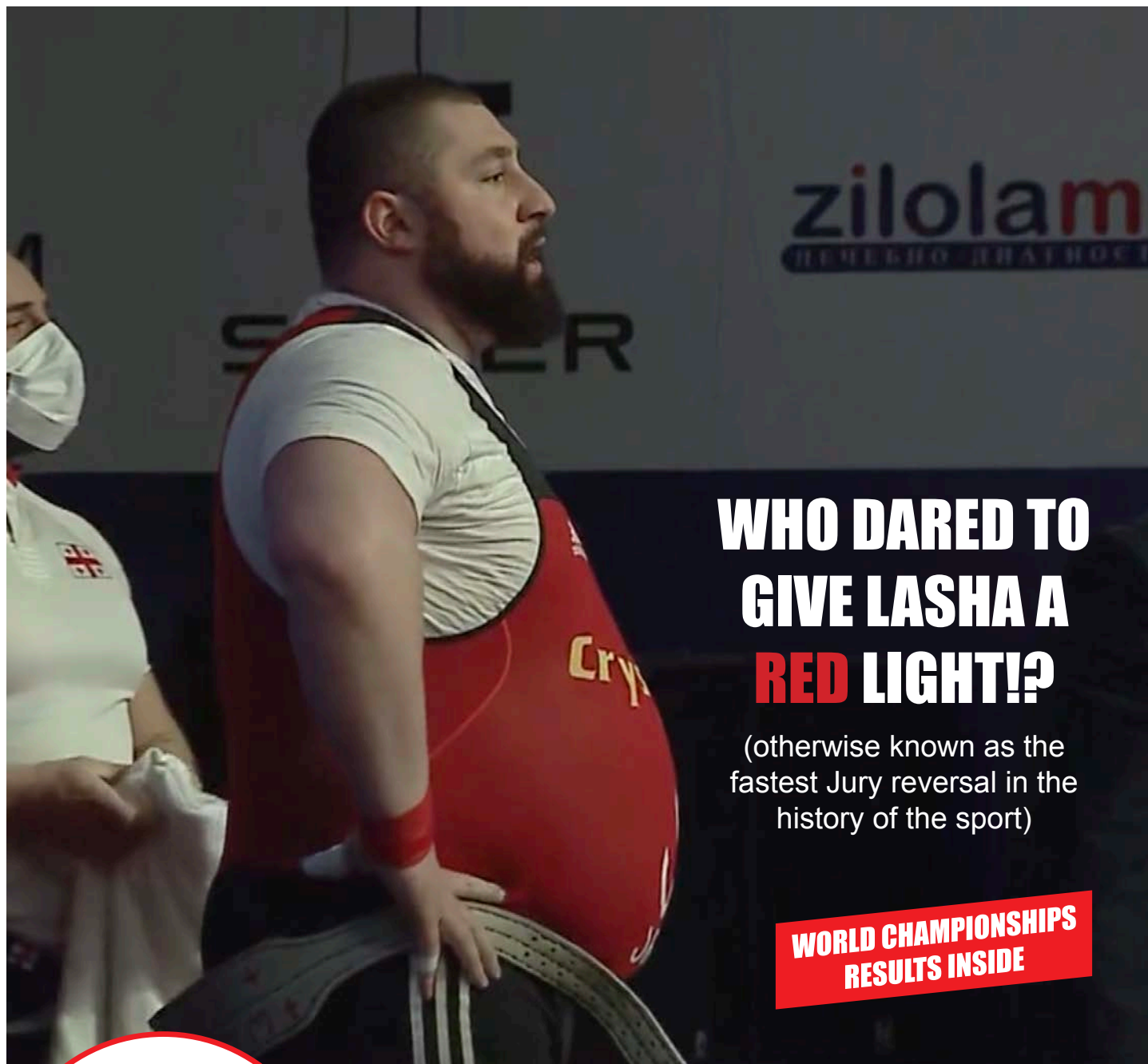




THE PHOENIX *INDEPENDENT*

Vol. 19 Issue 4 • DECEMBER 2021



WHO DARED TO GIVE LASHA A **RED** LIGHT!?

