



Latest News

July 2016

PENANG IS READY FOR the 2016 Commonwealth Championships



The 2016 Commonwealth Senior, Junior and Youth Championships will be held in Penang from the 25th to 29th October.

Just a few days earlier the 2016 YOUTH World Championships will also be held in the same venue in Penang. It will be once again a truly wonderful festival of weightlifting.

With the Youth World Championships and the Commonwealth Championships held together, Penang expects to have in the vicinity of 90 countries participating with hundreds and hundreds of lifters and officials.



“ SPICE” The venue for these championships



The accommodation venue **“The Equatorial Hotel”**

The venue for these championships will be the new renovated sporting complex SPICE. An indoor sports arena located in the heart of Penang and is the largest and most comprehensive multi-purpose indoor venue in Northern Malaysia. The venue is fully air-conditioned.

The hotel where all delegations will be staying is the magnificent **Equatorial Hotel**, a five star hotel. You could not ask for better accommodation. This is the same hotel which catered for the 2011 Junior World Championships.



Penang Golf Club

Breakfast will be at the Equatorial Hotel. Whilst the Penang Golf Club which is situated next to the Equatorial Hotel will serve lunch and dinner to all participants. For those golf enthusiasts, Dato Ong who is Chairman of the Organising Committee, has arranged free access to any of the delegates who may wish to have a game of golf.

All **preliminary** entries for the Youth World Championships must be in by August 19th

All **final** entries for the Youth World and Commonwealth Senior and juniors must be submitted by September 25th. This includes also the Accommodation forms, Media forms and Transport forms.

With regards to the Commonwealth Youth Championships please note:

PLEASE NOTE: With regards, to the Commonwealth Youth Championships – **this event will run in conjunction with the YOUTH WORLD CHAMPIONSHIPS.** At the conclusion of the Youth World Championships and at its closing function, medals will be awarded for the Commonwealth Youth winners – for the total only.

Please take note also that you must use the entry forms for the IWF Youth World Championships to register your youth lifters. These will automatically register your youth lifters for the Commonwealth Youth Championships as well.

The CWF will not be sending Commonwealth Youth entry forms.

If any Youth lifters are entered in the Commonwealth Junior and Senior divisions - then the results from the Youth World Championships will be registered also in the Commonwealth Junior and Senior divisions.

Youth lifters will not be lifting twice.

RIO OLYMPIC GAMES

21 Commonwealth countries will have lifters competing at the Rio Olympic Games. These are the countries and the number of lifters competing for them:

Nation	Male	Female
Australia	1	1
Canada	1	1
Cameroon	1	1
Cook Islands		1
Fiji	1	1
Great Britain	1	1
Ghana		1
India	1	1
Kenya	1	
Kiribati	1	
Malaysia	1	
Malta	1	
Mauritius		1
Nigeria		1
Nauru	1	
New Zealand	1	1
Samoa	1	1
Seychelles	1	
Solomon Islands		1
Sri Lanka	1	
Papua New Guinea	1	



Also these are the Technical Official from Commonwealth Counties officiating in Rio:

Sam Coffa – AUS (Technical Delegate) Donald Mac Neill (Canada), Garry Marshall (NZL), Jenny Sanchez(AUS), Gardencia du Plooy (RSA), Dr Michael Irani(GRB), Dato Ong Poh Eng (MAS), Frank Robby (PNG), Kumbasi Subramanya(IND), Mary Hancock (GRB), Lawrence Iquabom (NGR), Dr Lisimoni Kami(TGA).

2016 WORLD JUNIOR CHAMPIONSHIPS

The Commonwealth had four countries participating in Tbilisi Georgia last month (June) Young Kiana Elliott representing Australia lifting brilliant by winning a Silver medal in the snatch with a lift of 95Kg and won a Bronze medal in the total with 204Kg. This was the first medal Australia has won at a world junior championships since 1995. Congratulation Kiana I'm sure we will see more medals coming from Australia.

Another great performance was produced by Mercy Brown from Great Britain. Mercy competing in the +75Kg won a Bronze medal in the total with 236Kg. Well done Mercy and congratulations.



Kiana Elliott -Australia 63 Kg Category



Mercy Opeyemi Brown -Great Britain +75Kg Category

NEWS FROM AROUND THE COMMONWEALTH

BANGLADESH

The Bangladesh Weightlifting Federation has had new elections and the new President of the Federation is Manzur Kader Quraishi. The newly appointed General Secretary is Lt. Col Md Shahidul Islan Choudhury, psc. The CWF wishes these two gentlemen and the Executive Board of the Bangladesh Weightlifting Federation a successful term of office.

KIRIBATI



Congratulations to David Collins, the President of the Kiribati National Olympic Committee, who was recently elected to Parliament and has been given now the Ministry for 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 Commonwealth Games level.

SOLOMON ISLANDS

Congratulations to Solomon Islands for its successful bid in winning the 2023 Pacific Games to now 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.

CYPRUS

Cyprus Weightlifting Federation held its elections recently and the new President of the Federation is Mr Andreas Roumbas.. The General Secretary is Denise Loizou Offerman. The CWF wishes Andreas and Denise and the new Executive Board of the Cyprus Weightlifting Federation a very successful term of office.

SAMOA SPORTS AWARDS

Weightlifting made a clean sweep at their recent Sports Awards in Apia. Congratulation 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: Siaosi 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 immense 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.

FIJI SPORTS AWARDS



Despite the devastation caused by Cyclone Winston which completely destroyed the weightlifting centre in Levuka which was completed only 12 months before, this devastation did not stop the success of Fiji Weightlifting.

At the recent Fiji Sports Awards evening,

- Joe Vueti, won the Coach of the Year
- Della Shaw-Elder won the Official of the Year
- Whilst the Junior Athlete of the Year went to the 2015 Commonwealth Youth Games Gold Medallist – Eileen Cikamatana.
- Sports Administration of the Year also went to Weightlifting Fiji.

Paul Coffa MBE
CWF SECRETARY GENERAL

