



VICLIFT



Edition 44

The official newsletter of the Victorian Weightlifting Association Inc

May 2009

Go Team Victoria !



Victoria wins the Australian Masters Championships Team Trophy.



Inside :-

- Hawthorn Australia Day Tournament
- Australian Masters Championships
- Australian Club Championships
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- plus much more ...



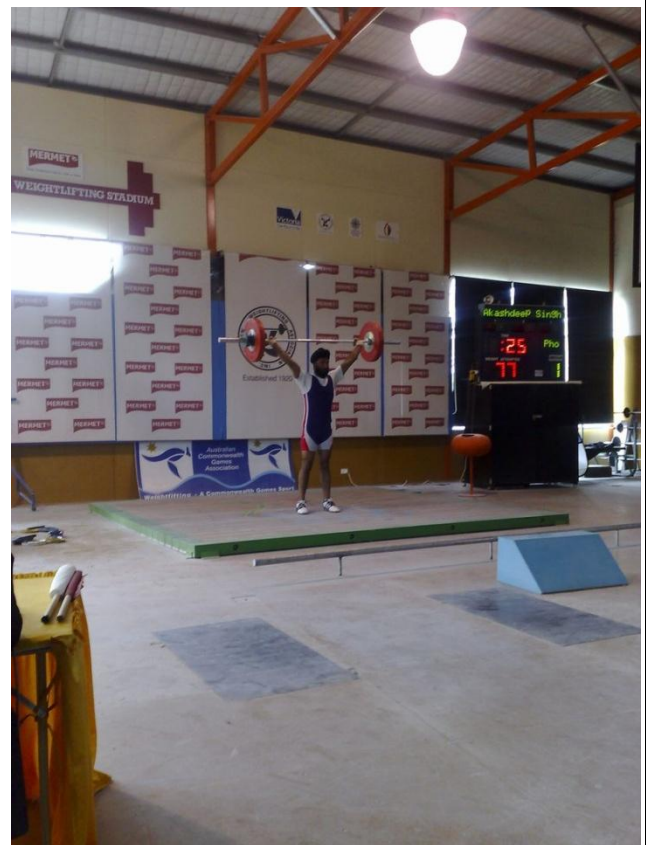
2009 Events Calendar

DATE	EVENT	VENUE
JAN		
24	HWC AUSTRALIA DAY TOURNAMENT	VWA STADIUM
FEB		
21	AUSTRALIAN MASTERS	GEELONG
MAR		
13	SCHOOL LEAGUE	POSTAL
21	VWA OPEN & MASTERS GRAND PRIX	VWA STADIUM
28	AUSTRALIAN CLUB CHAMPIONSHIPS	QLD
APR		
24	SCHOOL LEAGUE	VWA STADIUM
MAY		
12-15	ARAFURA GAMES & OCEANIA CHAMPIONSHIPS	DARWIN
19-24	WORLD YOUTH CHAMPIONSHIPS	THAILAND
22	SCHOOL LEAGUE	POSTAL
30	VICTORIAN SENIOR & JUNIOR CHAMPIONSHIPS & MASTERS GRAND PRIX	VWA STADIUM
JUN		
12-21	WORLD JUNIOR CHAMPIONSHIPS	ROMANIA
25-28	ZKC INTERNATIONAL CLUB TOURNAMENT	EMAIL
26	SCHOOL LEAGUE	VWA STADIUM
JUL		
18	AUSTRALIAN SENIOR CHAMPIONSHIPS	VWA STADIUM
24	SCHOOL LEAGUE	POSTAL
25-26	AWF COACH EDUCATION PROGRAM - CLUB LICENCE	VWA STADIUM
AUG		
1	TOUCHDOWN TOURS CUP & MASTERS VIC CHAMPIONSHIPS (BILL KEIR MEMORIAL)	VWA STADIUM
8-9	AWF COACH EDUCATION PROGRAM - CLUB LICENCE	VWA STADIUM
21	SPORT & RECREATION VICTORIA CUP	DE LA SALLE
SEP		
5	PHOENIX IAN LAURIE CUP	PHOENIX
18	NATIONAL U 16 TOURNAMENT	LAUNCESTON
19-20	NATIONAL AGE CHAMPIONSHIP	LAUNCESTON
OCT		
10-18	WORLD MASTERS GAMES	SYDNEY
18-23	COMMONWEALTH SENIOR & JUNIOR CHAMPS	MALAYSIA
23	VICTORIAN SCHOOL CHAMPIONSHIPS #1	VWA STADIUM
30	VICTORIAN SCHOOL CHAMPIONSHIPS #2	VWA STADIUM
NOV		
17-27	WORLD CHAMPIONSHIPS & OLYMPIC QUALIFIER	KOREA
21	VWA OPEN AND MASTERS GRAND PRIX	VWA STADIUM
DEC		
6-7	AWF COACH EDUCATION PROGRAM - STATE LICENCE	VWA STADIUM
19	HWC CLUB CHAMPIONSHIPS (INC ALBY DUTTON CUP)	VWA STADIUM

