



Weightlifting Queensland

December 2010

The Official Journal of the Queensland Weightlifting Association Inc.



Damon Kelly wins Commonwealth Games Gold with 221kg Clean & Jerk

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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"

Acknowledgement:

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Queensland Government – Stadiums Queensland
JME Weightlifting & Fitness Equipment

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.



2011 Events Calendar

January 26	USQ Springfield Australia Day Competition	Springfield
February 12	QWA League Round 1 & Masters League Round 1	Cougars
March 5	JME Qld Club Challenge – Cougars	Chandler
March 5	JME Qld Club Challenge – North Brisbane	Zillmere
March 4 – 6	JME Qld Club Challenge – Toowoomba	Toowoomba
March 4 – 6	JME Qld Club Challenge – USQ Springfield	Springfield
March 4 – 6	JME Qld Club Challenge – Cairns North	Cairns
March 4 – 6	JME Qld Club Challenge – Sunshine Coast	Nambour
March 12 – 13	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
March 26 – 27	Australian Clubs Championships	Chandler, QLD
April 9	QWA League Round 2 & Masters League Round 2	Toowoomba
April 9	QWA Annual General Meeting	Toowoomba
May 7	Sunshine Coast Open Club Competition	Nambour
May 8 – 14	Youth World Championships	Lima, PER
May 11 – 13	Arafura Games & Oceania Championships	Darwin, AUS
May 28	Qld Masters Championships	Cairns
June (TBA)	Junior World Championships	Penang, MAS
June 3	JME Qld Club Challenge – North Brisbane	Zillmere
June 4	JME Qld Club Challenge – Cougars	Chandler
June 3 – 5	JME Qld Club Challenge – Toowoomba	Toowoomba
June 3 – 5	JME Qld Club Challenge – USQ Springfield	Springfield
June 3 – 5	JME Qld Club Challenge – Cairns North	Cairns
June 3 – 5	JME Qld Club Challenge – Sunshine Coast	Nambour
June 18	Qld Senior Championships	Toowoomba

July 16	QWA League Round 3 & Masters League Round 3	Zillmere
July 22	Toowoomba Open Club Competition	Toowoomba
July 23 – 24	State Weightlifting / Sports Power Coach Level 2 course	Chandler
July 30	Australian Senior Championships	Sydney, NSW
August 12 – 22	World University Championships	Shenzhen, CHN
August 13	Qld U15 & Youth & Junior Championships	Sunshine Coast
August 27	JME Qld Club Challenge – Cougars	Chandler
August 28	JME Qld Club Challenge – North Brisbane	Zillmere
August 26 – 28	JME Qld Club Challenge – Toowoomba	Toowoomba
August 26 – 28	JME Qld Club Challenge – USQ Springfield	Springfield
August 26 – 28	JME Qld Club Challenge – Cairns North	Cairns
August 26 – 28	JME Qld Club Challenge – Sunshine Coast	Nambour
September 10	QWA League Round 4 & Masters League Round 4	USQ Springfield
September 23	Australian Under 15 Tournament	Melbourne, VIC
September 24 - 25	Australian Youth & Junior Championships	Melbourne, VIC
TBC	Club Weightlifting / Sports Power Coach Level 1 course	Cairns
October 10 – 15	Commonwealth Senior & Junior & Youth Championships	Cape Town, RSA
October 15 – 16	Australian Masters Championships	Adelaide, SA
October 22	Qld All Schools Championships	Cougars
October 29	JME Qld Club Challenge – Cougars	Chandler
October 29	JME Qld Club Challenge – North Brisbane	Zillmere
October 28 - 30	JME Qld Club Challenge – Toowoomba	Toowoomba
October 28 - 30	JME Qld Club Challenge – USQ Springfield	Springfield
October 28 - 30	JME Qld Club Challenge – Cairns North	Cairns
October 28 - 30	JME Qld Club Challenge – Sunshine Coast	Nambour
October TBC	IWF World Masters Championships	Cyprus
November 5 – 6	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
November 10 – 17	World Senior Championships	Paris, FRA
November 19	Cairns North Open Club Competition	Cairns
November 26	QWA Grand Final	USQ Springfield
December 2	Toowoomba Open Club Competition	Toowoomba

December 3	'Mike Keelan Shield' Competition	Cougars
December 3	Pacific Cup Tournament	Mont Dore, NCL
December 17	Cairns North Open Club Competition	Cairns
December 17	North Brisbane Open Club Competition	Zillmere
December 17	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 Junior Championships is 29th July 2010 – 29th July 2011.

The minimum standard for entry in the Queensland Junior Championships is **AWF E Grade**.

The qualifying period for the Queensland Senior Championships is 3rd June 2010 – 3rd June 2011.

The minimum standard for entry in the Queensland Senior Championships is **AWF D Grade**.

There is no minimum qualifying standard for Queensland Under 15, Youth, School, or Masters Championships.

To be eligible to be selected to represent the QWA at the 2011 National U15 & Youth & Junior Championships athletes must compete in the 2011 Queensland U15 & Youth & Junior Championships.

To be eligible to be selected to represent the QWA at the 2011 National Senior Championships, athletes must compete in the 2011 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/teamsel.asp> or from the QWA office on request.

Queensland Competition Venues

Venue	Address
Cairns North Weightlifting Association	St Andrew's College Redlynch Intake Rd Redlynch 4870
Cougars Weightlifting Club	The Velodrome Sleeman Sports Complex Cnr Old Cleveland Rd & Tilley Rd Chandler 4155
Sunshine Coast Weightlifting Club	Crusher Park or Nambour SHS Crusher Drive 1 Carroll St Nambour 4560 Nambour 4560
Toowoomba Weightlifting Association	Toowoomba State High School – Mt Lofty Campus Stuart St Toowoomba 4350
USQ Springfield	The Auditorium University of Southern Queensland Sinnathamby Blvd Springfield 4300
North Brisbane Weightlifting Association	O'Callaghan Park 348 Zillmere Rd Zillmere 4034

From the QWA Office

As we come to the end of another year, it's customary to emulate the mythical Roman god Janus, depicted with two faces – one looking back on the past and one looking forward to the future. 2010 has been a year of highs and lows, as most years are, but I can confidently say that there have been more highs than there have been lows, for the QWA.

This year the QWA hosted three National events – Commonwealth Games Selection Trials, National Masters Championships, National Under 15 Tournament and Youth & Junior Championships – with good representation by Queensland lifters in these competitions, as well as in the National Club Championships (Melbourne) and National Senior Championships (Launceston).

