



Weightlifting Queensland

September 2007

The Official Journal of the Queensland Weightlifting Association Inc.



2007 Queensland Open & Under 20 Team

From Left: (Front Row) Luke Gardner, Teri Kahi, Erika Yamasaki, Darryl Hockins
Second Row: Josh Brady, Alison Noble, Liana Lambert, Diana Loy, Angela Wydall, Davina Hughes
Third Row: Holly Collyer, Miles Wydall, Greg Hobl, BJ Kahi, Troy Hewkins, Deborah Lovely

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The QWA is supported by the
Queensland Government;
Sport & Recreation Qld



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QWA Mission Statement

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

Acknowledgement:

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

Queensland Government – Sport and Recreation Queensland
Major Sports Facilities Authority

Photos by **United Photography & Miles Wydall**

Disclaimer

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



2007 Events Calendar

October 6	QWA League & Masters League Final	Nudgee
October 13	Nudgee Open Club Competition	Nudgee
October 13 – 14	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
October 28	Qld All Schools Championships	Cougars
November 3 – 4	State Weightlifting / Sports Power Coach Level 2 course	Chandler
November 9	Toowoomba Open Club Competition	Toowoomba
November 26 – Dec 1 SAMOA	Oceania Championships & World Cup	Apia,
December 8	Queensland 2000 Tournament	Brisbane
December 15	Sunshine Coast Open Club Competition	Nambour
December 15	"Michael Keelan" Shield	Cougars
December 22	"Lawrie Townsend" Christmas Competition	Nudgee

The closing date for entries for all QWA events is 15 days prior to the competition date.

There is no minimum qualifying standard for Queensland Under 16, Under 18, School, or Masters Championships.

The qualifying period for the Queensland 2000 Tournament is 1st January 2007 – 30th September 2007

From the QWA Office

By Ian Moir, QWA General Manager

In the year's third quarter, the thoughts of lifters and coaches usually turn towards the National Championships; and as the 2007 "Nationals" were hosted by the QWA, so too did the thoughts of many other members of our organisation. Held at the Cougars Weightlifting Club at Chandler, the 2007 National Open & Under 20 Championships were a great success, thanks to more than 30 Queensland volunteers, including Technical Officials, and thirteen Technical Officials from other states, all of whom, along with the hard working venue set-up crew of Debra Keelan, Kylie Booth, Jessica Keelan and myself, ensured an excellent competition environment for the lifters and coaches to perform in.

A "home" championship means different things to different people. Some Lifters prefer to go to "Nationals" interstate because it provides an opportunity to travel and compete in different surroundings, while some prefer the convenience and familiarity of competing close to home, not to mention the savings on travel and accommodation costs. Coaches and Managers tend to prefer "away" events, because it's easier to manage a team during the competition when everyone's staying in the same hotel. For Technical Officials, it probably doesn't matter too much either way, except that the convenience and reduced expense of attending a "home" event makes it possible for more local officials to participate. As for the QWA's officers, staff and volunteers, it's fair to say that "away" events are much easier to manage – we only have to concern ourselves with the Queensland Team – but along with the additional workload and responsibility of hosting a major event, comes the enjoyment of making it happen; and a large measure of satisfaction when the job is done.

Taking on big events also provides the impetus for making improvements that often have a legacy. For example, when preparing to host the 2005 National Championships, we recognised that the association's ancient PA system wasn't really good enough to be relied upon for such an important event. So the association purchased a new sound system for the occasion and that system has been used at every event run by the QWA since. This year, thanks to a grant from the Queensland Government's Gambling Community Benefit Fund, we were able to replace our eleven year old Electronic Referee System with a brand new deluxe

model that looks great, conforms to

international standards, and incorporates a computer interface. This new piece of competition equipment will also serve the QWA for many years to come.

Earlier this year, I reported that the Queensland Government had initiated a review of the program which provides funding to State Sport Organisations and State Recreation Organisations. This review has been completed and the Government has made some changes to the funding program, renamed the Sport and Recreation Development Program (SRDP), for 2008 – 2010. A number of those changes reflect recommendations made by sporting organisations including the QWA, during the review process. The QWA will lodge an application for funding under this program in the coming weeks and if successful, we'll enter into a new three-year funding agreement with the Queensland Government in December.

Looking ahead to the few remaining months of 2007, there are still a number of significant events to come. The Queensland All Schools Championships will be held at Chandler on 28th October and the Queensland 2000 Tournament is scheduled for 8th December. Outside of the lifting arena, the next couple of months seem to be brimming with coach education activities. Club Weightlifting / Sports Power Coach Level 1 courses are being held in Brisbane and Mount Isa; a one-day Sports Power Coach workshop will be held for school teachers in the Metropolitan West region as part of the Qld Government's Get Active Qld Accreditation program; and a State Weightlifting / Sports Power Coach Level 2 Licence course will be held at Chandler on 3rd & 4th November.

So, there are still busy times ahead. And then the next thing we know, it'll be Christmas again!

Until next time...

Ian Moir

President's Message

Queensland's State Teams have continued to perform strongly this year. Leading the way were our over 35 year's members who lifted fantastically well at the National Masters in WA, ably supported by our Masters Guru Barry Harden as coach/manager of the team. I have heard great things about the competition. Thank you to Western Australia for your excellent organization of the competition and associated social function, and your fantastic hospitality!!(I'm just sorry I was unable to make it over!!)

Next came our younger members who lifted extremely well at the National Open and Under 20 Championship at the Cougars Weightlifting Club. A big thank you to all our volunteers and in particular the Cougars Canteen staff who kept everyone fueled up and ready to perform in what ever area they were excelling – lifting, coaching, managing, officiating, volunteering. Thank you to Ray Gardner for organizing our VIP guests – Her Excellency The Governor of Queensland Ms Quentin Bryce AC and Mr Chris Bombolas MP Member for Chatsworth and Parliamentary Secretary.

And a big thank you to all of the other States for supporting the event. Thank you also to those past members who were able to come along and support the event – Kristie Amadio and Neil Thomsen spring to mind.

Thankfully things have quietened down in the last few weeks before we all succumbed to burn-out!! Management Committee activity continues with some urgent attention given to budget, and planning for 2008.

Diana Loy once again represented Australia at the World Masters Weightlifting Championships in Hungary – and as expected came home with the Gold!! Well done Diana. Also congratulations to the only other Australian representative Coral Quinell of the NT on her Gold. Well done Coral!!

Congratulations to Lawrie Townsend on successfully upgrading to International Category 1 referee status at the National Open and Under 20 Championships in Brisbane.

Till the next newsletter,
Yours in sport,
Debra Keelan
QWA President

**2007 National Masters Championships
Western Australia
1st July 2007**

Results - Male

94kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Bill Chapman	80+	WA	92.35	40	50	90	1
62kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Keith Penney	70-74	QLD	60.60	46	60	106	1
77kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Chris Holt	70-74	VIC	76.40	54	70	124	1
85kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Barry Allen	65-69	NSW	83.35	62	77	139	1
94kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Milos Trnka	60-64	VIC	85.90	40	70	110	1
85kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Lawrie Townsend	55-59	QLD	79.50	65	90	155	1
Ludek Prokes	55-59	NSW	78.10	60	65	125	2
94kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Warren Hills	55-59	WA	93.85	50	66	116	1
+105kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Russell Davidson	55-59	WA	126.50	50	70	120	1
85kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Peter Gates	50-54	SA	80.90	57	75	132	1
105kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Peter Phillips	50-54	WA	103.10	85	110	195	1
+105kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Dean Pascoe	50-54	SA	108.55	70	103	173	1
77kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Russell Cook	45-49	WA	76.50	66	86	152	1
85kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Michael Arenson	40-44	QLD	78.90	72	92	164	1
94kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
John Hanlon	40-44	QLD	93.10	75	105	180	1
105kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
John Parker	40-44	WA	103.40	40	60	100	1
+105kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Peter Foster	40-44	QLD	106.50	110	130	240	1
James Holt	40-44	VIC	114.00	45	60	105	2

77kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
James Power	35-39	WA	73.60	92	115	207	1
Brendan Kennedy	35-39	WA	75.70	82	108	190	2
David Holt	35-39	VIC	74.90	60	90	150	3
+105kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Alan McMenamin	35-39	QLD	120.20	70	95	165	1

Best Lifter: Bill Chapman (WA)

Male Team Classification Winners: Western Australia

Results – Female

+75kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Shirley McFarland	65+	VIC	113.70	22	27	49	1
53kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Vicky Brady	60-64	QLD	49.70	23	31	54	1
63kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Elaine Jones	60-64	VIC	62.60	26	38	64	1
53kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Julie Davis	55-59	QLD	52.10	26	37	63	1
58kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Coral Quinell	50-54	NT	55.10	55	66	121	1
63kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Leandra Miscamble	50-54	QLD	62.10	27	36	63	1
Jeanette Matrenza	50-54	VIC	60.80	21	30	51	2
69kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Grace Morrison	50-54	WA	67.90	45	67	112	1
69kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Amanda Foley	45-49	WA	67.00	35	47	82	1
Lorraine Hibbert	45-49	QLD	64.00	30	37	67	2
+75kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Margaret Sweeney	45-49	WA	116.95	38	51	89	1
63kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Diana Loy	40-44	QLD	58.70	66	80	146	1
Monica Cook	40-44	WA	61.20	45	63	108	2
58kg Category	Age	STATE	B/WT	SN	C&J	TOTAL	PL
Michelle Kinnane	35-39	QLD	56.9	32	40	72	1

Best Lifter: **Diana Loy (QLD)**

Female Team Classification Winners: Western Australia

Referees: Brendan Kennedy, Barry Gilbert, Sam Castiglione, Naruhiro Hori, Robyn Turnor



QWA League & Masters League, Round 3 Cougars Weightlifting Club, Chandler Qld 28th July 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.

Division 1

Name	Born	Club	Bwt	Sn	C&J	Total	Bonus	Points
Liana Lambert	88	Nudgee	61.80	57	69	126	7	56.219
Alison Noble	79	Nudgee	74.80	66	83	149	-9	43.098
Darryl Hockins	88	Toowoomba	57.20	69	85	154	-8	39.385
Mal Irwin	53		90.20	91	114	205	-20	29.161
Billy Chong Nee	90	Toowoomba	88.50	105	114	219		Guest

Division 2

Name	Born	Club	Bwt	Sn	C&J	Total	Bonus	Points
John Hanlon	66	Cougars	94.10	76	104	180	20	60.909
Scott Clark	91	Sunshine Coast	58.74	65	90	155	12	59.692
Bob Henderson	43	Sunshine Coast	75.50	60	70	130	20	54.483
Brent Kahi	90	Cougars	68.25	72	107	179	3	53.140
Nathan Kahi	92	Cougars	60.30	71	95	166	1	52.077

Division 3

Name	Born	Club	Bwt	Sn	C&J	Total	Bonus	Points
Rhian Norman	92	Toowoomba	57.30	45	58	103	25	66.036
Neil Bennett	80	Cougars	81.55	72	96	168	20	62.532
Blake Lewer	89	Gunmaree	96.70	80	105	185	20	62.045
Matthew Arthy	91	Cougars	61.90	52	68	120	20	56.923
David Hockins	91	Toowoomba	50.90	49	74	123	14	54.328
Bianca Sheppard	92	Toowoomba	60.15	38	48	86	20	53.594
Mitchell Thurlow	92	Cougars	104.90	55	73	128	23	52.091
Stephen Chalmers	91	Cougars	90.35	49	58	107	25	50.659
Adrian Ward	91	Toowoomba	72.60	39	50	89	26	49.607
Bonnie Sleeman	93	Cougars	75.25	43	57	100	17	48.447
Matthew Swift	69		77.40	88	103	191	0	48.354
Jayde Thomas	91	Toowoomba	62.40	43	57	100	9	48.063
Nick Eastburn	90	Gunmaree	79.05	60	68	128	15	47.405
Angus Takahashi	92	Sunshine Coast	79.00	53	71	124	13	44.392

Michelle Kahi	94	Cougars	55.95	41	57	98	3	42.044
Julie Davis	52	Nudgee	52.60	25	36	61	10	36.991
Michael Dunne	91	Cougars	74.90	60	79	139	0	36.870
Andrew Fletcher	75		106.20	75	92	167	0	35.381
Kim Hanssen	86	Cougars	67.10	31	45	76	6	33.636
Shari Egan	92	Gunmaree	80.95	40	54	94	2	31.560
Casey Fourmile	92	Gunmaree	131.70	60	75	135	0	28.602
Nick Fort	89	Cougars	112.80	48	71	119	-4	21.212
Ben Grzes	50	Cougars	133.80	60	80	140	-13	16.661
Daniel McCallum	92	Toowoomba	67.65	54	65	119		Guest

Guests

Name	Born	Club	Bwt	Sn	C&J	Total
Ben Turner	84	Cougars	76.95	128	170	298
Holly Collyer	88	Sunshine Coast	66.50	71	95	166

Referees: Debra Keelan (Cat I); Kylie Booth (Cat I); Michael Keelan (Cat II);
Barry Harden (Cat II); Craig Wegert (State); Diana Loy (State);
Damon Kelly (State); Meg Soroka (State); Barry Hockins (Club);
Julie Davis (Club).

