

TUVALU WEIGHTLIFTING FEDERATION

2013 TUVALU GAMES July 2013

Tuvalu Weightlifting Federation held its first ever National Competition



Spectators follow the competition progress on the overhead projector

After eight years of continuously pushing its case to the Tuvalu Association of Sports and National Olympic Committee (TASNOC) since the first Tuvalu Games in 2008, the Tuvalu Weightlifting Federation finally staged its first legitimate national competition on July 2nd 2013 as part of the 2013 Tuvalu Games. The level of participation exceeded expectations with 6 females and 18 males participated, representing 7 out of 8 islands of Tuvalu.

The competition started at 4:00 pm and ended at 11:55 pm. Despite running into midnight, the crowd stayed until the end of the medal presentations for the final session. They enjoyed every bit of it!

Most of the lifters have only been introduced to the sport of weightlifting and have trained for 1 month or so before the competition. The absence of a proper gym for training did not stop these young kids from learning their new trade. These guys literally trained under coconut trees, sometimes under the hot sun and often they have to stop when the rain pours in. Although the results came nowhere near regional standards, they are nevertheless very impressive considering the short period and conditions they trained in. The highlight of the competition of course was when Ioane Haumili lifted in the men's first session and when Logona Esau lifted in the second



Faoata Tuau trains on an old concrete foundation outdoor



Ioane Haumili with 105kg C&J



Logona Esau, a former Olympian, competes in the 2013 Tuvalu Games

session of the men's competition. Both trained at the Oceania Weightlifting Institute and they displayed exceptional techniques and strength which was well appreciated by the audience. Full results are presented at the end of this newsletter. The toughest competitions were in the Women's open category and the men's 62kg category. Congratulations to medal winners, especially those who participated for the first time ever.



Medal winners (Total) of the Women's Super Heavyweight category: From L to R – Akoakoga Kalala , Puanania Kapulala, Selifa Pelosi

The staging of the weightlifting competition was met with a petition from the island of Vaitupu who requested cancellation due to the lack of IWF certified referees, the inability of TWF to carry out doping tests and the lack of IWF certified equipments. Paul Coffa the Oceania Weightlifting Federation (OWF) Secretary General clarified that the issues brought up by Vaitupu are not grounds for the cancellation of the competition. They only apply to IWF sanctioned competitions. The Tuvalu Games Weightlifting Competition is not sanctioned by the IWF. Fortunately TASNOC Executives agreed that the weightlifting competition must go on, noting that no other sport taking part in the 2013 Tuvalu Game is in full compliance with their International Federation's competition rules.

One of the major reasons that stopped weightlifting from taking part in previous Tuvalu Games was the fear of injury. When TASNOC approved Weightlifting to be held in the 2013 Tuvalu Games, Logona and Ioane were tasked by the TWF to properly train and closely monitor all aspiring lifters. Uluao Lauti (a former national representative) also assisted during training. As a result of their collective efforts, no single injury was reported during training as well as during the competition. Those who registered but did not undergo proper

coaching from either Logona, loane or Uluao were not allowed to participate. This was purely to prevent unintended injuries.

TWF General Election

During preparatory meetings leading up to the Tuvalu Games, representatives from each Island agreed to hold an election for Executive members of the Tuvalu Weightlifting Federation, since most executive members including the President are no longer residing in Tuvalu. This election was held on Sunday 16th June and the results are as follows:

President – Mr. Talavai Iona

Vice President – Mr. Uluao Lauti

Secretary – Ms. Kaie Luenita

Treasurer – Mr. Felo Nai

Technical Committee members and Coaches – Mr. loane Haumili and Mr. Logona Esau

Upcoming Events

To keep the momentum going, the TWF plans to hold another competition during the Tuvalu Independence Day (October 2013). The exact date is yet to be confirmed. Another competition is tentatively scheduled for December 2013 or January 2014, when the students are still on holidays.

