



# THE PHOENIX INDEPENDENT

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## PHOENIX AMONGST THE MEDALS AT NATIONALS



**C**ongratulations to our medallists at recent national championships!

Top row - Isabella Lowe King and her National Junior championships bronze (49kg), Matthew Damches, National U/23 championships silver (73kg) and Dante Hosking-Mani, National Junior championships silver (102kg). At right, Tanesha Hosking-Mani, National Junior championships gold and Milos Trnka, National Masters gold.

Layla Bloom (71kg) just missed a medal at the Nationals but set Victorian junior records with her jerk of 101kg and 173kg total. The jerk was also a State U/23 record.

Personal best results were achieved by Isabella and Dante in jerk and total, while Reza Pahlevi Mandala (81kg) registered his best-ever snatch of 100kg and total 230kg. Phoenix was also represented in the U/23 championships by Leo Jaszewski in the 81kg category.

Results and photos of the Junior and U/23 championships inside.



*Photos courtesy AWF Facebook - MomentsByBilbo*

### Inside this issue:

- COMPETITION RESULTS
- NUTRITION FOR OLYMPIC LIFTERS
- GUESTS & SHENANIGANS
- BACK PAGE CARTOON
- ... AND MAYBE MORE

### PHOENIX WEIGHTLIFTING CLUB

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# AUSTRALIAN JUNIOR AND U/23 CHAMPIONSHIPS

Townsville QLD, 21 - 23 April 2023

## WOMEN

### 45KG

Annie Huynh	SA	41	42	83	U/20
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### 49KG

Anja Steidl	WA	55	65	120	U/20
Celine Huynh	SA	54	66	120	U/20
Isabella Lowe King	VIC	50	63	113	U/20
Natasha Bow	NSW	52	58	110	U/20
Christie Mai	NSW	48	53	101	U/20
Rowena Donga	SOL	67	85	152	Guest

### 55KG

Valerie Toh	VIC	51	73	124	U/23
Lara Perry	NSW	49	69	118	U/20
Zoe Christie	QLD	52	65	117	U/20
Audrey Naumoski	VIC	51	60	111	U/20
Lorah Maelosia	SOL	70	80	150	Guest

### 59KG

Monique Hilborn	ACT	70	86	156	U/20
Ashley Kolomoisky	VIC	68	84	152	U/20
Grace Tjerckstra	WA	65	80	145	U/20
Bridgette Mcmillan	VIC	63	76	139	U/23
Nicola Viviers	WA	58	78	136	U/23
Chelsea Cameron	NSW	54	69	123	U/20
Emily Cook	WA	48	65	113	U/20
Halle Mifsud	QLD	0			
Shirmara Wini	SOL	66	87	153	Guest

### 64KG

Nya Hayman	QLD	79	99	178	U/20
Isabelle Paul	NSW	68	87	155	U/23
Sophie Daley	QLD	66	83	149	U/20
Ika Ryan	QLD	61	78	139	U/20
Grace Robinson	NSW	61	76	137	U/20
Saige Groves	QLD	55	76	131	U/20
Tahlia Martin	VIC	58	70	128	U/20
Amelie Uren	WA	47	67	114	U/20
Betty Waneasi	SOL	63	80	143	Guest

### 71KG

Jacqueline Nichele	NSW	94	120	214	U/23
Maddison Power	QLD	78	101	179	U/20
Taiamoni Pakoti	NSW	75	101	176	U/20
Laura Cruickshank	NSW	81	94	175	U/20
Layla Bloom	VIC	72	101	173	U/20
Bronte Cox	NSW	72	100	172	U/23
Ella McIntyre	QLD	72	90	162	U/20
Julia Stanmore	ACT	70	91	161	U/23
Bronte Maund	QLD	69	90	159	U/23
Larochelle Nel	QLD	68	83	151	U/23
Hayley Adams	VIC	60	87	147	U/23
Charlotte Saxton	WA	65	80	145	U/20
Georgia Oberekar	NSW	66	78	144	U/20
Isabel Grylls	VIC	63	76	139	U/20

### 76KG

Jae Daly	NSW	92	13	195	U/23
Kirra Csurhes	QLD	90	95	185	U/23
Mya Venn	TAS	50	64	114	U/20
Essence Hunt	VIC	0			U/20

### 81KG

Macy Brockhurst	QLD	91	111	202	U/23
Imogen Crowell	QLD	78	94	172	U/20
A. Van De Werdt-Holman	VIC	68	96	164	U/23
Ella Naidoo-Golledge	ACT	68	89	157	U/20

### 87KG+

Tanesha Hosking-Mani	VIC	70	90	160	U/20
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## MEN

### 55KG

Stuart Halsey	NSW	61	79	140	U/20
Philip Masi	SOL	85	105	190	Guest

### 67KG

Oliver Leng	VIC	95	118	213	U/20
Nelson Cheng	NSW	91	116	207	U/20
Phillip Nguyen	SA	87	116	203	U/23
Deacon Mercieca	NSW	88	113	201	U/20
Aedam Quinn	WA	90	110	200	U/20
Patrick Natoli	VIC	73	103	176	U/20
Rafael Carabana	NSW	71	92	163	U/20
Ripley Thomson	WA	73	88	161	U/20
Robert Lafisi Hudson	SOL	88	120	208	Guest