Time Keepers: Holly Collyer; Carolyn Thurlow; Debra Keelan; Ian Moir;

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

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.

Name	Born	Club	Bwt	Snatch	C&J	Total	Bonus	Score
Men								
Mal Irwin	53		90.20	91.0	114.0	205.0	0	64.843
Bob Henderson	43	Sunshine Coast	75.50	60.0	70.0	130.0	0	55.448
Matthew Swift	69		77.40	88.0	103.0	191.0	0	53.818
John Hanlon	66	Cougars	94.10	76.0	104.0	180.0	0	43.742
Ben Grzes	50	Cougars	133.80	60.0	80.0	140.0	0	42.030
Women								
Julie Davis	52	Nudgee	52.60	25.0	36.0	61.0	0	36.438

Records Name	Cat	Lift	Weight	Age Group	Level
John Hanlon	105kg	Snatch	76	40 – 44	Qld
John Hanlon	105kg	Cl & Jk	104	40 – 44	Qld
John Hanlon	105kg	Total	180	40 – 44	Qld



Australian Championships (Open & U20) 10 - 12 August 2007 ▪ Sleeman Sports Centre, Brisbane QLD

RESULTS - MEN

56kg Men	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
WATKINS Dale	29-May-88	SA	55.55	75	105	180	1	1
PETERSON Matthew	25-Mar-89	VIC	55.75	76	98	174	2	2
HOCKINS Darryl	04-Mar-88	QLD	55.40	69	83	152	3	3
EDGE Justin	06-Feb-92	SA	55.40	61	80	141		4

62kg Men	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
BE Vannara	16-Feb-88	VIC	59.90	97	114	211	1	1
TURNOR Bryan	09-Nov-89	WA	60.50	87	110	197	2	2
McCONNELL Stephen	27-May-91	VIC	61.75	72	95	167		3
KAHI Nathan	08-Jul-92	QLD	59.70	73	92	165	3	4
CLARK Scott	21-Jul-91	QLD	59.55	70	90	160		5

69kg Men	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
KHOUM Daniel	27-May-85	VIC	63.75	110	142	252	1	
KUMARA Musa	14-Aug-79	NSW	65.85	97	125	222	2	
INGLIS Patrick	20-Jun-89	SA	67.25	92	118	210	3	1

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KATZ Daniel	09-Jun-90	VIC	68.30	93	117	210		2
KAHI Brent	15-Jul-90	QLD	68.45	76	102	178	4	3
MANSFIELD Thomas	14-Jul-83	SA	67.15	77	100	177	5	
HARDY Jordan	03-Jun-88	NT	65.20	66	83	149		4

77kg Men	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
TURNER Ben	23-Jan-84	QLD	76.60	126	170	296	1	
BRADY Joshua	20-Jun-88	QLD	77.00	113	145	258	2	1
LEON Nick	05-Jan-79	NSW	74.45	96	125	221	3	
POWER James	12-Nov-71	WA	74.00	91	110	201	4	
SPOONER Mark	1984	NZL	74.55	115	150	265	GUEST	

85kg Men	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
DAL SANTO Max	16-Feb-85	SA	84.80	135	165	300	1	
MULDER Ben	06-Jun-78	TAS	83.80	126	163	289	2	
HEWKINS Troy	26-Feb-86	QLD	82.95	128	160	288	3	
CHAMOUN Malek	03-Jan-89	NSW	84.35	122	130	252	4	1
OGILVIE Michael	21-Feb-83	NSW	84.15	119	130	249	5	
TAYLOR Scott	30-Jan-89	TAS	77.95	105	126	231	6	2
HEINZ Corey	21-Feb-88	WA	84.25	90	123	213	7	3
PATTERSON Richard	1983	NZL	84.10	125	160	285	GUEST	

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94kg Men	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
RIBOUEM Simplicie	05-Dec-82	VIC	88.95	137	184	321	1	
CITTON Emmanuel	02-Aug-82	NSW	92.20	130	175	305	2	
MERREY Chris	10-Apr-88	VIC	92.25	115	151	266	3	1
STEWART Peter	19-Oct-82	NSW	92.45	100	135	235	4	
ILEY Tong	15-Jan-75	WA	89.75	107	127	234	5	
CHONG NEE Billy	22-Nov-90	QLD	89.45	107	120	227		2

105kg Men	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
SARAVA Valerie	16-Jan-78	NSW	105.00	145	171	316	1	
GRIGORYAN Aghvan	11-Feb-69	VIC	104.40	145	170	315	2	
HELLISEN Warren	19-Apr-66	VIC	103.85	130	160	290	3	
HARDIMAN Peter	29-Oct-82	NSW	101.95	120	155	275	4	
GARDNER Luke	08-May-88	QLD	104.15	116	148	264	5	1
GRGUREVIC Zac	20-Feb-91	TAS	97.30	109	140	249	6	2
STEFFANS Jordan	16-Oct-89	SA	94.20	107	131	238	7	3
MANSOUR Marc	01-Jan-87	VIC	102.85	103	120	223		4
FRANCAZIO Simon	16-Nov-90	VIC	98.10	95	116	211		5
MACHIELSE Neil	13-Feb-88	WA	101.70	90	110	200	8	6

+105kg Men	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
KELLY Damon	01-Dec-83	QLD	145.45	147	200	347	1	
FALCONE Matthew	24-Apr-87	VIC	150.45	130	160	290	2	1
HODGETTS Todd	23-Mar-88	TAS	137.30	105	135	240	3	2
NEMANI Daniel	1981	NZL	109.55	130	160	290	GUEST	
RAE Chris	20-Jul-80	SA	131.65	160	0	0		

RESULTS - WOMEN

48kg Women	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
LEE Vivian	29-Mar-78	VIC	47.50	66	78	144	1	
MACKEN Mary	07-Jun-61	NSW	47.95	40	55	95	2	

53kg Women	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
YAMASAKI Erika	02-Sep-87	QLD	51.25	69	84	153	1	1
BE Socheata	12-Dec-89	VIC	52.70	64	75	139	2	2
PETROVIC Helen	24-Feb-79	NSW	51.95	45	63	108	3	
CASTREE Sarah	21-Mar-90	SA	52.80	42	56	98		3
LATIF Nadeene	20-May-78	NSW	52.60	66	0	0		

58kg Women	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
LEE Seen	15-Nov-82	VIC	57.40	90	96	186	1	
HUGHES Davina	06-Aug-89	QLD	56.30	66	87	153	2	1
LOY Diana	24-Nov-65	QLD	57.75	60	73	133	3	
EDGE Jessica	13-Nov-86	SA	55.95	55	68	123	4	
LOVELOCK Alecia	01-Nov-90	WA	57.75	50	70	120	5	2
QUINELL Coral	12-Aug-57	NT	54.40	53	66	119	6	
WHELDON Sabrina	20-Feb-90	VIC	56.05	45	63	108		3
KENNEDY Priscilla	18-Apr-85	VIC	56.40	0	0	0		

63kg Women	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
WHITE Jacquie	23-Feb-82	VIC	62.95	85	102	187	1	
BROOKE Rebecca	30-Mar-87	NT	62.90	72	81	153	2	1
WHITE Juanita	29-Dec-87	NSW	62.40	64	78	142	3	2
LAMBERT Liana	25-Sep-88	QLD	61.50	56	71	127		3
de BONT Dana	18-Dec-89	VIC	62.05	49	62	111		4

69kg Women	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
SAWON Nicole	13-May-78	SA	63.55	76	90	166	1	
PALAMARA Elena	21-Nov-86	NSW	67.25	76	88	164	2	

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COLLYER Holly	15-Jun-88	QLD	65.40	72	88	160	3	1
STEWART Alexandra	16-May-77	NSW	68.10	70	78	148	4	
HAMPTON Tamara	18-Aug-87	QLD	68.45	67	81	148	5	2
O'MEARA Kelly	22-Sep-82	VIC	63.45	62	81	143	6	
MILLER Melissa	31-May-89	NT	68.50	51	65	116		3

75kg Women	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
PHILLIPS Amanda	04-Jul-81	QLD	74.70	84	106	190	1	
NOBLE Alison	23-May-79	QLD	74.65	65	90	155	2	
DAVIS Kathryn	22-Aug-86	NSW	74.00	69	85	154	3	
KAHI Teri-Anne	13-Jul-91	QLD	72.70	52	77	129		1
TURNOR Robyn	11-Jun-78	WA	73.60	59	70	129	4	

+75kg Women	DoB	STATE	B/WT	SNATCH	C&J	TOTAL	Open	U20
WALLER Danielle	16-Aug-65	WA	89.60	76	90	166	1	
SA'U Chanelle	12-Jun-91	QLD	108.30	68	85	153		1
LINFORD Kate	23-Nov-87	VIC	101.05	62	80	142	2	2

Weightlifting Queensland



Damon Kelly

Luke Gardner



Billy Chong Nee

Troy Hewkins

Alison Noble



Brent Kahi

Ben Turner

Amanda Phillips

Josh Brady



Erika Yamasaki

Scott Clark

Darryl Hockins



Nathan Kahi

Davina Hughes

Liana Lambert



Tammie Hampton

Holly Collyer

Teri-anne Kahi

Chanelle Sa'u

Editors Note: In the last edition of *Weightlifting Queensland*, Ian Moir wrote about Incorporated Associations, noting that the QWA Inc became incorporated twenty years ago, in August 1987. In this issue, the first President of the then newly Incorporated Association, Bob Kennedy, recalls some of the people and events of that time.

Memories of the 1980's

By Robert Kennedy

My memories of Queensland Weightlifting date back to 1985 and start from when my wife, Lynda, and I arrived in Brisbane from Scotland on a beautiful January morning, going from -5 to +35 degrees in a matter of hours. I knew that Mike Keelan was working with the Association at the Camp Hill / Carina Centre and having known him well in the UK, decided to pay him a visit. In no time at all, the always persuasive Mike had convinced me to run for President of the QWA. So at the AGM of that year I was duly elected.

At this time, the energies of relative youth, and no children, ensured that the QWA introduced and ran Clean and Jerk competitions in schools in a bid to increase numbers. Level O and Level 1 coaching courses were introduced and run in order to increase the number of coaches, and courses were also organised in order to qualify more referees. In fact at this time – 1986 (I think) my wife, Lynda, became the first female referee and Level 1 coach. This initially caused some consternation in the National body but as women's lifting was in its infancy and promising considerable improvement in numbers participating, these qualifications were ratified. Around this time the subject of incorporation was investigated and the management committee decided to proceed.

It was a time of considerable expansion particularly in Junior and schools lifting with competitions taking place in Gympie with Danny Mauro; Rosedale with Greg Hobl and Phil Murrassi; and Kingston High School with Lynda Kennedy, for example. In fact at this time the QWA ran the National Schools Championships and I can remember following some Victorian students walking through the beautiful grounds of Kingston SHS and them looking up to see the koalas in the trees and one of the students saying in wonderment "Is this a @#%\$**& school?"

Women's lifting was starting to make inroads worldwide and in 1987, the first ever Women's world championship was held in Florida USA. Debbie Keelan qualified and was selected to lift and Lynda was given the job as team manager/coach. It was a pay your own way operation and Mike and I had to go out at weekends to sell our bodies to pay for it – it took months!

Around about this time also, the late lamented Lou Barrie joined the fold and gave Mike, myself, Lynda and our other helpers in our coaching courses the benefit of his vast knowledge in bodybuilding. These courses were invariably not work, but a great social buzz.

Towards the end of the 1980's, Gary Langford moved from Yeppoon to Brisbane and took over the job of Queensland Coach. Gary was a former gold and silver medallist from past Commonwealth Games and his expertise was invaluable.

