



# 2012 ANNUAL REPORT



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# MISSION STATEMENT

*The AWF is committed to having fully represented teams, achieving pure performance results at all major international weightlifting events.*



## AUSTRALIAN WEIGHTLIFTING FEDERATION INC

ABN 73 150 873 587

*Affiliated with International Weightlifting Federation, Commonwealth Weightlifting Federation,  
Oceania Weightlifting Federation*

*Member of Australian Olympic Committee, Australian Commonwealth Games Association*

## BOARD OF DIRECTORS

**Patron** Her Excellency, Ms. Quentin Bryce AC  
Governor-General of the Commonwealth of Australia

**President** Dr Robert Mitchell

**Directors**

Boris Kayser	Lyn Jones
Danielle Waller	Mary Macken
Phil Maunder	Pedro Sanchez

**Chief Executive Officer** Michael Keelan  
Australian Weightlifting Federation Incorporated  
96 School Rd, Capalaba, QLD 4157 AUSTRALIA  
Tel: +617 3245 6461 • Fax: +617 3823 1371  
Email: [info@awf.com.au](mailto:info@awf.com.au) • Internet: [www.awf.com.au](http://www.awf.com.au)

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## NATIONAL COMMITTEES

<b>Coaching Panel</b>	Luke Borreggine, Steve Tikkanen, Anthony Dove, Greg Hobl, Angela Wydall, Miles Wydall, Michael Keelan
<b>National Selectors</b>	Lyn Jones (Chair), Robert Mitchell, Michael Keelan
<b>Finance &amp; Audit</b>	Mary Macken (Chair), Robert Mitchell, Michael Keelan
<b>Technical</b>	Pedro Sanchez (Chair), Sam Coffa, Debra Keelan, Ian Moir, Max Ryan
<b>Anti Doping</b>	Ian Moir (Chair), Boris Kayser, Mary Macken
<b>Masters Panel</b>	Lawrence Townsend (Chair) Mary Macken, Coral Quinell, Trevor Walz, Deb Oliver (resigned)
<b>Medical Chairman</b>	A/Prof. Robert Mitchell
<b>Marketing and Sponsorship</b>	Phil Maunder (Chair), Craig Wegert, John Eptaminitakis
<b>Team Officials Nominations Panel</b>	Lyn Jones (Chair), Boris Kayser, Phil Maunder
<b>High Performance</b>	Lyn Jones, Jacquie White, Michael Noonan, Miles Wydall, Angela Wydall

## STATE MEMBERS

<b>Weightlifting ACT</b>	Phil Moreland Gail Batman	President Hon. Admin Officer
<b>New South Wales Weightlifting Association</b>	Chris Michaelopoulos Luke Borreggine	President Hon.Exec Director
<b>Northern Territory Weightlifting Association</b>	Kelly Rau Leanne Goldsworthy	President Secretary
<b>Queensland Weightlifting Association</b>	Craig Wegert Ian Moir	President General Manager
<b>South Australia Weightlifting Association</b>	John Edge Dean Pascoe	President Secretary
<b>Victorian Weightlifting Association</b>	Kevin White Jacquie White	President Operations Manager
<b>Weightlifting Tasmania</b>	Tony O'Malley Christine O'Malley	President Secretary
<b>Weightlifting Western Australia</b>	Javan Waller Grace Morrison	President Secretary



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## FROM THE PRESIDENT



The past twelve months have been quite eventful for the Australian Weightlifting Federation. Many of our activities have been highly successful and the work of many of the selfless workers in

our Federation has reaped great rewards. Unfortunately there have been other notable matters of which I am not proud, and I shall touch on these briefly. It is naturally impossible to cover all aspects of the AWF's activities over the previous 12 months but in this report I will touch on those that I consider most important.

To be involved in the governance of the AWF is a time-consuming and onerous task – the results of our labors are however well worthwhile. I am honored to be able to work with a Board of Directors that I believe possess individual skills that benefit the Federation greatly and I am convinced that it would be very difficult to engage a more effective group of people to govern our sport. My thanks must firstly go to our CEO, Michael Keelan, who is tireless in his work ethic and delivers timely and accurate advice to our Board. Without Mike's efforts I believe that this Federation would not have achieved nearly as many positive outcomes as it has. Boris Kayser and Mary Macken have legal expertise that has been of considerable benefit to many of the decision making processes undertaken in the last 12 months. Pedro Sanchez, of course, is vastly experienced in our sport and his knowledge of the technical matters is second to none. Phil Maunder has a great deal of business acumen and has been instrumental in establishing the

many marketing and advertising activities in which we are now involved. Danielle Waller has provided essential and accurate accounting knowledge that has allowed the Federation to operate effectively with a large and growing budget. And finally, Lyn Jones who has been involved with our sport for more years than he probably cares to admit, is always a source of experience and knowledge on which I have relied heavily. Lyn is also at the forefront of delivering and updating the Coach Education Program and managing the High Performance Program.

The delivery of a \$1mil plus budget is on the one hand a great credit to our organization but on the other hand requires the significant input from a number of highly skilled people. The management of the Coach Education Program also is now a full-time job and my congratulations to Leo Isaac for his tireless and energetic work in this area. The CEP is vital cog in our financial wheel and we must continue to be innovative in its delivery. Recently we have instigated the High Performance Coaching Panel and the motivation behind this is to raise the standard of both coaching and athlete performance going forward to at least the 2018 Commonwealth Games. Sadly we are slipping as regional and Commonwealth power in weightlifting and it is hoped that this panel may help to improve our standing. This is not however a one-way-street, and the success of the High Performance Program will also require the cooperation of all coaches and athletes alike. The development of Athlete Agreements is a vitally important tool in the development of an integrated High Performance Program. In another aspect of this improvement in High Performance, I have made it a personal crusade to once again invigorate the ties with the rest of

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the Oceania region, and through my many meetings with Paul Coffa I am encouraged that this is now a reality. Australia is part of Oceania and we must not forget this. At recent Oceania competitions it has become blindingly obvious that the Islands' methods of talent recruitment and athlete training have improved out of sight and we must become involved, at the peril of being left behind.

My congratulations to all those lifters and officials who have represented Australia at various international events over the last 12 months. The AWF invests a very large amount of money in Team preparation and our thanks to the ASC, ACGA and AOC for their financial support of our Federation – it would be impossible to send teams internationally without their support. Our athletic performance has, we could honestly say, not been a stand out in the last 12 months but I am very hopeful that our stalwarts will continue to inspire the younger lifters to greater heights and that with the innovations in governance described above, gradually we will regain our regional and Commonwealth stature. Special mention of course must go to Damon Kelly and Seen Lee for their selection to the Olympic Games in London. Michael Keelan who was originally selected by the AOC as Section Manager was unfortunately replaced by the AOC, and Miles Wydall and Anthony Dove carried out managerial and coaching duties in London. Might I make a special mention of Jenna Myers and her showing at the Oceania Championship – her unselfish efforts and performance were a clear demonstration of what it takes and means to be an Australian representative and to put the team above the individual. Without making excuses, and she undoubtedly would agree, I felt deeply for her when very shortly after she attempted to qualify

for the London Olympic Games and was denied. She is young and resilient and her efforts will definitely one day realize the ultimate rewards. This is the spirit and effort which should inspire all lifters to greater heights. Sadly on the other hand, I have also been quite unimpressed with the attitude of several athletes on National Teams, and this I believe has been reflected in performance. Without wanting to single out any individuals, may I say that it should ALWAYS be regarded as the ultimate honour to be selected on an Australian Team – it is not an assumptive expectation. I would like to emphasize the word "team", and would hope that everyone who is selected on an Australian Team behaves as a team member and upholds the long and fabled traditions of Australian sportsmen and 'women. No individual is ever bigger than the sport itself, and never should one put personal gain and self-interest ahead of team outcome. I cannot be any more frank than this, and would hope that the message gets through loud and clear.

