



# 2016 ANNUAL REPORT



# VISION

*Weightlifting; everywhere, every sport,  
every medal*



## AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED

ACN 090 469 837

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

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

## BOARD OF DIRECTORS

### Chair

Ms Danielle Waller

### Directors

Mr Damon Kelly

Mr Lyn Jones

Mr Pedro Sanchez

Ms Deborah Acason

Ms Leanne Goldsworthy

Mr Craig Wegert

### Chief Executive Officer

Mr Michael Keelan

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## **MESSAGE FROM THE AUSTRALIAN SPORTS COMMISSION**

The Australian Sports Commission (ASC) congratulates our National Sporting Organisations (NSOs) on their achievements this year. In particular, we congratulate all of our athletes who represented Australia in the Rio Olympic and Paralympic Games. You did so with great distinction. The country is proud of your commitment and dedication, and the manner in which you conducted yourself throughout the campaigns.

In the aftermath of the Games, the Board of the ASC has re-committed to the core principles of *Australia's Winning Edge*, the ASC's ten year plan for high performance sport introduced in 2012. The four key principles are: high aspirations for achievement; evidence-based funding decisions; sports owning their own high performance programs; and a strong emphasis on improved leadership and governance.

We are confident these principles serve the long term interests of sporting sector.

We will also use the experience of the last four years to seek to improve implementation of *Winning Edge* in ways that will benefit the sector.

The ASC is equally committed to increasing community participation in sport, particularly amongst our children and youth. We have been pleased this year to see our flagship participation program Sporting Schools reach over 4,300 schools in partnership with NSOs.

Innovations by the ASC this year included the release of our *Integrity Guidelines for Directors and Leaders of Sporting Organisations*, which provides directors with comprehensive and practical guidance for the first time on anti-doping, sport science and medicine, illicit drugs, match-fixing, child protection and member protection – vital issues for maintaining trust and respect in the sporting sector.

We also staged our inaugural Athlete and Coaches Forum, giving Australia's elite athletes and coaches the opportunity to share their experiences and enhance their leadership capabilities.

And we were delighted to see fruits of our efforts to improve female opportunity in sports, with improved elite and participation opportunities in women's sport, better media exposure, some outstanding new commercial deals, and an increase in female representation at NSO board level from 27 per cent to a 39 per cent across the top 23 NSOs.

Looking ahead, ASC priorities include:

- further institutional and governance reform in sport, with an emphasis on increased national integration and alignment
- increased funding for sport, including new non-government sources of funding
- further embedding sport in schools' educational programs
- improved national coordination of sports infrastructure spending, and
- Improved use of data and technology in sports.



**Australian Government**  
**Australian Sports Commission**

## **MESSAGE FROM THE AUSTRALIAN SPORTS COMMISSION**

Reforms like this are often hard to achieve but have profound long term benefits. The evermore competitive environment in world sport on display in Rio highlights the critical importance of further reform if Australia is to maintain its proud reputation and traditions as a sporting nation.

It is appropriate to use this opportunity to recognise and thank the efforts of the ASC's outgoing CEO Simon Hollingsworth, who has led the Commission very capably and with considerable effect for the past five years.

The ASC thanks all of our sector partners for your effort and contribution to Australian sport. We look forward to continued success and progress together.



**John Wylie AM**  
Chair  
Australian Sports Commission

## **AWF NATIONAL COMMITTEES**

<b>High Performance Program Panel</b>	Mr Lyn Jones (Chair), Mr Greg Haff, Mr Leo Isaac, Ms Jacquie White
<b>National Selectors</b>	Mr Lyn Jones (Chair), Ms Jacquie White, Mr Michael Keelan
<b>Finance &amp; Audit</b>	Ms Danielle Waller (Chair), Mr David Brady, Mr Michael Keelan
<b>Technical</b>	Mr Pedro Sanchez (Chair), Mr Ian Moir, Mr Phil Maunder
<b>Anti-Doping</b>	Mr Ian Moir, Mr Michael Keelan
<b>Masters Panel</b>	Ms Coral Quinell, Ms Linda Eades, Mr Rohan Mason, Mr Peter Ticehurst
<b>Team Officials Nominations Panel</b>	Mr Lyn Jones (Chair), Ms Leanne Goldsworthy, Mr Phil Maunder
<b>Company Attorney</b>	Mr Glenn Ferguson, Ferguson Cannon Lawyers
<b>Company Auditor</b>	Mr Greg Lomax, MW Lomax
<b>Company Secretary</b>	Mr Michael Keelan
<b>ACGA/AWF Rep</b>	Mr Lyn Jones
<b>AOC/AWF Reps</b>	Mr Damon Kelly & Ms Deborah Acason

## STATE MEMBERS

<b>Weightlifting ACT</b>	Kerryn Dawson Andy Thompson	President Secretary
<b>New South Wales Weightlifting Association</b>	Chris Michaelopoulos Luke Borreggine	President Hon.Exec Director
<b>Northern Territory Weightlifting Association</b>	Mathew Letts Graeme Walker	President Secretary
<b>Queensland Weightlifting Association</b>	Miles Wydall Ian Moir	President General Manager
<b>South Australia Weightlifting Association</b>	David Augustyniak Anthea Childs	President Secretary
<b>Victorian Weightlifting Association</b>	Tim Fry Ryan Mitchell	President Operations Manager
<b>Weightlifting Tasmania</b>	Kirsty Bartlett-Clark Jordan Cripps	President Secretary
<b>Weightlifting Western Australia</b>	Bob Pavone Jay Saxton	President Secretary



## AWF WORKFORCE

Operationally in 2016, Australian Weightlifting employs only one full time staff member (CEO), one part time staff member (Weightlifting & Powerlifting Manager - GOLDOC) and contracts five Independent Service Suppliers.

### **Chief Executive Officer**

Mr Michael Keelan (**KMP Band 2**) (QLD)

### **Manager - Finance**

Ms Danielle Waller (WA)

### **High Performance Coordinator**

Ms Jacquie White (VIC)

### **Weightlifting & Powerlifting Manager**

Ian Moir (QLD)

### **Manager – Coach Education Program**

Ms Debra Keelan (QLD)

### **Manager – IT & Communications**

Mr Bowen Stuart (QLD)

### **Media Consultant**

Mr Ross Solly (ACT)

In accordance with good governance, the five Independent Service Suppliers are managed by the Chief Executive Officer, who in turn reports to the Board of Directors (through the Chair). The cost for CEO and Weightlifting Manager (seconded to GOLDOC) salaries and service fees to our Independent Service Suppliers amounted to \$352,500 in the 2015-2016 fiscal period.

Subject to clause 13.14 of the AWF's Constitution, a Director **may not** be paid for services as a Director but, with the approval of the Directors and subject to the Corporations Act, may be paid by the Company for services rendered to it, The AWF Board has never hidden the fact, and it is widely known by all State Members that one elected Director has received remuneration for service to the company during this reporting period that goes above and beyond what is expected of a Board Director.

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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 13 of the AWF Constitution, the Board of Directors is as follows:

### **DIRECTORS:**

- |                              |           |                               |
|------------------------------|-----------|-------------------------------|
| • Ms Danielle Waller (Chair) | Elected   | [Rotation concludes 2018 AGM] |
| • Mr Craig Wegert            | Elected   | [Rotation concludes 2018 AGM] |
| ▪ Ms Deborah Acason          | Appointed | [Rotation concludes 2017 AGM] |
| • Ms Leanne Goldsworthy      | Appointed | [Rotation concludes 2017 AGM] |
| ▪ Mr Damon Kelly             | Elected   | [Rotation concludes 2017 AGM] |
| ▪ Mr Lyn Jones               | Elected   | [Rotation concludes 2016 AGM] |
| ▪ Mr Pedro Sanchez           | Elected   | [Rotation concludes 2016 AGM] |

### **BOARD MEETING ATTENDANCE:**

January 2015 - November 2015

- |                   |     |                    |     |
|-------------------|-----|--------------------|-----|
| ▪ Danielle Waller | 4/4 | Deborah Acason     | 4/4 |
| ▪ Lyn Jones       | 4/4 | Damon Kelly        | 4/4 |
| ▪ Pedro Sanchez   | 4/4 | Leanne Goldsworthy | 4/4 |
| ▪ Craig Wegert    | 4/4 |                    |     |
| ▪ CEO Ex-officio  | 4/4 |                    |     |

## CHAIR'S REPORT

It is a pleasure to present the Australian Weightlifting Federation's 2016 Annual Report.

The Board of the AWF re-appointed me as Chair in December, 2015. It has been a privilege and an honour to be part of an august group of individuals who comprise the AWF Board. I issue my heartfelt thanks to my fellow Directors, Deborah Acason, Leanne Goldsworthy, Damon Kelly, Lyn Jones, Pedro Sanchez and Craig Wegert for their differing opinions, willingness to weigh up the pros and cons in reaching consensus regarding a multitude of matters, selfless hard work and tireless contribution they willingly afford to achieving AWF objectives on behalf of all members.

As a company the AWF has experienced its fair share of challenges in 2016 which have been professionally dealt with by our CEO and Independent Service Suppliers who act out the sometimes difficult decisions of the Board. I publically and sincerely thank our CEO Michael Keelan, High Performance Co-ordinator Jacquie White, Deb Keelan, CEP Manager, Bowen Stuart, Manager, IT & Communications and Ross Solly, Media Consultant for their outstanding commitment and energy that is directed toward weightlifting development.

To the AWF sub-committee members whose names are listed in this report, you have all worked as cohesive teams to achieve important outcomes that benefit AWF members, your work behind the scenes as always is very much appreciated.

The AWF enjoys a healthy working relationship with our key partners including our major sponsor the Australian Sports Commission, the Australian Institute of Sport, the Australian Olympic Committee (AOC) and the Australian Commonwealth Games Association (ACGA).

The AWF continues to work closely with the Australian Sports Commission (ASC) who provide expert advice in relation to high performance, participation, governance and leadership ensuring that the AWF is doing its best to adhere to best-practice principles which positively assists our members. Whilst the AWF continues to be the beneficiary of significant investment each year from the ASC, we must continually identify revenue streams and potential new sources of investment in our sport if we are to ensure the financial sustainability of the AWF in the long-term.

The AWF is very grateful for the support received from the AOC which gave two athletes and a coach the opportunity to participate in the 2016 Rio Olympic Games. It would be remiss of me not to acknowledge and congratulate Tia-Clair Toomey and Simplicie Ribouem, supported by coach Miles Wydall who did us proud in Rio!

The ACGA through the NextGen Junior Program and Gold Coast Gold Preparation Program generously provided financial support to the AWF greatly assisting our athletes to contest major events taking place around the globe in 2016, including the Oceania Championship, Commonwealth Championships, World Youth & World Junior Championships.





One recipient of the funding was promising junior athlete, Kiana Elliott who won a Snatch silver medal and Total bronze medal at the World Junior Championships, a truly fantastic performance!

I also delight in our sound relationship with the International Weightlifting Federation under the presidency of Dr Tamas Ajan, and the friendly working relationship with Mr Paul Coffa MBE, who works tirelessly in providing the strong communication channel that currently exists between the AWF and the Oceania and Commonwealth Weightlifting Federations.

I sincerely thank our commercial sponsors: Olitek; Leisure Concepts, suppliers of Eleiko equipment; and Where2Travel, without whose contributions the AWF wouldn't be able to undertake many of the activities you will find outlined in this 2016 Annual Report.



It is a fact that it is becoming more and more expensive for our representative teams to contest international events due to increased costs associated with domestic and international airfares, accommodation, entry/doping fees, apparel and insurance. The market place for the purchase of weightlifting boots, athletic attire and coach education is becoming more and more competitive giving the public more choices. During 2016 less people attended our CEP courses, fewer people purchased weightlifting boots and athletic attire from the AWF shop resulting in 2015-2016 budget projections not being met. In a nutshell the AWF Board spent more money than was brought in during the 2015 -2016 fiscal period resulting in a reported deficit of \$41,283. The audited 2015-2016 financial reports are detailed later in this Annual Report.

