



Information Bulletin

13 December 2019

Three New World Records for Chika!

Eileen Cikamatana claimed more Junior World Records this week. Competing at 81kg in the IWF World Cup in Tianjin, China, Eileen snatched 110kg, narrowly missed 119kg and then went on to lift two Junior World Records in the clean & jerk – 146kg and 150kg; which gave her a Junior World Record Total of 260kg and a Gold Medal in the IWF World Cup. Next Stop – Roma World Cup, January 2020.

AWF Board of Directors

The AWF Directors have appointed Coral Quinell to the final position on the Board. The Board of Directors now has a full complement of seven members:

Elected Director and President: Sam Coffa

Elected Director: Lyn Jones

Elected Director: Philip Maunder

Elected Director: Pedro Sanchez

Elected Director: Angela Wydall

Appointed Director: Boris Kayser

Appointed Director: Coral Quinell

Appointed Directors serve for 1 year or until the next Annual General Meeting, whichever period is shortest. Angela Wydall was appointed in October to fill a vacant Elected Director position and her term of service will end at the 2020 Annual General Meeting.

AWF National Senior Championships – Revised Entry Standard

In response to submissions received from State Member Associations and individual members, the AWF High Performance Commission (HPC) revisited the minimum qualification standards set for the 2020 AWF National Senior Championships. As a result of this review, the HPC recommended that the minimum qualification standard for Women be changed to E Grade. In making this decision, the HPC recognised that adopting E Grade as the Women's standard achieves an increase in minimum entry Totals compared to previous years and provides a greater balance in the number of potential competitors across the men's and women's championships. The AWF Board of Directors agreed with the HPC's assessment and endorsed the change.

CGA Athlete Advisory Group

In 2018, Commonwealth Games Australia (CGA) established an Athlete Advisory Group to provide feedback and input to Games planning, alumni engagement, and CGA's role in supporting athletes generally. Each member of the Athlete Advisory Group has been assigned a sport to liaise with a nominated athlete in each sport. For Weightlifting, AAG member Kaarle McCulloch will liaise with Seen Lee. AWF athletes who wish to express their views or suggestions to CGA in relation to Birmingham 2022 Games planning, alumni engagement or athlete support, can do so via Seen, who will pass the information on.

2021 Arafura Games

It's official! The Northern Territory Government has announced the first 14 sports to be included in the 2021 Arafura Games and Weightlifting's place is confirmed. The Arafura Games will be held in Darwin on 14th – 22nd May 2021.

Junior World Championships

Following the Court of Arbitration for Sport's decision to uphold the sanctions imposed by the IWF on the Egypt Weightlifting Federation for doping offences committed by Egyptian athletes, including the removal of Egypt's right to host the 2020 Junior World Championships, the IWF has allocated the World Juniors to Bucharest, Romania, to take place on 14th – 24th March.

Australia will be represented by two athletes – Sabah Chamoun and Tori Gallegos.

Athlete Whereabouts Information

By now, many athletes and coaches would be aware of WADA's Anti-Doping Administration & Management System (ADAMS) and Athlete Whereabouts Information. It can be difficult for first-time ADAMS users to know what information they should enter into the system, so ASADA has provided a summary of the main components, to help athletes with their whereabouts submissions.

The 4 key components for filing compliant whereabouts information are:

1. For each day of the upcoming quarter, providing a complete address for the place in which you are staying overnight.
2. For each day of the upcoming quarter, providing one specific 60-minute time slot with a fixed address between 5am and 11pm where you will be present and available for testing. This location must be fixed (i.e. not 'on the road riding around town' or 'training on the water'); you must be able to be found effortlessly and room numbers of hotels must be provided or instructions left with hotel reception.
3. Providing the name and address of each training location (entered under 'regular activities' in ADAMS) in which you are scheduled to train. If you are not training during this period select 'no training' and update any training when known.
4. Providing the name and address of each competition in which you are scheduled to compete. If you are not attending any competitions during this period select 'no competitions' but remember to update competitions if you are scheduled to compete.

IMPORTANT: If you do not get the green tick of compliance on the top left of the whereabouts screen, click on the 'Whereabouts Guide' to assist you in working out what components are missing.

Level 3 Coach Interns – Taking the Next Step

AWF Level 3 Interns are experienced Level 2 Coaches who have completed all the components of the AWF Level 3 Licence course and have just one more condition to meet. To graduate to a full Level 3 Coach licence, L3 Interns must coach two lifters up to the current AWF C Grade standard.

2020 Australian Open

Entries for the 2020 Australian Open close on 27th December 2019. The competition information is available from the IWF website: [Australian Open Regulations](#). All entries must be completed online [Enter Here](#).

2019 Pacific Cup Tournament

Five Australian athletes, including the two young OTIP Training Camp participants, competed in the 2019 Pacific Cup in New Caledonia. A few of the lifters failed to fire on all cylinders, but Conor MacDonald and Jackson Howie added 14kg and 13kg respectively, to their previous best Totals. The full results of this event will soon be available on the Oceania Weightlifting Federation website: [OWF Website](#)