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# 2013 ANNUAL REPORT



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# MISSION STATEMENT

*The AWF is committed to having fully represented teams, achieving pure performance results at all major international weightlifting events.*



**AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED**

ABN 73 150 873 587

*Affiliated with International Weightlifting Federation, Commonwealth Weightlifting Federation,  
Oceania Weightlifting Federation*

*Member of Australian Olympic Committee, Australian Commonwealth Games Association*

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## **BOARD OF DIRECTORS**

**Patron** Her Excellency, Ms. Quentin Bryce AC  
Governor-General of the Commonwealth of Australia

**Chair** Dr Robert Mitchell

**Directors** Mr Boris Kayser Mr Lyn Jones  
Ms Danielle Waller Ms Mary Macken  
Mr Phil Maunder Mr Pedro Sanchez

**Chief Executive Officer** Mr Michael Keelan  
Australian Weightlifting Federation Limited  
5 Kelly Road, Spring Creek, QLD 4343 AUSTRALIA  
Tel: +61 411 424 328 ▪ Fax: +61 7 3823 1371  
Email: [info@awf.com.au](mailto:info@awf.com.au) ▪ Internet: [www.awf.com.au](http://www.awf.com.au)

## **NATIONAL COMMITTEES**

**Coaching Panel** Mr Lyn Jones (Chair), Mr Luke Borreggine, Mr Steve Tikkanen,  
Mr Anthony Dove, Mr Greg Hobl, Mrs Angela Wydall,  
Mr Miles Wydall, Mr Michael Keelan

**National Selectors** Mr Lyn Jones (Chair), Dr Robert Mitchell, Mr Michael Keelan

**Finance & Audit** Ms Mary Macken (Chair), Dr Robert Mitchell, Mr Michael Keelan

**Technical** Mr Pedro Sanchez (Chair), Mr Sam Coffa, Ms Debra Keelan,  
Mr Ian Moir, Mr Max Ryan

**Anti Doping** Mr Ian Moir (Chair), Mr Boris Kayser, Ms Mary Macken

**Masters Panel** Mr Lawrence Townsend (Chair) Ms Mary Macken,  
Ms Coral Quinell, Mr Trevor Walz

**Medical Panel** Dr Robert Mitchell (Chair), Dr Henry Kan, Dr Jonathon Gordon

**Business Development** Mr Phil Maunder (Chair), Mr Craig Wegert, Mr John Eptaminitakis

**Team Officials Nominations Panel** Mr Lyn Jones (Chair), Mr Boris Kayser, Mr Phil Maunder

**Company Attorney** Mr Glenn Ferguson, Ferguson Cannon Lawyers

**Company Auditor** Mr Louie Kortesis, Zest Accounting

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## STATE MEMBERS

<b>Weightlifting ACT</b>	Phil Moreland Stephanie Masterson	President Hon. Admin Officer
<b>New South Wales Weightlifting Association</b>	Chris Michaelopoulos Luke Borreggine	President Hon. Exec Director
<b>Northern Territory Weightlifting Association</b>	Kelly Rau Leanne Goldsworthy	President Secretary
<b>Queensland Weightlifting Association</b>	Craig Wegert Ian Moir	President General Manager
<b>South Australia Weightlifting Association</b>	Dean Pascoe Mitchell Gustaffason	President Secretary
<b>Victorian Weightlifting Association</b>	Kevin White Jacquie White	President Operations Manager
<b>Weightlifting Tasmania</b>	Tony O'Malley Leo Isaac	President Secretary
<b>Weightlifting Western Australia</b>	Brendan Kennedy Geisha Hori	President Secretary

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## FROM THE CHAIR



It is my pleasure and honour to present the Australian Weightlifting Federation Chairman's report for 2013.

During the last twelve months the AWF has, I believe, taken enormous strides particularly in the areas of governance, the establishment of a sound financial base, the coach education and business licensing programmes, the strategic appointment of industry service providers, the development of younger lifters, and improving relationships with other national federations – in particular the Oceania region.

I would like to take some time in this Report to address several important aspects of the AWF's functions in regard to the above.

1. **Governance:** In June this year the AWF became a Company Limited by Guarantee and a new Constitution was adopted. Without dissecting every nuance of the Constitution, I would bring to your attention some of the more important and practically visible aspects: you will of course notice that the State Members no longer elect a President; instead the State Members elect the Members of the Board of Directors, and the Chairman is then elected by the Board. Another important principle is that the Chair no longer has a casting vote on motions put to the Board. Another issue of some discussion is that the new AWF Constitution does not stipulate that an individual member must necessarily join the State Association in which they reside. In contrast I am aware that the Constitutions of several State Associations clearly stipulate the need for an individual member to join the State Association in which they reside. Given the tyranny of distance in our country there are instances which might sensibly and logically preclude this necessity. Naturally it would be advantageous and less confusing if the State Constitutions were aligned with that of the parent body (AWF), and the AWF Board of Directors is currently exploring methods to address this apparent difficulty.

2. **Financial Base:** I am very pleased to report that the AWF is in a very sound financial position with a \$1million plus budget. However, a number of financial constraints have recently been placed on the AWF – particularly the way in which the Australian Sports Commission (ASC) and to a lesser extent the Australian Commonwealth Games Association (ACGA) financial support is distributed (*vide infra*). The Board of the AWF has, to a large extent, predicted this move and has invested many hours in developing business models and methods to secure and ensure the ongoing financial viability and stability of the AWF. I have heard some criticism that this has been at the expense of athletic development. Might I answer this criticism quite simply by saying that, the AWF Board is NOT responsible for the development (*per se*) of high performance but rather **the facilitation of such, and that without the Board's foresight and development of sound business principles and methods of improving financial supply and availability, the facilitation of high performance would be at an absolute minimum.**

**Due also to the AWF Board's sound development of a financial base, in the last few years the AWF has made generous funding available to the State Associations. In return, the AWF asked that the State Associations carry out, amongst other measures, talent**

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**identification through schools' programmes. In some States** – particularly Queensland, and Victoria - this has been an outstanding success and membership and participation numbers have increased dramatically. Unfortunately, the AWF has now been directed to channel the ASC funding, in large part, to the athletes which we see as being our medal winning prospects, in order that their training etc be maximally facilitated. Leading up to the Glasgow Commonwealth Games the ACGA has also made a similar directive. This is in line with the Australian Winning Edge formula. As such the AWF now has far less money to make available to the State Member Associations. Hence in the foreseeable future much less funding will go to the States via the AWF. As alluded to above, it is still **the State Association's responsibility through their respective Clubs to develop high performance.**

### **3. Coach Education Programme**

The Coach Education Programme (CEP) continues to be extremely popular and is generating a significant income stream for the Federation. It shows no signs of abatement. Apart from the financial rewards, the real gains are that Olympic weightlifting and the AWF are to the forefront, and to some extent this may explain the surge of interest in Olympic weightlifting in the community. I must at this point thank personally the many presenters who give of their time to run these courses across the country. In particular Lyn Jones, Leo Isaac, Brendan Kennedy and Michael Keelan spend many weekends teaching on these courses and refining the education modules. Deborah Keelan is now coordinating the CEP and doing a wonderful job – my personal thanks to her for what is a full-time workload. Clearly the financial return from the CEP justifies her role. In January 2014, the AWF will hold its first Level 3 Course since 2008. Many of the current Level 3 coaches will be invited to participate and I am sure that it will be an outstanding success. Might I add that attendance at, and passing the theoretical component of the course will not give entitlement to a Level 3 license. To gain accreditation at this level, a coach must produce a number of lifters of international team standing. I believe, however, that there are significant benefits to the AWF making available the Level 3 course to all its members and others in the broader based fitness industry – it will increase the visibility of the AWF and Olympic weightlifting, improve the quality and enhance numerically our cohort of highly trained coaches, encourage coaches to become better educated and also to aspire to produce more internationally qualified lifters. It can only be a good thing for this country to have more coaches of higher qualification. I thoroughly recommend that all State Associations encourage and ensure that they have the greatest possible number of the most highly trained coaches in their membership. I firmly believe that we in the AWF have the best system for accrediting coaches in the world, and the continuing development of the CEP in the near future will take this claim to yet another level.

Board Member Phil Maunder, QWA President Craig Wegert and former lifter John Eptaminitakis are making enormous progress in business licensing and marketing. The profile of the AWF in the community has not been as high for many years and their endeavors are ensuring that the AWF brand is becoming a valuable acquisition to many other members of the fitness community. We are expecting even more progress in the coming months, and this aspect of the business arm of the AWF is going to be more

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important as time marches on. My personal thanks and encouragement to these gentlemen.

**4. Industry Service Providers:** it is well known that the AWF employs (in the strictest sense) only one individual – the CEO Mr. Michael Keelan. It should now be blindingly obvious to all members of the Federation that the CEO has neither the time nor the expertise to deliver all the varied needs of our rapidly expanding Federation. With an eye to the **facilitation and delivery of the AWF's future strategic plans, the Board of Directors** has determined that it is now essential to appoint a number of Industry Service Providers. These individuals have specific expertise and very well documented terms of reference in their contracts and must deliver. I make particular reference to individuals such as Deborah Keelan who manages the Coach Education Program, and Bowen Stuart who now manages our IT services. For a relatively small investment the AWF has seen and will **continue to see significant financial returns. The adage of 'one must first spend money to make money' certainly applies in this vital sector of our Federation**

On a personal note, I am also pleased to announce that, during the past twelve months, I recommended that the AWF make a number of honorary appointments to again improve service delivery in various specialized areas. The AWF Board is therefore pleased to announce the appointment, as Company Attorney, Mr. Glenn Ferguson. Doctors Henry Kan and Jonathon Gordon have also been appointed as Honorary Medical Officers, to ensure appropriate medical coverage at all National and International events held in Australia from January 1<sup>st</sup> 2014. I also intend to appoint a number of other allied medical personnel (eg. Physiotherapists etc.) to the Medical Subcommittee – in order that well founded scientifically based protocols can be developed for the management of injured athletes etc.

**5. Youth and Junior Development:** I believe that there has been a tendency in the past to focus our attention too much on the senior lifters and in fact, to be perfectly frank, be somewhat obsessed with securing the talents of lifters from other countries in an attempt to increase our medal winning stocks. Whilst without doubt this has proved successful, I believe that it might have come at the expense of youth and junior development. Perhaps our current standing at least at Commonwealth level may be the result of this past focus? I put this as a rhetorical question for all to ponder. It is now the clear aim of the Federation that State Members make significant effort and divert resources (and not just financial) into the development of the younger lifters. The AWF has attempted to facilitate this with funding to the States (*vide supra*) and we have seen increasing numbers in the ranks of our young lifters. Unfortunately funding may become a trickle but it is absolutely essential to continue along this path because our current crop of senior athletes is not getting any younger and we must develop our young lifters if we are to achieve our future goals. We cannot continually look to lifters from other countries to make up for the shortfall in our own cohort. I am particularly heartened and encouraged by the progress made by a number of your youth and junior lifters in the recent past and not just in their athletic performance – their behavior on National teams of which I have been associated has been outstanding, and this is a major part of athlete development. A very good example is the recent Commonwealth Championships in Penang, at which our youth and junior lifters performed very well and to some extent, above expectation. I certainly encourage all coaches and young lifters to aspire to

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greatness in our sport and to make every effort in training and competition to achieve these aspirations.

