



# Latest News

June 2019

## **For the first time ever, the Commonwealth Championships are being held in conjunction with the Pacific Games.**

In two weeks time, Apia, Samoa will be the host of the 16<sup>th</sup> PACIFIC GAMES and also of the Commonwealth Championships and Oceania Championships. The competition will be held at the Tuanaimoto Weightlifting sporting complex, which was built specifically for the sport of weightlifting in 2005. The weightlifting competition manager is Jerry Wallwork, the President of the Samoa Weightlifting Federation.

Twenty nine countries will take part in the Commonwealth Championships. Once again, the largest team will be coming from India. India has always been a big supporter of the Commonwealth and they are truly the backbone of Commonwealth competition. The Indian Weightlifting Federation should be congratulated for the enormous efforts they make towards the CWF.



*The Weightlifting stadium in Apia - Samoa*

Great battles are expected to take place in Samoa. In fact in many categories it is envisaged that the gold medal will be decided in the last couple of lifts. 273 lifters have entered and hopefully we will not lose too many due to non-compliance of ADAMS whereabouts.

The Commonwealth Junior and Youth Championships and Oceania Junior and Youth Championships will take place at the same time. It is important to note that the Commonwealth Weightlifting Senior and Junior Championships will be a silver qualifying event for Tokyo 2020.

To show just how important this event is, in attendance will be Dr. Tamas Ajan (President of the IWF), Mohammed Jalood, (General Secretary of the IWF) and Attila Adamfi (Director General of the IWF). Attila is also the Technical Delegate to the Pacific Games.

- This will be the first time that the new bodyweight categories will be contested in the Commonwealth.
- The CWF Congress will be held on the 8<sup>th</sup> July at 2.30pm at the Tanoa Hotel Conference Room in Apia.
- The Verification of entries will take place on the 7<sup>th</sup> July at 11:00am. Place TBA.
- A Coaching Seminar will be held during the championships conducted by Lyn Jones.
- Anti-doping Seminar will be held also on 8<sup>th</sup> July at 17:30pm. Place TBA.

**Commonwealth  
Senior & Junior  
Championships**



**SILVER  
QUALIFICATION**

## IWF JUNIOR WORLD CHAMPIONSHIPS



The Junior World Championships held in Suva, Fiji was simply sensational. Samoan lifter, Don Opeloge made history on Tuesday evening 4<sup>th</sup> June in Suva while competing at the Junior World Championships. He won the world title in the 89kg category with combined lifts of 152kg and 197kg. Don won the gold medal in the total with 349kg making him the first Junior weightlifter in the Oceania region to win a gold medal in the total. Don has become the second weightlifter in the history of the sport in the Oceania region to win a gold medal in the total. 35 years earlier Dean Lukin became the World Super Heavyweight champion with a total of 412kg. At the time, the World Championships were combined with the Olympic Games. Don was awarded the best lifter of the championships by the IWF.



*Don Opeloge*



*Feagaiga Stowers*



*Kannah Andrews-Nahu*

Samoa has been waiting a long time for this gold and I know that there will be a lot more in the future. There is no question about the ability of our regional lifters. They are improving, they are performing and they are winning medals.

Another great performance was put up by Feagaiga Stowers, also from Samoa, when she won gold in the snatch in the +87kg category and two silver medals - one in the clean & jerk and one in the total.

New Zealand also produced some great results with Kannah Andrews-Nahu winning one gold and one bronze medal in the 76kg category for women.

The Commonwealth countries which took part in Suva were Nauru, Fiji, Samoa, New Zealand, Australia and Canada.

### PNG Sports Award:

Weightlifting Scoops the night - **Dika Toua and Steven Kari** won the Sportswoman and Sportsman of the Year at the 27<sup>TH</sup> Annual SP Awards held in Port Moresby on Saturday 25<sup>th</sup> May. Both athletes have won this award in previous years. A great achievement for weightlifting in PNG. The PNG Weightlifting Federation should be congratulated on producing such high calibre athletes year after year.



### Jenly Wini - Solomon Islands awarded the B.E.M. by Her Majesty The Queen.

Solomon Islands Commonwealth Games Bronze Medallist **Jenly Wini** on the 7<sup>th</sup> June – was awarded the **B.E.M (British Empire Medal)** in the Queen's Birthday Honours and Awards List, for her services to sport in the field of weightlifting. Jenly is currently training at the Oceania Weightlifting Institute in New Caledonia in preparation for the Pacific Games and Oceania & Commonwealth Weightlifting Championships. Congratulations Jenly for outstanding recognition of your services to the sport. Incidentally it is interesting to note that Jenly's training partner at the Institute is none other than Dika Toua, another lifter awarded an MBE by the Queen for her services to weightlifting in PNG in 2007.



