



Updated at 06:30 on January 14, 2024

# Weightlifting

International Diversity Friendship Competition

Australia / New Zealand / Japan (Japan/KEIO)

Team competition and Individual Competition

Commemoration of 75<sup>th</sup> Anniversary of KEIO Weightlifting Club

# Start Book



**New applications have already closed.**

Keio University Weightlifting Club



慶應義塾 体育会重量挙部

Let's wave the Tricolor Flag





**Weightlifting Australia / New Zealand / Japan (Japan/KEIO)  
Team competition and Individual Competition(+JOR/7MGL)  
Commemoration of 75<sup>th</sup> Anniversary of KEIO Weightlifting Club**

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# 1. TIME TABLE

Thursday 11th, Friday 12th, Saturday 13th January 2024

10:00am 4:00 pm

Athletes' adjustment practice venue open

CrossFit Tsukiji

FA Building 1, 2F 3-1-1 Tsukiji, Chuo-ku, Tokyo



## Saturday, 13th January 2024

2:00pm 5:00 pm Venue set up

KEIO UNIV HIYOSHI Campus – MPR/KWC

4-1-1 Hiyoshi, Kohoku-ku, Yokohama, Kanagawa Prefecture



6:00pm–6:30pm **Coach/Technical Meeting** Ryoji Furukawa

(fuusuiweb@yahoo.co.jp/+81-9081043456)

6:30pm–8:00pm **Welcome Dinner Free Tennoten**

**All-you-can-drink soft drinks, beer, wine, and sake.**

Nihonbashi Kakigara-Cho Tennoten てんのでん

FK Building B1, 1-4-1 Kakigara-cho, Nihonbashi,

Chuo-ku, Tokyo +81-33661-7787

5 minutes walk from Tokyo Metro Kayabacho Station Exit 4a

Contact Ryoji Furukawa +81-9081043456 fuusuiweb@yahoo.co.jp

Yuki Furukawa +81-8010742494 tanukitunekoma@hotmail.com



Tennoten



**Subway Hibiya Line Kayabacho Station Exit 4a**

# Saturday, 13th January 2024

## January 13, 2024 Welcome Dinner Information

If you are unsure about how to go to the Restaurant (Tokyo Chuo-ku Nihonbashi Kakigara-cho 1-4-1 Tennoten), please meet at the Ginza Capital Hotel Akane Lobby at 5:30 p.m. This is not Moegi Lobby.

I will go with you on the Hibiya Subway Line (Kayabacho Station, 2 stations).

### New Zealand guests:

			SURNAME	FIRST NAME
1	JAMESON ANDY	10	MACLENNAN	RENEE
2	BAYATI EHSAN	11	HENRY HAMI	
3	MASEYK ANDREW	12	TASI GLORIA	
4	WALKER MICHAEL	13	WEST KRIS	
5	WALKER MICHA	14	IHAKA-PITAMA	KELLY
6	SMITH ABRAHAM	15	PITAMA HAYLEY	
7	SMITH LELA	16	SYLVA EDEN	
8	GRISON KIM	17	POPTATA	TANIA
9	RICKETT SUE	18	POPTATA	ARIANA

### Australian guests :

MARY MACKEN 1 person / DENESE BILLINGS 1 person / JOHN CLOW 1 person / BOUACHANH THONGVILU 1 person / BRENDAN KENNEDY 1 person / DAVID SUTTON 1 person / CORAL QUINELL 1 person / BONNIE GRYLLS-GRAHAM 2 people / PETRA DERUYTER 2 people / LESLIE PARKER 1 person / ROBYN SMITH & GABRIELLE CROCKER 2 people / RUSSEEL GOLDING  
Total 15 people

### Jordanian guests :

TAREQ KH, B. ABUSAKOUT 1 person / SUHEAB ISSA MOHAMMAD ALFARARJEH 1 person Total 2 people

### Mongolian guest :

Tumur Batchuluun 1 person / Sukhbaatar Sarantsetseg 1 person / Damdinsuren Anudari 1 person / Tumurbaatar Bayarmagnai 1 person Total 4 people

RYOJI FURUKAWA 1 person / KEIO 3 people  
Total: 42 people

If you are not listed in the list, please contact Ryoji Furukawa (fuusuiweb@yahoo.co.jp/+81-9081043456) in advance.  
Add to invited guests. **Free.**



Ginza Capital Hotel Akane lobby



Ryoji Furukawa  
(fuusuiweb@yahoo.co.jp  
/+81-9081043456)

# Sunday, 14th January 2024

8:00am	1 <sup>st</sup>	AUS/KEIO Men's Weigh IN	- KWC
9:00am-9:30am		Opening Ceremony	- MPR
9:40am	2 <sup>nd</sup>	NZ/JP/JOR Men's Weigh IN	- KWC
10:00am -11:30am	1 <sup>st</sup>	AUS/KEIO Men's Competition	- MPR
12:05pm	3 <sup>rd</sup>	All Women's Weigh IN	- KWC
11:40am -13:10	2 <sup>nd</sup>	NZ/JP/JOR/MNG Men's Competition	- MPR
14:05 -15:35	3 <sup>rd</sup>	All Women's A/N/J/K/MNG Competition	- MPR
15:45 -17:30		Fresh up / Withdrawal works of equipment	- KWC/MPR
17:30 – 18:30		Transit to the award ceremony venue (by train)	
18:30 -19:00		Award Ceremony	- Ginza Capital Hotel Akane 2F
19:00 -20:30		Buffet Party ( Free)	- Ginza Capital Hotel Akane 2F



# Sunday, 14th January 2024

## How to get from the Hotel to the Venue

Directions from the hotel to the KEIO Convention Venue  
Tomoko Sawabe will leave Ginza Capital Hotel Akane at 6:30 a.m. to prepare for the weigh-in at the competition venue.

If you are not confident about going to the convention venue, please meet at the Ginza Capital Hotel Akane lobby at 6:30 a.m. This is not the Ginza Capital Hotel Moegi Lobby.



Tomoko Sawabe  
(fuusuiweb@yahoo.co.jp  
/+81-9081043456)

## How to go from the KEIO Convention Venue to the Hotel (Award Ceremony/Party Venue)

The award ceremony will be held on the second floor of Ginza Capital Hotel Akane from 6:30 p.m.

A buffet party will also be held at the same venue after the awards ceremony.

After the competition at Keio, please return to Ginza Capital Hotel Akane on your own.

From Tokyu Hiyoshi Station, take the Tokyu Toyoko Line train bound for Shibuya and Matashiki.

Please do not ride trains other than the Tokyu Toyoko Line.

Transfer to the Hibiya Subway Line at Nakameguro Station.

Board the train from the opposite side of the Nakameguro Station arrival terminal.

Get off at Tsukiji Station.