**6. International Relationships:** I have made it one of my goals to foster and improve our international relationships, and with the Oceania Region in particular. We must never lose sight of the fact that Australia is an integral part of Oceania and NOT separate from it. I have had a number of very fruitful, informal conversations with Paul Coffa in this regard, and I am pleased to report that he now sees the relationship as being as strong as it ever was. Paul has generously made the Oceania Institute available to our athletes and we have taken advantage of this kind offer by sending a number of our top youth and junior lifters to New Caledonia for training camps. I am more than hopeful that we will be sending our top senior lifters and at least one coach to the Institute in the near future for further athlete development which will strengthen ties with the region. It is also very pleasing to see lifters from around Oceania competing in a number of our competitions nationally. On a personal level I am also pleased to report that I have developed a very cordial and professional relationship with the IWF President, Dr. Tamas Ajan, the President of the Commonwealth Weightlifting Federation Mr. Dato Ong, and the Executive of the Commonwealth Games Association. In August I travelled to Glasgow for a site visit of the Commonwealth Games, and I am pleased to report that preparations are in full swing and that the development of the Village, training centre and competition venue all appear well ahead of schedule. Mr. Matthew Curtain was at that time the Competition Director for weightlifting, but as many of you know he has been appointed as Director of Sport for the Commonwealth Games Association – our congratulations to Matthew. I believe our new Director is Ms. Moira Lassen – a figure well-known to many in the Australian scene – and I am confident that she will deliver an excellent competition and experience in Glasgow

**7. Masters' Lifting:** Masters lifting in Australia and world-wide continues to grow at a rapid rate and I am pleased to report that the AWF continues to support its Masters lifters with vigor. Most recently the Masters were included for the first time in the Commonwealth Championships in Penang, and I am very happy to report that our lifters performed mightily, winning many medals and trophies – along with setting a few new world records. Weightlifting should be a life-long pursuit and our Masters with the National and International leadership of Mr. Lawrie Townsend are world leaders in this regard. We will therefore continue this support.

2014 is a most important year for all weightlifters, coaches and officials. In March we will witness the Commonwealth Games Trials to be held on the Gold Coast. The team will then be nominated to the ACGA for the Games in Glasgow which will be held in July. This is our premier International event and we must strive to attain our projected outcomes. I know we have the athletic and coaching talent in this country and that the development of a level playing field will one day ensure our return to the medal winning leadership of the Commonwealth. All sports go through cyclic declines and resurrections and weightlifting is not immune, but I am confident in the youth of our sport to bring us back to the forefront of achievement. The venues for the other significant national events on our 2014 calendar have also been chosen. The selection of the Member States to host these events was the result of an exhaustive, objective and very transparent process involving the evaluation by the AWF Board of the respective expressions of interest. The



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EOI's contained clearly set out parameters expected by the AWF for the delivery of these events. Quite demonstrably the successful nominees displayed the superior bids in their EOI's.

Three extraordinary people, who have made a significant contribution to the development and conduct of weightlifting over many years, were inducted into the AWF's Hall of Fame. Mr Sam Coffa, Mr George Vasiliades and Mrs Deborah Acaison (nee Lovely) were awarded the Hall of Fame Medal, the ultimate peer-recognition only bestowed on the AWF's greatest performers.

In closing this Report I must thank a number of individuals and organizations. Clearly the members of the Board of Directors of the AWF all have individual expertise, but the combined strength of the Board is immensely greater than the individual strengths of its members. The AWF would clearly not function as well as it does without the tireless efforts of Lyn Jones, Boris Kaiser, Mary Macken, Phil Maunder, Pedro Sanchez and Danielle Waller. My personal thanks to each of these Directors. Our CEO Michael Keelan is the most tireless and passionate worker for Australian weightlifting I have yet encountered and I can assure all members that he carries most of the workload of the AWF on his back – without his stellar efforts this Federation would cease to function, and I am personally indebted to his efforts.

Without the very generous assistance of our Sponsors the goals of the Federation would be immensely more difficult to achieve. In this regard we must all thank the following sponsors:

- Olitek: through Deb Oliver
- Tonic: through John Eptaminitakis

The AWF also recognizes the assistance and guidance of the AOC, ASC and the ACGA. These are our parent organizations and we are indebted to their role in the development of our sport.

Lastly but no less importantly are all the hundreds of volunteers who generously give of their time to coach, officiate, staff canteens, set up and run competitions and clubs throughout Australia and generally make the sport of Olympic weightlifting a pleasure to be involved with. My most heartfelt thanks to all these unsung and often anonymous stalwarts of the sport – we would not survive without your efforts.

I look forward to a splendid 2014 and commend this report to you.

**Dr Robert Mitchell**  
**[Chair, AWF]**

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## FROM THE CHIEF EXECUTIVE OFFICER

The Australian Sports Commission's Governance Principle 1.2 states:

*That national sporting organisations be incorporated as a company limited by guarantee under the Corporations Act 2001 (Cwlth).*

The AWF Board shared the ASC's view that a national sporting organisation should be governed by an appropriate regime designed for larger, more professional, national organisations.

To ensure that accountability, transparency and professionalism are maintained and improved on an ongoing basis, the Board, through consultation and collaboration with stakeholders, achieved majority support from State Members for the AWF to be aligned to the national **corporation's** legislation and become a Company Limited by Guarantee. The AWF achieved registration on 10<sup>th</sup> June, 2013.

The AWF Board, through effective management, has continued to provide sound governance and leadership, while maintaining its focus on attaining the key performance indicators within current strategic and operational plans.

Sound budgeting, financial planning, good fiscal management and reporting practices, has allowed the Board to allocate the generous funding received from the Australian Sports Commission, Australian Commonwealth Games Association, and our corporate sponsor OLITEK, and revenue raised from business activities to obtain projected outcomes related to the key result areas of participation and high performance.

The Board has supported its only full-time employee, the CEO, and the five Independent Service Providers who all carry out vital day-to-day operations that lead to enhanced functionality, increased revenue flow and an expanding AWF business.

The Board has established a formal system of sharing information, resources and knowledge that has resulted in a higher level of service to State Members, clubs and individuals.

Coach development pathways have been made better as a result of national leadership in the conduct of coach education programs.

Access to coach education has improved at various levels through the utilisation of face-to-face workshops in capital cities and regional centres, correspondence and technology delivery modes.

More coach education program presenters have been recruited and have since become engaged in delivering coach and athlete education which has allowed the Board to meet the ever increasing industry demand for weightlifting knowledge, expertise and resources.

Officiating pathways have been augmented resulting in more members gaining club, state, national and international technical officiating qualifications throughout this reporting period.

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Transparent team qualification and selection processes have been maintained and our high performance athletes have signed off agreements which clearly state the obligations of the athlete and their support teams ensuring all parties are cognisant of their roles and responsibilities leading to the formation of trusting and harmonious relationships.

The Board is always mindful of its role in the fight against doping. Our high performance athletes have to keep up-to-date with anti-doping education and ensure they provide necessary information to ASADA regarding their whereabouts. I personally thank Ian Moir, AWF Anti-Doping Officer, for the sterling job he does in keeping all of our athletes aware of their responsibilities and providing comprehensive answers to any questions posed. During this reporting period two athletes received sanctions.

The Board, in partnership with State Members, has maintained a domestic and international competition structure providing opportunities for athlete, coach and technical official development.

All national events have been webcast creating a medium for wider exposure of our sport and the accomplishments of our all important athletes.

Our website is the envy of many of our competitors and has become a one stop shop for merchandise, CEP registration, results, rankings, news, contacts etc... Results are posted for all to see soon after each event has concluded and athletes, coaches and other interested personnel can at any time easily access the information they are seeking.

Athletes aged as young as 10 years and mature as 78 years have participated in AWF National tournaments and championships as well as State run events that are taking place more and more frequently throughout every state of Australia in an effort to meet increasing demand.

The first international event where the new IWF Technical Rules were activated was the 2013 Australian Youth Olympic Festival (AYOF) that took place at St Ignatius College, Riverview, Sydney during the period 17-19 January. The co-operation, hard work and enthusiasm from all contributors - Tony Campbell-Cowie, Competition Director, Linda Eades, Assistant Competition Director, Ian Moir, Technical Director, NSWWA who supplied competition equipment and workforce, Australian Olympic Committee staff, and AWF Directors - ensured the competition ran smoothly and efficiently and hopefully guarantees **weightlifting's inclusion in future AYOF's**.

The AWF at short notice hosted the 2013 Oceania Championships which was impeccably delivered at Chandler, Brisbane, in conjunction with our National Senior/Junior Championships. This event allowed many of our own members to compete on the same platform as many of the Oceania regions top performers and experience international competition first hand, an opportunity that is normally restricted to only AWF team reps.

The Board has continued to support initiatives designed to elevate the profile and image of weightlifting within the wider community through its programs and services that have successfully leveraged the AWF brand and raised revenue. Examples of such activity include assisting the VWA, SAWLA and QWA with weightlifting promotion and service awareness during fitness industry expos that took place in Melbourne, Brisbane and Adelaide exposing weightlifting and AWF services to over 30,000 people.

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The Board in an effort to assist medal-capable athletes achieve performance goals at the 2014 Glasgow Commonwealth Games, and those emerging athletes demonstrating capacity for future medal winning performances, re-introduced DAS. The DAS payments, made possible through ACGA and ASC funding, can be used to gain access to top coaching, a suitable training environment, recovery modalities, medical support, specialised equipment, travel to training and national domestic events and other recognised elements that will contribute to success on international platforms.

**Throughout the reporting period the AWF's Medical Coordinator has filed reports on athlete's** health status and injuries. When athletes have unfortunately suffered injury they have been provided with advice and support in order to get them back on the competition platform as quickly as possible.

**In last year's annual report the President stated** "one aspect of future development the AWF must pursue is responsible social networking." Small businesses, like ours, because of limited resources, have only utilised social media to a small degree and we have therefore not leveraged available revenue raising and relationship building opportunities as much as we could have.

Building a brand has become an essential element of online success. Having a consistent presence over multiple networks and types of media can play an important part in this. By participating on other sites, we give potential customers more opportunities to learn about our AWF products and services associated with our brand. Not only will we reach a wider audience but we can also gain the repeated cross-platform exposure that will make our brand feel familiar to more and more people who currently or will share our interests.