### 73KG

Jack Gibson	QLD	104	139	243	U/20
Matthew Damches	VIC	112	130	242	U/23
Vincent Dang	VIC	88	120	208	U/23
Harrison Lin	VIC	76	90	166	U/20
George Sunga Atu	SOL	101	127	228	Guest

### 81KG

Jacob Tout	VIC	110	141	251	U/20
Joshua Swanepoel	QLD	103	135	238	U/20
Aiden Simkin	QLD	107	130	237	U/23
Ben Stockheim	NSW	104	130	234	U/20
Reza Pahlevi Mandala	VIC	100	130	230	U/23
Rhys Stewart	QLD	100	125	225	U/20
Alex Davison	QLD	96	125	221	U/20
Leo Jaszewski	VIC	95	110	205	U/23
Tiago Hallen	ACT	95	110	205	U/20
Samuel Cartwright	QLD	81	108	189	U/20
Jerko Siljeg	NSW	83	100	183	U/20
Dylan Sondergaard	WA	0			
Ricky Huang	NSW	121	0		U/23
Penuel Wate	SOL	101	125	226	Guest

### 89KG

Oliver Saxton	WA	140	170	310	U/20
Patrick Halsey	NSW	120	150	270	U/23
Marcus Moss	VIC	106	140	246	U/23
Benjamin Thomas	QLD	105	134	239	U/23
Benjamin Reid	NSW	105	132	237	U/20
Omer Celik	VIC	102	133	235	U/23
Luke Wells	QLD	101	133	234	U/20
Hugh Whalen	VIC	97	136	233	U/23
Bryton Johnson	NSW	100	125	225	U/23
Elliot Bolaffi	VIC	100	125	225	U/23
Alexander Ioanni	SA	96	112	208	U/23
Herman Strydom	WA	85	115	200	U/20
Nicholas Capaldi	NSW	120	0		

### 96KG

Noah Milford	NSW	128	173	301	U/20
Jaeden Carlyon	WA	113	140	253	U/20
Jett Hoover	WA	100	123	223	U/20
Caleb Davison	VIC	101	121	222	U/20

### 102KG

Leon Vogeler-Schmid	NSW	146	180	326	U/23
Jamie Carroll	SA	102	121	223	U/20
Dante Hosking-Mani	VIC	88	118	206	U/20

### 109KG

Ronan Pua	WA	102	145	247	U/23
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## BEST LIFTERS

**Men Oliver Saxton (U/20 & U/23)**

**Women Jacqueline Nichele (U/23)**

**Nya Hayman (U/20)**

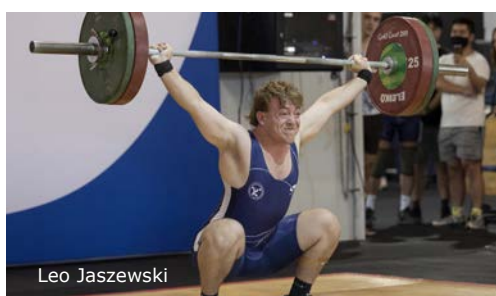
Photos courtesy AWF Facebook - MomentsByBilbo



Oliver Saxton



Jacqueline Nichele



Leo Jaszewski



Isabella Lowe King



Layla Bloom



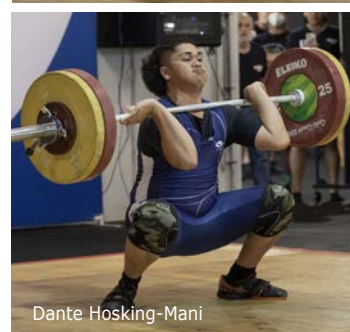
Matthew Damches



Tanesha Hosking-Mani



Reza Pahlevi Mandala



Dante Hosking-Mani

# International lifting returns to Melbourne



Female prize winners - 1.Eileen CIKAMATANA (AUS) 285.903, 2.Feagaiga STOWERS (SAM) 277.726, 3.Leslia FEAPULE (SAM) 244.790 Sinclair score.



Male prize winners - 1.Don OPELOGE (SAM) 407.783, 2.Taniela RAINIBOGI (FIJ) 391.212, 3.John TAFI (SAM) 376.371 Sinclair score.

**M**arch, Melbourne, International weightlifting and Paul Coffa. Throw in those retro Buffalo sports bags and it really was like turning back the clock! Back to when the Moomba International was the most sought after invitation on the domestic weightlifting calendar, by both competitors and spectators. Tight, action-packed sessions of lifting, showcasing Australia's best and featuring international headliners.

It comes as no surprise that the Pacific International Tournament was once again a Paul Coffa-driven initiative, capturing the interest and involvement of lifters from clubs across the whole State as well as many past lifters and, of course, the elite of Pacific weightlifting.

The event did not disappoint. Records were broken and a number of young lifters were exposed to international level weightlifting, which will stand them in good stead.

