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# ❖ Weightlifting Queensland ❖

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March 2003

The Official Journal of the Queensland Weightlifting Association Inc.

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*Peter Langdon. Mount Isa Club coach and Mentee in the Qld Government-funded 2003 Rural / Regional Coach Mentor Program.*

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## **The QWA Management Committee**

**Patron:** Bert Hobl  
**President:** Mike Keelan  
**Vice President:** Greg Hobl  
**Secretary:** Kylie Booth  
**Treasurer:** Corran Amadio  
**Executive Officer:** Barry Harden  
**Executive Officer:** Tanya Harden  
**Executive Officer:** Lawrie Townsend  
**Executive Officer:** Dallas Turnbull

## **QWA Mission Statement**

**"To promote and develop all aspects of the sport of weightlifting in Queensland."**

## **Acknowledgement - Sponsors of the QWA**

The Queensland Weightlifting Association is extremely appreciative of the assistance provided by the following:

**Queensland Government –Sport and Recreation Queensland  
Major Sports Facilities Authority**

### ***Disclaimer***

***The views represented in this publication do not necessarily reflect those of the editor or of the Officers or Management Committee of the QWA.***

## 2003 Competition Calendar

April 12 – 13	National Under 16 & Under 18 Championships	Adelaide
May 1 – 3	Oceania & South Pacific Championships	Tonga
May 17	QWA League Round 2 & Masters H/cap Round 2	Chandler
May 25 – June 1	World Junior Championships	Monterey, Mexico
June (TBC)	Qld U20 & Senior Championships	Toowoomba
June 22	National Masters Championships	Sydney
TBC	Mermet Cup AUS vs USA	USA
July 9 – 13	World University Championships	Pavia, Italy
July 12	Qld Masters Championships	Sunshine Coast
August 23	QWA League Round 3 & Masters H/cap Round 3	Toowoomba
September 2 – 9	IWF World Masters Championships	Savannah, USA
September 6 – 7	National U20 & Open Championships	Melbourne
September 27	Qld Masters H/cap Final	TBC
October (TBC)	National Age Group Team Challenge	TBC
October 11 College	Qld All Schools Championships	St Laurence's
October 25	QWA League Final	Chandler
November 11 – 21	World Championships	Vancouver, Canada
November 29	Queensland 2000	Brisbane
December 4 – 6	Oceania Junior Championships	Niue Island

The closing date for entries for all QWA events is 15 days prior to the competition date.

The closing date for entries for all National events is 28 days prior to the competition date.

The minimum qualifying standard for entry in the Queensland Open Championships is C Grade.

The minimum qualifying standard for entry in the Queensland Under 20 Championships is D Grade.

There is no minimum qualifying standard for Queensland Under 16, Under 18, School or Masters Championships.

The qualifying period for the Queensland Open & Under 20 Championships is 6<sup>th</sup> June 2002 – 30<sup>th</sup> May 2003

The qualifying period for the Queensland 2000 Tournament is 1<sup>st</sup> January 2003 – 30<sup>th</sup> September 2003

Queensland Teams for the 2002 National Open & Under 20 Championships will be selected according to the QWA Selection Policy taking into consideration results from all state, national and international events held between 1<sup>st</sup> January 2003 and 1<sup>st</sup> July 2003.

## From the QWA Office

*By Ian Moir, QWA Executive Director*

It's hard to believe that a quarter of the year has passed. Time marches on and a few of this year's important events have already come and gone.

The QWA Awards for the year of 2002 were presented at a luncheon held at the Plough Inn at South Bank. A full report of the QWA Awards presentation appears elsewhere in this edition of *Weightlifting Queensland*, but it's worth noting that attendance was good, the food was excellent, and a good time was had by all. This year, we tried to liven things up a bit by asking a few questions of each of the award winners as they accepted their trophies. Overall, the recipients responded with good humour and the whole affair was relaxed, friendly and very enjoyable.

The Queensland U16 & U18 Championships were held in Toowoomba in mid March and although a few of our top youth lifters were noticeably absent, there was certainly no lack of talent on the platform. A good crowd of spectators was treated to some fine lifting, including a great contest between George Mylne and Bowen Stuart in the men's 77kg category. The closeness of this battle wasn't reflected in the final results, but it was appreciated by all who were there to witness it. Another stand-out performer at the championships was John Walz from Rockhampton, who broke three Queensland Under 16 records in what was his first competition.

The Annual General Meeting of the QWA was held in conjunction with the Under 16 & Under 18 Championships and the following officers were appointed to the QWA Management Committee for the next twelve months: Michael Keelan (President); Gregory Hobl (Vice President); Kylie Booth (Secretary); Corran Amadio (Treasurer); and Committee Members Barry Harden, Tanya Harden, Lawrie Townsend and Dallas Turnbull. Any members wishing to obtain a copy of the 2002 Annual Report should contact the QWA office. The Annual Report can also be viewed and downloaded in .pdf format from the *News* page on the QWA web site at [www.qwa.org](http://www.qwa.org).

The 2003 AGM of the Sports Federation of Queensland also took place in March and the representative group to which the QWA belongs – Indoor Sport – elected a new Director to the SFQ Board in the person of Ms Nicole Pensko. Currently CEO of Basketball Qld, Nicole is no stranger to weightlifting, having been our sport's consultant in her previous position within the Queensland Government's Department of Tourism, Sport & Racing (now Sport & Recreation Qld).

After doing a sterling job producing *Weightlifting Queensland* for many years, Angela Wydall made the December 2002 edition her last as editor. The QWA is indebted to Angela for her work with the newsletter in the past and we'd like to hear from anyone who is interested in taking on this important task in the future.

A few weeks ago, the QWA's computer system suffered what is commonly referred to as a 'crash'. Fortunately, recent backups of most files were able to be installed on a new hard drive without too much trouble, but our email address book was lost. Any members who have noticed a dramatic decline in the amount of email that they would normally receive from the QWA should send a message to [qwa@powerup.com.au](mailto:qwa@powerup.com.au) so that we can rebuild an extensive address book.

Looking ahead, the 2003 National Under 16 & Under 18 Championships are looming and Queensland will be represented by a strong team of 27 lifters supported by four coaches and a team manager. This year's championships will be held in Adelaide and we wish our team well and look forward to news of their achievements.

Until next time...

Ian Moir

## QWA Awards for 2002

*By Ian Moir*

The presentation of awards for 2002 was held over to this year because of the hectic schedule of weightlifting events that filled the closing months of last year. On Saturday 1<sup>st</sup> March, forty QWA members and guests

attended a lunch time function at the Plough Inn in Brisbane's South Bank Parklands to applaud the lifters, coaches, officials and volunteers whose achievements were judged to be the most outstanding in their field.

The winners of the award categories for lifters are determined by criteria directly relating to performance on the competition platform. In 2002, the **Best Under 14 Female** was **Liana Lambert** and the **Best Under 14 Male** was **Adon McCallum**. Liana and Adon achieved the highest Sinclair point scores in this age group last year.

**Kristie Amadio** was the **Best Under 17 Female** and the **Best Under 17 Male** was **Joel Wilson**. As well as topping the list on Sinclair points, both Kristie and Joel represented Australia last year at the World Junior Championships.

The **Best Under 20 Female** was **Deborah Lovely** and **Ben Turner** was the **Best Under 20 Male**. Deborah and Ben both represented Australia last year in junior and senior events, including the World Championships.

The **Rookie of the Year** award goes to the debutant who achieved the highest level of performance in the year of their first competition. In 2002 that lifter was **Liana Lambert**. Liana showed rapid improvement during the year and achieved a C Grade standard. Liana also won the award for the **Most Improved Female** in 2002.

The **Most Improved Male** was **Ben Turner**. Ben had a great year, winning the Best Lifter awards at the National Championships in Under 18, Under 20 and Open age groups and representing Australia on four occasions.

**Amanda Phillips** was the **Best Senior Female** in 2002. Having topped the Sinclair point table in the past three years, but being confined to the junior categories, this was Amanda's first senior year in the QWA Awards and she achieved the highest Sinclair point score of all senior female lifters in 2002. The **Best Senior Male** in 2002 was **Paul Wheeler**. A past Rookie of the Year, Paul's continued efforts in training culminated in a bronze medal performance at the 2002 National Championships.

The **Best Masters Lifter** was **Angela Wydall**. Angela was a World Masters Champion in 2002 and also won the Best Lifter award in her age group at the 2002 World Masters Championships, held in conjunction with the World Masters Games.

The 2002 **Best Coach** was the Head Coach of the Cougars Weightlifting Club, **Mike Keelan**. Last year, Mike coached six Queensland and Australian representatives; continued in the honorary role of Coaching Coordinator for the QWA; delivered coach education at NCAS courses; wrote articles on coaching for the QWA newsletter; mentored other coaches; was the AWF's Manager of Coaching Development; and was an assistant coach of the Australian teams at the Commonwealth Games, Oceania Championships, Mermet Cup and Junior Oceania Championships.

The **Best Novice Coach** was **Angela Wydall**. In 2002 Angela coached six lifters, including the four most improved female lifters in Queensland. She dedicated herself to five coaching sessions every week and applied advanced training methods such as the use of video for technique analysis and individualised programming, and she sought to increase her knowledge and coaching skills by participating in coaching seminars.

For many years, **Debra Keelan** has been one of Queensland's most active officials and she was named the **Officiator of the Year** for 2002. Debra is an International Category II Referee and last year she officiated at most of the QWA's events as well as the World Masters Championships and World Masters Games.

The **Best Club** in 2002 was the **Cougars Weightlifting Club Inc**. The Cougars has the largest membership of all clubs in Queensland and this membership showed continual growth throughout the year. Many of the Cougars Club's lifters represented Queensland and Australia last year and two Cougars coaches were appointed as assistant coaches to national teams. The club has expanded its facilities at the Sleeman Centre in Chandler and continued to raise significant funds which were spent on the club's lifters, coaches and officials, as well as on equipment and facilities.

The **Club Improvement** award went to the **Sunshine Coast Weightlifting Club Inc**. Although hampered by a lack of available space at their venue within the Nambour Crushers Rugby League Club, the Sunshine Coast club increased their membership by actively recruiting new lifters from surrounding schools. A Development

Officer was appointed by the club and supported by Government grants. The Sunshine Coast club also conducted officiating courses and club coaches increased their qualifications.

**Kylie Booth** is a familiar face at weightlifting events and functions and her enthusiastic support of all QWA programs earned her the title of **Volunteer of the Year**. Kylie is the Honorary Secretary of the QWA; the Treasurer of the Cougars Club; an International Category II Referee; and an active coach. In addition to volunteering in these official positions, Kylie played a major role in the planning and delivery of many events.

