

IT WAS SIMPLY FANTASTIC !!

Samoa's junior champion weightlifter Don Opeloge, made history on Tuesday evening, 4th June, in Suva whilst competing at the Junior World Championships. He won the world title in the 89kg category with combined lifts of 152kg and 197kg. Don won the gold medal in the total with 349kg making him the first Junior weightlifter in the Oceania region to win a gold medal in the total.



Don has become the second weightlifter in the history of the sport in the Oceania region to win a gold medal in the total. 35 years earlier Dean Lukin became the World Super Heavyweight champion with a total of 412kg. At that time, the World Championships were combined with the Olympic Games.

In the individual lifts, Don became the third lifter ever to win a gold medal in the clean & jerk. The first lifter to win a gold medal in the clean & jerk was Stefan Botev in 1993 in the Senior World Championships, the second was Eileen Cikamatana in 2016 in the Youth World Championships and now we have Don Opeloge winning gold in the Junior World Championships.

What a fantastic performance this young man put up last night.

Although he struck trouble in the snatch, Don came out with three beautiful lifts in the clean & jerk. His 349kg total was one kilo more than Mohammad Hossein from Iran. The competition was fierce especially in the last seven lifts. Congratulations to Jerry Wallwork who did an excellent job in monitoring all the lifts with perfect selection of attempts.

Samoa has been waiting a long time for this gold and I know that there will be a lot more in the future. There is no question on the ability of our regions lifters. They are improving, they are performing and they are winning medals. We have a great future ahead of us.

OTHER GREAT NEWS



Other great news tonight, June 5th, New Zealand's young champion weightlifter Kanah Andrews-Nahu became the fourth lifter in the history of Oceania to win a gold medal in one of the two individual lifts. Kanah competing in the 76kg category won a gold medal in the snatch section at the Junior World Championships in Suva. Kanah snatched 98kg, in second place was Rania Mahmoud from Egypt with 97Kg. Kanah also won a bronze medal overall when she totalled 212kg. This was her best ever total.

These championships are certainly showcasing the talent in the Oceania region, with a great chance of winning more medals.

Below you will find all the medals won by our regions lifters at World Championships at Senior, Junior and Youth level.

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OCEANIA LIFTERS WINNING MEDALS AT WORLD CHAMPIONSHIPS

YEAR	GAMES	MEDAL	CAT.	NAME	NAT
1983	Cairo -Egypt	Bronze- Snatch -Junior	110+Kg	Charles Garzarella	AUS
1983	Cairo -Egypt	Bronze C&J -Junior	110+Kg	Charles Garzarella	AUS
1983	Cairo -Egypt	Bronze Total -Junior	110+Kg	Charles Garzarella	AUS
1984	Lignano -Italy	Silver- C&J -Junior	67.5Kg	Ron Laycock	AUS
1984	Los Angeles-U.S.A.	Silver- Total	82.5Kg	Robert Kabbas	AUS
1984	Los Angeles-U.S.A.	Gold Total	110+Kg	Dean Lukin	AUS
1988	Athens -Greece	Bronze -Snatch Junior	110+Kg	Steve Kettner	AUS
1993	Melbourne -AUS	Silver -C&Jerk	83Kg	Kiril Kounev	AUS
1993	Melbourne -AUS	Bronze - Total	83Kg	Kiril Kounev	AUS
1993	Melbourne -AUS	Silver - Snatch	99Kg	Nicu Vlad	AUS
1993	Melbourne -AUS	Bronze -Snatch	108kg	Stefan Botev	AUS
1993	Melbourne -AUS	Gold C&Jerk	108kg	Stefan Botev	AUS
1993	Melbourne -AUS	Silver- Total	108Kg	Stefan Botev	AUS
1994	Istanbul -TUR	Silver- Total	108Kg	Nicu Vlad	AUS
1994	Istanbul -TUR	Silver -C&Jerk	108Kg	Nicu Vlad	AUS
1994	Istanbul -TUR	Bronze -Snatch	108Kg	Nicu Vlad	AUS
1994	Istanbul -TUR	Bronze - Total	108+Kg	Stefan Botev	AUS
1994	Istanbul -TUR	Bronze -Snatch	108+Kg	Stefan Botev	AUS
1994	Istanbul -TUR	Bronze - Total	108+Kg	Stefan Botev	AUS
1995	Warsaw-Poland	Silver- Snatch -junior	83+Kg	Caroline Pileggi	AUS
1995	Warsaw-Poland	Silver- C&Jerk -junior	83+Kg	Caroline Pileggi	AUS
1995	Warsaw-Poland	Silver- Total -junior	83+Kg	Caroline Pileggi	AUS
1995	Guangzhou - China	Gold C&Jerk	108+Kg	Stefan Botev	AUS
1995	Guangzhou - China	Bronze -Snatch	108+Kg	Stefan Botev	AUS
1995	Guangzhou - China	Bronze -C&Jerk	108+Kg	Stefan Botev	AUS
1997	Cape Town- S.Africa	Bronze -Snatch Junior	75+kg	Olivia Baker	NZL
1997	Cape Town- S.Africa	Bronze - Total Junior	75+Kg	Olivia Baker	NZL
1999	Athens- Greece	Silver- C&Jerk	60Kg	Marcus Stephen	NRU
2005	Bisan- Korea	Bronze -C&Jerk Junior	110+Kg	Itte Detenamo	NRU
2005	Doha - Qatar	Silver - C&Jerk	77Kg	Yukio Peter	NRU
2006	San Domingo - Dom.R	Silver - C&Jerk	62Kg	Manuel Minginfel	FSM
2016	Tbilisi- Georgia	Silver - Snatch Junior	63Kg	Kiana Elliott	AUS
2016	Tbilisi- Georgia	Bronze - Total Junior	63Kg	Kiana Elliott	AUS
2016	Penang -Malaysia	Gold -C&Jerk -Youth	69Kg	Eileen Cikamatana	FIJI
2016	Penang -Malaysia	Bronze -Total -Youth	69Kg	Eileen Cikamatana	FIJI
2017	Tokyo- Japan	Bronze -Snatch Junior	90Kg	Eileen Cikamatana	FIJI
2017	Tokyo- Japan	Silver -C&Jerk -Junior	90Kg	Eileen Cikamatana	FIJI
2017	Tokyo- Japan	Silver- Total- Junior	90Kg	Eileen Cikamatana	FIJI
2017	Anaheim -USA	Silver - Snatch	90+Kg	Laurel Hubbard	NZL
2017	Anaheim -USA	Silver -Total	90+Kg	Laurel Hubbard	NZL
2018	Tashkent -Uzbekistan	Silver - C&Jerk Junior	90+Kg	Charisma Amoe-Tarrant	NRU
2018	Tashkent -Uzbekistan	Bronze -Total- Junior	90+Kg	Charisma Amoe-Tarrant	NRU
2019	Suva-Fiji	Gold -Total -Junior	89Kg	Don Opeloge	SAM
2019	Suva-Fiji	Gold -Clean & jerk ,Junior	89Kg	Don Opeloge	SAM
2019	Suva-Fiji	Gold -Snatch, Junior	76kg	Kanah Andrews-Nahu	NZL
2019	Suva-Fiji	Bronze -Total ,Junior	76kg	Kanah Andrews-Nahu	NZL