



FORTIUS

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OFFICIAL NEWSLETTER OF THE AUSTRALIAN WEIGHTLIFTING FEDERATION

FEBRUARY 2009

WEIGHTLIFTING AT AUSTRALIAN MASTERS GAMES

The 2009 AWF Masters Championships continued the success we have achieved in recent years; on and off the platform. As expected, many lifters are slowly building up for the WMG2009 in Sydney in October so we were able to witness some excellent lifting and interesting battles. It is hoped that Masters lifting will one day grow to a level where most divisions have some competition on the platform and 2009 saw the beginning of this evolution with some good battles. In particular, Chris Duthie and Peter Foster had a great battle with Chris stretched to his limit to win gold. Ray Louden was also pushed in

his win over Ludek Prokes with both lifters showing great spirit on the platform. The women showed excellent technique with the best lifter going to Diana Loy followed by Coral Quinell and Lisa Souter. These three lifters will form the nucleus of a very strong and formidable women's team at the WMG2009.

Interesting to note that the male best lifter trophy no longer automatically goes to the oldest lifter. There were seven male lifters achieving in excess of 300SMM points; indicating a very high standard. The best lifter went to Craig Wegert narrowly passing Warren Hellisen and Chris Holt; very pleasing to see the strength

in Masters now in the earlier age groups. Congratulations to the the Victorian team, led by Goran Vukojevic, for winning the team trophy again; however, the gap is narrowing !

Overall, the highlights were the standard of lifting, the excellent presentation by the Geelong Weightlifting Club and the overwhelming support of the VWA. The attendance and support of the AWF President, Robert Kabbas and our CEO, Matthew Curtain significantly added to the occasion and was very much appreciated by all.

Lawrie Townsend
AWF Masters Chairman



COMING EVENTS

March 28 - 29
Australian Club
Championships
Ipswich QLD

March 31 - April 1
IWF Electoral Congress
Madrid SPAIN

May 4 - 7
World Cup
Noumea NEW CALEDONIA

May 12 - 15
Arafura Games
inc
Oceania Championships
Darwin NT



Australian Government
Australian Sports Commission



AUSTRALIAN OLYMPIC COMMITTEE





FROM THE CEO

Anyone that has volunteered, worked or been associated with sport would well know that despite the best intentions, best planning and best frameworks available, being under-resourced is usually the core reason why set objectives are often delayed.

While it has been some months since the re-launching of Fortius, the membership can be assured that the Federation, via its Board, Staff and Sub-Committees has continued to deliver on its pledge to work with an innovative approach towards mutually agreed outcomes.

One such example has been the resolution to have the 2009 Australian Championships serve as the primary qualifying event for the 2009 World Championships team.

The Federation was naturally disappointed that ten of its qualified lifters chose not to participate at the 2008 Australian Championships and as such, the Federation reviewed its processes and in turn, created this tangible pathway linking its premier domestic competition to international representation.

This, together with our existing athlete recognition program should provide sufficient incentive for our top performers to participate.

Originally, the Federation had envisaged to further increase this linkage to designated state qualifying events, however, upon receiving concise opinions from its membership, the AWF revoked the proposal acknowledging the rationale submitted.

The AWF considers all feedback and

Three-time Olympian Damian Brown flanked by Damon Kelly and Deborah Lovely in Beijing.



submissions from our stakeholders and has demonstrated on previous occasions that it will make changes when convinced of the validity of proposed changes.

Having said that, it is also incumbent on the Federation to demonstrate leadership and innovation otherwise our standards will continue to drop if we just keep on doing what we have done in the recent past.

While the 2008 Olympic Games seem almost a lifetime ago, it would be remiss not to mention the Federation's participation where Deborah Lovely [+75kg] placed 8th with a 248kg total, including an Australian snatch record, and Damon Kelly [+105kg] placed 9th with a 386kg total.

As reported by the Olympic Coach, Luke Borreggine, both athletes competed incredibly well considering the quality field in Beijing.

Indeed, the AWF considers these athletes as the show-piece of our sport and as such, congratulates them on their achievement and subsequent recognition by the broader community.

2008 Commonwealth Youth Games



In October 2008, the Australian team competed, as part of the Australian Commonwealth Association delegation, at the III Commonwealth Youth Games held in Pune, India.

Lead by team officials, Robert Mitchell (Section Manager), Angela Wydall (Head Coach) and Greg Hobl (Coach), the young squad demonstrated composure and maturity considering their lack of previous international experience.