The award for **Contributions to the Development of Special Groups** went to **Barry Harden**. Barry's passion for weightlifting, and in particular Masters weightlifting, is never doubted. As the QWA's Masters Coordinator, he has done his utmost to encourage Masters lifters and provide opportunities for them to remain involved in the sport, always leading by example. In addition to his efforts in weightlifting, Barry is also an enthusiastic supporter of Powerlifting for Disabled Athletes. Last year, Barry traveled to Korea at his own expense to officiate at an IPC Powerlifting event.

**Mike Keelan** was the **QWA Office Bearer of the Year**. 2002 was Mike's first year as President of the association and he chaired all monthly committee meetings; promoted open communication and good governance within the organisation; developed policies for Member Protection and Coach Selection; and was a member of the AWF Executive Board. In addition to these achievements, Mike continuously sought opportunities for the QWA to form beneficial partnerships with other associations, external agencies and Government.

On occasion, the QWA Management Committee exercises its discretion to make an award of **Special Recognition** to a member who, in the committee's opinion, is deserving of such an accolade. In 2002, the QWA formally recognised the incredible achievements of **Rupert (Rube) Howes** and his involvement in weightlifting over many years. Rube initially retired from lifting in 1972 at age 50, but returned to the competition platform some years later, despite having endured three heart attacks. Rube continued to train and compete regularly until he suffered a stroke in 1986. Recovering from this, he resumed training with a determination to once again clean & jerk 100kg, which he did in 1987 at age 65. Rube began lifting in international Masters events and won gold medals at every World Masters Championship from 1988 to 1997. He missed the 1998 World Masters Championships due to undergoing heart by-pass surgery, but returned to win gold at the World Masters Championships in 1999, 2000, 2001 and 2002. Apart from being a dedicated Masters athlete, Rube is also known for his unwavering support of other lifters, the QWA and the sport of weightlifting.

The final award to be presented was the **Achiever of the Year** award. In 2002, this went to Commonwealth Games triple silver medalist **Deborah Lovely**. On top of her great performance at the Commonwealth Games, Deborah placed 9<sup>th</sup> at the 2002 World Championships; broke numerous state and national records; won the National Open and Under 20, 75kg Championships; and was the Best Lifter (female) at the National Open and Under 20 Championships in 2002.

## Queensland Under 16 & Under 18 Championships

Toowoomba, 8<sup>th</sup> March 2003

### Women

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place	U16	U18
<b>40kg Category</b>											
Jessica Keelan	91	Cougars	34.30	22.5	32.5	55.0	102.136	244.699	1	1	
<b>48kg Category</b>											
Erika Yamasaki	87	Cougars	48.00	58.0	65.0	122.5	168.506	168.506	1	1	
Melinda Janke	87	Toowoomba	46.90	42.5	60.0	102.5	143.489	469.196	2	2	
<b>53kg Category</b>											
Sherry Bower	86	Cougars	52.40	45.0	55.0	100.0	129.274	129.274			1
<b>58kg Category</b>											
Liana Lambert	88	Cougars	57.80	57.5	72.5	130.0	158.035	762.290	1	1	
<b>63kg Category</b>											
Tammie Bower	87	Cougars	59.40	55.0	67.5	122.5	146.609	146.609	1	1	
Trina Egelstaff	88	Cougars	59.90	37.5	45.0	82.5	98.277	1182.380	2	2	
<b>69kg Category</b>											
Christina Watkins	88	Sunshine Coast	64.20	57.5	72.5	130.0	149.351	619.167	1	1	
Holly Collyer	88	Sunshine Coast	67.50	55.0	62.5	117.5	131.844	131.844	2	2	
<b>75+kg Category</b>											
Rhianan Patching	89	Windaroo Valley	77.30	30.0	40.0	70.0	74.507	332.766	1	1	

### Men

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place	U16	U18
<b>47kg Category</b>											
Zach Slegers	90	Windaroo Valley	44.10	20.0	27.5	47.5	91.733	91.733	1	1	
<b>51kg Category</b>											
Kurt Woodlock	88	Toowoomba	50.30	40.0	55.0	95.0	161.227	161.227	1	1	
Darryl Hockins	88	Toowoomba	48.00	37.5	40.0	77.5	137.493	230.208	2	2	
<b>56Kg Category</b>											
Josh Brady	88	Cougars	55.90	62.5	80.0	142.5	220.257	2483.780	1	1	
Tom McCosker	88	Sunshine Coast	55.90	45.0	65.0	110.0	170.023	1519.451	2	2	
<b>62kg Category</b>											
Troy Hewkins	86	Windaroo Valley	61.90	85.0	105.0	190.0	270.644	1618.714			1
Kyle Woodlock	85	Toowoomba	60.80	72.5	102.5	175.0	252.728	1615.524			2
Matthew Edgley (Guest)		86	Vikings	61.50	52.5	70.0	122.5	175.358			
						175.358					
Adam McLean	87	Windaroo Valley	57.20	47.5	60.0	107.5	163.006	1508.131	1	3	
<b>69kg Category</b>											
Greg Botha	86	Windaroo Valley	67.40	77.5	105.0	182.5	244.406	332.489			1
Ryan McDowell	88	Toowoomba	64.60	50.0	60.0	110.0	151.802	2279.624	1	2	
Scott Alcorn	86	Toowoomba	62.20	42.5	60.0	102.5	145.472	145.472			3
<b>77kg Category</b>											
George Mylne	85	Toowoomba	73.50	90.0	117.5	207.5	262.561	1171.009			1
Bowen Stuart	86	Sunshine Coast	74.30	87.5	110.0	197.5	248.249	248.249			2
Stephen Davies	88	Cougars	75.50	65.0	75.0	140.0	174.279	1367.561	1	3	

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place	U16	U18
<b>85kg Category</b>											
John Walz	87	Rockhampton	83.50	85.0	110.0	195.0	229.514	229.514	1	1	
Luke Gardner	88	Cougars	84.00	70.0	90.0	160.0	187.743	210.345	2	2	
Jonathan Meiers	87	Windaroo Valley	84.00	60.0	85.0	145.0	170.142	170.142	3	3	
Adam Bosch	87	St Laurence's	77.30	50.0	60.0	110.0	135.050	135.050	4	4	
Daniel Ayers	85	Mount Isa	84.60	77.5	Withdrew	---	0.000	0.000	-	-	
<b>94kg Category</b>											
John Mangifesta	86	St Laurence's	85.30	67.5	90.0	157.5	183.384	3571.032	1		
<b>105kg Category</b>											
James Hatzis	88	St Laurence's	100.10	60.0	75.0	135.0	146.669	4322.981	1	1	
<b>+105kg Category</b>											
Lawrence Taufahema	86	St Laurence's		118.60	75.0	100.0	175.0	180.740			
				1							
Brett Cherry	86	Toowoomba	109.90	57.5	70.0	127.5	134.321	1419.526	2		

**Referees:** Mike Keelan (Cat II), Debra Keelan (Cat II), Kylie Booth (Cat II), Lawrie Townsend (National), Scott Robinson (National), Chris Walsh (State), Jenny Crevola (Club), Sue Edyvean (Club).

**Time Keeper:** Tanya Harden, Brian Wlsh, Ian Moir.

**M.C:** Mike Keelan, Ian Moir.

#### Best Lifter Awards

	Under 16	Under 18
Male	John Walz	Troy Hewkins
Female	Erika Yamasaki	Erika Yamasaki

#### William Faulkner Performance Awards

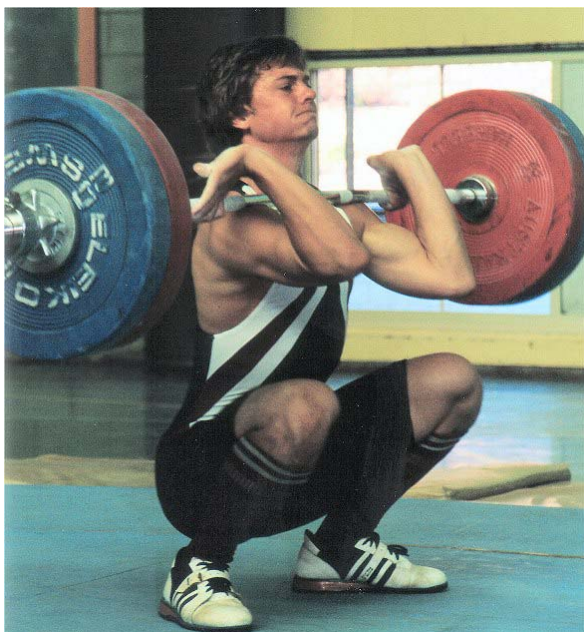
	Under 16	Under 18
Male	James Hatzis	John Mangifesta
Female	Trina Egelstaff	Sherry Bower

#### Records

Name	Cat	Lift	Weight	Age	Level
Erika Yamasaki	48kg	Snatch	58.0	U16	Qld, Aus
Erika Yamasaki	48kg	Snatch	58.0	U18	Qld, Aus
Erika Yamasaki	48kg	Snatch	58.0	U20	Qld, Aus
Erika Yamasaki	48kg	Snatch	58.0	Open	Qld
Christina Watkins	69kg	Snatch	57.5	U16	Qld
Christina Watkins	69kg	Cl & Jk	72.5	U16	Qld
Christina Watkins	69kg	Total	130.0	U16	Qld
John Walz	85kg	Snatch	85.0	U16	Qld
John Walz	85kg	Cl & Jk	110.0	U16	Qld
John Walz	85kg	Total	195.0	U16	Qld



