



WEIGHTLIFTING WESTERN AUSTRALIA

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WWA Newsletter – July 2011

In this edition of the WWA Newsletter we will be looking at the results from the 2011 State Championships, the first time any WWA competition has been held at a CrossFit Club. To the benefit of our sport we are gaining a growing membership from Crossfit Gyms whose athletes are keen to improve, and test, their lifting prowess.

We will also be looking at the WWA Junior Squad Sessions which are being run by WWA Coaches Brendan Kennedy, Michael Pileggi and Trish Scrivener, with input from the experienced and knowledgeable Jack Walls of course.

The WWA Council has had a major reshuffle in the last few weeks with Jack Walls and Grace Morrison swapping positions on the Council. Jack has served as the WWA Secretary for many years but due to ill health has decided to resign from the position. Grace Morrison, who has been serving as the WWA Junior Vice President, Masters Coordinator and Records keeper, has stepped into the position of Secretary with Jack now taking the position of Junior Vice President. I would like to thank and commend Jack for the conscientious and valuable job he has done for WWA as Secretary. We all hope and believe that Jack will continue his strong involvement with WWA and I for one can envisage that freedom from the demanding Secretary's job may well allow him up to focus on other tasks within WWA as his health improves.



I also would like to commend Grace on her willingness to step into this role. Grace is a well organized and highly motivated athlete and official and I'm certain that she will excel as WWA Honorary Secretary. Please note the new WWA contact details at the start of this newsletter.

WWA Calendar of Events 2011

AUG 7	GP#3 +JNR SHIELD #2 LAST QE FOR NATIONAL U20/17/15	SPEEDOME
27 AUG/3 SEP	WORLD MASTERS CHAMPS	MONTREAL
SEP 23/24/25	NATIONAL U20/17/15 CHAMPS	MELBOURNE
10/15 OCT	COMMONWEALTH ,SJY CHAMPS	CAPE TOWN
OCT 30	PREMIER CUP+ OPEN COMPETITION	TBA
OCT 15/16	NATIONAL MASTERS	ADELAIDE
OCT 29-NOV 5	WORLD MASTERS CHAMPS	CYPRUS
NOV 12	STATE REFEREES COURSE	TBA
NOV 19/20	CLUB COACHING COURSE	ECU
DEC 4	GP#4 AND END OF YEAR FUNCTION	SPEEDOME

VENUES NEEDED, IF YOU ARE INTERESTED IN ORGANSING AN EVENT PLEASE CONTACT WWA OFFICE



Rest in Peace Bill Chapman

Wilfred (Bill) Chapman was born on the 19th April 1924. He passed away on Tuesday 14th June aged 87 years.

Bill was a former WWA Masters Weightlifter and competed for approximately fifteen years. Bill had an unquenchable thirst for life. His personality was of an exuberant, friendly and enquiring nature. He was keenly interested in everything around him and was passionate about weightlifting amongst his many other sporting interests.

He participated as State level Masters Weightlifting in WA up until 2010 - then aged 86 years. An amazing achievement. His previous history in weightlifting took in numerous National Masters Weightlifting around Australia and IWF Masters Weightlifting Competitions around the world. He did these competitions with aplomb and enthusiasm and his elder statesman age was never a consideration in attending these events.

Here was a Master to be admired and respected. Our sincere condolences to his family on their loss. He will be sadly missed in weightlifting circles. Rest In Peace Bill

Grace Morrison - WWA Masters Coordinator

Bill Chapman has been a lively figure at our Weightlifting competitions for many years. A true gentleman who lived life to the full and always had a smile and a friendly word. Bill began competing in weightlifting at the age of 70 years and would joke that while all the other lifters his age were trying to hold on to their strength, he was in the great position of getting better every year.

Pre-Chapman, Masters age classifications were segmented into 5 year age groups only up until 80 years of age; all athletes beyond 80 years were classified as 80+. Because of Bill Chapman, WWA found it necessary to include new age classes beyond 80 years in our record books. This enabled Bill to set records at 85-89 years age group while still maintaining his 80-84 year records... Brilliant!! 😊

WWA, on behalf of all our members had flowers sent to Bill's family. Grace Morrison spoke at his funeral and in a nice touch; each member of Bill's family was wearing one of Bill's weightlifting medals around their necks during the service. Bill will be missed!!



WWA STATE CHAMPIONSHIPS

OPEN, MASTERS, U20, U17, U15

On the 5th of June WWA held its inaugural Crossfit Gym based Weightlifting competition. And why take half measures? Let's make it the State Championships. Many thanks to the WWA Council members along with Jono and his crew spent Saturday setting up the competition platform and making sure everything was in place for a successful Championships.

Sunday morning the lifters arrived in their droves. For health reasons we were without the usual organisational brilliance of Jack Walls to ensure the event ran smoothly, but the weigh-ins were well managed by Robyn Turnor, with Bob Pavone assisting despite having lifters to prepare.

