

QUALITY HALF DOZEN CHOSEN FOR WORLD JUNIORS

The Australian Weightlifting Federation has selected six of its most promising young lifters to compete at the World Junior Weightlifting Championships in Poland in June.

Two of the lifters, Queensland's Leo Lark and James Norman, confirmed their place on the team with outstanding lifts last weekend.

AWF High Performance Coordinator, Jacquie White, says she expects this half dozen lifters will represent Australia for many years to come.

"I think we'll definitely see about half of this team competing on the Gold Coast in 2018, it could be more," White said.

"All of them are athletes that we will be looking at for the 2022 Commonwealth Games team.

The youngest member of the team is 15-year-old Sydney schoolgirl, Hailee Jarrett, who recently competed at the World Youth Championships in Peru.

"Her results so far have been consistently at that A-grade standard," White said.

"She obviously has loads of potential, so she's someone that we see as a future Commonwealth Games medalist, hopefully.

"She potentially could be someone who develops very quickly, so we just need to give her the opportunities to compete on the international stage to see how she goes."

Another New South Wales lifter, Kiana Elliott, has been lifting impressive weights lately and will look to build on her international experience from last year.

"Kiana competed at last year's World Junior Championships as well as the Youth Olympics, and obviously her results of late have been really promising," White said.

"She did a massive personal best just recently, so hopefully she'll continue that form into Poland.

"It would be great if she could get a top ten finish. I think a top ten finish would be a good aim for Kiana."

Aydan McMahon competed at last year's Youth Olympics with Kiana, and White is confident he's ready to make his mark.

"He seems to be in pretty good form. He is pretty consistently hitting that A-grade standard, and a little bit over," she said.

Victoria's Rachel Goodman had a quiet year in 2014, by her standards, but Jacquie White believes she's now ready to realise her full potential.

“She enjoys what she does and she doesn’t put much pressure on herself, which is good,” White said.

“Last year she was in Year 12, and did focus on her studies. But she competed on the weekend and did a personal best in the clean and jerk, although her snatch was a bit low.

“But I think come June, I’m sure that’s what she’ll be aiming for. She has the potential to do a lot more than what she’s done so far, so hopefully if it comes together on the day she’ll be able to do a personal best.”

A relative new lifter on the Australian scene, but one who is creating plenty of buzz, is Queensland’s Leo Lark.

His first competition was in January, 2014, and White says his progress since then has been impressive.

“Leo’s pretty new to weightlifting, he’s very, very strong,” she said.

“He’s currently the number one ranked junior for us, he’s definitely another one who, down the track, maybe at the Commonwealth Games, will be podium potential.

“He’s definitely impressing everyone at the moment.”

The final member of the team is Queensland’s James Norman.

“James has represented Australia at Youth World Championships before,” White said.

“Last year was probably his quietest year, but he not only managed to produce a personal best on the weekend, but he managed to do it in a lighter body weight category than he’s been lifting at for the last six months.

“It’s an even bigger improvement given the change in bodyweight.”

The World Junior Championships will be held in Wroclaw, Poland, from June 6 to June 13.

The Australian Weightlifting Federation would like to acknowledge and thank the Australian Sports Commission and the AIS for their Winning Edge Funding, and the Australian Commonwealth Games Association for their NextGen Funding.

The full Australian team is;

1	Kiana Elliott	1997	Junior	NSW	F69	187	110.65	17/04/2015
2	Leo Lark	1996	Junior	QLD	M77	270	107.57	25/04/2015
3	Hailee Jarrett	1999	Youth	NSW	F48	131	107.38	6/02/2015
4	Kiana Elliott	1997	Junior	NSW	F63	176	106.67	3/04/2015
5	Rachel Goodman	1997	Junior	VIC	F69	177	104.73	14/03/2015
6	Aydan McMahon	1997	Junior	NSW	M69	235	102.17	6/02/2015
7	James Norman	1996	Junior	QLD	M69	232	100.87	25/04/2015

