



# Weightlifting Queensland

December  2007

The Official Journal of the Queensland Weightlifting Association Inc.



**Billy Chong Nee**  
2007 Queensland 2000 Champion

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### QWA Mission Statement

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

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### Disclaimer

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



# 2008 Draft Events Calendar

February 9	Cougars Open Club Competition	Cougars
<b>February 23</b>	<b>QWA League Round 1 &amp; Masters League Round 1</b>	<b>Chandler</b>
March 7	Sunshine Coast Open Club Competition	Nambour
<i>March 15</i>	<i>QWA Annual General Meeting</i>	<i>Chandler</i>
March 15	Australian Clubs Tournament	Sydney, NSW
March 26 – 29	Oceania Championships	Auckland, NZL
<i>April 5 – 6</i>	<i>Club Weightlifting / Sports Power Coach Level 1 course</i>	<i>Chandler</i>
<b>April 19</b>	<b>QWA League Round 2 &amp; Masters League Round 2</b>	<b>TBC</b>
May 3	Cougars Open Club Competition	Cougars
May 10	Sunshine Coast Open Club Competition	Nambour
<b>May 17</b>	<b>Qld Masters Championships</b>	<b>TBC</b>
June 7	AWF Olympic Nomination Trials	Melbourne, VIC
June 12 – 20	World Junior Championships	Cali, COL
June 14	National Masters Championships	Launceston, TAS

June 28	Cougars Open Club Competition	Cougars
<i>July 12 - 13</i>	<i>State Weightlifting / Sports Power Coach Level 2 course</i>	<i>Chandler</i>
<b>July 26</b>	<b>QWA League Round 3 &amp; Masters League Round 3</b>	
August 9 – 19	Olympic Games	Beijing, CHN
<b>August 16</b>	<b>Qld All Schools Championships</b>	<b>TBC</b>
<i>August 30 - 31</i>	<i>Club Weightlifting / Sports Power Coach Level 1 course</i>	<i>Chandler</i>
<b>September 6</b>	<b>Qld Senior Championships</b>	<b>TBC</b>
<b>September 20</b>	<b>QWA League Round 4 &amp; Masters League Round 4</b>	<b>TBC</b>
September 27 – Oct 4	IWF World Masters Championships	Kefalonia, GRE
September 27	Sunshine Coast Open Club Competition	Nambour
<b>October 4</b>	<b>Qld U16 &amp; U18 &amp; U20 Championships</b>	<b>TBC</b>
October 12 – 18	Commonwealth Youth Games	Pune, IND
October 25	National Senior Championships	Sydney, NSW
<i>November 8 – 9</i>	<i>State Weightlifting / Sports Power Coach Level 2 course</i>	<i>Chandler</i>
November 20 – 23	Commonwealth Senior & Junior Championships	Port Moresby, PNG
<b>November 29</b>	<b>QWA Grand Final</b>	<b>TBC</b>
December 5 – 7	National Under 16 & Youth & Junior Championships	Melbourne, VIC
December 13	Sunshine Coast Open Club Competition	Nambour
December 13	'Michael Keelan Shield' Competition	Cougars
TBC	Nudgee Open Club Competition	Nudgee
TBC	Nudgee Open Club Competition	Nudgee
TBC	Nudgee Open Club Competition	Nudgee
TBC	'Lawrie Townsend' Competition	Nudgee
TBC	Toowoomba Open Club Competition	Toowoomba
TBC	Toowoomba Open Club Competition	Toowoomba
TBC	Toowoomba Open Club Competition	Toowoomba
TBC	Toowoomba Open Club Competition	Toowoomba

# From the QWA Office

By Ian Moir, QWA General Manager

*“The only constant thing is change”.* This variation of a quote attributed to an ancient Greek philosopher comes to mind when looking back over events of the past few months. Change is inevitable and organisations, as well as people, have to prepare for and manage change in order to keep pace with the ever-changing world around us.

With the retirement of Queensland Premier Peter Beattie earlier this year, came a reshuffle of State Government Ministerial portfolios. While awaiting news of where Sport would end up in the reshuffle, some people within the Queensland sport industry were concerned that the Government’s recognition of Sport as an important facet of the Queensland lifestyle may have been “downgraded”, but this has certainly proved not to be the case.

Sport, as part of the Department of Local Government, Planning and Sport & Recreation, has joined the Department of Police and Corrective Services under the Ministerial responsibility of Hon. Judy Spence MP. Judy Spence is an experienced senior Minister in the State Government, and Chris Bombolas MP has been confirmed as the Parliamentary Secretary to the Minister for Sport. Many will remember Chris Bombolas as a television sport reporter, his profession for many years before entering Parliament.

What these changes mean for Sport in Queensland is that we continue to have high ranking advocates within Government and at least one who has an extensive first-hand knowledge of sport. Chris Bombolas is no stranger to weightlifting either, having attended events at the Cougars Weightlifting Club on more than one occasion, including last year’s National Open & Under 20 Championships.

On the surface, all of this may sound like it’s “business as usual” for Queensland Sport, but before the shuffling at Parliamentary level took place, significant changes to the State Government’s funding programs

for Sport were already in train. One of the previous Sport Minister’s final acts before moving up to the post of Treasurer was to sign off on the new Sport & Recreation Develop Program (SRDP). The SRDP is the program which provides funding to State Sporting Organisations (SSO’s) like the QWA.

In the 2008 – 2010 SRDP, the Government’s objectives are clearly stated, along with the terms for assessing whether or not the proposed plans of SSO’s align with Government objectives. In other words, for the QWA to continue to receive SRDP funding, we have to firstly present a strategic plan that clearly shows how we will progressively increase the quantity and quality of weightlifting programs over the next three years and then deliver on that plan.

