

SOUTH AUSTRALIAN WEIGHTLIFTING ASSOCIATION



LIFTING SOUTH AUSTRALIA

2011

ANNUAL REPORT

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Office for Recreation and Sport



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2010-2011 Vice President Report *by Jeffrey Thompson*

During the year 2010-2011 many new records were established starting with **Seth Lindsay** lifting in the 94kg category U15 division performed a snatch of 40kg and a clean and jerk of 50kg for a total of 90kg on Saturday 28th August 2010 at the South Australian Sports Institute (SASI).

James Kidd lifting in the 94kg category U17 division performed a snatch of 52kg and a clean and jerk of 67kg for a total of 119kg at the SASI on Saturday 18th September 2010.

James Kidd lifting in the 94kg category U17 division performed a snatch of 57kg and a clean and jerk of 73kg for a total of 130kg at the State Masters Championships at SASI on 16th October 2010. **Seth Lindsay** lifting at the same competition on 16th October 2010 performed a snatch of 45kg and in doing so created a new total record of 95kg.

Seth Lindsay lifting in the 94kg category U15 division performed a clean and jerk of 58kg and created a new total record of 103kg lifting in the November Open Competition on the 13th November 2010. In the same competition **James Kidd** lifting at SASI performed a snatch of 58kg and a clean and jerk of 80kg for a total of 138kg.

Lifting in the December 18th Open Competition **James Kidd** competing in the 94kg category U17 division performed a snatch of 60kg while **Seth Lindsay** lifting in the same competition in the 94kg category U15 division made a snatch of 50kg and a new total record of 105kg.

John Humphries lifting at SASI on the 22nd January 2011 in the January Open in the 94kg category Masters Age 70-74 division made a snatch of 42kg and a clean and jerk of 52kg for a total of 95kg.

Dean Pascoe lifting in the 105+kg category Masters division 55-59 years age group on the 22nd January 2011 lifted a snatch of 67kg and a clean and jerk of 95kg for a total of 167kg.

John Humphries lifting in the 26th February Open Competition in the 94kg Masters 70-74 Age Division performed a snatch of 44kg and a clean and jerk of 55kg for a total of 99kgs.

Dean Pascoe also lifting in the 105+kg Masters 55-59 age division performed a snatch of 68kg and a clean and jerk of 100kg for a total of 168kg.

Newcomer **Martin Hardy** also lifting in the 26th February Open Competition in the 94kg category U17 division made a snatch of 60kg. Martin lifting in Brisbane on the 26th March performed a snatch of 82kg for a new total record of 148kg.

Dean Pascoe lifting in the Brisbane on the 26th March performed a snatch of 71kg and a clean and jerk of 103kg for a new total record of 174kg.

John Humphries lifting in the 16th April Open Competition at SASI in the 85kg category Masters 70-74 age group lifted 43kg in the snatch while **Dean Pascoe** lifting in the 105+kg category Masters 55-59 age group lifted a new snatch record of 72kg. **Martin Hardy** lifting also at SASI in the 94+kg category U17 division lifted a new snatch of 80kg and a clean and jerk of 91kg for a new total record of 171kg.

John Humphries lifting in the 85kg category in the Masters 70-74 age division performed a snatch of 44kg and a total of 97kg while lifting in the 28th May competition.

Martin Hardy lifting in the 94+category U17 division lifted a record snatch of 85kg and a clean and jerk of 100kg for a new total record of 185kg in the 28th May Open Competition.

John Humphries lifting in the 85kg category Masters 70-74 age group lifted a new record snatch of 45kg and a clean and jerk of 55kg for a new total of 100kg in the 18th June Open competition.



During the year a **Gala Reunion** was organised of past and present lifters, officials and friends. The event took place at the Astor Hotel Hutt Street Adelaide on Saturday evening 5th February 2011.

It was the first time that such an event had been organised by the South Australian Weightlifting Association. The event became a reality largely due to the inspiration and efforts of **Jessica Edge** and **Nicole Chamberlain** with assistance from **Pauline Edge**, **Jane Jacquier** and **Debbie Pascoe**.