Female best lifter was dual Commonwealth Games champion, Eileen Cikamatana, who totalled 250kg at 82kg bodyweight. Lifting solidly, Eileen only missed a final attempt of 145kg clean and jerk. Samoa's Feagaiga Stowers, 2018 Commonwealth Games gold

medallist, wasn't too far behind, with a 275kg total in the 87kg+ category, followed by compatriot Leslie Feapule, also in the 87kg+ category.

Commonwealth Games gold medallist, Don Opelege (SAM) was first amongst the men with a total of 370kg, in the process setting a new Commonwealth jerk record of 205kg in the 102kg category. In second place was powerful Taniela Rainibogi (FIJ), a Commonwealth Games bronze medallist, followed by up-and-coming, 21-year old Samoan, John Tafi.

The men's field included two Phoenix lifters - Matthew Damches (73kg) and Karol Strus (102kg). Matthew excelled in the snatch, lifting a personal best 112kg and his only miss was a 135kg jerk, which would have also given him a PB in the total. Karol equalled his best snatch of 120kg but only took one attempt in the jerk with 140kg, so as not to aggravate a minor injury.

Eileen Cikamatana's lifts were all Victorian senior records and promising young lifter, Skye Sriratana (Training Day Gym), broke all the State Youth records in the 76kg category.

## PACIFIC ELITE INTERNATIONAL TOURNAMENT

VWA Stadium 25 March 2023

### SESSION 1- WOMEN

<b>59KG</b>				
Tessa Job	MWBC	70	94	164
<b>64KG</b>				
Ruoni Chen	TDAY	60	75	135
<b>71KG</b>				
Danielle BAGACAY	MELB	81	93	174
<b>76KG</b>				
Avatu OPELOGE	SAM	86	111	197
Teagan NEWMAN	MELB	86	102	188
Essence HUNT	NUI	78	103	181
Bianca HANSEN	OAS	73	102	175
Skye SRIRATANA	TDAY	70	88	158
<b>87KG</b>				
Eileen CIKAMATANA	OWI	110	140	250
<b>87KG+</b>				
Feagaiga STOWERS	SAM	120	155	275
Leslia FEAPULE	SAM	105	135	240
Salofi Folole PEI	NIU	73	85	158

### SESSION 2 - MEN

<b>67KG</b>				
Nevo IOANE	SAM	115	160	275
Eroni TALEMAIGAU	FIJ	88	117	205
Oliver LENG	OAS	86	108	194
<b>73KG</b>				
John TAFI	SAM	131	160	291
Manuila RAOBU	TUV	121	155	276
Matthew DAMCHES	PHO	113	130	243
<b>89KG</b>				
Tovio AH CHONG	SAM	107	145	252
<b>96KG</b>				
Sean ERB	HAW	125	167	292
Sione TATU	NUI	136	155	291
<b>102KG</b>				
Don OPELOGE	SAM	165	205	370
Taniela RAINIBOGI	FIJ	160	193	353
Karol STRUS	PHO	120	140	260
<b>109KG</b>				
William BROWN	OAS	126	175	301
<b>109KG</b>				
Sanele MAO	SAM	151	205	356