The AWF Board recently made some very hard decisions regarding the AWF 2016 -2017 budget making cuts to employee salary and Independent Service Supplier fees. Expenditure items such as international advocacy, ITO travel subsidies have been scrapped. Future event subsidies given to host states have been decreased, CEP operational expenditure has been lowered by delivering fewer courses and only using 'local' presenters to deliver the CEP. Regrettably, it will no longer be possible to fully fund all AWF representative teams contesting international events. In order to cover the increasing cost of insurance the AWF Board have found it necessary to introduce a license (capitation fee) from January 2017.

In closing, I issue a big THANK YOU to everyone who has selflessly found time outside their busy schedules to make a commitment to promote and develop our sport at all levels. For me it continues to be a humbling experience to be part of the 'weightlifting machine' which is fueled by the passion, and dedication put in by our mainly volunteer State Member and club administrators, athletes, coaches, technical officials and supporters, without your efforts our sport would not exist as it does today. I look forward to the busy year ahead and sharing with you the highs and lows that it will no doubt witness.



Danielle Waller  
**Chair – AWF Board of Directors**

## CEO'S REPORT

The Australian Weightlifting Federation Limited (AWF) is a company limited by guarantee that is the governing body for weightlifting in Australia.

The AWF Board, comprised of five elected Directors and two appointed Directors, has a critical role in leading, fostering and encouraging interest and participation in weightlifting amongst Australians of all ages and abilities and promoting excellence in high performance.

The AWF is the National Sporting Organisation recognised by the Australian Sport Commission, the major funding partner of the AWF; Australian Commonwealth Games Association; the Australian Olympic Committee; and the Australian Paralympic Committee.

The AWF is affiliated to the International Weightlifting Federation, the Oceania Weightlifting Federation and the Commonwealth Weightlifting Federation. AWF activities are varied and include administration; volunteer management; broad participation; event management; coaching; technical officiating; partner liaison; high performance; and promotion

The key stakeholders of the AWF are the eight State and Territory Member Associations, affiliated clubs, and individual athlete, coach, technical official members.

The AWF is extremely grateful for the revenue it receives from the Federal Government, through the Australian Sports Commission, for participation and high performance programs; from the Australian Commonwealth Games Association through the NextGen Junior Funding Program and the Gold Coast GOLD Preparation Program; from the Australian Olympic Committee (AOC) who sponsored our two athletes and coach selected to represent the AOC at Rio Olympic Games; and our corporate sponsors.

The Australian Sports Commission (ASC) is the AWF's Principal Partner. The ASC is the Australian Government body that supports, develops and invests in weightlifting at all levels throughout Australia. In 2015-2016 financial period the AWF received an investment of \$412,000 from the ASC. This funding enables the ASC and the AWF to work closely together to build the capability and capacity of the Australian Sports System, from the grassroots community level to high performance sport.

The direction provided by the Federal Government has been enthusiastically delivered by the Australian Sports Commission, led by Chairman Mr John Wylie AM, supported by the efforts of the broader executive and management team at the ASC and AIS.

The ASC and AIS continue to provide the AWF with services, advice and support in addition to their funding. The AWF is most appreciative of the ASC/AIS outstanding contribution and wishes to publically acknowledge its thanks to outgoing ASC CEO Simon Hollingsworth, Matt Favier, A/CEO, Dean Kenneally, A/AIS Director and ASC/AIS Sport Advisors Adam Gerasimou and Adam Baxter for their assistance during 2016.

The ***NextGEN AUSComGames Squad*** recognises talented junior athletes, who have the potential to be selected in future Australian Commonwealth Games teams by assisting them to gain international competition experience. For 2016 the ACGA generously invested \$33,600 towards our young athletes who utilized the grant monies to alleviate the costs of contesting World and Regional Championships taking place around the globe.

The ACGA, through the Gold Coast GOLD Preparation Program transferred \$50,000 to the AWF which will be applied to the costs of preparing our athletes for the 2018 Gold Coast

Commonwealth Games. The total amount of pledged funding that will be used by our shadow team athletes between the Glasgow and Gold Coast Commonwealth Games will be \$150,000.

I place on record our grateful thanks to the ACGA President Sam Coffa and the ACGA Executive Board along with CEO, Craig Phillips, for their ongoing support of weightlifting which will hopefully result in weightlifting medals being won at the 2018 Gold Coast Commonwealth Games.

The AWF Board thanks the AOC President John Coates, outgoing CEO, Fiona de Jong, Rio Chef de Mission Kitty Chiller, and Jane Fernandez, General Manager Sport for their support leading up to and during the 2016 Rio Olympic Games. We are forever grateful to the AOC for subsidizing the transport, accommodation, insurance and apparel costs of our two athletes, Tia-Clair Toomey and Simplicie Ribouem along with Coach Miles Wydall, who formed part of the AOC team which contested the XXXI Olympiad.

## **HIGH PERFORMANCE**

Jacquie White, AWF High Performance Coordinator, in consultation with the AWF CEO, Australian Institute of Sport, AWF High Performance Program Panel (HPPP) and AWF Board has continued to drive the delivery and development of the long-term direction of the AWF's High Performance Program.

During 2016 Jacquie has worked on a large number of High Performance priorities and I am able to report that the following tasks have been accomplished.

- Individual performance plans for categorised athletes have been implemented and reviewed post BME.
- HP camp took place at the AIS which included athlete testing.
- The HPPP terms of reference were endorsed by the AWF Board.
- Frequent liaison has taken place with AWE athletes and their personal coaches which included 'home' visits and meetings during various national championships.
- In close collaboration with AIS staff and Bowen Stuart, AWF IT & Communications Manager, development of the athlete monitoring and tracking system is progressing and will overcome some of the difficulties experienced when working in a decentralised training environment.
- All of our team administration has been managed professionally by Jacquie who has developed an excellent working relationship with one of our AWF sponsors, Where2Travel, to ensure all of our team's travel, accommodation and visa requirements were met.
- An Athlete Selection Policy has been developed, and Athlete and TSP selection criteria have been modified.
- Working with Leo Isaac, HPPP Member, and following extensive consultation amongst stakeholders, the AWF is now positioned to set the foundations for a new national coaching structure in 2017.
- A strong working relationship currently exists with the AWF's HP partners, AIS, ACGA and AOC.
- The revised AWF Grading Scale will be circulated by end of November and will be implemented from 1st January 2017.

In addition to the above accomplishments much discussion and planning has taken place during 2016.

The AWF has set a performance target of five (5) medals for the 2018 Gold Coast Commonwealth Games. Within this target the AWF aims to win one gold, one silver and three

bronze medals. Currently three Australian athletes are ranked top three in the Commonwealth in their respective bodyweight categories.

The AWF has identified key athletes and support personnel, who are likely to contribute to the 2018 medal target. A team preparation plan has been developed to optimise athlete preparation via load monitoring, sports science/sports medicine and training camps. Unfortunately, implementation of the plan has been hamstrung by continued uncertainty surrounding funding levels.

An analysis of the Commonwealth rankings from 2008 to 2015 was completed during this reporting period. Figures express a slight increase (between 1 and 2 %) in the overall performance standards during this time. When analysing the performance standard of the top three rankings in each bodyweight category, the most significant changes are seen in the second and third positions. This indicates that the depth of performance at Commonwealth level has increased.

The average medal-winning total of each bodyweight category from the past two Commonwealth Games has been used as a benchmark for expected medal-winning results in 2018. These totals may be re-evaluated where current rankings indicate that performances are trending strongly above or below the benchmark total. Potential benchmark totals for 2022 have been developed by increasing the male totals by 1 % and the female totals by 2 % in line with performance trends.

The Gold Coast 2018 Commonwealth Games will see an Athlete Allocation System introduced for weightlifting, whereby the total number of athletes will be capped at 226, with 15 competitors in each bodyweight category except for the new women's categories of 90 kg and +90 kg, which will be capped at eight competitors in each event. Although the AWF Board has been aware that a quota system would likely be introduced for weightlifting in 2018, it has only recently received details of the approved system. Under the system the maximum team size will be 16 athletes (8 men, 8 women), however nations will be restricted to a maximum of one athlete per bodyweight category. This change from a maximum of two athletes per category means that the AWF will need to have an athlete in each bodyweight category in order to field a full team.

Moving forward this presents a challenge as Australia has not had a senior male representative in the 56 kg category since 2002. Conversely, this also provides us with a great opportunity to target small male athletes for recruitment into weightlifting.

Australia will receive the maximum slot allocation of eight men and eight women via the Home Nation Automatic Qualification process. At the end of the qualification period, the respective slot guaranteed for an Australian athlete will be designated as 'ACGA' only. The AWF will have discretion to nominate athletes to the ACGA accordingly, however the nominated athlete must have competed in at least one IWF sanctioned event within the qualification period in order to meet IWF eligibility criteria.

As we build towards the Gold Coast 2018 Commonwealth Games we must be mindful of ensuring that:

- All prospective team members are afforded the opportunity to compete in at least 1 IWF sanctioned event during the qualification period;
- Lighter weight category athletes are performing at a standard worthy of national representative honours.



Recognising the importance of international competition exposure, the AWF has committed to:

- Identify appropriate senior international competition opportunities for prospective team members;
- Select full senior teams for benchmark events and other targeted competitions;
- Ensure GC podium potential athletes attend a minimum of 2 international competitions per year (barring extenuating circumstances, such as injury or illness).

In addition, the AWF has applied to the IWF to have the Australian International/Open competition approved as a Gold Coast Commonwealth Games Qualifying Event, which will take place in Melbourne during the period 18-19-20 March, 2017. The AWF has also planned to have full representation at both the Commonwealth and Oceania Youth/Junior/Senior Championships which are running simultaneously in September 2017. These events provide further opportunity for more AWF athletes and Team Support Personnel to be engaged in high level competition in which they can hone their skills.

As previously mentioned, the proposed Athlete Allocation System for the 2018 Games reduces the maximum number of athletes per nation, per bodyweight category from two to one. At previous Games the AWF has often nominated two athletes in our stronger bodyweight categories and no athletes in others. The proposed system will require the AWF to nominate an athlete in each bodyweight category in order to field a full team. This may require some athletes to change bodyweight category through manipulation of body composition. In order to ensure that the best team composition is achieved the AWF will:

- Identify bodyweight categories currently unoccupied by national team members
- Identify bodyweight categories currently occupied by more than one national team member
- Use body composition analysis to identify those athletes that may be best suited to a different bodyweight category
- Consult with a suitably qualified and experienced Sports Dietician to manipulate athlete body compositions as required
- Identify athletes in bodyweight categories unoccupied by national team members, who may be able to be "fast-tracked" to international level with appropriate performance support
- Talent transfer and recruitment of athletes for specific bodyweight categories (it is likely that in most cases this strategy will be too late for 2018 but appropriate for 2022 and beyond)

Testing of AWF high performance athletes at the AIS in January highlighted strength deficiencies across the entire squad. Appointment of an appropriately qualified Performance Specialist to ensure that the most effective training methodologies and strategies are implemented by potential GC2018 team members and personal coaches has been discussed. The Performance Specialist would be responsible for the technical and scientific monitoring of athlete training programs and progress, as well as providing performance advice to athletes and personal coaches.

Body composition analysis undertaken at the AIS also highlighted the need for the majority of the squad to increase their lean mass index. Improved body composition should lead to increased training and competition results, especially where athletes are not currently competing in their best suited category. Appropriate sports nutrition support would allow athletes to decrease non-functional mass and/or increase functional mass, whilst increasing strength and improving performance.

Performance psychology has also been identified as an area that could lead to improvements across the board. Most athletes are not proactively seeking support from sports psychologists yet anecdotal evidence suggests that they are often not mentally prepared for high-pressure competition environments. Additionally, several athletes report that their training and competition performances are negatively impacted by personal stress.

## **NATIONAL TEAMS**

The AWF has been well represented on the international stage during 2016. The Board's commitment to sending full senior teams to selected events has provided increased opportunities for athletes to gain valuable international, competition experience. Pleasingly, we have also seen an increase in the number of junior and youth athletes qualifying for international events in their respective age groups.

