

SOUTH AUSTRALIAN WEIGHTLIFTING ASSOCIATION



LIFTING SOUTH AUSTRALIA

2009 ANNUAL REPORT

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**SOUTH AUSTRALIAN
WEIGHTLIFTING ASSOCIATION
INCORPORATED**

2009

Annual Report

&

Financial Statements

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Secretary: Dean Pascoe

Treasurer: Debra Pascoe

Assistant Secretary: Pauline Edge

Committee:

Tyson Jacquier

Max Dal Santo

Jane Jacquier

Jordan Steffens

Nicole Chamberlain

Arjun Tokhi

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2009 PRESIDENT'S REPORT

It is time once again to get our thoughts together and move to prepare the Annual Report of the South Australian Weightlifting Association for 2008-2009. This will be my third as President of SAWLA and I sincerely hope I can write something that is both interesting and informative as to the state of Olympic Weightlifting and other matters in South Australia.

From time to time I think back on my long duration passion for all things associated with human strength and physical development and try to determine what the foundation forces were to bring to the fore my passion and love of strength law.

The year 1958 was an important year in my life as it heralded the beginning of my wonder and fascination with all things associated with the iron game. However upon reflection I remember back to 1955 while attending the Savoy News Theatre in what was then Rundle Street seeing a Movietone news segment of one of the most astounding weightlifters who ever lived. The story was around the participation of the "DIXIE DERRICK", **Paul Anderson** in the Heavyweight category of the World Weightlifting Championships staged in Munich West Germany in 1955. The Movietone news segment left a strong impression on me and I am positive that this early exposure must have formed the early catalyst for the emergence of my later passion.

Another early memory surrounded the winning of the heavyweight category of the 1960 Rome Olympic Games by the great Russian lifter **Yuri Vlasov** (born 1935). I remember getting up early to see the results in the Advertiser. As a young sixteen year old the results provoked strong feelings within me as to this great sporting event and its results. Vlasov triumphed over his two great United States rivals **James Bradford** and **Norbert Schemansky**. The event went on longer than expected and Vlasov performed his winning lifts at 3am in the morning Rome time. This early morning finish to the event could have been a strong factor in the decision in 1972 when the International Weightlifting Federation (IWF) dropped the Press as one of the three Olympic lifts. The IWF was confronted with two problems:

- Contest duration
- Difficulties with refereeing the Press.

The Military Press as it was known started out a strict lift but over the years the standard of refereeing of this lift gradually deteriorated to the point where some serious decisions had to be made as to keep this as an Olympic lift or to drop it. The combination of long duration contests and the difficulty of proper refereeing of the Press enabled the IWF to decide to drop the Press lift from international competition. This decision was made by the IWF following the Munich Olympic Games of 1972. This meant the only two lifts were now to be contested namely the Snatch and Clean & Jerk. Many were shocked at the IWF decision as in my eyes the press was one of the greatest lifts that showed a lifter's upper body strength and power. Many of the greatest lifters excelled at this lift. Can we ever forget the giant Canadian **Doug Hepburn** (1926-2000) who in my mind was one of the greatest pressers who ever lived. Hepburn was World Champion in 1953 Heavy Weight category and British Empire Champion Vancouver 1954. Some other greats from what is now a bygone era were **James Bradford** (USA), **Gary Gubner** (USA), **Ken Patera** (USA), **Trofim Lomakin** (USSR), **Vasily**

Alexeev (USSR), **Serge Reding** (1941-1975 Belgium), **Norbert Schemansky** (USA), **Tommy Kono** (USA), **Grigori Novak** (USSR), and **Chuck Vinci** (USA).

A highlight of the year is the associations annual **Quiz Night** which this year saw us at a new location Christ the King Parish Hall 456 Henley Beach Road Lockleys. The area available for suitable seating is considerably larger than our previous venue at the Office for Recreation and Sport. The event took place on 1 November 2008 with 123 people attending and 18 tables occupied on the evening. Many people worked behind the scenes to make this a successful event. I would like to thank the following people for their outstanding effort. **Chris Burden** came to the rescue and supplied us with the questions for the evening. **Tyson Jacquier** occupied a key position for scoring and setting up the projector and visual effects. After some unit problems with the computer Tyson was ready to get the show on the road which he did with purpose and direction. **John Edge** and **Pauline Edge** for helping to set up and fixing a number of broken tables so they could be used on the evening. Pauline played a pivotal role along with **Jane Jacquier** in organising the event overall. **Dean Pascoe** and **Debbie Pascoe** for selling raffle tickets and helping to set up and pack up after the event. **Jeffrey Thompson** who acted as Master of Ceremonies and helped to set up on Friday evening with **Pauline Edge** and pack up after the event on Saturday evening. Thankyou to **Annette Teakle** for venue arrangements. Thankyou all for your efforts which made the evening such a success. I would like to also convey to all those who attended a big thankyou too. Your presence on the day made the event our most successful yet.



