

### **CHARISMA WINS SILVER AND BRONZE AT THE WORLD JUNIORS IN TASHKENT.**



CHARISMA AMOE-TARRANT won a silver medal and a bronze medal at the World Junior Championships for Nauru in the +90kg category. Charisma snatched 103kg and clean & jerked 142kg for a total of 245kg. She clean & jerked 146kg in her last attempt and unfortunately received 2 reds and 1 white. Nevertheless a great performance from this young Nauruan competing in her first world championships. Countries competing at the World Juniors from the Oceania region were New Zealand, Australia, Nauru.

### **EUROPEAN YOUTH CHAMPIONSHIPS**



The General Secretary of the OWF was a guest for two days at the European Youth Championships held in Milan from July 22-29. He was very impressed not only with the performance of the athletes that he saw but also with the set up of the championships. The whole championships was run at the Crown Plaza hotel in Milan. Accommodation, training and competition were all under the one roof. This made life very easy for all competitors and officials. He was also impressed with the way that back drop of the stage was set up, changing computerised images. This is the future, if the money is there.

### **NIUE WEIGHTLIFTING FEDERATION**

Narita Viliamu, a former champion weightlifter, representing Niue at World and Oceania Championships, has been elected the new President of the Niue Weightlifting Federation at their recent elections in Niue. The general secretary elected is Mr Alan Tano. The OWF wishes Narita and Alan a very successful term of office.

### **AUSTRALIAN WEIGHTLIFTING FEDERATION**

Sam Coffa once again is at the helm of weightlifting in Australia. Sam was elected President of AWF at the recent election held in Brisbane on September the 10<sup>th</sup>. Previously Sam was President of the AWF from 1983 to 2007. (24 years) He is also the President of the Australian Commonwealth Games Association and was 1<sup>st</sup> Vice President of the IWF from 2000 to 2009 and Vice President 2009- 2017. The OWF wishes Sam a very successful term of office as President of the Australian Weightlifting Federation.

### **OLYMPIC WEIGHTLIFTING NEW ZEALAND**

Mr Julian Dempsey has been elected the new President of the Olympic Weightlifting New Zealand at their recent elections in New Zealand. The Office Administrator appointed is Danielle Ralph. The OWF wishes Julian and Danielle a very successful term of office.

## WOMEN DEVELOPMENT SEMINAR



On Saturday, 22<sup>nd</sup> September, at the very impressive Conference Room of the Guam National Olympic Committee, the 2<sup>nd</sup> Women Development Seminar for the region was conducted by Lilly Coffa, Assistant Secretary of the OWF. Countries attending were, Guam, Northern Marianas, Micronesia (FSM), and Palau.

The issue of culture and gender imbalance was discussed at length, as well as the importance of visibility of female role models. Gender equality is a key priority for the OWF.

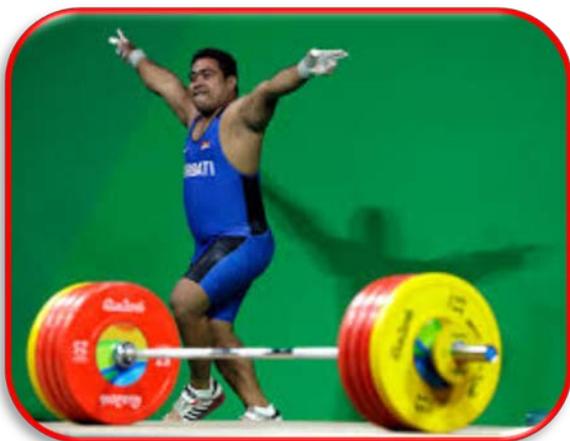
Already progress has been made in equal opportunities for women to practise the sport and also when it comes to serving as technical officials at regional events. But there is more work to be done in areas of coaching, administration and governance. It is very important that all national federations commit themselves at achieving gender equality. The OWF is grateful to the IWF for funding this women development seminar through its Development Programme. Also special thanks must go to Mr. Ric Blas, for allowing the Guam NOC Conference Room to be used for this seminar.

