

May, 2006

LATEST NEWS

WHAT A START TO 2006

The Commonwealth Games- Melbourne

The Oceania region started the year in tremendous form, especially with the performance of the Australian team at the recent Commonwealth Games.

What a great team performance by the Aussies at the Games. Four gold, three silver and three bronze medals, from fourteen lifters. Not only that but also winning the Trafalgar Trophy for the first time since 1994.

The Australian coaching team should be congratulated on this remarkable performance considering that the medals were only awarded for the total. If the three medals had been awarded for the snatch, clean & jerk and total, like in previous Commonwealth Games, Australia would have won eleven gold, nine silver and nine bronze.

In my opinion, the best lifter unquestionably was Ben Turner, for his determined approach to win at all cost and he certainly did. Congratulations Ben and congratulations to all the Australian medallists.

There were also some good performances from other lifters of the Oceania region. At the same time, there were also some unfortunate incidents which cost two gold medals.

Dika Toua of PNG, a favourite to win gold in the 53kg category, unfortunately broke her toe in her first clean & jerk of 103kg. Even though, she came out and gave everything in her second and third attempt to try and take the gold medal from Turcotte of Canada.

Dika, in the second and third attempt, could not stretch fully on to her toes, therefore on both occasions the cleans were very hard and she found it difficult to recover from the squat position. She had to be satisfied with the silver medal. Turcotte, lifted quite well especially with her last clean & jerk.

Yukio Peter from Nauru, undoubtedly the sure bet of all lifters for gold in the 77kg category, cramped in both calves in his first attempt in the snatch on 140kg. As he was the only lifter left, he did not have enough time to recover from the cramps. He had to forego his second snatch and was still having trouble in his third.

From Nauru, Sheba Deireragea won silver in the 75kg category whilst Itte Detenamo won bronze in the 105+kg category.

New Zealand's, superstar, Keisha Dean-Soffe, produced her best total of her career and in the process won the bronze medal in the 75+kg category. It was indeed a well deserved medal.

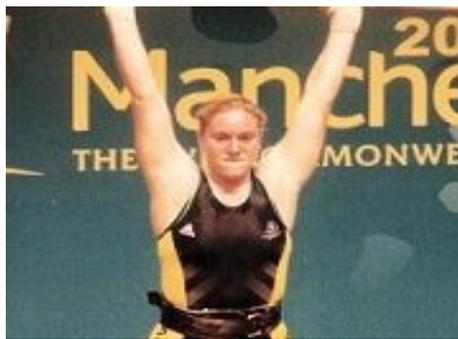
The Commonwealth Games were superbly organized. Undoubtedly the best organized games I have ever participated in. Matthew Curtain and his team certainly deserve accolades for a job truly well done. It will be pretty hard for any other countries to match this event. Great job Matt!

Oceania medallists from the 2006 Commonwealth Games

AUSTRALIAN WEIGHTLIFTING FEDERATION



Natascha Barker



Deborah Lovely



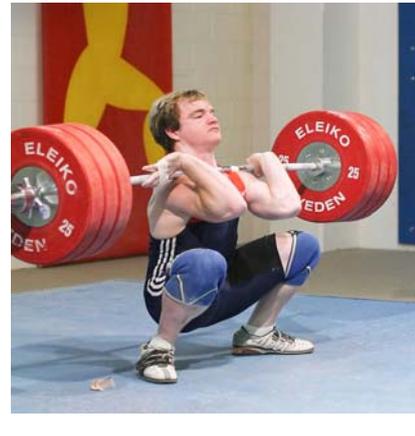
Nadeene Latif



Erika Yamasaki



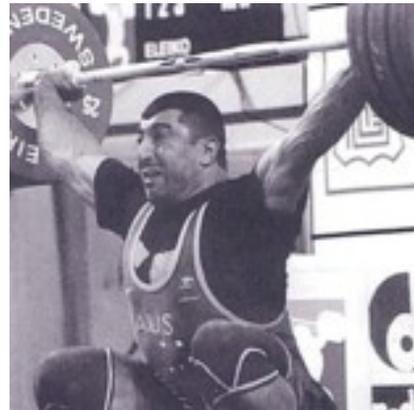
Damon Kelly



Ben Turner



Simon Heffernan



Alex Karapetyan



Valeri Sarava



Chris Rae

Athlete	Nation	Category	Gold	Silver	Bronze
Erika Yamasaki	AUS	48			1
Nadeene Latif	AUS	53			1
Natasha Barker	AUS	58			1
Deborah Lovely	AUS	75	1		
Ben Turner	AUS	69	1		
Alex Karapetyan	AUS	94	1		
Damon Kelly	AUS	+105		1	
Valeri Sarava	AUS	105		1	
Simon Heffernan	AUS	94		1	
Chris Rae	AUS	+105	1		

A special thanks to Miles Wydall for providing us with these photos.

PAPUA NEW GUINEA WEIGHTLIFTING FEDERATION



Dika Toua

Athlete	Nation	Category	Gold	Silver	Bronze
Dika Toua	PNG	53Kg		1	

NEW ZEALAND WEIGHTLIFTING FEDERATION



Keisha –Dean Softe

Athlete	Nation	Category	Gold	Silver	Bronze
Keisha-Dean Softe	NZL	105+			1

NAURU WEIGHTLIFTING FEDERATION



Sheba Deireragea



Itte Detenamo

Athlete	Nation	Category	Gold	Silver	Bronze
Sheba Deireragea	NRU	75Kg		1	
Itte Detenamo	NRU	105+Kg			1

2006 Uesaka Email International Club Tournament - see attached

What an outstanding tournament this year's **Uesaka Email International Clubs Tournament** has turned out to be. The event concluded on the 30th April, producing some outstanding results and very close competitions in many categories. **520** competitors took part from **113** clubs from **20** countries. **374** male competitors and **146** female competitors.

Every year, through this event, hundreds of young athletes have the opportunity to compete against other lifters world wide without costing them, or the clubs or the Federation anything.

The winning club in the male section was the Marcus Club from Nauru, whilst in the female section was the Hanuababa Club from Papua New Guinea. Both clubs will receive a Uesaka Olympic set sponsored by Uesaka.

I would like to thank the Managing Director of Uesaka, Mr. Tadamasa Uesaka for his support and contribution toward this event and also towards the development of weightlifting at club level worldwide.

World Juniors – May, China

Four lifters will represent the Oceania Region at this year's World Junior Championships.

From Nauru the two competitors are Itte Detenamo in the 105+kg category (last year's bronze medallist) and Sheba Deireragea in the 75kg category. Whilst Australia is sending Joel Wilson in the 69kg category and Erika Yamasaki in the 48kg category.

Commonwealth, Oceania & South Pacific Championships (Senior & Junior) and also the First Pacific Rim International Tournament.

All eyes are now set on Apia, Samoa, from July 11th – 15th, as it plays host to the biggest weightlifting event ever held in a Pacific Island country. Some 30 countries so far have indicated their participation. The final entries for all countries close on the 3rd June.

The OWF Congress will be held at 10am on 12th July followed by the Commonwealth Weightlifting Federation, special congress to elect the office bearers of the CWF for the next four years.

Dr. Tamas Ajan will be attending this major event which will be televised live throughout Samoa and possibly to other nearby countries. This event will be run as a test event in preparation for next years South Pacific Games and will be held at the new weightlifting complex which has seating capacity of 3,000.

Paul Coffa MBE
GENERAL SECRETARY