

WHAT A GREAT START TO THE YEAR.

The OTIP in Nauru, the Nauru Independence International, the establishment of the Oceania Weightlifting Institute and Academy in Samoa, the awarding of International Coaching Licences, the Elite Training Camp in Samoa, the Oceania Junior and Youth Championships in Melbourne, the Oceania Cup International in Melbourne, followed by another Elite Training Camp and of course Lima coming up with our young Oceania lifters at the World Junior and Youth Championships.

All of this followed, the year 2024, which finished with a brilliant international tournament held in Guam where we saw quite a few Micronesian countries attending. This included Palau, Northern Marianas, Federated States of Micronesia and obviously Guam. The event was well organised with many young lifters competing and producing their best results. This annual international tournament in Guam is starting to attract more and more countries and congratulations to Guam for organising this event.



Moriah L. Eujen: Guam's Youth W45 Cat. Gold Medal Age: 18yrs old



Dec. 2024 Guam Weightlifting Federation Open Championship Participants & officials from Guam, Saipan, Palau and Yap FSM



Nestor, Ryrab: Palau's Youth, Junior & Senior W69 Cat. Gold Medal



Sumagayay, Jacinta: Top Female Sinclair and W76 Cat. Gold Medal



Guam Weightlifting Federation Open Championship Competition Venue



Guam Weightlifting Federation Open Championship competition warm up area



Gimed, Alden: Yap FSM Youth, Junior M88 Cat. Gold Medal



Patris, Stevic: Top Male Sinclair and M88 Cat. Gold Medal

JANUARY 2025

The OTIP program held in Nauru for the North Pacific region, was a great success. Young lifters from Guam, Palau, Kiribati, Nauru, and Marshall Islands, took part. The seven day training camp showcased the talent of these young lifters from these island nations. The camp was run by Quincy Detenamo, Elson Brechtefeld and Sheba Hubert. All three of them international coaches and former world class lifters. This talent identification program (the OTIP) has been the backbone for the formation of many Pacific countries national teams. Since its inception in 2012, it has produced hundreds of young talented lifters, some of them reaching world standards and competing at Olympics and Commonwealth Games.



The OTIP students attending the camp.



The Nauru weightlifting centre



The OWF General Secretary speaks to the students



The female students from Kiribati, Guam, Nauru, Palau Marshall Isl.

Following the camp, a well organised international tournament was held in the national stadium in Nauru, giving the opportunity to the OTIP students to take part.



Best female lifter Family Notte with the President of the OWF the Hon. Marcus Stephen



Best male junior lifter Ika Ditto



Best male lifter Ezekiel Moses with the OWF General Secretary Paul Coffa



Guest lifter was Australian Champion Eileen Cikamatana

Whilst the General Secretary of the Commonwealth Weightlifting Federation, Paul Coffa, was in Nauru, attending the OTIP program and the Nauru Independence Day International, the CWF awarded a Life Membership to the former President of the Commonwealth Weightlifting Federation, the Hon. Vinson Detenamo - for his outstanding services and exemplary contribution to the sport of weightlifting in the Commonwealth. Vinson was one of the people responsible in establishing the Nauru Olympic Committee and also the sport of weightlifting on Nauru, whilst he served as the Minister for Sport in 1994.



The Hon Vinson Detenamo enjoyed the weightlifting tournament alongside seated is the President of the Republic of Nauru, H.E. David Adeang.



The Hon Vinson Detenamo receiving his Life Membership plaque from left; Sheeva Cook 2000 Olympic representative, Paul Coffa, Vinson Detenamo, Marcus Stephen and H.E. David Adeang.

FEBRUARY 2025

On the 15th February, Samoa welcomed some of the leaders of the International Weightlifting Federation, including most of the Presidents of the National Weightlifting Federations from Oceania. The occasion was the establishment of the Oceania Weightlifting Institute and Academy. In Samoa. It turned out to be spectacular. Some of the guests included the Prime Minister of Samoa, Members of the Samoan Parliament, Government officials of Samoa, the President of the IWF, Mr. Mohammed Jalood, the President of Pan America – Mr. Jose Quinones, the President of Africa, Mr. Khaled Mhalhed, the President of Oceania – the Hon. Marcus Stephen, the General Secretary of Asian – Mr. Mohammed Ahmed Al- Harbi, the President of Bahrain Weightlifting – Mr. Eshaq Ebrahim Eshaq. IWF EB member Sam Coffa.



The VIP guests at the Opening Ceremony



Invited guests at the Opening of the Oceania Weightlifting Institute held at the Samoa Weightlifting Stadium.

Other guests included the IOC member and President of ONOC – Dr. Robin Mitchell, the Secretary General of ONOC – Mr. Ricardo Blas, the full Samoa National Olympic Committee and many others. Including many international coaches from Oceania and elite lifters from the region. The establishment of the Oceania Weightlifting Institute in Samoa is a tribute to the tireless work of Jerry Wallwork – Samoa's Weightlifting President and OWF 1st Vice President.



