



Established 1920

VICLIFT

Supported by



OFFICIAL NEWSLETTER OF THE VICTORIAN WEIGHTLIFTING ASSOCIATION INC.

AUTUMN/WINTER 2006

EDITION NO. 36

We did what we had to do! And in the process we implemented the greatest Weightlifting Event ever seen in Australia. Well done to everybody and many thanks to each and every one who worked and/volunteered his/her services for the delivery of Melbourne 2006 Commonwealth Games. Ed

SIMPLY THE BEST !

Thank you and congratulations to all the members who worked, assisted, volunteered and generally took an interest in the organisation and implementation of the Melbourne 2006 Commonwealth Games.

The Games are now a bit of history, but what an historical and memorable event we created.

Personally I do want to thank each and every one involved for your assistance, your understanding and more important your co-operation during what was a very arduous and complex period. The eighteen months prior to the event were like hell for us and no doubt we fell down in some aspect for which we have been criticised by some of our constituents, but we believe it should have been understood that we were all on a mission and that was to, not only present the Games Weightlifting in the best possible manner technically and otherwise, but also to ensure that our team was successful.

As President of the Australian Commonwealth Games



CAPACITY CROWDS OF 3,000 SPECTATORS FILLED THE MELBOURNE EXHIBITION CENTRE ON A DAILY BASIS FOR THE EIGHT DAY DURATION OF THE WEIGHTLIFTING EVENT.

Association and Deputy Chairman of the Organising Committee I stated from the very beginning that for me there were three essential elements in the Games and they were: The Athletes; The Integrity of the Games; and the Legacy.

It is my very strong belief we achieved what we set out to do. The organisation was superlative, the presentation was without equal, little if anything went wrong and to top it all our team was extremely successful. We have been praised by authorities, by the Games Officials and many letters and messages of congratulations have been received complimenting us on the magnificent event. (Excerpts from a few of these received letters are printed elsewhere).

Capacity crowd in all Categories, magnificent audience participation, faultless technical display, entertaining and informative presentation which inspired all lifters no matter where from or for that matter, what standard.

(Continued on page 2)



HIS ROYAL HIGHNESS, PRINCE EDWARD ALONG WITH IWF PRESIDENT, DR. TAMÁS AJÁN, AWF PRESIDENT SAM COFFA, AND M2006 COMPETITION MANAGER, MATTHEW CURTAIN

(Continued from page 1)

Yet we did receive criticism and little credit for the wonderful achievements, mainly from within our ranks. I guess we have to accept that that's life, but no one or nothing can take it away from our sport the fact that we won 4 Gold, 3 Silver and 4 Bronze Medals, and I want to place on record my strong congratulations and appreciation for the work and dedication of our lifters and our management team. In particular I want to praise the work of the Head Coach, Luke Borreggine, who was uncompromising in his approach to the task he was entrusted with. His methods and strong attitude on the field of play was superb. All of his decisions were accurate and designed to bring about the successful outcome we all desired.

This success, I must say, was achieved despite the background of some bad publicity received during the Games which speaks volume for the resolve and dedication of our athletes, our coaches and our management team headed by Ralph Cashman.

At the end of it all I was very proud to have been associated with a group of officials who worked so professionally right through. My special thanks and congratulations to Matthew Curtain, our Competition Manager, and his assistants Frank Falcone, Peter Ikosidekas and all the Sport Specific Volunteers and others for a magnificent job well done.

I would also like to thank sincerely the Australian Government, the Australian Commonwealth Games Association, the State Government and the Melbourne 2006 Commonwealth Games Corporation for the support received.

One of the quotes which attracted my eye during the Games was in the Herald Sun by Paul Kent writing about *Big D (Darrell Eastlake) essential to an uplifting experience* and among other things he said "**Weightlifting is the best-kept secret at any Games you attend, Olympic or Commonwealth**".

The President of the Commonwealth Games Federation, Mr. Michael Fennell, described the Games as "**Simply the Best**" and we all agree with that.

Sam Coffa

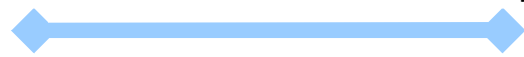


From the Hon. Tom Reynolds - Former Victorian Minister for Sport

Dear Sam

Just a note to say a very sincere thank you.....
I had a thoroughly enjoyable two weeks greeting and helping my team as well as witnessing many great sporting achievements and events.
Congratulations and many thanks on the efforts of your good self in getting "the Minister" and the Government to bid in the first place and then the very successful running of a "Great Games".
Many thanks Sam

Tom Reynolds



From Ron Walker (Chair) and John Harnden (CEO)-Melbourne 2006 Commonwealth Games

Dear Sam

On behalf of the Board and Staff here at the M2006 Commonwealth Games Corporation, thank you for your contribution to one of the world's largest sporting events.
We were indeed delighted with the success of the Games. More than two million spectators attended the ceremonies and sporting events with a further two million visiting the live sites and Festival Melbourne 2006 activities. The Nine Network enjoyed record ratings here in Australia and images from the Games were beamed to some 1.5 billion people around the world.
We could not have done it without your support. It has been great to work with you and your staff on a project which will be remembered for decades to come.