This was the time of trips with school and junior teams to Sydney and Canberra in PCYC buses with no heating in the middle of winter, however, minimal heating was provided by flatulent boys. This was the time of lifters like Craig Wegert and Henning Kath – a 52kg lifter who could grind out of incredibly hard cleans, stand for 45 seconds to recover and then jerk the bar overhead.

It was the time when the State Schools competition was run at Gympie SHS with, I think, 90 or so competitors. On the Friday before the start of the event my pet cockatoo that I had decided to take to Gympie for a holiday – why not! – had escaped from its cage and was flying about the school hall during an assembly. Great merriment ensued as the beast flew about squawking its head off and threatening to crap on the headmaster.

At the time of incorporation the committee realised that for the Association to progress, we needed to move from Camp Hill and thanks to Mike we managed to eventually get the current facility at Chandler.

By this time, I was promoted and transferred to Rockhampton but after a few years and with the help of Lynda and Ian Quinton started a club at Glenmore SHS. This was a very enthusiastic club and produced some excellent Schoolboy and Schoolgirl lifters and I continued to coach/manage Queensland Junior and Schools teams alongside people such as Greg Hobl and Peter Thomsen.

However, all good things come to an end and pressure of work in the State Education system as well as age and injury meant that the Glenmore club died a death in the late 1990's.

All in all, it was a great time and it has left me with many happy memories of events and people I have met such as the ones mentioned above as well as Maurie Carmichael, Bob Henderson, the late Roman Wojcieszuk and many others.

2007 World Masters

August 25 - September 1, 2007

(Australian's Results)

Age	Group	W50									
Pl	Class	Name	SURNAME	NAT	AGE	BWT	SN	C&J	TOTAL	S-M-M	
1	48	Sandra	PASCO	NZL	52	46.20	30	40	70	134.1596	
1	53	Coral	QUINELL	AUS	52	52.75	54	60	114	189.8103	
2	53	Marga	JØRGENSEN	DEN	52	52.45	48	61	109	186.4442	
1	58	Tina	BALL	NZL	51	55.30	43	54	97	157.0913	
1	63	Nadezda	GAGARINSKAYA	RUS	53	60.40	38	49	87	136.3121	
2	63	Lene	DORRIT LARSEN	DEN	52	60.35	37	48	85	130.9844	
1	69	Marie	ORSÁGOVÁ	CZE	51	68.40	55	75	130	183.6738	
1	75	Jean	MCCONVILLE	SCO	52	71.70	45	61	106	148.1877	
1	75+	Barbara	HERMANN	GER	52	75.75	44	63	107	146.0509	
2	75+	Briska	CECH	GER	50	93.95	37	47	84	105.5534	

Age	Group	W40									
Pl	Class	Name	SURNAME	NAT	AGE	BWT	SN	C&J	TOTAL	S-M-M	
1	53	Deborah	MILLET	USA	40	51.90	55	60	115	177.3589	
2	53	Jane	PATTERSON	NZL	42	52.65	41	55	96	149.1414	
1	58	Diana	LOY	AUS	42	57.80	65	75	140	202.4869	
2	58	Sayuri	IWANAGA	JPN	44	55.85	55	70	125	189.3974	
1	63	Corinne	GROTENHUIS	USA	42	62.85	66	80	146	199.7227	
2	63	Annett	DAMME	GER	40	59.65	62	78	140	194.3380	
1	69	Ellyn	ROBINSON	USA	42	64.20	46	65	111	149.9039	
2	69	Alea	FAIRCHILD	BEL	43	65.90	44	53	97	130.3702	
1	75	Jitka	ŠTOLFOVÁ	CZE	41	72.70	57	75	132	165.4774	



47th International Olympic Academy

By Deborah Lovely

47th International Session of the International Academy for Young Participants International Olympic Academy (IOA) – Olympia, Greece June 2007

Arrival & Opening Ceremony

Amazing, inspiring, invigorating, entertaining, fun, friendly and exciting are words which can not begin to adequately express the full extent of what the IOA session meant to me personally. My twenty-fourth (24th) birthday happened to fall on the first day all the participants arrived in Athens, as did the birthday of my roommate from Hungary. The Opening Ceremony of the 47th International Session of the International Academy for Young Participants took place on 'Hill of the Pnyx.' It was a brief ceremony with speeches from; the President of the International Olympic Committee, Dr Jacques Rogge, the Deputy Minister of Culture, Mr George Orfanos, the Mayor of Athens, Mr Nikitis Kaklamanis, international historians (and subsequent guest lecturers at the 2007 IOA session) Professor David Young and Mr John Lucas. The President of the International Olympic Academy, Mr Minos X. Kyriakou, President of the Hellenic Olympic Committee, Council Member of the IAAF and the Secretary General of the ICMG all briefly addressed the Participants. The Athens Municipality and the Choir of the Commercial Bank of Greece entertained us with the musical performance "Athinaiiki Filarmonia." The atmosphere was surreal as we sat in the bright sunshine at 8pm local time, staring out towards the Acropolis resting no more than a kilometre in front of us. After the Greek national anthem closed the ceremony, it was photo time.

International Olympic Academy (IOA)

Upon rising the following morning, the thirty hours (30hrs) of travelling from Australia became very apparent to me. However after an amazing breakfast at the ritziest hotel in all of Athens, and excitement filling the air, we all loaded onto three (3) buses to begin a six hour (6hr) bus trip to Ancient Olympia, the home of the Ancient Olympics. Nothing could have prepared me for the unique experience I would have over the following eleven (11) days. After six hours (6hrs) of a picturesque but flat terrain, suddenly luscious green mountains appeared from nowhere and the bus climbed its way through hills and valleys until we reached a sign which would soon become very familiar to us all, it read; "HELLENIC OLYMPIC COMMITTEE, International Olympic Academy NO ENTRY." Our accommodation housed six to eight (6 – 8) participants sharing bunks in a spacious yet basic room. Every morning would begin with classical music blasted over the loud speaker, which amazingly did not always wake everyone. There was thirty minutes (30mins) of optional exercise voluntarily taken by different participants. Our USA Olympic volleyball

player introduced us to new exercises, our Mexican friend taught a part martial art, part dance exercise routine and I took it upon myself to teach my El Salvador sprinter friend and Iceland and Austrian judo friends some good old Rugby scrummaging techniques.

Ancient Olympia

The IOA is situated within two kilometres (2km) from the Ancient Olympic ruins, museum and the local town of Ancient Olympia. Our sightseeing included a trip down to the ruins of the original one hundred metre (100m) track where a tour guide explained the history of the sight. The long jump was originally contested by athletes holding two (2) large rocks in each hand when jumping. While in mid air during the jump, the athlete would throw down the rocks to gain extra distance. This came as a surprise to everyone. Of course most of us were aware of the athletes competing naked (some participants even feeling the need to emulate this at 2am on the final night of our stay) however we learned of the historical significance of the one hundred metre (100m) dash. The winner of this 'blue ribbon' event would have the pride of having the entire Olympic Competition named after them. For example, the rocks in Ancient Olympia dedicated to a particular Olympic competition would actually have the name of the winner of the one hundred metre (100m) race inscribed into the rock. Instead of the Sydney 2000 Olympics, it would have been the 'Green' Olympics (after Maurice Green). While doing the compulsory run down the original one hundred metre (100m) track, ofcourse with the 'Chariots of Fire' theme song playing in my head, I imagined the 'Lovely' Olympics and how entertaining that would have been. This is actually the reason why historians have found it so difficult to date many of the Ancient Olympics, due to names references rather than dates.

Lectures

On lecture days, the Participants would gather in a large auditorium complete with headphones to aid interpretation and microphones for question time. The topics covered included;

- "Athens 2004 XII Paralympic Games by Ms Ioanna KARYOFYLLI (GRE)
- "Perceptions of the Chinese Culture through the Organization of Beijing Olympic Games in 2008" by Dr Zhenliang HE (China)
- "Olympic Games Strategic Planning" by Mr John SINER (IOC)
- "National Experiences of International Sports: The Summer of 2004 in Athens" by Dr Eleana YALOURI (GRE)
- "The Political and Social Impact of the Olympic Games in Beijing 2008 for Modern China" by Prof. Hai REN (CHN)
- "Planning and Implementation of Olympic Education Programmes in China" by Prof. Dongguang PEI (CHN)
- "General Overview of Olympic Games & Legacies" by Mr Spyros CLADAS (GRE)
- "From Athens to Beijing: Organisation and Management of the Olympic Games" by Mr Marton Otto SIMITSEK (GRE)

- "Pierre de Coubertin: Sports and Humanism" by Prof. John LUCAS (USA)
- "Historiography as Mother of Olympic Education" by Dr Karl LENNARTZ (GER)
- "Evangelis Zappas and the Origin of the Modern Olympic Games" by Prof. David YOUNG (USA)
- "The Symbolism of Olympia and the Olympic Games of Athens in 1896 and 2004" by Prof. Christina KOULOURI (GRE)

These talks provided fantastic stimulus to discussions both within the lecture auditorium and outside it, usually over lunch, dinner or a welcomed Canadian Club and coke. Almost all participants were passionate to talk about their experiences with these topics or simply sit back and take it all in. The learned professors and guest lecturers were clearly professionals in their fields and question time was always a great time to hear more specific questions being discussed. A range of topics were debated including some controversial issues such as; Human rights issues for Beijing hosting the Olympics, accountability of pollution issues for Beijing 2008, Athens Olympic security costs, criticisms of the construction of the Athens stadiums, Planning of Olympics for smaller countries and of course the issues involving drug cheats and testing procedures.

I have to admit that during these lectures it did make me very proud to be an Australian. Any time the Sydney 2000 Olympics were discussed it was always with high regard and recognition for the incredibly successful Olympics which were organised and executed. It reminded me of when I was competing in the Athens 2004 Olympics, the moment I was identified as an Australian, the athletes I met could only talk about the success and unique experience they encountered in Sydney. The international youth camp and family and supporters sponsorship program were all mentioned as hugely successful programs implemented by the AOC during Sydney.

My Olympic Experience Presentation

Olympic Athletes who were participants were invited to speak about their personal Olympic experience. I was one (1) of seven (7) Olympians who gave a short presentation about my experiences at the Athens 2004 Olympic Games for my sport Olympic Weightlifting. The transcripts of these talks are now published in the yearly records at the IOA. I thoroughly enjoyed presenting about my experiences which seemed to be quite amusing to the audience. I had quickly prepared the day before by downloading pictures from my personal website and displayed them, along with the toy kangaroo and Australian Flag. I have had the opportunity to speak on many occasions to a broad audience ranging from primary school children to professional dinners. My presentation gave the participants a better idea about the 'behind the scenes' look at an Olympians life, preparation and competition. Other participants that presented was a USA Olympic volleyball player (female), Ice hockey goalie (female), Swedish Soccer player (female) and Modern Decathlete (male), African Marathon runner (male) and a French Paralympian Swimmer. All gave fantastic presentations which really opened our eyes to individual determination and perseverance.

Pierre de Coubertin Ceremony

During our stay at the IOA we observed the yearly 'laying of the wreath' in memory of Pierre de Coubertin who requested his heart be buried at the home of the Ancient Olympics, at the IOA. Having been a past recipient of the Pierre de Coubertin awards in high school six (6) years ago, it brought my Olympic journey into perspective. We were honoured and silenced to witness the annual memorial ceremony of a man who gave so much to the Olympic movement, of which I can personally be thankful for today.

IOA Sporting Competitions

Each discussion group were to enter athletes in chosen athletic competitions. These included participation in a team sport of your choice, an athletic carnival, and a swimming carnival. In the team sports I elected to play soccer and after officially protesting that we had only encountered soccer teams with one (1) or no female competitors (when our team had two (2)) I was put into another team with my fellow Aussie, Tim who ended up scoring many a goal which helped us win the overall competition. The teams had names such as Solidarity and Friendship, in keeping with the IOA and Olympic ideals. In the athletic competition our groups competed against each other and much to everyone's delight, I would be challenging all female representatives in the arm wrestle competition. The girls put up a mighty fight but I was able to win the overall arm wrestle challenge. The thing which caught me off guard was when I was challenged to arm wrestle the winner of the men's competition. I sat in front of a well built French African male and we stared eye to eye. With the cheers of all the participants (as well as the cooks, administration staff and coordinators) we began the wrestle. After what seemed like an eternity neither of us had won and it was declared a tie. I then participated in the one (1) lap relay and cheered other group members in the races, long jump and blind relay. The swimming carnival begged an Aussie to win something so for my country I won all four (4) heats for butterfly, freestyle, breaststroke and backstroke. After regaining my breath I managed to win two (2) finals. Not bad for a weightlifter! For all the winners of sporting competitions, prizes of Athens 2004 mascots were handed out (of which I already had many from the Olympics) and we were also presented with a wreath made from branches to emulate the ones given in the original Games. Two (2) male participants dressed in togas like Greek gods and lifted up the winners after they received their wreath. Being a weightlifting, I ofcourse had to lift up the gods instead.

