



An incredible journey

25 YEARS OF WEIGHTLIFTING IN NAURU

NAURU WEIGHTLIFTING FEDERATION SUCCESS 1987- 2012

Twenty-five years ago, Nauru embarked on an incredible journey in sport. A young 17 year old weightlifter by the name of Marcus Stephen competed internationally for the first time in the sport of weightlifting. He competed at the 1987 Commonwealth and Oceania Championships at the Australian Institute of Sport in Canberra, Australia.

It was to be the beginning of an amazing journey for the tiny pacific island nation. Since 1987, 390 gold, 195 silver 120 bronze medals have been won by the lifters of Nauru. Their success brought fame and recognition to the country and at the same time motivated many countries of the pacific in trying to emulate their success. During these twenty-five years Nauru has assisted and inspired many young people in the pacific to achieve similar dreams in sport on the international level.

Congratulations Nauru in reaching this milestone.

Paul Coffa MBE
General Secretary
Oceania & Commonwealth Weightlifting Federations

NAURU MEDALLISTS AT COMMONWEALTH GAMES

1990	Auckland –New Zealand	1 Gold, 2 Silver
1994	Victoria - Canada	3 Gold
1998	Kuala Lumpur - Malaysia	3 Gold
2002	Manchester –England	2 Gold, 5 Silver, 7 Bronze
2006	Melbourne - Australia	1 Silver, 1 Bronze
2010	Delhi- India	1 Gold, 1 Silver

GOLD - 10 SILVER -9 BRONZE -8

NAURU MEDALLISTS AT COMMONWEALTH YOUTH GAMES

2000	Edinburgh – Scotland	17 Gold, 6 Silver, 1 Bronze
2004	Bendigo – Australia	6 Gold, 3 Silver
2010	Pune – India	1 Bronze

GOLD – 23 SILVER -9 BRONZE -2

NAURU MEDALLISTS AT WORLD WEIGHTLIFTING CHAMPIONSHIPS

1999	Athens - Greece	1 Silver
2005	Doha - Qatar	1 Silver
2005	Busan – Korea (junior)	1 Bronze

SILVER - 2 BRONZE -1

NAURU MEDALLISTS AT SOUTH PACIFIC GAMES AND MINI GAMES

1989	Nukualofa – Tonga	3 Gold, 0 Silver	0 Bronze
1991	Port Moresby – Papua New Guinea	3 Gold, 0 Silver	0 Bronze
1997	Pago Pago – American Samoa	33 Gold, 10 Silver,	11 Bronze
1999	Guam	26 Gold, 8 Silver,	3 Bronze
2003	Suva – Fiji	25 Gold, 16 Silver,	1 Bronze
2005	Koror - Palau	18 Gold, 0 Silver	0 Bronze
2007	Apia – Samoa	11 Gold, 6 Silver,	6 Bronze
2009	Rarotonga – Cook Islands	6 Gold, 3 Silver	0 Bronze
2011	Noumea – New Caledonia	6 Gold, 5 Silver,	5 Bronze

GOLD – 131 SILVER - 48 BRONZE -25

ARAFURA GAMES (senior)

2007	Darwin – Australia	2 Gold, 0 Silver,	0 Bronze
2009	Darwin – Australia	2 Gold, 0 Silver,	0 Bronze
2011	Darwin – Australia	2 Gold, 2 Silver,	0 Bronze

GOLD – 6 SILVER – 2

ARAFURA GAMES (Junior)

2007	Darwin – Australia	1 Gold, 1 Silver,	0 Bronze
2011	Darwin – Australia	1 Gold, 1 Silver,	0 Bronze

GOLD – 2 SILVER – 2

SAMOA INTERNATIONAL GAMES

1995	Apia – Samoa	4 Gold, 4 silver,	1 Bronze
1997	Darwin – Australia	9 Gold, 2 Silver,	5 Bronze

GOLD – 13 SILVER – 6 BRONZE - 6

MICRONESIAN GAMES

1994	Guam	3 Gold, 3 silver,	0 Bronze
1998	Koror – Palau	38 Gold, 1 Silver,	6 Bronze

GOLD – 41 SILVER – 4 BRONZE - 6

OCEANIA WEIGHTLIFTING CHAMPIONSHIPS (senior)