Special guest and speaker was **Robert Kabbas** President of the Australian Weightlifting Federation. It was indeed a unique occasion which also saw the gathering of all previous SAWLA Presidents together in one room, **Leon Holme**, **Peter Duggan**, **Phil Maunder**, **Jeff Thompson** and current President **John Edge**.

It was a wonderful opportunity for our photographer to record this occasion on film. It was great to see many familiar faces from the past and present, **Leon Holme**, **Phil Maunder**, **Robert Kabbas**, **Chris Hooper**, **Lani Engelhart**, **Jade Leslie**, **Tyson Jacquier**, **Jane Jacquier**, **Rick Crump**, **Dean** and **Debbie Pascoe**, **Kelly Pascoe**, **Jim** and **Julie Deer**, **Patrick Inglis**, **Max Dal Santo**, **Marcin Dwornicek**, **Rick Taylor**, **Arjun** and **Arti Tokhi**, **Justin Edge**, **Jessica Edge**, **Pauline** and **John Edge**, **Terry Pearson**, **Ben Mulder**, **Rachel Griffiths**, **Mark Rundle**, **Peter Duggan**, **James Smith**, **John Hadjisiteriou**, **Peter Wright**, **Brenton Hay**, **Myles Teakle**,

Robert Kabbas delivered a message of encouragement to the Association which has emerged from some difficult times in our recent history. It was good to have Robert at our reunion as he stands as a pillar of strength for Australian Weightlifting.

Present was former SAWLA President **Leon Holme** who was President from 1980 to 1993 during an exciting period during the **Dean Lukin** era which saw Dean winning the Olympic gold medal in Los Angeles in 1984 at the Olympic Games. Leon's speech highlighted the exploits of many of the lifters who were active competitors during that era some of whom were present at the reunion. It was good to have Leon at our reunion as he was such a bastion of enthusiasm and strength for South Australian Weightlifting over many years.

The next speaker was former SAWLA President and competitive weightlifter **Phil Maunder** who led the Association from 1999 to 2005. Phil delivered the gathering a wonderful message about weightlifting in South Australia and its prospects and possible direction for the future. Phil could easily have followed a path as a inspirational speaker as his talk was indeed well worth being present at our reunion to hear.

The final guest speaker **Richard Crump** a former Executive Director of the SAWLA and a South Australian weightlifting coach also delivered a wonderful speech outlining his path in coaching and leading the Association to a period of unprecedented growth. Rick was in fact the first and only Executive Director the Association has ever had and he delivered a powerful message which was one of the highlights of the evening.

A visual feast was in store for us in the form of video footage and still photos of weightlifters both famous and not so famous which were viewable on the wall of our function room. It was a truly fantastic display and contained some incredible footage of the years **Dean Lukin** was at his peak as one of the greatest exponents of the clean and jerk the world has seen with weights of up to 245 kilograms lifted. It certainly lighted up the room and added a wonderful entertainment dimension to the entire evening.

It is fair to assume that all who attended the first South Australian Weightlifting Association reunion came away from the evening with the feeling that it was a truly worthwhile and pleasant experience for all who cared for a pleasant evening out.



A big thank you to our coaches who have given of their time during the past year. **Arjun Tokhi** who has recently gained full time employment in the state public transport bus sector is still able to give some of his time to coach some of our up and coming lifters. Arjun's vast experience over many years in both as a lifter and coach is a considerable asset to the South Australian Weightlifting Association.

Association Secretary **Dean Pascoe** besides being involved in organizing the weightlifting event for the 2011 Australian Masters Games has still been able to find time to coach many of our young lifters who show good potential as Olympic Weightlifters. This true potential only becomes truly evident after some considerable years of dedicated training and good coaching.

Max Dal Santo one of the best Olympic Weightlifters in Australia is also one of the Associations dedicated coaches who has coached a number of our lifters at the SASI facility. Max is an excellent mentor and example for our young lifters to follow.

Jessica Edge who recently married **Rick Taylor** in England's famous and celebrated Lake District and **Nicole Chamberlain** who has become a new mother with the recent birth of her daughter Olive have been lifting and coaching for many years are wonderful role models for young lifters to follow. Their enthusiasm and dedication is matched by few in the lifting arena across Australia. Thanks for your efforts towards lifting in South Australia ladies!