Thanks to SAWLA Secretary **Dean Pascoe** on his efforts put towards the production of our all important **newsletter** over a lengthy period which saw him produce over thirty editions. We were sorry to see Dean give up his tenure as editor but we are fortunate to require the expertise of **Tyson Jacquier** who has kindly offered his services to produce our newsletter on a regular basis. Tyson is a very accomplished young man who in the past has been a lifter of great style and technique and presently playing football for the Rosewater Football Club. Tyson has recently gained professional qualifications as an architect and is employed by the firm Thomson and Rossi situated on Port Road Hindmarsh.

The greatest sporting spectacle on earth took place in Beijing China during the year 2008. It has been in preparation for many years and everybody looked forward with keen anticipation to its commencement. All of the venues were of superb class and construction which left most people amazed at the incredible standard set by the Chinese organisers. The weightlifting events for the **Beijing Olympic Games** were conducted in the gymnasium of the Beijing University of Aeronautics and Astronomy. The Chinese lifters seemed to dominate the competition in both the women's and men's categories with 10 competitors competing in the 15 categories with their lifters winning 8 gold medals. In the women's section China has two double Olympic champions **Yangling Chen** 58kg and **Chunhong Liu** 69kg. The two had previous victories in 2004 in Athens. In the women's 75+kg category the awesome Korean **Mi Ran Jang** became the strongest woman in the world when she won the gold medal with lifts of 140kg snatch and 186kg clean & jerk. She weighed 116.75 kg. Silver medal winner **Olha Korobka** (Ukraine) was a long way back with 124kg snatch and 153kg clean & jerk for a total of 277 kg compared to 326kg for Jang (Korea).

There were many superb performances in the men's categories with the following being particularly noteworthy. In the 94kg category the young sensation **Ilya Ilin** (Kazakhstan) won the gold medal with lifts of 180kg snatch and 226kg clean & jerk for total of 406kg. He weighed 93.64kg and won the gold medal by a very narrow margin from **Szymon Kolecki** (Poland) who lifted superbly to record a total of 403kg's via 179kg snatch and 224kg clean & jerk **Andrei Aramnau** (Belarus) won a strongly contested 105kg category with lifts of 200kg snatch and 236kg clean & jerk total of 436kg. The silver medal winner was **Dimitry Klokov** (Russia) who lifted 193kg snatch and 230kg clean & jerk to record a total of 423kg. In the 105+ category the sensation of the competition was **Matthias Steiner** (Germany) who won the gold medal by a 1kg margin from **Evgeny Chigishev** (Russia). Steiner won with lifts of 203kg snatch and 258kg clean & jerk, 461kg total. Chigishev lifted 210kg snatch and 250kg clean & jerk with a total 460kg. Steiner's last lift won the gold medal and he dedicated it to his late wife Susann who was killed in a car accident a year before. This Olympic event gained huge exposure around the world and was reported in both the print media and on television.

Our mobile canteen continues to thrive and as I have stated before is one of the most positive and pleasant aspects of the SAWLA. As this report is being written in winter the thought of a warm cup of tea or coffee is indeed very appealing not only at home but at the location of the SAWLA gymnasium during one of our competitions. We have recently added freshly cut sandwiches prepared on site. These have been very popular and they are sold in quick order. The mobile canteen survives mainly due to the dedication of **Pauline Edge** and **Jane Jacquier** who will not only set up the canteen but then with some assistance put it all away at the end of competition. This wonderful and popular little canteen is responsible for raising money to help send athletes to various competitions across Australia at various locations. Some overseas destinations could also be considered. With this in mind it is important that we all patronise our canteen with the above thought in mind. It is a wonderful service available to help us enjoy the competitions with the availability of a cup of tea or hot dog close at hand.

