

4th International
Cup
“George
Vassiliades”

COMMON WEALTH WEIGHT LIFTING CHAMPI ONSHIPS

2008

LEMESOS - **CYPRUS** JUNIOR | SENIOR



3-8 December

Spyros Kyprianou
Athletic Center, Limassol.

Cyprus. Birthplace of the goddess of love.



Love Cyprus

This is the island where Aphrodite came ashore. I can show you the place, Petra Tou Romiou. You can drink from the Aphrodite spring, Fontana Amarosa.

Fall for the endless variety of beaches with crystal clear waters and sand so soft that green turtles often visit. Relax on a secluded beach on the Akamas peninsula or unwind with others on Fig Tree bay.

With the year-round sun, it's easy to see how every visitor falls in love with Cyprus.

To begin the romance, go to www.visitcyprus.com

The year-round island

Championship Programme of events

Thursday 4 December 2008				
	10:00	CWF Congress		
	19:00	Opening Ceremony		
Friday 5 December 2008				
Weigh-in	Start	Nr. Of Lifters	Weight Groups	Sessions
09:00	11:00	7	Men 56	1
11:30	13:30	8	Women 48-53	2
14:00	16:00	10	Men 62	3
16:30	18:30	13	Men 69	4
Saturday 6 December 2008				
Weigh-in	Start	Nr. Of Lifters	Weight Groups	Sessions
09:00	11:00	12	Men 77	5
11:30	13:30	10	Women 58-63-69	6
14:00	16:00	12	Men 85	7
16:30	18:30	7	Men 94	8
Sunday 7 December 2008				
Weigh-in	Start	Nr. Of Lifters	Weight Groups	Sessions
08:00	10:00	10	Men 105	9
10:30	12:30	4	Women 75-+75	10
13:00	15:00	10	Men +105	11
	19:00	Closing Ceremony		

Organising Committee

Competition Dates 3-8 December 2008

Competition Venue & Training Venue Spyros kyprianou
Athletic Center
Limassol, Cyprus

International Federations International Weightlifting
Federation (IWF)

Commonwealth Federation www.commonwealthweightlifting.com

E.M.C www.iwfmasters.net

National Sport Organisation Cyprus Weightlifting
Federation

www.weightlifting.org.cy

Honorary President of Organising Committee Dr. Nikos Kartakoulis,
George Vassil

President of Organising Committee Hon Vinson Detenamo

Head Coordinator: Matthew Curtain

Appointed Technical Delegate Myrddin John, Steve Cannon

Competition Manager Paul Coffa

Weightlifting Information CYPRUS WEIGHTLIFTING
FEDERATION

21 Amphipoleos Street, P.O. Box 23931, CY 1687 NICOSIA

Tel: +357 22 449800, Fax: +357 22 449523

info@weightlifting.org.cy

2008 COMMONWEALTH WEIGHTLIFTING CHAMPIONSHIPS

1. Honorary President:	Dr. Nikos Kartakoulis, George Vassil
2. President:	Hon Vinson Detenamo
3. Competition Manager:	Paul Coffa
4. Appointed Technical Delegates:	Myrddin John, Steve Cannon
5. Head Coordinator:	Matthew Curtain
6. Master of Ceremonies:	Joanne Hadjidamianou-Vassiliadou
7. Coordinator:	Herodotos Telemachou
9. Financial:	Vasos Koutsountous Paris Avraamides Soteris Pelekanos Nicos Nicolaides
10. Auditors:	Savvas Pasioulis
11. Accreditation:	Christos Hadjidamianou, Joanne Hadjidamianou-Vassiliadou
12. Welcoming:	Christine Vassil
13. Accommodation:	Joanne Hadjidamianou-Vassiliadou, Events One Primo Travel
14. Public Relations:	Paris Avraamides Christos Hadjidamianou
15. Transportation:	Antonis Constantinou
16. Ceremonies:	Demetris Letchev
17. Cultural Program:	Laografikos Omilos Lemesou "Adoulotoi" Siakallis Dance School
18. Media and Press:	Konstantinos Dimaras
TV Production:	George Ioannides
19. Information Technology:	Johan Earling Konstantinos Dimaras
20. Medical Team:	Dr. Kostas Kontozis Dr. Simos Ioannou Dr. Hellens Femke
21. Protocol:	Nikos Papapetrou Christos Christou
22. Anti-Doping:	Cyprus Sports Organisation
23. School Programme:	Onisiforos Ioannou Fotini Massou Doros Tooulis
24. Legal:	Marios Orphanides, LicaLawPartners



Message

From The President, Cyprus Weightlifting Federation

The Cyprus Weightlifting Federation may not have a long history, but we believe that the Federation is composed of people with a vision and love for weightlifting.

Cyprus is more widely known for the warmth with which it receives foreigners, or what is known as "Cypriot hospitality".

Our vision for weightlifting in combination with this Cypriot hospitality sparked our decision to undertake the organisation of the 2008 Commonwealth Weightlifting Championships.

It is true that this undertaking was huge, perhaps disproportionate to the size of Cyprus weightlifting. However we feel extremely happy and lucky that we have the help of persons with tremendous willpower who have worked with zeal and devotion.

We are ready to entertain roughly athletes from 23 Commonwealth countries and another 200 coaches, trainers, and friends of athletes and the sport.

We are ready to put Cyprus on the map of World Weightlifting for good. We want to believe that we are ready for friendly, warm, unique games. Games which are respectful to the athletes, respectful to the sports fans who will watch, and respectful to the rules.

We will do all in our power so that the Commonwealth family always remembers the organisation that took place in Limassol, Cyprus.

I feel the need to warmly thank the Cyprus Sports Organisation for the technical support for the handling of the games. Many thanks to the Cyprus Olympic Committee for its collaboration. Thanks to the Commonwealth Federation which was by our side from the first moment of undertaking this organisation. And of course special thanks to our sponsors, the Cyprus Tourism Organisation, OPAP, Pokka coffee, Snapple Fruit Drinks, our national carrier Cyprus Airways, the Arsinoe Beach Hotel for hospitality, Cyprus Sports who is our communication sponsor and CAPITAL TV the local sponsor of communication. Without their help, these games would be much poorer.

For the next 5 days the heart of the European Masters will beat in Limassol. We wish you all a wonderful stay on our island, and to our athletes, may all your goals be fulfilled!



Damianos Hadjidamianou

Message

From The President, Commonwealth Weightlifting Federation

I am delighted to see Cyprus hosting this years Commonwealth Weightlifting Senior & Junior Championships. In the last few years the Commonwealth Championships have been held in the Pacific region. And it is wonderful to see that Europe is playing host to this years event.

We are very fortunate that the Commonwealth embraces countries from the five continents of the world. Therefore our aim in the future is to move the Championships from continent to continent in order to promote the sport which we love.

This year 20 Commonwealth countries are competing in Cyprus. And I have no doubt that every athlete and official from overseas are looking forward to visit Cyprus and enjoy this wonderful Mediterranean island situated in the heart of Europe.

I wish to express my appreciation to Damianos Hadjidamianou, the President of the Cyprus Weightlifting Federation and the Organising Committee in staging such a wonderful event.

Finally to all athletes and officials, I wish them a great tournament.



Vinson F. Detenamo

Message

From The Chairman, Cyprus Tourism Organisation

I t is with great pleasure that I welcome the participants and all foreign delegations to the 2008 Commonwealth Weightlifting Championships which will be held for the first time in Cyprus.

The decision of the Cyprus Tourism Organisation to support financially this important event in which more than 400 athletes and escorts from 23 Commonwealth countries are participating was taken with great pleasure. The development of sports tourism and the hosting of major sports events in Cyprus is one of the priorities of our Strategic Plan for Tourism.

These activities are highly important as a source of income and help Cyprus to become established as a significant sports and tourist destination in Commonwealth countries.

I would like to assure you that the Cyprus Tourism Organisation will always be a supporter of such activities which contribute to the worldwide promotion of our island.

I wish you every success and a very pleasant stay in Cyprus.



Panos Englezos



Message

From The President, Cyprus Sports Organisation

It is with particular joy that I welcome the athletes of Weightlifting to Cyprus in order to participate in the 2008 Commonwealth Weightlifting Championships, which is organised by the Commonwealth Federation in collaboration with the Cyprus Weightlifting Federation.

It is one of the top organisations and it is proved by the attendance of distinguished weightlifters from 23 countries. The presence of Olympic medalists, as well as world champions provide a unique glamour not only in these games but also in the sport of weightlifting which in the past few years has been marked with rapid leaps of progress within the Cypriot athletic arena, and also at the international level.

The success of the weightlifters are a result of the serious, specialized planning of the Cyprus Weightlifting Federation management whom I warmly congratulate for their endless efforts.

On this occasion, I ensure that the Cyprus Sports Organisation will continue to offer its help to further the sport of Weightlifting in the future.

Finally, I send my wishes for a successful championship, and I extend separate congratulations to the president of the Cyprus Weightlifting Federation, as well as the dignitaries of the Commonwealth Federation.