At State level, we delivered our long-established competition program of four Championship events and five QWA League competitions. Additionally, the JME Queensland Club Challenge was launched in 2010 and although this 'email' tournament was approached with varying degrees of enthusiasm from club to club, in its inaugural year the JME Queensland Club Challenge achieved its aims of increasing access to weightlifting across the state and value-adding to club level competitions. Importantly, the competition sponsor, in JME Weightlifting and Fitness Equipment Pty Ltd, was sufficiently pleased with the program to commit support for the Qld Club Challenge again in 2011.

Much of the work carried out by the QWA's Management Committee and staff is focused on competitions, as one would expect from a sporting organization, and this work was again supported by a band of volunteers, mostly sourced from the clubs which hosted QWA events. In addition, we are fortunate to include among our membership a number of 'roving' volunteers who generously give their time and expertise, often travelling from city to city across South East Qld, to support events in officiating roles and other capacities.

We gratefully acknowledge the support of all volunteers, but there are times when I feel that we risk overloading regular contributors by asking them to do too much. The last thing that we want is to have people thinking of their participation in weightlifting as a burden, rather than the enjoyable and satisfying pastime that it should be. Of course the answer to this problem is to recruit and support more helpers, which will ultimately increase the enjoyment of all who wish to participate in weightlifting competitions in one way or another. To this end, I am determined to ensure the availability of training for anyone with an interest in becoming a referee. In the past few months, Club Referee courses have taken place at the Sunshine Coast and Cougars clubs, and this activity will be repeated in those clubs and more, next year.

The QWA's school recruitment program got off to a late start again this year, but with Deb Oliver promoting and coordinating school visits; Paul Wheeler delivering the program with assistance from a number of lifters; and Kylie Booth processing the data and issuing certificates and scholarship offers, 855 school students were introduced to weightlifting in the second half of the school year. In 2011, we plan to commence the school recruitment program in February and this will allow coaches to set more competition goals for new recruits in the same year that they commence weightlifting. This year we included Year 7 students in the program for the first time and early indications are that this younger age group will be more accessible and responsive to the program than some of the senior high school groups have been in the past.

So all in all we're looking forward to another year full of weightlifting activity in 2011, including hosting the National Club Championships in Brisbane on 26th & 27th March.

Until next time, best wishes to all for a merry Christmas and a happy and prosperous New Year.

Ian Moir

President's Report

Another fantastic year of weightlifting has come to a close and Queensland Weightlifting can once again stand proud for the numerous achievements of its many members throughout the 2010 Weightlifting season.

Without doubt, the highlight of the year was Damon Kelly's great win in the 2010 Commonwealth Games in Delhi, India. This is yet another proud moment for our sport in Queensland, as a Queenslander has again produced outstanding results at the top level of one of the most competitive international events. "Big D", the strongest man in the Commonwealth, is a fine example of what can be achieved through dedication, persistence and good old fashion hard work. To Damon, his Coach Miles Wydall and his numerous supporters, congratulations on this remarkable success.

This is not to forget the tremendous efforts of the rest of the Queensland Weightlifting members which made up a large part of Australian 2010 Commonwealth Games Team's weightlifting contingent. A big "Congratulations" must also go to Amanda Phillips, Erika Yamasaki, Deborah Acon, Ben Turner, Robert Galsworthy, Mike Keelan (Coach), and Miles Wydall (Coach). With this level of Elite performance Queensland Weightlifting shows that it is still at a leading level on the Australian Weightlifting scene.

Success at these Commonwealth Games and at elite level in recent years has seen Queensland strongly represented on the international stage. In our Under 15, Youth and Junior ranks, member numbers and results are still relatively low, but building. This trend is also true for many other weightlifting states in Australia. So the push is still on for recruitment and membership increases.

Club development and the introduction of the wider community to the sport that is "WEIGHTLIFTING" will continue to be a focus for the QWA Inc, now and into the future. The fundamental components of our sport are enjoying an unprecedented popularity in the wider fitness community. This level of use of the "Weightlifting Basics" is at an all time high as they are used in many different and diverse fitness systems and programs. This has seen more people than ever before pick up a barbell and do Snatch, Clean & Jerk and related movements. The challenge is now to get them to join in with the SPORT of Weightlifting.

The future of the sport in Queensland will depend on how we adapt and move with these and other developments in the sporting environment. As the QWA Committee and Staff always strive to build clubs, recruit members, support athletes and clubs, we all are focused on a bigger future for weightlifting in Queensland.

To the QWA Management Committee and Staff, I thank you for your hard work during the year, for the time you have dedicated to the sport and its members.

To the QWA members, be you an athlete, coach, administrator or volunteer, I thank you all for your work and involvement in the sport during 2010 and I wish all a happy Christmas and a safe and prosperous New Year.

Yours in Weightlifting

Craig Wegert

President
Queensland Weightlifting Association Inc.



QWA League & Masters League Round 4

Toowoomba Weightlifting Association, Toowoomba Qld
2nd October 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	YOB	CLUB	BWT	SN	C&J	TOTAL	BONUS	POINTS
Melissa Robinson	81	Cougars	61.60	67	83	150	3	61.366

Division 2

Name	YOB	CLUB	BWT	SN	C&J	TOTAL	BONUS	POINTS
David Hockins	91	Toowoomba	58.20	72	100	172	9	61.761
Jenny Butler	73	North Brisbane	69.00	64	79	143	9	59.000
Darryl Hockins	88	Toowoomba	68.80	81	110	191	4	57.352
Lisa Souter	73	Toowoomba	52.50	50	65	115	-2	48.885
Laurence Reilly	89	Cougars	55.30	62	82	144	1	48.213
Sam Baumann	92	Cougars	61.60	68	100	168	-5	46.534

Division 3

Name	YOB	CLUB	BWT	SN	C&J	TOTAL	BONUS	POINTS
Bronwyn Hitchener	62	Toowoomba	74.80	50	63	113	9	47.305
Kara Stuart	94	Toowoomba	52.40	41	54	95	2	44.035
Steven Matthews	54	Toowoomba	78.60	58	84	142	0	36.041
John Hanlon	66	Cougars	92.60	68	92	160	-15	23.835
Bob Henderson	43	Sunshine Coast	74.60	55	70	125	-13	20.069

Division 4

Name	YOB	CLUB	BWT	SN	C&J	TOTAL	BONUS	POINTS
Nick Dorn	88	North Brisbane	88.10	90	110	200	21	69.544
Jonathan Pakchung	93	Cougars	78.60	75	95	170	21	64.147
Steven Eadie	88	Cougars	88.20	75	95	170	15	56.262
James Blake	89		93.70	73	94	167	15	55.534
Norman Hannah	81	Toowoomba	75.40	62	97	159	13	55.063
Linzey Beister	84	Cougars	93.70	80	110	190	0	46.117
Korey Watson-Watt	96	Cougars	50.20	45	47	92	4	34.164
James Norman	96	Cougars	46.50	40	55	95	2	33.148
Emma Hitchener	92	Toowoomba	66.00	39	51	90	0	31.469
Tim Hitchener	97	Toowoomba	73.60	39	55	94	4	28.868