Hawthorn Australia Day Tournament



Guest lifters Sam Katz, Gurpreet Singh and Akashdeep Singh Gill at the first event for 2009



Hawthorn Australia Day Tournament

Report

The 2009 HWC Australia Day Tournament started the year of Weightlifting for HWC and some guest lifters from Phoenix, Geelong and the Adelaide Weightlifting Club. Although it wasn't a massive contingent of lifters (19 in total) quality was not lacking on the day. The women started the day off and Socheata Be was clearly the star lifter, easily making lifts of 66Kg and 77Kg for a 143Kg total in the 58Kg bodyweight category, qualifying herself for the U/20 Nationals to be held later this year. Her young sister, Reachny Be, also lifted well, demonstrating to many that she is a talented lifter and also reminding some of the younger days of her brother Vannara. On a sadder note Shirley McFarland competed in her last competition, however, we are sure to see her refereeing and helping out at future competitions.

On to the men's session and once again it was a Be, Vannara this time, that proved to be outstanding. His 337 Sinclair, was, although below his best, far ahead of anyone else on the day and his lifts looked very sharp. Greg Kowalski made his first appearance for the Hawthorn club, with solid attempts on 80Kg and 100Kg but unable to jerk 110Kg after a hard clean. Michael Bridgeman was also on the platform, only for the second time and increased his PB's, certainly looking like a future talent. Young up-and-comer Josh Quinn also competed well, providing his usual power attempts for 95Kg and 110Kg.

Overall a successful start to the year for all involved, a great deal of thanks go to all those who helped set-up, run and pack-up the competition, especially our guest lifters from the Adelaide Weightlifting Club.

Written by Steve McConnell

Hawthorn Australia Day Tournament

Results

Session 1 - Women

Name	B/WT	YOB	Club	Best Snatch	Best C&J	Total	Sinclair Score
53 Kg Category							
Sarah Saengar	48.35	91	Geelong	31	38	69	104.71
58 Kg Category							
Socheata Be	55.05	89	Hawthorn	66	77	143	195.22
Reachny Be	53.85	94	Hawthorn	35	39	74	102.74
Sarah Castree	54.15	90	Adelaide	44	60	104	143.78
63 Kg Category							
Eilaine Janes	62.95	45	Geelong	29	38	67	79.07
75+ Kg Category							
Deb Thomas	90.4	56	Geelong	24	32	56	57.01
Shirley McFarland	113.95	35	Hawthorn	-	22	-	-
Referees							
	Ange Kenos		Boris Kayser		Malcolm Merrey		
	National		Category I		National		

Session 2 - Men

Name	B/WT	YOB	Club	Best Snatch	Best C&J	Total	Sinclair Score
62 Kg Category							
Vannara Be	58.55	88	Hawthorn	100	125	225	337.05
69 Kg Category							
Thomas Mansfield	68.45	83	Adelaide	90	115	205	275.76
77 Kg Category							
Greg Kowalski	75.8	84	Hawthorn	80	100	180	227.73
Sam Katz	71.25	83	Phoenix	87	115	202	265.03
Akashdeep Singh Gill	69.7	89	Phoenix	85	115	200	265.98
Josh Torriero	69.05	93	Geelong	48	60	108	144.48
85 Kg Category							
Gurpreet Singh	79	85	Phoenix	90	112	202	249.80
94 Kg Category							
Frank Parsons	92.5	41	Geelong	46	55	101	115.71
105 Kg Category							
Josh Quinn	98.85	91	Hawthorn	95	110	205	228.58
Michael Bridgeman	104.1	85	Hawthorn	85	108	193	211.15
Firaz El Achkar	100.25	92	Adelaide	75	90	165	183.00
105+ Kg Category							
Adam Kok	118.6	90	Guest	105	120	225	236.54
Referees							
	Tony Villanti		Kevin White		Leo Ryan		
	Category II		Category II		Category I		

AWF Masters Championships Report

I am pleased to report the 2009 AWF Masters Championships continued the success we have achieved in recent years; on and off the platform. As expected, many lifters are building up for the WMG2009 in Sydney in October so we were able to witness some excellent lifting and good battles.