Even with these advantages, the work involved in active social media management can be off-putting for a time-pressed organisation. To ensure the work will get done and benefits are reaped, the AWF Board has approved the appointment of an additional Industry Service Provider who is a highly experienced IT specialist who can perform all the necessary tasks to meet the outcomes that will see our business and sport expand.

**The driving principle behind the ASC's approach to high performance sport is to ensure that the resources available are positioned to support Australia's most talented athletes.** Investments will be prioritized to sports that demonstrate the greatest chance of short, medium and long term success. Funding decisions will be based on credible evidence that takes into account recent performances and future potential, along with understanding the systems that will drive performance outcomes. As such, the AWF Board will put plans in place that will ensure that all partners can work together to ensure our athletes can access fitting facilities, experienced and knowledgeable coaches, sound equipment, sports science and sports medicine and a competition pathway comprised of state, national and international competitions.

As CEO I am very grateful for the continued trust and commitment the AWF receives from its partners: the Australian Commonwealth Games Association; Australian Sports Commission; Australian Olympic Committee; Olitek; Tonic; and ASADA. The support received from these partners is essential to the effectiveness of the programs and services the AWF delivers to the weightlifting and wider communities.

I submit my sincere thanks to all State Members and clubs, predominantly made up of volunteers, **that have been inspired by the AWF's vision and whose collective** efforts have

extended the reach and impact of the AWF's programs and services making a huge and positive difference to the lives of many people.

As we are all aware the AWF Board is responsible for setting the direction, strategy and financial objectives. I wish to personally place on record my thanks to Dr Robert Mitchell, Chair, for the enormous amount of time, effort and encouragement he unselfishly gives to me and the Federation at all hours and to his fellow Directors: Mary Macken; Lyn Jones; Phil Maunder; Danielle Waller; Pedro Sanchez; and Boris Kayser who willingly give of their time, dedication and wise counsel in making sure the AWF has a sustainable future.

I congratulate everyone for the **year's** achievements and I am confident we will all keep on challenging ourselves in the voluntary and professional work that we all do to make the AWF a bigger and better organisation that stands proud knowing it delivers valuable and worthwhile initiatives to the sports and fitness sectors of our industry.

Below are some interesting figures.

State	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	Total
Club Numbers	4	10	4	27	5	7	32	20	109
State	Biggest Club								
ACT	Canberra Weightlifting Academy								
NSW	Titans								
NT	Crossfit Darwin								
QLD	Cougars Weightlifting Club								
SA	South Australia Weightlifting Club								
TAS	Hobart Weightlifting Club								
VIC	Phoenix Weightlifting Club								
WA	Olymfit								

### Three biggest Clubs:

1. Cougars Weightlifting Club – Brisbane
2. Phoenix Weightlifting Club – Melbourne
3. Titans Weightlifting Club – Sydney

State Membership	Youth Members	Junior Members	Senior Members	Non-Competitor	Total
ACT	10	1	68	5	84
NSW	13	13	100	17	143
NT	5	3	33	5	46
QLD	72	28	332	25	457
SA	2	5	33	11	51
TAS	6	6	17	9	38
VIC	99	25	127	36	287
WA	12	3	95	14	124
	<b>219</b>	<b>84</b>	<b>805</b>	<b>122</b>	<b>1230</b>

**Michael Keelan**  
**[Chief Executive Officer]**



**Australian Government**

**Australian Sports Commission**

## **Message from the Australian Sports Commission**

The Australian Sports Commission (ASC) is committed to ensuring Australian athletes excel in the international sporting arena, and increasing Australians' participation in sport.

These two clear objectives are mutually reinforcing – international success inspires Australians to participate in sport and greater participation helps nurture our future champions. Sport inspires individuals, unites communities and encourages active lifestyles.

Success at the international level has become even more challenging for Australian athletes. Traditional competitors keep getting better, and rising countries are becoming forces to be reckoned with. Our tenth placing in the medal table at the London Olympic Games continued a downward trend over the past three games.

Through *Australia's Winning Edge 2012-2022*, our game plan to move Australian sport from world class to world best, we are changing the role of the Australian Institute of Sport (AIS) and the delivery of the high performance program, improving the financial performance and position of national sporting organisations (NSOs) and strengthening the governance structures and standards of NSOs.

We have initiated a fundamental reform process to improve Australian sport, by linking high performance sports funding more closely with performance; ensuring the AIS is the **world's best high performance sports institute; modernising governance structures in a number of sports; investing to improve coaching, leadership skills, talent identification and innovation in Australian sport; and reinforcing public confidence in the integrity of sport.** These reforms will create lasting change and improvement.

In 2013-14, the Australian Government, through the ASC, is investing almost \$120 million in national sporting organisations for high performance programs and to promote grassroots participation in sport.

Our partner sports can expect a much sharper focus by the ASC in future on best practice governance and administration, intellectual property ownership, athlete management and support structures and general accountabilities by the sports. Equally, the ASC is committed to changing to meet the needs of contemporary sport.

Importantly, the ASC is focused on promoting grassroots participation in sport throughout Australia and to continue a suite of successful national programs such as the Active After-school Communities program. Increased community sport participation has a profound long term dividend, and remains a vital objective of the ASC.

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The ASC looks forward to working in collaboration with the sport sector to encourage more people into sport and to drive Australia's continued international sporting success.



**John Wylie AM**  
**Chair**  
**Board of the Australian Sports Commission**

## **AWF WORKFORCE**

Operationally, Australian Weightlifting employs only one full time staff member and contracts five Independent Service Providers.

### **Chief Executive Officer**

- Mr Michael Keelan QLD

### **Manager – CEP**

- Ms Debra Keelan QLD

### **Manager - Finance**

- Ms Danielle Waller WA

### **Manager – Website Communications**

- Mr Miles Wydall QLD

### **High Performance Coordinator**

- Mr Lyn Jones NSW

### **Manager – Business Development**

- Mr Phil Maunder SA

In accordance with good governance, the five Independent Service Providers are managed by the Chief Executive Officer, who in turn reports to the Board of Directors (through the Chair). The cost for CEO salary and payments to third party suppliers amounts to approximately \$250,000 per annum.

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## BOARD OF DIRECTORS

An enormous amount of work continues to be carried out by the Board of Directors, all of whom act in an honorary capacity. As per Article 13 of the AWF constitution, the Board of Directors is as follows:

### Directors

- Robert Mitchell (Chair) [Elected December 2011]
- Mary Macken [Elected December 2010]
- Lyn Jones [Elected December 2012]
- Phil Maunder [Elected December 2011]
- Pedro Sanchez [Elected December 2012]
- Danielle Waller [Elected December 2011]
- Boris Kayser [Re-appointed December 2012]

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### BOARD MEETING ATTENDANCE:

December 2012 - November 2013

### Directors

- |                   |     |
|-------------------|-----|
| ▪ Robert Mitchell | 4/5 |
| ▪ Mary Macken     | 4/5 |
| ▪ Lyn Jones       | 5/5 |
| ▪ Danielle Waller | 5/5 |
| ▪ Boris Kayser    | 4/5 |
| ▪ Phil Maunder    | 5/5 |
| ▪ Pedro Sanchez   | 5/5 |

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## WEBSITE

Miles Wydall, Manager – Website Communications, has facilitated further enhancements to the AWF Website during this reporting period. A few of the AWF website upgrades has lead to the development of a new home page integration, try weightlifting page, Business Membership page, Masters home page, Olitek League ranking list page, AWF newsletter administration page and merchandising page. These enhancements have created more interest resulting in an average of 125,000 hits per month. As CEO, I wish to thank Miles and Angela for looking after the AWF website in such a professional and enthusiastic manner since 2008. As a result of some internal changes to AWF operations the website, webcasting, social media and other IT tools will now be combined under one portfolio and Bowen Stuart will take over the role of Manager - IT & Communications.



## INTERNATIONAL COMPETITIONS

The tables below list the appointed team officials and athlete performances at the events where the AWF had representative teams during the reporting period.

Event	Appointed Officials	Athlete	State	Category	Total	Place
<b>2013 Youth Olympic Festival Sydney, AUS</b>	Phil Maunder	Jessica Barkhan	NSW	53	93	4th
	Dani Waller	Hayley Ward	QLD	53	92	5th
	Mark Brown	Sophie Cowen	TAS	58	110	2nd
	Angela Wydall	Alexandra Martin	VIC	58	84	3rd
	Miles Wydall	Rachel Goodman	VIC	63	147	3rd
	Greg Hobl	Deanna Bax	QLD	69	133	6th
		Berlyn Hiram	VIC	69	108	7th
		Zoe Simon	NSW	69	99	8th
		Joshua Wu	QLD	62	188	3rd
		James Norman	QLD	62	174	4th
		Matthew Munns	WA	77	219	3rd
		Jakob Daniels	QLD	77	209	4th
		Liam Larkins	VIC	85	250	5th
		Jonathan Pakchung	QLD	85	230	7th
	Ryan Pasfield	NSW	105	250	4th	
	Kurt Hill	WA	105	222	5th	
<b>2013 World Youth Championships Tashkent, UZB</b>	Geg Hobl	Robin Parr	QLD	44	88	28th
	Miles Wydall	James Delaney	VIC	56	156	38th
		Hamish Adam	NSW	56	144	46th
		Joshua Wu	QLD	62	192	37th
		James Norman	QLD	62	181	40th
<b>2013 World Junior Championships-Lima, PER</b>	Angela Wydall	Bonnie Sleeman	QLD	+75	180	7th
		Matthew Munns	WA	69	235	20th
		Liam Larkins	VIC	77	243	15th
<b>2013 Oceania Senior Championships, Brisbane, AUS</b>	Robert Mitchell	Erika Yamasaki	QLD	53	168	3rd
	Michael Keelan	Socheata Be	VIC	53	162	4th
	Miles Wydall	Seen Lee	VIC	58	186	2nd
	Yourik	Amy Dracup	VIC	58	157	3rd
	Sarkisian	Kylie Lindbeck	ACT	69	178	3rd
	Anthony Dove	Jenna Myers	TAS	+75	228	3rd
	Steve	Deborah Aason	QLD	+75	224	4th
	Tikkanen	Vannara Be	VIC	62	248	5th
	Greg Hobl	Francois Etoundi	VIC	77	300	1st
		Paulo Magistrado	VIC	77	000	DNP
		Troy Hewkins	VIC	85	297	2nd
		Zac Grgurevic	VIC	94	308	2nd
		Max Dalsanto	SA	105	324	3rd
	Gordon Laurie	VIC	105	310	5th	
	Damon Kelly	QLD	+105	375	1st	