Referees: Bob Henderson (Cat I); Stuart Wagner (State); Chris Walsh (State);
 Brian Walsh (State); Melissa Turnbull (State); Barry Hockins (State);
 Paul Butler (Club); Jenny Butler (Club).
 Time Keepers: Deb Oliver; Bronwyn Hitchener.
 M.C: Ian Moir

New Queensland Records

Name	Cat	Lift	Weight	Age Group
James Norman	50kg	C&J	55	Under 15
James Norman	50kg	Total	95	Under 15

New Australian Records

Name	Cat	Lift	Weight	Age Group
James Norman	50kg	C&J	55	Under 15
James Norman	50kg	Total	95	Under 15

Masters League

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

Name	YOB	CLUB	BWT	SN	C&J	TOTAL	BONUS	SCORE
Men								
Bob Henderson	43	Sunshine Coast	74.60	55	70	125	0	56.845
Steven Matthews	54	Toowoomba	78.60	58	84	142	0	49.880
John Hanlon	66	Cougars	92.60	68	92	160	0	45.942
Women								
Lisa Souter	73	Toowoomba	52.50	50	65	115	0	55.973
Jenny Butler	73	North Brisbane	69.00	64	79	143	0	55.000
Bronwyn Hitchener	62	Toowoomba	74.80	50	63	113	6	52.962

New Queensland Masters Records – Women

Name	Cat	Lift	Weight	Age Group
Jenny Butler	69kg	Snatch	64	35 – 39 years
Jenny Butler	69kg	Total	142	35 – 39 years
Jenny Butler	69kg	Total	143	35 – 39 years



2010 COMMONWEALTH GAMES

JN SPORTS COMPLEX WEIGHTLIFTING

4th – 11th OCTOBER 2010

48KG WOMEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	NWAOKOLO Augustina Nkem	NGR	1992	47.32	77	98	175
2	CHANU NGANGBAM Soniya	IND	1980	47.71	73	94	167
3	ATOM Sandhya Rani Devi	IND	1980	47.73	70	95	165
4	ZAKARIA Zaira	MAS	1987	47.94	75	90	165
5	LEE Vivian	AUS	1978	47.66	69	91	160
6	VRIES Portia Charmaine	RSA	1984	47.36	66	90	156
7	HARE Kathleen	PNG	1988	46.80	64	83	147
8	TELEMAQUE Kathisia V Elizabeth	SEY	1989	47.94	65	80	145
9	SHABIRA Molla Shabira	BAN	1990	47.69	66	75	141
---	YAMASAKI Erika	AUS	1987	47.90	73	---	DNF

53KG WOMEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	DOZOIS PREVOST Marilou	CAN	1986	52.80	82	100	182
2	AZIKE Onyeka	NGR	1990	51.95	80	100	180
3	YUSOFF Raihan	MAS	1988	52.84	80	95	175
4	SINGH Swati	IND	1987	52.90	74	92	166
5	CALVINO Jo	ENG	1980	52.45	66	93	159
6	HOWARD Kate	NZL	1979	52.65	70	83	153
7	SYD ANUAR Sharifah Inani Najwa	MAS	1990	52.00	67	83	150
8	WONG Mun Helena	SIN	1988	51.93	66	80	146
9	DOGODO Hitolo	PNG	1992	52.44	63	75	138
10	FIGROGA Parvin	BAN	1986	52.56	63	73	136
11	McHOCHOMA Alinafe	MAW	1993	52.21	47	65	112

58KG WOMEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	YUMNAM Renu Bala Chanu	IND	1986	57.93	90	107	197
2	LEE Seen	AUS	1982	57.64	86	106	192
3	SMITH Zoe	ENG	1994	57.98	85	103	188
4	AGRICOLE Clementina Ciana	SEY	1988	57.59	87	100	187
5	QUARTON Emily	CAN	1984	57.90	80	105	185
6	MONIQUI Annie	CAN	1990	57.55	82	102	184
7	KARI Rita	PNG	1989	57.71	75	103	178
8	BAKAM TZUCHE Pilar	CMR	1988	57.76	75	96	171
9	JEWELL Helen	ENG	1988	57.13	77	93	170
10	AKTHER Fayema	BAN	1991	57.42	72	92	164
11	KASSMAN Monalisa	PNG	1992	56.91	55	70	125
---	EZE NDIDI Winifred	NGR	1988	57.45	---	---	DNF
---	PRETORIUS Mona	RSA	1988	57.38	76	---	DNF

63KG WOMEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	OKOLI Obioma Agatha	NGR	1992	62.46	90	121	211
2	BREEZE Michaela	WAL	1979	61.68	92	110	202
3	FEGUE Marie Josephe	CMR	1991	62.83	89	109	198
4	JOHARI NurulFarhanah	MAS	1988	62.72	90	105	195
5	TOGAGAE Faitoa Maria-Rosa	SAM	1989	61.87	76	100	176
6	WINI TEGU Jenlyn	SOL	1983	60.40	70	95	165
7	TYRELL Urima	SAM	1992	62.49	63	85	148
---	GODLEY Emily	ENG	1989	62.19	---	---	DNF

69KG WOMEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	GIRARD Christine	CAN	1985	68.89	105	130	235
2	GEORGES Janet Marie	SEY	1979	68.34	100	116	216
3	EBIREGUESELE Itohan	NGR	1990	68.40	95	120	215
4	ARES-PILON Marie-Josie	CAN	1982	67.02	92	115	207
5	OBIERO Mercy Apondi	KEN	1978	67.44	80	110	190
6	VAN TIENEN Belinda	AUS	1986	68.82	83	104	187
7	HALE Guba	PNG	1986	68.16	80	100	180
8	ABDUL HALIM Nor Khasida	MAS	1991	67.85	75	96	171
9	ABOTSI Dora Afi	GHA	1991	67.03	76	93	169
10	NYANGA Prossy Irene	UGA	1989	68.01	75	90	165
11	WOTENICK Kerri	ENG	1983	68.82	75	75	78
---	PERDUE Natasha	WAL	1975	67.61	---	---	DNF