Ronald J Walker and John Harnden




From The Hon. Justin Madden - Minister for Commonwealth Games

Dear Sam

The Victorian Government is very proud to have hosted the XVIII Commonwealth Games.

The sport, the venues, the cultural program and the city all worked together to create an amazing experience..... We are confident that the international reputation of the Games as an elite multi-sport event has been enhanced and that the Games has an even stronger future.....
The leadership, vision and expertise of the M2006 Board were critical to our success and I would like to thank you personally for your contribution, your hard work and dedication.
I trust you enjoyed the Games and hope you will always remember your experience at the M2006 Commonwealth Games.

Justin Madden MLC



CHANGES TO VICLIFT DISTRIBUTION

This issue of Vic Lift and future issues will be posted on the new Website . Hard copies will only be mailed to members who do not have access to the internet or request it for other reasons.

PLEASE ADVISE!!



THE 'UNOFFICIAL' FACE OF THE GAMES,
MATTHEW FALCONE

From Michael Keelan - President Queensland Weightlifting Association

Dear Sam

Congratulations in making the XVIII Melbourne Commonwealth Games "simply the best". I know you put in an enormous amount of sacrifice, time and effort over the years leading up to and during the Games within your ACGA and Weightlifting roles - the rewards and accolades must make you feel very proud - top job!!

The Weightlifting event was superb. I am very grateful for having the confidence in my coaching ability that lead to my appointment as one of team coaches - I revelled in the experience and emotions and have many fond memories of my participation. Overall the team performed excellently and it was great to have a positive media exposure for a change....

Michael Keelan

From Geoff Laws - International Technical Controller

There cannot be any doubt that the Weightlifting competition at the XVIII Commonwealth Games really was the "Best Ever".....

Everyone connected with this competition was in agreement that the facility provided by the organising team was the most impressive of any Commonwealth Games so far. This covered all aspects such as stage, platform, warm up area, training hall, electronic system, marshalling system, scales, rest areas etc. None of this would have been of any use however, without the key element, personnel to run the show. Here in particular we can pinpoint the close co-operation between the speaker, timekeeper, marshals, computer technicians etc which ensured the seamless running the event. This in turn helped me make my own job as one of the Technical Controllers as smooth as it could have been, for which I am most grateful. The quality of the facility and management was such that it would have done credit to any other competition including world championships and Olympic Games.....

The reason for the wonderful success at the M2006 Games Weightlifting competitions is very obvious. The Organising Committee and the Australian Weightlifting Federation engaged the services of Matthew Curtain and with the backing of Sam Coffa he was the right man for the job.....

Geoff Laws



THE LOADERS DID A WONDERFUL AND EFFORTLESS JOB
DURING THE GAMES.

From Randhir Singh - Member of the International Olympic Committee for India

My Dear President

Please accept my heartiest felicitations for an excellent organisation of the Commonwealth Games in Melbourne and the great hospitality extended during my stay in Melbourne.

Looking forward to seeing you soon in Delhi.

Randhir Singh

From John Coates - President of the Australian Olympic Committee and Member of the International Olympic Committee for Australia

Dear Sam

Congratulations on the organization of an outstanding Games and the wonderful performance of our Australian Team. You deserve greater recognition!

The Games have brought great credit to our country and in particular the volunteers and people of Melbourne. And the performance of our Team augur well for the next Olympics in Beijing.

Warmest personal regards

John Coates

From John D. Tangi - Official Secretary to The Queen's Representative Sir Frederick Goodwin (Cook Island)

Dear Sam

Kia orana (greetings) from the Cook Island.

On behalf of His Excellency The Queen's Representa-

(Continued on page 4)

(Continued from page 3)

tive Sir Frederick and Lady Goodwin, I would like to convey to you and your organising committee Their grateful thanks and sincere appreciation for the excellent and professional services rendered during the entire M2006 Commonwealth Games.

Their Excellencies were overwhelmed by your professionalism which are highly commendable. The involvement of the thousands of volunteer workers who voluntarily offered their services to support and ensure the success of the Games truly contributed significantly to the high standard of services set in Melbourne.....