(otherwise known as the
fastest Jury reversal in the
history of the sport)

**WORLD CHAMPIONSHIPS
RESULTS INSIDE**



Inside this issue:

- COMPETITION RESULTS
- GUESTS & SHENANIGANS
- BACK PAGE CARTOON
- ... AND MAYBE MORE

PHOENIX WEIGHTLIFTING CLUB
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KATAPULT
promotional merchandise
& product concepts

IRONEDGE

ELEIKO

7TH ANNUAL PHOENIX CHRISTMAS HIT OUT

Saturday, 11 December 2021 • Phoenix Weightlifting Club, Oakleigh VIC



Name	Year Born	Club	Body weight	Best		TOTAL	Women Sinclair	Men Sinclair	Place
				Snatch	C & J				
Cheek SENG LEE	1996	PHO	79.50	95	123	218		267.548	1
Scott PAVLOVIC	1979	PHO	87.90	92	125	217		253.673	2
Leo JASZEWSKI	2001	PHO	78.50	90	110	200		247.083	3
Bach NGUYEN	1999	PHO	79.55	80	112	192		235.562	4
Mo AIVAZIPOUR	1979	PHO	96.00	85	115	200		225.246	5
Tanisha HOSKING-MANI	2004	PHO	89.00	60	87	147	162.699	222.474	6
Anh Dau HUNG	2002	PHO	81.80	80	103	183		221.363	7
Isabella LOWE-KING	2007	PHO	42.20	36	43	79	139.449	190.683	8
Katrina JORNA	1986	PHO	66.00	47	58	105	133.881	183.069	9
Katya SURWILLO	1994	PHO	72.70	49	61	110	133.093	181.992	10
Dante HOSKING-MANI	2006	PHO	105.55	75	90	165		179.538	11
Peter O'LEARY	1996	PHO	68.70	57	75	132		175.931	12
Cath ODGERS	1981	PHO	109.80	41	59	100	103.917	142.097	13
Zheng QU	1965	PHO	87.00	55	65	120		140.938	14
Ameli FONG	1992	PHO	49.90	26	33	59	90.736	124.072	15
Prince PRICE	1992	IN2	82.80	120	152	272		327.049	Guest
Jake LeCERF	1997	IN2	79.35	106	138	244		299.751	Guest
Felipe COELHO	1991	IND	78.55	100	120	220		271.700	Guest

COMPETITION HIGHLIGHTS

Trophy winner: Cheek Seng Lee

First competition for Ameli Fong, Cath Odgers, Katya Surwillo and Peter O'Leary. Welcome to the platform!

Records broken:

Dante Hosking-Mani - Victorian U/15, +102kg category; 75kg Snatch, 90kg Clean & Jerk and 165kg Total.

Lots of PBs!

Bach Nguyen - 112kg C&Jerk

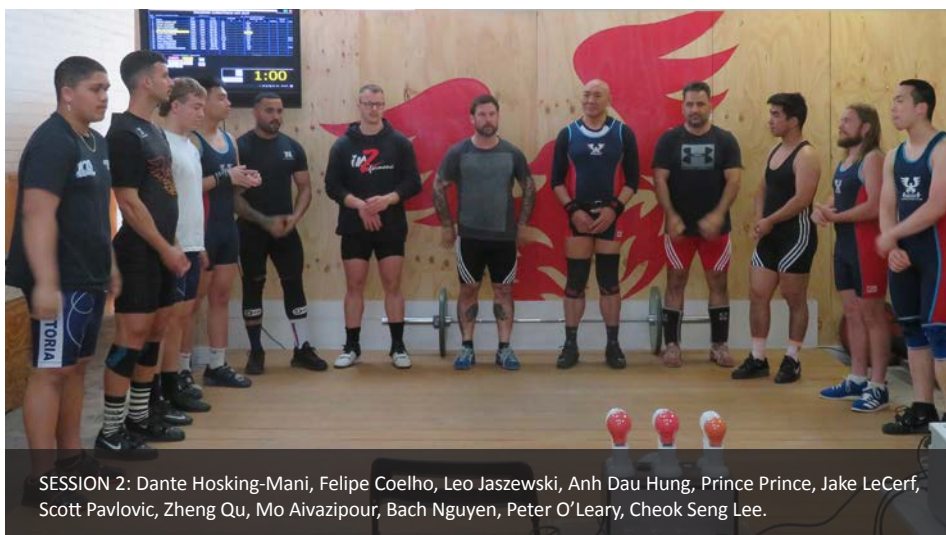
Hung Anh Dau - 103kg C&Jerk, 183kg Total

Isabella Lowe-King - 36kg Snatch, 43kg C&Jerk, 79kg Total

Katrina Jorna - 58kg C&Jerk, 105kg Total

Leo Jaszewski - 90kg Snatch (and one of the saves of the day with 85kg which was also a PB), 110kg C&Jerk, 200kg Total (Leo's first 200kg Total, a PB by 18kg!)

