



The 2024 Oceania Powerlifting & Bench Press Only Championships have concluded with fierce competition and record-breaking performances across all weight classes. Athletes from across 9 out of the 14 member countries in Oceania gathered to showcase their strength and endurance in the three main lifts: the squat, bench press, and deadlift. From masters solidifying their legacies to rising stars making their mark, the championships delivered some unforgettable moments, Yarun, Nauru.

### 1.0 PARTICIPATING NATIONS

The total participating nations in 2024 is 9 - Australia, Fiji, Kiribati, Nauru, Niue, New Zealand, Samoa, Solomon Islands, Tuvalu. This is an increase from 4 in the 2023 Championships held in Niue. The total number of athletes also increased from 71 in 2023 to 164 in 2024.

### 3.0 OFFICIALS

Name	Country	Level
Ms Chen Yeh Chao	Taipei	Category 1 Referee (Jury)
Ms Tatiana Romanova	Kyrgyzstan	Category 1 Referee (Jury)
Joel Ridings	Kiribati	Category 1 Referee (Jury)
Tonyata Edwards	Niue	Category 2 Referee
Sidney Lui	Niue	Category 2 Referee
Maxine Edwards	Niue	Category 2 Referee
Robert Dabwido	Nauru	Category 2 Referee
Roy Harris	Nauru	Category 2 Referee (Examinee)
Christopher Ball	Australia	Category 2 Referee (Examinee)

Unfortunately, Mr Joseph Palliparambil Joseph's transit visa through Australia was declined and was unable to join us in the championships. Mr Joseph was replaced by Joel Ridings.

A total of 9 examinees sat their category 2 referee examinations. Two of the examinees passed their examinations and progressed to the practical examination. Both examinees received their ties and books at the final banquet.

### 4.0 RECORDS

RECORDS	COUNTRY	RECORDS SET
Oceania Records (35)	Australia	3
	Kiribati	1
	Nauru	31
World Records (5)	Nauru	5

### 5.0 MAJOR SPONSORS

ORPF extend our deepest gratitude to our generous sponsors for their invaluable support in making this championship a success. The contributions have enabled us to bring together talented athletes from across the region and provide a platform for strength, resilience and sportsmanship.



Eleiko (IPF Powerlifting Competition Equipment)	510kg of Competition plates 1 x pair of Barbell Collars 1 x Eleiko Wall banner 2500 x 1250mm 1 x 20kg Competition Bar 25 x Eleiko T-shirts for loaders 25 x Eleiko Shorts for loaders 1 x Combo Rack
IPF	Category 1 Referees Airfares (Home countries/Brisbane) Freight of Equipment (Sweden/Brisbane/Nauru)
Nauru Government	Accommodation for Referees at Menen Hotel including Breakfast Final Banquet Digicel Nauru Sports Ports Authority & Maritime
Nauru Airlines	Discounted Airfares of all athletes and officials from Brisbane/Nadi to Nauru
Nauru Powerlifting	Venue Office for ORPF Executive Championships Logistics Warm up Equipment Transport for Referees

#### 6.0 ORPF AGM

The ORPF Annual General Meeting convened after the Technical Meeting at the Menen Hotel. A total of 13 nations attended in person and virtually. American Samoa was the only member federation not in attendance. The minutes of the meeting will be distributed later.

#### 7.0 2025 HOST

New Zealand will host the 2025 Championships in Christchurch, with the exact venue, date and time to be confirmed.

#### 8.0 CHALLENGES

Hosting a powerlifting competition comes with various challenges. Due to the unrest in New Caledonia, the federation withdrew its hosting rights. Nauru agreed to host with a 6-month window to prepare. Attracting enough participants to the change in venue was challenging enough. For the host country, their main challenge is thorough planning and attention to detail to ensure a safe and successful powerlifting competition.

#### 9.0 CONCLUSION

The 2024 Oceania Championships were a showcase of raw strength, precision and athleticism. Records were shattered, personal bests were achieved, and new stars emerged, solidifying powerlifting's place as a globally respected sport. The domination of young athletes ensured that the competition remains fierce at the highest levels, with future championships promising even more exciting.



As the world of powerlifting looks ahead, the next generation of lifters appears poised to challenge the established champions, ensuring that the sport continues to evolve and captivate audiences around the world.

We kindly acknowledge Gaston Parage, the International Powerlifting Federation team and Eleiko for the enormous contribution to our Championship. The commitment to provide the necessities of this championship has not only made this event possible but has also inspired participants and spectators alike. We recognize the resources, time and belief in our mission that IPF have invested, and we are incredibly thankful for this partnership.

A handwritten signature in blue ink, appearing to read 'Tonyata Edwards', is positioned above the printed name. The signature is fluid and cursive, with a small dot at the end.

Tonyata Edwards  
President  
Oceania Regional Powerlifting Federation