



Weightlifting Queensland

September 2010

The Official Journal of the Queensland Weightlifting Association Inc.



2010 Australian Commonwealth Games Team Members: (From Left) Deborah Acason, Erika Yamasaki, Amanda Phillips, Robert Galsworthy, Ben Turner and Damon Kelly

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The Queensland Government is proud to provide funding for the Queensland Weightlifting Association to get more Queenslanders active through sport and recreation.

Weightlifting Queensland

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QWA Mission Statement

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

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Disclaimer

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



2010 Events Calendar

October 3 – 14	Commonwealth Games	Delhi, IND
October 22	JME Qld Club Challenge – Toowoomba	Toowoomba
October 22	JME Qld Club Challenge – USQ Springfield	Springfield
October 23	JME Qld Club Challenge – Cairns North	Cairns
October 23	JME Qld Club Challenge – North Brisbane	Zillmere
October 23	JME Qld Club Challenge – Cougars	Cougars
October 23	JME Qld Club Challenge – Sunshine Coast	Nambour
October 30	Qld Senior Championships	USQ Springfield
November 6 – 7	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
November 13	Sunshine Coast Open Club Competition	Nambour
November 13 – 14	State Weightlifting / Sports Power Coach Level 2 course	Chandler
November 27	QWA Grand Final	Cougars
December 3	Toowoomba Open Club Competition	Toowoomba
December 11	National Senior Championships	Launceston, TAS
December 18	'Mike Keelan Shield' Competition	Cougars
December 18	Cairns North Open Club Competition	Cairns
December 18	'The Lawrie' North Brisbane Open Club Competition	Zillmere
December 18	Sunshine Coast Open Club Competition	Nambour

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

The closing date for entries for all National events is 28 days prior to the competition date.

The qualifying period for the Queensland Senior Championships is 15th October 2009 – 15th October 2010.

The minimum standard for entry in the Queensland Senior Championships is AWF Youth Standard.

To be eligible to be selected to represent the QWA at the 2010 National Senior Championships, athletes must compete in the 2010 Queensland Senior Championships.

An exemption from these conditions may apply in special circumstances. Refer to Section 2 of the QWA Team Selection Policy. The QWA Team Selection Policy is available on the QWA web site at <http://www.qwa.org/policies/teamssel.asp> or from the QWA office on request.

From the QWA Office

In recent months, work in the QWA office revolved around four main projects:

1. Delivering the 2010 AWF Commonwealth Games Team Nomination Trials
2. Delivering the 2010 National Masters Championships
3. Finalising the QWA's 2011 – 2013 SSRODP funding submission
4. Delivering the 2010 National Junior & Youth Championships and Under 15 Tournament

While the groundwork for the items listed above was laid over time, the 'due dates' for all four tasks fell within a single two-week period, between late June and early July.

The story of how we came to be hosting three National events almost back-to-back-to-back began early last year. At that time, the QWA Management Committee was considering which, if any, national events the QWA would seek to host in 2010. We had just conducted the National Club Championships at Springfield and the 2007 National Senior & Junior Championships were still relatively fresh in recent memory. But it had been eight years since the National Masters Championships had last visited the Sunshine State and so it was agreed to apply for that one. As it happened, our application was successful.

Sometime later, the AWF called for applications to host the 2010 Commonwealth Games Team Nomination Trials, with the stipulation that this event be held on a particular date in June. So we began to think about the possibility of presenting a 'double bill' – the Trials and the Masters together on the same weekend. The thought of setting up a venue only once for two events certainly appealed to those of us who have experience with such things, but the question was: which venue?

Younger members may not know it, but just a stone's throw from the QWA office sits a magnificent theatre that was specifically built for weightlifting almost three decades ago. Although it has undergone a few changes since serving its original purpose – housing the weightlifting competition of the 1982 Brisbane Commonwealth Games – The Chandler Theatre's origins are still evident, making it an obvious choice for a special event such as the Commonwealth Games Trials.

Enquiries were made about the cost and availability of the Chandler Theatre and when the Sleeman Sports Complex agreed to waive over \$4,000 in venue hire fees, the decision was made to go ahead with our application to the AWF to host both the Commonwealth Games Trials and the National Masters Championships in the Chandler Theatre on the last weekend of June 2010. Once again, the application was successful.

As time passed, the AWF invited applications to host the 2010 National Junior & Youth Championships and National Under 15 Tournament. Having already received an allocation of two national events, the QWA Committee didn't respond to this latest invitation, expecting to receive news of the interstate location of

"The Juniors" in due course. However, things took a different turn when word came down from the AWF office that no applications had been received and that subsequent canvassing of other State Associations had failed to find a home for the Junior & Youth & Under 15 competition. So the QWA Management Committee took another look at the proposition and the rest, as they say, is history.

When it comes to competition hardware, the QWA is well equipped. But it takes more than platforms, barbells and electronic gadgetry to successfully conduct weightlifting events. As with most endeavours, it's the involvement of people that makes all the difference. Unfortunately, it seems to be getting harder to attract enough people from within our ranks to volunteer in support of the QWA's regular competition program, let alone additional special events such as national championships. Without skilled volunteers, competitions cannot take place and without competitions, weightlifting would cease to be a sport and would become just another form of training with weights.

The QWA is fortunate to have a core group of members who contribute their time and energy to almost every competition, but the lack of additional helpers is forcing us to ask those people to carry an even greater load and, as skilled as these people are, there's a limit to how many tasks one person can perform at any one time. At a recent competition with over 50 competitors, side referees were doubling up as timekeepers; and announcers were also operating two computers. Yet we were still casting around, session by session, to find referees and loaders. What would happen if, one day, enough people didn't step forward to fill the essential competition volunteer positions? Some things are going to have to change, otherwise we might just find out.

If you're interested in helping to solve this problem but aren't sure about what to do, here are some suggestions:

- Let your Club's Secretary know that you're interested in becoming a Referee. The QWA delivers free referee courses at Clubs on request.
- If you are a Referee and haven't been receiving pre-event information via email, send me an email or give me a call, and I'll make sure that you're added to the contact list.
- Check the QWA events calendar and decide in advance which competitions you'll go to and let the competition organizer (or me) know that you'll be available to help. Give him or her at least one week's advance notice and be specific about what you'd like to do and when you'd like to do it, e.g. loading in session 1; marshalling in session 2, computer work in session 3, etc.
- If you've agreed to help, arrive early and be prepared for your role, e.g. Referees need to wear uniform and be ready to start the weigh-in on time; loaders need to be in position well before the competition starts and they must wear enclosed shoes for their personal safety.
- Above all, don't view volunteering as "work". Those who volunteer regularly do so because it's enjoyable and personally rewarding. Give it a try and you'll be pleasantly surprised.

Until next time...

Ian Moir



QWA League & Masters League Round 1

Cougars Weightlifting Club, Chandler Qld

13th February 2010

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
Lad Singh	1983	Cougars	105.00	155	170	325	14	88.541
Ben Turner	1984	Cougars	75.10	130	165	295	3	81.042
Luke Gardner	1988	Cougars	118.75	125	165	290	17	78.441
Dean Lukin	1983	Cougars	109.00	130	160	290	7	68.441
Christine Meier	1983	Cougars	61.00	67	81	148	2	59.588
Troy Hawkins	1986	Cougars	84.30	127	157	284	-14	58.081
Melissa Robinson	1981	Cougars	60.60	65	82	147	0	57.198
Bianca Sheppard	1992	Toowoomba	57.70	68	73	141	0	56.175
Scott Clark	1991	Sunshine Coast	60.95	85	105	190	-6	52.282
Amanda Phillips	1981	Cougars	78.60	85	105	190	-7	51.282
Peter Foster	1967	Cougars	103.90	110	125	235	-6	47.899
Nathan Kahi	1992	Cougars	69.00	92	117	209	-14	44.543
Michelle Kahi	1994	Cougars	66.10	73	80	153	-10	43.497

Division 2

Name	Born	Club	BWT	Sn	C&J	Total	Bonus	Points
Robert Galsworthy	1989	Cougars	97.10	136	165	301	-4	65.037
Sam Baumann	1992	Cougars	58.30	66	90	156	17	64.853
Henry Wen	1993	BGS	83.15	85	105	190	14	62.223
Jenny Butler	1973	Honeybadgers	71.45	60	78	138	11	58.260
Laurence Reilly	1989	Cougars	54.65	64	78	142	6	52.557
Lisa Souter	1973	Toowoomba	52.95	48	65	113	-5	45.000
Diana Loy	1965		58.50	56	75	131	-6	44.973
Bonnie Sleeman	1993	Cougars	78.05	66	73	139	0	42.638
Darryl Hockins	1988	Toowoomba	64.00	78	100	178	-9	40.860
Alex Maskiell	1986	Cougars	84.40	73	97	170	-9	34.147

Division 3

Name	Born	Club	BWT	Sn	C&J	Total	Bonus	Points
Michael Winn	1994	USQ	67.55	71	87	158	15	59.258
Jake Ratcliffe	1994	Toowoomba	70.25	69	85	154	14	54.741
Tanya Beths	1989	Cougars	58.00	47	67	114	8	53.418
Lamson Nguyen	1982	USQ	70.75	76	97	173	5	50.767
Kara Stuart	1994	Toowoomba	46.55	37	48	85	11	50.171
Kim Hanssen	1986	Cougars	62.65	46	68	114	1	45.358
Steven Matthews	1954	Toowoomba	76.85	60	82	142	1	38.566
Bronwyn Hitchener	1962	Toowoomba	74.50	48	61	109	1	38.329
Tim Steele	1968	Sunshine Coast	97.00	74	85	159	-1	35.468
John Hanlon	1966	Cougars	99.00	73	98	171	-9	30.220
Bob Henderson	1943	Sunshine Coast	75.45	50	65	115	-9	21.423

Division 4

Name	Born	Club	BWT	Sn	C&J	Total	Bonus	Points
James Blake	1989		91.65	68	88	156	21	58.864
Stacy Koh	1985	Cougars	79.20	44	56	100	21	51.675
Jakob Daniels	1995	Sunshine Coast	63.95	49	60	109	19	49.532
Joshua Wu	1996	Cougars	44.55	40	50	90	17	46.508
Norman Hanna	1981	Toowoomba	70.60	52	80	132	6	40.921
Hugh McPhail	1995	Sunshine Coast	88.85	52	70	122	11	40.612
Matt Skinner	1990	USQ	103.60	66	90	156	3	38.780
Michelle Kinnane	1971	Honeybadgers	60.30	38	48	86	4	37.463
Sue Cox	1961	Honeybadgers	64.95	41	49	90	5	36.469
Leandra Miscamble	1956	Honeybadgers	65.45	30	47	77	8	34.923
Trevor Walz	1952		82.15	55	82	137	0	34.772
Julie Davis	1952	Honeybadgers	50.30	25	38	63	5	32.876
Aaron Sym	1995	Sunshine Coast	66.30	47	62	109	2	32.532
Emma Hitchener	1992	Toowoomba	68.00	37	50	87	1	31.420
Michael Walters	1995	Cougars	62.30	40	50	90	6	31.210
Lesley Moyle	1945	Honeybadgers	56.60	31	42	73	1	30.084
Joshua Wegert	1996	USQ	49.45	32	42	74	5	29.262
Deborah Oliver	1954	Honeybadgers	75.85	29	42	71	0	21.779
Alexander Beddall	1996	Cougars	50.95	20	27	47	6	21.410
James Norman	1996	Cougars	44.40	20	27	47	6	21.410
Korey Watson-Watt	1996	Cougars	41.40	20	27	47	6	21.410
Vicki Brady	1943	Cougars	50.90	25	30	55	-3	21.336
Ben Grzes	1950	Cougars	122.35	45	55	100	-9	12.186

Referees: Shokr Fallah (Cat I); Ian Moir (Cat I); Craig Wegert (Nat); Amanda Phillips (Nat); Keith Forbes (Nat); Vicki Brady (Nat); Damon Kelly (State); Coral Quinnet (State); Ben Turner (Club); Amanda Wegert (Club).

Time Keepers: Craig Wegert; Keith Forbes; Damon Kelly; Ian Moir.

M.C: Mike Keelan; Ian Moir.

New Queensland Open Records

Name	Category	Lift	Weight
Lad Singh	105kg	Snatch	150
Lad Singh	105kg	Snatch	155
Lad Singh	105kg	C&J	170
Lad Singh	105kg	Total	315
Lad Singh	105kg	Total	325

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.

Men

Name	Born	Club	Bwt	Sn	C&J	Total	Bonus	Score
Peter Foster	1967	Cougars	103.90	110	125	235	6	69.062
Bob Henderson	1943	Sunshine Coast	75.45	50	65	115	6	58.298
Steven Matthew	1954	Toowoomba	76.85	60	82	142	0	51.992
Trevor Walz	1952		82.15	55	82	137	0	50.384
John Hanlon	1966	Cougars	99.00	73	98	171	0	46.397
Tim Steele	1968	Sunshine Coast	97.00	74	85	159	0	42.230
Ben Grzes	1950	Cougars	122.35	45	55	100	6	37.970

Women

Name	Born	Club	Bwt	Sn	C&J	Total	Bonus	Score
Diana Loy	1965		58.5	56	75	131	0	60.912
Lisa Souter	1973	Toowoomba	52.95	48	65	113	0	55.000
Jenny Butler	1973	Honeybadgers	71.45	60	78	138	0	51.986
Lesley Moyle	1945	Honeybadgers	56.60	31	42	73	0	47.581
Bronwyn Hitchener	1962	Toowoomba	74.50	48	61	109	0	45.765
Vicki Brady	1943	Cougars	50.90	25	30	55	0	41.834
Leandra Miscamble	1956	Honeybadgers	65.45	30	47	77	6	41.512
Julie Davis	1952	Honeybadgers	50.30	25	38	63	0	40.392
Sue Cox	1961	Honeybadgers	64.95	41	49	90	0	38.832
Michelle Kinnane	1971	Honeybadgers	60.30	38	48	86	0	37.646
Deborah Oliver	1954	Honeybadgers	75.85	29	42	71	0	30.142

New Queensland Masters Records – Men

Name	Cat	Lift	Weight	Age Group
Ben Grzes	+105kg	Snatch	40	60 – 64 years
Ben Grzes	+105kg	Snatch	42	60 – 64 years
Ben Grzes	+105kg	Snatch	45	60 – 64 years
Ben Grzes	+105kg	C&J	48	60 – 64 years
Ben Grzes	+105kg	C&J	50	60 – 64 years
Ben Grzes	+105kg	C&J	55	60 – 64 years
Ben Grzes	+105kg	Total	93	60 – 64 years
Ben Grzes	+105kg	Total	95	60 – 64 years
Ben Grzes	+105kg	Total	100	60 – 64 years

New Queensland Masters Records – Women

Name	Cat	Lift	Weight	Age Group
Lesley Moyle	58kg	Snatch	30	65 – 69 years
Lesley Moyle	58kg	Snatch	31	65 – 69 years
Lesley Moyle	58kg	C&J	40	65 – 69 years
Lesley Moyle	58kg	C&J	42	65 – 69 years
Lesley Moyle	58kg	Total	71	65 – 69 years
Lesley Moyle	58kg	Total	73	65 – 69 years
Julie Davis	53kg	C&J	38	55 – 59 years
Deborah Oliver	+75kg	C&J	42	55 – 59 years
Deborah Oliver	+75kg	Total	68	55 – 59 years
Deborah Oliver	+75kg	Total	71	55 – 59 years
Leandra Miscamble	69kg	C&J	47	50 – 54 years
Leandra Miscamble	69kg	Total	77	50 – 54 years
Diana Loy	63kg	Snatch	50	45 – 49 years
Diana Loy	63kg	Snatch	56	45 – 49 years
Diana Loy	63kg	C&J	70	45 – 49 years
Diana Loy	63kg	C&J	75	45 – 49 years
Diana Loy	63kg	Total	126	45 – 49 years
Diana Loy	63kg	Total	131	45 – 49 years
Sue Cox	69kg	Snatch	39	45 – 49 years
Sue Cox	69kg	Snatch	40	45 – 49 years
Sue Cox	69kg	Snatch	41	45 – 49 years
Sue Cox	69kg	Total	90	45 – 49 years
Bronwyn Hitchener	75kg	Total	109	45 – 49 years
Jenny Butler	75kg	Snatch	60	35 – 39 years
Jenny Butler	75kg	C&J	73	35 – 39 years
Jenny Butler	75kg	C&J	76	35 – 39 years
Jenny Butler	75kg	C&J	78	35 – 39 years
Jenny Butler	75kg	Total	133	35 – 39 years
Jenny Butler	75kg	Total	136	35 – 39 years
Jenny Butler	75kg	Total	138	35 – 39 years

2010 Australian Club Championships

Victorian Weightlifting Centre
Hawthorn, Melbourne
Saturday, 20th March

Session 1

Name	YOB	Club	BWT	Sn	C & J	Total	Sinclair
Simon Bannister	91	Hobart	55.90	67	86	153	237.39
Sam Baumann	92	Cougars	59.55	67	93	160	236.71
Jake Ratcliffe	94	Twmba	69.00	72	91	163	218.15
Matthew Pit	91	Phoenix	75.25	75	95	170	215.97
Michael Winn	94	USQ	68.65	72	86	158	212.14
Mithuvini Jayasooran	88	Phoenix	68.35	70	87	157	211.39
Toby Ferrucci	90	Phoenix	74.40	75	90	165	210.99
Benjamin Angliss	80	Grace Pk	91.40	72	100	172	198.08
Robbie Forte	86	Grace Pk	77.50	66	90	156	194.94
Daniel Butera	91	Hawthorn	101.90	71	95	166	183.00
Rowshan Yazdani	90	Phoenix	65.55	55	75	130	179.87
Matt Skinner	90	USQ	103.45	68	91	159	174.33
Joshua Wegert	96	USQ	49.20	33	45	78	134.33

Session 2

Name	YOB	Club	BWT	Sn	C & J	Total	Sinclair
Seen Lee	82	Hawthorn	57.80	84	102	186	245.00
Vivian Lee	78	Hawthorn	47.75	66	88	154	237.62
Belinda Van Tienen	86	Hawthorn	68.70	86	104	190	224.39
Jacquie White	82	Hawthorn	62.20	81	96	177	221.84
Amanda Phillips	81	Cougars	74.95	84	110	194	219.11
Socheata Be	89	Hawthorn	51.60	67	82	149	214.02
Nicole Chamberlain	78	SAWC	66.30	82	94	176	212.10
Camilla Fogagnolo	86	Hobart	68.70	78	101	179	211.40
Rachel Griffiths	84	Hobart	61.50	68	85	153	193.18
Melissa Robinson	81	Cougars	58.80	64	84	148	192.61
Christine Meier	83	Cougars	62.25	66	83	149	186.65
Michelle Kahi	94	Cougars	62.95	70	80	150	186.57
Bianca Sheppard	92	Twmba	57.55	64	70	134	177.05
Bonnie Sleeman	93	Cougars	74.25	64	75	139	157.70
Kate Linford	89	Hawthorn	106.95	69	80	149	150.75
Jenna Myers	86	Launceston	74.90	90	---	---	---

Session 3

Name	YOB	Club	BWT	Sn	C & J	Total	Sinclair
David De Rose	82	Cairns	61.90	97	122	219	315.13
Josh Quinn	91	Hawthorn	103.10	114	154	268	294.20
Akashdeep Singh Gill	89	Phoenix	72.30	92	115	207	269.20
Jack Rau	93	Time Out	61.05	81	103	184	267.37
Liam Larkins	93	Phoenix	73.25	90	115	205	264.54
Graham Walker	70	Time Out	60.80	80	100	180	262.33
Darryl Hockins	88	Twmba	61.90	78	97	175	251.82
Jaco Du Plessis	91	Cairns	74.75	85	103	188	239.75
Alan Vo	89	Burwood	68.30	80	96	176	237.08
Paulo Magistrado	92	Hawthorn	84.00	90	105	195	233.61
Anthony Dove	67	Hawthorn	84.30	84	103	187	223.63
Alex McEncroe	87	Burwood	89.05	85	105	190	221.37
Robert Johnston	93	Cairns	112.05	87	108	195	208.29
Dean Pascoe	56	SAWC	109.70	70	103	173	186.00

Session 4

Name	YOB	Club	BWT	Sn	C & J	Total	Sinclair
Rebecca Rush	82	Launceston	53.00	63	78	141	198.22
Jessica Edge	86	SAWC	53.95	60	68	128	177.46
Andrea Mullins	94	Time Out	54.45	52	68	120	165.19
Coral Quinell	57	Time Out	56.65	52	60	112	149.68
Tanya Beths	89	Cougars	57.95	48	64	112	147.26
Kaitlyn Fassina	90	Hobart	85.00	58	77	135	144.72
Carley McKay	86	Hawthorn	70.20	57	66	123	143.57
Kara Stuart	94	Twmba	47.15	38	50	88	136.56
Hannah Savige	80	Grace Pk	67.90	47	64	111	131.95
Courtenay Chisholm	95	Launceston	47.25	36	49	85	131.65
Sophie Cowen	97	Launceston	51.20	36	50	86	124.32
Lucy Randle	88	SAWC	66.15	47	55	102	123.09
Bronwyn Hitchener	62	Twmba	73.80	48	60	108	122.89
Simone Graetzer	77	Hawthorn	56.85	38	50	88	117.30
Kirsten Haysom	80	Grace Pk	68.50	40	55	95	112.38
Reachney Be	94	Hawthorn	55.65	---	---	---	---

Session 5

Name	YOB	Club	BWT	Sn	C & J	Total	Sinclair
Vannara Be	88	Hawthorn	60.20	112	136	248	364.02
Patrick Inglis	89	SAWC	70.80	107	130	237	312.15
Steve McConnell	91	Hawthorn	68.95	104	126	230	307.96
Daniel Katz	90	Phoenix	75.15	105	132	237	301.32
Adam Kabbas	83	Phoenix	95.40	115	135	250	282.72
Nathan Kahi	92	Cougars	68.60	95	115	210	282.09
Milo McFarland	91	Burwood	80.50	95	125	220	269.35
Wei-Jien Tan	90	Hawthorn	68.00	88	105	193	260.71
Aaron Vlachos	83	Phoenix	76.10	95	110	205	258.78
Bowen Stuart	86	Twmba	79.55	90	115	205	252.57
Ryan Keaney	89	Phoenix	92.70	90	127	217	248.38
Marcus Tantau	90	Phoenix	91.90	90	120	210	241.26
Matthew Scott	88	Grace Pk	122.45	95	130	225	234.66

Session 6

Name	YOB	Club	BWT	Sn	C & J	Total	Sinclair
Ben Turner	84	Cougars	75.30	135	170	305	387.33
Damon Kelly	83	Cougars	140.25	165	205	370	375.90
Max Dal Santo	85	SAWC	93.10	145	176	321	366.74
Daniel Koum	85	Hawthorn	64.90	115	135	250	348.21
Rob Galsworthy	89	Cougars	101.05	143	170	313	346.12
Ricky Gulyamov	89	Burwood	76.00	125	145	270	341.09
Ben Mulder	78	Hobart	90.60	130	165	295	341.05
Lad Singh	83	Cougars	104.85	140	168	308	336.12
Simon Heffernan	75	Phoenix	95.25	130	165	295	333.83
Adam Kok	90	Phoenix	117.20	135	167	302	318.49
Zac Grgurevic	91	Hobart	101.90	120	160	280	308.67
Malek Chamoun	89	Burwood	84.45	135	---	---	---
Ali Gulyamov	85	Burwood	104.60	135	---	---	---

2010 JME Queensland Club Challenge

The *JME Queensland Club Challenge* was initiated this year and with three of the four rounds now complete, this competition has already proven to be a great success. Six QWA affiliated clubs have participated so far and it's no coincidence that the three clubs which have made the most effort to encourage lifters to be a part of this competition currently hold the top three positions on the ladder.

While inter-club 'postal' competitions are nothing new, it's fair to say that this particular version originated late last year in a café on the Cairns esplanade. At the invitation of David De Rose, Damon Kelly and Ian Moir went north last September for the launch of the Cairns North Weightlifting and Athletics Club. While tucking into a few sandwiches on the esplanade, David, Damon and Ian started tossing around ideas on ways in which a new weightlifting club situated more than 1000km from any other, could be supported and encouraged. One of the ideas to land on the lunch table that day was the establishment of an inter-club postal competition and after some brainstorming; a rough outline began to take shape.

The idea was well received by the QWA Management Committee and work began on the finer details. The biggest challenge was devising a scoring system that would cater for the diverse range of participation types represented in Queensland's weightlifting clubs, to try to ensure that all clubs could start on an equal footing. Borrowing parts from the QWA League scoring system and adding a few new 'controls' seems to have done the trick. The Sunshine Coast Weightlifting Club won Round 1 with an all male crew ranging in age across all categories. Round 2 was won by the Cairns North Weightlifting Club with a team of five male Youths plus one female Master; and the honours in the third round went to the Toowoomba Weightlifting Club with a team of males and females, ranging in age from 14 to 50.