## DAVID LITI- NEW ZEALAND



Congratulations to David Liti, the +105kg category Gold Medallist at the Gold Coast Commonwealth Games, for receiving the Yvette William Scholarship from the New Zealand Olympic Committee. The scholarship is valued at NZD\$25,000 and takes him through to the Tokyo Olympics. This will be of great assistance to this young superstar. Congratulations also to Tina Ball for coaching David to the level that he is now. Also last Sunday, 23<sup>rd</sup> September, David broke the oldest New Zealand record of 175kg snatch previously held by Nigel Avery – 2002 Manchester Commonwealth Games Gold Medallist. David snatched 176kg to break the record by 1kg. The New Zealand National Championships produced some excellent results and an impressive number of competitors took part.

## DAVID KATOATAU AMBASSADOR FOR CLIMATE CHANGE



David Katoatau the champion weightlifter from Kiribati, 2014 Commonwealth Games Gold Medallist, and three times Olympic Games representative, has been named as an Oceania National Olympic Committees (ONOC) ambassador for climate change as he seeks to raise awareness of the issue. He spoke at the ONOC Assembly in Samoa on the impact of climate change which has threatened the existence of Kiribati and other Islands of the region.

The island nation of Kiribati is one of the most defenceless in the world due to rising sea levels. David said in his presentation "Climate change might be just two words to many people but it is a threat to my nation, our livelihood and people." "If nothing is being done, we are guaranteed to be affected." "We should use sport as a platform to help avoid climate change."

"They call me the dancing lifter, I don't do it for the fun, I do it because I believe that the audience identify me with Kiribati and climate change. I enjoy lifting, I love it. However, I think of the future. I have had the opportunity to

compete at three Olympic Games. Many young kids in Kiribati may never have the opportunity to compete at the Olympics if Kiribati no longer exists. **They will all become climate refugees.**"

## 2019 PACIFIC GAMES

Next year Pacific Games in Samoa will be the biggest gathering of weightlifters in its history. The Pacific Games will be held in conjunction with the Oceania Senior, Junior and Youth Championships and also the Commonwealth Senior, Junior and Youth Championships.

The dates of the championships and games are: July 7<sup>th</sup> – 20<sup>th</sup>.

The weightlifting events are as follows: July 7<sup>th</sup> Verification of Entries, July 8<sup>th</sup> OWF Congress, July 9-13 Competition.

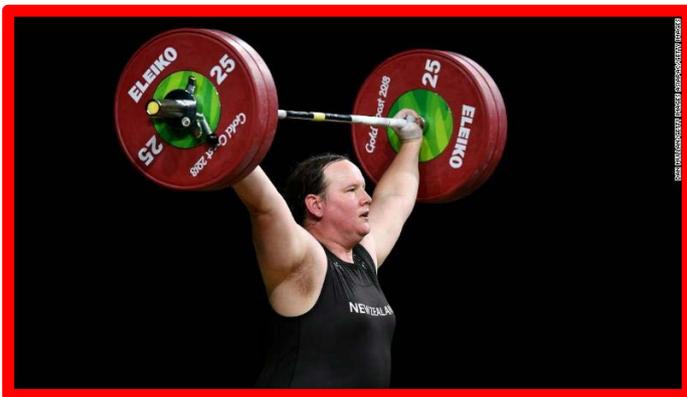
## 2018 MICRONESIAN GAMES : YAP



The 2018 Micronesian Games held on the Island of Yap, was again a success with lifters coming from Palau, Northern Marianas, Marshall Islands, Yap, Kosrae and Pohnpei. Marshall Islands dominated the weightlifting tournament and congratulations to the head coach Terry Sasser for winning 26 Gold medals out of a total of 36 gold.

The **Micronesian Games** (or "Micro Games", are a quadrennial international multi-sport event within the Micronesian region. The Games were first held in 1969 in Saipan (Northern Mariana Islands). The 1990 Games were hosted by Northern Marianas, 1994 Guam, 1998 Palau, 2002 Micronesia, 2006 Northern Marianas, 2010 Palau. The Federated States of Micronesia won the bidding to host the 2014 Micronesian Games in Pohnpei State, and later won again against CNMI for the 2018 Micronesian Games to be held in Yap State.