Once again congratulations for the superb and magnificent organization and management of the Games. Finally, Their Excellencies would like to thank you for the invitation to attend the M2006 Commonwealth Games.

God bless you and your family

John D. Tangi

From His Excellency John Landy - Governor of Victoria

Dear Sam

I am writing to congratulate you and the Commonwealth Games Association on the great success of the XVIII Commonwealth Games.

They were acclaimed by Michael Fennell, the President of the Commonwealth Games Federation, as "the best ever" and to my knowledge of previous Games this has to be true. A great deal of credit must go to your organisation and particularly to yourself and to Perry Crosswhite.

Again my congratulations and with every good wish

John Landy

DRUGS IN SPORT

TESTING OF ATHLETES NOT IN THE REGISTERED TESTING POOL

"The Australian Sports Anti-Doping Authority (ASADA) has confirmed that under the anti-doping rules of Weightlifting, any athlete can be selected for out-of-competition testing, not just those in the Weightlifting Registered Testing Pool.

All athletes should be aware that they can be approached at any time by a doping official - at their home, training facility or anywhere in the world. Athletes must comply with the testing procedure or face the prospect of an anti-doping rule violation for failing to submit to sample collection.

Athletes are responsible for being fully aware of the requirements for providing a sample. For more information, visit the ASADA website at www.asada.gov.au"

MELBOURNE 2006 COMMONWEALTH GAMES

VWAVIS members selected to represent Australia at the M2006 Commonwealth Games.

Yurik Sarkisian, Jackie White,
Belinda van Tienen, Simon Heffernan,
Alex Karapetyan, David Sarkisian (Reserve), and
Sevdalin Marinov (Coach)

Program Coordinators

Head Coach : Sevdalin Marinov
Personal Coaches: John Ryan, Yurik Sarkisian,
Anthony Dove,
Peter Ikosidekas,
Martin Leach, Robert Kabbas
Sport Scientist: Peter Cayley
Physiotherapist: Greg Varigos
Clinical Masseur: Jim Stevanovski
Traditional Chinese Medicine: Virginia Scarff
Sponsors: Touchdown Tours,
MUSASHI,
Mermet Aust.
Training Venue: Mermet Victorian
Weightlifting Stadium



SIMON HEFFERNAN –
SILVER MEDALIST,
MEN'S 94KG CATEGORY

Unfortunately, due to financial constraints, the VIS whilst acknowledging the success of our sport at the recent Commonwealth Games, is unable to offer Tier 2 status for Weightlifting during 2006-07. This is regrettable as we have had a long and successful association with the VIS, however, individual scholarship may be awarded to enable internationally competitive athletes to access support in the coming year. Ap-

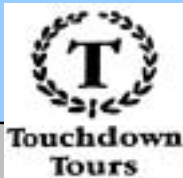
plications received will be forwarded to the VIS for considerations.

Sevdalin Marinov **Head Coach**

TESTING OF MASTERS LEVEL ATHLETES

ASADA cannot find any record of any agreement between the former ASDA and the AWF to the effect that masters athletes would not be tested at masters events. We are presently searching our files for anything we can point to and will take the matter up again with ASADA

In the meantime, please be advised that **any athlete subject to the AWF rules is liable to be tested at any time.**



SCHOOL PROGRAM



TOUCHDOWN TOURS VICTORIAN SCHOOLS LEAGUE POSTAL ROUND 1 MERMET VICTORIAN WEIGHTLIFTING STADIUM 25TH FEBRUARY 2006

LIFTER	YOB	School	B/WT	SNATCH	JERK	TOTAL	Sin Score	Place	Points
--------	-----	--------	------	--------	------	-------	-----------	-------	--------

FEMALE

40 kg Category

Hannah Nelson		Mt Lilydale	40.00	20	25	45	71.96	1	16
---------------	--	-------------	-------	----	----	----	-------	---	----

53 kg Category

Socheata Be	89	Mt Lilydale	53.00	52.0	53.0	105	134.71	1	16
-------------	----	-------------	-------	------	------	-----	--------	---	----

58 kg Category

Kate McConnell		Mt Lilydale	58.00	30.0	45.0	75	90.99	1	16
----------------	--	-------------	-------	------	------	----	-------	---	----

69 kg Category

Emily Vloedmans		Mt Lilydale	69.00	30.0	40.0	70	77.79	1	16
-----------------	--	-------------	-------	------	------	----	-------	---	----

75 kg Category

Jacinta Bronsueest		Mt Lilydale	75.00	25.0	35.0	60	64.53	1	16
--------------------	--	-------------	-------	------	------	----	-------	---	----

