

June, 2005

SUCCESS CONTINUES IN WEIGHTLIFTING

Since our last newsletter there has been many things happening in weightlifting.

Eleiko International Email Club Tournament: Held on the 30th of April, on the very last day of the 2.5kg increment, the Oceania Weightlifting Federation with a sponsorship from Eleiko and the support of the IWF produced the biggest number of participants in one single tournament at club level world wide. The tournament has produced some outstanding results and very close competitions in many categories. **777** competitors took part from **106** clubs from **21** countries. 600 male competitors and 177 female competitors. This for the Oceania Weightlifting Federation has been a remarkable achievement, especially as this year the OWF is celebrating its 25th Anniversary.

Arafura Games: Congratulations to Andrew Forrest, Mark Woods and everyone associated with the running of the weightlifting event in Darwin. This was the first time that the sport of weightlifting was part of the Arafura Games. The opening ceremony was colourful and the people of Darwin really got behind the Games to make it a success. Weightlifting had one of the highest country participations.

The Oceania & South Pacific Junior Championships was also run in conjunction with the Arafura Games. The best lifter of the Arafura Games undoubtedly was Yukio Peter (Nauru) whilst the best female lifter was Sheba Deireragea (Nauru). Whilst in the Oceania Juniors, Itte Detenamo and Sheba Deireragea, again both from Nauru, were the two best outstanding junior lifters.

It was interesting to see the battle in the 105kg category between father and son, Sam Pera and Sam Pera Junior, from the Cook Islands. At this stage father is still a bit stronger than junior.

Congratulations also to the referees who did a great job.

World Junior Championships – Busan, Korea: What a great triumph for the Oceania region and in particular the South Pacific region with 18 year old Itte Detenamo from Nauru winning a bronze medal in the clean & jerk at the World Junior Championships in Korea on the 24th May. Only 5 days earlier Itte had been competing at the Arafura Games in Darwin. He clean & jerked 207kg to secure the bronze medal. The silver medal went to David Kadanets from Russia with 210kg and the gold medal to Dimitris Papageridis from Greece with 215kg. Itte came equal 4th overall with a total of 363kg. His best ever total at international level. This is the first medal at a World Junior Championships in the male section since Steven Kettner from Australia won a bronze medal at the World Junior Championships in 1988.

It was also great to see that Erika Yamasaki from Australia placing 8th in the 53kg category with her best total of 161kg.

Eleiko Scholarship: Congratulations to Sam Pera Junior from the Cook Islands for winning the Eleiko Junior Scholarship, sponsored by the Eleiko sports company.

Hat Trick for Dika Toua: Dika Toua of Papua New Guinea has been won the Sportswoman of the Year for the third consecutive year. A great effort for this national icon of PNG.

1kg Increment: On the 1st May, the 1kg minimum increment came into effect. It was used very successfully at the Arafura Games in Darwin, Australia and the World Junior Championships in Busan, Korea.

New Weightlifting President for PNG: The father of Dika Toua, Mr. Toua Lou has been elected the new President of the PNG Weightlifting Federation. The Vice President is Frank Robby, whilst the General Secretary is Iwila Jacob.

2006 Oceania & South Pacific Championships: The Samoa Weightlifting Federation has applied to host the 2006 Oceania & South Pacific Weightlifting Championships in Apia, Samoa in the month of August. The Championships will be held in their new weightlifting stadium which has a seating capacity for 3000 people. The stadium will be finished by September this year. More on this in the next newsletter.

OWF Medical Commission: Dr. David Kennedy, Chairman of the OWF Medical Commission attended the Arafura Games in Darwin on behalf of the OWF and at the same time held seminar in Darwin for the South Pacific lifters on injury prevention.

IWF Technical Committee: Sam Coffa from Australia has once again been appointed by the IWF as Chairman of the IWF Technical Committee for the next 4 years. Congratulations Sam.

Mini South Pacific Games: The Mini South Pacific Games will be held in Palau with the opening ceremony starting on 24th July. Weightlifting has attracted 14 countries so far. The weightlifting event will be held on the 26th, 27th, & 28th July. The weightlifting co-ordinator for the Mini Games is Mr. Emerson Nobuo.

