

# Fiji Times ONLINE

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## Tulo lifts his way to the top

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MANUELI Tulo is one Fiji's top weightlifters

The 20-year-old from Ba-ba in Levuka has won a number of weightlifting titles in Fiji, the Pacific and Oceania region and in some top competitions overseas. Tulo was named Male Athlete of the Year in 2008 in the Fasanoc Sports Awards.

His outstanding achievements continue to be recognised and he is one of the five finalists for the Sports Personality of the Year Award in this year's Fasanoc Awards.

And the young man has been an outstanding achiever for Fiji over the past few years he has been in the sport.



High achiever ... Fiji weightlifting champion Manueli Tulo is one of the five finalists for the Sports Personality of the Year Award in this year's Fasanoc Awards

He emerged from the 2008 Commonwealth Youth Games in Pune as the Commonwealth Youth Champion and double record holder in the 56kg category with a snatch lift of 97kgs and overall lifts of 219kgs.

In addition to being the top junior weightlifter, Tulo is currently ranked 11th overall in the Commonwealth in the 56kg division.

Manueli is the Current Commonwealth Junior Champion (from Pune Games 2008), and he is ranked 11th in the overall Commonwealth rankings.

He's also the reigning Pacific Mini Games, Oceania and Arafura Champion and holds a number of Oceania Junior and Senior records.

Last month Manuelli won the Commonwealth Sports Award for "Outstanding Young Achiever" -- there were just 8 award winners, including Stephanie Rice and Usain Bolt.

Manuelli was inspired to take up weightlifting after watching fellow Fijian weightlifter Joe Vueti compete at the 2006 Commonwealth Games.

He continues to train hard at the Oceania Weightlifting Institute in New Caledonia in the hope he will be able to join his fellow lifters in going to Delhi in 2010.

As an 18-year-old, Tulo won Gold for every category he was eligible for; the Arafura Senior and Junior titles, the South Pacific Senior and Junior titles, and the Oceania Senior and Junior titles.

His lifts of 93kg in the Snatch and 126kg in the Clean and Jerk put him 39kg ahead of his nearest competitor, but were just short of his personal best lifts of 98kg and 131kg.

Tulo is currently continuing his training with his coach Paul Coffa in Noumea, New Caledonia where he has been training since May 2008 with Vueti and other lifters from Fiji.

If you think Tulo should be the Fasanoc Sports Personality of the Year and want to support him, txt TULO to 818.

You can also show your support and txt the other finalists using these codes to 818:

\* Banuve Tabakucoro: BANZ

\* Makelesi Bulikiobo: MAKE

\* Niko Verekauta: NIKO

\* Iliesa Tanivula: TANI

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