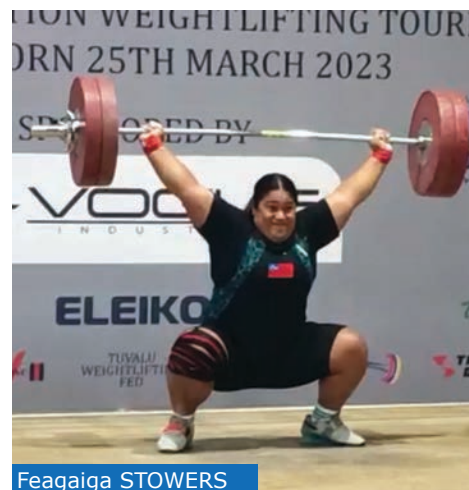




Eileen CIKAMATANA



Skye SRIRATANA



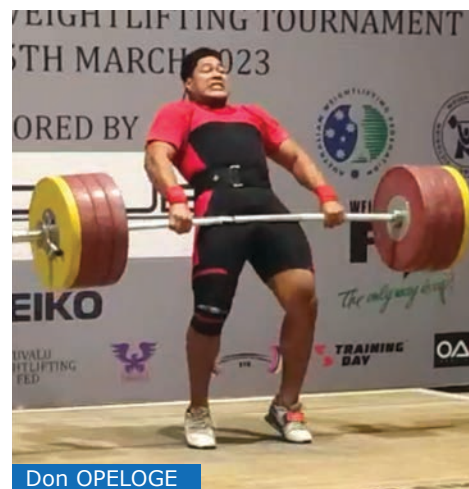
Feagaiga STOWERS



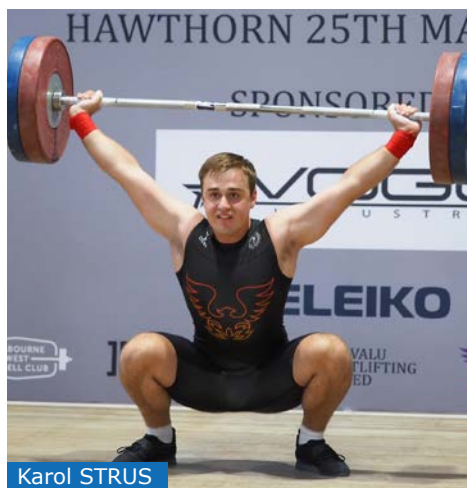
Matthew DAMCHES



*Action from  
the Pacific Elite  
International*



Don OPELOGE



Karol STRUS



Sanele MAO



Taniela RAINIBOGI



Paul COFFA



(L to R) Andy Pollock, Robert Kabbas, Leo Humar, Pedro Sancez, George Ikosidekas, Yourik Sarkisian, Chris Wood, Damian Brown, Harvey Goodman, Vince Alessandrino, Paul Coffa, Tony Damches, Peter Mancuso, Brendan Webster, Ivan Katz, Phillip Christou, Henry Altman, Peter Ikosidekas, Nick Kiss Von Soly, Milos Trnka. What a group!





If you engage in resistance training 3-5 times a week with a structured program, and each session lasts more than an hour or two, you are considered an athlete whether you are competing at the elite level or just lift to pass time like me.

According to research, athletes that eat a well-designed diet that meets energy intake needs and incorporates proper timing of nutrient is the key foundation for a successful training program. Eating in a calories deficient diet or the wrong type of macronutrient may impede training adaptation, which may lead to loss of muscle mass, strength, bone mineral density and susceptible to injuries, disturbance of endocrine function and increased prevalence of overtraining. Therefore, consuming sufficient calories with the right amounts of carbohydrate, protein, and fat is important for athletes to optimize their training and performance.

If exercise performance is your goal and you would like to train day after day and see progress, incorporating good dietary practices as part of your training program will help to optimise your performance. Following are the general guidelines of energy intake recommendations and major nutrient needs for active individuals:

## Consume enough energy

Estimated Energy Requirements (EER) are defined as being the amount of energy required to maintain a healthy individual's energy balance at a given weight, height, age, sex and activity level. There are a number of equations used to estimate energy requirements, the Harris-Benedict equation is the most commonly used in Australia. Below an energy calculator to help you estimate your daily EER.

### Energy Calculator:

<https://www.eatforhealth.gov.au/nutrition-calculators/daily-energy-requirements-calculator>

The primary component to optimize training and performance through nutrition is to ensure the athlete consumes enough calories to offset energy expenditure.

Individuals who participate in a general fitness program such as exercising 30–40 min per day, 3 times per week can easily meet nutritional needs following a normal diet (e.g., 1800–2400 kcals/day or about 25–35 kcals/kg/day for a 50–80 kg athlete).

However, athletes involved in moderate levels of intense training such as weightlifting 2–3 hour per day of intense exercise performed 5–6 times per week, may expend 600–1200 kcals or more per hour during exercise (e.g. 2000–7000

kcals/day or about 40–70 kcals/kg/day for a 50–100 kg athlete).

Once you have determined your EER, next is to set your macronutrients (protein, carbohydrate and fat) at the right ratio to optimise your training performance.

## Protein

Most health organisations recommend a protein intake of approximately 0.8-1.0g per kg of body weight per day for individual with sedentary job with no physical activities. However, it is recommended that athletes involved in moderate amounts of intense training consume 1.2–2.0 g/kg/day of protein (60–300 g/day for a 50–150 kg athlete). These protein doses should ideally be evenly distributed, every 3–4 hours, across the day.

Protein requirement increases as activity levels increase. This is to allow muscle maintenance, recovery, muscle protein synthesis (MPS), improve body composition, strength and hormone profile.

Not all proteins are created equally. Different types of proteins (e.g., casein, whey, and soy) are digested at different rates, which may affect whole body catabolism and anabolism and acute stimulation of muscle protein synthesis. The best dietary sources of protein come

from a lean meat, skinless chicken, fish, egg whites and low-fat milk. If consuming whole food animal protein is not an option, protein powders like whey and plant-based protein powders could be used as a supplement to stimulate muscle protein synthesis and promote exercise training adaptations.

## Carbohydrate

Carbohydrates are key fuel supply for strength athletes who train with moderate to high intensity where the body utilising anaerobic glycolysis pathway to extract fast energy. Therefore, it is important for weightlifters to consume sufficient carbohydrate as a fast energy to fuel the training session.

Individuals engaged in a general fitness program but are not necessarily training to meet any type of performance goal can typically meet daily carbohydrate needs by consuming a normal diet (i.e., 45–55% or 3–5 g/kg/day).

Strength athletes involved in moderate amounts of intense training 2–3 hour per day of intense exercise performed 5–6 times per week typically need to consume a diet consisting of 5–8 g/kg/day or 250–1200 g/day for 50–150 kg athletes of carbohydrate to maintain liver and muscle glycogen stores.

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It is recommended that the majority of dietary carbohydrates should come from complex carbohydrates such as whole grains, tubers, vegetables, fruits. Simple carbohydrates such as refined sugars, starches and engineered sports nutrition products should be consumed closer to training session where glycogen resynthesis needs to occur at accelerated rates.