75KG WOMEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	ZAKARI Hadiza	NGR	1987	73.96	110	129	239
2	BEAUCHEMIN-NADEAU Marie-Eve	CAN	1988	74.67	99	126	225
3	DEVI Laishram Monika	IND	1983	70.61	95	121	216
4	NZESSO NGAKE Madias Dodo	CMR	1992	73.75	95	121	216
5	OPELOGE Mary	SAM	1992	74.26	93	121	214
6	MYERS Jenna	AUS	1986	74.22	95	113	208
7	SINGH Srisht	IND	1990	74.66	90	116	206
8	DETENAMO Michaela	NRU	1992	74.24	90	110	200
9	WILLIAMS Katelynn	CAN	1987	72.28	88	111	199
10	NDLELENI Babalwa	RSA	1979	73.84	83	113	196
11	PHILLIPS Amanda	AUS	1981	74.18	86	110	196
12	AMPOMAH Alberta Boatema	GHA	1994	72.25	70	95	165
---	EDWARDS Kristin	BAR	1986	74.17	---	---	---
---	ERWIN Arisha Farra	MAS	1988	74.93	---	---	---

+75KG WOMEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	OPELOGE Ele	SAM	1985	123.09	125	160	285
2	USMAN Maryann	NGR	1990	116.97	115	140	255
3	ACASON Deborah	AUS	1983	92.95	110	135	245
4	RANI Geeta	IND	1981	113.79	100	135	235
5	LAMBRECHS Tracey	NZL	1985	100.09	99	127	226
6	VILIAMU Narita	NIU	1989	145.52	90	125	215

7	SIMANU Luniarra	SAM	1993	100.38	86	110	196
8	VALAYDON Shalinee	MRI	1986	100.05	83	105	188
9	NAMUSOKE Becky	UGA	1990	96.47	80	101	181
10	PETERS Luisa	COK	1993	88.72	70	85	155
11	NXUMALO Xolile	SWZ	1970	83.87	60	87	147

56KG MEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	IBRAHIM Amirul Hamizan	MAS	1981	55.39	116	141	257
2	DEY Sukhen	IND	1989	55.57	112	140	252
3	VS Rao	IND	1981	55.66	107	141	248
4	GHAFOOR Abdullah	PAK	1986	55.57	104	133	237
5	KAMAL Bandara	SRI	1985	55.68	103	130	233
6	CHANDADARA Sp Wijesuriya	SRI	1984	55.29	98	120	218
7	GUINARES Lou	NZL	1990	55.46	94	124	218
8	CORET Marc Jonathan	MRI	1989	55.23	90	120	210
9	BRECHTEFELD Elson	NRU	1994	55.57	92	115	207
10	BARU Morea	PNG	1990	55.36	90	115	205
---	ISMAIL Mohd Shafiq	MAS	1988	55.56	109	---	DNF
---	KATAMBA Ismail	UGA	1987	55.83	90	---	DNF

62KG MEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	JUMITIH Aricco	MAS	1990	61.25	120	156	276
2	MAHAYUDIN Naharudin	MAS	1984	61.69	125	150	275
3	KURUKULASOORIYAGE Anton Sudesh Peiris	SRI	1985	61.85	120	152	272
4	SARANG Rustam	IND	1988	61.70	121	150	271
5	OTARI oMKAR Shekhar	IND	1987	61.76	125	140	265
6	KOUM KOUM Daniel	AUS	1985	61.85	119	145	264
7	GHAFOOR Muhammad Ishtiaq	PAK	1978	61.47	115	145	260
8	BE Vannara	AUS	1988	61.53	116	142	258
9	DISSANAYAKE MUDIYANSELAGE I.C.	SRI	1989	61.92	115	140	255
10	MINASIDIS Dimitris	CYP	1989	61.76	117	135	252
11	SINCLAIR Cameron	NZL	1987	60.36	113	138	251
12	EVANS Gareth	WAL	1986	61.64	111	135	246
13	NGAMBA Simon Isidore	CMR	1982	61.66	115	130	245
14	SSEKYAAYA Charles	UGA	1994	61.41	106	137	243
15	FREEBURY Christopher	ENG	1989	61.66	110	125	235
16	LAPUA Lapua	TUV	1991	61.39	100	120	220
17	RAMOHAKA Brown	SOL	1988	60.57	90	125	215
18	TAUFA Michael Elborn	TON	1993	61.66	95	120	215
19	HAUMILI Ioane	TUV	1988	61.53	90	120	210
20	DARKO Daniel	GHA	1986	61.14	85	115	200
21	CHAUYAUYA Charles	MAW	1993	60.94	85	108	193
---	SINGH Jasvir	CAN	1977	61.32	110	---	DNF

69KG MEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	KATULU Ravi Kumar	IND	1988	68.84	146	175	321
2	VIDANAGE Chinthana Geetal	SRI	1981	68.96	134	174	308

Weightlifting Queensland

	Vidanage							
3	MANSOR Mohd Haffi	MAS	1990	68.58	137	169	306	
4	YANOU KATCHANKE Jean Baptiste	CMR	1993	68.82	127	158	285	
5	REHMAN Mati	PAK	1984	68.82	126	157	283	
6	SPOONER Mark	NZL	1984	68.72	123	157	280	
7	LUSSIER Dominic	CAN	1984	68.99	126	151	277	
8	ALIKLIK Ika	NRU	1985	68.01	115	140	255	
9	PERIVE Toafitu	SAM	1985	68.27	107	146	253	
10	ZORBA Halil	ENG	1988	68.90	105	145	250	
11	TOROMON Takenibeia	KIR	1992	68.15	110	135	245	
12	FETRIE Seth Degbe	GHA	1991	68.97	101	140	241	
13	KAKHONGWE Thokozani	MAW	1987	67.52	110	127	237	
14	VASILIADES Constantine	CYP	1985	68.61	105	130	235	
15	MOONEN Magarajen	MRI	1981	68.96	105	120	225	
---	VENATIUS Njuh	CMR	1988	68.77	---	---	DNS	
---	ETOUNDI Francois	AUS	1984	68.83	129	---	DNF	
---	TALIB Mohd Faerul	MAS	1986	68.73	131	---	DNF	

77KG MEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	PETER Yukio	NRU	1984	76.61	148	185	333
2	TURNER Ben	AUS	1984	76.39	133	175	308
3	CHITRADURGA PADMA RAJU Sudhir Kumar	IND	1979	76.93	131	166	297
4	KARI Steven	PNG	1993	75.80	128	165	293
5	AMANATIDES Alexandros	CYP	1987	76.37	132	157	287
6	MINKOUMBA Petit David	CMR	1989	76.22	125	150	275
7	ROY Manorianan	BAN	1985	76.79	125	148	273
8	OLIVER Jack	ENG	1991	75.94	121	148	269
9	KANE Graeme	SCO	1988	76.66	118	143	261
10	BATUUSA Kalidi	UGA	1986	76.94	115	142	257
11	SIMEON Charles Albert	SEY	1982	76.98	110	145	255
---	VASILIADES William	CYP	1987	75.08	---	---	DNS
---	CHE ROSE Zulkifli	MAS	1985	76.46	---	---	DNF
---	EKPO Felix Cobham	NGR	1981	76.12	148	---	DNF
---	TATONGA Taubena	KIR	1990	76.33	---	---	DNF

