



THE PHOENIX INDEPENDENT

Vol. 21 Issue 3 • NOVEMBER 2023

2023 IAN LAURIE CUP



Matthew Pit turned back the clock to win this year's Ian Laurie Cup, presented by Bronwyn Laurie and grandchildren Elaina and Aiden. **Frank Elliott** won the Best Male Lifter award for the second year running and **Layla Bloom** took out the Eric Rosario Cup for Best Female Lifter (presented by Alois Rosario and accepted by coach Harvey Goodman).

Full results and photos inside.



BREAKING NEWS

Layla placed 9th at the Junior World Championships with a 6/6 performance. Layla's total was 182kg (78+104), very commendable considering Year 12 studies and examinations up to the day before she left for Mexico.

ILC2023



Jacob Sanderson



Melanie Bennett



Layla Bloom



Isabella Lowe King



Isabel Grylls



Elise Schack



Scott Pavlovic



Andrew Kentish



Zach Wallace



Nic Scheelings



Matthew Pit



Frank Elliott

IAN LAURIE CUP

Saturday 9 September 2023 • VWA Stadium, Hawthorn

SESSION 1	YOB	Club	Bwt	Sn	C&J	Total	*Sinclair Pts
Jacob SANDERSON	1998	Oasis	70.40	91	117	208	286.80
Martin TA	2003		74.10	92	116	208	277.85
Mark SUN	1989	Phoenix	71.80	78	99	177	241.05
Dan HOOD	2004	SA	70.50	74	93	167	230.06
Vlad PANOSCHI	2007	LG	79.10	77	101	178	228.90
Damien HEWISH	1964	Phoenix	59.60	65	81	146	225.73
James GOSS	2004	Phoenix	76.65	75	90	165	216.04
Dante HOSKING-MANI	2006	Phoenix	97.05	85	100	185	214.88
Gian CONDE	1999	Phoenix	95.50	75	85	160	187.16
Alex ZHOU	1999	Phoenix	95.85	70	90	160	186.85
Christos CHRISTOU	2010	Melb West	58.00	39	50	89	140.43

SESSION 2

Layla BLOOM	2005	Phoenix	70.55	74	106	180	221.49
Elise SCHACK	1993	Oasis	74.15	71	90	161	193.10
Isabella LOWE KING	2007	Phoenix	48.70	54	68	122	191.67
Isabel GRILLS	2008	Gippsland	71.70	70	84	154	187.89
Melanie BENNETT	1996	SA	46.85	49	65	114	184.74
Jessica BERRY	1984	Phoenix	75.30	68	85	153	182.11
Tanesha HOSKING-MANI	2004	Phoenix	84.20	63	83	146	165.26
Phoebe (Hsin-Yu) YAO	1984	Phoenix	58.45	51	65	116	159.71
Tanita JACKSON-DYER	1981	Oasis	69.55	50	74	124	153.76
Jennifer ZEVEN	1978	SA	115.55	61	85	146	150.13
Katrina JORNA	1986	Phoenix	67.50	48	58	106	133.63
Mia GAINSMITH	2007	CFDV	57.00	43	51	94	131.61
Jewel BANKS	2003	Tasmania	114.40	57	70	127	130.85
Sherilyn MOFFITT	1964	Melb West	57.60	37	53	90	125.12
Kim NGUYEN	1999	Phoenix	72.60	45	58	103	124.86
Ellie ZALCMAN	2010	Phoenix	46.65	35	40	75	121.96
Chloe POWER	2006	Iron Tribe	100.35	47	67	114	121.32

SESSION 3

Frank ELLIOTT	1991	SA	88.60	132	169	301	364.64
Nic SCHEELINGS	1986		97.00	131	158	289	335.75
Zach WALLACE	1997	SA	82.30	115	150	265	333.43
Matthew PIT	1991	Phoenix	87.60	110	150	260	316.75
Karol STRUS	1999	Phoenix	101.25	115	145	260	296.66
Reza Pahlevi MANDALA	2000	Phoenix	80.45	100	131	231	294.27
Andrew KENTISH	1993	Phoenix	94.85	115	130	245	287.46
Nicholas HENG	1994	Oasis	79.70	90	128	218	279.16
Scott PAVLOVIC	1979	Phoenix	88.45	100	130	230	278.86
Thomas HARRIS	1993	Gippsland	88.35	96	131	227	275.38
Marcus TAN	2001	Phoenix	87.65	90	120	210	255.76

**The Sinclair Formula is an internationally recognized system designed to figure out who is the best male or female lifter across all weight categories. The Sinclair Total is calculated by taking an athlete's Total and multiplying that number by a computed 'Sinclair Coefficient'. This coefficient is a number, dependent on the lifter's bodyweight, which is calculated by a defined mathematical process completed at the end of every Olympic Games cycle, based on the then current world records, in order to bring all Totals up to their equivalent at the top end of the highest bodyweight category. Club President and resident mathematician, Michael Noonan, applies a formula he has devised which converts the female score to its male equivalent, thus giving all members, male and female, an opportunity to win the Ian Laurie Cup.*

