



Weightlifting Queensland

March, 2005

*The Official Journal of
Queensland Weightlifting Association Inc.*

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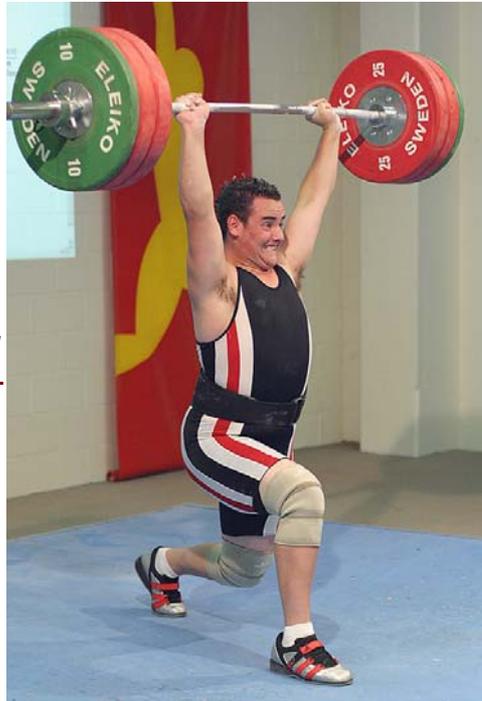
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NEWSLETTER CONTRIBUTIONS

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QWA League 1

Many QWA members started off their competition year with the first round of the QWA league held at Cougars weightlifting Club on the 19th of February. Full results page 22.



Photograph provided by
AwardPhotos.net.

RIGHT: Luke Gardner went on a record breaking spree in the first round of the QWA League. He registered 3 new QLD U18 records in the 105 kg division for the Snatch, Clean & Jerk and Total

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



Queensland Government
Getting more people active
through sport and recreation

Queensland Weightlifting Association Inc.

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Executive Officer: Barry Harden
Executive Officer: Tanya Harden
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Executive Officer: Dallas Turnbull
Executive Officer: Debra Keelan

QWA Mission Statement

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

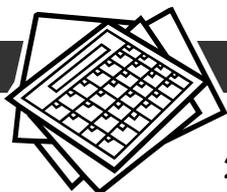
Acknowledgement

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Queensland Government –Sport and Recreation Queensland
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 Events Calender

April 1	Nudgee Open Club Competition	Nudgee
April 1	Cougars Open Club Competition	Chandler
April 13	St Lawrence's College Open Club Competition	St Lawrence's College
April 16 – 17	National Under 16 & Under 18 Championships	Hawthorn, VIC
April 29 – 30	OWF Continental League (Old v WA)	Email competition
April 30	Mount Isa Open Club Competition	Mt Isa
May 14	Sunshine Coast Open Club Competition	Sunshine Coast
May 14 – 21	Arafura Games & Oceania Junior Championships	Darwin, NT
May 15 – 22	World Junior Championships	Busan, KOREA
May 18	St Lawrence's College Open Club Competition	St Lawrence's College
May 21	Nudgee Open Club Competition	Nudgee
May 27	Toowoomba Open Club Competition	Toowoomba
May 28	Cougars Open Club Competition	Chandler
June 11	QWA League Round 2 & Masters League Round 2	Nudgee
June 24 – 25	OWF Continental League (Old v NT)	Email competition
June 23-26	Mermet Cup International	Louisiana, USA
July 9	Old 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 (Old v Fiji)	Email competition
August 10	St Lawrence's College Open Club Competition	St Lawrence's College
August 13	Sunshine Coast Open Club Competition	Sunshine Coast
August 26	Toowoomba Open Club Competition	Toowoomba
August 26 – 27	OWF Continental League (Old 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
November 26	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
- And all National and International events held between 1st January 2005 and 13th August 2005

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

It seems like only yesterday that I was standing on the verandah of casa del Moir, enjoying warm January evenings around the barbecue as the sun went down or the occasional thunderstorm rolled in. It's hard to believe that a quarter of 2005 has already past and we are moving ever closer towards the Melbourne 2006 Commonwealth Games. These Games will present opportunities for Australians to participate in another world-class weightlifting event of the kind that many of us enjoyed so much in Sydney some four and half years ago. The call for volunteers has already gone out – advertised in newspapers around the country and on the QWA web site – and I hope that every QWA member who has an interest in being involved in this event has applied. For Queensland's top lifters, the 2006 Commonwealth Games provides the focus for the next 12 months and their coaches have mapped out training and competition programs to prepare them for their most important event in 2005 – the Commonwealth Games Selection Trials on 17th December.

For the rest of us, it's business as usual and the past few months have been very busy indeed. With three QWA competitions being held in four weeks during February / March, the QWA office has been humming. And the number of lifters competing in the QWA League; Qld U16 & U18 Championships; and Qld Masters Championships was very encouraging; particularly the number of new lifters across all age groups. With six sessions of lifting at both the League competition and the Qld U16 & U18 Championships; and three sessions at the Masters Championships, volunteers, particularly referees, were pushed to the limit. Highlighting once again the need for more qualified referees to become more active and for the QWA to recruit and train referees who will specialise in officiating. To this end, the QWA will take a leaf from the book of the Victorian Weightlifting Association and introduce a mentoring program for referees. This will entail the beginner ref' being matched up with experienced officials to attend weigh-ins with them and sit beside them during competitions to observe and ask questions without feeling the pressure of making instant decisions. The aim of this is to gradually introduce new referees to practical officiating, allowing them to become more confident in taking up the control box or flag after 'sitting in' on a number of competitions as an observer.

The QWA held it's Annual General Meeting during the Qld U16 & U18 Championships in March. At the AGM, the follow-



ing committee was elected by the Club Representatives to direct the affairs of the association for the next 12 months: President – Michael Keelan; Vice President – Gregory Hobl; Treasurer – Lawrence Townsend; Secretary – Kylie Booth; Committee Members – Barry Harden; Tanya Harden; Debra Keelan; Deborah Lovely; and Dallas Turnbull.

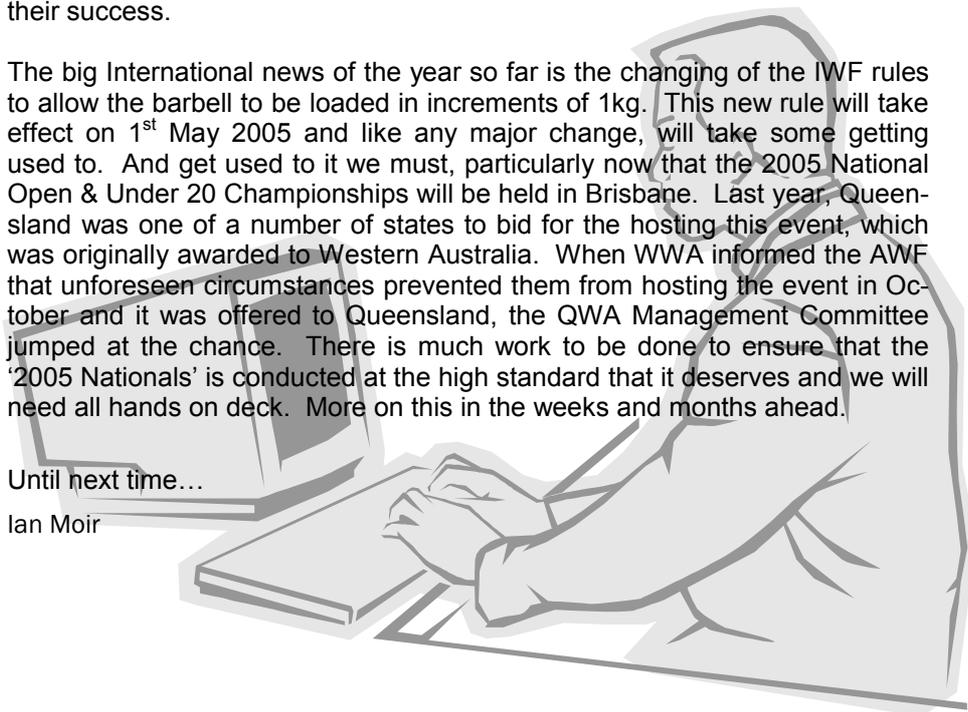
The QWA has recently taken on two new employees. Grant Jenkins is now on board and he will be focusing on the areas of recruitment; club development; and coach education. And Erika Yamasaki joins the team through a traineeship subsidised by the Federal Government. Most of Erika's work will be carried out in the office, however she will also be getting out and about, assisting Amanda Phillips and Grant with promotional work in schools.