<b>2013 Oceania Junior Championships Brisbane, AUS</b>	Brendan Kennedy	Robin Parr	QLD	48	95	3rd
	Angela Wydall	Jessica Barkhan	NSW	48	94	5th
	Harvey Goodman	Sophie Cowen	TAS	58	114	3rd
	Aghvan Grigoryan	Rachel Goodman	VIC	63	162	1st
		Kelsey Swift	QLD	63	136	2nd
		Bonnie Sleeman	QLD	+75	171	2nd
		Courtney Page	WA	+75	150	3rd
		James Delaney	VIC	56	172	2nd
		Hamish Adam	NSW	56	155	3rd
		James Norman	QLD	62	188	4th
		Jonathan Pakchung	QLD	77	233	2nd
		Liam Larkins	VIC	85	260	2nd
		Jay Nicoll	VIC	85	220	4th
	Jakob Daniels	QLD	94	227	3rd	

<b>2013 Oceania Youth Championships Brisbane, AUS</b>	Miles Wydall	Robin Parr	QLD	48	95	2nd
	Coral Quinell	Giveney How	WA	53	103	1st
	Michael Pilgeggi	Sophie Cowen	TAS	58	114	2nd
		Hayley Ward	QLD	58	104	3rd
		Rachel Goodman	QLD	63	162	1st
		Berlyn Hiram	VIC	69	118	1st
		Courtney Page	WA	+69	150	2nd
		James Delaney	VIC	56	172	2nd
		Hamish Adam	NSW	56	155	4th
		James Norman	QLD	62	188	3rd
		Codi Allie	TAS	69	171	2nd
		Sam Reichler	VIC	69	165	3rd
		Shane Wagner	QLD	85	224	1st
		Blake Shadbolt	WA	85	200	2nd
		Matthew Lilli	NSW	+94	198	3rd

<b>2013 Commonwealth Senior Championships Penang, MAS</b>	Robert Mitchell	Tegan Napper	QLD	48	144	3rd
	Michael Keelan	Socheata Be	VIC	53	153	7th
	Yourik Sarkisian	Seen Lee	VIC	58	190	4th
	Miles Wydall	Rachel Goodman	VIC	63	165	6th
	Anthony Dove	Kylie Lindbeck	ACT	69	180	8th
		Deborah Aason	QLD	+75	232	4th
		Kaitlin Fassina	TAS	+75	215	7th
		Vannara Be	VIC	62	247	7th
		Francois Etoundi	VIC	77	312	2nd
		Ben Turner	QLD	77	264	10th
		Malek Chamoun	NSW	85	310	4th
		Troy Hewkins	VIC	85	290	7th
		Simplice Ribouem	VIC	94	337	3rd
		Zac Grgurevic	VIC	94	000	DNP
		Robert Galsworthy	QLD	105	330	5th

<b>2013 Commonwealth Junior Championships – Penang, MAS</b>	Danielle Waller	Robin Parr	QLD	48	98	5th
	Angela Wydall	Rachel Goodman	VIC	63	165	3rd
	Greg Hobl	Kiana Elliott	NSW	63	142	4th
	Harvey	Bonnie Sleeman	QLD	+75	173	4th
	Goodman	Courtney Page	WA	+75	153	5th
		James Delaney	VIC	56	173	5th
		Joshua Wu	QLD	62	202	8th
		Hamish Adam	NSW	62	167	10th
		James Norman	QLD	69	212	7th
		Codi Allie	TAS	69	182	11th
		Jonathan Pakchung	QLD	77	237	5th
	Liam Larkins	VIC	85	272	4th	
	Jakob Daniels	QLD	85	242	6th	

<b>2013 Commonwealth Youth Championships – Penang, MAS</b>	Danielle Waller	Robin Parr	QLD	48	98	6th
	Angela Wydall	Rachel Goodman	VIC	63	165	2nd
	Greg Hobl	Kiana Elliott	NSW	63	142	4th
	Harvey	Courtney Page	WA	+69	153	5th
	Goodman	James Delaney	VIC	56	173	4th
		Joshua Wu	QLD	62	202	3rd
		Hamish Adam	NSW	62	167	5th
		James Norman	QLD	69	212	4th
		Codi Allie	TAS	69	182	5th
		Shane Wagner	QLD	85	235	2nd

## 2013 AUSTRALIAN JUNIOR COMMONWEALTH GAMES SQUAD

In accordance with the Australian Weightlifting Federation (AWF) qualifying criteria (% of National Junior Standard), the following athletes born during or after 1993 were selected as members of the 2013 Australian Junior Commonwealth Games Squad (AJCGS):

### Junior Men

James Norman	QLD	Jonathan Pakchung	QLD
Joshua Wu	QLD	Liam Larkins	VIC
Matthew Munns	WA	Jakob Daniels	QLD
James Delaney	VIC		

### Junior Women

Rachel Goodman	VIC
Bonnie Sleeman	QLD

The Australian Commonwealth Games Association (ACGA) generously provided the AWF \$31,500 of funding for the nine above named athletes on the basis of \$3,500 per athlete, which was directed toward international competitions. AJCGS members were given opportunities to contest the 2013 Oceania Junior Championships, 2013 Commonwealth Weightlifting Championships, World Junior Championships and World Youth Championships.

## NATIONAL RECORDS

A total of 103 Under 15 and Youth record claims have been recorded on the AWF's result management system.

### Australian Male Records

<b>Open Male</b>				<b>Total</b>	<b>0</b>
<b>Junior Male</b>				<b>Total</b>	<b>0</b>
<b>Youth Male</b>	Shane Wagner	QLD	11		
	Josh Wu	QLD	9		
	James Norman	QLD	7		
	James Delaney	VIC	4		
	Matthew Lilli	NSW	4		
	Hamish Adam	NSW	2		
	Blake Shadbolt	WA	1		
				<b>Total</b>	<b>38</b>
<b>Under 15 Male</b>	Blake Shadbolt	WA	19		
	Ned Wetherly	VIC	8		
	Jared Grimm	SA	2		
	Aden Creed	QLD	1		
	Sam Reichler	VIC	1		
				<b>Total</b>	<b>31</b>
				<b>Grand Total</b>	<b>69</b>

### Australian Female Records

<b>Open Female</b>				<b>Total</b>	<b>0</b>
<b>Junior Female</b>				<b>Total</b>	<b>0</b>
<b>Youth Female</b>	Courtney Page	WA	8		
	Robin Parr	QLD	5		
	Rachel Goodman	VIC	3		
				<b>Total</b>	<b>16</b>
<b>Under 15 Female</b>	Charrae Myers	TAS	8		
	Crystal Knibbs	WA	6		
	Giveney How	WA	2		
	Sabah Chamoun	NSW	1		
	Madeline Wu	QLD	1		
				<b>Total</b>	<b>18</b>
				<b>Grand Total</b>	<b>34</b>



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## AUSTRALIAN SPORTS COMMISSION [ASC]

The AWF Board acknowledges ASC support with sincere thanks and particular appreciation extended to ASC Chairman, John Wylie, and the ASC Board, CEO Simon Hollingsworth and AIS Director Matt Favier.

A special mention of thanks to the officers I have regular contact with regarding participation and high performance activities, Gareth Candy, Sustainable Sport Partnership Advisor and Andrew Pratley, AIS performance Advisor.

The Federal Government, through the Australian Sports Commission, continues to be the **AWF's biggest sponsor. The AWF received \$384,000 from the ASC** which allows the AWF to maintain its operational functions, provide opportunities to individual members to contest events from Under 15 years to Masters levels and deliver certain aspects of its high performance programs.

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## AUSTRALIAN COMMONWEALTH GAMES ASSOCIATION [ACGA]

During this reporting period the ACGA Board approved the Glasgow Commonwealth Games Nomination and Selection Criteria. The AWF also received the second payment of **the 'Go Glasgow Funding Program' which amounted to \$144, 113. This grant has been allocated to DAS and international competition opportunities.**

The generous funding linked to the program will allow top ranked AWF athletes to focus on the main result - bringing home the minimum of three (3) medals from Glasgow.

My personal thanks and that of the AWF Board are extended to ACGA President, Sam Coffa, the ACGA Board, Perry Crosswhite (ACGA - CEO) and Diane Gallagher (ACGA - Operations Manager) for their continuing and generous support and we look forward to further strengthening our partnerships as we head towards the fast approaching Glasgow Games, the 2015 Samoa Commonwealth Youth Games and 2018 Gold Coast Games.

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## AUSTRALIAN OLYMPIC COMMITTEE [AOC]

The AOC provided finance and human resources to ensure the successful delivery of the 2013 Australian Youth Olympic Festival which took place at St Ignatius College, Riverview, Sydney. The CEO will be working closely with the AOC as 2014 witnesses the Nanjing Youth Olympic Games and preparations for Rio begin in earnest. Thanks from the AWF Board, youth athletes and technical officials are extended to the AOC for their generosity and support.

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## REPORT - ANTI DOPING

In 2013 the AWF continued to be pro-active in the area of anti-doping, declaring the completion of anti-doping education as a prerequisite for inclusion in national teams. This requirement applies to athletes, coaches and support personnel, alike. Potential team members are required to work through an ASADA on-line Pure Performance training session and produce the certificate of completion as proof that they have demonstrated a level of knowledge and understanding of sport anti-doping rules and their obligation to abide by those rules.

To extend the reach of this initiative and promote anti-doping awareness among a greater number of weightlifters, the Anti-Doping Committee has proposed that all entrants in national events be required to complete the ASADA on-line Pure Performance training and submit their certificate of completion as part of the competition entry process. The AWF Board of Directors is taking this proposal under consideration.

With the cooperation of the IWF and ASADA, further "rationalizing" of the Registered Testing Pool (RTP) has occurred. At the IWF's request, ASADA agreed to include all Australian representative athletes in the National RTP, thereby eliminating confusion over which whereabouts information system each athlete should use. This means that all of the AWF's National Team athletes now submit their quarterly whereabouts information to ASADA only, via the Athlete On-line Whereabouts System (AWOS). ASADA and the IWF have executed a confidentiality undertaking which permits the IWF to access the weightlifters' data in AWOS, thus ensuring that the AWF remains compliant with the IWF Anti-Doping Policy requirement for National Team members to provide their whereabouts information to the IWF.

At the IWF Congress in October, it was announced that the IWF Executive Board had decided to strengthen the penalties for National Federations recording three or more positive results from IWF testing within a calendar year. The penalties now apply as follows:

### **SANCTIONS AND COSTS ASSESSED AGAINST NATIONAL FEDERATIONS**

Three or more violations of these Anti-Doping rules (other than the violations involving Articles 2.4 and 10.3) are committed by Athletes or other Persons affiliated with a National Federation within a Calendar year in testing conducted by IWF or Anti-Doping Organizations other than the National Federation or its National Anti-Doping organization.

