

What a year 2023 is turning out to be.

From February onwards, the calendar for weightlifting of the OWF is full until December. Starting with Continental Meetings in Rome in February, Masters World Cup in New Zealand also in February, in March the International Tournament in Melbourne and the Oceania Junior Camp at the AIS in Canberra. Also in March the Coaching/Technical seminar in Tahiti, the World Cup in Cuba in the month of June, the Commonwealth Championships in Delhi in July, Oceania Junior, Youth and Under 23 in the Cook Islands in the month of August, the World Championships in Riyadh – Saudi Arabia in September, the OWF Senior Training Camp in Samoa in October, the Pacific Games and Oceania Championships in November, Honiara and finally in December World Cup in Qatar and the OTIP program in Fiji. **Non – stop weightlifting activity.**

February Rome



The Continentals Presidents and General Secretaries at the Italian National Olympic Committee (CONI) Headquarters in Rome with Dr Antonio Urso.

The President and General Secretary of the OWF attended the IWF Continental Meeting, face to face, in Rome. The meeting was organised by the IWF at the Hilton Hotel in Rome. Many issues were discussed during the two day meeting. The OWF spoke at length on the topic of the development of school students and the OTIP Program. Highlighting also the massive cost that the OWF countries are incurring to travel to international events.

The anti-doping situation which still has a few countries which are just not prepared to fully understand the adverse issue related to doping. Of course everyone was praising the OWF for being so diligent and this year celebrating 16 years of no-doping in the Oceania region.

The IWF President Mohammed Jalood praised very much our region and asked other continents to follow our example.



Dr Giovanni Malago' President of CONI with Dr Antonio Urso General Secretary IWF

USD\$25,000 was contributed from the IWF/IOC Solidarity to the OWF OTIP Program. In addition a visit was set up to meet the IOC Member and President of CONI (Italian Olympic Committee), Dr. Giovanni Malago'. He addressed the continents and expressed that it was important to remain vigilant on the doping issue for the sake of the sport.

February

The PACIFIC EMAIL TOURNAMENT held in the month of February was an outstanding event. **613** entries were received from **17** countries. (**311 women- 302 men**). It was exceptionally pleasing to see so many **new young** lifters taking part. This tournament which is held annually at the beginning of each year gives lifters an opportunity to plan their events for the year.

February - Guam

Congratulations to Guam Weightlifting for hosting a fabulous international tournament in Guam in the month of February. Countries participating in this international tournament were Guam, Palau and the Northern Marianas. This is the first international event for weightlifting held in Guam since the 1999 Pacific Games. The event attracted almost 50 lifters and produced some truly exceptional performances. All credit must go to the President and General Secretary of the Guam Weightlifting Federation, Pete and Melissa Lujan.

In addition, recognition also must be given to Edgar Molinos for the many years that he has spent in developing Guam Weightlifting. It is very nice to see this group of officials taking the sport in a short period of time to the standard that they have now reached. The event was well organised and the warm up area was of international standard.



The set up during the International tournament held in Guam between Palau, Northern Marianas and Guam in the month of February

March - New Zealand

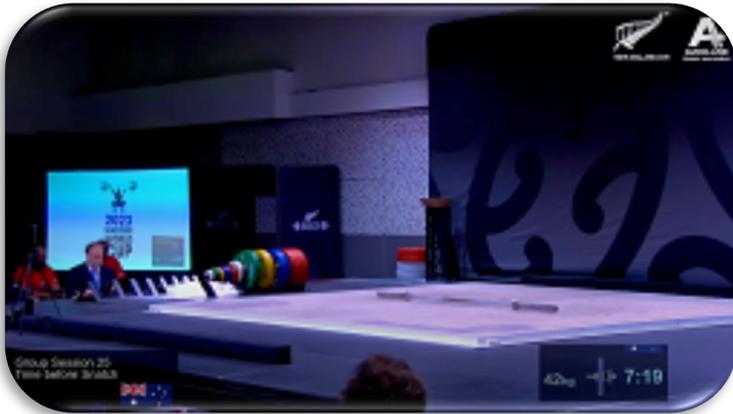


Almost 300 Masters competed in Auckland, New Zealand from March 3-7 during the Masters World Cup. This event also included the Oceania Masters and the Commonwealth Masters. The event was superbly organised and a special thanks must go to Richard and Pip Patterson and also to New Zealand Weightlifting. There was some outstanding performances from past lifters. In fact they even had former Commonwealth Games Gold, Silver and Bronze medallists competing. The event was run over a five day period. Lifters and their family members enjoyed their stay in Auckland immensely.

