

 <p>MANITOBA WEIGHTLIFTING ASSOCIATION INC.</p>		
<p>Edited by Mirek Korkowski</p>	<p>December 2007</p>	<p>Volume 24</p>

PRESIDENT'S MESSAGE...

Allow me to start off by saying welcome to our new website. I hope you enjoy all the new material we will be putting up. I also hope the MWA can meet the standards set by our last webmaster. He set the bar pretty high.

As this is the inaugural newsletter of our new website, I would like to take the opportunity to thank the many volunteers who work so hard to make Olympic Weightlifting a success in Manitoba.

I want to thank Mirek for creating, editing, and maintaining the original MWA website for so many years. No one ever asked him to do it. He just saw a need and he stepped up to fill that need. For all those years he added content, updated ranking lists, and created and edited our Platform newsletter. We look forward to our continued partnership, as Mirek will carry on writing the MWA quarterly newsletter.

Quinn and Chris (WinOvation Solutions) have made MWA competitions a much more professional looking affair with the addition of their high quality scoring system (Competition Management System). In my personal opinion, their system rivals, and exceeds in many cases, any scoring system currently being used for weightlifting competitions. Quinn and Chris continue to improve the system after every competition by increasing the reliability and adding to the feature set. They do all this and run the system at all our competitions – as volunteers.

How could we run a successful competition without quality officials to direct traffic and make sure everyone plays fair. We have several high-level officials who consistently volunteer their time so athletes have the opportunity to compete. I've said it before and I'll say it again – good officials make for a good competition: thank you Joe, Dan, Rick, Jake, Sue, Richard, Quinn, Barbara, Enrique, and others.

Of course, we could never have an athlete without a coach. Coaches run clubs, design programs, run practices, they show up at every competition, and they listen to our complaints (I'm tired, I'm sore, I tore a callous, etc.). A good coach can keep you coming to practice even when you're sick and tired of being sick and tired. A big shout out to Denis, Mirek, Quinn, Al, Terry, Marc, Quinn, and others.

Thanks to my fellow executive members: Doug, Jake, Alena, and Rosie. They keep me honest and stop me from talking too long at meetings. Oh yah. They also make sure your association keeps running.

Finally, I want to make sure I mention all the other people who give up their free time to make Olympic Weightlifting happen in our province:

- the loaders who adjust weights so often during a competition that the word "kilo" loses all meaning
- the people who haul weights, bars, plywood, and rubber mats back and forth to competitions (they hate it when competitions aren't on a building's main floor)
- our bingo volunteers (don't stand around, don't bunch up, and no sitting on duty)

I think I covered all the categories of people who give freely of their time – a lot of them often pulling double-duty. If I missed anyone, it was not on purpose.

I hope my fellow members now see how important volunteers are to our association. Maybe next time you see one you'll give them a pat on the back and a big THANKS.

Your president
Bryan Goods



INTERNATIONAL NEWS

2008 Junior Worlds relocated: Due to various problems that have emerged regarding the organization in Whitehorse, Yukon of the Junior World Championships of next year, the Canadians finally decided to retire from hosting this event. The appointed organizer is now the [Colombian Weightlifting Federation](#) and the **2008 Junior World Championships** will now be held in **Cali, Colombia, 12-20 June 2008**. You will find more details in the [IWF's Circular](#) letter.

[ROYAL WORLD WEIGHTLIFTING CHAMPIONSHIPS](#)

September 16-26, 2007, Chiang Mai, Thailand

2007 IWF World Cup

[November 27-December 1, 2007, Samoa](#)

CANADIAN NEWS

Canadian lifters at the Royal World Weightlifting Championships, September 16-26, 2007, Chiang Mai, Thailand

Name	Weight Class	Snatch	Clean & Jerk	Total	Place
Maryse Turcotte	48	68	96	164	17
Marilou Dozois-Prevost	53	75	93	168	26
Jacinthe Deschenes	58	80	97	177	28
Christine Girard	63	95	126	221	8
Tania Whalen	63	86	110	196	24
Jeane Lassen	69	105	128	233	6
Marie-Eve Beauchemin-Nadeau	69	87	105	192	23

Jasvir Singh	62	113	143	256	32
Francis Luna-Ganier	69	127	162	289	33
Serge Tremble	85	135	163	298	38
Sacha Amede	94	143	-	-	-
Akos Sandor	105	155	190	345	24

MANITOBA NEWS

6th Hercules Challenge, September 27, 2007, University of Manitoba

Name	Category	Snatch			Clean & jerk			Total
Christa Desrochers	69	54	56	58	70	73	75	133
Karl Paterson	56	30	35	37	43	46	49	86
Bartosz Stras	77	82	82	83	102	106	109	189
Robert Kazuk	77	70	70	72	90	90	90	-
Darryl Conrad	85	86	90	93	105	110	115	205
Jordan Ducheminsky	85	86	86	87	120	120	120	-
Sean Mazur	85	55	58	60	72	76	80	140
Robert Levy	105+	97	101	105	125	125	125	-



Christa Desrochers



Darryl Conrad



Robert Levy

[Twin Cities Open, Minneapolis, MN, USA, October 13, 2007](#)