## Images from the Qld Under 16 & Under 18 Championships



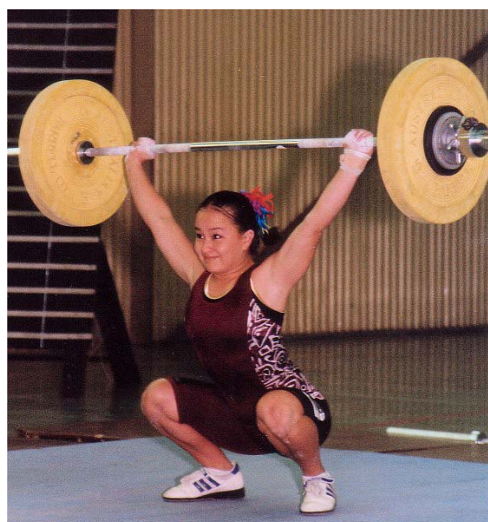
George Mylne



The lads from St Laurence's with coaches Peter Dadds and Damon Kelly



John and Trevor Walz



Erica Yamasaki



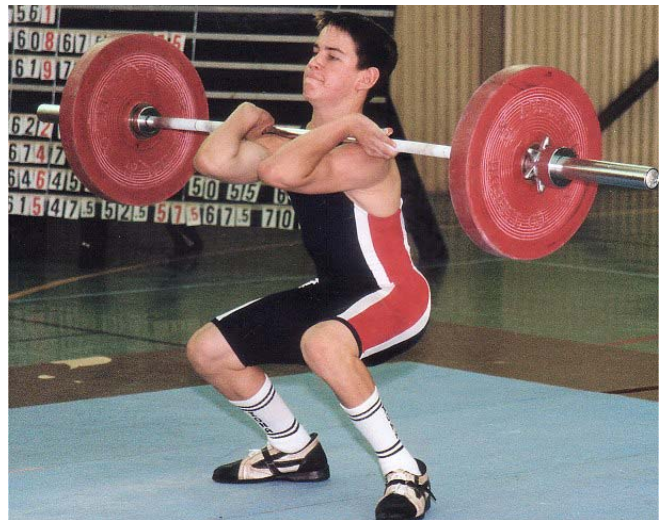
Jason Hassard, Windaroo Valley Coach



The Cougars' girls



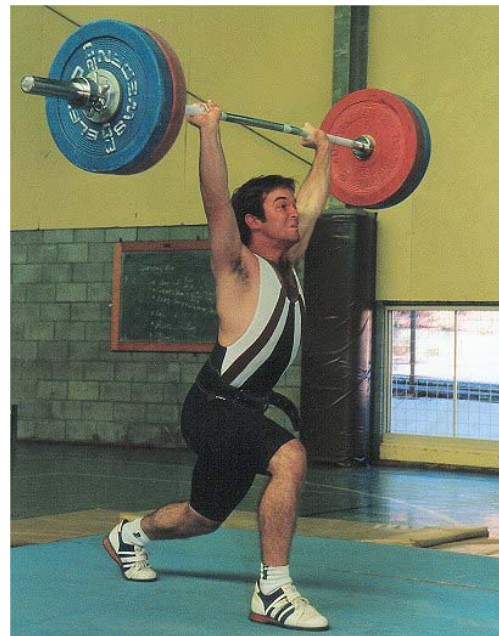
Melinda Janke



Josh Brady



Luke Gardner



Bowen Stuart



Tammie Bower with Coach Angela Wydall



Christina Watkins

## Minutes of the QWA's 2003 Annual General Meeting

... Held at the Toowoomba State High School Gymnasium, Stuart Street, Toowoomba, on Saturday, March 8<sup>th</sup>, 2003.

Meeting opened 2.00 p.m.

**PRESENT:** Michael Keelan, Kylie Booth, Ian Moir, Barry Harden, Tanya Harden, Miles Wydall, Angela Wydall, Gregory Hobl, Dallas Turnbull, Melissa Bethune, Scott Robinson, Tammie Bower, Chris Walsh, Brian Walsh, Rhianan Patching, George Mylne, Troy Hewkins, Greg Botha, Jason Hassard, Peter Langdon, Daniel Ayres, Lawrie Townsend, Debra Keelan, Peter Dadds,

**APOLOGIES:** Ross Gagliardi, Bob Henderson, Rube Howes, Roman Wojcieszuk, Corran Amadio

### ACCEPTANCE OF THE MINUTES OF THE PREVIOUS ANNUAL GENERAL MEETING

It was moved by Tanya Harden that the MINUTES OF THE PREVIOUS MEETING be accepted as a true and accurate record. Seconded Greg Hobl. Carried.

### ANNUAL REPORT

The President tabled the Annual Report which had been circulated to members prior to the meeting and invited questions on the report. It was moved by Michael Keelan that the Annual Report for the year ended December 2002 be accepted. Seconded Greg Hobl. Carried.

### FINANCE REPORT

The Audited Financial Report was tabled and it was moved by Barry Harden that the Financial Report for the year ended 31 December, 2002 be accepted. Seconded Debra Keelan. Carried.

### APPOINTMENT OF AN AUDITOR FOR 2003

Ian Moir moved the association retain the services of the Auditor, Peter J Starkey & Co for the 2003 financial year. Seconded Michael Keelan. Carried.

### ELECTION OF OFFICE BEARERS

President: **Michael Keelan** proposed by Barry Harden and seconded by Ian Moir. Carried.

Vice-President: **Greg Hobl** proposed by Brett Cherry and seconded by George Mylne. Carried.

Secretary: **Kylie Booth** proposed by Ian Moir and seconded by Michael Keelan. Carried.

Treasurer: **Corran Amadio** proposed by Michael Keelan and seconded by Tanya Harden. Carried.

Ordinary Members of the Committee:

1. **Tanya Harden** proposed by Michael Keelan and seconded by Greg Hobl. Carried.

2. **Dallas Turnbull** proposed by Greg Hobl and seconded by Jennifer Crevola. Carried.

3. **Barry Harden** proposed by Ian Moir and seconded by Tanya Harden. Carried.

4. **Lawrie Townsend** proposed by Ian Moir and seconded by Michael Keelan. Carried.

### VOTE OF THANKS AND WELCOME

Michael Keelan moved a vote of thanks to the members of the QWA Management Committee for 2002 and welcomed the two new members to the Management Committee for 2003. Seconded Kylie Booth. Carried.

Meeting closed at 2.28 p.m.

## A Trip Down Memory Lane

By Mal Irwin

Following are the results of the 1976 Qld Senior Championships and the 1976 Qld Schoolboys (no girls back then). The seniors were conducted at the University gymnasium, St Lucia, under the watchful eyes of a small audience of about forty who had travelled from as far north as Townsville and Mackay. Notable achievement was Neville Pery, Commonwealth Games rep and 1968 Olympian, pipping Jim Ness on the post by bodyweight. Notice Greg Hobl's tentative start.

The Schoolboys went on for a few more years while there was support from a few teachers. One lifter who showed great promise in 1976 ended up a Masters lifter. There was also a young man there called Brett Eeles who later made 100 and 132.5 age 16 in the lighter end of the 75 kg class. I have always been intrigued by the fellow who snatched and jerked the same weight (P. Collins).

At present I am still trying to convince Maurie Carmichael to write us a personal lifting history. I am going to write my recollections and forward them to him by email and if he does not respond, then I'll assume that "silence implies consent?"

Best wishes, MAL

### 1976 Queensland Senior Championships

DIVISION/LIFTER	BWT	SNATCH	CLEAN & JERK	TOTAL
<u>FLYWEIGHT (52 kg)</u>				
G. Hobl	51.0	57.5	70	127.5
P. Best	45.4	57.5	-	-
<u>BANTAMWEIGHT (56kg)</u>				
N. Thompson	55.4	70	97.5	167.5
G. Waszkiel	56.0	70	95	165
<u>LIGHTWEIGHT (67.5 kg)</u>				
M. Carmichael	67.2	95	120	215
P. Scarffe	66.1	82.5	105	187.5
B. Eeles	66.1	75	100	175
W. Scarffe	66.2	87.5	-	-
<u>MIDDLEWEIGHT (75 kg)</u>				
M. Irwin	70.3	107.5	140	247.5
A. Muston	73.6	85	125	210
A. Osipovitch	74.6	-	-	-
<u>LIGHT HEAVYWEIGHT (82.5kg)</u>				
T. Walz	75.9	105	135	240
M. Barry	78.2	100	137.5	237.5
F. Stanfield	81.9	100	125	225
G. Farrell	82.5	87.5	110	197.5
W. Odger	76.3	100	-	-
<u>MIDDLE HEAVYWEIGHT (90 kg)</u>				
N. Pery	86.3	120	157.5	277.5
Jim Ness	86.3	122.5	155	277.5
R. Otto	89.6	102.5	132.5	235
G. Healy	88.6	87.5	110	197.5
<u>HEAVYWEIGHT (&gt;90 kg)</u>				
B. Sheehan	91.8	110	160	270
C. McMurtrie	92.4	100	137.5	237.5
John Ness	105.4	115	-	-(ret injured)

## 1976 Queensland Schoolboys

LIFTER	BWT	SNATCH	CLEAN & JERK	TOTAL
R. Best	36.5	42.5	50	92.5
G. Fornataro	52.1	55	70	125
S. Fauscaleo	49.1	47.5	62.5	110
G. Baumann	58.4	62.5	82.5	145
G. Shallis	58.8	55	70	125
S. Carmichael	59.1	-	85	-
P. Collins	59.6	72.5	72.5	145
S. Follett	60.3	60	85	145
S. Drews	N/A	55	70	125
G. Dallensen	66.0	55	77.5	132.5
N. Farr	73.0	67.5	90	157.5
W. Scarffe	67.0	90	117.5	207.5
N. Edwards	59.2	60	72.5	132.5
G. Saddler	72.5	67.5	80	147.5
B. Harden	74.4	82.5	100	182.5
W. Baker	84.0	77.5	102.5	180

## News Clips

Belated congratulations go to David DeRose on his Australian Open Championship gold medal performance. Following the disqualification of Theo Tasoulis for a doping offence, announced in March 2003, David was declared the winner of the 77kg category of the 2002 National Open Championships. Amendments to the results also confirmed the elevation of Queensland's James Turner to fourth place in the 77kg category and the Queensland Open Men's Team to second place in the team championship.

Sydney 2000 Olympian Anthony Martin is once again a member of the QWA. Anthony will make his return to the competition platform in Queensland at the Cougars Open Club competition on the 11<sup>th</sup> of April 2003.

Congratulations to the following Queensland lifters who have been selected to represent Australia at the 2003 Oceania Championships in Tonga: Ben Turner, David DeRose, Damon Kelly, Melissa Nightingale, Amanda Phillips and Deborah Lovely.

The date of the 2003 Australian Masters Championships has been changed to Sunday 22<sup>nd</sup> June. This event will be held in Burwood, NSW.

The first official weightlifting competition at St Laurence's College will be held in April. Thanks to the continuing efforts of Mike Power, Peter Dadds, Anthony Samios and Damon Kelly, with the assistance of QWA Development Officer Scott Robinson, the St Laurence's College Weightlifting Club has grown in stature to become a force in school-based weightlifting. More than thirty students regularly participate in training sessions before school and fifty students recently participated in a Club Referee course held at the college. The 2003 Qld All Schools Championships will be held in the St Laurence's College auditorium in October and the college's students are already engaged in the planning of this event.



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 Commonwealth Weightlifting Federation  
 Oceania Weightlifting Federation

*Member of*  
 Australian Olympic Committee  
 Australian Commonwealth  
 Games Association

*Supported by the Australian Sports Commission*

## Qualifying Totals for Australian Teams (January 1, 2003 to December 31, 2003)

### CLASSIFICATION STANDARDS 2002 - 2004 – MALE

	ELITE	INTERNATIONAL	A Grade	B Grade	C Grade	D Grade
47	.....	.....	.....	.....	132.5	115.0
51	.....	.....	.....	.....	142.5	125.0
56	240.0	207.5	200.0	175.0	155.0	135.0
62	260.0	225.0	217.5	190.0	167.5	147.5
69	280.0	242.5	235.0	205.0	182.5	160.0
77	300.0	260.0	252.5	220.0	195.0	170.0
85	317.5	275.0	265.0	232.5	205.0	180.0
94	332.5	287.5	277.5	242.5	215.0	187.5
105	347.5	300.0	290.0	252.5	225.0	197.5
Over 105	367.5	317.5	307.5	267.5	237.5	210.0

### CLASSIFICATION STANDARDS 2002 – 2004 – FEMALE

	ELITE	INTERNATIONAL	A Grade	B Grade	C Grade	D Grade
40	.....	.....	.....	.....	87.5	75.0
44	.....	.....	.....	.....	95.0	82.5
48	152.5	135.0	127.5	117.5	102.5	87.5
53	162.5	145.0	137.5	125.0	110.0	92.5
58	172.5	152.5	145.0	132.5	115.0	100.0
63	180.0	160.0	150.0	137.5	120.0	102.5
69	190.0	167.5	157.5	145.0	125.0	107.5
75	195.0	172.5	162.5	147.5	130.0	112.5
Over 75	207.5	185.0	175.0	160.0	140.0	120.0

All standards are rounded to the nearest 2.5 kg.

