

The Inaugural Tasmanian Open Kettlebell Lifting Championship : June 30th , 2013

On "national accountant's day" – June 30th, 2013, Tasmania welcomed gireviks from around the country. The day prior I set up the venue with 2 platforms and a full set of competition KBs, ranging from 10kg through 32kg. Luckily for me I was able to get a park right outside the venue! Of the eleven contestants who braved the winter chill we were lucky enough to host 3 athletes from interstate, all of whom were experienced gireviks both nationally and internationally. I myself have represented Australia overseas in both 2006 and 2008. Into this intimidating mix were thrown my son (midway through a busy hockey season), a mother and father of 3 and several other will participants, including well known Tassie power athlete and coach, Priscus Fogagnolo. Priscus has experience on the national level with heavy athletics, Olympic lifting, judo and MMA – a formidable combination!



Priscus is the owner/operator of Hybrid Training Centre in Hobart (our venue for the day), and is pictured here with the world's premier KB sport coach and multiple world champion [Sergey Rudnev](#). Priscus is a long time advocate of free weight training and proved his never-say-die attitude by fronting up for two 10 minute sets only a fortnight after knee surgery! Kettlebell sport athletes are expected to "die on the platform", and lasting the full ten minutes is a badge of honour.

One of the great things about Kettlebell Sport our ability to cater to all levels of ability. As proof of this the Tasmania Open featured Eilish Kidd snatching the 12kg, husband Miskad the 16kg, my son James using 2x12kg for the clean & jerk (80 reps/10 minutes in his first comp!), while I managed to last the full time with a personal best of 83 reps in the 2x24kg C&J (at age 50!). Big Daniel Hutchinson managed 34 reps with 2x32kg in the clean and jerk.

Daniel is a strength coach and former boxer from Sydney, and is on course to achieve numbers for Master of Sports ranking – a ranking thus far only achieved by one Australian male and two female lifters. He will require 63 reps, no mean feat with 64kg of iron. The world record for heavyweights is over 110 repetitions, a mind truly boggling result. Roger Saheli and Joshua Huyser, our other interstate lifters, performed very admirably in their own right with the 24kg KBs.



Father and son, Paul and James Tucker, going rep for rep!
James' school is the first Australian school to fully embrace KBs in sports training, having recently acquired 26 KBs ranging from 8-24kg.



Left to right - Joshua , Roger , James , Priscus , Paul , Jason , Miskad , Daniel, Eilish

Organising, promoting, competing and judging all in one day was certainly a challenge, and required plenty of juggling on my part. Since I first started GS in 2005 I have been convinced of this sport's potential for supreme physical results. Kettlebell training builds cardiorespiratory conditioning, speed and mobility - not to mention the long term health benefits for the bones and joints! Because of this, myself and other volunteers are prepared to continue devoting our time to this gruelling yet endlessly challenging activity. In my role overseeing the national development of the sport, it was encouraging to see the turnout at our Tasmanian competition. I warmly thank all participants including those who travelled from interstate, and Priscus and Hybrid Training Centre for providing a great venue for an energy filled (and expended) day of kettlebells!

Results : refer [IKSFA rank table](#)

S = snatch only , LC = "long cycle" 2 KB clean & jerk , B = Biathlon (Snatch + 2KB jerk)(from chest)

Name	Sex	Age	BW	Cat	KB	Event	Total	Rank
Eilish Kidd	F	37	59	12	S	169	GPP1	
James Tucker	M	14	60	12	LC	80	H1	
Paul Tucker	M	50	82	24	LC	83	SP CMS	
Daniel Hutchinson	M	32	100+	32	LC	34		
Jason Griggs	M	28	69	12	B	171	H1	
Roger Saheli	M	39	82	24	B	94	SP2	

Joshua Huyser	M	35	100+	24	B	133	SP2
Miskad Kidd	M	42	75	16	B	134	GPP2
Priscus Fogagnolo	M	34	100	16	B	167	GPP2
George Gardiner	M	26	90	12	B	142	H3

Here's to the next comp! If you are both strong and fit we would love to see you!

Paul Tucker CMS (32kg C&J)

[Kettlebell Sport Tasmania](#)

President , [Girevoy Sport Australia Association](#)