Each year I write about our absolutely wonderful mobile canteen which offers both lifters and spectators tea, coffee and freshly made sandwiches during our lifting competitions. The dedicated team of enthusiastic volunteers is **Pauline Edge, Jane Jacquier, Deb Pascoe** and **Lee Bayne**, who is a newcomer to our canteen team. Welcome Lee and we hope you enjoy the experience with the South Australian Weightlifting Association money raised from the sale of food items and liquid refreshments is put towards the betterment of the Association and its weightlifters. So next lifting meet be sure to visit our mobile canteen and purchase some of the food and warm and cold drinks and be safe in the knowledge that your money is being put towards a very good cause.

During the past year two coaching clinics have been conducted by the Association at the SASI location at Kidman Park. The first was held in February and was conducted by **Michael Keelan** from the Australian Weightlifting Federation. This clinic was well attended by not only aspiring weightlifting coaches but by other persons interested in the physical training field such as personal trainers and gymnasium operators. The duration of these clinics is spread over two days Saturday and Sunday and Michael's easy going style went down well with all his students. The second coaching clinic was conducted by **Lyn Jones** who has spent a life time coaching and weightlifting matters. They have different styles but both are very effective teachers. All those who underwent the coaching clinics were duly impressed by the knowledge of both presenters and their ability to pass it on to all those who underwent the course.

Jeffrey Thompson,
Vice President, SAWLA

Secretary's Annual Report 2010 – 2011

The year 2010/2011 saw SAWLA grow in numbers especially with female athletes and it looked like we were going to have the biggest team of females to go to the Clubs Championship to accompany the men. Unfortunately towards the end of 2011 saw most of the females depart SAWLA due to reasons beyond their control (injury and family commitments).

SAWLA did send the largest male team to the Championships since 2008. It was the first time that SAWLA (SA) was not represented at the Junior National Championships since I have been involved in weightlifting. This is something that will need to be addressed in future so it is not repeated.

The year started off well with increased numbers but dropped off at the end. This matter will need to be addressed during the next 12 months to improve the membership numbers especially with the juniors and females.

The school program has not been progressive in the past 12 months as we have not had the personnel to visit schools and present the weightlifting course to students.

SAWLA is attempting to encourage the Cross Fit gyms to become involved in weightlifting and to host their own championships which we would assist with. I have had positive talks with those involved. We are also looking at other gyms and groups to partnership with.

IN THE GYM

Arjun Tokhi has changed his permanent employment and is only limited to the gym one night a week. I have had a change of contract at work and am unable to be in the gym Wednesdays and Fridays. Max Dal Santo and Chris Rae have picked up the void and I am very grateful for their support.

Although there is a drop in membership and reduction in the amount of athletes that are training on a regular basis, it's not all gloom as the atmosphere in the gym is fantastic with those athletes training putting in 100% each night. I am positive that SAWLA will grow in strength over the next 12 months.

The current committee that SAWLA has is one of the most dedicated that I can remember as all are actively involved with the positive growth and progress of SAWLA.

FINANCE

2010/2011 financials and funding applications have been kept up to date due to the dedication of Pauline Edge, who applies for the funding and Debbie Pascoe, Treasurer SAWLA, who reports the acquittals of the funding received. The Audit Report for 2010/2011 has been completed and is available to view in the Annual Report.

SAWLA received elite funding for 2010/2011 and we did get the Core Funding which is used to run the SAWLA day to day business.

Funding Received for 2010/2011

Core Funding	\$20,000.00	SAWLA day to day business
Elite Funding	\$10,000.00	Elite and Talented Athletes 2010/2011

POLICIES

John Edge, President SAWLA, has made changes to the SAWC Constitution which SAWLA has adopted. I thank John for his efforts.

WEB SITE

SAWLA web site is up and running www.sawweightlifting.org.au. SAWLA is currently looking for a member to be the web master, however if a volunteer does not come forward then it may be necessary to pay for the service.

SAWLA will from time to time get Big e.g. Media to make any major changes. A photo section has been added to the Web site and it now has regular updated photos.