RECORDS

DAMIEN HEWISH - Masters 55-59 AUS & VIC records CJ (81), Total (146) 61kg Cat
 ISABEL GRILLS - U15 VIC records Snatch (70), CJ (84), Total (154) 76kg Cat
 ISABELLA LOWE KING - Youth & Junior VIC records Snatch (54), CJ (68), Total (122) 49kg Cat
 SHERILYN MOFFAT - Masters 55-59 VIC records Snatch (37), CJ (53), Total (90) 59kg Cat

PERSONAL BESTS

ALEX ZHOU Snatch 70 (+8), CJ 90 (+10), Total 160 (+18)	JENNIFER ZEVEN Snatch 61 (+1), Total 146 (+1)
ANDREW KENTISH Snatch 115 (+5), Total 245 (+5)	JEWEL BANKS Snatch 57 (+1), CJ 70 (+2), Total 127 (+4)
CHLOE POWER Snatch 47 (+1), CJ 67 (+7)	MARK SUN CJ 99 (+1), TOTAL 177 (+4)
CHRISTOS CHRISTOU Snatch 39 (+2), CJ 50 (+3), Total 89 (+5)	MARTIN TA Snatch 92 (+1), CJ 116 (+1), Total 208 (+3)
DAN HOOD Snatch 74 (+2), CJ 93 (+3), Total 167 (+5)	NICHOLAS HENG CJ 128 (+1)
GIAN CARLO CONDE Snatch 75 (+10), Total 160 (+10)	REZA PAHLEVI MANDELA Total 231 (+1)
ISABEL GRILLS Snatch 70 (+6), CJ 82 (+2), Total 154 (+8)	THOMAS HARRIS Snatch 96 (+1), CJ 131 (+6), Total 227 (+1)
ISABELLA LOWE KING Snatch 54 (+2), CJ 68 (+1), Total 122 (+3)	VLAD PANOSCHI Snatch 77 (+4), CJ 101 (+5), Total 178 (+10)
JACOB SANDERSON Snatch 91 (+1), Total 208 (+2)	ZACH WALLACE Snatch 115 (+3), CJ 150 (+2), Total 265 (+5)



MORE IAN LAURIE CUP ACTION

Damien Hewish



Christos Christou



Alex Zhou



Dante Hosking-Mani



Gian Conde



Vlad Panoschi



Jessica Berry



Katrina Jorna



Jennifer Zeven



Kim Nguyen



Jewel Banks



Marcus Tan





We were honoured by the presence of the Laurie and Rosario families!



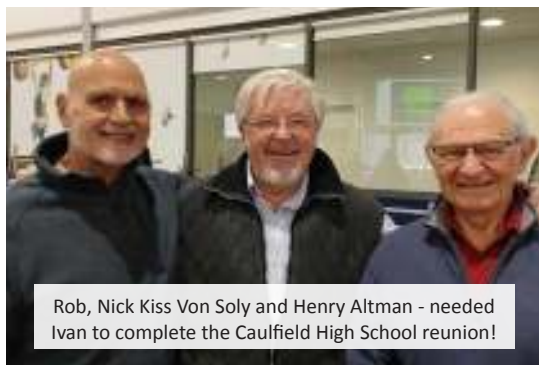
James Perceval, Vince Alessandrino with Rob and Ivan.



Marc Mansour and Damian Brown.



Martin Leach, Ragu Appudurai and Rob.



Rob, Nick Kiss Von Soly and Henry Altman - needed Ivan to complete the Caulfield High School reunion!



Buy it Steph!



Chris Wood, Gael Martin and Tony Pignone.



Past Hawthorn team mates, Joe Vitacca and Henry Altman.



Niamh, Brigid and Liam.



Leo Ryan, Andrew Forrest and Tony Pignone (All glasses off).



Geordie and Dylan.



Paul Coffa with two of his star pupils, Martin and Harv.



Thank you, Diane (and thank you Brumby's Ashburton)



2023 AUSTRALIAN SENIOR CHAMPIONSHIPS

4 - 6 August 2023

(First 3 places only. Full results at awf.com.au)

WOMEN

45KG

Melanie Bennett	SA	44	60	104
-----------------	----	----	----	-----

49KG

Mena Aracri	WA	58	74	132
Jianne Gungon	NSW	55	70	125

55KG

Karli Duesbury-Marek	QLD	72	95	167
Tessa Job	VIC	70	91	161
Le Minh Thu Huynh	SA	66	87	153

59KG

Kayla Miller-Gorce	QLD	76	87	163
Sarah Hearn	QLD	69	92	161
Raagini Rampal	NSW	72	88	160