Zhen Qu - 55kg Snatch





AWF Senior Championships**ONLINE 25-28 November 2021***First three places***WOMEN****49KG**

Yolandie Weir	QLD	58	68	126
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55KG

Karli Duesbury	QLD	66	88	154
Natalia Chorobczyk	VIC	68	85	153
Dominika Makosova	QLD	65	85	150

59KG

Fatima Yakubu	NSW	85	110	195
Brenna Kean	VIC	80	108	188
Natalie Setiadji	NSW	80	99	179

64KG

Gabrielle Clyburn	QLD	84	95	179
Courtney Haley	QLD	80	96	176
Renee Hogan	WA	74	100	174

71KG

Olivia Kelly	QLD	90	114	204
Jacqueline Nichele	NSW	86	107	193
Taneeka Bettenay	NSW	82	101	183

76KG

Tamara Dinsmore	QLD	85	115	200
Emily Atton	VIC	88	107	195
Claire Binch	QLD	77	108	185

81KG

Emmalynne Mitchell	QLD	85	102	187
Cassie Todd	QLD	78	104	182
Annabel Thomson	NSW	77	96	173

87KG

Tara Pratt	WA	88	109	197
Jasmine Stimson	WA	85	108	193

MEN**61KG**

Kenneth Barnett	WA	91	126	217
-----------------	----	----	-----	-----

67KG

Gordon Fu	NSW	90	120	210
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73KG

Nelson Harris	NSW	109	141	250
Nicholas Predkowski	NSW	113	128	241
Brayden Williams	QLD	103	135	238

81KG

Leo Lark	QLD	125	165	290
Joshua Wu	NSW	119	157	276
Sam Jansson	NSW	122	151	273

89KG

Michael Lane	NSW	139	164	303
Chris Parfitt	WA	130	165	295
Joel Gregson	QLD	130	164	294

96KG

David James	WA	156	186	342
Tom Shannon	NSW	130	170	300
Noah Milford	NSW	126	168	294

102KG

Sam Thorne	QLD	134	171	305
Jakob Daniels	QLD	125	163	288
Russell Ludt	WA	131	156	287

109KG

Dylan Bergin	WA	135	170	305
Zachary Courtney	TAS	135	165	300
Daniel Wallington	NSW	120	161	281

+109KG

Suamili Nanai	WA	165	210	375
---------------	----	-----	-----	-----

**VWA Age Group Championships****VWA Eleiko Stadium, 4 December 2021****U23/JNR/YTH/U15****WOMEN****45KG**

Isabella Lowe King	PHO	34	42	76	U15
--------------------	-----	----	----	----	-----

55KG

Michaela Warwick	HWC	68	78	146	U23
Lavinia Wellesley	LG	30	41	71	U15

64KG

Layla Bloom	PHO	64	86	150	YTH
-------------	-----	----	----	-----	-----

76KG

Skye Sriratana		60	73	133	U15
Delilah Stanley	CBB	57	75	132	YTH

MEN**73KG**

Jacob Tout	HWC	104	130	234	YTH
Matthew Damches	HWC	108	125	233	U23

81KG

Seth Schadendorff	HWC	95	120	215	JNR
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89KG

Omar Ebaid	CCW	95	126	221	JNR
Omer Celik	CCW	75	106	181	JNR

96KG

Sean Erb	HWC	125	160	285	U23
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MASTERS**WOMEN****45KG**

Denese Billings	LG	33	42	75	60-64
-----------------	----	----	----	----	-------

55KG

Sherilyn Moffitt	CBB	40	55	95	55-59
------------------	-----	----	----	----	-------

59KG

Toni Lane	TGS	57	71	128	45-49
Sarah Florence	MWW	54	66	120	35-39

64KG

Bonnie Grylls	GWL	72	86	158	40-44
Berta Armijo	IRO	36	53	89	55-59
Doreen Koh	PHO	38	49	87	45-49

71KG

Amanda Soysa		60	69	129	40-44
Deena Henaway		48	55	103	35-39
Kanika Pandey		39	47	86	40-44

76KG

Judy Tang		35	52	87	40-44
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81KG

Sherri Stephen	TGS	68	88	161	40-44
Jill Mottram	IRO	36	47	83	60-64

MEN**67KG**

Benjamin Silva	TGS	71	90	161	50-54
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81KG