March, 2005

What a start to year 2005

Australian Olympic Youth Festival

The Australian Olympic Youth Festival held in Sydney on January 17-23 2005, was a great success. The Opening Ceremony was very colourful with emphasis obvious on youth. Congratulations must go to John Coates the President of the Australian Olympic Committee and his team, they have done an outstanding job.

It was great to see an Oceania team given the opportunity to compete against countries such as China, Chinese Taipei and South Africa. Australia and New Zealand, although part of Oceania had teams of their own. The Oceania team was made up of lifters from Nauru, Palau, Kiribati, PNG, Samoa, Cook Islands, Niue and Fiji.

There were some outstanding performances from the Oceania team. Yukio Peter (Nauru) competing in his new bodyweight category of 77kg, snatch 145kg, clean & jerked 175kg (1st attempt) totaling 320kg, beating Zhang Kalguo 305Kg (China) and in third place Anthony Darryn 287.5Kg from South Africa. A gold medal also went to Itte Detenamo (Nauru) in the 105+kg category beating Lin Hsiu Chi (Chinese Taipei) and in third place Matthew Falcone (Australia)

In the women section, Dika Toua (PNG) in the 53kg category was sensational breaking the clean & jerk record with 110kg and won gold with a total of 185kg. Second place went to Tian Xianhong (China) and third place to Ku Chih-Hua (Chinese Taipei) Nauru's Sheba Deireragea in the 75kg category won gold with a total of 187.5 beating Yeh Chen-Chen (Chinese Taipei) 172.5Kg) and in third place Wang Tao (China 170Kg).

Some other good performances were also put up by 75+kg lifter from Niue, Sioe Haioti, winning a bronze medal with a total of 200Kg.. In the 63kg category Alexandrina Patris from Palau, won silver with a total of 147.5Kg. Also another good performance was put up by 15 year old Sam Pera Junior from the Cook Islands who won bronze with a best total of 267.5Kg. Tekaei Temake from Kiribati lifted well also winning silver in the 62Kg category with 202.5Kg.

In fact most of the Oceania team members equaled or improved their best performances.

Some good performances were also put up by some of the Australian lifters. Max Del Santo won silver in the 85kg category with a total of 280Kg, David Sarkisian in the 69Kg category won silver with 262.5Kg. Whilst Matthew Falcone in the 105+kg broke through the 300kg barrier and won a bronze medal.

New Zealand's, Mark Spooner produced his best ever total with 260Kg.

Special thanks must go to Tony Hole (Cook Islands) for managing this successful Oceania Team and the two coaches assisting Paul Coffa. They were Rokete Tokanang (Kiribati) and Lorryann Benardo (Palau).

The medal tally was as follows:

MALE & FEMALE

COUNTRIES	GOLD	SILVER	BRONZE
China	9	3	1
Oceania	4	2	5
Chinese Taipei	2	6	2
Australia	0	3	4
South Africa	0	1	3
New Zealand	0	0	0

Oceania medals

Nauru	3	0	1
PNG	1	0	0
Kiribati	0	1	1
Palau	0	1	0
Fiji	0	0	1
Cook Islands	0	0	1
Niue	0	0	1

Oceania Weightlifting League

The Oceania & Pacific Weightlifting League got off to a flying start on the 28th - 29th January, with some outstanding results achieved from many lifters throughout the Oceania region. The second round has also finished on February 25th – 26th and again there was some really good results.

Yukio Peter performance for Nauru was world class with his 190kg clean & jerk and 332.5kg total, all Commonwealth and Oceania senior records. In League A-1 Nauru leads on the ladder. The match against Samoa in the second round produced some outstanding lifts from both teams with Nauru winning by a small margin. In League A-2, New Zealand is holding top position whilst Kiribati is right behind in second position on percentage after beating Tasmania in a close show down.

In the Pacific League, ACT is at the top just ahead of Niue. Both teams are going extremely well.

The third round is coming up at the end of this month. The reason for the success of these tournaments is the fact that there is a regular monthly competition for lifters to take part in and therefore its promoting weightlifting in the region and keeping the interest of the lifters at a high. An added bonus of course is that there are so many new lifters coming up. It is also pleasing to see the OWF website receiving thousands of hits each month obviously related to these League tournaments.