64KG

Brenna Kean	VIC	82	109	191
Zoe Pukekura	NSW	85	105	190
Gabi Scaffidi	WA	81	100	181

71KG

Olivia Kelly	QLD	97	118	215
Layla Bloom	VIC	76	106	182
Danielle Bagacay	VIC	79	100	179

76KG

Ebony Gorincu	QLD	85	111	196
Teagan Newman	VIC	87	104	191
Jae Daly	NSW	87	104	191

81KG

Macy Brockhurst	QLD	85	112	197
Gentiana Muriqi	VIC	80	101	181
Estelle Tilley	VIC	81	94	175

87KG

Eileen Cikamatana	VIC	110	146	256
Tara Pratt	WA	92	115	207
Annabel Thomson	NSW	82	104	186

87KG+

Jasmine Stimson	NSW	82	113	195
-----------------	-----	----	-----	-----

MEN

67KG

Daniel Pitisano	VIC	101	132	233
Jason Ager	WA	97	132	229
Linh Nguyen	VIC	97	125	222

73KG

James Delaney	VIC	113	146	259
Isaac Searant	NSW	117	140	257
Jack Yang	NSW	116	137	253

81KG

Rory Scott	QLD	130	161	291
Ricky Huang	NSW	128	150	278
James Norman	QLD	120	148	268

89KG

Oliver Saxton	WA	145	180	325
Ryven Ewing	QLD	135	165	300
Frank Elliott	SA	125	168	293

96KG

Noah Milford	NSW	130	175	305
Sean Erb	VIC	125	169	294
Beau Garrett	QLD	125	168	293

102KG

Jakob Daniels	QLD	125	169	294
Laiton Frisk	VIC	128	165	293
Adrian Carey	NSW	127	162	289

109KG

Jackson Roberts-Young	NSW	150	195	345
Matthew Lydement	QLD	153	180	333
William Brown	VIC	139	186	325

109KG+

Luke Gardner	QLD	120	169	289
Zac Grgurevic	VIC	132	155	287
Zachary Courtney	TAS	133	150	283

PHOENIX LIFTERS

Photos: AWF / MOMENTS BY BILBO



LAYLA BLOOM - Silver Medal!



EILEEN CIKAMATANA (VIC)



CHEOK SENG LEE - First Senior Nationals!



OLIVER SAXTON (WA)



MICHAEL CENSORI 262KG (6th)



OLIVIA KELLY (QLD)



ZAC GRGUREVIC - Silver Medal



JAMES DELANEY (VIC)

In Memoriam



Joe Brent

28 October 1942 - 17 August 2023

6-time Australian Champion; Commonwealth Games Representative (1966,1970)

Joe Brent was born in Calabria, Southern Italy, as Giuseppe Carmelo Brancatisano and arrived in Australia at 8 years of age. He began lifting in 1958 at the Revesby Community Hall and went on to win 6 Australian senior championships from 1965-1971 as a lightweight (67.5kg).

Joe excelled in the Press, having a world class personal best of 142.5kg, usually giving him a huge early lead that his competitors rarely made up in the Snatch and Clean & Jerk. Although he competed for a couple of years after, Joe's career was greatly affected by the removal of the Press from the competition program in 1972.

Joe was well known to many of our members, having attended a couple of Ian Laurie Cups, and of course, our older members remember him competing. His love of weightlifting kept him active and pushing weights past 80 years of age at his friend, Olympian George Vasil's gym, in Sydney.



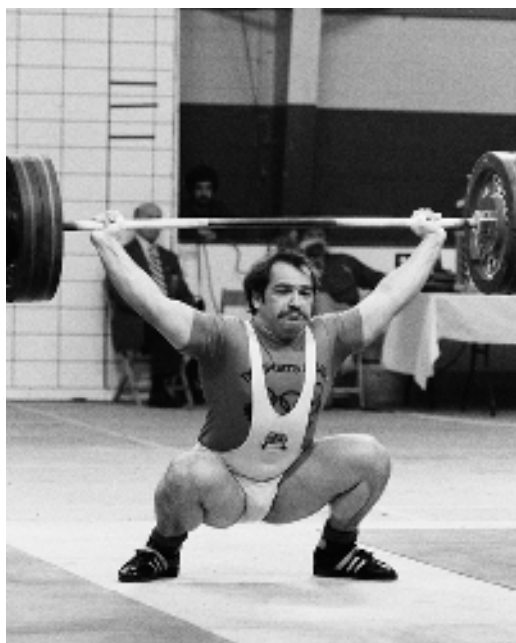
Adam Gnatov

9 September 1944 - 20 July 2023

World Record Holder; USSR Champion

Adam Gnatov set 14 world records in a career that saw him raise the Flyweight (52kg) Press record from 102.5kg in 1969 to 120.5kg in 1972. At a height of 132cm, Gnatov struggled in the Snatch, which ultimately limited his ability to represent the USSR at the highest international level, although he did win a silver medal at the 1972 European championships.