I am very heartened by the activities of the Masters group. More and more men and women are becoming involved in their "mature" years and the benefits not only to their health, but to the AWF cannot be underestimated. The Masters is managed by an effective and educated team of people and my congratulations to all, and in particular Lawrie Townsend for his efforts. The Masters have been very fortunate to have a wonderfully generous sponsor in Olitek and on behalf of the entire AWF may I express my appreciation to Deb Oliver for her role in this sponsorship.

One of the absolute pressing contemporaneous needs, I believe, is the re-invention of our Constitution. The drafting of this document has been a long and tortuous path and my thanks to Boris

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Kayser, Mary Macken, Ian Moir and Michael Keelan for finally producing a document that can be presented to the State Members for perusal, editing and hopefully ratification in the not too distant future. I believe that in light of several recent events it is absolutely essential that the Constitution is modernized to cope with the changing corporate environment in which the AWF now finds itself well and truly involved, and the needs of individual members, and the inclusion of business groups and individuals who will have much to offer the sport whilst not necessarily being involved with the mechanics of day to day training, competing, officiating and coaching. In a nutshell, it is my belief that the AWF needs to have greater role in overseeing the welfare and management of its members as a whole and this can only happen with Constitutional change.

It is occasionally disheartening to have unconstructive criticism aimed at the AWF Board for the decisions it makes. Some of this criticism is I believe self motivated and I feel it is very important that members understand that the policies and decisions made by the Board are undertaken after exhaustive discussion, planning and research, and made for the betterment of the AWF in its entirety. The Board is composed of people nominated and elected by State Members and as stated above, they each have vital and individual expertise. My appreciation of the current Board is that the whole is far greater than the sum of the parts, and whilst their policies should not be accepted blindly and without due consideration, I do not believe that it is justified to aim unrelenting and

unconstructive criticism at their decisions. If Members believe that better outcomes can be achieved then there is a Constitutional method to obtain this goal. We must all work together for the common good of improving the outcomes of the Federation both athletically and managerially.

One aspect of future development the AWF must pursue, I believe, is responsible social networking – and I refer specifically to the web based facilities of YouTube, Facebook, Twitter, LinkedIn and other like vehicles. I note that several individual members and groups have taken it upon themselves to promote their expertise and products with satisfying results. The AWF must collectively follow suit, and it is now establishing a presence in these media and in the future I would suggest that we need to rely upon “younger” expertise to solidify our position. There is no denying the beneficial role that our younger members can play in our development and I encourage them to become involved.

In conclusion I would like to wish all people associated with our sport a very prosperous future and we must now centre our collective efforts on producing results we can be proud of, especially as we move towards the Commonwealth Games, Glasgow, in 2014.

**Dr Robert Mitchell**  
**[President, AWF]**

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## FROM THE CHIEF EXECUTIVE OFFICER

There have been some organisational changes within the AWF operations during this reporting period to ensure we get the best outcomes in the way in which we use our limited resources. The AWF continues to invest the surplus generated by its revenue raising activities into its website enhancement, service providers and the weightlifting development initiatives that are being managed by the State Members.

A positive initiative during the past year was the state visits, where the CEO and at least one AWF Director met with State Member representatives to discuss what could be done to elevate weightlifting performance levels, increase participation particularly at the Under 15 and youth levels and raise greater community awareness of weightlifting and what it has to offer the community. At the same time state representatives were given the opportunity to raise issues and put forward ideas for improvements in the areas of administration, communication, event management, coach/ athlete development and technical official recruitment. It is envisaged that this collaborative approach will continue as it will undoubtedly augment future relationships and operations in state and national offices.

The visits also served to remind the CEO and Board that the vast majority of those currently participating in weightlifting as athletes, coaches, technical officials or administrators do so voluntarily. The governance positions within club and state bodies are populated by voluntary elected representative who have jobs and families to look after. The majority of club coaches

are generally volunteers who receive no pay for their ongoing engagement and technical officials selflessly keep turning up to events to support athletes competitive endeavours. The Board therefore is always cognisant of its duty to provide leadership and look after the strategic direction of weightlifting here in Australia. The AWF Board values its band of volunteers operating at all levels and records its sincere thanks to one and all for their incredible input and sacrifice toward AWF development over the years.

During the past eighteen months the AWF has continued to invest in the development of its Website. There have been many positive remarks about this AWF medium which now provides State Members, stakeholders and visitors alike with useful up-to-date information about all aspects of our operations.

The AWF also launched a range of merchandise that is starting to sell and it's great to see members of the wider community walking around in shirts or singlet's and carrying bags displaying the AWF logo serving as a strong promotional arm for our sport.

The AWF Board again supported the Federation's engagement in FILEX which attracted over 29,000 visitors, fantastic exposure for our sport. This year the AWF as well as sharing sponsor JME's stall delivered weightlifting displays on the main stage which received rapturous applause from the huge, enthusiastic audience who were geed up by MC extraordinaire Lyn Jones. Crowd pleasers included Olympians Damon Kelly, Deborah Acason, 2006 Commonwealth Games Gold Medalist Ben Turner, World Masters Champion and record holder Mary Macken, champions Ricky Gulyamov and Jessica Edge. The athletes were great ambassadors for our sport and

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represented both genders, different bodyweight categories, young and mature athletes and varying levels of athletic ability which will hopefully encourage others to take up weightlifting.

The AWF Face book, introduced and managed by Craig Wegert, was handed over to Ben Turner who has been extremely active keeping everyone up-to-date with all things weightlifting. Twitter is now planned and will provide another significant leap in the online world allowing the AWF to engage more freely with weightlifting enthusiasts and consumers giving us a more personal interaction within our expanding market. Webcasting of events has continued and has proved to be very popular, increasing our ability to provide public exposure not only for the AWF but also our sponsors and partners.

Pleasingly, participation in weightlifting is continuing to grow with state membership once again exceeding the 1,000 benchmark. Highest growth is in the 30 years plus age group. The AWF is mindful that future high performance success is dependent on recruiting athletes aged under 15 years and getting them to step on an athlete development pathway that will lead to lifelong involvement in our sport, possibly realise their personal dreams as well as increasing the pool of weightlifters who can win medals at the highest level.

Many new clubs are now affiliating with state bodies and their members are entering 'local' competition. The challenge for the states is to provide services to these clubs and keep them involved for they provide the vital elements required for success – accessible facility, specialised equipment, nurturing coaches and a healthy training, competitive and stimulating space.

