



APR 09
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NEWSLETTER: APRIL 2009

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Government of South Australia
Office for Recreation and Sport

9 Peter Hall
ACCOUNTANTS

be active



NEXT COMPETITION:

**SAWLA U/20 & OPEN Championships & May Open
Saturday 30th May 2009**

Session 1: Weigh-in 8.00am to 9.00am start 10.00am

Session 2: Weigh-in 9.30am to 10.30am start 11.30am

Reminder: Due to safety reason only Competitors and officials are permitted behind the partition during the competition.

Thank you.

Secretary Report:

The March competition was the U-14,U-16 and U-18 Championships, where we had two females and three males take part. It was good to see the AWC lifters on the platform, especially Atanas Athanasov who was competing for the first time. Also competing for the first time was Sophie Buckland from SAWLA. Both put in good performances. Over all best Female lifter was Sophie Buckland from SAWLA and best male lifter was Justine Edge from SAWLA and runner up was Firas El Achkar from the AWC. Well done to all.

Dale Watkins set a new PB Clean & Jerk of 123.0kg

Thanks goes to Brian Reid who in the last month has been going out to the schools for SAWLA. He has been to Enfield Primary and to Stradbroke Primary (over a three day period).

Reminder:



The May Competition is the State U-20 and Open Championships. You are reminded that the closing date for entries for the Championships will close on COB Friday the 15th May 2009; no late entries will be accepted. A \$15.00 entry fee will be payable on the day and only financial members will be able to take part in this competition.

Please contact the secretary of SAWLA to place your entry for this competition; Dean Pascoe.

we're smoke-free

COMPETITION RESULTS

2009 SAWLA MARCH OPEN

South Australian Weightlifting Association Inc									
2009 SAWLA Peter Hall Chartered Accountant State U-14 U-16 U-18 Championships and March Open									
									
SA Weightlifting Headquarters, Saturday 21st March 2009									
Name	School/Club	BWT	Born	Snatch	C & Jerk	Total	Sinclair	U-14U-16U-18	Place
Women 53kg									
Sarah Castree	awc	52.72	1990	41	56	97	136.94		1
Women 63kg									
Sophie Buckland	sawla	59.00	1998	17	15	32	41.55	1 U-14	1
Men 62kg									
Dale Watkins	sawla	61.30	1988	92	123	215	311.51		1
Justin Edge	sawla	61.62	1992	76	96	172	248.29	1 U-18	2
Men 85kg									
Frank Elliott(Guest in U-18)	sawla	79.14	1991	63	65	128	158.14		
Atanas Athanasov	awc	79.46	1991	52	72	124	152.35	3 U-18	1
Men 105kg									
Firas El Achkar	awc	95.72	1992	75	100	175	197.64	2 U-18	1
Men 105 + kg									
Jordan Steffens(Guest)	sawla	109.10	1989	113	144	257	276.79		
Division #1									
Referees:	Debra Pascoe (Nat) Phil Maunder (State) John Humphrys (Club)								
M.C.	Jeff Thompson (Nat)								
Timer	Debra Pascoe (Nat)								
Technical Controller	Dean Pascoe (Nat)								

Best Female Lifter Sophie Buckland
Best Male Lifter Justin Edge
Runner Up Firas El Achkar

SAWLA LASTEST

FUNDRAISING

Australian Central Lottery tickets sell for \$2.00 per ticket with 10 tickets per book. We ask that you please endeavour to sell all tickets and return sold books with money collected, along with any unsold tickets so they may be re-issued **by 30 May 2009**. Please approach Jane Jacquier or Pauline Edge if you would like to sell more books. *We need your help!*



Entertainment Books – Worth their weight in Gold!

- Purchase your new 2009/2010 Entertainment Book now... it is the best Book ever.
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South Australian Weightlifting Association is raising funds by selling the 2009/2010 Entertainment Book. Selling for \$65, the proceeds from the sale of the Entertainment Books will help fund **support to our club and athletes.**

Entertainment Books contain hundreds of 25-50% off and two-for-one offers from popular restaurants, cinemas, hotel accommodation, the arts, and sporting events. There truly is something for everyone, with high value offers from Avis, Warner Bros. Movie World, Crown Towers, Hamilton Island and many more.

To order your copy of the Entertainment Book, email your order to contact **Pauline Edge** on edge.pauline@transadelaide.sa.gov.au or phone **82182392**.

Pauline will have books available to purchase on competition days.



Please tell your work colleagues or friends to purchase their Entertainment Books for 2009/2010 from the South Australian Weightlifting Association



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AWF LASTEST



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Affiliated with
International Weightlifting Federation
Commonwealth Weightlifting Federation
Oceania Weightlifting Federation

Member of
Australian Olympic Committee
Australian Commonwealth
Games Association

Supported by the Australian Sports Commission

The qualification period for the 2009 Oceania Junior & Senior Championships opened on 1 December 2008 and closed on 29 March, 2009

The Australian Weightlifting Federation (AWF) will be represented by the following athletes.

Junior Men

Patrick Inglis	69Kg	SA
Nathan Kahi	69Kg	QLD
Steven McConnell	77kg	VIC
Daniel Katz	77Kg	VIC
Scott Taylor	85Kg	TAS
Zac Grgurevic	105Kg	TAS
Josh Quinn	105Kg	VIC
Adam Kok	+105Kg	VIC

Junior Women

Davina Hughes	53Kg	QLD
Kirsten Wu	53Kg	QLD
Bianca Sheppard	58Kg	QLD
Michelle Kahi	63Kg	QLD
Kelsey Swift	63Kg	QLD
Bonnie Sleeman	+75Kg	QLD

Senior Men

Daniel Koum	62Kg	VIC
Francois Etoundi	69Kg	VIC
Simplice Ribouem	85Kg	VIC
Damon Kelly	+105Kg	QLD
Corran Hocking	+105Kg	QLD

Senior Women

Seen Lee	63Kg	VIC
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Please note the following advice published on the ASADA website: <http://www.asada.gov.au>

Athletes advised not to use or ingest glycerol

Pending further clarification from WADA, ASADA recommends that athletes do not ingest or use glycerol, for example, for hyper-hydration. The WADA List Committee considers Glycerol as a masking agent within section S5 of the Prohibited List.

Regards

Ian Moir
AWF Anti-Doping Contact Officer