The QWA’s Strategic Plan 2008 – 2010 is one that recognises the need for change. In some key areas, the plan presents strategies to improve the organisation’s delivery of weightlifting by shifting the focal point of that delivery away from a relatively small group – Management Committee; staff; a few skilled volunteers – and training a greater number of people in various locations to take up leadership roles in things such as event delivery and officiating education. It is proposed that this will relieve Management Committee members of some of the operational burden they currently shoulder, allowing them to better focus their attention on the governance of the association. This is in line with current standards of best practice and ultimately, in the best interests of the QWA.

Another change that has occurred recently is at the Board of Directors of the Australian Weightlifting Federation. The AWF Board consists of nine Directors and on 27<sup>th</sup> October this year, three long-standing Directors moved off the Board and those positions were filled by three first-time Directors.

One of those who retired was me and I did so in support of the AWF’s commitment to change. The AWF has an agreed “Independent Board” agenda, which aims to ensure that the Directors of the Federation are not confronted with conflicts of interest in relation to their personal responsibilities and their duty to the Federation as a Director. In line with this reform, people who hold formal positions within state associations, such as employees, contractors, or honorary committee members for example, can no longer hold positions on the national board.

Another AWF Director to retire was Ralph Cashman. Ralph, from NSW, was respectfully considered by many to be an elder statesman of the AWF. Two new Directors – one elected at the AGM and the other subsequently appointed by the Board of Directors – are Mary Macken, a NSW Solicitor; and Danielle Waller, an Accountant from WA. The appointment of these two people, professionally qualified in the areas of contract law and financial management respectively, reflects the AWF's desire to move its Board of Directors from one which has, often by necessity, been engaged in short term operational planning, to one which will take a broader strategic overview of the affairs of the national federation.

But the most significant and some might say sensational, change to the AWF this year was the election of a new President, in the person of Robert Kabbas. The previous AWF President, Sam Coffa AM JP, had served the Federation in this position for the past 24 years and Robert Kabbas successfully campaigned on a platform of change. At the last AWF elections, held in 2004, the QWA had nominated Sam Coffa for President. In 2007, the QWA nominated Robert Kabbas. The QWA has never approached AWF elections from a 'personal' point of view and has always sought to support the candidates who, from the perspective of the QWA's membership, presented the best case for leading the AWF at the time of election and into the immediate future. In 2007, the QWA voted for change.

So what could all this talk of change mean? As the QWA manages change, what we do and how we do it will continue to be reviewed and there will always be opportunities for anyone wishing to take on more challenging and rewarding leadership roles within the sport.

As 2007 draws to a close and many of us enjoy a short break before launching into the New Year, we can take some time to think about our goals and aspirations. The QWA's Committee members and staff are always available to talk to members about the ways in which we can work together to provide everyone with an even more enjoyable participation in this sport of weightlifting.

Until next time...

Merry Christmas to all.

Ian Moir



# President's Message

As we come to the end of another very busy weightlifting year I would like to take this opportunity to thank all our hard-working staff – Ian, Kylie and Amanda – our hard working Management Committee Greg, Miles Jason, Damon, Vicki, and Angie – and all our members for their enthusiasm and dedication to our sport throughout the year.

I was the Queensland Representative at the AWF AGM on the 27<sup>th</sup> October. The day included an overview presented by AWF Board members Michael Keelan and Lyn Jones and AWF CEO Matthew Curtain on “where the AWF is at” and “where it is planning on going in the future.” The Weightlifting Australia 2007 -2010 Strategic Plan was ratified by the assembled State members. The day concluded with the election of Robert Kabbas to the position of President of the AWF (Robert has been involved in Weightlifting in Australia for 38 years, as a lifter: Olympic Games representative 1976, 1980 and 1984 (Silver); Commonwealth Games representative 1978 (Gold), 1982 (Gold) and 1986 (Silver); as an administrator; as a Category 2 International Referee; and as a coach. Robert brings a significant amount of knowledge and experience to his new position and Queensland is looking forward to working with him to achieve the objectives of the Strategic Plan.

The Queensland All Schools competition proved to be a very popular event and consequently a very long day. Holding it on a Sunday didn't seem to affect attendance, in fact it seemed that spectator numbers were improved.

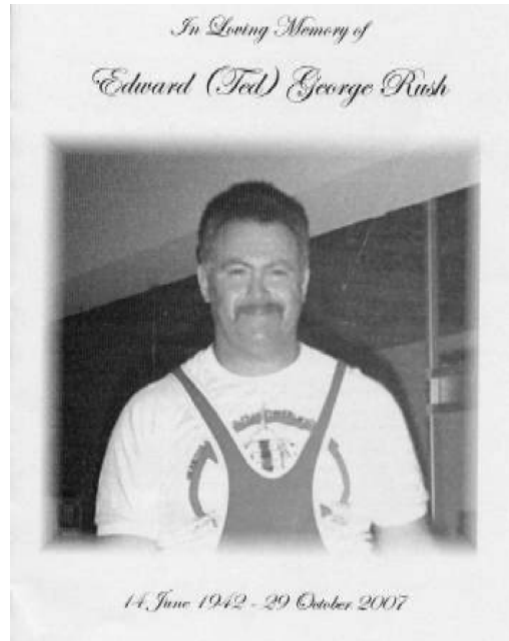
Our premier competition of the Weightlifting year, the Queensland 2000 was held at Cougars Weightlifting Club. And what a fantastic competition that was! All groups presented close battles. Diana Loy took out the Open Women's section where she set new PB's; Billy Chong Nee from Toowoomba took out the Open Men's section with very strong looking PB's; and Nathan Kahi of Cougars took out the Junior section. Diana opted out of competing in the bonus round so that she could attend to family commitments. Davina Hughes, as second place getter in the Women's Open section returned to the platform for the bonus round – for a brief moment... when she landed on her bottom with her first

snatch attempt, and was out of the competition. The battle continued between Billy Chong Nee and Nathan Kahi, 9 lifts later Billy completed the winning lift at 112.5% of the PB he came into the competition with, ahead of Nathan's 110%. Both lifters put their all into the competition. The competition also saw the introduction of prize money for Coaches with 20% being awarded to the coaches of the winning lifters, it proved to be even more interesting to watch the antics of the coaches when you knew there was money involved adding an extra dimension to their usual competitive spirit. Greg Hobl and Miles Wydall both went home with heavier pockets. Unfortunately there was a lack of spectators to witness this very exciting competition, and we had had a poor response to calls for officials to volunteer some time out of their day. We will do better next year!! Thank you to the Cougars club for all your hard work in hosting the event.

