



WEIGHTLIFTING WESTERN AUSTRALIA

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WWA Newsletter – JANUARY

2011

What a great year 2010 was. There's plenty to be covered in this Newsletter so let's get into it.

WAA GP#4 and Junior Shield #2

Competition – Nov 28, 2010.

The final competition of 2010 drew an excellent lifter turnout all keen to take advantage of their final chance to score 2010 Grand Prix and Junior Shield points – and their last chance to make a tilt at the one of the 2010 Best Lifter Awards.

In the Ladies Competition the audience enjoyed plenty of close lifting. Casta and Alex got the lifting started, both ladies lifted well, securing 5 of their 6 attempts each, with only 7kilos separating their totals in the end. I'm sure we'll have more close contests to witness between the rookie master and the improving 13 year old. It was also good to see the always bold



Amanda Foley back on the platform, a solid return performance from Amanda saw her achieve success in 5 of her 6 attempts.

And more close lifting. Only a 4kg range in totals for our next 5 lifters. The athletic Andrea Hardeman, who was snatching beautifully, totaled 110kg, right behind her, totaling 111kg was Sarah Wignall, who despite managing just 2 good lifts set new State U17 records for Snatch, Jerk and Total. Grace Morrison, like Andrea and Sarah, managed a best Snatch of 47kg, her Jerk of 65kg took her total to 112kg, well done to our hard working Masters Champion. Alecia and Courtney both did well finishing with identical totals of 114kg. Courtney's 66kg Jerk set a new National U15 record at 69+kg Category. Well done young lady. Rebecca Eastwell streaked the field with a powerful display, finishing almost 20kg ahead of the next best.

In the Mens there were many exciting performances. Excellent lifting from Blake Shadbolt meant his competition ended with 6 good lifts and new U15 and U17 National records for Snatch, Jerk and Total in the 50kg Category. Fantastic reward for a lot of hard work. Samuel James also lifted well setting all new Personal Bests and achieving the largest Sinclair improvement of any lifter in the competition. Crispin Mhando lifted with distinction achieving a perfect score sheet with 6 from 6 in his first competition, and Peter Spitalny pulled his competition from the brink of disaster to a very respectable 235kg total with an excellent final Clean and Jerk of 140kg.

Many thanks to those who set up and helped run the competition, great job loaders and referees.

MEMBERSHIP FEES HAVE HAD TO BE INCREASED IN LINE WITH AWF POLICY. PLEASE NOTE THE NEW FEES ON THE MEMBERSHIP FORM AT THE END OF THIS NEWSLETTER.

MEMBERSHIPS FOR 2011 ARE NOW DUE



Seventh Ave Bar and Restaurant was the venue for the WWA 2010 Prize giving. With plenty of delicious food for a room full of hungry weightlifters, and a relaxed atmosphere, an enjoyable night was had by all.

Many thanks to those of you who donated goods for the Raffle which was kindly organized by Enid Walls. Through donations of prizes and the purchase of tickets, your generosity means we have an extra \$280 with which our Junior Lifters can be assisted with travel costs when competing interstate. That's a great effort, and heartening, for coaches especially, who put so much time into training our young athletes.

And our prizewinners in 2010 were.

Best Lifter Awards

These trophies recognize our most outstanding lifters and are awarded to the athlete in each age group who achieves the best Sinclair total (MM for Masters) during the year. Congratulations to our 2010 recipients;

	<u>Ladies</u>	<u>Men</u>
<u>Senior</u>	Rebecca Eastwell	Michael Pileggi
<u>Masters</u>	Grace Morrison	Michael Pileggi
<u>Junior</u>	Alecia Lovelock	Matthew Munns
<u>Youth U17</u>	Sarah Wignall	Matthew Munns
<u>U15years</u>	Hannah Spitalny	Blake Shadbolt

Grand Prix Winners



Grand Prix points are accumulated over four competitions with 10 points added for each successful lift plus the Sinclair total each competition. Winners receive a plaque plus \$100 in prize money. 2010 winners were as follows.