Competition between the three front runners remains close and the final round in October will decide which of them claims the honour of winning the very first *JME Queensland Club Challenge*, along with the \$1,000 cash prize provided by the event's sponsor, *JME Weightlifting Equipment*. The second and third placed Clubs will be consoled with prizes of weightlifting equipment from *JME*.

Progress of scores after three rounds of the *2010 JME Queensland Club Challenge*:

Club	Round 1	Round 2	Round 3	Round 4	Score
Toowoomba	616.271	623.859	667.592		1907.722
Cairns North Green Ants	583.464	625.069	632.710		1841.243
Sunshine Coast	624.532	546.844	658.372		1829.748
USQ Springfield	279.936	398.438	387.621		1065.995
North Brisbane Honey Badgers	302.827	360.070	177.305		840.202
Cougars		407.221			407.221



QWA League & Masters League, Round 2

Nambour State High School, Sunshine Coast Qld
17th April 2010

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
Melissa Robinson	1981	Cougars	62.00	66	84	150	5	63.366
Scott Clark	1991	Sunshine Coast	61.50	93	105	198	1	61.736
Lad Singh	1983	Cougars	104.50	140	168	308	-10	60.642
Luke Gardner	1988	Cougars	118.50	120	165	285	0	60.381
Christine Meier	1983	Cougars	62.90	67	81	148	0	57.588
Michelle Kahi	1994	Cougars	65.40	74	87	161	0	56.294
Christian Hopper	1985	Honeybadgers	86.30	108	124	232	-4	52.311
Nathan Kahi	1992	Cougars	69.00	89	120	209	-15	43.543
Kirsten Wu	1993	Cougars	53.50	48	65	113	-6	39.020

Division 2

Name	Born	Club	Bwt	Sn	C&J	Total	Bonus	Points
Erika Yamasaki	1984		53.00	72	89	161	3	74.239
Laurence Reilly	1989	Cougars	55.20	66	82	148	15	63.525
Sam Baumann	1992	Cougars	60.80	70	94	164	11	61.307
David Hockins	1991	Toowoomba	57.40	68	90	158	6	54.466
Jenny Butler	1973	Honeybadgers	68.40	62	74	136	3	50.552
Bonnie Sleeman	1993	Cougars	76.30	65	77	142	1	44.558
Darryl Hockins	1988	Toowoomba	66.70	75	103	178	-9	40.860
Zack Tuckey	1986	Cougars	83.80	86	102	188	-8	39.716
Alex Maskiell	1986	Cougars	85.00	74	97	171	-9	34.401
Diana Loy	1965		60.60	50	75	125	-15	33.638

Division 3

Name	Born	Club	Bwt	Sn	C&J	Total	Bonus	Points
Tom Hall	1988		87.80	76	90	166	21	61.291
Lawrie Townsend	1951	Honeybadgers	80.10	71	97	168	7	49.640
Bronwyn Hitchener	1962	Toowoomba	74.50	50	61	111	9	47.014
Michael Winn	1994	USQ	70.90	71	87	158	2	43.799
Kim Hanssen	1986	Cougars	64.20	50	62	112	-2	37.161
Steven Matthews	1954	Toowoomba	77.80	59	83	142	0	36.041
Mal Irwin	1953		94.00	75	102	177	-15	27.961
Bob Henderson	1943	Sunshine Coast	76.00	50	65	115	-15	15.423

Division 4

Name	Born	Club	Bwt	Sn	C&J	Total	Bonus	Points
James Blake	1989	Sunshine Coast	90.20	72	92	164	21	60.806
Trevor Walz	1952	USQ	81.80	62	86	148	19	56.563
Matt Skinner	1990	Cougars	104.30	73	98	171	15	54.220
Joshua Wu	1996	Sunshine Coast	45.20	45	55	100	21	53.787
Aaron Sym	1995	Toowoomba	69.50	55	72	127	20	53.598
Norman Hanna	1981	Cougars	71.50	54	86	140	13	50.037
Stacy Koh	1985	Honeybadgers	78.80	50	60	110	15	48.742
Tyson Fabbro	1984	Sunshine Coast	101.00	72	100	172	6	45.450
Jakob Daniels	1995	Sunshine Coast	65.60	50	65	115	12	44.213
Thomas Scott	1995	Honeybadgers	78.80	45	65	110	15	42.919
Nick Dorn	1988	Toowoomba	88.40	70	100	170	0	41.262
Tim Hitchener	1997	Sunshine Coast	72.90	32	42	74	21	40.577
Hugh McPhail	1995	Sunshine Coast	88.00	55	70	125	9	39.340
Andrew Adams	1995	Cougars	72.70	47	60	107	11	39.307
James Norman	1996	Cougars	45.80	35	36	71	15	38.279
Korey Watson-Watt	1996	Honeybadgers	46.30	29	40	69	15	37.623
Michelle Kinnane	1971	Toowoomba	60.60	37	49	86	3	36.463
Emma Hitchener	1992	Honeybadgers	68.30	38	51	89	5	36.119
Sue Cox	1961	Honeybadgers	64.90	41	49	90	2	33.469
Leandra Miscamble	1956	Honeybadgers	65.50	30	48	78	4	31.273
Lesley Moyle	1945	Cougars	56.30	31	42	73	1	30.084
Wanita Connor	1995	USQ	56.10	24	35	59	6	29.506
Joshua Wegert	1996	Honeybadgers	50.10	33	45	78	3	28.574
Julie Davis	1952	Cougars	51.30	25	37	62	0	27.434
Harry Grzes	1956		119.10	58	72	130	-6	21.542
Vicki Brady	1943	Cougars	51.40	26	30	56	-4	20.779
Ben Grzes	1950	Cougars	118.30	46	56	102	-15	6.610
Rod Carr	1973	Sunshine Coast	107.10	100	---	---	---	0.000

Referees: Bob Henderson (Cat I); Debra Keelan (Cat I); Craig Wegert (National); Tanya Harden(National); Kathleen Harden (National); Vicki Brady (National); Ray Loudon (State); Holly Collyer (State); Julie Davis (State); Kim Hanssen (Club); Jenny Butler (Club); Paul Butler (Club)

Time Keepers: Craig Wegert; Kathleen Harden; Tanya Harden; Holly Collyer

M.C: Ian Moir; Mike 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

Men

Name	Born	Club	Bwt	Sn	C&J	Total	Bonus	Score
Lawrie Townsend	1951	Honeybadgers	80.10	71	97	168	0	63.107
Mal Irwin	1953		94.00	75	102	177	0	60.876
Trevor Walz	1952	Sunshine Coast	81.80	62	86	148	6	60.429
Bob Henderson	1943	Sunshine Coast	76.00	50	65	115	0	52.298
Steven Matthews	1954	Toowoomba	77.80	59	83	142	0	49.880
Harry Grzes	1956	Cougars	119.10	58	72	130	0	36.328
Ben Grzes	1950	Cougars	118.30	46	56	102	0	32.610

Women

Name	Born	Club	Bwt	Sn	C&J	Total	Bonus	Score
Diana Loy	1965		60.60	50	75	125	0	58.123
Bronwyn Hitchener	1962	Toowoomba	74.50	50	61	111	6	52.605
Jenny Butler	1973	Honeybadgers	68.40	62	74	136	0	52.308
Lesley Moyle	1945	Honeybadgers	56.30	31	42	73	0	47.581
Vicki Brady	1943	Cougars	51.40	26	30	56	0	42.595
Julie Davis	1952	Honeybadgers	51.30	25	37	62	0	39.751
Sue Cox	1961	Honeybadgers	64.90	41	49	90	0	38.832
Michelle Kinnane	1971	Honeybadgers	60.60	37	49	86	0	37.646
Leandra Miscamble	1956	Honeybadgers	65.50	30	48	78	0	35.973
Coral Quinell	1957	NT	56.70	51	61	112	Guest	

New Queensland Masters Records – Men

Name	Cat	Lift	Weight	Age Group
Ben Grzes	+105kg	Snatch	46	60-64 years
Ben Grzes	+105kg	C&J	56	60-64 years
Ben Grzes	+105kg	Total	102	60-64 years

New Queensland Masters Records – Women

Name	Cat	Lift	Weight	Age Group
Jenny Butler	69kg	Snatch	62	35-39 years
Leandra Miscamble	69kg	C&J	48	50-54 years
Leandra Miscamble	69kg	Total	78	50-54 years

2010 Oceania Youth, Junior & Senior Championships

Suva – Fiji
4th May – 7th May 2010

MEN

50KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH
QALIBAU Samisoni	1997	FIJ	48.70	51	65	116	1
OALA Fred	1996	PNG	47.80	50	63	113	2
BUCKNELL William	1995	FIJ	47.60	45	60	105	3
MOSS Cameron	1997	NZL	41.40	34	47	81	4
KARI Andrew	1997	PNG	40.80	35	45	80	5

56KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH	JNR	SEN
TULO Manueli	1990	FIJ	55.80	106	134	240		1	1
IOANE Vaipava Nevo	1988	ASA	55.90	95	125	220			2
BRECHTEFIELD Elson	1994	NRU	55.90	87	115	202	1	2	3
GUINARES Lou	1990	NZL	55.60	85	116	201		3	4
BARU Morea	1990	PNG	55.90	85	115	200		4	5
LAPUA LAPUA Tuau	1991	TUV	55.80	86	106	192		5	6
BUCKNELL William	1995	FIJ	47.60	45	60	105		6	
MOREA Ignasus	1994	PNG	50.60	35	50	85	2		
BOE Toua	1993	PNG	51.40	35	45	80		7	7
MOREA Lahui	1996	PNG	50.40	35	40	75	3		

62KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH	JNR	SEN
KOUM Daniel	1985	AUS	62.00	115	146	261			1
MINGINFEL Manuel	1978	FSM	61.80	110	146	256			2
BE Vannara	1988	AUS	61.00	102	137	239			3
GUINARES Ianne	1988	NZL	61.20	102	126	228			4
TIKODELAIMATUKU Tui Moce	1987	FIJ	61.20	95	121	216			5
PATRIS Stevick	1991	PLW	61.30	95	115	210		1	6
HAUMILI Ioane	1988	TUV	61.30	90	110	200			7
YOUNG Vester	1991	NZL	58.40	87	112	199		2	
PESALELI Bob	1993	SAM	61.80	80	110	190	1	3	8
ANDREWS Bill	1992	FIJ	61.10	80	105	185		4	9
TAUFA Michael	1993	TGA	61.10	80	105	185	2	5	10
RAU Jack	1993	AUS	60.40	82	100	182	3	6	
VIRA Simioni	1994	FIJ	60.90	---	---	---	---	---	

69KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH	JNR	SEN
ETOUNDI Francois	1984	AUS	69.00	125	150	275			1
KARI Steven	1993	PNG	68.00	116	144	260	1	1	2
TOROMOMON Takenibeia	1992	KIR	68.80	105	131	236		2	3
MADSEN Mathew	1991	NZL	68.80	98	130	228		3	4
SEUMANUTAF A Saina	1980	ASA	67.70	90	122	212			5
TOOKE Teaei	1994	KIR	68.60	95	116	211	2	4	6
WHARTON Langa	1992	NRU	68.50	90	120	210		5	7
TAWAI Tevita Wanono	1992	FIJ	65.80	85	120	205		6	8
MILNE Josh	1993	NZL	68.90	88	112	200	3		
TAN Yung Nien	1990	NZL	68.00	80	115	195		7	
MUNNS Matthew	1993	AUS	67.30	73	104	177	4	8	
RATCLIFFE Jake	1994	AUS	68.70	75	96	171	5		
VILLANUEVA Dimitri	1994	PLW	66.00	70	90	160	6	9	9
JEKOPE Eroni Radua Kai	1987	FIJ	67.50	70	90	160			10
LOLOHEA Charlie	1993	FIJ	65.80	70	80	150	7	10	
ROKOROKOVAKANACE	1994	FIJ	64.30	60	75	135	8		
MCCONNELL Steve	1991	AUS	68.60	---	---	---		---	

77KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH	JNR	SEN
TURNER Benjamin	1984	AUS	74.90	129	160	289			1
COLE Cody	1990	NZL	75.30	117	154	271		1	2
SYMOM Caleb	1982	NZL	75.50	115	153	268			3
TAQUA Paula Peniasi	1982	FIJ	73.70	116	130	246			4
KATZ Daniel	1990	AUS	74.50	100	135	235		2	
FINAU Ianiume	1986	TGA	73.30	105	125	230			5
TAATONGA Taubena	1990	KIR	76.80	100	130	230		3	6
BOB Kabuati	1994	KIR	73.80	90	122	212	1	4	7
LARKINS Liam	1993	AUS	73.00	93	116	209	2	5	
LOCO Pauliasi Vasutoga	1992	FIJ	72.90	87	120	207		6	8
FALMED	1993	FSM	76.40	86	115	201	3	7	9
FAUSTINO Maverick T	1994	PLW	76.30	80	100	180	4	8	10
VUETIVAVALAGI Waisale Christian	1992	FIJ	71.50	60	75	135		9	

85KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH	JNR	SEN
STAR Val-John	1989	NRU	84.20	113	151	264			1
OPELOGE Petunu	1994	SAM	83.40	108	145	253	1	1	2
LAGIKULA Igor	1993	NCL	81.10	115	137	252	2	2	3
MOLISA Pala Basil	1979	VAN	84.30	115	130	245			4
JUNGBLUT Tanumafili	1990	ASA	83.60	108	130	238		3	5
SEKONE-FRASER Douglas	1991	NSL	77.40	100	126	226		4	
GREGORY-HUNT Saxon	1993	NZL	79.70	98	124	222	3	5	
OLSSON Johnson	1992	NRU	78.30	88	113	201		6	6
FAAGU Saumaleato	1994	ASA	82.20	91	110	201	4	7	7
TOFIL Bruno	1982	NCL	84.00	80	105	185			8
WEN Henry	1993	AUS	81.70	80	104	184	5		
BRUERTON Stewart	1993	NZL	77.40	75	85	160	6		

94KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH	JNR	SEN
RIBOUEM Simplicie	1982	AUS	88.90	152	191	343			1
PATTERSON Richard	1983	NZL	88.10	145	185	330			2
KATOATAU David	1984	KIR	92.70	135	186	321			3
FAAULIULI Faavae	1983	SAM	89.30	132	185	317			4
VUETI Josefa Atekini	1979	FIJ	88.30	128	165	293			5
AUBIAT Tuki	1991	NRU	92.10	105	145	250		1	6
PERA Sirla	1992	COK	92.30	106	130	236		2	7
MUAVAKA Alfred	1991	NCL	92.70	98	120	218		3	8
MUAVAKA Miguel Sialefuka	1988	NCL	92.90	85	115	200			9
PASFIELD Ryan	1993	AUS	91.10	78	116	194	1	4	
GALLACHER Jordy	1993	AUS	89.90	85	95	180	2		
PRENDERGAST Sam	1994	NZL	88.40	70	92	162	3		

+94KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH
JOHNSTON Robert	1993	AUS	110.60	90	113	203	1
LAGIKULA Peteo Sanele Ireneo	1995	NCL	97.30	95	107	202	2
SMITH Trent	1994	NZL	123.90	83	94	177	3

105KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL		JNR	SEN
OPELOGE Niusila	1980	SAM	104.60	151	200	351			1
CHALAEV Stanislav	1986	NZL	104.20	143	188	331			2
THOMAS Meameaa	1985	KIR	104.00	140	180	320			3
OPELOGE Tovia	1990	SAM	101.70	131	170	301		1	4
GRGUREVIC Zac	1991	AUS	99.30	127	158	285		2	5
CORREOS David	1992	NCL	94.40	107	130	237		3	
MUAVAKA Mikaele	1990	NCL	101.00	100	120	220		4	6
LAGIKULA Peteo Sanele Ireneo	1995	NCL	97.30	95	107	202		5	7

+105KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL		JNR	SEN
DETENAMO Itte	1986	NRU	151.20	178	219	397			1
KELLY Damon	1983	AUS	143.20	165	215	380			2
HOCKING Corran	1980	AUS	145.90	165	185	350			3
KOK Adam	1990	AUS	117.70	140	170	310		1	
TAUPAU Theron	1989	ASA	145.70	135	170	305			4
NEMANI Daniel	1981	NIU	126.80	122	160	282			5
SILVERMAN Phil	1974	NZL	122.80	120	152	272			6

WOMEN

48KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH	JNR	SEN
LEE Vivian	1978	AUS	47.40	66	86	152			1
HARE Kathleen	1988	PNG	47.20	62	80	142			2
CHISHOLM Courtenay	1995	AUS	46.50	38	50	88	1	1	
STUART Kara	1994	AUS	47.40	35	45	80	2	2	3
RASARI Iwana	1993	FIJ	47.80	30	35	65	3	3	4

53KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH	JNR	SEN
HOWARD Kate	1979	NZL	52.70	66	79	145			1
DOGODO Hitolo	1992	PNG	52.50	60	75	135		1	2
WU Kirsten	1993	AUS	52.60	53	68	121	1	2	3
MANIULUA Maketalena	1994	NCL	52.90	52	65	117	2	3	4
SAMUEL Ranuini	1993	PNG	52.00	51	65	116	3	4	5
COWEN Sophie	1997	AUS	51.80	36	53	89	4	5	
LOLOHEA Luisa	1994	FIJ	51.40	33	47	80	5	6	6
TAUWAI Teresa Ella	1995	FIJ	52.30	35	40	75	6	7	7

58KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH	JNR	SEN
LIKU Maria	1990	FIJ	57.90	68	90	158		1	1
KASSMAN mONALISA	1992	PNG	57.10	60	75	135		2	2
MULLINS Andrea	1994	AUS	55.60	51	69	120	1	3	3
TIMI Julia Ana	1996	FIJ	56.10	40	47	87	2	4	4

63KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH	JNR	SEN
TOGAGAE Faitoga	1989	SAM	62.00	70	94	164			1
KAHI Michelle	1994	AUS	62.20	71	93	164	1	1	2
TYRELL Urima	1992	SAM	62.30	60	78	138		2	3
TIARE Ana Vatau	1993	FIJ	58.50	---	---	---	---	---	---

WOMEN 69KG

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH	JNR	SEN
AH KUOI Manu	1982	SAM	67.70	80	107	187			1
HALE Guba	1986	PNG	67.90	80	95	175			2
LAMBRECHS Chantal	1990	NZL	67.90	76	91	167		1	3
MERO Kalila	1995	NCL	66.70	45	50	95	1	2	4

WOMEN +69KG

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	YTH
SIMANU Lumi	1993	SAM	94.90	83	105	188	1
PETERS Luisa	1993	COK	87.00	64	80	144	2
SLEEMAN Bonnie	1993	AUS	73.90	61	68	129	3
MAUTAMA Tamyrah	1995	NIU	72.20	54	72	126	4
HOLMES Jordan	1995	NZL	82.80	51	60	111	5
MCDUGALL Asleigh	1994	NZL	85.50	44	58	102	6

WOMEN 75KG

NAME	YOB	NAT	BWT	SN	C&J	TOTAL		JNR	SEN
OPELOGE Mary	1992	SAM	74.00	93	120	213		1	1
VAN TIENEN Belinda	1986	AUS	72.30	82	106	188			2
DETENAMO Michaela	1992	NRU	73.40	70	100	170		2	3
WILLIAM Tasha	1973	NZL	70.20	68	98	166			4
SLEEMAN Bonnie	1993	AUS	73.90	61	68	129		3	5
MAUTAMA Tamyrah	1995	NIU	72.20	54	72	126		4	6
VAIVAI Apolonia	1991	FIJ	73.60	47	62	109		5	7

WOMEN +75KG

NAME	YOB	NAT	BWT	SN	C&J	TOTAL		JNR	SEN
OPELOGE Ele	1985	SAM	121.60	126	155	281			1
VILIAMU Narita	1989	NIU	138.40	95	130	225			2
LAMBRECHS Tracey	1985	NZL	100.90	97	118	215			3
SIMANU Lumi	1993	SAM	94.90	83	105	188		1	4
PETERS Luisa	1993	COK	87.00	64	80	114		2	5
HOLMES Jordan	1995	NZL	82.80	51	60	111		3	6
MCDUGALL Asleigh	1994	NZL	85.50	44	58	102		4	



2010 Queensland Junior & Youth & Under 15 Championships

Toowoomba Weightlifting Association, Toowoomba Qld
15th May 2010

WOMEN

Name	YOB	CLUB	BWT	SN	C&J	TOTAL	PLACE U20	U17	U15
48kg Category									
Kara Stuart	1994	Toowoomba	47.80	36	45	81	1	1	---
53kg Category									
Caitlyn Feurer	1996	Cougars	51.40	15	20	35	1	1	---
58kg Category									
Kirsten Wu	1993	Cougars	54.30	53	73	126	1	1	---
Wanita Connor	1995	Cougars	57.20	28	40	68	2	1	---
63kg Category									
Taela O'Shea	1995	Cougars	62.30	20	32	52	1	1	---
Tierney Molenaar	1991	Windaroo	62.80	55	65	120	Guest	---	---
69kg Category									
Michelle Kahi	1994	Cougars	65.00	76	90	166	1	1	---
Emma Hitchener	1992	Toowoomba	67.70	36	51	87	2	---	---
Francesca Veenstra	1996	Toowoomba	63.40	25	32	57	2	1	---
Jessica Sanders	1996	Cougars	64.40	23	28	51	3	2	---
+69kg Category									
*Bonnie Sleeman	1993	Cougars	76.10	62	70	132	1	---	---
Sarah Counter	1994	Toowoomba	74.20	28	36	64	2	---	---
+75kg Category									
*Bonnie Sleeman	1993	Cougars	76.10	62	70	132	1	---	---
Men									
50kg Category									
Joshua Wegert	1996	USQ	50.00	35	46	81	1	1	---
James Norman	1996	Cougars	45.60	35	45	80	2	2	---
Korey Watson-Watt	1996	Cougars	47.00	35	45	80	3	3	---
Brayden Bellotti	1997	Cougars	38.10	17	19	36	4	4	---
56kg Category									
David Hockins	1991	Toowoomba	55.60	64	87	151	1		---

Name	YOB	CLUB	BWT	SN	C&J	TOTAL	PLACE U20	U17	U15
62kg Category									
Scott Clark	1991	Sunshine Coast	60.90	88	110	198	1	---	---
Sam Baumann	1992	Cougars	60.80	73	102	175	2	---	---
Shane Wagner	1996	Toowoomba	58.10	52	60	112	3	1	1
Jesse Csallo	1995	Toowoomba	58.50	33	46	79	2	2	---
69kg Category									
Jake Ratcliffe	1994	Toowoomba	68.70	74	90	164	1	1	---
Jakob	1995	Sunshine Coast	66.50	53	70	123	2	2	1
77kg Category									
Jaco du Plessis	1991	Cougars	76.20	90	110	200	1	---	---
Andrew Adams	1995	Sunshine Coast	72.90	47	60	107	2	1	1
Timothy Hitchener	1997	Toowoomba	72.20	34	45	79	2	2	---
Michael Winn	1994	USQ	72.70	74	92	166	Guest	---	---
85kg Category									
Henry Wen	1993	BGS	83.10	86	110	196	1	1	---
Thomas Scott	1995	Sunshine Coast	80.90	57	70	127	2	1	---
105kg Category									
Matt Skinner	1990	USQ	102.60	77	100	177	1	---	---
Referees:									
Ian Moir (Cat I); Craig Wegert (National); Chris Walsh (State); Stuart Wagner (State); Bowen Stuart (State); Darryl Hockins (Club)									
Time Keeper:									
Chris Walsh									
M.C:									
Ian Moir; Mike Keelan									

Best Lifter Awards (Sinclair Points)

	Under 15	Under 17	Under 20
Male	Shane Wagner	Henry Wen	Scott Clark
Female	Wanita Connor	Michelle Kahi	Michelle Kahi

William Faulkner Performance Awards (Forbes Points)

	Under 15	Under 17	Under 20
Male	Thomas Scott	Henry Wen	Sam Baumann
Female	Wanita Connor	Kirsten Wu	Michelle Kahi

* Bonnie Sleeman is categorised +69kg in the Youth Championship; and +75kg in the Junior Championship.



