

## HWC Australia Day Competition-Report

As a weightlifting year, 2012 kicked off with the annual HWC Australia Day competition. A respectable cast of lifters, all male, competed in the event. Matthew Scott was a late withdrawal, as was Jared Tyler, trimming the original cast of eleven competitors down to nine.

Opening up the action was young James Delaney, Looking very solid, James lifted very well to attempt four lifts successfully, two Snatches and two Clean and Jerks, finishing with 56Kg and 72Kg for a 128Kg total. James is clearly seeing the benefit of his consistent training and re-vitalised training program. He managed to Clean 75Kg as well, giving a great effort at his first crack at the cherries.

Jason Gevrekos, fresh from his best first year lifter award got his year underway with a somewhat disappointing Snatch of 68Kg but lifted well in the Clean & Jerk to secure 100Kg and 3 out of 3 attempts. He certainly looked as though he was lacking a bit of training over the Christmas period with his Snatches but the CJs were very strong.

Wesley Spargo from the Grace Park club managed two Snatches and two CJs for a respectable total of 180Kg, also managing to Clean 110Kg in a good day for him.

Best HWC master lifter for 2011 Paul Allen was up next, and similar to Jason, looked somewhat rusty in the Snatches only succeeding in his opening attempt on 70Kg. Also like Jason however, Paul rattled off three strong looking CJs to finish with 100Kg and a 170Kg total.

John Cichello was out next and without a certain supporter present to spur him on, was up against it from the beginning. Opening with a very comfortable 85Kg Snatch, John was unable to secure 88Kg overhead, thus failing to satisfy the bodyweight Snatch requirement laid down by other lifters, sure to be the source of amusement for a while to come. Strong CJs on 107Kg and 112Kg was followed with an equally impressive 115Kg Clean, but unfortunately the Jerk was not forthcoming. Overall the 197Kg total was not a bad start to the year for him.

Julio Melo Jr followed, and corrected an initial error on 87Kg to secure it with his second attempt. Looking to further his PB, Julio unfortunately failed on 91Kg. Starting with 105Kg in the CJs, Julio jumped the bar to 112Kg and when he was unsuccessful with this lift, decided to call curtains on the day one attempt early.

Scott Norman started off very well with two characteristically very well managed Snatches on 93Kg and 96Kg, before finding 98Kg that little bit too much. Unfortunately three missed Clean & Jerks spoiled an otherwise promising looking day for Scott, but at this early stage in the year leaves him plenty of time to make adjustments. Scott also did not have the displeasure of

tasting his first bomb at a national or international event, something one author knows all too well about.

Armando Miotti from the Peninsula club, defying his age, was the penultimate lifter for the day. With three out of three Snatches (95Kg, 101Kg and 105Kg) Armando set two new Victorian and Australian master's records, a terrific display of lifting. Although he seemed to get complacent on his first Jerk on 125Kg, rushing a weight he Cleaned with ease, he would not make the same mistake twice, securing 125Kg with his second attempt. Armando then raised the bar to 132Kg, to set new Victorian and Australian master's records in both Clean & Jerk and Total, and lifted it with some style. A very strong display from Armando, who was the pick of the performers on the day.

Finally, Matt Wragg rounded out the competitors for the day. Following some strong results in training, Matt was looking for a big total at this comp but unfortunately it was not to be. Successful with his opening Snatch and CJ, Matt went for broke in the last two CJs but unfortunately found it to heavy on the day. However, Matt was good enough to take out the best lifter award for the day based on the Sinclair formula. Congratulations Matt.

Overall the competition proved to be a satisfying day of lifting, with Armando Miotti and James Delaney providing the highlights with impressive performances. Special thanks to all the officials who refereed and assisted (most notably the sensational MC), to those who came and supported, to those who coached and notably to Jared Tyler and new member Josef Ordon who loaded the bar throughout the day.

The club now looks forward to the VWA Open contest in February, which the junior lifters can use to attempt to qualify for the various events going on this year. Beyond that the Crossfit Games Australian Club Championships take place at the gym at the end of March, certainly the first major event for 2012.

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