75 kg + Category

Kate Linford		Mt Lilydale	76	60	75	135	144.52	1	16
--------------	--	-------------	----	----	----	-----	--------	---	----

LIFTER	YOB	School	B/WT	SNATCH	JERK	TOTAL	Sin Score	Place
--------	-----	--------	------	--------	------	-------	-----------	-------

MALE

47 kg Class

Max Warren		Mt Lilydale	47.00	30.0	40.0	70.0	126.76	1	16
Phil Cowan (Res)		Mt Lilydale	47.00	25.0	40.0	65.0	117.71		
Luke Henriques-Gnomes	92	De La Salle A	38.70	20.0	35.0	55.0	122.46	2	14
James Harris		Mt Lilydale	47.00	22.0	30.0	52.0	94.17	3	13
Ben Siragusano	92	De La Salle B	40.60	17.0	27.0	44.0	92.83	4	12
Alessandro Formica	93	De La Salle B	35.60	15.0	20.0	35.0	85.97	5	11

51 kg Class

Chris Petrie		Mt Lilydale	51.00	50.0	66.0	116.0	194.37	1	16
Jacob Maher	93	De La Salle A	50.95	25.0	42.0	67.0	112.37	2	14
Ben Bateman		Mt Lilydale	51.00	25.0	35.0	60.0	100.54	3	13

56 kg Class

Mathew Peterson	89	De La Salle A	53.85	55.0	80.0	135.0	215.46	1	16
Steve MC Connell	91	De La Salle B	54.55	47.0	60.0	107.0	168.87	2	14
Lachlan Cook	92	De La Salle B	52.60	25.0	40.0	65.0	105.91	3	13
Peter Gill	92	De La Salle B	52.60	25.0	40.0	65.0	105.91	4	12
Vincent Musco	92	De La Salle B	54.75	22.0	37.0	59.0	92.82	5	11

62 kg Class

Justin Ficorelli	91	Mt Lilydale	62.00	50.0	60.0	110.0	156.50	1	16
Emmanuel Arapis (Res)	91	De La Salle A	59.20	30.0	35.0	65.0	95.86		

69 kg Class

Joshua Ramsay	92	De La Salle A	63.10	32.0	42.0	74.0	103.90	1	16
---------------	----	---------------	-------	------	------	------	--------	---	----

77 kg Class

Shane Renshaw	90	De La Salle	71.05	52	70.0	122.0	157.72	1	16
---------------	----	-------------	-------	----	------	-------	--------	---	----

85 kg Class

Jack Hubbard (Res)	90	De La Salle A	82.70	35.0	50.0	85.0	100.55		
--------------------	----	---------------	-------	------	------	------	--------	--	--

105 kg Category

Mathew Collins	88	De La Salle A	101.10	60.0	75.0	135.0	146.14	1	16
Andrew Mazur		Mt Lilydale	105.00	40.0	50.0	90.0	96.17	2	14

TOUCHDOWN TOURS VICTORIAN SCHOOLS LEAGUE POSTAL ROUND 2
MERMET VICTORIAN WEIGHTLIFTING STADIUM
28TH APRIL 2006

LIFTER	YOB	SCHOOL	B/WT	SNATCH	JERK	TOTAL	SIN SCORE	PLACE
--------	-----	--------	------	--------	------	-------	-----------	-------

FEMALE

58 kg Class

Socheata Be	89	My Lilydale	58.00	37.0	45.0	82	99.48	1	16
Emily Vloedmans	91	Mt Lilydale	58.0	30.0	40.0	70	84.92	2	14
Imogen Callen	91	Glen Eira	57.40	20.0	20.0	40	48.82	3	13

75 kg + Class

Kate Linford	87	Mt Lilydale	76.00	63.0	80.0	143	153.08	1	16
--------------	----	-------------	-------	------	------	-----	--------	---	----

LIFTER	YOB	SCHOOL	B/WT	SNATCH	JERK	TOTAL	SIN SCORE	PLACE
--------	-----	--------	------	--------	------	-------	-----------	-------

MALE

47 kg Class

Jamie Strachan	90	Mt Lilydale	39.15	42.0	50.0	92.0	202.16	1	16
Nathan Carroll	91	Mt Lilydale	47.00	30.0	37.0	67.0	121.33	2	14
Luke Hermiques-Gomez	92	De La Salle A	39.70	22.0	35.0	57.0	123.30	3	13
Peter Gill	92	De La Salle A	40.10	22.0	27.0	49.0	104.81	4	12
Ben Siragusa	92	De La Salle B	41.00	17.0	25.0	42.0	87.66	5	11
Allessandro Formica	93	De La Salle B	36.60	15.0	20.0	35.0	83.16	6	10