O.W.F. President visit to Fiji.

The President of the OWF, Seiuli Paul Wallwork visited Fiji for a few days in the month of February. The reason for his visit was to discuss many matters with the General Secretary of the OWF. He also attended some training sessions at the Oceania Weightlifting Institute in Sigatoka and more important he attended a special meeting with ONOC General Secretary and IOC Member, Dr. Robin Mitchell to discuss the many issues pertaining to the further development of the OWF and the Sigatoka Institute.

I.W.F. Centenary Celebration.

On March 3rd – 4th, the IWF celebrated its 100 years anniversary and at the same time held its Electoral Congress in Istanbul, Turkey. 112 countries attended the Centennial Celebrations on the 3rd March and the Congress the day after. The celebration was a great spectacle. Many VIP's were among the 350 guests. They included the President of the IOC, Dr. Jacques Rogge, the President of AGFIS, Mr. Hein Verbruggen (IOC Member), the President of the International Athletic Federation, Mr. Lamin Diack (IOC Member), the President of the International Gymnastics Federation, Mr. Bruno Grandi (IOC Member), the President of the International Handball Federation, Mr. Hassan Mustafa and also attending was the Deputy Prime Minister of the Republic of Turkey, Mr. Mehmet Ali Sahin.

The IWF was also privileged to have amongst their guests some great Olympic Games Gold Medal superstars like Naim Suleymanoglu (Turkey) – 3 gold, Pyrrros Dimas (Greece), - 3 gold, Halil Mutlu (Turkey) – 3 gold, Akakios Kakisvilis (Greece)– 3 gold, Tommy Kono (USA) – 2 gold, Norair Nurikyan (Bulgaria) – 2 gold, Yoshinobu Miyake (Japan) – 2 gold, Leonid Zhabotinsky – 2 gold, Waldemar Baszanowski (Poland)– 2 gold, Hossein Reza Zadeh (Iran) -2 gold, Vasili Alexeev (Russia) – 2 gold plus other great champions such as gold medalist now Vice President of the Romanian Olympic Committee – Nicu Vlad and the newly elected General Secretary of the Bulgarian Weightlifting Federation – Stefan Botev and the list went on and on.

It was interesting to hear the President of the IOC, Dr. Jacques Rogge, praising the sport of weightlifting, the work of the IWF and Dr. Tamas Ajan and also the importance of how weightlifting is utilized by other sports for strength training.

The Turkish Weightlifting Federation and the IWF Secretariat must be congratulated for their hospitality and for the well organised Centennial Celebrations.

On March 4th, the IWF Congress was held with Dr. Tamas Ajan being re-elected unanimously unopposed for his second four year term. The General Secretary, Mr. Yannis Sgouros was also re-elected unopposed for his second four year term. For the Oceania region it was a very happy moment when the President of the Australian Weightlifting Federation, Mr. Sam Coffa was re-elected was again as 1st Vice President of the IWF.

The OWF was also pleased that Mr. Lyn Jones (Australia) was appointed to the Scientific and Research Committee.

The Congress certainly had some surprises. A lot of new officials were elected to the Executive Board of the IWF. Naturally changes are good sometimes, especially if it is for the benefit of weightlifting world wide and I sincerely hope as General Secretary of the OWF that this will be the case.

We have lost many good members from the previous board who were there for many years and contributed so much during their term of office. To these members I want to say thank you on behalf of the OWF for their immense contribution to the sport. The Oceania Weightlifting Federation was represented by:

Tony Hole	Cook Islands
Manasa Vakuruivalu	Fiji
Jerry Wallwork	Samoa
Steve Patris	Palau
Matthew Curtain	Australia
Marcus Stephen	Nauru
Saturnin Cabral	Tahiti
Paul Coffa	Guest of Honour – IWF

Finally during the Congress the main changes to the technical rules was the introduction of the minimum 1kg increment which for the last few years has a lot of debate. This change is a significant change to the sport especially in the running of the competitions. Our sport will see in future different tactics being used by coaches. It was interesting to note that this major change was unanimously passed by the 112 countries present. This ruling will take effect from the 1st May, 2005.