Dr. Nikos Kartakoulis

Message

From The President, Cyprus Olympic Committee

Merit is not found only in victory, but also in attendance", states the best known, perhaps, Olympic saying. In the Olympic family we are very pleased that even today this saying continues through the luminous example of the 2008 Commonwealth Weightlifting Championships which will be carried out in Limassol.

The effort of these athletes who have dedicated their life to a sport such as weightlifting constitutes an example worthy of imitation for us all. Particularly for young people it is a powerful motive to conceive the values of sports and the Olympic ideal.

We welcome all the athletes to Cyprus, the living history of this sport and we cordially wish their efforts be crowned with success. I am certain that the hospitality and the organisation will be flawless since it has been undertaken by the Cyprus Weightlifting Federation and particularly its president, my narrow collaborator in the Cypriot Olympic Committee, Mr. Damianos Hadjidamianou.



Ouranios Ioannides





NEW PRESIDENT OF THE GREEK WEIGHTLIFTING FEDERATION

Pyrros Dimas “The Lion of Himara”

Pyrros Dimas (born October 13, 1971), is a Greek weightlifter and three-time Olympic champion for Greece. Dimas was born in Himara, Albania (Northern Epirus) of Greek descent, and went to Greece in 1991. He first competed for Greece in the 1992 Summer Olympics, winning the gold medal in the 82.5 kg class. His birthplace gave rise to his nickname "The Lion of Himara". His outstanding number of Olympic Gold Medals created another nickname "Midas". With the 1993 and 1995 World titles under his belt, Dimas was heavily favoured for the 83 kg class at the 1996 Summer

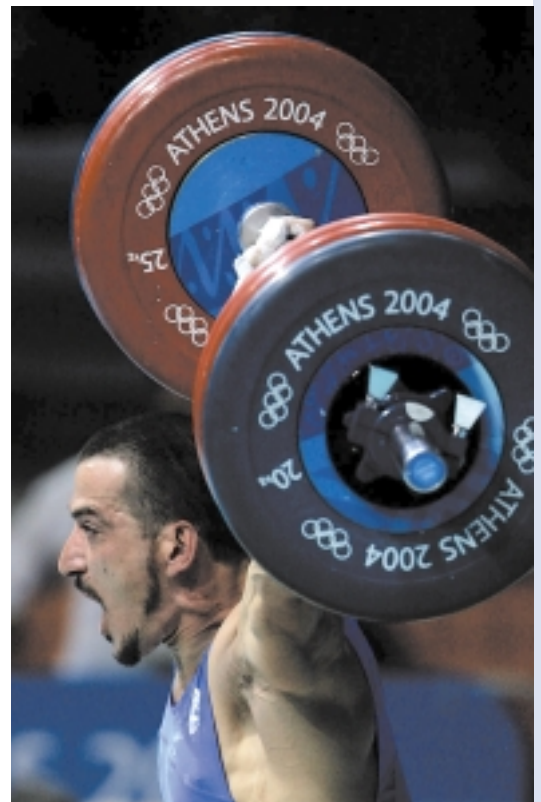
Olympics, where he was the flagbearer of the Greek Olympic team. He won the event with two new World Records.

At the Sydney Olympics, he won yet another gold medal, this time in the 85 kg class. This made him one of just three weightlifters at that time to have won three Olympic gold medals, the others being Naim Süleymano lu (Turkey, but born in Bulgaria) and Kakhi Kakhiashvili (Greece, born in Georgia) and Halil Mutlu (Turkey).

At the 2004 Summer Olympics in Athens, Greece, Dimas was again chosen as Greek flagbearer for both the opening and closing ceremonies. Dimas was recovering from knee surgery and a hurt wrist and was not expected to compete in these Olympics, but he came away with a bronze medal in the 85 kg class, becoming only the fourth weightlifter in history to win a medal at four different Olympic Games and only the third to win them successively four times, thus cementing his status as a national hero in Greece.

Olympic medal record

Gold 1992	Barcelona 82.5 kg class
Gold 1996	Atlanta 83 kg class
Gold 2000	Sydney 85 kg class
Bronze 2004	Athens 85 kg class





2008 Commonwealth Weightlifting Championships Officials

NAME	NAT	FUNCTION	VIP	REFERRES	COACHES
HON. VINSON DETENAMO	NRU	CWF.PRESIDENT	VIP		
Paul COFFA	AUS	CWF.GEN.SECRETARY	VIP		
Matthew CURTAIN	AUS	ASST.GEN.SECRETARY	VIP		
DR. Antonio URSO	ITA	EWF.PRESIDENT	VIP		
MARINO CASADEI ERCOLANI	SMR	GENERAL SEC. EWF	VIP		
Nicu VLAD	ROM	GUEST	VIP		
Leo RYAN	AUS	TECHNICAL OFFICIAL		CAT.1	
George CHAMOUN	AUS	OFFICIAL			COACH
Miles WYDALL	AUS	OFFICIAL			COACH
Andrew ANTHONY	RSA	OFFICIAL			COACH
Aveenash PANDOO	RSA	OFFICIAL			COACH
Kevin DU PLOOY	RSA	PRESIDENT	VIP	CAT 1	
Hester MONTGOMERY	RSA	CWF V.PRESIDENT	VIP	CAT 1	
Myrddin JOHN	WAL	PRESIDENT	VIP	CAT 1	
Tony HOLE	COK	PRESIDENT	VIP	CAT 1	
David SALIBA	MLT	PRESIDENT	VIP	CAT 1	
Jesmond CARUANA	MLT	OFFICIAL			COACH
George VASSILIADES	CYP	CWF V.PRESIDENT	VIP		
Christakis HADJIDAMIANOU	CYP	TECHNICAL OFFICIAL		CAT.1	
Christos Christou	CYP	TECHNICAL OFFICIAL		CAT.1	
Stavros STAVROU	CYP	TECHNICAL OFFICIAL		CAT.1	
STEFAN HRISTOV	MAS	OFFICIAL			COACH
RAHIMI AHMAD SULAIMAN	MAS	OFFICIAL			LEADER
Cory COEHOO	CAN	OFFICIAL			COACH
Andrew CALLENDER	BAR	OFFICIAL			COACH
Keith MORGAN	ENG	OFFICIAL		CAT.1	
David SAWYER	ENG	OFFICIAL			COACH
Steve CANNON	ENG	CWF.V.PRESIDENT	VIP	CAT.1	
Dr Mike IRANI	ENG	DOCTOR	VIP		
Jim FERGUSON	SCO	OFFICIAL			LEADER
Charlie HAMILTON	SCO	OFFICIAL			COACH
HARNAM SINGH	IND	OFFICIAL			COACH
GURNAM SINGH	IND	OFFICIAL			COACH
RAMESH KUMAR MALHOTRA	IND	OFFICIAL			COACH
SHAMALA SHETTY	IND	OFFICIAL			COACH
SQN.LDR.BALDEV RAJ GULATI	IND	TECHNICAL OFFICIAL		CAT.1	
GOVIND PRASAD SHARMA	IND	TECHNICAL OFFICIAL		CAT.1	
SUKHCHAIN SINGH	IND	OFFICIAL			COACH
DEODUTT SHARMA	IND	OFFICIAL			COACH
P.MANIKYALA RAO	IND	OFFICIAL			COACH
JAMUNA GURUNG	IND	OFFICIAL			COACH
SUNIL SINGH ELANGBAM	IND	TECHNICAL OFFICIAL		CAT.1	
KUMBASI SUBRAMANIYA	IND	TECHNICAL OFFICIAL		CAT.1	
Gino SOUPRAYEN	MAU	OFFICIAL			COACH
Poorun BHOLLAH	MAU	PRESIDENT	VIP		
SURESH PAI (CWF)	UGA	OFFICIAL			



CYPRUS
SPORTS
FEDERATION

CAPITAL
TV

Specific information

Competition Management Structure

The following section provides sport specific information about the 2008 Commonwealth Weightlifting Championships. The Competition Management team is as follows:

- o Competition Manager
- o Assistant Competition Manager
- o Technical Operations Manager
- Technical Delegate Appointment & Responsibilities

The role of the Technical Delegate for Weightlifting includes responsibility for:

- ▶ Weightlifting Technical Officials
- ▶ Competition Schedule
- ▶ Venue Plans
- ▶ Training Venue
- ▶ Approval of sport equipment to be used in competition
- ▶ All elements of the Field of Play
- ▶ Signage and LOOK elements of the Field of Play, in accordance with International Federation rules
- ▶ Approval of the Timing, Scoring and Results Delivery

Technical Officials Appointments
The following Technical Officials have been appointed to officiate in the 2008 Commonwealth Weightlifting Championships. Please see updated list at the Venue announcement board

Federation Technical Committee Meeting

A Federation Technical Committee Meeting/Technical Congress will take place prior to the commencement of competition. This briefing will provide the most current sport specific information and will be chaired by the president of the European Masters Weightlifting Federation and the appointed Technical Delegate. This meeting will also be the verification of Final Entries Meeting.