Australia is a small weightlifting nation that has very few paid coaches, little support from state academies or institutes and has no national training centre that is accessible to athletes who may wish to train full-time. As a consequence, the depth of our high performance talent is currently very low and therefore the Board is very concerned about future athlete injuries or retirements that have the potential to diminish the success of our high performance results. A combatant to this state of affair was the re-introduction of Athlete Agreements. The Athlete Agreements main purpose is to clarify the AWF's desire and commitment to help athletes plan and develop their weightlifting career as recognised athletes within the AWF's High Performance Program. The Agreement summarises the services that the AWF Board intends to provide to athletes and informs athletes about important policies and procedures that need to be adhered to.

Membership of the AWF's High Performance Program is conditional on signing off an Athlete Agreement as it confirms the responsibilities of all parties working at an elite level within our weightlifting environment. The newly formed AWF National Coaching Panel (NCP) will be focusing on the development of all AWF high performance program athletes and in particular examining the information provided by those athletes with the potential to win medals at the Oceania Championships, Commonwealth Championships, Glasgow Commonwealth Games and place as high as possible at other major international weightlifting events.

The AWF achieved its main goal, under extremely difficult circumstances, of qualifying one male and one female athlete to contest the 2012 London Olympic Games. Our heartfelt thanks extend to all those team members who contributed to the accrual of vital team



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qualification points in Samoa, during the 2012 Oceania & Commonwealth Championships which incorporated our regions Olympic Qualifying Event. Our youth and junior athletes also represented the AWF on the world stage where they gained valuable experiences which will auger well for the future.

The AWF acknowledges the financial investment and various forms of in-kind support received from the Australian Sports Commission, Australian Commonwealth Games Association and the Australian Olympic Committee. The achievements of our athletes on various international platforms would not be possible without the understanding and close collaboration of these high performance partners.

The AWF's relationship with our regional authority, Oceania Weightlifting Federation, continues to strengthen. A few Oceania clubs and the Oceania Weightlifting Institute participated in the 2012 AWF Club Tournament hosted by the VWA. The QWA hosted the inaugural 2012 Oceania Masters Championships which attracted over 90 athletes. Our younger athletes participated in the inaugural Oceania Talent Identification Program resulting in two young AWF athletes being invited to train alongside other talented teenagers from our region and attend a training camp that took place in New Caledonia. The OWF has also granted hosting rights to the AWF re the delivery of the 2013 Oceania Youth and Junior Championships providing further opportunities for our up and coming lifters to excel on home soil.

The AWF in partnership with State Members continues to deliver coach and technical official education programs throughout Australia. Ongoing education is vital to the success of any organisation

and a lot of effort has been going on behind the scenes to develop more user friendly resources. All new coaches undertake the Play By The Rules and ASADA on-line training as part of their assessment. All HPP athletes also have an obligation to complete anti-doping education to ensure they are abreast of any developments and changes to policy.

The AWF welcomed new sponsor Olitek who support Masters development initiatives. The AWF Board thanks the team at Olitek, in particular Company Directors, Deb ,Steve and James Oliver. In addition to their financial commitment they have supported weightlifting by their presence at events and have made some valuable suggestions in regard to motivating people to take up our sport – one such idea has lead to the introduction of the Olitek National Masters League that will be introduced in 2013 with a particular accent on people aged 35-39 years.

Many accomplishments have been attained during this reporting period and as CEO I wish to acknowledge the time and expertise contributed by AWF President, Dr Robert Mitchell, and his fellow Directors. The sporting environment is dynamic, constantly changing and requires a dedicated progressive Board which is willing to direct the organisation with courage and transparency. The current Board demonstrates these qualities and is able deal with issues as they arise leading to the best possible outcomes that benefit our weightlifting family as a whole.

**Michael Keelan**  
**[Chief Executive Officer]**



**Australian Government**

**Australian Sports Commission**

## **Message from the Australian Sports Commission**

The Australian Government is committed to getting more Australians participating and excelling in sport. Sport not only inspires and unites us as a nation, it also motivates us to get involved and active.

The staging of the Olympic and Paralympic Games is an exciting time for all Australians, and highlights the substantial contribution of sport to our community, from athletes competing at the Games to those involved in weekend club competition and social play, as well as parents and volunteers.

Australia's performance at the London Olympic and Paralympic Games is the culmination of extensive long-term efforts across the Australian high performance system. Following the Games, there will be opportunities to celebrate the successes and critically review our next steps to ensure we focus and align our efforts to deliver the best possible results in the next Olympic and Paralympic cycle.

It is two years since the Australian Government delivered its new vision for sport in 'Australian Sport: The Pathway to Success' and substantially increased ongoing funding to the Australian Sports Commission. Since then, we have focused on implementing our new plans, delivering key programs, supporting national sporting organisations (NSOs) to deliver participation and high performance outcomes (as well as building their capacity), and building collaboration, alignment and effectiveness within the Australian sport sector.

The announcement in the May 2012 Budget of the continuation of the Active After-school Communities program will ensure we carry on providing primary

school-aged children with a positive introduction to sport. We will continue working with sporting organisations at all levels to ensure the program provides maximum value to sports and supports the transition of program participants into local clubs.

Linked to the London Olympic and Paralympic Games, the Prime Minister's Olympic and Paralympic Challenges will encourage and inspire children to participate in sport and to get active, have fun and earn rewards. This initiative, as well as participation funding programs delivered by NSOs, continues the Australian Government's commitment to ensuring more people can access sport and all the benefits it provides.

The support received from the Australian Government for Australian sport is essential and plays an integral role in connecting our young sporting participants with their dreams of podium success in the future.

This is an exciting and challenging time for Australian sport. The Australian Sports Commission looks forward to working with sporting organisations, state and territory institutes and academies of sport, and state and territory departments of sport and recreation, to promote access to, and participation in, sport across the community, and supporting Australia's continued sporting success.



**Mr David Gallop**  
**Acting Chairman**  
**Board of the Australian Sports Commission**  
**30 June 2012**

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## AWF WORKFORCE

Operationally, Australian Weightlifting employs only one full time staff member and contracts five Service Providers.

Chief Executive Officer

- Michael Keelan QLD

Manager – Industry Partnerships

- Leo Isaac QLD

Manager - Finance

- Danielle Waller WA

Manager – Website Communications

- Miles Wydall QLD

High Performance Coordinator

- Lyn Jones

Manager – Business Membership

- Phil Maunder VIC

In accordance with good governance, the five Service Providers are managed by the Chief Executive Officer, who in turn reports to the Board of Directors (through the President). The cost for CEO salary and payments to third party suppliers amounts to approximately \$235,000 per annum.

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## BOARD OF DIRECTORS

An enormous amount of work continues to be carried out by the Board of Directors, all of whom act in an honorary capacity. As per Article 9 of the AWF constitution, the Board of Directors is as follows:

### President

- Dr Robert Mitchell  
[Elected December, 2011]

### Directors

- Mary Macken  
[Elected December 2010]
- Lyn Jones  
[Elected December 2010]
- Phil Maunder  
[Elected December 2011]
- Pedro Sanchez  
[Elected December 2011 – 1 year]
- Danielle Waller  
[Elected December 2011]
- Boris Kayser  
[Re-appointed December 2011]

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### BOARD MEETING ATTENDANCE:

December, 2012 – November 2013

### President

- Robert Mitchell 5/5

### Directors

- Mary Macken 4/5
- Lyn Jones 5/5
- Danielle Waller 5/5
- Boris Kayser 5/5
- Phil Maunder 5/5
- Pedro Sanchez 5/5

Elections for the position of two Directors will take place at the 2012 Annual General Meeting in Sydney on 25 November.