As I write, we are in the process of organising the Queensland Team for the National U16 & U18 Championships. This Team will be one of the largest Queensland weightlifting contingents to travel interstate – 29 lifters, four coaches and a manager. Five Queensland referees will also be traveling to Melbourne for this event. We wish the team well and look forward to news of their success.

The big International news of the year so far is the changing of the IWF rules to allow the barbell to be loaded in increments of 1kg. This new rule will take effect on 1st May 2005 and like any major change, will take some getting used to. And get used to it we must, particularly now that the 2005 National Open & Under 20 Championships will be held in Brisbane. Last year, Queensland was one of a number of states to bid for the hosting this event, which was originally awarded to Western Australia. When WWA informed the AWF that unforeseen circumstances prevented them from hosting the event in October and it was offered to Queensland, the QWA Management Committee jumped at the chance. There is much work to be done to ensure that the '2005 Nationals' is conducted at the high standard that it deserves and we will need all hands on deck. More on this in the weeks and months ahead.

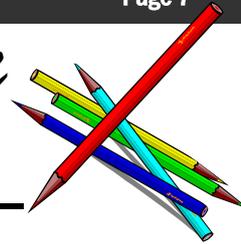
Until next time...

Ian Moir



From the Editor

By Amanda Phillips

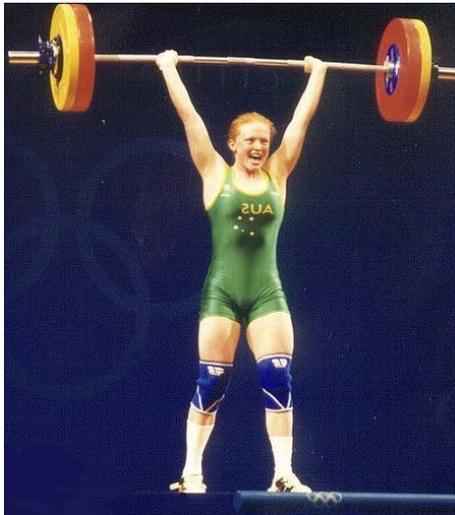


HI EVERYONE,

Phew!! What a busy year QWA members have had all ready.

As Ian mentioned, 3 state events were run in 4 weeks and all of them providing evidence of the hard work that has been put in over the past 3 months. There have been many records broken and many more personal bests. Check out the results pages for full details.

QWA's elite women started off an important year by attending a week long intensive training camp at the AIS—I am sure that this opportunity will prove beneficial come the 2006 Commonwealth Games selection trials in December. A general women's squad meeting was also held at Tallebugerra Recreation camp, just prior to the state U16 and U18 Championships. I can assure you that even though the camp was held next to a beach on the Gold Coast, there were many outstanding training performances. Also, despite the lack of photographic evidence I can assure all QWA members that QWA women's squad are quite good surfers—or so we think!!!



I would also like to take this opportunity to thank the many contributors to this newsletter. Your inputs have made this issue of "Weightlifting Queensland" interesting, informative and thought provoking.

I encourage all contributions (big or small) for future issues.

☺ Amanda

The Olympic Youth Festival 2005 by Erika Yamasaki

The Olympic Youth Festival held in Sydney was this year's first competition for 2005. It is a multi-sport event which is held every two years for athletes between the ages of 14-19 years of age. About 1400 young athletes from around the world compete in 14 Summer Olympic sports hoping to become the next Youth Olympic Champion. This is a great opportunity as it provides experience on the international stage and motivation to train harder and exceed to the unimaginable.



This year's Australian team consisted of 15 of Australia's top junior athletes. The 7 female and 8 male joined together to go head to head with some of the world's finest. The competition attracted teams from China, Chinese Taipei, New Zealand, Oceania and South Africa. Some tough competition provided all of us with a sharp wake up call and with the assistance of the Junior Australian coach Sevdalin Marinov, Assistant coach Angela Wydall and Team Manager Doc Mitchell, the team focused on the job at hand. Outstandingly the majority of the Australian team was from Queensland with (Above from L to R) John Yamasaki, John Walz, Erika Yamasaki, Tammie Hampton and Ben Turner!! A great way to start the year and hopefully a reflection on what is to come.

The athlete's village that housed all of the weightlifting teams was also shared by the Australian and New Zealand Athletics team. Once settled into our accommodation we set off to the Sydney's Telstra Stadium for the athlete's welcome and opening ceremony. I must admit the Aussie Weightlifting team was good at scoffing chocolate and Powerade, but we are weightlifters...I think enough said! We met the competition mascot, the boxing kangaroo who tried to bash us up but we had big Matty Falcone on our side! Anyway the presentation started and I was lucky enough to be selected to be one of the torch bearers in the opening ceremony. Up to 25 teams from around the world marched on, as usual the host country came out last and we were given an unforgettable welcome, everyone was going crazy! The ceremony was just how you would imagine, lots of singing and dancing, like the Olympics but a lot smaller!

First day of competition and John Yamasaki was first cab off the rank—so to speak. Despite the fact that he was still overcoming an injury, he was in fighting form on the

day getting 6/6 ending up with a 92.5kg snatch and a 110kg clean and jerk and the bronze medal, just missing out on the silver because of a slightly heavier body weight over Kiribati's Tekaei Temake.

Next session was the light weight females, I had a good start in the snatch getting 3/3 and equal personal best of 70kg snatch, and despite some confusion in the warm-up ended up with 2/3 missing my last clean and jerk of 87.5kg and placing 4th overall.

Ben Turner did not start off as planned as he missed 2 out of the 3 snatches landing him with a 120kg snatch. Nevertheless, he came back in the clean and jerk with a successful 160kg and 3/3 attempts. Considering Ben's weight class was the biggest in the competition and he had some tough competition (Yukio Peters who is ranked 1st in the Commonwealth), Ben still finished well, ending up with 4th place.

In the last session for the day, the Aussie team cheered on Tammie Hampton who lifted in the 63kg class. While still only new to the International stage, she was still focused on what she wanted and her results showed it! Tammie was a little too nervous as she missed her 1st attempt in the snatch, but she recomposed herself, getting her last two snatches and finishing with a 65kg snatch. In the clean and jerk, Tammie got an 82.5kg clean and jerk for 3/3 and a new personal best. Her total of 147.5kg equaling her with 2nd place getter Alexandrina Patris from Palau was not quite enough to get the silver medal due to a slightly heavier body weight, but still an outstanding achievement for her receiving the bronze medal.

Day 2 brought out young Johnny Walz, this was his first time on the international scene and he did an awesome performance. John got a 115 snatch and a 140 clean and jerk, which awarded him with the silver medal 7.5kgs in front of Fijian Saimone Turaganivalu.