In domestic competition, Gnatov won gold medals at the 1971 USSR championships, 1971 USSR Spartakiade in 1971 and 3 USSR Cups (1970 -1972). Overall, he was a medallist at 8 USSR championships, including Press gold in 1970, 1971 and Clean & Jerk gold in 1971, 1972, 1974 and 1975.



James "Butch" Curry

20 February 1953 - 15 September 2023

USA Champion; Olympian

James "Butch" Curry Jr. was a larger than life figure who loved weightlifting. Butch was selected to represent the US at the 1980 Moscow Olympic Games and competed in Melbourne at our Olympic Trials that year. Unfortunately, Butch missed his opportunity to compete in Moscow due to the USA's ill conceived boycott of the Games, a bitter pill to swallow. Butch returned to Australia to compete at the 1981 SGIO Games, where he had many friends.

Butch was born in Queens, New York, and he followed his father's footsteps into the sport of weightlifting, winning a number of junior titles and ultimately the US senior national titles in 1979 and 1980 at midheavy (90kg).

Following his lifting career, Butch spent time as a technical official, coach, USAW Board member and Pacific Weightlifting Association Chairman for 19 years. He was a tireless promoter of the sport, in person and online at his OWOW! (Olympic Weightlifting On Web) liffillyadie.com, one of the earliest websites dedicated to Olympic weightlifting.

VICTORIAN SENIOR & AGE GROUP CHAMPIONSHIPS

20 - 22 October 2023

WOMEN

SNR U23 JUN YTH

49KG

Isabella Lowe King	PHO	53	69	122	1	1	1	1
Laura Godwin	MEL	44	57	101	2	2		
Ellie Zalcmann	PHO	37	48	85				2

55KG

Tessa Job	GWC	76	94	170	1			
Brittany Smith	OWC	52	63	115	2			
Audrey Naumoski	GWC	52	62	114			1	

59KG

Kiana Elliott	Guest	86	106	192				
Maria Paradisis	GWC	70	78	148	1			
Bridgette Mcmillan	MWBC	64	80	144	2	1		
Valerie Toh	IRO	61	81	142	3	2		
Mia Gainsmith	DIA	51	72	123			1	1
Lavinia Wellesley	LG	40	48	88				2

64KG

Cait Lee		71	88	159	1			
Ruoni Chen	TD	64	81	145	2			
Ashleigh Huggins	TD	60	72	132	3			
Malaika Jaovisidha	HWC	55	68	123	4			
Hayley Adams	GWC	-	58	-				

71KG

Lydia McCloskey	HWC	71	81	152	1			
Jessica Dudgeon	HWC	61	81	142	2			
Rebecca Mcconnell	IRO	54	70	124	3			
Tahlia Martin	GWC	54	64	118		1	1	1

76KG

Teagan Newman	MWBC	86	102	188	1			
Bianca Hansen	OWC	84	100	184	2			
Elise Schack	OWC	74	96	170	3			
Isabel Grylls	GWL	74	90	164	4	1	1	1
Skye Sriratana	TD	70	88	158	5	2	2	2

81KG

Estelle Tilley	MWBC	80	100	180	1			
Emily Crank	CCW	59	74	133	2			

87KG

Eileen Cikamatana	OWI	105	140	245	1			
A. VanDeWerd-Holman	MWBC	71	92	163	2			

87KG+

Eliza Brebner Griffin	HWC	84	110	194	1			
Villani Hiram	MWBC	69	100	169	2	1	1	
Chloe Power	IRO	48	63	111				1

MEN

61KG

Christos Christou	MWBC	45	50	95				1
-------------------	------	----	----	----	--	--	--	---

67KG

Jacob Sanderson	OWC	90	115	205	1			
-----------------	-----	----	-----	-----	---	--	--	--

73KG

James Delaney	HWC	113	150	263	1			
Tim Fitzpatrick	HWC	98	124	222	2			
Oliver Leng	OWC	93	115	208	3	1	1	1
Vincent Dang		95	112	207	4			
Hugh Tran		86	107	193	5	2		
Blair Buttigieg	EDU	52	65	117				2

81KG

Nicholas Heng	OWC	100	127	227	1			
Reza Pahlevi Mandala	PHO	100	127	127	2	1		
Sebastian Robinson	MWBC	98	127	225	3			
Sam Storer		90	127	217	4			
Vlad Panoschi	LG	78	103	181		1	1	

89KG

B.J. Wijewickrama	INP	113	150	263	1			
Surjeet Singh Rai	INP	113	136	249	2			
Clinton Iacuone	AFC	99	131	230	3			
Jack Smith	BWB	82	115	197		1		