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## WEBSITE

Miles Wydall, Manager – Website Communications, has facilitated further enhancements to the AWF Website including the introduction of capitation information, up-to-date results, rankings and records, merchandise shop, and athlete performance data. The website continues to get many visitors with an average of 105,000 hits per month.

## INTERNATIONAL COMPETITIONS

The table below lists the appointed team officials and athlete performances at the events where the AWF had representative teams during the reporting period.

Event	Appointed Officials	Athlete	State	Category	Total	Place
<b>2012 Oceania Youth Championships</b>	Robert Mitchell	James Delaney	VIC	50	126	3 <sup>rd</sup>
	Greg Hobl	James Norman	QLD	56	172	3 <sup>rd</sup>
	Mark Brown	Joshua Wu	QLD	56	160	5 <sup>th</sup>
	Aghvan	Bassel Rana	NSW	62	170	3 <sup>rd</sup>
	Grigoryan	Boris Elesin	VIC	62	170	4 <sup>th</sup>
	Danielle Waller	Jacob Daniels	QLD	77	201	1 <sup>st</sup>
		Sophie Cowen	TAS	58	105	3 <sup>rd</sup>
		Rachel Goodman	VIC	63	136	3 <sup>rd</sup>
		Courtney Page	WA	+69	133	2 <sup>nd</sup>
<b>2012 Oceania Junior Championships</b>	Robert Mitchell	James Norman	QLD	56	172	5 <sup>th</sup>
	Greg Hobl	Joshua Wu	QLD	56	160	7 <sup>th</sup>
	Mark Brown	Bassel Rana	NSW	62	170	3 <sup>rd</sup>
		Boris Elesin	VIC	62	170	4 <sup>th</sup>
		Liam Larkins	VIC	77	240	3 <sup>rd</sup>
		Jacob Daniels	QLD	77	201	5 <sup>th</sup>
		Luke Stone	VIC	85	245	3 <sup>rd</sup>
		Bianca Sheppard	QLD	58	140	1 <sup>st</sup>
		Sophie Cowen	TAS	58	105	5 <sup>th</sup>
		Rachel Goodman	VIC	63	136	4 <sup>th</sup>
		Courtney Page	WA	+75	133	4 <sup>th</sup>
<b>2012 Oceania Senior Championships</b>	Robert Mitchell	Daniel Koum Koum	VIC	62	250	2 <sup>nd</sup>
	Michael Keelan	Benjamin Turner	QLD	77	282	2 <sup>nd</sup>
	Miles Wydall	Daniel Katz	VIC	77	259	6 <sup>th</sup>
		Christopher Ciancio	VIC	94	300	2 <sup>nd</sup>
		Robert Galsworthy	QLD	105	317	3 <sup>rd</sup>
		Luke Gardner	QLD	105	287	4 <sup>th</sup>
		Damon Kelly	QLD	+105	390	1 <sup>st</sup>
		Socheata Be	VIC	53	150	2 <sup>nd</sup>
		Christine Meier	QLD	58	154	3 <sup>rd</sup>
		Jessica Edge	SA	58	137	5 <sup>th</sup>
		Melissa Robinson	QLD	63	155	2 <sup>nd</sup>
		Jenna Myers	TAS	75	211	2 <sup>nd</sup>
		Deborah Aason	QLD	+75	223	3 <sup>rd</sup>

<b>2012 Commonwealth Youth Championships</b>	Robert Mitchell	James Delaney	VIC	50	126	4 <sup>th</sup>
	Greg Hobl	James Norman	QLD	56	172	3 <sup>rd</sup>
	Mark Brown	Joshua Wu	QLD	56	160	5 <sup>th</sup>
	Aghvan	Bassel Rana	NSW	62	170	4 <sup>th</sup>
	Grigoryan	Boris Elesin	VIC	62	170	5 <sup>th</sup>
	Danielle Waller	Jacob Daniels	QLD	77	201	2 <sup>nd</sup>
		Sophie Cowen	TAS	58	105	3 <sup>rd</sup>
		Rachel Goodman	VIC	63	136	2 <sup>nd</sup>
		Courtney Page	WA	+69	133	2 <sup>nd</sup>

<b>2012 Commonwealth Junior Championships</b>	Robert Mitchell	James Norman	QLD	56	172	4 <sup>th</sup>
	Greg Hobl	Joshua Wu	QLD	56	160	6 <sup>th</sup>
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		Boris Elesin	VIC	62	170	5 <sup>th</sup>
		Liam Larkins	VIC	77	240	4 <sup>th</sup>
		Jacob Daniels	QLD	77	201	6 <sup>th</sup>
		Luke Stone	VIC	85	245	3 <sup>rd</sup>
		Bianca Sheppard	QLD	58	140	2 <sup>nd</sup>
		Sophie Cowen	TAS	58	105	4 <sup>th</sup>
		Rachel Goodman	VIC	63	136	5 <sup>th</sup>
		Courtney Page	WA	+75	133	5 <sup>th</sup>

<b>2012 Commonwealth Senior Championships</b>	Robert Mitchell	Daniel Koum Koum	VIC	62	250	3 <sup>rd</sup>
	Michael Keelan	Benjamin Turner	QLD	77	282	3 <sup>rd</sup>
	Miles Wydall	Daniel Katz	VIC	77	259	6 <sup>th</sup>
		Christopher Ciancio	VIC	94	300	3 <sup>rd</sup>
		Robert Galsworthy	QLD	105	317	4 <sup>th</sup>
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		Damon Kelly	QLD	+105	390	1 <sup>st</sup>
		Socheata Be	VIC	53	150	4 <sup>th</sup>
		Christine Meier	QLD	58	154	4 <sup>th</sup>
		Jessica Edge	SA	58	137	6 <sup>th</sup>
		Melissa Robinson	QLD	63	155	3 <sup>rd</sup>
		Jenna Myers	TAS	75	211	2 <sup>nd</sup>
		Deborah Acason	QLD	+75	223	2 <sup>nd</sup>

<b>2012 London Olympic Games</b>	Miles Wydall	Damon Kelly	QLD	+105	160	16 <sup>th</sup>
	Anthony Dove	Seen Lee	VIC	63	278	7 <sup>th</sup>

<b>2011 World Youth Championships - Slovakia</b>	Angela Wydall	James Norman	QLD	56	166	12 <sup>th</sup>
		Joshua Wu	QLD	56	163	14 <sup>th</sup>
		Bassel Rana	NSW	62	170	23 <sup>rd</sup>
		Jakob Daniels	QLD	77	220	19 <sup>th</sup>

<b>World Junior Championships- Guatemala</b>	Brendan Kennedy	Matthew Munns	WA	69	216	23 <sup>rd</sup>
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## 2012 AUSTRALIAN JUNIOR COMMONWEALTH GAMES SQUAD

In accordance with the Australian Weightlifting Federation (AWF) qualifying criteria (% of National Junior Standard), the following athletes born during or after 1992 were selected as members of the 2012 Australian Junior Commonwealth Games Squad (AJCGS):

### Junior Men

James Norman	QLD	Luke Stone	VIC
Joshua Wu	QLD	Liam Larkins	VIC
Ryan Pasfield	NSW	Paulo Magistrado	VIC
Matthew Munns	WA		

### Junior Women

Bianca Sheppard	QLD
Bonnie Sleeman	QLD

The Australian Commonwealth Games Association (ACGA) generously provided the AWF \$31,500 of funding for the nine above named athletes on the basis of \$3,500 per athlete, which was directed toward international competitions and training camps. AJCGS members were given opportunities to contest the 2012 Oceania Junior Championships, 2012 Commonwealth Weightlifting Championships, World Junior Championships and the NZL vs. AUS head to head match in Christchurch followed by a training Camp in Auckland.