51 kg Class

Eli Wood		Mary MacKillop	50.95	27.0	48.0	75.0	125.78	1	16
Jayden Riggall	92	Mt Lilydale	51.00	25.0	30.0	55.0	92.16	2	14

56 kg Class

Justin Ficorelli	91	Mt Lilydale	56.00	50.0	65.0	115.0	177.48	1	16
Lachlan Cook	92	De La Salle	55.00	32.0	42.0	74.0	115.97	2	14
Luke Castagna		Mary MacKillop	55.45	30.0	40.0	70.0	108.94	3	13
Jacob Maher	93	De La Salle	52.30	27.0	40.0	67.0	109.73	4	12
Vincent Musco	92	De La Salle B	56.00	25.0	35.0	60.0	92.60		11

62 kg Class

James Kershaw	90	Mt Lilydale	62.00	50.0	65.0	115.0	163.61	1	16
Chris Petrie	89	Mt Lilydale	62.00	50.0	60.0	110.0	156.50	2	14
Jarryd Blair		Mary MacKillop	62.00	40.0	55.0	95.0	135.16	3	13
Todd Moran	91	Mt Lilydale	62.00	30.0	50.0	80.0	113.82	4	12
Ashaf Davies (Res)	91	Mt Lilydale	62.00	30.0	50.0	80.0	113.82		
Emmanuel Arapis	91	De La Salle	60.30	25.0	30.0	55.0	79.94	5	11

69 kg Class

Jack Allen		Mary MacKillop	68.70	40.0	60.0	100.0	132.19	1	16
Josh Ramsay	92	De La Salle A	63.00	30.0	40.0	70.0	98.40	2	14

77 kg Class

Shane Renshaw	90	De La Salle A	72.50	50.0	75.0	125.0	159.53	1	16
Michael Petrie	91	Mt Lilydale	77.00	55.0	70.0	125.0	153.81	2	14
Callum Barry-Murphy	91	De La Salle A	73.10	47.0	60.0	107.0	135.85	3	13
Justin Yone	92	Mt Lilydale	77.00	40.0	55.0	95.0	116.90	4	12

85 kg Class

Jack Hubbard	90	De La Salle A	81.50	50.0	75.0	125.0	149.01	1	16
Bola Orundami		Mary MacKillop	78.34	52.0	65.0	117.0	142.55	2	14
Michael Balfour	90	Mt Lilydale	85.00	40.0	55.0	95.0	110.81	3	13

94 kg Class

Simon Francazio	90	De La Salle A	93.80	65.0	80.0	145.0	161.62	1	16
Aaron Mazur	89	Mt Lilydale	94.00	50.0	92.0	142.0	158.14	2	14

105 kg Category

Adam Kok		Mary MacKillop	98.65	70.0	95.0	165.0	180.24	1	16
Mat Collins	88	De La Salle A	104.10	57.0	80.0	137.0	146.80	2	14

105 kg + Class

Abed Beshara	91	Mt Lilydale	106.00	40.0	60.0	100.0	106.52	1	16
--------------	----	-------------	--------	------	------	-------	--------	---	----

TOUCHDOWN TOURS VICTORIAN SCHOOLS LEAGUE ROUND 1
MERMET VICTORIAN WEIGHTLIFTING STADIUM
3RD MAY 2006

LIFTER	YOB	SCHOOL	B/WT	SNATCH	JERK	TOTAL	SIN SCORE	PLACE	POINTS
--------	-----	--------	------	--------	------	-------	-----------	-------	--------

MALE

47 kg Category

Luke Hermiques-Gomez	92	De La Salle A	39.85	25	36	61	131.39	1	16
Peter Gill	92	De La Salle B	41.10	23	29	52	108.25	2	14
Ben Siragusano	92	De La Salle B	40.50	20	24	44	93.09	3	13
Alessandro Formica (Res)	95	De La Salle A	36.00	14	20	34	82.40		

56 kg Category

Jamie Strahan	90	Mt Lilydale	52.70	40	52	92	149.65	1	16
Lachlan Cook (Res)	92	De La Salle A	54.55	34	44	78	123.10		
Jacob Maher	93	De La Salle B	51.40	29	42	71	118.12	2	14
Vincent Musco	92	De La Salle A	55.85	27	37	64	99.00	3	13

62 kg Category

Chris Petrie	88	Mt Lilydale	57.20	52	63	115	174.38	1	16
Todd Morgan	91	Mt Lilydale	60.75	40	48	88	127.17	2	14
Ashrae Davies (Res)	91	Mt Lilydale	58.50	33	45	78	116.13		
Josh Ramsay	92	De La Salle A	60.10	33	41	74	107.84	3	13
Emmanual Ardis (Res)	91	De La Salle B	59.30	28	38	66	97.20		