Shane Bailey	GEE	75	91	166	50-54
John Clow		55	75	130	70-74
Brendan Webster		60	68	128	60-64
Rohan Mason	HWC	48	60	108	75-79

89KG

Brendan Sharpe	IRO	97	123	220	35-39
Patrick Farrugia	GEE	80	100	180	45-49
Bartholomew Fine	CCW	76	97	173	35-39
Aaron Lacombe	IRO	65	87	152	45-49
Daniel Wellesley	LG	60	75	135	40-44
Milos Trnka	PHO	40	50	90	75-79
David Oswell		36	48	84	70-74

96KG

Anthony Schultz	GWL	100	126	226	50-54
Luke Scott	TGS	100	124	224	35-39
Purna Kahingala		80	110	190	45-49

102KG

Luke Meiszies		75	110	185	35-39
---------------	--	----	-----	-----	-------

109KG

Phillip Christou	MWW	100	115	215	50-54
Kurt Elstone	IRO	98	113	211	40-44

COMPETITION HIGHLIGHTS

State titles for Isabella Lowe-King, Layla Bloom, Doreen Koh and Milos Trnka.

Victorian Youth records set by Layla Bloom in Snatch, C&Jerk and Total.

Phoenix Best Female Club in Victorian Age Championships (U23/JNR/YTH/U15 combined).



World Championships

Tashkent UZB December 2021

First three places

WOMEN

45KG

SUKCHARDEN Thana	THA	77	95	172
BERRIO Mnuela	COL	75	95	170
ERDOGAN Saziye	TUR	76	93	169

49KG

KHAMBAO Surodchana	THA	86	105	191
SUZUKI Rira	JPN	78	101	179
TAKAHASHI Ibuki	JPN	71	101	172

55KG

BELKHIR Ghofrane	TUN	92	111	203
OLARINOYE Adijat	NGR	90	113	203
SAMULIAK Svitlana	UKR	91	110	201

59KG

KUO Hsing-Chun	TPE	100	130	230
ALVAREZ Yenny	COL	99	127	226
TE Olga	RWF	100	118	218

64KG

SAID Neama	EGY	106	127	233
CHEN Wen-Huei	TPE	97	135	232
PARK Minkyung	KOR	96	121	217

71KG

ALWINE Meredith	USA	100	135	235
DAVIES Sarah	GBR	102	132	234
STRENIUS Patricia	SWE	104	127	231

76KG

LEE Min Ji	KOR	105	139	244
ROGERS Martha	USA	107	136	243
SOTIEVA Iana	RWF	112	130	242

81KG

MARUSHCHAK Alina	UKR	113	135	248
RIVAS Valeria	COL	105	134	239
KIM Iseul	KOR	108	130	238

87KG

MUNKHJANTSAN A.	MGL	109	141	250
JABBOROVA Tursunoy	UZB	113	131	244
KOANDA Solfrid	NOR	103	141	244

+87KG

SON Younghee	KOR	123	159	282
CHAIDEE Duangakorn	THA	124	157	281
CAMPBELL Emily	GBR	121	157	278

MEN

55KG

CHONTEY Arli	KAZ	118	142	260
SOMBOONJIAN Thada	THA	115	141	256
RUSEV Angel	BUL	110	144	254

61KG

SHIN Rok	KOR	132	156	288
MISHVELIDZE Shota	GEO	131	155	286
ALSALEEM Seraj	KSA	127	155	282

67KG

YOKUBOV Doston	UZB	144	180	324
MOSQUERA Francisco	COL	137	179	316
GARAEV Zulfat	RWF	146	169	315

73KG

ABDALLAH Rahmat	INA	151	192	343
CALJA Briken	ALB	156	186	342
JEERAM Suttipong	THA	154	180	334

81KG

NASAR Karlos	BUL	166	208	374
JAVADI Mostafa	IRI	163	204	367
ROBU Marin	MDA	168	195	363

89KG

YU Dongju	KOR	167	204	371
ZAFARJONOV Sarvar	UZB	166	205	371
DAVITADZE Revaz	GEO	171	199	370

96KG

PAREDES Lesman	COL	*187	213	400
ELBAKH Fares	QAT	172	222	394
VALLÉNILLA Keydomar	VEN	177	214	391

