



Left to right Arjun Tokhi Dean Pascoe Chris Duthie David Wescombe-Down

This 'Fabulous Fossil Foursome' will be heading to Geelong for the 12th Australian Masters Games on February 21st and at the same time also contesting the Australian Masters National Weightlifting Championships for 2009.

Former Indian champion Arjun Tokhi (80Kg) is the SAWLA Head coach and will be defending his 2008 National light heavyweight title in the 40-44 age group while also taking part in the 12th Masters Games for the first time. Arjun coaches both Dean and David at the SA Sports Institute up to six days a week.

Dean Pascoe (110Kg) is the SAWLA Secretary and current National super-heavyweight record holder in his age category. He will be trying to retain his National title for the 5th year in a row and will also try to keep his Australian Masters Games Title: this will be Dean's third Games and he hopes to add gold to the one he already has, along with silver medals from two earlier games. Dean will be in the 50-54 age group

Chris Duthie (109Kg) is making a comeback after two years absence from lifting. He won the World Masters Games super-heavyweight crown in 2003 at Savannah, Georgia USA and is the current State record holder in his class. This will be Chris' first Masters National Championships in the 40-44 group

Former Powerlifting World Record Holder (Deadlift 305Kg) and 1983 World Championship bronze medallist David Wescombe-Down (106.5Kg) has made a recent successful transition to Olympic lifting: so well in fact that he set 8 new state records in his first competition on Saturday, 24th January 2009. David will compete in the 60-64yr super-heavyweight category at his first Masters Games.

These Masters athletes are self-funded and will be proudly flying the South Australian Weightlifting Association flag high.