In reviewing the team's performance, the Federation was satisfied with their collective achievement as seven of the ten athletes recorded at least one personal best lift. Against fierce opposition, the Federation was cognisant that achieving a podium result was not realistic however, the AWF remains resolved that in line

with its youth development policy these talented juniors still require our financial support and exposure to high level competition in order to achieve future, long-term success.

2008 Australian Championships

For the first time in a decade, the Federation offered prize-money at an Australian Championships.

Despite winning the silver medal in the women's 69kg Category, South Australian Nicole Sawon won the best female lifter award ahead of Tasmanian Camilla Fogagnolo and Victorian Jacquie White.

In the men's field, Queenslander Damon Kelly performed clinically to win the overall competition ahead of South Australian Max Dalsanto and fellow Queenslander Troy Hewkins.

Queensland won the women's team classification while the host state, New South Wales achieved a satisfying result by winning the men's shield.

2008 Commonwealth Championships

Malek Chamoun (85kg) Robert Galsworthy (105kg) and Damon Kelly (+105kg), together with team officials George Chamoun and Miles Wydall, represented the AWF at the 2008 Commonwealth Championships in Cyprus with absolute distinction.

Lifting faultlessly, Malek won the junior title with a lifetime personal best of 300kg (135+165).

Having recently relocated from Perth to Brisbane, Robert showed enormous determination to also win Junior Gold with six successful attempts (138+170) which was a vast improvement from the 285kg total he attained at the National Championships.

As an experienced campaigner, Damon won Senior Gold with 363kg (155+208) which also re-qualified him for the AWF's Super Squad.



Malek and George Chamoun

2008 Annual General Meeting

As per statutory requirements outlined in the AWF constitution, the 2008 Annual General Meeting was held in Sydney on 15 November.

Representatives from the constituent membership, together with the Board of Directors and Staff participated in the day-long meeting which also included a review of the Federation's High Performance Plan and election of new Directors.

In line with the Federation's framework whereby the AWF actively seeks specific expertise within its Board structure, the Federation received five highly qualified nominations for the three available positions.

After the exhaustive balloting process, the AWF President announced Danielle Waller (Finance), Phillip Maunder (Commercial) and Robert Mitchell (Medical) had been duly elected by the members.



AWF President Robert Kabbas makes a presentation to AWF Director, Boris Kayser, at the 2008 AGM in recognition of his outstanding contribution and commitment to weightlifting and the ACGA.

2008 Australia vs New Zealand Junior International

Through the generous financial assistance provided by the Australian Commonwealth Games Association, the AWF fully funded 12 athletes and 3 officials to Auckland, New Zealand in December for a week-long training camp and subsequent competition.

The primary focus of the mission was to expose our junior athletes to an international environment which they will face as senior competitors. This included presentations on nutrition,

recovery, weight-loss and other related issues involving high performance development.

High Performance

The High Performance Program is twelve months into its operation cycle and so it is appropriate to assess, as a whole, the activities, achievements and future challenges facing Australian Weightlifting.

Since January 2008, the High Performance Manager has successfully delivered shadow team agreements, established a robust athlete incentive program as well as focusing attention on the recognition of personal coaches and medical support.

Much work continues to be required within this de-centralised model of performance however, with the advent of additional funding expected by the Australian Sports Commission (via Australian Sports Training Grants) and the Australian Commonwealth Games Association (via D2010 Team Preparation resourcing), the membership can be assured that the Federation will do its utmost to uphold its commitment to provide a clear competition pathway, including regulated incentives, aimed at ensuring that our dominance at the Commonwealth Games will continue.

Moving forward, the AWF has begun reviewing its team officials' selection policy whereby in the future our active coaches will be measured against objective criteria.

As the Federation intends to nominate its Delhi 2010 team officials by the second half of 2009, this pathway of selection will be absolutely critical towards our forecast success at the 2010 Commonwealth Games. By doing this, the AWF will be able to draw together a group of dedicated, skilled and effective team officials all focused on honing their skills and developing team cohesion in preparation for the Games.

Domestically, the AWF will host the Oceania (Junior & Senior) Championships from 12 - 15 May 2009. This significant international competition will be held in Darwin and will be delivered in conjunction with the biennial Arafura Games.

In closing, I encourage all stakeholders to continue communicating with the Federation via open dialogue. The AWF believes in and implements the best practice of inclusive governance which in turn enables clear accountability to key stakeholders via a pathway of lucent communication.