SAWLA has been getting a lot of positive reports on our website and more importantly there have been a lot of queries directly linked from the website. Facebook has now got a site on it dedicated to

SAWLA which was the brain child of Jessica Edge. This has also proved to be a good provider of information to the public and SAWLA has had some good results from it. Well done Jessica and to those who assisted.

SCHOOL DEVELOPMENT

SAWLA's main aim for the year was to keep the school program running and offer the best training possible for the athletes. Unfortunately the school program has not been as successful this year due to the lack of man power but hopefully we will be in a position next year to improve this situation.

SAWLA's aim for the next twelve months is to keep forging ahead, to rebuild membership numbers, to keep improving our relationship with SASI and to get the school program on track once again.

The year also brought happiness and sadness to our community with the birth of Olive Rose Chamberlain to Nicole and Greg. We wish them all the best.

Jessica Edge and Richard Taylor were married in Windermere United Kingdom on 23 July 2011. We wish them all the best for the future.

With sadness we said goodbye to David Richardson who passed away suddenly in June 2011. We wish his family all the best in these trying times.

**Dean Pascoe,
Secretary, SAWLA
30th August 2011**

Treasurer's Report – July 2011

This has been a very busy year for SAWLA. The Association has achieved so much in the last twelve months with regard to membership and financial stability.

All the grant money for 10/11 has been acquitted and the supporting paperwork has been delivered to the Office of Recreation & Sport (ORS). We now have invested some of our funds to gain some higher interest returns in the 10/11 financial year.

I personally would like to thank Peter Cornish, Principal Grants Consultant and Michelle Ingrames and David Nash, Senior Project Officer, Industry Development from ORS for their help and support during the last twelve months with regard to completing the requirements of the SAWLA grants acquittals. Their patience and help has been invaluable.

Peter Hall has again completed SAWLA's audit for 10/11 at a greatly reduced cost. Thank you Peter for your support for the financial year both in business and to me personally.

I would also like to thank Craig Peace from Cashflow. He has given extra time, at minimal charge, to help me set up this new financial year for SAWLA.

SAWLA funds used to purchase items in 10/11 financial year:

- Portable Referee lights
- New Female bar and collars
- Support athletes and officials to attend Commonwealth trials
- Support Masters to attend National Championships
- Support athletes and officials to attend the Club Championships

On a personal level, I would like to comment that the support and encouragement that I have received from everyone involved in weightlifting during the last twelve months has been overwhelming. I thank you and look forward to the continuing support over the next twelve months.

Debbie Pascoe
Treasurer
South Australian Weightlifting Association
06th August 2011

2010 SAWLA REGISTERED MEMBERS

The State Association continues to work tirelessly to maintain and increase the number of registered members. While the number of registered SAWLA members for 2010/2011 is slightly down on previous years it shows that SAWLA has been able to keep the level of interest in weightlifting up to a high standard for the last twelve months. To be able to maintain the same amount of members SAWLA needs to be able to visit schools on a regular basic and to approach other gyms and Cross Fit sites to try and encourage new members. The Website which has enticed some of our past members to rejoin is still good value. Thanks go to Phil Maunder Jessica Edge and Dean Pascoe for contacting with past members and encouraging them to have another look at SAWLA. SAWLA has had a lot of enquiries from Facebook and again thanks to Jessica Edge who has made the Facebook site for SAWLA so appealing.

SAWLA main aim for the 2011/2012 year is to concentrate on getting the school program running. Getting Cross Fit evolved in Weightlifting and holding annual SA Cross Fit Championships.

Members	2006	2007	2008	2009	2010	change
						2010 2011
Male	48	35	32	33	26	-7
Female	14	10	17	14	10	-4
total	62	45	49	44	36	-11

COMMONWEALTH RANKINGS MEN TOP 25

105KG	NAME	BORN	NATION	BODY.WT	SNATCH	C/J	TOTAL
Ranked 19th	Ben Mulder	1978	Aus	95.8	125	160	285

AUSTRALIAN OPEN RECORDS**MEN**

as at 31 May 2011

	<u>Kg</u>	<u>Name</u>	<u>YOB</u>	<u>State</u>	<u>Date</u>
<u>105+kg Category</u>					
Clean & Jerk	227	Chris Rae	80	SA	16/04/04
Total	405	Chris Rae	80	SA	16/04/04