2010 Queensland Masters Championships

Cougars Weightlifting Club, Chandler Qld
22nd May 2010

Men

60-64 Years

NAME	YOB	CLUB	BWT	SN	C&J	TOTAL	MMS
+105kg Category							
Ben Grzes	1950	Cougars	118.80	45	60	105	166.50
55-59 Years							
85kg Category							
Trevor Walz	1952	Sunshine Coast	82.00	60	87	147	258.29
94kg Category							
Mal Irwin	1953		92.80	83	103	186	301.53

50-54 Years

NAME	YOB	CLUB	BWT	SN	C&J	TOTAL	MMS
94kg Category							
Barry Harden	1959	Sunshine Coast	92.00	90	110	200	288.23
105kg Category							
Kevin Blake	1960	Cougars	103.15	116	135	251	342.43
+105kg Category							
Harry Grzes	1956	Cougars	118.35	60	78	138	191.46

40-44 Years

NAME	YOB	CLUB	BWT	SN	C&J	TOTAL	MMS
105kg Category							
Tim Steele	1968	Sunshine Coast	95.90	77	95	172	224.77
35-39 Years							
+105kg Category							
Craig Wegert	1973	USQ	150.20	115	145	260	288.11

Women

65-69 Years

NAME	YOB	CLUB	BWT	SN	C&J	TOTAL	MMS
58kg Category							
Lesley Moyle	1945	North Brisbane	56.25	32	43	75	164.83

60-64 Years

NAME	YOB	CLUB	BWT	SN	C&J	TOTAL	MMS
63kg Category							
Valerie Silver	1949	Cougars	62.25	25	30	55	105.83

55-59 Years

NAME	YOB	CLUB	BWT	SN	C&J	TOTAL	MMS
53kg Category							
Julie Davis	1952	North Brisbane	51.50	25	37	62	129.25

50-54 Years

NAME	YOB	CLUB	BWT	SN	C&J	TOTAL	MMS
69kg Category							
Leandra Miscamble	1956	Cougars	66.05	32	48	80	127.45

45-49 Years

NAME	YOB	CLUB	BWT	SN	C&J	TOTAL	MMS
63kg Category							
Diana Loy	1965	North Brisbane	60.45	57	75	132	201.44
69kg Category							
Sue Cox	1961	North Brisbane	65.55	39	49	88	131.75
75kg Category							
Bronwyn Hitchener	1962	Toowoomba	74.95	49	62	111	153.70

35-39 Years

NAME	YOB	CLUB	BWT	SN	C&J	TOTAL	MMS
53kg Category							
Lisa Souter	1973	Toowoomba	52.75	47	69	116	180.06
63kg Category							
Michelle Kinnane	1971	North Brisbane	59.10	37	50	87	126.93
69kg Category							
Jenny Butler	1973	North Brisbane	69.00	62	76	138	178.85

Referees: Shokr Fallah (Cat I); Debra Keelan (Cat I); John Hanlon (National); Vicki Brady (National); Ray Loudon (State)

Time Keeper: Keith Forbes; Julie Davis

M.C: Ian Moir

Best Lifter Awards

Male	Kevin Blake	342.43	MMS Points
Female	Diana Loy	201.44	MMS Points

Men's Masters Records

Name	Cat	Lift	Weight	Age Group
Ben Grzes	+105kg	C&J	57	60-64
Ben Grzes	+105kg	C&J	60	60-64
Ben Grzes	+105kg	Total	105	60-64
Kevin Blake	105kg	Snatch	110	50-54
Kevin Blake	105kg	Snatch	116	50-54
Kevin Blake	105kg	C&J	135	50-54
Kevin Blake	105kg	Total	251	50-54

Women's Masters Records

Name	Cat	Lift	Weight	Age Group
Lesley Moyle	58kg	Snatch	32	65-69
Lesley Moyle	58kg	C&J	43	65-69
Lesley Moyle	58kg	Total	75	65-69
Leandra Miscamble	69kg	Total	80	50-54
Diana Loy	63kg	Snatch	57	45-49
Diana Loy	63kg	Total	132	45-49
Bronwyn Hitchener	75kg	C&J	62	45-49



Best Lifter: Diana Loy

36th MEN'S AND 16th WOMEN'S WORLD JUNIOR CHAMPIONSHIPS

WOMEN

48KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
WU Yanmei	1992	CHN	47.55	84	103	187	1
OKUR Saziye	1992	TUR	46.10	78	100	178	2
MIZUOCHI Honami	1993	JPN	47.25	77	95	172	3
NGUYEN Thi Hong	1994	VIE	46.70	74	88	162	4
SIRIMONGKHON Wipada	1992	THA	47.05	70	90	160	5
MATSA Santoshi	1994	IND	47.80	66	82	148	6
BONNAMANT Melanie	1992	FRA	47.75	62	75	137	7
JASTRZEBSKA Wioleta	1992	POL	47.95	62	70	132	8

53KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
CHEN Xiaoting	1991	CHN	52.80	100	115	215	1
HSU Shu-Ching	1991	TPE	52.37	86	113	199	2
SUTANAN Kittima	1992	THA	52.14	80	100	180	3
GUSHIKEN Misaki	1990	JPN	52.87	80	100	180	4
NGUYEN Thi Thuy	1990	VIE	52.22	70	105	175	5
COBAN Aysegul	1992	TUR	52.68	75	100	175	6
YAGI Kanae	1992	JPN	51.39	73	94	167	7
BERCHI Dana	1990	ROU	52.63	74	92	166	8
AYSEL Das	1992	TUR	52.48	71	94	165	9
SOLORIZANO Keidy	1992	COL	51.73	72	89	161	10
CHU Hsiao-Ting	1990	TPE	52.79	70	88	158	11
LORENTZ Manon	1991	FRA	52.57	71	82	153	12
GIERSEWSKA Monika	1992	POL	52.73	67	83	150	13
KOSTOVA Boyanka	1993	BUL	52.83	82	---	---	---

58KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
DENG Mengrong	1990	CHN	57.51	98	123	221	1
SIRIKA EW Pimsiri	1990	THA	56.98	90	120	210	2
RIVAS Lina Marcela	1990	COL	57.56	91	114	205	3
KOLAS Natalia	1991	BLR	57.56	87	115	202	4
DE LOS SANTOS DE LA CRUZ Wildry	1991	DOM	57.39	84	105	189	5
MISHCHUK Iryna	1990	BLR	57.64	88	99	187	6
FIGUEROA Yusleidys	1993	VEN	56.81	80	106	186	7
NGUYEN Thi Y	1990	VIE	56.94	85	101	186	8
OKUMUS Neslihan	1994	TUR	57.52	81	104	185	9

DUDENKOVA Tatiana	1991	RUS	57.54	85	100	185	10
MONIQUE Annie	1990	CAN	56.64	82	99	181	11
YOSHINO Chieri	1990	JPN	57.83	80	101	181	12
MEDZA Martyna	1992	POL	57.71	80	98	178	13
CHIANG Chia-Ching	1990	TPE	55.15	76	100	176	14
GRABARCZYK Katarzyna	1991	POL	57.23	80	96	176	15
BASSLER Breanne	1991	USA	57.18	70	91	161	16
COWLES Sara	1990	USA	57.56	70	85	155	17
HAMMELSTRUP Laura	1990	DEN	57.03	63	75	138	18

63KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
LI Yating	1991	CHN	61.68	98	125	223	1
TURIEVA Tima	1992	RUS	62.57	98	119	217	2
SAZANAVETS Dzina	1990	BLR	62.40	94	118	212	3
AFANASYEVA Olga	1990	RUS	62.51	93	116	209	4
DRIUMOVA Kateryna	1990	UKR	61.07	93	108	201	5
RAMOS Sheila	1990	ESP	62.81	89	112	201	6
CETINTURK Emine	1991	TUR	62.40	86	107	193	7
GHADA Hassine	1993	TUN	62.69	87	105	192	8
HERNANDEZ LEON Karla Lucia	1992	MEX	61.31	81	105	186	9
YEN Ssu-Chia	1991	TPE	62.98	83	103	186	10
SEERA Chandrakala	1992	IND	62.37	78	106	184	11
GARA Aruna Rani	1991	IND	62.14	83	100	183	12
ALEMANN Maria Grazia	1990	ITA	61.46	72	95	167	13
PERKOVICH Ashley	1990	USA	62.13	70	91	161	14
KAHI Michelle	1994	AUS	62.42	73	87	160	15
NGALEM Kristel	1995	CAN	62.92	68	88	156	16
LEPSA Irina	1992	ROU	62.30	88	---	---	---
FEUERMAN Robin	1990	USA	62.80	69	---	---	---

69KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
KANG Yue	1991	CHN	68.33	111	140	251	1
SOLIS ARBOLEDA Leidy Yessenia	1990	COL	67.43	108	139	247	2
ZUBOVA Mariya	1991	RUS	68.30	105	127	232	3
KANG Yeoun-Hee	1992	KOR	68.58	90	117	207	4
YILMAZ Hatice	1990	TUR	68.65	88	118	206	5
KAYA Figen	1991	TUR	68.22	87	117	204	6
FUENTES ZAVALA Aremi	1993	MEX	63.13	90	109	199	7
LEFEBVRE Valerie	1990	CAN	66.82	87	109	196	8
KAKINUMA Sanae	1990	JPN	66.82	84	105	189	9
BARNETT Brianna	1992	USA	65.83	82	101	183	10
OZAKI Miyaka	1991	JPN	63.43	74	95	169	11
MARCINOWSKA Katarzyna	1991	POL	64.88	72	95	167	12
Reena	1991	IND	64.04	78	88	166	13
LAMBRECHS Chantal	1990	NZL	68.75	72	92	164	14

75KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
LI Yang	1991	CHN	74.33	102	129	231	1
ZAVGORODNYAYA Julia	1992	RUS	74.01	98	128	226	2
VALDES Maria Fernanda	1992	CHI	74.53	95	122	217	3
KOZENKO Ganna	1991	UKR	73.82	97	117	214	4
SINGH Srishti	1990	IND	74.93	90	115	205	5
LEE Aera	1990	KOR	73.53	90	113	203	6
WIEJAK Malgorzata	1992	POL	74.50	88	105	193	7
KHWAIRAKPAM Premila Devi	1990	IND	73.69	84	105	189	8
DIJUST Giada	1990	ITA	74.78	80	93	173	9

+75KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
KONOVALOVA Julia	1990	RUS	82.43	118	146	264	1
ABDELRAHMAN Abir	1992	EGY	79.68	110	145	255	2
KHALAF Shaimaa Ahmed	1991	EGY	106.81	100	136	236	3
AN So-Young	1992	KOR	110.86	101	123	224	4
PEREZ Naryuris	1992	VEN	92.72	95	121	216	5
ZOLOTAROVA Kateryna	1991	UKR	84.22	91	123	214	6
BUENO PLACENCIA Gladis Guadalupe	1994	MEX	116.83	96	113	209	7
WYATT Karen	1990	USA	109.11	89	114	203	8
AMAECHI Chioma	1992	USA	116.12	83	117	200	9
PASKO Magdalena	1991	POL	91.99	89	110	199	10
GOMEZ Cecilia	1992	MEX	80.93	83	107	190	11
KAINTURA Reena	1991	IND	79.90	77	95	172	12

MEN

56KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
CHEN Xiong	1992	CHN	55.88	120	148	268	1
BERNA Carlos	1990	COL	55.79	109	147	256	2
GIL GALBAN Adiel	1990	CUB	55.65	110	145	255	3
NGUYEN Bach Chinh	1991	VIE	55.34	112	141	253	4
THANH Kim Tuan	1994	VIE	55.19	110	137	247	5
ALGUL Ismet	1992	TUR	55.14	116	123	239	6
TAN Chi-Chung	1990	TPE	55.80	105	130	235	7
BRACHI Josue	1992	ESP	55.37	106	126	232	8
OTERO Steven Michael	1990	ESP	55.85	100	130	230	9
ATIF Moustafa	1993	EGY	55.75	101	128	229	10
CORNIVEL Elvis	1990	VEN	55.29	102	124	226	11
PHONGCHIANGSA Thawatchai	1992	THA	55.94	95	125	220	12
GHAGARE Swapnil Babaso	1990	IND	55.65	95	121	216	13
PHILLIPS Anrich Morico	1992	RSA	55.25	92	112	204	14
TUNCER Zeki	1990	TUR	55.55	87	116	203	15
TULO Manuelli	1990	FIJ	55.46	104	---	---	---

62KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
CHEN Lijun	1993	CHN	60.88	126	165	291	1
ATAK Hursit	1991	TUR	61.62	126	160	286	2
PIPA Artiom	1992	MDA	61.31	117	149	266	3
KOCUM Muhammet	1992	TUR	61.62	119	145	264	4
ARAUJO Ivis Abel	1991	MEX	61.95	121	143	264	5
HERNANDEZ Yerson	1991	COL	60.51	121	140	261	6
JEONG Han-Sol	1992	KOR	61.77	110	150	260	7
KHALIBEKOV Feliks	1990	RUS	61.90	119	140	259	8
NGUYEN Ngoc Trung	1991	VIE	61.62	115	140	255	9
SASANG Montree	1992	THA	61.31	115	130	245	10
CASTRO Victor	1992	ESP	61.32	115	130	245	11
GUARNACCIA Calogero	1990	ITA	61.68	107	130	237	12
TAKEICHI Wataru	1990	JPN	61.65	108	128	236	13
CHAOWANYEN Anuwat	1993	THA	60.63	113	120	233	14
CASTREJON PEREZ Jorge Ezequiel	1994	MEX	60.90	103	127	230	15
SAHU Keshav	1992	IND	61.21	99	127	226	16
BRUNSON Mack	1991	USA	61.83	95	125	220	17
HERNANDEZ Acoran Juan	1990	ESP	61.61	121	---	---	---

69KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
RAZVAN Martin	1991	ROU	68.92	151	189	340	1
TANG Deshang	1991	CHN	68.51	147	180	327	2
GODELLI Daniel	1992	ALB	68.68	140	175	315	3
POGHOSYAN Zorik	1990	ARM	68.71	133	168	301	4
BLANCO Henry	1990	VEN	68.72	132	163	295	5
RUZGAR Suleyman	1992	TUR	68.13	133	155	288	6
CECHIR Serghei	1990	MDA	68.19	130	154	284	7
NGUYEN Dac Diep	1990	VIE	67.98	131	152	283	8
GENC Halit	1991	TUR	68.31	125	155	280	9
GAYTAN Martin	1991	MEX	67.89	125	150	275	10
KUGLER Gerald	1990	AUT	68.67	120	150	270	11
MOIDA Rama Krishna	1992	IND	68.55	118	145	263	12
MARZULLO Domenico	1990	ITA	68.71	117	143	260	13
MANNELLA Pierluigi	1991	ITA	67.42	111	140	251	14
KINJO Kiyomaru	1990	JPN	68.96	115	135	250	15
MADSEN Mathew	1991	NZL	68.52	100	136	236	16
POIRIER Mathieu	1991	CAN	66.98	110	125	235	17
NGWELE Mninikhaya	1992	RSA	66.13	105	126	231	18
CALJA Briken	1990	ALB	68.05	---	175	---	---

77KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
ROSTAMI Kianoush	1991	IRI	76.75	160	187	347	1
KHARCHENKO Viktor	1991	RUS	76.71	145	186	331	2
SAYAKHOV Albert	1991	RUS	76.58	150	180	330	3
SAVCHENKO Eduard	1990	UKR	76.11	152	175	327	4

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
GHISOIU Adrian	1990	ROU	76.35	150	175	325	5
LIM Hee-Chang	1991	KOR	76.72	145	180	325	6
SROKA Krystian	1991	POL	76.50	146	176	322	7
ZWARYCZ Krzysztof	1990	POL	76.83	146	176	322	8
TENORIO MINA Freddy Fernando	1991	ECU	74.86	145	175	320	9
ALJUMAILI Safaa	1990	IRQ	76.02	134	176	310	10
SOMBOON Suchat	1991	THA	76.12	136	173	309	11
KRUGLENKO Sergii	1990	UKR	76.72	135	174	309	12
BAHLOUL Rami	1991	TUN	75.54	136	172	308	13
SAMKO Karol	1990	SVK	76.70	138	168	306	14
YERMILOV Ivan	1990	KAZ	75.06	135	166	301	15
TAKEI Seichiro	1990	JPN	74.31	131	160	291	16
TOPPO Anupdeo	1990	IND	75.90	120	162	282	17
KRING Tim	1990	DEN	73.50	125	155	280	18
SHIRAKUSA Ryuta	1990	JPN	73.95	123	155	278	19
SIVALINGAM Sathish Kumar	1992	IND	75.54	122	155	277	20
MATA Andres	1992	ESP	73.90	120	155	275	21
PENT Ain	1991	EST	76.47	120	155	275	22
TOKOLA Milko	1992	FIN	72.11	122	152	274	23
CHEN Chia-Wen	1992	TPE	76.85	120	150	270	24
COLE Cody	1990	NZL	75.17	117	150	267	25
THEBERGE Michael	1990	CAN	76.19	117	144	261	26
BOISCLAIR Jerome	1991	CAN	73.26	107	152	259	27
PULAKU Hysen	1992	ALB	76.39	148	---	---	---
FITSNER Kazimir	1990	BLR	76.89	158	---	---	---
MUSIC Ensar	1990	CRO	76.44	---	186	---	---

85KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
AUKADOV Abti	1992	RUS	84.19	170	201	371	1
CHEN Hu	1991	CHN	84.79	156	196	352	2
ABDEL HAY SAAD Ragab	1991	EGY	83.60	151	198	349	3
CERNEI Gheorghii	1990	MDA	81.84	158	183	341	4
KOSHLIAK Kostyantyn	1991	UKR	84.57	150	185	335	5
STOILOV SHIKOV Georgy	1993	BUL	84.71	153	180	333	6
CHUMAK Dmytro	1990	UKR	84.56	150	180	330	7
KLIMANOV Egor	1992	RUS	82.19	147	182	329	8
DUMAIS Paul	1991	CAN	84.44	150	170	320	9
MARINEAU Mathieu	1990	CAN	81.91	137	170	307	10
YILMAZ Mehmet	1990	TUR	82.99	142	165	307	11
TOMCIKS Kristaps	1992	LAT	84.20	137	160	297	12
SAHIN Ugur	1991	TUR	84.21	130	165	295	13
SANTOS COSTA Douglas	1990	BRA	84.64	130	165	295	14
SOMA Filippo	1992	ITA	84.80	125	160	285	15
GASIOR Jiri	1991	CZE	82.18	125	157	282	16
GURMAIL Singh	1991	IND	82.86	120	150	270	17
MICKEVICIUS Marius	1990	LTU	83.90	153	---	---	---
PENT Leho	1990	EST	84.42	150	---	---	---

94KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
DIDZBALIS Aurimas	1991	LTU	93.48	169	206	375	1
ZIELINSKI Tomasz	1990	POL	92.14	165	205	370	2
RASULOV Ramazan	1990	RUS	89.68	163	201	364	3
SELYUTIN Yury	1991	RUS	93.72	168	195	363	4
MAKARANKA Aliaksandr	1990	BLR	90.22	162	200	362	5
ABBOOD Salwan	1991	IRQ	93.54	155	196	351	6
BERSANOV Ibragim	1992	KAZ	93.78	161	187	348	7
FLEMING Jared	1991	USA	89.98	143	175	318	8
NOTO Pietro	1991	ITA	93.41	140	171	311	9
GREEFF Jean	1990	RSA	93.89	130	171	301	10
ZEINLINGER Andreas	1991	AUT	90.11	125	155	280	11
ARYA Sunny	1994	IND	85.10	110	137	247	12
LI Bing	1990	CHN	92.69	---	208	---	---
MICHALSKI Arkadiusz	1990	POL	94.00	160	---	---	---
SAEID MOHAMMADPOUR Karkarach	1993	IRI	93.74	---	187	---	---

105KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
PLESNIEKS Arturs	1992	LAT	103.03	170	215	385	1
ARROYO VALDEZ Jorge David	1991	ECU	98.42	177	200	377	2
TKACHENKO Oleksandr	1991	UKR	98.49	153	202	355	3
JEON Dae-Un	1992	KOR	103.05	156	195	351	4
KOSZALKA Pawel	1990	POL	96.03	157	193	350	5
DELGADO Carlos	1990	COL	104.59	155	195	350	6
TRAJANAUSKAS Algis	1991	LTU	102.80	158	191	349	7
JURECKI Pawel	1991	POL	98.74	158	182	340	8
FIGORE Federico	1990	ITA	99.58	147	187	334	9
PYLYPENKO Vasyl	1991	UKR	104.22	150	180	330	10
TAKAHASHI Ippei	1990	JPN	99.10	133	180	313	11
BEYER Dean	1991	USA	99.84	140	170	310	12
BRADDY Thomas	1991	USA	103.61	125	180	305	13
OJA Eero	1991	FIN	99.63	135	165	300	14

+105KG CATEGORY

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	PLACE
ALEKSANYAN Ruben	1990	ARM	145.09	180	212	392	1
NANIEV Zaurbek	1990	RUS	109.27	172	208	380	2
CHAO Shih-Chieh	1990	TPE	137.58	170	208	378	3
SARAIVA Reis Fernand	1990	BRA	125.37	171	201	372	4
MOULAEI Bahador	1992	IRI	110.01	161	208	369	5
PROCHOROW Alexej	1990	GER	121.76	170	191	361	6
KOCHANSKI Martin	1991	POL	118.08	155	201	356	7
KLICKI Krzysztof	1990	POL	166.92	160	195	355	8
SLEVINSKIS Vincas	1990	LTU	117.53	155	191	346	9
WARD Caleb	1990	USA	121.21	154	191	345	10

VARLID Vebjorn	1990	NOR	136.98	159	186	345	11
MOORMAN Spencer	1991	USA	123.18	144	191	335	12
SUZUKI Shohei	1990	JPN	126.32	145	185	330	13
TAKAKURA Yuta	1990	JPN	126.41	145	185	330	14
DI SALVO Manlio	1991	ITA	118.53	140	180	320	15
O BRIEN Matthew John	1990	CAN	146.52	140	165	305	16
VOMPU Prabhakar	1991	IND	107.42	138	160	298	17
KOK Adam	1990	AUS	115.30	135	155	290	18
SOTELO BARAJAS Moises Estaban	1993	MEX	119.85	130	160	290	19

2010 AWF Commonwealth Games Team Nomination Trials

Brisbane's Chandler Theatre has a strong connection to weightlifting, having been built for the 1982 Commonwealth Games weightlifting competition, although the sport has been an infrequent visitor to the Theatre since that time. But on 26th June the sound of a heavily laden barbell thumping down on a wooden platform once again filled this spectacular arena as Australia's best lifters went on show at the 2010 AWF Commonwealth Games Team Nomination Trials.

In all, twenty lifters entered this competition, which was the last of weightlifting's five selection events for the 2010 Delhi Commonwealth Games Team. Of those twenty lifters, fifteen would be nominated to the Australian Commonwealth Games Association for selection, while four men and one woman would be left to deal with the disappointment of not making the cut.

Seven Queenslanders were included in the starting lineup and although Damon Kelly, Ben Turner and Amanda Phillips already had qualifying totals from previous events, they still needed to perform well to hold off the challengers who would seek to push them down the ranking order and possibly out of contention. For Robert Galsworthy, Troy Hewkins, Erika Yamasaki and Deborah Aason, these Trials represented the only chance for selection.

As the women's competition began to unfold, Erika stamped her mark on the proceedings with six successful attempts and a new PB Total of 171kg, securing her place in the top seven, even at that early stage. Amanda snatched 85kg and opened her clean & jerk set with 109kg to equal the minimum qualifying standard for her category and lock herself into the 7th position, with two attempts still in hand. Deborah succeeded with all three snatches, finishing on 103kg, and her first clean & jerk attempt, at 115kg, sealed the deal for her too. She added 10kg and then a further 5kg to her subsequent attempts, climbing higher in the selection ranking to eventually finish in second position.

At the close of the women's event, all three Queenslanders were looking forward to the official announcement of their selection for Delhi 2010, which will be the third Commonwealth Games appearance for both Amanda and Deborah; and Erika's second.

In the men's competition there were twelve contenders for eight team places but, realistically, most of the lifters who had achieved qualifying totals in earlier selection events were generally expected to remain somewhere in the Top 8. This meant that the 'Trial' aspect of the competition really came down to five lifters fighting over one place.

Troy Hewkins' performance was well down on his previous best and he dropped out of



Michelle Kahi

the race early. Ben Turner displayed fine form and posted his best total of the past few years to consolidate his place in the selection ranking order; and Damon Kelly again showed why he is such a crowd-pleaser, ending the day with a tidy 220kg clean & jerk to qualify in first position.

Robert Galsworthy proved to be 'the bolter' on the day. Originally from Western Australia, Robert moved to Queensland a couple of years ago. Having spent most of 2009 working his way back to form after knee surgery, Robert announced his return to competition with a solid performance at the 2010 National Club Championships, which eventually earned him an invitation to the Trials.

Robert's main rivals for the eighth Team slot were South Australian Max Dal Santo and Victoria's Alex Karapetyan. Max finished his snatches on 145kg and Robert succeeded with 147kg on his third attempt. Alex started with 150kg, but failed to hold the next two attempts. In the clean & jerk, Robert succeeded with a first attempt on 173kg. Alex missed 173kg twice before securing 175kg. Max missed all of his clean & jerk attempts and Robert's task then became clear – he had to clean & jerk 4kg more than Alex – and so 179kg was loaded for Robert Galsworthy's second attempt. After a strong clean, Robert failed to complete the jerk, leaving him with just one last chance to make the cut. Approaching the 179kg barbell again, he set himself for possibly the most important lift of his career so far. And he made it! With the crowd enthusiastically showing its appreciation for a good effort under pressure, Robert Galsworthy climbed into eighth place on the selection ranking.