The national senior team produced solid results at both the 2016 Oceania Championships and 2016 Commonwealth Championships. The Oceania Championships served as the Continental Olympic Qualification Event as well as the final qualifying event for Australian athletes seeking Olympic nomination. Whilst this presented a challenging and stressful situation for all involved, the athletes and team support personnel conducted themselves in a professional manner to ensure that the team met its objective of qualifying one male and one female athlete for the 2016 Rio Olympic Games.

The senior team collected 10 medals at the 2016 Oceania Championships and 7 at the 2016 Commonwealth Championships. The women's team topped their classification at both events, collecting the trophy for "Best Female Team" of both Championships.

The benchmark event (BME) for 2016 was the Rio Olympic Games, where Australia was represented by Tia-Clair Toomey (QLD) and Simplicie Ribouem (VIC). Competing in the F58 kg category, Tia finished in 14<sup>th</sup> place, whilst Simplicie placed 13<sup>th</sup> in the M94 kg category. The results attained met the AWF's BME target of a top 16 place finish by both athletes.

Junior and youth athletes have performed strongly during 2016. AWF was represented by two youth athletes at the Oceania Youth Championships, with both Charrae Myers (TAS) and Zac Millhouse (TAS) producing personal best totals to win their respective categories. A team of 9 athletes, the largest in over 10 years, represented Australia at the IWF Junior World Championships, whilst our largest contingent yet (6 athletes) contested the IWF Youth World Championships. Encouragingly, a large number of personal best results and state or national records were recorded by team members at these events, as well as at the Commonwealth Junior Championships.

Undoubtedly the High Performance highlight of 2016 was Kiana Elliott's silver and bronze medal-winning performance at the IWF Junior World Championships. Kiana broke National and Oceania senior records to finish second in the snatch portion of the competition with 95 kg, and third overall with a total of 204 kg. Kiana's outstanding performance saw the Australian flag raised at the Junior World Championships for the first time in 21 years. This remarkable achievement is proof that with an appropriate daily training environment and attention to all elements of performance, dedicated Australian athletes can be amongst the best in the world. Hopefully Kiana's result will inspire other up-and-coming athletes to equally great heights. The entire AWF congratulates Kiana and her personal coach, Martin Harlowe, on this most outstanding achievement.

## **PARTICIPATION**

Weightlifting training and competition continues to take place in all eight states/territories thanks to the efforts and knowhow of our state and club administrators who are responsible for providing persons of all ages and abilities with opportunities to take part in a variety of weightlifting activities.

The 2016 AWF events calendar contains 223 competitions at club, state, national and international levels. From 23<sup>rd</sup> January until 17<sup>th</sup> October, 2016, 1544 (907 males {59%} and 637 females {41%}) athletes ranging in age from 10 years to 81 years have participated in domestic events. These athletes have displayed varying ranges of athletic ability measured against the current AWF grading scale which is presented later in this report.

The AWF has been represented by 74 athletes whose results are detailed in this report. AWF athletes contested the Oceania Championships in Fiji, Junior World Championships in Georgia, Youth World Championships in Malaysia, Commonwealth Junior & Senior Championships in Malaysia, World University Championships in Mexico and World Masters Championships in Germany. These representative teams have been assisted by 16 Team Support Personnel who make sure the individual and team needs have been met in full.

The AWF in partnership with State hosts successfully delivered national and international events in Brisbane (Australian International, Australian Junior & Senior Championships and Eleiko Club Challenge), Sydney (Australian U15/U17 Championships) and Hobart (Australian & Oceania Masters Championships, Pacific Rim Masters Tournament). A total of 515 qualified athletes contested the above events witnessed overall by over 9,000 spectators, testimony to the fact that weightlifting's popularity is growing. Each event was also webcast allowing weightlifting fans from afar to view the action while enjoying the comfort of their own surroundings.

More and more people are realizing that Weightlifting is a life-long activity, globally the number of masters' weightlifters is increasing annually, demographically masters currently represent 33% of the AWF's total financial membership.

2016 has been a busy year for the National Masters Panel (NMP) with many changes. Lawrie Townsend, the driving force behind Masters development here in Australia, stepped down from his position as NMP Chair after many years of selfless and dedicated service. Lawrie, for the time being, will continue within his role as Oceania Masters Committee Chair. Coral Quinell, a member of the IWF Masters Committee, has stepped into Lawrie's big shoes and is the new Chair of the interim NMP along with members Rohan Mason, Linda Eades and Peter Ticehurst.

The NMP has delivered a series of workshops in 2016 which have taken place in Victoria, New South Wales, Queensland and Western Australia and a legacy of this activity has seen the setting up of Masters Committees in each of these states.

During 2016 master's lifters contested the Tokyo Masters World Cup, Oceania Masters Championships/ Pacific Rim Masters Tournament and Heinsheim World Masters Championships, many new records were established at these events by Australian competitors.

2017 promises to be a busy year for the NMP who will be delivering training clinics for Masters throughout Australia and organising the 2017 Australian & Oceania Masters

Championships, Pacific Rim Masters Tournament and Masters World Cup on the Gold Coast next October.

## **EDUCATION**

The AWF's Coach Education Program currently consists of four courses - Club Weightlifting / Sports Power Coach 1 License (CW/SPC1), State Weightlifting / Sports Power Coach 2 License (SW/SPC2), National Weightlifting License and Sports Power Coach 3 License (SPC3).

The CW/SPC1 and SW/SPC2 remain registered with Fitness Australia (FA) and offer 15 Continuing Education Credit points, these courses are due for reaccreditation with FA in 2017. SPC3 does not fit into FA's present scope of practice.

The Australian Sports Commission under the National Coaching Accreditation Scheme continues to recognize the AWF's CEP and any person who attends the course and successfully completes the necessary theoretical and practical assignments at each respective level is registered on the coaching database.

During 2016 work was completed that realised the transition from Educadium to CourseSites, as the AWF's new online Learning Management System. Students are able to view a video of the CW/SPC1 for as long as their accreditation remains current. Further work has taken place in developing the resources which are now accessible on-line in regard to the SW/SPC2 course. The National Weightlifting course was posted online for the first time this year. We already have over 400 registered users in the CourseSites system. Our thanks extend to Bowen Stuart for his ongoing work regarding the AWF's CEP.

Deb Keelan has managed the CEP throughout this reporting period and in conjunction with CEO has set up an Agreement with Olympic Weightlifting New Zealand which involves profit sharing of those courses delivered by Simon Kent. The agreement has led to greater advertising and promotion by OWNZ resulting in increased participation numbers attending CEP courses in NZ.

Training of Lead Presenters for the delivery of the CW/SPC1 courses has been successful in adding Armando Miotti, Michael Pang and Jamie Johnson to our CEP delivery team in 2016. A special thanks to Leo Isaac and Michael Keelan for taking on a mentor role which has led to this expansion of Lead Presenters. Lyn Jones and Robert Mitchell are also working with other assistant presenters who in time should also be in a position to lead present at future CW/SPC1 courses giving the AWF the opportunity to call upon 'local' presenters to take charge of the respective course.

The National Weightlifting Course was run at the AIS in Canberra in January with 20 coaches from Weightlifting attending the course free of charge. A further seven SW/SPC2 accredited coaches also attended and paid the full fee. Following this course the title of Level 3 Intern was introduced to recognize those coaches that attended and had then gone on to complete their theory work, but did not have the necessary graded lifter results (two 'A' Graders) at the time the course was delivered.

The AWF again offered each State four subsidised course placements in 2016. These places were provided with a 50% subsidy. Full price for a course is \$770. The following data relates to the number of places that were taken up by six of our eight State Members:

- |             |             |
|-------------|-------------|
| • NSWWA - 4 | • SAWLA - 2 |
| • NTWA - 1  | • WTI - 4   |
| • QWA - 4   | • VWA - 2   |



During 2016 the payment for venue hire was capped at \$500. In return the venue is expected to be in a clean and tidy state, ensure the venue is opened and closed at agreed upon times with the Lead Presenter, where possible the venue provides exclusive use for the course participants and assists with the receipt and distribution of CEP shirts. Because the course runs over a full weekend the venue is required to provide tea/coffee supplies.

An upgrade to the automated reminder system for coach reaccreditation put in place by the efforts and knowhow of Bowen Stuart has paid dividends resulting in an increase in reaccreditation applications. During 2016 86 coaches have re-accredited, 66 coaches who were not members of the any state association who work in the fitness industry, and 20 AWF member coaches who work in affiliated weightlifting clubs, the revenue raised from reaccreditation amounted to \$7,600.

Pleasingly, accreditation rate following courses has increased as a result of reminders being sent to registered course participants prompting completion of outstanding assignments.

Unfortunately, in 2016 CEP course numbers have not met projections resulting in a budget deficit. The industry has been flooded with weightlifting courses, clinics and workshops giving the punter more choices than ever before.

To combat this the AWF Board has introduced two payment options for the CW/SPC1 and SW/SPC2 courses. Option 1 is to pay \$550 to complete the weekend course, get the knowledge and CEC points only with no requirement to complete theoretical assignments, however the person is not covered by AWF insurance post course. Option 2 is as is, the participant pays \$770, attends the full course, completes all assignments and gets the CEC points, insurance cover and full coach accreditation for the designated period.

Sale of CEP course places during 2016 have been added to the AWF online shop reducing some of the previous duplication of data entry. Paid advertising on Facebook has also been used to promote courses to attempt to attract larger numbers of participants attending each advertised course.

To reduce costs the AWF Board determined that a maximum of 25 courses would be delivered strategically in the 2015-2016 fiscal period to reduce clashes with other industry events. Local Lead Presenters would be used to cut down on travel and accommodation costs associated with interstate lead presenters, the CEP Managers paid hours would be reduced from 30hrs to 16hrs per week. Coach reaccreditation fee for non-AWF members will be increased to \$110 and for AWF members increased to \$55. Once the current stock of CEP shirts has been exhausted it will not be replaced.

Continuing with education theme, 2016 has witnessed Technical Officiating courses taking place in every state and territory. The major outcome of all this activity is that all the events listed on the AWF 2016 Calendar have been adjudicated by qualified Technical Officials (TO) who hold a Club, State, National, IWF Category 2 or IWF Category 1 Referee Licence. More and more TO's are broadening their skills and experiences by taking on more varied roles such as MC, Technical Controller, Chief Marshal, Timekeeper, Competition Secretary, Jury Member. The AWF I believe has a fantastic TO education system in place thanks to the work of past and current AWF Technical Committees who have steered the development of technical officiating to where it proudly stands today.

Throughout 2016 the AWF has met its obligations to ASADA and has maintained compliance with the IWF ADAMS. When requested the AWF Office has supplied ASADA with RTP details, DTP details, details of any scheduled training camps, up-to-date competition calendar and

competitor entry lists. Athletes who are members of national squads have to undergo annual anti-doping education. All coaches and appointed Team Support Personnel must achieve ASADA Certification before gaining NCAS accreditation or being selected in representative teams. The AWF Board, staff and ISSs have an obligation to complete on-line pure-performance education to hold their position. I personally thank Ian Moir, AWF Anti-Doping Officer for all his efforts in ensuring that the AWF continually strives for pure-performance and to Alarna Nightingale for her professional response to all the frequently submitted enquiries in such a timely manner.

## **WEIGHTLIFTING PROMOTION**

Ross Solly, the AWF's Media Consultant alongside Bowen Stuart, AWF IT & Communications Manager, have continued to expand the promotion of weightlifting in the public arena by capitalizing on 2016 being the year of the Rio Olympic Games and the springboard year for launching greater public awareness regarding the next huge sporting event, the Commonwealth Games, which will be on our very own Gold Coast in 2018.

A great deal of promotional success has been achieved in 2016 which the AWF Board are so pleased about because it benefits all of the weightlifting community plus our government and corporate partners.

There have been regular AAP features on athletes in the lead-up to the Oceania championships, Olympic Games, World Junior, World Youth and Commonwealth Championships. Many stories and photographs have been placed in local and national print media involving AWF athletes of all ages. AWF athletes have featured on radio and TV shows which have also been picked up by the print media.

