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Alford Wins Junior National Championship

Orlando, Florida – March 20, 2006 – Chandler Alford of Conyers, Georgia won three (3) Gold medals and the Junior National Championship at the USA Weightlifting Junior National Olympic Weightlifting Tournament in Orlando, Florida. Alford won the gold medal in the 77kg (169 lb.) weight class in the snatch competition with a lift of 122 kg (268 lb.), a gold medal in the clean and jerk competition with a lift of 263 kg (359 lb.) and a gold medal for the total of 285 kg (627 lb.) His performance has landed him a position on the USA Team going to the international competition in Cali, Colombia at the end of April.

Alford has previously won two national championships in the 77kg (170 lb.) weight class and has won one national championship in the 85 kg (187 lb.) class.

Alford is a sophomore at Georgia Tech majoring in Electrical Engineering and is on the Dean’s List. He is currently training at the U.S. Olympic Training Center in Colorado Springs, Colorado.

“In the short time Chandler has been at the Training Center, he has impressed us with his work ethic and desire to be the best he can be. We are very proud of his performance,” said Paul Fleschler the USA Men's Resident Coach.

“It took a while for me to get used to Colorado,” says Alford, “but, obviously, all that extra work in the weight room and focusing each day on my lifts paid off.”

Coach C. J. Stockel has been coaching Alford since he began competitive weightlifting in the eighth grade. “Chandler has worked hard to recover from a severe ankle injury in encountered this past December. His dedication and determination resulted in incredible performance and the championship.”

For additional information go to: www.usaweightlifting.org or www.teamgaweightlifting.org

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