The Weightlifting Technical Committee Meeting has been scheduled as follows:

Date: Thursday 4 Dec. 2008

Venue: Spyros Kyprianou Athletic Centre

Time: 10:00 - 12:00



Rules and Regulations

The 2008 Commonwealth Weightlifting Championships will be conducted in accordance with the rules and regulations of the IWF.

The IWF constitution, Technical Rules and Bylaws can be downloaded
Sport Equipment

The following sport equipment will be used for the 2008 Commonwealth Weightlifting Championships:

- ▶ IWF approved Weightlifting sport equipment - ELEIKO.

Athlete Team Uniform

During competition, each athlete is expected to compete in their official team uniform.

Weightlifting athletes must also comply with the requirements, determined by the IWF as per IWF Technical Rules - Article 4.

Athletes should attend all medal ceremonies in their official team tracksuit and appropriate footwear.
Seeds & Draw

After the final verification of entries at the Technical Congress, a randomly generated lot number is drawn for each entered competitor. The athletes retain this number throughout the competition.

The lot number decides the order

of the weigh-in and the order of lifting during the course of the competition as well as the allocation of competitors into groups.

No Maximum Entry per Country
Competition Format

Weightlifting consists of two movements executed in a standard order; first the snatch and then the clean and jerk. Each athlete has the right to three attempts for each movement. Athletes within each category are required to complete lifts in both movements. The athlete's best performance in both movements are added together to determine the final placement. Medals are to be awarded for total only.

Competition Procedures

Weigh-In

The Weightlifting weigh-in of each bodyweight category begins two hours before the start of the competition and lasts one hour. Each competitor of a specific category or group must be weighed in the presence of at least two of the appointed referees and the Competition Secretary. One official only from the lifter's team may be present.



Dispute Resolution

As the IWF has no provision for appeals with regard to the final standing of a competition, sport technical disputes will be addressed through the procedures outlined below utilising the Federation Court OF the Court of Arbitration for Sport as appropriate.

▶ Athlete Medical

The 2008 Commonwealth Weightlifting Championships Medical Program is staffed predominantly by sports medicine specialists and complimented by other healthcare workers depending on the number of athletes. The Medical Program staff is easily identifiable.

Hours of Operation

The Medical Program workforce will arrive 30 minutes before the first athlete arrives at the venue and leave only after the last athlete has left the venue.

Location

Athlete medical services will be located in specified Athlete Medical Facilities within athlete preparation areas in each competition and training venue.

Team Medical Area

Weightlifting will have a designated space for Team Medical staff to utilise. The Team Medical Area will have:

- ▶ Treatment tables (an appropriate number will be provided)
 - ▶ Medical waste bags
 - ▶ Ice
 - ▶ Water
 - ▶ Emergency medical Bag
- Team medical staff is responsible for supplying all medical supplies and linen that they require at a venue. Ice will be provided at all venues (competition and training) for injury management. Sufficient quantities of ice will be located in:
- ▶ Athlete Medical Facilities
 - ▶ Team Medical Area (or team change rooms)
 - ▶ Field of Play

If further ice is required for injury management, please ask the Medical Program workforce at the venue.

Management of Injuries on Field of Play

The Medical Program workforce is

responsible for all Field of Play medical care for individual sports. Team doctors may be invited to take part in further care only when the athlete has been removed from the Field of Play.

Doping

Doping tests will be conducted as per 2008 Commonwealth Weightlifting Championships Regulations.

Competition Venue



Spyros Kyprianou Athletic Center

The 2008 Commonwealth Weightlifting Championships will be contested at Spyros Kyprianou Athletic Center which is located in Limassol. The Center is a world-class facility capable of satisfying the requirements of national and international sports competitions.

Key venue information for

Weightlifting includes:

- ▶ 7,000 seat capacity for Weightlifting
- ▶ 12 Warm-up platforms furnished with sport equipment
- ▶ 12 Training Platforms furnished with sport equipment

Travel Time

Spyros Kyprianou Athletic Center is located approximately 20 minutes

from the Hotels, based on shuttle bus transport.

Venue Facilities

In addition to the Field of Play, the Spyros Kyprianou Athletic Center provides the following key competition facilities:

- ▶ VIP Room
- ▶ Medical Room
- ▶ Local Results Room
- ▶ Doping Control
- ▶ Press Room
- ▶ Athlete lounge

Warm-up Facilities

The following arrangements will be provided for athlete warm-up at Spyros Kyprianou Athletic Center:

- ▶ The warm up area is Located within the competition area. It will have 12 warm up platforms, furnished with sport equipment.

Training Venue Arrangements

2007 European Masters Weightlifting Championship will provide all participating athletes with access to their nominated training venue from Dec 1st 2008, until the completion of the competition.

The competition venue will not be used as a training venue for Weightlifting.

Venue Facilities

The training venue has been approved by the International Federation Technical Delegate and will include:

- ▶ Male and Female athlete change facilities

- ▶ Athlete medical facilities

- ▶ Doping Control Room

- ▶ 12 Warm up platforms

Training Venue Schedule, Bookings and Alterations

Each participating Team will be allocated specific training times for the nominated training venue.

Depending on demand, additional training sessions may be available to Teams. The allocation to training time slots will be determined by competition management and distributed equally across all competing Teams after final entries are received.

Training on Opening Ceremony Day Training is restricted the day of the Opening Ceremony due to athlete



transport requirements in the lead up to the Opening Ceremony.

Sport Information

A Sport information Desk will be established at the competition venue. The Sport Information Desk will be the distribution and collection point of relevant information for Team Leaders.

Media Conference Room

A Media Conference Room for Weightlifting will be established within the Spyros Kyprianou Athletic Center.

All medal winners may be asked to attend a media conference as soon as possible after the competition and medal ceremony.

If a significant number of accredited journalists request interviews of particular athletes via venue media services, then media services will liaise with team management to facilitate a conference.

Accreditation

General Procedures

Accreditation is the process that identifies and registers all Games participants. This process establishes a participants' eligibility to enter a Games venue and the access entitlements they need to fulfil their role.

The accreditation process will be part of the arrivals process for athletes, team officials and technical officials. No person will be able to perform their respective role without having the proper accreditation so everyone will need to be fully accredited before the planned start of activities. Access to the Championship venue will be controlled at the venue perimeter and at the entrances to the various restricted internal zones in order to verify accreditation and access rights.

Accredited Seating for Athletes and Team Officials

Accreditation for athletes and team officials will provide right of entry to the Athletes Stand

Access Rights

Access to venues and zone areas will only be granted to individuals with an accreditation pass that displays the appropriate access entitlements and

specific venue location.

Lost Accreditation Pass

If an Accreditation Pass is lost, stolen or damaged after it has been collected, a new Accreditation Pass may be re-issued. In order to be re-issued with a new Accreditation Pass, the individual concerned must complete a lost/Stolen Pass Declaration. The Accreditation Pass will be re-issued not sooner than 24 hours after application has been made at an Accreditation Centre. Lost or stolen Accreditation Passes will be cancelled and will no longer be valid even if they are recovered at a later date.

In the unlikely event that an athlete or TEAM Official is unable to collect their Accreditation Pass prior to requiring access to a competition venue, a Day Pass will be issued. A Day Pass will only be provided to previously accredited personnel and provides temporary or adjusted access

Police: 199,112

Night Pharmacies: 11892 automatic recording

(For Nicosia 90901412, Limassol 90901415, Larnaca 90901414, Palos 90901416, Ammochostos 90901413).

AIDS Advisory Centre: 22 30 51 55
NARCOTICS Emergency Service: Information Centre for drugs and poisoning: 90901401

Hospitals:

Nicosia General Hospital: 22801400, 22801475

(Accidents & Emergency)

Limassol General Hospital: 25 80 11

00, 25 30 57 70 Larnaca General

Hospital: 24 80 05 00, 24 80 03 69

Paphos General Hospital: 26 803260, 26 306100

Paralimni Hospital: 23 821211

Polis Hospital: 26 321431

Kyperounta Hospital: 25 532021

Agros Hospital: 25 521317

Flight Information

Flight information can be obtained by



at competition venues.

Emergencies

In case of emergency, immediate response is given by the following telephone numbers, where English is spoken:

All over the island

Information: 11892

Ambulance: 199,112

Fire Service: 199, 112

contacting directly the line Offices during office hours or at the relevant office at Larnaca International Airport.

Flight Information Office operates on a 24 hours at the departures lounge of Larnaca Airport. The telephone number 77778833 provides flight information for Larnaca and Paphos International Airports.



May your visit in Cyprus be a memorable one

General Information about Cyprus
 Situated at the north-eastern end of the Mediterranean basin, Cyprus is the third largest island with an area of 9,251 square kilometres (3,572 square miles). The latitude of Cyprus is 34° 33'-35° 34' North, and its longitude 32° 16' - 34° 37' East.

Government

Cyprus is an independent sovereign Republic with a presidential system of government. Under the 1960 Constitution, executive power is exercised by the President of the Republic, elected by universal suffrage for a five-year term of office. The President exercises executive power through a Council of Ministers appointed by him. Ministers may be chosen from outside the House of Representatives.