102KG

MOTAMEDI Rasoul	IRI	177	220	397
JIN Yunseong	KOR	180	216	396
HOGHOUGHIOGQUEI A.	IRI	172	216	388

109KG

DJURAEV Akbar	UZB	195	238	433
NURUDINOV Ruslan	UZB	185	236	421
MARTIROSYAN Simon	ARM	188	228	416

+109KG

TALAKHADZE Lasha	GEO	*225	*267	*492
LALAYAN Varazdat	ARM	211	246	457
MINASYAN Gor	ARM	205	243	448

*World record

As expected, the 2021 World Championships produced a mixed batch of results, being conducted just months after the Tokyo Olympic Games. However, nothing could stop the Georgian man-mountain, Lasha Talakhadze, from setting his usual quota of world records - although the refs almost did, giving him two red lights on his historic final attempt of 267kg. This brought about the fastest ever reversal by the jury (rightly so, for once!) to the delight of spectators and those watching online. Other outstanding performances came from 17-year old Nasar (81kg) Paredes (96kg) and Djuraev who came out on top in his battle with countryman Nurudinov at 109kg. Olympic champion Kuo Hsing-Chun was the stand out performer in the women's competition.

AUSTRALIAN RESULTS

Sarah Cochrane 64kg 7th

90 95 100 110 115 121 210

Ebony Gorincu 71kg 17th

85 85 90 110 115 118 203

Darcy Kay 71kg 23rd

80 80 85 105 111 111 190

Isabel Lorenzi 76kg 11th

90 90 93 108 112 112 201

Eileen Cikamatana 81kg - (Snatch Bronze medal)

108 108 108 141 141 141 -

Kyle Bruce 81kg 15th

140 140 145 175 176 183 316

Beau Garrett 89kg 23rd

125 129 132 160 169 172 301

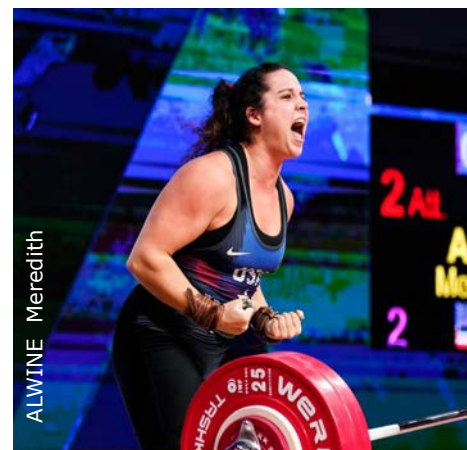
Jackson Roberts-Young 109kg 14th

145 145 145 188 192 204 337

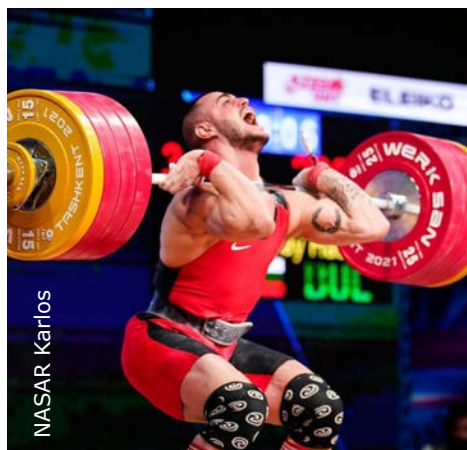
Australia had a rare podium finish in the 81kg category with a bronze medal in the snatch for Eileen Cikamatana. Unfortunately, injury derailed Eileen's tilt at the world title and she could not complete the 141kg jerk for gold, a weight she would normally manage with little trouble.

Sarah Cochrane performed well, placing 7th with a total just 7kg away from the overall bronze medal. Ebony Gorincu rose to the occasion with a personal best clean & jerk and Beau Garrett lifted solidly for 5/6 and a total just under his best ever.

The World championships also incorporated the Commonwealth championships with medals going to Sarah Cochrane (gold), Kyle Bruce (silver), Beau Garrett (bronze) and Jackson Roberts-Young (bronze).



ALWINE Meredith



NASAR Karlos



PAREDES Lesman



TALAKHADZE Lasha
267kg
The heaviest ever
clean and jerk!



