



Weightlifting

DATES: Saturday 9 - Wednesday 13 August 2008 (Days 1 – 5); Friday 15 - Tuesday 19 August 2008 (Days 7 – 11)

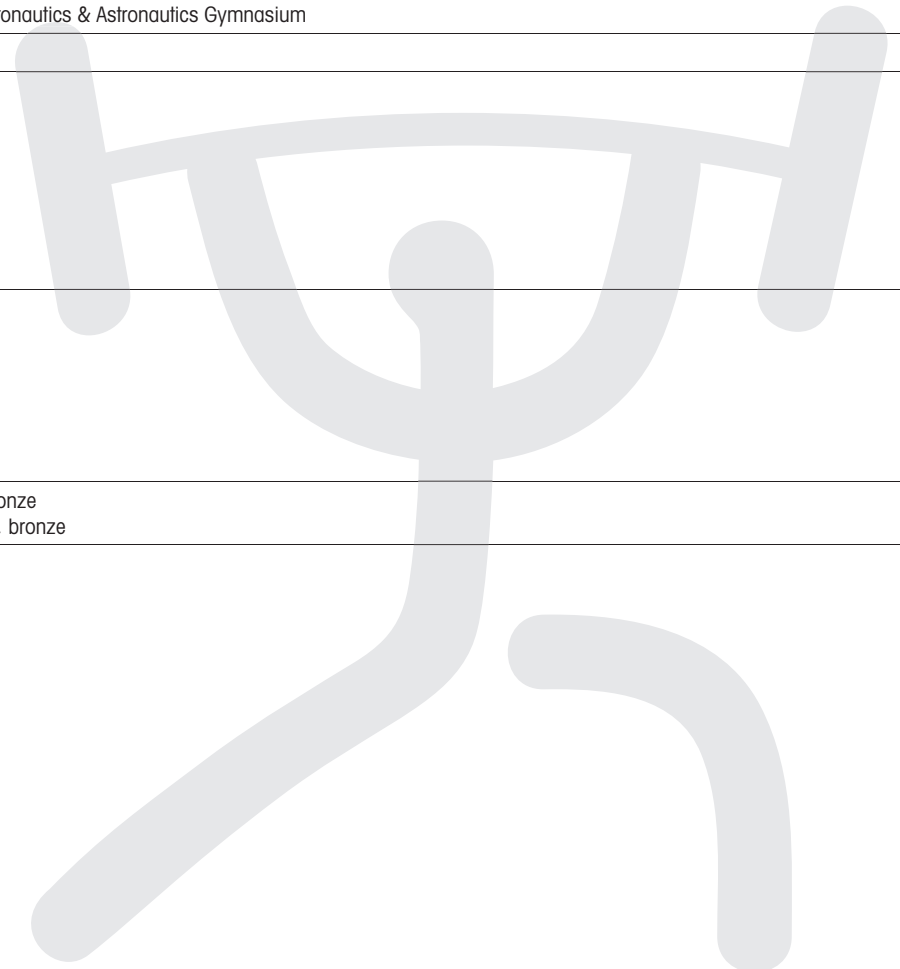
VENUES: Beijing University of Aeronautics & Astronautics Gymnasium

CAPACITY: 6,000 spectators

MEN'S EVENTS: 56kg
62kg
69kg
77kg
85kg
94kg
105kg
+105kg

WOMEN'S EVENTS: 48kg
53kg
58kg
63kg
69kg
75kg
+75kg

MEDALS: Men - 8 gold, silver, bronze
Women - 7 gold, silver, bronze



Weightlifting Schedule

Day 1 Saturday 9 August

10:00-11:40	Women's 48kg - Group A
11:50-12:00	Women's 48kg Medal Ceremony

Day 2 Sunday 10 August

10:00-12:00	Men's 56kg - Group B
12:30-14:00	Women's 53kg - Group B
15:30-17:10	Women's 53kg - Group A
17:20-17:30	Women's 53kg Medal Ceremony
19:00-20:40	Men's 56kg - Group A
20:50-21:00	Men's 56kg Medal Ceremony