This weekend we will see the final Club competitions for 2007 run. And before we know it we will back on/around that platform in 2008. Merry Christmas to you all, and play safe over the festive season.

Deb Keelan ☺





## **“YOU LEARN MORE BY FOCUSING ON THE JOURNEY THAN THE DESTINATION”**

### **An encounter with Eddie Rush**

By Barry Harden with help from Mal Irwin, Trevor Walz and Bob Henderson.  
Photo supplied by Trevor Walz.

Some people can talk all day and say nothing. Others, with a few words, can present an idea that will stay with you for a lifetime. I first met Eddie in 1980, I was twenty and he was thirty-eight. To a twenty year old, man, that is old, particularly for a weightlifter. Keeping in mind there was no such thing as Masters weightlifting back then and most weightlifters hung up the belt by age thirty-five.

I had no idea who he was as he had not competed during my time on the platform. I had this funny idea he must have only just taken up the sport. If I remember rightly I beat him, just, and having the arrogance of youth, I was not too worried because I thought, I'll get better and he is just about ready for the old age home.

After the competition, Eddie came up to me and introduced himself, but he did not boast of past glories or even tell me that he had competed before. All he wanted to do was talk about the theory of weightlifting. Training methods, technique variations and the just the pride of being involved in such an ancient sport. What the hell is he

talking about? I wondered. You train hard and if you want better results then you train harder, right?! Boy, I wish I had listened to him.

His focus was not on the end result, but the journey. Eddie's point was: think more, train less. If you spend the time to work out how to maximize your technique you would maximize your strength. That way, with every increase in strength your total will increase in proportion. Eddie's other point was: "enjoy the sport for it is Olympic weightlifting and we are privileged to be able to compete in such a prestigious and historic sport".

Once again, I had no idea what he meant. It was not until I was a similar age to what Eddie was then, did I wake up to what he meant about the history of the Sport of Olympic Weightlifting. But I will let you work that out for yourself.

Eddie and I had many close encounters over the next few years and we always finished the day by debating the best training program or technique drill. One thing I did not manage to do was get to know anything about Eddie's personal life or his past weightlifting accomplishments. Most of this I learnt after his passing. Eddie was a very private person.

Bob Henderson informed me that Eddie trained with him, Ray Loudon and several others during the early sixties in the old "Sportsman's Gym" in Brisbane. Apparently, he was a very good junior lifter (refer to Mal's story). I managed to drag out some Masters results and found out that Eddie held Queensland records for the 55-59 age group in 1999 with a snatch of 72.5kg, clean & jerk of 110kg and total 180kg. In fact the 110kg clean and jerk is still an Australian record. Eddie would have been aged 57 when he set that record.

Although I can't track down any records, I have been told that Eddie also held some impressive records in power lifting, as he used to compete in both sports in his younger days. Apparently Eddie was also quite a character. This story was sent to me by Mal Irwin:

"I think Ed did Australian junior records in snatch and clean and jerk in the light heavy (82.5kg) of 97.5 and 127.5 in something like 1961. I don't recall him appearing on the scene until the later 70s. By my memory, he started as a spectator in 1977 and worked up to lifting in 1980 at Mackay getting 97 and 125 at age 38, which was ancient back then. Later that night he 'seized up'. A combination of weight loss, cool evening (June long weekend) and two too many beers. He actually used to have a reasonably fluent style with proper squat snatch and clean. And to do 110 at 57 was an accomplishment we will all be pleased to get to.

He had a series of jokes about an ugly mate of his at work (boiler maker). First was the one about the police radar blowing up because it caught him speeding on his motorbike with an open face helmet. The same bloke got drunk and fell asleep at the Ekka in Sideshow Alley. The cops woke him up trying to pull his face off because they thought it was a horror mask. He had a few more beers and fell asleep between the stalls. He was woken up again, this time by the sideshow people pouring hot latex over his face to make a copy for their masks.

I asked Eddie about six or seven years ago about his ugly mate. He said he had seen him at the beach and the bloke looked exactly the same. The only way you could tell he'd aged was by the extra three kids behind him.

Anyway a great character and true larrikin, probably another great talent untapped because of the fringe status of lifting in the 60's". – Mal Irwin.

Trevor Walz sent me a photo and a few words. I hope in a future addition, where I have not taken up so much space, some of the escapades of Trevor, Mal and Eddie might be told in more detail.

From Trevor:

"The night I refer to at the Royal Exchange pub was amazing. He actually had a broad range of interests and had well-developed opinions. I was lucky to survive that night.

I have a great photo of Eddie at the 2004 League Round 1.

I went to Rocky in 1984 with Eddie and a couple of his boilermaker mates for the Queensland Powerlifting Titles. We stayed at the Anchor Hotel. We did a lot of drinking at the Anchor and the Criterion that weekend. Discretion being the better part of valour, I withdrew from the comp. Eddie lifted, still a little bit under the weather. A great time was had by all.

Mal & I have been talking about Eddie's escapades. Eddie was a true character with a heart of gold". – Trevor Walz.

I'd like to say a special thank you to Ben Grzes for keeping us informed about Eddie's illness. Eddie was such a private person that without Ben, we would never have known.

