

# 2016 OWF ANNUAL REPORT

## Our World Medallist Stars for 2016



**Eileen Cikamatana - Fiji**



**Ele Opeloge - Samoa**



**Kiana Elliott - Australia**



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# OCEANIA WEIGHTLIFTING FEDERATION

## 2016 ANNUAL REPORT

### PREAMBLE

What a year 2016 was for the OWF. After eight long years of waiting, Ele Opeloge was awarded the silver medal which she rightfully deserved from the 2008 Beijing Olympic Games. The first World Youth Champion from the region was Eileen Cikamatana from Fiji winning gold in the 69kg in the clean & jerk in Penang. Silver medal went to Kiana Elliot from Australia with a world class performance at the World Junior Championships in Georgia – our 15 lifters from 11 countries did a great job at the Rio Olympic Games. The performance in Rio by our two 62kg category lifters – Morea Baru from PNG and Nevo Ioane from Samoa – was brilliant.

These are only some of the achievements of the OWF during 2016: The magnificent technical seminar held in Suva, upgraded 16 technical officials from the Pacific Islands to international category two level. The outstanding Oceania Championships and Olympic Qualification event was held in Suva, Fiji. And also the extraordinarily successful OTIP program and subsequent OTIP training camp in New Caledonia. It gives us immense pride and satisfaction in highlighting the OWF achievements for this year:

### FEBRUARY 2016 – EMAIL PACIFIC ISLANDS TOURNAMENT

The 2016 Pacific Islands Email tournament turned out to be another great success. This tournament is producing some excellent results every year and it is good for the island nations as it kick starts their year of competition. The OWF is delighted that 303 lifters competed and just as important that 16 countries participated. It was great to see Guam for the first time entering the tournament as well and winning one of the categories. Sadly, we did not get any entries from Fiji, due to the cyclone devastation, they simply could not hold a tournament.

### FEBRUARY 2016 – GUAM SEMINAR

The Oceania General Secretary visited Guam during the month of February and conducted a technical and coaching seminar. The visit was very successful. The technical course was run in the magnificent board room of the Guam National Olympic Committee. Ten members of the Guam Weightlifting Federation passed the test as national referees. The coaching course was also very successful. On the final day, a competition was held at the headquarters of Guam Weightlifting where some outstanding results were produced.

The new National referees for Guam are:

|                         |                      |
|-------------------------|----------------------|
| Ms. Melissa Lujan       | Mr. Melvin Pilarca   |
| Mr. Edgar Molinos       | Mr. Ryan Claros      |
| Mr. Jesse Rosario       | Mr. Mark Molinos     |
| Mr. Marc Toh            | Mr. Manolito Molinos |
| Mr. Krystian Villanueva | Ms. Armie Almazon    |



The Guam lifters and officials outside the Guam NOC headquarters.

### MARCH 2016 – AUSTRALIAN INTERNATIONAL OPEN



Over 100 lifters took part in Brisbane at the Australian International Open. An event well organised with a very friendly atmosphere, the tournament was held at the Cougars Centre in the Chandler Complex. There were some excellent performances. Morea Baru, from Papua New Guinea, won the best male lifter of the tournament, whilst Jenly Wini from the Solomon Islands won the best female lifter.

Many lifters used this tournament as build up in preparation for the Oceania Championships and Olympic Qualification which would be held in Suva - Fiji in the month of May.

**Photo: (from left) Kiana Elliott (AUS) Jenly Wini (SOL) Seen Lee (AUS)**

### APRIL 2016 – VISIT TO FIJI

On April, 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup>, the General Secretary of the OWF visited Fiji in the lead up to the Oceania Championships. A long meeting was held at the ONOC offices with the Organising Committee headed by Dr. Robin Mitchell – IOC Member. The meeting covered all areas of the championships. Also, a visit was made to the Vodafone Arena with engineers, construction crews, etc.

### APRIL ONOC MEETING -VANUATU

This ONOC General Assembly, including the Electoral Meeting of the Pacific Games Council, was held in Port Vila - Vanuatu. The President of the OWF, the Hon. Marcus Stephen was re-elected as Vice President (Sports) of the PGC. Also, Laurent Cassier – President of New Caledonia Weightlifting, was elected to the position of Vice President (Marketing). Congratulations to both gentlemen. Congratulations to Solomon Islands also for its successful bid in winning the 2023 Pacific Games to be held in Honiara. A special mention must be made to Martin Rara, the President of the Solomon Islands Olympic Committee, for his efforts in securing the Pacific Games for Honiara.



