

# Talented lifters impress, breaking a number of PBs

By MATT MALONEY

AUSTRALIAN Weightlifting Federation president Robert Kabbas and 2006 Commonwealth Games gold medallist Simon Heffernan were checking out the State's talent at the 2007 Tasmanian senior weightlifting championships in Launceston yesterday.

Kabbas, ranked number two in the world at his peak, won silver in the 1984 Olympics and gold at the 1978 and 1982 Commonwealth Games.

His achievements were obviously something for yesterday's lifters to aim for.

Former president of Weightlifting Tasmania Ron Nylander said the sport had a good history in Launceston.

"It started here in the 1960s for the first time in the State," he said.

"It's very easy to be talented but this is a hard sport in today's world. It does have many benefits for a lot of other sports though."

One of Launceston's early champions-turned-coach Gino Fratangelo had a few students performing, including his 18-year-old son, Chris, who scored two PBs.

"It's been quite a successful day in terms of personal bests and we've had trouble fitting people into the room to watch," Mr Fratangelo said.

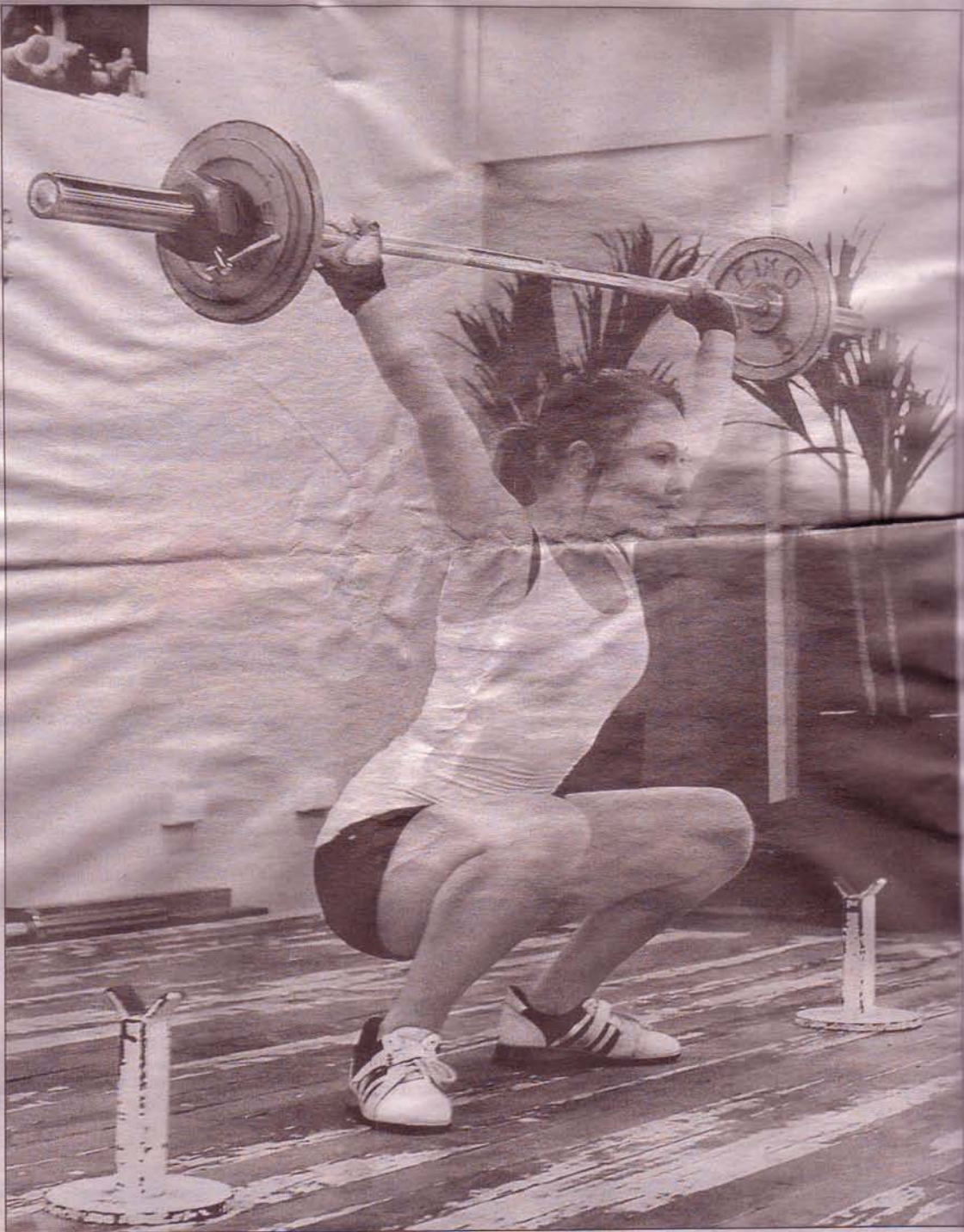
With 10 male competitors Statewide and body weights ranging from 43kg to 140kg, Triabunna's Tristan Barnett was the youngest male in the competition, aged 10.

Competing in the 69kg division, Matthew Newman, 12, of Launceston, did well to lift 29kg in the snatch section and 38kg in the clean and jerk, scoring a PB.

These novice lifters were judged on their posture and technique in order to have them learn to lift safely.

Zac Grgurevic broke a State record in the 94kg division, lifting 110kg in the snatch section. Ben Mulder just missed out on a record in the 85kg division, lifting 160kg in the clean and jerk section.

Tasmania's own



Chantel Nash, of Launceston, shows her skill in the clean and jerk at the Tasmanian senior weightlifting championships in Launceston yesterday.

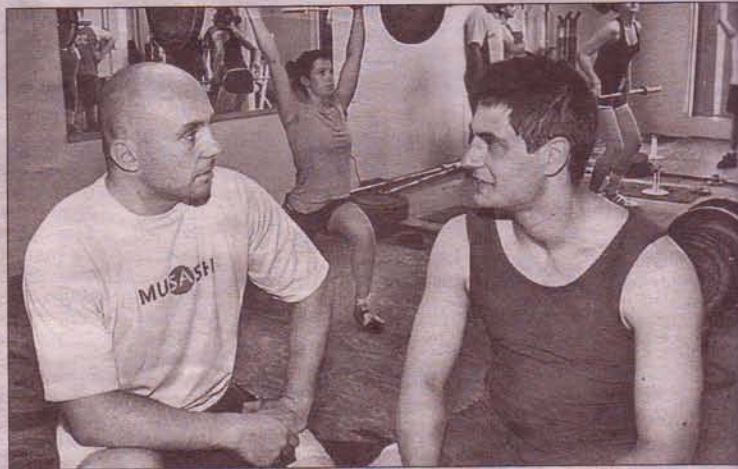
superheavyweight Todd Hodgetts lifted 102kg in the snatch and 145kg in the clean and jerk sections.

Eight females also competed, with Launceston's Chantel Nash lifting 35kg in the snatch section in the 54kg class.

Hobart's Rachel Griffiths performed well in the 63kg class, lifting 50kg in the snatch section and 70kg in the clean and jerk.

Courtney Chisholm lifted "her own body weight" in the clean and jerk in the 42kg class.

"It was a day of good performances for the girls with a number of the novices doing PBs as well," Mr Fratangelo said.



Commonwealth Games silver medallist Simon Heffernan chats to Tasmanian lifter Ben Mulder.

Pictures: Neil Richardson