Foot Note:

After searching through piles of old weightlifting magazines I came across the 1962 Australian Junior Championships results.

T.Rush (Qld). Bwt.173.25lb (78.75kg) Press.176.25lb (80kg) Snatch.203.75lb (92.5kg) Clean & Jerk.248lb (112.5kg). Total.628lb (285). Eddie came 2nd behind G.Vakakis. QLD came 2nd behind NSW by 1 Point. I didn't recognize any of the other names except for K.Forbes, who also put together a good total.

***Oh, by the way, for a small fee I won't publish some of the other historical results I found for certain other Qld lifters.***



## **QWA League Final & Masters League Final Nudgee College, Boondall, Qld 6<sup>th</sup> October 2007**

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

<b>Division 1</b>								
<b>Name</b>	<b>Born</b>	<b>Club</b>	<b>Bwt</b>	<b>Sn</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Bonus</b>	<b>Points</b>
Billy Chong Nee	90	Toowoomba	91.70	102	121	223	26	79.477
Darryl Hockins	88	Toowoomba	58.90	73	95	168	11	62.692
Alison Noble	79	Nudgee	73.35	65	85	150	-6	46.448
<b>Division 2</b>								
<b>Name</b>	<b>Born</b>	<b>Club</b>	<b>Bwt</b>	<b>Sn</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Bonus</b>	<b>Points</b>
John Hanlon	66	Cougars	93.30	80	110	190	20	65.564
Nathan Kahi	92	Cougars	61.45	74	95	169	13	65.000
Scott Clark	91	Sunshine Coast	59.75	70	90	160	12	61.231
Brent Kahi	90	Cougars	68.85	77	107	184	7	58.541
<b>Division 3</b>								
<b>Name</b>	<b>Born</b>	<b>Club</b>	<b>Bwt</b>	<b>Sn</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Bonus</b>	<b>Points</b>
Neil Bennett	80	Cougars	79.60	75	102	177	25	69.810
David Hockins	91	Toowoomba	51.35	55	77	132	25	68.279
Michelle Kahi	94	Cougars	57.45	48	59	107	17	61.398
Angus Takahashi	92	Sunshine Coast	78.85	55	80	135	18	52.177
Bonnie Sleeman	93	Cougars	76.40	44	60	104	17	49.602
<b>Guest</b>								
<b>Name</b>	<b>Born</b>	<b>Club</b>	<b>Bwt</b>	<b>Sn</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Bonus</b>	<b>Points</b>
Amanda Phillips	81	Cougars	74.80	84	108	192		

### **Masters League**

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

<b>Name</b>	<b>Born</b>	<b>Club</b>	<b>Bwt</b>	<b>Sn</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Bonus</b>	<b>Points</b>
<b>Women</b>								
Julie Davis	52	Nudgee	51.90	27	36	63	0	37.800
Leandra Miscamble	56	Nudgee	63.00	28	37	65	0	31.741



Diana Loy	65		59.25	---	75	---	0	---
<b>Men</b>								
Peter Foster	67	Cougars	103.45	108	121	229	6	65.124
Mal Irwin	53		91.10	92	110	202	0	63.894
Bob Henderson	43	Sunshine Coast	75.60	60	76	136	0	58.007
Ben Grzes	50	Cougars	137.45	66	85	151	0	45.332
Harry Grzes	56	Cougars	114.35	53	70	123	0	32.704

Referees: Angela Wydall (Cat II); Miles Wydall (National); Keith Forbes (National);  
Damon Kelly (State); Vicki Brady (State); Julie Davis (Club)

Time Keepers: Scott Clark; Ian Moir; Tanya Harden

M.C: Mike Keelan; Ian Moir



**2007 Queensland All Schools Championships**  
**Cougars Weightlifting Club, Chandler, Qld**  
**28<sup>th</sup> October 2007**

<b>WOMEN</b>									
Name	Born	School	Bwt	Sn	C&J	Total	Sinclair	Place	
								Open	U16
<b>48kg Category</b>									
Casey Jaenke-Cain	92	CSC	46.80	33	46	79	117.657	1	1
<b>53kg Category</b>									
Rhyahn Brock	94	RSBS	49.80	32	42	74	104.095	1	1
<b>58kg Category</b>									
Rhian Norman	92	TSHS	57.30	52	66	118	148.303	1	1
Michelle Kahi	94	MSHS	56.70	48	60	108	136.781	2	2
Jessica Brown	90	LHC	54.80	36	49	85	110.456	3	
<b>63kg Category</b>									
Tierney Molenaar	91	WVHS	61.30	48	62	110	132.010	1	1
Bianca Sheppard	92	HSBS	58.65	45	55	100	123.621	2	2
Jayde Thomas	91	CHSHS	60.05	40	55	95	115.564	3	3
<b>75kg Category</b>									
Bonnie Sleeman	93	RSBS	73.90	40	55	95	103.083	1	1
<b>+75kg Category</b>									
Chanelle Sa'u	91	CSHS	103.75	71	85	156	156.134	1	1
Rebekah Lovely	90	WCC	80.90	64	74	138	144.675	2	
<b>MEN</b>									
Name	Born	School	Bwt	Sn	C&J	Total	Sinclair	Place	
								Open	U16
<b>47kg Category</b>									
Ben Sacagio	94	TSHS	45.70	30	37	67	124.925	1	1
<b>51kg Category</b>									
David Hockins	91	TSHS	49.95	53	73	126	216.401	1	1
Jordan Arenson	95	BGS	50.35	23	27	50	85.267	2	2
<b>56kg Category</b>									
Sam Baumann	92	RLC	51.10	35	50	85	143.080	1	1
Raymond Taramuri	93	NC	51.90	34	43	77	127.875	2	2