## APRIL – KIRIBATI



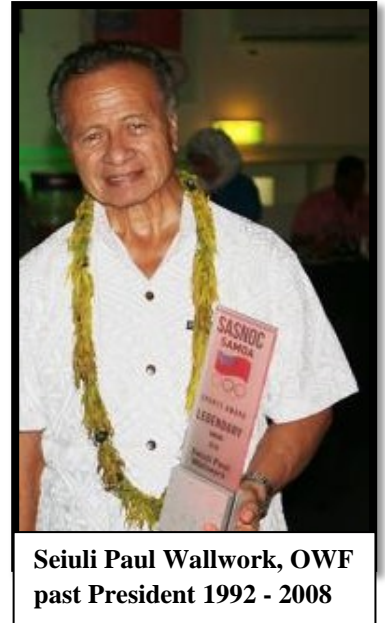
Congratulations to David Collins, the President of the Kiribati National Olympic Committee, who was elected to Parliament and was appointed as Minister Women, Youth, Social Affairs and Sports.

The Hon. David Collins has for many years been a strong supporter of weightlifting. In fact, David was responsible for getting David Katoatau to the Oceania Institute and has continued to ensure his tenure at the Institute. All of his efforts paid off in Glasgow, Scotland, at the 2014 Commonwealth Games, when David Katoatau won a gold medal in the 105kg category and became the first ever Kiribati to win a medal at the Commonwealth Games level.

## APRIL – SAMOA SPORTS AWARDS

Weightlifting made a clean sweep at the Sports Awards in Apia. Congratulations to Jerry Wallwork for his brilliant work in developing weightlifting to such an elite level. Weightlifting won:

- Coach of the Year: Tuapepe Jerry Wallwork
- Sports Woman of the Year: Mary Opeloge
- Sports Man of the Year: Siaso Leuo
- Junior Sport Woman of the Year: Feagaiga Stowers
- Junior Sportman of the Year: Maeo Nanai Levi
- Supreme Sports Person of the Year: Mary Opeloge
- Also, a great honour was bestowed upon Seiuli Paul Wallwork. Seiuli was inducted in the Hall of Fame for his enormous contribution to sports in Samoa. Not only for his international ability as a great weightlifter in the past but also as a coach and sports leader.



## APRIL – FIJI SPORTS AWARDS

Despite the devastation caused by Cyclone Winston completely destroying the weightlifting centre in Levuka, which was completed only 12 months before, this catastrophe did not stop the success of Fiji Weightlifting. At the Fiji Sports Awards evening, Joe Vueti won the Coach of the Year award and Della Shaw-Elder won the Official of the Year. The Junior Athlete of the Year went to Eileen Cikamatana for winning gold at the Commonwealth Youth Games held in Samoa and Sports Administration of the Year also went to Weightlifting Fiji.

## MAY – OCEANIA CHAMPIONSHIPS

The 2016 Oceania Weightlifting Championships was a fantastic event in Suva. Congratulations must go to the President of the Fiji Weightlifting Federation, Atma Maharaj as well as the Organising Committee Chairman, Dr. Robin Mitchell and the entire force of volunteers.

The tournament itself was brilliantly presented. The stage was world class as was the warm up area. The training venue had 20 platforms and was well managed with all countries doing the right thing by staying within their allocated time frames for training sessions.

Being an Olympic Qualification event for Rio, the competition was very fierce. A number of top lifters needed certain weights to qualify and therefore in some cases the intensity of the task at hand for some lifters became insurmountable. However, in saying this, there were some outstanding results in many categories, especially in some of the female categories.



The stage at the Oceania Championships



The power behind the Organising Committee



The Opening Ceremony

From the International Federation our guests were: Dr Tamas Ajan, President of the IWF, Dato Ong Poh Eng, (Malaysia) IWF Vice President and President of the Commonwealth Weightlifting Federation, Sam Coffa, (Australia) IWF Vice President, Jose Quinones (Peru) IWF Vice President, Dr Antonio Urso (Italy) President of the European Weightlifting Federation and IWF Executive Board Member, the Hon. Marcus Stephen (Nauru) OWF President, Mohammed Jalood (Iraq) IWF Executive Member and General Secretary of Asia, Nippon Limboonsuebsai from Thailand representing Maj.General Interat, Attila Adamfi IWF Director General, as well as the Minister for Sport of Kiribati, the Hon. David Collins and many others.