85KG MEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	RIBOUEM Simplicie	AUS	1982	84.69	150	183	333
2	PATTERSON Richard	NZL	1983	84.13	150	181	331
3	MARINEAU Mathieu	CAN	1990	84.46	145	180	325
4	MALI Chandrakant Dadu	IND	1987	84.87	145	180	325
5	DUMAIS Paul	CAN	1991	84.31	145	170	315
6	RAHIM Abd Mubin	MAS	1991	82.50	140	173	313
7	SHAHZAD Khurram	PAK	1981	84.19	140	166	306
8	DIXIE Terence Nigel	SEY	1983	84.56	130	150	280
9	RANATHUNGA MUDIYANSELAGE R.S.	SRI	1985	84.88	120	155	275
10	MACHAKA Duke Ong'uti	KEN	1993	83.20	115	150	265
11	STARR Val-John	NRU	1989	84.08	115	150	265
12	BALIGEYA Godfrey	UGA	1987	84.12	115	145	260
13	OPELOGE Petunu	SAM	1994	84.39	115	140	255
14	MATSEBULA Linda	SWZ	1983	84.20	105	147	252

Weightlifting Queensland

15	KARIANAKO Beru	KIR	1988	84.32	112	140	252
16	AL MUMIN Md. Abdullah	BAN	1983	84.89	110	140	250
17	KAMARA Mohamed Whale	SLE	1987	83.25	110	135	245
18	MOLISA Pala Basil Mera	VAN	1979	83.85	107	130	237
19	ABOAGYE Joe Sintim	GHA	1989	83.13	100	135	235
20	FRANCOIS Michael	TCA	1985	84.90	70	95	165

94KG MEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	FAAULIULI Faavae	SAM	1983	93.27	142	192	334
2	KIRKBRIDE Peter	SCO	1987	92.89	144	189	333
3	ULOKO Benedict	NGR	1984	89.65	140	192	332
4	KATOATAU David	KIR	1984	92.13	135	186	321
5	ROBERTS Nick	CAN	1984	92.76	140	176	316
6	CHUKWUKA Okoli	NGR	1980	92.94	145	170	315
7	RAMSAY Buck	CAN	1982	93.55	135	179	314
8	TIITO Teataua	KIR	1981	90.75	120	170	290
9	KABIA Abu-Bakarr	SLE	1985	90.61	125	155	280
10	BHOLAH Ravi	MRI	1981	91.98	125	150	275
11	ADEDE James Omondi	KEN	1986	89.12	121	150	271
12	PERA Sirla	COK	1992	93.67	110	135	245
---	KARUNARATHNA Srimal Abeykoon	SRI	1985	93.69	120	---	DNF
---	MALIK Shuja-Ud-Din	PAK	1972	89.78	---	---	DNF

105KG MEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	OPELOGE Niusila	SAM	1980	103.57	147	191	338
2	CHALAEV Stanislav	NZL	1986	104.04	150	184	334
3	ONAGHINOR Curtis	NGR	1980	102.75	145	187	332
4	GALSWORTHY Robert	AUS	1989	104.77	145	184	329
5	CHEEMA Gurbinder	ENG	1978	103.19	150	178	328
6	YULE Thomas	SCO	1976	104.61	147	180	327
7	MALIK Sajjad Amin	PAK	1973	104.74	150	176	326
8	OSMAN Can Mehmet	CYP	1981	98.62	135	170	305
9	RAJAPAKSHA PATHIRANAGE M.S.	M.S.	1980	103.60	135	152	287
10	ROY Biddut Kumar	BAN	1972	103.98	120	150	270
11	LARKYNE Nii Otoo	GHA	1995	102.21	110	140	250
---	OPELOGE Tovia	SAM	1990	103.81	---	---	DNF

+105KG MEN

PLACE	NAME	NAT	YOB	BWT	SN	C&J	TOTAL
1	KELLY Damon	AUS	1983	149.06	176	221	397
2	DETENAMO Itte	NRU	1986	151.90	179	218	397
3	KOBALADZE George	CAN	1976	127.29	168	218	386
4	FOKEJOU TEFOT Frederic	CMR	1979	130.78	156	200	356
5	MUSKETT Joe	ENG	1985	137.22	142	172	314
6	NEMANI Daniel	NIU	1981	132.75	141	171	312
7	ABOTSI Albert Kwarne Mensah	GHA	1981	106.37	115	160	275
8	HARVEY Kimmit Lowell	TCA	1973	113.88	90	120	210
---	HOCKING Corran	AUS	1980	145.18	---	---	DNF
---	PHANGURA Parm	CAN	1979	134.94	---	---	DNF
---	SARABJIT	IND	1983	143.47	169	---	DNF

2010 Queensland Senior Championships

Cougars Weightlifting Club, Chandler Qld
30th October 2010



Women

NAME	YOB	CLUB	BWT	SN	C&J	TOTAL	PLACE
53kg Category							
Kara Stuart	1994	Toowoomba	51.05	42	57	99	1
58kg Category							
Kirsten Wu	1993	Cougars	57.90	63	83	146	1
63kg Category							
Christine Meier	1983	Cougars	62.25	73	88	161	1
Melissa Robinson	1981	Cougars	61.50	70	88	158	2
Diana Loy	1965	North Brisbane	59.85	52	76	128	3
Bianca Sheppard	1992	Toowoomba	61.90	65	withdrew	---	
69kg Category							
Michelle Kahi	1994	Cougars	68.35	75	91	166	1
Tanya Beths	1989	Cougars	63.10	35	45	80	2
+75kg Category							
Bonnie Sleeman	1993	Cougars	77.70	60	76	136	1

Men

NAME	YOB	CLUB	BWT	SN	C&J	TOTAL	PLACE
56kg Category							
David Hockins	1991	Toowoomba	55.95	75	98	173	1
62kg Category							
Scott Clark	1991	Sunshine Coast	61.65	90	110	200	1
Sam Baumann	1992	Cougars	61.75	75	100	175	2
Shane Wagner	1996	Toowoomba	59.90	58	70	128	3
69kg Category							
Nathan Kahi	1992	Cougars	67.75	91	124	215	1
Darryl Hockins	1988	Toowoomba	64.50	81	102	183	2
Jakob Daniels	1995	Sunshine Coast	68.85	---	80	---	

