



Commonwealth Weightlifting Federation

Affiliated to the International Weightlifting Federation

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President: Hon. Vinson Detenamo (NRU)

Secretary General: Paul Coffa MBE (AUS) **Assistant Secretary:** Matthew Curtain (AUS)

Vice Presidents: Steve Cannon (ENG) Garry Marshall (NZL) Hester Montgomery (RSA)

Dato Ong Poh Eng (MAS) George Vasiliades (CYP) David Webster (SCO)

Executive members: Atma Maharaj (FIJ), Robert Kabbas (AUS), Tom Liaw Yong (SIN)

S.M.Boukar Tikire (CMR), Damianos Hadjidamianou CYP, Steve Olarinoye (NGR)

Commonwealth Weightlifting News

September, 2010

Commonwealth Games Delhi

In the last few weeks, so much has been said, so much has been written and so much has been shown by the media about the problems that is facing India. Regardless of what the criticisms and concerns have been so far, we are confident that the Games in Delhi will be a great success, at least in our sport.

Our weightlifting officials in India will do their utmost to see that the Commonwealth Weightlifting family will be well looked after. I believe that training facilities are world standard and the new weightlifting stadium will witness for ten days some great battles. Thirty seven countries have entered and we expect the largest number of competitors in the history of the Games. The countries from each Continent competing in weightlifting are:

Oceania

Australia
Cook Islands
Kiribati
Nauru
New Zealand
Niue
Papua New Guinea
Samoa
Solomon Islands
Tonga
Tuvalu
Vanuatu

Asia

Bangladesh
India
Malaysia
Pakistan
Singapore
Sri Lanka

Europe

Cyprus
England
Malta
Scotland
Wales

Africa

Cameroon
Kenya
Malawi
Mauritius
Nigeria
Seychelles
South Africa
Sierra Leone
Swaziland
Tanzania
Uganda

Americas

Canada

Caribbean

Barbados
Turks & Caicos Islands



The medals in every category will be hard fought and many great performances will be recorded with records being broken. Some of the highlights will be the battle of the superheavy in the men. Also the 75+kg category in the women. In fact almost every category will be hard fought for those elusive medals.

The program is as follows: Sunday October 3, Opening Ceremony

Monday	October 4	2:00pm	48Kg A session- Women
Monday	October 4	6:30pm	56Kg A session- Men
Tuesday	October 5	10:30am	62kg B session- Men
Tuesday	October 5	2:00pm	62Kg A session- Men
Tuesday	October 5	6:30pm	53Kg A session- Women
Wednesday	October 6	10:30am	69kg B session- Men
Wednesday	October 6	2:00pm	58Kg A session- Women
Wednesday	October 6	6:30pm	69Kg A session- Men
Thursday	October 7	2:00pm	77Kg A session- Men
Thursday	October 7	6:30pm	63Kg A session- Women
Friday	October 8	10:30am	85kg B session- Men
Friday	October 8	2:00pm	69Kg A session- Women
Friday	October 8	6:30pm	85Kg A session- Men
Saturday	October 9	2:00pm	94Kg A session- Men
Saturday	October 9	6:30pm	75Kg A session- Women
Sunday	October 10	2:00pm	75+Kg A session- Women
Sunday	October 10	6:30pm	105Kg A session- Men
Monday	October 11	6:30pm	105+Kg A session- Men



**Ele Opeloge (Samoa) 75+kg class
Commonwealth senior record holder**

WEIGHTLIFTING TRAINING SCHEDULE
GAMES VILLAGE TRAINING HALL -AS PER ENTRIES RECEIVED BY NAME

ALLOCATION OF GROUPS

CGAS	GROUP 1	No	GROUP 2	No	GROUP 3	No	GROUP 4	No	GROUP 5	No	GROUP 6	No
	SAMOA	10	INDIA	15	CANADA	15	MALAYSIA	14	NIGERIA	11	AUSTRALIA	15
	NAURU	6	ENGLAND	11	BANGLADESH	6	BARBADOS	2	WALES	3	CYPRUS	5
	TONGA	1	SIERRA LEONE	2	SOUTH AFRICA	3	SRI-LANKA	8	KENYA	4	CAMEROON	12
	TUVALU	2	MALTA	1	MAURITIUS	4	PAKISTAN	6	UGANDA	6	SOLOMON ISLAND -	3
	PAPUA NEW GUINEA	7	SINGAPORE	2	MALAWI	3	SEYCHELLES	5	SWAZILAND	2	-----	
	KIRIBATI	5	TANZANIA	1	SCOTLAND	3	-----		TURKS & CAICOS ISLANDS	2	-----	
	NIUE	2	-----		-----		-----		NEW-ZEALAND	7		
	COOK ISLANDS	2	-----		-----		-----		-----		-----	
	VANUATU	1	-----		-----		-----		-----		-----	
	TOTAL	36	TOTAL	32	TOTAL	34	TOTAL	35	TOTAL	35	TOTAL	35