Later that evening, in the foyer of the Chandler Theatre, Australian Commonwealth Games Association President Sam Coffa AM JP announced the provisional weightlifting team for the 2010 Delhi Commonwealth Games:

Men

Vannara Be (Vic)
Daniel Koum (Vic)
Ben Turner (Qld)
Francois Etoundi (Vic)
Simplice Ribouem (Vic)
Robert Galsworthy (Qld)
Damon Kelly (Qld)
Corran Hocking (Vic)

Women

Vivian Lee (Vic)
Erika Yamasaki (Qld)
Seen Lee (Vic)
Belinda Van Tienen (Vic)
Jenna Myers (Tas)
Amanda Phillips (Qld)
Deborah Acason (Qld)

Manager: Lyn Jones (NSW)

Head Coach

Yourik Sarkisian (Vic)

Assistant Coach

Miles Wydall (Qld)

Head Coach

Michael Keelan (Qld)

Assistant Coach

Anthony Dove (Vic)



2010 COMMONWEALTH GAMES TEAM NOMINATION TRIALS

The Chandler Theatre
Chandler, Brisbane, Queensland
Saturday 26th June 2010

WOMEN

Name	Born	State	BWT	SN	C&J	Total	Best Qualifying Result *	Rank
Seen Lee	1982	VIC	57.50	88	106	194	112.139	1
Deborah Acason	1983	QLD	89.90	103	130	233	106.881	2
Erika Yamasaki	1987	QLD	52.65	75	96	171	106.211	3
Vivian Lee	1978	VIC	47.65	66	88	154	101.987	4
Belinda Van Tienen	1986	VIC	68.75	82	106	188	101.604	5
Jenna Myers	1986	TAS	74.30	94	103	197	101.546	6
Amanda Phillips	1981	QLD	74.45	85	109	194	100.000	7
Jacquie White	1982	VIC	61.70	80	96	176	97.790	8

MEN

Name	Born	State	BWT	SN	C&J	Total	Best Qualifying Result *	Rank
Damon Kelly	1983	QLD	145.15	170	220	390	111.111	1
Daniel Koum Koum	1985	VIC	64.80	115	150	265	109.205	2
Simplice Ribouem	1982	VIC	91.00	145	190	335	106.731	3
Ben Turner	1984	QLD	76.00	133	173	306	105.517	4
Francois Etoundi	1984	VIC	71.75	133	160	293	105.323	5
Corran Hocking	1980	VIC	146.50	170	193	363	104.843	6
Vannara Be	1988	VIC	61.10	107	138	245	103.766	7
Robert Galsworthy	1989	QLD	104.20	147	179	326	99.088	8
Aleksan Karapetyan	1970	VIC	100.50	150	175	325	98.784	9
Max Dal Santo	1985	SA	93.25	145	---	---	97.866	10
Troy Hewkins	1986	QLD	84.45	125	150	275	88.141	11
Malek Chamoun	1989	NSW	84.90	134	---	---	0.000	12

* The Best Qualifying Result is the highest percentage of the relevant qualification total achieved in any one of the five specified qualifying events.

Jury: Sam Coffa (VIC); Debra Keelan (QLD); Jack Walls (WA); Lyn Jones (ACT); Karekin Simonian (NSW)
Referees: Boris Kayser (VIC); Kylie Booth (QLD); Mary Macken (NSW); Shokr Fallah (QLD); Robert Mitchell (NSW); Phil Maunder (SA)
Time Keeper: Lawrie Townsend (QLD); Phil Maunder (SA); Kylie Booth (QLD); Robert Mitchell (NSW)
Technical Controllers: Michael Noonan (VIC)

ELITE ATHLETES WITH DISABILITY

WOMEN

Category	Name	Born	State	BWT	Best Lift	Formula
67.5kg	Lisa Mahony	1968	QLD	66.45	67.5	63.17
82.5kg	Deahne McIntyre	1971	ACT	113.80	125.0	94.14

MEN

Category	Name	Born	State	BWT	Best Lift	Formula
56kg	Abebe Fekadu	1970	QLD	55.80	155.0	170.81
82.5kg	Leigh Skinner	1964	QLD	82.20	165.0	151.98
100kg	Cameron Whittington	1982	NSW	96.80	167.5	143.71
100kg	David Williams	1981	QLD	99.30	165.0	140.04

Referees: Debra Keelan (Qld); Barry Harden (Qld); John Woods (Qld)
 Timekeeper: Tony Campbell-Cowie (NSW)
 Technical Controllers: Leo Ryan (VIC); John Way (NSW)
 Announcer: Lyn Jones (ACT)



Damon Kelly



2010 Australian Masters Championships

Chandler • Brisbane • Queensland
 26th & 27th June 2010

WOMEN

Age Group	Name / Category	Born	State	B/Wt	SN	C&J	Total	MMS	Place
65+ Yrs	48kg Category								
	Vicki Brady	1943	QLD	48.00	25	31	56	147.02	1
	58kg Category								
	Lesley Moyle	1945	QLD	56.05	32	44	76	167.47	1
60-64 Yrs	63kg Category								
	Sandra Young	1945	NSW	60.55	30	38	68	141.91	1
	69kg Category								
	Elaine Janes	1945	VIC	63.20	26	34	60	121.79	1
55-59 Yrs	63kg Category								
	Valerie Silver	1949	QLD	61.95	28	37	65	125.46	1
	53kg Category								
	Julie Davis	1952	QLD	51.40	25	37	62	129.45	1
	Annette Willmott	1955	NSW	50.50	25	30	55	108.56	2
	58kg Category								
	Meg Emmerton	1953	QLD	57.10	29	39	68	128.04	1
	75kg Category								
	Jeanette Matenza	1953	VIC	72.90	24	31	55	89.22	1
	+75kg Category								
	Deb Oliver	1954	QLD	79.30	33	43	76	115.84	1
50-54 Yrs	58kg Category								
	Coral Quinell	1957	NT	56.50	50	59	109	188.72	1
	69kg Category								
	Leandra Miscamble	1956	QLD	66.00	31	48	79	125.91	1
	+75kg Category								
	Deborah Thomas	1956	VIC	95.65	22	30	52	70.94	1
45-49 Yrs	48kg Category								
	Mary Macken	1961	NSW	47.95	44	50	94	177.32	1

Weightlifting Queensland

Age Group	Name / Category	Born	State	B/Wt	SN	C&J	Total	MMS	Place
45-49 Yrs	58kg Category								
	Melissa Spain	1963	VIC	54.05	28	35	63	106.15	1
	Diana Loy	1965	QLD	57.90	---	---	---	---	---
	63kg Category								
	Lina Vukojevic	1961	VIC	62.85	43	60	103	158.25	1
40-44 Yrs	69kg Category								
	Sue Cox	1961	QLD	66.20	41	52	93	138.43	1
	75kg Category								
	Bronwyn Hitchener	1962	QLD	74.80	50	63	113	156.62	1
	69kg Category								
	Linda Hancock	1970	NSW	68.85	46	60	106	142.04	1
35-39 Yrs	53kg Category								
	Lisa Souter	1973	QLD	53.00	51	66	117	180.93	1
	63kg Category								
	Michelle Kinnane	1971	QLD	60.30	35	51	86	123.76	1

Referees: Debra Keelan (QLD); Kylie Booth (QLD); Shokr Fallah (QLD); Bob Henderson (QLD); Lawrie Townsend (QLD); John Hanlon (QLD)

Time Keepers: Craig Wegert (QLD); John Hanlon (QLD)

Technical Controllers: Kylie Booth (QLD); Phil Maunder (SA)

Announcers: Ian Moir (QLD); Michael Noonan (VIC)

MEN

Age Group	Name/Category	Born	State	B/Wt	SN	C&J	Total	MMS	Place
70-74 Yrs	69kg Category								
	John Preston	1938	NSW	67.55	35	50	85	236.73	1
	77kg Category								
	Chris Holt	1936	VIC	77.00	55	65	120	317.98	1
65-69 Yrs	77kg Category								
	Tony Campbell-Cowie	1944	NSW	74.60	60	68	128	273.09	1
	Bob Henderson	1943	QLD	73.55	50	68	118	261.13	2
	85kg Category								
	Ray Louden	1945	QLD	79.60	55	70	125	251.87	1
	Milos Trnka	1943	VIC	84.85	52	68	120	245.90	2
	Frank Parsons	1941	VIC	91.05	44	60	104	222.67	1

Weightlifting Queensland

Age Group	Name/Category	Born	State	B/Wt	SN	C&J	Total	MMS	Place
60-64 Yrs	77kg Category								
	Ludek Prokes	1949	NSW	76.30	57	72	129	249.76	1
	85kg Category								
	John Clow	1949	VIC	84.65	73	90	163	298.80	1
	Tom Constantinidis	1947	NSW	81.50	60	87	147	283.25	2
	94kg Category								
	George Capsis	1947	NSW	89.50	68	98	166	305.66	1
	Warren Smith	1948	VIC	92.05	55	78	133	238.35	2
	105kg Category								
	David Wescombe-Down	1946	SA	101.95	64	83	147	260.54	1
55-59 Yrs	77kg Category								
	Steven Matthews	1954	QLD	76.65	57	82	139	241.87	1
	85kg Category								
	Trevor Walz	1952	QLD	81.35	63	88	151	266.41	1
	105kg Category								
	Peter Voss	1951	NSW	102.25	65	77	142	231.39	1
	+105kg Category								
	Peter Phillips	1953	WA	108.60	75	95	170	259.82	1
50-54 Yrs	77kg Category								
	Greg Hobl	1960	QLD	76.55	85	104	189	295.58	1
	85kg Category								
	Craig Newman	1959	TAS	83.15	43	53	96	145.07	1
	94kg Category								
	Stephen Johnstone	1958	NSW	93.10	85	110	195	283.16	1
	105kg Category								
	Paul Dewar	1960	NSW	103.85	80	100	180	244.98	1
	+105kg Category								
	Chris Hilliard	1960	NSW	106.15	88	109	197	266.11	1
	Dean Pascoe	1956	SA	111.05	71	106	177	250.06	2
	Harry Grzes	1956	QLD	118.75	60	75	135	196.36	3
45-49 Yrs	77kg Category								
	Goran Vukojevic	1962	VIC	76.80	65	80	145	223.26	1
	105kg Category								
	Graham Anderson	1962	WA	104.85	60	72	132	176.61	1
	+105kg Category								
	James Holt	1964	VIC	122.50	61	80	141	177.47	1
40-44 Yrs	62kg Category								
	Graham Walker	1970	NT	61.60	85	100	185	303.45	1

Weightlifting Queensland

Age Group	Name/Category	Born	State	B/Wt	SN	C&J	Total	MMS	Place
40-44 Yrs	69kg Category								
	George Ivanovski	1968	NSW	68.05	75	90	165	257.98	1
	77kg Category								
	Arjun Tokhi	1969	SA	76.85	83	107	190	273.60	1
	David Holt	1968	VIC	76.80	73	90	163	237.05	2
	85kg Category								
	Brendan Kennedy	1968	WA	84.75	80	115	195	269.33	1
	94kg Category								
	Michael Torriero	1966	VIC	89.75	85	95	180	247.22	1
	105kg Category								
	Rohan Eckardt	1968	VIC	94.70	50	67	117	153.69	1
	+105kg Category								
35-39 Yrs	Peter Foster	1967	QLD	108.60	115	127	242	305.39	1
	77kg Category								
	Alex Goodyear	1972	NSW	76.15	108	116	224	314.60	1

Referees: Karekin Simonian (NSW); Shokr Fallah (QLD); Phil Maunder (SA); Lyn Jones (ACT); Keith Forbes (QLD), John Hanlon (QLD); Lawrie Townsend (QLD)

Time Keepers: Linda Hancock (NSW); Vicki Brady (QLD); Craig Wegert (QLD)

Technical Controllers: Debra Keelan (QLD); Craig Wegert (QLD); John Hanlon (QLD)

Announcer: Michael Noonan (VIC); Michael Keelan (QLD)

New Australian Women's Masters Records

Name	State	Cat	Lift	Weight	Age Group
Vicki Brady	QLD	48kg	Cl & Jk	31	65+
Lesley Moyle	QLD	58kg	Snatch	32	65+
Lesley Moyle	QLD	58kg	Cl & Jk	44	65+
Lesley Moyle	QLD	58kg	Total	76	65+
Sandra Young	NSW	63kg	Snatch	30	65+
Sandra Young	NSW	63kg	Cl & Jk	38	65+
Sandra Young	NSW	63kg	Total	68	65+
Elaine Janes	VIC	69kg	Snatch	26	65+
Elaine Janes	VIC	69kg	Cl & Jk	34	65+
Elaine Janes	VIC	69kg	Total	60	65+
Meg Emerton	QLD	58kg	Snatch	29	55 – 59

Weightlifting Queensland

Meg Emerton	QLD	58kg	Cl & Jk	39	55 – 59
Meg Emerton	QLD	58kg	Total	68	55 – 59
Deb Oliver	QLD	+75kg	Snatch	33	55 – 59
Deb Oliver	QLD	+75kg	Cl & Jk	43	55 – 59
Deb Oliver	QLD	+75kg	Total	76	55 – 59
Bronwyn Hitchener	QLD	75kg	Cl & Jk	63	45 – 49
Bronwyn Hitchener	QLD	75kg	Total	113	45 – 49
Linda Hancock	NSW	69kg	Snatch	46	40 – 44
Linda Hancock	NSW	69kg	Cl & Jk	60	40 – 44
Linda Hancock	NSW	69kg	Total	106	40 – 44

New Australian Men's Masters Records

Name	State	Cat	Lift	Weight	Age Group
Chris Hilliard	NSW	+105kg	Snatch	88	50 – 54
Chris Hilliard	NSW	+105kg	Total	197	50 – 54
Alex Goodyear	NSW	77kg	Snatch	108	35 – 39



Vicki Brady



Weightlifting Queensland

QWA League & Masters League, Round 3

North Brisbane Weightlifting Association, Zillmere Qld
31st July 2010

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
Christine Meier	1983	Cougars	62.40	70	88	158	12	73.479
Lad Singh	1983	Cougars	104.30	150	170	320	0	73.394
Melissa Robinson	1981	Cougars	62.05	66	83	149	1	58.977
Kirsten Wu	1993	Cougars	55.40	54	75	129	5	56.394
Bowen Stuart	1986	Toowoomba	79.50	95	115	210	0	53.299
Christian Hopper	1985	North Brisbane	86.50	106	125	231	-5	51.068
Michelle Kahi	1994	Cougars	67.30	73	86	159	-6	49.594
Scott Clark	1991	Sunshine Coast	61.45	85	105	190	-12	46.282
Peter Foster	1967	Cougars	109.60	110	121	231	-12	36.941

Division 2

Name	Born	Club	Bwt	SN	C&J	Total	Bonus	Points
John Walz	1987	Cougars	86.75	110	145	255	6	67.893
Darryl Hockins	1988	Toowoomba	68.20	80	109	189	4	56.941
David Hockins	1991	Toowoomba	57.75	68	96	164	6	56.307
Bonnie Sleeman	1993	Cougars	77.05	65	80	145	7	51.479
Diana Loy	1965	North Brisbane	59.65	55	78	133	-2	49.751
Jenny Butler	1973	North Brisbane	68.25	63	73	136	1	48.552
Barry Harden	1959	Sunshine Coast	91.45	85	110	195	0	47.330
Sam Baumann	1992	Cougars	61.20	69	96	165	-8	42.613
Alex Maskiell	1986	Cougars	85.20	75	100	175	-13	29.476

Division 3

Name	Born	Club	Bwt	SN	C&J	Total	Bonus	Points
Jake Ratcliffe	1994	Toowoomba	71.30	77	100	177	9	55.825
Michael Winn	1994	USQ	74.75	77	98	175	9	55.296
Kim Hanssen	1986	Cougars	65.40	52	67	119	5	46.608
Kara Stuart	1994	Toowoomba	51.15	37	53	90	6	45.823
Lawrie Townsend	1951	North Brisbane	77.40	67	93	160	2	42.609
Steven Matthews	1954	Toowoomba	76.70	60	85	145	4	42.360
Bronwyn Hitchener	1962	Toowoomba	74.45	48	61	109	0	37.329
Tim Steele	1968	Sunshine Coast	96.65	59	90	149	-5	29.174
Bob Henderson	1943	Sunshine Coast	74.05	50	70	120	-13	18.746
John Harlon	1966	Cougars	97.00	55	87	142	-15	17.569

Weightlifting Queensland

Division 4

Name	Born	Club	Bwt	SN	C&J	Total	Bonus	Points
Norman Hanna	1981	Toowoomba	73.25	60	90	150	21	60.683
Nick Dorn	1988	North Brisbane	86.95	75	105	180	15	58.689
Rodney Carr	1973	Sunshine Coast	108.65	105	120	225	11	58.669
Tyson Fabbro	1984	North Brisbane	101.45	75	110	185	14	56.431
Emma Hitchener	1992	Toowoomba	67.30	41	53	94	18	50.867
James Norman	1996	Cougars	45.80	42	54	96	18	49.475
Aaron Sym	1995	Sunshine Coast	67.75	50	68	118	15	48.053
Korey Watson-Watt	1996	Cougars	49.05	41	52	93	17	47.492
Steven Eadie	1988	Cougars	87.75	70	90	160	6	44.835
Tim Hitchener	1997	Toowoomba	74.00	38	50	88	21	44.280
Wanita Connor	1995	Cougars	58.60	33	46	79	11	41.739
Jessica Sanders	1996	Cougars	64.95	28	38	66	18	41.077
Trevor Walz	1952	Sunshine Coast	83.15	64	85	149	2	39.817
Jonathan Pakchung	1993	Cougars	78.80	60	70	130	6	38.995
Andrew Adams	1995	Sunshine Coast	73.20	48	65	113	8	37.894
Stacy Koh	1985	Cougars	77.70	52	63	115	2	37.276
Sue Cox	1961	North Brisbane	66.55	40	50	90	0	31.469
Caitlyn Feurer	1996	Cougars	51.40	20	26	46	11	31.354
Julie Davis	1952	North Brisbane	51.75	26	38	64	1	29.319
Joshua Wegert	1996	USQ	52.50	38	48	86	1	29.197
Leandra Miscamble	1956	North Brisbane	67.20	31	48	79	0	27.622
Taela O'Shea	1995	Cougars	62.25	22	38	60	2	25.346
Vicki Brady	1943	Cougars	49.50	26	29	55	-4	20.336
Valerie Silver	1949	Cougars	63.30	29	38	67	-7	16.427
Keith Forbes	1941		73.90	42	40	82	-12	9.693

Referees: Bob Henderson (Cat I); Lawrie Townsend (Cat I); Barry Harden (Cat II);
Leo Isaac (National); Craig Wegert (National); Keith Forbes (National);
Vicki Brady (National); Julie Davis (State); Coral Quinell (State);
Kim Hanssen (Club)
Time Keepers: Leo Isaac; Keith Forbes; Lesley Moyle
M.C: Ian Moir

New Queensland Records – Men

Name	Cat	Lift	Weight	Age Group
Korey Watson-Watt	50kg	Snatch	41	Under 15
Korey Watson-Watt	50kg	Total	93	Under 15
Jake Ratcliffe	77kg	C&J	100	Under 17
Jake Ratcliffe	77kg	Total	177	Under 17

New Queensland Records – Women

Name	Cat	Lift	Weight	Age Group
Caitlyn Feurer	53kg	Snatch	20	Under 15
Caitlyn Feurer	53kg	C&J	26	Under 15
Caitlyn Feurer	53kg	Total	46	Under 15
Kirsten Wu	58kg	Snatch	54	Under 17
Kirsten Wu	58kg	C&J	75	Under 17
Kirsten Wu	58kg	Total	129	Under 17
Wanita Connor	63kg	Snatch	33	Under 15
Wanita Connor	63kg	C&J	46	Under 15
Wanita Connor	63kg	Total	79	Under 15
Jessica Sanders	69kg	Snatch	28	Under 15
Jessica Sanders	69kg	C&J	38	Under 15
Jessica Sanders	69kg	Total	66	Under 15
Bonnie Sleeman	+69kg	C&J	80	Under 17
Bonnie Sleeman	+69kg	Total	145	Under 17

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.

Men

Name	Born	Club	Bwt	SN	C&J	Total	Bonus	Score
Lawrie Townsend	1951	North Brisbane	77.40	67	93	160	6	66.102
Barry Harden	1959	Sunshine Coast	91.45	85	110	195	0	59.399
Peter Foster	1967	Cougars	109.60	110	121	231	0	57.261
Trevor Walz	1952	Sunshine Coast	83.15	64	85	149	0	54.797
Bob Henderson	1943	Sunshine Coast	74.05	50	70	120	0	54.571
Steven Matthews	1954	Toowoomba	76.70	60	85	145	0	53.090
Rodney Carr	1973	Sunshine Coast	108.65	105	120	225	0	52.436
Tim Steele	1968	Sunshine Coast	96.65	59	90	149	6	45.574
Keith Forbes	1941		73.90	42	40	82	0	40.262
John Hanlon	1966	Cougars	97.00	55	87	142	0	38.529

Women

Name	Born	Club	Bwt	SN	C&J	Total	Bonus	Score
Diana Loy	1965	North Brisbane	59.65	55	78	133	0	61.842
Jenny Butler	1973	North Brisbane	68.25	63	73	136	0	52.308
Bronwyn Hitchener	1962	Toowoomba	74.45	48	61	109	0	45.765
Vicki Brady	1943	Cougars	49.50	26	29	55	0	41.834
Julie Davis	1952	North Brisbane	51.75	26	38	64	0	41.034
Sue Cox	1961	North Brisbane	66.55	40	50	90	0	38.832
Leandra Miscamble	1956	North Brisbane	67.20	31	48	79	0	36.434
Valerie Silver	1949	Cougars	63.30	29	38	67	0	35.983

New Queensland Masters Records – Women

Name	Cat	Lift	Weight	Age Group
Jenny Butler	69kg	Snatch	63	35 – 39 years
Diana Loy	63kg	C&J	78	45 – 49 years
Diana Loy	63kg	Total	133	45 – 49 years
Julie Davis	53kg	Total	64	55 – 59 years
Valerie Silver	69kg	Snatch	29	60 – 64 years
Valerie Silver	69kg	C&J	38	60 – 64 years
Valerie Silver	69kg	Total	67	60 – 64 years



Wanita Connor



Youth Olympic Games

Singapore
14th – 26th August 2010

WOMEN

48 Kg Category

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	TIAN Yuan	1993	CHI	47.82	85	105	190
2	PRAMONGKHOL Sirivimon	1994	THA	47.04	68	95	163
3	RODRIGUEZ Genesis	1994	VEN	47.57	71	83	154
4	NGUYEN Thi Hong	1994	VIE	45.82	70	81	151
5	MATSA Santoshi	1994	IND	47.84	65	85	150
6	HERNANDEZ Atenerly	1994	ESP	47.93	63	76	139
7	KAY Khine	1994	MYA	45.33	55	65	120
8	BERKI Lilla	1993	HUN	46.03	46	57	103

53 Kg Category

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	MINKOVA KOSTOVA Boyanka	1993	BUL	52.73	85	107	192
2	KUO Hsing-Chun	1993	TPE	52.91	77	97	174
3	DEWI Safitri	1993	INA	51.32	71	100	171
4	REYES Yineisy	1993	DOM	52.26	80	86	166
5	CADENA Diana	1993	COL	52.51	71	90	161
6	AYDIN Damia	1993	TUR	52.25	67	80	147
7	OUMAIMA Mejri	1994	TUN	52.46	62	78	140
8	TIBON Lomina	1994	MHL	52.26	30	35	65

58 Kg Category

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	DENG Wei	1993	CHN	57.37	110	132	242
2	CHINSHANLO Zulfiya	1993	KAZ	55.54	95	130	225
3	EKOSCHORIA Racheal	1994	NGR	55.13	85	105	190
4	HARO Veronica	1993	ECU	57.76	73	93	166
5	SALDARRIAGA Silvana	1993	PER	57.55	65	93	158
6	GHEKAP WAFO Myriam	1994	CMR	56.49	67	90	157
7	OSMAN Fatin Atikah	1993	MAS	55.15	70	80	150
8	WEE Jamie Emma	1993	SIN	57.82	52	63	115
9	LOLOHEA Luisa	1994	FIJ	57.11	45	57	102
---	MAHMOUD Amal Mohamed	1993	EGY	56.93	81	---	---