As we said good-bye to the 'press' in the 1972, we now say good-bye to the 2.5kg jump in 2005..

Dates

The World Junior Championships this year will be held in Busan, Korea – 15 – 22 May.

The World Senior Championships this year will be held in Doha, Qatar - 9 – 21 November .

The World Junior Championships in 2006 will be held in Hangchow, China.

The World Senior Championships in 2006 will be held in Santo Domingo, Dominican Republic.

Arafura Games

Finally the Arafura Games coming up in Darwin including the Oceania and South Pacific Junior Championships will be held on the 14th to 21st May. The Weightlifting dates are 16th to 18th May.

I urge all Oceania Federations who are intending to send lifters to compete in the Arafura Games and also the Oceania & SP Championships to fill in the entry forms in time as we are expecting a

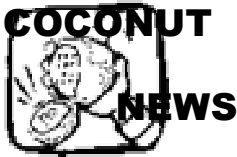
lot of lifters to compete. The Organising Committee needs to have an idea of how many competitors will be attending this event so as to start planning the weightlifting program.

For all information regarding the Arafura Games and the Oceania & SP Junior Championships please contact Andrew Forrest, Arafura Games Co-ordinator for Weightlifting on +61 419 140214 or email at agf38@optusnet.com.au

Paul Coffa

GENERAL SECRETARY

January 1st, 2005



SUMMARY OF 2004

What a year 2004 has been!

- ◆ We lost some dear friends through the year. From Nauru we lost Tyoni Batsiua. From PNG we lost Janet Chan. From Kiribati we lost Mr. Bweitu Nabau. From Fiji we lost Quake Raddock and the latest on the 30th December we lost Charles Mifsud from Malta. All of these people left behind wonderful memories for us to treasure.
- ◆ At the same time we have had some great moments. Placing in the top 10 at the Athens Olympic Games were Dika Toua from PNG who placed 6th, Yukio Peter from Nauru placed 8th and Manuel Minginfel from FSM placed 10th. Athens saw nine countries from the Oceania region competing at the Olympic Games. They were Samoa, American Samoa, Fiji, Cook Islands, PNG, Kiribati, Nauru, Australia and FSM.
- ◆ It was fantastic to see weightlifters as flag bearers for their countries. Uati Maposua carried the flag for Samoa, Yukio Peter for Nauru, Dika Toua for PNG, Meamea Thomas for Kiribati, Manuel Minginfel for FSM, and of course the one who created a huge attraction was Sam Pera from the Cook Islands who wore his traditional sulu with his enormous upper body. Sam Pera incidentally produced his best ever total in Athens.
- ◆ The Oceania and South Pacific Championships held in Suva in the month of May, for Senior and Junior athletes which were also the Olympic Qualification event, produced some outstanding results. During this event the OWF Electoral Congress was held with Seiuli Paul Wallwork being re-elected President for his fourth term 2004 – 2008 of the OWF and Paul Coffa as General Secretary. The Executive 1st Vice President was once