The AWF has established, through the work of our ISSs, preview stories on websites including those administered by the IWF, OWF, AOC and ACGA.

The AWF's social media channels – Facebook, Twitter, Instagram – have been very active and informative ahead of each event.

Without doubt the work accomplishments of Ross and Bowen have raised the profile of weightlifting in Australia, increased the media's understanding of our sport and increased our social media reach,

## **COMMUNICATION**

The AWF Board recognises that consistent, effective, open, honest and timely communication is important to convey the AWF's aims, objectives and policies and to maintain its good reputation and credibility as a functional National Sporting Organisation and registered company.

The Board instructs the CEO to respond to all enquiries in a professional and speedy manner. The CEO works closely with each ISS to ensure that information is delivered through a number of communication mediums which include frequent emails and attachments being sent, phone calls being made, AWF digital channels such as the AWF website and social media channels being fully utilised.

The AWF Board strives to share information with all of its stakeholders through a comprehensive Annual Report containing the audited end of the year financial statements, through general meetings, by overseeing the dissemination of competition results as soon as possible after the cessation of the respective event, by face-to-face informal and formal meetings at national events and via teleconferences.

The AWF Board is transparent in its dealings with any inquiry and has been stated before will answer any questions submitted through appropriate channels in swift and efficient fashion.

The Board is comprised of volunteer Directors who only have limited time to perform various governance tasks on behalf of the Federation. It is the Boards job to engage professionals to perform the plethora of tasks related to the respective plan.

Bowen Stuart, Manager – Information Technology and Communication is the key figure working ‘behind the scenes’ to continually explore opportunities to reach out to the internal and external clients who may benefit from the AWF’s messages, products and services.

During 2016 Bowen has accomplished the following tasks on behalf of the AWF:

- Delivered website bug fixes to agreed specifications and timeframes.
- Increased the exposure of weightlifting through the use of technology, and more specifically through the frequent use of social media
- Delivered website upgrades to agreed specifications and timeframes.
- With support from Ross Solly and John Epta (Tonic) coordinated the development of a sponsorship package.
- Analysed, reviewed, and improved AWF business systems through the use of technology.
- Upgraded the front end of [www.awf.com.au](http://www.awf.com.au)
- Continued maintenance and development of current State Member websites.
- Currently developing the new WACT website [www.wact.org.au](http://www.wact.org.au)
- Managed merchandising sales and dispatch
- Managed accounts and agreements with commercial sponsors Sylvia P and Leisure Concepts.
- Continued to work with Tonic on standardizing the AWF brand
- Working with knowledge providers to generate video and text content for FitLift.
- Delivered webcasts and photographed the 2016 Australian International, 2016 Australian Masters Championships, 2016 Australian U15/U17 Championships, 2016 Australian Junior/Senior Championships and 2016 Eleiko Club Challenge Finals.

The AWF Board believe that its investment in the creation of effective communication is supported by all State Members. Effective communication does not come cheap but it is critical to the AWF and helps in many ways – it plays a vital role in promoting weightlifting to the wider community, enhancing stakeholder confidence and is the catalyst for new ideas and innovation.

In closing I would like to thank the AWF Board, led by Chair, Danielle Waller, for its ongoing commitment to the growth and development of weightlifting at all levels. I also sincerely thank all the ISSs who go above and beyond the call of duty to deliver the programs and initiatives for the benefit of our members and stakeholders. Congratulations to our athletes, coaches, technical officials, administrators and supporters for your contributions throughout 2016.

I commend this Annual Report to you and note that the subsequent pages provide some interesting information, statistics and details of the AWF’s financial report for the year ended 30 June, 2016.

Michael Keelan  
**Chief Executive Officer**

# 2016 MEMBERSHIP FIGURES

FIGURES ACCURATE AS OF 12:00hr TUESDAY 17<sup>TH</sup>OCTOBER 2016

## CAPITATION

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	Grand Total
2016	58	234	63	675	83	89	283	147	1632

## CLUBS

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	Grand Total
Clubs	7	25	3	34	3	8	20	14	114

## BIGGEST CLUBS

State	Biggest Club
ACT	Strive Weightlifting Club
NSW	Titans Weightlifting
NT	Time Out
QLD	Cougars Weightlifting Club
SA	South Australian Weightlifting Club
TAS	Weightlifting Academy of Tasmania
VIC	Hawthorn Weightlifting Club
WA	Olympifit

## BIGGEST CLUB PER STATE MEMBER

Rank	State	Club	Membership
1	QLD	Cougars Weightlifting Club	111
2	QLD	Gold Coast Weightlifting Club	50
3	VIC	Hawthorn Weightlifting Club	49
4	VIC	Phoenix Weightlifting Club	47
5	NSW	Titans	40
5	QLD	Toowoomba	40
7	TAS	Weightlifting Academy Tasmania	34
8	QLD	Milton	32
9	NSW	Triumph Weightlifting Club	31
10	QLD	Alive Barbell Club	30



## AGE DISTRIBUTION

	Under 15	Youth	Junior	Senior	Masters	Grand Total
<b>ACT</b>	2	1	5	27	23	58
<b>NSW</b>	4	13	17	111	89	234
<b>NT</b>	1	3	1	33	25	63
<b>QLD</b>	94	42	43	283	213	675
<b>SA</b>	0	1	5	46	31	83
<b>TAS</b>	7	8	4	37	33	89
<b>VIC</b>	28	24	22	129	80	283
<b>WA</b>	16	7	8	68	48	147
<b>Grand Total</b>	<b>152</b>	<b>99</b>	<b>105</b>	<b>734</b>	<b>542</b>	<b>1632</b>

## COMMUNICATION & SOCIAL MEDIA FACTS

FIGURE CORRECT AT THE 7<sup>TH</sup> OF NOVEMBER 2016

### WEBSITES

- 177,477 visits across all AWF Managed Websites
- 80% of the visits are through the core AWF Websites
  - o [www.awf.com.au](http://www.awf.com.au)
  - o [video.awf.com.au](http://video.awf.com.au)
  - o [roadtorio.awf.com.au](http://roadtorio.awf.com.au)
- Road to Rio Newsletter emailed monthly to over 5000 recipients
- 1 new state association websites in 2015
  - o WACT
- Rebrand of the Road to Rio microsite

### FACEBOOK

- 8363 followers
- More than 50% growth in Likes over 2016

### YOUTUBE

- Viewers watched 528,000 minutes of AWF Content
- 105,000 views

### TWITTER

- 604 followers
- 18,000 Tweet Impressions a month on average

### INSTAGRAM

- 625 followers

# HONOURS BOARD

## 2016 Commonwealth Championships

Erika Ropati-Frost      58K Category      Senior Commonwealth Champion  
Damon Kelly      +105K Category      Senior Commonwealth Champion

Jackson Roberts-Young      105k Category      Junior Commonwealth Champion

Sabah Chamoun      58K Category      Youth Commonwealth Champion

## 2016 Oceania Championships

Erika Ropati-Frost      48K Category      Senior Oceania Champion  
Kiana Elliott      63K Category      Senior Oceania Champion  
Francois Etoundi      77K Category      Senior Oceania Champion

Charrae Myers      58K Category      Youth Oceania Champion

## 2016 World Junior Championships

Kiana Elliott      63K Category      Snatch SILVER medalist  
Kiana Elliott      63K Category      Total BRONZE medalist

## Australian Senior Women's Championships

National Champion	Personal Coach	Cat	State	Snatch	C&J	Total
<b>Joan LEONG</b>	Jaime Escalante	48	WA	49	59	108
<b>Hannah KAMINSKI</b>	Gordon Laurie	53	VIC	66	80	148
<b>Tegan NAPPER</b>		58	SA	73	95	168
<b>Seen LEE</b>	Anthony Dove	63	VIC	87	105	192
<b>Kiana ELLIOTT</b>	Martin Harlowe	69	NSW	91	101	192
<b>Kylie LINDBECK</b>	Lyn Jones	75	ACT	92	104	196
<b>Katie FASSINA</b>	Leo Isaac	75+	TAS	100	123	223

**Best Lifter – Seen Lee**  
**Team Champions - Queensland**

## Australian Senior Men's Championships

National Champion	Personal Coach	Cat	State	Snatch	C&J	Total
<b>Josh STOLTON</b>	Bob Pavone	56	WA	70	90	160
<b>Hamish ADAM</b>	Robert Mitchell	62	NSW	95	120	205
<b>Dun CHU</b>	Anthony Dove	69	VIC	110	136	256
<b>Daniel KATZ</b>	Ivan Katz	77	VIC	127	160	287
<b>Matthew PIT</b>	Robert Kabbas	85	VIC	125	153	278
<b>Samuel Kennedy</b>	Martin Harlowe	94	NSW	135	170	305
<b>Zac Grgurevic</b>	Ivan Katz	105	VIC	143	180	323
<b>Damon KELLY</b>	Miles Wydall	105+	QLD	160	200	360

**Best Lifter: Damon Kelly**  
**Team Champions: Victoria**

### Australian Junior Women's Champions

National Champion	Personal Coach	Cat	State	Snatch	C&J	Total
Stephanie PICKRELL	Leo Isaac	48	TAS	45	61	106
Michaela WARWICK	Miles Wydall	53	QLD	61	74	135
Olivia D'SOUZA	Gerard Longley	58	ACT	45	62	107
Kiana ELLIOTT	Martin Harlowe	69	NSW	91	101	192
Isabel LORENZI	Harry Itaoui	75	NSW	65	86	151
Charisma AMOE-TARRANT	Christian Hopper	75+	QLD	80	110	190

**Best Lifter: Kiana Elliott**  
**Team Champions: Queensland**

### Australian Junior Men's Champions

National Champion	Personal Coach	Cat	State	Snatch	C&J	Total
Cooper WILSON	Linzey Beister	56	QLD	62	86	148
Hamish ADAM	Robert Mitchell	62	NSW	95	120	215
Josh WU	Robert Mitchell	69	NSW	105	130	235
Leo LARK	Craig Wegert	77	QLD	120	163	283
Liam SAXBY	Craig Wegert	85	QLD	120	144	264
Reilly SMITH	Angela Wydall	94	QLD	112	150	262
Brandon ACCARDI	Goran Vokjevic	105	VIC	125	148	273
Nahir MALKI	Alireza Azari Arpanahi	105+	NSW	115	156	271

**Best Lifter: Leo Lark**  
**Team Champions: Queensland**

### Australian Youth Women's Championships

National Champion	Personal Coach	Cat	State	Snatch	C&J	Total
Maddison POWER	Linzey Beister	48	QLD	27	38	65
Mia GAUDRY	Damon Kelly	53	QLD	47	59	106
Sabah CHAMOUN	George Chamoun	58	NSW	63	90	153
Annabelle HARWOOD	Troy Hawkins	63	VIC	65	83	148
Isabel LORENZI	Hanny Itaoui	69	NSW	62	80	142
Sapphire ABRAHAM	Angela Wydall	69+	QLD	80	94	174

**Best Lifter: Sabah Chamoun**  
**Team Champions: Queensland**

### Australian Youth Men's Championships

National Champion	Personal Coach	Cat	State	Snatch	C&J	Total
Jett GAFFNEY	Miles Wydall	50	QLD	50	68	118
Cooper WILSON	Linzey Beister	56	QLD	68	89	157
Brighton LAKE	Linzey Beister	62	QLD	76	82	158
Matthew DAMCHEZ	Tony Damchez	69	VIC	83	103	186
Ethan CATLOW-ELLIOTT	Miles Wydall	77	QLD	90	100	190
Zac MILLHOUSE	Leo Isaac	85	TAS	105	130	235
Jordan GOTTS	Robert Gotts	94	TAS	78	102	180
Jordan EVANS	Coral Quinell	94+	QLD	112	130	242