TRAINING TIME-TABLE

DATE	09:00-11:00	11:00-13:00	13:00-15:00	15:00-17:00	17:00-19:00	19:00-21:00
23-09-	GROUP 6	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5
24-09-	GROUP 5	GROUP 6	GROUP 1	GROUP 2	GROUP 3	GROUP 4
25-09-	GROUP 4	GROUP 5	GROUP 6	GROUP 1	GROUP 2	GROUP 3
26-09-	GROUP 3	GROUP 4	GROUP 5	GROUP 6	GROUP 1	GROUP 2
27-09-	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6	GROUP 1
28-09-	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
29-09-	GROUP 6	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5
30-09-	GROUP 5	GROUP 6	GROUP 1	GROUP 2	GROUP 3	GROUP 4
01-10-	GROUP 4	GROUP 5	GROUP 6	GROUP 1	GROUP 2	GROUP 3
02-10-	GROUP 3	GROUP 4	GROUP 5	GROUP 6	GROUP 1	GROUP 2
03-10-	GROUP 4	GROUP 5	TRAINING AVAILABLE ON REQUEST			
	GROUP 6	GROUP 1				
	GROUP 2	GROUP 3				
04-10-	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6	GROUP 1
05-10-	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
06-10-	GROUP 6	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5
07-10-	GROUP 5	GROUP 6	GROUP 1	GROUP 2	GROUP 3	GROUP 4
08-10-	GROUP 4	GROUP 5	GROUP 6	GROUP 1	GROUP 2	GROUP 3
09-10-	GROUP 3	GROUP 4	GROUP 5	GROUP 6	GROUP 1	GROUP 2
10-10-	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6	GROUP 1
11-10-	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
12-10-	GROUP 6	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5

NOTE : ON 3RD OCTOBER 2010 AFTERNOON TRAINING SESSION WILL BE AVAILABLE ONLY ON REQUEST DUE TO OPENING CEREMONY.

CWF Electoral Congress

The 2010 Electoral Congress of the Commonwealth Weightlifting Federation will be held on October 11th at the Banquet Hall, Ashok Hotel, Diplomatic Enclave, 50- B Chanakayapuri, New Delhi starting at 10.00am. We are honoured to have at the Opening of the Congress, the presence of the President of the Commonwealth Games Federation, Mr. Michael Fennell.

We expect to have with us also the President of the IWF, Dr. Tamas Ajan. The Commonwealth Games to Dr. Ajan is very important event, as he has not missed a Commonwealth Games since 1978. Also we expect to have with us for the first time at the Commonwealth Games the General Secretary of the IWF, Mr. Ma Wenguang.

These are the nominees for the positions of Office Bearers of the CWF:

President - (1) nomination, Hon. Vinson Detenamo (**Nauru**)
General Secretary/Treasurer (1) nomination, Mr. Paul Coffa (**Australia**)

Vice Presidents – 6 positions (10) nominations received:

Mr. George Vasiliades (**Cyprus**)
Shri Birendra Prasad Baishya (**India**)
Mr Matthew Curtain (**Australia**)
Dato Ong Poh Eng (**Malaysia**)
Mr. Ssenkungu Salim Musoke (**Uganda**)
Mr Garry Marshall (**New Zealand**)
Mr Frank Robby (**Papua New Guinea**)
S.M. Boukar Tikire (**Cameroon**)
Mr Steve Cannon (**England**)
Mr Kevin J. du Plooy (**South Africa**)