## Fat

Dietary fat is used for energy production as well as being stored for use later in adipose (fat) cells. The body has the capacity to store around 350g of fat in the liver and muscles, and an almost unlimited ability to store fat in adipose cells. Depending on energy balance and the demands of oxygen, the cells of the body determine whether energy production will come from fat or glycogen (stored glucose). For example, because energy production from fat requires oxygen, burning fat for energy only occurs in the aerobic system. This means that fat burning mainly occurs at rest and low to moderate levels of physical activity.

Energy production from glycogen (glucose) does not require oxygen and can therefore occur in the anaerobic system, for instance during intense exercise such as strength training or weightlifting

The National Health and Medical Research Council (NHMRC) recommends that total fat intake be in the range of 20-35% of total daily energy needs, depending on age and physical activity. It further recommends that fats should come predominantly from mono and polyunsaturated food sources. (e.g. avocados, olive oil, eggs, nuts and seeds, fish oil)

Depending upon the athlete's training goals, the amount of dietary fat recommended for daily intake can change. For example, higher-fat diets appear to maintain circulating testosterone concentrations better than low-fat diets. Generally, it is recommended that athletes consume a moderate amount of fat. For athletes attempting to decrease body fat, the recommendation is to consume 0.5 to 1 g/kg/d of fat.

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This is a generic sample. You can adjust the portion of the ingredient to cater to your specific caloric needs.

## Ingredients 600Cals (2510kj)

Coles free range whole Jumbo eggs .....2pc  
Simply egg whites ..... 50g  
Vitasoy Protein Unsweetened soy milk .. 50g  
Bulla high protein Cottage cheese ..... 50g  
Ancient grains sourdough  
(Woolworth bakery) ..... 75g  
Mayver's peanut butter ..... 15g  
St Dalfour orange marmalade ..... 20g  
Avocado oil spray ..... 2 spray  
Salt and pepper to taste ..... pinch  
Chopped Parsley for garnish ..... 1 tsp  
Dukkah ..... ½ tbsp

## Macro nutrient breakdown:

Protein	36g
Fat	30g
Carbohydrate	44g
Total Calories	602Kca

## Directions

1. On a medium heat non-stick pan, spray a thin layer of avocado oil
2. Whisk together whole eggs, egg whites, soy milk with pinch of salt and pepper in the bowl, and pour onto the pan to evenly cover the entire surface, ensure the mixture come up to the rim of the pan to create a thin crust when cooked.
3. Let the mixture cook for 3-5 minutes until slightly thicken. Spread cottage cheese on top of thick mixture, allow the mixture to solidify for another 3 minutes. Reduce the heat to allow mixture slowly dry out for another 1 minute.
4. While waiting, put the sourdough in the toaster.
5. When the thin crust of omelette is detaching off the rim of the pan, the omelette is ready.
6. Slowly remove the omelette from the pan, sprinkle with chopped parsley and dukkah, serve hot with freshly toasted sourdough with peanut butter and orange marmalade.

## Recipe Corner

### High protein cheese omelette (Vegetarian)

Assuming most people who read this post are involved in weightlifting and have a day job or study. If this is you, exercise performance is your goal. You need to eat enough to fuel your body for performance and recovery. From a sport nutrition perspective, getting enough protein is the first priority, followed by choice of eating high carbohydrate, low fat if eating closer to the training session; or lower carbohydrate and higher fat if training session is later in the day.

This is an easy to make weekdays high protein vegetarian breakfast meal, ideal for every morning before rushing off to work or school. Ingredients used are affordable and commonly found at the local Coles and Woolworth. You are welcome to swap with the similar ingredients from another brand.



Recipe by  
Suat Koay



## In Memoriam



### Zbigniew Kaczmarek

21 July 1946 - 15 May 2023

**World Champion and Olympic medallist; World record holder.**

Zbigniew Kaczmarek as one of Poland's greatest weightlifters, winning multiple medals at the Olympic Games, World and European Championships.

Breaking into Poland's national team in 1969, Kaczmarek won the bronze medal at that year's World championships in Warsaw. The following year, he became World Lightweight (67.5kg) champion by outlifting his idol, Poland's best-ever weightlifter and reigning Olympic champion, Waldemar Baszanowski, a victory that he repeated in 1971. Kaczmarek went on to win an Olympic bronze medal (Munich 1972), three silver and one more bronze at World championships and medals of various colours at all European championships between 1969-1978, making his final appearance at international level at the 1980 Moscow Olympic Games, where he placed 6th at the age of 34.

Kaczmarek achieved his dream of setting a world record in 1976, snatching 139.5kg in the Lightweight category. In 1981, he emigrated to Germany, where he won several National titles and worked as a lab technician.