In particular, Chris Duthie and Peter Foster had a great battle with Chris stretched to his limit to win gold. Ray Loudon was also pushed in his win over Ludek Prokes with both lifters showing great spirit on the platform. Good to see the Holt family supporting our masters movement every year and performing so well on the platform.

I struggle to recall a competition over the last 10 years without Chris attending and performing well. It was very pleasing to see Chris Duthie, Peter Foster, Warren Hellisen, Alex Goodyear, Graham Walker and Craig Wegert perform so well and they will be the basis of a very strong Men's team in Sydney. I was also impressed with the technique shown by Michael Torriero and Nick Milankovic; both relatively 'newcomers' to our sport.

The women showed excellent technique with the best lifter going to Diana Loy followed by Coral Quinell and Lisa Souter. These three lifters will form the nucleus of a very strong and formidable women's team at the WMG2009. Overall, an excellent result for the women but I hope we have some representation from NSW and SA next year.

Interesting to note that the male best lifter trophy no longer automatically goes to the oldest lifter and there were seven male lifters achieving in excess of 300SMM points; indicating a very high standard. The best lifter went to Craig Wegert narrowly passing Warren Hellisen and Chris Holt; very pleasing to see the strength in Masters now in the earlier age groups. Congratulations to the Victorian team, led by Goran Vukojevic, for winning the team trophy again; however, the gap is narrowing so don't bolt the trophy down to hard !

Overall, the highlights were the standard of lifting, the excellent presentation by the Geelong Weightlifting Club and the overwhelming support of the VWA. A special thanks to the VWA president Martin Leach and his team for such a successful day as I am aware that Martin transported equipment until the early hours of Sunday morning and then drove back to Bendigo !

The attendance and support of the AWF President, Robert Kabbas and our CEO, Matthew Curtain significantly added to the occasion and was very much appreciated by all. Best wishes for training for the WMG2009; regarded by the IWF as 'our Masters Olympics'.

Written by Lawrie Townsend

Australian Masters Championships

Victoria wins the team trophy !



Australian Masters Championships

Results

Session 1

Lot	Name	Sex	Born	State	Body weight	Best Snatch	C & J	TOTAL	SMM Score	Place
	MEN: 35-39: 62kg category									
1	Graham Walker	m	1970	NT	60.10	77	100	177	292.63	1
	MEN: 35-39: 85kg category									
2	Alex Goodyear	m	1972	NSW	81.35	105	120	225	301.36	1
	MEN: 35-39: +105kg category									
3	Craig Wegert	m	1973	QLD	154.15	140	170	310	338.65	1
	MEN: 40-44: 77kg category									
4	David Holt	m	1968	VIC	76.90	70	90	160	230.31	1
	MEN: 40-44: 85kg category									
5	Arjun Tokhi	m	1969	SA	83.25	85	113	198	270.67	1
	MEN: 40-44: 94kg category									
7	Warren Hellisen	m	1966	VIC	93.25	108	145	253	337.95	1
6	Michael Torriero	m	1966	VIC	90.05	80	95	175	237.36	2
9	Shaun Dangerfield	m	1969	VIC	93.10	72	95	167	216.74	3
8	Tim Steele	m	1968	QLD	93.60	72	92	164	214.42	4
	MEN: 40-44: +105kg category									
10	Chris Duthie	m	1967	SA	106.90	105	138	243	305.08	1
11	Peter Foster	m	1967	QLD	108.20	110	133	243	303.87	2

