



# POC Online

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## RP shows real power in Powerlifting Championships

**W**ORLD record holder Lily Pecante and Antonio Taguibao made the country proud again by winning for the country seven gold medals in the 2009 World Masters Powerlifting Championships in Ostrava, Czech Republic recently.

Pecante accounted for four of the seven golds brought home by the Filipinos in the September 28 to October 3 meet, ruling the 90-kilogram division for the fifth straight time by topping the squat (200 kg), bench press (112.5 kg) and deadlift (190 kg).



She also bagged the gold in the total lift (502.5 kg). Overall, she has won her sixth world title.

Pecante, the lone Filipino gold medal winner in the last World Open Championship, beat rivals Krisztina Szeiler of Hungary and Jo Ann Lerew of the U.S., who finished a far second and third, respectively.

Szeiler made 145 kg in the squat, 87.5 kg in the bench press and 150 kg in the deadlift for a 382.5 kg total and four silver medals.

Lerew meanwhile, took the bronze medals in all categories - deadlift (127.5 kg), benchpress (87.5 kg), deadlift (137.5 kg) and total lifts (352.5 kg).

Considered as the strongest Filipina powerlifter of all time in all events, Pecante owns 27 Philippine records and 10 Asian marks.

Earlier this year, Pecante also won the gold medals in the World Masters Bench Press Championships in Taupo, New Zealand, aside from winning four gold medals and the Best Lifter Award (MVP) in the Asian Powerlifting Championships, and another gold in the Asian Bench Press Championships.

Not to be outdone, Taguibao again was a force to reckon with in the men's 56 kg division, winning three individual gold medals in squat (177.5 kg), deadlift (180 kg) and total lifts (445 kg).

In all, it was Taguibao's sixth world title as he beat Masaru Kagawa of Japan.

Also the RP delegation's Chef de Mission in the six-day competition, Taguibao also claimed a silver medal in the bench press (87.5 kg).

Kagawa won the gold in the bench press (105 kg), but settled for the silver in the squat (160 kg), deadlift (160 kg) and total lift (425 kg).

The rest of the medals claimed by the RP contingent (three silver and one bronze) were through the courtesy of first-timer Anita Koyyka in the women's 52 kg.

She took home the silver in the squat (140 kg), deadlift (150 kg) and total lifts (360 kg), while the bronze came in the bench press (70 kg).

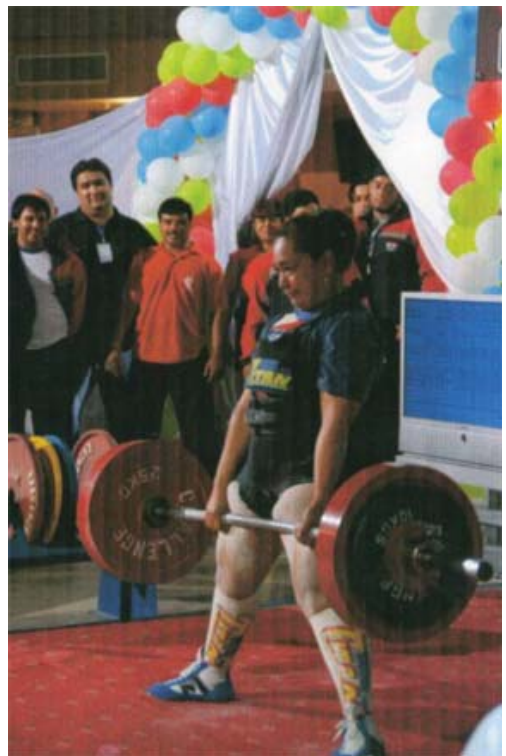
As an added feat, her lift broke at least three Asian records.

The overall title in the division was won by U.S. world champion Suzanne Hartwig-Gary, who clinched the gold in the squat (170.5 kg), benchpress (100 kg) and deadlift (160 kg) for a total lift of 430.5 kg.

A total of 29 countries took part in the event.

The Filipinos' campaign was sanctioned and supported by the Powerlifting Association of the Philippines, Philippine Olympic Committee (POC), Philippine Sports Commission (PSC), Dewfoam and Zest Power gym.

The RP delegation now takes a breather as it looks forward to another fruitful bid in the Asian Powerlifting Championships to be held in Ulan Bator, Mongolia May of next year.



# RP bet rules Asian Aquathlon

FOR the Triathlon Association of the Philippines (TRAP), Lea Coline Langit is indeed, heaven sent.

Langit bagged a gold and bronze medal in the 2009 Asian Aquathlon Championship-Invitational Triathlon last week in Palenbang, Indonesia.

The 22-year old triathlete beat out Regina Wright of Australia and Li Ying of Singapore to top the Asian Aquathlon contest.

The Filipina negotiated the 1-kilometer swim and 2.5-k run in 25 minutes and 31 seconds on splits of 15:16 in the swim and 10:07 in the run leg to win her first international title for the year.

Wright settled for second (26:22) followed by Li in third (26:31).

The Russian pair of Anastacia Polyanskaya and Lubou Ivanovskaya actually, submitted the two best time in the race at 25:17 and 25:20, respectively, but their clockings were not considered since Russia is not part of the Asian continent.