Cyprus is a member of the United Nations and U.N. Agencies. It is also a member of the Council of Europe, the Commonwealth, the Organisation of Security and Cooperation in Europe and many other international organisations.

Following the signing of the EU enlargement treaty in Athens on April 16, 2003 and its subsequent ratification by the Parliament of Cyprus. Cyprus officially joined the EU on May 01, 2004.

Climate, Weather forecast, Temperatures

Cyprus enjoys an intense Mediterranean climate, with long dry summers from mid-May to mid-October and with mild winters from December to February which are separated by short autumn and spring seasons.

Summer is a season of high temperatures with cloudless skies, but the sea breeze creates a pleasant atmosphere in the coastal areas. Winters are mild with some rain and snow on Troodos Mountains (usually starting before Christmas).

Clothing and Activities

April-May: Days are pleasantly warm,



but temperatures may fall a bill at night

- Medium-weight and summer apparel:
 Light woollies of long sleeved cotton for the evenings.

- Excellent season for those who prefer to enjoy nature, as the countryside is green and flowers are in blossom.

Credit Cards

Visitors in possession of any of the following international credit cards may contact the appropriate bank for the withdrawal of cash.

VISA CARD: Bank of Cyprus Ltd., Cyprus Popular Bank Ltd., Hellenic Bank, Alpha Bank Limited, National Bank of Greece, Arab Bank, Commercial Bank and Co-op branches.

DINERS CLUB, CARTE BLANCHE: Bank of Cyprus Ltd.

MASTERCARD: Bank of Cyprus Ltd., Cyprus Popular Bank Ltd., National Bank of Greece, Hellenic Bank, Alpha Bank Limited and Co-op branches.

AMERICAN EXPRESS: Bank of Cyprus. More than 15 000 shops, restaurants and hotels accept at least one of the above Credit Cards. Establishments with P.Q.S. accept also VISA ELECTRON and MAESTRO. Usually the Card symbol is displayed in the shop window or at the reception.

Traveller's cheques are also accepted by all banks, shops, restaurants etc.

Currency - Exchange Rates

The currency of the Republic is the Cyprus pound - Cy £, which is divided into 100 cents.

Notes and coins currently of circulation are as follows: 1 Bank Notes: Cy £20, Cy £10, Cy £5, Cy £1. Coins: 1 cent, 2 cents, 5 cents, 10 cents, 20 cents, 50 cents. Commercial Banks quote daily the exchange rates of the Cyprus Pound against all major foreign currencies.

Notifications to travellers:

According to Cypriot Law, the importation, Possession and Use of Narcotic Drugs and Psychotropic Substances, is strictly prohibited.

Electric Current - Voltage

The supply in Cyprus is 230 Volts, A.C. 50HZ. Sockets are usually 13 Amp, square-pin in most buildings. More than one low current rating appliance may be operated from the same supply point, by using an adaptor (i.e. radios, electric clocks etc.).

The use of adaptors for operating high current rating appliances is not recommended (i.e. electric heaters,



toasters, irons etc.).

Many hotels provide adaptors upon request from the Reception. Adaptors can be purchased from electricians, supermarkets, grocery shops, etc.

Emergencies

In case of emergency, immediate response is given by the following telephone numbers, where English is spoken:

ALL OVER THE ISLAND

Ambulance:

199,112

Fire Service: 199, 112

Police: 199,112

Night Pharmacies:

11892 automatic

recording

For Lelkasia 90901412,

Lemesos 90901415,

Larnaca 90901414,

Paphos 90901416,

Ammochostos

90901413).

AIDS Advisory Centre:

22 30 51 55

NARCOTICS

EMERGENCY SERVICE:

Information Centre for

drugs and Poisoning:

90901401

Hospitals:

Nicosia General

Hospital: 22 80 14 00,

22 80 14 75

(Accidents &

Emergency)

Lemesos General

Hospital: 258011

00,25305770 Larnaca

General Hospital:

24800500,24800369

Paphos General

Hospital: 26

803260, 26 30 61 00

Paralimni Hospital: 23821211

Polis Hospital: 26321431

Kyperounia Hospital: 25532021

Agros Hospital: 25521317

Flight Information

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office at Larnaca International Airport. Flight Information Office operates on a 24 hours at the Departures lounge of Larnaca Airport. The Telephone number 77778833 provides flight information for Larnaca and Paphos International Airports.

Sightseeing Tour Operators Organising Tours on a regular basis

Guided excursions are organised by

States:

Alghanistan, Albania, Algeria, Angola, Antigua and Barbuda, Armenia, Azerbaijan, Bahamas, Bahrain, Bangladesh, Barbados, Belarus, Belize, Benin, Bhutan, Bosnia-Herzegovina, Botswana, Burkina Faso, Burmal Myanmar, Burundi, Cambodia, Cameroon, Cape Verde, Central

African Republic, Chad, China, Colombia, Comoros, Congo, Cuba, Democratic Republic of Congo, Djibouti, Dominica, Dominican Republic, East Timor, Ecuador, Egypt, Equatorial Guinea, Eritrea, Ethiopia, Fiji, Former Yugoslav Republic of Macedonia, Gabon, Gambia, Georgia, Ghana, Grenada, Guinea, Guinea Bissau, Guyana, Haiti, India, Indonesia, Iran, Iraq, Ivory Coast, Jamaica, Jordan, Kazakhstan, Kenya, Kiribati, Kuwait, Kyrgyzstan, Laos, Lebanon, Lesotho, Liberia, Libya, Madagascar, Malawi, Maldives, Mali, Marshall Islands, Mauritania, Mauritius, Micronesia, Moldova, Mongolia, Morocco, Mozambique, Namibia, Nauru, Nepal, Niger, Nigeria, North Korea, Northern Marianas (Islands), Oman, Pakistan, Palau, Papua New Guinea, Peru, Philippines, Qatar, Russia, Rwanda, Samoa, Sao Tome and Principe, Saudi Arabia, Senegal, Serbia and Montenegro, Seychelles, Sierra Leone, Solomon Islands, Somalia, South Africa, Sri Lanka, St Kitts and Nevis, St Lucia, St Vincent and the Grenadines, Sudan, Suriname, Swaziland, Syria, Tajikistan, Tanzania, Thailand, Togo, Tonga, Trinidad and Tobago, Tunisia, Turkey, Turkmenistan, Tuvalu, Uganda, Ukraine, United Arab Emirates, Uzbekistan, Vanuatu, Vietnam,

Yemen, Zambia, Zimbabwe and Entities and territorial authorities: Taiwan, Palestinian Authorities.

B. NO VISA IS REQUIRED for a stay of up to 90 days for all bona fide tourists nationals of the following countries: Andorra, Argentina, Australia, Austria, Belgium.



Sightseeing Tour Operators, and reservations for these excursions can be made either by contacting directly the Sightseeing Tour Operators OF through a hotel Reception.

VISAS

List of third countries whose citizens ARE REQUIRED TO HAVE A VISA.

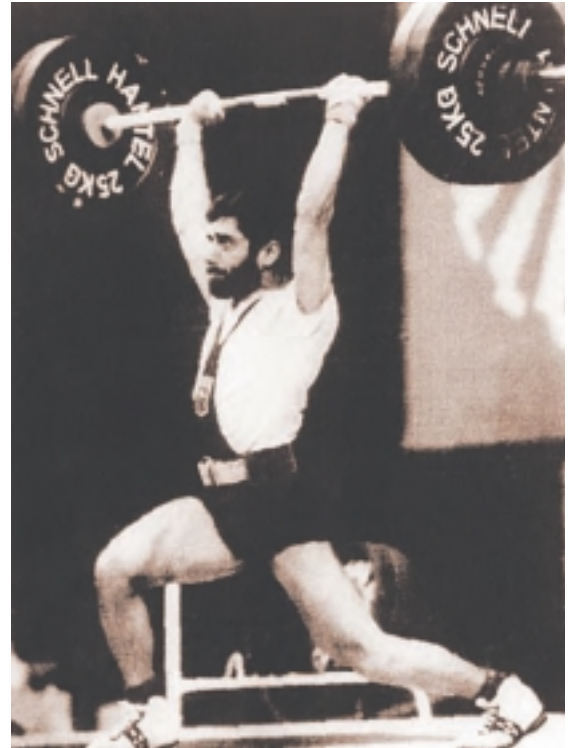




VASILIADES (VASIL) GEORGE

Vasiliades was born in Nicosia, Cyprus, on 4 December 1949 and his family migrated to Australia in 1961. He began training at the Belmore Police Boys Club at the age of 14 and within three years broke the junior Commonwealth Record in the Flyweight Division. Weighing only 49,8 kilograms, he cleaned and jerked 100 kilograms. At the age of 19 he broke the World Junior record in the Press, pressing 97,5 kgs despite weighing only 52kg. Apart from winning many Australian weightlifting titles, some of his more significant international achievements include:

1969 - first in the 52kg division in the Asian Region Championship in Singapore; 1970 - Gold Medal in the 52kg division in the Commonwealth Games in Edinburgh; 1970 - fourth in the World Championships in Ohio in the 52kg class; 1971 - first in the 52kg division in the Asian Region Championship in Manila; 1972 - Sixth in the Munich Olympic Games in the 56kg division; 1974 - Gold Medal in the 69kg division in the Commonwealth Games; 1975 - Competed in the World Championships in Moscow. In 1976 he competed in the Olympic Trials for the Montreal Games but due to injury did not qualify. His lift in the snatch, clean and jerk in 1972 would have qualified him for the Sydney Olympics.



