

OCEANIA WEIGHTLIFTING FEDERATION

AFFILIATED TO THE INTERNATIONAL WEIGHTLIFTING FEDERATION



February, 2007

LATEST NEWS

THE LATE PO'OI PULOKA

The Oceania Weightlifting Federation sadly lost one of its dear friends Po'oi Puloka from Tonga, who passed away suddenly. Po'oi was for many years the General Secretary of the Tongan Weightlifting Federation and he was also the General Secretary of the Tonga National Olympic Committee. He was a great person, a great official and a great friend who will be sadly missed by all who knew him.

On another sad note, also from Tonga, we understand that former Vice President of the Commonwealth Weightlifting Federation, Steve Finau, was critically injured in a car accident in Tonga only a few days after Po'oi died. Steve has suffered spinal injuries. The whole weightlifting fraternity wish him all the very best and lets all pray that Steve will recover.

SANTO DOMINGO WORLD CHAMPIONSHIPS MANUEL MINGINFEL (FSM) WINS SILVER

Well it certainly was a great World Championships in Santo Domingo for Oceania. FSM produced the first World Championship medal in its history, thanks to the brilliant lifting of Manuel Minginfel in the 62kg category. It was great to see Manuel producing such world class results with 165kg in the clean & jerk winning the Silver medal. Only 3kg away from gold.

An Oceania and Commonwealth record was broken in the junior section by Itte Detenamo from Nauru with a snatch of 167kg in the 105+kg category. He placed 15th overall. These are the placing of the rest of the Oceania lifters at the Santo Domingo World Championships.

WOMEN

53Kg Nadeene Latif (AUS) 149Kg 26th
58Kg Seen Lee (AUS) 183Kg 20th
63Kg Jacqueline White (AUS) 180Kg 22nd

MEN

62Kg Manuel Minginfel (FSM) 4th
77Kg Yukio Peter (NRU) 341Kg 8th
+105Kg Itte Detenamo (NRU) 370Kg 15th
+105Kg Damon Kelly (AUS) 350Kg 20th



Manuel Minginfel (FSM) 165Kg

BABY BOY TO DIKA TOUA

Dika Toua, queen of PNG weightlifting and silver medalist at the Commonwealth Games recently gave birth to a baby son. Congratulations on behalf of the Oceania Weightlifting Federation.

NEW PRESIDENTS

Papua New Guinea Weightlifting Federation has a new President after their General Election. His is Mr Lega Vada. The General Secretary is Iwila Jacobs.

New Caledonia Weightlifting also had its General Meeting and Mr. Ronald Fere was re-appointed President.

CONGRATULATIONS

Congratulations to Marcus Stephen from Nauru, seven times Commonwealth Games gold medallist, who has recently become the new General Secretary of the Nauru Olympic Committee and the Nauru Commonwealth Games Federation.

Congratulations also to Sam Coffa from Australia, the 1st Vice President of the IWF, who was recently re-elected President of the Australian Commonwealth Games Association for the next four years.

PROGRESSION OF THE WEIGHT OF THE BARBELL

At the IWF Congress in Santo Domingo it was decided that as of 1st January 2007, the automatic progression of the weight of the barbell from the 1st attempt to the 2nd attempt is 2 kg.

NOT LONGER 1Kg. The 2kg minimum progression refers only to the 2nd attempt. For 3rd attempts lifters may take the 1kg progression or any weight, multiples of 1kg, as before. Also from the 1st January 2007, a request for changing the weight of the barbell must be announced within the FIRST 30 SECONDS of the allocated time! This is the same in both cases: the 1-minute and the 2-minute allocated times.

WORLD CUP 2007 APIA-SAMOA

The Oceania Weightlifting Federation has been given the green light by Dr. Tamas Ajan to host the 2007 World Cup in Apia, Samoa. This world event will be running in conjunction with the 2007 Commonwealth and Oceania Senior Championships to be held in Apia on November 12th – 17th.

ARAFURA GAMES: DARWIN - AUSTRALIA

The 2007 Oceania and Commonwealth Junior Championships will be held in Darwin, Australia, in conjunction with the Arafura Games, on May 13-15. More information and entry forms will be sent to you very soon. In the meantime you may go to the OWF website www.oceaniaweightlifting.com where you will see some preliminary information on the Arafura Games from Andrew Forrest, the Competition Director.