Australian Masters Championships

Session 2

Lot	Name	Sex	Born	State	Body weight	Best Snatch	C & J	TOTAL	SMM Score	Place
	WOMEN: 35-39: 53kg category									
1	Lisa Souter	f	1973	QLD	52.15	51	67	118	182.66	1
	WOMEN: 35-39: 75kg category									
2	Sheree Peck	f	1972	VIC	72.60	35	50	85	107.25	1
	WOMEN: 40-44: 58kg category									
3	Diana Loy	f	1965	QLD	57.80	55	75	130	202.58	1
	WOMEN: 40-44: +75kg category									
4	Christine Bayne	f	1964	QLD	77.60	39	53	92	122.22	1
	WOMEN: 45-49: 58kg category									
5	Katrina Hannan	f	1962	VIC	57.50	27	37	64	102.98	1
	WOMEN: 45-49: 63kg category									
6	Lina Vukojevic	f	1961	VIC	62.00	38	50	88	135.50	1
	WOMEN: 45-49: 69kg category									
7	Amanda Foley	f	1962	WA	67.10	40	51	91	132.54	1

Australian Masters Championships

Session 3

Lot	Name	Sex	Born	State	Body weight	Best Snatch	C & J	TOTAL	SMM Score	Place
	MEN: 45-49: 77kg category									
1	Goran Vukojevic	m	1962	VIC	75.70	75	100	175	269.65	1
	MEN: 45-49: 105kg category									
2	Colin Lewis	m	1963	WA	96.60	72	96	168	228.16	1
	MEN: 45-49: +105kg category									
4	James Holt	m	1964	VIC	116.85	65	95	160	201.80	1
3	Graham Anderson	m	1962	WA	105.15	56	65	121	160.54	2
	MEN: 50-54: 94kg category									
5	Nick Milankovic	m	1957	VIC	92.00	79	110	189	275.85	1
	MEN: 50-54: 105kg category									
6	Bob Pavone	m	1957	WA	95.45	65	90	155	222.74	1
	MEN: 50-54: +105kg category									
7	Dean Pascoe	m	1956	SA	111.45	75	106	181	250.39	1
	MEN: 55-59: 85kg category									
8	Lawrie Townsend	m	1951	QLD	77.45	67	91	158	286.19	1
	MEN: 55-59: 105kg category									
9	Robert Parker	m	1951	VIC	104.65	56	75	131	207.29	1
	MEN: 55-59: +105kg category									
10	Peter Phillips	m	1953	WA	109.95	77	100	177	263.19	1

Australian Masters Championships

Session 4

Lot		Sex	Born	State	Body weight	Best Snatch	C & J	TOTAL	SMM Score	Place	
	WOMEN: 50-54: 58kg category										
1	Coral Quinell	f	1957	NT	54.55	50	58	108	188.70	1	
2	Bernadette Kinnane	f	1956	VIC	53.35	34	38	72	130.20	2	
	WOMEN: 50-54: 63kg category										
3	Leandra Miscamble	f	1956	QLD	62.55	27	39	66	106.57	1	
	WOMEN: 50-54: +75kg category										
4	Deborah Thomas	f	1956	VIC	90.20	26	31	57	77.47	1	
	WOMEN: 55-59: 48kg category										
5	Julie Davis	f	1952	QLD	47.05	23	35	58	127.78	1	
	WOMEN: 60-64: 58kg category										
6	Lesley Moyle	f	1945	QLD	55.30	28	37	65	142.20	1	
	WOMEN: 60-64: 63kg category										
8	Valerie Silver	f	1949	QLD	61.80	30	43	73	138.64	1	
7	Elaine Janes	f	1945	VIC	62.85	28	37	65	130.13	2	
	WOMEN: 65+: 53kg category										
9	Vicky Brady	f	1943	QLD	51.75	27	30	57	136.49	1	
	WOMEN: 65+: 69kg category										
10	Shirley Palmer	f	1937	WA	66.55	21	23	44	108.62	1	

Australian Masters Championships

Session 5

Lot	MEN: 60-64	Sex	Born	State	Body weight	Best Snatch	C & J	TOTAL	SMM Score	Place
	77kg category									
1	Ray Louden	m	1945	QLD	75.70	60	77	137	278.92	1
2	Ludek Prokes	m	1949	NSW	76.25	60	70	130	247.36	2
	85kg category									
3	John Clow	m	1949	VIC	82.85	67	86	153	278.50	1
	94kg category									
4	George Hardiman	m	1945	ACT	85.95	57	80	137	260.97	1
5	Warren Smith	m	1948	VIC	92.05	52	62	114	201.03	2
	+105kg category									
6	David Wescombe-Down	m	1946	SA	106.55	60	90	150	257.88	1
	MEN: 65-69									
	94kg category									
7	Milos Trnka	m	1943	VIC	85.65	55	75	130	257.77	1
8	Frank Parsons	m	1941	VIC	93.05	50	60	110	224.00	2
	105kg category									
9	John Reynolds	m	1944	VIC	101.45	55	75	130	234.84	1
	MEN: 70-74									
	69kg category									
10	John Preston	m	1938	ACT	67.45	33	45	78	212.04	1
	85kg category									
11	Chris Holt	m	1936	VIC	79.50	55	65	120	308.65	1
	105kg category									
12	Barry Reilly	m	1937	VIC	102.90	62	77	139	313.48	1
	MEN: 75-79									
	94kg category									
13	Alan Lewis	m	1933	WA	87.30	31	35	66	169.50	1