77kg Category							
Lamson Nguyen	1982	USQ	70.10	81	99	180	1
Michael Winn	1994	USQ	75.05	82	97	179	2
Paul McClure	1972		76.20	82	96	178	3
85kg Category							
Bowen Stuart	1986	Toowoomba	79.20	95	120	215	1
Jonathan Pakchung	1993	Cougars	80.30	80	91	171	2
94kg Category							
John Walz	1987	Cougars	89.40	126	160	286	1
Linzey Beister	1984	Cougars	92.65	85	117	202	2
Steven Eadie	1988	Cougars	87.35	77	107	184	3
James Blake	1989		92.15	77	102	179	4
105kg Category							
Robert Galsworthy	1989	Cougars	104.90	145	173	318	1
Lad Singh	1983	Cougars	104.90	140	172	312	2
Matt Skinner	1990	USQ	103.60	80	105	185	3
+105kg Category							
Damon Kelly	1983	Cougars	147.40	145	180	325	1
Craig Wegert	1973	USQ	151.50	125	155	280	2
Peter Foster	1967	Cougars	106.40	110	122	232	3

Referees: Bob Henderson (Cat I); Ian Moir (Cat I); Kylie Booth (Cat II); John Hanlon (National); Vicki Brady (National); Erika Yamasaki (State); Greg Baumann (State).

Time Keeper: Erika Yamasaki; Greg Baumann; Kylie Booth.

M.C.: Mike Keelan; Ian Moir.

Best Lifter Awards

	Name	Sinclair Points
Male	Robert Galsworthy	346.98
Female	Christine Meier	201.68

William Faulkner Performance Awards

	Name	Forbes Points
Male	John Walz	10605.86
Female	Melissa Robinson	1372.11

Records

Name	Cat	Lift	Weight	Age Group	Group Level
Kirsten Wu	58kg	Snatch	61	Youth	AUS, QLD
Kirsten Wu	58kg	Snatch	63	Youth	AUS, QLD
Kirsten Wu	58kg	C&J	81	Youth	AUS, QLD
Kirsten Wu	58kg	C&J	83	Youth	AUS, QLD
Kirsten Wu	58kg	Total	144	Youth	AUS, QLD
Kirsten Wu	58kg	Total	146	Youth	AUS, QLD
Michelle Kahi	69kg	C&J	91	Youth	AUS, QLD
John Walz	94kg	Snatch	126	Open	QLD
David Hockins	56kg	C&J	98	Junior	QLD

Anti-Doping Update

With so much media attention on high-profile athletes being sanctioned for using banned substances in sport, e.g. Shane Warne (Cricket); Wendell Sailor (Rugby Union), most people are at least aware that testing for the use of banned drugs occurs in sport. What many people don't know is the extent to which sport drug testing occurs and how this is managed.

The Australian Sports Anti-Doping Authority (ASADA) is Australia's national anti-doping organisation and ASADA manages all aspects of sport drug testing in Australia, including collecting samples from athletes, transporting those samples to accredited laboratories, receiving the results of sample analysis, and in the case of some sports including weightlifting, prosecuting cases of anti-doping rule violations. ASADA is an independent federal government funded organization that operates according to strict rules governed by Australian law and the World Anti-Doping Code.

In weightlifting, all members of the sport are bound to abide by the anti-doping rules of the Australian Weightlifting Federation and any athlete can be requested by ASADA to provide a sample for testing at anytime. While ASADA's testing program is targeted, meaning that most of the testing is conducted on athletes whose performances are of a national and international standard, other athletes can also be selected for in-competition and out-of-competition testing.

When joining the QWA, members agree to abide by the anti-doping rules of the Australian Weightlifting Federation and to cooperate with ASADA and other authorised anti-doping organisations. Such a commitment as this should always be an informed decision and ASADA has recently made anti-doping information easily accessible to anyone with internet access. The new ASADA e-Learning program is easy to use and covers all of the key areas of sport anti-doping in Australia. It is highly recommended that all QWA members and their supporters take advantage of this free service and become better educated about sports anti-doping.

To register and get started with ASAD e-Learning go to the ASADA website at www.asada.gov.au and select the Education page. From there, click on the ASADA e-Learning link at the bottom of the yellow box that looks like the picture below.



PURE PERFORMANCE **ANTI-DOPING GET EDUCATED!**

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ASADA e-Learning is a new anti-doping education tool developed for the Australian sporting community.

It provides everyone with the opportunity to learn about the key areas of anti-doping such as prohibited substances and methods, therapeutic use exemptions, doping control and whereabouts.

■ ASADA e-Learning



QWA League & Masters League Grand Final

Cougars Weightlifting Club, Chandler Qld

27th November 2010

Name	YOB	CLUB	BWT	SN	C&J	TOTAL	BONUS	POINTS
Division 1								
Lad Singh	1983	Cougars	104.95	150	170	320	-1	72.394
Michelle Kahi	1994	Cougars	68.50	74	95	169	6	65.091
Scott Clark	1991	Sunshine Coast	61.25	90	110	200	0	61.350
Melissa Robinson	1981	Cougars	61.45	66	---	---	---	0.000
Division 2								
Sam Baumann	1992	Cougars	61.50	76	104	180	16	71.215
Laurence Reilly	1989	Cougars	55.70	67	85	152	17	66.836
David Hockins	1991	Toowoomba	58.20	76	98	174	4	57.374
Darryl Hockins	1988	Toowoomba	67.40	79	105	184	-6	45.397
Jenny Butler	1973	North Brisbane	71.40	60	74	134	-6	39.424
Division 3								
Michael Winn	1994	USQ	74.50	83	100	183	7	55.413
Bronwyn Hitchener	1962	Toowoomba	74.00	50	66	116	15	54.322
Kara Stuart	1994	Toowoomba	51.85	39	58	97	2	44.174
Steven Matthews	1954	Toowoomba	76.85	56	84	140	0	37.037
Division 4								
James Blake	1989		90.15	79	104	183	17	61.417
Nick Dorn	1988	North Brisbane	89.95	90	116	206	11	61.000
Stacy Koh	1985	Cougars	74.80	54	74	128	13	56.390
Aaron Sym	1995	Sunshine Coast	73.85	59	80	139	15	51.772
Norman Hanna	1981		75.65	65	90	155	1	42.005

Bonus Round (lift-off) *

Name	Lift	90.0%	95.0%	97.5%	100.0%	102.5%	105.0%	107.5%
James Blake	Snatch	69	73	75	77	78	80	82
Sam Baumann	C&J	91	96	99	102	104	107	109
Lad Singh	C&J	154	163	167	172	176		
Michael Winn	Snatch	73	77	79	82			

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

Referees: Shokr Fallah (Cat I); Barry Harden (Cat II); Vicki Brady (National); Julie Davis (State); Greg Baumann (State); Deb Oliver (Club).