## 2. OFFICIALS

1	10 : 00~	Australia - Keio		
	Referee	NAMIKA MATSUMOTO	FUMITAKA TOCHIZAWA	JYUNZOU SAHARA
	Jury	NOBORU SEDAKA	KUYOKAZU NOGUCHI	CORAL QUINELL
	Marshal	EIMI NARA		
	Controller	KANAE YAGI		
	TimeKeeper	HIROKI NEMOTO		
2	11:40	New Zealand – Japan–UMWA (Jordan)		
	Referee	YUKI FURUKAWA	FUMITAKA TOCHIZAWA	JYUNZOU SAHARA
	Jury	NOBORU SEDAKA	KUYOKAZU NOGUCHI	CORAL QUINELL
	Marshal	HAKUTO KISHIDA		
	Controller	YASUNOBU HIRAOKA		
	TimeKeeper	KOYUKI KASAI		
3	13:20	Women		
	Referee	YUKI FURUKAWA	FUMITAKA TOCHIZAWA	JYUNZOU SAHARA
	Jury	NOBORU SEDAKA	KUYOKAZU NOGUCHI	CORAL QUINELL
	Marshal	HAKUTO KISHIDA		
	Controller	CHIKARA HIRAOKA		
	TimeKeeper	CHIAKI NAGATSUKA		



<MEDICAL>				
1st	KAZUKO FURUKAWA			
2nd	KAZUKO FURUKAWA			
3rd	KAZUKO FURUKAWA			
<BROADCAST/DISPLAY OPERATION>				
1st	MEGUMI UEDA	KOYUKI KASAI		
2nd	MEGUMI UEDA	MII OKADA		
3rd	MEGUMI UEDA	HINANO SAKAI		
<RESPONSIBLE FOR WEIGHT/PLATE CHANGES>				
1 <sup>st</sup>	SAIMON ABE	TERUMICHI HARUMI	YUSUKE YAMADA	WATARU ANDO
2 <sup>nd</sup>	SINYU PAK	HARUKI HOSODA	NOBUAKI MIYAMOTO	SHORA ARAI
3rd	YUSUKE YAMADA	LU SIMON	FUKUTARO NAKASHIRO	KAEDE AMANO
<CALIBRATION>				
1st	SAIMON ABE	TERUMICHI HARUMIO	TAISEI ICHJO	
2nd	SINYU PAK	NOBUAKI MIYAMOTO	MASAKI MIYATA	
3rd	SAKURAKO OTA	CHIAKI NAGATSUKA	MII OKADA	



# KEIO WEIGHTLIFTING

### 3. STATISTICS OF COMPETITORS

#### Jan 2024 - New Zealand

MEN'S TEAM						
	SURNAME	FIRSTNAME	DOB	AGE GROUP	WEIGHT CLASS	Entry Total
1	BAYATI	EHSAN	25/7/1969	55-59	73	170
2	JAMESON	ANDREW	1/3/1963	60-64	82	170
3	WALKER	MICHAEL	8/4/1987	35-39	109+	270
4	SMITH	ABRAHAM	1/7/1977	45-49	98	205
5	MASEYK	ANDREW	29/6/1967	55-59	90	170
WOMEN'S TEAM						
	SURNAME	FIRSTNAME	DOB	AGE GROUP	WEIGHT CLASS	ENTRY TOTAL
1	GRISON	KIM	7/2/1967	55-59	73	115
2	MACLENNAN	RENEE	27/7/1981	40-44	73	145
3	TASI	GLORIA	26/4/1984	40-44	87+	170
4	IHAKA-PITAMA	KELLY	4/3/1975	45-49	87+	145
5	TBA					

#### Jan 2024 – JAPAN

MEN'S TEAM						
	SURNAME	FIRSTNAME	DOB	AGE GROUP	WEIGHT CLASS	ENTRY Total
1	HIRAOKA	CHIKARA	16/11/1957	65-69		
2	OGURI	YUKIYOSHI	1/5/1976	45-49		
3	IGARASHI	KEI	30/8/1979	45-49		
4	YAMAMOTO	TOSHIKI	8/9/1991	30-34	98	230
5	MIYAKE	YOSHINOBU	24/11/1939	80-85		
WOMEN'S TEAM						
	SURNAME	FIRSTNAME	DOB	AGE GROUP	WEIGHT CLASS	ENTRY Total
1	IHARA	YOUKO	2/2/1963	60-64		
2	SAWABE	TOMOKO	18/11/1965	55-59	81	90
3	YAGI	KANAE	16/7/1992	30-34		
4	SUGAWARA	SEIKO	27/7/1976	45-49		
5	MATSUMOTO	NAMIKA	7/2/1992	30-34		

## Jan 2024 - Australia

MEN'S TEAM						
	SURNAME	FIRSTNAME	DOB	AGE GROUP	WEIGHT CLASS	Entry Total
1	CLOW	JOHN	1949/	75-79		
2	KENNEDY	BRENDAN	1968/	55-59		
3	THONGVILU	BOUACHANH	1961/	60-64	12/19:45 73	152
4	GOLDING	RUSSELL	1982/	40-44	Narita 10/7:15	
5	NELSON	GERARD	1972/12/7	50-54	<b>Cancel</b>	
	<b>COLALL</b>	<b>QUINELL</b>			12/16:35	
WOMEN'S TEAM						
	SURNAME	FIRSTNAME	DOB	AGE GROUP	WEIGHT CLASS	Entry Total
1	BILLINGS	DENESE	1958/	65-69		
2	MARY	MACKEN	1961/	60-64		
3	DE RUYTER	PETRA	1963/	60-64		
4	GRYLLS- GRAHAM	BONNIE	1981/	40-44		
5	CROCKER	GABRIELLE	1987/	35-39		

## Jan 2024 - UMWA (Jordan)

MEN'S						
	SURNAME	FIRSTNAME	DOB	AGE GROUP	WEIGHT CLASS	ENTRY Total
1	MOHAMMAD ALFARARJEH	SUHEAB ISSA	13/8/1987	35-39	98	240
	【TAREQ KH	B.ABUSAKOUT	Coach】			

## Jan 2024 - KEIO

MEN'S TEAM						
	SURNAME	FIRSTNAME	DOB	AGE GROUP	WEIGHT CLASS	Entry Total
1	GIGONDAN	LUCAS	23/6/2001-29		81	
2	HYO JAE	SHIN	6/10/1998-29		67	
3	HARADA	TAKAHIRO	30/6/2001-29		109+	
4	NOGUCHI	SHO	23/4/2000-29		73	
5	KOWADA	SOTARO	25/8/2001-29		81	
	Substitute NAKASHIRO	FUKUTARO	15/2/2002-29		81	
	Substitute SUZUKI	RIHITO	20/5/2002-29		61	Participating in individual competition
	Substitute MIYATA	MASAKI	12/10/2001-29		89	
WOMEN'S TEAM						
	SURNAME	FIRSTNAME	DOB	AGE GROUP	Weight Class	Entry Total
1	KAMIYA	NANAMI	13/2/2004-29		59	
2	WADASAKO	REI	6/6/1999-29		55	
3						
4						
5						