**Matthew Munns sole AWF Representative – 2012 World Junior Championships**

## RECORDS

A total of 80 record claims have been recorded on the AWF's result management system which are subject to Board ratification.

### Australian Male Records

<b>Open Male</b>				<b>Total</b>	<b>0</b>
<b>Junior Male</b>				<b>Total</b>	<b>0</b>
<b>Youth Male</b>				<b>Total</b>	<b>22</b>
	Bassel Rana	NSW	3		
	Jakob Daniels	QLD	7		
	James Norman	QLD	9		
	James Delaney	VIC	3		
<b>Under 15 Male</b>				<b>Total</b>	<b>16</b>
	Edward Maxwell	NSW	1		
	Timothy Hitchener	QLD	1		
	Lachlan Robinson	VIC	14		
				<b>Grand Total</b>	<b>38</b>

### Australian Female Records

<b>Open Female</b>	Jenna Myers	TAS	1	<b>Total</b>	<b>1</b>
<b>Junior Female</b>				<b>Total</b>	<b>0</b>
<b>Youth Female</b>				<b>Total</b>	<b>5</b>
	Jessica Barkhan	NSW	2		
	Robin Parr	QLD	2		
	Charrae Myers	TAS	1		
<b>Under 15 Female</b>				<b>Total</b>	<b>36</b>
	Charlize Torres	ACT	3		
	Halle Torres	ACT	3		
	Zoe Simon	NSW	6		
	Robin Parr	QLD	4		
	Charrae Myers	TAS	1		
	Sophie Cowen	TAS	5		
	Rachel Goodman	VIC	14		
				<b>Grand Total</b>	<b>42</b>

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## **AUSTRALIAN SPORTS COMMISSION [ASC]**

The Federal Government, through the Australian Sports Commission, continues to be the AWF's biggest sponsor. The AWF received \$384,000 from the ASC which allows the AWF to maintain its office functions and deliver its high performance programs.

Chris Butler, ASC Sport Partnership Manager, worked closely with the Federation before resigning to take up a post with ASADA. The AWF welcomed back his replacement, Renee O'Callaghan who was able to quickly provide meaningful advice and support.

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## **AUSTRALIAN COMMONWEALTH GAMES ASSOCIATION [ACGA]**

During this reporting period the ACGA Board approved the AWF's "Go Glasgow" 2014 Team Preparation Program.

The generous funding linked to the program will allow the AWF to focus on the main result - bringing home the minimum of three (3) medals. This medal target can only be achieved by establishing a commitment from our elite athletes and coaches and equipping them with the required resources that will allow them to meet their performance targets in Glasgow.

A 2014 'Go Glasgow' Commonwealth Games Shadow Team has been formed from which 15 athletes (8 men and 7 women) will be nominated to form the

Weightlifting Section of the 2014 ACGA Team that will contest the 2014 Glasgow Commonwealth Games. Each athlete in the Shadow Team will be monitored and will be given opportunities to participate in training camps and competitions that will lead to improved performance at the 2014 Glasgow Commonwealth Games.

The ACGA organised the "GOLD" Forum on the Gold Coast from November 15-16. Representatives from Program Sports (Presidents, CEOs, High Performance Managers) were invited to attend along with individuals from government and non-government sports bodies.

The Forum raised awareness among Program Sports and other sporting bodies of the 2018 Games and the opportunities for Australian sport that the Games will create. What a wonderful opportunity and motivation for AWF coaches and athletes striving to contest the 2018 Games once again on our own soil and in front of family, friends and supporters.

My personal thanks and that of the AWF are extended to ACGA President, Sam Coffa, the ACGA Board, Perry Crosswhite (ACGA - CEO) and Diane Gallagher (ACGA - Operations Manager) for their continuing and generous support of the AWF and we look forward to further strengthening our partnerships as we head towards Glasgow in 2014, the 2015 Samoa Commonwealth Youth Games and 2018 Gold Coast Games .

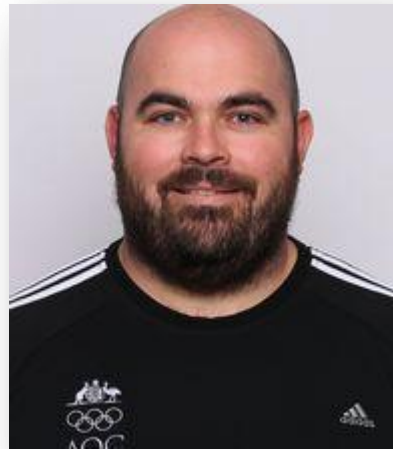
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## AUSTRALIAN OLYMPIC COMMITTEE

### [AOC]

At the conclusion of the London Olympic Games qualifying period and qualifying events the AOC selected Damon Kelly and Seen Lee as members of the AOC team that contested the Games of the XXX Olympiad. The AOC Funding covered all costs associated with appointed team member's engagement in the London Olympic Games.

On behalf of our Board, elite athletes and coaches the AWF sincerely thanks John Coates, AOC President, Fiona de Jong, AOC Director of Sport, Nick Green Chef de Mission 2012 AOC Team, Lauren Fitzgerald, Manager, Sports Services, and all AOC staff for the ongoing assistance and support provided pre-during-post Games.



### **The Oath**

*"In the name of all the competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams."*

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## REPORT - ANTI DOPING

Throughout the year, the Anti-Doping Committee monitored the AWF's compliance with regulations set forth by the Australian Sports Anti-Doping Authority (ASADA) and the International Weightlifting Federation (IWF), to ensure that the AWF continued to meet its obligations to the WADA Code, the National Anti-Doping Scheme and the IWF Anti-Doping Policy.

In order to avoid confusion over the reporting of athlete whereabouts in accordance with the IWF policy, the AWF sought to achieve an agreement between the IWF and ASADA on the sharing of whereabouts information. This agreement was finalised with the signing of a formal undertaking which allows the IWF to access the whereabouts information of Australian weightlifters who are included in the National Registered Testing Pool (RTP) via ASADA's system (AWOS). For the AWF, the agreement brought clarity to the process by specifying which whereabouts filing system is to be used by different athletes. RTP athletes continue to use the system they are familiar with, AWOS, and National Team members who are not included in the RTP log their whereabouts in the Anti-Doping Administration & Management System (ADAMS) provided by WADA. With the IWF now having access to both systems, the AWF's obligations under the IWF policy requiring the filing of whereabouts information for all National Team members, are more easily managed.

In February 2012, the AWF was notified by ASADA that the Anti-Doping Rule Violation Panel had entered the names of two weightlifters into the Register of Findings, alleging that they had committed Anti-Doping Rule Violations. In October, ASADA notified the AWF that the name of another

weightlifter had been entered into the Register of Findings. At the time of this report, the AWF had not been advised of the outcome of proceedings in relation to any of these Register of Findings notifications.