63 Kg Category

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	ZHAPPARKUL Zhazira	1993	KAZ	62.51	90	115	205
2	AKHMETOVA Diana	1994	RUS	58.88	94	110	204
3	FUENTES ZAVALA Aremi	1993	MEX	62.11	88	106	194
4	OKUMUS Neslihan	1994	TUR	62.31	87	106	193
5	LLENA Patricia	1994	PHI	62.95	83	95	178
6	KAHI Michelle	1994	AUS	62.43	74	92	166
7	BEED Jessica	1993	USA	62.11	75	90	165

+63 Kg Category

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	ZUBOVA Olga	1993	RUS	71.59	112	139	251
2	CHITCHANOK Pulsabsakul	1993	THA	119.89	115	136	251
3	KIM Kuk Hyang	1993	PRK	87.11	106	138	244
4	YAO Chi-Ling	1993	TPE	81.37	100	133	233
5	AANEI Andreea	1993	ROU	102.56	102	125	227
6	PARK Yoon Hee	1994	KOR	103.53	102	125	227
7	SYROTA Tetyana	1993	UKR	73.88	89	113	202
8	SIMANU Lumi	1993	SAM	96.16	85	105	190
9	KRUCZYNSKA Milena	1993	POL	69.21	82	106	188
10	PUSTOVAROVA Ganna	1993	UZB	104.88	83	100	183
11	SANGHERA Pradeep	1993	CAN	69.25	82	93	175
12	SHICHINOHE Miku	1993	JPN	72.44	80	93	173
---	BRUNELLI Carlotta	1993	ITA	74.91	85	---	---

MEN

56 Kg Category

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	THANH Kim Tuan	1994	VIE	55.40	116	140	256
2	XIE Jiawu	1994	CHN	55.83	117	137	254
3	MARGARYAN Smbat	1993	ARM	55.95	108	135	243
4	ZEREBKOV Arjoms	1993	LAT	55.67	98	128	226
5	CROITORU Florin Ionut	1993	ROU	53.63	103	122	225
6	PRADO Juan	1994	VEN	55.85	100	118	218
7	MATKERIMOV Ihtiyor	1994	TKM	55.41	95	120	215
8	BENHNIA Karem	1994	TUN	55.31	96	118	214
9	BRECHTEFIELD Elson	1994	NRU	55.56	92	117	209
10	JOHN Romela	1993	RSA	55.76	85	100	185
11	SHIRO Amon	1993	MHL	53.57	55	65	120

62 Kg Category

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	KIM Song Chol	1993	PRK	61.83	117	140	257
2	MENA Jose Gavino	1994	COL	61.61	107	140	247
3	BUYUKUNLU Emre	1993	TUR	61.75	111	135	246
4	NGUYEN Thien Quoc	1993	VIE	56.21	109	130	239
5	ZAINUDIN Zainudin	1994	INA	61.05	107	132	239
6	PIZANGO Rene	1993	ECU	60.79	103	135	238
7	SEKYAHYA Charles	1994	UGA	61.40	101	136	237
8	SLOWIKOWSKI Patryk	1994	POL	61.94	100	123	223
9	ORAZDURDYEV Baymyrat	1993	TKM	61.17	101	121	222
10	ALDUHAYLIB Mohsen	1994	KSA	61.37	98	121	219
11	MICHAEL Elborn Taufa	1993	TGA	61.53	97	120	217

69 Kg Category

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	RAHIMOV Nijat	1993	AZE	68.76	134	161	295
2	GONG Xingbin	1994	CHN	68.37	133	160	293
3	MARQUEZ ONA Ediel	1993	CUB	66.75	129	154	283
4	KUTBITDINOV Ziyobiddin	1994	UZB	68.82	126	147	273
5	BUNSUK Tairat	1993	THA	68.51	119	150	269
6	FARJALLAH Houcin	1993	ALG	68.84	115	140	255
7	GHAZALIAN Mohsen	1993	IRI	66.08	118	135	253
8	MARAJ Tubal	1994	LBA	65.78	110	130	240
9	MILNE Josh	1993	NZL	68.50	91	110	201
10	LOLOHEA Charlie	1993	FIJ	67.96	78	105	183
---	MULLER Nico	1993	GER	68.77	125	---	---

77 Kg Category

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	OKULOV Artem	1994	RUS	76.59	145	182	327
2	CHINNAWONG Chatuphum	1993	THA	76.69	141	170	311
3	SYBAY Rustem	1993	KAZ	76.78	130	155	285
4	KARI Steven	1993	PNG	75.20	115	155	270
5	HUANG Yi-Yuan	1993	TPE	75.87	112	149	261
6	PARLA Luca	1993	ITA	72.76	111	137	248
7	BOB Kabuati Silas	1994	KIR	75.35	100	130	230
8	LARKINS Liam	1993	AUS	76.02	92	120	212
---	KHATTAB Ossama	1993	EGY	76.65	---	---	---

85 Kg Category

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	STOILOV SHIKOV Georgy	1993	BUL	84.34	152	183	335
2	KOSOV Alexey	1994	RUS	81.32	154	180	334
3	REVA Kostyantyn	1993	UKR	84.68	145	175	320
4	VENSKE Aliaksandr	1993	BLR	83.88	137	170	307
5	VELEZ Jose	1993	COL	84.28	130	152	282
6	PAVON Christopher Joel	1993	HON	84.53	120	155	275
7	FAAGU Saumaleato	1994	ASA	83.37	95	115	210
8	FAUSTINO Maverick T	1994	PLW	79.39	90	110	200
9	BUTT Irfan	1994	PAK	84.30	91	108	199

+85 Kg Category

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	KAZEMINEJAD Alireza	1994	IRI	155.82	155	196	351
2	MINASYAN Gor	1994	ARM	123.02	160	190	350
3	MOHAMED Hassan	1993	EGY	102.19	150	180	330
4	AKIN Melih	1993	TUR	94.46	132	177	309
5	SABAAWI Mahmood Khaleel Ibrahim	1993	IRQ	96.47	137	166	303
6	SOTELO BARAJAS Moises Estaban	1993	MEX	119.99	132	157	289
7	MANSILLA FELIPE Nelson Anthony	1994	GUA	140.11	105	118	223



Michelle Kahi



Weightlifting Queensland

2010 Queensland All Schools Championships

University of Southern Queensland, Springfield Qld

11th September 2010

WOMEN

NAME	YOB	SCHOOL	BWT	SN	C&J	Total	SINCLAIR	PLACE	
								Open	U15
53kg Category									
Kara Stuart	94	SJC	51.50	40	56	96	138.111	1	
Caitlyn Feurer	96	WPSHS	51.25	20	24	44	63.554	2	1
58kg Category									
Kirsten Wu	93	SC	54.90	58	78	136	186.048	1	
63kg Category									
Wanita Connor	95	CSC	58.20	31	43	74	97.000	1	1
Taela O'Shea	95	CSC	59.80	24	36	60	77.185	2	2
69kg Category									
Francesca Veenstra	96	TSHS	65.80	37	46	83	100.473	1	1
+69kg Category									
Bonnie Sleeman	93	RSHS	76.80	65	81	146	163.053	1	

MEN

NAME	YOB	SCHOOL	BWT	SN	C&J	Total	SINCLAIR	PLACE	
								Open	U15
56kg Category									
Delan Dasanavake	93	SACC	55.95	45	57	102	158.151	1	
Justice Fletcher	95	SACC	53.40	42	55	97	156.038	2	1
Joshua Wegert	96	WC	51.70	39	53	92	151.954	3	2
Korey Watson-Watt	96	RSHS	51.10	39	48	87	145.096	Guest	Guest
62kg Category									
Forbes Jamieson	94	ACGS	61.05	55	82	137	199.078	1	
Shane Wagner	96	TSHS	58.75	60	73	133	198.736	2	1
Jesse Csallo	95	HSHS	57.30	39	55	94	143.112	3	2
Wade Ross	94	SACC	56.40	38	52	90	138.686	4	
69kg Category									
Jakob Daniels	95	NCC	68.20	56	81	137	184.717	1	1
Aaron Sym	95	NSHS	68.55	55	66	121	162.613	2	2
Jordan Wacek	93	SACC	66.70	50	70	120	164.137	3	
Simon Wilkinson	95	SACC	65.10	47	67	114	158.455	4	3
Daniel Wise	94	SACC	68.20	42	55	97	130.785	5	

Weightlifting Queensland

NAME	YOB	SCHOOL	BWT	SN	C&J	Total	SINCLAIR	PLACE	
								Open	U15
Ryan Yadav	96	SACC	67.30	40	52	92	125.107	6	4
Jacob Neill	95	SSHS	65.40	40	50	90	124.712	7	5
77kg Category									
Michael Winn	94	BPSHS	75.10	80	100	180	228.938	1	
Nathan Gill	94	NSHS	77.00	60	70	130	163.030	2	
Andrew Adams	95	NSHS	74.80	52	55	107	136.404	3	1
Nick Onoda-Churchett	94	SACC	72.65	43	60	103	133.565	4	
Tim Hitchener	97	TCC	75.00	39	54	93	118.375	5	2
Liam Riley	94	SACC	75.10	40	50	90	114.469	6	
85kg Category									
Jonathan Pakchung	93	SJC	81.00	70	90	160	195.256	1	
Matthew Vinson	93	BGS	81.65	65	82	147	178.650	2	
Keelan White	94	SACC	83.30	60	70	130	156.390	3	
94kg Category									
Matthew Johnston	95	SACC	91.25	44	62	106	122.160	1	1
+94kg Category									
Robert Johnston	93	SACC	116.05	87	110	197	208.316	1	
David Rockoci	93	SACC	101.00	60	85	145	160.371	2	

Referees: Shokr Fallah (Cat I); Barry Harden (Cat II); Stuart Wagner (State);

Ben Turner (State; Bowen Stuart (State)

Time Keepers: Barry Harden; Ben Turner

M.C: Ian Moir

School Name Abbreviations

ACGS	Anglican Church Grammar School
BGS	Brisbane Grammar School
BPSHS	Browns Plains State High School
CSC	Capalaba State College
HSHS	Harristown State High School
NCC	Nambour Christian College
NSHS	Nambour State High School
RSHS	Rosedale State High School
SACC	St Andrew's Catholic College
SC	Sheldon College
SJC (Male)	St James College
SJC (Female)	St Joseph's College Toowoomba
SSHS	Smithfield State High School
TCC	Toowoomba Christian College
TSHS	Toowoomba State High School
WC	Woodcrest College
WPSHS	Wellington Point State High School

Best Lifter Awards

	Under 15	Open
Male	Shane Wagner	Michael Winn
Female	Francesca Veenstra	Kirsten Wu

The Roman Wojcieszuk Memorial Shield

School Team	Points
St Andrew's Catholic College 'A'	132
St Andrew's Catholic College 'B'	114
Nambour State High School	73
St Andrew's Catholic College 'C'	61

Queensland Records

Name	Cat	Lift	Weight	Age Group
Kirsten Wu	58kg	Snatch	58	Youth
Kirsten Wu	58kg	Clean & Jerk	78	Youth
Kirsten Wu	58kg	Total	136	Youth
Francesca Veenstra	69kg	Snatch	37	Under 15
Francesca Veenstra	69kg	Clean & Jerk	46	Under 15
Francesca Veenstra	69kg	Total	83	Under 15
Bonnie Sleeman	+69kg	Clean & Jerk	81	Youth
Bonnie Sleeman	+69kg	Total	146	Youth
Forbes Jamieson	62kg	Clean & Jerk	82	Youth
Forbes Jamieson	62kg	Total	137	Youth
Shane Wagner	62kg	Snatch	60	Youth
Shane Wagner	62kg	Snatch	60	Under 15
Shane Wagner	62kg	Clean & Jerk	73	Under 15
Shane Wagner	62kg	Total	133	Under 15
Jakob Daniels	69kg	Clean & Jerk	81	Under 15
Jakob Daniels	69kg	Total	137	Under 15
Michael Winn	77kg	Snatch	80	Youth
Michael Winn	77kg	Total	180	Youth

National Records

Name	Cat	Lift	Weight	Age Group
Kirsten Wu	58kg	Snatch	58	Youth
Kirsten Wu	58kg	Clean & Jerk	78	Youth
Kirsten Wu	58kg	Total	136	Youth
Francesca Veenstra	69kg	Snatch	37	Under 15
Francesca Veenstra	69kg	Clean & Jerk	46	Under 15
Francesca Veenstra	69kg	Total	83	Under 15
Bonnie Sleeman	+69kg	Clean & Jerk	81	Youth
Bonnie Sleeman	+69kg	Total	146	Youth
Shane Wagner	62kg	Snatch	60	Under 15
Shane Wagner	62kg	Clean & Jerk	73	Under 15
Shane Wagner	62kg	Total	133	Under 15
Jakob Daniels	69kg	Clean & Jerk	81	Under 15
Jakob Daniels	69kg	Total	137	Under 15



78th Men's & 21st Women's World Championships

17th-26th September 2010
Antalya, Turkey

48KG WOMEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	Tyala Nurcan	1983	TUR	47.88	93	121	214
2	OZKAN OZ Sibel	1988	TUR	47.72	90	115	205
3	ITAN Yuan	1993	CHN	47.83	88	116	204
4	BUNPHITAK Pramsiri	1984	THA	47.71	83	103	186
5	CHEN Wei-Ling	1982	TPE	47.08	80	105	185
6	IM Joung-Hwa	1986	KOR	47.94	80	100	180
7	KARPINSKA Marzena	1988	POL	47.87	80	96	176
8	RYANG Chun Hwa	1991	PRK	47.40	75	100	175
9	KHAMSRI Panida	1989	THA	47.20	74	100	174
10	VALENCIA HERNANDEZ Carolina	1985	MEX	47.87	76	95	171
11	BRAHJA Shigiponja	1973	ALB	47.94	80	90	170
12	PAGLIARO Genny Caterina	1988	ITA	47.68	75	93	168
13	YELISSEYEVA Margarita	1992	KAZ	47.81	78	90	168
14	MIZUOCHI Honami	1993	JPN	47.93	75	92	167
15	JUAN Estefania	1981	ESP	47.58	70	95	165
16	VRIES Portia	1984	RSA	47.57	68	90	158
17	REXROAD Kelly	1978	USA	47.89	71	84	155
18	REYES Carolanni	1991	DOM	47.86	65	87	152
19	D ALESSANDRO Giovanna	1982	ITA	45.18	67	84	151
20	VASQUEZ Maria	1990	ECU	48.00	65	85	150
21	MICHEL Anais	1988	FRA	47.74	66	83	149
22	ANGELOVA Silviya	1982	AZE	47.84	67	82	149
23	TOGOEVA Mahliyo	1992	UZB	47.92	64	84	148
24	ANDRIES Elena	1994	ROU	47.62	63	83	146
25	ATHANASIADOU Anna	1981	GRE	47.93	66	80	146
26	MATSA Santoshi	1994	IND	47.97	62	81	143
27	SISOEVA Marina	1993	UZB	46.29	60	80	140
28	BERKI Lilla	1993	HUN	46.82	45	56	101
---	MASHITOH	1989	INA	47.13	---	88	---

53KG WOMEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	CHEN Xiaoting	1991	CHN	52.84	100	122	222
2	DASDELEN Aylin	1982	TUR	52.89	90	121	211
3	CONTRERAS Yuderqui	1986	DOM	52.78	93	113	206
4	FEBRIANTI Citra	1988	INA	52.19	88	113	201
5	MIYAKE Hiromi	1985	JPN	49.55	87	113	200
6	VILLAR BARBOSA Rusmeris	1983	COL	52.64	85	113	198
7	CHEREMSHANOVA Svetlana	1985	KAZ	52.95	87	110	197
8	LAOSIRIKUL Pensiri	1984	THA	50.17	85	110	195
9	HSU Shu-Ching	1991	TPE	52.80	87	106	193
10	ROHDE Julia	1989	GER	52.41	85	107	192

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
11	YU Weili	1983	HKG	52.41	85	105	190
12	GRIGORYAN Elen	1988	ARM	52.47	80	106	186
13	FANG Li-Chun	1983	TPE	52.63	80	103	183
14	DOZOIS-PREVOST Marilou	1986	CAN	52.90	84	98	182
15	RUCI Sherjana	1993	ALB	52.96	80	100	180
16	VIDLYVANA Mariya	1983	UKR	52.58	79	96	175
17	VASQUEZ Tatiana	1993	ECU	52.94	75	100	175
18	BURGOS ORTIZ Lely Berlitt	1985	PUR	50.29	75	90	165
19	SETHI Minati	1990	IND	52.90	71	94	165
20	COBAN Aysegul	1992	TUR	52.87	68	95	163
21	BERCHI Dana	1990	ROU	52.88	68	89	157
22	BERNTSSON Lena	1978	SWE	52.96	69	88	157
23	BURIEVA Zilola	1992	UZB	53.00	67	83	150
24	EJSTRUP Christina	1985	DEN	52.87	67	79	146
25	BENTELI Kostantina	1993	GRE	52.58	62	77	139
26	AL BALOOSHI Alia Ali	1991	UAE	52.73	42	55	97
---	ERDENEBAT Erdenetuya	1989	MGL	52.99	---	---	---

58KG WOMEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	DENG Wei	1993	CHN	57.54	102	135	237
2	NOVIKAVA Nastassia	1981	BLR	57.82	103	130	233
3	JONG Chun mi	1985	PRK	57.82	100	130	230
4	ESCOBAR GUERRERO Maria Alexandra	1980	ECU	57.24	100	127	227
5	KALINA Yuliya	1988	UKR	57.22	94	126	220
6	WANDEE Kameaim	1978	THA	57.76	96	120	216
7	HEREDIA CUESTA Jackelina	1988	COL	57.19	93	120	213
8	SIRIKAEW Pimsiri	1990	THA	57.69	89	118	207
9	GOTFRYD Marieta	1980	POL	57.98	95	110	205
10	YANG Eun-Hye	1987	KOR	57.83	85	117	202
11	DOMINGUEZ Patricia	1988	MEX	57.77	90	111	201
12	PARATOVA Iulia	1986	UKR	56.94	90	110	200
13	TUNADAGI Bediha	1985	TUR	57.51	89	111	200
14	PRAMITA Okta Dwi	1986	INA	56.90	85	110	195
15	SANDOVAL Amanda	1982	USA	57.85	86	109	195
16	FIGUEROA Yusleidy	1993	VEN	56.50	83	104	187
17	KUSTERER Sabine	1991	GER	57.51	83	101	184
18	KLEJNOWSKA KRZYWANSKA Aleksandra	1982	POL	57.78	82	102	184
19	GONGOR Otgontuya	1991	MGL	57.87	81	103	184
20	QUARTON Emily	1984	CAN	57.98	80	104	184
21	MONIQUI Annie	1990	CAN	57.34	82	101	183
22	KASAJ Fetië	1985	ALB	57.72	77	105	182
23	BORDIGNON Giorgia	1987	ITA	57.29	85	96	181
24	HARJU Heidi	1981	FIN	57.90	86	95	181
25	SHOUGRAKPAM Chandreshori Devi	1980	IND	57.74	80	98	178
26	MAMASALIYEVA Manzurahon	1991	UZB	57.29	78	95	173
27	BAKAMTZUCHE Pilar	1988	CMR	57.93	75	90	165
28	AL BALOOSHI Ayesha Shahriyar	1992	UAE	54.48	45	58	103
29	SALEH Muna Ahmed	1992	UAE	54.40	40	58	98
---	PAK Hyon Suk	1985	PRK	57.67	103	---	---
---	BEGAJ Romela	1986	ALB	57.71	95	---	---
---	HO Hsiao-Chun	1987	TPE	57.76	92	---	---
---	DE LOS SANTOS DE LA CRUZ Wildry	1991	DOM	57.77	---	---	---

63KG WOMEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	MANEZA Maiya	1985	KAZ	62.35	105	143	248
2	SIMSEK Sibel	1984	TUR	62.43	111	130	241
3	OUYANG Xiaofang	1982	CHN	62.59	112	129	241
4	PALOMEQUE VALOYES Nisida Esther	1988	COL	62.12	103	134	237
5	KIM Soo-Kyung	1985	KOR	62.92	107	128	235
6	RIM Jong Sim	1993	PRK	62.49	104	127	231
7	O Jong Ae	1984	PRK	60.22	97	130	227
8	PEREZ TIGRERO Mercedes Isabel	1987	COL	62.96	99	125	224
9	LIU Xia	1981	MAC	62.62	95	125	220
10	BATSIUSHKA Hanna	1981	BLR	62.33	101	115	216
11	PETROSYAN Kristine	1992	ARM	62.65	100	114	214
12	BURGENER Natalie	1983	USA	62.82	96	114	210
13	NAGY Nikolett	1983	HUN	62.61	91	118	209
14	LASSOUANI Leila F.	1977	FRA	62.62	88	119	207
15	ORSAGOVA Lenka	1983	CZE	62.99	90	117	207
16	HASHIDA Mayu	1986	JPN	59.69	90	113	203
17	ZUBOVA Mariya	1991	RUS	62.44	90	110	200
18	NAMKHAIDORJ Bayarmaa	1978	MGL	61.59	86	111	197
19	MERAL-SUNAR Muslime	1982	FRA	62.78	87	108	195
20	RAMOS Sheila	1990	ESP	62.75	83	110	193
21	REGUE Marie-Josephe	1991	CMR	62.28	85	105	190
22	VEGA MORALES Geralee	1986	PUR	60.53	82	105	187
23	MARCOVICI Andreea	1994	ROU	62.61	83	103	186
24	VUKAS Silvana	1985	SRB	61.96	78	102	180
25	PANAGIOTIDOU Maria	1985	GRE	62.98	73	93	166
26	HANSSON Carita	1991	SWE	61.45	72	88	160
---	MISTERSKA Dominika	1979	POL	61.34	---	105	---
---	DARKHANBAATAR Ichinnorov	1989	MGL	62.98	83	---	---
---	COCOS Roxana Daniela	1989	ROU	62.94	101	---	---
---	KASIRYE Ruth	1982	NOR	62.91	---	---	---

69KG WOMEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	SHIMKOVA Svetlana	1983	RUS	68.23	116	140	256
2	KANG Yue	1991	CHN	68.26	113	140	253
3	DALUZYAN Meline	1988	ARM	67.32	112	139	251
4	ZHANG Shaoling	1984	MAC	68.72	106	137	243
5	SOLIS ARBOLEDA Leidy Yessenia	1990	COL	68.42	105	136	241
6	DARMARIANI Sinta	1986	INA	68.25	100	132	232
7	GIRARD Christine	1985	CAN	68.70	104	127	231
8	MANSOUR EL SAYED Essmat	1986	EGY	64.85	103	124	227
9	NGUYEN Thi Phuong Loan	1984	VIE	67.94	100	125	225
10	ZUBOVA Olga	1993	RUS	68.40	98	125	223
11	MIZDAL Ewa	1987	POL	68.64	97	124	221
12	KRUTZLER Eszter	1981	HUN	68.68	101	120	221
13	NURMUKHAMBETOVA Anna	1993	KAZ	68.52	100	120	220
14	FERIYANI Beti	1985	INA	68.27	96	116	212
15	TANI Ayano	1987	JPN	68.78	92	120	212
16	VILLASMIL MENDOZA Solenny Bolivia	1981	VEN	64.24	93	113	206
17	MENEZES LACERDA Liliane	1985	BRA	68.27	92	114	206

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
18	PERDUE Natasha	1975	68.17	GBR	95	110	205
19	RUE Layfield Danica	1982	68.49	USA	90	115	205
20	LESNIEWSKA Anna	1985	65.66	POL	89	113	202
21	TENORIO Rosa	1984	67.96	ECU	92	110	202
22	GOPPOLD Anett	1981	68.53	GER	90	112	202
23	FIGUEROA Norma	1985	68.93	PUR	86	115	201
24	LEFEBVRE Valerie	1990	67.86	CAN	89	110	199
25	BAZSO Bianka	1988	65.99	HUN	88	108	196
26	ALONSO Raquel	1988	68.65	ESP	88	108	196
27	LU Ying-Chi	1985	67.09	TPE	85	105	190
28	KLADIVOV Pavla	1984	68.44	CZE	84	103	187