Australian Club Championships

Victoria was represented by Hawthorn and Phoenix weightlifting clubs at the AWF Club Championships held at the University of Southern Queensland, Ipswich on 28 - 29 March.

Hawthorn did well in the men's competition winning both senior and junior events but missed out on the overall title with two no-totals in the women's events. The overall champion club title went to Cougars club from Queensland. Phoenix junior men's team placed second, just 39 Sinclair points behind the winners.

Fine individual performances came from Stephen McConnell (HAW) with a personal best total of 232kg, Daniel Katz (PHO) PB jerk 131kg; Liam Larkins (PHO) added 15kg to his previous best total with six successful attempts; Gordon Laurie (PHO) increased his best total by 11kg; Simplicie Ribouem (HAW) 188kg jerk at 85kg and superheavy Matthew Falcone (HAW) PB jerk with 185kg.

International guest lifter, Yukio Peter (Nauru) snatched 150kg, power cleaned and jerked 180kg and just missed 200kg jerk in a Commonwealth record attempt at 77kg.

Written by Robert Kabbas

Full results below:

AUSTRALIAN CLUB CHAMPIONSHIPS

28 - 29 March 2009 • USQ Springfield Lakes, Queensland

JUNIOR WOMEN	BORN	BWT	CAT	SN	JK	TOTAL	SINC
1. Toowoomba - 492.011 Pts							
Davina HUGHES	1989	53.00	53	64	78	143	199.628
Bianca SHEPPARD	1992	57.35	58	62	72	134	177.497
Kara STUART	1994	45.05	48	30	41	71	114.886
2. Cougars - 490.440							
Michelle KAHl	1994	62.05	63	65	78	143	179.508
Kirsten WU	1993	51.40	53	51	65	116	167.150
Kelsey SWIFT	1994	59.20	63	48	63	111	143.782
3. Hawthorn - 105.464							
Reachney BE	1994	52.10	53	34	40	74	105.464
Socheata BE	1989	52.30	53	0	70	0	0
SENIOR WOMEN							
1. Tassie Twin Towns - 533.056							
Jenna MYERS	1986	73.65	75	85	106	191	217.545
Camilla FOGAGNOLO	1986	68.95	69	75	100	175	206.261
Sophie COWEN	1997	46.85	48	31	39	70	109.250
2. Cougars A - 531.574							
Melissa ROBINSON	1981	57.40	58	64	78	142	187.976
Holly COLLIER	1988	64.20	69	66	85	151	185.524
Lisa SOUTER	1973	52.15	53	49	62	111	158.074
3. Hawthorn - 473.222							
Seen LEE	1982	59.50	63	90	105	195	251.714
Jacque WHITE	1982	62.90	63	80	98	178	221.507
Belinda VAN TIENEN	1986	74.90	75	0	0	0	0
4. Cougars B - 433.492							
Christine MEIER	1983	61.80	63	55	73	128	161.100
Bonnie SLEEMAN	1993	78.15	+75	56	70	126	139.637
Kim HANSEN	1986	64.15	69	45	63	108	132.756

Australian Club Championships

5. Cougars D - 249.745

Julie DAVIS	1952	47.60	48	22	33	55	84.626
Leandra MISCAMBLE	1956	65.00	69	27	41	68	82.919
Vicky BRADY	1943	51.35	53	27	30	57	82.200

6. Cougars C - 226.137

Liana LAMBERT	1988	66.65	69	56	65	121	145.374
Valerie SILVER	1949	61.55	63	29	35	64	80.763

JUNIOR MEN

1. Hawthorn - 821.603

Stephen McCONNELL	1991	71.30	77	105	127	232	304.259
Adam KOK	1990	114.90	+105	112	150	262	277.821
Joshua QUINN	1991	101.55	105	97	120	217	239.523

