

FIVE DAYS TO "D" DAY

In five days, New Caledonia will be hosting the biggest Pacific Games ever held. The Opening Ceremony of the XIV Pacific Games is set for Saturday August 27th at 7pm. The Games will be televised live to quite a few countries around the world. The President of the French Republic, Nicolas Sarkozy, will be coming to open the Games.

The weightlifting event will be one of the highlights of the Games. World class lifters like Dika Toua (PNG), Ele Opeloge (Samoa), Yukio Peter (Nauru), Manuel Minginfel (FSM) Manueli Tulo (Fiji) Itte Detenamo (Nauru) and many others will take centre stage on September 5th to the 7th. The Oceania Weightlifting Institute is ready to provide the 18 Pacific countries competing in the sport of weightlifting the best possible training facilities.

All equipment used at these games are ZKC brand, the same company which was used at the Beijing Olympics in 2008. The Technical officials (Jury members) are all International Category 1 Referees brought in by the OWF. Whilst the referees are all International Category 2 referees mainly from the Pacific Islands.

New Caledonia is ready to welcome the Pacific. The sports facilities are world standard and the athletes can look forward to a great two weeks of competition. Thank you New Caledonia for what will be a magnificent sporting extravaganza.



Nicolas Sarkozy, President of the French Republic



The Oceania Institute ready for training



OWF SEMINAR

The OWF will conduct a Coaching, Technical, Medical, Anti Doping and Administration seminar during the Pacific Games in New Caledonia. The seminar funded by the IWF and organized by the OWF will have expert speakers. In coaching - Mr Lyn Jones (AUS), Technical - Mr Garry Marshall (NZL), Medical - Dr Kami (TGA), Anti Doping - Natanya Potoi (FIJ) Administration and running of events - Mr Matthew Curtain (AUS) the 2012 London Olympics Competition Manager. The seminar will be conducted on Sunday afternoon September 4th at 2pm to 6pm and on Thursday September the 8th from 10am to 6pm. The seminar will be held at the Oceania Weightlifting Institute.

OWF CONGRESS

The 2011 OWF Congress will be held at the South Pacific Commission in L'Anse Vata on Saturday September 3rd starting at 8:00am with the Technical meeting and verification of entries for the Pacific Games. This is to be followed by the Congress at 9:00am. H.E. Marcus Stephen, President of the OWF will be in attendance.

This will be the first time in its history that all countries of the Oceania Region will be in attendance. The countries are: **Australia, Papua New Guinea, Fiji, New Caledonia, New Zealand, Tahiti, Palau, Cook Islands, Tonga, Samoa, American Samoa, Tuvalu, Vanuatu, Solomon Islands, Nauru, Wallis & Futuna Kiribati, Guam, Marshall Islands, Micronesia (FSM) and Niue.**



2011 ZKC EMAIL INTERNATIONAL CLUBS TOURNAMENT

The **ZKC** Email International Club Tournament which concluded on July 24th, has seen a record number of clubs entered from the five continents. **129** clubs took part with **655** competitors participating (**405** males and **250** females entered the tournament.). This is the highest number of clubs participation in the 8 year history of the tournament. The winning club in the male section was the **GRA Club from Cuba**, whilst in the female section it was the **Haunabada Club from Papua New Guinea**. Both clubs will each receive one Olympic barbell set from **ZKC** who is the sponsor of the tournament.



On behalf of the OWF, I would like to thank the General Manager of the **ZKC Company**, Mr. Zhang Zhiguo, for his support and contribution toward this event and also towards the development of weightlifting at club level worldwide. We also like to thank the IWF for their support in promoting the event.

2011 WORLD JUNIOR CHAMPIONSHIPS – PENANG, MALAYSIA.



Michelle Kahi (Australia)

This year's World Junior Championships held in Penang produced one of the best ever Junior Championships in history. Penang welcomed the 272 participating lifters and over 400 other officials and guests from 76 countries in true Malaysian hospitality. The athletes produced outstanding performances during the 8 days of competition.

Every athlete, official and guest stayed at the magnificent 5 star Equatorial Hotel. The food, the transport, the training and the competition facilities were all carefully prepared in order to give the athletes maximum benefit. The warm hospitality of Malaysian people was appreciated by all participants and guests. The Equatorial Hotel was also the venue for the unique opening ceremony, with all IWF meetings held there as well. Michelle Kahi from Australia was used on all banners and posters.



Mr Eric Rosario (Australia)

Some dear friends of the OWF were involved also with running and organisation of the event. Lyn Jones was the MC right through and as usual did a brilliant job. Brian Minikin was also in Penang and between his job on researching sport in Malaysia, he kindly volunteered to do the daily results on the World Championships and collate the final results which was beautifully presented to all countries.

Also with us we had Mr Eric Rosario who flew in specially to volunteer his time to assist lifters with massaging. Eric is a specialist in Exercise Physiology and Remedial Massage.