THE 10 CORE SPORTS

Beginning with the 2010 New Delhi Commonwealth Games, the Commonwealth Games Federation (CGF) decided that a maximum of 17 sports will be contested in all future Games.

We are pleased to note that of the 10 core sports, weightlifting is one. The 10 core sports are athletics, aquatics, boxing, badminton, squash, **weightlifting**, lawn bowls, netball, rugby, Sevens and hockey.

2006 PACIFIC CUP INTERNATIONAL: APIA- SAMOA

The 2nd Pacific Cup International tournament was held in Apia at the Oceania Weightlifting Institute on the 8th December with 46 lifters competing from 9 countries. Yukio Peter from Nauru won the best lifter of the tournament on Sinclair formula setting up a Commonwealth and Oceania record in the 77kg category with a clean & jerk of 195kg.

Manuel Minginfel in the 62kg category set a new Oceania and South Pacific snatch record with a lift of 130kg. Itte Detenamo set three Commonwealth and Oceania Junior records with 168kg followed by 170kg in the snatch in the 105+kg category and totaled 377kg with his first clean & jerk.. The best female lifter on Sinclair formula was Ele Opeloge from Samoa in the 75Kg class with a 215kg total.

2007 MERMET CUP MELBOURNE-AUSTRALIA

The 2006 Mermet Cup was held in Melbourne on 25th November. The best male lifter of the tournament was Yukio Peter from Nauru with a total of 330Kg in the 77Kg category. Whilst the best female lifter went to Ele Opeloge from Samoa with a total of 230kg, 101kg snatch, 129kg clean & jerk. Ele cleaned 136kg to break the Oceania total record but unfortunately missed the jerk.

LIFTERS AT THE INSTITUTE

These are the lifters training at the Oceania Weightlifting Institute currently.

IOC SCHOLARSHIP BEIJING 2008	Yukio Peter	Nauru	77Kg.
	Itte Detenamo	Nauru	105+Kg
	Manuel Minginfel	FSM	62Kg.
	Dika Toua	PNG	53Kg
2012 YOUNG ATHLETES SCHOLARSHIP	Sam Pera Jun.	Cook Isl.	105Kg
	Bronco Dieranaw	Nauru	56Kg
WORLD PROGRAMMES ONOC NOC PREPARATION	Ele Opeloge	Samoa	75+Kg
	Niusila Opeloge	Samoa	105Kg
	Wendy Hale	Solomon Isl.	58Kg
	Nevo loane	A.Samoa	56Kg
	Kefelini Tualau	Tonga	75+Kg
FUNDED BY NATIONAL FEDERATIONS	Logona Esau	Tuvalu	69Kg
	Suzanne Hiram	Nauru	48Kg
	Ika Aliklik	Nauru	69kg
	Starron Dowabobo	Nauru	56kg
	Uati Maposua	Samoa	85Kg
	Tia Falesuani	Samoa	94Kg
	Faavai Faauliuli	Samoa	85Kg
	Tavita Tuuamaalii	Samoa	105+Kg
	Ivy Shaw	Fiji	75+Kg
ONOC COACHING SCHOLARSHIP	Dominic Cain	Nauru	
	Maamaloa Lolohea	Tonga	

UPCOMING EVENTS

- Manuel Minginfel from FSM and Yukio Peter from Nauru will be competing on March 3rd in Columbus, Ohio, at the Arnold Schwarzenegger International Tournament.
- On March 1st – 4th, the IWF will host an international symposium in Rome. It appears that so far 146 delegates from 47 countries will be taking part in the symposium. We wish the Italian Federation who is organizing the event all the very best.
- Sam Coffa from Australia will be one of the guest speakers and representing the Oceania Region will be the Assistant Secretary of the OWF, Matthew Curtain.
- The Oceania National Olympic Committee Annual General Assembly, will be held in Pago, Pago, American Samoa at the end of March. The OWF General Secretary and Assistant Secretary will attend this meeting.
- On 27th – 29th April, the Uesaka Email International Club Tournament will be held. Information on this competition can be found on our website www.oceaniaweightlifting.com

Paul Coffa MBE
General Secretary