Cultural Evening

So much can be said about these fantastically entertaining cultural evenings, there was originally two (2) planned but an extra night was given to allow for more participants to present their cultures to us. There were traditional dancing, games, songs, plays, game shows, gifts and martial arts displays. Each country truly displayed its culture in style and much time and effort went into the performances. The most impressive performance for me was the story and presentation of the "Haka" led by our New Zealand friend Alex. He got a group of guys together from about twelve (12) countries to learn and then show us the Haka. Shirtless, aggressive and covered in traditional war paint the guys gave a spin chilling demonstration under strobe flashing lights. The audience was speechless.

Discussion Groups

Our discussion groups consisted of approximately seventeen (17) participants from varying countries. My group included participants from; Syria, Singapore, Mongolia, China, Sweden, Spain, Iceland, Romania, Portugal, Poland, Czech Republic, Egypt, Seychelles, El Salvador, Guatemala and Dominica. We met on six (6) occasions in a little bamboo hut after lecturers and had the task of discussing chosen topics. These were to be written, presented to the entire group and eventually published in the yearly records of the session.

Topics included;

1. Can we separate Sport from Politics? We decided it was not possible to separate them but this may not always be a negative thing.
2. How can the IOC use the Olympic Games to promote "Sport for All?" We found that through the media, athletes, schools programs, International Cooperation, Youth Participation and Teachers Participation it could be done.
3. How can the media be motivated to present athletes as social role models? We decided that through treating the media with respect, positive personal relationships with athletes, coaches and the media this could be achieved. A main consideration was encouraging the use of willing and able athletes to promote youth events and charities to enhance the overall implementation of "Sport for All."
4. What unexpected disasters could occur in a Host City and what measures could be taken to prevent them? This was a very broad topic and many of the measures were already implemented with the IOC's overseeing.
5. What measures has the IOC taken to ensure long term benefits for the Host City? This was a controversial issue where Athens and past Olympic host cities (except Sydney) have been criticised for not using the Olympics to continue a long-lasting legacy, both for the actual use of the venues and also the education programs in schools.
6. Our Final topic addressed the success of the IOA and possible improvement of the sessions for future participants. This also looked at the history of the IOA and the past sessions topics, the founders; Jean Ketsseas and Carl Diem. The biggest desire of our group was to see the participants follow up these issues in their own countries and make a difference through positively contributing to healthy living and "Sport for All."

The sessions made us all realise the huge struggles in holding an Olympic Games and the desperate need to encouraging all people, especially the youth of our countries to be involved in sport – not just at the elite level. A difficult tension that I personally felt the need to present to my group, was that athletes (whether they are a beginner or at the elite level) will always be competitive, trying to do their best and have the goal of winning and/or self improvement in mind. The Olympic ideals encourage "Sport for All" and participation as the biggest goals with top level athletes used to promote this. However, no Olympic athlete is merely participating in their sport, they aim to win, and so the delicate balance needs to be achieved between encouraging participation as well as giving a healthy motivation to do your best.

The topic of healthy eating linked with sponsorship by appropriate companies was discussed. We questioned whether companies such as Coca Cola and Mc Donald's should be major sponsors? It became apparent from international participants (especially those working in public health) that their country struggles to educate people about the benefits of healthy eating and exercise. By using the Olympic Games and various athletes this might be achieved.

Initially I felt guilty accepting such a fantastic opportunity to attend the IOA on behalf of the AOC. I was not sure I would personally be able to take up the challenge to be an ambassador in Australia for the Olympic ideals upon returning. This was certainly not due to a lack of interest or desire on my part to see everyone, especially children living a healthy, strong, happy life through the benefits of sport. However, like many elite athletes in Australia, I work and study with minimum time to contribute to extra activities. As a full time Law/Arts (Criminology & Criminal Justice) student at Griffith University in Brisbane, part time coach plus my personal training of approximately thirty hour (30hrs) a week, being involved in various youth & sport committees and church activities I initially felt the trip may be wasted on me. I felt perhaps someone else would better benefit from the experience. After getting settled and meeting the other participants I realised how wrong I was. I noticed that hardly any of the participants were athletes. In fact less than approximately twenty (20) in total were involved in high level or competitive sport. Some were coaches of young teams or athletes, some worked in public health, some were dedicated teachers, some had no real personal involvement in sport at all. During the discussion groups it made me realise how important it was for me to be there. I could actually present important opinions, one which was unique to my experiences as an elite athlete, unique to my sporting achievement, and unique to my country. It was fantastic to debate and discuss the various issues which arose during these discussions and I inevitably found myself as group discussion leader, presenter and publisher.

On the final night of the IOA participation session it was suggested to me by certain organisers and group coordinators that it be requested that I be invited back to be involved at a future session to add my Olympic experience for future participants. I was absolutely thrilled and encouraged by this prospect.

Leaving the IOA

Our hearts were heavy when we packed up our gear to depart from the IOA. We had all arrived as individual participants from 160 countries but had become very close and dear friends. We learned so much from each other. We learned about each other's cultures, lifestyles, sports and this highlighted the importance of communication and understanding. It was refreshing to know that there are people all over the world who shared our views on different topics. After the six hours (6hrs) of travelling back to Athens we all headed out for one last night out together. The IAAF athletics competition was being held at the Olympic stadium and we went to watch and cheer the Aussie athletes. After dinner and packing we said our goodbyes and after a teary parting I was back to the airport for what would be fifty-five hours (55hrs) of travel to Australia. I must admit it was a sad, hollow feeling leaving the

IOA, leaving the friends I had made and the life I had known for the past two (2) weeks. But I realised that the connection would not be lost. We were all going back to our countries to further these Olympic ideals which we had debated and discussed in the prior weeks. I read over some paperwork in my book.

“Fundamental Principles of Olympism

1. Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with cultures and education, Olympism seeks to create a way of life based on the joy of effort, the educational value of good example and respect for universal, fundamental ethical principles.

2. The goal of Olympism is to place sport at the service of the harmonious development of man with a view to promoting a peaceful society concerned for the preservation of human dignity.

3. The Olympic Movement is the concerted organised universal and permeant action carried out under the supreme authority of the IOC. Of all individuals and entities who are inspired by the values of Olympism. It covers the five (5) continents. It reaches its peak with the bringing together of the world's athletes, at the great sports festival, the Olympic Games. Its symbol is five (5) interlaced rings.

4. The practice of sport is a human right. Every individual must have the possibility of practicing sport without discrimination of any kind and in the Olympic spirit which requires mutual understand with a spirit of friendship, solidarity and fair play. The organisation administration and management of sport must be controlled by independent sports organisations.

5. Any form of discrimination with regard to a country or a person on grounds of race, religion, politics, gender or otherwise is incompatible with belonging to the Olympic movement.

6. Belonging to the Olympic movement requires compliance with the Olympic charter and recognition by the IOC.

Where to now?

It was evident to all participants at the IOA that a strategic plan needed to be put in place for individual countries to ensure that the valuable lessons learned at the IOA would be communicated, discussed and implemented upon return to our countries. It was suggest that; Participants be responsible for spreading the information throughout their countries, with the help of their NOC. An agreement could be made prior to the participation at the IOA each year to evidence a commitment to volunteer to teach or educate in various capacities. I believe that athletes are the most likely role models by which children listen and learn. This places a large responsibility on athletes as role models but also opens opportunity to volunteer where possible and creates public speaking opportunities to advance the profile

of not only the athlete but also their sport both locally and nationally. The key to 'using' athletes in the promotion of "Sport for All" is to:

1. Find athletes that are willing and able to promote sport in a healthy, positive way.
2. Provide incentives for the athletes to be involved in the promotional activities.
3. Involve the media in a positive way to the benefit of the athlete, the media and the AOC.

The above points appear to be already covered by the 'Olympic Education Ambassador Program.'

Parents also need to be targeted in relation to encouraging a healthy lifestyle through nutrition and exercise for themselves and their children. This education process can be done through community initiatives or via the education of their children at schools or sporting functions.

I wish to sincerely thank Frances Cordaro from the AOC for being involved in my selection and preparation for the 47th International Session of the International Academy for Young Participants - International Olympic Academy (IOA) – Olympia, Greece June 2007. I deeply appreciated the opportunity to be involved in such a prestigious event and I deeply value the experience it has given me. I also thank Monica Klysz the Project Coordinator from the QOC for putting my name forward for this wonderful opportunity. I enjoy the current involvement I have with the QOC and AOC and look forward to further events.

ROYAL WORLD WEIGHTLIFTING CHAMPIONSHIPS CHIANG MAI - THA 14.09.2007 - 26.09.2007

Mens 56kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	CHA Kum Chol	19.07.1987	PRK	55.64	128	155	283
2	LI Zheng	18.01.1986	CHN	55.69	130	153	283
3	IRAWAN Eko Yuli	24.07.1989	INA	55.84	124	154	278
4	ALVAREZ Sergio	11.10.1979	CUB	55.90	118	156	274
5	RI Kyong Sok	14.08.1981	PRK	55.86	122	150	272
6	BOUR Igor	18.12.1984	MDA	55.67	118	149	267
7	DZERBIANIOU Vitali	05.08.1976	BLR	55.88	125	142	267
8	WU Meijin	25.04.1980	CHN	55.53	120	145	265
9	ARTUC Sedat	06.09.1976	TUR	55.59	115	140	255
10	MANEETONG Pongsak	03.05.1986	THA	55.54	111	142	253
11	AKRITIDIS Arthouros	02.01.1986	GRE	55.42	110	142	252
12	GRABUCEA Igor	29.04.1976	MDA	55.68	114	138	252
13	CASTRO Nelson	29.03.1974	COL	55.61	110	140	250
14	SEKIKAWA Yasunobu	21.03.1980	JPN	55.67	112	138	250

Mens 56kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
15	HANSAWONG Phaisan	21.10.1989	THA	55.85	105	142	247
16	MARCHAN Olivier	18.04.1986	VEN	55.97	110	132	242
17	MENG Wenjun	25.01.1976	MAC	54.87	110	130	240
18	LOPEZ Marvin	14.09.1980	ESA	55.92	105	135	240
19	ADAM Robert	15.09.1982	HUN	55.78	102	133	235
20	DELLINO Vito	16.04.1982	ITA	55.83	105	130	235
21	MOLDODOSOV Sultan	03.08.1990	KGZ	55.89	105	130	235
22	SAMUKASHVILI Zviadi	22.11.1987	GEO	55.30	100	130	230
23	TSAI Sheng-Fen	27.10.1984	TPE	55.90	93	131	224
24	RUBINO Massimiliano	30.09.1983	ITA	55.69	95	120	215
	YAMADA Masaharu	01.05.1980	JPN	55.65	105	---	---
	HANDURDIYEV Omarguly	17.12.1988	TKM	55.68	---	115	---
	GUNTALI Matin	01.07.1966	MAS	55.73	100	---	---
	MINGINFEL Manuel	28.09.1978	FSM	55.75	115	---	---
	HOANG Anh Taun	12.02.1985	VIE	55.90	127	---	---