YB Lydia Ong Kok Fooi

At the Closing Ceremony, YB Lydia Ong Kok Fooi, Penang's Minister for Youth and Sport emphasized the importance of national sporting events and their ability to foster friendship and brotherhood amongst athletes and officials. All in all, an absolutely magnificent event. On behalf of every Oceania country attending these championships we wish to say thank you to Penang for the friendly hospitality received by everyone involved with the event. And thank you to Malaysia for organising three major events within a twenty months period.



Mr CK Tan – Chief Strategy Officer,



Mr Mohd Ali Bin Kamaruddin -Chairman



Mr Chun Fatt Tech- CEO

During the World Junior Championships in Penang a dinner was held between the Chairman of the **Dalian Zhen-Ao Company of Malaysia**, Mr. Mohd Ali Bin Kamaruddin, the Chief Strategy Officer, Mr. C.K. Tan and the C.E.O, Mr. Chun Fatt Teck together with Mr. Paul Coffa, Commonwealth & Oceania General Secretary and Dato Ong Poh Eng, the Vice President of the Commonwealth Weightlifting Federation & Chairman of the Organising Committee of Penang. During the dinner Paul Coffa presented a CWF medal of appreciation to the three gentlemen from the **Dalian Zhen-Ao** company for their contribution to the Organising Committee of the World Juniors.

COMMONWEALTH RECORDS AT THE ARAFURA GAMES.



Once again the Arafura Games was held in conjunction with the Oceania & South Pacific Championships. The Australian Weightlifting Federation as usual did a great job with the organisation. The event ran smoothly and the competition hall, the Darwin Entertainment Centre was an ideal venue. 130 competitors from 17 countries took part. There were some great performances with 6 Commonwealth records set. Itte Detenamo of Nauru set five Commonwealth records, with 182kg and 184kg snatch, 229kg clean & jerk and 406kg and 413kg total. Whilst Yukio Peter also of Nauru, in the 77kg category set a Commonwealth record in the snatch with 157kg.

A special dinner was organized during the Championships by the Oceania Weightlifting Federation in honour of Mr. Les Martyn MBE. Les was invited to Darwin to receive the OWF first Life Membership. 50 guests attended the dinner including the President of the Commonwealth Weightlifting Federation, the Hon. Vinson Detenamo.

The first Life Membership of the OWF was presented to Les Martyn for his outstanding contribution to weightlifting. Les was the very first President of the OWF when it was established in 1980. He was for fourteen years President of the Australian Weightlifting Federation and for eight years he was President of the Australian Commonwealth Games Association.



Paul Coffa, OWF General Secretary presents Life Membership to Mr. Les Martyn.



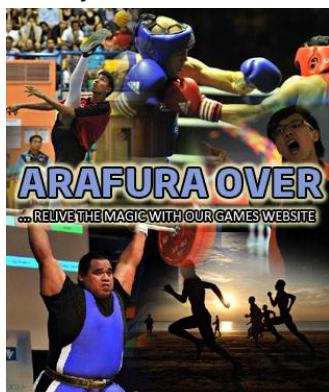
The Hon. Vinson Detenamo, CWF President with Les Martyn enjoying a day of lifting in Darwin.



Danny Nemani from Niue wins Bronze at the Arafura Games



Ele Opeloge(Samoa) wins her fifth Oceania title



The Arafura Games website



Michelle Kahi (Australia) at the Arafura Games



Nakenibeia Toromon (Kiribati) wins the 69Kg category

CHINESE TEAM TO VISIT THE OWF INSTITUTE 20th to September 30th.

Some of the Chinese National Team members will visit the Oceania Weightlifting Institute from September 20th to September 30th The lifters coming are:

LI Juan, LUO Liqin TAO Jin, DING Jianjun, CHEN Hongqing, LIANG Chenxi

and **CAO Lei** the Olympic Champion 2004- 2008 in the 69Kg category. This visit of the Chinese team will be a great privilege for the Institute athletes to train alongside some of the best weightlifters in the world. And it will be a big boost to the Pacific lifters in preparation to the World Championships to be held in Paris in the month of November.



Cao Lei – World and Olympic Champion

GENERAL ELECTION RESULTS

Australia – Australia has a new President, Dr. Robert Mitchell, who has taken over after the resignation of former President, Robert Kabbas. Congratulation Dr. Mitchell and the OWF wishes you all the very best.

Papua New Guinea – Congratulations also must go to Sir John Dawanincura on his election as President of the PNG Weightlifting Federation, with Frank Robby being elected Vice President, and also Fiona Speedy for being elected as General Secretary.

COMING EVENTS

October 10 -15	Cape Town - South Africa	2011 Commonwealth Senior, Junior and Youth Championships
November 5-13	Paris - France	2011 World Weightlifting Championships



Mr .Charles Cali, President of CTOS, with the Pacific institute athletes in preparation for the Pacific Games.