AUSTRALIAN JUNIOR RECORDS**MEN**

as at 31 May 2011

	<u>Kg</u>	<u>Name</u>	<u>YOB</u>	<u>State</u>	<u>Date</u>
<u>85kg Category</u>					
Clean & Jerk	170	Max Dal Santo	1985	SA	28/10/05
Total	307	Max Dal Santo	1985	SA	28/10/05
<u>94kg Category</u>					
Snatch	140	Max Dal Santo	1985	SA	19/11/05

Australian Weightlifting Federation**National Rankings as at 31 May 2011****Male - Open**

62Kg	Name	YOB	State	B/Wt	Snatch	C & J	Total
9	Aleksei Raymont	1989	SA	60.32	68	79	147
77Kg	Name	YOB	State	B/Wt	Snatch	C & J	Total
4	Patrick Inglis	1989	SA	71.96	108	130	238
85Kg	Name	YOB	State	B/Wt	Snatch	C & J	Total
5	Vikas Kumar	1989	SA	83.35	115	130	245
105Kg	Name	YOB	State	B/Wt	Snatch	C & J	Total
4	Ben Mulder	1978	SA	95.80	125	160	285
10	Elias Arcondoulis	1984	SA	97.46	100	140	240

Australian Weightlifting Federation**National Rankings as at 31 May 2011****Male - Junior**

94Kg	Name	YOB	State	B/Wt	Snatch	C & J	Total
1	Martin Hardy	1994	SA	98.22	85	100	185
94+Kg	Name	YOB	State	B/Wt	Snatch	C & J	Total
1	Martin Hardy	1994	SA	96.52	80	91	171

Australian Weightlifting Federation**National Rankings as at 31 May 2011****Male - Youth**

94Kg	Name	YOB	State	B/Wt	Snatch	C & J	Total
1	Martin Hardy	1994	SA	98.22	85	100	185
94+Kg	Name	YOB	State	B/Wt	Snatch	C & J	Total
1	Martin Hardy	1994	SA	96.52	80	91	171

Australian Weightlifting Federation

National Rankings as at 31 May 2011

Female - Open

58Kg	Name	YOB	State	B/Wt	Snatch	C & J	Total
2	Jessica Edge	1986	SA	56.88	62	76	138
9	Sarah Castree	1990	SA	53.80	47	60	107

RECORD REPORT 2010/2011

NAME	WEIGHT CLASS	DIVISION	RECORD	WEIGHT	DATE
Seth Lindsay	94	U15	Snatch	35	28 August - SASI
Seth Lindsay	94	U15	Snatch	40	28 August - SASI
Seth Lindsay	94	U15	C/Jerk	40	28 August - SASI
Seth Lindsay	94	U15	C/Jerk	45	28 August - SASI
Seth Lindsay	94	U15	C/Jerk	50	28 August - SASI
Seth Lindsay	94	U15	Total	85	28 August - SASI
Seth Lindsay	94	U15	Total	90	28 August - SASI
James Kidd	94	U17	Snatch	40	18 September -SASI
James Kidd	94	U17	Snatch	47	18 September -SASI
James Kidd	94	U17	Snatch	52	18 September -SASI
James Kidd	94	U17	C/Jerk	60	18 September -SASI
James Kidd	94	U17	C/Jerk	67	18 September -SASI
James Kidd	94	U17	Total	107	18 September -SASI
James Kidd	94	U17	Total	114	18 September -SASI
James Kidd	94	U17	Total	119	18 September -SASI
James Kidd	94	U17	Snatch	50	16 October State Masters -SASI
James Kidd	94	U17	Snatch	55	16 October State Masters -SASI
James Kidd	94	U17	Snatch	57	16 October State Masters -SASI
James Kidd	94	U17	C/Jerk	65	16 October State Masters -SASI
James Kidd	94	U17	C/Jerk	70	16 October State Masters -SASI
James Kidd	94	U17	C/Jerk	73	16 October State Masters -SASI
James Kidd	94	U17	Total	122	16 October State Masters -SASI
James Kidd	94	U17	Total	127	16 October State Masters -SASI
James Kidd	94	U17	Total	130	16 October State Masters -SASI
Seth Lindsay	94	U15	Snatch	45	16 October State Masters -SASI
Seth Lindsay	94	U15	Total	95	16 October State Masters -SASI
Seth Lindsay	94	U15	C/Jerk	55	13 November Open - SASI