## Jan 2024 – UMWA (Mongolia)

WOWEN'S						
	SURNAME	FIRST	DOB	AGE GROUP	WEIGHT CLASS	ENTRY TOTAL
	【TUMUR	BATCHULUUN		Coach】	Cancel	
1	SUKHBAATAR	SARANTSETSEG	26/7/1980	40-44	87	135
2	DAMDINSUREN	ANUDARI	28/12/1984	40-44	66	90
3						
4						
MEN'S						
	SURNAME	FIRST	DOB	AGE GROUP	WEIGHT CLASS	ENTRY TOTAL
	【TOGTOKH	GANBOLD	20/1/1962	Coach】		
1	SHARAV	LKHAGVA	7/10/1955	65-69	60	115
2	NYAMSUREN	GANBAATAR	31/6/1977	45-49	82Cancel	180
3	LKHAGVA	GANSUKH	8/12/1982	40-44	90Cancel	230
4	TUMUTBAATAR	BAYARMAGNAI	21/2/1986	35-39	90	170

**Team competition between Australia, New Zealand, Japan and Keio–**

**Presenting gold, silver and bronze medals**

**Presentation of group recognition shield**

**Sinclair Point Diversity Individual Competition –**

**Shields will be presented to the top 8 men and women in each category**

**Individual competition by age group and weight class: Gold, silver, and bronze medals awarded**

**Athletes from Jordan and Mongolia can participate in individual competitions.**

# AUS/NZ/JPN/KEIO/JOR/MGL Marshal Card

At WEIGH-IN, please submit your ID along with your name, Age Class, Nation, Date of Birth, category, Signature, Entry total, 1st Snatch, and 1st Clean & Jerk.

Start no:	Name:		Age Class: -29/30/35/40/45/50/55/60/65/70/75/80	
	Nation: <b>AUS / NZ / JPN / KEIO / JOR/MGL</b>		Birth date: / /	
Lot no:	Category:	Body weight:	Signature:	Entry total:
<b>Snatch</b>				
1st Attempt		2nd Attempt		3rd Attempt
Declared Weight at the Weigh-in:		Automatic Weight:		Automatic Weight:
		Declared Weight:		Declared Weight:
Sign:		Sign:		Sign
1st Change		1st Change		1st Change
Sign:		Sign:		Sign
2nd Change		2nd Change		2nd Change
Sign:		Sign:		Sign

Start no:	Name:		Age Class: -29/30/35/40/45/50/55/60/65/70/75/80	
	Nation: <b>AUS / NZ / JPN / KEIO / JOR/MGL</b>		Birth date: / /	
Lot no:	Category:	Body weight:	Signature:	Entry total:
<b>Clean &amp; Jerk</b>				
1st Attempt		2nd Attempt		3rd Attempt
Declared Weight at the Weigh-in:		Automatic Weight:		Automatic Weight:
		Declared Weight:		Declared Weight:
Sign:		Sign:		Sign
1st Change		1st Change		1st Change
Sign:		Sign:		Sign
2nd Change		2nd Change		2nd Change
Sign:		Sign:		Sign

# 4. RECORD STANDARDS

## UNITED MASTERS WEIGHTLIFTING FEDERATION RECORD STANDARDS - WOMEN



### 30-34 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	56	68	124
55kg	60	73	133
60kg	64	78	141
66kg	68	83	150
73kg	72	87	158
81kg	75	92	166
87kg	77	94	171
+87kg	87	105	191

### 40-44 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	48	61	109
55kg	52	65	117
60kg	55	69	124
66kg	59	74	132
73kg	62	78	139
81kg	66	82	147
87kg	67	84	151
+87kg	75	94	169

### 35-39 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	52	65	117
55kg	56	69	125
60kg	60	74	133
66kg	63	78	141
73kg	67	83	149
81kg	70	87	156
87kg	72	89	161
+87kg	81	100	180

### 45-49 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	44	57	101
55kg	48	61	109
60kg	51	64	115
66kg	54	68	122
73kg	57	72	129
81kg	60	76	135
87kg	62	79	140
+87kg	69	88	156

## 50-54 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	40	51	91
55kg	43	55	98
60kg	45	59	104
66kg	48	62	110
73kg	51	65	116
81kg	53	69	122
87kg	55	71	126
+87kg	62	80	141

## 60-64 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	31	41	72
55kg	33	44	77
60kg	35	47	82
66kg	37	50	87
73kg	40	52	92
81kg	41	55	96
87kg	43	56	99
+87kg	48	63	111

## 55-59 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	36	46	81
55kg	39	49	87
60kg	41	52	92
66kg	43	55	97
73kg	46	58	103
81kg	48	61	108
87kg	50	63	111
+87kg	56	70	124

## 65-69 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	28	38	66
55kg	30	40	70
60kg	32	43	75
66kg	34	45	79
73kg	36	48	84
81kg	37	50	88
87kg	38	52	90
+87kg	43	58	101

## 70-74 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	25	34	59
55kg	26	36	63
60kg	28	39	67
66kg	30	41	71
73kg	32	43	75
81kg	33	46	79
87kg	34	47	81
+87kg	38	53	91

## 80+AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	21	25	44
55kg	21	27	47
60kg	21	29	50
66kg	22	31	53
73kg	23	33	56
81kg	24	34	59
87kg	25	35	61
+87kg	28	40	68

## 75-79 AGE GROUP

Category	Snatch	Clean & Jerk	Total
50kg	22	30	52
55kg	23	32	55
60kg	25	34	59
66kg	26	36	62
73kg	28	38	66
81kg	29	40	69
87kg	30	41	71
+87kg	33	46	80



# UNITED MASTERS WEIGHTLIFTING FEDERATION

## RECORD STANDARDS Men



### 30-34 AGE GROUP

Category	Snatch	Clean & Jerk	Total
60kg	103	123	225
66kg	110	132	240
73kg	117	140	256
82kg	125	150	274
90kg	132	158	288
98kg	137	164	299
109kg	143	171	312
+109kg	159	190	346

### 40-44 AGE GROUP

Category	Snatch	Clean & Jerk	Total
60kg	90	109	199
66kg	97	117	213
73kg	103	125	227
82kg	110	134	243
90kg	116	140	255
98kg	120	146	265
109kg	126	152	277
+109kg	140	169	307