## The Arafura Games

Weightlifting at the 12<sup>th</sup> Arafura Games held in Darwin concluded with many Oceania records broken along the way.

The weightlifting event was held at the new Darwin Convention Centre from 27<sup>th</sup> to 29<sup>th</sup> April and produced some excellent results to a packed house every session. Seventeen countries took part in the event. Ian Moir assisted by Bowen Stuart presented a brilliant show. The organisation was impeccable. The Darwin Convention Centre, could very easily run a World Championships.

Six different sports were conducted at the same time – in different halls – which demonstrates the size of the Darwin Convention Centre. Some of the highlights were the battles in the men sessions in the 67kg and 96kg categories. In the women sessions there were some great battles also in the 59kg, 76kg, 81kg and +87kg categories. Superb lifting by the athletes.

The weightlifting at the Arafura Games was honoured by the attendance of the IWF General Secretary Mohammed Jaloud, and the IWF Vice President Nicu Vlad. Both gentlemen stayed for the full duration of the tournament.

Countries from the Commonwealth attending the Arafura Games were: Australia, Papua New Guinea, Singapore, Kiribati, Samoa, Nauru, New Zealand, Tonga, Solomon Islands and Great Britain.

**Below are the winners of each category:**

### MEN

61kg Category: Morea Baru PNG, Total 283kg  
67kg Category: Ruben Katoatau KIR, Total 285kg  
73kg Category: Oleg Chan RUS, Total 305kg  
81kg Category: Cameron McTaggart NZL, Total 301kg  
89kg Category: Don Opeloge SAM, Total 347kg  
96kg Category: Steven Kari PNG, Total 350kg  
102kg Category: Petunu Opeloge SAM, Total 344kg  
109kg Category: Sanele Mao SAM, Total 360kg  
+109kg Category: Jackson Solofa AUS, Total 324kg

### WOMEN

45kg Category: Shi Yue-Shan TPE, Total 120kg  
49kg Category: Dika Toua PNG, Total 145kg  
55kg Category: Mary Lifu SOL, Total 162kg  
59kg Category: Erika Yamasaki AUS, Total 182kg  
64kg Category: Irina Lepsa ROM, Total 217kg  
71kg Category: Emily Godley GBR, Total 207kg  
76kg Category: Kanah Andrews-Nahu NZL, Total 201kg  
81kg Category: Hu Hsiao-Man TPE, Total 199kg  
87kg Category: Kaitlyn Fassina AUS, 222kg  
+87kg Category: Feagaiga Stowers SAM, Total 255kg



The Crowd in Darwin at the Arafura Games



The IWF General Secretary Mr Mohammed Jaloud presents medals.

## ENGLAND



Angus Kinnear – the CEO of Leeds United (Football Club) – has been appointed the new Independent Chair of British Weightlifting. Mr. Kinnear brings with him a vast experience of sporting, marketing and commercial expertise which will be extremely valuable for weightlifting heading towards the Birmingham Commonwealth Games. The Commonwealth Weightlifting Federation wishes Angus a very successful term of office.

Congratulations to Matthew Curtain in being appointed to the position as Chair of England Weightlifting. Matthew comes with a huge wealth of experience in the sport of weightlifting over many years and this experience will be of enormous benefit to English Weightlifting. We wish Matthew a very successful term of office.

## Commonwealth countries competing in different continents

At the recent Asian Championships these are the countries taking part: India, Malaysia, Sri Lanka, Pakistan and Singapore.

At the European Championships the Commonwealth countries were: Cyprus, Malta and Great Britain.

At the Pan American the Commonwealth Countries were: Canada, Guyana, St Vincent and the Grenadines.

At the African Championships the Commonwealth countries attending were: Mauritius, Uganda, Nigeria, Ghana, Cameroon, Kenya, South Africa and Botswana.

## INDIA WEIGHTLIFTING:

Congratulations to Mr. Birendra Prasad Baishya, President of the Indian Weightlifting Federation, IWF Executive Member, AWF Vice President, CWF Vice President, Vice President of NOC India, who has been re-elected to the Indian Parliament (Upper House – Rajya Sabha) for a term of 6 years from 2019 to 2025. The CWF wishes our distinguished Vice President a most enjoyable term of Office.



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