Mens 62kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	YANG Fan	16.10.1987	CHN	61.65	142	173	315
2	IM Yong Su	09.02.1980	PRK	61.79	142	173	315
3	FILEV Ivaylo	01.05.1987	BUL	61.86	138	163	301
4	FIGUEROA Oscar	27.04.1983	COL	61.75	135	160	295
5	BAZARBAYEV Umurbek	17.09.1981	TKM	61.96	132	162	294
6	SALAZAR Diego	10.03.1980	COL	61.45	133	160	293
7	TRIYATNO	20.12.1987	INA	61.86	131	160	291
8	STOYANOV Yassen	17.09.1984	BUL	61.86	128	163	291
9	NGUYEN Manh Thang	12.02.1983	VIE	61.61	135	155	290
10	MAKHVEYENIA Henadzi	10.12.1983	BLR	61.81	127	161	288
11	KRITPHET Niwat	20.07.1983	THA	61.48	126	158	284
12	IBRAHIM Mohamed	18.07.1987	EGY	61.68	127	157	284
13	YANG Sheng-Hsiung	01.06.1983	TPE	61.50	125	158	283
14	HASANOV Sardar	12.05.1985	AZE	61.59	130	150	280
15	POPOV Vladimir	23.01.1977	MDA	61.65	126	154	280
16	LEE Chang-Ho	08.11.1987	KOR	61.97	120	160	280
17	LOPEZ Jesus	17.12.1984	VEN	61.90	123	155	278
18	HUDAYBERGENOV Tolkunbek	04.01.1986	TKM	61.84	120	156	276
19	SULEYMANOV Zulfugar	02.11.1982	AZE	61.14	122	152	274
20	NDICKA Samson	22.03.1976	FRA	61.99	123	151	274
21	SIRGHI Oleg	09.07.1987	MDA	60.96	120	152	272
22	BUCI Victor Antoniu	21.01.1990	ROU	61.80	122	150	272
23	IMAMURA Toshio	25.12.1979	JPN	61.58	120	150	270
24	UECHI Katsuhiko	18.01.1986	JPN	61.80	120	150	270

Mens 62kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
25	MAHAYUDIN Naharudin	30.01.1984	MAS	61.83	125	145	270
26	AYENUWA Yinka	02.05.1986	NGR	61.91	115	155	270
27	GOEGBUER Tom	27.03.1975	BEL	61.17	121	147	268
28	CORNETTA Giuliano	19.12.1980	ITA	61.81	121	145	266
29	MINASIDIS Dimitris	29.04.1989	CYP	61.17	117	148	265
30	PHUNSOMBAT Chatchai	14.07.1989	THA	61.04	117	145	262
31	BACIU Aurelian	12.09.1988	ROU	61.82	117	141	258
32	SINGH Jasvir	13.04.1977	CAN	61.44	113	143	256
33	OSMONALIEV Bekzat	28.12.1985	KGZ	60.95	115	140	255
34	ABDULHAMEED Marwan Saeed	01.01.1987	YEM	61.14	115	140	255
35	GARCIA Ivan	17.01.1983	ESP	61.60	115	137	252
36	STUART Kevin	14.07.1978	GBR	61.84	112	135	247
37	MENDOZA David	21.06.1986	HON	61.52	100	135	235
38	DEIRANAUW Bronco	04.03.1991	NRU	61.58	100	130	230
39	RANJEET Rakesh	31.08.1978	NEP	61.82	100	130	230
	ALPANOV Ruslan	07.06.1987	UZB	61.58	120	---	---
	VIDANAGE Chinthana Geetal	31.12.1981	SRI	61.75	121	---	---
	IBRAHIM Amirul Hamizan	03.12.1981	MAS	61.93	122	---	---
	KIM Kum Sok	19.08.1987	PRK	61.94	---	---	---
	SLABY Petr	25.11.1983	CZE	61.98	---	140	---
	QIU Le	26.02.1983	CHN	61.39	137	---	---
	ROSALES Adan	31.12.1977	CUB	61.82	---	---	---
	YOQUBOV Yusufjon	09.10.1974	TJK	61.87	105	---	---

Mens 69kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	ZHANG Guozheng	17.09.1974	CHN	68.99	155	192	347
2	SHI Zhiyong	10.02.1980	CHN	68.06	158	180	338
3	DEMIREV Demir	31.08.1984	BUL	68.74	153	181	334
4	DABAYA Vencelas	28.04.1981	FRA	68.61	143	187	330
5	KIM Chol Jin	31.10.1978	PRK	68.87	145	185	330
6	MIRZAYEV Turan	24.09.1979	AZE	68.94	145	179	324
7	FIKRETOV Mehmed	18.11.1986	BUL	68.56	142	175	317
8	DUDOGLO Alexandru	20.03.1989	MDA	68.93	142	174	316
9	BORRERO Yordanis	18.03.1978	CUB	68.78	142	173	315
10	MOSQUERA Edwin O.	26.07.1985	COL	68.86	141	171	312
11	BAYRAMOV Afgan	14.10.1983	AZE	68.25	136	173	309
12	DE LUCA Giorgio	19.06.1984	ITA	68.71	138	171	309
13	ROSU Alexandru	30.04.1987	ROU	68.82	137	171	308
14	ARSLAN Yasin	23.07.1978	TUR	68.63	142	165	307
15	SHINTANI Yoshito	07.12.1981	JPN	68.61	132	173	305
16	ROJAS Maiker	15.05.1984	VEN	68.88	140	165	305
17	SANCHEZ Raul	29.09.1986	VEN	68.40	135	165	300
18	SKVORODNYEV Oleksiy	05.12.1980	UKR	68.58	135	165	300

Mens 69kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
19	RAUPOV Sukhrob	27.04.1981	UZB	67.87	137	160	297
20	SUPHALAK Sitthisak	23.04.1984	THA	68.34	135	162	297
21	KIM Yoon-Han	15.02.1985	KOR	68.82	125	171	296
22	YAHIA Tarek	18.05.1987	EGY	68.81	131	164	295
23	SUYWENS Samuel	21.01.1980	FRA	68.82	135	160	295
24	JONG Kang Chol	06.12.1990	PRK	68.86	135	160	295
25	HIDAYAT Muhammad	21.04.1975	MAS	68.96	130	165	295
26	KIRILLIDIS Dimitrios	21.03.1985	GRE	68.86	130	162	292
27	WU Tsung-Ling	20.01.1986	TPE	68.89	131	161	292
28	AMNOIWONG Ronnayuth	29.06.1983	THA	68.24	127	163	290
29	CHIU Yi-lieh	11.11.1983	TPE	68.69	130	160	290
30	SETIAWAN Budi	21.07.1986	INA	68.70	130	160	290
31	SHALOYAN Artyom	31.07.1976	GER	68.83	130	160	290
32	KADIRBERGENOV Sanjar	22.04.1985	TKM	68.88	130	160	290
33	LUNA-GRENIER Francis	24.05.1987	CAN	68.86	127	162	289
34	ALIYU Isiaka	15.05.1985	NGR	68.85	125	163	288
35	PIRBAL Swara Mohammed	04.06.1982	IRQ	68.18	130	155	285
36	TARIFA Antonio	05.01.1989	ESP	68.23	130	155	285
37	ASADA Tomohiro	20.12.1982	JPN	68.60	130	155	285
38	MOLDODOSOV Kutman	06.05.1984	KGZ	68.75	130	155	285
39	GOVINDAN Elumalai	20.03.1984	IND	68.94	125	160	285
40	JANICEK Miroslav	13.05.1974	SVK	68.83	127	155	282
41	WINTER Andre	28.03.1985	GER	68.30	128	152	280
42	SEMJONOVs Mihails	05.06.1987	LAT	67.63	124	155	279
43	BORCILA Catalin Georghe	10.02.1988	ROU	68.48	125	154	279
44	BROWER Henry	04.01.1982	USA	68.87	122	157	279
45	KOZEL Radim	05.09.1977	CZE	68.60	130	146	276
46	ETOUNDI Francis	01.01.1984	CMR	68.83	125	151	276
47	MORILLAS Isaac	26.10.1988	ESP	68.19	120	155	275
48	KOBILOV Subhon	19.06.1988	UZB	68.84	125	150	275
49	NGUYEN Hong Ngoc	06.02.1990	VIE	68.78	120	152	272
50	CSANK Gergely	07.10.1986	HUN	68.84	120	148	268
51	JOHNSON Phillip Jake	19.02.1988	USA	65.82	120	145	265
52	SHUSHU Otsile Greg	20.08.1980	RSA	66.44	110	147	257
53	ZAID Furas Wedgan	01.01.1985	YEM	68.66	110	140	250
54	ESAU Logona	24.01.1986	TUV	68.82	100	144	244
55	VASILIADES Constantine	09.04.1985	CYP	68.72	108	135	243
	BINAY Mete	19.01.1985	TUR	68.48	154	---	---
	LEE Bae-Young	10.12.1979	KOR	68.73	---	---	---
	TALIB Mohd Faerul	10.10.1986	MAS	68.94	---	155	---
	SBAI Youssef	20.09.1978	TUN	68.43	---	---	---
	LUKANIN Vladislav	28.10.1984	RUS	68.77	147	---	---
	MARTIROSYAN Tigran	09.06.1988	ARM	68.89	---	171	---
DSQ	USSENBAEV Mukhit	20.10.1985	KAZ	68.83	---	---	---

Mens 77kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	STOITSOV Ivan	22.03.1985	BUL	76.83	158	205	363
2	DAVTYAN Gevorg	04.01.1983	ARM	76.83	164	198	362
3	LI Hongli	26.12.1980	CHN	76.55	166	195	361
4	KIM Kwang-Hoon	31.01.1982	KOR	76.61	155	201	356
5	SA Jae-Hyoun	29.01.1985	KOR	76.04	153	200	353
6	PEREPECHENOV Oleg	06.09.1975	RUS	76.58	163	190	353
7	SZRAMIAK Krzysztof	09.07.1984	POL	76.84	157	191	348
8	CHARNIAK Mikalai	16.11.1986	BLR	76.82	162	185	347
9	KUZNETSOV Vladimir	21.04.1984	KAZ	76.59	155	190	345
10	LAHUN Sjarhei	27.05.1988	BLR	76.45	152	190	342
11	MEJIAS Octavio	21.07.1982	VEN	76.78	152	190	342
12	CAMBAR Ivan	29.12.1983	CUB	76.88	152	187	339
13	FILIMONOV Sergei	02.02.1975	KAZ	76.54	157	180	337
14	OCANDO Jose	17.03.1986	VEN	76.76	145	190	335
15	DOGARIU Sebastian	10.09.1977	ROU	76.78	154	181	335
16	HOCH Rene	11.04.1978	GER	76.46	151	182	333
17	NASUTION Sandow W.	25.03.1981	INA	76.02	146	185	331
18	DADTUYAWAT Kraisorn	22.09.1981	THA	76.32	145	185	330
19	RAMADAN Ebrahim	06.02.1988	EGY	75.85	148	180	328
20	JAMILOV Namiq	08.12.1982	AZE	76.46	145	183	328
21	FALAHATI NEJAD Mohammad Ali	15.07.1976	IRI	76.69	140	188	328
22	MORADI Sohrab	22.09.1988	IRI	76.74	153	175	328
23	EKPO Felix	10.05.1981	NGR	76.36	150	177	327
24	VAUGHN Chad Thomas	11.05.1980	USA	76.50	143	183	326
25	BIRO Laszlo	18.12.1981	ROU	76.85	145	181	326
26	BARDIS Giovanni	21.05.1987	FRA	76.80	152	173	325
27	GUMAN Viktor	15.04.1976	SVK	76.24	154	170	324
28	YUSUPOV Sherzodjon	10.10.1982	UZB	75.67	138	181	319
29	EL MOUJOUUD Ali	24.07.1982	FRA	76.32	143	176	319
30	MARTINEZ Sergio	18.04.1980	ESP	75.14	147	170	317
31	ARABACIOGLU Reyhan	22.12.1980	TUR	76.37	140	175	315
32	BRUCE Matthew	11.07.1983	USA	76.78	140	175	315
33	BARANYAI Janos	24.06.1984	HUN	76.50	140	170	310
34	CHE ROSE Zulkifli	07.07.1985	MAS	76.80	132	166	298
35	JUMAYEV Inoyat	02.11.1987	TKM	76.48	130	167	297
36	MAMMAADOV Asif	09.08.1980	AZE	69.03	134	161	295
37	TOKTONALIEV Kambar	12.12.1985	KGZ	76.36	130	160	290
38	TURNER Benjamin	23.01.1984	AUS	76.87	120	167	287
39	TREBILLCOCK Saun	24.03.1985	GBR	76.95	125	155	280
40	MONCADA Antonio Ramon	21.10.1981	HON	75.60	120	150	270
41	MARCHESSOU Romain	09.09.1985	MON	72.90	105	125	230
	RIVERA Edinson Angulo	06.08.1982	COL	76.48	150	---	---
	FISAL El Haddad Mahmoud	10.03.1986	EGY	76.58	---	190	---
	PETER Yukio	29.01.1984	NRU	76.76	153	---	---
	DUONG Thanh Truc	24.12.1984	VIE	75.66	---	---	---
	SUFYAN Abbas Nader	12.12.1975	QAT	76.18	150	---	---