75KG WOMEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	PODOBEDOVA Svetlana	1986	74.67	KAZ	134	161	295
2	ZABOLOTNAYA Natalya	1985	74.97	RUS	133	160	293
3	EVSTYUKHINA Nadezda	1988	73.86	RUS	123	160	283
4	KULESHA Iryna	1986	74.57	BLR	120	135	255
5	LI Xia	1985	74.31	CHN	113	135	248
6	MIRONYUK Nadiya	1984	74.46	UKR	111	136	247
7	VALOYES Ubaldina	1982	74.33	COL	110	134	244
8	KHROMOVA Tatyana	1980	74.86	KAZ	110	133	243
9	ABDELRAHMAN Abir	1992	74.98	EGY	107	135	242
10	NOVAKOVICH Yuliya	1989	74.28	BLR	110	126	236
11	PETANANG Khanittha	1989	74.79	THA	99	131	230
12	WANG Ya-Jhen	1987	71.54	TPE	100	129	229
13	BEAUCHEMIN-NADEQU Marie-Eve	1988	74.74	CAN	98	125	223
14	ANTONIA FERREIRA Jaqueline	1987	74.09	BRA	100	122	222
15	LIM Ji-Hye	1985	74.94	KOR	98	124	222
16	HERRERA Yarvanis Karina	1989	73.19	VEN	98	121	219
17	ALVAREZ ZAPATA Maria Fernanda	1987	73.30	VEN	100	116	216
18	WALLACE Erin	1986	74.44	USA	98	117	215
19	IMAHOKO Kazue	1982	74.61	JPN	100	115	215
20	SOLIS ARBOLEDA Yessica Marcela	1989	74.72	COL	97	117	214
21	AGUIRRE ALDAZ Damaris Gabriela	1977	74.60	MEX	91	121	212
22	WEDOW Mandy	1987	73.89	GER	97	114	211
23	NZESSO Madias	1992	74.33	CMR	96	115	211
24	FIGUEROA Patricia	1987	74.72	PUR	90	115	205
25	WILLIAMS Katelynn	1987	71.19	CAN	88	108	196
26	BERNTSSON Annika	1976	72.24	SWE	87	104	191
27	CRASS Rachel	1985	74.95	USA	83	106	189
28	KHWAIRAKPAM Premila Devi	1990	72.75	IND	81	104	185
29	LIZDE Almira	1982	73.48	BIH	83	95	178
---	VLASENKO Iuliia	1989	74.48	UKR	101	---	---
---	VALENTIN Lidia	1985	73.42	ESP	112	---	---
---	URANCHIMEG Byambadorj	1989	74.92	MGL	80	---	---

+75KG WOMEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	KASHIRINA Tatiana	1991	96.93	RUS	145	170	315
2	MENG Suping	1989	115.72	CHN	131	179	310

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
3	JANG Mi-ran	1983	116.12	KOR	130	179	309
4	KHURSHUDYAN Hripsime	1987	86.05	ARM	123	160	283
5	ABORNEVA Alexandra	1986	94.84	KAZ	113	147	260
6	NIEVE ARROYO Oliba Seledina	1977	92.09	ECU	112	146	258
7	DOVHAL Yuliya	1983	87.43	UKR	115	142	257
8	SHIMAMOTO Mami	1978	101.39	JPN	112	140	252
9	JONAI Fumiko	1985	107.22	JPN	103	148	251
10	ROBLES Sarah	1988	122.24	USA	111	140	251
11	CHERNIAVSKA Svitlana	1984	103.60	UKR	106	141	247
12	IBRAHIM MOHAMED Afaf	1989	99.47	EGY	106	140	246
13	SCHOEPPE Kathleen	1982	94.31	GER	106	136	242
14	AHMED KHALAF Shaimaa	1991	110.08	EGY	101	138	239
15	LIU Yun-Chien	1988	100.55	TPE	98	138	236
16	UCAR Ummuhan	1986	80.95	TUR	106	128	234
17	BAGINSKA Sabina	1985	98.79	POL	102	125	227
18	MAGAT Krisztina	1989	102.36	HUN	98	124	222
19	CARVAJAL DE LA ROSA Maria Lustiliana	1978	89.60	DOM	100	120	220
20	CAMPALDINI Annarosa	1985	97.51	ITA	95	123	218
21	TSENDAYUSH Ariunjargal	1979	104.36	MGL	72	105	177
22	SARANTSETSEG Sukhbaatar	1980	83.24	MGL	77	98	175
23	PUSTOVAROVA Ganna	1993	101.29	UZB	78	97	175
---	MASCORRO OSUNA Tania Guadalupe	1988	99.52	MEX	85	---	---

56KG MEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	WU Jingbiao	1989	55.61	CHN	132	160	292
2	LONG Qingquan	1990	55.64	CHN	127	161	288
3	CHA Kum Chol	1987	55.87	PRK	130	150	280
4	HOANG Anh Tuan	1985	55.73	VIE	123	150	273
5	MAKAROV Ruslan	1987	55.93	UZB	120	149	269
6	EL MAOUI Khail	1988	55.87	TUN	127	140	267
7	HERNANDEZ Carlos	1983	55.86	CUB	118	146	264
8	BERNA Carlos	1990	55.88	COL	112	152	264
9	SETIADI Jadi	1985	55.19	INA	121	142	263
10	ROMERO Yasmani	1988	55.93	CUB	115	146	261
11	DE LAS SALAS Habib	1987	55.89	COL	110	147	257
12	OSMONALIEV Bekzat	1985	55.96	KGZ	115	141	256
13	GOEGEBUER Tom	1975	55.83	BEL	114	139	253
14	YAMADA Masaharu	1980	55.83	JPN	106	146	252
15	SUNARYANTO	1994	55.51	INA	116	135	251
16	SALAMANCA PINEDA Julio Cesar	1989	56.00	ESA	112	138	250
17	HANDURDYEV Omarguly	1988	55.90	TKM	112	136	248
18	DUDOGLO Ghenadie	1986	55.82	MDA	115	132	247
19	KILIC Gokhan	1988	55.87	TUR	116	130	246
20	LOPEZ AQINO Marvin	1980	55.87	ESA	105	140	245
21	GUIRADO Francisco J	1985	55.52	ESP	110	128	238
22	MOHAMMED KADHUM Karrat Mohammed Jawad	1995	55.98	IRQ	106	130	236
23	BRACHI Josue	1992	55.82	ESP	105	129	234
24	DELLINO Vito	1982	55.89	ITA	101	130	231
25	AL HUBAIL Sadiq	1991	56.00	KSA	107	123	230
26	AL SALEEM Mansour	1988	50.68	KSA	105	120	225
27	ARTYKOV	1993	55.85	KGZ	100	125	225
28	ALIYEV Elmar	1987	55.49	AZE	95	127	222
29	ANDRIEUX Sylvain	1981	55.72	FRA	96	125	221

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
30	TULO Manueli	1990	56.00	FIJ	95	125	220
31	AVDIRAJ Romario	1994	55.87	ALB	95	120	215
---	ADAM Robert	1982	55.36	HUN	95	---	---
---	SOOKY Gergely	1993	55.91	HUN	96	---	---
---	ITOKAZU Yoichi	1991	55.83	JPN	104	---	---
---	PAN-EM Tanasak	1985	55.43	THA	105	---	---
---	GRABUCEA Igor	1976	55.83	MDA	110	---	---
---	BELAN Michal	1985	55.68	SVK	---	121	---

62KG MEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	KIM Un Guk	1988	61.51	PRK	147	173	320
2	ZHANG Jie	1987	61.90	CHN	141	174	315
3	BILGIN Erol	1987	61.64	TUR	143	171	314
4	IRAWAN Eko Yuli	1989	61.64	INA	140	172	312
5	JI Hun-Min	1984	61.74	KOR	137	172	309
6	DING Jianjun	1989	61.97	CHN	142	160	302
7	BAZARBAYEV Umurbek	1981	61.70	TKM	133	165	298
8	MUHAMAD Hasbi	1992	61.22	INA	131	161	292
9	KRITPHET Withawat	1983	61.75	THA	129	161	290
10	SALAZAR QUINTERO Diego Fernando	1980	61.50	COL	128	160	288
11	ALPANOV Ruslan	1987	61.90	UZB	129	157	286
12	IOROI Masakazu	1985	61.60	JPN	127	154	281
13	WISNEWSKI Damian	1986	61.96	POL	127	151	278
14	AHMED Mohamed Saad	1986	61.91	EGY	122	151	273
15	SAHETMYRADOV Meret Guly	1988	61.85	TKM	125	145	270
16	DUDOGLO Iuri	1991	61.67	MDA	121	145	266
17	NAMECHAND Sunilkumar	1989	61.13	IND	122	143	265
18	MANEETONG Pongsak	1986	61.98	THA	115	150	265
19	CAESEMAEKER Kevin	1986	61.61	FRA	117	144	261
20	LEE Alex	1988	61.83	USA	115	145	260
21	AUCOUTURIER Iann	1986	61.57	FRA	117	138	255
22	NAKAYAMA Yosuke	1987	61.71	JPN	113	142	255
23	GARCIA Ivan	1983	61.88	ESP	115	140	255
24	SINGH Jasvir	1977	61.84	CAN	107	143	250
25	MELAS Gerasimos	1987	61.96	GRE	107	140	247
26	HERNANDEZ Acoran Juan	1990	61.79	ESP	111	132	243
27	RUBINO Massimiliano	1983	61.38	ITA	108	133	241
28	PETROV Petr	1989	61.42	CZE	109	132	241
29	SANGOV Nizom	1983	61.77	TJK	110	130	240
30	ADONIS Alphonso	1986	61.00	RSA	100	137	237
31	GUGANNOUNI Zied	1991	61.68	TUN	107	130	237
32	HEALY Wayne	1976	61.77	IRL	104	125	229
---	AL HUBAIL Mohammed	1985	61.13	KSA	118	---	---
---	AL LAMME Sfah Hafid	1988	61.16	IRQ	---	---	---
---	SEZER Bunyamin	1988	61.59	TUR	---	155	---
---	GISCAN Marius	1988	61.95	ROU	116	---	---

69KG MEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	LIAO Hui	1987	68.85	CHN	160	198	358

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
2	MICULESCU Ninel	1985	68.88	ROU	157	180	337
3	BINAY Mete	1985	68.75	TUR	160	175	335
4	KAZARYAN Armen	1982	68.64	RUS	148	181	329
5	TRIYATNO	1987	68.85	INA	146	178	324
6	KIM Kum Sok	1987	68.47	PRK	140	181	321
7	ROQUE MENDOZA Bredni	1987	68.09	CUB	140	180	320
8	HASANOV Sardar	1985	68.45	AZE	145	175	320
9	GODELLI Daniel	1992	68.54	ALB	140	177	317
10	BEGALIEV Muhammad	1992	68.40	UZB	143	170	313
11	MENDIBAEV Bakhram	1983	68.47	UZB	140	172	312
12	RUBIO Israel Jose	1981	68.09	VEN	141	170	311
13	DJELIL Ekrem Halibrian	1980	68.56	TUR	135	175	310
14	CALJA Briken	1990	68.70	ALB	140	167	307
15	BAYRAMOV Afgan	1983	68.75	AZE	135	171	306
16	HANSAWONG Phaisan	1989	68.80	THA	135	171	306
17	VALENCIA ITURRALDE Enrique Clemente	1988	66.91	ECU	136	165	301
18	SANCHEZ Junior	1989	66.03	VEN	136	161	297
19	VILLA Jhon	1988	68.69	COL	137	157	294
20	AL BAGIR Jafar	1982	67.41	KSA	134	158	292
21	JANICEK Miroslav	1974	68.83	SVK	128	158	286
22	PIRBAL Swara Mohammed	1982	68.43	IRQ	127	155	282
23	JOMNI Hamza	1989	68.68	TUN	122	160	282
24	VENATIUS Njuh	1988	68.63	CMR	120	158	278
25	AL HUSSEIN Ahmed Farooq	1990	68.03	IRQ	125	152	277
26	CHIU Yi-lieh	1983	68.79	TPE	121	155	276
27	RAMBABU Pasam	1983	68.98	IND	126	150	276
28	MARTIN Manuel D	1977	68.59	ESP	125	150	275
29	SHUSHU Otsile Greg	1980	68.31	RSA	115	140	255
30	ALYAZIDI Salah Mohammed	1986	68.63	QAT	75	90	165
---	BOMBACI Maurizio	1975	68.84	ITA	125	---	---
---	REZAEIAN Morteza	1989	68.33	IRI	145	---	---
---	MARTIN Razvan	1991	68.98	ROU	145	---	---
---	ABD EL TAWWAB Mohamed	1987	68.92	EGY	143	---	---
---	ARIANA I Ketut	1989	67.97	INA	---	167	---
---	HUDAYBERGENOV Tolkunbek	1986	68.27	TKM	---	---	---
---	DABAYA TIENTCHEU Vencelas	1981	68.41	FRA	---	---	---

77KG MEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	MARTIROSYAN Tigran Gevorg	1988	76.72	ARM	173	200	373
2	LU Xiaojun	1984	76.42	CHN	170	200	370
3	YEHIA Tarek	1987	76.53	EGY	157	199	356
4	ROSTAMI Kianoush	1991	76.31	IRI	161	193	354
5	BAHLOUL Ramzi	1989	76.51	TUN	160	192	352
6	QERIMAJ Erkand	1988	76.84	ALB	155	196	351
7	RAMADAN IBRAHIM Ibrahim	1988	76.25	EGY	155	190	345
8	SZRAMIAK Krzysztof	1984	76.77	POL	156	186	342
9	PANG Kum Chol	1981	76.78	PRK	150	190	340
10	ROSU Alexandru	1987	76.92	ROU	149	188	337
11	DUDOGLO Alexandru	1989	76.44	MDA	153	183	336
12	TKAC Richard	1985	76.67	SVK	148	182	330
13	YAGCI Semih	1988	76.85	TUR	150	180	330
14	BIRCA Andrei	1988	76.36	MDA	146	178	324
15	NEUFELD Jakob	1983	76.87	GER	145	178	323

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
16	MIRZAYEV Turan	1979	76.05	AZE	138	184	322
17	AL-JUMAILI Safaa	1990	76.78	IRQ	141	181	322
18	ANDICA ANDICA Yony Alexander	1987	75.30	COL	140	180	320
19	TENORIO MINA Freddy Fernando	1991	75.96	ECU	148	172	320
20	VAUGHN Chad Thomas	1980	77.00	USA	144	175	319
21	SANCHEZ RIVERO Raul Alexander	1986	73.58	VEN	147	170	317
22	ROSA DA SILVA Welisson	1983	76.89	BRA	145	171	316
23	SHINTANI Yoshito	1981	75.26	JPN	135	178	313
24	SOMBOON Suchat	1991	76.46	THA	135	177	312
25	GUMAN Viktor	1976	76.98	SVK	147	165	312
26	OCANDO Jose Leonardo	1986	77.00	VEN	135	176	311
27	DE LUCA Giorgio	1984	73.19	ITA	140	165	305
28	JUMAYEV Inoyat	1987	76.90	TKM	140	165	305
29	ASHYRBAEV Zamirbek	1986	76.55	KGZ	130	166	296
30	SHENDY Samuelli	1984	76.46	INA	130	165	295
31	AL MULAD Mustafa	1986	76.59	KSA	125	151	276
32	SYBAY Rustem	1993	76.40	KAZ	120	150	270
33	SAUTEBIN Yannick	1988	76.96	SUI	125	143	268
34	AL-MASOUD Abdullah Jassim	1991	71.30	KSA	123	142	265
35	MABUYA Khati	1988	74.34	RSA	110	135	245
36	TAFILAJ Orges	1989	75.85	KOS	64	76	140
---	BYRD Cathal	1986	75.62	IRL	---	140	---
---	SU Danjin	1986	76.86	CHN	160	---	---
---	BELAND Jean-Marc	1984	76.96	CAN	125	---	---
---	RAKHATOV Kuanysh	1987	76.62	KAZ	150	---	---
---	DAVTYAN Gevorg	1983	76.96	ARM	---	---	---

85KG MEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	ZIELINSKI Adrian	1989	84.55	POL	173	210	383
2	YUFKIN Aleksey	1986	84.68	RUS	172	208	380
3	LAHUN Sjarhei	1988	83.84	BLR	166	211	377
4	HERNANDEZ PAUMIER Yoelmis	1986	83.05	CUB	164	210	374
5	LU Yong	1986	84.78	CHN	170	202	372
6	CHASHEMOV Mamsurbek	1983	83.99	UZB	169	200	369
7	SINCRAIAN Gabriel	1988	84.90	ROU	165	201	366
8	HENNEQUIN Benjamin	1984	84.05	FRA	163	202	365
9	KIM Kwang-Hoon	1982	82.61	KOR	162	200	362
10	NURUDINOV Ruslan	1991	84.37	UZB	165	197	362
11	ANDICA ANDICA Carlos Heman	1983	84.25	COL	160	194	354
12	ABDEL HAY SAAD Ragab	1991	84.55	EGY	157	196	353
13	CHYKYDA Iurii	1988	84.81	UKR	160	192	352
14	INCE Izzet	1981	84.64	TUR	165	196	351
15	BARANYAI Janos	1984	84.43	HUN	155	195	350
16	KUTLIK Ondrej	1976	84.77	SVK	147	195	342
17	TSIREKIDZE Rauli	1987	83.54	GEO	156	185	341
18	MEJIAS HERNANDEZ Octavio Antonio	1982	84.32	VEN	151	190	341
19	REJEPOV Mansur	1982	84.21	TKM	155	185	340
20	SCHWARZBACH Tom	1986	84.73	GER	146	192	338
21	NABIYEV Nailkhan	1994	85.00	AZE	152	186	338
22	SELIVANOV Kostyantyn	1981	84.73	UKR	150	185	335
23	MICKEVICIUS Marius	1990	84.90	LTU	153	181	334
24	TIBNOKE Pitaya	1989	84.74	THA	148	185	333
25	BRUCE Matthew	1983	84.80	USA	150	180	330

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
26	PAPADOPOULOS Konstantinos	1983	84.74	GRE	146	182	328
27	SATALENCO Alexandru	1989	84.56	MDA	146	180	326
28	MEIRMANOV Yerbol	1992	83.69	KAZ	150	175	325
29	MARINEAU Mathieu	1990	84.84	CAN	145	175	320
30	TOKTONALIEV Kubanychbek	1987	84.95	KGZ	145	174	319
31	AL-HASHIMI Raad Ameen	1990	83.53	IRQ	143	175	318
32	DUMAIS Paul	1991	84.16	CAN	145	170	315
33	ALQAISOU Abbas	1980	84.24	KSA	142	165	307
34	ALAYAN KELEK Alex Alen	1985	84.78	URU	125	150	275
35	GAYA Hansley	1985	85.00	MRI	106	135	241
---	KUZNETSOV Vladimir	1984	84.38	KAZ	---	---	---
---	MARTIROSYAN Tigran V	1983	84.23	ARM	---	---	---
---	FARRIS Kendrick	1986	83.89	USA	---	---	---
---	KHACHATRYAN Ara	1982	83.05	ARM	175	---	---
---	JUMAYEV Jasurbek	1984	84.64	TKM	147	---	---
---	MUSIC Amar	1987	84.67	CRO	---	195	---

94KG MEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	IVANOV Alexandr	1989	91.92	RUS	185	218	403
2	IVANOV Artem	1987	93.87	UKR	185	217	402
3	CALANCEA Valeriu	1980	93.23	ROU	177	220	397
4	DEMANOV Andrey	1985	93.80	RUS	175	218	393
5	KASABJEW Arsen	1987	93.21	POL	175	215	390
6	SEDOV Vladimir	1988	93.31	KAZ	180	210	390
7	ZAIROV Intiqam	1985	92.72	AZE	175	211	386
8	DIDZBALIS Aurimas	1991	93.36	LTU	178	208	386
9	CIRICU Anatoli	1988	93.04	MDA	171	210	381
10	STRALTSOU Vadzim	1986	92.77	BLR	175	205	380
11	POGHOSYAN Gevork	1984	92.89	ARM	170	210	380
12	VANEGA RIOS Javier Enrique	1986	92.51	CUB	175	202	377
13	ZIELINSKI Tomasz	1990	92.71	POL	166	208	374
14	EBRAHIMI FARBOD Kamachali Asghar	1982	93.23	IRI	173	201	374
15	JUNG Hyeon-Seop	1985	93.44	KOR	162	210	372
16	DANCIU Marius	1989	93.62	ROU	170	201	371
17	KAVELASVILI David	1985	93.91	GRE	165	205	370
18	PILIYEV Konstantyn	1983	93.48	UKR	162	206	368
19	NAVARRO Jose Juan	1981	93.69	ESP	160	205	365
20	UTESHOV Almas	1988	92.12	KAZ	160	200	360
21	GHONGHADZE Vazha	1988	93.58	GEO	168	190	358
22	SPIESS Jurgen	1984	93.39	GER	162	195	357
23	WATTANAKASIKAM Suthiphon	1985	93.07	THA	168	188	356
24	ANUSKEVICIUS Donatas	1980	90.33	LTU	155	200	355
25	SALTSIDIS Christos	1987	93.87	GRE	156	197	353
26	MAKARANKA Aliaksandr	1990	90.26	BLR	161	190	351
27	TORRES LOPEZ Wilmer Hernan	1986	91.96	COL	160	191	351
28	AHMEDOV Giyosiddin	1989	93.64	UZB	153	198	351
29	HIRAOKA Yuki	1983	93.96	JPN	156	195	351
30	HSIEH Wei-Chun	1983	93.40	TPE	158	192	350
31	TABAKU Ervis	1989	90.88	ALB	155	190	345
32	DOGHMANE Mohamed Amine	1991	93.20	TUN	155	182	337
33	ANTTI-ROIKO Miika	1988	93.86	FIN	145	190	335
34	AL-MISHAYYIKH Mohanad Abdulhussein	1991	88.98	IRQ	147	183	330
35	CHKHEIDZE Temur	1986	93.47	GEO	150	180	330

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
36	ELVAN Resul	1989	93.94	TUR	145	180	325
37	SZANATI Szabolcs	1989	93.98	HUN	143	180	323
38	ROSADO CRUZ Roberto	1987	93.07	PUR	138	180	318
39	GREEFF Jean	1990	93.77	RSA	135	172	307
40	ALQESOOM Shawqi	1977	91.59	KSA	135	167	302
41	AL-DOSARI Saeed	1988	91.92	QAT	90	115	205
---	KARINA Endri	1989	93.98	ALB	155	---	---
---	CIBULKA Lukas	1987	93.94	CZE	135	---	---
---	KAWABATA Genta	1985	93.60	JPN	---	186	---
---	KIM Min-Jae	1983	93.96	KOR	---	---	---

105KG MEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	DOLEGA Marcin	1983	104.11	POL	188	227	415
2	KLOKOV Dmitriy	1983	104.43	RUS	192	223	415
3	SMORCHKOV Vladimir	1980	103.87	RUS	190	220	410
4	BONK Bartlomiej	1984	102.77	POL	180	222	402
5	EFREMOV Ivan	1986	104.28	UZB	181	221	402
6	ESTOMIN Sergey	1986	104.26	KAZ	182	215	397
7	BABAYAN Artur	1983	104.07	ARM	176	218	394
8	MACHAVARIANI Gia	1985	104.13	GEO	180	210	390
9	KIM Wha-Seung	1985	104.65	KOR	180	210	390
10	TESOVIC Martin	1974	104.48	SVK	175	212	387
11	HORDIYCHUK Mykola	1983	103.99	UKR	175	211	386
12	AUDZEYEU Mikhail	1982	103.99	BLR	175	205	380
13	BIRANVAND Mohsen	1981	104.95	IRI	176	203	379
14	BARARI Mohammadreza	1988	104.40	IRI	167	210	377
15	PLESNIEKS Arturs	1992	103.16	LAT	164	208	372
16	VASHANOV Igor	1988	98.91	KAZ	170	200	370
17	LOPEZ Lazaro	1986	104.91	CUB	168	202	370
18	GYURKOVICS Ferenc	1979	104.94	HUN	175	195	370
19	ARROYO VALDEZ Jorge David	1991	99.43	ECU	172	195	367
20	RAMAZANOV Ruslan	1987	100.85	TKM	160	200	360
21	GOGIA Teimuraz	1986	101.33	GEO	165	195	360
22	DAZA TAPIA Angel David	1979	102.63	VEN	154	206	360
23	HORN Rene	1985	99.80	GER	155	202	357
24	MAZEIKA Anton	1990	104.35	BLR	158	199	357
25	BURGENER Casey	1982	103.30	USA	162	189	351
26	MENSIKOV S Ilya	1989	104.07	LAT	161	190	351
27	WALZER Libor	1975	104.25	CZE	156	194	350
28	ABBOD Salwan Jasim	1991	98.82	IRQ	153	195	348
29	MATYKIEWICZ Tomas	1982	104.32	CZE	158	189	347
30	FAMILIA Jose	1990	103.17	DOM	154	190	344
31	SHANKLE Donald	1982	104.81	USA	155	189	344
32	GKARIPIS Kontantinos	1981	98.06	GRE	150	190	340
33	KOKAIA Tornike	1985	104.93	AZE	145	185	330
34	YANG Chih-Yu	1989	104.50	TPE	140	182	322
35	LIU Chen-Chuan	1988	104.97	TPE	142	180	322
36	FIORÉ Federico	1990	101.02	ITA	140	180	320
37	VICTOR Abilash Christopher	1986	99.00	IND	140	179	319
38	KOUVAKAS Alexandros	1989	104.82	CAN	137	170	307
---	SIMKUS Modestas	1985	104.71	LTU	177	---	---
---	SAMADOV Alibay	1982	101.07	AZE	---	200	---