**NOTE:** The Male standards are based on 370, 320, 310, 270, 240 and 210 Sinclair points. The Female Standards are based on 210, 185, 175, 160, 140 and 120 Sinclair points. For the 105+ kg class 140 kg bodyweight has been used as the determining factor. For the 75+ kg class 100 kg bodyweight has been used as the determining factor.

**NOTE** The above totals are the AWF Qualifying Totals until the end of December 2003. The Qualifying Totals for 2004 will be reviewed during September 2003. The above standards will be the standards used for the review of all selected AWF Squads conducted during 2003.

## **International Events 2003**

May 1-3	Oceania, Sth. Pacific & Commonwealth Championship	Tonga
May 25 June 1	2003 World Junior Championships	Monterey, Mexico
July 9 - 13	2003 World University Championships	Pavia, Italy
July 17	Mermet Cup AUS vs USA (Date to be confirmed)	USA
November 11 - 21	World Weightlifting Championships - 2004 Olympic Qualifying Event	Vancouver, Canada
December 4 - 6	Oceania & Sth. Pacific Junior Championships	Niue
December 13 - 14	Olympic Test Event - Tofalos Kakousis Tournament	Greece

### **2003 Oceania, South Pacific & Commonwealth Championships – Tonga - May 1 - 3**

The assessment standard applicable to selections for the 2003 Oceania, South Pacific & Commonwealth Championships is International Standard. Potential team members will be ranked according to their best official competition total achieved within any of the specified events, expressed as a percentage of the assessment standards. Lifters' totals will be considered in percentage terms of the applicable qualifying standard of the next higher bodyweight category, in the event that more than two lifters qualify in the one bodyweight category.

Achievement by any potential team member of 100% (or more) of the assessment standard does not mean automatic team selection and a full team may not be selected for this event.

The AWF reserves the right to nominate lifters who have not achieved 100% of the assessment standard for this event in only the following circumstance:-

*Where the number of available lifters who have equalled or exceeded the assessment standard does not equal the number of available places on the team.*

Only the following will be taken into account when selecting the team:-

Results from:- all National & State Calendar events held between November 1, 2002 and March 30, 2003

### **2003 World Junior Championships – Monterey, Mexico – May 25 - June 1**

The assessment standard applicable to selections for the 2003 World Junior Championships is International Standard. Potential team members will be ranked according to their best official competition total achieved within any of the specified events, expressed as a percentage of the assessment standards. Lifters' totals will be considered in percentage terms of the applicable qualifying standard of the next higher bodyweight category, in the event that more than two lifters qualify in the one bodyweight category.

Achievement by any potential team member of 100% (or more) of the assessment standard does not mean automatic team selection and a full team may not be selected for this event.

The AWF reserves the right to nominate lifters who have not achieved 100% of the assessment standard for this event in only the following circumstance:-

*Where the number of available lifters who have equalled or exceeded the assessment standard does not equal the number of available places on the team.*

Only the following will be taken into account when selecting the team:-

Results from:- all National & State Calendar events held between December 1, 2002 and May 3, 2003

<b>2003 Mermet Cup &amp; Australia Vs USA - USA – (date to be confirmed)</b>
--

The assessment standard applicable to selections for the 2003 Mermet Cup is International Standard. Potential team members will be ranked according to their best official competition total achieved within any of the specified events, expressed as a percentage of the assessment standards. Lifters' totals will be considered in percentage terms of the applicable qualifying standard of the next higher bodyweight category, in the event that more than two lifters qualify in the one bodyweight category.

Achievement by any potential team member of 100% (or more) of the assessment standard does not mean automatic team selection and a full team may not be selected for this event.

The AWF reserves the right to nominate lifters who have not achieved 100% of the assessment standard for this event in only the following circumstance:-

*Where the number of available lifters who have equalled or exceeded the assessment standard does not equal the number of available places on the team.*

Only the following will be taken into account when selecting the team:-

Results from:- all National & State Calendar events held between November 1, 2002 and May 25 (dependant on confirmation of competition date), 2003

<b>2003 World University Championships – Pavla, Italy – July 9 - 13</b>
---

The assessment standard applicable to selections for the 2003 World University Championships is International Standard. Potential team members will be ranked according to their best official competition total achieved within any of the specified events, expressed as a percentage of the assessment standards. Lifters' totals will be considered in percentage terms of the applicable qualifying standard of the next higher bodyweight category, in the event that more than two lifters qualify in the one bodyweight category.

Achievement by any potential team member of 100% (or more) of the assessment standard does not mean automatic team selection and a full team may not be selected for this event.

The AWF reserves the right to nominate lifters who have not achieved 100% of the assessment standard for this event in only the following circumstance:-

*Where the number of available lifters who have equalled or exceeded the assessment standard does not equal the number of available places on the team.*

Only the following will be taken into account when selecting the team:-

Results from:- all National & State Calendar events held between December 1, 2002 and May 25, 2003

<b>2003 World Weightlifting Championships – Vancouver, Canada – November 11 - 21</b>
--

The assessment standard applicable to selections for the 2003 World Weightlifting Championships is Elite Standard. Potential team members will be ranked according to their best official competition total achieved within any of the specified events, expressed as a percentage of the assessment standards. Lifters' totals will be considered in percentage terms of the applicable qualifying standard of the next higher bodyweight category, in the event that more than two lifters qualify in the one bodyweight category.

Achievement by any potential team member of 100% (or more) of the assessment standard does not mean automatic team selection and a full team may not be selected for this event.

The AWF reserves the right to nominate lifters who have not achieved 100% of the assessment standard for this event in only the following circumstance:-

*Where the number of available lifters who have equalled or exceeded the assessment standard does not equal the number of available places on the team.*

Only the following will be taken into account when selecting the team:-

Results from:- all National & State Calendar events held between March 1, 2003 and September 7, 2003

<b>2003 Oceania Junior Championships – Niue – December 4 - 6</b>
--



The assessment standard required to be considered for selection in the 2003 Oceania Junior Championships team is "A" Grade. Potential team members will be ranked according to their percentage of the assessment standards. Achievement of these assessment standards does not mean automatic team selection and a full team may not be selected for this event.

Only the following will be taken into account when selecting the team:-

Results from:- all National & State Calendar events held between May 1, 2003 and October 26, 2003

#### **2003 Tofalos Kakousis Tournament (Olympic Test Event) – Athens, Greece – December 13 - 14**

***Participation in this event is by invitation (issued to a Nation, not athlete) and there is no guarantee that Australia will be invited to participate.*** The assessment standard applicable to selections for the 2003 Tofalos Kakousis Tournament is International Standard. Potential team members will be ranked according to their best official competition total achieved within any of the specified events, expressed as a percentage of the assessment standards. Lifters' totals will be considered in percentage terms of the applicable qualifying standard of the next higher bodyweight category, in the event that more than two lifters qualify in the one bodyweight category.

Achievement by any potential team member of 100% (or more) of the assessment standard does not mean automatic team selection and a full team may not be selected for this event.

The AWF reserves the right to nominate lifters who have not achieved 100% of the assessment standard for this event in only the following circumstance:-

*Where the number of available lifters who have equalled or exceeded the assessment standard does not equal the number of available places on the team.*

Only the following will be taken into account when selecting the team:-

Results from:- all National & State Calendar events held between June 1, 2003 and November 23, 2003

#### **2004 Olympic Shadow Team & 2004 Olympic Team Nomination Process**

The AWF will nominate all lifters who are perceived to have a realistic chance of being nominated to the Australian Olympic Committee (AOC) for selection in the 2004 Australian Olympic Team. In accordance to the regulations and constraints placed upon the AWF by the AOC, only lifters included in the AWF 2004 Olympic Shadow Team will be able to be selected for the 2004 Olympic Games. Therefore, the AWF is obliged to nominate any athlete who in the opinion of the AWF has a chance of being nominated for the 2004 Australian Olympic Team for membership of the AWF 2004 Olympic Shadow Team. The AWF 2004 Olympic Shadow Team may include lifters who are not currently members of the AWF.

The final AWF 2004 Olympic Team Nomination Process will be completed and circulated by March 31, 2003. It is anticipated that the AWF will hold a Team Selection Trial in June 2004.

### **PLEASE NOTE**

All team members may be asked to contribute to their own participation in any AWF team depending on level of funding and sponsorship available to the AWF. The AWF reserves the right to fully or partially fund, or give no funding assistance whatsoever to any team member of any AWF team with the exception of the Olympic or Commonwealth Games Teams which are funded by the AOC and the ACGA (or any other team fully funded by these bodies).

#### ***Powers of Team Head Coach to change lifters' bodyweight categories at events***

Team Officials may exercise their discretion when confirming the final list of entries and enter lifters in the categories which will provide the best outcome for the team. When confirming the final nomination of the lifters' bodyweight categories, Team Officials should consider the following, in consultation with the lifter(s) concerned:

The preliminary list of entries

Information regarding expected changes to the preliminary list of entries which is known to be factual

The ability of lifters to decrease or increase their bodyweight, with respect to their health and well being and the likely effects on their competition performance

Only results achieved at National & State Calendar Events **listed on the AWF or official State Association calendars in January 2003** will be considered as qualifying totals for AWF teams and squads.

## **AWF SELECTION COMMITTEE**

The AWF National Team Selectors are: Sam Coffa (AWF President), Luke Borreggine (National Coach), Ralph Cashman and Ian Moir.

## **APPEALS PROCESS**

The appeal process concerning non-selection or removal from National Squads or Teams is two tier, with the appeal first being heard by the Australian Weightlifting Federation Inc. Appeals Tribunal (appointed by the AWF President as needed), with any subsequent appeal to be heard by the Court of Arbitration for Sport.

The sole ground for any appeal is that the relevant selection policy was not followed and/or implemented.