1987	Canberra – Australia	1 Silver
1988	Papeete - Tahiti	1 Gold, 0 Silver, 0 Bronze
1990	Melbourne- Australia	1 Gold, 0 Silver, 0 Bronze
1992	Auckland -New Zealand	1 Gold, 0 Silver, 0 Bronze
1993	Nauru	1 Gold, 0 Silver, 0 Bronze
1994	Guam	1 Gold, 0 Silver, 0 Bronze
1996	Apia- Samoa	4 Gold, 2 silver, 0 Bronze
1997	Wellington – New Zealand	4 Gold, 5 Silver, 4 Bronze
1998	Nauru	3 Gold, 3 Silver, 3 Bronze
1999	Melbourne – Australia	4 Gold, 4 Silver, 5 Bronze
2000	Nauru	3 Gold, 3 Silver, 6 Bronze
2001	Auckland – New Zealand	5 Gold, 5 Silver, 4 Bronze
2002	Suva – Fiji	7 Gold, 5 Silver 0 Bronze
2003	Nukualofa – Tonga	3 Gold, 4 Silver, 4 Bronze
2004	Suva – Fiji	4 Gold, 1 Silver, 4 Bronze
2005	Melbourne –Australia	3 Gold , 4 Silver, 0 Bronze
2006	Apia- Samoa	5 Gold, 1 Silver, 0 Bronze
2007	Apia – Samoa	3 Gold, 3 Silver, 0 Bronze
2008	Auckland - New Zealand	2 Gold, 2 Silver, 1 Bronze
2009	Darwin – Australia	2 Gold, 0 Silver, 0 Bronze
2010	Suva – Fiji	2 Gold, 2 Silver, 0 Bronze
2011	Darwin – Australia	2 Gold, 2 Silver, 0 Bronze
2012	Apia- Samoa	0 Gold, 2 Silver, 0 Bronze

GOLD - 61 SILVER - 47 BRONZE - 31

OCEANIA WEIGHTLIFTING CHAMPIONSHIPS (Junior)

1998	Suva - Fiji	7 Gold, 4 Silver, 2 Bronze
1999	Auckland – New Zealand	9 Gold, 4 Silver, 1 Bronze
2000	Nauru	7 Gold, 5 Silver, 1 Bronze
2001	Tarawa- Kribati	10 Gold, 3 Silver, 1 Bronze
2002	Melbourne - Australia	9 Gold, 3 Silver, 2 Bronze
2003	Niue Island	4 Gold, 4 Silver, 1 Bronze
2004	Suva – Fiji	5 Gold, 0 Silver, 3 Bronze
2006	Apia- Samoa	4 Gold 0 Silver, 0 Bronze
2007	Darwin - Australia	3 Gold 0 Silver, 0 Bronze
2010	Suva – Fiji	1 Gold, 2 Silver, 0 Bronze
2011	Darwin – Australia	1 Gold, 1 Silver, 0 Bronze
2012	Apia- Samoa	2 Gold, 1 Silver, 0 Bronze

GOLD - 62 SILVER - 27 BRONZE - 11

OCEANIA WEIGHTLIFTING CHAMPIONSHIPS (Youth)

2010	Suva – Fiji	1 Gold, 0 Silver, 0 Bronze
2011	Darwin – Australia	1 Gold, 0 Silver, 0 Bronze
2012	Apia – Samoa	2 Gold, 0 Silver, 0 Bronze

GOLD- 4

COMMONWEALTH WEIGHTLIFTING CHAMPIONSHIPS (senior)

1987	Canberra – Australia	0 Gold, 0 Silver, 1 Bronze
1992	Auckland -New Zealand	1 Gold, 0 Silver, 0 Bronze
1996	Apia- Samoa	4 Gold, 2 silver, 0 Bronze
1997	Wellington – New Zealand	4 Gold, 5 Silver, 4 Bronze
1998	Nauru	1 Gold, 2 Silver, 4 Bronze
1999	Melbourne – Australia	2 Gold, 7 Silver, 2 Bronze
2000	Nauru	3 Gold, 3 Silver, 6 Bronze
2003	Nukualofa – Tonga	1 Gold, 2 Silver, 4 Bronze

2004	Valetta - Malta	3 Gold, 3 Silver, 0 Bronze
2005	Melbourne –Australia	2 Gold , 2 Silver, 1 Bronze
2006	Apia- Samoa	3 Gold, 1 Silver, 0 Bronze
2007	Apia – Samoa	3 Gold, 2 Silver, 0 Bronze
2008	Limasol - Cyprus	1 Gold 0 Silver, 0 Bronze
2009	Penang - Malaysia	2 Gold, 0 Silver, 0 Bronze
2011	Cape Town- South Africa	0 Gold, 0 Silver, 1 Bronze
2012	Apia- Samoa	0 Gold, 2 Silver, 0 Bronze

GOLD- 30 SILVER- 32 BRONZE- 23

COMMONWEALTH WEIGHTLIFTING CHAMPIONSHIPS (Junior)

2006	Apia- Samoa	3 Gold, 1 Silver, 0 Bronze
2007	Darwin -Australia	1 Gold, 1 Silver, 0 Bronze
2011	Cape Town- South Africa	0 Gold, 2 Silver 0 Bronze
2012	Apia- Samoa	0 Gold, 2 Silver, 2 Bronze

GOLD- 4 SILVER- 6 BRONZE- 2

COMMONWEALTH WEIGHTLIFTING CHAMPIONSHIPS (Youth)

2010	Penang - Malaysia	0 Gold, 1 Silver, 0 Bronze
2011	Cape Town- South Africa	1 Gold, 0 Silver, 0 Bronze
2012	Apia- Samoa	0 Gold, 1 Silver, 1 Bronze

GOLD- 1 SILVER- 2 BRONZE- 1

TOTAL OF 390 GOLD MEDALS
TOTAL OF 195 SILVER MEDALS
TOTAL OF 120 BRONZE MEDALS
TOTAL OF 705 MEDALS



The legacy continues ...

Thank you for assisting Nauru weightlifting in the last 25yrs.