In such event the IWF Executive Board will:

(a) Ban all or any team officials from that Member Federation from participation in any IWF activities for a period of up to two years and

(b) Fine the Member Federation as follows:

A) 3 violations 50,000 USD; In default of payment of the fine the National Federation will be suspended for 1 year from the date of default.

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B) 4 violations 100,000 USD; In default of payment of the fine the National Federation will be suspended for 1 year from the date of default.

C) 5 violations 150,000 USD; In default of payment of the fine the National Federation will be suspended for 2 years from the date of default.

D) 6 violations 200,000 USD; In default of payment of the fine the National Federation will be suspended for 2 years from the date of default.

E) 7 violations 250,000 USD; In default of payment of the fine the National Federation will be suspended for 3 years from the date of default.

F) 8 violations 300,000 USD; In default of payment of the fine the National Federation will be suspended for 3 years from the date of default.

G) 9 or more violations 500,000 USD; In default of payment of the fine the National Federation will be suspended for 4 years from the date of default.

c) or suspend the National Federation from participation in any IWF activities for a period of up to four years in case of point G) above.

#### 12.3.1.1.

a) All the fines stated under 12.3.1. shall be paid within 6 months from the receipt of the IWF decision.

b) Until the fine is paid in full the National Federation concerned is suspended from all weightlifting activities within the IWF including participation in any IWF event.

12.3.1.2. The IWF EB reserves the right to consider taking further action if any such violation occurs during the In-competition period of any Olympic Games.

All of the above reinforces the necessity for vigilance on the part of the AWF and its Members. Anti-Doping Rule Violations committed by just a few individuals at international events can have dire consequences for the whole Federation.

In 2013, two weightlifters were sanctioned for Anti-Doping Rule Violations, with a two-year period of ineligibility applied in both cases. Prohibited substances were detected in samples collected from these athletes at separate domestic competitions.

Additionally, the AWF has been advised that two weightlifters are linked to an ASADA investigation. At the time of writing this report, the AWF had not been informed of the outcome of this investigation or of proceedings, if any, in relation to these athletes, and so no further details can be disclosed at this time.

So, while the IWF introduces tougher penalties for doping offences; and the AWF makes greater efforts to educate athletes and coaches, we still see anti-doping rule violations committed in our sport. It is easy to be discouraged by this, but we must respond by strengthening our resolve to support and promote Pure Performance in weightlifting to the fullest extent possible. Considering the level of scrutiny applied to weightlifting as a

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high risk sport in anti-doping terms, the small number of reported violations, as unacceptable as they may be, suggests that our efforts are not made in vain, and that the vast majority of athletes are doing the right thing. We can take some small comfort in that and, as always, strive to do better.

Looking ahead, the AWF and the Anti-Doping Committee in particular, will continue to work in close cooperation with ASADA on our common mission, i.e. to protect the integrity of the sport of weightlifting in Australia through the elimination of doping.

In closing, I wish to record many thanks to the members of the AWF Anti-Doping Committee: Boris Kayser and Mary Macken; and to the AWF CEO Michael Keelan, for their continuous support and their commitment and attention to this important area of anti-doping. I also wish to thank ASADA Sport Operations Officers Fabrizio Pulciani, Kate Walker and Gina Crossman for their advice and assistance throughout the year.

**Ian Moir**  
**[Chair – AWF Anti-Doping Committee]**

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## REPORT - MASTERS



I wish to start this report by registering my personal thanks to AWF CEO Michael Keelan and the AWF Board lead by Dr Robert Mitchell, Chair, for their continuing support for Masters Weightlifting. Throughout 2013 National Masters Panel members Mary Macken, Trevor Walz, Coral Quinell and myself have entered into a lot of dialogue with members and have considered many issues resulting in the introduction of further initiatives that have enhanced the Masters program.

More Masters are joining State associations and taking part in competitions at various levels which augers well for the future of our sport and the masters movement.

I am sure I speak for all masters in publicly recording our thanks to OliTek Directors, Deb, Steve and James Oliver for once again supporting Masters weightlifting through naming rights of the 2013 OliTek National Masters Championships and 2013/14 OliTek National Masters League. Both of these events proved to be popular and we are expecting even bigger numbers in 2014.

The 2013 OliTek National Masters Championships was a memorable event for all the right reasons. Competition Director Craig Newman and his hard working band of helpers made everyone feel welcome and they delivered a smoothly run event. The chosen venue had everything required for a national Masters **event which produced many PB's, and national records**. Masters left Tasmania having enjoyed the competition, the venue, the accommodation and the social interaction that provided many fond memories for one and all.



14 women and one man very successfully represented Australia at the 2013 World Masters Games, IWF Masters Championships, Torino, Italy and the women's team finished an impressive second in the team placing.

Recently 23 Masters contested the inaugural Commonwealth Masters Championships and **World Cup held in Penang, three of Australia's best** Masters females took out the lion's share of World Cup prize money, Diana Loy – 2<sup>nd</sup>, Nicole Chamberlain – 3<sup>rd</sup> and Coral Quinell 4<sup>th</sup>. It is pleasing to report that opportunities for Masters to enter international competition are expanding at a rapid rate!

With an innovative NMP, active State Masters Coordinators and continued support from the AWF Board, 2014 will continue to be exciting for Masters.

### **Australian Male Masters Records**

<b>Age Group</b>	<b>Athlete</b>	<b>State</b>	<b>Record #</b>		
40-44 Years	Matt Swift	QLD	1	<b>Total</b>	<b>1</b>
45-49 Years	George Ivanovski	NSW	4		
	Damien Hewish	VIC	2		
	Peter Foster	QLD	1		
				<b>Total</b>	<b>7</b>
50-54 Years	Armando Miotti	VIC	4	<b>Total</b>	<b>5</b>
	Paul Dewar	NSW	1		
55-59 Years	Stephen Johnstone	NSW	3	<b>Total</b>	<b>3</b>
60-64 years	John Clow	VIC	5	<b>Total</b>	<b>5</b>
75-79 Years	Chris Holt	VIC	3	<b>Total</b>	<b>3</b>
				<b>Grand Total</b>	<b>24</b>

### **Australian Female Masters Records**

35-39 Years	Nicole Chamberlain	SA	14	<b>Total</b>	<b>17</b>
	Vivian Lee,	VIC	2		
	Megan Kelly	NSW	1		
40-44 Years	Jenny Butler	QLD	8	<b>Total</b>	<b>16</b>
	Malgorzata Soroka	QLD	5		
	Megan Smith	ACT	3		
45-49	Kelly Rau	NT	3	<b>Total</b>	<b>5</b>
	Diana Loy	QLD	2		
50-54 Years	Lina Vukojevic	VIC	7	<b>Total</b>	<b>12</b>
	Bronwyn Hitchener	QLD	3		
	Mary Macken	NSW	2		
55-59 Years	Annette Wilmot	NSW	2	<b>Total</b>	<b>2</b>
60-64 Years	Julie Davis	QLD	4	<b>Total</b>	<b>9</b>
	Valerie Silver	QLD	2		
	Gail Batman	ACT	3		
70-74 Years	Vicki Brady	QLD	10	<b>Total</b>	<b>10</b>
				<b>Grand Total</b>	<b>71</b>

**Lawrie Townsend**  
**[Chair – National Masters Panel]**

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## REPORT - TECHNICAL

In my last report I made mention of the fact that over the last four years I had been privileged to have been part of the International Weightlifting Federation (IWF) Technical Committee and that I had observed and experienced what could be achieved when ideas are submitted and discussed. As a Technical Official, feel so much more versed and equipped in all the machinations, including the financial and political aspects of the IWF.

The IWF Technical Committee under the Chairmanship of our own Sam Coffa achieved so much during the quadrennial. This was applauded by the Delegates at the Annual Congress and I am so happy that partly as a result of the success achieved Sam Coffa has been re-elected to that prestigious post for the ensuing four years. Sam was also appointed as one of the two IWF Technical Delegates to the 2016 Rio Olympic Games.

Congratulations to Sam, a very well deserved honour given the amount of time he gives to the sport and his diligence when dealing with the Technical Rules and Regulations.

Congratulations to Lyn Jones who was re-elected to the IWF Coaching & Research Committee, this is just reward for the work Lyn has done both for the IWF and the AWF.

Congratulations to Boris Kayser on being reappointed as the Chairman of the IWF doping hearing panel.

As you can see from the above International Appointments Australia is very well represented, it speaks very highly to the calibre of our people and the pathways with ensuing opportunities presented by the AWF.

Unfortunately I was not re-elected to the IWF Technical Committee but I will continue to assist Sam whenever requested and will continue to make submissions and provide new ideas both as an individual and as Chairman of the AWF Technical Committee.

**I also noted in last year's report that unfortunately our National Technical Committee** partly as a result of travels, economic Factors work and family commitments does not meet on a regular basis. Thus we cannot claim that we truly have the opportunity to discuss face to face National Technical affairs or for that matter work positively towards ideas and new projects.

From a development point of view I believe we have one of the best systems in the world which is respected both Nationally and Internationally. Our system has developed and continues to develop Technical Officials of the highest calibre who could proudly take their place in an International arena and hopefully some of the new, as well as the more experienced officials, will express their interest in applying and thus venture into the exciting world of international officiating.

However, on that we must be very cautious and nominate people for the appropriate **events, in other words 'horses for courses'**. **Far too often we lose sight of the fact that** there is a pathway to follow, one which is on the list of the IWF Workplan 2013-2016 and one which we should support.

The past year has been a very busy year for our Technical Officials. As noted below Australian Technical Officials participated at 10 International events, In our Regional and Continental events Australia provided a very significant proportion of the Technical officials.

As you would note the AWF Technical Committee has been active in having facilitated the promotion of five IWF Category 1 Referees; two IWF Category 2 and six Nationals with all

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States and Territories being involved. We congratulate them all hoping that they make themselves available for the various events Australia wide and when appropriate, internationally.

These new officials together with all other established officials should undergo refresher courses to acquaint themselves with new rules, new regulations and procedures. This is of vital importance to all and much to my disappointment we have not conducted such courses on a regular basis and when we have managed to organise one or two it has been at a time when officials are otherwise engaged during an event.

In my opinion this is critical and once again I urge the AWF to consider holding periodical Technical Course, with Sam Coffa moderating, and give the conferences enough time for the lecture and for question and answers if such are to be considered meaningful and educative. The new IWF Technical Competition Rules and Regulations are now approved and there are many items which need to be properly understood before being applied in competitions.

In conclusion I am happy to report to you that opportunities have been made available this past year to any Technical Official to participate both at National and International events. This will continue and will become more exciting when one factors in the 2014 Commonwealth Games to be staged in Glasgow-Scotland during July-August.

I would very much like to thank the members of the AWF Technical Committee, Sam Coffa, Ian Moir, Debra Keelan and Max Ryan for their support and contribution throughout the year.