Denise Loizou

Cyprus has so far still only one lifter. She is female and started only 3 years ago with weightlifting. Since 2004 she represents Cyprus at all European and World Masters championships, also at the Small Nations and the Mediterranean Cup 2006-07 is she participating.



In 2004 she won her first Gold medal at the Greek Masters and the EM championship in Poland. In 2005 again Gold medals in Greece and the EM championship in Slovakia. She also won a Silver medal in Edmonton (Canada) at the World Masters Games. In 2006 a Silver medal at the EM championship in Germany and the gold medal in France at the World Masters championship. She has all the best support from the Cyprus Weightlifting Federation, the most successful coach of Cyprus Mr. Ananias Amanatides and the best training facilities provided from the Cityhall of Latsia, which lies at the outskirts of Nicosia, where she lives. Since 2005, but especially since 2006 she supports the European Masters Committee and the IWF Masters Committee in all translations.

She is a Referee Category II since 2005. At the age of nearly 42, she competes in the 69 kg bodyweight class. in age group 2.



Tentative Entries

Men 56kg

Lot Name, Surname	Sen	Jun	Year of Birth	Age	Category	Country	Best Total
Valluri Srivinasu Rao	■		1981	27	56	IND	243kg
Sukhem Dey		■	1989	19	56	IND	241kg
Sausik Bin Ismail		■	1988	20	56	MAS	239kg
M.G.N. Emil	■		1974	34	56	SRI	218kg
Jonathan Coret	■	■	1989	19	56	MAU	195kg
S. Uyanarachchi		■	1991	17	56	SRI	192kg
E.A.D.K.D. Egodawaththa		■	1988	20	56	SRI	190kg

Men 62kg

Lot Name, Surname	Sen	Jun	Year of Birth	Age	Category	Country	Best Total
Dimitris Minasides	■	■	1989	19	62	CYP	280kg
K.A.S. Peiris	■		1985	23	62	SRI	270kg
Errigo Jumith		■	1990	18	62	MAS	267kg
Otari Omkar Shekhar	■		1987	21	62	IND	261kg
Deva Kumar	■		1982	26	62	IND	255kg
Rustam Sarang		■	1988	20	62	IND	242kg
D.M.L.C. Dissanayake	■		1980	28	62	SRI	225kg
Luwellyne Phillips	■	■	1989	19	62	RSA	210kg
S.H. Dinidu Himel Bandara		■	1990	18	62	SRI	202kg
Craig Carfrey	■	■	1992	16	62	SCO	165kg



Men 69kg

Lot Name, Surname	Sen	Jun	Year of Birth	Age	Category	Country	Best Total
Govindan Elumalai	■		1984	24	69	IND	298kg
C.G. Vidanage	■		1981	27	69	SRI	293kg
Mohd Harfifi		■	1990	18	69	MAS	280kg
Katulu Ravi Kumar		■	1988	20	69	IND	279kg
Tekaei Temake	■		1986	22	69	KIR	275kg
Mark Spooner	■		1984	24	69	NZL	270kg
Greg Shushu	■		1980	28	69	RSA	270kg
Hali Zorba		■	1988	20	69	ENG	259kg
Lyle Du Plooy	■	■	1988	20	69	RSA	250kg
Constantinos Vassiliades	■		1985	23	69	CYP	245kg
Magerejen Moonien	■		1981	27	69	MAU	230kg
Clint Grech	■		1987	21	69	MLT	185kg
Argyris Socratous	■	■	-	-	69	CYP	-

Men 77kg

Lot Name, Surname	Sen	Jun	Year of Birth	Age	Category	Country	Best Total
Peter Yukio	■		1984	24	77	NRU	330kg
Leimapokpam Bishorjit Singh	■		1986	22	77	IND	307kg
Joe Vuetti	■		1979	29	77	FJI	290kg
Muhammad Irfan	■		1981	27	77	PAK	285kg
Alexandros Amanatides	■		1987	21	77	CYP	280kg
Bharat Singh		■	1988	20	77	IND	268kg
P.K.N. Dayan	■		1980	28	77	SRI	268kg
Sean Anthony	■	■	1991	17	77	RSA	255kg
Graeme Kane	■	■	1988	20	77	SCO	250kg
Willem Vassiliades	■		1987	21	77	CYP	250kg
Dale Cree	■	■	1992	16	77	SCO	185kg
Christian Saliba	■	■	1992	16	77	MLT	150kg

Tentative Entries

Men 85kg

Lot Name, Surname	Sen Jun	Year of Birth	Age	Category	Country	Best Total
David Kotoatau	■	1984	24	85	IND	320kg
Peter Kirkbride	■	1987	21	85	SCO	310kg
Darryn Anthony	■	1985	23	85	RSA	300kg
D.K.R. Jayatilake	■	1986	22	85	SRI	290kg
Satender Singh	■	1988	20	85	IND	287kg
Malek Chamoun	■	1989	19	85	AUS	284kg
K. Srinivas Rao	■	1988	20	85	IND	262kg
Jean Greeff	■	1990	18	85	RSA	257kg
Hansley Gaya	■	1985	23	85	MAU	255kg
D.R.M.M. Ellepola	■	1989	19	85	SRI	200kg
Stephen Borg	■	1976	32	85	MLT	180kg
Andreas Mouzouras	■	-	-	85	CYP	-

Men 94kg

Lot Name, Surname	Sen Jun	Year of Birth	Age	Category	Country	Best Total
Sukhjinder Singh	■	1975	33	94	IND	318kg
Faiz Musa	■	1989	19	94	MAS	303kg
Usman Amjad Rathore	■	1987	21	94	PAK	290kg
T.A.T. Ranjith Kumara	■	1974	34	94	SRI	289kg
Ravi Bholiar	■	1981	27	94	MAU	275kg
Arindam Bhattacharjee	■	1988	20	94	IND	272kg
Cory Coehoom	■	1984	24	94	CAN	268kg



Men 105kg

Lot Name, Surname	Sen Jun	Year of Birth	Age	Category	Country	Best Total
Gurbinder Cheema Singh	■	1978	30	105	ENG	330kg
Zafriil Zulkifli Mohd	■	1988	20	105	MAS	308kg
Gurminder Singh	■	1976	32	105	IND	306kg
Pradeep Singh	■	1983	25	105	IND	303kg
R.P.M.S. Wijeratne	■	1980	28	105	SRI	287kg
Robert Galsworthy	■	1989	19	105	AUS	285kg
Manbeer Singh	■	1990	18	105	IND	272kg
P.M.M.N. Chaturanga	■	1988	20	105	SRI	235kg
P.S. Bandara	■	1989	19	105	SRI	230kg
Haroon Shukat	■	1988	20	105	PAK	-

Men +105kg

Lot Name, Surname	Sen Jun	Year of Birth	Age	Category	Country	Best Total
Itte Detenamo	■	1986	22	+105	NRU	385kg
Damon Kelly	■	1983	25	+105	AUS	362kg
Samuel Pera	■	1989	19	+105	COK	350kg
Sarabjit	■	1983	25	+105	IND	322kg
Ivorn McKnee	■	1981	27	+105	BAR	315kg
Mohd Salfia Ahmad	■	1988	20	+105	MAS	310kg
Joseph Muskett	■	1985	23	+105	ENG	300kg
V. PRABHAKAR	■	1991	17	+105	IND	277kg
U.H.R.J. de Silva	■	1989	19	+105	SRI	230kg
Osman Can	■	1981	27	+105	CYP	-

Tentative Entries

WOMEN SENIOR & JUNIOR:

Women 48kg

Lot Name, Surname	Sen	Jun	Year of Birth	Age	Category	Country	Best Total
Nangbam Soniya Chanu	■		1980	28	48	IND	172kg
Joanne Calvino	■		1980	28	48	ENG	158kg
Portia Viries	■		1984	24	48	RSA	150kg
Bangaru Usha		■	1991	17	48	IND	149kg
Christine Duval	■	■	-	-	48	MAU	100kg

Women 53kg

Lot Name, Surname	Sen	Jun	Year of Birth	Age	Category	Country	Best Total
Minati Sethi	■	■	1990	18	53	IND	181kg
J.N.N. Gunesekara	■		1975	33	53	SRI	161kg
Maibam Sunibala Devi		■	1989	19	53	IND	160kg

Women 58kg

Lot Name, Surname	Sen	Jun	Year of Birth	Age	Category	Country	Best Total
Yumnam Renubala Chanu	■		1986	22	58	IND	209kg
Seepana Yamini		■	1993	15	58	IND	190kg
Mona Pretorius	■	■	1988	20	58	RSA	170kg