### 35-39 AGE GROUP

Category	Snatch	Clean & Jerk	Total
60kg	96	116	211
66kg	103	124	226
73kg	110	132	241
82kg	118	142	258
90kg	124	149	271
98kg	128	154	281
109kg	134	161	293
+109kg	148	179	325

### 45-49 AGE GROUP

Category	Snatch	Clean & Jerk	Total
60kg	85	103	188
66kg	91	111	201
73kg	97	118	214
82kg	104	126	229
90kg	109	132	240
98kg	113	138	250
109kg	118	144	261
+109kg	131	159	289

## 50-54 AGE GROUP

Category	Snatch	Clean & Jerk	Total
60kg	79	97	176
66kg	85	104	188
73kg	91	111	201
82kg	97	119	215
90kg	102	124	225
98kg	106	129	234
109kg	110	135	244
+109kg	122	150	271

## 60-64 AGE GROUP

Category	Snatch	Clean & Jerk	Total
60kg	66	82	148
66kg	71	87	158
73kg	75	93	168
82kg	81	100	180
90kg	85	105	189
98kg	88	108	196
109kg	92	114	205
+109kg	102	126	227

## 55-59 AGE GROUP

Category	Snatch	Clean & Jerk	Total
60kg	72	89	161
66kg	77	95	172
73kg	83	102	184
82kg	89	109	197
90kg	93	114	206
98kg	96	118	214
109kg	101	124	224
+109kg	112	137	248

## 65-69 AGE GROUP

Category	Snatch	Clean & Jerk	Total
60kg	59	74	133
66kg	63	79	142
73kg	68	84	152
82kg	72	90	162
90kg	76	94	170
98kg	79	98	177
109kg	83	103	185
+109kg	92	114	205

## 70-74 AGE GROUP

Category	Snatch	Clean & Jerk	Total
60kg	52	65	118
66kg	56	70	127
73kg	60	75	135
82kg	64	80	145
90kg	68	84	152
98kg	70	88	158
109kg	73	91	164
+109kg	81	101	182

## 80+AGE GROUP

Category	Snatch	Clean & Jerk	Total
60kg	37	47	85
66kg	40	50	91
73kg	43	54	98
82kg	46	58	104
90kg	48	61	109
98kg	50	63	114
109kg	52	66	119
+109kg	58	73	132

## 75-79 AGE GROUP

Category	Snatch	Clean & Jerk	Total
60kg	45	57	102
66kg	49	61	110
73kg	52	65	117
82kg	55	69	125
90kg	58	73	131
98kg	60	76	136
109kg	63	79	142
+109kg	70	88	158

## 5. Competition details

# Weightlifting

## International Diversity Friendship Competition

Australia / New Zealand / Japan (Japan/KEIO) Team competition  
United Masters Weightlifting Federation Individual Competition  
- Commemoration of 75<sup>th</sup> anniversary of KEIO Weightlifting club

- Competition date : Sunday 14<sup>th</sup> January 2024
- Venue : Keio University, Yokohama City, Japan
- Teams (up to 40 athletes):
  1. Australia Masters : Men 5 / Women 5
  2. New Zealand Masters : Men 5 / Women 5
  3. Japan Masters : Men 5 / Women 5
  4. Keio Weightlifting Club: Men 5 / Women 5

Host : Keio Weightlifting club

Collaboration & Sponsor : CrossFit Tsukiji

Contact : Ryoji Furukawa (Mr.)

( +81-9081043456 or fuusuiweb@yahoo.co.jp)

### <Notes>

- Incoming participants need to arrive in Japan by the evening of Saturday 13<sup>th</sup> January 2024
- Participants are free to depart Japan on Monday 15<sup>th</sup> January 2024 or later.
- Athletes can use training facility at CrossFit Tsukiji Gym from 11<sup>th</sup> to 13<sup>th</sup> January for preparation. Free to use.
- Accommodation and transport shall be own arrangement. The event organiser will provide hotel recommendation. For further assistance or query, please contact to the organizer.

## **Player**

Each team has 5 men and 5 women

## **Competition Format**

Team and Individual competition

The men 's and women' s teams will compete against each other, and the points of the top three Athletes Sinclair points will be totaled and the team score will be calculated.

Calculate the number of Sinclair points for each men and woman individual and use it as an individual score.

The minimum starting weight is 18kg for women and 23kg for men.

## **Commendation**

Team competition 1st to 4th place men and women

Individual competition 1st to 8th place men and women

## **Operation**

Keio University Athletic Association Weightlifting Club, National

Official Referee , IWF International Official Referee in Australia, New Zealand and Japan. Julie will be IWF International Official Referee . The referees shall be IWF International Official Referee and National Official Referee.

## **Selection Criteria**

Priority will be given to Singapore International and 2019–2023 Masters World Cup competitors. Selected from players who participated in other competitions such as AMPG2023, International Champion Ship. Based on the regulations of the AMPG2023 Korea Tournament and UMWF, we will select players over the age of 30. Keio University alumni, and former Keio University coaches will be allowed to participate.

## **Entry Fee**

**Free**

## **Party Participation Fee GINZA CAPITAL HOTEL**

**Free**

## **Tournament Commemorative Weightlifting Suspended Body Uniform**

**Free Gift**

## **International Referee Honorarium**

**US\$300.- (Referee for 2 or more sessions) Please apply to participate as an IWF international referee by December 31, 2023 to Ryoji Furukawa (fuusuiweb@yahoo.co.jp) .**

## **Volunteer Honorarium**

**JP¥5000. As a volunteer, please help clean up after the competition. Please contact the volunteer reception desk (Ryoji Furukawa+81-9081043456) on the day of January 14, 2024.**

## **Additional Notes**

**Participants in this competition will be approved as a record to qualify for the next competition by the UNITED MASTERS WEIGHTLIFTING FEDERATION.**

- February 2024 -AUCKLAND NEW ZEALAND - Tripartite Masters between New Zealand, Australia and Pacific Islands.**
- May 2024 - There will be a world wide email tournament for Masters.**
- June 2024-Gold Coast-AUSTRALIA - United Masters World Cup. Mantra On View Hotel, Surfers Paradise, 19th-23rd June 2024.**
- September 2024 - SUVA - FIJI - UMWF World Championships.**

