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PRESS RELEASE

Jioje records heaviest lift

Suva, Fiji Islands.

Fiji National University's Head of School of Hospitality & Tourism Studies, Eric Jioje scooped first place at the Fiji Powerlifting Federation's National Squat Competition held last weekend.

Jioje, a former national rep competed in the 120kg class and recorded the heaviest lift of the competition with 225kg.

"I am delighted with the achievement and I'm sure there is potential for further growth and development," said Mr. Jioje.

Another highlight of the competition was the participation of five students from FNU, three of whom are students from the College of Medicine, Nursing and Health Sciences (CMNHS).

Erekana Teingoa, Shao Hung Ko and Afaaso J Saleupu competed in the 74kg, 83kg and 120+kg classes respectively and recorded excellent lifts.

Mr Jioje who is also the President of the Fiji Powerlifting Federation said it was good to see younger athletes in action.

"Erekana missed out on the first 2 attempts but nailed the 3rd with a lift of 140kg and that placed him on 2nd place in his weight class. He just needs a little guidance on how to call his attempts. Shao Hung Ko is in the 83kg class and he was successful with all 3 lifts and his heaviest was 180kg. He was up against a very seasoned competitor who has been representing Fiji in the last two South Pacific Games. Shao has done really well seeing that this was his first time to compete nationally. He has potential to go all the way," he said.

"Afaaso J Saleupu is a regional student from Samoa in the 120+ weight class. His 3rd attempt at 210kg was the heaviest hence he took out first place. I believe Afaaso was the influencing person who convinced Erekana and Shao to compete in this competition."

"We are growing slowly but surely and hopefully we will generate more interest amongst FNU students. Fern Cook from the College of Engineering, Science and Technology will be joining us from the next competition."

The National Bench Press competition will be hosted in the next 3 weeks.

Fiji National University is a partner of the Fiji Powerlifting Federation.

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About the Fiji National University: The Fiji National University (FNU) was established through the merger of 7 government-owned tertiary institutions in Fiji, and commenced operations from 1 January 2010. The constituent institutions are found at over 40 different locations across Fiji, and collectively offer Certificates, Diplomas, Advanced Diplomas, Degrees, Postgraduate qualifications and Skills Upgrading for those who are already in employment. Approximately 30,000 students pass through the University each year. Over the last six years of its operations, the University has registered major achievements with regard to new programme delivery, quality improvements and contribution to research and publications via its 5 Colleges: The College of Humanities & Education (CHE), the College of Medicine, Nursing & Health Sciences (CMNHS), the College of Engineering, Science & Technology (CEST), the College of Agriculture, Fisheries & Forestry (CAFF), the College of Business, Hospitality & Tourism Studies (CBHTS) and the National Training & Productivity Centre (NTPC).