

MORE MEDALS FOR AUSTRALIA AT COMMONWEALTH WEIGHTLIFTING

Australia has won another two silver and two bronze medals to continue its solid performance at the Commonwealth Weightlifting Championships in Penang.

Silver medals went to 2014 Commonwealth Games athlete, Kylie Lindbeck, and world championships lifter Philippa Malone, while Commonwealth Games bronze medallist, Francois Etoundi, and newcomer Ben Shaw picked up bronze medals.

Canberra's Lindbeck has been battling injury since the Glasgow Games, but showed she is back to her best by lifting 93kg in the snatch and 106kg in the clean and jerk to win silver in the women's 75kg division.

Newcastle's Malone, who only took up weightlifting after the Glasgow Games in 2015, already has a Pacific Games gold medal to her name, and can now add a Commonwealth Championships silver medal in the women's 69kg.

Malone successfully snatched 87kg, but missed what would have been a personal best of 89kg, and then lifted 105kg in the clean and jerk to secure second.

Cameroon-born Etoundi, who will be aiming for his third Commonwealth Games for Australia and fourth overall in 2018, took home the bronze in a quality men's 85kg division by snatching 136kg and clean and jerking 166kg, giving him a 302kg total.

Australia's final medal on an action-packed day went to Queensland's Ben Shaw in the 94kg division, with teammate Samuel Kennedy falling just short of also finishing in the medals on his Australian debut.

Shaw, with 135kg, was sitting in the silver medal position and Kennedy, with 132kg, the bronze after the snatch section.

Both lifters followed up with successful lifts at 165kg in the clean and jerk, but Kennedy missed his next two lifts at 171 and 172kg which would have earned him a medal.

Shaw finished with a 300kg total to take bronze, while Kennedy, a strength and conditioning coach with the Sydney Roosters rugby league team, finished fourth.

Competition continues in Penang over the weekend.