# Competition Venue

〒223-8521

4-1-1 Hiyoshi, Kohoku-ku, Yokohama, Kanagawa, Japan

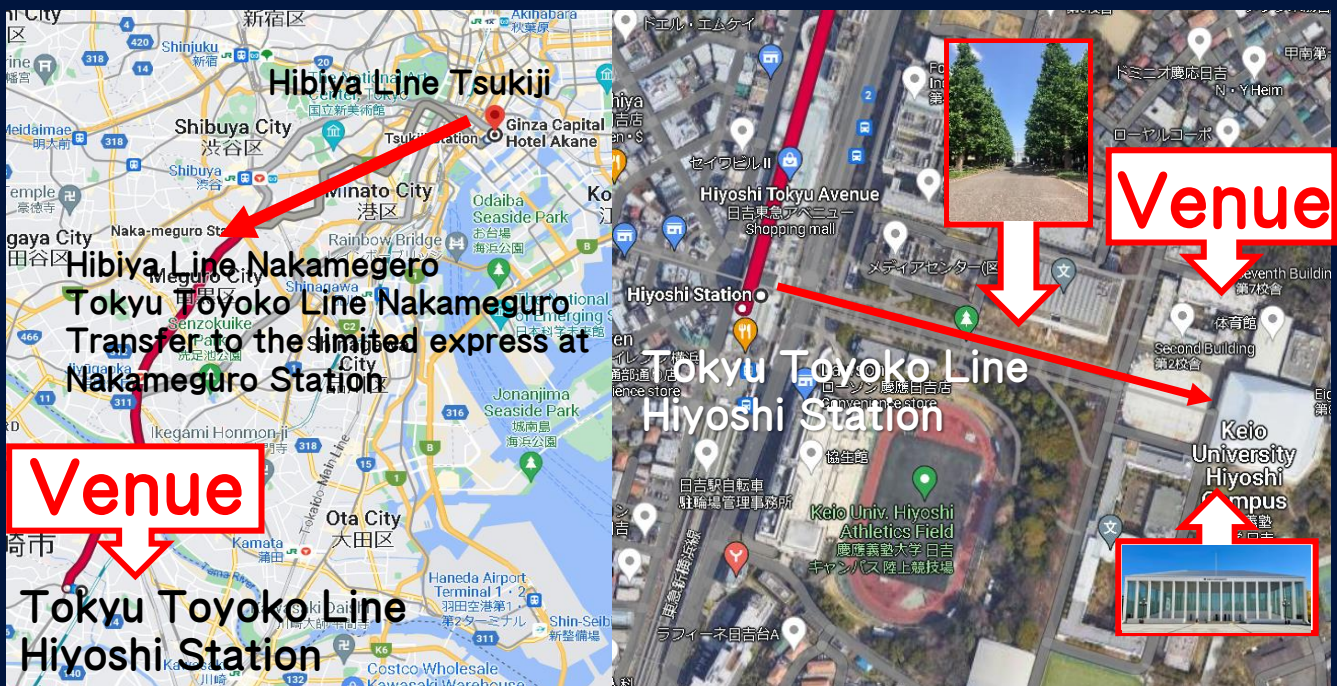
Tokyu Toyoko Line Hiyoshi Station (27 minutes by express from Shibuya Station)

Keio University Hiyoshi Memorial Hall Multi-Purpose Room

(Coach's Conference Hall, Match Venue, Awards Ceremony Venue)

Keio University Hiyoshi Commemorative Hall Weightlifting club practice field (weigh-in/up venue 10 links)

Contact ~ 81-9081043456 fuusuiwebi@yahoo.co.jp Ryoji Furukawa



# Competition Venue

Keio University Hiyoshi Commemorative Hall Weightlifting Club



## Athletes' Adjustment Practice Venue

Thursday 11th, Friday 12th, Saturday 13th January 2024/10:00am ~ 4:00 pm  
CrossFit Tsukiji (Right next to Ginza Capital Hotel) Free  
FA Building 1,2F 3-1-1 Tsukiji, Chuo-ku, Tokyo TEL+81-9081043456



The 15kg shaft will be provided to Keio University, so only one shaft will be kept for pre-practice. There are four 20kg shafts. Please note.



# Accommodation Hotel & January 14th Awards Ceremony and Dinner Party Venue. 3-1-5 Tsukiji, Chuo-ku, Tokyo

## Ginza Capital Hotel Akane

<https://ginza-capital.com/>



Twin room (2 people)/double room (2 people) 12,000 to 17,000 yen per night. No breakfast meal.

Twin rooms are 12,000 yen except on Saturdays.

Twin rooms Saturday is 16,000 yen.

If you apply at check-in, you can purchase a breakfast ticket for 1,350 yen. Breakfast on the day is 1600 yen.

Located near Tsukiji Station on the Hibiya Subway Line.

It takes 50 minutes from Tsukiji Station to Hiyoshi Station on the Tokyu Toyoko Line. It is 10 minutes from Hiyoshi Station to the Keio University Hiyoshi Memorial Hall match venue. It will arrive in about 60 minutes.

<https://www.keio.ac.jp/en/>

The men's weigh-in on January 14th will be held at Keio University Hiyoshi Memorial Hall at 8am.

The women's weigh-in on January 14th will be held at Keio University Hiyoshi Memorial Hall at 11:20 a.m.

The men's competition begins at 10am.

The women's competition begins at 1:20 p.m.

The competition will end at 3:10 p.m.

You will start moving from the venue at 4pm and arrive at Ginza Capital Hotel Akanekan at 5pm.

Awards ceremony and Dinner Party will be held at the Ginza Capital Hotel from 6:00 p.m. It ends at 8:00 p.m.

Tsukiji Outer Market is near Ginza Capital Hotel.

There are approximately 600 sushi restaurants and seafood shops. Shops will open sequentially from around 6am.

There is also a coffee shop nearby. Breakfast at the coffee shop starts from 500 yen.