Australian Youth Olympic Festival
21-22 January 2005
 Sydney, Australia



Australian Government
 Australian Sports Commission

RESULTS – WOMEN

Women 48kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
LAN Li	CHN	46.48	1986	67.5	87.5	155.0	1
VRIES Portia	RSA	47.90	1984	65.0	82.5	147.5	2
HU Yu-Ju	TPE	47.60	1985	60.0	72.5	132.5	3
HIRAM Suzanne	NRU	47.92	1987	55.0	65.0	120.0	4

Women 53kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
TOUA Dika	PNG	52.23	1984	75.0	110.0	185.0	1
TIAN Xianhong	CHN	52.12	1987	82.5	95.0	177.5	2
KU Chih-Hua	TPE	52.43	1984	75.0	95.0	170.0	3
YAMASAKI Erika	AUS	52.02	1987	70.0	85.0	155.0	4

Women 58kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
ZHU Jing	CHN	55.37	1989	90.0	110.0	200.0	1
LIN Tsu-Ling	TPE	57.09	1984	85.0	100.0	185.0	2
PRETORIUS Mona	RSA	57.73	1988	62.5	87.5	150.0	3
PATRIS Alexandra	PLW	57.52	1989	60.0	80.0	140.0	4
TSOUKALIS Maria	AUS	57.98	1987	0.0	85.0	0.0	

Referees: Lilly Coffa (AUS), Debbie Keelan (AUS), Cameron Menhenick (AUS) Technical Controllers: Alan Tano (NIU), Barrie Gilbert (AUS) Jury: Karekin Simonian (AUS), Tony Hole (COK), Chris Michaelopoulos (AUS)

Women 63kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
LIAO Hsueh-Li	TPE	62.28	1985	87.5	105.0	192.5	1
PATRIS Alexandrina	PLW	60.35	1989	65.0	82.5	147.5	2
HAMPTON Tamara	AUS	62.77	1987	65.0	82.5	147.5	3
ZHANG Xiaoting	CHN	62.32	1987	0.0	105.0	0.0	

Women 69kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
XIONG Haiyan	CHN	67.35	1985	92.5	120.0	212.5	1
LU Hsiao-Chen	TPE	68.28	1987	85.0	105.0	190.0	2
VAN TIENEN Belinda	AUS	68.79	1986	72.5	92.5	165.0	3
BROOKE Rebecca	AUS	65.83	1987	67.5	80.0	147.5	4
TAWAI Serai	FIJ	65.82	1985	60.0	75.0	135.0	5

Referees: Lilly Coffa (AUS), Debbie Keelan (AUS), Cameron Menhenick (AUS) Technical Controllers: Manasa Vakuruivalu (FIJ), Matthew Curtain (AUS) Jury: Karekin Simonian (AUS), Tony Hole (COK), Chris Michaelopoulos (AUS)

Women 75kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
DEIRERAGEA Sheba	NRU	74.36	1986	85.0	102.5	187.5	1
YEH Chen-Chen	TPE	74.62	1984	75.0	97.5	172.5	2
WANG Tao	CHN	69.34	1989	75.0	95.0	170.0	3

Women +75kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
ZHAO Bing	CHN	105.12	1987	110.0	137.5	247.5	1
TAI Hsiao-Chun	TPE	127.85	1985	85.0	117.5	202.5	2
HAIOTI Sioe	NIU	98.17	1985	82.5	117.5	200.0	3
MYERS Jenna	AUS	89.29	1986	80.0	105.0	185.0	4
BOUTROS Jamila	AUS	109.23	1984	82.5	102.5	185.0	5
BAKER Sharleah	NZL	133.27	1986	75.0	100.0	175.0	6

Referees: Lilly Coffa (AUS), Debbie Keelan (AUS), Cameron Menhenick (AUS) Technical Controllers: Alan Tano (NIU), Matthew Curtain (AUS) Jury: Ralph Cashman (AUS), Karekin Simonian (AUS), Tony Hole (COK)

RESULTS – MEN

Men 56kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
TSAI Sheng-Fen	TPE	55.97	1984	100.0	135.0	235.0	1
LI Li	CHN	51.21	1989	100.0	125.0	225.0	2
DOWABOBO Starron	NRU	55.16	1984	90.0	120.0	210.0	3
ADONIS Alphonso	RSA	55.13	1986	80.0	102.5	182.5	4

Men 56kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
TSAI Sheng-Fen	TPE	55.97	1984	100.0	135.0	235.0	1
LI Li	CHN	51.21	1989	100.0	125.0	225.0	2
DOWABOBO Starron	NRU	55.16	1984	90.0	120.0	210.0	3
ADONIS Alphonso	RSA	55.13	1986	80.0	102.5	182.5	4

Men 62kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
WANG Deyang	CHN	59.91	1989	110.0	130.0	240.0	1
TEMAKE Tekaei	KIR	61.50	1986	87.5	115.0	202.5	2
YAMASAKI John	AUS	61.99	1984	92.5	110.0	202.5	3
SINCLAIR Cameron	NZL	61.70	1987	87.5	107.5	195.0	4

Referees: Alan Tano (NIU), Anthony Villanti (AUS), Barrie Gilbert (AUS)
Technical Controllers: Lilly Coffa (AUS), Karekin Simonian (AUS) Jury:
Sam Coffa (AUS), Debbie Keelan (AUS), Ralph Cashman (AUS)

Men 69kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
WANG Gan	CHN	67.40	1985	130.0	160.0	290.0	1
SARKISIAN David	AUS	68.56	1986	115.0	147.5	262.5	2
HAMMAN Richard	RSA	68.38	1987	102.5	140.0	242.5	3
YEH Hao-Wen	TPE	68.43	1985	105.0	132.5	237.5	4

Men 77kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
PETER Yukio	NRU	75.42	1984	145.0	175.0	320.0	1
ZHANG Kaiguo	CHN	75.05	1987	140.0	165.0	305.0	2
ANTHONY Darryn	RSA	76.59	1985	130.0	157.5	287.5	3
TURNER Ben	AUS	76.27	1984	120.0	160.0	280.0	4
CHEN Chih-Yi	TPE	72.96	1984	112.5	147.5	265.0	5
SPOONER Mark	NZL	72.51	1984	117.5	142.5	260.0	6
WOODFORD Mark	AUS	76.85	1986	110.0	142.5	252.5	7
FIAFIA Fiafia	SAM	75.70	1986	110.0	140.0	250.0	8
CUPIDO Stephen	RSA	70.86	1986	107.5	137.5	245.0	9
BRITTON Andrew	NZL	73.29	1986	97.5	115.0	212.5	10

Referees: Manasa Vakuruivalu (FIJ), Anthony Villanti (AUS), Barrie Gilbert (AUS) Technical Controllers: Tony Hole (COK), Alan Tano (NIU) Jury: Sam Coffa (AUS), Chris Michaelopoulos (AUS), Ralph Cashman (AUS)

Men 85kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
SONG Xiaobiao	CHN	81.39	1985	140.0	170.0	310.0	1
DAL SANTO Max	AUS	83.40	1985	125.0	155.0	280.0	2
KATOATAU David	KIR	81.54	1984	115.0	147.5	262.5	3
SAXTON Lee	AUS	83.89	1986	112.5	147.5	260.0	4
TSENG Ko-Lun	TPE	84.35	1985	110.0	140.0	250.0	5
RODGERS Andrew	NZL	79.87	1987	100.0	120.0	220.0	6

Men 94kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
TAO Yuean	CHN	87.84	1986	130.0	160.0	290.0	1
WALZ John	AUS	85.96	1987	115.0	140.0	255.0	2
TURAGANIVALU Saimone	FIJ	91.11	1985	110.0	137.5	247.5	3
SELKIRK Jonathan	NZL	88.22	1984	102.5	132.5	235.0	4
FU Pi-Hung	TPE	93.28	1984	120.0	0.0	0.0	