With 36 lifters competing, this review of the competition will have to be brief – apologies to those competitors who lifted out of their skin but don't get commented on here, you are still well appreciated.

The first session of the day kicked off with Dylan McDermott lifting with excellent form and good determination, he succeeded with 5 of his attempts including a 25kg Jerk, well done to the young man who was still a month off his 9th birthday. Blake Shadbolt really impressed with his gutsy lifting, raising big cheers from the crowd as he came back from misses to secure his 117kg total at just 54kg bodyweight. Jordan Luckoo looked the goods delivering his coach a 103kg total, while Murdoch and Kurt had a close battle in the 94kg category with Kurt prevailing by just a single kilo.

Session 2 brought out the ladies. In the 63kg category Andrea Hardeman and Taiariki Cridland's duel went down to the wire with Taiariki taking the Gold by just 1 kilo and securing SXFit's first ever State Weightlifting Championships Gold medal. The 69kg category saw Alecia Lovelock win the Gold from Grace Morrison whose consistent training is paying



dividends on the platform, Grace being the only competitor in the Championships successful with 6 lifts. Sarah Wignall and Courtney Page in the 69kg category seemed to spend the session breaking each other's State records, with Courtney throwing in the odd U15 National record for good measure. In the wash up Sarah out lifted Courtney by just a smallest margin, 1kg, to take out the State title and in the process set the best total in the session. Well done Sarah.

The day's final session of lifting saw some strong men up on the platform. Outstanding performances were seen from Shasha Alizadeh, taking the 77kg Open Gold with a 207kg total from Junior Australian representative Matthew Munns, 205kg. Brendan Kennedy looked sharp in the 94's taking 1st place from the improving Lawrence Murphy. Michael Pileggi put up the biggest weights of the day, jerking 154kg to take out the 105kg category.

For Full results go to www.wwa.org.au

2011 STATE CHAMPIONSHIPS MEDAL WINNERS

LADIES

53kg

Alexandra Martin – Gold @ Open, U20, U17, U15

63kg

Taiariki Cridland – Gold @ Open

Andrea Hardeman – Silver @ Open

69kg

Alecia Lovelock - Gold @ Open

Grace Morrison – Gold at 55-59 Masters, Silver @ Open



Storm Falconer – Gold @ 40-44 Masters, Bronze @ Open

Amanda Foley – 69kg – Gold at 44-49 Masters

75kg

Sarah Wignall – Gold @ Open & U20; 69+ - Gold @ U17

Courtney Page – Silver @ Open & U20; 69+ - Silver @ U17, Gold @ U15

MEN

56kg

Blake Shadbolt – Gold @ U15, U17, U20, Open

Jordan Lockoo – Silver @ U17, U20, Open

Dylan McDermott – Bronze at U20 & Open; 50kg – Gold at U15 & U17

62kg

Connor Roberts – Gold @ U15, U17, U20, Open

77kg

Shasha Alizadeh – Gold @ Open

Matthew Munns – Silver @ Open, Gold @ U20

Richard Magrath – Bronze @ Open

Frank Buletson – Gold @ 75-79 Masters

Joshua Monkhouse – Gold @ U17, Silver @ U20

85kg

Geish Hori – Gold @ Open & 35-40 Masters



94kg

Brendan Kennedy — Gold @ Open & 40-44 Masters

Lawrence Murphy – 94kg – Silver @ Open

Kurt Hill – 94kg – Bronze @ Open, Gold @ U20

Alan Lewis – 94kg – Gold @ 75-79 Masters

105kg

Michael Pileggi – Gold @ Open & 35-39 Masters

Thomas Trolio – Silver @ Open

Cahal Digreggoria – Bronze @ Open

Colin Lewis – Gold @ 45-49 Masters

105+

John Patterson - Gold @ Open & 65-69 Masters

Junior State Team Squad

Training for the Junior State Team squad is well under way. The team have has sessions at SXFit, at Pythons WLC and at Armadale this weekend. The workouts are being enjoyed by both lifters and coaches with benefits for all ensuing.



WWA GP#3 + JUNIOR **SHIELD 2**

Where

Midland Pythons WLC

Midland Speedome, Midvale

Sunday 7th August 2011

Weigh In Time 11:00am to 11:30am

Start Time: 12:00 noon

**Entries to Grace Morrison by July 29th
9594 2177**

Email: gracemorrison@bigpond.com

ALL Entrants must be current members of WWA Inc

Entry Fee: \$10.00 Under 15/17's, All others \$20.00

All competitors must be dressed according to AWF rules.

LAST CHANCE TO PUT YOURSELF IN THE SELECTORS
SIGHTS FOR SELECTION TO THE STATE TEAM FOR
NATIONAL CHAMPIONSHIPS – Open, U20, 17, 15.