77 kg Category

Shane Renshaw	90	De La Salle A	73.30	54	70	124	157.17	1	16
Callum Barry Murphy	91	De La Salle B	72.80	46	60	106	134.93	2	14

85 kg Category

Michale Petrie	91	Mt Lilydale	80.75	50	60	110	131.78	1	16
Michael Balfour	90	Mt Lilydale	82.10	50	52	102	121.12	2	14
Jack Hubard	90	De La Salle A	82.35	36	48	84	99.58	3	13

94 kg Category

Simon Francazio	90	De La Salle A	92.75	75	80	155	173.60	1	16
-----------------	----	---------------	-------	----	----	-----	--------	---	----

105 kg Category

Mat Collins	88	De La Salle B	102.10	56	77	133	143.47	1	16
-------------	----	---------------	--------	----	----	-----	--------	---	----

105 + kg Category

Abed Beshara	91	Mt Lilydale	127.10	45	60	105	106.94	1	16
--------------	----	-------------	--------	----	----	-----	--------	---	----

Inter-School Postal Competition Cumulative Points

	24/02/2006	28/04/2006	
	Rd 1	Rd 2	TOTAL
GIRLS			
My Lilydale	96	46	142
Glen Eira		13	13
BOYS			
De La Salle A	92	89	181
Mt Lilydale A	88	90	178
De La Salle B	73	70	143
Mary MacKillop		88	88
Mt Lilydale B		81	81

Points after Round 1

Rd 1
3rd May 06

Mt Lilydale 92
De La Salle A 87
De La Salle B 71



VICTORIAN INSTITUTE OF SPORT HIGH PERFORMANCE CENTRE

The VIS Weightlifting Program Management has maintained the links between the VIS and the Victorian Weightlifting Association (VWA) in the interest of the Athletes and the Program generally reaffirming the foundations and ongoing operations. The VIS Athlete Selection Criteria was reviewed once again and in accordance with this criteria athletes were nominated and selected.

The focus of the program remained the same, that is, to assist Victorian lifters to achieve their potential in international and national competition and increase the numbers of athletes at the high performance level. Aspects of this focus include:

- Access to High Performance Coaching
- Support of personal coaches including coach education
- Support at major competitions
- Access to advanced sports science, sports medicine and other services such as ACE
- Support to assist athletes at high level competition
- Support for the developing younger squad members
- Support for apprentice coaches
- Linkage to the National High Performance Program

Training

VIS Athletes train at either the Mermet Victorian Weightlifting Stadium or at the Phoenix Weightlifting Club average 6 times per week.

Competition Program

VIS athletes have been exposed and many have been selected to compete at National and International events, both senior and junior, including World Junior, Oceania, Commonwealth Championships and Melbourne 2006 Commonwealth Games.

During 2005 training sessions were conducted on every Wednesday morning at the VIS gym. Regular attendants were: Belinda van Tienen, Jacqui White, Simon Heffernan, Mark Woodford, and Aleksan Karapetyan.

2005/06 Full Scholarship Holders

Yurik Sarkisian, Alex Karapetyan, Simon Heffernan, David Sarkisian, Jacqui White, Craig Blythman, Aghvan Grigoryan, Sarah Stranan, Belinda Van Tienen, Matthew Williams, Mark Woodford, McGregor Hall.

Associate Squad Members

Matthew Falcone, Chris Merrey, Vanara Be, Dale Woodford, Emma Torney, Daniel Falcone, Edward Haikal, Mark Holloway, Kate Linford, Jon Angelopoulos, Daniel Katz

Brief Highlights

June 2005 - David Sarkisian, Yurik Sarkisian, Corran Hocking and Belinda van Tienen competed at the Mermet Cup Tournament

August 2005 - Victorian Open & U 20 Championships
Vannara Be (Gold); Daniel Katz (Gold); Craig Blythman (Gold); Mark Woodford (Gold); Simon Heffernan (Gold); Corran Hocking (Gold); Jacqui White (Gold); Belinda van Tienen (Gold); Kate Linford (Gold); Edward Haikal (Silver); George Ikosidekas (Silver); McGregor Hall (Silver)

October 2005 - Australian Open and U 20 Championships
Vannara Be (Gold); Mark Woodford (Gold); Chris Merrey (Gold); Simon Heffernan (Gold); Alex Karapetyan (Gold); Matthew Falcone (Gold); Aghvan Grigoryan (Bronze); Daniel Katz (6th)