Referees: Tony Hole (COK), Anthony Villanti (AUS), Barrie Gilbert (AUS) Technical Controllers: Cameron Menhenick (AUS), Alan Tano (NIU) Jury: Sam Coffa (AUS), Lilly Coffa (AUS), Debbie Keelan (AUS)

Men 105kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
GUO Songlin	CHN	103.92	1986	135.0	175.0	310.0	1
HSU Che-Jung	TPE	103.00	1986	130.0	165.0	295.0	2
PERA Sam Jr	COK	98.56	1989	115.0	152.5	267.5	3

Men +105kg Category	NAT	BWT	YOB	Snatch	C & J	Total	Place
DETENAMO Itte	NRU	138.19	1986	155.0	185.0	340.0	1
LIN Hsiu-Chi	TPE	133.89	1986	152.5	185.0	337.5	2
FALCONE Matthew	AUS	146.99	1987	130.0	170.0	300.0	3
LI Yongchao	CHN	106.05	1991	0.0	145.0	0.0	

Referees: Manasa Vakuruivalu (FIJ), Anthony Villanti (AUS), Barrie Gilbert (AUS) Technical Controllers: Cameron Menhenick (AUS), Karekin Simonian (AUS) Jury: Sam Coffa (AUS), Chris Michaelopoulos (AUS), Ralph Cashman (AUS)

USING WEIGHTLIFTING TECHNIQUES TO IMPROVE BACK HEALTH

By Grant Jenkins

Those of us in the “weightlifting community” realise and understand the benefits of our sport to general health and sports performance. However, there are still many in the medical industry who condemn it as being dangerous; bad for the back or knees; may stunt youngsters growth and a variety of other myths.

As the State Coordinator of QWA’s Programs and Services one of my jobs is to promote weightlifting. Combating these myths can often be a job in itself! Instead of just telling health professionals about the benefits of weightlifting, I have started up a pilot program called “Better Backs”. This program uses many weightlifting techniques to improve back health and integrity. So far our results have been very good. So what techniques do we use that can help someone with back problems?

1) Neutral Spine

The first technique is teaching patients about “neutral spines”. A neutral spine is where you still maintain the 4 natural curves of your back.

Below:

*Grant Jenkins
State Coordinator-
Programs & Services*



Many people think that one should “lift with the knees and not the back”. This is only partly true: using your legs to lift a load off the ground can still cause an injury if one has a rounded back. It is more important (as we all know!) to maintain a neutral spine.

It is amazing how many people lift heavy loads (e.g. a wet laundry out of the washing machine) with a rounded back! This puts a lot of pressure on the lumbar spine and can cause degeneration in this area. So step one is to learn how to maintain a neutral spine. Patients are taught when to, and how to maintain a neutral spine.

Part of this step is to learn to differentiate between “spinal flexion” (i.e. rounded back) and hip flexion (flexing at the hips). Most people see a significant improvement by the second session once they implement this simple technique to spare their spine.

2) Minimising the moment arm

As weightlifters we need to understand a lot about biomechanics. One principle we use often is keeping the bar (or load) close to the body. This minimises the “moment arm”, and in doing so, greatly reduces the forces on one’s back. This is another simple technique that one can use to help in decreasing the load on the spine – keep the load (e.g. the tea tray) close to your body!

3) Abdominal

Bracing (or increasing the Intra-abdominal pressure)

Just before we lift a weight we inhale and hold our breath. By doing so, whether we realise it or not, and tensing the muscles of the trunk (including the abdominals, obliques etc) we are actually increasing the stability of our spine. This is called "abdominal bracing". This brace is actually just an isometric contraction of the trunk muscles. This method can be taught to the patient to help improve their back health.

Many people believe that one should "pull your belly button towards your spine" to enhance spinal stability. This actually has the opposite effect. Imagine your spine as a flimsy fishing rod with the base pushed into the sand. This would be a very unstable structure! But now imagine tying wires to this fishing rod and pegging these wires into the sand so the wires are nice and taut – more stability. These wires represent your trunk muscles and are usually in pairs. These wires could greatly improve one's spinal stability.

Now think about this, which would provide more stability: the pegged wires that are close to the fishing rod? Or those that are further away? If your answer is the latter, you are correct. A wider base provides more support, therefore do not suck your belly button in as it decreases your base of support and makes your spine less stable!

4) Flexibility – what to stretch?

As a general rule you do not want to stretch the muscles of your back – you want those "wires" to be taut to provide stability. What you do want to stretch are the "lower pelvic" muscles including your gluteal muscles, hip flexors (rectus femoris, psoas and iliacus) and hip extensors (hamstrings).

As we know, weightlifting can increase one's range of movement through weighted, resisted, dynamic movements (one of the best forms of flexibility training!). So deadlifting, squatting or pulling movements while gradually increasing your range of movement (and still maintaining neutral spines!) will improve one's flexibility, as well as improving one's muscular strength.

There are a few more steps to the program but this is a good start to help protect your back and reduce the spinal load. Hopefully the success of this program will alert many in the medical profession that not only is weightlifting not bad for one's back, but actually a good form of rehabilitation.

"...the success of this program will alert many in the medical profession that not only is weightlifting not bad for one's back, but actually a good form of rehabilitation"



PHYSIOKINETICS

PLANES, TRAINING & AUTOMOBILES – by Amanda Phillips

With 2005 being an important Commonwealth Games qualifying year, members of QWA's elite women's squad started off this significant year with an intensive weeklong training camp (from Sunday the 30th of January to Saturday the 5th of February), at the AIS in Canberra, under the both knowledgeable and watchful eye of Lyn Jones. Funded by the QWA's Women and Girls Program, Melissa Nightingale, Erika Yamasaki and myself travelled to Canberra, along with Angela Wydall who, as a coach was keen to learn from Lyn's vast experience.



ABOVE: Angela was keen to benefit from Lyn's vast experience.

"Plan A" was for all of us to drive to Canberra, departing Friday the 28th of January, with the driving time shared between us. However due to work commitments, "Plan B" came into effect for both Angela and Melissa, who flew to Canberra on Saturday night. Erika and I were left with "Plan A", and as the only licensed driver, I embarked on my first ever long haul drive.

I must admit, it was with a little trepidation (of tiredness, boredom, "numb bum", hitting kangaroos...) that Erika and I departed Brisbane on Friday morning, however those concerns were soon allayed as we headed out through Warwick and down the New England highway, all the while being entertained by Erika's "Urban Tunes" (as she put it) over and over again. We spent the night in Coonabarabran and shot off early the next morning down the Newell Highway, arriving at our accommodation in Canberra (the City Gateway Hotel as the AIS residence was fully booked) Saturday afternoon at about 4pm-ish. I picked both Melissa and Angela up from Canberra Airport later and fell quickly asleep that night.

Next morning we all woke ready for our first ever *Sunday morning* training session (I have been lifting for over 10 years and I have never trained on Sunday, let alone in the morning!!!). The training venue was in the AIS strength and conditioning gym (which was deserted on a Sunday Morning) and as you would expect contained all the state-of-the-art equipment and machines. Of course our training revolved around the "old fashion" bar and weights, but Erika soon discovered the excitement of the treadmill – so she told me.



Over the week we completed 10 training sessions and let me tell you that we certainly rediscovered the importance of Recovery!!!! We made good use of the AIS dining hall (what weightlifter wouldn't?), utilised the AIS hot and cold hydrotherapies (enjoying the hot spa for 5 minutes and cringing, no cramping through 30 seconds of 5 degree plunge pool water) and Lyn introduced Erika and I to the joys of a recovery weights circuit.

LEFT: Lyn kept a watchful eye on our techniques

RIGHT: Angela was overjoyed with what she learnt

FAR RIGHT: Melissa was so excited by our Sunday morning training session she she did a little dance???