Sarah Cochrane



AWF photos



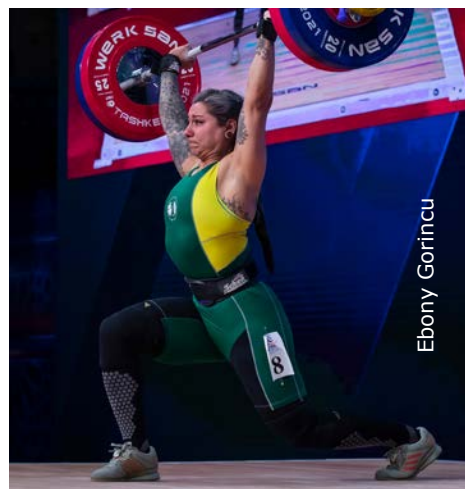
Eileen Cikamatana



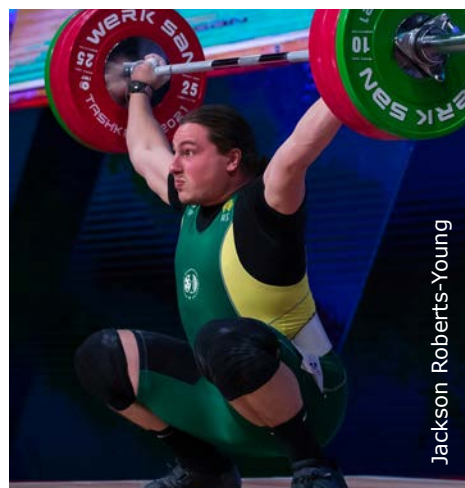
Beau Garrett



Kyle Bruce



Ebony Gorincu



Jackson Roberts-Young



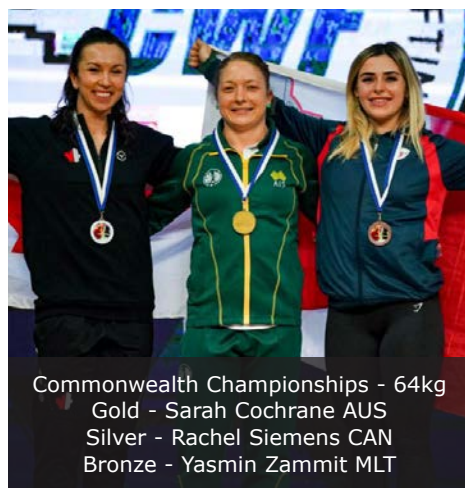
Isabel Lorenzi



Darcy Kay



Kyle Bruce, Miles Wydall, Beau Garrett, Ebony Gorincu, Sarah Cochrane, Eileen Cikamatana, Darcy Kay, Lyn Jones, Jackson Roberts-Young, Isabel Lorenzi



Commonwealth Championships - 64kg
Gold - Sarah Cochrane AUS
Silver - Rachel Siemens CAN
Bronze - Yasmin Zammit MLT

In Memoriam



Ronald "Ron" Jackson

1 May 1937 - 7 November 2021

Coach; Long-time contributor to Victorian and Australian weightlifting

A tireless worker for weightlifting in Victoria as a coach, technical official and volunteer, Ron Jackson was awarded Life Membership of the VWA in 2008. Through his school programs, Ron introduced countless students to the sport at his Knox Weightlifting Club, many of whom went on to represent Victoria and Australia.

Ron seemed to be a permanent fixture at weightlifting events. Every time you went to a competition, you assumed that Ron would be there in some capacity and, more often than not, performing multiple roles. The length of his involvement in the sport is illustrated by the number of athletes and officials of different eras over many decades who have paid tribute and sent messages of condolence.

To us at Phoenix, Ron was a genuine, reliable friend and supporter. In the early days of our club's establishment, Ron allocated special training times for us at his club and, when we set up our own gym, he provided some of his own equipment. When the original venue for our Ian Laurie Cup became unavailable due to renovations, Ron at short notice facilitated the running of the Cup at Knox Weightlifting Club, where it remained for a number of years. When the Ian Laurie Cup eventually relocated to the VWA Stadium at Hawthorn, Ron could always be counted on as a technical official and, as his health deteriorated, as a spectator.

Thank you, Ron. You will be missed.



Ivan Grikurov

1951 - 2021

Renowned Coach

While his face was well known to followers of international weightlifting events, the name and achievements of Ivan Grikurov were not so familiar, especially to those in Western countries.

Grikurov was in fact one of the most respected coaches in weightlifting and acknowledged as one of the best in individual preparation of athletes. He guided athletes in the USSR (most famously, Kakhi Kakhiashvili), Poland (Szymon Kolecki) and Georgia (George Asanidze), who all won Olympic titles.