Sushi Zanmai Main Store すしざんまい本店

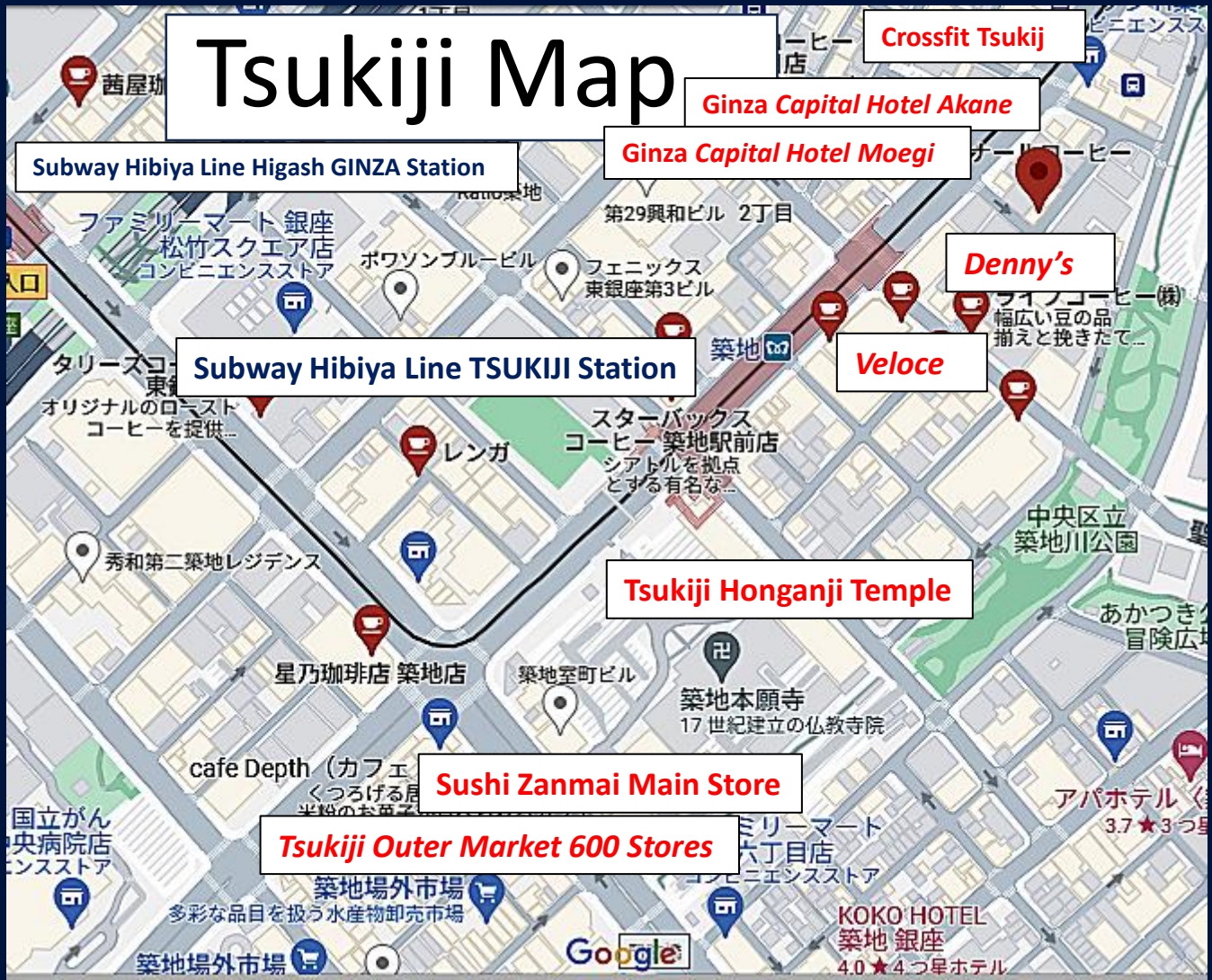
4-11-9 Tsukiji,  
Chuo-ku, Tokyo 104-0045 is open  
24 hours a day.

Tuna nigiri sushi starts at 140 yen,  
and tuna sashimi starts at 3,080 yen.

Enjoy the Tsukiji Seafood Market in Tokyo.

<https://www.tsukiji.or.jp/english/>





**Breakfast from 480 yen**



**Denny's**

**Breakfast from 620 yen**

New Zealand																
2024					1/9(TUE)	1/10 (WED)	1/11 (THU)	1/12 (FRI)	1/13 (SAT)	1/14 (SUN)	1/15 (MON)	1/16 (TUE)	1/17 (WED)	1/18 (THU)	1/19 (FRI)	
						in					out					
1	JAMESON	TWIN②	1/10~1/15	TAX-EXCLUDED										KE719	10/H/22:50	5nights6days
				TAX-INCLUDED												
						in							out			
2	MASEYK	SINGLE①	1/10~1/17	TAX-EXCLUDED										NZ99	10/N/16:50	7nights8days
				TAX-INCLUDED												
							in				out					
3	WALKER	DBL②	1/12~1/15	TAX-EXCLUDED										NZ95	12/N/6:50	3nights4days
				TAX-INCLUDED												
						in									out	
4	SMITH	DBL②	1/10~1/19	TAX-EXCLUDED											10/N/6:50	9nights10days
				TAX-INCLUDED											NZ96	
							in				out					
5	GRISON	TWIN①	1/11~1/15	TAX-EXCLUDED										NZ99	11/N/16:50	4nights5days
				TAX-INCLUDED												
		DBL②	1/11~1/15	TAX-EXCLUDED							Cancel					
				TAX-INCLUDED							Cancel					
						in							out			
6	MACLENNAN	DBL②	1/10~1/17	TAX-EXCLUDED										NZ99	10/N/16:50	7nights8days
				TAX-INCLUDED												
							in						out			
7	HEPI	TWIN②	1/11~1/17	TAX-EXCLUDED									Cancel			3nights4days
				TAX-INCLUDED									Cancel			
						in					out					
8	TASI	DBL②	1/10~1/15	TAX-EXCLUDED										QF59	10/N/20:00	5nights6days
				TAX-INCLUDED												
							in					out			out	
9	IHAKA-PITAMA	TRPL③	1/11~1/16	TAX-EXCLUDED										NZ99	11/N/16:50	5nights6days
				TAX-INCLUDED												
							in					out			out	
9	IHAKA-PITAMA	DBL①	1/11~1/16	TAX-EXCLUDED												5nights6days
				TAX-INCLUDED												

No meal. Rates are for accommodation only.  
 You can reserve breakfast at a discounted price of 1,320 yen at check-in.  
 The regular price for hotel breakfast is 1,650 yen.

# Australia

Australia														
2024	NAME	BED	Price for one room	Breakfast	COMPE									○night ○days
					1/10 (WED)	1/11 (THU)	1/12 (FRI)	1/13 (SAT)	1/14 (SUN)	1/15 (MON)	1/16 (TUE)	1/17 (WED)	1/18 (THU)	
1	MARY MACKEN	SINGIE					IN				OUT			3night 4days
2	DENESE BILLINGS	SINGIE										OUT		7night 8days
3	JOHN CLOW	SINGIE					IN				OUT			4night 5days
4	BOUACHANH THONGVILU	SINGIE											12/19:45	3night 4days
5	BRENDAN KENNEDY	SINGIE										OUT		5night 6days
6	DAVID SUTTON	SINGIE					IN					OUT		4night 5days
7	CORAL QUINELL	SINGIE											12/16:35	3night 4days
8	GERARD NELSON	TWIN												2night 3days
	AVA NELSON	moegi											Cancel	
							IN						OUT	
9	BONNIE GRYLLS-GRAHAM	TWIN												7night 8days
		moegi											OUT	
10	PETRA DERUYTER	TWIN												5night 6days
		moegi											OUT	
11	LESLIE PARKER	SINGIE												4night 5days
12	ROBYN SMITH	TWIN												2night 3days
	GABRIELLE CROCKER	moegi												

No meal. Rates are for accommodation only.  
 You can reserve breakfast at a discounted price of 1,320 yen at check-in.  
 The regular price for hotel breakfast is 1,650 yen.