### Rolf Maier

16 December 1936 - 30 March 2023

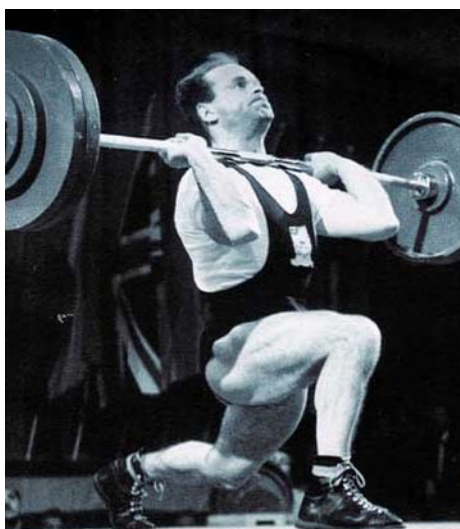
**European medallist; Olympian**

Rolf Maier was one of the World's leading Middleweights (75kg) in the 1960's, representing

France at three Olympic Games (Rome 1960, Tokyo 1964, Mexico 1968) and winning a bronze medal at the 1965 European Championships.

In an era dominated by Eastern Europeans, Maier was a shining light for French weightlifting. His breakout year was 1962, when he defeated France's best lifter and world championships medallist, Marcel Paterni, and set a national clean and jerk record of 160kg.

Hailing from a mining region in Northern France, Maier is remembered as a tough, pugnacious and hard training athlete, who went on to a successful coaching career after retiring from competition.



### Sir Ben Helfgott

22 November 1929 - 16 June 2023

**Commonwealth Games medallist; Olympian; Holocaust survivor**

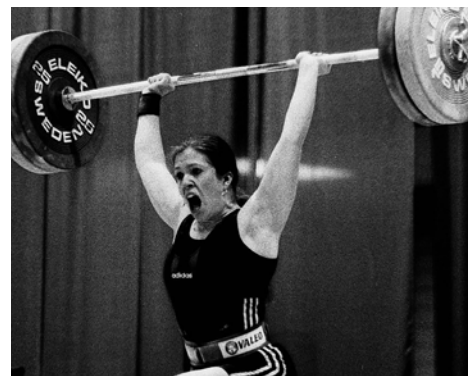
Born in Poland, Benjamin "Ben" Helfgott lost his parents and younger sister to the atrocities of the Holocaust. He survived the horrors of Buchenwald and Schlieben concentration camps, eventually being liberated by Czech partisans in Theresienstadt and brought to England at the age of 15, as one of "the Boys", a group of more than 700 young Holocaust survivors.

In Britain, Helfgott built a life as a leading clothing manufacturer and Olympic weightlifter, also devoting himself to others who had had experiences similar to his own, but who had not achieved his degree of success.

Helfgott won a bronze medal for England at the 1958 British Empire and Commonwealth Games in Cardiff (Wales) and was selected twice to represent his country at the Olympic Games (Melbourne 1956, Rome 1960). He also won gold medals at the World Maccabiah Games in 1950, 1953 and 1957.

In 2005, Helfgott was awarded Poland's highest civilian award, the Commander's Cross of the Order of Merit. He was appointed MBE in 2000 and his tireless charity and communal work led to his knighthood in 2018.

As a motivational speaker for the British Olympic Team prior to the 2012 London Olympic Games, Sir Ben inspired countless individuals with his compelling life story, resilience and unwavering determination.



### Lea Rentmeester Hendrix

17 September 1973 - 11 May 2023

**Pan American champion; USA Weightlifting Hall of Famer**

Dr. Lea Marie Rentmeester Hendrix was a trailblazer for women's weightlifting. Dr. Hendrix's weightlifting journey began in seventh grade under the guidance of coach Dave Gremore in Wisconsin. She quickly rose through the ranks, becoming many times national champion and American record holder. Her career highlight was winning the gold medal at the 1999 Pan American Games, with a total of 215kg at 69kg. In 2006, she was inducted into the USA Weightlifting Hall of Fame.

Dr. Hendrix earned a PhD in Information Technology in 2022. She was also an avid motorcyclist, and a talented artist who created beautiful drawings and watercolors.



### Harvey Newton

19 March 1948 - 29 March 2023

**Coach; Author; USA Weightlifting Hall of Famer**

Harvey Newton was a well-respected figure in the American and international weightlifting community, with many friends in Australia.

A USA Weightlifting Hall of Famer, Newton held a number of positions, including USA Weightlifting Executive Director (1982-1988), Olympic Team Coach (1984), the first National Team and Resident Coach at the United States Olympic Training Center (1981-1984) and National Strength and Conditioning Association Executive Director (1995-1999).

Harvey Newton was a decorated Marine, receiving the Purple Heart for his service in Vietnam. He held a Bachelor of Arts in Psychology and a Master's Degree in Sociology.



# GUESTS & SHENANIGANS

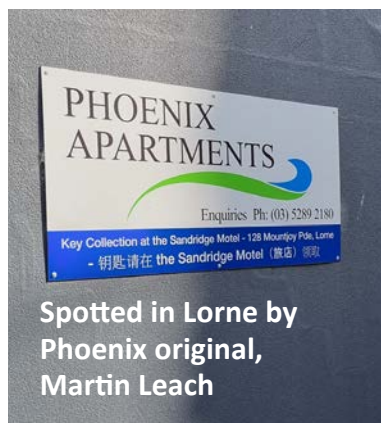


Olympian and Commonwealth Games medallist Charles Garzarella reunited with his old coach, Paul Coffa. Thank you Charles for the screens donated to our Club!