RECORD REPORT 2010/2011

Continued

Seth Lindsay	94	U15	C/Jerk	58	13 November Open - SASI
Seth Lindsay	94	U15	Total	100	13 November Open - SASI
Seth Lindsay	94	U15	Total	103	13 November Open - SASI
James Kidd	94	U17	Snatch	58	13 November Open - SASI
James Kidd	94	U17	C/Jerk	75	13 November Open - SASI
James Kidd	94	U17	C/Jerk	80	13 November Open - SASI
James Kidd	94	U17	Total	133	13 November Open - SASI
James Kidd	94	U17	Total	138	13 November Open - SASI
James Kidd	94	U17	Snatch	60	18 December Open - SASI
Seth Lindsay	94	U15	Snatch	48	18 December Open - SASI
Seth Lindsay	94	U15	Snatch	50	18 December Open - SASI
Seth Lindsay	94	U15	Total	105	18 December Open - SASI
John Humphrys	94	Master 70-74	Snatch	40	22nd January Open - SASI
John Humphrys	94	Master 70-74	Snatch	41	22nd January Open - SASI
John Humphrys	94	Master 70-74	Snatch	42	22nd January Open - SASI
John Humphrys	94	Master 70-74	C/Jerk	50	22nd January Open - SASI
John Humphrys	94	Master 70-74	C/Jerk	51	22nd January Open - SASI
John Humphrys	94	Master 70-74	C/Jerk	52	22nd January Open - SASI
John Humphrys	94	Master 70-74	Total	90	22nd January Open - SASI
John Humphrys	94	Master 70-74	Total	92	22nd January Open - SASI
John Humphrys	94	Master 70-74	Total	95	22nd January Open - SASI
Dean Pascoe	105+	Master 55 -59	Snatch	60	22nd January Open - SASI
Dean Pascoe	105+	Master 55 -59	Snatch	65	22nd January Open - SASI
Dean Pascoe	105+	Master 55 -59	Snatch	67	22nd January Open - SASI
Dean Pascoe	105+	Master 55 -59	C/Jerk	80	22nd January Open - SASI
Dean Pascoe	105+	Master 55 -59	C/Jerk	90	22nd January Open - SASI
Dean Pascoe	105+	Master 55 -59	C/Jerk	95	22nd January Open - SASI
Dean Pascoe	105+	Master 55 -59	Total	140	22nd January Open - SASI
Dean Pascoe	105+	Master 55 -59	Total	155	22nd January Open - SASI
Dean Pascoe	105+	Master 55 -59	Total	167	22nd January Open - SASI
John Humphrys	94	Master 70-74	Snatch	43	26th February Open - SASI
John Humphrys	94	Master 70-74	Snatch	44	26th February Open - SASI
John Humphrys	94	Master 70-74	C/Jerk	53	26th February Open - SASI
John Humphrys	94	Master 70-74	C/Jerk	54	26th February Open - SASI
John Humphrys	94	Master 70-74	C/Jerk	55	26th February Open - SASI
John Humphrys	94	Master 70-74	Total	97	26th February Open - SASI
John Humphrys	94	Master 70-74	Total	98	26th February Open - SASI
John Humphrys	94	Master 70-74	Total	99	26th February Open - SASI
Dean Pascoe	105+	Master 55 -59	Snatch	68	26th February Open - SASI
Dean Pascoe	105+	Master 55 -59	C/Jerk	96	26th February Open - SASI