**Best Lifter: Zac Millhouse**  
**Team Champions: Queensland**

### Australian Under 15 Women's Championships

National Champion	Personal Coach	Cat	State	Snatch	C&J	Total
<b>Emily POLES</b>	Leanne Knox	44	QLD	24	30	54
<b>Maddison POWER</b>	Linzey Beister	48	QLD	27	38	65
<b>Monique BOOTH</b>	Mark Brown	53	TAS	26	37	63
<b>Ada LACEY</b>		58	VIC	38	46	84
<b>Kylie SALISBURY</b>	Deborah Acason	63	QLD	37	50	87
<b>Jarian HOGAN</b>	Martin Harlowe	69	NSW	58	75	135
<b>Sapphire ABRAHAM</b>	Angela Wydall	69+	QLD	80	94	174

**Best Lifter: Sapphire Abraham**  
**Team Champions: Queensland**

### Australian Under 15 Men's Championships

National Champion	Personal Coach	Cat	State	Snatch	C&J	Total
<b>Jett GAFFNEY</b>	Miles Wydall	50	QLD	50	68	118
<b>Kanakai REIBELT</b>		56	ACT	55	70	125
<b>Mathew LAIRD</b>	Miles Wydall	62	QLD	56	77	133
<b>William SAXTON</b>	Andrew Saxton	69	WA	80	90	170
<b>Michael Abraham</b>	Miles Wydall	77	QLD	44	55	99
<b>John DOWNES</b>	Miles Wydall	85	QLD	83	116	199
<b>Malachi FAAMAUSILI-FALA</b>		94+	WA	80	97	177

**Best Lifter: John DOWNES**  
**Team Champions: Queensland**

### 2016 ACGA NextGen Squad

Squad Member	YOB	State	Personal Coach
<b>Hailee Jarret</b>	1999	NSW	Steve Tikkanen
<b>Sabah Chamoun</b>	2000	NSW	George Chamoun
<b>Madeline Wu</b>	1998	NSW	Robert Mitchell
<b>Kiana Elliott</b>	1997	NSW	Martin Harlowe
<b>James Delaney</b>	1996	VIC	Anthony Dove
<b>Josh Wu</b>	1996	NSW	Robert Mitchell
<b>Leo Lark</b>	1996	QLD	Craig Wegert
<b>James Norman</b>	1996	QLD	Miles Wydall
<b>Jackson Roberts-Young</b>	1996	NSW	Peter Upham

# INTERNATIONAL COMPETITIONS – AUSTRALIAN REPS

ATHLETE	CLUB	COACH	BWT	SN	CJ	T	POS
<b>OWF YOUTH CHAMPIONSHIPS – SUVA, FIJI , MAY 23-28</b>							
<b>Charrae Myers</b>	Xfit Levitate	Leo Isaac	59.71	68	85	153	1 <sup>st</sup>
<b>Zac Millhouse</b>	WAT	Leo Isaac	76.23	104	129	233	2 <sup>nd</sup>
<b>OWF SENIOR CHAMPIONSHIPS – SUVA, FIJI, MAY 23-28</b>							
<b>Erika Ropati-Frost</b>	Cougars	Angela Wydall	47.84	71	88	159	1 <sup>st</sup>
<b>Tia-Clair Toomey</b>	Cougars	Miles Wydall	57.47	85	109	194	3 <sup>rd</sup>
<b>Seen Lee</b>	Hawthorn	Anthony Dove	57.61	83	100	183	4 <sup>th</sup>
<b>Kiana Elliott</b>	Triumph	Martin Harlowe	62.52	93	107	200	1 <sup>st</sup>
<b>Philippa Malone</b>	Triumph	Martin Harlowe	62.08	86	105	191	2 <sup>nd</sup>
<b>Jenna Myers</b>	WAT	Leo Isaac	74.20	93	115	208	2 <sup>nd</sup>
<b>Camilla Fogagnolo</b>	WAT	Lionel Isaac	73.96	85	111	196	3 <sup>rd</sup>
<b>Francois Etoundi</b>	Hawthorn	Yourik Sarkisian	76.98	135	156	291	1 <sup>st</sup>
<b>Frank Elliott</b>	SAWC	Farzed Rad Faragi	76.56	131	148	279	4 <sup>th</sup>
<b>Malek Chamoun</b>	Summerhill	George Chamoun	84.40	140	170	310	3 <sup>rd</sup>
<b>Mitchell Delbridge</b>	Cougars	Miles Wydall	83.63	137	155	292	5 <sup>th</sup>
<b>Simplice Ribouem</b>	Hawthorn	Yourik Sarkisian	93.12	150	185	335	2 <sup>nd</sup>
<b>Liam Larkins</b>	Phoenix	Harvey Goodman	88.38	WD	-	-	-
<b>Ridge Barredo</b>	Aphesis	Michael Pang	98.58	132	168	300	5 <sup>th</sup>
<b>Damon Kelly</b>	Cougars	Miles Wydall	145.39	168	205	373	2 <sup>nd</sup>
<b>IWF WORLD JUNIOR CHAMPIONSHIPS – TBLISI, GEORGIA, JUNE 24 – JULY 2</b>							
<b>Hailee Jarrett</b>	Triumph	Martin Harlowe	47.74	53	70	123	14 <sup>th</sup>
<b>Sabah Chamoun</b>	Summerhill	George Chamoun	57.38	67	87	154	17 <sup>th</sup>
<b>Madeline Wu</b>	Burwood	Robert Mitchell	57.32	68	79	147	18 <sup>th</sup>
<b>Kiana Elliott</b>	Triumph	Martin Harlowe	62.28	95	109	204	3 <sup>rd</sup>
<b>Josh Wu</b>	Burwood	Robert Mitchell	67.68	103	130	233	15 <sup>th</sup>
<b>James Delaney</b>	Hawthorn	Anthony Dove	64.76	100	130	230	16 <sup>th</sup>
<b>Leo Lark</b>	Ironskull	Craig Wegert	76.02	125	150	275	23 <sup>rd</sup>
<b>James Norman</b>	Cougars	Miles Wydall	76.44	115	137	252	24 <sup>th</sup>
<b>Jackson Roberts-Young</b>	Shire Speed & Strength	Peter Upham	103.20	124	170	294	13 <sup>th</sup>
<b>OLYMPIC GAMES – RIO DE JANEIRO, BRAZIL, AUGUST 5-16</b>							
<b>Tia-Clare Toomey</b>	Cougars	Miles Wydall	57.50	82	107	189	14 <sup>th</sup>
<b>Simplice Ribouem</b>	Hawthorn	Yourik Sarkasian	93.25	155	185	340	13 <sup>th</sup>
<b>IWF YOUTH WORLD CHAMPIONSHIPS – PENANG, MALAYSIA, OCTOBER 20-24</b>							
<b>Haillee Jarrett</b>	OSH	Steve Tikkanen	47.95	56	0	0	--
<b>Sabah Chamoun</b>	Summerhill	George Chamoun	57.07	70	90	160	9 <sup>th</sup>
<b>Charrae Myers</b>	Xfit Levitate	Leo Isaac	60.87	71	88	159	16 <sup>th</sup>
<b>Annabelle Harwood</b>		Troy Hewkins	61.38	68	86	154	18 <sup>th</sup>
<b>Ben Ward</b>	Bounce	Regan Hams	83.84	120	141	261	19 <sup>th</sup>
<b>Zac Millhouse</b>	WAT	Leo Isaac	81.81	111	137	248	21 <sup>st</sup>

ATHLETE	CLUB	COACH	BWT	SN	CJ	T	POS
<b>COMMONWEALTH YOUTH CHAMPIONSHIPS – PENANG, MALAYSIA, OCTOBER 25-30</b>							
Haillee Jarrett	OSH	Steve Tikkanen	47.95	56	0	0	--
Sabah Chamoun	Summerhill	George Chamoun	57.07	70	90	160	1 <sup>st</sup>
Charrae Myers	Xfit Levitate	Leo Isaac	60.87	71	88	159	2 <sup>nd</sup>
Annabelle Harwood		Troy Hewkins	61.38	68	86	154	3 <sup>rd</sup>
Ben Ward	Bounce	Regan Hams	83.84	120	141	261	2 <sup>nd</sup>
Zac Millhouse	WAT	Leo Isaac	81.81	111	137	248	4 <sup>th</sup>
<b>COMMONWEALTH JUNIOR CHAMPIONSHIPS – PENANG, MALAYSIA, OCTOBER 25-30</b>							
Joshua Wu	Burwood	Robert Mitchell	62.29	108	137	245	5 <sup>th</sup>
James Delaney	Hawthorn	Anthony Dove	66.15	100	128	228	9 <sup>th</sup>
Leo Lark	Ironskull	Craig Wegert	76.40	114	160	274	3 <sup>rd</sup>
James Norman	Cougars	Miles Wydall	82.01	117	149	266	5 <sup>th</sup>
Jackson Roberts-Young	Shire Speed & Strength	Peter Upham	102.54	123	177	300	1 <sup>st</sup>
<b>COMMONWEALTH SENIOR CHAMPIONSHIPS – PENANG, MALAYSIA, OCTOBER 25-30</b>							
Erika Ropati-Frost	Cougars	Angela Wydall	56.29	76	98	174	1 <sup>st</sup>
Seen Lee	Hawthorn	Anthony Dove	62.60	86	102	188	2 <sup>nd</sup>
Jessica Lai		Erin Haff	62.40	85	96	181	4 <sup>th</sup>
Phillippa Malone	Triumph	Martin Harlowe	66.08	87	105	192	4 <sup>th</sup>
Ebony Gorincu	Cougars	Miles Wydall	68.60	78	103	181	6 <sup>th</sup>
Kylie Lindbeck	Crossfit Base	Lyn Jones	74.06	93	106	199	2 <sup>nd</sup>
Katie Fassina	WAT	Leo Isaac	104.88	104	125	229	2 <sup>nd</sup>
Leo Lark	Ironskull	Craig Wegert	76.40	114	160	274	7 <sup>th</sup>
Daniel Katz	Phoenix	Ivan Katz	76.49	122	152	274	8 <sup>th</sup>
Francois Etoundi	Hawthorn	Yourik Sarkisian	80.88	136	166	302	3 <sup>rd</sup>
Ben Shaw	Cougars	Greg Hobl	93.31	135	165	300	3 <sup>rd</sup>
Sam Kennedy	Triumph	Martin Harlowe	93.56	132	165	297	4 <sup>th</sup>
Zac Grgurevic	Phoenix	Ivan Katz	104.89	137	175	312	5 <sup>th</sup>
Geordie Biss	Phoenix	Robert Kabbas	104.12	126	158	284	8 <sup>th</sup>
Damon Kelly	Cougars	Miles Wydall	146.20	163	210	373	1 <sup>st</sup>

## WORLD MASTERS CHAMPIONSHIPS – HEINSHEIM, GERMANY

ATHLETE	AGE/WT CAT	SNATCH	C&J	TOTAL	POSITION
Lesley Moyle	70/F63	28	40	68	1st
Valerie Silver	65/F63	30	40	70	1st
Julie Davis	60/F53	28	36	64	3rd
Colleen Duplock	60/F58	27	36	63	3rd
Leandra Miscamble	60/F69	31	49	80	1ST
Grace Morrison	60/F75	44	54	98	1st
Diana Loy	50/F58	52*	76*	131*	1st
<b>AUSTRALIAN WOMEN'S TEAM PLACING - 2nd</b> <b>*Diana Loy – NEW WORLD MASTERS RECORDS</b>					
Rohan Mason	70/M69	--	--	--	--
Robert Davison	40/M77	78	118	196	12th
Oliver Briones	40/M62	--	--	--	--
Musa Kamara	35/M77	110	130	240	2nd



## NATIONAL RECORDS

A total of 157 Australian record claims have been recorded on the AWF's result management system during the period 1<sup>st</sup> January – 28<sup>th</sup> October, 2016.