South Australian weightlifters who have competed in official SAWLA competition have had a busy year. The first contest for the New Year was the **State Under 20 and Open State Championships** conducted at SASI gym on Saturday 26 July 2008. This competition also included the State Masters Championships. Sixteen competitors took part in the championships. In the Under 20 section the best male lifter was **Dale Watkins** whose lifts of 85kg snatch and 115kg clean & jerk have him a total of 200kg with 292.1 points. Runner up was **Patrick Inglis** who made a 90kg snatch and 110kg clean & jerk with 273.1 points. In the Under 20 female section **Sarah Castree** won the women's with lifts of 41kg snatch and 53kg clean & jerk for a total of 94kg with 125.8 points. Runner up was **Elly O'Loughlin** with lifts of 28kg snatch and 40kg clean & jerk for a total of 68kg with 77.6 points.



In the Open section the best male lifter was **Max Dal Santo** who performed a snatch of 137kg and a clean & jerk of 170kg for a total of 307kg and 352.04 points. Runner up was **Dale Watkins** with a snatch of 85kg and 115kg clean & jerk for a total of 200kg and 292.1 points. The female section saw **Nicole Chamberlain** take the best lifter with a snatch of 72kg and 91kg in the clean & jerk with a total of 163kg and 190.7 points. Runner up was **Jessica Edge** with a 54kg snatch and a clean & jerk

of 65kg for a total of 119kg with 155.6 points. In the Masters division **Nicole Chamberlain** established two new Women's Masters records in the 30-34 age group 69kg category. Nicole made a snatch of 72kg and a total of 163kg. In the Men's Masters three competitors took part namely **John Humphrys** who snatched 47kg along with a clean & jerk of 57kg for a 104kg total. **Dean Pascoe** made a snatch 70kg and clean & jerk 100kg for a 170kg total. **Ian Patey-Johns** snatched 70kg and clean & jerked 96kg for a total of 166kg.

In the August 23 rd 2008 SAWLA Open competition **Nicole Chamberlain** established three new Masters records of 76kg snatch, clean & jerk of 95kg for a total of 171kg. **John Humphrys** claimed new records with a snatch of 49kgs and a total of 106kg. **Dean Pascoe** established a new clean & jerk of 106kg.

In the September Open conducted on Saturday 13 September 2008, 8 competitors took part with **Dean Pascoe** and Dale Watkins both establishing new records. Dean in (50-54 years 105kg) with a snatch of 76kg, clean & jerk of 108kg and a total of 184kg. Dale in the U20 62 kg category made a snatch of 91kg. Other competitors were **Jessica Edge, Elly O'Loughlin, Myles Teakle, Justin Edge, Casey Snodgrass** and **Jordan Steffens**.

South Australia was well represented at the Australian U16 Youth and Junior U20 Championships which took place in Hawthorn Victoria on 4th & 5th October 2008. In the 62kg category South Australia had two competitors **Dale Watkins** who was second in the Junior and **Justin Edge** also came second in the Youth category. In the 69kg category **Patrick Inglis** put up a great total of 219kg to win the Juniors via a snatch of 96kg and a clean & jerk of 123kg. In the 85kg **Casey Snodgrass** put up a total of 188kg to win the Youth category. In the 105+kg saw **Jordan Steffens** take third in the Juniors with lifts of 115kg in the snatch and 141kg in the clean & jerk for a total of 256kgs. The team was coached by State Coach **Arjun Tokhi**.

The December Open & State School Championships were conducted on Saturday December 13th 2008. Seven competitors took part. Two competitors created new records **Elly O'Loughlin** established a new state school record in the clean & jerk with a lift of 51kgs in the women's 69kg category. **Master Clancy Morgan** created three new records in the women's 75+kg. She lifted strongly to snatch 30kg, clean & jerk 50kg and total 80kgs.

The January Open Competition the first for 2009 was a small one but the four competitors registered some fine lifts. State Coach **Arjun Tokhi** established three new State Masters records in the 85kg (40-44 years) category lifted strongly to snatch 90 kg clean & jerk 115kg and total 205kg. Newcomer **David Wescombe-Down** who was involved with Powerlifting was a competitor for many years has decided to give Olympic weightlifting a go and in his first competition performed well to create three new State Masters records. Lifting in the 105+kg (60-64 years) category he made a snatch of 65kg, a clean & jerk of 80 kg for a total of 145kg. **Dean Pascoe** also lifted well with snatch 72kg, clean & jerk of 100kg for a total of 172kg.