## LAUREL HUBBARD -WEIGHTLIFTING NEW ZEALAND



Laurel Hubbard has returned to competition after the unfortunate injury she sustained during the Commonwealth Games on the Gold Coast forcing her to withdraw. Laurel won the New Zealand championships on the 23<sup>rd</sup> September, with 110kg snatch and 130kg clean & jerk.

She is now preparing for the World Championships in Ashgabat, Turkmenistan. This will be the first qualification event towards Tokyo 2020. Laurel won a Silver and Bronze medal at the 2017 World Championships held in Anaheim USA in the +90Kg Category.

The OWF is pleased to see that Laurel has overcome her injury which caused her to lose the Gold Medal at the Commonwealth Games.

## KIANA ELLIOTT WINS TWO SILVER MEDALS



Kiana Elliott, one of Australia's best female lifters, won two silver medals and a bronze medal at the recent World University Championships held in the city of Biala Podlaska, Poland.

Kiana competing in the 63kg category won silver in the snatch with a lift of 93kg. She won a bronze medal in the clean & jerk with a lift of 109kg, and picked up another silver in the total with 202kg.

Kiana was the silver medallist at the 2016 World Junior Championships in Tbilisi -Georgia in the snatch with a lift of 95kg. She won also the bronze medal in the total with 204kg.. This was the first medal Australia had won at a world junior championships since 1995.

## ELEIKO INTERNATIONAL EMAIL CLUB TOURNAMENT

This year's results of the 2018 **ELEIKO** Email International Club Tournament. was a record breaking success with 703 lifters competing. Congratulations to the **Cougars Club from Australia** for winning the male section. In second place was the **Taborio Club from Kiribati** and in third place was the **Rocks Club from Nauru**. Each of these three Clubs will receive (1) set of Eleiko training weights.

Congratulations must go also to the female winners. In first place again was the **Cougars Club from Australia**, second was the **Rocks Club from Nauru** and third place was the **Functional Strength Club from New Zealand**. Each of these three Clubs will also receive (1) set of Eleiko training weights.

The OWF wishes to thank sincerely the **ELEIKO** Company for sponsoring this very successful annual event and in particular Mr Andreas Andrèn from **ELEIKO** for his contribution to the development of weightlifting at club level. Many thanks must go also to the IWF for supporting the annual tournament. Finally the Oceania Weightlifting Federation wishes to thank all of the clubs who took part in this year's tournament and congratulations to the individual winners.

**ELEIKO**  
RAISE THE BAR

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## THE OLY4KIDS

Oly4Kids is a wonderful program created by Danielle Waller of Australia to introduce the sport of weightlifting to children in a fun and enjoyable atmosphere in Australia.

Interesting fun characters have been created to give the feel of each exercise as the children work their way through an exciting eleven step programme learning an empowering set of skills and fundamentals of Olympic Weightlifting. Oly4Kids has proved to help children be stronger, more stable and balanced.

For further information on this outstanding and fun introduction to weightlifting for young children please visit [www.oly4kids.com.au](http://www.oly4kids.com.au)



IWF First Vice President Major General Interat with some of the OLY4KIDS



Some of the kids with the program creator Danielle Waller



Some of the OLY4KIDS exercise the squatting



**DEVELOPMENT PROGRAM - TUVALU**

Joe Vueti, on behalf of the Oceania Weightlifting Federation ran a coaching development program from September 13-18 in Tuvalu. At the same time he assisted Tuvalu in running the OTIP program. During his five day visit, Joe had lengthy discussions with the President of the Tuvalu National Olympic Committee Mr **Lakopo Molotii** in regards to the development of weightlifting in Tuvalu. The NOC is fully aware that they have Olympians in Lapua Lapua and Logona Esau.

Joe spent a great deal of time in the gym with the lifters and coaches. Just as important he ran the OTIP program at school level with the assistance of Logona Esau and Lapua Lapua . Over 200 students took part in the OTIP.



The President of Tuvalu NOC Mr Lakopo Molotii on the left with Joe Vueti



Joe Vueti on the left and champion weightlifter Logona Esau from Tuvalu conducting the OTIP program at one of the classes.



Joe Vueti lecturing another class of students on the OTIP program.



One of the student's in action with Logona Esau

# ELEIKO

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