96KG

Michael Censori	PHO	105	145	250	1			
Jake Le Cerf	HWC	105	140	245	2			
Mitchell John Stoop	GEE	105	137	242	3			

Andrew Kentish	PHO	115	125	240	4			
Caleb Davison		108	132	240			1	1
102KG								
Sean Erb	HWC	115	150	265	1			
Karol Strus	PHO	110	140	250	2			
Joshua Cox	BWB	-	-	-				
109KG								
William Brown	OWC	132	170	302	1			
109KG+								
Nick Dyson	OWC	125	145	270	1			
Pudam Kahingala	INP	69	85	154				1

• RECORDS

ISABEL GRYLLES -
U15 AUS & VIC records Snatch (74), CJ (90), Total (164) 76kg Cat

ISABEL GRYLLES -
Youth AUS & VIC records Snatch (74)

ISABELLA LOWE KING -
Youth & Junior VIC records CJ (69) 49kg Cat

TESSA JOB -
Senior VIC records Snatch (76), Total (170) 55kg Cat

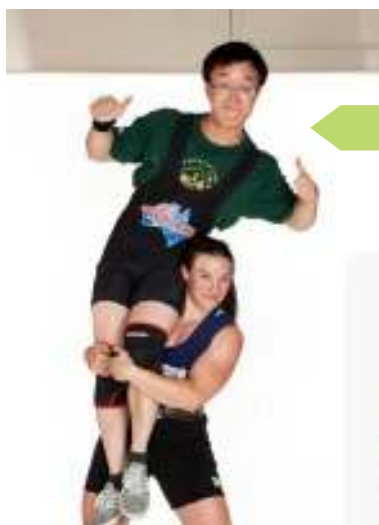
CONGRATULATIONS ISABELLA!

Balcatta, WA, 3 Nov 2023 -

Silver medal for Isabella Lowe King at the 2023 Australian Youth Championships, 49KG category, with new Victorian Junior and Youth records in Snatch (55kg) and Total (123kg).



GUESTS & SHENANIGANS



What kind of shenanigans is this? Please explain, Mark.



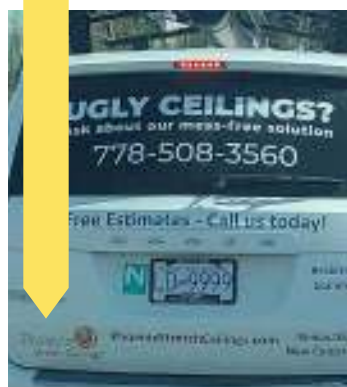
Heff and Phoenix in the shadow of the Great Pyramid in Egypt.



GUESS In stock Gold Phoenix Watch...

The Gold Phoenix watch, from Connie Stellios (maybe it will be under the Christmas tree, Bill).

Eagle eyes Kat spotted Phoenix Stretch Ceilings - the cure for ugly ceilings!



Mithuvin showing his Phoenix colours at the World Masters in Poland.



.. and what chicanery is this?

Our old friend, British WL CEO, Matt Curtain handing out certificates with our name!



Martin and Ragu in Beechworth..
.. and Phoenix Radio from Ragu. We're on the airwaves!



A poetic contribution from Mark Brown.



This is a great find! Alex letting his imagination run wild with this pine cone.



.. and the last spot, courtesy of Adam Kabbas



GUESTS & SHENANIGANS #2

(no shenanigans)



Loved having the WA team with us for a session. Come back soon!



Farewelling Eileen and Paul before they headed off to the World Championships, where Eileen won two bronze medals. Congratulations to lifter and coach!



Ivan in great company as one of the coaches at the Elite Training Camp in Samoa



Thank you and Farewell

This year marks twenty years since the first issue of The Phoenix Independent was published - actually printed and distributed, old school style. The brainchild of Simon “Heff” Heffernan, the newsletter was warmly received by the members, and provided a few moments of humour and levity, as well as information, in what was a tough first year for the Club.

Eventually, I was given the pleasure of producing The Independent, aided and abetted by various members who came and went, over the years. Since then, the role of the newsletter, and newsletters in general, has changed and its relevance examined, particularly in today’s social media environment, where information and images are almost immediately available for sharing. There’s no doubt that the current product is slicker and more professional-looking, but at what cost? Has the newsletter consequently lost some of its character? Is there enough variety in the content?

As I see it, the newsletter has a dual purpose. One is to inform and, hopefully, entertain club members. The other is to promote the club to the wider community and retain the interest of former club members and supporters. This should be fulfilled online through social media and the club website, ideally by someone who has a physical presence at the club on a daily basis. Mixing with members in some capacity, getting inside stories and interests that provide a real picture of the club. I am no longer that person.

