



WEIGHTLIFTING WESTERN AUSTRALIA

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WWA Newsletter – September 2010

September has been a quiet month for WWA with no scheduled State competitions, and just one Club comp. Plenty of other things going on here and overseas, with lots coming up in the next few months.

Grace Morrison competed in Poland on September 19 at the World Masters Weightlifting Championships. Grace trained extremely well in her build up to these Championships, securing new Personal Bests during her preparation. Grace won the Silver Medal, succeeding with all of her Snatches, 42, 45 and 47kg, then securing good lifts in the Clean and Jerk with 60 and 65kg for a 112kg total. Champion effort Grace! Looking forward to seeing your medal and seeing you back on the platform here in WA.

Robert Galsworthy has completed his preparation for the Delhi Commonwealth Games and has now flown into India. Best wishes for Rob in what certainly looks like being a memorable Games. Some of you would have seen footage of recent Rob's 187kg Clean and Jerk - <http://www.youtube.com/watch?v=fg9qFWpoyHs> or check it out on the Armadale Weightlifting Group page on facebook. Robert will be competing for Australia in the 105kg Category. Don't miss it!!!



Midland Pythons Invitational Club – October 31 - still has room for 2 male lifters. If you'd like to compete contact Jack Walls on 9379 2528.

Club Coaching Licence course to be held at Edith Cowan University, Joondalup, November 6 & 7. Contact Geish Hori at ghori@wais.org.au for more information.

Everybody Loves Referee's and the more referee qualifications you have the less chance of you being asked to LOAD at a competition. Contact Robyn Turnor at rturnor@iinet.net.au if you would like to register for the State Referee's course being run on November 21. All referee related queries can now be directed to Robyn.

Note – Loading is an art!!!

Have Your Say in the 2010 WWA Awards night by voting for 2010 Coach, Volunteer and Official of the Year. The Nominees and voting form is in the August Newsletter – still available on the WWA website.

End Of Year Function November 28 – Seventh Ave Bar and Restaurant Midland. This will be following our final competition of the year at the Midvale Speedome. All of our 2010 Awards and trophies will be handed out that night. We want as many of our members along with their friends and family to come along celebrate the year's achievements.

Junior Shield standings after 1 round – 1 to go

Junior Women – 1st Alecia Lovelock – 2nd Hannah Spitalny – 3rd Courtney Page

Junior Men – 1st Matthew Munns – 2nd Jordy Gallagher – 3rd Blake Shadbolt



WWA CALENDER 2010

SEP 18/30	SENIOR WORLD CHAMPS	TURKEY
SEP 18/25	WORLD MASTERS CHAMPS	POLAND
OCT 3/14	COMMONWEALTH GAMES	DELHI
OCT 31	INVITATIONAL COMPETITION (Last chance to qualify for Open Nationals)	MPWLC
NOV 06/07	CLUB LICENCE COACHING COURSE	ECU
NOV 21	STATE REFEREE'S COURSE	MPWLC
NOV 28	GP#4+JNR SHIELD #2	SPEEDOME
NOV 28	END OF YEAR FUNCTION	7th AVENUE BAR & RESTAURANT, MIDLAND
DEC 11	SENIOR NATIONAL CHAMPS	TASMANIA

Grand Prix standings after 3 rounds – 1 to go

Open Women – 1st Grace Morrison – 2nd Alecia Lovelock – 3rd Sarah Wignall

Open Men – 1st Jordy Gallagher - 2nd Michael Pileggi- 3rd Peter Phillips

Junior Women – 1st Alecia Lovelock – 2nd Sarah Wignall – 3rd Courtney Page

Junior Men – 1st Jordy Gallagher – 2nd Matthew Munns – 3rd Blake Shadbolt

Masters Women – 1st Grace Morrison

Masters Men – 1st Michael Pileggi – 2nd Peter Phillips – 3rd Brendan Kennedy



MPWLC – Club Competition

Friday 1st of October

Name	B/W	S1	S2	S3	CJ1	CJ2	CJ3	BS	BCJ	Total
Andrea Hardeman	61.45	43	47	47	60	63	65	43	63	106
Robyn Turnor	86.00	50	55	58	62	67	70	55	67	122
Rebecca Eastwell	61.85	58	61	63	66	71	74	61	74	135
Blake Shadbolt	49.70	38	42	42	45	49	51	42	51	93
Brett Neasham	103.90	48	51	55	62	67	67	51	62	113
Jordy Gallacher	87.35	82	87	90	105	111	116	90	111	201
Chris Eastwell	112.10	100	105	110	120	130	140	110	130	240
Geish Hori	82.85	80	85	90	110	116	120	85	116	201

A high quality showing by the lifters on the night of the 1st was supported by a big crowd of spectators. Excellent performances by the ladies saw new personal bests for Andrea and Rebecca. In the guys Blake's 42kg Snatch was a new U15 and U17 National Record at 50kg Category. Jordy set new National U17 Snatch and Total records in the 94kg category.

Great to see Chris Eastwell back on the platform, registering a solid 240kg total. Thanks to the referees and other helpers and of course great work by our expert loaders Phil and Bryan.



WWA GP#4 & Junior Shield #2.

SPEEDOME,

Eddie Barron Drive, Midvale

Sunday 28th November 2010

Weigh In Time 9:30am to 10:00am

Start Time: 10:30am

Closing Date for Entries Sunday 14th November 2010, No late entries allowed

Entries to Jack Walls

9379 2528 or 0408 926 260

Email: weightliftingwa@globdial.com

ALL Entrants must be current members of WWA Inc

Entry Fee: \$10.00 Under 15/17's, Juniors, Seniors & Masters \$20.00

All competitors must be dressed according to AWF rules.

REFRESHMENTS WILL BE AVAILABLE AT THE VENUE

With a view to assisting our athletes financially when they compete interstate, Enid Walls is organizing a fundraising raffle. Contact Enid through WWA if you wish to donate prizes.