Myrddin John

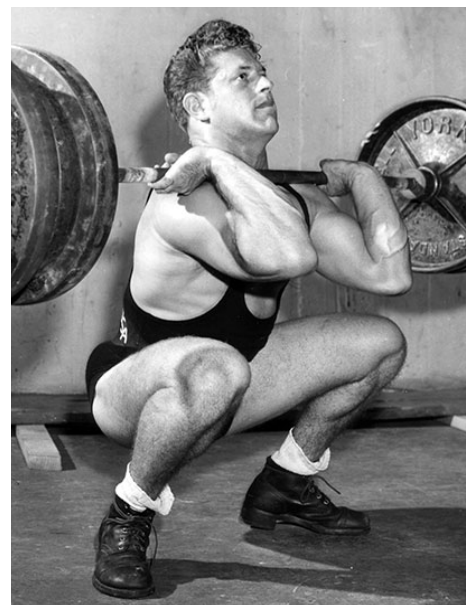
1933 - 2021

Welsh Champion; Leading Figure in International Weightlifting

The son of a coalminer, Myrddin John was born in the village of Betws near Rhydama, Wales. Having always been interested in physical education, he learned how to do

weightlifting on his own from pictures in sports magazines. It was not until he joined the RAF that he saw weightlifting done properly. After perfecting his weightlifting technique, John won a number of Welsh championships and represented Wales at the 1958 Empire and Commonwealth Games. From then on, Myrddin John became an instrumental figure in the sport, both in Wales and internationally. He served as the General Secretary of the Commonwealth Weightlifting Federation from 1983 to 2005, and for many years he was also the Vice President of the International Weightlifting Federation.

Myrddin John was also the General Manager and Chef de Mission for the overall Welsh team at several Commonwealth Games and variously as weightlifting team manager and coach.



Clyde Emrich

6 April 1931 - 10 November 2021

Olympian and World Championships medallist; World record Holder

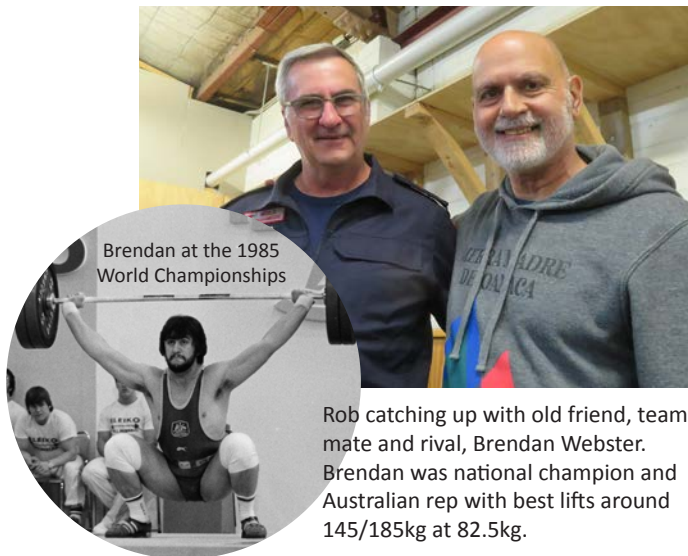
Born in Chicago, Illinois, Clyde Emrich represented the USA at the 1952 Helsinki Olympic Games and was a medallist at two world championships - bronze in 1954 and silver in 1955. Emrich excelled in the clean and jerk, setting a world record with 185kg at 90kg in 1957 before severely injuring his shoulder that same year. After 18 months rehab, Emrich came back to win the gold medal at the 1959 Pan American Games.

Clyde Emrich was self coached throughout his career. Following his retirement from competition, he became in 1971 the first strength and conditioning coach in the NFL, working for the Chicago Bears where he would become their longest serving employee, reaching legendary status in the League after 50 years.

GUESTS & SHENANIGANS

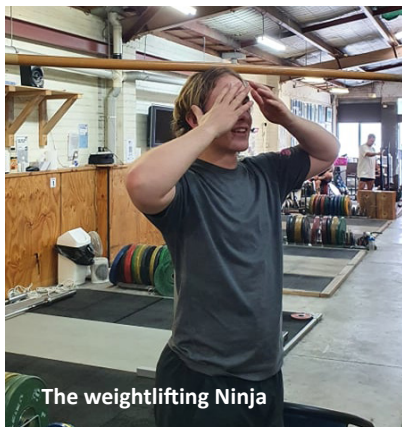


Members farewelling Eileen Cikamatana and coach Paul Coffa prior to their departure for the world championships in Uzbekistan via a training spell in Italy. Eileen's sessions at Phoenix have been inspirational and we hope to see her soon, challenging the world's best!