Any appeal by an athlete against non-selection or removal from a National Squad or Team should be made to the AWF National Executive Director (NED) under the following procedure:-

1. The appellant must give written notice of his/her appeal to the NED within 48 hours of the announcement of the decision against which the appeal is made.
2. Within 5 working days of submitting his/her written notice of appeal, the appellant must submit (in writing) to the National Executive Director the grounds of that appeal accompanied by a non-refundable deposit of \$50 payable to the Australian Weightlifting Federation Inc.
3. The AWF Appeal Tribunal will comprise the following persons appointed by the AWF President:-
  - 3.1. A barrister or solicitor who will act as Chairman.
  - 3.2. A person with a thorough knowledge of elite weightlifting and who preferably has had recent international competition experience either as an official or athlete.
  - 3.3. One other person of experience and skills suitable to the function of the AWF Appeal Tribunal.
  - 3.4. The NED to act as Secretary to the Tribunal. The NED has no voting or procedural role in the Tribunal.

**No person is eligible to be appointed to the AWF Appeal Tribunal if he/she is a member of the AWF Selection Committee, or who by reason of his/her relationship with the appellant or any member of the AWF Selection Committee would be reasonably considered to be other than impartial.**

4. The AWF Appeal Tribunal will convene a hearing as soon as possible after the submission of the grounds of appeal. The hearing may occur in such a manner as the Chairman decides, including telephone or video conferencing. The AWF Appeal Tribunal is not bound by the rules of evidence but must observe the principles of procedural fairness.
5. Prior to the hearing, the AWF Selection Committee will provide the AWF Appeal Tribunal and the appellant with a written statement as to the reasons for the decision against which the appeal is made.
6. The AWF Appeal Tribunal will give its decision as soon as practicable after the hearing and will provide the NED and the appellant with a statement of the reasons for its decision.
7. The Appeal Tribunal shall give the appellant and the AWF Selection Committee every opportunity to be heard.
8. The Appeal Tribunal has no power of selection.
9. The Appeal Tribunal may review the matter set out in the appeal and may (as appropriate) direct that the AWF Selection Committee again consider the selection of the relevant National Team or Squad.

Subject to such direction, any further selection decision of the AWF Selection Committee under the direction of the Appeal Tribunal shall be final, and no other appeal shall be available to the appellant other than through the Court of Arbitration for Sport.

Failure to observe the above time limits when submitting an appeal will render any appeal a nullity, provided that an athlete may apply to the body to hear the appeal in question, for an extension of time in which to commence an appeal. The body to hear the appeal in question may grant such an extension of time only in extenuating circumstances outside the control of the athlete concerned.

#### 10. Right of appeal to the Court of Arbitration for Sport.

A person who wishes to appeal against a further selection decision of the AWF Selection Committee under the direction of the Appeal Tribunal may appeal to the Court of Arbitration for Sport (CAS) . The decision of the CAS

will be final and binding on all parties and it is agreed that neither party will institute or maintain proceedings in any court or tribunal other than the CAS.

A person who wishes to appeal to the CAS must give written notice of such appeal to the AWF NED within 72 hours of the announcement of the decision against which the appeal is made and must lodge his/her statement of appeal with the CAS within a further 48 hours. Failure to observe the above time limits in relation to an appeal to the CAS will render any appeal a nullity, provided that an athlete may apply to the AWF Commissioners, for an extension of time in which to commence such an appeal. The AWF Commissioners may grant such an extension of time only in extenuating circumstances outside the control of the athlete concerned.

**Acknowledgement:** Appeals process based on "Getting it right... guidelines for selection, a publication of the Australian Sports Commission in collaboration with the Australian and New Zealand Sports Law Association (ANZSLA).

## **AWF SQUADS**

### **AWF Elite Squad – January 1, 2003 – June 30, 2003**

The AWF Elite squad for the period January 1, 2003 until June 30, 2003 will consist of the 8 male and 7 female lifters who have exceeded the AWF "Elite" Standard. Ranking will be based on the percentage each athlete achieves over the qualifying standard. Ranking of this squad is based on results achieved July 1, 2002 to December 31, 2002 and will be reviewed July 2003.

**PLEASE NOTE**

- Squad size is limited to 15 (Based on 8 men and 7 women). Where less than 8 men or 7 women have reached the qualifying total, the squad can include more athletes of either gender who have qualified, e.g. 10 men + 5 women, if only 5 women have qualified. The next 2 highest qualifiers from the men are then included to make up the fifteen.
- Squad will be monitored quarterly, with continued inclusion in the squad dependent on the athlete's commitment to training and the AWF competition program. Athletes can be removed from the squad for any breaches of AWF rules.
- This squad qualifies for Direct Athlete Assistance (DAS) funded by the Australian Sports Commission - the AWF's major sponsor. DAS Payments are made quarterly unless otherwise specified in accordance to the guidelines attached.

**MALE**

RANK	Athlete	State	TOTAL	CLASS	Qual. Total	% of QT
1	Karapetyn, Alex	Vic	382.5	94	332.5	115.04%
2	Sarkisian, Yurik	Vic	277.5	62	260.0	106.73%
3	Hocking, Corran	Vic	385.0	105+	367.5	104.76%
4	Rae, Chris	SA	375.0	105+	367.5	102.04%
5	Turner, Ben	Qld	282.5	69	280.0	100.89%

**FEMALE**

RANK	Athlete	State	TOTAL	CLASS	Qual. Total	% of QT
1	Pileggi, Caroline	WA	225.0	75+	207.5	108.43%
2	Barker, Natasha	NSW	175.0	53	162.5	107.69%
3	Lovely, Deborah	Qld	202.5	75	195.0	103.85%
4	Phillips, Amanda	Qld	190.0	69	190.0	100.00%
4	Lee, Seen	Vic	162.5	53	162.5	100.00%
	Warthold, Meagan *	NSW		58	172.5	0%

\* Meagan Warthold has been retained in the AWG Elite Squad as the policy of the AWF Executive Board is to assist the sports Elite athletes when recuperating from injury. As Warthold injured herself during the Commonwealth Games preparation, she will retain her AWF Elite Squad membership for an additional six months in which time she will be required to prove her fitness to retain her Squad membership beyond 30th June 2003.

### **Australian Junior Commonwealth Games Squad (AWF Under 20 Squad) – January 1, 2003 – June 30, 2003**

The AJCGS Squad has been selected with the following being taken into consideration:-

- The aims of the AJCGS program being
  - to assist junior athletes to gain international competition experience overseas so that they understand the conditions and environment which they will face as seniors;
  - to assist those junior athletes who have potential to be selected in future Australian Commonwealth Games teams
- Junior athletes who have the potential to be selected in the 2006 Commonwealth Games Team.
- Junior athletes to be in the top junior age group in their respective sports although this can be varied depending on the sport (**AWF policy – NOW Under 20 – born 1983 or later**)
- Perceived potential to win a medal at the 2006 Commonwealth Games
- Dedication to training and competition
- Physiological & Psychological potential
- Standard in other Commonwealth Countries

The AJCGS (AWF Under 20) Squad will consist of up to 8 male and 7 female athletes who have exceeded the AWF "A" Grade. Ranking will be based on the percentage each athlete achieves over the qualifying standard. Ranking of this squad is based on results achieved July 1, 2002 to December 31, 2002 and will be reviewed July 2003.

- Squad will be monitored quarterly, with continued inclusion in the squad dependent on the athlete's commitment to training and the AWF competition program. Athletes can be removed from the squad for any breaches of AWF rules.

**MALE**

RANK	Athlete	State	TOTAL	CLASS	Qual. Total	% of QT
1	Turner, Ben	Qld	282.5	69	235.0	120.21%
2	Kelly, Damon	Qld	340.0	105+	307.5	110.57%
3	McCoy, Simon	Vic	260.0	77	252.5	102.97%

**FEMALE**

RANK	Athlete	State	TOTAL	CLASS	Qual. Total	% of QT
1	Lovely, Deborah	Qld	202.5	75	162.5	124.62%
2	Amadio, Kristie	Qld	160.0	63	150.0	106.67%
3	Bates, Sarah	SA	180.0	75+	175.0	102.86%
4	Crosswell, Tara	Tas	147.5	58	145.0	101.72%
5	Boutros, Jamila	NSW	175.0	75+	175.0	100.00%

**AWF Under 18 Squad – January 1, 2003 – June 30, 2003**

The AWF Under 18 Squad will consist of up to 12 male and 11 female lifters who have exceeded the AWF "B" Grade standard. Ranking will be based on the percentage each athlete achieves over the qualifying standard. Ranking of this squad is based on results achieved July 1, 2002 to December 31, 2002 and will be reviewed July 2003.

- Squad will be monitored quarterly, with continued inclusion in the squad dependent on the athlete's commitment to training and the AWF competition program. Athletes can be removed from the squad for any breaches of AWF rules.

**AWF Under 18 Squad – January 1, 2003 – June 30, 2003 (continued)****MALE**

RANK	Athlete	State	TOTAL	CLASS	Qual. Total	% of QT
1	Sarkisian, David	Vic	220.0	62	190.0	115.79%
2	Vasiliades, Kostas	NSW	185.0	56	175.0	105.71%
3	DalSanto, Max	SA	235.0	85	232.5	101.08%

**FEMALE**

RANK	Athlete	State	TOTAL	CLASS	Qual. Total	% of QT
1	Amadio, Kristie	Qld	160.0	63	137.5	116.36%
2	Crosswell, Tara	Tas	147.5	58	132.5	111.32%
3	Trigger, Rachel	Qld	157.5	75	147.5	106.78%
4	Yamasaki, Erika	Qld	125.0	48	117.5	106.38%
5	Meyers, Jenna	Tas	152.5	69	145.0	105.17%
6	van Tieran, Belinda	Tas	155.0	75	147.5	105.08%
7	Tsoukalis, Maria	NT	132.5	58	132.5	100.00%
7	Tyson, Rachel	Tas	132.5	58	132.5	100.00%

**AWF Under 16 Squad – January 1, 2003 – June 30, 2003**

The AWF Under 16 Squad will consist of up to 12 male and 11 female lifters who have exceeded the AWF "C" Grade standard. Ranking will be based on the percentage each athlete achieves over the qualifying standard. Ranking of this squad is based on results achieved July 1, 2002 to December 31, 2002 and will be reviewed July 2003.

- Squad will be monitored quarterly, with continued inclusion in the squad dependent on the athlete's commitment to training and the AWF competition program. Athletes can be removed from the squad for any breaches of AWF rules.