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<b>62kg Category</b>									
Scott Clark	91	NSHS	59.55	72	91	163	242.075	1	1
Matthew Arthy	91	RLC	61.70	53	70	123	177.880	2	2
Jake Whitmore	95	WCC	58.95	27	34	61	91.298	3	3
<b>69kg Category</b>									
Shannon Arenson	90	BGS	68.50	71	92	163	219.142	1	
Benjamin Turner	90	WVHS	66.05	60	83	143	197.022	2	
Daniel McCallum	92	SJC	68.60	58	71	129	173.264	3	1
Zack Wong	92	NC	67.45	53	70	123	167.072	4	2
<b>77kg Category</b>									
Joshua Liddle	89	NC	75.10	88	110	198	251.310	1	
Rhys Jacks	90	SLC	76.00	70	87	157	197.881	2	
Michael Dunne	91	COC	75.50	62	86	148	187.260	3	1
Thomas Wen	90	BGS	76.90	62	79	141	176.508	4	
James Ambrosini	91	SLC	76.55	45	65	110	138.064	5	2
Adrian Ward	91	SJC	75.15	39	60	99	125.605	6	3
Riley Pollard	96	TSS	76.65	30	37	67	84.030	7	4
<b>85kg Category</b>									
Tom Sayer	90	NC	84.05	75	85	160	190.874	1	
Kieran Tully	91	NC	82.40	65	91	156	188.017	2	1
Michael Bailey	92	BGS	81.60	67	87	154	186.564	3	2
Gilad Goldman	91	BGS	83.25	60	75	135	161.841	4	3
Angus Takahashi	92	NSHS	81.65	55	75	130	157.438	5	4
Jaydn Fidow	94	WVHS	80.75	36	48	84	102.334	6	5
<b>94kg Category</b>									
Lyndon Hyatt	90	SLC	87.25	77	108	185	216.650	1	
Alex Kelly	90	SLC	89.00	80	105	185	214.619	2	
Jack Merrillees	91	NC	85.30	65	90	155	183.539	3	1
Blake Clarke	92	BGS	88.55	65	75	140	162.801	4	2
Stephen Chalmers	91	AHSH	87.90	51	65	116	135.363	5	3
<b>105kg Category</b>									
Tom Cox	90	NC	94.75	85	100	185	208.734	1	
Joe McIlwaine	91	NC	102.25	77	95	172	188.340	2	1
Liam Henry	92	SEC	94.35	61	80	141	159.374	3	2
Tim Chaston	90	SLC	99.50	55	75	130	143.814	4	

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<b>+105kg Category</b>									
Jarryd Kinnersen-Smith	90	NC	109.80	80	85	165	176.364	1	
Nicholas Fort	89	CMC	111.45	58	80	138	146.830	2	
Mitchell Thurlow	92	AHSH	108.60	58	75	133	142.656	3	1

**Referees:** Debra Keelan (Cat I); Kylie Booth (Cat I); Michael Keelan (Cat II); Barry Harden (Cat II);  
Angela Wydall (Cat II); Craig Wegert (State); Meg Soroka (State); Vicki Brady (State); David De Rose (Club); Greg Baumann (Club).

**Time Keepers:** Amanda Phillips; Casey-Marie Jaenke-Cain; Tanya Harden; Vicki Brady; Rhyahn Brock.

**M.C:** Debra Keelan; Michael Keelan; Ian Moir.

**Best Lifter Awards**

	Under 16	Open
Male	Scott Clark	Joshua Liddle
Female	Chanelle Sa'u	Chanelle Sa'u

**Team Championship**

Women	Points	Men	Points
Rochedale SHS	56	St Joseph's Nudgee College A	137
Capalaba Secondary College	28	St Laurence's College	121
Toowoomba SHS	28	Brisbane Grammar School	117
Windaroo Valley SHS	28	St Joseph's Nudgee College B	95
Coorparoo Secondary College	28	Toowoomba SHS	56
Westside Christian College	25	Redeemer Lutheran College	53
Mansfield SHS	25	Nambour SHS	49
Harristown SHS	25	Windaroo Valley SHS	45
Centenary Heights SHS	23	Alexandra Hills SHS	44
Lourdes Hill College	23	St Joseph's College Toowoomba	43
		Calirvaux Mackillop College	25
		Christian Outreach College	23
		St Edmund's College Ipswich	23
		Westside Christian College	23
		Tingalpa State School	19

**Records:**

Name	Cat	Lift	Weight	Age	Level
Chanelle Sa'u	+75kg	Snatch	71	Under 16	Qld



Matthew Arthy

Gilad Goldman



Liam Henry

Joe McIlwain

Rhyahn Brock



Bianca Sheppard

Tierney Molenaar

Jayde Thomas

## 2007 IWF WORLD CUP

(Incorporating the Commonwealth & Oceania Championships)  
Samoa  
27<sup>th</sup> November – 1<sup>st</sup> December 2007

48Kg Women						
Rank	Name	Born	Nat	BW	Sn	Cl&Jk Result
1	WANG Mingjuan	1985	CHN	47.65	88	116 204
2	PAGLIARO Genny	1988	ITA	47.23	85	95 180
3	HIRAM Suzanne	1987	NRU	47.63	67	83 150
4	HARE Kathleen	1988	PNG	46.98	55	73 128

53Kg Women						
Rank	Name	Born	Nat	BW	Sn	Cl&Jk Result
1	QIU Hongxia	1982	CHN	52.18	98	122 220
2	TOUA Dika	1984	PNG	52.36	80	110 190
3	<b>YAMASAKI Erika</b>	<b>1987</b>	<b>AUS</b>	<b>52.81</b>	<b>71</b>	<b>90 161</b>
4	CALVINO Joanne	1980	GBR	52.80	66	87 153
5	ALIKLIK Utako	1991	NRU	51.39	58	78 136
---	ZAIRA Binti Zakaria	1987	MAS	52.13	---	93 ---

