

ANOTHER MYERS TO DON THE GREEN AND GOLD

It's been a big week for 15-year Frankford schoolgirl, Charrae Myers.

One night at weightlifting training she managed to clean and jerk 80 kilograms – a significant milestone given she'd been stuck on 75kgs for around four months.

And then earlier this week Myers was named as one of two Australian athletes to compete at next month's Youth World Weightlifting Championships in Peru.

"I was ecstatic, I was so happy I just couldn't believe it," the Exeter schoolgirl said after the announcement.

"It still doesn't feel like I'm going, but as soon as I get to the airport it will feel real.

"I didn't know much about Peru before now, but I've been doing some study."

While she might have reacted with disbelief when first told of her selection, the 58kg Myers knew she'd been lifting well in 2015.

"I recently got a new coach, my technique has improved out of sight," she said.

I'm looking forward to seeing what I can do this year. I've been lifting 60kg in the snatch, which is more than my bodyweight, which has always been one of my biggest goals."

Myers does not have to look far for weightlifting inspiration. Her older sister, Jenna, was part of the Australian team at the 2010 Commonwealth Games, and was also on the team last year but had to withdraw on the eve of competition after collapsing through dehydration.

"Jenna inspired me a lot by what she did, she really got me into it," Charrae Myers said.

"I used to have the bar, and try and do what she did. She helps me out a lot and was really proud when I made the youth team."

The younger Myers also gets lots of encouragement from her classmates at Exeter High, near Launceston.

“All my friends think it’s great, that I’m so young and doing what I’ve been doing” she said.

“They were pretty shocked when I told them I was going to Peru, but they were very excited for me.”

Myers is a goal-setter. She has her eyes on one day lifting for Australia at the Olympics. In the shorter term she’d like to lift at the 2018 Commonwealth Games on the Gold Coast.

In the even shorter term she’s focused on her journey to Lima, Peru. She knows there’s a 16-hour flight in there somewhere.

But don’t expect that to dampen the enthusiasm of a 15-year-old on her way to representing her country.