



**THE OWF WISHES EVERYONE  
A VERY HAPPY FESTIVAL SEASON**

## RECORDS TUMBLE AT THE PACIFIC CUP



**Dika Toua- PNG**

The Pacific Cup International held in Mont Dore, New Caledonia, last weekend December 15<sup>TH</sup> witnessed some outstanding performances in the new bodyweight categories. The tournament included all the young students who had attended the OTIP training camp as well. Countries who participated were: Australia, New Zealand, New Caledonia, Niue, Vanuatu, Solomon Islands, Papua New Guinea, Nauru, and Kiribati.

The best female lifter of the tournament was Dika Toua from PNG, competing for the first time in her new bodyweight category of 49kg. *The last time that Dika Toua weighed less than 49kg was at the 2000 Sydney Olympic Games, when as a 16 year old, she became the first female lifter, to lift the very first weight for women at an Olympic Games.* Eighteen years later, she rewrote the Oceania records by snatching 78kg, clean & jerking 107kg and totalling 185kg. The best male lifter of the tournament went to Ruben Katoatau from Kiribati, lifting in the 67kg category snatching 125kg, clean & jerking 161kg for a total of 286kg. Establishing new Oceania Senior records in the process.

Solomon Island lifter Jenly Wini, also rewrote the Oceania record books in the 59kg category with a snatch of 86kg, clean & jerk of 112kg and total of 198kg. One of the highlights of the day was 15 year old Nauruan youth lifter, Nancy Abouke (64Kg Category), who set new records in the snatch 83kg, clean & jerk 103kg, total 186kg – all Oceania Junior and Youth records. Also Australian lifter, Charisma Amoe-Tarrant, established new Oceania Junior records in the +87kg category, with 105kg snatch, 140kg clean & jerk, and 245kg total.



**Jenly Wini Solomon Islands**

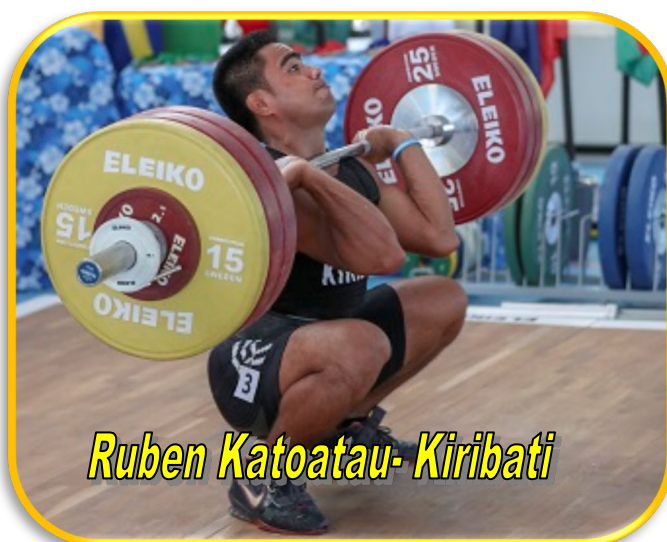


**Nancy Abouke- Nauru**

In the men sessions, Morea Baru from Papua New Guinea, competing in the 61kg category, established new Oceania Senior records in the clean & jerk 150kg and total 265kg.



*Sabah Chamoun- Australia*



*Ruben Katoatau- Kiribati*

### OCTOBER – YOUTH OLYMPIC GAMES

Eight young lifters from the Oceania Region, competed at the YOUTH Olympic Games held in Buenos Aires in the month of October. It was great to see Kanah Andrews-Nahu from New Zealand registering her best total and placing fourth overall in the +63kg category. Following are the results of the young youth lifters from the region.

#### **WOMEN**

Maddison Power AUS, Cat.53Kg Placed 7<sup>th</sup> with 137Kg total  
 Betty Waneasi SOL, Cat.58Kg Placed 8<sup>th</sup> with 129Kg total  
 Maximina Uepa NRU, Cat.63Kg Placed 6<sup>th</sup> with 183Kg total  
 Kanah Andrews-Nahu NZL Cat. +63Kg Placed 4<sup>th</sup> with 211Kg total  
 Lesila Fiapule SAM, Cat. +63Kg DNF

#### **MEN**

Ezekiel Moses NRU Cat.62Kg Placed 7<sup>th</sup> with 235Kg total  
 Jett Gaffney AUS Cat.62Kg Placed 12<sup>th</sup> with 200Kg total  
 Joshua Ralpho MHL Cat.62Kg Placed 13<sup>th</sup> with 190Kg total



*Kanah Andrews-Nahu NZL*

### DEVELOPMENT PROGRAM - VANUATU



Joe Vueti, on behalf of the Oceania Weightlifting Federation ran a coaching development program in the month of October in Port- Vila, Vanuatu. At the same time he assisted Vanuatu in running for the first time the OTIP program.