My first involvement with a club newsletter was the old Hawthorn Weightlifting Club’s “Wogs Weakly”, the title a cheeky retort to a derogatory remark made by a rival club’s official. It was unlike any other publication at the time (first issue 1969) and contained hard to get results from interstate and international events, thanks to Paul Coffa’s network, various ranking lists like All Time Club Top 40, Double Bodyweight Clean & Jerks etc, also collated by Paul. The Rover’s column was a humorous inside look at members’ often embarrassing moments and the monthly Editorial, usually some inspirational message but also the odd “kick in the pants” when warranted, was Sam Coffa’s domain and on occasion written by my father, Gaby, who also did competition write ups.

The back page featured multiple cartoons of members, usually of lifts from various competitions and personal best training lifts - no photos in those days! The newsletter was produced once a month by hand (google “Gestetner machine” and stencils), collated and stapled by half a dozen lifters and members.

If The Independent is to continue, and there’s no reason it shouldn’t in some shape or form, that kind of club spirit needs to be recaptured - or you may decide that the club doesn’t need a newsletter as

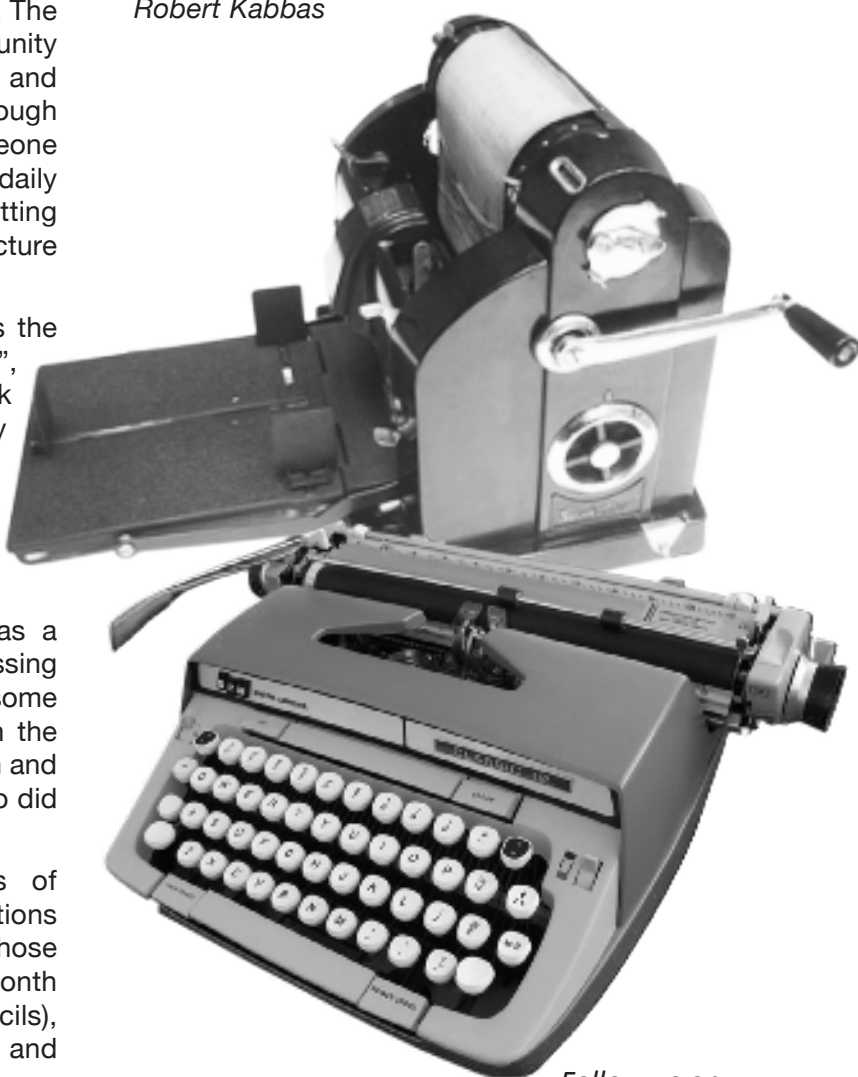
such. That is a decision for the members and the club committee.

So, thank you to all the members who have contributed to, or supported, the newsletter over the past twenty years. It’s been a good run and it was always my intention to pass on the torch before the publication became repetitive, uninteresting or irrelevant.

On the remaining pages of this issue, I’ve reproduced the front page of the very first issue of The Phoenix Independent plus a few that highlighted some landmark achievement, such as the club’s first year anniversary, our first win of the Bob Edmond Shield at the Victorian Senior Championships, our victory at the Australian Club Championships and some Back Page Cartoons, acknowledging our guest cartoonists who took some of the pressure off me.

Best wishes to all our members, supporters and friends for 2024!

Robert Kabbas



Follow us on





THE PHOENIX INDEPENDENT

Vol. 1 Issue 1 • December 2003

After much planning a group of independent lifters made the venture to Adelaide for the SA Christmas competition. Results and report from Rob inside. It was great to attend and lift amongst a group of enthusiastic young juniors, in fact it has been a pleasure to train with such a supportive bunch all year. We are very fortunate to have three people in Rob, Ivan and Marty who give so much time, effort and not to mention finances in order for us to become better lifters.