Time Keeper: Lesley Moyle; Julie Davis.

M.C: Ian Moir; Craig Wegert.

Awards

Division 1	Lad Singh	\$400	Coach: Miles Wydall	\$100
Division 2	Sam Baumann	\$400	Coach: Angela Wydall	\$100
Division 3	Michael Winn	\$400	Coach: Craig Wegert	\$100
Division 4	James Blake	\$400	Coach: Scott Robinson	\$100
Bonus Round	James Blake	\$400	Coach: Scott Robinson	\$100

Queensland Records

Name	Cat	Lift	Weight	Age Group
Michelle Kahi	69kg	C&J	95	Youth
Michelle Kahi	69kg	Total	169	Youth
Aaron Sym	77kg	Snatch	59	U15
Aaron Sym	77kg	C&J	80	U15
Aaron Sym	77kg	Total	139	U15

Masters League Grand Final

Women								
NAME	YOB	CLUB	BWT	SN	C&J	TOTAL	BONUS	POINTS
Diana Loy	1965	North Brisbane	60.20	46	71	117	0	54.403
Vicki Brady	1943	Cougars	49.15	26	29	55	6	47.107
Julie Davis	1952	North Brisbane	52.95	26	36	62	0	39.060
Sue Cox	1961	North Brisbane	66.20	38	50	88	0	37.969
Leandra Miscamble	1956	North Brisbane	67.50	30	48	78	0	35.973
Men								
NAME	YOB	CLUB	BWT	SN	C&J	TOTAL	BONUS	POINTS
Peter Foster	1967	Cougars	104.90	107	120	227	0	60.915
Lawrie Townsend	1951	North Brisbane	76.15	63	90	153	0	59.905
Bob Henderson	1943	Sunshine Coast	73.90	57	70	127	0	57.755
John Hanlon	1966	Cougars	90.25	70	90	160	0	45.942
Tim Steele	1968	Sunshine Coast	96.85	75	87	162	0	43.027

Referees: Shokr Fallah (Cat I); Greg Baumann (State); Deb Oliver (Club).
 Time Keeper: Lesley Moyle
 M.C: Ian Moir



2010 Australian Senior Championships
 Launceston, Tasmania
 Saturday 11th December 2010

WOMEN

NAME	YOB	STATE	BWT	SN	C&J	TOTAL	PLACE
48KG Category							
Deborah Groves	1970	NSW	47.85	56	72	128	1
63kg Category							
Melissa Robinson	1981	QLD	61.60	67	84	151	1
69kg Category							
Jacquie White	1982	TAS	65.80	75	93	168	1
Rachel Griffiths	1984	TAS	68.05	70	95	165	2
75kg Category							
Belinda Van Tienan	1986	VIC	74.90	78	96	174	1
+75kg Category							
Jenna Myers	1986	TAS	77.30	90	105	195	1

MEN

NAME	YOB	STATE	BWT	SN	C&J	TOTAL	PLACE
69KG Category							
Musa Kamara	1979	NSW	67.85	105	133	238	1
77kg Category							
Ricky Gulyamov	1989	NSW	77.00	128	152	280	1
85kg Category							
Malek Chamoun	1989	NSW	83.85	135	170	305	1
Daniel Harris	1982	NSW	82.65	115	145	260	2

94kg Category							
Simlice Ribouem	1982	VIC	90.15	145	180	325	1
Max Dal Santo	1985	SA	91.80	135	170	305	2
Zac Grgurevic	1991	TAS	92.65	130	162	292	3
Ben Mulder	1978	TAS	92.55	125	165	290	4
John Walz	1987	QLD	91.25	128	160	288	5
105KG Category							
Robert Galsworthy	1989	QLD	104.80	141	170	311	1
Ali Gulyamov	1985	NSW	104.60	140	165	305	2
Peter Hardiman	1982	NSW	104.65	125	162	287	3
Mitchil Mann	1987	NSW	103.30	128	158	286	4
+105KG Category							
Damon Kelly	1983	QLD	147.15	155	195	350	1
Adam Kok	1990	VIC	121.45	125	150	275	2

Best Lifters

- Female:**
1. Jenna Myers
 2. Jacquie White
 3. Belinda Van Tienen

- Male:**
1. Simlice Ribouem
 2. Malek Chamoun
 3. Damon Kelly

Best Teams

Female: Victoria

Male: New South Wales

2010 JME Queensland Club Challenge

The *JME Queensland Club Challenge* concluded in October with a close finish for top honours. Competition between the Cairns, Toowoomba and Sunshine Coast clubs was fierce throughout the four-round event, with each of them holding the lead at some point in the early rounds. But the Cairns North Green Ants came through in the final round, achieving the highest score of the whole competition to overtake Toowoomba and claim first place along with the \$1,000 winner's cheque from JME Weightlifting & Fitness Equipment.

The Toowoomba and Sunshine Coast clubs took out the runners up prizes of weightlifting equipment from JME, receiving an Olympic bar and discs; and an Olympic bar, respectively.

JME proprietor and competition sponsor Craig Wegert said: "I'm very happy with the way the Qld Club Challenge played out. This is a great vehicle for fostering club pride and allowing clubs to engage each other in the spirit of friendly competition. I take great pleasure in supporting this event through my company's sponsorship, especially knowing that the prizes of money and equipment will assist weightlifting clubs to provide even greater service to all of their members. I'm happy to sign on as the principal sponsor again for next year and I can't wait to see more clubs and more lifters getting involved in 2011".

Final results of the 2010 JME Queensland Club Challenge:

Rank	Club	Round 1	Round 2	Round 3	Round 4	Score
1	Cairns North Green Ants	583.464	625.069	632.710	728.631	2569.874
2	Toowoomba Gladiators	616.271	623.859	667.592	580.802	2488.524
3	Sunshine Coast	624.532	546.844	658.372	449.261	2279.009
4	USQ Springfield	279.936	398.438	387.621	392.974	1458.969
5	North Brisbane Honey Badgers	302.827	360.070	177.305	0.000	840.202
6	Cougars		407.221		53.727	460.948



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In this technological age, we've come to expect electronic equipment to work at the push of a button or the flick of switch, first time every time. When it doesn't, the consequences can range from simple inconvenience to something more serious. Weightlifting electronic referee systems, like anything else, can and do break down occasionally, but no matter when a breakdown occurs, e.g. during testing before a competition; or when a lifter is standing with a barbell overhead waiting for a 'Down' signal, Referees must know how to ensure the continuation of the competition without all of the 'bells & whistles', or to be more accurate, without an electronic 'Down' signal or referee decision lights.