2. Phoenix - 782.287

Daniel KATZ	1990	74.75	77	97	131	228	290.767
Akashdeep Singh GILL	1989	67.60	69	87	113	200	271.192
Liam Larkins	1993	69.25	77	75	90	165	220.328

3. Cougars - 672.039

Nathan KAHI	1992	68.05	69	92	120	212	286.242
Sam BAUMANN	1992	54.75	56	54	75	129	203.428
Mitch THURLOW	1992	122.85	+105	75	100	175	182.369

4. Toowoomba - 583.007

David HOCKINS	1991	57.65	62	64	88	152	230.354
Daniel McCALLUM	1992	73.20	77	71	83	154	198.808
Jake RATCLIFFE	1994	62.80	69	48	60	108	153.845

5. Burwood - 579.325

Ricky GULYAMOV	1989	75.85	77	120	145	265	335.146
Milo McFARLAND	1991	75.80	77	83	110	193	244.179

SENIOR MEN

1. Hawthorn A - 1122.242

Simplice Ribouem	1982	84.20	85	135	188	323	386.493
Francois Etoundi	1984	68.90	69	125	150	275	368.386
Corran Hocking	1980	151.60	+105	170	195	365	367.363

2. Hawthorn B - 1061.008

Daniel Koum	1985	61.65	62	110	140	250	360.765
David Sarkisian	1986	73.90	77	120	155	275	353.038
Vannara Be	1988	55.65	56	98	125	223	347.205

3. Cougars A - 966.551

Damon Kelly	1983	147.50	+105	152	213	365	368.403
Troy Hewkins	1986	84.60	85	130	161	291	347.390
Kevin Blake	1960	107.90	+105	97	135	232	250.758

4. Burwood - 917.129

Ali Gulyamov	1985	104.85	105	135	160	295	321.933
Mitchil Mann	1987	104.95	105	125	159	284	309.827
Alex Goodyear	1972	83.15	85	112	125	237	285.369

5. Phoenix A - 907.298

Matthew Williams	1980	84.40	85	128	150	278	332.258
Gordon Laurie	1986	96.95	105	118	140	258	289.876
Andrew Ciancio	1978	89.25	94	115	130	245	285.164

6. Hawthorn C - 897.881

Matthew Falcone	1987	162.70	+105	140	185	325	325.496
Simon McCoy	1983	93.60	94	110	150	260	296.371
Mark Holloway	1988	68.35	69	95	110	205	276.014

Australian Club Championships

7. Kidman Park - 844.510

Max Dalsanto	1985	92.10	94	142	177	319	366.147
Patrick Inglis	1992	68.90	69	98	119	217	290.690
Dean Pascoe	1956	110.60	+105	70	105	175	187.673

8. Honeybadgers - 820.290

David de Rose	1982	71.90	77	110	140	250	326.207
Christian Hopper	1985	85.70	94	100	120	220	249.653
Benjamin Paris	1991	66.45	69	78	92	170	233.099

9. Phoenix B - 709.171

Sam Katz	1983	68.65	69	90	112	202	271.219
Gurpreet Singh	1985	77.65	85	90	110	200	249.653
Luke Sword	1989	100.60	105	70	100	170	188.299

10. Toowoomba - 670.235

Bowen Stuart	1986	76.05	77	90	105	195	246.250
Darryl Hockins	1988	65.90	69	80	97	177	244.030
Steve Matthews	1954	74.65	77	58	83	141	179.955

11. USQ - 553.385

Ben Quarrell	1973	116.55	+105	85	107	192	202.789
Lamson Nguyen	1982	64.00	69	64	75	139	195.442
Michael Winn	1994	59.65	62	50	55	105	155.154

12. Cougars B - 229.687

Zack Tuckey	1986	82.50	85	85	105	190	229.687
Peter Foster	1967	103.65	105	105	0	0	0

Guest Lifters

Courtenay Chisholm	1995	44.95	48	33	44	77	124.856
Nicole Chamberlain	1978	64.85	69	82	99	181	221.020
Yukio Peter (NRU)	1984	76.90	77	150	180	330	414.144
Daniel Falcone	1984	124.55	+105	112	135	247	256.579
Tom Devjak	1981	93.85	94	95	128	223	253.909

Overall Team Classification ["A" Team Points - All categories]