Bartosz Stras



Andrew Vynsberghe



Jordan Ducheminsky



Team Manitoba



Manitoba Women's Team – best team

Manitoba Open, Winnipeg, MB, November 24, 2007

Women's Session: 53 – 75+ kg class

Name	Club	Cat.	Snatch			Clean & jerk			Total
Rosemary Densmore	Brick	53	62	65	65	79	82	84	147
Kristi Welle	TCB Club	63	61	64	66	71	74	76	142
Monnette Calixto	Brick	69	51	54	56	79	84	84	140
Christa Desrochers	Hercules	69	55	57	59	71	73	75	134
Lindsey Ingram	Brick	69	52	55	55	63	67	70	125
Alena Jackson	Brick	75+	50	53	53	70	73	75	126

Men's Session: 56 – 77 kg class

Name	Club	Cat.	Snatch			Clean & jerk			Total
Eric Mazur	Hercules	56	35	38	40	49	52	54	94
Karl Paterson	Hercules	56	35	38	39	46	49	51	90
Brett Burdz	Brick	62	51	54	56	72	75	77	131
Anthony Densmore	Brick	69	45	48	50	58	61	63	113
Bartosz Stras	Hercules	77	82	82	85	102	106	108	188
Cristian Molina	Hercules	77	69	72	73	90	94	94	163
Jonathan Gala	Hercules	77	60	62	64	86	89	91	153
Sean Mazur	Hercules	77	60	62	62	80	83	85	147

Men's Session 85 – 105+ kg

Name	Club	Cat.	Snatch			Clean & jerk			Total
Darryl Conrad	Hercules	85	90	94	97	117	122	126	219
Jordan Ducheminsky	Hercules	85	88	91	93	122	127	127	213
Doug Sinclair	Dakota	85	60	63	66	78	81	81	147
Sherlon Hussett	Hercules	94	81	85	88	115	119	119	200
Daniel Jimenez	Spartacus	94	71	74	77	92	97	101	174
Chip Kent	Spartacus	105	120	127	132	155	163	165	295
Don Martinez	Brick	105	75	75	79	105	111	117	190
Rafal Korkowski	Hercules	105+	120	125	130	155	165	170	290
Robert Levy	Hercules	105+	100	105	108	125	125	130	233
Brandon Walzer	U of Wisconsin	105+	90	95	100	130	138	140	225
Bryan Goods	Hercules	105+	95	98	100	102	102	102	200
Andrew Wynsberghe	Brick	105+	72	76	78	92	97	99	175



Kristi Welle



Rosemary Densmore



Doug Sinclair



Alena Jackson



Robert Levy



Christa Desrochers



Monnette Calixto



Lindsey Ingram



Junior & Senior Provincials, Winnipeg, MB, December 15, 2007

Name	Club	Cat.	Snatch			Clean & jerk			Total
Christa Desrochers	Hercules	69	56	58	60	72	75	77	137
Lindsey Ingram	Brick Gym	69	51	54	56	67	70	70	124
Alena Jackson	Brick Gym	75+	52	55	55	72	75	77	129
Eric Mazur	Hercules	56	37	39	41	50	53	55	96
Karl Paterson	Hercules	56	36	38	40	47	50	52	92
Brett Burdz	Brick Gym	62	51	54	56	74	77	79	135
Bartosz Stras	Hercules	77	81	81	84	101	105	107	189
Cristian Molina	Hercules	77	69	71	73	92	95	97	168
Sean Mazur	Hercules	77	60	62	64	81	84	84	148
Terry Hadlow	Dakota	85	96	101	104	121	129	133	234
Darryl Conrad	Hercules	85	97	100	103	120	125	129	228
Jordan Ducheminsky	Hercules	85	90	93	95	123	128	130	223
Doug Sinclair	Dakota	85	62	62	66	79	82	85	148
Sherlon Hussett	Hercules	94	80	84	87	110	115	115	194
Scott Erichsen	Hercules	105+	110	115	120	135	138	142	262
Andrew VanWynsberghe	Brick Gym	105+	75	78	78	94	98	100	173



Lindsey Ingram



Alena Jackson



Christa Desrochers



Karl Paterson



Andrew VanWynsberghe



Cristian Molina



Terry Hadlow



Scott Erichsen

OFFICIALS TIPS: by Joe Landreville

Preface

This portion of the newsletter is dedicated to the communication, education, and interpretation of the rules that govern Olympic Weightlifting. Technical rules are based on the current International Weightlifting Federation (IWF) 2001-2004 Handbook.

Official Tip # 28

Competition weigh-in (part 3): the competitors are called one by one into the weigh-in room, according to the progression of their lot number. Competitors not present when it is their turn to be weighed will be weighed at the end of the sequence. This rule ensures fairness and order to the weigh-in process.

Competitors must prove their identity by presenting their passport or identity card to the Competition Secretary. As new competitors to the sport are not well known to the competition officials, athletes must present a membership card or passport to confirm their identity.

The competitors are weighed naked or in underwear, in the presence of referees of their respective sex. The competition Secretary, if of the opposite sex, will be suitably screened from the actual weigh-in process. As contests are won and lost on bodyweight, competitors may want to weigh-in nude. To accommodate this request, and ensure the integrity of the weigh-in process, a screen is now used to allow opposite sex officials to participate in the weigh-in process without seeing the competitors.

UPCOMING EVENTS

December 15, 2007	Jr. & Sr. Provincials	U of M, Winnipeg, MB	All MWA Members
December 2007	Christmas Training Camp	U of M, Winnipeg, MB	All MWA Members
January 19, 2008	Jr. Canadian Nationals	Lake Country, BC	Qualified Athletes
January 26, 2008	MWA School Series #2	Morden Collegiate	Middle & High School
February 16, 2008	La Coupe du Voyageur	U of M, Winnipeg, MB	All MWA Members