Executive Members - 6 positions (12) nominations received

Mr. Damianos Hadjidamianou (**Cyprus**)
Mr Ibrahim Bangura (**Sierra Leone**)
Mr Hafiz Imran Butt (**Pakistan**)
Mr Pius Ochieng (**Kenya**)
Mr. Ssenkungu Salim Musoke (**Uganda**)
Mr Ejiogu Chimdi (**Nigeria**)
Mr James T. Ferguson (**Scotland**)
Mr Richard Dryden (**New Zealand**)
S.M. Boukar Tikire (**Cameroon**)
Mr Jim Holland (**Scotland**)
Mr Tom Liaw (**Singapore**)
Mrs Hester Montgomery (**South Africa**)

(Please note that nominations have been listed in the order which they were received)

Also at this Congress, for the first time, there will be a presentation of Life Membership. The three recipients are long standing officials of the CWF, Mr. Myrddin John (Wales), Mr. Hubert Montgomery (South Africa) and Mrs. Hester Montgomery (South Africa).

Youth Olympic Games -Singapore

What a great concept these games have turned out to be. Singapore saw the worlds best youth lifters assembled. The opening ceremony was a spectacular event and the weightlifting competition was also outstanding. Congratulation to Tom Liaw, President of Singapore Weightlifting and Executive Board member of the Commonwealth Weightlifting Federation and his organizing committee for the splendid job done at the Games.

Congratulation to our young Commonwealth youth lifter Ekoschoria Racheal from Nigeria for winning Bronze medal in the 58kg category and also to the Nigeria Weightlifting Federation. She was the only Commonwealth lifter to win a medal at this first Youth Olympics. The lifters from the Commonwealth countries competing in Singapore were:

Boys:

56Kg Elson Brechtefeld (Nauru) total 209Kg- placed 9th
56Kg John Romela (South Africa) total 185Kg- placed 10th
62Kg Sekyahya Charles (Uganda) total 237Kg -placed 7th
62Kg Michael Taufa (Tonga) total 217Kg -placed 11th
69Kg Joshua Milne (New Zealand) total 201Kg- placed 9th
69Kg Charlie Lolohea (Fiji) total 183Kg -placed 10th
77Kg Steven Kari (PNG) total 270Kg – placed 4th
77Kg Bob Kabuati (Kiribati) total 230Kg- placed 7th
77Kg Liam Larkins (Australia) total 212Kg- placed 8th
85Kg Irfan Butt (Pakistan) total 199Kg- placed 9th



Ekoschoria Racheal from Nigeria wins Bronze medal in the 58Kg category at the Youth Olympic Games in Singapore.

Girls:

48Kg Matsa Santoshi (India) total 150Kg- placed 5 th	58Kg Louise Lolohea (Fiji) total 102Kg- placed 9 th
58Kg Ekoschoria Racheal(Nigeria) total 190Kg- placed 3 rd	63Kg Michelle Kahi (Australia) total 166Kg- placed 6 th
58Kg Gheekapwafo Myrian (Cameroon) total 157Kg-placed 6 th	63+Kg Luniarra Simanu (Samoa) total 190Kg -placed 8 th
58Kg Osman Fatin Atikah (Malaysia) total 150Kg –placed 7 th	63+Kg Sanghera Pradeep (Canada) total 190Kg -placed 8 th
58Kg Wee Jamie Emma (Singapore) total 115Kg –placed 8 th	

PENANG TO HOST WORLD EVENT



Dato Ong Poh Eng – Malaysia

Last October, the beautiful city of Penang, Malaysia hosted the 2009 Commonwealth Senior and Junior Championships. Almost 30 countries attended the Championships. The championships were so successful, that the Malaysian Weightlifting Federation together with the Government of the State of Penang decided to hold another world event in weightlifting this year.

We are pleased to learn that the International Weightlifting Federation has decided to host in Penang, the first **IWF Inter-Continental Clubs Grand Prix** and in conjunction with this event the Commonwealth Weightlifting Federation will host **the 2010 Commonwealth Junior & Youth Championships. The date for this event is December is 10th to 17th.**

We encourage all clubs from the Commonwealth to compete at this Inaugural event in Malaysia but more important the CWF extends an invitation to all Commonwealth countries to compete at this year’s Commonwealth Junior & Youth Championships.

You will receive soon from Dato Ong, the Chairman of the Organising Committee, regulations on the tournament with entry forms, accommodation details, etc. In addition, I would like to highlight that the Organising Committee of Malaysia will be giving cash prizes for the IWF Inter-Continental Clubs Grand Prix, for the top six clubs in men and women.



Penang welcomes you back

**Paul Coffa MBE
SECRETARY GENERAL**