### **Appointments of Australian Technical Officials at International Events:**

#### **Australian Youth Olympic Festival, Sydney, Australia.**

Ian Moir	Technical Director
Debra Keelan	Jury
Chris Michaelopoulos	Jury
Mary Macken	Jury, Referee
Julio Melo	Jury, Referee
John Hanlon	Referee
Lyn Jones	MC
Michael Keelan	Referee
Kylie Booth	Jury, Referee
Barrie Gilbert	Referee
Craig Wegert	Referee, Technical Controller
Peter Gordon	Time Keeper
Coral Quinell	Technical Controller
Deb Oliver	Time Keeper
Pedro Sanchez	Jury
Natasha Diffey	Technical Controller
Leanne Springer	Timekeeper, Technical Controller
Boris Kayser	Jury
Shannon Peters	Timekeeper
Jennifer Sanchez	Jury

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**Youth World Championships, Tashkent, Uzbekistan.**

Sam Coffa Jury President  
Boris Kayser

**World Junior Championships, Lima, Peru.**

Sam Coffa Jury President  
Danielle Waller Referee  
Phil Maunder Technical Controller

**World Masters Torino, Italy.**

Coral Quinell Jury, Referee, Technical Controller, Marshall  
Lawrie Townsend Jury, Referee, Technical Controller, Marshall  
Vicki Brady Referee

**Oceania Senior, Junior and Youth Championships, Brisbane, Australia.**

Sam Coffa Jury President  
Boris Kayser Jury  
Pedro Sanchez Jury  
Debra Keelan Jury, Debra Keelan, Technical Controller,  
Phil Maunder Jury, Referee, Technical Controller  
Kylie Booth Jury, Referee, Technical Controller  
Vicki Brady Jury, Referee, Technical Controller  
Matthew Curtain Jury, MC  
Lyn Jones Jury, MC  
Jack Walls Jury  
Craig Wegert MC, Marshall  
Ian Moir Marshall, MC  
Erika Yamasaki Marshall  
Barry Harden Referee, Technical Controller, Timekeeper  
Ange Kenos Referee, Time keeper, Marshall  
Leanne Goldsworthy Referee, Technical Controller, Timekeeper  
Deb Oliver Referee, Timekeeper, Marshall, Technical Controller  
Milos Trnka Referee, Technical Controller, Timekeeper  
Linda Eades Timekeeper, Referee, Technical Controller, Marshall  
Danielle Waller Technical Controller, Referee  
Mary Macken Technical Controller, Referee  
John Hanlon Referee, Technical Controller, Timekeeper  
Jenny Sanchez Referee  
Trevor Walz Timekeeper  
Tony Campbell-Cowie Referee, Technical Controller  
Scott Taylor MC  
Keith Forbes Timekeeper

**XIV Pacific Mini Games, Wallis and Futuna.**

Phil Maunder Jury

**South-American Youth Games, Lima, Peru.**

Jenny Sanchez Referee  
Pedro Sanchez Jury

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### **World Senior Championships, Wroclaw, Poland.**

Sam Coffa Jury President  
Pedro Sanchez Technical Controller

### **2013 1st World Cup Masters +1st Commonwealth Masters Championships, Penang, Malaysia.**

Barry Harden Referee  
Lawrie Townsend Jury, Referee, Technical Controller  
Trevor Walz Technical Controller, Marshall  
Kathleen Harden Marshall  
Goran Vukojevic Referee, Technical Controller  
Vicki Brady Jury, Referee, Technical Controller  
Wendy Pakchung Technical Controller, Marshall  
Coral Quinell Referee  
Amanda Miller Technical Controller  
Lina Vukojevic Referee  
Phil Maunder Referee, Technical Controller, Marshall,  
Jenny Sanchez Jury, Referee, Technical Controller

### **2013 Commonwealth Senior, Junior and Youth Championships Penang, Malaysia.**

Sam Coffa Jury President  
Phil Maunder Technical Controller  
Jenny Sanchez Referee  
Michael Keelan Chief Marshall

### **2013 Promotions**

- Barry Harden to Category I
- John Hanlon to Category I
- Vicki Brady to Category I
- Danielle Waller to Category I
- Phil Maunder to Category I
- Tony Campbell-Cowie to Category II
- Coral Quinell to Category II
- Graham Walker to Category National
- Lina Vukojevic to Category National
- Goran Vukojevic to Category National
- Matt Williams to Category National
- Craig Newman to Category National
- Amanda Miller to Category National

### **Pedro Sanchez**

**[Chair, AWF Technical Committee]**

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## REPORT – BUSINESS DEVELOPMENT

It has been another busy year for the AWF Business Development Committee.

The Business Development Committee oversees the continued development of the AWF CEP program and other revenue generating initiatives (example Business Membership, Merchandising). The Committee also has the important role of marketing and promoting the sport, developing relationships with current and new sponsors, and partnerships with business and suppliers.

The Business Development Committee members have contributed a great deal of time and energy over the last 12 months, and due to these efforts the Business Development Committee has achieved a great deal.

Some of the achievements and successes are as follows:

The complete re-design of the AWF website. The primary focus of the re-design was to look at it from a non-AWF persons point of view. Someone new to the sport should easily and quickly be able to find out how to get involved along with details on clubs to join.

In designing the new site we researched what our current users were looking at. Around 50% were looking for competition details and results, and 30% for details on CEP. We therefore made these two areas very easy to find from the homepage.

The website redevelopment has also allowed us to promote AWF merchandise and Business Membership, which will become two key business areas for the AWF over the coming years.

The website will continue to be developed with another upgrade scheduled for the first six months of 2014.

CEP has continued to flourish and expand. I remember a few people several years ago were making comments that they thought CEP had peaked, therefore it is pleasing to prove that this is not the case. It will possibly peak at some stage, however it certainly **doesn't** look close, and with the development of extra programs including the level 3 course (our first one is all but booked out) and possibility of coaching conferences I have no doubt that CEP and its associated areas will continue to prosper.

A huge amount of thanks has to be given to Deb Keelan who has managed the CEP **incredibly well this year. With CEP contributing close to half of the AWF's revenue it is** paramount that the CEP is managed expertly and Deb fills this role perfectly.

After a slow start AWF Business Membership has started to take off. We now have 19 Business Members and currently this is growing by 2-3 per month. This is an exciting area for the AWF, not only does it raise revenue but it exposes our sport to a number of people who may not normally be exposed to it. Business Membership is currently in its infancy, however I see this area rapidly expanding over the coming years and becoming a significant contributor to AWF revenues.

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The AWF merchandising arm has also started to take off. Importantly we have proved there is a market for AWF merchandise, and that we can make a profit from it. The next step is to expand the areas we market AWF merchandise in, expand the range, and increase our sales volume.

We have successfully continued our Sponsorship relationship with Olitek, and this year we welcomed Tonic as a new sponsor of the AWF. We are grateful for both Olitek and **Tonic's sponsorship and support of the AWF and we look forward to developing long relationships with them.** We are also close to announcing another sponsor and have also commenced negotiations with yet another possible sponsor.

An interesting development over the last six months is we now have companies approaching us wanting to develop a relationship with the AWF. This is due to the rapid expansion of our membership database and continued development of our brand. This has been very pleasing to see. While on this point it is critical the all AWF national competitions are run and organised at the highest level possible. In many cases AWF national competitions are our shop front, and potential members and sponsors will judge us on how these competitions are run and presented. This is an area I would personally like to do more work on over the coming year or two.

In the areas of communication and social media we have expanded the AWF Facebook page. Hopefully many of you have seen an increased activity in this area. We have also set up an AWF Twitter account, however this is still in its infancy. Additionally we produced our first AWF newsletter in many years (which was sent to over 2000 people). This newsletter received some excellent feedback. Thanks to Jess Edge who volunteered to produce, manage and publish this newsletter and future editions.

The AWF Business Development Committee is very active. We meet several times per year, and a few months ago we held a full day workshop where we effectively constructed our Business Development plan for the next few years. I am fortunate to have the expertise of Craig Wegert and John Epta as committee members. Special mention has to be made of John Epta, not only does he contribute a great deal of time to the AWF, but he also makes available the skills, expertise and resources of his advertising agency.

I would also like to take this opportunity to thank my fellow board members and Mike Keelan who continue to give me support and advice.

I have no doubt the next few years will be exciting and rewarding for the AWF. The lead up to the 2018 Commonwealth Games is our opportunity to rapidly expand our membership base, develop strong relationships with current and new sponsors, and significantly increase revenue via CEP, Merchandising, Business Membership and other areas. However for us to achieve this it is paramount that all AWF members continually look at improving everything we do. To be successful we need to show to the Weightlifting World (and sporting world in general) in Australia that we are professional, inclusive and unified.

**Phil Maunder**  
**[Chair, Business Development Committee]**

## REPORT – HIGH PERFORMANCE

This report reflects an extremely turbulent year in the High Performance world of the AWF. We started the year with a plan, which was accepted by both the ASC and the AGGA. It reflected a vision of performance reward for our lifters. In other words if good results were obtained then financial rewards through DAS were forthcoming. We set up a – for senior lifters – a Go Glasgow Shadow Team, which required lifters to attain 2012 A grade performances to be accepted on to the Shadow Team. It also required Shadow Team members to enter in to an Athlete Agreement with AWF, which outlined their plans and forecasts for the year and required ongoing training results and injury reports. This worked reasonably well with most lifters and coaches responding regularly. Some, however, failed to carry out their responsibilities and therefore failed to get DAS support. Once the first reporting period was over, all lifters – **especially the one's that missed out** on DAS – came on board. DAS support was supplied AFTER and not before performance. This was as a result of previous experience when supplying DAS prior to performance had resulted in lower results.