Day 3 Monday 11 August

10:00-12:00	Men's 62kg - Group B
12:30-14:00	Women's 58kg - Group B
15:30-17:10	Women's 58kg - Group A
17:20-17:30	Women's 58kg Medal Ceremony
19:00-20:40	Men's 62kg - Group A
20:50-21:00	Men's 62kg Medal Ceremony

Day 4 Tuesday 12 August

10:00-12:00	Men's 69kg - Group B
12:30-14:00	Women's 63kg - Group B
15:30-17:10	Women's 63kg - Group A
17:20-17:30	Women's 63kg Medal Ceremony
19:00-20:40	Men's 69kg - Group A
20:50-21:00	Men's 69kg Medal Ceremony

Day 5 Wednesday 13 August

10:00-12:00	Men's 77kg - Group B
12:30-14:00	Women's 69kg - Group B
15:30-17:10	Women's 69kg - Group A
17:20-17:30	Women's 69kg Medal Ceremony
19:00-20:40	Men's 77kg - Group A
20:50-21:00	Men's 77kg Medal Ceremony

Day 7 Friday 15 August

10:00-12:00	Men's 85kg - Group B
12:30-14:00	Women's 75kg - Group B
15:30-17:10	Women's 75kg - Group A
17:20-17:30	Women's 75kg Medal Ceremony
19:00-20:40	Men's 85kg - Group A
20:50-21:00	Men's 85kg Medal Ceremony

Day 8 Saturday 16 August

19:00-20:40	Women's +75kg - Group A
20:50-21:00	Women's +75kg Medal Ceremony

Day 9 Sunday 17 August

15:30-17:30	Men's 94kg - Group B
19:00-20:40	Men's 94kg - Group A
20:50-21:00	Men's 94kg Medal Ceremony

Day 10 Monday 18 August

15:30-17:30	Men's 105kg - Group B
19:00-20:40	Men's 105kg - Group A
20:50-21:00	Men's 105kg Medal Ceremony

Day 11 Tuesday 19 August

15:30-17:30	Men's +105kg - Group B
19:00-20:40	Men's +105kg - Group A
20:50-21:00	Men's +105kg Medal Ceremony



Damon KELLY

+ 105kg

Date of Birth: 1 December 1983
Age at Games: 24
Born: Atherton, QLD
Lives: Greenslopes, QLD
Height / Weight: 183cm (6' 0"), 151kg (333lbs)
Club: Cougars Weightlifting Club, QLD
Coach: Miles Wydall (1999 - present)
Secondary Education: St Laurence's College, QLD
Tertiary Education: Applied Science Degree (Quantity Surveying), Queensland University of Technology

Olympic Games: Debut

Recent Performances:

1st (+105kg) - 2008 Oceania Senior Championships (Auckland, NZ);
 1st (+105kg) - 2008 Olympic Qualification Trials (Melbourne, Australia);
 1st (+105kg) - 2007 National Championships (Brisbane, Australia);
 21st (+105kg) - 2006 World Championships (Santo Domingo, Dominican Republic);
 3rd (+105kg) - World University Championships (Izmir, Turkey);
 2nd (+105kg) - 2006 Commonwealth Games (Melbourne, Australia);
 1st (+105kg) - 2006 National Championships (Melbourne, Australia)

Career Highlights:

Winning a silver medal at the Commonwealth Games and breaking the clean and jerk record (217kg) and winning a silver and bronze medal at the World University Weightlifting Championships.