Women 63kg

Lot Name, Surname	Sen	Jun	Year of Birth	Age	Category	Country	Best Total
Seeta Jena	■		1987	21	63	IND	188kg
Gara Aruna Rani		■	1991	17	63	IND	172kg
Paraskevi Gounaris	■	■	-	-	63	CYP	-

Women 69kg

Lot Name, Surname	Sen	Jun	Year of Birth	Age	Category	Country	Best Total
A. Janeshori Devi	■		1986	22	69	IND	196kg
Nansita Devi (res.)	■		1974	34	69	IND	195kg
Srishti Singh		■	1990	18	69	IND	190kg
Natasha Perdue	■		1975	33	69	WAL	175kg
Denise Offerman Loizou	■		1969	39	69	CYP	-

Women 75kg

Lot Name, Surname	Sen	Jun	Year of Birth	Age	Category	Country	Best Total
K. Romi Devi	■	■	1989	19	75	IND	194kg
Babalwa Ndleleni	■		1984	24	75	RSA	190kg

Women +75kg

Lot Name, Surname	Sen	Jun	Year of Birth	Age	Category	Country	Best Total
Geeta Rani	■		1981	27	+75	IND	237kg
Shalinee Valaydon	■		1986	22	+75	MAU	170kg

Limassol Folklore Association

The Limassol Folklore Association was founded in the summer of 1977, with the vision of protecting and promoting properly the authentic cultural tradition of our country and aimed to transmit our rich heritage to future generations.

The Dance Group of the Association has participated in and repeatedly been awarded prizes at international folk dance festivals

(in 1980 at Dijon, France, the Music Prize, in 1988 at Middlesbrough, U.K., the highest distinction for the best dance team INTERCLEVELAND awarded by the International Jury, the men's group First Prize and the women's group Third Prize at the same festival, in 1999 at Zakopane, Poland - the First Prize for solo singing and Third Prize for dance) and continues to participate, along with our Childrens Dance Groups, every year in competitions and artistic events held both in Cyprus and abroad. Since 1993, The Limassol Folklore Association has been organizing every two years the International Children Festival, which has become a tradition in Cyprus, hosting children dance teams from all around the world.

The Limassol Folklore Association focuses on the quality



and the authentic presentation of our music and dance tradition, achieved by constant research, accumulation, registration and elaboration of the material and by maintaining close cooperation with specialized folklore scientists.

The Limassol Folklore Association, recognizing the importance of approaching tradition in a scientific way and the need to inform the public on folklore issues, organizes periodically folklore lectures and symposiums with the participation of distinguished speakers/Introducers from Cyprus and Greece.

Λαογραφικός Όμιλος Λεμεσού

Ο Λαογραφικός Όμιλος Λεμεσού ιδρύθηκε το καλοκαίρι του 1977. Με πρόσφατα ακόμη τα σημάδια από το πραξικόπημα και τη τουρκική εισβολή οι πρωτεργάτες της ίδρυσης του Ομίλου ξεκίνησαν, με όραμα τη προστασία και σωστή προβολή της γνήσιας πολιτιστικής παράδοσης του τόπου μας και στόχο τη μεταλαμπάδευση της πλούσιας αυτής κληρονομιάς στις νέες γενιές.

Σήμερα, με περηφάνια ανατρέχουμε σε ένα πλούσιο σε δραστηριότητα έργο και σε μια σειρά από διακρίσεις που μαρτυρούν την εξαρχής έντονη παρουσία μας στα πολιτιστικά και πνευματικά δρώμενα του τόπου. Το Χορευτικό Συγκρότημα του Ομίλου έχει βραβευτεί επανειλημμένα σε Διεθνή Φεστιβάλ Λαϊκών Χορών (1980, Ντιζόν Γαλλίας - Βραβείο Μουσικής, 1988 Middlesbrough Αγγλίας - ανώτατη διάκριση για την καλύτερη χορευτική ομάδα INTER-CLEVELAND από τη Διεθνή Κριτική Επιτροπή και Αε Βραβείο για την αντρική ομάδα και Β' βραβείο για



τη γυναικεία ομάδα, 1999 Zakopane Πολωνίας - Α' Βραβείο στο ατομικό τραγούδι και Γε Βραβείο στο χορό), ενώ συνεχίζει να συμμετέχει κάθε χρόνο, όπως και οι Παιδικές Χορευτικές του Ομάδες σε διαγωνισμούς και καλλιτεχνικές εκδηλώσεις στην Κύπρο και το εξωτερικό. Από το 1993, ο Λαογραφικός Όμιλος Λεμεσού οργανώνει, ανά διετία, το Διεθνές Παιδικό Φεστιβάλ Λαϊκών Χορών, που αποτελεί μια

θεσμό για το τόπο, φιλοξενώντας παιδικές χορευτικές ομάδες από όλο το κόσμο.

Ο Λαογραφικός Όμιλος Λεμεσού δίνει έμφαση στη ποιότητα και την αυθεντική παρουσίαση της μουσικής και χορευτικής μας κληρονομιάς, τα οποία επιτυγχάνει με αδιάκοπη έρευνα, συγκέντρωση, καταγραφή και επεξεργασία υλικού και κυρίως διατηρώντας στενή συνεργασία με ειδικούς επιστήμονες λαογράφους. Αποτέλεσμα

των πιο πάνω είναι το γεγονός ότι ο Όμιλος διαθέτει μια ιδιαίτερα αξιόλογη βιβλιοθήκη με αυθεντικές παραδοσιακές ενδυμασίες ή πιστά αντίγραφα και αρχείο με ταινίες, φωτογραφικό και οπτικογραφημένο υλικό καθώς και πλούσια βιβλιοθήκη.

No words - Simply Dance "In a Greek way"

We place ourselves back in the 50's or 60's by a Greek harbour experiencing daily living.

Our heroes are people one would expect to see around the harbour such as local fishermen, shop owners, foreign sailors, and anything that brings life to it.

A sudden conflict leads to a dance fight which breaks out between locals and foreigners marking the beginning of an affair. The growing passion and love of two young ones proves strong enough to reunite all to a great fiesta.



The music throughout the story is based on some of the most famous Greek songs which "starred" in the classical Greek films.

Even though it has been chronologically based, our story could be modern, in other words timeless, not only in terms of scenario, but also in terms of its dances and songs. After all, this is the magic of Greek music. We sing and dance to our rhythms and party away with our own dances until nowadays. And we feel proud this treasure is still alive!

ΧΟΡΕΥΤΕΣ - Dancers

Αριστείδου Στυλιάνα Aristidou Stiliana

Ιωαννίδου Στέφανη Ioannidou Stefani

Καζάζη Νάσω Kazazi Naso

Καστανιά Άντρια Kastania Andria

Κοκκινόφτα Χριστιάνα Kokkinofota Christiana

Κόνιζου Χριστιάνα Konizou Christiana

Κωνσταντίνου Μαριάννα Konstantinou Marianna

Μιχαλίδου Θεοδώρα Michaelidou Theodora

Μιχαλίδου Μέλανη Michaelidou Melani

Νικολάου Ναστάσια Nikolaou Nastasia

Πηγασίου Χρυσή Μαρία Pigasiou Xrisi Maria

Σιακαλλή Έλενα Shakalli Elena

Σιακαλλή Μάρω Shakalli Maro

Στυλιανού Άντριη Stylianou Andri

Σωτηρίου Έμιλυ Sotiriou Emily

Χαραλάμπους Έλια Charalampous Elia

Χριστοδούλου Χρυσάνθη

Christodoulou Chrysanthi

Βραχίμης Ροβέρτος Vrachimis

Rovertos



Γεωργάκης Χριστάκης Georgakis Christakis

Γεωργίου Γιώργος Gheorghiou george

Κουρουσίδης Πόλυς kourousides Polys

Κυνηγός Αντρέας Kinigos Andreas

Λάρκος Κώστας Larkos Costaw

Νικολαΐδης Χρίστος Nicolaides

Christos

Οδυσσέως Γιώργος Odysseos George

Σάρρου Μάριος Sarrou Marios

Σιακαλλής Χρίστος Shakalli Christos

Σωτηρίου Αντρέας Soteriou Andreas

Τζιρτζιπής Γιώργος Tzirtzipis George

Τζιρτζιπής Τάσος Tzirtzipis Tasos

Τρύφωνος Γιώργος Trifonos George

Τρύφωνος Μενέλαος Trifonos

Menelaos

Φιλίππου Ρόνης Philippou Ronis

Φορής Νεκτάριος Foris Nectarios

Χρίστου Παναγιώτης Christou

Panayiotis

ΧΟΡΟΓΡΑΦΙΕΣ Chorography

Έλενα Σιακαλλή Shakalli Elena

Αντρέας Σωτηρίου Soteriou Andreas

Απλά - Λιτά - Χορευτικά "Ελληνικά"

Βρισκόμαστε κάπου στις δεκαετίες του '50 & '60 βιώνοντας απλές καθημερινές ιστορίες σε ένα ελληνικό λιμάνι.