	<u>Ladies</u>	<u>Men</u>
<u>Senior</u>	Rebecca Eastwell	Michael Pileggi
<u>Junior</u>	Alecia Lovelock	Jordy Gallagher
<u>Masters</u>	Grace Morrison	Michael Pileggi

Special Recognition Awards

These three prestigious awards recognize those who put in the biggest contributions to the success of WWA. They are awarded by the membership who all have the right to vote in each category. Thankyou to all of those who gave their time during 2010, but the recipients of the 2010 Awards are.

Coach of the Year	-	Michael Pileggi
Official of the Year	-	Robyn Turnor
Volunteer of the Year	-	Phil Shadbolt

ASADA has launched an on-line anti-doping education program called ASADA e-Learning. It only takes 15 minutes to complete each of the six learning modules and you can do them one at a time, at your own convenience. To register and get started with ASADA e-Learning go to <http://www.asada.gov.au/education/index.html> and click on the link at the bottom of the yellow box on the right hand side of the page.

AWF GRADE & QUALIFICATION SCALES 2011 – 2012



Men

Grade	50	56	62	69	77	85	94	+94	105	+105
Elite		228	258	274	306	319	338		344	355
International		205	232	246	275	287	304		309	319
A Grade		188	212	226	252	263	278		283	292
B Grade		171	193	205	229	239	253		258	266
C Grade	134	148	167	178	198	207	219	226	223	230
D Grade	113	125	141	150	168	175	185	192	189	195
E Grade	92	102	116	123	137	143	152	156	154	159

Women

Grade	44	48	53	58	63	69	+69	75	+75
Elite		153	170	177	195	201		202	223
International		137	153	159	175	180		181	200
A Grade		126	140	146	160	165		166	183
B Grade		114	127	132	146	150		151	167
C Grade	90	99	110	115	126	130	137	131	144
D Grade	76	84	93	97	107	110	116	111	122
E Grade	61	68	76	79	87	90	95	91	100

Elite – Senior Elite – Senior World Championships QS (qualifying standard)



Intenational – Senior International – Lesser Senior International QS
 A Grade – Senior Nat. Championships & Junior World Championships QS
 B Grade – Junior International – Lesser Junior International QS
 C Grade – Junior Nat. Championships & Youth World Championships QS
 D Grade – Youth International – Lesser Youth Internationals QS
 E Grade – Youth Nat. Championships QS

WWA 2010 FINAL RANKINGS - LADIES

<u>Name</u>	<u>Club</u>	<u>B/W</u>	<u>Total</u>	<u>Sinc.</u>	<u>Class</u>
Rebecca Eastwell	PYTH	61.60	134	169.008	Open
Robyn Turner	PYTH	78.00	137	151.954	Open
Alecia Lovelock	PYTH	68.55	124	146.680	Open, Junior
Andrea Hardeman	PYTH	60.45	112	143.111	Open
Sarah Wignall	OSST	69.25	117	137.627	Open, Junior, U17
Grace Morrison	APCYC	67.65	112	133.473	Open, Master
Hannah Spitalny	SHED	63.00	103	128.047	Open, Junior, U17, U15
Courtney Page	APCYC	85.80	115	122.871	Open, Junior, U17, U15
Amanda Foley	OSST	67.00	92	110.198	Open, Master
Stacy Rosman	WESLEY	68.50	90	106.462	Open
Alexandra Martin	SHED	48.60	68	102.731	Open, Junior, U17, U15
Casta Tungaraza	OSST	54.00	75	103.907	Open, Master