**MALE**

RANK	Athlete	State	TOTAL	CLASS	Qual. Total	% of QT
1	Salsone, Anthony	Qld	180.0	62	167.5	107.46%

**FEMALE**

RANK	Athlete	State	TOTAL	CLASS	Qual. Total	% of QT
1	Yamasaki, Erika	Qld	125.0	48	102.5	121.95%
2	Tsoukalis, Maria	NT	132.5	58	115.0	115.22%

3	Lambert, Lina	Qld	120.0	58	115.0	104.35%
3	Bower, Tammie	Qld	120.0	58	115.0	104.35%
5	Brooke, Rebecca	NT	125.0	63	120.0	104.17%
6	Wilson, Tenille	Tas	112.5	53	110.0	102.27%
7	Ashlin, Alarna	Tas	122.5	63	120.0	102.08%
8	Watkins, Christina	Qld	120.0	63	120.0	100.00%

For further information, please contact AWF on ozweights@bigpond.com or (03) 9815 3306



*Queensland Members of the National Under 16 Squad.  
From left: Anthony Salsone; Erika Yamasaki; Liana Lambert; Tammie Bower; Christina Watkins.*

Profiles of all Queensland members of National Squads can be viewed on the QWA web site at [www.qwa.org](http://www.qwa.org)

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**Weightlifting shoes: \$160 plus P&H**

**QWA embroidered polo shirts: \$40**

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## Optimal Range of Weightlifting Performance

Roman Wojcieszuk, Head Coach of the Vikings Club, studied under many distinguished weightlifters and academics during his M.Sc degree at Warsaw University. Roman's mentors included one of the all time greats of weightlifting – Olympic Champion, World Champion and prolific World Record Holder, Waldimir Bazanowski. Roman has translated the following article which was written by Anatoli Wjasowicz Czerniak and published by the Polish Weightlifting Federation in 1982. The article provides an analysis of the relationship between performances in the snatch and the clean & jerk, and Roman wishes to share this information to provide food for thought and future challenges.

The optimal progress of results in weightlifting occurs only when the result in snatch and in clean & jerk remain in balance and within the optimal range. The relationship between snatch and clean & jerk can be identified by dividing the athlete's best snatch result by the best clean & jerk result to produce a percentage.

$$\frac{\text{PB snatch}}{\text{PB clean \& jerk}} = \text{proportion of snatch to clean \& jerk}$$

Characteristically, the relationship between the athlete's dynamic and kinematic ability is reflected in the relationship between their results in snatch and clean & jerk, regardless of the athlete's sport level or their bodyweight category.

The following table shows the proportion (%) of snatch to clean jerk in the results from Olympic Games from 1924 to 1972.

Category	1924	1928	1932	1936	1948	1952	1956	1960	1964	1968	1972	WR holder in snatch 1971
52kg											77.8	78.8
56kg					75.0	77.0	76.0	75.0	77.0	75.0	75.2	75.7
60kg	70.0	76.5	77.0	77.0	79.5	79.0	80.0	76.0	77.5	77.0	79.4	81.4
67.5kg	69.0	76.0	76.0	76.0	77.0	86.0	76.5	77.0	78.0	79.0	76.0	77.5
75kg	69.0	73.0	82.5	77.0	79.0	76.0	76.4	78.0	76.5	77.0	79.9	79.0
82.5kg	67.0	77.5	76.0	76.0	79.0	78.0	74.4	75.5	76.5	79.0	74.4	79.3
90kg	69.0	75.0	76.0	78.0	86.5	79.0	79.0	79.5	77.0	79.0	76.0	80.5
110kg											77.6	78.2
+110kg						80.0	78.0	80.0	79.3	75.0	77.1	76.6

By analysing the athlete's performance in this way, we can see whether there is balance in the relationship between their performance of snatch and clean & jerk. If the proportion of the athlete's snatch to clean & jerk is below 75% or above 82%, this identifies the need to change the training methods to improve the quality of either snatch or clean & jerk performance.

*Editor's Note:*

Calculators for analysing lifters' performances can be found on the QWA web site. Click on the "Calculator" link at the top of the home page at [www.qwa.org](http://www.qwa.org).

# AWF National Records as at 31<sup>st</sup> March 2003

Compiled by AWF Record Keeper, Graeme Patterson

## AUSTRALIAN OPEN MEN'S RECORDS

		<u>Name</u>	<u>YOB</u>	<u>State</u>	<u>Date</u>	<u>Competition</u>
<b><u>56kg Class</u></b>						
Snatch	110.0	Mehmet Yagci	72	NSW	23/02/2002	NSW & PCYC Open - Goulburn
Clean & Jerk	137.5	Johnny Nguyen	75	NSW	26/03/1998	Commonwealth/Oceania C'ships - Nauru
Total	245.0	Mehmet Yagci	72	NSW	23/02/2002	NSW & PCYC Open - Goulburn
<b><u>62kg Class</u></b>						
Snatch	128.5	Yurik Sarkisian	61	VIC	15/08/1999	Telstra Australian Under 20 & Open C'ships
Clean & Jerk	165.0	Yurik Sarkisian	61	VIC	15/08/1999	Telstra Australian Under 20 & Open C'ships
Total	292.5	Yurik Sarkisian	61	VIC	15/08/1999	Telstra Australian Under 20 & Open C'ships
<b><u>69kg Class</u></b>						
Snatch	130.0	Yurik Sarkisian	61	VIC	14/05/2000	Armenian National Champ. - Armenia
Clean & Jerk	170.0	Yurik Sarkisian	61	VIC	14/05/2000	Armenian National Champ. - Armenia
Total	300.0	Yurik Sarkisian	61	VIC	14/05/2000	Armenian National Champ. - Armenia
<b><u>77kg Class</u></b>						
Snatch	155.0	Sergo Chakhoyan	69	VIC	20/06/1999	Telstra Victorian Open C'ships - HWC
Clean & Jerk	187.5	Damian Brown	70	VIC	17/09/1998	Commonwealth Games - Kuala Lumpur
Total	327.5	Damian Brown	70	VIC	17/09/1998	Commonwealth Games - Kuala Lumpur
<b><u>85kg Class</u></b>						
Snatch	175.0	Sergo Chakhoyan	69	VIC	23/09/2000	Olympic Games - Sydney
Clean & Jerk	205.0	Kiril Kounev	68	NSW	14/11/1998	World Championships - Lahti, Finland
Total	377.5	Sergo Chakhoyan	69	VIC	23/09/2000	Olympic Games - Sydney
<b><u>94kg Class</u></b>						
Snatch	182.5	Alex Karapetyan	70	VIC	5/11/2001	World Championships - Turkey
Clean & Jerk	210.0	Alex Karapetyan	70	VIC	5/11/2001	World Championships - Turkey
Total	392.5	Alex Karapetyan	70	VIC	5/11/2001	World Championships - Turkey
<b><u>105kg Class</u></b>						
Snatch	167.5	Alex Karapetyan	70	VIC	17/03/2002	Mermet Cup International - Hawthorn
Clean & Jerk	210.0	Alex Karapetyan	77	VIC	17/03/2002	Mermet Cup International - Hawthorn
Total	377.5	Alex Karapetyan	70	VIC	17/03/2002	Mermet Cup International - Hawthorn
<b><u>105+kg Class</u></b>						
Snatch	175.0	Chris Rae	80	SA	4/05/2002	Commonwealth Games Trials - Hawthorn
Clean & Jerk	218.0	Chris Rae	80	SA	15/12/2001	SA December Open - SASI
Total	390.0	Chris Rae	80	SA	15/12/2001	SA December Open - SASI



**AUSTRALIAN UNDER 20 MEN'S RECORDS**

		<u>Name</u>	<u>YOB</u>	<u>State</u>	<u>Date</u>	<u>Competition</u>
<b><u>56kg Class</u></b>						
Snatch	80.5	Kostas Vasiliades	85	NSW	24/11/2002	Bruce Walsh Memorial - Burwood
Clean & Jerk	105.5	Kostas Vasiliades	85	NSW	24/11/2002	Bruce Walsh Memorial - Burwood
Total	185.0	Kostas Vasiliades	85	NSW	24/11/2002	Bruce Walsh Memorial - Burwood
<b><u>62kg Class</u></b>						
Snatch	102.5	David Sarkisian	86	VIC	20/04/2002	Aust. U18 & U16 Championships - Burwood
Clean & Jerk	128.0	David Sarkisian	86	VIC	20/04/2002	Aust. U18 & U16 Championships - Burwood
Total	230.0	David Sarkisian	86	VIC	20/04/2002	Aust. U18 & U16 Championships - Burwood
<b><u>69kg Class</u></b>						
Snatch	120.0	Ben Turner	84	QLD	13/09/2002	Cougars Open Competition - Chandler
Clean & Jerk	162.5	Ben Turner	84	QLD	14/12/2002	Oceania & Sth Pacific Junior C - Hawthorn
Total	282.5	Ben Turner	84	QLD	14/12/2002	Oceania & Sth Pacific Junior C - Hawthorn
<b><u>77kg Class</u></b>						
Snatch	122.5	Ben Turner	84	QLD	21/12/2002	Cougars Open Club Comp. - Chandler
Clean & Jerk	152.5	Ben Turner	84	QLD	21/12/2002	Cougars Open Club Comp. - Chandler
Total	275.0	Ben Turner	84	QLD	21/12/2002	Cougars Open Club Comp. - Chandler
<b><u>85kg Class</u></b>						
Snatch	130.0	Andrew Ciancio	78	VIC	2/08/1998	Telstra Aust. U20&Open C'ships-Adelaide
Clean & Jerk	165.0	Ben Mulder	78	TAS	30/01/1998	AWF Special Event - HWC
Total	287.5	Ben Mulder	78	TAS	21/02/1998	President's Cup - Rd 1, Hobart - TAS
<b><u>94kg Class</u></b>						
Snatch	127.5	Lukas Krajewski	81	VIC	25/03/2000	Telstra International Challenge - Sydney
Clean & Jerk	155.0	Ali Ibrahim	82	NSW	14/08/1999	Telstra Australian Under 20 & Open C'ships
Total	275.0	Ali Ibrahim	82	NSW	14/08/1999	Telstra Australian Under 20 & Open C'ships
<b><u>105kg Class</u></b>						
Snatch	120.5	Andrew Edenborough	81	VIC	26/11/1999	Telstra VWA Open Competition - HWC
Clean & Jerk	155.5	Andrew Edenborough	81	VIC	22/01/2000	Australia Day Tournament - Hawthorn
Total	275.0	Andrew Edenborough	81	VIC	22/01/2000	Australia Day Tournament - Hawthorn
<b><u>105+kg Class</u></b>						
Snatch	163.0	Corran Hocking	80	VIC	15/12/2000	Hawthorn WC Championships - Hawthorn
Clean & Jerk	208.0	Corran Hocking	80	VIC	15/12/2000	Hawthorn WC Championships - Hawthorn
Total	370.0	Corran Hocking	80	VIC	15/12/2000	Hawthorn WC Championships - Hawthorn