As an organization, the AWF continues to work in close cooperation with ASADA to protect the right of athletes to participate in doping-free sport; and the AWF Anti-Doping Policy requires all members and registered participants to assist ASADA in this mission. One of the strategies employed by ASADA to deter and detect the use of prohibited substances is no-notice event testing. This can occur at any sanctioned event, including club competitions, and competition organizers should always prepare for this possibility by identifying suitable facilities for doping control ahead of time.

Just as competition organisers should be aware that ASADA may arrive to conduct testing at any level of event, athletes and their support personnel should also be aware that any athlete, regardless of age, sport experience, or performance level, can be notified for testing. It is in the best interest of all concerned to be informed and prepared. I implore administrators, coaches and other athlete support personnel to regularly remind participants of the "Anyone, Anywhere, Anytime" sport drug testing message.

In closing, I wish to record many thanks to the other members of the AWF Anti-Doping Committee: Boris Kayser and Mary Macken; and to the AWF CEO Michael Keelan, for their continuous support and their commitment and attention to this important area of anti-doping. I also wish to thank ASADA Sport Operations Officer Fabrizio Pulciani for his advice and assistance throughout the year.

**Ian Moir**  
**[Chair – AWF Anti-Doping Committee]**



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## REPORT - MASTERS

In the light of a very successful year for Masters it gives me great pleasure in presenting the 2012 AWF Masters report to the AWF Board.

Before I outline the 2012 highlights I would like to personally thank the AWF CEO Michael Keelan and the AWF Board for their resounding support for Masters Weightlifting. Throughout the year they have shared every vision the National Masters Panel has for our sport. I would also like to thank each Panel member, Mary Macken, Trevor Walz, and Coral Quinell for their contribution in 2012.

All Masters especially appreciate Deb Oliver & Olitek for her early Panel work and sponsorship to the Masters movement. Throughout my time as Chairman Deb has shown a total commitment to Masters weightlifting and her sponsorship has been a wonderful expression of her vision for our sport. Lastly, all State Masters Coordinators work hard at the grass roots level where our sport grows and their commitment shows the passion they have for Masters Weightlifting.

The Inaugural 2012 OWF / AWF Masters Championships was hugely successful with over 90 participants from Australia and New Zealand. We were very grateful for the attendance of our OWF General Secretary, Paul Coffa MBE to show his full support for Masters and the competition provided a showcase for all Masters throughout the Pacific. AWF lifters Lesley Moyle, Coral Quinell and Danielle Waller broke world records in an overall high standard of lifting.

A successful meeting was held during the 2012 AWF Masters Championships with all State Masters Coordinators Key issues discussed were.

- the implementation of a National Masters League and its guidelines
- promotion of Masters through brochures. Coral Quinell was appointed to design brochures for distribution to all commercial Cross Fit gyms to target potential Masters. This goal has been achieved with brochures being sent to all State Masters Coordinators for distribution.
- assistance required by each state for Masters development.

The NMP conducted an Olitek National Masters Seminar during the AWF Masters Championships where expert presenters spoke on pre competition preparation, stretching, psychology in sport, technique and injury management. The seminar was very successful and well attended.

Five women and two men very successfully represented Australia at the 2012 IWF Masters Championships in Lviv, Ukraine winning 4 gold, 1 silver and 2 bronze medals. The competition had initial logistic problems that disrupted some of our lifters but eventually all lifted well. Coral Quinell was seconded to the Board at the elections and Lawrie Townsend was re-elected to the Vice Presidency. It is important to be represented at IWF Masters level as the Oceania will be the growth areas of our sport in the very near future. The 2013 IWF Masters Championships will be held in conjunction with the 2013 WMG in Turin and has already attracted large numbers from Australia.

An OLITEK National Masters League will be launched shortly that will involve Masters lifters around Australia pooling the results of a number of state nominated competitions throughout the year. A ladder of results will be regularly posted on the AWF Masters website to foster competition and a final will be held at the AWF Masters Championships. The final will be weighted with bonus and penalty points so that the event will be wide open and ensuring good lifting on the day. Prize money will be allocated for 35 to 39 years and for 40 years onwards according to Olitek sponsorship. This innovation will require state support for success and could potentially develop masters to the next level.

Finally, although it is disappointing the 2013 AWF Masters Championships will not be held in conjunction with the 2013 AMG as planned, the AWF can be assured the competition will attract large numbers wherever it is scheduled.

With an innovative NMP, active State Masters Coordinators and continued support from the AWF Board, 2013 will continue to be exciting for Masters.

**Lawrie Townsend**  
**[Chair – National Masters Panel]**

## Australian Male Masters Records

35-39 Years			0		
40-44 Years	Alex Goodyear	NSW	5		
45-49 Years	Peter Foster	QLD	6		
50-54 Years	Kevin Blake	QLD	3		
50-54 Years	Armando Miotti	VIC	14		
55-59 Years			0		
60-64 years	John Clow	VIC	5		
65-69 Years			0		
70-74 Years			0		
75-79 Years	Keith Penney	QLD	3		
75-79 Years	Barry Reilly	VIC	4		
80+ Years			0		
				<b>Grand Total</b>	<b>40</b>

## Australian Female Masters Records

35-39 Years	Jenny Butler	QLD	1		
40-44 Years	Amanda Allen	SA	3		
45-49 Years	Kelly Rau	NT	9		
45-49 Years	Danielle Waller	WA	4		
50-54 Years	Bromwyn Hitchener	QLD	5		
50-54 Years	Lina Vukojevic	VIC	6		
55-59 Years	Coral Quinell	QLD	8		
55-59	Meg Emerton	QLD	4		
60-64 Years	Gail Batman	ACT	3		
60-64 Years	Julie Davis	QLD	4		
65-69 Years	Lesley Moyle	QLD	3		
70+ Years			0		
75-79 Years			0		
				<b>Grand Total</b>	<b>50</b>



**Armando Miotti – Prolific Record Breaker**



**Danielle Waller – World Record Holder**

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# REPORT TECHNICAL

During the last four years I have been privileged to have been part of the International Weightlifting Federation Technical Committee. I have seen firsthand what a Committee can achieve when submitting ideas, proposals etc and having such deliberated and elaborated into new Rules to the IWF Executive Board and the Congress and have motivated changes which have made our Sport even more dynamic and more inclusive.

Changes which easily come to mind include the Review of the Competition Outfit, Technical Officials Roles and Responsibilities, Athletes with Prosthetic Limbs, Review of Bandages and Tapes, Oscillation of the Bar, Definition of Pulling from the Hang and Press Out. Our own Sam Coffa as the Chairman has facilitated so well the discussions, sometimes spirited, and generally we arrive at a consensus with all points raised.

I say that because unfortunately this has not been the case with our National Technical Committee which partly as a result of travels, work and family commitments and also economic factors has not been able to meet face to face and as such has not had the opportunities to discuss and develop National Technical affairs. It is my strong intention to change that in the ensuing years and I intend to facilitate a minimum two meetings per year, at least one face to face and the other via teleconference.

States continue to deliver Club and State Referee courses which are vital to the future competition structure. Recently, Sam Coffa delivered a technical course in Sydney which was acclaimed by those who attended. It was a pity we did not have more time to devote to questions and answers so vital at the conclusion of any education session. I will urge the AWF to consider holding another Technical Course, with Sam Coffa moderating, as soon as possible after the new IWF Technical Competition Rules and Regulations are approved in December in Baku-Azerbaijan. This course should be well advertised and should afford ample time to consider and digest all modifications made.

