

## **ACASON MAKES GOOD START TO WEIGHTLIFTING COMEBACK**

Deborah Acason has made a strong start to her quest to make a fifth Australian Commonwealth Games team, winning the women's 90kg National title in Hobart on Sunday.

33-year-old Acason, a gold medallist at the 2006 Melbourne Commonwealth Games and a two-time Olympian, has been enticed back to the sport by the prospect of lifting in front of a home crowd next year.

"It would be pretty awesome," Acason said after her win on Sunday.

"I'm thinking about it in the back of my head without thinking about it too much, so I'm pretty good at just doing the little steps first.

"But it would mean a huge deal, and to be honest I probably wouldn't be training at the moment if it wasn't on the Gold Coast, I think I probably would have hung up the boots."

There was a good home town win for Tasmania's Camilla Fogagnola in the women's 75kg class.

"I lifted perfectly, six out of six, you can't ask for anything better than that," Fogagnola said.

"The weight selections were not what I had in mind, but they were obviously perfect.

"So this competition just put me in contention for selection for the Commonwealth Championships and Oceania Championships on the Gold Coast in September, they're the next big competitions and I need to lift well at that."

In other results Jacob Marquadt won gold in the men's 94kg, and is looking forward to a challenging year of lifting.

"We've got the Uni World Championships in Taiwan in August, so I'm going to look at that, and then lots of other potential big international events," Marquadt said.

"Just to represent Australia in general would be pretty awesome, but to do it at a Commonwealth Games level, and on home turf, on the Gold Coast, I don't think words could describe how amazing that would be.

"It's definitely tricky, working a couple of part-time jobs and full-time Uni. It's mainly about making sure I train smart and not hard, because I need to stay injury-free."

Zac Grgurevic took the honours in the men's 105kg in his best result since an elbow injury forced him to curtail his lifting.

"I haven't clean and jerked anything above 162 in training, I've been going through some issues lately, coming back from an injury to my elbow," he said.

“The motivation is always there, being a Commonwealth Games year, but just the fact you have to get up every day gives you more motivation so you build up a routine.

“It would be everything for the next four years, but if I don’t get to this one, I’ll try for the one after that. You never give up.”