**AUSTRALIAN UNDER 18 MEN'S RECORDS**

		<u>Name</u>	<u>YOB</u>	<u>State</u>	<u>Date</u>	<u>Competition</u>
<b><u>47kg Class</u></b>						
Snatch	52.5	Troy Hewkins	86	QLD	7/10/2000	QWA League, Masters and School - Chandler
Clean & Jerk	70.0	Troy Hewkins	86	QLD	4/11/2000	Telstra Qld All Schools Champ. - Toowoomba
Total	122.5	Troy Hewkins	86	QLD	4/11/2000	Telstra Qld All Schools Champ. - Toowoomba
<b><u>51kg Class</u></b>						
Snatch	65.0	Kostas Vasiliades	85	NSW	13/07/2001	NSWWA Special Event - Burwood
Clean & Jerk	80.0	Mike Hulleza	84	WA	21/04/2001	Telstra Aus. U16/18 Champ. - Hawthorn
Total	142.5	Troy Hewkins	86	QLD	22/09/2001	QWA League Final - Chandler
<b><u>56kg Class</u></b>						
Snatch	80.5	Kostas Vasiliades	85	NSW	24/11/2002	Bruce Walsh Memorial - Burwood
Clean & Jerk	105.5	Kostas Vasiliades	85	NSW	24/11/2002	Bruce Walsh Memorial - Burwood
Total	185.0	Kostas Vasiliades	85	NSW	24/11/2002	Bruce Walsh Memorial - Burwood
<b><u>62kg Class</u></b>						
Snatch	102.5	David Sarkisian	86	VIC	20/04/2002	Aust. U18 & U16 Championships - Burwood
Clean & Jerk	128.0	David Sarkisian	86	VIC	20/04/2002	Aust. U18 & U16 Championships - Burwood
Total	230.0	David Sarkisian	86	VIC	20/04/2002	Aust. U18 & U16 Championships - Burwood
<b><u>69kg Class</u></b>						
Snatch	120.0	Ben Turner	84	QLD	13/09/2002	Cougars Open Competition - Chandler
Clean & Jerk	162.5	Ben Turner	84	QLD	14/12/2002	Oceania & Sth Pacific Junior C - Hawthorn
Total	282.5	Ben Turner	84	QLD	14/12/2002	Oceania & Sth Pacific Junior C - Hawthorn
<b><u>77kg Class</u></b>						
Snatch	122.5	Ben Turner	84	QLD	21/12/2002	Cougars Open Club Comp. - Chandler
Clean & Jerk	152.5	Ben Turner	84	QLD	21/12/2002	Cougars Open Club Comp. - Chandler
Total	275.0	Ben Turner	84	QLD	21/12/2002	Cougars Open Club Comp. - Chandler
<b><u>85kg Class</u></b>						
Snatch	117.5	Lukas Krajewski	81	VIC	25/08/1999	Telstra Vic School C'ships- De La Salle
Clean & Jerk	145.5	Lukas Krajewski	81	VIC	25/09/1999	Telstra Vic U16&18 C'ships - Knox WC
Total	260.0	Lukas Krajewski	81	VIC	25/09/1999	Telstra Vic U16&18 C'ships - Knox WC
<b><u>94kg Class</u></b>						
Snatch	120.5	Lukas Krajewski	81	VIC	15/09/1999	Sport & Recreation Victoria Cup - HWC
Clean & Jerk	155.0	Ali Ibrahim	82	NSW	14/08/1999	Telstra Australian Under 20 & Open C'ships
Total	275.0	Ali Ibrahim	82	NSW	14/08/1999	Telstra Australian Under 20 & Open C'ships
<b><u>105kg Class</u></b>						
Snatch	120.5	Andrew Edenborough	81	VIC	26/11/1999	Telstra VWA Open Competition - HWC
Clean & Jerk	155.0	Ali Ibrahim	82	NSW	1/08/1999	Telstra NSW Country C'ships - L'warra PCYC
Total	272.5	Ali Ibrahim	82	NSW	1/08/1999	Telstra NSW Country C'ships - L'warra PCYC
<b><u>105+kg Class</u></b>						
Snatch	160.0	Chris Rae	80	SA	4/07/1998	Telstra Comm. Trials - Melbourne
Clean & Jerk	200.0	Chris Rae	80	SA	14/06/1998	Telstra Aust. U16&18 C'ships - Perth
Total	360.0	Chris Rae	80	SA	4/07/1998	Telstra Comm. Trials - Melbourne

**AUSTRALIAN UNDER 16 MEN'S RECORDS**

		<u>Name</u>	<u>YOB</u>	<u>State</u>	<u>Date</u>	<u>Competition</u>
<b><u>47kg Class</u></b>						
Snatch	52.5	Troy Hewkins	86	QLD	7/10/2000	QWA League, Masters and School - Chandler
Clean & Jerk	70.0	Troy Hewkins	86	QLD	4/11/2000	Telstra Qld All Schools Champ. - Toowoomba
Total	122.5	Troy Hewkins	86	QLD	4/11/2000	Telstra Qld All Schools Champ. - Toowoomba
<b><u>51kg Class</u></b>						
Snatch	65.0	Kostas Vasiliades	85	NSW	13/07/2001	NSWWA Special Event - Burwood
Clean & Jerk	80.0	Troy Hewkins	86	QLD	11/08/2001	Australian Open & U20 Champ. - Homebush
Total	142.5	Troy Hewkins	86	QLD	22/09/2001	QWA League Final - Chandler
<b><u>56kg Class</u></b>						
Snatch	75.0	Troy Hewkins	86	QLD	11/05/2002	QWA League & Masters, round 2 - Chandler
Clean & Jerk	95.0	Anthony Salsone	87	QLD	26/07/2002	Cougars Open Club - Chandler
Total	167.5	Anthony Salsone	87	QLD	26/07/2002	Cougars Open Club - Chandler
<b><u>62kg Class</u></b>						
Snatch	102.5	David Sarkisian	86	VIC	20/04/2002	Aust. U18 & U16 Championships - Burwood
Clean & Jerk	128.0	David Sarkisian	86	VIC	20/04/2002	Aust. U18 & U16 Championships - Burwood
Total	230.0	David Sarkisian	86	VIC	20/04/2002	Aust. U18 & U16 Championships - Burwood
<b><u>69kg Class</u></b>						
Snatch	107.5	Joel Wilson	86	QLD	16/02/2002	QWA League & Masters, round 1 - Chandler
Clean & Jerk	135.0	Joel Wilson	86	QLD	16/02/2002	QWA League & Masters, round 1 - Chandler
Total	242.5	Joel Wilson	86	QLD	16/02/2002	QWA League & Masters, round 1 - Chandler
<b><u>77kg Class</u></b>						
Snatch	100.0	Joel Wilson	86	QLD	23/03/2002	Qld U16/U18 Championships - Toowoomba
Clean & Jerk	127.5	Joel Wilson	86	QLD	3/11/2001	All Schools Championships - Chandler
Total	225.0	Joel Wilson	86	QLD	3/11/2001	All Schools Championships - Chandler
<b><u>85kg Class</u></b>						
Snatch	113.0	Ali Ibrahim	82	TAS	18/07/1998	President's Cup - Rd 5, Launceston - TAS
Clean & Jerk	145.0	Ali Ibrahim	82	TAS	18/07/1998	President's Cup - Rd 5, Launceston - TAS
Total	252.5	Ali Ibrahim	82	TAS	18/07/1998	President's Cup - Rd 5, Launceston - TAS
<b><u>94kg Class</u></b>						
Snatch	110.0	Ali Ibrahim	82	TAS	12/09/1998	President's Cup Round 6 - Triabunna
Clean & Jerk	145.0	Ali Ibrahim	82	TAS	10/10/1998	President's Cup Round 7 - Hobart
Total	255.0	Ali Ibrahim	82	TAS	10/10/1998	President's Cup Round 7 - Hobart
<b><u>105kg Class</u></b>						
Snatch	92.5	Bryan Fischer	83	QLD	28/08/1999	Telstra QWA League'99 Rd 3 - Cougars
Clean & Jerk	115.0	Wayne Sweeney	84	WA	29/10/2000	Telstra WWA Open Comp. - Midvale
Total	202.5	Bryan Fischer	83	QLD	28/08/1999	Telstra QWA League'99 Rd 3 - Cougars
<b><u>105+kg Class</u></b>						
Snatch	107.5	Daniel Falcone	85	VIC	25/11/2001	Vic. U16 & U18 Championships - Hawthorn
Clean & Jerk	133.0	Matthew Falcone	87	VIC	13/12/2002	Hawthorn Championships - Hawthorn
Total	237.5	Daniel Falcone	85	VIC	25/11/2001	Vic. U16 & U18 Championships - Hawthorn

**AUSTRALIAN OPEN WOMEN'S RECORDS**

		<u>Name</u>	<u>YOB</u>	<u>State</u>	<u>Date</u>	<u>Competition</u>
<b><u>48kg Class</u></b>						
Snatch	62.5	Amanda Inman	75	TAS	13/08/1999	Telstra Australian Under 20 & Open C'ships
Clean & Jerk	80.0	Amanda Inman	75	TAS	26/02/2000	State Club's Competition - Launceston
Total	142.5	Amanda Inman	75	TAS	26/02/2000	State Club's Competition - Launceston
<b><u>53kg Class</u></b>						
Snatch	78.0	Seen Lee	82	VIC	14/12/2002	Oceania & Sth Pacific Junior C - Hawthorn
Clean & Jerk	97.5	Natasha Barker	70	NSW	31/07/2002	Commonwealth Games - Manchester
Total	175.0	Natasha Barker	70	NSW	31/07/2002	Commonwealth Games - Manchester
<b><u>58kg Class</u></b>						
Snatch	83.0	Natasha Barker	70	NSW	16/03/2002	Mermet Cup International - Hawthorn
Clean & Jerk	103.5	Natasha Barker	70	NSW	4/05/2002	Commonwealth Games Trials - Hawthorn
Total	185.0	Natasha Barker	70	NSW	16/03/2002	Mermet Cup International - Hawthorn
<b><u>63kg Class</u></b>						
Snatch	88.0	Michelle Kettner	73	VIC	18/10/1998	Bruce Walsh Memorial - Burwood PCYC
Clean & Jerk	107.5	Michelle Kettner	73	VIC	18/10/1998	Bruce Walsh Memorial - Burwood PCYC
Total	195.0	Michelle Kettner	73	VIC	18/10/1998	Bruce Walsh Memorial - Burwood PCYC
<b><u>69kg Class</u></b>						
Snatch	100.5	Michelle Kettner	73	NSW	25/03/2000	Telstra International Challenge - Sydney
Clean & Jerk	122.5	Michelle Kettner	73	NSW	19/09/2000	Olympic Games - Sydney
Total	222.5	Michelle Kettner	73	NSW	19/09/2000	Olympic Games - Sydney
<b><u>75kg Class</u></b>						
Snatch	95.0	Michelle Kettner	73	NSW	16/05/1999	Musashi Women's Weightlifting Invitational
Clean & Jerk	120.0	Caroline Pileggi	77	WA	10/03/2000	2000 Nauru International - Nauru
Total	212.5	Caroline Pileggi	77	WA	10/03/2000	2000 Nauru International - Nauru
<b><u>75+kg Class</u></b>						
Snatch	102.5	Caroline Pileggi	77	WA	10/11/2001	SA State Open/U18 Champ. - SASI
Clean & Jerk	130.0	Caroline Pileggi	77	WA	10/11/2001	SA State Open/U18 Champ. - SASI
Total	232.5	Caroline Pileggi	77	WA	10/11/2001	SA State Open/U18 Champ. - SASI