**Official courtesy visit by the IWF to the President of the Republic of Fiji , H.E. Major General Jioji Konousi Konrode**



**Technical Officials introduced during the Championships**

ONOC did a splendid job in assisting and supporting this magnificent event. From ONOC we would like to thank, Dr. Robin Mitchell, IOC Member and President of ONOC, Ricardo Blas, ONOC General Secretary, Dennis Miller, Executive Director of ONOC, plus of course all the staff members whose co-operation with the championships was very valuable, especially in the accommodation and transport areas. Special mention must go to Hanisi Visanti, Talei Burness, Michael Kohn and Natanya Potoi and her team from ORADO. From the Pacific Games Council, we had the pleasure of having the President, Vidhya Lakan, the Executive Director, Andrew Minogue and the Vice President, Laurent Cassier from New Caledonia.

The Technical Officials as usual did a great job under the co-ordination of Garry Marshall, the OWF Technical Chairman. The OWF wishes to thank the support of the Australian Weightlifting Federation and Weightlifting New Zealand. On the medical side, Dr. Moni Kami needed to attend to a few mishaps and naturally did an excellent job. He was there from early morning to late evening. This event would not have happened without the support of the Fiji Government and the Fiji Sports Council. Cyclone Winston caused massive damage but it did not stop Fiji from putting on a world class event such as this.

### **The OWF Electoral Congress:**

The Electoral Congress was held on May 24<sup>th</sup> at the magnificent Grand Pacific Hotel. The Congress was attended by many international distinguished guests including the President of the IWF, Dr Tamas Ajan.

The new OWF Executive Board Members elected for the quadrennial period of 2016 – 2020 are as follows:

|                      |                                    |
|----------------------|------------------------------------|
| President:           | The Hon. Marcus Stephen MP – Nauru |
| General Secretary    | Paul Coffa MBE – Australia         |
| First Vice President | Tuaapepe Jerry Wallwork – Samoa    |
| Vice President       | Luisa Peters – Cook Islands        |
| Vice President       | Garry Marshall – New Zealand       |
| Vice President       | Frank Robby – Papua New Guinea     |
| Exc. Board member    | Manuel Minginfel – Micronesia      |
| Exc. Board member    | Phillip Maunder – Australia        |
| Exc. Board member    | Kokoria Iabeta – Kiribati          |
| Asst. Secretary      | Lilly Coffa – Australia            |
| Chairman Technical   | Garry Marshall – New Zealand       |
| Chairman Medical     | Dr Lisimoni Kami – Tonga           |
| Chairman Masters     | Lawrie Townsend – Australia        |



**The Delegates and guests attending this year's OWF Electoral Congress in Suva**





The OWF Electoral Congress in action in Suva



The OWF Executive Board for 2016 - 2020

### **Anti-Doping Seminar**

An IWF compulsory Anti-Doping Seminar, was conducted on May 24<sup>th</sup> at the Grand Pacific Hotel and this was attended by representatives from all regional federations including ORADO members. The seminar was presented by Judith Ellis from New Zealand who was appointed by the IWF. The Seminar was extremely successful and well attended.



### **OWF EXECUTIVE BOARD MEETING:**

The OWF Executive Board meeting was held on the 23<sup>rd</sup> May at the ONOC Board Room. A number of agenda items were discussed including the next 12 months of the OWF program of events. The OWF invited all of the VIP overseas guests as observers.



### **INTERNATIONAL TECHNICAL SEMINAR**

This was a successful seminar with 16 countries participating in the upgrading of technical officials. The seminar was fully funded by the IWF and special thanks must go to Dr Tamas Ajan in supporting our concept. The future of our region's technical officials now looks very bright, with many countries of the Pacific Islands now having international Category 2 technical officials and many also receiving the newly established Oceania Regional Technical Certificate – which is only one step below Category 2. The presentation of the seminar was brilliantly conducted by our OWF Technical Chairman, Garry Marshall and also the IWF Technical Chairman, Sam Coffa. The seminar was held at the Tanoa Plaza on 22<sup>nd</sup> and 23<sup>rd</sup> May.