During his four day visit, Joe had lengthy discussions with the Vanuatu Weightlifting Federation in regards to the further development of weightlifting in Vanuatu. It was good to see that two senior students were identified and sent to the OTIP training camp in New Caledonia.

### OTIP PROGRAM

The OTIP program for 2018 turned out to be exceptional. Record breaking number of entries large female participation, and a great final training camp for all the students sent to New Caledonia. So much talent and so much future. **The concept of quantity for quality is certainly very evident in this program.** The training camp was very successful. Each student had an individual senior supervising lifter for the ten days. The week's program was overseen by Joe Vueti from Fiji and Paul Coffa. The great thing about this program is that it gives an equal opportunity to all students, irrespective of age and bodyweight and cultural background. It gives them the opportunity to be the best they can be.



## WORLD CHAMPIONSHIPS - ASHGABAT



The 2018 World Championships (first qualification event for Tokyo 2020), held in Ashgabat, Turkmenistan, was a huge success, with the second highest ever number of entries. The standard was extremely high with many world records broken. **This was the first event where the new bodyweight categories were implemented. The Oceania region was represented by Australia, New Zealand, Samoa and Tonga.** One of the best performances from our region was established by David Liti of New Zealand in the +109kg category, with a new Oceania record in the clean & jerk 226Kg and the 395Kg total.

Also Oceania Junior records and Senior records were established by Don Opeloge from Samoa in the 89kg category. Don snatched 142Kg, Clean & Jerk 185Kg and total 327Kg. Further Oceania records were established by Petelo Koriata in the 102Kg Category in the Jerk with 193Kg and Total 343Kg. In the women Kiana Elliott set Oceania senior record in the Snatch 92Kg, Jerk 113Kg and Total 205Kg. Below are the final results of our region's lifters.

### **Australia**

Dean Wakeling 73Kg Cat. Total 285Kg Placed 36<sup>th</sup>  
Jackson Robert-Young 109Cat. Total 322Kg Placed 29<sup>th</sup>  
Kiana Elliott 64Kg Cat. Total 205Kg Placed 24<sup>th</sup>  
Phillipa Malone 64Kg Cat. Total 198Kg Placed 31<sup>st</sup>  
Kaitlyn Fassina 87Kg Cat. Total 228Kg Placed 10<sup>th</sup>

### **Samoa**

Don Opeloge 89Kg Cat. Total 327Kg Placed 22<sup>nd</sup>  
Petelo Koriata 102Kg Cat. Total 343Kg Placed 12<sup>th</sup>  
Petunu Opeloge 102Kg Cat. Total 335Kg Placed 15<sup>th</sup>  
Sanele Mao 109Kg Cat. No Total  
Luniarra Sipaia +87Kg Cat. Total 250Kg Placed 15<sup>th</sup>

### **New Zealand**

David Liti +109Kg Cat. Total 395Kg Placed 13<sup>th</sup>  
Megan Signal 64Kg Cat. Total 177Kg Placed 43<sup>rd</sup>

### **Tonga**

Sio Pomelile 109Kg Cat. Total 326Kg Placed 27<sup>th</sup>  
Kuinini Manumua +87Kg Cat Total 227Kg Placed 23<sup>rd</sup>



## SOLOMON ISLANDS NATIONAL CHAMPIONSHIPS

Congratulations to the new board of the Solomon Islands Weightlifting Federation for organising an excellent National Championships held on December the 8<sup>th</sup>. with a record number of entries.



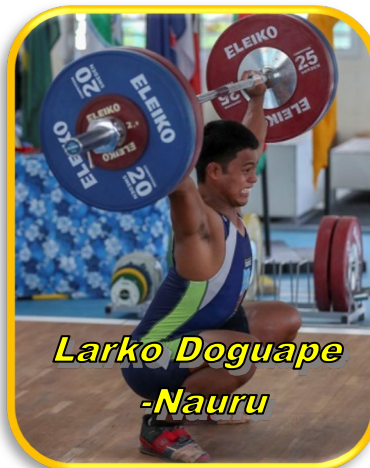
## PAPUA NEW GUINEA WEIGHTLIFTING FEDERATION

Iwila Jacob, an icon in PNG weightlifting, has been appointed General Secretary of the Papua New Guinea Weightlifting Federation. The OWF congratulates Iwila on this appointment and wishes him a very successful term of office.

SOME PHOTOS FROM THE PACIF CUP INTERNATIONAL



*The Australian female team*



*Larko Doguape  
-Nauru*



*Inamata Togiavalu-  
Niue*



*Charisma Amoe-Tarrant  
Australia*



*Jaime Watson -New Zealand*



*Nicole Stowers- New Zealand*



*Benjamin Ward -Australia*



*Kilian Teyssier- New Caledonia*



*Esmen Maltungtung-Vanuatu*



**OTIP STUDENTS TRAINING**



**TWO GREAT PERSONALITIES**

**Paul Coffa MBE  
OWF GENERAL SECRETARY**

**ELEIKO**

**RAISE THE BAR**