Matthew Curtain
Chief Executive Officer

NEWS

- **Congratulations** to Bob Hemery on his recent election as Chairman of the IWF Masters Committee.
- **Good Luck** to the AWF's candidates at the upcoming International Weightlifting Federation Electoral Congress to be held in Madrid. The Federation has nominated Sam Coffa for the position of Vice President and Executive Board, Pedro Sanchez for the Technical Committee and Lyn Jones for the Scientific & Research Committee.
- **The IWF congress** will also be attended by Robert Kabbas (President), Matthew Curtain (CEO), Paul Coffa (Life Member), Bob Hemery (IWF Masters Committee) and Boris Kayser (IWF legal).
- **Congratulations** to our dual Olympian Deborah Lovely on her wedding to Josh Acason in Brisbane on 13 December 2008.

MOMENTS IN AUSTRALIAN WEIGHTLIFTING



SYDNEY, 12 November 1999 - Michelle Kettner becomes the first Australian woman to snatch 100kg when she sets new Oceania and Australian records in the 69kg category while competing in the Telstra Oceania Challenge at the Tattersall's Club in Sydney.

Vivian & Max LEE & DAL SANTO

Featuring profiles of leading Australian weightlifters



Vivian Lee

Born: 29 March 1979
Occupation: Architect Graduate working with The Buchan Group at West Melbourne.
www.buchan.com.au

When and where did you start weightlifting?

At the Hawthorn Weightlifting Club in 2006. In March 2006, my personal coach, Anthony Dove, gave me 10 tickets to go and watch the Commonwealth Games at the Melbourne Exhibition Centre. Too bad he only gave me weightlifting tickets... if only he gave me a gymnastics ticket, you might see swinging around the bars now instead of trying to lift them!

Personal Best: 154kg Total at 48kg
Club: Hawthorn Weightlifting Club
Coach: Anthony Dove
Favourite Exercise: Snatch and Clean & Jerk

Biggest influence on your career:

My coach, Anthony Dove.

Greatest Achievement(s):

- Winning national open championship in martial art, over 10 times in Australia.
- Winning my first national championship in weightlifting within 4 months after I started the sport.
- Competed in my first Olympic trials in 2008.
- Completed my Bachelor of Architecture at the University of Melbourne with honours.

Best Lifter ever seen:

Chinese lifter Liu Chun Hong at the 2008 Beijing Olympic Games. She weighs under 69kg and snatched 128kg, clean & jerked 158kg. She won the gold medal at the Olympic Games with a total of 286kg.

Favourite pastimes / hobbies:

My Favourite pastime is going to work.

I like to draw, construction detailing and documentation; I am very lucky to be involved in some of the most exciting architectural projects in the world with the Buchan Group. Project such as the Nakheels, a \$1 Billion Project "Palm Mall Jumeirah" located in the absolute centre of the man made Island Palm Jumeirah in Dubai. Other mixed use developments around Australia such as Port Macquarie Settlement City in NSW. In my opinion, there is nothing more exciting than seeing what you have worked on turning into real spaces and architecture. (maybe setting a world record in competition would be as exciting ?)

When I am not at work or training, I like to play with pets.



Max Dalsanto

Born: 16 February 1985
Occupation: Currently studying Primary School Education and working as a warehouse storeman.

When and where did you start weightlifting?

I was introduced to weightlifting at my school and then was encouraged to train at the South Australian Weightlifting Association in 2000.

Personal Best: 148kg Snatch (150 in training)
 177kg C&Jerk (180 in training)

Club: SA Weightlifting Association

Coach: Arjun Tokhi

Favourite Exercise: Power cleans

Biggest influence on your career:

My goals, my dreams and aspirations and knowing that there is always something more to achieve.

Greatest Achievement(s):

- World Junior representative in 2004
- Oceania Champion 2007

Best Lifter ever seen:

The best lifter I have ever seen would have to be Nicu Vlad, the man's technique was so consistent, he made massive weights look effortless and yet he has a humble attitude about it. I respect that greatly.

Favourite pastimes / hobbies:

Painting, writing short stories, reading novels, enjoying spending time with my fiancée Bec, just enjoying the life I have right now.

AUSTRALIAN WEIGHTLIFTING FEDERATION INC.

Affiliated with International Weightlifting Federation
 Commonwealth Weightlifting Federation
 Oceania Weightlifting Federation

Member of Australian Olympic Committee
 Australian Commonwealth Games Association

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