Garry Marshall conducting the seminar



Delegates from 16 countries attended the International Technical Seminar



## JUNE – 2016 WORLD JUNIOR CHAMPIONSHIPS



It was an outstanding performance by Australia's Kiana Elliott, at the World Junior Championships in Tbilisi, Georgia. Kiana won the silver medal in the snatch with a lift of 95kg and a bronze medal in the total with 204kg. She competed in the 63kg category. The last time Australia won a silver medal at a World Junior Championships was in 1995.

Australia, New Zealand and Marshall Islands were the only three countries representing Oceania at these World Junior Championships.

### Kiana Elliott – Australia wins silver medal in the snatch in Georgia

## JUNE 2016 ZKC TOURNAMENT

The **ZKC** Email International Club Tournament which was conducted on June 28-30 was once again a great success for club lifters. For the first time in the history of the tournament, one club has won both the male and female sections. Congratulations to Dika Toua the coach of the LDT Club from **Papua New Guinea for entering so many lifters in the tournament.**

The LDT Club received four Olympic barbell training sets from **ZKC** who was the sponsor of the tournament.



On behalf of the OWF, I would like to thank the General Manager of the **ZKC Company**, Mr. Zhang Zhiguo, for his support and contribution toward this event and also towards the development of weightlifting at club level worldwide. We also would like to thank the IWF for their support in promoting the event. The Oceania Weightlifting Federation wishes to thank all of the clubs who took part in this year's tournament.

## JULY – RIO TRAINING CAMP

Thanks to the financial support of the Oceania National Olympic Committee (ONOC) and the Oceania Weightlifting Federation (OWF), a training camp was held in the month of July at the Oceania Weightlifting Institute in New Caledonia, for pacific lifters going to the Rio Olympic Games. The lifters come from the following countries: Papua New Guinea, Samoa, Fiji, American Samoa, Palau, Kiribati, Cook Islands, Nauru, Micronesia and Solomon Islands.

The camp which lasted seven days was an outstanding success, with most of the lifters reaching their best performances, whilst training together. However due to work commitments the two lifters from Australia and New Zealand were not able to join the camp. Also, Mathlynn Sasser from Marshall Islands was not able to make the camp, as she encountered visa problems. below are two of the lifters who attended the training camp:



**Morea Baru – Papua New Guinea**



**Mary Opeloge -Samoa**

## AUGUST 2016

## OCEANIA LIFTERS IN RIO



**Mary Opeloge – Samoa, placed 11<sup>th</sup> in the 75kg category.**



**Elson Brechtefeld – Nauru, placed 15<sup>th</sup> in the 56kg category.**



Morea Baru – Papua New Guinea, placed 6<sup>th</sup> in the 62kg category.



Nevo Ioane – Samoa, placed 8<sup>th</sup> in the 62kg category.



Simplice Ribouem – Australia, placed 13<sup>th</sup> in the 94kg category.



Richard Patterson – New Zealand, placed 16<sup>th</sup> in the 85kg category.



David Katoatau – Kiribati, placed 14<sup>th</sup> in the 105kg category.



Tanumafili Jungblut – American Samoa, eliminated in the 94kg category.



Apolonia Vaivai – Fiji, placed 11<sup>th</sup> in the 69kg category.



Tia-Clair Toomey – Australia, placed 14<sup>th</sup> in the 58kg category.





**Mathlynn Sasser – Marshall Islands, placed 11<sup>th</sup> in the 58kg category.**



**Jenly Wini – Solomon Islands, placed 15<sup>th</sup> in the 58kg category.**



**Tracey Lambrechts – New Zealand, placed 13<sup>th</sup> in the +75kg category.**



**Luisa Peters – Cook Islands, placed 14<sup>th</sup> in the +75kg category.**

### **REGIONAL OFFICIALS IN RIO**

IWF Technical Delegate: Mr Sam Coffa - AUS

IWF Medical Member: Dr Lisimoni Kami- TGA

Technical Officials: Mr Garry Marshall – NZL, Frank Robby-PNG, Mrs Jenny Sanchez - AUS