Lyn made some suggestions on how to improve our techniques and was a fantastic source of information, stories and motivation. The most notable legacy of the trip was the introduction of Romanian Dead Lifts (RDL's) or Romanian Pulls – which ever nomenclature you like best- (see Lyn's article for more info) and heavy shrugs into all of the girls training programs which to date have proved to be an extremely helpful exercise.

Surprisingly, the week went quickly and as the saying goes "All good things must come to an end". Sunday morning the 6th of February, Erika and I retraced our steps north and arrive safe and sound in Brisbane on the Monday morning. The women's elite training camp in Canberra provided an opportunity for our female "Commonwealth Games Hopefuls" to train and coach under "professional" conditions and foster training squad camaraderie. As elite weightlifters in an amateur sport the camp helped us to focus on the year ahead and as a result we have continued to train as professionally as our jobs, study schedules and family commitments will allow and the squad cohesion is continuing to aid quality training performances. Look out Melbourne, here we come!!



LEFT : The AIS Strength and Conditioning Gym.

ABOVE: Our "Good Mornings" were an endless source of amusement for Lyn

ROMANIAN DEAD LIFTS (RDL's)

The explosive finish or second pull of weightlifters from Romania has always been a feature of their technique and success in weightlifting. However, it was not until 1990 that one of their “secrets” in enhancing this quality was first seen by coaches and lifters from the “western world” as it was then. One of my first jobs as USA National Coaching Director in 1990 was to arrange a tour of USA for Romanian Coach and former Olympic Bronze medallist, Dragomir Cioroslan and World & Olympic Champion, Nicu Vlad. Dragomir lectured to our coaches and everyone watched Nicu train. For the first time we were able to see a new exercise for strengthening the second pull which was unique to the Roma-

nian weightlifters. We had seen them train many times before prior to world and Olympic championships but then they were always in their competition phase of training and this exercise was used largely in the preparation phase. This exercise – which Jim Schmitz USAW President & Olympic Coach christened ‘the Romanian Dead Lift – (RDL)’ was a feature of Nicu’s program in his preparation phase for the 1990 World Champs – which incidentally he won. The name stuck and the exercise soon became a standard in USA weightlifting training.

The performance of the exercise is worthy of note as there has been some pretty inaccurate descriptions of it in the past. It must be remem-

You should get your coach or training partner to keep an eye on your technique



bered that the RDL is designed as a strengthening exercise for the muscles of the hamstrings and gluteals to say nothing of the incredible isometric overload it gives to the erector spinae muscles of the back. If you have trouble staying over the bar in your pull or your second pull is weak, this is the exercise for you. It is performed as follows:

The bar is gripped, using straps, with a clean grip. Foot position is as for pulling. The bar is dead lifted into the starting position with the lifter standing upright and bar touching the thighs. The knees are unlocked and the lifter inhales, holds the breath and sets the chest and back. Without bending the legs any further and keeping the arms straight and relaxed, the bar is lowered steadily to just below the knees. The hips move back keeping the line of action of the COG of the barbell over the feet. All the movement is from the hips and the legs should not bend any further. You should get your coach or training partner to check this out, as most people initially want to 'give' with legs as the bar passes the knees. As the bar passes the knees – as long as there is sufficient weight on the bar – there should be a feeling of stress in the hamstrings. The bar is then lifted steadily until the trunk is once again upright. The legs do not straighten. The lifter then breathes out and in again and sets the chest and back for further repetitions. The tempo of the movement is never fast, just steady

and under control. Once lifters have learned the technique, heavy weights can be handled e.g. Nicu did a double with 300k and 48k Tara Nott could do 120k for 5. Expect to have sore hamstrings for the week you introduce this exercise. Make sure too that you stay over the bar as it passes the knees. Most lifters also find that their erectors get really 'pumped' when doing reps on RDL's.

The exercise is not only great for weightlifters but EMG studies in US have shown that the effect on the hamstrings replicates the muscle action in sprinting.

Lyn Jones

Former USAW National Coaching Director & Women's National Coach

Member of the IWF Scientific & Research Committee

Technically Speaking- By Ian Moir

By now everyone would have heard about recent changes to the rules that allow the barbell to be loaded in 1kg increments. This rule will come into effect on 1st May 2005 and all participants in weightlifting competitions will have to get used to it. For coaches and lifters, the '1kg rule' provides many more options for weight selections and may lead to closer competition within the bodyweight categories. For technical officials, there will be more work to do. Not so much for the referees, who will still judge the attempts as before, but for marshals and announcers

the expected increase in the frequency of 'changes of call' will keep them on their toes. In this issue, we look at the role of the competition announcer.

Announcers don't necessarily have to be qualified referees, but they do need to have a sound knowledge of the rules pertaining to the order of calling; timing; and scoring. The an-

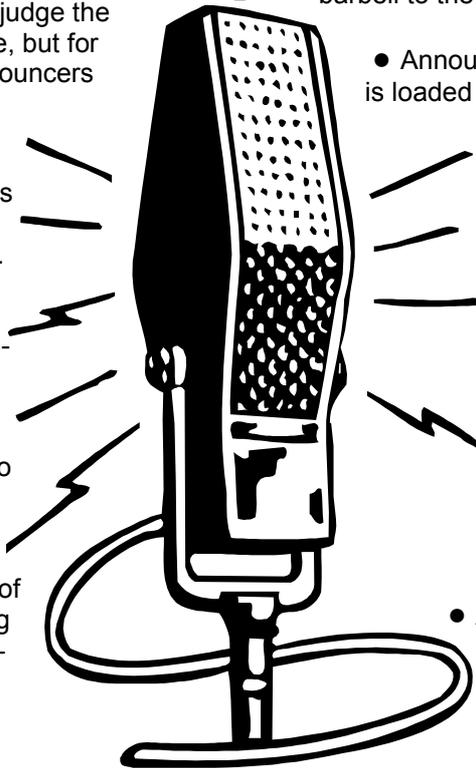
nouncements made during a competition can be divided into two areas – the things that **MUST** be said in order to keep the competition running; and the things that **CAN** be said to enhance the presentation of the event.

The Announcer must:

- Present the competitors in each category prior to the start of the competition
- Instruct the loaders to load the barbell to the weight required for the current attempt
- Announce the weight that is loaded on the barbell prior

to each attempt

- Announce the name of the competitor who will be making the attempt
- Announce the number of the attempt (1st, 2nd or 3rd)
- Announce the name of the competitor who will be called for the following attempt
- Announce the referees' decision (Good Lift or No Lift)



The Announcer can:

- Inform the audience of some of the basic rules of weightlifting, e. g. three attempts in snatch; three attempts in clean & jerk; best snatch + best clean & jerk = total.
- Provide some background information on the competitors – sport profiles
- Inform the audience of the progress of the competition, i.e. current placings, totals, etc
- Provide details of any records being attempted

As mentioned earlier, Announcers must be able to correctly apply the rules that set the order in which lifters are called to make their attempts. There are four factors to be taken into consideration when calling lifters to the platform:

1. The weight of the barbell
 - The competitor attempting the lightest weight is called first
2. The number of the attempt
 - If the weight is the same for two or more competitors, a first attempt is called before a second or a third attempt, and a second attempt is called before a third attempt
3. The competitor's lot number
 - If the weight and the attempt number is the same for two or more competitors, the competitor with the lowest lot number is called before the competitor(s) with a higher lot number

4. The progression, i.e. the difference in kg, from the competitor's previous attempt
 - Exception to 3 above: if the weight and the attempt number is the same for two or more competitors but the competitor(s) with the higher lot number lifted earlier, i.e. had a larger progression between attempts, the athlete with the largest progression is called first.