Brendan at the 1985 World Championships

Rob catching up with old friend, team mate and rival, Brendan Webster. Brendan was national champion and Australian rep with best lifts around 145/185kg at 82.5kg.



The weightlifting Ninja

Leo keeping everyone entertained... every gym has one.



King (?) of the gym



For not the first time, New Zealand's organic original Phoenix drinks. Spotted by Bach (when not stalking Olympic champions).



The Phoenix glove - sought by many, worn by few. Well spotted, Adam K!



to new member Dilana, who wasted no time getting into the quotes section.



The Phoenix Cafe Bar caught Martin's - and Ragu's - eye during a visit to scenic Warrnambool

.. and finally, the Editor doing his bit with two Phoenix sightings (actually Phoenix Screens was pointed out by Michael but I was driving - Editor). The impressive Phoenix metal sculpture featured on Netflix's Masters of Metal show.



Clearly not there for failing eyesight, Bill Stellos (Patron of this Page) zoomed in on Phoenix Health, north of the border.



Just a little shenanigan for older members.



GUESTS & SHENANIGANS

10 YEARS AGO!

BITS AND PIECES FROM
THE INDEPENDENT OF
DECEMBER 2011

We welcomed these new members...



Some things haven't changed too much...



Spotted by Miles Wydall on a bicycle in Tibet!

Young Superman (aka Alec) and father, Jor-El (aka Heff).



Harvey was also recognized, on a T-shirt at Parkmore.



On the platform (left) Rachel Goodman and (right) Matthew Pit



Who said that?

(Otherwise known as Stupid Quotes)

"If you can't handle the heat, get out of the oven and into the microwave!"

- Jimmy

He may be on the other side of Australia but not out of this column's reach. We're expecting the usual protestation "I never said that etc.." but our source is reliable. Our source also assures us that "there's plenty where that came from!"

"I'm pretty sure it is called the Spanish flu because Spain kept denying it."

- Peter

Well, if he's pretty sure, OK then.

"He's the Leonardo DiCaprio- I mean Leonardo Da Vinci of rap."

- Leo

Damn! If he hadn't corrected himself we may have had a winner right there and then!

"If you add creatine to the seawater at the aquarium, will the sharks overpower the humans?"

- Marcus

That one doesn't count - he's trying too hard. To paraphrase Donald Trump "Fake Quote!"

"I'm a bit of a romantic, you know?"

- Peter

Yes, we know...

I need breakfast. Where are the Zooper Doopers?

- Dilana

Wow! He's hardly stepped through our doors and already featured with a quote. Welcome to the Club.

Peter: Have you heard of NAC [N-Acetyl Cysteine]? I've been taking it, I heard it's good for your health.

Bach: Do you have polycystic ovarian syndrome?

.. and also

Marcus: This is 5pm listening, not 10am listening, Bach.

Bach: This [song] turns 10am into 5pm.

Whenever Bach is involved in these exchanges, we can never tell which part is the stupid quote!

"I am a submarine."

- Niamh

Oh, Niamh, you don't belong in this company!

Maybe you're just a Beatles fan.....

.. and the Quotes of December 2011.. undimmed by the passage of time

Simplice: "My hips feel different since I snatched 160kg."

Harvey: "Yes, Shakira."

Rob: "They don't lie."

- You had to be there.

"Quick! The monkeys, they're regrouping!"

- Liya, all the way from Thailand. Sounds like an Indiana Jones-type of holiday. Where was Sam in all this?

"Dream big, anything is impossible!"

- Liam. No doubt Adidas will snap up this gem for their next slogan.

"What? Billy Ellioss??"

- Marc, showing his knowledge of musicals. Maybe he just mis-heard... nah, it's Marc.

"Puppodums don't preach!"

- Matt. He doesn't say much. Now we know why.

"Do they have lemon and herb here?"

- Liam, confusing Moza Junction Indian restaurant with Nando's.

"You can't tell it's hot but it looks hot!"

- Perceptive Marcus.

"Didn't Kerry Packer say you only come across one James Bond in a lifetime?"

- Larkins. Kieran Larkins. He has a licence to quote (cue in 007 theme).

BACK PAGE CARTOON

