0	0	36.423
Donna Fry	66	Nudgee	61.65	30.0	39.0	69.0	0	31.364
Julie Davis	52	Nudgee	61.25	19.0	28.0	47.0	0	24.554
Lorraine Hibbert	58	Nudgee	67.15	21.0	32.0	53.0	0	23.455

In Memoriam, Verdi Barberis...

By Ken McDonald

“Vern”, as he became known to the weightlifting fraternity, was born on the 27th of June 1928, a descendant of an Italian family who immigrated to Australia in the early 1800’s. In those days, when most of our earlier settlers came from Britain, it was indeed an adventurous family decision to leave the security of the continent of Europe and journey to our fair land! I believe the gold rush fever of the times might have been an influential factor in their decision.

Vern’s sister was married to Tom Trevaskis, a handsome and well built amateur wrestler who won the welterweight division at the 1938 British Empire Games in Sydney. Tom served with distinction in WW2 and represented Australia again as a wrestler in the Empire Games in Auckland 1950.

Before the war, the Victorian Railways Institute was the “Mecca” of amateur wrestling in Australia. Indeed, if my memory serves me correctly, Australian’s won six of the seven bodyweight divisions at the Sydney Games of 1938 and four of that number trained at the “V.R.I.”!

So it came to pass that the young teenaged Vern was introduced to the V.R.I by his brother-in-law, Tom. There, he did a little gymnastics work, wrestling, and naturally some bodybuilding with the weights. Eventually his interest turned to the three Olympic lifts and in 1946 he won his first Australian title.

At the time, a snatch of 200 pounds (just over 90kgs) was a sort of goal that a budding lifter set himself, and the ease with which Vern did it at a bodyweight of 67.5kgs was a highlight of those Championships. Vern’s first International event was the Empire Games of 1950 in Auckland where he won bronze.

The years passed and we came to the big one----the Olympics of 1952 in Helsinki. Vern had warmed up and as he prepared to attempt his first press there is a PANIC in the camp. A Russian official has approached the organizers and pointed out that the Australian Weightlifting Federation has not paid its annual dues to the International Federation, and our lifters were ineligible to compete! I had not yet arrived at the venue, we had no team manager, so there was Freddy Griffin, our middleweight from Queensland, wondering what on earth to do. However, help was at hand. Older members of the QWA will, I am sure, remember Bob Hoffman, Editor of the leading magazine of the time, “Strength and Health”. Bob was affectionately called the “Father of American Weightlifting”.

Vern, Fred and I, all readers of “S & H”, had made a point of visiting the U.S camp where we were made welcome. I suppose the fact that we all spoke English helped. Wasn’t it Winston Churchill who once spoke glowingly about the friendship of the English speaking peoples of the world? Anyway, when Bob learned what the Rus-

sians were up to he jumped up, pulled out his wallet saying “How much is the fee? I’ll cover it.”

Now, I shall not say that Bob’s actions were entirely altruistic, you see he hoped that Vern would beat the Russian lightweight lifter, thus helping the U.S lifters in taking the team title. Nevertheless, his action certainly saved the day for us Aussies. It was a very grateful overall team manager (Bill Uren) who reimbursed Bob the next day.

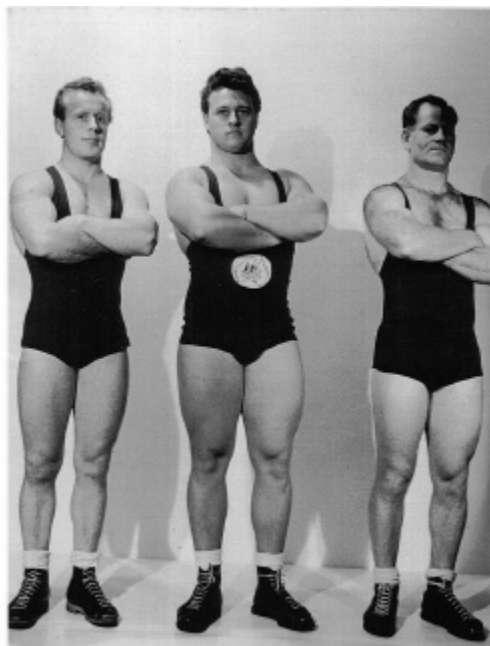
How did the competition turn out? Well, neither the Russian, nor Vern had aspired to beat Tommy Kono of U.S.A but each knew that on past performances, they were roughly equal to each other. As it turned out, they each totaled the same, the Russian, being the lighter man, got the silver and Vern the bronze.

Vern went on to win the Gold at the Commonwealth Games in Vancouver in 1954, and competed in the 1956 Olympics in Melbourne.

What is so creditable about Vern’s lifting career is the absolutely “purity” of his amateur status. In his day you had to sign a form declaring that you would not turn professional within a year after competing in the Olympics. There was no sponsorship, no AIS.

Imagine Vern’s preparation for the 1952 Olympics, he was the science master at Orbost High School in Victoria. His weights were stored in a cupboard in the chemistry laboratory. When the students had left for the day he would pull out the weights and do his training. He had no squat stands and had to do near limit cleans to get in a few squats! All this while his counterpart over in the USSR was undoubtedly being sponsored by the state.

The older I get, the more remarkable I think it was that my dear friend became the first Australian Weightlifter to win an Olympic Medal.



From Left to Right:
Verdi Barberis, Ken McDonald, and
Fred Griffin.



DID YOU KNOW...

From Lift Up www.chidlovski.com

It's almost impossible to trace an exact date of the first weightlifting championship. Tests of human strength, in one form or another, are probably older than civilization itself. Images of athletes lifting heavy objects, apparently for sport, appear in ancient Egyptian records, in Chinese texts and in Greek carvings.

The first organized weightlifting competitions began in Europe in the late 1800's, and the sport's first world champion was crowned in 1891. In those unsophisticated days there were no divisions, the world crown went to the man able to lift the most weight, regardless of his own size.

Weightlifting was on the program for the first Games in 1896, as part of athletics, but was left out of the 1900 Games. It reappeared in 1904 but didn't return to the Olympic fold again until 1920 when it was admitted in its own right. In those early days, Olympic weightlifting incorporated some events which would seem strange today. The first competitions consisted of one and two-handed lifts with no weight divisions.

But by 1932 five weight divisions had been established and three disciplines made up the competition - press, snatch and clean-and-jerk. In 1972 the press was abolished, leaving the snatch and clean and jerk as the sport's two Olympic disciplines. The women's competition made its Olympics debut in 2000 in Sydney.



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WE'RE ON THE WEB!!

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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.