Another of Paul's former lifters, James Perceval (right), and Dan, who runs The Iron Stronghold in the Bega Valley, joined us for an impromptu technique session (Dan lifted, James watched) with an eye on introducing Olympic lifting at Dan's Gym.



The Golden Greek, Bill Stellios, with "Phoenix", the Maltese Poodle.



Spotted in Lorne by Phoenix original, Martin Leach



Adam Kabbas hit the jackpot with Rise of the Phoenix, recently spotted in Ballarat, and in a similar vein (below) Rising Phoenix in Sydney, relayed by Connie "Mrs Golden Greek" Stellios.



A panoramic contribution from Bach while in Townsville



... and Ivan can see a Phoenix in the sky!

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**ELITE** Pacific island weightlifters joined gold medal-winning weightlifters or Eileen Chikamatsu in Dromana on Friday 24 March, as they trained for the Pacific Elite International Weightlifting Tournament in Hauraki on Saturday.

The Samoan athletes were brought to Dromana by peninsula resident and international weightlifting coach Paul Coffa MBE who said he wanted to give peninsula residents a chance to see the athletes in action before the weekend tournament.

After competing and the working as Australia's national coach, Coffa moved to Naure decades ago as weightlifting was taking off across the Pacific, before moving back to Australia during the pandemic.

Fiji-born Chikamatsu, who also moved to the Mornington Peninsula during COVID to train at Coffa's Dromana gym, was a star attraction of the tournament.

Coffa - who was last year inducted into the IWF Hall of Fame after more than 60 years of service to the sport and the athletic elite - "superstar" who had a good chance of winning gold at the next Commonwealth Games.

He said Saturday's tournament gave the audience three hours of "world-class weightlifting".

**Power display by Pacific weightlifters**

**Eileen was front page news in the Southern Peninsula News**

Picture: Yael



## HWC ALBY DUTTON MEMORIAL - COFFA CUP ROUND 3

VWA Stadium 17 June 2023

### WOMEN

**49KG**  
Isabella Lowe King PHO 52 64 116

**55KG**  
Brittany Smith OWC 49 66 115

**59KG**  
Maria Paradisis GWC 74 80 154  
Hope Giacoppo AFC 46 61 107

**64KG**  
Zoe De Gersigny ATL 83 102 185  
Katrina Borg IRO 75 90 165  
Lydia McCloskey HWC 71 86 157  
Melissa Waddington BWC 70 82 152  
Hayley Adams GWC 64 88 152  
Malaika Jaovisidha HWC 56 70 136  
Ezreena Aladin 40 55 95

**71KG**  
Layla Bloom PHO 77 106 183  
Lily Morrison PSP 74 93 167  
Jessica Dudgeon HWC 65 83 148  
Simone Thompson BWC 63 78 141  
Rebecca Gulle GWC 50 83 133  
Katrina Jorna PHO 51 56 107  
Steph Santamaria AFC 75 0 0

**76KG**  
Essence Hunt NIU 78 107 185  
Isabella Andueza 78 100 178  
Kiera Bulluss HWC 64 83 147  
Emily Crank CCW 62 79 141  
Caisha Tanis AFC 37 49 86

**81KG**  
Estelle Tilley MWBC 80 100 180  
Carly Smit 76 93 169  
Rose Auleebux GWC 56 82 138

**87KG**  
Eileen Cikamatana OWI 110 140 250

**87KG+**  
Eliza Brebner Griffin HWC 83 104 187  
Kaitlyn Patten OWC 65 89 154

### MEN

**67KG**  
Jacob Sanderson OWC 87 115 202

**73KG**  
James Delaney HWC 105 140 245  
Chris Ackland IRO 99 128 227  
Tim Fitzpatrick HWC 97 130 227  
Oliver Leng OWC 0 0 0

**81KG**  
Cameron Kuszla IRO 111 129 250  
Cheok Seng Lee PHO 108 132 240  
Reza Pahlevi Mandala PHO 95 131 226  
Jason Shiff 92 120 212  
Martin Ta 90 115 205  
Anthony Greco AFC 80 102 182  
Vlad Panoschi LG 73 95 168

**89KG**  
Gurjeet Singh Rai INP 110 141 251  
Marcus Moss PSP 108 138 246  
Hugh Whalen BWC 102 140 242  
Clint Iacune MWBC 100 123 223  
Zayaam Ali 94 127 221  
Domenic Greco AFC 61 79 140  
Raymond Amos CCW 108 0 0  
Hamish Duncan HWC 0 0 0

**96KG**  
Nicodemus Scheelings 122 150 272  
Nicholas Da Cruz AFC 120 135 255  
Marcus Disipio 115 135 250  
Andrew Kentish PHO 110 125 235  
Jacob Fevreau OWC 84 111 195  
Isaac Lawry 70 96 166  
Joshua Wheeler PSP 70 96 166

**102KG**  
Laiton Frisk PSP 120 150 270

**109KG**  
William Brown OWC 130 175 305

**109KG+**  
Zac Grgurevic PHO 132 170 302  
Nick Dyson OWC 123 155 278  
Zac Millhouse 115 145 260  
Connor Hale PSP 90 110 200

## Competition Highlights

Layla Bloom went on a record-breaking spree, her 106kg clean and jerk setting new Victorian Junior, U/23 and Senior records while her 183kg total was a new Junior and U/23 record in the 71kg category. Layla's snatch of 77kg was also a new personal best.