A special note of thanks must go also to the Commonwealth and Oceania Masters Chairperson, Coral Quinell from Australia. A tireless worker for the Masters movement in the Commonwealth and the Oceania Region.



Lifters and officials attending the 2023 Masters World Cup held in Auckland -New Zealand in the month of March



The stage in New Zealand at the 2023 Masters World Cup

March - Tahiti

In March the OWF General Secretary visited Tahiti, firstly to inspect the proposed facilities for the 2027 Pacific Games which are to be held in Tahiti. The venue set up for the Games will be of international standard with training and competition venue being under the one roof. The venue is also in the centre of Papeete – the capital of Tahiti.

Whilst in Tahiti the General Secretary ran a very successful coaching seminar and a technical seminar. Over 20 participants attended the two days sessions, including the President of the Tahiti Weightlifting Federation, Tumata Tahuaitu and her Assistant President Auti Moea. Tahiti is planning to have a very strong team at the 2027 Pacific Games and preparations for that have already begun.



The Coaching and Technical seminar held in Tahiti. A large number of lifters and officials took part.



Paul Coffa presented the OWF medals to Tahiti Weightlifting President Tumata Tahuaitu and her Assistant President, Auti Moea

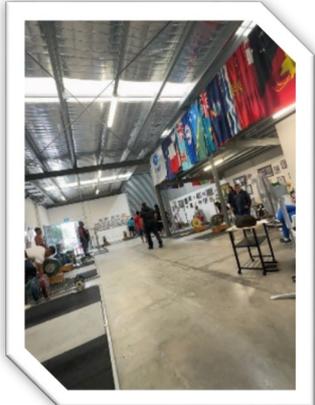


Tahiti beautiful black sand beach

March - Melbourne

The strong squad of Samoan weightlifters headed by its President and coach Jerry Wallwork, decided to spend two weeks in Australia. One week in Melbourne training at the Oceania Weightlifting Institute Gym in Dromana. The second week in Canberra at the Australian Institute of Sport, during the OWF Junior Training Camp.

Joining this squad also was the coach of Fiji, Henry Elder and his top lifters Taniela Rainibogi – Commonwealth Games Silver medallist and young Eroni Talemaigau. Also joining the squad from Tuvalu was Manuila Raobu and his coach Liai Mataio.



The gym in Dromana Melbourne.



The Samoan squad in Dromana



Jerry Wallwork with Paul Coffa in Dromana

This squad spent seven days training in Melbourne at the Oceania Weightlifting Institute gym in Dromana together with Australian top lifter Eileen Cikamatana. The week ended with an international event held at the Victorian Weightlifting Stadium in Hawthorn. A large crowd witnessed the event and it was great to see so many past Gold, Silver and Bronze Medallist from Commonwealth Games in attendance. Plus many former Oceania and Australian Champions. All of them former Hawthorn lifters.

The event was also televised by the ABC. Amongst the technical officials was Robert Kabbas, triple Commonwealth Games Gold Medallist and Olympic Silver Medallist. Also Yurik Sarkisian, World Champion and Commonwealth Games Gold Medallist. In addition Pedro Sanchez, Technical Chairman of the Australian Weightlifting Federation. Other technical officials – International Category One, Lilly Coffa, also Poorna Kahingala International Category One, Milos Trnka, International Category One, Lydia McCloskey – International Category Two. The MC was Michael Noonan and as expected did an outstanding job, assisted by the CEO of Australian Weightlifting, Ian Moir. The doctor on duty was Dr. Lisimoni Kami – Chairman of Oceania and Commonwealth Medical Commissions.



Feagaiga Stowers, Eileen Cikamatana and Lesila Feapule



Taniela Rainibogi, Don Opeloge and John Tafi



Don Opeloge Jerks 205kg for Commonwealth record in the 102kg category



Eileen Cikamatana snatches 110Kg



The crowd at the Victorian Weightlifting Centre



Taniela Rainibogi from Fiji snatching 160kg (102kg cat)

The winner of the event, on Sinclair formula in the women, was Australia's Eileen Cikamatana at 82kg bodyweight totalling 250kg. In second place was Samoa's Feagaiga Stowers in the +87kg category totalling 275kg and in third place was Samoa's Lesila Feapule totalling 240kg in the 87+kg category. In the men, the winner was Samoa's Don Opeloge with a total of 370kg, second place went to Taniela Rainibogi from Fiji who totalled 353 kg in the 102kg category and in third place was John Tafi from Samoa with 291kg.

14 women and 14 men competed with a Commonwealth record breaking performance by Don Opeloge. He clean & Jerked 205kg in the 102kg category.