+105KG MEN

RANK	NAME	YOB	NAT	BWT	SN	C&J	TOTAL
1	SALIMIKORDASIABI Behdad	1989	162.01	IRI	208	245	453
2	STEINER Matthias	1982	146.07	GER	194	246	440
3	UDACHYN Artem	1980	158.13	UKR	205	235	440
4	JEON Sang-Guen	1981	158.89	KOR	185	242	427
5	ANOUSHIRVANIHAMLABAD Sajjad	1984	149.29	IRI	191	235	426
6	KOZLOV Andrey	1982	147.69	RUS	190	230	420
7	EHSSAN ATTIAA Mohamed	1984	149.13	EGY	190	228	418
8	AN Yong-Kwon	1982	141.25	KOR	191	225	416
9	PAPAGERIDIS Dimitrios	1986	134.72	GRE	185	220	405
10	CHEN Shih-Chieh	1989	135.85	TPE	175	226	401
11	ZHARNASEK Yauheni	1987	142.94	BLR	180	221	401
12	TURMANIDZE Irakli	1984	120.36	GEO	185	215	400
13	JUDGE Patrick	1986	155.05	USA	173	223	396
14	ORSAG Jiri	1989	121.84	CZE	180	215	395
15	NAGY Peter	1986	150.25	HUN	183	212	395
16	OTA Kazuomi	1986	144.10	JPN	175	214	389
17	DOLEGA Daniel	1988	116.38	POL	178	202	380
18	ARTEAGA GARCIA Julio Cesar	1986	133.41	ECU	172	207	379
19	KOBALADZE George	1976	126.17	CAN	165	212	377
20	HEJDA Petr	1983	137.22	CZE	163	210	373
21	REMEZA Egidijus	1983	108.50	LTU	170	200	370
22	KRUZEL Ondrej	1988	129.83	SVK	163	199	362
23	LOPEZ BOBADILLA Christian Alberto	1984	120.43	GUA	165	196	361
24	CHAO Shih-Chieh	1990	138.42	TPE	160	195	355
25	ITO Collin	1987	130.81	USA	146	200	346
26	SARAIVA Reis Fernando	1990	122.98	BRA	155	190	345
27	ROININEN Teemu	1986	138.46	FIN	152	190	342
28	KUMAR Sandeep	1980	114.28	IND	141	183	324
29	RUPINDER Singh	1985	112.57	IND	145	175	320
30	AINSLIE William	1979	133.97	RSA	133	170	303
---	TALAKHADZE Lahsa	1993	130.34	GEO	162	---	---
---	CHIGISHEV Evgeny	1979	133.96	RUS	210	---	---
---	VELAGIC Almir	1981	138.13	GER	186	---	---
---	SCERBATIHS Viktors	1974	132.36	LAT	200	---	---
---	SHYMECHKO Ihor	1986	136.14	UKR	---	220	---





26th Men's & 17th Women's World Masters Weightlifting Championships 18th – 25th September 2010 Ciechanow, Poland

Men

80+ Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>62kg Category</u>							
KUKLIN Igor	1927	RUS	61.00	30	45	75	1
<u>69kg Category</u>							
POPILKA Vaclav	1929	CZE	68.85	47	57	104	1
<u>77kg Category</u>							
JENSEN Tormod	1926	NOR	71.90	30	35	65	1
<u>94kg Category</u>							
BAZIUCHENKO Petro	1930	UKR	88.70	55	73	128	1
<u>105kg Category</u>							
ROSENBERGER Kurt	1928	GER	95.00	38	50	88	1

75 – 79 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>56kg Category</u>							
BUSYGIN Yuriy	1934	RUS	53.30	45	58	103	1
SIMANOVICH Raman	1934	BLR	53.45	40	55	95	2
KOTLIKOV Rudolf	1933	USA	54.15	40	52	92	3
<u>62kg Category</u>							
Pitsis Christopher	1931	GRE	58.60	54	59	113	1
NAKASHIMA Yutaka	1931	JPN	59.65	45	57	102	2
SCHALL Georg	1934	GER	61.10	40	56	96	3
McNIVEN John	1935	SCO	59.90	41	51	92	4
ZUBOV Vasilij	1931	RUS	60.80	38	50	88	5
KRAYNOV Viacheslav	1935	RUS	56.75	30	40	70	6

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>69kg Category</u>							
ZHYHALKA Eduard	1934	BLR	67.45	55	75	130	1
NG CHOW Seng	1935	MAS	67.55	55	70	125	2
VELTCHEV Kroum	1935	BUL	68.55	53	70	123	3
COHEN Howard	1932	USA	68.05	47	61	108	4
SHIBASAKA Soshichi	1934	JPN	66.80	43	52	95	5
<u>77kg Category</u>							
PERRON Marcel	1933	CAN	75.55	65	85	150	1
BORKOWSKI Jan	1935	POL	75.55	55	75	130	2
ARENAS Jesus	1935	VEN	76.90	50	70	120	3
KUPARI Vaino	1932	FIN	74.90	45	55	100	4
SKOGSTROM Rolf	1935	FIN	74.55	45	48	93	5
<u>85kg Category</u>							
LINKOWSKI Marian	1934	POL	80.40	65	88	153	1
DESPARD Bill	1935	SCO	82.20	58	68	126	2
MULLER Peter	1935	GER	83.40	55	60	115	3
<u>94kg Category</u>							
MASALIN Valto	1934	FIN	87.45	57	75	132	1
SCHULZ Heinz	1931	GER	86.00	48	56	104	2
CRISP Robert	1934	GBR	89.90	45	55	100	3
OBBERGELL Klaus	1931	GER	88.40	49	---	---	---
<u>105kg Category</u>							
YAKUBOV Victor	1932	RUS	101.80	60	70	130	1
WALKER Donald	1932	GBR	99.15	47	66	113	2
<u>+105kg Category</u>							
EHLENZ Hans	1935	GER	105.60	64	73	137	1

70 – 74 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>56kg Category</u>							
KUBINEC Miroslav	1939	CZE	55.60	49	61	110	1
OKSANEN Matti	1940	FIN	55.85	41	61	102	2
STOLNIKOV Mikhail	1937	RUS	54.05	38	53	91	3
NOWOTNY Ben	1939	USA	55.80	40	48	88	4
MASHIMO Noboru	1940	JPN	54.10	35	35	70	5
<u>62kg Category</u>							
HESS Claus	1939	GER	61.20	53	67	120	1
SEKINO Takeshi	1939	JPN	60.20	55	63	118	2
MALLINSON Kenneth	1940	GBR	60.70	53	62	115	3
NITSCHKE Horst	1937	GBR	61.05	52	60	112	4

Weightlifting Queensland

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>69kg Category</u>							
KATSURAGAWA Kozo	1938	JPN	68.50	67	86	153	1
FABER Friedrich	1940	GER	68.55	64	78	142	2
TSEGMEB Byambaa	1940	MGL	68.70	60	81	141	3
KOGA Hiroshi	1937	JPN	69.00	53	50	103	4
SEKANINA Jiri	1940	CZE	68.95	38	50	88	5
<u>77kg Category</u>							
TARASOV Vitali	1940	BLR	76.10	65	87	152	1
MEDVEDEV Yuri	1938	RUS	70.05	67	82	149	2
EBERMANN Lothar	1938	GER	76.10	57	77	134	3
KOROLKO Edward	1940	POL	76.60	55	77	132	4
MAEKAWA Masaki	1937	JPN	70.30	57	73	130	5
CHAUBET Jean-Paul	1940	FRA	76.20	50	72	122	6
BINKOWSKI Feliks	1936	POL	69.30	---	---	---	---
<u>85kg Category</u>							
RACK Victor	1940	GER	84.90	86	105	191	1
STEINER Fredrich	1939	AUT	82.60	60	85	145	2
VASILEV Yuriy	1937	RUS	84.00	65	80	145	3
BJERKHOLT Roald	1940	NOR	83.00	50	60	110	4
<u>94kg Category</u>							
PETERSON Preben	1939	DEN	89.40	65	87	152	1
WERRA Manfred	1940	GER	93.75	67	75	142	2
ALLEN Barry	1940	AUS	88.40	55	75	130	3
RAMIC Muhamed	1938	BIH	91.50	45	60	105	4
OMORI Yasumasa	1940	JPN	90.60	55	---	---	---
<u>105kg Category</u>							
MITTMANN Joachim	1936	GER	103.95	58	70	128	1
SHEKHOVTSOV Anatolii	1938	UKR	99.85	---	---	---	---
<u>+105kg Category</u>							
NIKIFOROV Lev	1936	RUS	149.10	70	90	160	1
FERGUSON James	1938	SCO	120.35	67	88	155	2
BEISIEGEL Hans	1939	GER	105.25	62	90	152	3
SOMME Kare	1938	NOR	113.05	62	87	149	4
SCHMOLKE Gunter	1938	GER	105.50	60	80	140	5

65 – 69 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>56kg Category</u>							
Yamauchi Hideo	1944	JPN	55.05	54	65	119	1

Weightlifting Queensland

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>62kg Category</u>							
KULIKOV Egor	1941	RUS	60.35	67	85	152	1
STAREGA Roman	1941	POL	61.40	65	75	140	2
MOTOJAMA Satoshi	1941	JPN	61.75	62	75	137	3
IKEDA Isao	1942	JPN	61.30	59	71	130	4
IWASAKI Shuhei	1941	JPN	61.45	51	65	116	5
TARKOWSKI Witold	1944	POL	62.00	49	65	114	6
<u>69kg Category</u>							
MATAZINSKAS Romas	1944	LTU	68.70	62	89	151	1
ROSENGART Siegfried	1944	GER	68.50	69	81	150	2
CHISTYAKOV Ivan	1941	RUS	67.80	65	78	143	3
SUZUKI Yasuji	1943	JPN	68.25	63	80	143	4
KUDLAY Nikolay	1944	RUS	68.80	60	80	140	5
KLEPONIS Vaclovas	1941	LTU	68.80	60	73	133	6
ROSSI Pertti	1942	FIN	68.95	60	68	128	7
MANO Tadashi	1941	JPN	68.50	60	60	120	8
CABALL Billy	1942	IRL	67.80	49	60	109	9
<u>77kg Category</u>							
KOWALEWSKI Piotr	1942	POL	76.00	77	97	174	1
TOROK Janos	1944	HUN	75.50	76	97	173	2
FUJIMOTO Hideki	1943	JPN	76.90	70	88	158	3
UNTIEDT Dieter	1943	GER	76.50	68	86	154	4
SINCLAIR John Douglas	1942	CAN	76.30	66	85	151	5
TAKESHITA Akihiko	1943	JPN	71.20	68	82	150	6
KRYSHTOP Petro	1945	UKR	75.50	65	80	145	7
BAJOR Ryszard	1945	POL	76.45	57	75	132	8
BORKOWSKI Czeslaw	1945	POL	76.05	---	---	---	---
<u>85kg Category</u>							
JOHANSEN Erling	1944	DEN	81.35	85	102	187	1
KULIKOVSKI Pavel	1945	BLR	84.45	82	99	181	2
ARBATSKIY Boris	1944	RUS	82.65	67	95	162	3
CHICHENKOV Valentin	1944	KAZ	84.70	70	92	162	4
KOROLKOV Mikhail	1942	RUS	80.35	70	90	160	5
QUAST Wilhelm	1943	GER	82.15	72	86	158	6
MARGOLIS John	1942	CAN	79.30	66	80	146	7
CARSTENSEN Ole	1943	DEN	82.85	58	82	140	8
<u>94kg Category</u>							
SZEPESY Laszlo	1943	HUN	90.55	80	100	180	1
WAGNER Alfred	1944	GER	85.95	70	100	170	2
MARTINEZ Evaristo	1945	VEN	88.95	72	85	157	3
STANISLAWSKI Marian	1945	POL	92.95	65	80	145	4
HUEBSCHMANN Ray	1944	USA	90.40	54	78	132	5
ORLOWSKI Miroslaw	1943	POL	86.25	56	75	131	6
WALTON John	1945	GBR	87.85	61	70	131	7

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
105kg Category							
SCHUSSLER Walter	1943	GER	96.50	82	110	192	1
LIAN Eskil	1945	NOR	96.20	80	100	180	2
BOSTANOV Boris	1945	RUS	103.95	75	94	169	3
WAGNER Dieter	1941	GER	95.05	73	88	161	4
AMELIANIUK Ryhor	1942	BLR	95.35	60	70	130	5
BAER Helmut	1944	GER	97.55	62	---	---	---
+105kg Category							
NYSTROM Jan Olav	1944	NOR	106.20	85	110	195	1
SAMER Klaus	1941	GER	115.10	73	90	163	2
FIGGE Erich	1943	GER	105.10	72	90	162	3

60 – 64 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
56kg Category							
SHISHKIN Vladimir	1950	RUS	55.50	57	73	130	1
CORNEILLET Jacques	1949	FRA	54.90	48	65	113	2
SUZUKI Yukihiro	1947	JPN	54.55	---	---	---	---
62kg Category							
LOWE Frederick	1947	USA	61.70	78	95	173	1
PROHL Karel	1947	CZE	60.90	70	87	157	2
GURSKY Igor	1950	SVK	60.85	66	76	142	3
FUCHIWAKI Shozo	1946	JPN	60.20	56	70	126	4
KORNIOWSKI Krzysztof	1949	POL	60.45	50	68	118	5
SLIWINSKI Ryszard	1950	POL	61.70	51	62	113	6
69kg Category							
MORINO Satoshi	1950	JPN	68.85	80	95	175	1
BOCHENEK Franciszek	1946	POL	67.80	68	90	158	2
BORKIEWICZ Andrzej	1946	POL	68.95	72	84	156	3
MAKARYEU Yury	1950	BLR	68.40	67	86	153	4
MILLER Ken	1947	CAN	68.75	62	83	145	5
TAKAKURA Takato	1949	JPN	68.70	63	80	143	6
77kg Category							
KURNEV Alexander	1947	RUS	75.45	80	112	192	1
MOUROCHOV Gennadi	1950	RUS	76.30	85	107	192	2
KRUCZKIEWICZ Zbigniew	1948	POL	76.35	80	100	180	3
OKADA Takashi	1948	JPN	74.25	80	97	177	4
NIEMELA Heikki	1947	FIN	76.65	70	90	160	5
ASK Morgan	1949	SWE	76.25	75	---	---	---
MAKOWSKI Zbigniew	1947	POL	75.40	---	---	---	---

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
85kg Category							
DARIOTIS Chris	1949	USA	84.35	90	125	215	1
BUCHERL Kurt	1950	GER	84.50	96	116	212	2
KOZLOWSKI Stanislaw	1947	POL	84.30	84	106	190	3
JAROSZ Tadeusz	1941	POL	82.15	78	92	170	4
FELIKSINSKI Tadeusz	1947	POL	82.05	60	85	145	5
94kg Category							
JAKOBSSON Stefan	1947	SWE	93.60	89	105	194	1
DERGATSHIEW Eduard	1949	BLR	85.40	78	103	181	2
FALT Inge	1948	SWE	87.50	77	100	177	3
KUTNER Petr	1950	CZE	89.00	80	95	175	4
LASKOWSKI Miroslaw	1949	POL	92.40	78	95	173	5
LARSSON Ulf Georg	1948	SWE	92.80	69	92	161	6
ICHIKAWA Shigeru	1947	JPN	93.35	70	80	150	7
105kg Category							
EJSMONT Jozef	1947	POL	102.55	92	112	204	1
BELMAS Jean-Paul	1949	FRA	100.40	84	113	197	2
WOJCIK Stanislas	1947	FRA	98.15	81	113	194	3
NOVIKOV Pavlo	1948	UKR	99.75	80	106	186	4
RAGNARSSON Svante	1947	SWE	98.80	80	100	180	5
+105kg Category							
SIDOROK Evgeniy	1947	RUS	107.30	94	125	219	1
KALANTAIEV Pyotr	1949	RUS	116.20	90	125	215	2
SCHRODER Manfred	1946	GER	109.55	82	115	197	3

55 – 59 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
56kg Category							
LAGUNOV Iurii	1951	UKR	55.70	63	85	148	1
LKHAGVA Sharav	1955	MGL	52.65	55	75	130	2
62kg Category							
SAKO Hiroshi	1951	JPN	59.65	70	95	165	1
LAVROV Anatoliy	1953	BLR	61.75	75	88	163	2
KALINSKI Antoni	1953	POL	61.75	62	82	144	3
VALIMAA Ari	1955	FIN	60.65	65	75	140	4
KRETZ Walter	1954	GER	61.85	58	78	136	5

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>69kg Category</u>							
GREINER Jurgen	1951	GER	68.65	82	103	185	1
KOPER Zbigniew	1953	POL	68.40	72	94	166	2
ATTERIDGE Patrick	1952	GBR	67.85	70	95	165	3
KROMPIEWSKI Ryszard	1955	POL	68.70	70	90	160	4
VYBIRAL Josef	1951	CZE	68.65	70	83	153	5
KODAMA Yoshihisa	1951	JPN	68.35	72	---	---	---
<u>77kg Category</u>							
GABRHEL Jozef	1955	SVK	74.90	92	116	208	1
GLININ Vasily	1955	RUS	75.70	93	115	208	2
SKRAJNOWSKI Marian	1953	POL	76.20	89	111	200	3
INGE Claes	1953	SWE	76.70	---	---	---	---
<u>85kg Category</u>							
SZCZESNY Witold	1951	POL	83.70	90	122	212	1
ZALEJKO Jerzy	1951	POL	84.30	91	121	212	2
JAKUB Jan	1952	POL	84.75	89	115	204	3
RAST Jorg	1954	GER	83.45	78	103	181	4
MALINOWSKI Ryszard	1955	POL	82.00	78	97	175	5
<u>94kg Category</u>							
SIMON Peter	1953	GER	87.80	95	120	215	1
CABAJ Zbigniew	1955	POL	90.50	90	110	200	2
SORI Mohammad	1955	IRI	90.45	87	108	195	3
PECH Miroslav	1953	CZE	90.40	83	108	191	4
CHABERT Alain	1955	FRA	90.00	84	105	189	5
TUROMSHA Anatoli	1952	BLR	93.25	85	---	---	---
GALIATSATOS Nikolaos	1955	GRE	87.90	82	---	---	---
<u>105kg Category</u>							
HERMANN Richard	1952	GER	99.10	102	130	232	1
POCHELIOUK Anatoli	1954	BLR	104.55	95	122	217	2
MELTZER David	1952	USA	102.15	83	116	199	3
USHTVANT Aliaksandr	1955	BLR	100.35	90	108	198	4
VOGL Ludwig	1953	GER	104.25	75	107	182	5
<u>+105kg Category</u>							
SWIECICKI Jan	1954	POL	117.50	114	135	249	1
STOSIK Jerzy	1951	POL	123.85	104	118	222	2
HINRICHSSEN Jan	1953	SWE	138.85	90	121	211	3
STEC Wieslaw	1952	POL	105.40	90	115	205	4
BAUMGARTNER Bartholomaus	1954	GER	105.75	90	112	202	5

50 – 54 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>56kg Category</u>							
ALIYEV Akif	1959	AZE	55.15	80	97	177	1
DAUTOV Niyaz	1960	RUS	55.85	72	90	162	2
WASNIOWSKI Leszek	1957	POL	55.25	60	77	137	3
<u>62kg Category</u>							
GRZEJA Krzysztof	1958	POL	60.20	80	105	185	1
MOSALANEZHAD Jamshid	1960	IRI	61.30	76	97	173	2
TROKHIN Vladimir	1959	RUS	61.95	75	95	170	3
OTSUKA Makoto	1957	JPN	60.90	75	80	155	4
<u>69kg Category</u>							
SEABER Andrew	1956	GBR	68.75	96	112	208	1
LEME Michel	1958	FRA	65.75	95	95	190	2
KARPOVICH Siarhei	1958	BLR	65.55	72	80	152	3
KONSTANTINIDIS Nikolaos	1960	GRE	66.85	60	75	135	4
<u>77kg Category</u>							
ZYCZKOWSKI Ryszard	1957	POL	76.95	105	131	236	1
ALTVATER Waldemar	1957	GER	75.40	90	114	204	2
CIESLIK Jan	1956	POL	76.75	96	108	204	3
LUTTER Milan	1956	CZE	76.60	92	105	197	4
PODDA Giovanni	1960	ITA	77.00	92	100	192	5
HERAK Peter	1960	SVK	75.85	87	100	187	6
HANNAH Colin	1960	SCO	76.55	72	100	172	7
<u>85kg Category</u>							
HADLOW Terry	1957	CAN	82.50	113	135	248	1
ZYCZKOWSKI Miroslaw	1959	POL	84.15	110	135	245	2
GUILLAUMET Geoffroy	1959	FRA	84.10	102	136	238	3
PATASI Oskar	1960	SVK	84.55	105	131	236	4
ANDRZEJAK Krzysztof	1960	POL	84.30	105	125	230	5
TAHVANAINEN Keijo	1959	FIN	84.75	90	115	205	6
SHIRZAD KENARI Ali Reza	1960	GER	83.80	90	110	200	7
KARKKAINEN Jonny	1958	SWE	79.65	81	95	176	8
SPERNAK Antonin	1957	CZE	81.00	78	95	173	9
BRUZZI David	1957	USA	79.15	68	---	---	---
<u>94kg Category</u>							
ERMAKOV Sergey	1960	RUS	92.70	120	152	272	1
DHESI Gurdawar	1958	GBR	93.35	115	146	261	2
SCOTT Ralf	1957	SWE	92.50	109	133	242	3
SULOEV Viktor	1958	RUS	90.55	84	121	205	4
SIMONTON Leslie	1958	USA	91.55	85	105	190	5

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>105kg Category</u>							
FLORES Efrain	1960	VEN	102.90	105	130	235	1
VESTMAN Matti	1960	FIN	101.60	100	130	230	2
LATAL Otakar	1960	CZE	104.35	100	115	215	3
BARTH Heinrich	1958	GER	100.25	87	105	192	4
<u>+105kg Category</u>							
SHANIN Nikolay	1956	RUS	135.50	120	146	266	1
TREBICHAUSKY Jan	1960	SVK	119.30	114	135	249	2
SOLC Jaroslav	1957	SVK	107.65	97	132	229	3
GALASZEWSKI Andrzej	1957	POL	105.15	84	99	183	4

45 – 49 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>62kg Category</u>							
HELIN Harri	1964	FIN	61.55	74	96	170	1
ALLAHYARI Behzad	1964	CAN	61.75	80	90	170	2
<u>69kg Category</u>							
SCHMIEDEL Bernd	1963	GER	68.75	96	117	213	1
NAJMEDINOV Vakhiddin	1963	UZB	68.95	95	112	207	2
KOLAR Petr	1963	CZE	68.05	90	107	197	3
ROHLAND Joachim	1965	GER	68.65	82	108	190	4
OLSSON Kent	1963	SWE	68.85	84	103	187	5
<u>77kg Category</u>							
WORM Holger	1961	GER	76.85	105	125	230	1
GARCIA Rodriguez Francisco	1962	ESP	75.95	100	123	223	2
KHOSCHNAU Schachawan	1965	GER	76.25	100	120	220	3
BURKOV Mykhaylo	1963	UKR	76.60	100	117	217	4
LEGEL Walter	1963	AUT	76.50	90	110	200	5
TEHRANI Edvin	1961	SWE	73.90	84	102	186	6
ZAKIROV Kazim	1965	UZB	76.60	95	---	---	---
<u>85kg Category</u>							
SKOUBEL Vitali	1964	BLR	83.95	112	141	253	1
ROSANICS Peter	1964	HUN	84.25	110	135	245	2
INFANTE Pedro	1964	VEN	82.80	100	127	227	3
SHNYAKIN Anatoliy	1961	RUS	84.30	102	125	227	4
GIRARDI Sante	1964	ITA	84.15	95	118	213	5
WATANABE Mitsuhiro	1962	JPN	79.80	94	114	208	6
<u>94kg Category</u>							
KISELYOV Konstantin	1965	RUS	93.45	122	152	274	1

ZITOUNI Fares	1964	FRA	93.75	123	147	270	2
RAMIREZ Rauseo	1965	VEN	93.00	115	132	247	3
AUVINEN Jyrki	1965	FIN	91.05	105	127	232	4
KARTEL Uladzimir	1963	BLR	92.85	97	130	227	5
BUGALA Slawomir	1963	POL	92.65	---	---	---	---
<u>105kg Category</u>							
HIRVONEN Jani	1963	FIN	103.75	136	155	291	1
MARSAVIN Vitaliy	1962	UKR	99.20	123	152	275	2
MEZEI Tibor	1962	SVK	104.50	130	145	275	3
DYSZKIEWICZ Henryk	1964	POL	103.80	125	145	270	4
ALIASHASHYN Vadzim	1963	BLR	95.75	110	150	260	5
SZABO Frantisek	1965	SVK	104.25	108	139	247	6
SEINO Yuji	1964	JPN	104.40	110	130	240	7
SCHINHAN Roman	1964	AUT	103.90	101	130	231	8
<u>+105kg Category</u>							
BUCINELL Rick	1964	USA	123.75	142	170	312	1
YAHNISH Leanid	1964	BLR	116.75	132	140	272	2