Isabella Lowe King also joined in with her total of 116kg setting new Victorian Youth and Junior records in the 49kg category. Isabella's snatch and jerk were new personal bests.

Cheok Seng Lee qualified for the senior nationals with PBs across the board in his total of 240kg in the 81kg category.

Katrina Jorna (71kg) added 3kg to her PB snatch with 51kg and also reached a new mark in the total, adding 1kg to her previous best.

Reza Pahlevi Mandala's jerk of 131kg was a new personal best in the 81kg category.

Andrew Kentish (96kg) equalled his best snatch of 110kg but unfortunately was ruled out with 130kg jerk which would have given him a PB total. **A plea to referees everywhere - if you see something wrong with a jerk, please push the red button straight away, don't make the lifter struggle to get the "Down" signal only to rule them out, wasting energy and risking injury for nothing.**

Zac Grgurevic rounded out the day with a win in the Supers, totalling 302kg.



Victorian Junior, U/23 and Senior record jerk

LAYLA BLOOM



Victorian Youth and Junior, record total

ISABELLA LOWE KING



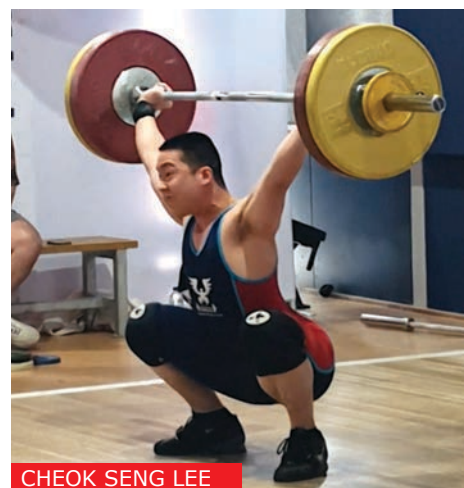
REZA PAHLEVI MANDALA



ANDREW KENTISH



ZAC GRGUREVIC



CHEOK SENG LEE



KATRINA JORNA





## Who said that?

(Otherwise known as Stupid Quotes)

*"Can you get Kosher bacon?"*

**- Matt Damches**

*You can't knock a guy for trying to educate himself! Remember, there's no such thing as a stupid question...*

*"You know what they call me? Dolphin."*

**- Dante**

*Hopefully that has something to do with his swimming.*

*"Engineering never saved lives."*

**- Alex Marcou**

*Whereas lawyering...*

**Bach:** *What are you sniffing at? The general musk of the gym?"*

**Marcus:** *I AM the general musk of the gym!*

*No argument there!*

*[Chinese Opera playing on radio]*

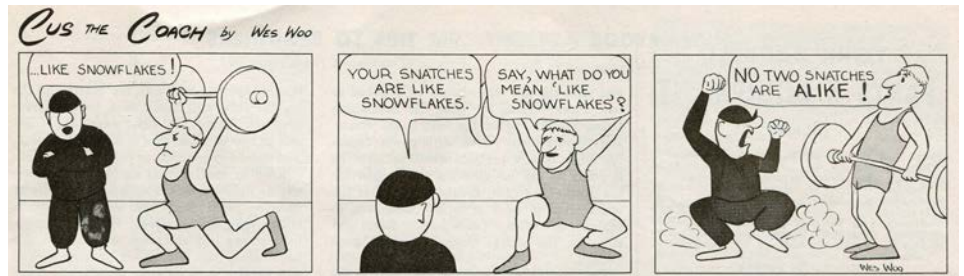
*"Is that from the scene in Kung Fu Panda?"*

**- Scott**



## BACK PAGE CARTOON

Many of my lifters would have been familiar with the expression "Like snowflakes". I borrowed it from this cartoon, published in American magazine "Strength & Health", a must-have magazine in pre-internet days, if you were a serious lifter. The cartoon is by Wes Woo, who I got to meet years later when he was Canada's coach at Olympic and Commonwealth Games.



*It's great to have lifting events live streamed these days - for some added entertainment, turn off the volume and activate auto subtitles, then try to figure out what they mean :-)* Here are a couple of samples from the Junior & U/23 Nationals:



Rank	Year	State	Score	70	70	70	88	91	95	70
anmore	2001	ACT	68.37	70	70	70	88	91	95	70
elle Nel	2000	QLD	67.86	68	70	70	80	83	86	68
te Saxton	2004	WA	68.68	60	63	65	75	80	83	65
on Power	2003	QLD	70.75	75	78	81	95			78

1:00

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*a Cody time money went to throw in the snacks for the best of 75*

*.. not to mention our own Isabella was introduced (according to subtitles) as "Is a Low Low King" and one of her lifts earned her "Three what lots".*