

PACIFIC MINI GAMES AND 2025 OCEANIA WEIGHTLIFTING CHAMPIONSHIPS

It was not easy, but in the end, we did it. The Pacific Mini Games and Oceania Senior Championships held in Palau on July 1st to 5th, despite all of the challenges which we faced, turned out to be a great event.

The OWF encountered many challenges. The areas which caused enormous stress and uncertainty was the airline tickets for the ITO's which at the end the OWF had to pay for and supported also by the Pacific Games Council. The OWF also had to look after the internal transport for our referees as well as ensuring that they had proper meals at the end of each long day. The OWF also set up the VIP room with all the necessary items (with the exception of water) in order to provide suitable refreshments for all of our hard working technical officials and also serving any VIP guests. Transport was also covered by the OWF to transfer the technical officials at the end of the championships to the airport. And as if this was not enough, we also needed to source loaders from the different countries who took part – for every single session.

Despite all of this, and with the assistance of the competition manager Dean Terry and his team, the event turned out to be a great success. Many VIP guests from the different countries attended the championships. We were delighted to have almost every single day, the attendance of the President – Mr. Vidya Lakhan and the CEO- Mr. Andrew Minogue of the Pacific Games Council. In the 88kg category, the President of the Republic of Palau, Surangel Whipps Jr, attended and also in the +110kg category on the last day and session we had the honour of having IOC member and President of ONOC, Baklai Temengil.



Many Oceania, Commonwealth and Pacific records were established during the four days of competition. In addition, there was a world record attempt made by young Fijian superstar Nehemiah Elder, but unfortunately it was not successful. This was the first ever world record attempt at Mini and Pacific Games.

The competition venue was filled to capacity for each session.

Special thanks must go to Trent Dabwido who was the MC for the full four days, keeping the crowd enthusiastic right throughout. Also, to the CEO of Australian Weightlifting, Ian Moir together with Simon Francazio who brought in 150kg of technical equipment required to run the event and kept it operational for the entire time. In addition, a special thanks to the hard-working technical officials who made sure that the whole event ran smoothly and on time. All in all, the competition turned out to be very exciting, with world class performances on display.



Dr Moni Kami entertained the crowd with his charming singing during the breaks.



Paul Coffa and Jerry Wallwork relaxing during sessions.



The warm up area always full of action.



Coaches fully focusing on the scoreboard



The Fijian medallists in Palau



Paul Coffa welcomed at the airport on his arrival in Palau

WHAT A SCOOP !!



Congratulation to our own OWF Vice President Della- Shaw -Elder on being selected best official at the Games in Palau in all sports



Congratulation to John Tafi -Samoa on being selected as the Best Overall Athlete in all sports in Palau. John totalled 305kg in the 71kg cat.



Congratulation also to Nehemiah Elder from Fiji for winning the Best Junior Overall Athlete in all sports at the Games.



Weightlifting legend Steven Kari (PNG) twice Commonwealth Games Gold medallist 2014-2018, makes a surprise return to lifting after 6 years of retirement. Still stronger than ever.



The President of the Pacific Games Council Mr. Vidya Lakhan presents the Official flag of the Games to Luisa Peters (President of the Cook Islands Olympic Committee). Cook Islands will host the Mini Games in 2029 in Rarotonga.

16 OCEANIA TITLES... WHAT AN ACHIEVEMENT

Dika Toua in Palau set a record that very few athletes have achieved in any sports. She won her first Oceania Title in 2002 in Suva lifting at 53kg category Totalling 130kg.

2003 - Tonga 53kg category total 142.5kg
 2004 - Suva 53kg category total 175kg
 2005 - Melbourne 53kg category total 191kg
 2007 - Samoa 53kg category total 190kg
 2008 - New Zealand 53kg category total 190kg
 2012 - Samoa 53kg category total 182kg
 2013 - Brisbane 53kg category total 192kg
 2014 - New Caledonia 53kg category total 185kg
 2017 - Gold Coast 53kg category total 185kg
 2018 - New Caledonia 53kg category total 164kg
 2019- Samoa New Category 49kg Total 175kg
 2022 - Saipan 49kg Category total 170kg
 2023- Solomon Islands 49kg Total 166kg
 2024- New Zealand 49kg Total 162kg
 2025- Palau 53kg category total 162kg.

Dika trained from 2002 to 2023 at the Oceania Weightlifting Institute- 21 years.



Dika Toua -PNG, the ultimate in our sport.



Dika at her best in Melbourne

At Pacific Games she won 16 gold medals and 3 silver medals

1999 Pacific Games in Guam 3 Silver medals
 2003 Pacific Games in Suva 3 Gold medals
 2007 Pacific Games in Apia 3 Gold medals
 2011 Pacific Games in Noumea 3 Gold medals
 2015 Pacific Games in Port Moresby 1 Gold medal
 2019 Pacific Games in Apia 3 Gold medals
 2023 Pacific Games in Honiara 3 Gold medals

At Pacific Mini Games she won 14 gold medals and 1 silver medal

2005 Pacific Mini Games - Palau 3 Gold medals
 2009 Pacific Mini Games - Rarotonga 3 Gold medals
 2017 Pacific Mini Games - Port Vila 3 Gold medals
 2021 Pacific Mini Games - Saipan 3 Gold medals
 2025 Pacific Mini Games - Palau 2 Gold and 1 Silver.

COMMONWEALTH GAMES

2006 Commonwealth Games in Melbourne -Silver medal
 2014 Commonwealth Games in Glasgow - Gold medal
 2018 Commonwealth Games in Gold Coast -Silver medal



Dika placed 6th at the 2004 Olympic.



Dika wins gold at the 2014 Commonwealth Games

What a career !!

2025 PALAU OCEANIA AND MINI GAMES CHAMPIONS



48kg Category -Jianne Gungon, Australia



53kg Category - Dika Toua, -Papua New Guinea



58kg Category -Brenna Kean , Australia



63kg Category – Kiana Elliott, Australia



69kg Category – Nya Hayman , Australia



76kg Category – Seine Stowers, Samoa



86kg Category – Eileen Cikamatana, Australia



+86kg Category -Luniarra Sipaia , Samoa



60kg Category – Shadrack Cain , Nauru



65kg Category – Morea Baru , Papua New Guinea



71 kg Category- John Tafi, Samoa



79kg Category- Ruben Katoatau, Kiribati



88kg Category- Nehemiah Kida William Elder, Fiji



94kg Category- Emmanuel Ulimasao, Samoa



110kg Category- Jack Opeloge, Samoa



+110kg Category- David Liti, New Zealand

In 1997 at the Pago Pago Pacific Mini Games, Nauru dominated the Gold Medal tally not only in weightlifting but in all sports by winning 33 gold medals. At that time every Pacific country leader wanted to take out the three medals for weightlifting and leave only one, irrespective of the fact that we were following the IWF rules. Paul Wallwork at that time, President of the OWF and Paul Coffa General Secretary of the OWF, fought to retain the three medals for each category. Stating that the sport would be growing immensely in the Pacific Islands and in the future all countries would be sharing in the medals. How right these two people were. They could see the future. Look at the results in Palau. Eight countries won gold medals with fourteen countries winning medals. In Tahiti the medals will be distributed even further.

PACIFIC GAMES MEDAL TALLY

	gold	silver	bronze
Samoa	15	8	6
Australia	15	6	9
P.N.G.	5	2	3
Fiji	4	4	3
Nauru	3	19	3
Kiribati	3		
New Zealand	2	3	4
Guam	1	2	
Northern Marianas		1	4
Marshall Islands			3
Palau			3
Tahiti			3
Tuvalu			3
Vanuatu			3