Competition announcing is something that many people initially shy away from, but it can be an enjoyable and rewarding experience. And beginner Announcers shouldn't let the fear of making mistakes put them off. Everyone makes mistakes when learning something new. The best advice is to start off small – with a session of five or six lifters in a club competition – and practice as often as possible.





QWA League & Masters League, Round 1
Cougars Weightlifting Club, Chandler Qld
19th February 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	Born	Club	BBwt	Snatch	C & J	Total	Bonus	Points
Troy Hewkins	86	Cougars	74.85	115.0	140.0	255.0	21	88.550
Damon Kelly	83	Cougars	136.05	145.0	192.5	337.5	-15	56.429
Division 2								
Joel Wilson	86	Cougars	67.65	110.0	135.0	245.0	11	79.531
Greg Botha	86	Cougars	70.00	87.5	117.5	205.0	15	69.305
Luke Gardner	88	Cougars	95.90	107.5	140.5	247.5	11	67.250
Davina Hughes	89	Toowoomba	53.45	57.5	75.0	132.5	6	61.208
Scott Clark	84	Nudgee	68.25	80.0	100.0	180.0	1	51.350
Holly Collyer	88	S' Coast	70.15	67.5	82.5	150.0	1	50.180
Tom McCosker	88	S' Coast	61.80	75.0	97.5	172.5	-3	50.077
Bowen Stuart	86	Toowoomba	75.90	92.5	110.0	202.5	-8	45.642
Mal Irwin	53		92.45	95.0	120.0	215.0	-6	45.497
Melinda Janke	87	Toowoomba	47.30	45.0	62.5	107.5	-6	45.190
Liana Lambert	88	Cougars	63.00	55.0	70.0	125.0	-6	44.505
Peter Foster	67	Cougars	108.50	115.5	127.5	242.5	-9	42.323
Diana Loy	65	Qld Uni	57.90	57.5	65.0	122.5	-13	38.042
Greg Hobl	60	Toowoomba	80.00	90.0	110.0	200.0	-15	35.633
Division 3								
Ashley Johnson	87	Cougars	90.30	90.0	110.0	200.0	15	62.904
Ben Paris	81	Nudgee	67.65	70.0	95.0	165.0	11	57.154
Casey Kahi	90	Cougars	62.95	47.5	60.0	107.5	9	52.434
Jason Mitchell	88	Nudgee	102.15	87.5	107.5	195.0	5	49.318
Richard McGrath	87	Toowoomba	64.65	62.5	87.5	150.0	5	46.958
Tanya Harden	78	S' Coast	61.60	57.5	72.5	130.0	-11	41.525
Darryl Hockins	88	Toowoomba	55.75	57.5	70.0	127.5	-3	38.803
Trina Egelstaff	88	Cougars	61.60	45.0	55.0	100.0	-2	38.404
Bobby Johnson	77	Cougars	81.35	85.0	110.0	195.0	-13	36.367
Bob Henderson	43	S' Coast	78.80	70.0	90.0	160.0	-7	33.506
Ken Harvey			105.75	77.5	102.5	180.0		Guest

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Division 4								
Rodney Carr	73	S'Coast	97.05	97.5	120.0	217.5	15	64.432
Brent Kahi	90	Cougars	55.15	52.5	72.5	125.0	21	61.984
Teri-Anne Kahi	91	Cougars	56.40	37.5	47.5	85.0	21	56.417
Geordie Cassimatis	90	St Laurence's	60.80	47.5	65.0	112.5	21	55.615
Alisha Freiberg	89	Windaroo	86.70	42.5	60.0	102.5	21	54.607
Shannon Chappel	81	Cougars	54.90	37.5	45.0	82.5	15	49.375
Samantha Mitchell	90	Cougars	94.20	45.0	55.0	100.0	15	47.787
Shayne Lambert	87	Cougars	88.85	52.5	77.5	130.0	15	46.138
Lyndon Hyatt	90	St Laurence's	79.05	50.0	77.5	127.5	11	43.278
Cameron Trass	90	Cougars	64.45	47.5	67.5	115.0	11	43.168
Daniela Vonach	77	Cougars	103.20	40.0	55.0	95.0	12	43.148
Nick Winkler	89	Nudgee	75.70	65.0	75.0	140.0	6	43.086
Nathan Kahi	92	Cougars	42.35	37.5	47.5	85.0	15	42.869
Alison Noble	79	Nudgee	79.20	40.0	67.5	107.5	6	41.246
Michael Dunne	91	Cougars	68.15	45.0	57.5	102.5	11	39.671
Dan Edey	91	St Laurence's	51.95	27.5	40.0	67.5	15	37.131
Scott Coates	89	St Laurence's	73.25	50.0	60.0	110.0	6	35.139
Tobias Kingston	88	St Laurence's	94.80	57.5	70.0	127.5	6	34.977
Tierney Molenaar	91	Windaroo	62.65	30.0	40.0	70.0	6	34.283
Peter Seddon	78	S'Coast	100.80	65.0	77.5	142.5		32.386
David Hockins	91	Toowoomba	37.15	22.5	35.0	57.5	11	29.852
Ray Loudon	45	S'Coast	80.70	65.0	90.0	155.0	-11	28.241
Colten Preston	90	Windaroo	60.45	40.0	50.0	90.0		27.692
Lawrie Townsend	51	Nudgee	76.30	60.0	85.0	145.0	-15	23.411
Angela Murray	91	Cougars	45.45	17.5	25.0	42.5		20.238
Harry Grzes	56	Cougars	121.30	65.0	87.5	152.5	-13	19.275
Warwick Selvey	39		98.80	60.0	75.0	135.0	-13	17.682
Keith Forbes	41		73.40	52.5	52.5	105.0	-15	12.815
Craig Holt	75	Cougars	90.40	55.0	67.5	122.5		Guest
Alex Kelly	90	St Laurence's	68.90	47.5	60.0	107.5	15	Guest

Referees: Bob Henderson (Cat I); Debra Keelan (Cat I); Ian Moir (Cat I);
 Michael Keelan (Cat II); Barry Harden (Cat II); Kylie Booth (Cat II);
 Amanda Phillips (Nat); Keith Forbes (Nat); Jo Garner (Nat); Tanya Harden (Nat);
 Ray Gardner (Club); Erika Yamasaki (Club).

Time Keepers: Debra Keelan; Amanda Phillips; Keith Forbes; Bowen Stuart; Ray Gardner;
 Erika Yamasaki.

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

RECORDS

Name	Cat	Lift	Weight	Age	Level
Warwick Selvey	105kg	CJ & Jk	75.0	Masters 65-69	Qld
Warwick Selevey	105kg	Total	135.0	Masters 65-69	Qld
Luke Gardner	105kg	Snatch	107.5	U18	Qld
Luke Gardner	105kg	CJ & Jk	140.5	U18	Qld
Luke Gardner	105kg	Total	247.5	U18	Qld
Peter Foster	+105kg	Snatch	115.5	Masters 35-39	Qld

MASTERS LEAGUE

Points are calculated as the percentage of Masters World Record Total relative to age group and bodyweight category plus 6 Bonus points for six successful attempts

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Score
Men								
Bob Henderson	43	S' Coast	78.80	70.0	90.0	160.0	6	78.727
Greg Hobl	60	Toowoomba	80.00	90.0	110.0	200.0	0	76.190
Peter Foster	67	Cougars	108.50	115.5	127.5	242.5	0	70.803
Mal Irwin	53		92.45	95.0	120.0	215.0	0	70.492
Ray Louden	45	S' Coast	80.70	65.0	90.0	155.0	0	70.455
Warwick Selvey	39		98.80	60.0	75.0	135.0	0	65.854
Lawrie Townsend	51	Nudgee	76.30	60.0	85.0	145.0	0	59.184
Keith Forbes	41		73.40	52.5	52.5	105.0	0	50.000
Harry Grzes	56	Cougars	121.30	65.0	87.5	152.5	0	47.656
Ken Harvey	68		105.75	77.5	102.5	180.0	0	Guest
Women								
Diana Loy	65	Qld Uni	57.90	57.5	65.0	122.5	0	80.328