58Kg Women						
Rank	Name	Born	Nat	BW	Sn	Cl&Jk Result
1	SUN Caiyan	1974	CHN	57.93	100	122 222
2	<b>LEE Seen</b>	<b>1982</b>	<b>AUS</b>	<b>57.80</b>	<b>85</b>	<b>105 190</b>
3	KARI Rita	1989	PNG	57.52	75	105 180
4	TOGAGAE Faitoa	1989	NRU	57.62	65	91 156
5	IVANOVA Maya	1991	BUL	55.56	67	88 155
6	NURUL Ismayanti Nor Dzuana	1987	MAS	57.91	67	81 148
7	TYRELL Urima	1992	SAM	57.95	50	70 120

63Kg Women						
Rank	Name	Born	Nat	BW	Sn	Cl&Jk Result
1	LI Liying	1983	CHN	62.87	114	128 242
2	TAN Jiangxia	1985	CHN	62.75	85	110 195
3	<b>WHITE Jacqueline</b>	<b>1982</b>	<b>AUS</b>	<b>62.78</b>	<b>83</b>	<b>101 184</b>
4	PATRIS Alexandrina	1989	PLW	60.06	74	100 174

*Weightlifting Queensland*

5	NURUL FARHANAH Johari	1988	MAS	62.62	80	85	165
6	PHILIPS Sheena	1988	NZL	61.51	60	75	135
7	SALIMU Vanissa	1991	SAM	62.93	57	70	127
8	DONGA Jeniffer	1982	SOL	62.56	55	70	125

**69Kg Women**

Rank	Name	Born	Nat	BW	Sn	Cl&Jk	Result
1	ZHANG Shaoling	1984	CHN	68.01	100	125	225
2	PERDUE Natasha	1975	WAL	68.50	85	104	189
3	ARES-PILON Marie-Josee	1982	CAN	65.42	70	95	165
4	TAWAI Kesaia	1980	FIJ	67.89	74	90	164
5	AH KUOI Manu	1982	SAM	68.24	65	87	152
6	LAMBRECHS Chantal	1990	NZL	68.33	66	85	151

**75Kg Women**

Rank	Name	Born	Nat	BW	Sn	Cl&Jk	Result
1	OPELOGE Mary	1992	SAM	74.71	86	97	183
2	SHAW Iwy	1976	FIJ	74.46	75	96	171
3	GUBA Hale	1986	PNG	70.19	75	85	160

**+75Kg Women**

Rank	Name	Born	Nat	BW	Sn	Cl&Jk	Result
1	OPELOGE Ele	1985	SAM	117.34	114	146	260
2	TUALAU Kefilini	1984	TGA	138.04	96	120	216
3	VILIAMU Narita	1989	NIU	145.21	85	120	205
4	SOFFE Keisha-Dean	1982	NZL	146.22	87	112	199
5	LAMBRECHS Tracey	1985	NZL	89.04	80	103	183
6	ATONIO Tiersa	1988	SAM	81.53	58	77	135

**56Kg Men**

Rank	Name	Born	Nat	BW	Sn	Cl&Jk	Result
1	LI Lizhi	1987	CHN	55.66	120	152	272
2	WU Jingbiao	1989	CHN	55.69	120	149	269
3	TULO Manuelli	1990	FIJ	54.82	86	110	196

**62Kg Men**

Rank	Name	Born	Nat	BW	Sn	Cl&Jk	Result
1	MAO Jiao	1985	CHN	61.62	138	173	311
2	ZHANG Xiangxiang	1983	CHN	61.85	139	165	304

*Weightlifting Queensland*

3	MINGINFEL Manuel	1978	FSM	61.55	125	155	280
4	EVANS Gareth	1986	WAL	60.85	107	128	235
5	DEIRANAUW Bronco	1991	NRU	61.76	104	128	232
6	KARI Steven	1993	PNG	59.44	90	115	205
---	SINCLAIR Cameron	1987	NZL	61.46	---	117	---
---	CHESTER Brown	1988	SOL	61.71	---	---	---

**69Kg Men**

Rank	Name	Born	Nat	BW	Sn	Cl&Jk	Result
1	LIAO Hui	1987	CHN	68.79	145	190	335
2	MOHD Faerul Talib	1986	MAS	67.67	131	160	291
3	ETOUNDI Francois	1984	CMR	68.39	128	159	287
4	SPOONER Mark	1984	NZL	68.72	127	150	277
5	ALIKLIK Ika	1985	NRU	67.87	107	140	247
6	ESAU Logona	1986	TUV	68.44	106	140	246
7	PERIVE Toafitu	1985	SAM	68.44	103	140	243
8	WENDT Andy	1990	NCL	67.66	60	75	135
9	PAILLANDI Cedric	1992	NCL	68.86	50	75	125
---	TEMAKE Tekaei	1986	KIR	66.95	---	137	---
---	<b>DE ROSE David</b>	<b>1982</b>	<b>AUS</b>	<b>68.95</b>	<b>118</b>	<b>---</b>	<b>---</b>
---	PESHALOV Nikolai	1970	CRO	68.25	100	---	---

**77Kg Men**

Rank	Name	Born	Nat	BW	Sn	Cl&Jk	Result
1	LIU Haihua	1983	CHN	76.66	160	180	340
2	ROSU Alexandru	1987	ROU	74.10	137	167	304
3	PETER Yukio	1984	NRU	76.90	130	170	300
4	VUETI Joe	1979	FIJ	76.68	115	156	271
5	CALEB Symon	1982	NZL	76.16	120	150	270
6	BRITTON Andrew	1986	NZL	75.59	115	140	255
7	VASIL William	1987	CYP	76.12	112	135	247
8	ODONGO Jack	1971	KEN	75.46	105	140	245
9	GOROSI David	1988	SOL	76.89	105	135	240
10	AMOLE Jason	1991	NCL	74.16	60	75	135