Ήρωες, χαρακτηριστικοί τύποι του λιμανιού όπως φαράδες, μαγαζάτορες, ξενόφερτοι ναύτες και ότι άλλο δίνει ζωή σε ένα λαϊκό μέρος.

Μέσα από μια αντιπαράθεση και μια χορευτική μάχη μεταξύ ντόπιων και ξένων δε θα μπορούσε να λείπει η εξέλιξη ενός ειδυλλίου. Η εκδήλωση της αγάπης μεταξύ δύο νέων ενώνει το πλήθος και το οδηγεί σ' ένα ξέφρενο γλέντι.

Την ιστορία μας επενδύουν μουσικά, μερικά από το

γνωστότερα τραγούδια από το παλιό ελληνικό κινηματογράφο.

Αν και τοποθετημένη χρονικά, η ιστορία μας θα μπορούσε να είναι σημερινή, με άλλα λόγια είναι διαχρονική, τόσο θεματικά όσο και χορευτικά αλλά και μουσικά. Αυτή είναι άλλωστε και η μαγεία της ελληνικής μουσικής. Τραγουδάμε και χορεύουμε σε ελληνικούς ρυθμούς και γλεντάμε με τους δικούς μας χορούς μέχρι και σήμερα. Και είμαστε περήφανοι για τη ζωντάνια αυτής της κληρονομιάς!

Places of interest in the town of Limassol

The Archaeological Museum

Kaningos - Vyronos corner, near the Public Garden. Tel. no.. 305132

The museum provides a very interesting collection of antiquities found in the district of Lemesos (Limassol), dating from the Neolithic age to the Roman period.

Some of the archaeological discoveries are: Stone axes of the Neolithic and Chalcolithic period, potteries and objects of the ancient cities of Curium and

Amathus, as well as roman terra cottas, gold jewelery, coins, sculptures, columns, vases, earrings, rings, necklaces, marble statues etc.

The Folk Art Museum

253, Ayiou Andreou Street,

This beautifully preserved old house provides a very interesting collection of Cypriot Folk Art of the last two centuries. Some of the most fascinating objects of the collection are: national costumes, tapestry, embroidery, wooden chests, waistcoats, men's jackets, necklaces, a variety of light clothes, town costumes, country tools etc. The museum was established in 1985. More than 500 exhibits are housed in its six rooms. The museum was awarded the Europa Nostra prize, in 1989. Here, the visitor can study Cypriot culture through the hand-made exhibits.

The Municipal Art Gallery

28th October Str.,

The Gallery has a splendid collection of paintings, including works of Cypriot artists, on permanent display.

The Medieval Museum

(Within the Castle),

This rich medieval museum is found inside the castle of the town, which is close to the old port. The collection that the museum provides

covers the era of 400 - 1870 A.D. A visitor can see numerous exhibits: cannons, wood carvings of the 17th and 18th century, paintings and tombstones, statues, suits of armor, coins, terracotta, metalware and pottery, glass and marble artcrafts. According to the tradition, Richard the Lionheart is said to have married Queen Berengaria of Navarre in this castle in 181 and

crowned her Queen of England.

The Castle

The Castle was built by the Byzantines around 1000 A.D. Around the same period, a chapel was also built there. According to the legend, it was in this chapel that the wedding of Richard the Lionheart with Berengaria took place, when the king was landed near Amathus, on his way to the Holy Land during the third Crusade.

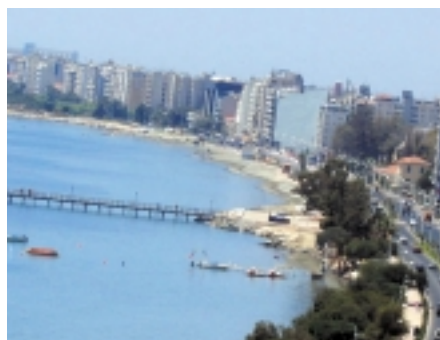
When the chapel was destroyed by an earthquake in 184, a new church of Gothic style was built in its place by the Knights Templar in the same year. With the extension later of the Castle the church came to be included in the Castle grounds. Later on, in 1382, the interior of the church (today's basement chapel, cells, towers) became part of the castle. The Castle was conquered by the Mamelukes in 1426 and it later on surrendered to the Knights of the Order of St. John. The Venetians

pulled the old Castle down and used the stones to build the city walls, between 1559 and 1567. The Turks erected part of the Castle in 1570, using it for the defense of the city. The Castle was used as a prison, between 1790-1940. After a few minor repairs in 1951, it was temporarily used as the Archaeological Museum of Lemesos (Limassol).

The Public Garden and the Zoo

They are situated on the coastal road. They provide a great variety of vegetation: eucalyptus trees, pine trees and cypresses. In this beautiful environment the citizens of Lemesos (Limassol) and many visitors can walk around and enjoy themselves. The two stone statues of lions, which were placed in the south entrance of the garden in 1911, keep wakeful guard over the garden and its visitors. A little further, there is the magnificent bust of Christodoulos Sozos, a hero who was a Mayor of Lemesos (Limassol), and a Member of Parliament. He died while he was fighting for liberty and democracy on the 6th of December 1912, on the hill of the prophet Elias at Ioannina, in Greece. His bust was placed there on the 14th June 1915. Inside the garden, there is a small zoo.

There, the visitor can see deer, moufflons, ostriches, pheasants, tigers, lions, an elephant, monkeys, vultures, pelicans and other animals and different kinds of birds. Not far from the zoo there is the small natural history museum and the garden theatre that is reconstructed to host famous international groups. A few yards away there is the bust of the Limassolian writer N. Nicolaides bearing the inscription «Nicos Nicolaides Artist, a distinguished writer, 1884-1956».





POKKA

ο αγνός έτοιμος καφές

Εμείς στην Εταιρεία "POKKA" δεν σταματήσαμε ποτέ να προσπαθούμε να γίνουμε καλύτεροι, να φτιάχνουμε προϊόντα χρησιμοποιώντας μόνο τα καλύτερα και τα πιο φυσικά συστατικά, να είμαστε πάντα στο βήμα του νικητή.

Να υπερβαίνεις τον ανταγωνισμό είναι σχετικά εύκολο.

Το να υπερβαίνεις όμως τον εαυτό σου είναι μια υπόσχεση και μια προσπάθεια χωρίς τέλος.



Ford No 1 Ford No 1



The history of weightlifting

DURING THE ANCIENT YEARS

Although weightlifting is considered to be the main sport of strength and vigour, it was not included in the programme of the Olympic Games in ancient years. Since that time, weightlifting became a way of demonstrating physical strength. Greeks treated top weightlifters as half-gods. Milon of Kroton, whose athletic achievements Pausanias extols in his work "Iliaka", is a perfect example. He was not the strongest though. Elianos records that Titormos of Etolia carried a huge rock, which Milon could barely lift. When he saw Titormos carrying the rock, Milon exclaimed: "Zeus, have you sent us a second Hercules?".

In an Egyptian royal tomb, people are depicted lifting bags loaded with sand. Nevertheless, there is no written evidence suggesting an athletic competition.

On the other hand, in Greece, at Pelopio of Ilia, a site near Ancient Olympia, a 143,5kg stone was found dating back to the 6th century BC, where one could easily read the inscription: "Vyvon lifted me with one hand over his head"! Not only the inscription but also the fact that the stone was carved so that the athlete could grab it, suggest that Vyvon won a weightlifting competition. Although French historian Raymond Vanker once wrote that modern

athletes could lift heavier weights, it remains an amazing athletic feat given the fact that no athlete in our days is strong enough to lift a 143,5kg stone with one hand.

Vyvon's stone is exhibited at the museum of Ancient Olympia. An achievement almost beyond physical power is recorded on a huge 480kg stone, found in Thira (Santorini). According to the inscription, Eumastas, son of Kritovoulos, lifted that stone from the ground. The assumption that Eumastas probably used both hands to lift 480kg few centimeters off the ground does not lessen his achievement. The most important proof that even

though weightlifting was not included in major athletic games, every Greek city-state held its own weightlifting competitions ("domestic games") can be found in Wurzburg Museum in Germany. A cup (dating back to 500 BC) similar to those that ancient Greeks, Athenians in particular, awarded to winners, presents a young man lifting two stones. This young man is considered to be the winner of a weightlifting competition. It is therefore confirmed that weightlifting constituted an athletic event in ancient years. The attempt of ancient Greeks to combine strength with velocity and flexibility was probably the main reason why they chose not to include it in the Olympic Games. Nevertheless, all athletes used to practice weightlifting as a training exercise.

As Filostratos once wrote: "Old gymnastics aimed to enhance physical strength. Athletes used to lift big weights in order to become stronger".