### **REGIONAL WEIGHTLIFTING TEAM OFFICIALS**

**FIJI** : Mr Atma Maharaj – Manager, Mr Joe Vueti – Coach

**SAMOA**: Mr Jerry Wallwork – Manager/Coach,

Mr Faavae Faauliuli – Assistant Coach

**KIRIBATI**: Mr Kokoria Iabeta – Coach

**MARSHALL ISLANDS**: Mr Terry Sasser – Manager/Coach,

Mr Mack Capelle – Assistant Coach

**COOK ISLANDS**: Mr Unakea Kauvai – Manager

**NEW ZEALAND**: Mr Adam Storey – Manager/Coach,

Mr Jake Lawgun – Assistant Coach

**AUSTRALIA**: Mr Miles Wydall – Manager/Coach

**PAPUA NEW GUINEA**: Ms Winis Toua – Manager

**AMERICA SAMOA**: Mr Lopesi Faagu – Manager/Coach

**NAURU**: Mr Paul Coffa – Coach



**Manueli Tulo – Fiji, placed 13<sup>th</sup> in the 56kg category.**

**The Rio Olympic Games are now over.** As the past President of the IWF, Mr.Gottfried Schodl said in Poland in 1995, when he saw for the first time young Nauruans competing, his comments were ‘these kids bring a breath of fresh air’. The Oceania lifters in Rio brought with them a similar breath of fresh air – they were young, enthusiastic and most importantly clean lifters.

David Katoatau deserves a gold medal from the IWF for his contribution on the stage. His spontaneous dancing received over one million views on YOUTUBE. This is great promotion. This is what the sport needs – good, clean and entertaining promotion.

At the opening ceremony, very few countries had weightlifters carrying the national flag. But our pacific countries did. American Samoa, Solomon Islands, Samoa, Kiribati, Nauru and Marshall Islands. Their flag bearers were all weightlifters which showed just how popular the sport is in the islands of the pacific. The Olympic Village was well set up. Catering was plentiful. The line-up at McDonalds was never ending and it was the first point of call after the lifters finished training or competition.



## AUGUST – SOLOMON ISLANDS

The Solomon Islands Weightlifting Federation had their elections with Leslie Ata being re-elected once again as President of the Federation. The newly appointed General Secretary is Mr. Jeffrey Pasio.

## OCTOBER – YOUTH WORLD CHAMPIONSHIPS

The 2016 Youth World Championships were held in Penang, Malaysia. The championships were very successful with 300 competitors taking part and 60 countries participating. The accommodation facilities were magnificent with the Equatorial Hotel being a five star plus hotel. The dining room for all athletes and officials was at the Penang Golf Club which was only 200 metres from the hotel. The training facilities were at the hotel itself which was extremely convenient for all delegations. The competition itself was held at the newly upgraded sports arena SPACE.

The Opening Ceremony was truly a gala evening with 1,000 guests attending including the President of the IWF, Dr Tamas Ajan and all IWF Board Members. Four countries from the region – Australia, New Zealand, Nauru and Fiji – were represented in Penang. The success story was Eileen Cikamatana from Fiji winning the World Championships in the Clean & Jerk with a lift of 122kg in the 69kg category. She also won bronze in the overall total with 215kg.



Eileen Cikamatana wins gold in Penang



Eileen clean & jerked 128kg in training prior to Penang

## EILEEN CIKAMATANA WORLD YOUTH CHAMPION (Clean & Jerk)

From 65kg clean & jerk in 2014 to 122kg in 2016. This is the story of Eileen Cikamatana from Fiji, an **OTIP student** who was discovered in Fiji by Joe Vueti and Peni Tawai. Joe selected her to attend the training camp in New Caledonia in 2014. She moved to the Institute in February of 2016 and within eight months she became the Youth World Champion in the clean & jerk in the 69kg category with a lift of 122kg at the 2016 Youth World Championships held in Penang in October.

## OCTOBER - COMMONWEALTH SENIOR, JUNIOR AND YOUTH CHAMPIONSHIPS

The Youth World Championships finished on the 25<sup>th</sup> October and the following day, the Commonwealth Senior, Junior and Youth Championships began, using the same venue, same accommodation, etc. Countries attending the Commonwealth Championships from the Oceania region were: Samoa, Cook Islands, Solomon Islands, Papua New Guinea, Australia, New Zealand, Kiribati, Fiji and Nauru. Thirty countries in all took part in the Commonwealth. There were some outstanding results with quite a few of our regional countries winning medals. These championships were the first qualification event for the 2018 Commonwealth Games at the Gold Coast.