Langit has been training in Australia and Korea the past months courtesy of TRAP.

A sports management graduate from La Salle, Langit decided to go full-time in the endurance sport this year and gave a good account of herself against the two Russians when she led the first two loops in the swim leg.

She came out of the swim event along with Ivanovskaya, and trailed Polyanskaya by just two seconds heading into the run.

But the Russians made use of their long limbs to spoil the challenge of the Filipina.

Langit, whose campaign was also supported by the Philippine Sports Commission (PSC) and the Subic Bay Metropolitan Authority (SBMA), added a feather to her cap when she bagged the bronze medal in the international triathlon event the following day.

A bronze medal winner in the 25th Dijon Triathlon held in France last July, Langit bucked tiredness by negotiating the 1.5-k swim, 40-k bike and 10-k run event in two hours and 15 seconds, just two minutes behind her two Russian opponents.

Langit did most of the work in the bike leg and almost threw up during the run leg as she barely had enough time to recover from the aquathlon event organized by the Indonesian Triathlon Association just the other day.

But she managed to hold her ground against the rest of the field to make it.

Just last Oct. 4, Langit finished fourth in the 70.3 Putra Jaya, Malaysia, with a time of 4 hours and 46 minutes.

The Asian Duathlon Championship slated November 15 at the Subic Bay will be Langit's next stop along with Monica Torres and Kim Mangrobang.

## Table Tennis

# TATAP targets SEA gold and Olympic stint

A first ever gold medal in the Southeast Asian Games. A breakthrough stint in the Olympics.

Those are the two major objectives the leadership of the Table Tennis Association of the Philippines (TATAP) under Senior Superintendent Cesar Hawthorne Binag hopes to achieve in an effort to enhance the status of the sport in the country.

The 25th SEA Games in Laos definitely is TATAP's immediate concern as the association is eyeing to bounce back from a medal shutout in the 2007 edition of the biennial meet in Nakhonratchasima, Thailand.

The breakdown came at a time when Filipino paddle wielders appear to have finally overcome the barrier by bagging not just one, but two SEA Games medals – their very first – in the 2005 staging of the meet in Manila.

Richard Gonzales brought home the silver in the men's singles behind Muhamad Hussein, while the quintet of Gonzales, Joseph Cruz, Ernesto Ebuena, Julius Esposito and Harold Baring took home the bronze medal in the men's team.

But the setback is only temporary as the country won a gold and two bronze medals in last year's Southeast Asian Table Tennis Championships in Jakarta, Indonesia.

Again, Gonzales was at the forefront of the Filipinos' campaign, beating Doan Kien Quoc of Vietnam for the gold in the men's singles.

Quoc was a member of the Vietnam team to the 2008 Beijing Olympics.

Gonzales teamed up with Hehnberd Ortalla for the bronze in the men's doubles, while Gonzales, Ortalla, Esposito, Ting Ledesma and Rodel Valle were just as good for the bronze in the team event.

TATAP vice-president Jose Ortalla Jr. said the Filipino paddle wielders' remarkable showing in the meet the country is hosting in 2012, certainly gave them the confidence of doing better in the Laos SEA Games set from December 9-18.

“Maganda ang laban ng men’s team natin with Gonzales and the rest of the guys still around,” said Ortalla, who mentioned Singapore, bannered by players from Mainland China, and Vietnam, with Quoc still at the helm, as the country’s top rivals for the total seven gold medals at stake.

The women’s side is led by top player, 14-year old Ian Lariba.

And then, there’s the Olympics.

With no Filipino paddle wielders yet to represent the country in the Games considered `the Greatest Show on Earth, Ortalla said TATAP will be moving heaven and earth to send one when the Olympics is held in London three years from now.

“Hindi pa nakakasali ang Pilipinas sa mga Olympic qualifying tournaments, but we’re very confident na may maisasali tayo since our players are constantly improving through the years,” stressed the TATAP official.

Table tennis in the country is not lacking in talent, according to Ortalla, since the sport is regularly being played in both high school and college.

And to further hone those talents, TATAP is expecting the arrival of two Chinese coaches, who will help train the national training pool.

## In Memoriam



## Three-time Olympian passes away

THREE-time Olympian, weightlifter Rodrigo del Rosario passed away last Oct. 10. He was 92.

The official announcement was made to the POC by Art Macapagal, president of the Philippine Olympians Association and head of the Philippine National Shooting Association. Del Rosario represented the country in three Summer Games – the 1948 London Olympics, 1952 Helsinki Olympiad and 1956 Melbourne Olympics.

Campaigning as a featherweight, Del Rosario came close to giving the country a medal in the sport when he placed fourth during the 1952 Summer Olympiad.

His feat in the Helsinki Games made him the only Filipino to set a record but fail to win an Olympic medal.

Del Rosario lifted 105 kgs in the featherweight press during the 1952 Olympics, breaking the previous mark of 100 kgs, registered in the London Games just four years before.

During the London Olympiad, Del Rosario finished fifth overall.

Taking the cue from him, son Arturo and nephew Salvador also took up the sport and represented the country as well in the Olympic Games. Salvador even became a world weightlifting champion.