At the Australian Masters Games which incorporated the Australian Masters Championships South Australian lifters secured four first places. **Arjun Tokhi, Chris Duthie, Dean Pascoe** and **David**

Wescombe-Down. Well done by our Masters competitors who really put up a magnificent performance. The competition was part of the Australian Masters games staged in Geelong Victoria.

The February 2009 Open Competition was conducted at SASI on 28th. Seven competitors took part and a number of new records were established. A total of ten personal best lifts were also performed. **Nicole Chamberlain** lifting as a master 69kg (30-34 years) category performed a snatch of 80kg a clean & jerk of 97kg for a total of 177kg. **David Wescombe-Down** showed good form with three new state masters records. Snatch 55k, clean & jerk 89kg for a total of 144kg. The National Record was a clean & jerk of 89kg.

The March Open Competition took place on the 21st March 2009 and included the State U14, U16, U18 Championships. A total of eight competitors took part. **Sarah Castree, Sophie Buckland, Dale Watkins, Atanas Athanasov** and **Firas El Achkar** all won their respective categories. **Dale Watkins** set a new personal best clean & jerk of 123kg.

The April Open Competition saw twelve lifters take part on Saturday 18th April 2009 at SASI. Some eighteen personal best lifts were recorded on the day. It was indeed a spirited competition held in the presence of Australian Federation President **Robert Kabbas**. Highlight of the day was the 150kg clean & jerk success of **Elias Arcondoulis** and **Jordan Steffens**.

The State Under 20 and State Open Championships and May Open was conducted at the South Australian Sport Institute gym on Saturday 30th May 2009. The competition was split into two sessions. The first had nine contestants with **Jessica Edge, Sarah Castree, Rachel Griffiths** (guest), **Sophie Buckland, Nicole Chamberlain, Justin Edge, Frank Elliot, Atanas Athanasav** and **John Humphreys**. **Nicole Chamberlain** registered the highest total of 176kgs with a snatch of 80kgs and a clean & jerk of 96kgs. Other good performances were notched up by **Jessica Edge** 127kg total. **Rachel Griffiths** 146kgs total. **Justin Edge** 170kgs total. **Frank Elliot** 165kgs total. Session 2 had 6 competitors, **Dale Watkins, Patrick Inglis, Tim Strezovski, Max Dal Santo, Elias Arcondoulis** and **Jordan Steffens**. **Max Dal Santo** registered the highest total with 310kgs with a snatch of 140kgs and clean & jerk of 170kgs. **Dale Watkins** made a snatch of 95kgs, clean & jerk of 120kgs for a total of 215kgs. **Patrick Inglis** snatched 100kgs and clean & jerk 124kgs for a total 224. **Jordan Steffens** lifting in the 105+ category lifted strongly to record a snatch of 112kgs and a clean & jerk of 135kgs for a 247kg total.

The June 2009 Open took place at the South Australian Sports Institute on Saturday 20th June with five competitors namely **Sonja Holbrook, Justin Edge, Patrick Inglis, John Humphreys** and **Dean Pascoe** lifting in five body weight categories. Newcomer **Sonja Holbrook** lifting as a Master recorded a snatch of 21kgs and a clean & jerk of 26kgs for a total of 47kgs. **Justin Edge** lifting in the 62kgs category and made a snatch of 72 kgs failing twice with 75kgs. He clean & jerked 90kgs to total 162kgs. **Patrick Inglis** lifting at a bodyweight of 70.10kgs in the 77kgs category snatched 103kgs and clean & jerked 125kgs for a total of 228kgs. Masters competitor **John Humphreys** lifting in the 85kgs category lifted a snatch of 47kgs and a clean & jerk of 58kgs for a total 105 kgs. Final competitor **Dean Pascoe** also lifting as a Master made a snatch of 65kgs and a clean & jerk of 100kgs for a total of 165kgs.

In conclusion I would like to thank all the referees, loaders, coaches, announcers and competition area organisers for a tremendous job all through the year. Well done everybody.