That said I am happy to relate to you that this year activities and opportunities have been provided to all Technical Officials to participate both at National and International events which of course takes a much bigger emphasis in an Olympic year.

## **Appointments of Australian Technical Officials at International Events:**

### **Olympic Games test event, Great Britain.**

Sam Coffa	Technical Delegate Jury President
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### **Oceania Club Tournament, Australia.**

Pedro Sanchez	Jury
Boris Kayser	Jury
Lyn Jones	Jury
	Referee
Michael Keelan	Announcer
	Referee
Jacquie White	Announcer
Steve McConnell	Announcer
Danielle Waller	Technical Controller
	Referee
Phil Maunder	Technical Controller
	Referee
Milos Trnka	Referee
Graeme Harper	Referee
	Technical Controller
Coral Quinell	Referee
Deb Oliver	Referee
	Time Keeper
Tony Villanti	Time Keeper
Claude Tomisich	Time Keeper
Tony O'Malley	Referee
Mary Macken	Referee
Trevor Walz	Referee
Martin Leach	Announcer
Jenny Sanchez	Referee

### **World Junior Championships, Guatemala.**

Sam Coffa	Technical Delegate Jury President
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Leo Ryan	Technical Controller
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### **Oceania Championships, Samoa.**

Sam Coffa	Technical Delegate Jury President
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Lyn Jones	Jury Member
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Deb Oliver	Referee
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Phil Maunder	Technical Controller
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Pedro Sanchez	Technical Controller
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### **Commonwealth Championships, Samoa.**

Sam Coffa	Technical Delegate Jury President
Lyn Jones	Jury Member
Deb Oliver	Referee
Phil Maunder	Technical Controller
Pedro Sanchez	Technical Controller

### **Oceania Masters Championships, Australia.**

Sam Coffa	Jury President
Lyn Jones	Jury Announcer
Lawrie Townsend	Jury Time Keeper
Chris Michaelopolous	Jury
Pedro Sanchez	Jury
Boris Kayser	Jury
Craig Wegert	Announcer Technical Controller
Michael Keelan	Announcer
Ian Moir	Announcer
Vicki Brady	Referee Technical Controller Time Keeper
Barrie Gilbert	Referee Time Keeper
Coral Quinell	Referee Technical Controller
Deb Oliver	Referee
Dean Pascoe	Referee
Robert Mitchell	Technical Controller Technical Controller

Keith Forbes	Referee Technical Controller
Angela Wydall	Referee
Shokr Fallah	Referee
Diana Loy	Referee
Phil Maunder	Time Keeper
Kathleen Harden	Referee Time Keeper
Trevor Walz	Referee

### **Olympic Games, Great Britain.**

Sam Coffa	Jury President
Boris Kayser	IWF Legal Counsel
Lyn Jones	Announcer
Pedro Sanchez	Technical Controller

### **World Masters Championships, Ukraine.**

Coral Quinell	Referee Technical Controller Marshall
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### **World Youth Championships, Slovakia.**

Sam Coffa	Technical Delegate Jury President
Leo Ryan	Marshall

### **2012 Promotions**

- Mary Macken to Category I
- Milos Trnka to Category I
- John Way to Category I
- Deb Oliver to National
- Coral Quinell to National
- Linda Eades to National
- Leanne Springer to National

### **Pedro Sanchez [Chair, AWF Technical Committee]**



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## REPORT - SPONSORSHIP & MARKETING

The business arm of the AWF has experienced another successful year. In fact the title 'Sponsorship & Marketing Committee' doesn't properly describe what we do. A better title would possibly be the 'Business Development' Committee.

The expansion of the Coaching courses we deliver has continued, however during 2012 we have been successful in establishing two further sources of income for the AWF. These being Business Membership and Merchandising.

I would like to thank our committee members Craig Wegert and John Epta. Both have committed a great deal of time over the last 12 months to make the business endeavors of the AWF a success.

John is a new member of the committee, however his skills and experience in running his own advertising agency have been and will continue to be a great asset for our committee and the AWF.

I would also like to thank the board and Mike Keelan who have given me a great deal of support and freedom in developing the business arm of the AWF. From my point of view it is refreshing to see we have a board and CEO that thinks outside the square, since what this committee is doing doesn't fit with the traditional model of how a NSO raises funds.

I am very proud of what this committee has achieved over the last four years. When I was elected to the board in late 2008 one of my aims was to make a business out of the AWF and in turn give the AWF an opportunity to become self sufficient. Four years later we have made great inroads into achieving this

and this committee looks forward to developing the business arm of the AWF further.

In 2012 the AWF granted to the State members around \$125,000 to develop the sport within their States. The AWF expect to grant a similar amount in 2013. These funds have come directly from the success of the business activities of the AWF, and these funds would not have been available otherwise.

### CEP

Attendance and revenue from the coaching courses continue to grow.

Financial Year Revenue:

2012	\$255,000 (excludes NZ income)
2011	\$163,000
2010	\$126,000
2009	\$54,000
2008	\$11,000

In 2012 a total of 434 students attended the AWF coaching courses, 346 attended a Club Licence (22 courses), 73 attended a State Licence (6 courses), and 35 attended 3 courses in NZ.

One of the weaknesses we identified over the last year or so was that we generally only relied on very few course presenters. This of course limited the number of courses we could run and was limiting CEP growth.

In October the AWF ran a course presenters guide which was very successful. This was attended by a number of potential CEP presenters, many of whom we hope will become successful future presenters. This will allow us to continue to grow the number of courses we run, but will also have an impact on reducing costs, since within time many presenters will be located within the state they present, therefore reducing travel and accommodation costs.

Following on from the course presenters course the AWF held a series of mini workshops. These were well attended by both AWF and non AWF people. These mini workshops look like they will be a success,



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therefore we will endeavor to run more of these during 2013. These courses will be mainly aimed at people who have already attended a CEP course, but want to further develop their skills in a particular area.

2012 also saw the CEP expand to New Zealand. We have an arrangement with OZNZ where we share the proceeds. We have also received interest from Singapore and Hong Kong.

An often forgotten benefit of the CEP courses is that nearly all of our presenters are AWF members, and mainly current or past lifters or coaches. These presenters are paid for their services. Therefore CEP revenue just doesn't help the AWF and State members, but also helps these lifters and coaches. It is another way the success of the AWF is contributing to the weightlifting community in general. It is now possible for a current lifter to gain a reasonable return from the sport. These are opportunities that didn't exist before.

Leo Isaac has been instrumental in developing and expanding the CEP. Leo is extremely motivated to see the continued success of CEP. His enthusiasm for the sport is second to none and the AWF are lucky to have Leo managing the CEP.

### **Business Membership**

After a couple of frustrating years in trying to set up the AWF Business Membership we finally launched this in June. We only had one member sign up and pay before June 30, however we currently (Oct 2012) have 10 members.

Once our website is updated and we have all business areas of the AWF working together we expect the number of Business Members to increase rapidly.

This is an exciting development by the AWF. Not only will the AWF generate ongoing revenue, but we also see Business Membership to be the first stepping stone for some to become clubs in their own right.