WWA 2010 FINAL RANKINGS - MEN

<u>Name</u>	<u>Club</u>	<u>B/W</u>	<u>Total</u>	<u>Sinc.</u>	<u>Class</u>	<u>(M.M.)</u>
Michael Pileggi	PYTH	103.90	304	332.808	Open, <u>Masters 1st</u>	(332)
Andrew McDowall	PYTH	105.00	277	302.141	Open	
Peter Spitaingy	SHED	92.30	235	269.479	Open <u>Masters 2nd</u>	(319)
Mathew Munns	WESLEY	68.45	193	259.736	Open, Junior, U17	
Chris Eastwell	PYTH	111.00	242	259.236	Open	
Brendan Kennedy	PYTH	84.60	212	253.081	Open, <u>Masters 4th</u>	(311)
Geish Hori	PYTH	83.45	208	250.073	Open, <u>Masters 6th</u>	(250)
Jordy Gallacher	PYTH	85.10	203	241.639	Open, Junior, U17	
Jacques Chester	APCYC	139.30	220	223.733	Open	
Jackson Hughes	WESLEY	73.40	167	215.245	Open, Junior, U17	
Daniel Cooper	PYTH	81.20	170	207.193	Open	
Peter Philips	SHED	108.00	180	194.495	Open, <u>Masters 7th</u>	(230)
Tom Patterson	PYTH	86.50	160	188.963	Open, Junior, U17	
James Coffey	APCYC	86.30	152	179.713	Open	
Blake Shadbolt	PYTH	49.95	102	173.556	Open, Junior, U17, U15	
Kitson Rolin	PYTH	87.95	145	169.958	Open	
Samuel James	APCYC	61.90	110	158.284	Open, Junior, U17, U15	
Ben Hall	PYTH	103.30	140	153.581	Open	
Graham Anderson	FREO	105.55	135	147.013	Open, <u>Masters 10th</u>	(180)
Jordan Luciroo	PYTH	53.20	91	146.830	Open, Junior, U17, U15	
Seamus Curran	PYTH	84.45	120	143.421	Open, Junior	
Jordan Wales	APCYC	54.30	84	133.332	Open, Junior, U17, U15	
Peter Shepherd	OSST	68.70	90	120.785	Open, <u>Masters 9th</u>	(185)
Frank Burleston	OSST	70.45	90	118.953	Open, <u>Masters 5th</u>	(250.1)
Alan Lewis	OSST	86.95	83	97.810	Open, <u>Masters 8th</u>	(220)
Bill Chapman	APCYC	96.20	80	90.165	Open, <u>Masters 3rd</u>	(311)



WWA CALANDER OF EVENTS FOR 2011

<u>DATE</u>	<u>COMPETITION</u>	<u>VENUE</u>
13 FEB	GP#1	SPEEDOME
19 MAR	STATE REFEREE'S COURSE INTERESTED PARTIES CONTACT ROBYN TURNOR ON 0405277718	
MAR 20	JNR SHIELD#1 + YOUTH & U15 COMP, QE OCEANIA YOUTH, JNR CHAMPS.	MPWLC
26/27 MAR	NATIONAL CLUB CHAMPIONSHIPS	BRISBANE
2/3 APR	STATE LEVEL COACHING COURSE	ECU
10 APR	GP#2 (ARAFURA Q COMP)	
8/14 MAY	WORLD YOUTH CHAMPS	LIMA PERU
7/14 MAY	ARAFURA GAMES	DARWIN
MAY	WORLD JUNIOR CHAMPS	PENANG
JUNE 5	STATE SEN.U20/17/15/M CHAMPS LAST QE FOR NATIONAL SENIORS	TBA
JULY 30	NATIONAL SENIOR CHAMPIONSHIPS	SYDNEY
AUG 7	GP#3 +JNR SHIELD #2 LAST QE FOR NATIONAL U20/17/15	TBA
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	NATIONAL MASTERS	TBA
NOV 12	STATE REFEREES COURSE	TBA
NOV 10/17	WORLD CHAMPS	PARIS
NOV 19/20	CLUB COACHING COURSE	ECU
DEC 4	GP#4	TBA