Jordan														
			1/8 (MON)	1/9 (TUE)	1/10 (WED)	1/11 (THU)	1/12 (FRI)	1/13 (SAT)	1/14 (SUN)	1/15 (MON)	1/16 (TUE)	1/17 (WED)	1/18 (THU)	1/19 (FRI)
					in									
TAREQ KH,B.ABUSAKOUT	SINGLE ①	1/8~ 1/18												out
SUHEAB ISSA MOHAMMAD ALFARARJEH	SINGLE ①	1/8~ 1/18												out

No meal. Rates are for accommodation only.

You can reserve breakfast at a discounted price of 1,320 yen at check-in.

The regular price for hotel breakfast is 1,650 yen.

MONGOLIA											
			1/11 (THU)	1/12 (FRI)	1/13 (SAT)	1/14 (SUN)	1/15 (MON)	1/16 (TUE)	1/17 (WED)	1/18 (THU)	
Tumur Batchuluun	SINGLE ①	1/11~ 1/15					out	Cancel			2night3d ays
Sukhbaatar Sarantsetseg	SINGLE ②	1/11~ 1/15					out				2night3d ays
Damdinsuren Anudari	SINGLE ③	1/11~ 1/15					out				2night3d ays
Tumurbaatar Bayarmagnai	SINGLE ④	1/11~ 1/15					out				2night3d ays
TOGTOKH GANBOLD	SINGLE ⑤	1/11~ 1/15					out				2night3d ays
LKHAGVA GANSUKH	SINGLE ⑥	1/11~ 1/15					out				2night3d ays
NYAMSUREN GANBAATAR	SINGLE ⑦	1/11~ 1/15					out	Cancel			2night3d ays
SHARAV LKHAGVA	SINGLE ⑦	1/11~ 1/15					out				2night3d ays

No meal. Rates are for accommodation only.

You can reserve breakfast at a discounted price of 1,320 yen at check-in.

The regular price for hotel breakfast is 1,650 yen.

# Transportation to the Hotel

Haneda Airport is the best.

40 minutes by limited express from Keikyu Haneda Airport Station to Higashi Ginza Station.

3 minutes from Higashi Ginza Station to Tsukiji Station on the Hibiya Line. You will arrive at Ginza Capital Hotel in 50 minutes.

A taxi will arrive at the hotel in about 30 minutes for about 10,000 yen. The taxi stand is near the Haneda Airport entry gate. It's always crowded.

From Narita Station, it takes 1 hour and 30 minutes by limited express from Narita Airport Station on the Keikyu Line to Higashi Ginza Station, and 3 minutes from Higashi Ginza Station to Tsukiji Station on the Hibiya Line.

You will arrive at Ginza Capital Hotel in 1 hour and 40 minutes.

Tomoko Sawabe staff member 81-90-9786-8033 will guide you from the hotel to the competition venue.



# January 14th 6:30pm Ginza Capital Hotel Akane 2nd floor Award Ceremony/Buffer Party

## New Zealand guests

	SURNAME	FIRST NAME		SURNAME	FIRST NAME
1	JAMESON	ANDY	13	TAKAYAWA	SHANICE
2	JAMESON	FRITHA	14	GRISON KIM	
3	JAMESON	MALCOLM	15	RICKETTSUE	
4	BAYATI EHSAN		16	MACLENNAN	RENEE
5	MASEYK	ANDREW	17	HENRY HAMI	
6	WALKER	MICHAEL	18	TASI GLORIA	
7	WALKER	MICHA	19	WEST KRIS	
8	SMITH ABRAHAM		20	IHAKA-PITAMA	KELLY
9	SMITH LELA		21	PITAMA HAYLEY	
10	SMITH CHRISTIAN		22	SYLVA EDEN	
11	TAKAYAWA	VILIAME	23	POPTATA	TANIA
12	TAKAYAWA	TIMA	24	POPTATA	ARIANA

## Australian guests

MARY MACKEN 1 person / DENESE BILLINGS 1 person / JOHN CLOW 1 person / BOUACHANH THONGVILU 1 person / BRENDAN KENNEDY 1 person / DAVID SUTTON 1 person / CORAL QUINELL 1 person / BONNIE GRYLLS-GRAHAM 2 people / PETRA DERUYTER 2 people / LESLIE PARKER 1 person / ROBYN SMITH & GABRIELLE CROCKER 2 people / RUSSEEL GOLDING

Total 15 people

## Japan guests

	SURNAME	FIRSTNAME		SURNAME	FIRSTNAME
1	HIRAOKA	CHIKARA	1	IHARA	YOUKO
2	OGURI	YUKIYOSHI	2	SAWABE	TOMOKO
3	IGARASHI	KEI	3	YAGI	KANAE
4	YAMAMOTO	TOSHIKI	4	SUGAWARA	SEIKO
5	MIYAKE	YOSHINOBU	5	MATSUMOTO	NAMIKA

Total 15 people

## Jordan guests

MOHAMMAD ALFARARJEH	SUHEAB ISSA
TAREQ KH	B.ABUSAKOUT

Total 2 people

## Mongolian guest

TSENDEM	BATSAIKHAN	SUKHBAATAR	SARANTSETSEG	TOGTOKH	GANBOLD
TUMUTBAATAR	BAYARMAGNAI	DAMDINSUREN	ANUDARI	SHARAV	LKHAGVA

Total 6 people

## Other guest

Hakubun Shimomura Jiro Mstsushima Shynichiro Yasui Kanji Iwasa Nakamura

Total 6 people

Kenny Ng3, Tomoko Sawabe Yuki Furukawa Makoto Ohara Ryoji Furukwa Eriko Umezawa

Total 8 people

KEIO

Total 22 people

## ANJ&KEIO Weightlifting International Diversity Competition

開会式	担当	通訳	
1 開会宣言	池上 卓成	なし	慶應義塾大学体育会重量挙げ総監督
2 主催者挨拶	駒村 圭吾教授	なし	慶應義塾大学体育会重量挙げ部部長 慶應義塾大学教授
3 選手宣誓	紙屋 七南	なし	慶應義塾大学体育会重量挙げ部選手
4 競技ルール説明	池上 卓成→審判?	なし	慶應義塾大学体育会重量挙げ総監督
5 大会役員・審判団紹介	学生(上田、坂井、岡田?)	なし	慶應義塾大学体育会重量挙げ部選手
6 注意事項説明	学生(上田、坂井、岡田?)	なし	慶應義塾大学体育会重量挙げ部選手
7 能登半島地震募金案内 ～ 試合 ~	山田貴司	なし	慶應義塾重量挙げ三田会幹事長
8 閉会宣言	池上 卓成	なし	慶應義塾大学体育会重量挙げ監督
9 会場片付け	坪井 邦浩	なし	慶應義塾大学体育会重量挙げ監督
10 案内(会場片付け式・パーティー移動)	山田貴司	なし	慶應義塾重量挙げ三田会幹事長