November 2005 - Commonwealth and Oceania Championships
Jacqui White (Gold); Belinda van Tienen (Gold); Aleksan Karapetyan (Silver); David Sarkisian (Bronze); Simon Heffernan (Bronze)

December 2005 - Commonwealth Games Trials
Yurik Sarkisian, Simon Heffernan, Aghvan Grigoryan, Jacqui White, Alexan Karapetyan, Belinda van Tienen, Sarah Stranan, Craig Blythman, and David Sarkisian competing

December 2005 - Commonwealth Games Selection
Jacqui White, Belinda van Tienen, Yurik Sarkisian, David Sarkisian (Reserve) and Alex Karapetyan

March 2006 - Commonwealth Games
Alex Karapetyan winning Gold
Simon Heffernan winning Silver
Yurik Sarkisian - 8th place
Jacqui White - No total
Belinda van Tienen - Injured



MEDAL CEREMONY – MEN'S 94KG CATEGORY

TECHNICAL REPORT

BY PEDRO SANCHEZ
VWA TECHNICAL CO-ORDINATOR

At the IWF Technical Committee Meeting held in Hang Zhou - China discussion took place regarding a number of Rules.

The rewording of some of these items I would like to publish for your information:

Application and Interpretation of the 5.5.10 Rule.

"Before the first attempt or between two attempts coaches/athletes have to notify and sign the next attempt on the competitor card and may change it twice. If the coach/athlete fails to do so until the final call, (30 seconds), the athlete will be called according to the automatic progression (1Kg increment after a good lift, same weight after a no lift)".

The matter of what should happen when a lifter takes consecutive attempts is being deliberated by the Committee.

Time Keeper Role - Technical Rule 6.5.2

Last dot point:

To restart the clock if the athlete has replaced the barbell on the platform unless the barbell has reached the height of the knees.

Other Rules

OFFICIALS OF THE COMPETITIONS

Note: All officials selected to work at competitions cannot be involved in coaching or assisting any athletes during these competitions.

VICTORY CEREMONY

Note: During the Victory Ceremony, medal winners cannot take electronic devices on the podium and cannot be accompanied by any other person.

Other items discussed and reviewed by the Committee included:

Referees Examination Form - Review
Progress Examination of the 1 Kg Rule
Time Keeper Equipment - Recall Memory
Change of Calls - Electronic Input
Dropping of the Bar - Debate on the Rule



TADAMASA UESAKA OF UESAKA SPORT EQUIPMENT DEMONSTRATES HIS NEW 'SEVI' COLLAR TO DR. TAMÁS AJÁN, SAM COFFA & MATTHEW CURTAIN.



STEFAN BOTEV AND NICO VLAD, TECHNICAL OFFICIALS AT M2006.



M2006 WARM UP ROOM

2006 CALENDAR OF JUNIOR EVENTS

Aug 9 th	Sport & Recreation Victoria Cup De La Salle College
Sept 8 th	Inter School Postal Comp Rd #3 Individual Schools
Oct 11 th	Touchdown Tours Victorian School Championship Mermet Stadium
Oct 18 th	Touchdown Tours Victorian School Championship Mermet Stadium

2006 AUSTRALIAN U16 & U18 CHAMPIONSHIPS - ADELAIDE (SA)

A very well run competition supported by good Technical Services. Congratulations to all. The Victorian Team under the management of Malcolm Merrey performed very well both on and off the platform.

Victoria as a team won the Men U18 Shield and was runner up in the Men U16. Daniel Katz won the Best Male Lifter U16 and Vannara Be was runner up in the U18.

Victoria annexed 6 Gold, 4 Silver and 3 Bronze Medals in the various categories with:

Vannara Be (Gold U18),
Mark Holloway (Gold U18),
Chris Merrey (Gold U18),
Daniel Katz (Gold U16),
Simon Francazio (Gold U16),
Cameron Munday (Gold U16);
Jamie Strachan (Silver U18),
Shane Renshaw (Silver U16),
Adam Kok (Silver U16);
Socheata Be (Bronze U18),
Simon Francazio (Bronze U18),
Adam Kok (Bronze U18).

A good performance by all and congratulations to the lifters, coaches and the management team

CONGRATULATIONS

Congratulations to Life Member, Paul Coffa, upon his election as the new General Secretary of the Commonwealth Weightlifting Federation (CWF). The four year term (2006-2010) was confirmed by the affiliated members during the extraordinary congress held in Apia-Samoa on July 12 2006. At the same meeting, AWF CEO, Matthew Curtain was appointed as the CWF Assistant General Secretary.

Congratulations also to Sam Coffa upon his appointment as a Life Member of the Australian Commonwealth Games Association.