**85Kg Men**

Rank	Name	Born	Nat	BW	Sn	Cl&Jk	Result
1	HE Shu Yong	1983	CHN	84.58	165	190	355
2	PATTERSON Richard	1983	NZL	83.46	143	170	313
3	CAVIT Grant	1976	NZL	84.40	140	170	310
4	MAPOSUA Uati	1976	SAM	83.54	132	160	292
5	YOSHIDA Jonathan	1982	SAM	84.68	120	151	271

6	SINSAU Siger	1990	NCL	84.60	70	95	165
---	MOHD Firdahuz Razak	1987	MAS	83.93	125	---	---

#### 94Kg Men

Rank	Name	Born	Nat	BW	Sn	Cl&Jk	Result
1	YUAN Aijun	1977	CHN	86.79	167	205	372
2	KATOATAU David	1984	KIR	87.43	134	169	303
3	FAAULIULI Faavae	1983	SAM	87.06	125	165	290
4	SELKIRK Jonathan	1984	NZL	93.53	126	155	281
5	TITO Teataua	1981	KIR	86.42	115	160	275
6	OPELOGE Tovia	1990	SAM	93.09	124	142	266
---	AMOLE James	1993	NCL	93.33	---	---	---

#### 105Kg Men

Rank	Name	Born	Nat	BW	Sn	Cl&Jk	Result
1	TOROKHTIY Oleksiy	1986	UKR	103.99	160	205	365
2	OPELOGE Niusila	1980	SAM	103.46	146	201	347
3	CHEEMA Gurbinder	1978	GBR	104.41	155	180	335
4	ILALIO Eleei	1979	SAM	104.77	146	182	328
5	MELO Julio	1963	CHI	104.96	95	120	215
---	CHALAEV Stanislav	1986	NZL	101.21	---	163	---

#### +105Kg Men

Rank	Name	Born	Nat	BW	Sn	Cl&Jk	Result
1	DETENAMO Itte	1986	NRU	147.16	169	210	379
2	SCHLUENDER Zachary	1982	USA	121.94	157	201	358
3	ABDUL Azim Najmi Ab Rashid	1986	MAS	124.02	151	186	337
4	TUUAMAALII Tavita	1983	SAM	122.80	145	189	334
5	PERA Sam Jr.	1989	COK	115.32	150	183	333
6	NGALU Tevita	1973	TGA	122.95	141	180	321
7	LOLOHEA Maamalao	1968	TGA	133.20	135	185	320



## Queensland 2000

Cougars Weightlifting Club, Chandler Qld  
8<sup>th</sup> December 2007

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
<b>Group 1 – Open Men</b>								
Billy Chong Nee	90	Toowoomba	95.40	105	127	232	11	63.727
Troy Hawkins	86	Cougars	76.40	120	150	270	-20	51.618
Darryl Hockins	88	Toowoomba	60.45	71	95	166	0	51.077
Ben Paris	81	Nudgee	62.00	87	---	---	-20	-20.000
<b>Group 2 – Open Women</b>								
Diana Loy	65		60.20	69	84	153	9	68.533
Davina Hughes	89	Toowoomba	54.15	64	84	148	0	58.964
Amanda Phillips	81	Cougars	80.45	81	110	191	-8	51.875
Alison Noble	79	Cougars	73.25	66	86	152	-16	37.147
Liana Lambert	88	Cougars	62.55	52	62	114	-20	24.358
<b>Group 3 – Juniors</b>								
Nathan Kahi (M)	92	Cougars	63.60	75	99	174	22	70.739
Michelle Kahi (F)	94	Cougars	58.45	49	62	111	26	69.191
David Hockins (M)	91	Toowoomba	53.50	55	80	135	17	61.262
Chanelle Sa'u (F)	91	Cougars	97.50	68	83	151	-1	46.335
Brent Kahi (M)	90	Cougars	71.30	70	102	172	-8	37.623

#### Bonus Round (lift-off) \*

Name	Lift	90.0%	95.0%	97.5%	100.0%	102.5%	105.0%	107.5%	110.0%	112.5%
Billy Chong Nee	C&J	108.0	114.0	117.0	120.0	123.0	126.0	129.0	132.0	135.0
Nathan Kahi	C&J	85.5	90.0	92.5	95.0	97.0	99.5	102.0	104.5	106.5
Davina Hughes**	Snatch	60.0								

\* Bonus Round results are not sanctioned for official rankings or records.

\*\* Diana Loy (Group 2 Winner) chose not to contest the Bonus Round.

Referees: Debra Keelan (Cat I), John Hanlon (National),  
Vicki Brady (State), Damon Kelly (State).

Time Keeper: Angela Wydall, Vicki Brady, John Hanlon,  
Damon Kelly.

M.C: Mike Keelan

### Prize Winners

Group 1	Billy Chong Nee	\$ 400	Coach: Greg Hobl	\$100
Group 2	Diana Loy	\$ 400	Coach: Diana Loy	\$100
Group 3	Nathan Kahi	\$ 400	Coach: Miles Wydall	\$100
Bonus Round	Billy Chong Nee	\$ 400	Coach: Greg Hobl	\$100



The QWA has for a number of years been delivering a coach education program that has resulted in a large number of our coaches gaining a berth in Australian teams contesting events at international level including Oceania, World Junior/Senior Championships and Commonwealth Games.

Our coaches have many duties and responsibilities to attend to when looking after weightlifters who are keen to do their best on the competition platform.

**Following is part two of 'Duties and Responsibilities of a Head Coach'.**

## Managing Coaching Staff

The Head Coach is ultimately responsible for the Team's competition performance and his or her job is made easier by effectively managing the coaching staff and other athlete support personnel. Prior to the competition, the Head Coach should communicate regularly with the other coaches and devise a 'Coaching Roster' in order that all coaches are aware of the expectations placed upon them.