It has also been great to have Jana and Rebecca training with us, showing us a little of the discipline and hunger that is required in order to reach athletic potential. It's also been great to see such improvement in their technique. They could both show many an AFL player a thing or two about real training!

Also included, a detailed report of Canada, including my pre Winter



Egyptian gangsta Robert "the K man" in da hood.

Olympic training camp in Whistler. And I may mention lifting in some way earlier on.

There may also be a sizzling sealed section, at this stage pending the approval of the Murdochesque owner/chief editor.

Cheers, Simon Heffernan.

Many thanks to Simon for all his work in putting together our first newsletter with his special brand of humour and trusty digital camera.

- Robert "Murdoch" Kabbas

STUPID QUOTE WINNER - ALON ELLIS FOR THE FOLLOWING:

"How close are we staying to the accommodation?????"

More entries page 3.



**BEST WISHES FOR A
HAPPY AND SUCCESSFUL
YEAR IN 2004**

Inside this issue:

ADELAIDE TRIP	2
STUPID WORDS	
FROM BIG MOUTHS	3
WORLD CHAMPIONSHIPS	
QUASI REPORT	4
LIGHTS OUT	5
GLAMOUR AND FASHION	6
MORE PICS	7
SEALED SECTION (CENSORED)	8

• PHOENIX TRAINING
CENTRE
2/32 STAFFORD ST
HUNTINGDALE

Robert Kabbas
0417 396 590
Ivan Katz
0407 889 147
Martin Leach
0417 887 760

Open Monday to Friday
from 5:00 pm approx.
Don't forget Saturday
training at 2:00 pm!



THE PHOENIX INDEPENDENT

Vol. 2 Issue 2 • JULY 2004

PHOENIX ONE YEAR OLD!

In an admirable display of activity and productivity, the anniversary issue of the Phoenix Independent has been produced, hot on the heels of last month's bumper issue.

Inside will be the usual collection of features, including coverage (text and photos) of the anniversary BBQ by no less than the editor himself, a report on the Trials by Robert and, in addition to his much sought-after recipes, Marc "Hulk" Mansour contributes a piece on Sam's 21st birthday party.

We would like to take this opportunity to thank all of you who have supported us over the past year in many and varied ways - too many to name here but if you have received your personal copy of this newsletter then you know that your help has been much appreciated.

Thank you also to all our members who have stuck with us since day one, often training in less than ideal conditions. But what we lack in the way of facilities is more than compensated for by atmosphere and enjoyment of what we do.



There is still much to be done and we cannot afford to become complacent if we are to realize our potential, as a club and as individuals.

Let's continue to support each other and not set limits on what we can achieve.

Happy anniversary with, hopefully, many more to come!

Inside this issue:

- ANNIVERSARY BBQ
- OLYMPIC NOMINATION TRIALS
- STUPID WORDS FROM BIG MOUTHS again!
- GUESTS AND VISITORS
- SAM'S 21ST PARTY
- BACK PAGE CARTOONS and more (but not much)

MEMBERSHIP FEES NOW DUE!



Fees are now due for second half of the year. See Ivan or Robert...before they come to see you!

★ PHOENIX WEIGHTLIFTING CLUB
2/32 STAFFORD STREET
HUNTINGDALE

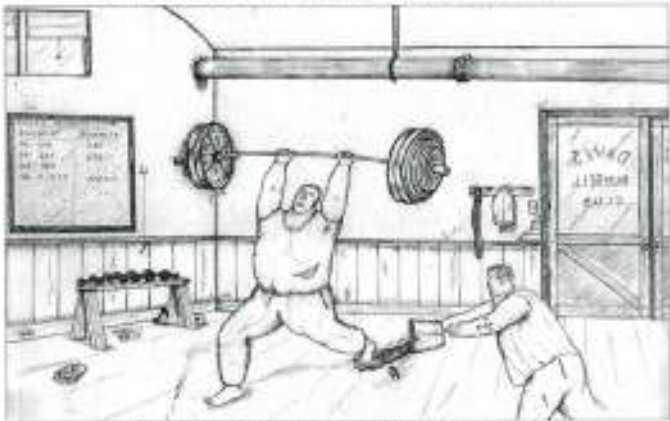
Robert Kabbas - 0417 396 590
Ivan Katz - 0407 889 147
Martin Leach - 0417 887 760
Open Monday to Friday
from 5:00 pm approx.
Don't forget Saturday training at
2:00 pm!

