

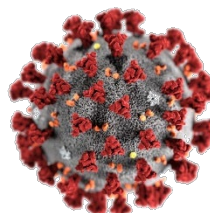
# OCEANIA WEIGHTLIFTING FEDERATION

**ELEIKO**  
RAISE THE BAR

Newsletter

September 2020

**ELEIKO**  
RAISE THE BAR



## ONE WAY TO GET RID OF !!

How long is this pandemic going to last around the world. The way it is going, it seems that there is no light at the end of the tunnel. One country slows down with the infection rate, and another one rises with its infection rate. What is the future, sometimes you wonder. Nevertheless, we need to be positive and hope that eventually things will go back to normal, including next year's Olympics.

The OWF is delighted that we have been able to keep our lifters motivated in the region by implementing the League Tournament. This tournament which is now coming up to its fourth round has produced so many excellent results. And at the same time we have received quite a number of complimentary comments from different weightlifting nations around the world.



Mao Salele- Samoa  
with 220 Clean & jerk

Presently we have three teams undefeated with Samoa leading the tournament. Samoa's team has been very consistent with their results in each round. And the way they are going, it appears that they will be continuing the same trend right throughout the tournament. New Zealand and Kiribati have also been undefeated in the first three rounds and they are making it very hard for the rest of the teams. All in all, the results coming from everyone competing have been outstanding.

Countries representing Pacific 1 Team are: Niue, Cook Islands, Tonga, Tahiti, Tuvalu, American Samoa and Wallis & Futuna.

Countries representing Pacific 2 Team are: Vanuatu, Palau, Guam, Northern Marianas, FSM, New Caledonia.

Place	Team	Round	W	D	L	Points	Aggregate score
1	SAMOA	3	3			9	2607.82
2	NEW ZEALAND	3	3			9	1707.92
3	KIRIBATI	3	3			9	153.77
4	AUSTRALIA	3	2		1	7	973.76
5	NAURU	3	1		2	5	250.03
6	PACIFIC 1	3	1		2	5	-719.52
7	PAPUA NEW GUINEA	3	1		2	5	-1697.80
8	SOLOMON ISLANDS	3	1		2	5	-1934.22
9	PACIFIC 2	3			3	3	-354.26
10	FIJI	3			3	3	-990.50

## 2020 ELEIKO EMAIL INTERNATIONAL LIFTERS TOURNAMENT



Butt Muhammad Nooh -Pakistan

751 Individual lifters from 63 countries entered in this unique event. 393 male entries and 358 female entries.

The Eleiko Email International Lifters Tournament held on July 24<sup>th</sup> & 25<sup>th</sup> turned out to be a great event. Great numbers of countries, great numbers of lifters and some great performances. With the assistance of Eleiko, the OWF provided the opportunity to many lifters from around the world who are experiencing the challenges of training properly on their own, due to restrictions as a result of the Covid 19 Virus. Very few lifters have been fortunate to be able to train in their own clubs. The rest of them have and

Are still training in their own garages and backyards. **The slogan of this tournament was to keep the dream alive.** The lifters did not represent countries or clubs. The OWF together with Eleiko made sure that this competition was open to anyone who does weightlifting and that they could freely enter. We congratulate the 21 individual winners, who won an Eleiko bar with collars. Special thanks must go to Bowen Stuart, the AWF Manager for Information Technology and Communications for his very valuable assistance.

## The Winners: each one will receive one Eleiko bar and collars

### MEN

55kg Cat. Mansour Al Saleem – Saudi Arabia	255kg
61kg Cat. Serai Al Saleem – Saudu Arabia	270kg
67kg Cat. Talha Talib -Pakistan	304kg
73kg Cat. Minhao Huang – China	325kg
81kg Cat. Chengfei Yuan – China	345kg
89kg Cat. Rehman Abdur – Pakistan	326kg
96kg Cat. Boady Santavy -Canada	392kg
102kg Cat. Fuxuan Tian -China	385kg
109kg Cat. Marcin Izdebski – Poland	354kg
+109kg Cat. Butt Muhammad Nooh -Pakistan	400kg

### WOMEN

45kg Cat. Nicola Lagatao - Guam	137kg
49kg Cat. Fiorella Cueva Uribe -Peru	165kg
49kg Cat. Noorin Gulam -Great Britain	165kg
55kg Cat. Sterckx Nina – Belgium	202kg
59kg Cat. Hidilyn Diaz – Philippines	216kg
64kg Cat. Loredana Toma -Romania	250kg
71kg Cat. Ting Huang – China	240kg
76kg Cat. Megan Gifford -New Zealand	220kg
81kg Cat. Tara Pratt -Australia	194kg
87kg Cat. Eileen Cikamatana -Australia	255kg
+87kg Cat. Weipeng Jia – China	255kg



- **The first online Pan America Cup International tournament.**

This tournament was organised by the Pan American Weightlifting Federation in conjunction with the IWF. It was a successful tournament. From our region, David Liti from New Zealand was invited to compete. David placed 1<sup>st</sup> in the +109kg category, with 160kg snatch, 215kg clean& jerk and total 375kg.