Weightlifting Queensland

Mens 77kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
	STAMATIADIS Spyridon	14.04.1981	GRE	76.74	160	---	---
	LUKAC Rudolf	29.12.1969	SVK	76.95	---	---	---

Mens 85kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	RYBAKOU Andrei	04.03.1982	BLR	84.70	187	206	393
2	EDIEV Aslambek	04.01.1970	RUS	84.18	172	200	372
3	STRALTSOV Vadzim	30.04.1986	BLR	84.29	170	200	370
4	CALANCEA Valeriu	18.11.1980	ROU	84.62	166	201	367
5	KHAMATSHIN Roman	29.07.1985	RUS	84.20	165	200	365
6	MARKOV Georgi	12.03.1978	BUL	84.40	172	193	365
7	LU Yong	01.01.1986	CHN	84.09	168	195	363
8	CHASHEMOV Mansurbek	22.06.1983	UZB	84.10	168	195	363
9	VALLADARES Jadel	11.10.1982	CUB	84.31	162	201	363
10	YERSHOV Vyacheslav	07.12.1980	KAZ	83.27	170	190	360
11	RUIZ Oliver	18.09.1974	COL	84.69	155	205	360
12	MARTIROSYAN Tigran V.	03.03.1983	ARM	82.47	164	192	356
13	INCE Izzet	01.01.1981	TUR	84.70	165	190	355
14	MITROU Viktor	24.06.1973	GRE	82.70	157	195	352
15	ANDICA Carlos Herman Andica	12.11.1983	COL	84.62	158	194	352
16	LAGODNYI Oleksandr	25.04.1983	UKR	84.76	160	192	352
17	BOHM Michael	08.02.1984	GER	84.27	161	190	351
18	POGHOSYAN Gevorg	13.03.1984	ARM	84.74	160	188	348
19	MATAM David	05.06.1975	FRA	84.43	157	189	346
20	MOLDODOSOV Ulanbek	18.06.1976	KGZ	82.74	157	188	345
21	PAWLIKOWSKI Sebastian	04.08.1983	POL	84.52	157	188	345
22	REDJEPOV Mansur	03.01.1982	TKM	84.31	158	185	343
23	ALI Harem Taha	01.01.1985	IRQ	82.69	150	190	340
24	TSIREKIDZE Rauli	24.05.1987	GEO	84.24	154	183	337
25	KUTLIK Ondrej	09.09.1976	SVK	84.58	152	185	337
26	HENNEQUIN Benjamin	24.08.1984	FRA	84.73	152	185	337
27	MENDEZ Adriano	14.08.1985	ESP	84.57	150	185	335
28	TKAC Richard	24.05.1985	SVK	84.58	156	175	331
29	ZAIROV Intigam	21.04.1985	AZE	82.21	150	180	330
30	CSER Norbert	18.01.1985	HUN	82.61	150	180	330
31	ZULINS Deniss	28.06.1982	LAT	84.45	150	180	330
32	GHORBANI Shahrooz	30.03.1982	IRI	84.55	150	180	330
33	KOVITUNIS Vitalijs	17.06.1987	LAT	84.01	142	180	322
34	SARLAK Mohammad	16.12.1986	IRI	84.63	140	175	315
35	HIDAYAT Rahman	17.05.1987	INA	80.52	137	170	307
36	ANTHONY Darryn	18.12.1985	RSA	79.79	135	165	300
37	BATCHAYA Brice	16.08.1985	CMR	82.95	135	165	300
38	TREMBLAY Serge	27.03.1973	CAN	84.71	135	163	298

Weightlifting Queensland

Mens 85kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
39	KATOATAO David	17.07.1984	KIR	84.39	118	163	281
	GORCZYCEWSKI Karol	06.11.1983	POL	84.26	---	195	---
	GRANER Zoltan	28.01.1985	HUN	84.27	137	---	---
	ASANIDZE George	30.08.1975	GEO	84.51	160	---	---
	FARRIS Kendrick	02.07.1986	USA	84.82	152	---	---
	SUNAR Erdal	01.05.1982	TUR	84.95	---	---	---
	SINGH Kheela Inderjit	18.03.1982	GBR	80.72	145	---	---

Mens 94kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	KONSTANTINOV Roman	15.08.1983	RUS	93.63	177	220	397
2	HERNANDEZ Yohandrys	25.05.1980	CUB	92.46	173	220	393
3	KOLECKI Szymon	12.10.1981	POL	93.79	173	219	392
4	DEMANOV Andrey	15.07.1985	RUS	93.43	170	217	387
5	PAPADOPOULOS Konstantinos	25.05.1983	GRE	92.84	170	216	386
6	TYUKIN Eduard	19.05.1978	KAZ	93.42	176	210	386
7	SOTOLONGO Yoel	12.12.1980	CUB	93.54	168	217	385
8	BONK Bartlomiej	11.10.1984	POL	93.50	173	210	383
9	YILMAZ Hakan	01.04.1982	TUR	93.80	165	211	376
10	VACARCIUC Vadim	01.10.1972	MDA	93.62	167	208	375
11	KASABIEV Arsen	15.11.1987	GEO	92.81	165	208	373
12	MARTINEZ Santiago	19.04.1979	ESP	93.47	173	200	373
13	SPIESS Juergen	26.03.1984	GER	93.64	171	202	373
14	KIM Seon-Jong	01.02.1986	KOR	90.69	162	207	369
15	MUSHYK Anatoliy	11.08.1981	UKR	90.92	169	200	369
16	PILYEV Kostyantyn	28.02.1983	UKR	93.69	160	209	369
17	ANUSKEVICIUS Donatas	07.05.1980	LTU	91.16	165	200	365
18	SAMADOV Alibay	26.03.1982	AZE	93.17	160	203	363
19	EFREMOV Ivan	09.03.1986	UZB	93.66	164	199	363
20	GEVORGYAN Edgar	21.05.1982	ARM	88.36	167	195	362
21	KAPAEV Ruslan	29.10.1980	KGZ	92.91	165	197	362
22	TORRES Wilmer	24.03.1986	COL	90.90	156	200	356
23	MOEZ Hannachi	20.02.1980	TUN	93.42	165	190	355
24	EISSA Mohamed	05.08.1984	EGY	93.46	155	200	355
25	HSIEH Wei-Chun	14.08.1983	TPE	93.54	155	199	354
26	SAHAKYAN Sevak	27.07.1988	ARM	93.33	160	190	350
27	MUGNIER Vincent	11.07.1980	FRA	93.36	155	195	350
28	RAMAZANOV Ruslan	10.02.1987	TKM	92.01	155	192	347
29	SEDOV Sergey	24.05.1984	KAZ	93.05	152	190	342
30	NUCHPUM Khunchai	20.10.1980	THA	93.42	147	195	342
31	HIRAOKA Yuki	11.01.1983	JPN	93.43	150	192	342
32	KISS Attila	03.10.1984	HUN	93.14	155	185	340
33	DI MARZIO Marco	29.02.1976	ITA	91.18	150	185	335
34	ABED Abbas	01.06.1981	IRQ	93.68	145	185	330

	Mens 94kg Category						
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
35	TARSO	05.12.1978	INA	93.88	140	190	330
36	YULE Thomas	15.03.1976	GBR	93.96	142	175	317
37	CLEGG Mark	14.04.1980	GBR	93.94	142	170	312
38	NGUYEN Quoc Hai	22.04.1974	VIE	85.32	126	170	296
	KOLOSOVSKI Pavel	23.08.1981	ISR	85.85	---	---	---
	NAVARRO Jose	14.04.1981	ESP	92.88	167	---	---
	BRATAN Evgheni	22.05.1981	MDA	93.52	175	---	---
	HORN Rene	31.10.1985	GER	93.85	---	203	---
	AMEDE Sacha	25.11.1975	CAN	93.23	143	---	---

	Mens 105kg Category						
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	ARAMNAU Andrei	17.04.1988	BLR	103.89	195	228	423
2	TSAGAEV Alan	13.09.1977	BUL	104.73	180	231	411
3	KLOKOV Dmitriy	18.02.1983	RUS	104.92	190	221	411
4	AKHMETOV Bakhyt	27.03.1979	KAZ	104.25	190	220	410
5	KOURTIDIS Nikolaos	01.04.1986	GRE	100.66	177	226	403
6	VYSNIAUSKAS Ramunas	23.09.1976	LTU	102.38	180	220	400
7	AUDZEYEU Mikhail	02.02.1982	BLR	104.76	177	216	393
8	MACKENSIE Joel	20.10.1979	CUB	103.99	176	215	391
9	JOUGHILI Ahed	10.10.1984	SYR	104.82	171	216	387
10	SUDAS Bunyami	23.08.1975	TUR	104.33	170	213	383
11	BIALEK Arkadiusz	13.02.1982	POL	104.47	172	211	383
12	MAZUR Jorg	15.11.1977	GER	104.67	175	207	382
13	KUZILOV Albert	05.02.1985	GEO	103.98	173	208	381
14	BIRANVAND Mohsen	06.09.1981	IRI	104.18	175	201	376
15	BABAYAN Artur	17.11.1983	ARM	104.04	170	205	375
16	MOHAMED Abdelrahman	19.05.1989	EGY	104.65	170	205	375
17	SHAMOHAMMADI Morteza	23.09.1977	IRI	104.11	166	206	372
18	MATYKIEWICZ Tomas	04.12.1982	CZE	104.53	167	203	370
19	KIM Whaseung	22.06.1985	KOR	104.76	165	205	370
20	MOURSİ Ibrahim	01.10.1980	EGY	100.46	170	198	368
21	IVANOV Artem	16.12.1987	UKR	95.55	169	196	365
22	MACHAVARIANI Gia	26.02.1985	GEO	104.35	165	200	365
23	ACHILDIEV Olimbek	12.12.1986	UZB	104.52	160	190	350
24	SANDOR Akos	11.12.1977	CAN	104.87	155	190	345
25	WANG Kuo-chen	09.02.1977	TPE	104.80	155	188	343
26	BOER Moreno	09.01.1977	ITA	104.36	155	185	340
27	MENSIKOV S Ilya	06.02.1989	LAT	103.77	150	186	336
28	OPELOGE Niusila	23.06.1980	SAM	103.93	146	190	336
29	RUSSYANOVSKIY Roman	10.02.1989	KAZ	98.65	154	180	334
30	SAENAL Reynaldi	25.12.1984	INA	104.53	140	191	331
31	VASPORI Gabor	26.10.1983	HUN	101.57	150	180	330
32	GRANDO Luigi	09.07.1983	ITA	97.53	143	175	318

	Mens 105kg Category						
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
33	GOMES Armando	20.09.1989	ESP	94.29	140	175	315
34	NGUYEN Thanh Hoang	26.06.1979	VIE	95.45	133	170	303
35	ROY Biddut Kumar	19.09.1972	BAN	99.44	120	150	270
	KONSTANTINIDIS Vasileios	07.12.1987	GRE	102.50	165	---	---
	DOLEGA Marcin	18.07.1982	POL	104.25	---	226	---
	TESOVIC Martin	26.10.1974	SVK	104.83	190	---	---
	AL AIFURI Mohammed Jasim Abbood	22.11.1981	IRQ	104.89	175	---	---
	GIBBS Cody	21.04.1985	USA	104.47	---	---	---
	TOROKHTIY Oleksiy	22.05.1986	UKR	104.61	---	---	---
	WALZER Libor	08.12.1975	CZE	104.63	---	---	---