FROM ANCIENT TIMES TILL THE 19th CENTURY

Modern weightlifting history officially begins on March 28, 1891, when the first weightlifting World Championships were held in London, where

7 athletes representing 6 countries took part. Unofficially, the story goes way back, when people paid to see gigantic men demonstrating their



over him a weight of 854kg. Weightlifting competitions began to take place in USA since 1860. Ten years later the sport became known

physical power in public places (parks, public squares, etc). According to people's testimonies, Canadian Louis Sur lifted a 669kg wagon in 1880. American Walter Kennedy lifted from the ground a sphere weighing 600kg, while Czech Anton Richa held

in Europe; the first weightlifting clubs were set up in Paris and in Brussels.

The first official weightlifting competition in Greece was held in 1888 during the 4th Zappas Olympiad, at the Central Gymnasium in Omonia. As Paulos Manitakis mentions in his book "100 years of Greek sports 1830-1930", "in one-hand lift, Anastassios Philadelphus from Athens came up first and Lazaros Moussiou second. In two-hand lift, Lazaros Moussiou (a hair dresser from Spetses) came up first and Ioannis Tsepetakis second". Those three pioneering weightlifters also competed in other events. Tsepetakis took the first place in shot put, Moussiou came up second in pole vault and Philadelphus second in climbing.

At the first modern Olympic Games in 1896, weightlifting moved from town squares to stadiums. The Weightlifting Organizing Committee decided to include weightlifting among the nine Olympic events. Qualifying games were held in Greece aiming to form a national team that would represent the country at the



Olympics. Sotiris Versis and Alexandros Nikolopoulos qualified for one-hand lift. Sotiris Versis and Georgios Papisideris dominated the two-hand lift.

According to the official records of the first Olympics, indicted by Timoleon Filimon, N. Politis and H. Anninos, the event was held, fifth in a row, on March 26, 1896, on the second day of the games. Eight athletes participated; Viggo Jensen from Denmark and Launceston Elliot from Britain took first and second place respectively.

The two Greeks came up third. Sotiris Versis of Panellinios GS lifted 100kg in two-hand lift. Born in 1875 he was an all-around athlete. He also competed in discus finishing third

with 27.78m. Member of a wealthy Athenian family, Versis practiced shooting as a hobby. In 1896, he was into commercial studies. Later he worked in the stock market. He died in 1918 at the age of 43 struck by Asiatic influenza. Alexandros Nikolopoulos, a medical student from Messinia, came up third with 57,2kg in one-hand lift.

Greece played a decisive role in establishing weightlifting as an Olympic event. On the other hand, the French did not include weightlifting in the program of Paris Olympics in 1900. Reinstated in St Louis (1904) and Athens (1906 Mid-Olympics) weightlifting was excluded from London (1908) and Stockholm (1912) Olympics.

FROM ANCIENT TIMES TILL THE 20th CENTURY

In St Louis (1904), Greek weightlifting obtained its first gold medal with Periklis Kakoussis of Panellinios GS. The Greek athlete lifted 111,70kg in two-hand lift, overcoming American Oscar Osthoff who took second place with 84,73kg. Born in 1879, Periklis Kakoussis, after his victory, remained in United States. Although he had many propositions to join American athletic clubs, he chose not to give up Panellinios. He came back to Greece in 1906 to compete at Mid-Olympics, where he took 6th place.

Dimitris Tofalos made his debut in 1906. He won the gold medal in two-hand lift after a tough battle with Austrian Josef Steinbach. Both athletes lifted 136kg, and there had to be an additional round to determine the winner. Finally, Tofalos prevailed with 142,8kg. Born in 1877, Tofalos moved to the United States right after the games, where he became a professional wrestler. Founding member of greek-american club "Hermes", he trained the legendary Greek wrestler Jim Londos. Every year the Greek Weightlifting Federation holds an international tournament dedicated to Dimitris Tofalos and Periklis Kakoussis.

Weightlifting has been included in the program of every Olympic Games since 1920. Nevertheless, Greek weightlifters did not manage to achieve any distinction. Balkan and World wars did not allow the sport to develop properly; it was practically impossible for Greek athletes to compete on international level. As a result, weightlifters from France, USA, Egypt, Germany, USSR and Bulgaria dominated.

Sixteen weightlifters have succeeded in winning more than one gold medal in Olympic history; but only three have collected 3 consecutive olympic gold medals. The two are Greeks. Pyrros Dimas in 1992, 1996 and 2000, and Akakios Kakiasvili in 1992, representing the Commonwealth of Independent States of the former USSR and in 1996 and 2000, representing Greece.



Across three centuries...

As a basic athletic activity and a natural means to measure strength and power, the lifting of weights was present in both the ancient Egyptian and Greek societies. Boosting its international importance chiefly in the 19th Century, weightlifting was among those few sports (alongside athletics, swimming, gymnastics, fencing, wrestling, shooting and cycling) which featured already on the programme of the first Modern Olympic Games, in 1896, Athens. The first World Championships in this sport, however, had been staged five years earlier: on 28th March 1891, in London, with 7 athletes representing 6 countries.

Weightlifting is thus the only sport whose history in world-wide competitions spans across three centuries: from 1891 through the 20th Century until our days, in 2001.

The power-relations have undergone major changes over the past decades. At the beginning of the century, Austria, Germany and France used to be the most successful nations. Later on, Egypt, then the United States of America reigned. In the 1950s and the following three decades the Soviet Union's weightlifters played the protagonists' role - with Bulgaria becoming a main challenger. Since the mid-'90s, however, Turkey, Greece

and China have catapulted to the lead. The most recent word power in weightlifting is Greece among the men. In the women's field, China has been dominant since the very beginning, with other Asian countries emerging as strong contenders to the champion titles. On the overall, however, Europe is the most powerful continent in competitions of both genders.

Weightlifting Today:

The International Weightlifting Federation (IWF) today comprises 167 affiliated nations. Approximately ten thousand weightlifters participate annually in official competitions; weight training, however, is an indispensable tool for strength development for all sports and billions of people all over the world have workouts with the barbell for the sake of fitness. Entry figures of World Championships have increased year by year. The participation record was registered at the 1999 World Championships in Athens, Greece, with altogether 660 athletes of 88 countries taking part. Including the Olympic Games 2004 in Athens, the men have competed in 22 Olympic Games, 76 World Championships. The women already had their third Olympic appearance in China 2008.



Calendar Weightlifting 2009

March

- 01.03.2009-31.03.2009 . . . 37th European Union Championships (date TBC) Ciechan_w POL
- 06.03.2009-08.03.2009 . . . XXIV Grand Prix for Schoolboys and Schoolgirls Kosice SVK
- 07.03.2009-10.03.2009 . . . 2nd Namdjou International Invitational Cup Rasht IRI
- 31.03.2009-02.04.2009 . . . IWF Electoral Congress Madrid ESP

April

- 01.04.2009- 30.04.2009 . . . African Senior/Junior/Youth Champs. - Zone 1 ?? NGR
- 01.04.2009-30.04.2009 . . . International Coaching, Referee and Medical Symposium Kish Island IRI
- 04.04.2009- 12.04.2009 . . . European Championships Bucharest ROM

May

- 01.05.2009- 30.05.2009 . . . African Senior/Junior/Youth Champs. - Zone 3 ?? MAD
- 03.05.2009- 07.05.2009 . . . IWF World Cup & 1st Francophone International Tournament Noumea NCL
- 11.05.2009- 14.05.2009 . . . Arafura Games and Oceania Sr. & Jr. Championships Darwin AUS
- 21.05.2009- 23.05.2009 . . . 6th Internl. Eleiko Austria Women's Tournament Lochen AUT

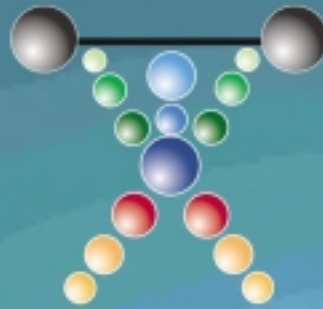
June

- 01.06.2009- 30.06.2009 . . . Junior World Championships Constanta ROM
- 04.06.2009- 07.06.2009 . . . Pan American Championships Chicago USA
- 26.06.2009- 05.07.2009 . . . Mediterranean Games Pescara ITA
- 26.06.2009- 28.06.2009 . . . 009 Email International Clubs Tournament Oceania Fed. OWF

July

- 26.07.2009- 02.08.2009 . . . Junior European Championships Landskrona SWE





Έαρση Βαρών

Χέρια, έτοιμα να σηκώσουν πιο ψηλά, αξίες και ιδεώδη μιας ζωής.

Βλέμμα, γεμάτο πάθος και δίψα για επιτυχίες.

Καρδιά, που χτυπά με αγωνία για το αποτέλεσμα.

Θέληση, που γεννά το πείσμα για μεγάλες προσδοκίες.

Αγάπη, που ξεχειλίζει και αγκαλιάζει τον αθλητισμό.

Χειροκρότημα καταξίωσης και αναγνώρισης των αθλητών μας.

Των αθλητών της Έαρσης Βαρών!



ΟΠΑΠ
ΚΥΠΡΟΥ

ΧΡΗΜΑΤΟΔΟΤΗΣΗ