### **Website**

Over the Christmas / New Year period the AWF website will be rewritten. The purpose of this will be firstly to make the site more user friendly for a person looking at weightlifting the first time, and secondly make all our business activities work together and promote each other.

Without going into too much detail the front page will have a number of buttons to direct people to the correct areas:

You want to be a weightlifter? - will forward to a list of State members and clubs;

CEP - current CEP data;

Business Membership: Details about BM. Also a login page for BM to gain BM specific information;

AWF Corporate - will forward to current home page - results, rankings, calendar, governance; AWF Shop – Merchandise; Join the AWF family - Join our mailing list; and

Once the AWF website is complete we will have some excellent templates which will allow the AWF to support State Members to update their own websites.

### **Merchandise**

During 2012 the AWF developed a merchandise range. The range has so far sold successfully, however we believe this will develop quickly and become a solid revenue raiser for the AWF over the next few years.

Thanks to Danielle Waller who is administering the merchandise range.

### **Social Media**

Thank you to Ben Turner who has taken on the role of looking after and maintaining our Social Media presence.

I think anyone who follows the AWF Facebook Page would agree that Ben has done a tremendous job.

Social Media will become more important for the AWF as the varied business arms grow. This will allow us to promote our merchandise, coaching courses and more.

### State Travels

Over the last few months Mike Keelan and I have travelled to Western Australia, Queensland, New South Wales, Victoria and Tasmania to meet with their board / committee. The main purpose of these visits has been for the AWF to gain a better understanding of the challenges that face each State Member and vice versa.

I feel this has been a very valuable exercise for the AWF and I hope that the States we have visited feel the same way.

These trips are something I would like to see the AWF complete every couple of years. It is only by being made aware of the different challenges that face each State that we can work together to face these.

The increased communication between the State Members and the AWF that these meetings no doubt facilitate has to have a positive impact on our sport.

**Phil Maunder**

**[Chair, Sponsorship & Marketing Committee]**



**Two of our Olympians, Deborah Acason and Damon Kelly supporting FILEX 2012**

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## REPORT – HIGH PERFORMANCE

Since our less than inspiring results at the 2011 World Weightlifting Championships in Paris, 2012 represented a challenge to the AWF. A High Performance roundtable meeting was held in Sydney between leading coaches and members of the HPAC in January 2012 in an attempt to evolve a strategy for improvement. Important recommendations from this forum were conveyed to the AWF BOD that resulted in several policy changes and decisions. These included:

1. That a Go Glasgow Squad be formed and that members would be required to sign an Athlete Agreement with the AWF before any support would be given and this would be result based. This policy was further developed and strengthened following the 2012 Oceania Champs and Olympic trials.
2. That the National senior championships also include the National Junior champs. An expanded qualification system to increase numbers of participants was also recommended and accepted.
3. That a National Coaching Panel – NCP - be formed from active leading National level coaches to monitor National Squads and advise the BOD.
4. That Australia be represented at the 2012 World Youth Championships by the top 4 ranked Youth lifters (% of C Grade) and that they receive full funding.

The BOD decided that with the formation of the NCP that the HPAC be disbanded to avoid duplication. The AWF are

extremely grateful for the valuable contribution made by Jacquie White and Michael Noonan to the work of the HPAC.

The HP Program has been enhanced by several states developing State Squads and holding Squad training days on a regular basis. I participated in such a Squad weekend in WA and was impressed with the quality of work done and the enthusiasm of the participating athletes and coaches. During the weekend seminars were held for both athletes and coaches to discuss such things as technique, programming etc. This program continues and Michael Keelan participated in the next one and was equally impressed by the enthusiasm and progress. This venture was funded by a grant from the WA Government.

The National events in 2012 had mixed results with the National Club tournament and the Age Group Champs probably being the most encouraging. The Oceania Champs, senior, junior & youth together with the Olympic Games qualifying competition in Samoa, after some very difficult initial problems, turned out to be a major success. All teams doing extremely well. The courage and determination of our senior team to gain Olympic slots was very rewarding and a great job was done by our coaching staff to ensure Australia would be represented in London.

Regarding the London Olympics, it is worth mentioning that the eventual team performance was, no doubt, disrupted by the cavalier decisions made by the AOC by totally disregarding the views and decisions made by the AWF. Something we should not forget in the future. The actual weightlifting events at the Games were an enormous success and the AWF can take great pride in this as there was

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a significant contribution made by AWF members.

The AWF were represented at the World Junior Championships by our lone qualifier, Mathew Munns, and it is hoped that we can increase our participation in the event in 2013.

The increased emphasis on developing our Youth lifters by giving them opportunity to participate and compete in Camps and competitions really bore fruit at the World Youth Championships where out of our team of four three produced best performances and two national records on the world stage. This was most encouraging and a real triumph for the program. Hopefully we can see this as the beginning of a turnaround in our fortunes at world level. Not only did these young lifters perform well they were well disciplined and great ambassadors for Australia as reported by coach Angela Wydall.

The AWF accepted the invitation received from Paul Coffa, OWF General Secretary, to participate in the inaugural 2012 Oceania Talent Identification Program (OTIP).

With State Members supporting the event the AWF office was able to collate the entries and then nominate three youth lifters (based on percentage of the AWF `C' Grade Standard) to attend a 10 day all expenses covered training camp

at the Oceania Weightlifting Institute situated in Monte-Dore, New Caledonia during September, 2012.

Due to circumstances beyond the control of the AWF only one AWF athlete, Courtney Page, attended the camp training alongside many other talented youth lifters from countries spread throughout the Oceania region.

The camp attendees also enjoyed training with many top senior pacific weightlifters. Between training sessions the youth lifters mixed socially forming friendships and in sharing different backgrounds experienced valuable cultural lessons.

It is sad to report that several invited Go Glasgow Squad athletes did not sign our Athlete Agreement in September for the initial reward period. Although I made myself available to them at their training facility recently to discuss any issues they may have – no one availed themselves of this opportunity. The BOD have made it clear –following a NCP recommendation – that Agreements must be signed by 30<sup>th</sup> November otherwise no benefits will be given for 2013 and athletes who have not signed will not be considered for National team selection.

**Lyn Jones**  
**[High Performance Coordinator]**

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## INTERNATIONAL POSITIONS

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### INTERNATIONAL WEIGHTLIFTING FEDERATION (2009 – 2013)

**Sam Coffa AM, JP**

IWF Vice President

**Sam Coffa AM, JP**

Chairman, IWF Technical Committee

**Pedro Sanchez**

Member, IWF Technical Committee

**Lyn Jones**

Member, IWF Coaching & Research  
Committee

**Boris Kayser**

Chairman, IWF Doping Hearing Panel

**Lawrie Townsend**

Member – IWF Masters Board

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### COMMONWEALTH WEIGHTLIFTING FEDERATION (2010 – 2014)

**Paul Coffa MBE**

OWF General Secretary

**Matthew Curtain**

CWF Vice President

**Michael Noonan**

Statistician & Record Keeper

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### OCEANIA WEIGHTLIFTING FEDERATION (2012 – 2016)

**Paul Coffa MBE**

OWF General Secretary

**Matthew Curtain**

OWF Assistant General Secretary

**Lawrence Townsend**

Chairman, OWF Masters Committee

**Phil Maunder**

Executive Member, OWF Board

**Michael Noonan**

Statistician & Record Keeper