	Mens +105kg Category						
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	SCERBATIHS Viktors	06.10.1974	LAT	141.53	202	240	442
2	CHIGISHEV Evgeny	28.05.1979	RUS	123.77	201	240	441
3	SALEM Jaber Saeed	03.01.1975	QAT	124.60	195	240	435
4	CHOLAKOV Velichko	12.01.1982	BUL	165.38	201	234	435
5	UDACHYN Artem	26.03.1980	UKR	148.77	195	232	427
6	PAPAGERIDIS Dimitrios	11.04.1986	GRE	136.58	195	231	426
7	KLESZCZ Grzegorz	12.11.1977	POL	128.70	190	230	420
8	SHARIFI SADEH Rashid	21.09.1984	IRI	139.31	180	230	410
9	SALEHI Mohammad	06.05.1983	IRI	134.51	183	225	408
10	EHSSAN Mohamed	11.01.1984	EGY	147.74	183	225	408
11	BURGENER Casey	15.08.1982	USA	122.29	182	218	400
12	VELAGIC Almir	22.08.1981	GER	130.34	180	217	397
13	SHYMECHKO Ihor	27.05.1986	UKR	127.76	186	210	396
14	ALEKSANYAN Ruben	14.03.1990	ARM	128.41	175	220	395
15	ALI Mhd	03.10.1982	SYR	112.89	165	211	376
16	SOBOTKA Petr	30.04.1975	CZE	152.38	170	204	374
17	EVERI Antti	22.12.1981	FIN	130.12	167	204	371
18	SARABJIT	03.10.1983	IND	137.48	165	206	371
19	SCHLUENDER Zachary	16.09.1982	USA	121.62	170	200	370
20	DETENAMO Itte	22.09.1986	NRU	148.61	170	200	370
21	HEJDA Petr	13.11.1983	CZE	122.10	163	205	368
22	MORALES Joel	10.09.1983	VEN	118.84	160	207	367
23	MARTEMAYANOV Andrey	07.06.1982	UZB	146.32	160	207	367
24	OTA Kazuomi	01.07.1986	JPN	144.35	165	200	365
25	CHEN Shih-Chieh	27.11.1989	TPE	114.31	152	191	343
26	POKUSA Michal	11.05.1987	SVK	120.90	150	186	336
27	ORAZDURDYEV Dovran	17.02.1978	TKM	106.91	150	185	335
28	ROVATTI Andrea	16.05.1969	ITA	111.14	150	185	335
29	HUANG Te-Feng	16.01.1979	TPE	113.49	145	190	335
30	APRIYANTO Dedi	13.02.1988	INA	145.50	150	185	335

Mens +105kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
31	KRUZEL Ondrej	23.08.1988	SVK	118.74	145	187	332
32	PERA Samuel	11.03.1989	COK	113.81	145	185	330
33	ALSHAMMARI Khalid Abdulla	31.08.1986	QAT	145.81	140	180	320
34	AINSLIE William	02.08.1979	RSA	125.77	135	170	305
35	MAHMUD Feroz	14.11.1979	BAN	123.21	115	145	260
36	PHAM Van Cuong	18.12.1991	VIE	112.26	115	140	255
	NAGY Peter	16.01.1986	HUN	133.30	173	---	---
	AL-IBADI Haider	27.03.1970	IRQ	135.12	177	---	---
	JEON Sangguen	28.02.1981	KOR	157.14	180	---	---

Womens 48kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	CHEN Xiexia	08.01.1983	CHN	47.78	96	118	214
2	BUNPHITHAK Pramsiri	13.01.1984	THA	47.55	86	110	196
3	LAOSIRIKUL Pensiri	17.01.1984	THA	47.52	83	112	195
4	OZKAN Sibel	03.03.1988	TUR	47.14	84	108	192
5	MIYAKE Hiromi	18.11.1985	JPN	47.66	80	106	186
6	FEBRIANTI Citra	22.02.1988	INA	47.76	82	102	184
7	JUAN Estefania	17.08.1981	ESP	47.46	83	100	183
8	PAGLIARO Genny	15.10.1988	ITA	47.61	84	99	183
9	NGO Thi Nga	20.05.1985	VIE	47.87	83	98	181
10	PAK Un Hui	30.05.1982	PRK	47.94	80	100	180
11	CHEN Wei-Ling	04.01.1982	TPE	46.76	76	96	172
12	NOEL Melanie	13.05.1986	FRA	47.52	77	94	171
13	VALENCIA Carolina	08.02.1985	MEX	47.95	77	92	169
14	CHANU Ngangbam Soniya	15.02.1980	IND	47.85	70	98	168
15	KARPINSKA Marzena	19.02.1988	POL	47.69	74	92	166
16	SUMIDA Shoko	18.04.1985	JPN	47.63	74	90	164
17	TURCOTTE Maryse	23.02.1975	CAN	47.72	68	96	164
18	RIVAS Betsi	02.10.1986	VEN	47.84	70	90	160
19	MINCHEVA Donka	09.05.1973	BUL	47.94	70	89	159
20	TIN Tin Hla	09.04.1988	MYA	46.71	65	93	158
21	NAVOTNA Olga	06.11.1984	UKR	47.66	71	85	156
22	WEN Shih-ping	20.10.1986	TPE	47.97	67	89	156
23	PERIS Gema	20.04.1983	ESP	47.65	70	85	155
24	SUYAMA Stacy	17.07.1983	USA	47.94	71	83	154
25	VRIES Portia	21.07.1984	RSA	47.90	65	88	153
26	ONYEKA Azike	01.07.1990	NGR	47.98	67	85	152
27	CANDELARIO Guillermina	19.08.1973	DOM	45.91	65	83	148
28	HIRAM Suzanne	10.08.1987	NRU	47.59	67	80	147
29	GRONMAN Tea	15.02.1982	FIN	47.04	58	73	131
	TAYLAN Nurcan	29.10.1983	TUR	47.52	85	---	---

53kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	LI Ping	15.09.1988	CHN	52.70	93	126	219
2	NOVIKAVA Nastassia	16.11.1981	BLR	52.83	94	119	213
3	YOON Jin-Hee	04.08.1986	KOR	52.61	94	117	211
4	YU Weili	24.06.1983	HKG	52.05	90	115	205
5	SIN Chol Ok	15.01.1985	PRK	52.63	90	115	205
6	CHALEEPHAY Suda	06.06.1987	THA	52.37	92	112	204
7	RI Hyon Ok	28.07.1984	PRK	52.42	89	113	202
8	IM Jyoung-hwa	07.12.1986	KOR	52.48	87	113	200
9	ULYANOVA Svetlana	29.08.1979	RUS	52.11	84	110	194
10	LEMO Ana	24.04.1986	COL	52.90	84	109	193
11	PRAMITA Okta Dwi	15.10.1986	INA	52.67	86	106	192
12	ROACH Melanie	15.12.1974	USA	52.75	79	110	189
13	TROTSSENKO Nataliya	07.11.1984	UKR	52.59	83	101	184
14	CHACON Judith	29.01.1986	VEN	52.86	77	107	184
15	SOUMAYA Fatnassi	13.02.1980	TUN	51.73	83	100	183
16	DE LA PUENTE Maria	11.03.1989	ESP	52.25	80	100	180
17	HENRIQUEZ Inmara	23.09.1981	VEN	52.87	76	104	180
18	ROWINSKA Malwina	06.11.1986	POL	52.76	76	103	179
19	NGUYEN Thi Bich Ha	13.01.1982	VIE	50.64	78	100	178
20	HEREDIA Jackelina	31.12.1988	COL	52.42	77	100	177
21	ANDRIEUX Virginie	21.03.1980	FRA	52.63	77	99	176
22	TOUA Dika	23.06.1984	PNG	52.61	74	101	175
23	LIN Tsu-Ling	05.03.1984	TPE	52.62	78	95	173
24	HIDAN Shaya Devi	02.01.1980	IND	52.56	75	95	170
25	PIPIIARIDOU Maria	30.09.1986	GRE	52.91	75	95	170
26	DOZOIS-PREVOST Marilou	11.05.1986	CAN	52.03	75	93	168
27	ZOLOTARYOVA Oxana	11.06.1979	KAZ	52.28	75	92	167
28	GOVELYAN Anna	16.08.1989	ARM	52.53	75	91	166
29	PENUNURI Francia	19.09.1984	MEX	52.88	70	95	165
30	LECHAT Estelle	07.08.1984	FRA	52.00	70	92	162
31	KARAPETYAN Tehmina	11.04.1986	ARM	52.94	67	94	161
32	KUKKONEN Sini	24.05.1986	FIN	52.88	68	88	156
	CONTRERAS Yuderqui	27.03.1986	DOM	52.84	---	107	---
	BLASNIK Sarah	20.04.1989	GER	52.78	80	---	---
	JAROENRATTANATARA Koon Prapawadee	29.05.1984	THA	52.85	93	---	---
DSQ	HNIN Thant Zin	04.06.1988	MYA	51.86	---	---	---

58kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	QIU Hongmei	02.03.1983	CHN	57.56	103	135	238
2	SHAINOVA Marina	14.03.1986	RUS	57.30	105	132	237
3	O Jong Ae	17.01.1984	PRK	57.06	100	127	227
4	KAMEAIM Wandee	18.01.1978	THA	57.55	95	127	222

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58kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
5	ESCOBAR Alexandra	17.07.1980	ECU	57.34	99	121	220
6	KLEJNOWSKA Aleksandra	17.12.1982	POL	57.24	93	123	216
7	THAW Yae Faw	05.06.1986	MYA	56.65	95	120	215
8	THONGSUK Sureerat	29.11.1986	THA	57.37	91	118	209
9	KASIRYE Ruth	10.06.1982	NOR	57.96	94	115	209
10	GOTFRYD Marieta	11.09.1980	POL	57.69	95	113	208
11	MUN Yura	13.05.1990	KOR	57.54	90	116	206
12	BAGAUDINOVA Kamilya	12.09.1984	KAZ	57.30	90	115	205
13	VILLAR Barboza Rusmeris	28.03.1983	COL	57.31	87	111	198
14	ATHANASIADOU Anna	13.02.1981	GRE	57.49	91	107	198
15	VINOGRADOVA Svetlana	21.11.1987	KAZ	57.17	85	112	197
16	DOUAL Souade	16.08.1977	FRA	57.59	85	109	194
17	FLORIDDIA Maria Cecilia	16.07.1980	ARG	57.88	85	109	194
18	UWAH Margaret	03.11.1983	NGR	57.36	82	111	193
19	YUMNAM Renu Bala Chanu	02.10.1986	IND	57.68	86	105	191
20	INCE Seda	04.10.1985	TUR	57.21	85	105	190
21	HO Hsiao-Chun	16.05.1987	TPE	57.73	85	105	190
22	DASDELEN Aylin	01.01.1982	TUR	57.76	80	110	190
23	TSENG Tzu-Jung	17.05.1988	TPE	57.29	84	105	189
24	KASTRITSI Charikleia	11.04.1983	GRE	57.95	83	105	188
25	LEE Seen	15.11.1982	AUS	57.60	86	101	187
26	YEPREMYAN Heghine	07.12.1990	ARM	57.30	81	101	182
27	DE LOS SANTOS Wildry	24.05.1991	DOM	57.49	75	102	177
28	DESCHENES Jacinthe	22.10.1987	CAN	57.60	80	97	177
29	GUICHO Quisia	12.09.1987	MEX	57.70	75	102	177
30	MANUKYAN Liana	03.01.1988	ARM	55.17	75	100	175
31	NAGY Szilvia	02.03.1982	HUN	57.31	75	95	170
32	HALE Wendy	11.03.1987	SOL	57.45	74	96	170
	NGUYEN Thi Yen	10.12.1984	VIE	57.73	83	---	---

63kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
13	MANEVA Milka	07.06.1985	BUL	62.10	95	117	212
14	WOOLFOLK Natalie	07.11.1983	USA	62.73	99	111	210
15	MISTERSKA Dominika	20.07.1979	POL	62.54	93	112	205
16	GUMP Carissa	24.08.1983	USA	61.94	87	117	204
17	VILLASMIL Solenny	12.05.1981	VEN	62.12	90	114	204
18	BORBON Liliana	05.06.1983	MEX	62.61	91	112	203
19	HASHIDA Mayu	26.04.1986	JPN	62.76	90	113	203
20	CHIQUET Agnes	24.10.1984	FRA	62.70	88	114	202
21	RADUKHOUSKAYA Nataliia	03.04.1979	BLR	59.82	89	112	201
22	EGBUDIKE Agatha	20.02.1985	NGR	62.22	91	106	197
23	NUNEZ Vanessa	16.10.1981	VEN	62.26	90	106	196
24	WHALEN Tania	24.01.1981	CAN	62.50	86	110	196
25	TONGBRAM Chanu Inurani	22.12.1984	IND	62.54	86	110	196
26	SUNAR Muslime	16.07.1982	FRA	62.45	86	105	191
27	KARDEWI Komang	30.10.1988	INA	59.97	80	105	185
28	WHITE Jacqueline	23.02.1982	AUS	62.96	83	98	181
29	BALDERA Yania	09.07.1980	DOM	60.48	78	100	178
30	OHMAN Marina	02.01.1983	ISR	61.31	81	95	176
31	NAGY Nikolett	23.08.1983	HUN	62.56	75	100	175
32	VICENTE Antonia	30.08.1979	ESP	62.02	77	97	174
33	PATRIS Alexandrina	02.02.1989	PLW	60.45	73	98	171
34	MIHAILOVA Oksana	22.02.1984	LAT	62.86	78	93	171
35	RAMOS Sheila	20.12.1990	ESP	62.40	75	93	168
36	EVERI Anna	28.04.1987	FIN	59.12	74	90	164
37	KATUWAL Jhanta Kumari	29.11.1980	NEP	61.79	70	85	155
38	OVERLIET Mita	05.01.1979	NED	61.93	62	72	134
	SETIYAWATI Frapti Tri	24.01.1986	INA	60.62	87	---	---
	PEREZ Mercedes	07.08.1987	COL	62.61	97	---	---

69kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	SLIVENKO Oxana	20.12.1986	RUS	68.38	120	156	276
2	LIU Chunhong	29.01.1985	CHN	68.75	121	150	271
3	DAVYDOVA Natalya	22.07.1985	UKR	68.28	114	130	244
4	HONG Yong Ok	19.08.1986	PRK	67.93	105	133	238
5	AVDALYAN Nazik	31.10.1986	ARM	68.41	102	133	235
6	LASSEN Jean	26.09.1980	CAN	68.74	105	128	233
7	SOLIS Leidy Yessenia	17.02.1990	COL	66.34	105	125	230
8	MEDINA Angela	18.03.1983	COL	67.62	107	123	230
9	NEKRASSOVA Irina	01.03.1988	KAZ	64.07	103	125	228
10	HWANG Pulum	14.01.1987	KOR	68.65	98	127	225
11	DEVI Laishram Monika	01.03.1983	IND	68.56	99	120	219
12	BATSIUSHKA Hanna	24.10.1981	BLR	67.17	103	115	218
13	ARTEMOVA Yulia	02.11.1985	UKR	67.07	99	117	216

69kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
14	KHUAT Minh Hai	21.05.1984	VIE	64.81	95	118	213
15	KOURTELIDOU Eleni	14.04.1985	GRE	68.77	92	121	213
16	KAO Ya-chun	21.05.1986	TPE	65.67	91	120	211
17	RUZHINSKA Slaveyka	30.01.1983	BUL	68.71	96	112	208
18	ZALATAROVA Aksana	18.02.1984	BLR	67.88	95	111	206
19	SAITO Rika	23.05.1983	JPN	68.56	87	114	201
20	TUSAIDAH Halimah	13.04.1990	INA	66.10	90	110	200
21	IBRAHIM Hebatalla	08.12.1984	EGY	67.21	88	110	198
22	IVANOVA Todorka	04.02.1985	BUL	68.68	87	109	196
23	BEAUCHEMIN-NADEAU Marie-Eve	13.10.1988	CAN	68.58	87	105	192
24	ADEKOLA Bunmi	07.03.1990	NGR	64.18	84	106	190
25	ALONSO Raquel	30.12.1988	ESP	68.34	82	103	185
26	ALTINDAS Sibel	24.02.1990	TUR	66.75	82	93	175
27	ANTONIA Leyba	03.10.1979	DOM	67.04	75	92	167
	SHIMKOVA Svetlana	18.09.1983	RUS	68.07	112	---	---
	YAMECHI Madeleine	06.03.1982	FRA	68.63	101	---	---
DSQ	YAR Thet Pan	05.09.1991	MYA	68.27	---	---	---

75kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	CAO Lei	24.12.1983	CHN	73.51	128	158	286
2	ZABOLOTNAYA Natalia	15.08.1985	RUS	74.45	131	150	281
3	EVSTYUKHINA Nadezda	27.05.1988	RUS	73.80	128	150	278
4	KHURSHUDYAN Hripsime	27.07.1987	ARM	74.27	115	135	250
5	VALOYES Ubaldina	06.07.1982	COL	72.71	105	135	240
6	VALENTIN Lidia	10.02.1985	ESP	74.67	110	130	240
7	NGUYEN Thi Phuong Loan	28.06.1984	VIE	73.49	103	130	233
8	BELLORIN Claret	23.10.1980	VEN	74.06	103	124	227
9	KULESHA Iryna	26.06.1986	BLR	73.77	105	121	226
10	KHROMOVA Tatyana	26.02.1980	KAZ	74.32	106	120	226
11	MYRONYUK Nadiya	25.03.1984	UKR	74.71	100	125	225
12	ZHUKOVA Tetyana	25.08.1988	UKR	74.42	103	120	223
13	AGUIRRE Damaris	25.07.1977	MEX	74.84	98	125	223
14	KRANZ Yvonne	09.06.1984	GER	74.99	98	125	223
15	NAW Ju Ni	07.07.1978	MYA	72.35	93	120	213
16	DOMINGUEZ Cinthya	29.10.1982	MEX	74.95	98	115	213
17	DEVI Khoirom Sumati	05.12.1981	IND	74.73	92	120	212
18	FULLHART Doreen	14.05.1976	USA	74.79	101	110	211
19	IMAHOKO Kazue	25.08.1982	JPN	73.86	95	112	207
20	IVANENKA Natallia	07.04.1984	BLR	74.07	95	112	207

75kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
21	SZAMANSKA Nadia	11.10.1985	POL	74.25	95	112	207
22	YANG Houqin	27.12.1981	MAC	74.36	97	110	207
23	BOZHILOVA Desislava	12.01.1986	BUL	73.76	90	115	205
24	VLASSOVA Irina	02.12.1986	KAZ	73.94	90	112	202
25	NDLELENI Babalwa	14.03.1979	RSA	74.39	87	107	194
26	FAMILIA Ernestina	23.11.1983	DOM	73.47	80	103	183
27	SZEPESI Martina	22.08.1983	HUN	73.15	80	102	182
	DARMARIANI Sinta	22.12.1986	INA	71.22	---	135	---

+75kg Category							
Place	Name	Born	Nation	B.weight	Snatch	Cl&Jerk	Result
1	JANG Mi-Ran	09.10.1983	KOR	115.17	138	181	319
2	MU Shuangshuang	07.01.1984	CHN	135.60	139	180	319
3	KOROBKA Olha	07.12.1985	UKR	164.22	126	155	281
4	SHKURATAVA Katsiaryna	10.09.1987	BLR	103.66	121	152	273
5	ABORNEVA Alexandra	30.10.1986	KAZ	90.89	115	149	264
6	KASAPI Vasiliki	22.03.1983	GRE	127.62	120	144	264
7	RODITI Aikaterini	23.05.1983	GRE	100.03	117	145	262
8	NIEVE Seledina	25.11.1977	ECU	93.79	116	142	258
9	USMAN Maryam	09.11.1990	NGR	112.89	117	140	257
10	MOONTAR Annipa	09.09.1984	THA	99.66	115	140	255
11	OPELOGE Ele	11.07.1985	SAM	117.80	110	140	250
12	HAWORTH Cheryl	19.04.1983	USA	138.19	110	140	250
13	UFNAL Magdalena	10.11.1984	POL	122.15	110	130	240
14	APOSTOLOVA Yordanka	28.03.1983	BUL	99.94	109	130	239
15	DIMAS Eva	18.03.1973	ESA	79.93	106	130	236
16	VARGAS Emmy	03.12.1977	USA	96.47	100	136	236
17	BURGOS Yinely	14.04.1987	DOM	94.27	103	132	235
18	DINEVA Vasilka	24.11.1988	BUL	103.66	97	135	232
19	SHIMAMOTO Mami	24.09.1987	JPN	104.41	101	131	232
20	GEETA Rani	16.09.1981	IND	107.00	100	132	232
21	JONAI Fumiko	19.02.1985	JPN	106.93	96	132	228
22	SUAREZ Gomez	05.05.1983	VEN	105.14	100	127	227
23	MA Hui-Chun	15.03.1987	TPE	109.15	93	133	226
24	IBRAHIM Afaf	15.02.1989	EGY	91.42	95	127	222
25	ACIKGOZ Derya	11.05.1977	TUR	95.52	90	128	218
26	TUALAU Kefilini	21.02.1984	TGA	135.71	95	115	210
27	NGUYEN Thi Kim Van	05.08.1988	VIE	82.11	85	100	185
	LEE Hui-Sol	27.08.1989	KOR	104.98	93	---	---



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.

For coaches aspiring to lead teams this article titled 'Duties and Responsibilities of a Head Coach' will be delivered in three parts.

PART ONE

The duties that a Head Coach is required to perform often include aspects of team management which are not specifically related to coaching, but are nonetheless important for the effective provision of service to athletes. The number and type of these 'non-coaching' duties varies depending upon the resources, particularly human resources that are available to the Head Coach. On many occasions, especially with large teams it is very likely that the Head Coach will be working with a Team Manager and one, or indeed several, Assistant coaches plus medical support staff. This unfortunately is not always the case and the Head Coach, in more impoverished circumstances, must assume the roles normally fulfilled by support staff. With or without support staff, the Head Coach has to develop skills in personnel management. Early and frequent interaction with likely support staff before departure for the competition will enhance Team harmony and co-operation during the venture, which should enhance chances of team and individual success.

It is extremely unlikely that the Head Coach will be the personal coach of all the members of the team; consequently prior to the competition and the assembly of the team, the Head Coach must ensure good communication with each lifter's personal coach. Personal coaches are working with the lifters on a daily basis and may have been doing so for a number of years. They therefore have an in depth knowledge of the individual's strengths and weaknesses, their training performances and many other individual characteristics. This information can be very useful to the Head Coach and this Head Coach – Personal Coach liaison should be encouraged.

Well before departure of the team to the event, the Head Coach should establish good communication with the team athletes. Phone calls, emails etc. discussing how the athlete has been training and what they hope to achieve in the coming competition. This liaison should be quite separate from the personal coach liaison but with the personal coach's knowledge. Personal issues like how the athlete normally makes weight, what is their current bodyweight, likes and dislikes with food etc. should be discussed. Athletes who are particularly fussy eaters should be encouraged to

bring along favorite foods in a canned or dehydrated form. Any issues the athlete might have with other team members should also be identified early so that rooming arrangements can go smoothly and team cohesion encouraged. As soon as possible, either prior to departure or soon after arrival, the Head Coach should discuss Warm-up attempts and starting attempts. Feedback from the personal coach is very useful in this regard. Especially with new Team members it must be established and agreed to that the Head Coach will have the final say on starting attempts. Adjustments often have to be made by the Head coach during the warm-up. Many things can cause problems to arise during the warm-up e.g. if the athlete has had difficulty making weight, if the travel to the event has had adverse effects, or even if the athlete is just warming up poorly etc. However, on the other side of the coin, the Head Coach has no business lowering agreed starting attempts just to ensure making a total – this shows inexperience in the Head Coach and can often destroy an athlete. The Head Coach should be familiar with the past competitive history of the athlete in both domestic and international events.

If the event is taking place in a foreign country, it is important that the Head Coach does some research on that country. This can encompass such things as likely weather conditions, altitude, local customs, likely food and water etc. Any information should be conveyed to team members well before departure.

Training Camps

Sometimes prior to very important competitions e.g. Olympic & Commonwealth Games, Senior & Junior World championships, a formalized Training Camp is organized. Much of the activity listed above

can be incorporated into the Training Camp. However if this camp is to take place quite near to the competition, it is important that the Head coach does not alter the training program of the athletes in any major way. Once again liaison with the athlete's personal coach, ahead of time, can familiarize the Head Coach with the planned program and allow any suggestions as to modification to have taken place and negotiated. Even better, is if the personal

coach can attend the training camp and interact with the Head Coach.

Head Coach/Team Manager

There should be close liaison between the Head Coach and Team Manager well before departure on such things as travel, passports, visas, outfitting and entry details. Such things as team discipline, frequency of team meetings, possible curfew arrangements etc. need discussion well before departure. Also the issue of whether the team members are expected to be in the audience to support competing members needs decision before departure. This communication and interaction prior to the event is most important so that all team members can see that from a Team Manager/Head Coach point of view there is a unified front. Ensuring that the athletes have been entered in the correct categories with the correct date of birth and correct qualifying totals etc. must be checked. At all events the Head Coach should attend the Technical Conference, which usually takes place the day prior to the start of the event, and check all possible issues. How will the competition be conducted? Will there be an opening ceremony? Do athletes need to participate? If so the Head Coach should nominate or assign athletes to this function following a discussion with the team. Are there any local rules to be taken into consideration? The Head Coach, at World Championships and many other big international events has to confirm and sign off on the final entries. This is the last time changes can be made to the entry list.



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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.