RECORD REPORT 2010/2011

Continued

Dean Pascoe	105+	Master 55 -59	C/Jerk	98	26th February Open - SASI
Dean Pascoe	105+	Master 55 -59	C/Jerk	100	26th February Open - SASI
Dean Pascoe	105+	Master 55 -59	Total	164	26th February Open - SASI
Dean Pascoe	105+	Master 55 -59	Total	166	26th February Open - SASI
Dean Pascoe	105+	Master 55 -59	Total	168	26th February Open - SASI
Martin Hardy	94	U17	Snatch	60	26th February Open - SASI
Martin Hardy	94	U17	Snatch	70	26/03 Cougars -C/Champ -Brisbane
James Kidd	94	U17	Snatch	82	26/ 03 Cougars -C/Champ -Brisbane
James Kidd	94	U17	Total	148	26/ 03 Cougars -C/Champ -Brisbane
Dean Pascoe	105+	Master 55 -59	Snatch	71	26/ 03 Cougars -C/Champ -Brisbane
Dean Pascoe	105+	Master 55 -59	C/Jerk	101	26/ 03 Cougars -C/Champ -Brisbane
Dean Pascoe	105+	Master 55 -59	C/Jerk	103	26/ 03 Cougars -C/Champ -Brisbane
Dean Pascoe	105+	Master 55 -59	Total	172	26/ 03 Cougars -C/Champ -Brisbane
Dean Pascoe	105+	Master 55 -59	Total	174	26/ 03 Cougars -C/Champ -Brisbane
John Humphrys	85	Master 70-74	Snatch	41	16 April Open 2011 - SASI
John Humphrys	85	Master 70-74	Snatch	42	16 April Open 2011 - SASI
John Humphrys	85	Master 70-74	Snatch	43	16 April Open 2011 - SASI
Dean Pascoe	105+	Master 55 -59	Snatch	72	16 April Open 2011 - SASI
Martin Hardy	94+	U17	Snatch	70	16 April Open 2011 - SASI
Martin Hardy	94+	U17	Snatch	75	16 April Open 2011 - SASI
Martin Hardy	94+	U17	Snatch	80	16 April Open 2011 - SASI
Martin Hardy	94+	U17	C/Jerk	80	16 April Open 2011 - SASI
Martin Hardy	94+	U17	C/Jerk	85	16 April Open 2011 - SASI
Martin Hardy	94+	U17	C/Jerk	91	16 April Open 2011 - SASI
Martin Hardy	94+	U17	Total	160	16 April Open 2011 - SASI
Martin Hardy	94+	U17	Total	165	16 April Open 2011 - SASI
Martin Hardy	94+	U17	Total	171	16 April Open 2011 - SASI
John Humphrys	85	Master 70-74	Snatch	44	28 May Open 2011 - SASI
John Humphrys	94	Master 70-74	Total	97	28 May Open 2011 - SASI
Martin Hardy	94+	U17	Snatch	82	28 May Open 2011 - SASI
Martin Hardy	94+	U17	Snatch	85	28 May Open 2011 - SASI
Martin Hardy	94+	U17	C/Jerk	95	28 May Open 2011 - SASI
Martin Hardy	94+	U17	C/Jerk	100	28 May Open 2011 - SASI
Martin Hardy	94+	U17	Total	177	28 May Open 2011 - SASI
Martin Hardy	94+	U17	Total	185	28 May Open 2011 - SASI
John Humphrys	85	Master 70-74	Snatch	45	18 June Open 2011 - SASI
John Humphrys	85	Master 70-74	C/Jerk	55	18 June Open 2011 - SASI
John Humphrys	85	Master 70-74	Total	100	18 June Open 2011 - SASI

SAWLA Women's Report 2011

Well the big event of the year would undoubtedly have to have been off the platform this year – in the form of the SAWLA Reunion Gala, held on Saturday 5th February. A great night was had by all who attended at the Astor Hotel in Pulteney St. Seventy present and past lifters, volunteers, parents and friends of SAWLA gathered to celebrate the sport of weightlifting in SA spanning over the last 30 odd years. It was great to see old friends and competitors catch up and reminisce about the good old days, and hear tales from such greats of the sport including Robert Kabbas, Rick Crump and Leon Holme. A lot of effort was put in organising the event and I must thank Jessica Taylor for the time and effort she put in, along with myself.



Jessica Taylor, John Edge, Phil Maunder

We were fortunate to have Rachel Griffiths move from Tasmania to Adelaide in May 2010 and is now a full SAWLA member and competing for SA. Rachel was the only female from SA this year to qualify for the National Senior Championships, however due to injury was unable to compete. She is to be commended on qualifying for the event however, as the standards set by the federation are very high. I would also like to congratulate Rachel on her engagement to fellow lifter Ben Mulder, who plan to wed in November 2011. Our best wishes for a long and happy future together.