40 – 44 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>56kg Category</u>							
FARFAN Josue	1968	VEN	56.00	98	120	218	1
RATAJCZYK Pyszard	1970	POL	55.65	70	85	155	2
VIALLE Raphael	1969	FRA	55.50	65	85	150	3
<u>62kg Category</u>							
NASYBULIN Albert	1969	UKR	61.80	109	130	239	1
KUKHARSKYI Mykhailo	1966	UKR	61.35	90	115	205	2
BECK Mark	1970	GBR	61.60	80	100	180	3
RUTKOWSKI Jaroslaw	1966	POL	61.50	77	96	173	4
<u>69kg Category</u>							
SULEYMANOV Hafiz	1967	AZE	68.05	115	135	250	1
RUDIGER Rene	1967	GER	68.85	100	132	232	2
BAYATI Ehsan	1969	IRI	68.55	100	131	231	3
JANICEK Peter	1969	SVK	66.70	96	126	222	4
PALLARI Jorma	1966	FIN	68.85	100	117	217	5
<u>77kg Category</u>							
IURKEYVCH Gennadii	1970	UKR	76.25	125	157	282	1
ULLMANN Stefan	1970	GER	76.90	105	134	239	2
JAKULIS Gintaras	1967	LTU	76.20	100	130	230	3
SCHOBERT Ingo	1969	GER	76.80	92	115	207	4
DAVIDSON Alan	1966	SCO	75.35	85	110	195	5

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
SCHAMBACH Jorg	1966	GER	76.45	80	100	180	6
PENA Jesus	1970	VEN	74.55	77	95	172	7
85kg Category							
PAREDES Victor	1968	VEN	85.00	122	154	276	1
BERESTOVOY Igor	1968	UKR	84.55	121	153	274	2
PETERHANSEL Andre	1970	GER	82.30	110	140	250	3
EL-KAISSI Hassan	1968	LIB	84.75	110	137	247	4
BAILLET Jerome	1968	FRA	84.70	110	132	242	5
MESZAROS Istvan	1967	HUN	84.65	109	130	239	6
FERENCZI Jozsef	1969	HUN	83.45	101	135	236	7
KARPOV Jurij	1968	GER	84.80	106	130	236	8
NEITZEL Yves	1970	GER	84.15	105	130	235	9
ARANDA Amez Carlos	1968	ESP	83.60	93	120	213	10
BUDAJ Jozef	1969	CZE	83.65	90	110	200	11
94kg Category							
SAMIEE Matin Javad	1970	IRI	93.45	125	167	292	1
SHCHARBATAU Aliaksandr	1966	BLR	93.85	128	162	290	2
KOTYUK Andriy	1968	UKR	94.00	120	150	270	3
MIZUTANI Kazuto	1966	JPN	89.65	100	140	240	4
MACHLEIT Mario	1968	GER	87.35	103	118	221	5
HELENA Christophe	1968	FRA	92.75	124	---	---	---
105kg Category							
MARTYNYUK Vasyl	1969	UKR	103.80	142	176	318	1
ROTT Attila	1969	HUN	101.10	136	172	308	2
OLIVIO Nestor	1966	VEN	104.80	127	148	275	3
PLATONOV Andrej	1968	LTU	104.30	125	147	272	4
KABBE Jens	1967	GER	98.95	115	151	266	5
MAGISTRIS Cesare	1966	ITA	101.20	108	136	244	6
FOSCO Elvis	1970	ITA	97.65	108	130	238	7
+105kg Category							
TOMCHENKO Igor	1970	UKR	118.20	142	170	312	1
DEBECKI Krzysztof	1970	POL	108.10	134	160	294	2
NIKITIN Alexey	1967	RUS	110.05	127	154	281	3
KARTAMYSHEV Vitaliy	1970	UKR	119.80	128	153	281	4
BRAUN Jurgan	1966	GER	138.85	105	150	255	5
COCO Ruggiero	1970	ITA	119.20	101	142	243	6
WAGER Mark	1966	GBR	117.10	107	135	242	7
MAGAT Janos	1966	HUN	135.55	111	125	236	8

35 – 39 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
62kg Category							
FRIESE Swen	1973	GER	61.30	90	110	200	1
NAROEI Mohammad Eshagh	1971	IRI	60.70	85	95	180	2
69kg Category							
MALIKOV Asif	1971	AZE	67.80	108	132	240	1
SKARZHYNSKI Vitali	1974	BLR	68.05	100	123	223	2
MISTO Oussama	1975	LIB	66.95	99	119	218	3
KUBOTA Hidetoshi	1974	JPN	68.35	95	115	210	4
UZIELLO Grzegorz	1975	POL	65.15	---	---	---	---
77kg Category							
MOLNAR Gabor	1972	HUN	75.40	125	150	275	1
ALAYWAN Khodor	1973	LIB	76.05	120	138	258	2
TARASOVS Eduards	1971	LAT	76.30	116	140	256	3
NATUSIEWICZ Wojciech	1975	POL	76.80	108	142	250	4
MOUSKAFIDIS Alexandros	1974	GRE	75.15	113	136	249	5
AIT SIDI LAHCEN Mohamed	1971	FRA	77.00	90	125	215	6
PRADA PRADA Jonathan	1975	FRA	76.15	93	110	203	7
85kg Category							
TARHA Marouf	1975	LIB	84.15	120	151	271	1
GALFINGER Viktor	1971	GER	85.00	120	150	270	2
HRECHKOSIY Serhiy	1974	UKR	84.60	110	151	261	3
WIESIOLEK Rafal	1975	POL	82.55	118	142	260	4
94kg Category							
SHAHBUZOV Ahmed	1973	AZE	90.15	125	158	283	1
ORAVEC Lubos	1972	SVK	93.95	123	150	273	2
WIKLUND Tobias	1973	SWE	93.00	120	150	270	3
FELLMAN Kim	1971	FIN	92.10	117	143	260	4
ANKER Andreas	1974	GER	93.60	110	148	258	5
BADER Ryan	1974	USA	92.15	115	142	257	6
HEIB Alexander	1971	GER	93.30	113	144	257	7
DIEM Rudolf	1972	AUT	93.70	115	133	248	8
SEDLACEK Claus	1971	AUT	89.00	95	125	220	9
105kg Category							
BRITVA Sergio	1971	ISR	100.05	135	165	300	1
KHODADADI Hossein	1973	IRI	103.95	136	160	296	2
ROSENGART Oliver	1971	GER	105.00	134	151	285	3
HAL Mykhaylo	1971	UKR	103.90	125	155	280	4
ZANEV Zdravko	1974	BUL	101.95	125	150	275	5
ABRAS Frederic	1973	FRA	97.65	110	140	250	6

<u>+105kg Category</u>							
SUSHCHAK Vladimir	1972	RUS	136.75	172	194	366	1
BOSSAUER Roman	1973	GER	126.90	135	165	300	2
RIYABI MALAYERI Kaveh	1975	IRI	110.40	131	155	286	3
ELSPAB Swen	1973	GER	111.90	117	155	272	4
GERMANI Matteo	1974	ITA	105.05	125	142	267	5

Women

+ 65 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>53kg Category</u>							
BRADY Victoria	1943	AUS	50.00	26	28	54	1
<u>58kg Category</u>							
MOYLE Lesley	1945	AUS	54.60	30	40	70	1
<u>63kg Category</u>							
McSWAIN Dagmar	1944	GER	58.85	28	38	66	1
SCHLEGEL Jan	1942	USA	61.25	28	34	62	2
JANES Elaine	1945	AUS	62.80	25	33	58	3

60 – 64 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>58kg Category</u>							
TROON Marion	1950	NZL	57.05	36	48	84	1
<u>63kg Category</u>							
HACKETT Patrica	1948	USA	60.60	37	50	87	1
<u>69kg Category</u>							
SILVER Valerie	1949	AUS	64.30	32	40	72	1
<u>75kg Category</u>							
QUINN Judy	1948	CAN	72.10	37	47	84	1
ZUCCOTTI Trish	1947	USA	73.35	35	43	78	2
<u>+75kg Category</u>							
KERR Janis	1946	GBR	89.25	38	40	78	1

55 – 59 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>53kg Category</u>							
LEICK Gwendolyn	1951	GBR	52.85	30	40	70	1
DAVIS Julie	1952	AUS	50.85	26	38	64	2
<u>58kg Category</u>							
JORGENSEN Marga	1955	DEN	53.45	48	56	104	1
SCHUKIES Margot	1952	GER	57.55	35	51	86	2
<u>63kg Category</u>							
LARSEN Lene Dorrit	1955	DEN	62.15	34	46	80	1
<u>69kg Category</u>							
McCONVILLE Jean	1955	SCO	67.85	50	68	118	1
MORRISON Grace	1954	AUS	67.65	47	65	112	2
MILLER Jill	1951	CAN	68.85	33	45	78	3
<u>+75kg Category</u>							
HERMANN Barbara	1955	GER	75.05	41	56	97	1
CARTER Bronwin	1951	GBR	81.15	41	56	97	2

50 – 54 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
<u>48kg Category</u>							
GREGOREK Aniela	1959	USA	47.48	37	47	84	1
<u>53kg Category</u>							
WITKOWSKI Dagmar	1958	FRA	51.30	48	58	106	1
PIPKE Monika	1960	GER	52.50	35	46	81	2
<u>58kg Category</u>							
QUINELL Coral	1957	AUS	56.30	52	59	111	1
CHARLES Caroline	1958	GBR	54.95	43	48	91	2
<u>63kg Category</u>							
LICHTLE Corinne	1957	FRA	61.90	34	47	81	1
<u>69kg Category</u>							
MISCAMBLE Leandra	1956	AUS	65.15	30	45	75	1
<u>75kg Category</u>							
ORSAGOVA Marie	1956	CZE	73.15	52	77	129	1

+75KG Category							
CAMERON Claire	1958	SCO	93.20	39	51	90	1

45 – 49 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
53kg Category							
LAUBER Viola	1964	GER	51.80	44	66	110	1
HEHL Ute	1963	GER	51.40	43	53	96	2
SCHMIDBERGER Gudrun	1961	GER	52.55	51	45	96	3
58kg Category							
LOY Diana	1965	AUS	57.80	45	72	117	1
IWANAGA Sayuri	1963	JPN	55.70	50	66	116	2
63kg Category							
GROTENHUIS Corinne	1965	USA	62.90	54	60	114	1
69kg Category							
OFFERMANN-LOIZOU Denise	1965	CYP	68.85	56	71	127	1
FAIRCHILD Alea	1964	BEL	66.80	42	60	102	2
COX Suzanne	1961	AUS	65.85	40	50	90	3
75kg Category							
PERRONE Susana	1964	ITA	74.55	65	81	146	1
+75kg Category							
SMITH Sandra	1962	GBR	92.90	60	80	140	1

40 – 44 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
53kg Category							
McMANUS Joanne	1966	GBR	53.00	41	59	100	1
58kg Category							
MAGOMEDOVA Nina	1969	RUS	55.75	65	75	140	1
63kg Category							
JEPSEN Mette Brynjolf	1970	DEN	60.45	60	76	136	1
DAMME Annett	1967	GER	61.70	56	70	126	2
MANNY Sylvie	1967	FRA	60.30	45	57	102	3

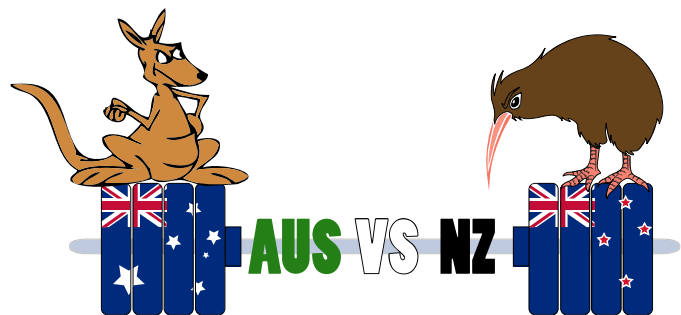
69kg Category							
PALOSAARI Pirjo	1970	FIN	65.15	58	72	130	1
O'RAW Joanne	1970	GBR	68.90	35	---	---	---
+75kg Category							
TAKACS Maria	1966	HUN	92.25	76	97	173	1
AKTYPI Anastasia	1968	GRE	96.45	65	75	140	2
LAURIDSEN Dorthe Salin	1970	DEN	116.95	46	59	105	3

35 – 39 Years

NAME	YOB	NAT	BWT	SN	C&J	TOTAL	RANK
58kg Category							
SKINNER Holly	1974	GBR	56.10	43	54	97	1
GARCIA Carmen	1973	VEN	57.15	42	55	97	2
63kg Category							
QUINTERO Miryam	1975	VEN	63.00	50	68	118	1
KRYVYCH Nataliia	1974	UKR	61.55	50	67	117	2
USTARIZ Caolis	1971	VEN	63.00	35	50	85	3
75kg Category							
SAMUELSSON Susanna	1973	FIN	71.65	72	90	162	1
+75kg Category							
TCHURZOVA Irena	1971	CZE	83.50	49	63	112	1
MAHLER Susan	1971	DEN	81.95	49	62	111	2



Sue Cox



Junior Trans Tasman Test Match

26 September 2010
Millennium Institute

FEMALES

Name	NAT	BWT	SN	C&J	Total	% Improvement On Total	Sinclair
Kirsten Wu	AUS	56.90	60	80	140	108.53	186.50
Michelle Kahi	AUS	66.85	77	90	167	101.21	200.29
Kaitlyn Fassina	AUS	85.00	75	85	160	99.38	171.52
Chantal Lambrechts	NZ	72.15	75	95	170	98.84	195.62
Bonnie Sleeman	AUS	75.75	61	82	143	98.62	160.71

MALES

Name	NAT	BWT	SN	C&J	Total	% Improvement On Total	Sinclair
Scott Pardington	NZ	89.95	95	115	210	105.00	243.56
Stephen McConnell	AUS	73.65	107	131	238	103.48	306.14
Mitchel Stone	NZ	68.00	75	95	170	103.03	229.64
Stewart Bruerton	NZ	70.50	75	102	177	102.31	233.74
Douglas Sekone-Fraser	NZ	76.55	106	134	240	102.13	301.96
Zac Grgurevic	AUS	93.00	127	161	288	101.05	329.19
Andy Barakauskas	NZ	96.30	102	120	222	100.91	250.10
Daniel Katz	AUS	75.65	102	137	239	100.84	302.72
Vester Villalon	NZ	61.3	89	114	203	100.50	294.13
Josh Milne	NZ	74.4	88	117	205	100.49	262.14
Nathan Kahi	AUS	68.25	90	121	211	100.48	284.36
Saxon Gregory-Hunt	NZ	78.45	102	127	229	100.44	284.26
Emilio McFarland	AUS	82.65	105	125	230	100.00	277.79
Josh Quinn	AUS	104.65	125	155	280	100.00	305.77
Scott Clark	AUS	60.15	92	110	202	99.51	296.68
David Correos	NZ	91.2	104	138	242	99.18	278.96
Mathew Madsen	NZ	77.3	104	132	236	99.16	295.32
Cody Cole	NZ	72.2	118	148	266	96.73	346.22
Adam Kok	AUS	118.95	125	170	295	95.16	309.89

Placings based on % of total improvement:

1 ST	Kirsten Wu	8.5%	AUS
2nd	Scott Pardington	5.0%	NZ
3rd	Stephen McConnell	3.4%	AUS



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Technically Speaking

The International Weightlifting Federation has adopted a number of changes to the Technical Rules, which are now effective. Following is a summary of recent rule changes:

2.2.2 IMPORTANT REMARK:

~~After the Clean and~~ Before the Jerk

4.1.1 Athletes must wear clothing which is clean, designed and worn to comply with the following criteria:

The costume

- ~~may~~ **must** be one piece; ~~or two pieces but must cover the trunk of the competitor;~~
- must be close fitting;
- must be collar-less;
- must not cover the elbows;
- must not cover the knees;
- may be of any colour

6.1.4 The Final Entry form, which includes the names, the date of birth, the category and the actual performance of the ~~athletes competitors~~ in the Total (Entry Total), the names of the accompanying officials and their function, must be sent by fax or e-mail to the Organising Committee with a copy to the IWF not later than fourteen (14) days before the Congress/Technical Conference. Maximum nine (9) women and ten (10) men athletes can be included on the Final Entry form **which consists of a full team (7 women and 8 men) plus two reserve athletes per gender.**

The reserve athletes must be noted as such on the Final Entry form.

The Organising ~~Committee Federation~~ shall be entitled to use the names entered by each National Federation on the Final Entry form to reserve hotel accommodation at one of the official designated hotels. Should any of the reserved hotel rooms be unused, the respective Federations shall be liable to pay to the Organising ~~Committee Federation~~ a cancellation fee for the entire duration of each reservation.

6.3.16 **During or** at the end of the weigh-in, and corresponding to his/her lot number, each athlete ~~competitor~~ is given a Start Number Bib, which must be worn on the costume. **The Organising Committee must supply bibs which adhere to the athletes costume by way of adhesive material or safety pins. In the case of adhesive bibs (stickers), it is advisable that safety pins be distributed to avoid the bibs from peeling off the costumes.** A new set of Start Number Bibs (starting from 1) are issued for each competition/session.

6.5.8 Order of calling: There are four (4) factors to consider ~~in the following priority~~, when calling the ~~athletes competitors~~ in ~~sequence to take their attempts~~ **the following priority:**

1. The weight of the barbell (~~lightest lighter~~ **lightest** weight first)
2. The number of attempt (~~lowest lower~~ **lowest** number first)
3. The sequence/order of the previous attempt(s) (the athlete who lifted ~~earlier comes~~ **earliest is** first)
4. The lot number of the athlete competitor (~~lowest lower~~ **lowest** first)

6.5.11 When an ~~athlete competitor~~ wishes to increase or decrease the weight originally selected, the ~~athlete competitor~~ or his/her coach must notify the marshals before the final call.

6.5.15 ~~In case a request by an athlete taking consecutive attempts changes the order and another athlete is called whose time starts running, but he/she too asks for a change, as a result of which athlete No.1 (originally called) is called~~

again, he/she shall be granted only one (1) minute.

In case the order of call (the sequence) interrupts an athlete taking consecutive attempts permitting another athlete to be called whose time starts running, then that athlete requests a change of weight thus causing the original athlete to be called, he/she shall be granted only one minute.

6.7.2 To calculate the individual ranking in Snatch and in Clean and Jerk the following factors in the following order must be considered:

When two or more athletes obtain the same result at a competition, in the Snatch, Clean and Jerk and/or Total, where they register at the same bodyweight, the athlete who reached the result first in accordance with the sequence/order of the competition, as per Rule #6.5.8, is classified before the other athlete.

1. best result - **highest** higher first; if identical, then:
2. bodyweight – **lowest** lower first; if identical, the:
3. best result's attempt(s) number – **lowest** lower first; if identical, then:
4. previous attempt(s) – **lowest** smaller first; if identical, then:
5. Lot number – lowest smaller first

The sequence /order of the competition applies also when one bodyweight category is divided into multiple group/sessions.

See Annex #5 for example of Classification of Athletes.

6.7.3 (Deleted altogether)

7.3.7 The Jury, in unanimity and after discussion, has the power to reverse a decision when the Referees' decision has been judged on majority by the Jury to be technically incorrect. Such decision and its reason must be communicated to the athlete/coach concerned through the Technical Controller or any other Official, as directed by the President of the Jury, and announced to the public by the Speaker.

The Jury, in unanimity and after discussion, has the power to reverse a decision when the Referees' decision has been judged by the Jury to be technically incorrect.

In order to consider the reversal of a decision, the Jury must call the Referees in question to seek an explanation. If the explanation is accepted, no action is taken, if the explanation is not accepted the Jury will reverse the decision. Such decision and its reason must be communicated to the athlete/coach concerned through the Technical Controller or any other Official, as directed by the President of the Jury, and announced to the public by the Speaker.

When the decision of the majority of the Jury members differs from that of the Referee's decisions, the Jury may call the Referees in question to seek an explanation. If the explanation is accepted, no action is taken, if the explanation is not accepted the Jury will engage in discussion and if unanimity is reached, the Jury can reverse the decision.

In events where the composition of a three member Jury is appointed, unless unanimity is reached in the first instance, the Jury cannot take any action even if the decision of the Referees appears to be totally incorrect.

7.3.13 ***The Jury Presidents are required to assess the need to recall "B" Group athletes to attend "A" Group sessions should they be deemed that they are medal prospects.***

7.5.16 During the competition, the Referees must ensure:

- That the weight of the barbell corresponds with the weight announced by the Speaker.
- That nobody but the **athlete** lifter handles the barbell during the execution of a lift.
- That only the **athlete** lifter or the loaders move the barbell to a new position on the platform. It is forbidden for a coach to move, adjust or clean the barbell.
- ~~If the lifter moves the barbell to a position where the view of the Referee is impaired, the Referee concerned may move to a position where the lift can be observed correctly. After, the Referees return to their place to give the signal and the decision.~~
- ***If the athlete during the execution of the lift moves to a position where the view of the Referee is impaired, the Referee concerned may move to a position where the lift can be observed correctly. After, the Referees return to their places to give the signal and the decision.***
- That Rule 6.5.7 is enforced.

7.5.19 In the event of a failure of the electronic system and in competitions where no Electronic Referee Light System is available, small red and white flags can substitute the lights. The Referees announce their decision by raising the appropriate flags.

When there is a breakdown of the Electronic Referee Light System during the execution of a lift, the Centre Referee seeks immediate confirmation from the Side Referees to determine if they have made a decision; the Centre Referee gives the signal to replace the barbell on the platform. The signal must be both audible and visible. i.e. the Centre Referee must say "Down" and at the same time motion downwards with the arm.

7.5.28 For a National Referee in order to be promoted to International Referee Category 2 the following conditions are required. The candidate:

- a) must have served as National Referee at least five (5) years;
- b) must be proposed by the National Federation;
- c) must have a complete knowledge of the IWF Technical and Competition Rules;
- d) must prove his/her competence in a practical examination organised ~~either by the IWF, or in an IWF approved examination by the National Federation~~ ***under IWF Technical Rules;***
- e) must obtain Ninety **percent (90%) in the practical exams** and the marks of at least Eighty-Five percent (85%) in the written exams by means of the IWF Technical Official's Referee's Examination Questionnaire prepared and revised by the Technical Committee from time to time.

ADDITIONAL INFORMATION /NOTATIONS

Technical Officials Examination Questionnaire

The modified Technical Officials Examination Questionnaire is now available in a downloadable format on the IWF website.

Junior and Youth World Ranking Lists

The Junior and Youth World Ranking lists are now available on the IWF website.

Female Referees Uniform Scarf

Uniform scarf for female Referees are now on sale and obtainable from the IWF.

Final Entry Lists

The Final Entry List (with full data) for any IWF Event will be published on the IWF website ten (10) days prior to the date of Verification of Final Entries.

Compiled by: Sam Coffa, Reiko Chinen and Moira Lassen - 10th July, 2010



North Brisbane Weightlifting Association

Honeybadgers are increasing in numbers and have approximately 40 members. Tuesday, Thursday and Saturday sessions are proving to be very popular and Leo now has the help of Paul Butler after his successful completion of the Level one coaching course. Deb Oliver also did the course and found it informative and worthwhile. Klaus is also keen to do the course and is showing his interest by attending Leo's night sessions. Leo is happy to mentor anyone interested in coaching. He has a wealth of experience and knowledge to pass on. Paul Wheeler and Christian Hopper are both still coaching and Coral has been seen at the Badger Den helping as well. We are very lucky to have input from all our coaches.

Wednesday nights we have a "High Performance Training Group" under the watchful eye of Jake McLuskie. He offers weightlifting techniques – strength and injury prevention, geared towards developing unique physical attributes to play AFL. It is good to see the gym being used outside the square. We also have some strong men contestants Nick and Tyson and a hammer thrower Simon.

Our big project at the moment is the new competition platform. This will be ready for our league round scheduled in July. If our training platforms are anything to go by it will be very solid and last a life time. Our other venture is an application for a grant to have the gym insulated. Having a tin roof and not many windows it gets a bit hot in summer, so we are hoping for the Lord Mayors Sustainability Grant to favour us with insulation. Keep our fingers crossed.

We have members interested in doing a referees course, so Mike and/or Ian have kindly offered their time. This helps greatly when club comps are on and members have the confidence in refereeing. Date to be confirmed.

Congratulations to those lifters who were recently in Melbourne and obtained good results.

Our first JME club challenge was small but with good results obtained from Leandra, Lawrie and Christian. We would like to see more club members on the platform for the next one. In between we have the 2nd league round in Nambour on Saturday 17th April and the Masters have their States on Saturday 22nd May which could probably be the final competition to qualify for worlds being held in Ciechanow in Poland in September.

Keep smiling and happy lifting. Hope you all had a nice Easter and ate plenty of chocolate!!

Julie Davis
Secretary



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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.