### Opening Ceremony

1 Opening Announcement	Takunari Ikegami		Keio University Weightlifting Club Chief Director
2 Welcome Message	Prof. Keigo Komamura		Professor and General Manager KEIO Weightlifting
3 Athlete Oath	Nanami Kamiya		Keio University Weightlifting Club
4 Competition rules explanation	Takunari Ikegami		Keio University Weightlifting Club Chief Director
5 Introduction of tournament officials and referees	Keio Team Member		
6 Rules and regulations briefing	Keio Team Member		
7 Announcement of Charity for Noto Peninsula Competition Begins	Kanji YAMADA		Secretary General of Keio Weightlifting Mita Association
8 Closing Declaration	Kunihiro Tsuboi		Keio University Weightlifting Club Director
9 Venue cleanup	Kunihiro Tsuboi		Keio University Weightlifting Club Director
10 Announcement for Award Ceremony	Kanji YAMADA		Secretary General of Keio Weightlifting Mita Association

### 表彰式・パーティー

	担当	通訳	
1 開会案内	山田 貴司	なし	慶應義塾重量挙げ三田会幹事長
2 挨拶	中城 福太郎	なし	慶應義塾大学体育会重量挙げ部
3 返礼挨拶乾杯	Quinell Coral	池上卓成	オーストラリア協会マスターズ会長
4 表彰式	坪井 邦浩	なし	慶應義塾大学体育会重量挙げ監督
5 国際ダイバシティ特別賞表彰男子	下村博文氏	なし	元文部科学大臣 衆議院議員
6 国際ダイバシティ特別賞表彰女子	池上 卓成	なし	慶應義塾大学体育会重量挙げ部総監督
7 団体女子表彰	Quinell Coral	池上卓成	オーストラリア協会マスターズ会長
8 団体男子表彰	保井俊一郎	なし	旧IWFマスターズ日本チエアマン
9 個人女子表彰	栗野 宏	なし	慶應義塾重量挙げ三田会会長
10 個人男子表彰	平岡	なし	IWF 国際審判
11 懇親パーティー			
慶應学生代表挨拶	TBD	日英	
オーストラリア代表挨拶	TBD	日英	
ニュージーランド代表挨拶	TBD	日英	
ヨルダン代表挨拶	TBD	日英	
モンゴル代表挨拶	TBD	日英	
日本代表挨拶	TBD	山田貴司	慶應義塾重量挙げ三田会幹事長
12 中締め	栗野 宏	なし	慶應義塾重量挙げ三田会会長

### Closing Ceremony

Announcement	Kanji YAMADA		Secretary General of Keio Weightlifting Mita Association
Greetings	Fukutaro Nakagusuku		KEUI University Weightlifting Club
Greetings and Toasts	Ms. Coral Quinell	Takunari Ikegami	AUS Masters & UMAF Chairman
Award Ceremony	Kunihiro Tsuboi		KEIO University Weightlifting Club Alumni Association Chairman
International Diversity Special Award M	Mr. Hakubun Shimomura		Member of the House of Representatives, Former Minister of Education, Culture, Sports, Science and Technology
International Diversity Special Award W	Takunari Ikegami		KEIO University Weightlifting Club Chief Director
Female Team	Quinell Coral	Takunari Ikegami	AUS Masters & UMAF Chairman
Male Team	Mr. Shunichiro Yasui		Former IWF Masters Japan Chairman
Female individual	Hiroshi Kurino		Chairman KEIO Weightlifting Alumni Association
Male individual	Mr. Hiraoka		IWF International Judge
Party			
Greetings from Keio student representative	TBD	Japanese-English	
Greetings from Australia representative	TBD	Japanese-English	
Greetings from New Zealand representative	TBD	Japanese-English	
Greetings from the Jordanian representative	TBD	Japanese-English	
Greetings from Mongolian representative	TBD	Japanese-English	
Greetings from Japan Representative	TBD	Kanji Yamada	Secretary General of Keio Weightlifting Mita Association
Closing Remarks	Hiroshi Kurino		Chairman of Keio Weightlifting Mita Association



# Competition Management Team

## Organizer

KEIO Weightlifting Club <agebu.manager@gmail.com>  
Director and Professor Keigo Komamura  
Deputy Director Naoki Matsumoto  
Head Coach Takunari Ikegami  
Coach Kunihiro Tsuboi  
Captain Yudai Kaga/Fukutaro Nakakjyo  
Manager Miu Oshima/Sakurako Ota  
Sub-manager Kato Hana/Hiroki Nmoto/Mekumi Ueda/Emi Nara

## Management Member

Coral Quinell <cquinell@live.com>  
Kirsten Walker <spiderbrown13@yahoo.com>  
Hiroshi Kurino <kurino52@yahoo.co.jp>  
Kanji Yamada <yamakan.19530714@gmail.com>  
Shohei Tamaki <sho18tmk@nifty.com>  
Toshiyuki Nakamura <t-nakamura@kamipa.co.jp>  
Takayuki Shinto <Shinto@cb3.so-net.ne.jp>  
Masaaki Ogawa <machaogawa@aol.com>  
Fumitaka Tochizawa <wlifting0720@yahoo.co.jp>  
Kazuhiro Takagishi <1454wnkm@jcom.zaq.ne.jp>  
Takunari Ikegami <tominzug@gmail.com>  
Kunihiro Tsuboi <kuni22360679@wind.ocn.ne.jp>  
Toshio Akimoto <toshio.akiaki@jcom.home.ne.jp>  
Yasutaka Shiraishi <agebu.manager@gmail.com>  
Sumio Takei <takei-s02@kandenko.co.jp >  
Ryoji Furukawa <fuusuiweb@yahoo.co.jp>  
Yuki Furukawa <tanukitunekoma@hotmail.com>  
Syunichiro Yasui <jwamasters@gmail.com > Japan Masters Chairman

## Board Member

Chairman Coral Quinell < cquinell@live.com >  
Co-Chairman Simon Kent < papatoetoeolympic@gmail.com >  
Co-Chairman Kirsten Walker <spiderbrown13@yahoo.com>  
Co-Chairman Hiroshi Kurino <kurino52@yahoo.co.jp>

## Secretary General

Takunari Ikegami <tominzug@gmail.com>  
Kunihiro Tsuboi <kuni22360679@wind.ocn.ne.jp>  
Sakurako Ota <agebu.manager@gmail.com >  
Co-Secretary General  
Kanji Yamada <yamakan.19530714@gmail.com>  
Co-Secretary General  
Ryoji Furukawa <fuusuiweb@yahoo.co.jp>

# Australia / New Zealand / Japan (Japan/KEIO) Weightlifting International Friendship Competition