Athlete	State	Bodyweight	Age Group	Lift	Record	Achieved
Jenna Myers	TAS	F75	Senior	SNATCH	99	20/03/2016
Kiana Elliott	NSW	F63	Senior	TOTAL	204	24/06/2016
Kiana Elliott	NSW	F63	Senior	SNATCH	95	24/06/2016
Kiana Elliott	NSW	F69	Junior	SNATCH	91	10/09/2016
Kiana Elliott	NSW	F63	Junior	TOTAL	204	24/06/2016
Kiana Elliott	NSW	F63	Junior	SNATCH	95	24/06/2016
Kiana Elliott	NSW	F63	Junior	SNATCH	93	19/03/2016
Kiana Elliott	NSW	F63	Junior	TOTAL	200	19/03/2016
Kiana Elliott	NSW	F63	Junior	CJ	109	24/06/2016
Ben Ward	QLD	M85	Youth	CJ	141	20/10/2016
Ben Ward	QLD	M85	Youth	TOTAL	261	20/10/2016
Ben Ward	QLD	M85	Youth	TOTAL	242	24/07/2016
Ben Ward	QLD	M85	Youth	SNATCH	110	27/08/2016
Ben Ward	QLD	M85	Youth	SNATCH	113	10/09/2016
Ben Ward	QLD	M85	Youth	SNATCH	107	24/07/2016
Ben Ward	QLD	M85	Youth	CJ	135	24/07/2016
Ben Ward	QLD	M85	Youth	SNATCH	120	20/10/2016
Charisma Amoe-Tarrant	QLD	F69+	Youth	TOTAL	170	26/06/2016
Charisma Amoe-Tarrant	QLD	F69+	Youth	CJ	102	26/06/2016
Charisma Amoe-Tarrant	QLD	F69+	Youth	CJ	105	24/07/2016
Charisma Amoe-Tarrant	QLD	F69+	Youth	TOTAL	180	24/07/2016
Charisma Amoe-Tarrant	QLD	F69+	Youth	CJ	110	11/09/2016
Charisma Amoe-Tarrant	QLD	F69+	Youth	TOTAL	190	11/09/2016
Sabah Chamoun	NSW	F58	Youth	TOTAL	155	09/04/2016
Sabah Chamoun	NSW	F58	Youth	SNATCH	69	09/04/2016
Sabah Chamoun	NSW	F58	Youth	CJ	86	09/04/2016
Sabah Chamoun	NSW	F58	Youth	CJ	87	24/06/2016
Sabah Chamoun	NSW	F58	Youth	CJ	90	09/07/2016
Sabah Chamoun	NSW	F58	Youth	SNATCH	70	20/10/2016
Sabah Chamoun	NSW	F58	Youth	TOTAL	160	20/10/2016
Saphire Abraham	QLD	F69+	Youth	SNATCH	70	28/02/2016
Saphire Abraham	QLD	F69+	Youth	TOTAL	160	20/03/2016
Saphire Abraham	QLD	F69+	Youth	SNATCH	75	20/03/2016
Saphire Abraham	QLD	F69+	Youth	TOTAL	185	24/07/2016
Saphire Abraham	QLD	F69+	Youth	SNATCH	76	25/06/2016
Saphire Abraham	QLD	F69+	Youth	CJ	91	25/06/2016
Saphire Abraham	QLD	F69+	Youth	TOTAL	167	25/06/2016
Saphire Abraham	QLD	F69+	Youth	TOTAL	174	10/07/2016
Saphire Abraham	QLD	F69+	Youth	SNATCH	80	10/07/2016
Saphire Abraham	QLD	F69+	Youth	SNATCH	83	24/07/2016
Zac Millhouse	TAS	M77	Youth	TOTAL	233	23/05/2016
Zac Millhouse	TAS	M85	Youth	CJ	137	20/10/2016
Zac Millhouse	TAS	M85	Youth	TOTAL	248	20/10/2016
Zac Millhouse	TAS	M77	Youth	TOTAL	228	19/03/2016

<b>Zac Millhouse</b>	TAS	M77	Youth	SNATCH	102	19/03/2016
<b>Zac Millhouse</b>	TAS	M77	Youth	SNATCH	104	23/05/2016
<b>Zac Millhouse</b>	TAS	M77	Youth	CJ	129	23/05/2016
<b>Emily Hinschen</b>	QLD	F32	Under 15	CJ	27	12/03/2016
<b>Emily Hinschen</b>	QLD	F32	Under 15	TOTAL	45	12/03/2016
<b>Emily Hinschen</b>	QLD	F32	Under 15	SNATCH	18	12/03/2016
<b>Jarian Hogan</b>	NSW	F69	Under 15	SNATCH	54	12/02/2016
<b>Jarian Hogan</b>	NSW	F69	Under 15	TOTAL	129	09/04/2016
<b>Jarian Hogan</b>	NSW	F69	Under 15	SNATCH	55	09/04/2016
<b>Jarian Hogan</b>	NSW	F69	Under 15	CJ	74	09/04/2016
<b>Jarian Hogan</b>	NSW	F69	Under 15	SNATCH	60	09/07/2016
<b>Jarian Hogan</b>	NSW	F69	Under 15	CJ	75	09/07/2016
<b>Jarian Hogan</b>	NSW	F69	Under 15	TOTAL	135	09/07/2016
<b>John Downes</b>	QLD	M85	Under 15	CJ	113	01/07/2016
<b>John Downes</b>	QLD	M85	Under 15	CJ	116	10/07/2016
<b>John Downes</b>	QLD	M94	Under 15	CJ	121	15/10/2016
<b>John Downes</b>	QLD	M85	Under 15	SNATCH	101	23/10/2016
<b>John Downes</b>	QLD	M85	Under 15	CJ	125	23/10/2016
<b>John Downes</b>	QLD	M85	Under 15	TOTAL	226	23/10/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	CJ	82	28/02/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	SNATCH	70	28/02/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	TOTAL	160	20/03/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	SNATCH	75	20/03/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	CJ	85	20/03/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	CJ	86	30/04/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	SNATCH	76	25/06/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	TOTAL	185	24/07/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	SNATCH	62	03/02/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	CJ	81	03/02/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	TOTAL	143	03/02/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	TOTAL	152	28/02/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	CJ	91	25/06/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	TOTAL	167	25/06/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	TOTAL	174	10/07/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	CJ	94	10/07/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	SNATCH	80	10/07/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	SNATCH	83	24/07/2016
<b>Sapphire Abraham</b>	QLD	F69+	Under 15	CJ	102	24/07/2016
<b>Jonathon Valentine</b>	NSW	M69	Mast 35-39	CJ	123	05/06/2016
<b>Kelly Cameron</b>	VIC	F75	Mast 35-39	CJ	90	22/05/2016
<b>Kelly Cameron</b>	VIC	F75	Mast 35-39	TOTAL	160	22/05/2016
<b>Musa Kamara</b>	NSW	M77	Mast 35-39	CJ	131	05/06/2016
<b>Musa Kamara</b>	NSW	M77	Mast 35-39	TOTAL	233	05/06/2016
<b>Jon Delaney</b>	NSW	M85	Mast 40-44	SNATCH	107	09/04/2016
<b>Kelly Tumata</b>	QLD	F75	Mast 40-44	CJ	80	28/02/2016
<b>Kelly Tumata</b>	QLD	F75	Mast 40-44	CJ	82	26/06/2016
<b>Robert Davison</b>	QLD	M77	Mast 40-44	CJ	123	02/04/2016
<b>Benjamin Silva</b>	VIC	M69	Mast 45-49	TOTAL	172	09/04/2016
<b>Craig Blythman</b>	VIC	M77	Mast 45-49	CJ	121	27/02/2016

<b>Craig Blythman</b>	VIC	M77	Mast 45-49	TOTAL	227	27/02/2016
<b>Craig Blythman</b>	VIC	M77	Mast 45-49	SNATCH	106	27/02/2016
<b>Craig Blythman</b>	VIC	M77	Mast 45-49	TOTAL	229	09/04/2016
<b>Craig Blythman</b>	VIC	M77	Mast 45-49	SNATCH	107	09/04/2016
<b>Craig Blythman</b>	VIC	M77	Mast 45-49	TOTAL	237	04/06/2016
<b>Craig Blythman</b>	VIC	M77	Mast 45-49	CJ	129	04/06/2016
<b>Craig Blythman</b>	VIC	M77	Mast 45-49	SNATCH	108	04/06/2016
<b>Craig Blythman</b>	VIC	M77	Mast 45-49	CJ	122	09/04/2016
<b>Bronwyn Hitchener</b>	QLD	F75	Mast 50-54	CJ	76	06/02/2016
<b>Diana Loy</b>	QLD	F63	Mast 50-54	CJ	72	02/04/2016
<b>Warren Hellisen</b>	VIC	M94	Mast 50-54	CJ	152	09/04/2016
<b>Warren Hellisen</b>	VIC	M105	Mast 50-54	CJ	150	23/07/2016
<b>Warren Hellisen</b>	VIC	M105	Mast 50-54	TOTAL	257	23/07/2016
<b>Warren Hellisen</b>	VIC	M94	Mast 50-54	TOTAL	257	09/04/2016
<b>Warren Hellisen</b>	VIC	M105	Mast 50-54	CJ	136	27/02/2016
<b>Warren Hellisen</b>	VIC	M105	Mast 50-54	CJ	140	12/03/2016
<b>Constance Beckingham</b>	QLD	F75+	Mast 55-59	TOTAL	77	02/04/2016
<b>Denese Billings</b>	VIC	F48	Mast 55-59	CJ	40	27/02/2016
<b>Denese Billings</b>	VIC	F48	Mast 55-59	TOTAL	73	27/02/2016
<b>Denese Billings</b>	VIC	F48	Mast 55-59	SNATCH	33	27/02/2016
<b>Denese Billings</b>	VIC	F48	Mast 55-59	TOTAL	77	09/04/2016
<b>Denese Billings</b>	VIC	F48	Mast 55-59	CJ	44	09/04/2016
<b>Denese Billings</b>	VIC	F48	Mast 55-59	TOTAL	79	04/06/2016
<b>Denese Billings</b>	VIC	F48	Mast 55-59	CJ	45	04/06/2016
<b>Denese Billings</b>	VIC	F48	Mast 55-59	SNATCH	34	04/06/2016
<b>Louise Webb</b>	VIC	F75+	Mast 55-59	TOTAL	99	09/04/2016
<b>Louise Webb</b>	VIC	F75+	Mast 55-59	SNATCH	45	09/04/2016
<b>Louise Webb</b>	VIC	F75+	Mast 55-59	CJ	54	09/04/2016
<b>Louise Webb</b>	VIC	F75+	Mast 55-59	SNATCH	46	22/05/2016
<b>Nicolette Dunstone</b>	TAS	F53	Mast 55-59	SNATCH	50	06/02/2016
<b>Nicolette Dunstone</b>	TAS	F53	Mast 55-59	CJ	62	06/02/2016
<b>Nicolette Dunstone</b>	TAS	F53	Mast 55-59	TOTAL	112	06/02/2016
<b>Nicolette Dunstone</b>	TAS	F53	Mast 55-59	CJ	65	02/04/2016
<b>Annette Willmott</b>	NSW	F53	Mast 60-64	SNATCH	30	27/02/2016
<b>Grace Morrison</b>	WA	F75	Mast 60-64	SNATCH	46	12/04/2016
<b>Julie Davis</b>	QLD	F53	Mast 60-64	SNATCH	29	27/02/2016
<b>Leandra Miscamble</b>	QLD	F69	Mast 60-64	CJ	51	25/06/2016
<b>Meg Emerton</b>	QLD	F63	Mast 60-64	SNATCH	38	27/02/2016
<b>Meg Emerton</b>	QLD	F63	Mast 60-64	CJ	50	27/02/2016
<b>Meg Emerton</b>	QLD	F63	Mast 60-64	TOTAL	88	27/02/2016
<b>Meg Emerton</b>	QLD	F69	Mast 60-64	SNATCH	39	12/04/2016
<b>Meg Emerton</b>	QLD	F69	Mast 60-64	CJ	50	12/04/2016
<b>Meg Emerton</b>	QLD	F69	Mast 60-64	TOTAL	89	12/04/2016
<b>John Clow</b>	VIC	M69	Mast 65-69	TOTAL	138	09/04/2016
<b>John Clow</b>	VIC	M69	Mast 65-69	SNATCH	58	09/04/2016
<b>John Clow</b>	VIC	M69	Mast 65-69	CJ	80	09/04/2016
<b>John Clow</b>	VIC	M77	Mast 65-69	CJ	86	03/06/2016
<b>John Clow</b>	VIC	M77	Mast 65-69	TOTAL	150	03/06/2016
<b>John Clow</b>	VIC	M77	Mast 65-69	CJ	87	17/09/2016