Cougars	2660.603
Hawthorn	2522.531
Toowoomba	1745.254
Phoenix	1689.584
Burwood	1496.453
Kidman Park	844.510
Honeybadgers	820.291
USQ Springfield	553.385
Tassie Twin Towns	533.056

Australian Club Championships

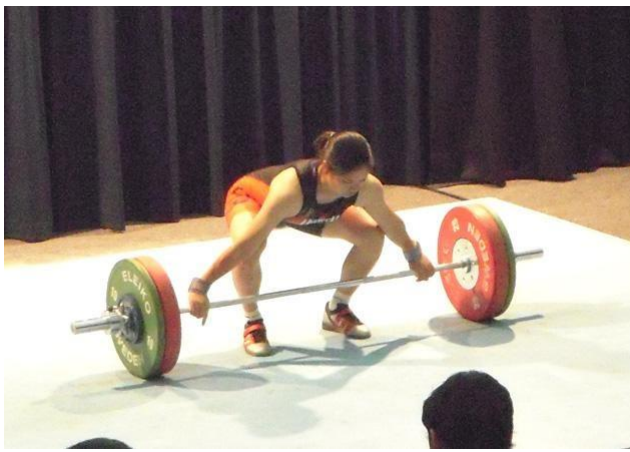
Daniel Katz - 131 C&J



Jackie White - 80kg Snatch

Liam Larkins - 75kg Snatch





Seen Lee - 95kg Snatch



Hawthorn Team – full of strength and smiles !!

IWF Rule Changes

Summary of changes to the IWF Technical Rules effective 1/4/2009 by Pedro Sanchez

1.2.2, 1.3.3, 5.2.1, 5.4, 8.2 Youth Age Group

2.3.3 Release of the barbell from the level of the Shoulders.

2.4.12 Incorrect movement Not facing the referees

3.5.3 & 3.5.4 Tolerance of Competition Bars and Discs and the tolerance for Training Bars and Discs.

5.6, 5.7 World University Games

6.1.6 Entry verification at IWF event

6.5.3 The weight of the barbell cannot be reduced once the weight is load and the Clock has started.

6.5.5 Automatic Progression after any attempts is 1Kg.

6.5.7 The 15/20 rule shall now apply to all competitions unless otherwise stated.

6.5.15 2 minutes for a lifter, reverts to 1 minute after another lifter is called but changes in the weight mean the original lifter is call again.

7.1.4 Referee Uniforms

9.2.10 Victory Ceremony no mobile phones etc.

Key changes that will impact us in Domestic and National competition now, with the changes underlined!

2.3 General rules for all lifts

2.3.3 After the Referees signal to lower the barbell, the lifter must lower it in front of the body and not let it drop either deliberately or accidentally. The grip on the barbell may be released when it has passed the level of the shoulders.

2.4 Incorrect movements and positions for all lifts

2.4.12 Not facing the Centre Referee at the beginning of a lift.

6.5 Course of the competition

6.5.3 The barbell is loaded in progression, the competitor taking the lowest weight lifting first. Once the announced weight is loaded on the barbell, and the clock has started, it cannot be reduced. The competitors or their coach must therefore observe the progression of the loading and be ready to make their attempt at the weight they have chosen.

6.5.5 The automatic progression after any successful attempt for the same athlete must be a minimum of one (1) kg.

6.5.7 The aggregate weight of the starting attempts in the Snatch and the Clean and Jerk cannot be less than twenty (20) kg below the announced Entry Total for the male competition, and less than fifteen (15) kg below the announced Entry Total for the female competition. The monitoring and implementation of this rule is the responsibility of the Competition Secretary and the Referees at the weigh-in; and of the Chief Marshal, the Technical Controllers and the Jury during the competition. This rule shall apply unless otherwise stated.

6.5.15 In case a request by an athlete taking consecutive attempts changes the order and another athlete is called whose time starts running, but he/she too asks for a change, as a result of which athlete No.1 (originally called) is called again, he/she shall be granted only one (1) minute.

9.2 Victory Ceremony

9.2.10 During the Victory Ceremony, medal winners cannot take electronic devices onto the podium and cannot be accompanied by any other persons.

Australian Weightlifting Federation Coach Education Program

This NCAS Coach Education Program (CEP) has proved to be extremely popular among teachers, physiotherapists, sports coaches, human movement and science students, personal trainers and strength and conditioning specialists interested in instructing athletes, students or clients in the techniques of Weightlifting and Power Training.