- **International Weightlifting Cup tournament in Uzbekistan.**

Another online international tournament was organized by Uzbekistan. The tournament was held over three days August 28, 29 and 30. 120 lifters competed. From our region, Dika Toua and Morea Baru from PNG were invited. Dika placed 7<sup>th</sup> overall in the 55kg category. She weighed 49.8 kg and totalled 155kg (65-90). Morea Baru lifting in the 67kg category, totalled 267kg (112-155).

From Nauru, Nancy Abouke was invited but unfortunately due to injury pulled out on the day. Ruben Katoatau from Kiribati also pulled out of competition, as he could not make bodyweight.

From New Zealand, Megan Signal pulled out of the competition whilst Cameron McTaggart lifting in the 89kg category placed 10<sup>th</sup> with a total of 287kg (138-155).

From Australia, Eileen Cikamatana competed in the 81kg category totalled 260kg (115-145). She placed first in her category. Whilst Matthew Lydement from Australia placed 5<sup>th</sup> in the 109kg category with a total of 346kg.(162-184)

- **IWF/OWF online Technical Seminar**

On Sunday, 6<sup>th</sup> September, a very successful online Technical Seminar was organised by the OWF in conjunction with the IWF. It was so successful that 404 people viewed the seminar from 29 countries. We believe that this was the most successful online seminar held in weightlifting. The presenters were Sam Coffa, the President of the Australian Weightlifting Federation and he was for 16 years IWF Technical Chairman. The other presenter was Pedro Sanchez, member of the IWF Technical Committee. A special thanks must go to the IWF Technical Chairman, Nicu Vlad, whose idea it was to run this seminar for the Oceania region. Also the OWF wishes to thank Bowen Stuart for his contribution in putting this seminar together.

- **OWF online Coaching Seminar**

Another online seminar was held on Saturday September 19<sup>th</sup>. It was a coaching seminar conducted by Lyn Jones from Canberra. Lyn is one of the most knowledge coaches in the world of weightlifting today. He coached Australia and USA for many years producing a number of world class lifters including an Olympic Gold Medallist. This seminar attracted a large number of viewers from 22 countries.

## Upcoming events

- October 2-3 OWF League 4<sup>th</sup> round match .
- October 25<sup>th</sup> OWF Medical seminar including anti-doping.

- **Online Oceania Cup -**

An online tournament will be held on November 14<sup>th</sup> and 15<sup>th</sup>. Every country of the Oceania will be invited to participate with two men and two women selected by their own federations. The best female lifter on Sinclair formula will receive \$5,000. Second place \$3,000, third place \$2,000 and fourth place \$1,000. The same thing will apply in the men tournament. Details and regulations of this tournament will be sent to each country soon.

- **Cook Islands Games**



This year's Cook Islands Games is set to be held from October 3 to 17 on the island of Rarotonga. Twenty-one sports are due to feature at the Games including weightlifting, which the CISNOC hopes will help develop domestic talent.

Nicu Vlad, IWF Vice President and former Olympic Gold Medallist and the OWF General Secretary, were planning to attend the Games but unfortunately due to the Coronavirus the borders are still closed and therefore it was not possible to fly across.

## **OTHER NEWS**



### **Sir John Dawanincura re-elected President of PNG NOC**

Sir John Dawanincura, the President of the PNG Weightlifting Federation was re-elected as President of the PNG National Olympic Committee. On behalf of the OWF we congratulate Sir John on his re-election and we wish him another successful term of office.

JDee as we all know him

### **Sam Coffa – Nicu Vlad, Tokyo Olympics IWF Technical Delegates**



Sam Coffa, President of the Australian Weightlifting Federation, and past IWF 1<sup>st</sup> Vice President for ten years and Nicu Vlad, Vice President of the IWF and also Technical Chairman of the IWF have both been appointed by the IWF Executive Board, as Technical Delegates of the IWF to the forthcoming Tokyo Olympic Games. Sam also has been appointed as Advisor to the IWF Executive Board.

---

### **Bereavement**

Sadly we report that Riku Mea – former female lifter of PNG, and also technical official for many years and wife of PNG coach Douglas Mea, passed away in Hanuabada after a long illness. The OWF extends our sincere condolences to Douglas and his family.

**Paul Coffa MBE**  
**OWF GENERAL SECRETARY**

# ELEIKO

RAISE THE BAR