John Clow	VIC	M77	Mast 65-69	TOTAL	152	17/09/2016
Valerie Silver	QLD	F69	Mast 65-69	CJ	43	12/04/2016
Valerie Silver	QLD	F69	Mast 65-69	TOTAL	72	12/04/2016
Rohan Mason	VIC	M77	Mast 70-74	SNATCH	61	27/02/2016
Rohan Mason	VIC	M77	Mast 70-74	CJ	76	27/02/2016
Rohan Mason	VIC	M77	Mast 70-74	TOTAL	137	27/02/2016
Rohan Mason	VIC	M77	Mast 70-74	TOTAL	139	03/06/2016
Rohan Mason	VIC	M77	Mast 70-74	SNATCH	62	03/06/2016
Rohan Mason	VIC	M77	Mast 70-74	CJ	77	03/06/2016
Chris Holt	VIC	M77	Mast 80+	CJ	65	03/06/2016
Chris Holt	VIC	M77	Mast 80+	TOTAL	110	09/04/2016
Chris Holt	VIC	M77	Mast 80+	SNATCH	50	09/04/2016
Chris Holt	VIC	M77	Mast 80+	CJ	60	09/04/2016
Chris Holt	VIC	M77	Mast 80+	TOTAL	113	03/06/2016

## AWF HALL OF FAME MEMBERS

### INDUCTED 2010

- Mr Dean Lukin OAM
- Mr Leslie Martyn MBE, KCSJ
- Mr Nick Ciano
- Mr Joe Hensel
- Mr Harold MacBain
- Mr Vern Barberis

### INDUCTED 2013

- Mrs Deborah Acason (nee Lovely)
- Mr Salvatore (Sam) Coffa AM
- Mr George Vasiliades

### INDUCTEES 2015

- Ms Debra Keelan
- Mr Robert (Bob) Taylor



## **2016 AWF TEAM SUPPORT PERSONNEL APPOINTMENTS**

### **OCEANIA YOUTH/JUNIOR CHAMPIONSHIPS**

- Greg Hobl – Head Coach    Jacquie White - Manager

### **OCEANIA SENIOR CHAMPIONSHIPS**

- Leo Isaac – Head Coach    Miles Wydall – Coach    Angela Wydall – Coach  
  Anthony Dove – Coach    Jacquie White - Manager

### **WORLD JUNIOR CHAMPIONSHIPS**

- Craig Wegert – Head Coach    Brendan Kennedy – Coach    Jacquie White - Manager

### **WORLD YOUTH CHAMPIONSHIPS**

- Erin Haff – Head Coach    Michael Pilleggi - Coach    Jacquie White – Manager

### **COMMONWEALTH JUNIOR & SENIOR CHAMPIONSHIPS**

- Leo Isaac – Head Coach    Greg Hobl- Coach    Angela Wydall – Coach  
  Erin Haff – Coach    Jacquie White – Manager

### **WORLD UNIVERSITY CHAMPIONSHIPS**

- Harvey Goodman – Coach/Manager

## **2016 INTERNATIONAL TECHNICAL OFFICIAL APPOINTMENTS**

### **OCEANIA YOUTH, JUNIOR AND SENIOR CHAMPIONSHIPS, Suva, Fiji**

- Lyn Jones
- Pedro Sanchez
- Phil Maunder
- Ian Moir
- Michael Keelan
- Deb Keelan
- Danielle Waller
- Lilly Coffa
- Jennifer Sanchez

### **WORLD JUNIOR CHAMPIONSHIPS, Tbilisi, Georgia**

- Sam Coffa
- Phil Maunder

### **OLYMPIC GAMES**

- Sam Coffa
- Jennifer Sanchez

### **WORLD YOUTH CHAMPIONSHIPS, Penang, Malaysia**

- Sam Coffa
- Pedro Sanchez
- Lyn Jones

### **COMMONWEALTH CHAMPIONSHIPS – Penang, Malaysia**

- Sam Coffa
- Pedro Sanchez
- Phil Maunder
- Lyn Jones
- 

### **WORLD MASTERS Heinsheim, Germany**

- Coral Quinell

# INTERNATIONAL POSITIONS

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## INTERNATIONAL WEIGHTLIFTING FEDERATION (2013- 2016)

### **Sam Coffa AM, JP**

IWF Vice President

### **Sam Coffa AM, JP**

Chairman, IWF Technical Committee

### **Lyn Jones**

Member, IWF Coaching & Research Committee

### **Coral Quinell**

Member – IWF Masters Board

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## COMMONWEALTH WEIGHTLIFTING FEDERATION (2014 – 2018)

### **Paul Coffa MBE**

CWF General Secretary

### **Phil Maunder**

Executive Member, CWF Board

### **Michael Noonan**

Statistician & Record Keeper

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## OCEANIA WEIGHTLIFTING FEDERATION (2016 – 2020)

### **Paul Coffa MBE**

OWF General Secretary

### **Lawrence Townsend**

Chairman, OWF Masters Committee

### **Phil Maunder**

Executive Member, OWF Board

### **Michael Noonan**

Statistician & Record Keeper





## ACKNOWLEDEMENTS AND THANKS

The AWF Board recognises and thanks the members, supporters, partners and sponsors who have made significant contribution to the growth and development of the AWF in 2016:

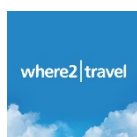
- **Australian Sports Commission & Australian Institute of Sport** – Principal Partners
- **Australian Commonwealth Games Association** – supporting our high performance Senior athletes to contest international events and our Junior Athletes, through the NextGen Junior Funding Program, to contest world and regional events.
- **Australian Olympic Committee** – giving opportunities for our senior athletes to contest the 2016 Rio Olympic Games
- **International Weightlifting Federation** - giving opportunities for our athletes, coaches and technical officials to participate in the 2016 Youth/Junior World Championships held in Malaysia and Georgia respectively
- **Commonwealth Weightlifting Federation** - giving opportunities for our athletes, coaches and technical officials to participate in the 2016 Commonwealth Championships held in Malaysia
- **Oceania Weightlifting Federation** – giving opportunities for our athletes, coaches and technical officials to participate in the 2016 Oceania Youth, Junior & Senior Championships held in Fiji and inviting our youth and senior athletes to attend training camps at the Oceania Institute in New Caledonia.
- **Olitek** (Deb, Steve & James Oliver) – sponsor of the 2016 Olitek Australian Masters Championships.
- **Tonic** (John Eptaminitakis) – sponsor of the AWF's commercial initiatives
- **Where2Travel** – meeting all the AWF representative team travel requirements
- **Leisure Concepts Australia** – suppliers of Eleiko equipment
- **SylviaP** – suppliers of representative team lifting suits
- **Australian Sports Anti-Doping Authority** – partners in the fight for pure-performance sport
- **State Associations & Clubs** – for our genuine appreciation of all your contributions and passion in caring for member's needs throughout Australia
- **Coaches , Officials and Administrators** - for your sacrifices, dedication and commitment you give so selflessly to others
- **Athletes** – for your love of weightlifting, striving to reach your athletic potential and becoming role models for others to follow
- **Mr Glenn Ferguson, Ferguson Cannon Lawyers** – for wise advice and timely response
- **Mr Greg Lomax, MW Lomax** – for reliable financial advice and services



Australian Government  
Australian Sports Commission



Australian Government  
Australian Sports  
Anti-Doping Authority



# **AUSTRALIAN WEIGHTLIFTING FEDERATION**

## **FINANCIAL REPORT** FOR THE YEAR ENDED 30 JUNE 2016



# AUSTRALIAN WEIGHTLIFTING FEDERATION

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# AUSTRALIAN WEIGHTLIFTING FEDERATION

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## DIRECTORS' REPORT

The directors present the report on the Australian Weightlifting Federation for the financial year ended 30 June 2016.

The names of the Directors and Alternate Directors in office at anytime during or since the end of the year are:

### **Directors**

Damon Kelly

Deborah Acason

Leanne Goldsworthy

Lyn Jones

Phil Maunder

Resigned 28/09/2015

Pedro Sanchez

Craig Wegert

Appointed 11/12/2015

### **Chairman**

Danielle Waller

### **Chief Executive Officer**

Michael Keelan

The directors have been in office since the start of the financial year to the date of this report unless otherwise stated.

### **Review of Operations**

The deficit of the company for the financial year amounted to \$41,283.

A review of the operations of the company during the financial year and the results of those operations are as follows:

### **Significant Changes in the State of Affairs**

No significant changes in the company's state of affairs occurred during the financial year.

### **Principal Activities**

No significant change in the nature of these activities occurred during the financial year.

### **Events Subsequent to the End of the Reporting Period**

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations, or the state of affairs of the company in future financial years.

### **Likely Developments and Expected Results of Operations**

Likely developments in the operations of the company and the expected results of those operations in future financial years have not been included in this report as the inclusion of such information is likely to result in unreasonable prejudice to the company.



**AUSTRALIAN WEIGHTLIFTING FEDERATION**  
**ABN 73 150 873 587**  
**DIRECTOR'S REPORT**

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**Environmental Regulation**

The company's operations are not regulated by any significant environmental regulation under a law of the Commonwealth or of a state or territory.

**Going Concern**

Notwithstanding the deficiency of net assets, the financial report has been prepared on a going concern basis as the director has received a guarantee of continued financial support and the directors believe that such financial support will continue to be made available.

**Dividends**

No dividends have been paid or declared since the start of the financial year.

**Options**

No options over issued shares or interests in the company were granted during or since the end of the financial year and there were no options outstanding at the date of this report.

**Indemnification of Officers**

No indemnities have been given or insurance premiums paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of the company.

**Proceedings on Behalf of Company**

No person has applied for leave of court to bring proceedings on behalf of the company or intervene in any proceedings to which the company is a party for the purpose of taking responsibility on behalf of the company for all or part of those proceedings.

The company was not a party to any such proceedings during the year.

**Auditor's Independence Declaration**

A copy of the auditor's independence declaration as required under Section 307C of the Corporations Act 2001 is attached to this financial report.

Signed in accordance with a resolution of the directors:

**Chairman**

  
Danielle Waller

**Dated:**

**25-10-2016**



**AUSTRALIAN WEIGHTLIFTING FEDERATION**

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**AUDITOR'S INDEPENDENCE DECLARATION UNDER SECTION 307C OF  
THE CORPORATIONS ACT 2001**

**TO THE DIRECTORS OF AUSTRALIAN WEIGHTLIFTING FEDERATION**

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2016 there have been no contraventions of:

- i. the auditor independence requirements as set out in the Corporations Act 2001 in relation to the audit; and
- ii. any applicable code of professional conduct in relation to the audit.

**Greg Lomax**  
**Certified Practising Accountant**  
**Suite 1, Level 2**  
**1 Spring Street**  
**CHATSWOOD, NSW, 2067**



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**Auditor: Greg Lomax**

**Dated: 19/10/2016**

# AUSTRALIAN WEIGHTLIFTING FEDERATION

## STATEMENT OF INCOME FOR THE

**YEAR ENDED 30 JUNE 2016**

	Note	2016 \$	2015 \$
Revenue		997,796	935,655
Consumables used		(6,716)	(10,284)
Employee benefits expense		(127,790)	(125,672)
Depreciation and amortisation expenses		(6,447)	(3,054)
Other expenses		(898,126)	(794,383)
		<hr/>	<hr/>
<b>Surplus/(Deficit) before income tax</b>		<b>(41,283)</b>	<b>2,262</b>
Income tax expense		-	-
		<hr/>	<hr/>
<b>Surplus/(Deficit) for the year</b>		<b>(41,283)</b>	<b>2,262</b>
		<hr/> <hr/>	<hr/> <hr/>
Surplus/(Deficit) attributable to the company		<b>(41,283)</b>	<b>2,262</b>
		<hr/> <hr/>	<hr/> <hr/>

The accompanying notes form part of these financial statements. These statements  
should be read in conjunction with the attached compilation report.