The coach should:

- Assign coaches or support personnel to monitor the bodyweight of each athlete in the days prior to competition
- Assign coaches or support personnel to accompany each athlete to the weigh-in.
- Include the bodyweight category and starting attempts of each athlete.
- Assign coaches to attend to particular athletes in the competition.
- Assign coaches to monitor the scoreboard in the warm-up room and keep the attending coaches informed of the progress of the competition.
- Assign coaches as necessary to attend to athletes who are training prior to and during the course of the event.
- Liaise with the Team Manager to ensure that the athlete's passport and/or proof of age is available and taken to the relevant weigh-in.
- Ensure that food and drinks have been organized for the athlete post weigh-in.
- Arrange pre-competition who will accompany the athlete to the Press Conference and Doping Control post competition.
- Find out ahead of time when the last transport leaves the venue so that athletes and staff at Doping Control are not stranded.

- Make sure whoever has been assigned to Doping Control duty has Taxi fare available in case of lateness of providing a sample.

At any championship event, the mission of the Head Coach is to achieve the best possible Team result which in turn requires that every athlete achieves the highest possible placing in the competition. This takes precedence over any individual athlete's goals such as breaking records or setting new personal bests. In this regard, the Head Coach must exercise his or her authority over the athletes and other coaches, and make the final decision on weight selections during the event.

On occasion a Head Coach is appointed to a competition team that is not large in number and no support staff are appointed. Now the Head Coach has to assume all the roles and these may encompass the duties of a Team Manager if none are appointed, as well as support staff. To do these most difficult tasks, the Head coach should be familiar with the tasks of the Team Manager. Other support staff are more difficult to replicate e.g. medical & physiotherapist. At most large international events medical staff are appointed to the competition and the Head Coach can seek any advice or treatment from these qualified people. However, taking along extra equipment and supplies can be a "life saver" in terms of servicing the team. It is a good idea to pack a "coaching bag" with necessary items. This bag should include at least the following:

Tape  
Bandages (crepe & adhesive)  
Knee guards  
Cold Spray  
Liniment (warm & hot)  
Scissors  
Hair Cutting scissors  
Tweezers  
Callous file  
Tape adhesion spray  
Chewing Gum  
Smelling salts  
Potassium Tablets/ quinine sulphate  
Chalk Block  
Resin  
Xylocaine ointment  
Pulling straps  
Shoe Laces  
Towel  
Cup  
Knife  
Spoon  
Adhesive moleskin bandage  
Palm guards

Bottle/tin opener  
Pen  
Spare lifting suit  
Safety pins

This may seem like an exhaustive array of equipment, however, experience has shown that successful coaches endeavour to prepare for as many eventualities as possible within reason. Coaching knowledge and know-how is very important but many a competition has been lost because basic equipment – as listed above – was not available.

It is also a good idea for Head Coaches, especially with young or inexperienced lifters to provide them with Personal Equipment Checklist before departure. This could include the following:

Lifting Shoes/boots  
Socks  
Lifting suit  
T-shirts  
Presentation track suit  
Workout track suit  
Towel  
Tape  
Tape adhesive spray  
Belt  
Bandages and/or knee guards  
Rain suit/plastic garbage bag  
Passport/visa  
Air ticket/E ticket details  
Callous file  
List of essential phone numbers  
Details of accommodation  
Appropriate clothing for closing banquet

Once the Head Coach has had experience with dealing with various athletes on representative teams, the more "vulnerable one's" will soon be identified and appropriate actions taken.



## TECHNICALLY SPEAKING

By Ian Moir

Every now and then lifters, particularly beginners, are surprised to receive a 'No Lift' decision after completing an attempt that they thought was a Good Lift. Members of the audience too, sometimes don't understand how a lifter can put the barbell overhead and hold it there, but still receive red lights from the Referees. Rarely will this type of situation arise out of any mistake on the part of the Referees and it's usually a case of the lifter and/or spectators being unaware of exactly what it is that Referees are looking for when judging an attempt either Good Lift, or No Lift.

To reduce confusion, it can be helpful for beginner lifters to understand that in addition to the rules governing competition procedures, equipment, clothing, etc; and a number of general rules for all lifts; there are eleven specific Incorrect Movements and Positions for both the Snatch and the Clean & Jerk, and a further two Incorrect Movements for each of the Snatch, the Clean, and the Jerk. If a Referee sees any one of these seventeen incorrect movements or incorrect positions during the execution of an attempt, he or she must judge it "No Lift".

### INCORRECT MOVEMENTS AND POSITIONS FOR ALL LIFTS

- Pulling from the hang.
- Touching the platform with any part of the body other than the feet.
- Uneven or incomplete extension of the arms at the finish of the lift.
- Pause during the extension of the arms.
- Finishing with a press-out.
- Bending and extending the elbows during the recovery.
- Leaving the platform during the execution of the lift, i.e. touching the area outside the platform with any part of the body.
- Replacing the barbell on the platform before the referees' signal.
- Dropping the barbell after the referees' signal.
- Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.
- Failing to replace the complete barbell on the platform, i.e. the complete barbell must first touch the platform.

### INCORRECT MOVEMENTS FOR THE SNATCH

- Pause during the lifting of the barbell.
- Touching the head of the lifter with the bar.



#### **INCORRECT MOVEMENTS FOR THE CLEAN**

- Placing the bar on the chest before turning the elbows.
- Touching the thighs or the knees with the elbows or the upper arms.

#### **INCORRECT MOVEMENTS FOR THE JERK**

- Any apparent effort of jerking which is not completed. This includes lowering the body or bending the knees.
- Any deliberate oscillation of the barbell to gain advantage. The athlete and the barbell have to become motionless before starting the jerk.



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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.*