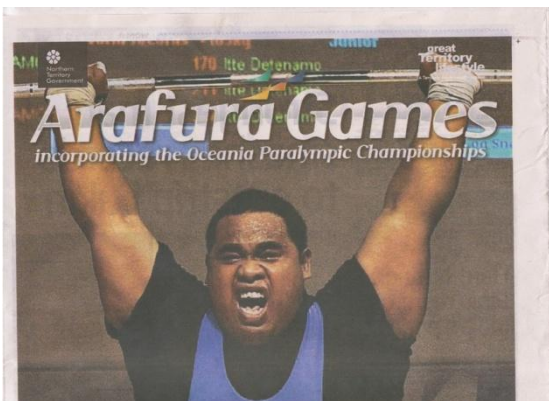


WEIGHTLIFTING WILL SHINE AT THE FORTHCOMING PACIFIC GAMES



New Caledonia within three weeks will host what will be the biggest Pacific Games ever. The XIV Pacific Games will kick off with the opening ceremony set for the 27th August.



Itte Detenamo (Nauru) Totals 413Kg

The Games are likely to produce some great performances, especially in the sport of weightlifting. World class performances are expected from Itte Detenamo (Nauru) the Oceania super heavyweight champion, who only two months ago broke the magic 400kg total, when he officially totalled 413kg at the Arafura Games. This is the highest total ever recorded in the Pacific, Oceania and the Commonwealth.

Other world class performances are expected from: Ele Opeloge, the Samoan superstar female lifter in the 75+kg category. Yukio Peter from Nauru in the 77kg category. The sensational junior lifter from Papua New Guinea, Steven Kari in the 85kg category.

It is great to see back at the Institute, Manuel Minginfel from FSM. Manuel a silver medallist at the World Championships has already won 15 gold medals at previous Pacific & Mini Games and is expected to win three more here in Noumea to become the most successful athlete at Pacific Games level.

Also on the comeback trail, the champion weightlifter Dika Toua from PNG, winner of 9 gold medals at Pacific Games. She is expected to win another 3 here in New Caledonia. She will be competing in the 53kg category.



Manuel Minginfel (FSM) winner of 15 gold medals at Pacific Games



Dika Toua (PNG) in action with 116Kg Clean.

The Institute will be used as a training venue for the Pacific Games. All 18 countries participating will take advantage of this magnificent training venue. The NC2011 Organising Committee, have provided the best of the best equipment for the Pacific lifters to train with. 24 platforms will be used for teams to train. All ZKC equipment, the same equipment used at the Beijing Olympics. Saunas will be available at the institute for males and females. In addition to this, electronic scales will also be available. The competition venue is only 200 metres from the training venue and will have 10 warm up platforms. A special stage has been built, 10m x 10m, with the Olympic platform to be used. Similar platform used at the Beijing Olympics

The weightlifting event is scheduled for the 5th, 6th and 7th September and is expected to be one of the highlights of these games. The program is as follow:

Monday September 5,	Tuesday September 6,	Wednesday September 7
10:00 48Kg & 53Kg - Women	10:00 69Kg - Men	10:00 94Kg – Men
12:30 56Kg –Men	12:30 77Kg – Men	12:30 105Kg – Men
15:00 58Kg & 63Kg - Women	15:00 69Kg & 75Kg -Women	15:00 +75Kg – Women
17:30 62Kg –Men	17:30 85Kg – Men	17:30 +105Kg - Men

Special thanks must go to the President of the NC2011 Pascale Bastien-Thiry, Philippe Le Poul the Director of NC2011, Jean-Bernard Fukui President of Sports Commission, and all associated staff for their tremendous co-operation and support given to weightlifting and especially to the weightlifting competition manager Mrs.Lilly Coffa. Another special acknowledgement must go to the COMITE TERRITORIAL OLYMPIQUE ET SPORTIF (CTOS)



Mr .Charles Cali, President of CTOS, with the Pacific institute athletes in preparation for the Pacific Games.

Its President, Charles Cali, the General Secretary, Jean-Marc Domergue and the Executive Director, Michel Quintin for their continual support to the Oceania Weightlifting Institute and its program.

To the Government of New Caledonia for providing this unique program to assist and encourage Pacific weightlifters in attaining elite standard and yet to be able to train in a Pacific environment.

The OWF takes this opportunity to also thank the Mayor Mr. Eric Gay and the City of Mont Dore for providing these world class facilities for Pacific lifters to reach their potential.

INSTITUTE READY FOR THE GAMES

On the 14th of July, all equipment for training for the Pacific Games was in place. Coinciding with Bastille Day, a small function was held at the Institute. We had the pleasure of the company of quite a few top officials from CTOS, Pacific Games Council, City of Mont Dore and the New Caledonia Government.



The Institute set up, ready for action for the Pacific Games.



Group photo: institute lifters with New Caledonia officials.



Mr Sylvian Raffart Artigue addressing the Pacific athletes at the Institute.



Mr Andrew Minogue E.D. of the Pacific Games Council with super-heavy champion Itte Detenamo.



The Pacific institute athletes attending the function.

At these Games, 45 gold medals are at stake. The anticipation is that all gold medals will be won by institute lifters who are currently training in Noumea and former institute lifters who started or trained at the Institute in the past.

18 Countries will take part at these games. They are: ARE:



- | | |
|---------------------|----------------------|
| 1. AMERICAN SAMOA | 10. PALAU |
| 2. COOK ISLANDS | 11. PAPUA NEW GUINEA |
| 3. FIJI | 12. SAMOA |
| 4. KIRIBATI | 13. SOLOMON ISLANDS |
| 5. MARSHALL ISLANDS | 14. TAHITI |
| 6. MICRONESIA (FSM) | 15. TONGA |
| 7. NAURU | 16. TUVALU |
| 8. NEW CALEDONIA | 17. VANUATU |
| 9. NIUE | 18. WALLIS & FUTUNA |

FUN SHOTS...



Some of the athletes having some fun in their spare time.



Sunday during their rest day – trying a new sport in 30cm deep water



'Any more comments from you and you are in trouble.'
Itte Detenamo takes his meal time seriously.



After a heavy training session, what you need is a good dinner.



With the Games three weeks away, training is at full pace at the Institute.

