



What a year it was!

Who would have imagined that our sport in the Oceania region would have reached these heights. Against the magical backdrop of the Pacific Ocean. On August 1st, 2009, thanks to the New Caledonia Government and the City of Mont Dore, the Oceania Weightlifting Institute moved in to a brand new headquarters, unique in the world of weightlifting.

During the Opening Ceremony speech, His Excellency, Marcus Stephen stated that a new era of further success for the Oceania Weightlifting Federation had just begun.

As we reflect on the activities of 2009, the Institute takes immense pride and satisfaction in its achievements during the year.

The Institute lifters brought home medals galore, set new records, produced outstanding performances, and won many major titles. The performance at the mini games in the Cook Islands was outstanding. Of the 39 Gold medal contested the present Institute lifters won 23 gold, 11 silver and 7 bronze. Let's not forget that another 16 gold medals were won by lifters who were at some stage in their career, part of the program and training at the Institute. In fact all the gold medals in Rarotonga were taken by past and present Institute lifters.

MEDALS WON BY INSTITUTE LIFTERS OVER THE PAST 12 MONTHS

Arafura Games Senior	Gold 5, Silver 2, Bronze 2
Arafura Games Junior	Gold 3, Silver 1, Bronze 2
Oceania Championships Senior	Gold 5, Silver 2, Bronze 2
Oceania Championships Junior	Gold 4, Silver 1, Bronze 2
South Pacific Championships Senior	Gold 6, Silver 5, Bronze 3
South Pacific Championships Junior	Gold 5, Silver 2,
ZKC International Tournament:	Gold 1, Silver 2, Bronze 3
Commonwealth Championships Senior	Gold 4, Silver 2, Bronze 2
Commonwealth Championships Junior	Gold 2, Silver 1, Bronze 1
2009 Mini Pacific Games <i>Institute lifters won</i> Gold 23, Silver 11, Bronze 7	
TOTAL : 58 GOLD, 32 SILVER, 24 BRONZE	

ARAFURA GAMES - DARWIN



The biggest and the smallest at the 2009 Arafura Games in Darwin. Itte Detenamo (Nauru) weighing 150kg and Falevalu Valeliano weighing 50kg



Yukio Peter (Nauru) sets a new Commonwealth record in the Clean & Jerk of 196kg. In Darwin- Australia

COUNTRIES

The Institute in 2009 housed and coached 45 athletes from the following countries in preparation for various international events.

American Samoa	Tuvalu
Australia	New Zealand
Fiji	Kiribati
Nauru	Papua New Guinea
New Caledonia	Niue
Tonga	

RECORDS

Institute lifters established records at Commonwealth, Oceania and South Pacific level. These records were as follows:

<u>Commonwealth Level:</u>	1 Senior record
<u>Oceania Level:</u>	1 Senior record 8 Junior records
<u>South Pacific Level:</u>	8 Senior records 10 Junior records

WORLD CHAMPIONSHIPS

At the 2009 World Junior Championships held in Romania, institute lifter **Narita Viliamu** (Niue) placed 7th in the 75+kg category.

At the 2009 World Senior Championships held in Korea, institute lifter **Yukio Peter** (Nauru) placed 10th in the 77kg category and **Itte Detenamo** (Nauru) placed 12th in the 105+kg category.

Also – other achievements of Institute Lifters

Maamaloa Lolohea, after spending two year at the Institute in New Caledonia on an IOC coaching scholarship, this year was **appointed the national coach of Tonga**.

Young, **Manueli Tulo**, was named the 2008 **Fiji Sportsman of the Year**. Manueli also won the 2009 **Commonwealth Junior Sports Award**. This is the first time that a weightlifter has won this prestigious sports award in Fiji.

Dika Toua MBE from Papua New Guinea, many time Oceania champion, was named the 2008 PNG **Sportswoman of the Year** for the 5th consecutive year.



ZKC equipment are used
at the Institute



August 1, 2009

Opening of the Oceania Weightlifting Institute

The highlight of last year was without doubt the opening of the institute building on August 1st. The new building specifically constructed to cater for the Oceania Weightlifting Institute program, as well as house the Oceania and Commonwealth headquarters, was officially opened by Monsieur Philippe Gomez, President of the New Caledonia Government, Monsieur Eric Gay Mayor of the City of Mont Dore and H.E. Marcus Stephen, President of the Republic of Nauru and President of the Oceania Weightlifting Federation. The Institute took almost 12 months to complete. 250 guests attended, amongst them included from the weightlifting world, Mr. Ma, President of the Chinese Weightlifting Federation and General Secretary of the International Weightlifting Federation. Dr. Antonio Urso, President of the European Weightlifting Federation, Mr. Nicu Vlad, Vice President of Romanian Olympic Committee, Mr. Sam Coffa, Vice President of the IWF and many other guests.



The cutting of the ribbon at the main entrance



Meameaa Thomas –Kiribati, ranking first in the Commonwealth in the 105Kg category.

2010 as we continue.....

This year will undoubtedly be one of the most challenging years the Institute has faced. Everything is being channelled towards the Commonwealth Games to be held later in the year in India. At the moment we have four institute lifters ranking number one in their respective categories.

Currently we have at the Institute lifters from Tuvalu, Fiji, Niue, PNG, Tonga, Nauru and Kiribati. We are expecting further lifters from the Solomon Islands, American Samoa and New Zealand to join.

It will be a very solid year for the institute. We have the Oceania and South Pacific Championships in the month of May. The ZKC International Club Tournament, the Olympic Youth Games with most of the youth lifters from the region competing at these Games doing their preparation here at the institute. The World Championships in the month of September in Turkey and of course the Commonwealth Games where the institute hopes to make history and pull quite a few medals for the Pacific region.

The Institute has already started the year at full speed. Only a few days ago, Meameaa Thomas from Kiribati set a new South Pacific record in the snatch and his total in the 105kg category of 347kg now ranks him number one in the Commonwealth. Whilst Manueli Tulo from Fiji, set new Oceania Junior and South Pacific Junior records in the 56kg category. This is very encouraging at this early stage of the year.

Of course all of this could not have been achieved without the support once again of the Government of New Caledonia and the City of Mont Dore. The Comite Territorial Olympique Sportif (CTOS), the New Caledonia Immigration Department, the New Caledonia Weightlifting Federation and of course the International Weightlifting Federation in particular its President, Dr.Tamas Ajan.

ONOC must be congratulated also for their continued support through the IOC Solidarity program towards the scholarship athletes via their respective National Olympic Committees.