BACK PAGE CARTOONS

Guest cartoonist Geoff Fleming (USA)

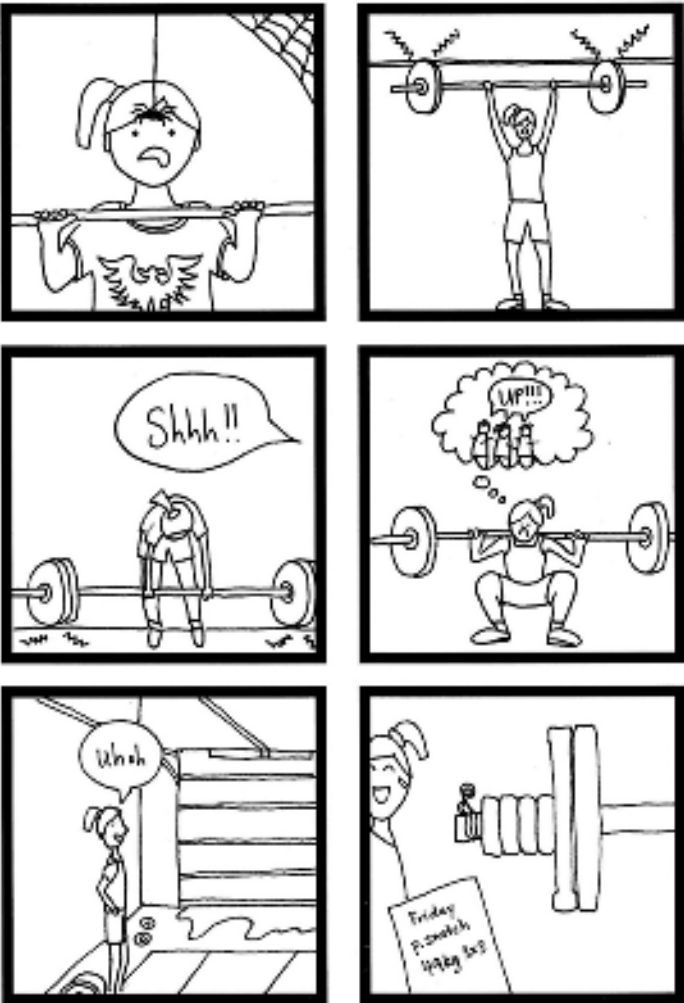


— URBAN LEGENDS OF THE A&J —
Goldstein's unofficial 515lb snatch - unfortunately, everyone was in another room watching Artie Drechsler squatting the same! (With straps)



With his gym record in danger, Ringboldt takes action!

GARAGE LIFTING PROBLEMS...



@jornakat April 2020

Sorry, Rob, I'm not hearing well today, my socks are wet.



Stupid Quote of the Year
(OK... now it makes perfect sense)

BACK PAGE CARTOON

The dramatic moment when
Pitty's collar EXPLODED at the
Vic Seniors!



*Actual eye witness account



www.phoenixweightlifting.com

THE PHOENIX INDEPENDENT

Vol. 6 Issue 5 • NOVEMBER 2008

PHOENIX WINS BOB EDMOND SHIELD

MEN'S TEAM WINNERS AT VICTORIAN CHAMPIONSHIPS



Phoenix scored a first by winning the Bob Edmond Shield, awarded to the winning men's team at the Victorian Weightlifting Championships. Hawthorn Weightlifting Club had held the Shield since its inception. Report and results inside.

Inside this issue:

- Victorian Championships
- National Seniors & Juniors
- European Jr Championships
- Guests and Shenanigans
- Back Page Cartoons
- ... and maybe more

★ PHOENIX WEIGHTLIFTING CLUB
22 CARINISH ROAD
OAKLEIGH SOUTH

Robert Kabbas - 0417 396 590
Ivan Katz - 0407 889 147

Open hours:
Monday, Tuesday, Wednesday, Friday
from 5:00 pm to 7.30pm approx.
Don't forget Saturday training at
2:00 pm!



SOLY *Chiropractic* CLINIC PTY. LTD.

BENDIGO
PROPERTY SERVICES



www.phoenixweightlifting.com

THE PHOENIX INDEPENDENT

Vol. 10 Issue 1 • APRIL 2012

NUMBER 1 IN AUSTRALIA!

Inside this issue:

- VWA OPEN 25 FEBRUARY
- AWF CLUB TOURNAMENT
- USA CHAMPIONSHIPS
- STUPID QUOTES
- GUESTS & SHENANIGANS
- BACK PAGE CARTOON
- ... AND MAYBE MORE

PHOENIX WEIGHTLIFTING CLUB
22 CARINISH ROAD
OAKLEIGH SOUTH
 Robert Kabbas - 0417 396 590
 Ivan Kotz - 0407 889 147
 Open hours:
 Monday, Tuesday, Wednesday, Friday
 from 5:00 pm to 7:30pm approx.
 Don't forget Saturday training at
 2:00 pm!



SOLY Chiropractic CLINIC PTY. LTD.

