



LATEST NEWSLETTER

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IS THIS THE SECRET TO THE SUCCESS OF THE PACIFIC LIFTERS ??



Oceania Institute lifters enjoying climbing coconut trees after a heavy workout.



Fijian Gold medal prospects Eileen Cikamatana and Apolonia Vaivai enjoying some rest after training.



Samoan Youth on a coconut tree. Look at the physique.



Samoan boys, at a young age, carrying loads of coconuts on their plantation.

With the Commonwealth Games coming up, there is an enormous expectation being placed on the Pacific Island lifters to win medals. There has been so many questions asked as to why the Pacific Island youth have success in the sport of weightlifting.

So many theories have been put forward. Some of these theories is their diet as they eat a lot of fish, coconut and rice. Others believe it is because the young people work in their plantations and carry heavy loads and thus develop tremendous physiques at an early age. Another one is because they drink a lot of coconut juice throughout the day. Others believe that it is the genes of their ancestors who were once warriors.

However here is a new theory. How many lifters world wide, would climb tall coconut trees after training as a relaxing exercise, like the lifters do at the Oceania Weightlifting Institute. You have in the first picture above Morea Baru on the right from Papua New Guinea , 62Kg Category with a 300kg total climbing the tree at a tremendous speed. And on the left you have 190 cm tall, 85kg category junior lifter from Fiji, Taniela Rainibogi totalling 330kg.

Could this activity which is done throughout the islands, every single day, be attributed to the success of the pacific island lifters?

PREDICTION OF GOLD MEDALS AT THE GOLD COAST

The Commonwealth Games are on in two weeks time. These are the favourites for Gold.

Men:

56kg: The battle for gold will be between Malaysia and India. But keep your eye on the Sri Lankan lifter.

62kg: It will be very difficult to beat the PNG lifter. His recent performances and results will be very hard to beat. Malaysia and India will be just behind.

69kg: This category will be a beauty. On paper the Samoan lifter is leading, but the battle will certainly be on between the Samoan, the Indian and the Pakistan lifter.

77kg: It appears that the Indian lifter is the favourite here. He is well ahead of the Malaysian and the Kiribati lifter.

85kg: Again India looks like the hot favourite to win. However Samoan junior lifter and the New Zealand lifter could put a bit of pressure on him.

94kg: This will be a real battle between Canada and PNG. It is very difficult to predict the winner.

105kg: This will be a four way battle for gold, between Samoa, England, Kiribati and India.

+105kg: The battle of the giants. Unquestionably this will be the biggest tournament that the superheavyweights have ever encountered in the history of the Commonwealth Games. Four lifters, all capable of doing 400kg total or more. Never before will we have seen so many top superheavyweights. Again, very difficult to predict a winner here. But it will be between Samoa, Pakistan, New Zealand and India. Anyone of them could win that gold medal.

Women:

48kg: The 2017 World Champion from India will take this gold medal out. Too far ahead of the others.

53kg: This will be a two way battle for the gold between India and Papua New Guinea.

58kg: Possibly the hardest category of all in the women to predict the winner. Four lifters will battle for gold here. Solomon Islands, Canada, Australia and India.

63kg: This will be a two way battle between England and Canada.

69kg: Although on paper it looks comfortable for Fiji to win, but realistically it is a very hard category to predict as India and England are right up there also.

75kg: The gold medal will come from either Canada or England.

90kg: The Fijian lifter is far too strong for the opponents and is expected to take the gold.

+90kg: The New Zealand lifter, again far too strong for the opponents and expected to take out the gold medal.

However regardless who wins, weightlifting at these Games is going to be great. We wish every competitor great success and may you all achieve your personal best. The CWF wishes to express its sincere gratitude to the Commonwealth Games Federation for their continued support.

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