Special thanks must go to Jerry Wallwork for bringing his top lifters to Dromana, firstly for a training camp and secondly for taking part in this terrific tournament which was held at Hawthorn.

The event was webcast live by none other than the guru of webcasting weightlifting events, Bowen Stuart from the Australian Weightlifting Federation. Many thanks must go to Andrew Daubney for organising the Vogue Industries to sponsor the event.

Just as important special thanks must go to all the Victorian Clubs who took part in the event. The Hawthorn Club, the Phoenix Club, the Oasis Club, the Niu Club, the Training Day Club, the Greensborough Club, the Western Suburbs Club and the Oceania Institute Club.

Also our gratitude must go to Simon Francazio from the Hawthorn Weightlifting Club and Andy Nuynt from the Phoenix Weightlifting Club for their very valued assistance in setting up the venue.



Special guest at this event was Mr Eane Whitton (Buffalo Sports Managing Director) Eane sponsored weightlifting for years in Victoria.



The Hawthorn machine of the past attending this special event. Gold, Silver, Bronze Commonwealth Games Medallists, Oceania Champions, World medallists and Olympic Champions all enjoyed the afternoon of lifting.



Beautiful posters of the tournament done by Robert Kabbas and the Samoa Weightlifting Federation

March/ April Canberra

The seven day training camp at the Australian Institute of Sport in Canberra, was an outstanding success. With over 20 lifters – the best junior lifters from the region – and including the Samoan senior squad, together with Taniela Rainibogi from Fiji, Manuela Raobu from Tuvalu and Eileen Cikamatana from Australia. The training camp was fully funded by the OWF.

Coaches who were invited to attend this camp were: from Australia Paul Coffa, Vanessa Kerr and Jay Saxton, Simone Pritchard from Vanuatu, Elson Brechtefeld from Nauru, Willie Tamasi from PNG, Henry Elder from Fiji, Gabrielle Peach from New Zealand, and Jerry Wallwork, Ele Opeloge and Toafito Perive from Samoa.

It was stipulated right from the start that this training camp was based on the combined training methods of Paul Coffa and Jerry Wallwork. It was pleasing to see and hear from all the lifters who took part and all the coaches that this training camp exceeded all expectations and was enormously beneficial. Every single athlete commented on the valuable experience of a truly international standard training camp.

There was one coach to every two lifters, supervising their training. Unfortunately four lifters were not able to make the trip to Australia due to not receiving their visas on time. The lifters were Faustina Opeloge and Imoasina Pelenato from Samoa, Rowena Donga from Solomon Islands and Joey Colisao from Northern Marianas.

Lifters attending the camp in Canberra



Lifters trained twice per day at the Australian Institute of Sports in Canberra and at all times supervised by appointed coaches



Ajah Pritchard -Lolo Vanuatu

Oliver Saxton – Australia

Rachel Duncan -New Zealand

Johan Roberts -New Zealand

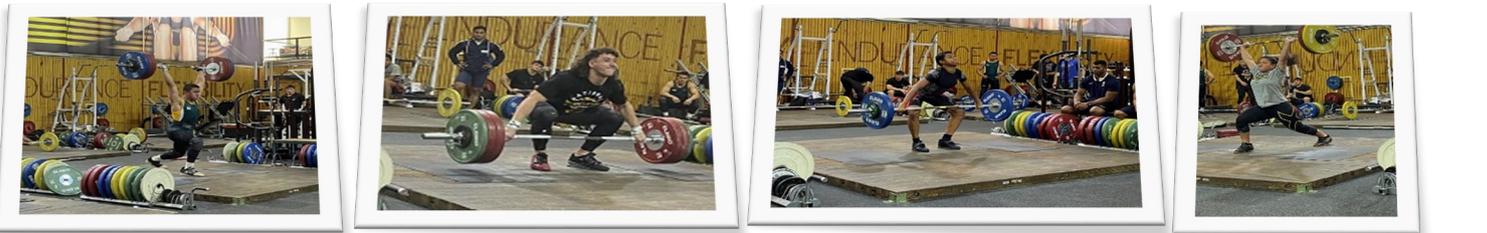


Avatu Opeloge – Samoa

Tikini Taihuka – New Zealand

Eroni Talemaigau – Fiji

Maddison Power- Australia



Noah Milford- Australia

Xavier Tiffany – New Zealand

Idau Vagi -Papua New Guinea

Maximina Uepa- Nauru



Tori Gallegos – Australia

Grace Tjerkstra- Australia

John Tafi – Samoa

Jaelyn SU'A – New Zealand



The coaches at the camp



The lifters attending a meeting.



The squad at the Australian Institute in Canberra