

XIV PACIFIC GAMES A GREAT SUCCESS!!



Super-star Ele Opeloge (Samoa) +75Kg

The three day weightlifting event which concluded last evening, September 7th, was claimed to be one of the best organised events of the Games. There were close battles, some great lifting and large audiences all day long. The event was televised live to many countries of the world with many VIP's in attendance at different times.

IOC member Kevan Gosper attended two of the categories and presented medals. So did IOC member Robin Mitchell. Quite a few ministers for sports from the different pacific countries were in attendance. And every national Olympic committee also attended to see their athletes in action. From the IOC we also had Nicole Girard-Savoy. She took great interest in the lifters especially those who are on IOC London. scholarships. All Executive Board members of the Pacific Games Council attended. As well as the executive members of the NC2011 including its President, Pascal Bastien-Thiry. In addition we had the President, General Secretary

and Executive Director of the CTOS. Attending as well was the Mayor of Mont Dore, Eric Gay plus quite a number of members of the New Caledonia cabinet. Commonwealth records were set by Samoan superstar Ele Opeloge with 161kg clean & jerk in the 75+kg category. Mary Opeloge also from Samoa set quite a number of Oceania Senior and Junior records. Other highlights were Steven Kari from Papua New Guinea, establishing new Oceania and Pacific Junior records. The best male lifter on Sinclair formula was Steven Kari from PNG whilst in the women was Ele Opeloge from Samoa. It was certainly a very enjoyable event, well organized and very much fitted in with the Games slogan of 'Pacifique Attitude' Congratulations to NC2011 for organising such a great event.



The venue Manager Stéphanie CLEMENT with Andrew MINOGUE, Director of the Pacific Games Council with Lilly COFFA the Competition Manager of weightlifting.



The super-heavy champions of the Games. Samuel Pera (Cook Islands) placed second with 350Kg Total, Itte Detenamo (Nauru) placed first with 380Kg and into third position Danny Nemani (Niue) with a total of 317kg.



WEIGHTLIFTING SCOOPS PACIFIC SPORTS AWARDS

Sunday September 4th was a big day for the sport of weightlifting in Noumea- New Caledonia. The Pacific Games Council Sports awards were held during the PGC Annual congress with Ele Opeloge (Samoa) winning the female athlete of the year for the third consecutive year, whilst the male athlete of the year went to Itte Detenamo (Nauru) Another weightlifter Steven Kari from Papua New Guinea won the junior male award. The popularity and achievements of weightlifting in the region really was showcased on this day.



Steven Kari (Papua New Guinea)



Itte Detenamo (Nauru)



Ele Opeloge (Samoa)

2011 Oceania Weightlifting Federation Annual Congress

Held on Saturday, 03 September 2011 at the spectacular South Pacific Commission in Nouméa, the Oceania Weightlifting Federation (OWF) held its Annual Congress at the cessation of the XIV Pacific Games Technical Congress. OWF President, His Excellency, Marcus Stephen (NRU) and General Secretary, Paul Coffa (AUS), welcomed 21 National Federations to New Caledonia the largest congress in the Federation's 31-year history.

The Congress discussed important matters relating to the sport including the Oceania Institute, Pacific Games, Olympic Solidarity. Life membership was given to Mr Lyn Jones for his outstanding service to the Oceania region. Lyn was the OWF General Secretary from December 1980 to 1983 and President from 1983 to 1992. He was also Executive Board member of the IWF for eight years whilst he was President of Oceania. Life membership was given also to HE Marcus Stephen for his contribution to the region and especially the Pacific islands. He has been an inspiration to so many young aspiring athletes of the region. He was one of the greatest athletes in the Pacific .7 times Commonwealth Games Gold Medallist, Silver Medallist at the 1999 World Championships. Wallis & Futuna will be hosting the 2013 Mini Pacific Games and weightlifting is one of the 8 sports on the programme. For the first time ever, the Oceania Championships will be incorporated with the 2013 Mini Games. This was passed unanimously by the Pacific Games Council congress.



The magnificent South Pacific Commission in Noumea



Paul Coffa with Lyn Jones during the OWF Congress.



Life Membership of the OWF awarded to H.E. Marcus Stephen



Lyn Jones past President of the OWF awarded Life Membership.



The delegates attending the 2011 OWF Congress in Noumea on September the 3rd.

OWF TECHNICAL, COACHING, MEDICAL & ANTI DOPING SEMINAR,



On September 4th a technical and coaching seminar was held with 51 participants from 14 countries from the region. The technical seminar was conducted by Garry Marshall from New Zealand, Vice President of the Commonwealth Weightlifting Federation. Whilst the coaching seminar was conducted by Lyn Jones from Australia. Matthew Curtain who came all the way from London also conducted seminar on running events and also did a presentation on the London 2012. On Thursday 8th September, another seminar was held on injuries, nutrition and doping. Dr. Lisamoni Kami did a tremendous power point presentation covering health care, injuries, anti-doping etc. Whilst Dr. Jackie Kami did an excellent presentation also on nutrition for athletes from the Pacific islands. This presentation was followed by our guest speaker Mr C.K.Tan from Malaysia representing the Zhen-Ao company of China. Mr. Tan attended the Pacific Games and he was very interested to see the enthusiasm

Mr CK Tan Chief Strategy Officer of ZHEN-AO (Malaysia) displayed at the weightlifting event by the Island countries. He made a powerpoint presentation on the excellent work which his company has been doing on nutrition. Following Mr Tan presentation, Paul Coffa spoke on coaching at the Institute and the way lifters should approach major events.



Matthew Curtain speaking on the organization of major events.



Dr Moni Kami making a point on injuries during the seminar.



Some of the participants at the seminar on the second day of lecturing held at the Oceania weightlifting Institute

