Dynamic Darwin duo lift international and Australian medal haul

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A diminutive duo of Darwin weightlifters have taken on the world’s best and out lifted them.

Melody Fleming and Stacy Wagman travelled to Tasmania last weekend to take part in the 2016 Oceania Masters Championships and returned to the Top End with a treasure chest of gold and silver medals.

In her first year of competition Fleming competed in the 35-44 years, 53kg category and beat competitors from far and wide to take the Gold Medal in the Australian Masters Championships.

She backed up in the same category in the Pacific Rim Masters and was rewarded for her herculean efforts with a silver medal.

Wagman competed in the 35-44 years, 58kg category and scooped the pool with three gold medals in the Oceania Masters, Pacific Rim Masters and the Australian Masters Championships.

Fleming and Wagman are both passionate Cross Fit fanatics and the pair met while partaking in their shared pursuit of fitness.

“This was only my second competition and to win a gold and silver medal was a fantastic experience,” Ms Fleming said.

“Stacy has competing a longer than I have and for her to win three gold medals is a great reward for all her hard work.”

Sport and Recreation Minister Nathan Barrett congratulated the dynamic duo on their outstanding achievements and said they were both excellent role models for girls and women across the Northern Territory.

“This is a great example of the rewards a healthy lifestyle brings and working hard to achieve a goal,” Mr Barrett said.

“The Giles Government is fully supportive of women’s participation in sport and active recreation and Stacy and Melody’s achievements should send a great message to all women and girls across the Northern Territory.”

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