The next Commonwealth Championships will be held at the Gold Coast from the 3<sup>rd</sup> to 9<sup>th</sup> September, 2017.

These are the countries which won medals:

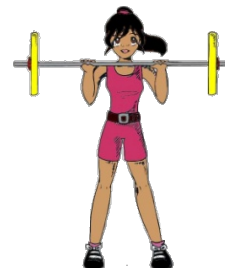
- Kiribati – one silver and one bronze
- Fiji – one gold, two silver and three bronze
- New Zealand – one gold, four silver and two bronze
- Australia – four gold, two silver and four bronze
- Samoa – one gold and one bronze
- Papua New Guinea – one gold

## WORLD UNIVERSITY CHAMPIONSHIPS

The 2016 World University Championships were held in the city of Merida- Mexico. Twenty -two countries took part. From our region, we only had two countries participating. That is, Australia and New Zealand. Our best performance at these championships came from Luke Gardener from Australia competing in the 105kg category. He totalled 290kg, just missing out on a bronze medal and came fourth.



*You never know how strong you are,  
if you don't have a go!!*



## **DECEMBER – THE OTIP PROGRAM**



The 2016 OTIP program was a triumph for weightlifting in the region, with 7670 students taking part from 96 schools (4433 boys and 3237 girls) in 12 countries

This program is now in its fifth year and it is producing hundreds of new lifters every year, especially in the Pacific Island nations. Once again, each country selected what they considered their best talent and these students were sent to the Oceania Weightlifting Institute in New Caledonia for a training camp. The OTIP training camp concluded on the 18<sup>th</sup> December. The standard of the students was by far the best we have ever had. The students who were identified, came prepared knowing the sport and thereby making the training camp far more productive. Incredibly in only a few short years, national federations have been able to successfully tap in on this identification program. We have seen students from the OTIP program competing in Oceania Championships, Commonwealth Games, Olympic Youth Games, Pacific Games, Commonwealth Youth Games and also the Rio Olympic Games.

To the left are the OTIP students at the Institute in Mont Dore.

## **THE PACIFIC CUP INTERNATIONAL**

The Pacific Cup International Tournament was held on the 17<sup>th</sup> December with quite a number of the OTIP lifters taking part as well. Eleven countries took part in the tournament producing some excellent results.

The best female lifter overall was Thelma Toua from Papua New Guinea. She broke all Oceania senior records with a snatch of 75kg, clean & jerk of 92kg and total of 167kg. Whilst the best male lifter went to Elson Brechtefeld of Nauru



**The New South Wales squad competing at the Pacific International**



**Thelma Toua PNG, sets new Oceania record in the 48kg category**

## **CONCLUSION**

In conclusion, the Oceania Weightlifting Federation is excited about the direction of development taking place in our sport in the region. Even more so, are the remarkable performances achieved by our lifters for which we can only be proud.

Again, the OWF is indebted to the New Caledonia Government, the CTOS and in particular the President Charles Cali, the Executive Director Michel Quintin, Mr. Laurent Cassier President of Weightlifting in New Caledonia and the Mayor of the City of Mont Dore, Mr. Eric Gay, for assisting Pacific Island lifters by providing such a world class institute where they can train and further improve their international standard.

A special acknowledgement must go to ONOC, in particular the President Dr Robin Mitchell, the General Secretary, Mr Ricardo Blas and the Executive Director, Mr. Dennis Miller for their continued support to the sport of weightlifting in the region and for their co-operation and support towards the many programs stemming from solidarity and the IOC towards the Pacific athletes in particular.

We must acknowledge also the regional NOCs and their National Weightlifting Federations for their support towards their lifters. Including, the Executive Board members of the OWF, especially the Assistant Secretary Mrs. Lilly Coffa, for their immense contribution through the year.

Finally, none of this could have been achieved without the tremendous assistance from the IWF and special thanks must go to the President of the IWF, Dr Tamas Ajan, as well as the IWF Executive Board and all the IWF staff members.

**H.E. Marcus Stephen MP  
PRESIDENT**

**Paul Coffa MBE  
GENERAL SECRETARY**