The QWA currently has three electronic referee systems but before the first of these was acquired just over 20 years ago, using the manual system was the norm and Referees learned how and when to give the appropriate signals through regular practice. However, even when the electronic system is being used, Referees must be ready and able to revert to a system of manual signals in the event of a failure occurring in the electronics.

Like the electronic system, the manual referee system consists of two main elements – the Down signal; and displaying the Referees' decisions.

The Down Signal

When a lifter has completed an attempt, i.e. is standing motionless with the barbell overhead, arms and legs extended, feet in line and parallel to the plane of the trunk and the barbell, the Centre Referee motions downwards with one arm while at the same time loudly and clearly saying the word "DOWN".

In addition to this, if one of the Side Referees sees a serious fault during the execution of a lift, he or she must raise one arm horizontally to call attention to the fault. It should be noted that this action is intended as a signal to the Centre Referee, not the lifter. For example, if a Side Referee judges that the lifter has touched his or her knee or thigh with an elbow during the Clean, the Referee should raise one arm to indicate this to the Centre Referee. If both of the Side Referees make this signal, or if one Side Referee raises an arm and the Centre Referee also judges that a fault has occurred, then the attempt has already been ruled 'No Lift' by a majority (two out of the three Referees) and the Centre Referee must immediately give the Down signal. But if only one Side Referee raises an arm and the Centre Referee does not judge that a fault has occurred up to that point in the lift, the Centre Referee does not give the Down signal, allowing the attempt to continue.

Displaying The Decisions

Once the barbell has been replaced on the platform after the lift has been completed (the lifter received the Down signal), or when the attempt was not completed (the lifter dropped the barbell before the Down signal), each of the three Referees indicate their own independent decision by raising a flag. To indicate a Good Lift, the Referee raises a white flag; to indicate No Lift, the Referee raises a red flag.

Once again, the timing of this is important. The action of raising a flag must not be substituted for any of the other signals described above and the flags must only be raised after the barbell has been replaced on the platform. The main reason for this is that a fault could occur after the lifter has received the Down signal, e.g. dropping the barbell from above shoulder height, changing what would otherwise have been a Good Lift to No Lift. Also, if one Referee raises a red flag during an attempt, it may distract the lifter, or cause him or her to abandon the attempt even though the other two Referees – the majority – may not have judged any fault at that point.

While all of this may sound complicated, it really isn't. With knowledge and practice, all Referees can confidently operate both the electronic and manual systems, and ensure the smooth running of any competition.



North Brisbane Weightlifting Association



Merry Christmas and a Happy New Year to you all from the Honeybadger Den.

The year finished off well with some good lifting from the Honeybadgers at the Final League Round. Nick Dorn was very impressive and we congratulate him on his dedication to training and his efforts for the final. The Masters group saw Honey badger Diana Loy take out first place, Vicki Brady second and Julie Davis third. We were well represented with Sue Cox, Leandra Miscamble and Jenny Butler all invited to lift in the final round.

Numbers are still growing on a Tues/Thursday evening with Leo and some of the newer lifters are being coached by Paul Butler as well as being under the watchful eye of Leo. We have some younger boys interested as well and Paul Wheeler is coaching one through the TID programme.

“The Lawrie” which is always a great competition to finish the year off with will be held on 18th December with a dinner at Geebung RSL club afterwards. This is always a great meal and a fun night. Our numbers are down slightly on previous years, however our enthusiasm is still there. Lawrie has kindly offered to donate “The Lawrie Award” and even though it will be known as the “Christmas Competition” in 2011 there will still be “The Lawrie” Trophy to strive for. We have also introduced an “Encouragement Award” in the name of Dave De Rose as he was instrumental in starting the club, as we know, and was always encouraging to all lifters, so we thought it would be fitting to have an award in his name. Our other award will be the “Honeybadger” trophy for the gutsiest lift during the year.

Thank you to all our committee, members, lifters and of course our coaches for another good year. We wish you all a Merry Christmas and a Happy, Healthy and Safe 2011.

Julie Davis.
Secretary.



WEIGHTLIFTING CLUB INC.

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In the past few weeks we welcomed our Talent ID scholarship recipients. Two delightful young ladies, Beth and Haley; and the thorn amongst the roses, Jamie. All three are picking up the sport at a rapid pace and appear to be enjoying themselves.

The Sunshine Coast Club had four lifters in the League final. Bob and Tim in the Masters section, Scott in League one and Aaron in league four. Although everyone's lifting was outstanding no one managed to bring home the money which is an indication of the standard of lifting on the day.

We have just finished reorganising the gym with additional platforms (thanks to Craig Wegert) weights and weight racks. The place looks a lot more professional now and it is much easier to coach as I don't have to keep doing 180° turns any more.

I would like to thank Craig (JME) for the women's bar we received as part of the JME Club competition. We are looking forward to next year's competition.

This year has been a long year but I think a rewarding one as far as results are concerned. Our club is slowly growing and I would like to thank everyone at the club for their help throughout the year.

I would also like to thank the QWA for their assistance and I still believe Queensland is the best state to be weightlifting in by far.

Seasons greetings from all at The Sunshine Coast Weightlifting Club.

Barry Harden



Cairns North Community Weightlifting & Athletics Association Inc.

The Cairns Green Ants have had a breakthrough year in weightlifting.

At the end of October the club became the inaugural champions of the JME Qld Club Challenge. Trailing Toowoomba by a narrow margin leading into the final round of competition, the Green Ants took to the platform with strength in numbers and managed to sneak over the line in first place. The club would like to extend its sincere thanks to JME for providing \$1000 in prize money - a cash bonus that will most certainly be put to good use for our growing club.

The Green Ants' school-aged weightlifters also tasted recent success, by helping St Andrew's Catholic College claim its first Qld All-Schools Championships win. All twelve athletes that represented St Andrew's at the All-Schools were members of the Green Ants, whilst the two other club members that lifted were from Smithfield State High School.

With the end of the year drawing near, the Green Ants are looking forward to an exciting 2011. The club will stage its first State level competition when it hosts the Qld Masters Championships late in May. Cairns will also run its first weightlifting coaching course when the Club Weightlifting/Sports Power Coach Level 1 is offered to residents of Far North Queensland.

The Green Ants Weightlifting Club would like to thank all of its members for a great year at the club. The volunteers and officials' support at all seven competitions we put on in 2010 was outstanding. Congratulations to all of the lifters that trained hard throughout the year and were rewarded with success on the competition platform.

Finally, thanks to Ian Moir and the QWA for supporting the growth of weightlifting in Cairns.

The Green Ants wish the Queensland weightlifting community all the best over the festive season, and look forward to being in touch next year.

David De Rose
President
Cairns Green Ants



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.

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Merry Christmas and A Happy New Year