2005 Queensland U16 & U18 Championships
 St Laurence's College, South Brisbane, Qld
 5th March 2005

WOMEN

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place
48kg Category									U16U18
Melinda Janke	1987	Toowoomba	47.35	45.0	65.0	110.0	162.022	162.022	1
Angela Murray	1991	Cougars	45.30	20.0	27.5	47.5	73.021	576.858	1 2
53kg Category									
Erika Yamasaki	1987	Cougars	52.35	72.5	87.5	160.0	215.665	1047.372	1
58kg Category									
Davina Hughes	1989	Toowoomba	55.15	62.5	77.5	140.0	181.037	427.045	1 1
Terri-Anne Kahi	1991	Cougars	55.50	40.0	50.0	90.0	115.820	897.196	2 2
63kg Category									
Tammie Hampton	1987	Cougars	62.95	67.5	80.0	147.5	174.073	174.073	1
Liana Lambert	1988	Cougars	62.50	60.0	70.0	130.0	154.104	154.104	2
Casey Kahi	1990	Cougars	62.15	50.0	62.5	112.5	133.829	795.949	1 3
Tierney Molenaar	1991	Windaroo	62.80	35.0	45.0	80.0	94.552	1105.944	2 4
69kg Category									
Holly Collyer	1988	S' Coast	68.50	67.5	82.5	150.0	168.741	168.741	1
Trina Egelstaff	1988	Cougars	63.05	47.5	60.0	107.5	126.743	126.743	2
75+ Category									
Samantha Mitchell	1990	Cougars	94.60	47.5	62.5	110.0	111.085	1114.594	1 1
Alisha Freiberg	1989	Windaroo	87.80	45.0	57.5	102.5	105.007	105.007	2 2
Jordan Hay	1991	Cougars	80.70	22.5	32.5	55.0	57.707	57.707	3 3
Stacy Ford	1991	Cougars	89.70	22.5	30.0	52.5	53.528	53.528	4 4

MEN

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place	
47kg Category									U16	U18
Nathan Kahi	1992	Cougars	42.80	42.5	50.0	92.5	183.926	2409.730	1	1
Nick Edgley	1990	Vikings	46.15	35.0	50.0	85.0	157.014	1575.120	2	2
David Hockins	1991	Toowoomba	36.95	25.0	37.5	62.5	145.200	1802.540	3	3
51kg Category										
Dan Edey	1991	St Laurence's	50.15	27.5	40.0	67.5	115.517	405.745	1	1
56kg Category										
Darryl Hockins	1988	Toowoomba	55.35	65.0	70.0	135.0	212.404	425.612		1
Brent Kahi	1990	Cougars	54.80	55.0	72.5	127.5	202.252	1011.133	1	2
62kg Category										
Richard Christie	1989	Nudgee	60.75	57.5	70.0	127.5	186.523	2263.005	1	1
Cameron Trass	1990	Cougars	61.75	52.5	67.5	120.0	173.438	2127.891	2	2
Geordie Cassimatis	1990	St Laurence's	60.75	50.0	62.5	112.5	164.579	164.579	3	3
Gavin Woods	1988	Nudgee	61.55	45.0	65.0	110.0	159.365	159.365		4
Ashley Eggins	1989	St Laurence's	61.25	42.5	62.5	105.0	152.672	152.672	4	5
69kg Category										
Tom McCosker	1988	S' Coast	62.10	80.0	100.0	180.0	259.080	259.080		1
Richard McGrath	1987	Toowoomba	64.20	70.0	92.5	162.5	228.364	2658.544		2
Justin Flack	1989	Nudgee	68.00	65.0	85.0	150.0	202.645	202.645	1	3
Harry Barry	1989	Nudgee	65.85	50.0	72.5	122.5	169.130	192.289	2	4
Alex Kelly	1990	St Laurence's	68.50	52.5	62.5	115.0	154.609	1644.282	3	5
Steven Eadie	1988	St Laurence's	66.20	50.0	62.5	112.5	154.759	154.759		6
Michael Dunne	1991	Cougars	68.50	47.5	60.0	107.5	144.526	903.993	4	7
James Earp	1989	Vikings	62.60	47.5	57.5	105.0	150.250	150.250	5	8
Rhys Jacks	1990	St Laurence's	63.45	40.0	60.0	100.0	141.711	141.711	6	9
Josh Brady	1988	Cougars	67.55	85.0	125.0	210.0	284.962	---		Guest
Anthony Salsone	1987	Cougars	65.70	75.0	90.0	165.0	228.166	---		Guest
77kg Category										
Adam McDonald	1989	Nudgee	77.00	80.0	105.0	185.0	231.416	1750.868	1	1
Nick Grey	1987	Nudgee	76.75	80.0	102.5	182.5	228.716	1715.527		2
Blair Connor	1988	Nudgee	74.45	65.0	75.0	140.0	178.615	178.615		3
Scott Coates	1989	St Laurence's	73.65	52.5	72.5	125.0	160.519	3016.744	2	4
Brodie Scott	1990	St Laurence's	72.00	45.0	47.5	92.5	120.449	1344.364	3	5
Adam Hiley	1988	Vikings	72.25	52.5	75.0	127.5	165.667	---		Guest
Giveson Yakka	1989	Nudgee	71.55	40.0	---	---	---	---		

85kg Category										
Ben Passfield	1988	Nudgee	84.40	70.0	85.0	155.0	184.519	184.519		1
Aaron Tully	1989	Nudgee	79.65	60.0	85.0	145.0	177.969	2740.391	1	2
Lyndon Hyatt	1990	St Laurence's	78.65	52.5	77.5	130.0	160.678	567.801	2	3
Tom Reddel	1988	Vikings	78.35	55.0	65.0	120.0	148.635	148.635		4
Timothy Chaston	1990	St Laurence's	81.95	42.5	50.0	92.5	111.806	603.744	3	5
94kg Category										
Luke Gardner	1988	Cougars	93.25	105.0	137.5	242.5	275.481	275.481		1
Ashley Johnson	1987	Cougars	93.35	90.0	105.0	195.0	221.418	221.418		2
Shayne Lambert	1987	Cougars	87.75	50.0	75.0	125.0	145.984	145.984		3
John Walz	1987	Nudgee	87.10	100.0	100.0	200.0	234.411	---		Guest
105kg Category										
James Hatzis	1988	St Laurence's	103.35	95.0	120.0	215.0	234.517	3276.886		1
Jason Mitchell	1988	Nudgee	102.65	87.5	105.0	192.5	210.488	210.488		2
Scott Fell	1988	St Laurence's	96.55	60.0	90.0	150.0	167.929	2232.012		3
Tobias Kingston	1988	St Laurence's	95.05	60.0	75.0	135.0	152.117	1261.361		4
Joe McIlwain	1991	Nudgee	95.90	57.5	77.5	135.0	151.555	151.555	1	5

Referees: Debra Keelan (Cat I); Ian Moir (Cat I); Barry Harden (Cat II); Kylie Booth (Cat II); Lawrie Townsend (National); Jo Garner (National); Amanda Phillips (National); Tanya Harden (National); Bowen Stuart (State); Barry Hockins (Club).

Time Keeper: Kylie Booth; Bowen Stuart; Debra Keelan; Ian Moir; Erika Yamasaki; Amanda Phillips.

M.C.: Michael Keelan; Debra Keelan.