# AUSTRALIAN WEIGHTLIFTING FEDERATION

## STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2016

	Note	2016 \$	2015 \$
Surplus/(Deficit) for the year		(41,283)	2,262
Other comprehensive expenses:			(47,962)
Total other comprehensive income (expense) for the year			
Total comprehensive income (expense) attributable to the company		-	(45,700)
		<u>(41,283)</u>	<u>(45,700)</u>

The accompanying notes form part of these financial statements. These statements should be read in conjunction with the attached compilation report.

# AUSTRALIAN WEIGHTLIFTING FEDERATION

## STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2016

	Note	2016 \$	2015 \$
<b>ASSETS</b>			
<b>CURRENT ASSETS</b>			
Cash and cash equivalents	2	119,279	48,005
Trade and other receivables	3	84,419	48,702
Other assets	4	<u>27,392</u>	<u>48,327</u>
<b>TOTAL CURRENT ASSETS</b>		<u>231,090</u>	<u>145,034</u>
<b>NON-CURRENT ASSETS</b>			
Property, plant and equipment	5	<u>8,614</u>	<u>10,842</u>
<b>TOTAL NON-CURRENT ASSETS</b>		<u>8,614</u>	<u>10,842</u>
<b>TOTAL ASSETS</b>		<u><u>239,704</u></u>	<u><u>155,876</u></u>
<b>LIABILITIES</b>			
<b>CURRENT LIABILITIES</b>			
Trade and other payables	6	39,742	19,310
Sundry Creditors		6,511	-
Prepaid Revenue		83,300	-
Employee Provisions	7	<u>77,695</u>	<u>62,828</u>
<b>TOTAL CURRENT LIABILITIES</b>		<u>207,248</u>	<u>82,138</u>
<b>TOTAL LIABILITIES</b>		<u>207,248</u>	<u>82,138</u>
<b>NET ASSETS</b>		<u><u>32,456</u></u>	<u><u>73,738</u></u>
<b>EQUITY</b>			
Retained earnings		<u>32,456</u>	<u>73,738</u>
<b>TOTAL EQUITY</b>		<u><u>32,456</u></u>	<u><u>73,738</u></u>

The accompanying notes form part of these financial statements. These statements  
should be read in conjunction with the attached compilation report.

# AUSTRALIAN WEIGHTLIFTING FEDERATION

## STATEMENT OF CHANGES IN EQUITY FOR THE YEAR ENDED 30 JUNE 2016

	Retained Earnings	Total
	\$	\$
<b>Balance at 1 July 2014</b>	119,438	119,438
<b>Comprehensive income</b>		
Surplus/(Deficit) for the year	2,262	2,262
Provision for prior year holiday expense	(47,962)	(47,962)
<b>Total comprehensive income for the year attributable to the company</b>	<u>(45,700)</u>	<u>(45,700)</u>
<b>Balance at 30 June 2015</b>	<u>73,738</u>	<u>73,738</u>
<b>Balance at 1 July 2015</b>	73,738	73,738
<b>Comprehensive income</b>		
Surplus/(Deficit) for the year	(41,283)	(41,283)
<b>Total comprehensive income for the year attributable to the company</b>	<u>(41,283)</u>	<u>(41,283)</u>
<b>Balance at 30 June 2016</b>	<u>32,455</u>	<u>32,455</u>

The accompanying notes form part of these financial statements.

These statements should be read in conjunction with the attached compilation report.

# AUSTRALIAN WEIGHTLIFTING FEDERATION

## STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30 JUNE 2016

	Note	2016	2015
		\$	\$
<b>Cash flows from operating activities</b>			
Income from Operating Activities		994,515	932,058
Expenses from Operating Activities		(1,039,079)	(981,354)
<b>Net cash provided by (used in) operating activities</b>		(44,564)	(49,296)
<b>Cash flows from investing activities</b>			
Interest received		3,281	3,597
<b>Net cash provided by investing activities</b>		3,281	3,597
<b>Cash flows from financing activities</b>			
(Increase)/Decrease in debtors		(35,717)	(901)
(Increase)/Decrease in financing assets		20,935	(10,567)
(Increase)/Decrease in fixed assets		2,229	2,841
Increase/(Decrease) in creditors		110,243	(31,928)
Increase/(Decrease) in provisions		14,867	62,829
<b>Net cash provided by (used in) financing activities</b>		112,557	22,274
Net increase (decrease) in cash held		71,274	(23,426)
Cash and cash equivalents at beginning of financial year		48,005	71,431
Cash and cash equivalents at end of financial year	<b>8</b>	119,279	48,005

The accompanying notes form part of these financial statements.

These statements should be read in conjunction with the attached compilation report.



# AUSTRALIAN WEIGHTLIFTING FEDERATION

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2016

### 1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The directors have prepared the financial statements on the basis that the company is a reporting entity because there are users dependent on general purpose financial statements. The financial statements are therefore general purpose financial statements that have been prepared in order to meet the needs of the member.

The financial statements have been prepared in accordance with the significant accounting policies disclosed below, which the director has determined are appropriate to meet the needs of the member. Such accounting policies are consistent with the previous period unless stated otherwise.

The financial statements have been prepared on a cash basis and are based on historical costs unless stated otherwise in the notes. The accounting policies that have been adopted in the preparation of the financial statements are as follows:

#### (a) Income Tax

The entity is not liable for income tax.

#### (b) Property, Plant and Equipment

All property, plant and equipment except for freehold land and buildings are initially measured at cost and are depreciated over their useful lives to the company.

The carrying amount of plant and equipment is reviewed annually by the directors to ensure it is not in excess of the recoverable amount. The recoverable amount is assessed on the basis of expected net cash flows that will be received from the asset's employment and subsequent disposal. The expected net cash flows have been discounted to present values in determining recoverable amounts.

Freehold land and buildings are carried at their recoverable amounts, based on periodic, but at least triennial, valuations by the directors.

#### Depreciation

The depreciable amount of all fixed assets, including buildings and capitalised lease assets but excluding freehold land, is depreciated on a straight-line basis over the asset's useful life to the company commencing from the time the asset is held ready for use.

#### (c) Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Taxation Office (ATO).

Receivables and payables are stated inclusive of the amount of GST receivable or payable. The net amount of GST recoverable from, or payable to, the ATO is included with other receivables or payables in the statement of financial position.

#### (d) Committee Reporting

The committee recognises that it is a tier 2 reporting organisation.

2016

2015

These notes should be read in conjunction with the attached compilation report.

# AUSTRALIAN WEIGHTLIFTING FEDERATION

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2016

		\$	\$
<b>2. CASH AND CASH EQUIVALENTS</b>			
Cheque account		2,705	3,152
Investment account		104,011	36,147
Qantas cash - DW		2,119	2,901
Qantas cash - MK		6,776	216
Qantas cash - BS		1,123	2,089
Qantas cash - DK		722	1,500
Qantas cash - JW		1,823	2,000
		<u>119,279</u>	<u>48,005</u>
<b>3. TRADE AND OTHER RECEIVABLES</b>			
<b>CURRENT</b>			
Trade debtors	84,419	84,419	47,683
Sundry debtors	-	-	1,019
		<u>84,419</u>	<u>48,702</u>
		<u>84,419</u>	<u>48,702</u>
<b>4. OTHER ASSETS</b>			
<b>CURRENT</b>			
Prepayments		-	24,029
Merchandising stock	24,298	27,392	24,298
		<u>27,392</u>	<u>48,327</u>
<b>5. PROPERTY, PLANT AND EQUIPMENT</b>			
Plant and equipment		86,443	82,225
Less accumulated depreciation		(77,829)	(71,383)
<b>Total property, plant and equipment</b>		<u>8,614</u>	<u>10,842</u>
<b>6. TRADE AND OTHER PAYABLES</b>			
<b>CURRENT</b>			
Good and services tax		20,093	6,154
Trade creditors		14,491	13,156
Withholding taxes payable		5,158	-
		<u>39,742</u>	<u>19,310</u>
		<b>2016</b>	<b>2015</b>

These notes should be read in conjunction with the attached compilation report.

# AUSTRALIAN WEIGHTLIFTING FEDERATION

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2016

	\$	\$
<b>7. PROVISIONS</b>		
<b>CURRENT</b>		
Provision for employee entitlements	<u>77,695</u>	<u>62,828</u>
		2016
		\$
<b>Provision for employee entitlements:</b>		
Annual and Sick Leave		64,362
Long Service Leave		13,333
		<u>77,695</u>
Balance at 30 June 2016		<u><u>77,695</u></u>
<b>8. CASH FLOW INFORMATION</b>		
<b>(a) Reconciliation of Cash</b>		
Cash at the end of financial year as included in the statement of cash flows is reconciled to the related items in the statement of financial position as follows:		
Cheque Account	2,705	3,152
Investment Account	104,011	36,147
Qantas Cash Card - DW	2,119	2,901
Qantas Cash Card - MK	6,776	216
Qantas Cash Card - BS	1,123	2,089
Qantas Cash Card - DK	722	1,500
Qantas Cash Card - JW	1,823	2,000
	<u>119,279</u>	<u>48,005</u>

These notes should be read in conjunction with the attached compilation report.

# AUSTRALIAN WEIGHTLIFTING FEDERATION

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## DIRECTORS' DECLARATION

The directors have determined that the company is a reporting entity and that this general purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

In accordance with a resolution of the directors of Australian Weightlifting Federation, the directors of the company declare that:

1. The financial statements and notes as set out on pages 5 to 12 presents fairly the company's financial position as at 30 June 2016 and its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements;
2. In the directors' opinion there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

Chairman

  
Danielle Waller

Dated: 25-10-2016

# AUSTRALIAN WEIGHTLIFTING FEDERATION

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## INDEPENDENT AUDITOR'S REPORT

### TO THE MEMBER OF AUSTRALIAN WEIGHTLIFTING FEDERATION

We have reviewed the accompanying financial report of the Australian Weightlifting Federation which comprises the statement of financial position as at 30 June 2016, the statement of profit or loss and statement of changes in equity for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information and the directors' declaration.

#### *Management's Responsibility for the Financial Report*

Management is responsible for the preparation and fair presentation of the financial report, in accordance with accounting policies described in Note 1 to the financial statements and for such internal control as management determines is necessary to enable the preparation and fair presentation of a financial report that is free from material misstatement, due to fraud or error.

#### *Auditor's Responsibility*

Our responsibility is to report a conclusion on the financial report based on our review. We conducted our review in accordance with Australian Auditing Standards. Those standards require that we comply with relevant ethical requirements relating to review engagements and plan and perform the review to obtain limited assurance about whether the financial report is free from material misstatement.

A review involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgment, including the assessment of the risks or material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the company's preparation and fair presentation of the financial report that gives a true and fair view, in order to design review procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our reported conclusion.

#### *Independence*

In conducting our review, we complied with the independence requirements of Australian professional ethical pronouncements.

#### *Auditor's Conclusion*

Based on our review, nothing has come to our attention that causes us to believe that these financial statements do not present fairly, in all material aspects, the financial position of the Australian Weightlifting Federation as at 30 June 2016, and its financial performance and cash flows for the year then ended, in accordance with the International Financial Reporting Standards.

## AUSTRALIAN WEIGHTLIFTING FEDERATION

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### INDEPENDENT AUDITOR'S REPORT TO THE MEMBER OF AUSTRALIAN WEIGHTLIFTING FEDERATION

#### *Basis of Accounting*

We draw attention to Note 1 of the financial report which describes the basis of accounting. The financial report has been prepared by management to satisfy the requirements of the company's constitution and to meet the needs of member. As a result, the financial report may not be suitable for another purpose.

**Greg Lomax**  
**Certified Practising Accountant**  
**Level 2, 1 Spring Street**  
**CHATSWOOD, NSW, 2067**



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**Auditor: Greg Lomax**

**Chatswood NSW**

**Dated: 19/10/2016**