Interesting Facts:

- Damon started weightlifting in 1998 at his school gym while in grade 10. After six months he began training under coach Miles Wydall.
- A record breaking junior he still holds multiple Queensland state records and the National record for the U/20 Clean and Jerk. In 2000 he was a gold medalist in the U/18 division at Nationals and in 2001 won gold in both the U/18 and U/20 divisions. He was named best lifter for both age groups. He backed up with two more national Junior (U/20) titles in 2002 and 2003.
- Damon was a Junior Oceania Champion in 2001, 2002, 2003 and competed at the World Junior Championships in 2001 (13th), 2002 (11th), 2003 (6th).
- In 1999 while still a junior he competed at his first Senior Nationals winning a silver medal. He went on to win silver again in 2002 and a bronze in 2003.
- In 2003 as a senior, Damon was the Oceania Champion, won silver at the Commonwealth Championships and a year later won silver at the National Championships, qualifying him a spot in the shadow squad for the Athens Olympic Games, but missing out on selection.
- Continuing to perform consistently it was in 2006 that Damon excelled, clinching a silver medal at the 2006 Melbourne Commonwealth Games in the Clean and Jerk. His lift of 217kg was also a new Commonwealth Games record.
- The youngest of 6 siblings Damon is a passionate football fan and supports the North Queensland Cowboys. He is learning how to play the harmonica and played the clarinet for 6 years at school. He currently coaches weightlifting and weight training at St Laurence's College in South Brisbane.



Deborah LOVELY

+ 75kg

Date of Birth: 20 June 1983
Age at Games: 25
Born: Brisbane, QLD
Lives: Ipswich, QLD
Height / Weight: 170cm (5' 6"), 75kg (165lbs)
Club: Cougars Weightlifting Club, QLD
Coach: Mike Keelan (2002 - present)
Secondary Education: Corinda State High School, QLD
Tertiary Education: BA Law / Arts (Criminology), Griffith University, QLD

Olympic Games: 2004 Athens, 69 - 75kg, (13th)

Major Injuries:

Hip surgery in 2003 requiring an arthroscopy in left hip socket after the World Junior Championships in 2003; Thumb surgery in 2002 after the Commonwealth Games; Tendonitis in the knee requiring saline injections in the lead up to the Athens Olympic Games.

Recent Performances:

1st (+75kg) - 2008 Olympic Qualification Trials (Melbourne, Australia);
 2nd (+75kg) - 2007 Arafura Games (Darwin, Australia);
 1st (75kg) - 2006 Commonwealth Games (Melbourne, Australia);
 12th (75kg) - 2005 IWF World Championships (Doha, Qatar);
 3rd (+75kg) - Oceania Senior Championships (Fiji)

Career Highlights:

Competing at the 2004 Athens Olympic Games and taking 12th place and competing at the 2006 Commonwealth Games.

Interesting Facts:

- Deborah began weightlifting in 1999 at 15 years of age to gain strength for discus and hammer throwing. That year she made her first athletics team, competing at the Inaugural World Youth Championships winning bronze in discus. She competed at the 2000 World Junior Championships finishing 9th (discus) and 15th (hammer). She also made her first weightlifting team, competing at the Junior Oceania Championships winning bronze in the +75kg.
- Competing at the 2001 Oceania and East Asian Games the following year, women's weightlifting made its debut at the 2002 Commonwealth Games where Deborah won three silver medals. She was the 2003 and 2004 Senior Oceania Champion (75kg).
- After the Athens Olympics, she took a 5 month break and started cycling as rehabilitation for severe knee tendonitis. Selected on the national track cycling program, she won 3 gold and 2 silver at the Queensland Track Championships. She returned to weightlifting, qualifying for the 2006 Commonwealth Games winning gold.
- In 2006, Deborah also took up rugby, and although she was selected for the Australian Rugby Training Squad, a broken ankle forced her out.
- She returned in February 2008, smashing the Australian record in the +75kg snatch, clean and jerk and the total.
- Deborah holds the Australian record for the 75kg snatch & total, multiple junior records, and the U/20 snatch, clean and jerk and total records (75kg and +75kg).
- Deborah is currently studying Law / Art (Criminology) at Griffith University.



Luke BORREGGINE

Section Manager / Coach

Date of Birth: 1 June 1961
Born: Chester, United States of America
Lives: Sydney, NSW
Olympic Games: 2004 Athens - Head Coach (Australia)
 2000 Sydney - Head Coach (Australia)
 1996 Atlanta - Head Coach (Australia)

Management / Coaching History:

- Coached 17 World Championship, 4 Commonwealth Games and 15 Oceania Teams.