SOCHEATA BE
VIC JUNIOR CHAMPION



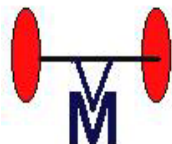
NATIONAL U18 CHAMPIONS
MARK HOLLOWAY (ABOVE) VANNARA BE (BELOW)



MASTERS VOICE

VWA MASTERS CO-ORDINATOR CHRIS HOLT

The Masters Committee for 2006 is:



David Holt (Chair),
Leo Ryan and Goran Vukojevic (co-ordinators),
Kelly Alexander (Secretary),
Chris Holt and Lina Arena (Record Keepers),
Milos Trnka, Robin Holt, and Julio Melo
making a nine member committee.

How lucky am I, a spectator at the Exhibition Centre Melbourne, watching top class competitors from the Commonwealth compete in a great event that we of mature age might never see happen in Melbourne again. The sessions I attended gave me the opportunity to be an informative commentator to the surrounding audience. Some had little knowledge of Olympic Weightlifting, and it was good to help them get the most out of the lifting. Olympic Weightlifting is a true equal opportunity sport for all ages. Congratulations to all organisers and volunteers who made the Melbourne Commonwealth games a great event.

On the 8th of April the first GP was held which went very well and thanks to all. A number of Victorian and Australian master's records were set and it was good to see many masters back including big George Ikosidekas with his big lifts.

The Committee is working on the idea that all masters should have the same suit with the distinctive Masters Logo to be worn at all main events; and also that GP points should be gained at all masters competitions (except international events).



ELAINE JANES—
NATIONAL MASTERS CHAMPION

MASTERS' GP 2006

YOB	Name	Apr 8
1963	George Ikosidekas	9
1937	Barry Rielly	7
1936	Chris Holt	6
1973	Kelly Alexander	5
1962	Goran Vukojevic	4
1944	John Reynolds	3
1968	David Holt	2
1935	Shirley McFarland	1
1945	Elaine Janes	1
1945	Lina Arena	1

21 Records have been set so far in 2006

Congratulations to:

Chris Holt, Shirley McFarland, Elaine Janes, Marcia Maycock, John Reynolds, Lina Arena, Rebecca Grey, Nadene Paul, Goran Vukojevic and Michael Torriero winning Gold Medals at the Australian Masters Championships also to David Holt winning the Silver Medal.

WEBSITE

IT HAS TAKEN A LITTLE LONGER THAT ENVISAGED, BUT THE VICTORIAN WEIGHTLIFTING ASSOCIATION WEBSITE IS NOW UP AND RUNNING. VICLIFT WILL BE AVAILABLE FOR DOWNLOAD FROM THIS SITE.



COACHES CORNER

MARIBYRNONG COLLEGE SPORTING EXCELLENCE PROGRAM

The Department of Education and Training in partnership with the Victorian Institute of Sport have established a Sporting excellence Program at Maribyrnong College to assist talented athletes to achieve the highest levels of performance in their chosen sport; and to help them with their personal, educational and vocational development.

The aims of the sporting excellence program at Maribyrnong College are to provide student athletes access to:

- A flexible, supportive and "athlete friendly" academic environment. The academic program covers essential learning in English, Mathematics, Studies of Society and Environment (SOSE), Science, Health and Physical Education, Technology and Arts.
- Quality Coaching
- Competition and training opportunities matched to the athlete's development and potential
- Sport Science services such as fitness testing and performance analysis
- Work Experience and Career Education support and planning
- An extensive Personal Development program specific to the student athlete

A key feature of the program is to establish an individual learning plan for each athlete. This will enable student athletes to balance their demanding schedules and assist them to achieve success at school as well as in their personal and sporting lives.

Applications for admission the Sporting Excellence Program at Maribyrnong College are open until the 1st September 2006. Application forms are available from the VWA or may be accessed from the website www.maribsc.vic.edu/sporting.htm

STATE TITLES

The Touchdown Tours
Victorian Open and
Under 20 Championships
will be held at the
Mermet Victorian Weightlifting Stadium

on Saturday August 12, 2006.

The Championships will feature Commonwealth
Games
Representatives and Australian Junior and
Senior Champion.

Special Guest lifter will be
Commonwealth Games Gold Medallist in the
62 Kg Category,
Chinthana Vidanage from Shri Lanka.



ALEXSAN KARAPETYAN

The Gold Medal at the Melbourne
2006 Commonwealth Games earns our
Aleksan Karapetyan
the accolade for this issue.

Beautifully Done Alex!



**Touchdown
Tours**

Principal Sponsor



Solar protection with a view



We are proud to be supported by