From left: Mr Eshaq Eshaq- Bahrain, Mr Sam Coffa -Australia, Dr Robin Mitchell- Fiji, Mr. Mohammed Jalood IWF President, Samoa Prime Minister Fiaame Naomi Mata'afa, Mr. Khaled Mhalhed – Libya, Mr Mohammed Ahmed Al- Harbi Saudi Arabia and Mr Jose Quinones -Peru.



The IWF President Mr.Mohammed Jalood addressing the guests -



The Prime Minister of Samoa



Mr. Jalood with the Prime Minister

In 2020, the Oceania Weightlifting Institute came to an end in New Caledonia, as a result of the Covid Pandemic. In those 18 years of existence in the Pacific, the Institute produced so many Olympic, Commonwealth Games and World Championships representatives and medallists. And when the institute was closed because of covid and all athletes were repatriated back to their home countries, we thought that was the end of an era. But we were wrong. The legacy continues now.

With the IWF initiative in 2024 under the leadership of IWF President Jalood, it was decided to establish an academy in each of the five continents. Jerry Wallwork with his magnificent high-performance centre and the full backing of the Samoan Government and the Samoan National Olympic Committee, and unanimously supported by the OWF Executive - jumped at the opportunity of re-establishing the Oceania Weightlifting Institute in Samoa and incorporating the Academy. In a short period of time, on the 15th February it became a reality.

And what a show the opening ceremony was. The speakers at the event were Jerry Wallwork, Paul Coffa – OWF General Secretary, the President of the IWF, Mr. Mohammed Jalood, and the Prime Minister of Samoa *Fiaame Naomi Mata'afa*,

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SPECIAL AWARDS- were presented to our guests by the OWF and Samoa weightlifting. These are some of the recipients.....



To President Mohammed Jalood



To Dr Robin Mitchell



To the Prime Minister of Samoa



To the Hon Marcus Stephen



Samoa cultural entertainment at the Opening Ceremony of the Oceania Weightlifting Institute and Academy.



The cutting of the ribbon at the Opening of the training Centre



The Oceania weightlifting Institute training centre



Special guests in Samoa, Della Shaw -Elder and Henry Elder

Following the Opening Ceremony and Luncheon, the IWF President awarded the IWF international licences to many Oceania coaches who had attended. Special thanks must go to Colin Buckley and Petr Krol from the IWF who came up with this initiative and assisted enormously the 92 applicants from Oceania with their registrations and certificates.

At a special dinner organised by Samoa Weightlifting Federation, Mr Eshaq Eshaq the President of Bahrain Weightlifting presented a special souvenir to each of the twenty Oceania Weightlifting leaders and guests attending. Below are some of the guests receiving the gifts.

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Mr Eshaq with Mr Sam Coffa President of Australian Weightlifting fed.



Mr Eshaq with the Hon. Marcus Stephen President of Nauru Weightlifting fed.



Mr Eshaq with Della Shaw -Elder President of Weightlifting Fiji.



The IWF President Mr.Mohammed Jalood was given by the Government of Samoa full VIP's treatment. At all times he had police escort everywhere. Even at dinner he was minded by bodyguard. (See picture)

Presentation of International Coaching licences to quite a number of cches from the Oceania region took part after the Opening ceremony in Apia. The Presentation of Certificates was held at the Weightlifting hall.



The OWF nations attending the Presentation of IWF licences.



Special guests at the presentation.



The IWF President presents Certificates to Ian Moir -Australia



IWF President with Jerry Wallwork- Samoa



Paul Coffa – Australia



Simon Francazio -Australia



Dika Toua – Papua New Guinea



All the Coaching certificates recipients in Samoa with the IWF members



Mr Khaled Mhalhed and Paul Coffa

From 16th to 22nd February, the Elite Training Camp took place whilst most of the Oceania coaches were there. The camp was very successful produced some great results from those lifters attending.



The fantastic weightlifting training centre in Samoa



Sanele Mao- Samoan superstar



The incredible Fijian teenage champion Nehemiah Elder



Anti Doping and technical seminars were held during the long week-end in Samoa



The elite lifters attending the training camp at the Oceania Weightlifting institute for a full week training.

APRIL 2025

On April 11th, 12th and 13th, Melbourne showcased its best when they organised the Oceania Junior and Youth Championships on Friday 11th April, then followed by the Oceania Cup International Tournament (by invitation) on Saturday and Sunday 12th and 13th April. In all 180 lifters competed from 15 countries attending.

The Junior and Youth Championships on the 11th April, witnessed some excellent results by young Oceania lifters, establishing many new Oceania Junior and Youth records. Also, in some cases new Oceania Senior records.

The Oceania Cup International on the 12th & 13th April, most of the top elite lifters of Oceania competed. Again, many of them establishing Oceania and Commonwealth Senior records. One of the highlights of the event was the appearance of the Tokyo Olympic Gold Medallist from the Philippines - Hidilyn Diaz.



The 2025 Oceania Cup poster



Tokyo Olympic champion Hidilyn Diaz from the Philippines in action in Melbourne.



