

## **ROPATI-FROST SMASHES NATIONAL WEIGHTLIFTING RECORDS**

Pint-sized Queensland weightlifter Erika Ropati-Frost broke three national records on her way to victory in the Arnold Weightlifting Classic in Melbourne, but fell just short of lifting double her body weight.

27-year-old Ropati-Frost immediately dedicated her win to the memory of her Grandfather, who passed away two days ago.

She also singled out her husband, Tony, who has only recently overcome a battle with nasal cancer and was in the crowd cheering his wife on.

Ropati-Frost had hoped to clean and jerk 106 kilograms in Melbourne, which would have made her the first Australian woman to lift double her bodyweight.

After smashing 101 kilograms, which easily surpassed the previous record of 99kg, she stumbled slightly while attempting the extra five kilograms and couldn't complete the lift.

Earlier she snatched 80 kilograms, bettering by one kilogram the previous national record.

Her overall total of 181 kilograms is also a new national standard.

"Just to crack that 180kg, lifting as a 53kg lifter, has always been a big goal for me, so to now sit number one in Australia, which is where I want to be leading up to Rio, everything's coming together," Ropati-Frost said.

"I've just got to keep my body together, and hopefully my biggest dream ever, of going to the Olympics, is going to come true.

"My Granddad just passed away two days ago, so I really dedicated this lifting to him.

"I was really hoping to lift well, just so I could do him proud. I think he would be proud of me, so I couldn't be happier."

Ropati-Frost has often said she found inspiration in her husband Tony's determination to beat his life-threatening cancer, but today he revealed it was only his wife's drive that kept him alive.

"It's probably the only reason I got through," he said.

"It was a pretty tough battle, and I had got to the point where I had given up, and I didn't want to do it anymore and the treatment was too much.

"But she reminded me we wanted a life together. She is my motivation, absolutely."