Best Lifter (Sinclair Points)

	Under 16	Under 18
Male	Adam McDonald	Luke Gardner
Female	Davina Hughes	Erika Yamasaki

William Faulkner Performance Awards (Forbes Points)

	Under 16	Under 18
Male	Scott Coates	James Hatzis
Female	Samantha Mitchell	Erika Yamasaki

Records

Name	Cat	Lift	Weight	Age	Level
Erika Yamasaki	53kg	Snatch	72.5	U18	Qld, Aus
Erika Yamasaki	53kg	Snatch	72.5	U20	Qld
Erika Yamasaki	53kg	Snatch	72.5	Open	Qld
Erika Yamasaki	53kg	Total	160.0	U18	Qld, Aus
Erika Yamasaki	53kg	Total	160.0	U20	Qld
Erika Yamasaki	53kg	Total	160.0	Open	Qld



2005 Queensland Masters Championships

Nudgee College. Boondall Qld

12th March 2005

MEN

Name	Born	Club	Bwt	Snatch	Cl & Jk	Total	MMS
30-35 Years							
94kg Category							
Craig Holt	70	Cougars	90.80	50.0	65.0	115.0	279.464
35-39 Years							
105kg Category							
Ken Harvey	68		103.90	80.0	105.0	185.0	221.555
+105kg Category							
Peter Foster	67	Cougars	108.55	116.0	130.0	245.0	292.526
Alan McMenamin	69	Nudgee	111.65	60.0	70.0	130.0	150.271
45-49 Years							
85kg Category							
Greg Hohl	60	Toowoomba	79.50	98.0	115.0	212.5	311.999
94kg Category							
Barry Harden	59	S' Coast	89.40	90.0	110.0	200.0	279.464
50-54 Years							
77kg Category							
Lawrie Townsend	52	Nudgee	75.95	60.0	85.0	145.0	236.395
85kg Category							
Trevor Walz	52		83.90	75.0	95.0	170.0	262.464
94kg Category							
Mal Irwin	53		92.70	92.5	120.0	212.5	307.611
55-59 Years							
+105kg Category							
Ben Grzes	50	Cougars	135.10	62.5	85.0	147.5	202.647

60-64 Years							
77kg Category							
Bob Henderson	43	S' Coast	76.60	65.0	92.5	157.5	308.465
85kg Category							
Ray Loudon	45	S' Coast	80.85	67.5	90.0	157.5	289.347
65-69 Years							
105kg Category							
Warwick Selvey	39		99.30	65.0	77.5	137.5	263.624
+105kg Category							
Patrick Shannon	40	Nudgee	108.00	40.0	55.0	95.0	167.002
80+ Years							
85kg Category							
Rube Howes	22	Cougars	82.45	50.0	55.0	105.0	400.530
WOMEN							
Name	Born	Club	Bwt	Snatch	Cl & Jk	Total	MMS
35-39 Years							
58kg Category							
Angela Wydall	67	Cougars	57.85	57.5	70.0	127.5	177.132
63kg Category							
Donna Fry	66	Nudgee	61.30	27.5	40.0	67.5	91.132
40-44 Years							
58kg Category							
Diana Loy	65	Qld Uni	58.00	57.5	70.0	127.5	180.461
+75kg Category							
Debra Keelan	61	Cougars	87.80	67.5	80.0	147.5	178.761
45-49 Years							
69kg Category							
Lorraine Hibbert	58	Nudgee	67.85	22.5	30.0	52.5	72.236
50-54 Years							
63kg Category							
Julie Davis	52	Nudgee	60.55	20.0	27.5	47.5	74.301

60-64 Years							
48kg Category							
Vicki Brady	43	Nudgee	46.95	20.0	25.0	45.0	104.299
Guests							
Joel Wilson	86	Cougars	67.85	112.5	130.0	242.5	-
Troy Hewkins	86	Cougars	76.05	117.5	142.5	260.0	-

Referees: Bob Henderson (Cat I); Debra Keelan (Cat II); Barry Harden (Cat II); Kylie Booth (Cat II); Angela Wydall (Cat II); Ray Loudon (State); Kathleen Harden (Club); Erika Yamasaki (Club).

Time Keeper: Kylie Booth; Angela Wydall; Kathleen Harden.

M.C: Ian Moir; David De Rose.

Best Lifter Awards

Male Rube Howes 400.530 MMS pts
 Female Diana Loy 180.461 MMS pts



LEFT: best lifters, Rube and Diana.

Photo Supplied by AwardPhotos.net.au

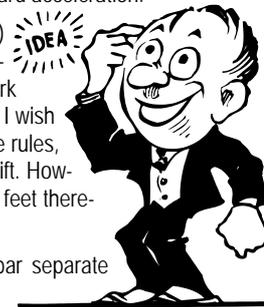
In the Jerk, Everybody Presses (Something to think about)

By Keith Forbes

When jerking, the legs are dipped and then the body and the barbell, initially steady on the clavicle, are thrust upwards. Most of the forces come from the legs. When the legs can't help the weight on its way anymore, the shoulders and bar separate and the weight continues upwards while the body eventually goes downwards. Does this happen because gravity works on the body but ignores the weight? No, it happens because the arms push on the bar and reduce its downward acceleration while the famous equal and opposite forces pushes on the body and **increases** its downward acceleration.

Apparently referees condone (or likely don't recognise the existence of) the press while the feet are off the floor but disqualify any pressing thereafter. The former is how it should be because otherwise the clean and jerk would not exist; instead the body and bar would fly up like Bret Lee (Oh, I wish I could do that). Disqualification because of the latter is correct under the rules, but ethically depends in what you think **should** constitute an overhead lift. However, where does this leave the lifter who does a power jerk, and whose feet therefore are always on the platform?

If some biomechanic/physicist can explain to me how the body and bar separate without the use of the deltoids and triceps I would like to hear from Her.

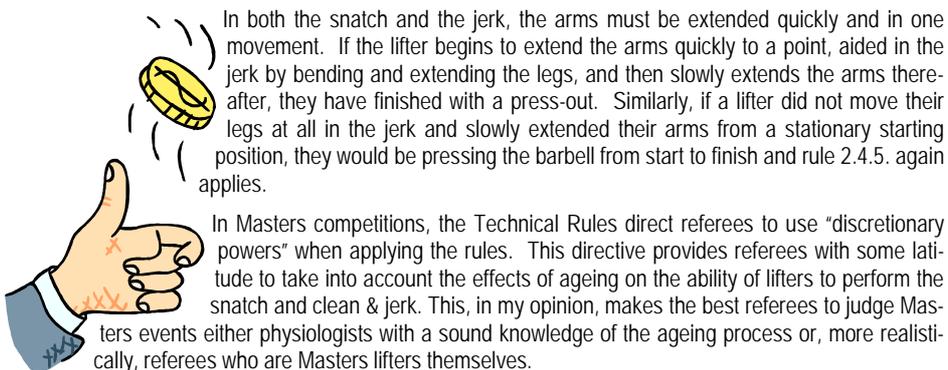


My two cents worth.

By Ian Moir

Keith presents an interesting argument and I wouldn't dream of challenging his scientific hypothesis – Keith's PhD blows my Year 10 'six' out of the water! But from a weightlifting referee's perspective, it's the IWF and AWF rules which are the basis for all decisions made by referees at competitions.

Technical Rule 2.4.5. cites "Finishing with a press-out" as an incorrect movement for all lifts, i.e. the snatch and the jerk. As Keith points out, referees don't consider what the shoulders and arms are doing in the beginning of the jerk. To my mind, this is because "finishing" is the operative word in rule 2.4.5. So how do referees decide if a lift has been finished with a press-out? They look for any slowing down of the extension of the arms.





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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.

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