

ATHLETE PROFILE

Tony Campbell Cowie – 77kg Class

Date of Birth – **16th February 1944**

Club – **Titans Weightlifting Club**

Best lifts – **Snatch:** 60kg

Clean and Jerk: 72kg

Total: 130kg

Career Highlights –

- Since a young age he has been training and competing in a variety of sports (rowing, cycling, kickboxing, karate)
- Tony is currently a Personal Trainer
- Holds all the NSW Masters records in the 77kg category in the 60-66 age group

Goals – To do the best I can

Words of Wisdom – Train hard, think positive