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



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PO Box 2337 Midland WA 6936
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Fax: 08 9379 2528
Email: weightliftingwa@globaldial.com
Web Address: www.wwa.org.au

2011 Membership Application Form

Personal Details

Name _____ Date of Birth _____
Address _____ Postcode _____
Phone: Home _____ Work _____
Mobile _____ Email address _____
Occupation _____ Club _____
Coach's Name _____ Referee Status _____
NCAS Coach Level _____

Membership Type: Senior Junior (U20) Official / Other

I the undersigned hereby apply for membership of WWA Inc and agree to be bound by the rules of the Association for the time being in force together with the provisions of the Doping Policy of the Australian Weightlifting Federation Inc that shall be deemed to be the Doping Policy of WWA Inc.

Signature of Applicant: _____ Date _____

DRUG DOPING POLICY (Lifters only)

I _____ undertake that I shall comply with all the lawful and proper directions of the Australian Sports Anti Doping Authority or any other properly authorized authority, and that I submit to lawful and proper testing for the presence in my body of banned doping agents.

Signature of Applicant _____ Date _____

CONSENT OF PARENT / GUARDIAN (if applicable)

I _____ of _____

Being the Parent / Guardian of _____ hereby consent to the said person _____ in complying with all lawful and proper directions of the Australian Sports Anti Doping Authority or any other properly authorized authority that they submit themselves to lawful and proper testing for the presence in their body of banned doping agents.

Signature of Parent / Guardian: _____ Date _____



MEDICAL HISTORY

- 1 Do you have any permanent physical disabilities Yes No
If yes please detail _____
- 2 Do you suffer from diabetes? Yes No
State if controlled by insulin, oral medication or diet _____
- 3 Have you ever suffered from epilepsy, asthma or similar conditions? Yes No
If yes please detail _____
- 4 Do you take any form of medication? Yes No
If yes, please give details _____

PLEASE NOTE

- 1 Membership is only valid on this application form
- 2 New junior members must send proof of Date of Birth with this application or otherwise membership will not be accepted.
- 3 The Council of WWA Inc. must ratify acceptance of membership.
- 4 Media interviews must have approval from the President or Vice president of WWA Inc.
- 5 Random Drug Testing may be conducted at any time by the Australian Sports Anti-Doping Authority at any weightlifting competition under the auspices of the Australian Weightlifting Federation.

Phone the ASADA Hotline for advice on medications 1300027232 or go to www.asada.gov.au

Signature of Applicant _____ Date _____

False declaration may result in refusal or cancellation of membership.

Membership is subject to acceptance by the Council of WWA Inc.

MEMBERSHIP FEES *Please note price increase*

SENIORS	\$100.00
JUNIORS (Under 20 as at 1 st January)	\$ 70.00
YOUTHS / U17 (as at 1 st January)	\$ 70.00
AFFILIATED SCHOOLS MEMBERS U17	\$ 25.00
OFFICIALS / OTHERS	\$ 70.00

Membership Fees include the following

- Bi- monthly newsletter
- Free entry to National and international events held in Perth
- 2011 calendar of events
- Free entry to the WWA Inc. end of year function
- Sports insurance for members

Please make cheques, MO payable to WWA Inc.

Please return completed form to:

Hon. Sec. WWA Inc.

PO. Box 2337

MIDLAND WA 6936





WWA INC GP# 1 Competition.

To Be Held At

**THE SPEEDOME,
EDDIE BARON DRIVE
MIDVALE
WA 6056**

Sunday 13th February, 2011

Weigh In Time 11.00to11.30 am, Start 12.Noon
Closing Date for Entries Sunday 6th February 2011, no late entries
allowed.

Entries to Jack Walls
93792528 or 0408926260
Email weightliftingwa@globaldial.com

Refreshments will be available at the venue.

Entry fees are , \$10 Under 15/17, Juniors/Seniors, \$20
All competitors must be dressed according to the AWF rules.