



AUSTRALIAN WEIGHTLIFTING FEDERATION INC.

ABN 73 150 873 587
96 School Road, Capalaba
QLD 4157 AUSTRALIA

Tel: +61 7 3245 6461 · Fax: +61 7 3823 1371

E-mail: rkabbas@awf.com.au · Internet: www.awf.com.au **Supported by the Australian Sports Commission**

Affiliated with
International Weightlifting Federation
Commonwealth Weightlifting Federation
Oceania Weightlifting Federation

Member of
Australian Olympic Committee
Australian Commonwealth
Games Association

AWF MEMORANDUM

Attention: General release
Cc: Board of Directors, CEO, State Members
From: Robert Kabbas
Date: 19 November 2010
Subject: Vale Don Mitchell

The Australian Weightlifting Federation (AWF) joins the Australian weightlifting community as a whole in offering its deepest condolences to the Mitchell family upon the untimely passing of Don Mitchell.

Don Mitchell was one of our best-ever weightlifters, having represented Australia at the 1980 Moscow Olympic Games where he placed seventh in the 110kg category with a total of 352.5kg (162.5+190).

Don will always be remembered for his athleticism, sense of humour and modesty. He maintained his love for the sport and was always giving of his time, advising and encouraging young athletes.

On a personal level, Don was a trusted and dear friend. I am grateful for having known him and will miss him.

At this time of sorrow, the AWF expresses its heartfelt sympathy and condolences to Don's wife Mary and children Scott and Elizabeth.

A handwritten signature in black ink that reads "RKabbas".

Robert Kabbas
President