Vote of thanks

The TWF would like to extend its heartfelt gratitude to the following institutions and individuals for their various donations and support which resulted in the staging of the first ever complete Weightlifting competition in Tuvalu:

- IWF and OWF – donation of many weightlifting sets
- TASNOC – donation of platform, paying for venue costs, transportation, PA system and medals and most importantly for allowing Weightlifting to take part in the 2013 TG

- Business Department, Ministry of Finance – allowing us to use their projector without charge
- Ministry of Home Affairs – allowing us to use their screen without charge
- Womens Department – for lending their whiteboard for the attempts board
- Red Cross – for being on standby in case of accidents
- Police Department – for ensuring only authorized personnel are in the warm up area
- Travel Office – for allowing us to use their electronic weighing machine even after working hours
- Mainaga Taape – for donating AUD\$100 to meet cost of banner, hire of tarpaulins for the warm up area, transport, chairs hire and table hire
- Paul Coffa – for his ever continuous guidance and support
- Last but not least, to ALL our volunteers who took part in setting up of the venue and officiating the games, MALO FAKAFETA LAHI! Your efforts will go a long way in grooming Weightlifting to become a core sport in Tuvalu.



Talavai Iona

TWP President

MORE PHOTOS









Tuvalu Games 2013
WEIGHTLIFTING - WOMENS
 (2nd July 2013)

Lot	Name	Island	DOB	B/W	Snatch			Clean & Jerk			Total
					1st	2nd	3rd	1st	2nd	3rd	
63kg											
4	Lite Tekava	Nmea	23/02/94	58.60	30	31	32	35	36	40	72
75g											
2	Tokiloto Tia	Nto	22/11/85	70.45	27	28	29	35	38	38	64
75+kg											
5	Puasia Kapulala Kofe	F/futi	30/7/91	118.75	26	30	42	60	65	70	112
1	Akoakoga Kalala	Nmea	19/08/80	118.35	30	35	42	50	60	60	92
3	Selifa Pelosi	Nto	20/09/85	90.80	26	28	30	40	44	48	78
6	Aolele Tepeke	Nto	21/07/88	79.70	28	30	34	40	40	43	77



Tuvalu Games 2013
WEIGHTLIFTING - MENS
 (2nd July 2013)

Lot	Name	Island	DOB	B/W	Snatch			Clean & Jerk			Total
					1st	2nd	3rd	1st	2nd	3rd	
62kg											
10	Lale Esau	Nukufetau	20/9/91	59.75	55	60	63	70	75	77	140
1	Vaeta Vaeta	Nanumea	12/10/93	56.72	50	56	60	65	70	75	130
2	Vilu Esau	Nui	13/11/94	60.40	45	50	55	60	70	70	125
18	Munua Tuau	Nanumaga	26/12/97	56.50	45	50	57	60	65	70	122
19	Tauata Ioane	Nui	11/3/92	61.15	40	45	52	60	65	70	122
69kg											
16	Ioane Haumili	Niutao	23/11/88	64.45	75	80	85	105	110	-	195
3	Penani Tapuli	Niutao	30/4/96	64.75	41	42	48	48	54	61	109
6	Tumeka Tapola	Nanumea	4/6/94	63.05	40	40	42	40	45	48	90
77kg											
12	Logona Esau	Nukufetau	24/1/86	75.57	80	87	95	125	130	140	225
8	Tafaoata Tuau	Nanumaga	6/9/96	75.6	65	70	77	88	93	96	173
11	Tavevele Noa	Niutao	23/11/88	64.45	60	65	70	85	90	100	170
85kg											
9	Vete Ofati	Nanumea		85.00	60	65	70	70	80	-	150
15	Victor Isala	Niutao	26/01/87	80.05	55	55	60	70	75	80	130
94kg											
22	Foilape Vulagi	Niutao	31/08/90	93.9	55	70	75	-	-	-	75
17	Viliamu Tetoa	Niutao	6/3/1986	93.5	60	60	60	60	65	70	70
105kg											
7	Telupe Iosefa	Nukulaelae	1/11/86	104.20	65	75	-	85	95	100	175
14	Sam Tinilau	Niutao	6/2/1986	96.55	60	70	71	80	90	98	161
5	Tima Maiana	Niutao	18/06/86	103.75	60	65	70	80	90	90	155