The event was superbly organised with huge crowds attending almost every session. In all 250 lifters and officials attended. The overall winners of this year's Oceania Cup International on Sinclair formula in the women was in first place Eileen Cikamatana- Australia, in second place was Zoe Pukekura- Australia and in third place was Kiana Elliott -Australia. In the men categories, the best overall lifter went to John Tafi from Samoa, second place went to Sanele Mao from Samoa and third place went to Ezekiel Moses from Nauru.



Zoe Pukekura AUS, Eileen Cikamatana AUS, Kiana Elliott AUS



Sanele Mao- SAM, John Tafi SAM, Paul Coffa representing Ezekiel Moses NRU

The event culminated with a function with 160 guests attending. Special thanks must go to Simon Francazio for setting up the VWA Stadium in to an international standard weightlifting venue. Also special thanks to the Victorian Weightlifting Association Executive for their support and assistance, as well as to all the International Technical Officials who assisted during the event. In addition, special acknowledgement to the Australian Weightlifting Federation for supporting the event.

This event was the biggest weightlifting event held in Melbourne in the last two decades.



WHAT AN EVENING IT WAS!!

The following day – Monday 14th to Friday 18th – another Oceania Elite Training Camp was held at Hawthorn, with 48 lifters and coaches taking part. This training camp again witnessed some inspirational world class performances especially from Sanele Mao (Samoa), Jack Opeloge (Samoa), Nanai Livi (Samoa), Olivia Selemaia (New Zealand), Nehemiah Elder (Fiji) and many others.

The Elite training camp held at Hawthorn-Melbourne from April 14 to April 16



Second Elite Training camp for the year fully funded by the OWF

CONGRATULATION

Congratulations to Tuaopepe Vui Asiata Jerry Wallwork - Samoa, Luisa Peters – Cook Islands and Anthony Muller – Marshall Islands – all three being elected Presidents of their respective National Olympic Committees. The OWF wishes them a very successful term of office. (What a scoop)



Hon Anthony Mueller
Marshall Islands



Luisa Fatiaki Taipatu Peters
Cook Islands



Jerry Wallwork
Samoa

World Junior and Youth Championships

Seven countries from Oceania with 30 lifters are currently in Lima, Peru, attending the World Junior and Youth Championships. The OWF is predicting that as a result of the talent of the Oceania lifters who are currently in Lima, we could win perhaps 10 medals. Time will tell. The lifters are coming from Fiji, Australia, New Zealand, Samoa, Papua New Guinea, Nauru and Vanuatu.

Below are some photos of the Oceania Cup International-

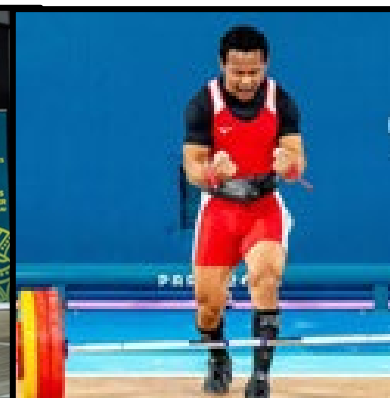
So many great lifts by many lifters establishing many Oceania and Commonwealth record on the way. The OWF thanks immensely Bowen Stuart and Andrew King for providing these photos.



Thomas Wilbur -Vanuatu with 155kg snatch



Oliver Saxton- Australia with a beaty 160Kg snatch



Morea Baru -PNG totals 280kg



Taniela Rainibogi -Fiji with 200kg snatch



Myren Madden – Great Britain with 183kg best ever C&Jerk



Ezekiel Moses- Nauru with 175kg jerk



Madison Farley -Great Britain with 92kg snatch



Liyana Safiah Sidek – Brunei with 55kg snatch



Luniarra Sipaia -Samoa C& Jerk 150kg



Kiana Elliott – Australia with 95kg snatch



Lesila Fiapule – Samoa with 141kg C& Jerk



Medea Jones -New Zealand with 123kg C& Jerk



Suamili Nanai -Australia with 180kg snatch



Jack Opeloge -Samoa C& Jerk 207kg



Nanai Livi – Samoa with 200 C& Jerk



Avatu Opeloge – Samoa with 121 Kg Clean



Litia Nagagilevu- New Zealand with 115kg C& jerk



Olivia Shelton -Australia with 123kg



Sean Erb -Australia with 170kg Clean



John Tafi -Samoa C& Jerk 166kg



Lim Kang Yin -Singapore with 171kg



Sanele Mao -Samoa Snatch 180Kg and C&Jerk 220kg for a 400kg Total



Jackson Roberts-Young -Australia with 200Kg Clean & Jerk



Jenly Wini-Solomon Islands with 80kg Snatch



Ajah Pritchard Lolo -Vanuatu with 113Kg Clean



Zoe Pukekura -Australia with 115kg clean & jerk



Eileen Cikamatana -Australia 148kg C& Jerk

Eileen Cikamatana banner

The Samoan machine

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