Another of our favourite female lifters, Jessica Edge, travelled overseas in July this year to marry Richard Taylor. Congratulations from all at SAWLA!



Mr & Mrs Taylor

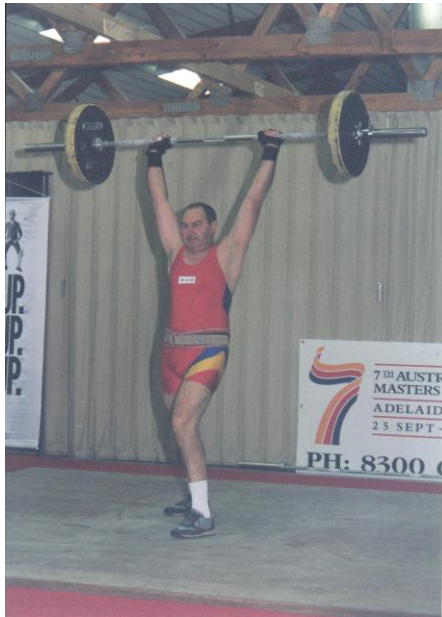
I haven't been able to compete this year either due to the birth of my daughter Olive Rose in April. I hope to be back competing by the end of the year though.

The 2011 Club Championships were held in Brisbane this year in March. Jessica Edge was our only female representative and had to compete as a guest as she could not form a team on her own. Having a good lead up to the competition (Jess performed a personal best total of 138kg in the February competition), the pressure was on to again improve. Jessica had a good day in the office, totalling just under her best with 137kg and placing 6th out of 11 lifters. The SAWC lifting suits looked very impressive and thanks go to Jess for organising them.

Thanks must always go to the tireless work from the females on the SAWLA committee – Pauline Edge, Debra Pascoe & Jane Jacquier. The canteen is always well stocked and the endless paperwork is always complete and on time. Your efforts don't go un-noticed and on behalf of everyone at SAWLA, a very big thank you.

Nicole Chamberlain
SAWLA Women's Representative

In Memory of David Richardson – information courtesy of Cynthia Richardson
Born 22 October 1936 Deceased 3 June 2011



David Richardson

South Australian Weightlifting Association would like to acknowledge the life achievements of David Richardson. Our thoughts are with his widow Cynthia and his son Michael.

David's main employment was forged with a distinguished career with the South Australian Police after joining in 1956. David has proven to be a very dedicated sportsman being involved in physical activity for most of his life.

His participation and achievements included:

- playing tennis from the age of 12 to 24 in the Western Districts competitions
- weightlifting for body building and strength training from the age of 15
- track and field – shot put, javelin, discus, long jump, triple jump, 5,000 m walk and running events
- rowing with the Torrens Rowing Club in 8 man, 4 man and 2 man events
- three years army training at various camps which involved obstacle courses
- instructor for gymnastics at the local church youth club
- personal weight training, which he did virtually all his life
- long distance bike riding with fixed gears
- drill and weight lifting instructor
- golf, and to conclude, whilst living at West Lakes, he daily canoed around the island

David to his own credit and resolve was his own instructor training himself without assistance of coaches.

David participated at different times of his life in the Masters Competitions, SA Police Games, Australian and New Zealand Police Games, South Australian Weightlifting Association competitions in National Championships, Oceania Championships, Afro Asia Championships, Oceania Postal Championships, Australian Masters Games and was a National Weightlifting Referee.

From 1983 David won 26 gold medals, with 5 records at the time, 7 silver medals and 8 bronze medals in various competitions.

He was the holder of 9 unbroken South Australian records under the old body weight system which changed in January 1998, holder of three South Australian records under the new system; and in 1996 holder of three National records.

David Richardson held committee positions with the South Australian Weightlifting Association and in 2008 received a well deserved plaque for outstanding service from the association.

David wished to fulfill his retirement in Mount Gambier and this he and Cynthia moved there in 2009, but alas the time was too short.

Jeffrey Thompson,
Vice President, SAWLA