The CEP Presenters have extensive experience in the fields of Weightlifting and Power Training, working with Elite athletes in Weightlifting, Track & Field, Rowing, Football Codes, Netball, Baseball, and Swimming.

Upcoming Courses

Level	Club Licence
Date	25-26 JUL 09
Venue	VWA Stadium, Hawthorn
Registration Closing Date	10 JUL 09

Level	Club Licence
Date	8-9 AUG 09
Venue	VWA Stadium, Hawthorn
Registration Closing Date	24 JUL 09

Level	State Licence
Date	6-7 DEC 09
Venue	VWA Stadium, Hawthorn
Registration Closing Date	21 NOV 09

Contact

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C.O.T.A - Active At All Ages Award.

Friday 20th February, 2009.
National Wool Museum. Geelong.

Left - MLA Geelong Ian Trezise
Centre - Elaine Janes.
Right - Jamie Kennedy. Marketing Manager
Migun Health.

VWA Board of Directors

President: Martin Leach

Vice President: Pedro Sanchez

Hon Secretary: Goran Vukojevic

Hon Treasurer: Kevin White

Directors: Anthony Villanti, Peter Mancuso, Mark Blair



President's Message

Time passes so quickly. It has almost been six months since the VWA membership elected the new Board. Some may ask what has been achieved in that time, and on the face of it, this is a fair question. As I write this, we have just processed our 109th member for 2009 in our data base. Not exactly a fantastic number, but at least we are still receiving memberships.

It has been a difficult transition since the departure of Peter Cayley as a full time employee, this being the first period since 1978 that the VWA has had no employees. At one stage, during the 1980's, the VWA had three full time people working for our sport and therefore it is little wonder that some current and former members look back at this as the golden age of Victorian Weightlifting.

The current Board are all currently either full time employed in other industries, or involved in other activities that fill their time. Despite this, the VWA Board has been endeavoring to make sure that both the administrative and competition/athlete needs of the Association are being met. During the last six months, the Board has:-

- Conducted the Australian Master's Games in Geelong
- Run the Touchdown Tours School League and other VWA events
- Introduced a supporter category for VWA membership to encourage past members and friends/family to join our Association
- Re-signed VicHealth as Principal Sponsor for the PICSAR program for the next two years
- Reinvigorated our sub-committee structure with committees covering Master program, Competition set up/organisation, High performance/athlete programs, Governance, Finance, Sponsorship, Promotion and Communication.

As you may have noticed, the Promotion and Communication committee has been busy revamping the VWA web-site and producing quarterly VicLift publications. Other Committees have been equally busy, and thanks to the assistance of Guus Kok, the VWA has successfully managed to receive sponsorship from the Sims Group for the forthcoming Victorian Championships.

We are currently actively seeking a new naming sponsor for the Stadium and naming rights for the Australian Championships which we are hosting in July.

The AWF is conducting a Club Coaching License course at the Stadium on the weekend of 25 & 26 July and we have a State Coaching License course scheduled for 6 & 7 December, both of which will help strengthen our coaching numbers and hopefully lead to more lifters.

The VWA now operates under a constitution that allows for rotation of Board members. Please keep in mind that at the next Annual General Meeting of the Association, one Executive Director (President, Vice President, Treasurer or Secretary) and one Director will need to stand down, thus allowing for others to put their hands up to assist in the running of the Association. So if you are not happy with the way things are going, or you simply think that you may have something to offer, please remember that it is the right of all voting members to seek election. I hope that you will consider how you can help your sport, and maybe even put your hand up to do some work.

STADIUM THEFT

It is with regret that I inform the VWA members that sometime between January 1st and 31st March, 2009 a reasonably large amount of equipment has been stolen from the Victorian Weightlifting Stadium.

The VWA has reported the matter to the police and the matter is being investigated. Interviews of Stadium users may well take place as part of the investigation given that this theft may have been perpetrated by someone who is in fact a regular user or member of the Stadium.

The items that have been stolen include three Uesaka bars, four 10kg, 15kg & 20kg Uesaka rubber disks, and two 15kg Chinese rubber disks (brand new in boxes). It is obvious that our organisation cannot afford this type of loss, and we will do everything in our power to catch whoever is responsible.

New security measures are being considered to assist in protecting the Association's assets. I am greatly saddened to think that one of our own members may be responsible for stealing from their fellow members of our Association

Martin F Leach
VWA President

Sponsors

