

# Nauru Independence Day Weightlifting Tournament

## Results Summary

26 Jan 2019

Nauru



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**Session 1**

| Lifter         | State | YOB  | Bwt    | Snatch attempts |                |     | CJ attempts    |                |                | Sn  | CJ  | Total |
|----------------|-------|------|--------|-----------------|----------------|-----|----------------|----------------|----------------|-----|-----|-------|
| <b>M81</b>     |       |      |        |                 |                |     |                |                |                |     |     |       |
| Joe Hiram      | VIC   | 2001 | 80.20  | 10              | 105            | 109 | 130            | <del>134</del> | 134            | 109 | 134 | 243   |
| <b>F87+</b>    |       |      |        |                 |                |     |                |                |                |     |     |       |
| Charisma Amoe- | QLD   | 1999 | 136.60 | <del>104</del>  | <del>104</del> | 101 | <del>144</del> | 141            | <del>148</del> | 101 | 141 | 242   |

**Referees**

**Jury**

**Tech Controller**

**MC**

**Timekeeper**

**Marshall**

**Doctor**

\*State records can be claimed in this session. \*National records can be claimed in this session.

### Sinclair Ranking

| Men  |           |        |
|------|-----------|--------|
| Rank | Name      | Score  |
| 1    | Joe Hiram | 296.89 |

| Women |                       |        |
|-------|-----------------------|--------|
| Rank  | Name                  | Score  |
| 1     | Charisma Amoe-Tarrant | 243.14 |

## Records Broken

| Lifter                | Bwt Cat | Age Group | Record Level | Record Type | New Record |
|-----------------------|---------|-----------|--------------|-------------|------------|
| Charisma Amoe-Tarrant | F87+    | Junior    | AWF          | CJ          | 141kg      |
| Charisma Amoe-Tarrant | F87+    | Senior    | AWF          | CJ          | 141kg      |
| Charisma Amoe-Tarrant | F87+    | U23       | AWF          | CJ          | 141kg      |
| Charisma Amoe-Tarrant | F87+    | Junior    | QLD          | CJ          | 141kg      |
| Charisma Amoe-Tarrant | F87+    | Senior    | QLD          | CJ          | 141kg      |
| Charisma Amoe-Tarrant | F87+    | U23       | QLD          | CJ          | 141kg      |

### Personal Bests

| Lifter                | State | Lift   | Previous PB | New PB | Increase |
|-----------------------|-------|--------|-------------|--------|----------|
| Charisma Amoe-Tarrant | QLD   | CJ     | 140kg       | 141kg  | 1kg      |
| Joe Hiram             | VIC   | SNATCH | 102kg       | 109kg  | 7kg      |
| Joe Hiram             | VIC   | CJ     | 131kg       | 134kg  | 3kg      |
| Joe Hiram             | VIC   | TOTAL  | 231kg       | 243kg  | 12kg     |