**AUSTRALIAN UNDER 20 WOMEN'S RECORDS**

		<u>Name</u>	<u>YOB</u>	<u>State</u>	<u>Date</u>	<u>Competition</u>
<b><u>48kg Class</u></b>						
Snatch	58.0	Erika Yamasaki	87	QLD	8/03/2003	Qld U16 & U18 Championships - Toowoomba
Clean & Jerk	70.5	Erika Yamasaki	87	QLD	15/02/2003	League & Masters League, round 1- Chandler
Total	125.0	Erika Yamasaki	87	QLD	30/11/2002	Queensland 2000 - Sth Brisbane
<b><u>53kg Class</u></b>						
Snatch	78.0	Seen Lee	82	VIC	14/12/2002	Oceania & Sth Pacific Junior C - Hawthorn
Clean & Jerk	87.5	Seen Lee	82	VIC	31/07/2002	Commonwealth Games - Manchester
Total	162.5	Seen Lee	82	VIC	31/07/2002	Commonwealth Games - Manchester
<b><u>58kg Class</u></b>						
Snatch	77.5	Seen Lee	82	VIC	2/11/2002	Musashi Cup - Hawthorn
Clean & Jerk	92.5	Seen Lee	82	VIC	2/11/2002	Musashi Cup - Hawthorn
Total	170.0	Seen Lee	82	VIC	2/11/2002	Musashi Cup - Hawthorn
<b><u>63kg Class</u></b>						
Snatch	82.5	Amanda Phillips	81	QLD	19/09/2000	Olympic Games - Sydney
Clean & Jerk	107.5	Amanda Phillips	81	QLD	19/09/2000	Olympic Games - Sydney
Total	190.0	Amanda Phillips	81	QLD	19/09/2000	Olympic Games - Sydney
<b><u>69kg Class</u></b>						
Snatch	85.0	Amanda Phillips	81	QLD	10/11/2001	SA State Open/U18 Champ. - SASI
Clean & Jerk	108.0	Amanda Phillips	81	QLD	10/11/2001	SA State Open/U18 Champ. - SASI
Total	192.5	Amanda Phillips	81	QLD	10/11/2001	SA State Open/U18 Champ. - SASI
<b><u>75kg Class</u></b>						
Snatch	95.0	Deborah Lovely	83	QLD	3/08/2002	Commonwealth Games - Manchester
Clean & Jerk	112.5	Deborah Lovely	83	QLD	22/11/2002	World Championships - Warsaw
Total	205.0	Deborah Lovely	83	QLD	22/11/2002	World Championships - Warsaw
<b><u>75+kg Class</u></b>						
Snatch	92.5	Melissa Bethune	79	QLD	4/12/1999	Cougars Open Club Competition - Chandler
Clean & Jerk	115.0	Melissa Bethune	79	QLD	16/10/1999	Telstra QWA League'99 Grand Final
Total	205.0	Melissa Bethune	79	QLD	20/11/1999	Telstra QLD All Schools C'ships - Cougars

**AUSTRALIAN UNDER 18 WOMEN'S RECORDS**

		<u>Name</u>	<u>YOB</u>	<u>State</u>	<u>Date</u>	<u>Competition</u>
<b><u>40kg Class</u></b>						
Snatch	32.5	Anne Turnor	84	WA	27/09/1998	WWA Olympic Cup - Perth
Clean & Jerk	42.5	Anne Turnor	84	WA	6/12/1998	Telstra WWA Open Comp - Midland PCYC
Total	75.0	Anne Turnor	84	WA	6/12/1998	Telstra WWA Open Comp - Midland PCYC
<b><u>44kg Class</u></b>						
Snatch	42.5	Erika Yamasaki	87	QLD	15/12/2001	Cougars Open Club Comp. - Chandler
Clean & Jerk	53.5	Erika Yamasaki	87	QLD	15/12/2001	Cougars Open Club Comp. - Chandler
Total	95.0	Erika Yamasaki	87	QLD	15/12/2001	Cougars Open Club Comp. - Chandler
<b><u>48kg Class</u></b>						
Snatch	58.0	Erika Yamasaki	87	QLD	8/03/2003	Qld U16 & U18 Championships - Toowoomba
Clean & Jerk	70.5	Erika Yamasaki	87	QLD	15/02/2003	League & Masters League, round 1- Chandler
Total	125.0	Erika Yamasaki	87	QLD	30/11/2002	Queensland 2000 - Sth Brisbane
<b><u>53kg Class</u></b>						
Snatch	63.0	Seen Lee	82	VIC	15/12/2000	Hawthorn WC Championships - Hawthorn
Clean & Jerk	82.5	Kristy Hansen	81	SA	14/11/1998	Telstra November Open Comp - SASI
Total	142.5	Kristy Hansen	81	SA	24/10/1998	Telstra SA Open Championships - SASI
<b><u>58kg Class</u></b>						
Snatch	70.0	Kristie Amadio	85	QLD	12/04/2002	Cougars Open Club Comp. - Chandler
Clean & Jerk	85.0	Tara Crosswell	85	TAS	14/12/2002	Oceania & Sth Pacific Junior C - Hawthorn
Total	152.5	Kristie Amadio	85	QLD	12/04/2002	Cougars Open Club Comp. - Chandler
<b><u>63kg Class</u></b>						
Snatch	72.5	Kristie Amadio	85	QLD	15/02/2003	League & Masters League, round 1- Chandler
Clean & Jerk	90.0	Kristie Amadio	85	QLD	30/11/2002	Queensland 2000 - Sth Brisbane
Total	160.0	Kristie Amadio	85	QLD	30/11/2002	Queensland 2000 - Sth Brisbane
<b><u>69kg Class</u></b>						
Snatch	80.0	Amanda Phillips	81	QLD	5/09/1998	QWA Junior/Senior Handicap-Brisbane
Clean & Jerk	105.0	Amanda Phillips	81	QLD	6/07/1999	World Junior C'ships - Savannah, Georgia
Total	185.0	Amanda Phillips	81	QLD	6/07/1999	World Junior C'ships - Savannah, Georgia
<b><u>75kg Class</u></b>						
Snatch	85.0	Deborah Lovely	83	QLD	22/09/2001	QWA League Final - Chandler
Clean & Jerk	105.0	Amanda Phillips	81	QLD	6/11/1999	Queensland 2000 Tournament - Cougars
Total	185.0	Amanda Phillips	81	QLD	26/11/1999	World Weightlifting C'ships - Athens, Greece
<b><u>75+kg Class</u></b>						
Snatch	87.5	Deborah Lovely	83	QLD	28/09/2001	Cougars Open Club Comp. - Chandler
Clean & Jerk	102.5	Sarah Bates	84	SA	13/10/2002	National Age Team Challenge - Triabunna
Total	187.5	Deborah Lovely	83	QLD	28/09/2001	Cougars Open Club Comp. - Chandler

**AUSTRALIAN UNDER 16 WOMEN'S RECORDS**

		<u>Name</u>	<u>YOB</u>	<u>State</u>	<u>Date</u>	<u>Competition</u>
<b><u>40kg Class</u></b>						
Snatch	32.5	Anne Turnor	84	WA	27/09/1998	WWA Olympic Cup - Perth
Clean & Jerk	42.5	Anne Turnor	84	WA	6/12/1998	Telstra WWA Open Comp - Midland PCYC
Total	75.0	Anne Turnor	84	WA	6/12/1998	Telstra WWA Open Comp - Midland PCYC
<b><u>44kg Class</u></b>						
Snatch	42.5	Erika Yamasaki	87	QLD	15/12/2001	Cougars Open Club Comp. - Chandler
Clean & Jerk	53.5	Erika Yamasaki	87	QLD	15/12/2001	Cougars Open Club Comp. - Chandler
Total	95.0	Erika Yamasaki	87	QLD	15/12/2001	Cougars Open Club Comp. - Chandler
<b><u>48kg Class</u></b>						
Snatch	58.0	Erika Yamasaki	87	QLD	8/03/2003	Qld U16 & U18 Championships - Toowoomba
Clean & Jerk	70.5	Erika Yamasaki	87	QLD	15/02/2003	League & Masters League, round 1- Chandler
Total	125.0	Erika Yamasaki	87	QLD	30/11/2002	Queensland 2000 - Sth Brisbane
<b><u>53kg Class</u></b>						
Snatch	57.5	Maria Tsoukalis	87	NT	20/04/2002	Aust. U18 & U16 Championships - Burwood
Clean & Jerk	73.0	Tara Crosswell	85	TAS	21/04/2001	Telstra Aus. U16/18 Championsh - Hawthorn
Total	125.0	Jackie White	82	VIC	13/06/1998	Telstra Aust. U16&18 C'ships - Perth
<b><u>58kg Class</u></b>						
Snatch	67.5	Kristie Amadio	85	QLD	26/06/2001	World Junior Championships - Greece
Clean & Jerk	83.0	Kristie Amadio	85	QLD	16/06/2001	Queensland Open & U20 Champ. - Toowoomba
Total	150.0	Kristie Amadio	85	QLD	11/08/2001	Australian Open & U20 Champ. - Homebush
<b><u>63kg Class</u></b>						
Snatch	70.0	Kristie Amadio	85	QLD	3/11/2001	All Schools Championships - Chandler
Clean & Jerk	83.0	Kristie Amadio	85	QLD	3/11/2001	All Schools Championships - Chandler
Total	152.5	Kristie Amadio	85	QLD	3/11/2001	All Schools Championships - Chandler
<b><u>69kg Class</u></b>						
Snatch	65.0	Jenna Myers	86	TAS	12/10/2002	National Age Team Challenge - Triabunna
Clean & Jerk	87.5	Jenna Myers	86	TAS	1/06/2002	Cliff Joyce Memorial - Launceston
Total	152.5	Jenna Myers	86	TAS	12/10/2002	National Age Team Challenge - Triabunna
<b><u>75kg Class</u></b>						
Snatch	68.0	Rachel Trigger	86	QLD	13/09/2002	Cougars Open Competition - Chandler
Clean & Jerk	90.0	Rachel Trigger	86	QLD	13/09/2002	Cougars Open Competition - Chandler
Total	157.5	Rachel Trigger	86	QLD	13/09/2002	Cougars Open Competition - Chandler
<b><u>75+kg Class</u></b>						
Snatch	75.0	Jamila Boutros	84	NSW	17/12/2000	Telstra Sydney Cup - Burwood
Clean & Jerk	90.0	Sarah Bates	83	QLD	16/12/2000	Telstra December Open Comp - SASI
Total	160.0	Jamila Boutros	84	NSW	17/12/2000	Telstra Sydney Cup - Burwood