- again Mr. Lawrence Stephen from Nauru (unopposed), with two new Vice Presidents coming in with Mr. Robert Grimaldi from New Caledonia and Mr. Tony Hole from the Cook Islands. Mr. Matthew Curtain from Australia was once again re-appointed Assistant Secretary.
- ◆ The Mermet International Cup held in Melbourne in the month of October was a great tournament.
 - ◆ The Uesaka Email Club Tournament was an outstanding success attracting 468 competitors from 49 female clubs and 58 male clubs from 20 countries.
 - ◆ The OWF – IWF Summit held in Sydney in month of March was extremely successful. The summit was organised by the AWF under the direction of Luke Borreggine.
 - ◆ The outstanding performance of Chris Rae from South Australia with total lift of 405kg.
 - ◆ The weightlifting development program conducted by Jay Waller in Tonga in the month of October / November was very successful.
 - ◆ Another successful tournament was the Commonwealth Youth Games held in Bendigo, Victoria when Oceania lifters finished up winning 7 gold medals 6 silver medals and 4 bronze medals.
 - ◆ The Oceania Weightlifting Institute had another successful year. 70 lifters utilized the weightlifting centre from 10 countries of the Oceania region. The centre also was used by quite a lot of the Fijian rugby players.
 - ◆ Finally the year finished up with some great performances by our junior lifters. On the 24th December in Nauru, Yukio Peter competing in the Nauru National Championships snatched 145kg, clean & jerked 180kg and totalled 325kg. Whilst Dika Toua from PNG on the last day of the year, 31st December, during a test event in Sigatoka, produced an amazing performance. At a bodyweight of 52.8kg, she snatch 85kg, clean & jerked 107.5kg and totalled 192.5kg becoming the first Oceania female lifter to clean & jerk double bodyweight.
 - ◆ Obviously there were a few disappointments also. One of them was the unsuccessful Sydney bid for the 2007 World Weightlifting Championships. Going through the bidding process, at one stage we felt extremely confident that we had the numbers on our side only to be outdone by Thailand who produced an open cheque book and conditions which were impossible to match by the rest of the bidding cities.
 - ◆ Another disappointment was New Zealand. After qualifying on their own merit to compete at the Athens Olympic Games, the New Zealand Olympic Committee in their wisdom decided not to send any lifters to Athens.

With 2004 gone, let us all look forward to 2005. This year is the 25th Anniversary of the Oceania Weightlifting Federation, one of the oldest sports federations in the Oceania region. We are looking forward to a great year of lifting as we have so many events in place.

January 21st – 23rd 2005, we see for the first time an Oceania team (Pacific Islands only) competing at the Australian Youth Olympic Festival in Sydney. The team comprises of

<u>MALE</u>	<u>NATION</u>	<u>YOB</u>
56kg Starron Dowobobo	Nauru	84
62kg Temake Tekaei	Kiribati	86
69kg Yukio Peter	Nauru	84
77kg David Katoatau	Kiribati	87
85kg Meamea Thomas	Kiribati	87
94kg Sam Pera Jr.	Cook Is.	89
105kg Saimone Turaganivalu	Fiji	85
105+kg Itte Detenamo	Nauru	86

<u>FEMALE</u>	<u>NATION</u>	<u>YOB</u>
48kg Suzanne Hiram	NRU	87
53kg Dika Toua	PNG	86
58kg Alexandra Patris	Palau	89
63kg Alexandrina Patris	Palau	89
69kg Sera Tawai	Fiji	84
75kg Sheba Deireragea	Nauru	86
75+kg Sioe Haioti	Niue	85

TEAM OFFICIALS

Team Manager	Tony Hole	Cook Islands
Coach (Male)	Rokete Toganang	Kiribati
Coach (Female)	Lorry Ann Bernado	Palau

- ◆ The Oceania League tournament by email will begin on January 28 -29, with the last round to be held on August 26 -27. Sixteen countries will take part in this first ever League tournament plus the eight states/territories of Australia. This tournament will attract approximately 200 lifters competing every month which should boost the sport of weightlifting to greater heights.
- ◆ On April 1st – 2nd, the Eileko World Email Club Tournament will take place. Last year 468 lifters from 107 clubs competed. We expect this record to be broken this year.
- ◆ From the 14 -21 May, the Arafura Games will be held in Darwin, Australia. The Oceania and South Pacific Junior Championships will be conducted in conjunction with the Arafura Games.
- ◆ On July 25 – August 4, the Mini South Pacific Games will be held in Palau with weightlifting being one of the sports which will attract large country participation.
- ◆ Of course the big event of the year for our sport will be the Commonwealth, Oceania and South Pacific Championships to be held in Melbourne on October 1 -2. This also celebrates Oceania's 25th Anniversary. The OWF was set up in October, 1980, in Melbourne.



- ◆ The OWF has an excellent website which is updated on a regular basis in English and in French. We invite you to visit it at your leisure to get the latest news on weightlifting in Oceania.

- ◆ Finally, the Oceania Weightlifting Institute is now internationally recognised at a centre of excellence. I hope the Pacific Countries in particular through the OOTC program and ONOC Solidarity continues to take advantage of this facility as its results now speak for themselves.

Paul Coffa
GENERAL SECRETARY