Our current Shadow Team is comprised of the following male and female athletes:

1	Damon Kelly	1983	Senior	QLD	M105+	381	124.10	7/09/2012
2	Francois Etoundi	1984	Senior	VIC	M77	312	117.74	28/11/2013
3	Simplice Ribouem	1982	Senior	VIC	M94	340	116.44	13/07/2013
4	Malek Chamoun	1989	Senior	NSW	M85	310	112.32	28/11/2013
5	Vannara Be	1988	Senior	VIC	M62	250	112.11	23/03/2013
6	Robert Galsworthy	1989	Senior	QLD	M105	330	111.11	28/11/2013
7	Christopher Rae	1980	Senior	SA	M105+	340	110.75	19/10/2013
8	Max Dal Santo	1985	Senior	SA	M105	324	109.09	14/07/2013
9	Troy Hewkins	1986	Senior	VIC	M85	297	107.61	13/07/2013
10	Zac Grgurevic	1991	Senior	VIC	M94	313	107.19	18/05/2013
11	Ben Turner	1984	Senior	QLD	M77	284	107.17	13/07/2013
12	Gordon Laurie	1986	Senior	VIC	M105	317	106.73	18/05/2013
13	Daniel Katz	1990	Senior	VIC	M77	277	104.53	16/11/2013
14	Paulo Magistrado	1992	Senior	VIC	M77	274	103.40	18/05/2013
15	Joshua Quinn	1991	Senior	VIC	M105	307	103.37	23/03/2013
16	Jordan Steffens	1989	Senior	QLD	M105+	316	102.93	14/07/2013
17	Jamie Osbourne	1980	Senior	ACT	M69	241	101.69	31/08/2013
18	Luke Gardiner	1988	Senior	QLD	M105	301	101.35	23/03/2013



1	Seen Lee	1982	Senior	VIC	F58	190	130.14	28/11/2013
2	Deborah Acason	1983	Senior	QLD	F75+	232	126.78	28/11/2013
3	Jenna Myers	1986	Senior	TAS	F75+	228	124.59	14/07/2013
4	Erika Yamasaki	1987	Senior	QLD	F53	168	120.00	11/07/2013
5	Kaitlyn Fassina	1990	Senior	TAS	F75+	216	118.03	14/07/2013
6	Vivian Lee	1978	Senior	VIC	F48	148	117.46	15/12/2012
7	Socheata Be	1989	Senior	VIC	F53	163	116.43	23/03/2013
8	Tegan Napper	1986	Senior	QLD	F48	144	114.29	28/11/2013
9	Kylie Lindbeck	1984	Senior	ACT	F69	187	113.33	5/10/2013
10	Michelle Kahi	1994	Junior	QLD	F69	180	109.09	9/11/2013
11	Amy Dracup	1981	Senior	VIC	F58	159	108.90	5/10/2013
12	Christine Meier	1983	Senior	QLD	F58	158	108.22	21/09/2013
13	Belinda Van Tienen	1986	Senior	VIC	F75+	197	107.65	15/12/2012
14	Jacquie White	1982	Senior	VIC	F63	170	106.25	15/12/2012
15	Rachel Goodman	1997	Youth	VIC	F63	170	106.25	16/11/2013
16	Kate Linford	1987	Senior	VIC	F75+	194	106.01	18/05/2013
17	Jessica Edge	1986	Senior	QLD	F58	152	104.11	21/09/2013
18	Elena Palamara	1986	Senior	NSW	F75	170	102.41	27/10/2012
19	Jessica Lai	1989	Senior	QLD	F58	147	100.68	21/09/2013
20	Melissa Robinson	1981	Senior	QLD	F63	161	100.63	28/07/2012

However, although this system appeared to be producing the required performances the **ASC then brought in their "WINNING EDGE" program, which required sports to either have lifters in the top 5 in the World/Olympics or top in the Commonwealth Games.** Luckily AWF qualified in the latter; otherwise we would receive minimum funding. As usual this government re-structure required regular reports and a re-distribution as to how funds could be used. In other words we are required to do more with less and whatever we get has strings attached. Apparently the current leaders have based their philosophy on the British program, which produced big improvements in British sport prior to the London Olympics – this cannot be doubted but what was failed to be implemented was the significant increase in funding received by British sport (e.g. British weightlifting have 8 full time employees and significant athlete funding). Lord Sebastian Coe quoted, prior to Britain's Games preparation, John Lear GB Weightlifting National Coach's observation that "*the number of medals won is directly proportional to the amount of government funding*". Britain – at least – took this on board. Unfortunately for Australia this important factor appears to be missing.

Much to my surprise the ACGA has also signed up with the Winning Edge proposal and we found ourselves having to completely re-organise our Glasgow 2014 plan. Now instead of all Shadow Team members benefitting from the funding available only top ranked lifters will get support. They will also get funding up-front as well as for recorded performance – something AWF found did not work prior to Delhi. Whether this will enhance our results in Glasgow will be interesting to watch.

All is not however, doom and gloom. The January Youth Olympic Festival in Sydney was a great success and this was followed by the 2013 Oceania Champs in Brisbane where Australia won 10 medals at senior level (1 Gold) 9 medals at Junior level (1 gold) and 13 medals at Youth level (3 Gold). One lifter qualified and competed in the World Junior

Champs and 3 at the World Youth Champs. In the fiercely contested recent Commonwealth Championships our team won 3 medals at senior, 2 at Junior and 4 at Youth level.

We are still continuing with the Glasgow Shadow Team program and hope that the unfunded lifters will still strive to produce excellence by the March 15<sup>th</sup> 2014 Final Trial. More power to their efforts. However, our forecast of 3 medals in Glasgow has a very relevant ring to it when we look at the results being recorded by heavily funded rival nations.

The AWF has a significant plan in for approval by the ACGA with regard to the 2018 Commonwealth Games. We recognise that our current senior team is ageing and we need to enhance the performance of our emerging lifters to replace them. We appear to have a number of talented youth lifters who should –with correct support – provide medal - contesting results by 2018. It remains to be seen whether the people controlling the purse strings accept our plan. Without an increase in financial support, and taking into account the support rival nations are already receiving, to expect significant improvement by 2018 maybe stretching the levels of optimism.

Our competitive future lies with our young lifters and the following statistics may help to illustrate this.

<b>Glasgow CG Shadow Team 2013</b>	<b>Average age in Glasgow</b>
<b>Men</b>	<b>26.10 years</b>
<b>Women</b>	<b>29.00</b>

Average Ages of lifters at recent Olympics:

<b>Men</b>			
<b>Average age</b>	Age at 1 <sup>st</sup> Olympics	Age at 2004 Olympics	Age at 2012 Olympics
All Competitors	24.3	26.0	25.0
Medallists	23.5	26.5	23.9
Gold Medallists	22.1	24.6	24.0

<b>Women</b>			
Average Age	Age at 1 <sup>st</sup> Olympics	Age at 2004 Olympics	Age at 2012 Olympics
All Competitors	22.8	24.1	25.4
Medallists	22.8	24.1	23.6
Gold Medallists	22.0	23.1	23.4
<b>Average Age of 2006 CG Medallists</b>			
<b>Men</b>	<b>27.9</b>		
<b>Women</b>	25.27		
<b>Average Age of 2010 Medallists</b>			
<b>Men</b>	25.96		
<b>Women</b>	22.42		

I hope we can learn something from this and concentrate whatever resources become available to enhance the development of our talented young lifters even if this means neglecting to some extent our current seniors. However, with the present emphasis by our “all seeing” financial controllers it would appear that the AWF must pursue this venture alone.

**Lyn Jones**  
**[High Performance Coordinator]**

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## INTERNATIONAL POSITIONS

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### INTERNATIONAL WEIGHTLIFTING FEDERATION (2013- 2016)

**Sam Coffa AM, JP**

IWF Vice President

**Sam Coffa AM, JP**

Chairman, IWF Technical Committee

**Lyn Jones**

Member, IWF Coaching & Research Committee

**Boris Kayser**

Chairman, IWF Doping Hearing Panel

**Lawrie Townsend**

Member – IWF Masters Board

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### COMMONWEALTH WEIGHTLIFTING FEDERATION (2010 – 2014)

**Paul Coffa MBE**

OWF General Secretary

**Matthew Curtain**

CWF Vice President

**Michael Noonan**

Statistician & Record Keeper

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### OCEANIA WEIGHTLIFTING FEDERATION (2012 – 2016)

**Paul Coffa MBE**

OWF General Secretary

**Matthew Curtain**

OWF Assistant General Secretary

**Lawrence Townsend**

Chairman, OWF Masters Committee

**Phil Maunder**

Executive Member, OWF Board

**Michael Noonan**

Statistician & Record Keeper



## ACKNOWLEDEMENTS AND THANKS

The AWF Board recognises and thanks the members, supporters, partners and sponsors who have made significant contribution to the growth and development of the AWF in 2013:

- **Australian Sports Commission & Australian Institute of Sport** – Principal Partners
- **Australian Commonwealth Games Association** – supporting our high performance Junior & Senior Athletes and promoting weightlifting through the Commonwealth Games movement
- **Australian Olympic Committee** – AYOF funding and human resource support and giving opportunities for our youth and senior athletes to contest the Olympic Games
- **Australian Paralympic Committee** – Glasgow Commonwealth Games team preparation for Elite Athletes with Disability
- **Oceania Weightlifting Federation** – granting the AWF hosting rights for the 2013 Oceania Youth, Junior & Senior Championships and delivering OTIP
- **Olitek** (Deb, Steve & James Oliver) – sponsor of national events and Olitek Masters League
- **Tonic** (John Eptaminotakis) – sponsor of the AWF's Business Development initiatives
- **Australian Sports Anti-Doping Authority** – partners in the fight for pure-performance sport
- **State Associations & Clubs** – for our genuine appreciation of all your contributions and passion in caring for member's needs and problems throughout Australia
- **Coaches, Officials and Administrators** – for your sacrifices, dedication and commitment you give so selflessly to others
- **Athletes** – for your love of weightlifting, striving to reach your athletic potential and becoming role models for others to follow
- **Mr Glenn Ferguson, Ferguson Cannon Lawyers** – for wise advice and timely response
- **Mr Louie Kortesis, Zest Accounting** – for reliable advice and services



**Contents**

Committee's Report

Statement of Financial Performance

Income and Expenditure Statement

Statement of Cash Flows

Statement of Financial Position

Notes to the Financial Statements

Depreciation Schedule

Statement by Members of the Committee

Independent Audit Report to the Members

Compilation Report

# AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED ABN 73 150 873 587

## Committee's Report

For the year ended 30 June 2013

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Your committee members submit the financial accounts of the AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED for the financial year ended 30 June 2013.

### Committee Members

The names of committee members at the date of this report are:

Professor Robert Mitchell

Michael Keelan

### Principal Activities

The principal activities of the association during the financial year were: .

### Significant Changes

No significant change in the nature of these activities occurred during the year.

### Operating Result

The profit from ordinary activities after providing for income tax amounted to

Year ended 30 June 2013	Year ended 30 June 2012
\$ 7,384	\$ 109,190

Signed in accordance with a resolution of the Members of the Committee on:

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Professor Robert Mitchell

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Michael Keelan

**AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED ABN 73 150 873 587****Statement of Financial Performance****For the year ended 30 June 2013**

	Note	2013 \$	2012 \$
Revenues from ordinary activities	1	980,439	883,355
Depreciation and amortisation expenses	2	(5,546)	(3,577)
Other expenses from ordinary activities		(967,509)	(770,588)
Profit from ordinary activities before income tax	1	<u>7,384</u>	<u>109,190</u>
	2		
Income tax revenue relating to ordinary activities			
Net profit attributable to members of the association		<u>7,384</u>	<u>109,190</u>
Total changes in equity of the association		<u>7,384</u>	<u>109,190</u>
Opening retained profits		255,877	146,687
Net profit attributable to members of the company		<u>7,384</u>	<u>109,190</u>
Closing retained profits		<u>263,261</u>	<u>255,877</u>

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The accompanying notes form part of these financial statements.



**AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED ABN 73 150 873 587****Income and Expenditure Statement****For the year ended 30 June 2013**

	2013 \$	2012 \$
<b>Income</b>		
Affiliation / Capitations / Entry Fees	23,813	12,235
Australian Sports Commision	384,000	384,000
Australian Olympic Committee	21,853	11,625
A.C.G.A.	175,613	86,250
Sales & Sponsorship	3,250	17,300
Competition Income	22,857	14,273
Coaching services income	313,466	309,280
Interest received	7,373	13,642
Reimbursements & other	23,214	34,251
Business Licensing Revenue	5,000	500
Total income	<u>980,439</u>	<u>883,355</u>
<b>Expenses</b>		
Accounting & Legal	32,557	27,549
Promotion & Development	139,550	106,801
Bank Charges	5,346	6,304
Coach Development	140,916	67,054
Data Management	13,220	18,135
Depreciation - plant	5,546	3,577
Affiliation Fee	611	1,236
Competition Expenses	49,139	75,972
Sport Science/Medicine	842	21,660
Insurance	21,554	18,671
General Administration	55,903	11,758
Materials & supplies	24,059	9,493
Postage	2,625	1,107
Printing & stationery	875	976
National Team - Various	291,293	260,871
Superannuation	11,702	8,280
Internet & Telephone	6,455	4,887
Executive Board Expenses	62,757	46,594
Salary and related	107,556	82,800

The accompanying notes form part of these financial statements.

**AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED ABN 73 150 873 587****Income and Expenditure Statement****For the year ended 30 June 2013**

	2013 \$	2012 \$
Workers Compensation	547	439
Total expenses	973,055	774,165
Profit from ordinary activities before income tax	7,384	109,190
Income tax revenue relating to ordinary activities		
Net profit attributable to the association	7,384	109,190
Total changes in equity of the association	7,384	109,190
Opening retained profits	255,877	146,687
Net profit attributable to the association	7,384	109,190
Closing retained profits	263,261	255,877

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The accompanying notes form part of these financial statements.

**AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED ABN 73 150 873 587****Statement of Cash Flows****For the year ended 30 June 2013**

	2013 \$	2012 \$
<b>Cash Flow From Operating Activities</b>		
Receipts from customers	885,317	777,884
Payments to Suppliers and employees	(910,521)	(754,382)
Interest received	7,373	13,642
Net cash provided by (used in) operating activities (note 2)	<u>(17,831)</u>	<u>37,144</u>
<b>Cash Flow From Investing Activities</b>		
<b>Payment for:</b>		
Payments for property, plant and equipment	<u>(2,853)</u>	<u>(1,177)</u>
Net cash provided by (used in) investing activities	<u>(2,853)</u>	<u>(1,177)</u>
Net increase (decrease) in cash held	(20,684)	35,967
Cash at the beginning of the year	<u>206,728</u>	<u>170,760</u>
Cash at the end of the year (note 1)	<u><u>186,044</u></u>	<u><u>206,728</u></u>

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The accompanying notes form part of these financial statements.

# AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED ABN 73 150 873 587

## Statement of Cash Flows

For the year ended 30 June 2013

2013

2012

### Note 1. Reconciliation Of Cash

For the purposes of the statement of cash flows, cash includes cash on hand and in banks and investments in money market instruments, net of outstanding bank overdrafts.

Cash at the end of the year as shown in the statement of cash flows is reconciled to the related items in the balance sheet as follows:

Cash At CBA	3,472	4,529
Investment Account	182,572	202,199
	<u>186,044</u>	<u>206,728</u>

### Note 2. Reconciliation Of Net Cash Provided By/Used In Operating Activities To Net Profit

Operating profit (loss) after tax	7,384	109,190
Depreciation	5,546	3,577
Changes in assets and liabilities net of effects of purchases and disposals of controlled entities:		
(Increase) decrease in trade and term debtors	(87,749)	(91,829)
(Increase) decrease in prepayments		(1,716)
Increase (decrease) in trade creditors and accruals	75,917	13,182
Increase (decrease) in employee entitlements	(6,048)	2,229
Increase (decrease) in sundry provisions	(12,881)	2,511
Net cash provided by (used in) operating activities	<u>(17,831)</u>	<u>37,144</u>

**AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED ABN 73 150 873 587**  
**Statement of Financial Position As At 30 June 2013**

	Note	2013 \$	2012 \$
<b>Current Assets</b>			
Cash assets	3	186,044	206,728
Receivables	4	191,018	103,269
Current tax assets	5	7,930	(8,983)
Total Current Assets		384,992	301,014
<b>Non-Current Assets</b>			
Property, plant and equipment	6	8,266	10,959
Total Non-Current Assets		8,266	10,959
Total Assets		393,258	311,973
<b>Current Liabilities</b>			
Payables	7	111,275	35,358
Current tax liabilities	8	7,160	3,128
Provisions	9	11,562	17,610
Total Current Liabilities		129,997	56,096
Total Liabilities		129,997	56,096
Net Assets		263,261	255,877
<b>Members' Funds</b>			
Retained profits		263,261	255,877
Total Members' Funds		263,261	255,877

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The accompanying notes form part of these financial statements.

# AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED ABN 73 150 873 587

## Notes to the Financial Statements

For the year ended 30 June 2013

2013

2012

### Note 1: Revenue and Other Income

#### Revenue:

Interest revenue	7,373	13,642
Affiliation / Capitations / Entry Fees	23,813	12,235
Australian Sports Commision	384,000	384,000
Australian Olympic Committee	21,853	11,625
A. C. G. A.	175,613	86,250
Sales & Sponsorship	3,250	17,300
Competition Income	22,857	14,273
Coaching services income	313,466	309,280
Reimbursements & other	23,214	34,251
Business Licensing Revenue	5,000	500
	<u>980,439</u>	<u>883,355</u>

### Note 2: Profit from Ordinary Activities

Profit (loss) from ordinary activities before  
income tax has been determined after:

#### Charging as Expense:

Depreciation of non-current assets:

- Plant and equipment	<u>5,546</u>	<u>3,577</u>
Total depreciation expenses	<u>5,546</u>	<u>3,577</u>

### Note 3: Cash assets

Bank accounts:

Cash At CBA	3,472	4,529
Investment Account	<u>182,572</u>	<u>202,199</u>
	<u>186,044</u>	<u>206,728</u>

The accompanying notes form part of these financial statements.

# AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED ABN 73 150 873 587

## Notes to the Financial Statements

For the year ended 30 June 2013

2013

2012

### Note 4: Receivables

#### Current

Trade debtors	191,018	103,269
	<u>191,018</u>	<u>103,269</u>

### Note 5: Tax Assets

#### Current

GST clearing	7,930	(8,983)
	<u>7,930</u>	<u>(8,983)</u>

### Note 6: Property, Plant and Equipment

Plant and equipment:

- At cost	74,642	71,789
- Less: Accumulated depreciation	(66,376)	(60,830)
	<u>8,266</u>	<u>10,959</u>
	<u>8,266</u>	<u>10,959</u>

### Note 7: Payables

Unsecured:

- Trade creditors	111,275	35,358
	<u>111,275</u>	<u>35,358</u>
	<u>111,275</u>	<u>35,358</u>

The accompanying notes form part of these financial statements.

**AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED ABN 73 150 873 587**

**Notes to the Financial Statements**

**For the year ended 30 June 2013**

2013

2012

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**Note 8: Tax Liabilities**

**Current**

Amounts withheld from salary and wages	7,160	3,128
	<u>7,160</u>	<u>3,128</u>

**Note 9: Provisions**

**Current**

Employee entitlements*	11,562	17,610
	<u>11,562</u>	<u>17,610</u>

* Aggregate employee entitlements liability	11,562	17,610
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There were 1 employees at the end of the year





**AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED ABN 73 150 873 587**

**Statement by Members of the Committee**

**For the year ended 30 June 2013**

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In the opinion of the Committee the Statement of Financial Position, Statement of Financial Performance, Statement of Cash Flows and Notes to the Financial Statements:

1. Presents fairly the financial position of AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED as at 30 June 2013 and its performance for the year ended on that date in accordance with Australian Accounting Standards, mandatory professional reporting requirements and other authoritative pronouncements of the Australian Accounting Standards Board.
2. At the date of this statement, there are reasonable grounds to believe that the association will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Committee and is signed for and on behalf of the Committee by:

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Professor Robert Mitchell  
President

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Michael Keelan  
Treasurer

## **Report on the Financial Report**

We have audited the accompanying financial report of AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED (the association), which comprises the Statement by Members of the Committee, the Statement of Comprehensive Income, the Statement of Financial Position, Statement of Cash Flows, Statement of Changes In Equity, a summary of significant accounting policies and other explanatory notes for the financial year ended 30 June 2013.

## **Committee's Responsibility for the Financial Report**

The Committee of the association is responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards (including Australian Accounting Interpretations) and the , and for such internal control as management determines is necessary to enable the preparation of the financial report that is free from material misstatement, whether due to fraud or error. In Note 1, management also states in accordance with Accounting Standard AASB 101: Presentation of Financial Statements, that the financial report complies with International Financial Reporting Standards.

## **Auditor's Responsibility**

Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. Those Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the committee, as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

## **Independence**

In conducting our audit, we have complied with the independence requirements of Australian professional ethical pronouncements.

**AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED ABN 73 150 873 587**  
**Independent Audit Report to the Members**

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**Auditor's Opinion**

In our opinion:

- (i) The financial report gives a true and fair view of the financial position of AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED as 30 June 2013, and of its performance and its cash flows for the year ended in accordance with the Australian Accounting Standards and the ;  
and
- (ii) the financial report also complies with International Financial Reporting Standards as disclosed in Note 1.

Signed on :

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**AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED ABN 73 150 873 587**  
**Compilation Report to AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED**

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We have compiled the accompanying special purpose financial statements of AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED, which comprise the Income and Expenditure Statement and Balance Sheet as at 30 June 2013, a summary of significant accounting policies and other explanatory notes. The specific purpose for which the special purpose financial statements have been prepared is to provide financial information to the committee of management.

*The Responsibility of the Committee of Management*

The committee of management is solely responsible for the information contained in the special purpose financial statements and has determined that the basis of accounting adopted is appropriate to meet the needs of the committee of management for the purpose of complying with the association's constitution.

*Our Responsibility*

On the basis of the information provided by the committee of management, we have compiled the accompanying special purpose financial statements in accordance with the basis of accounting and APES 315: Compilation of Financial Information.

Our procedures use accounting expertise to collect, classify and summarise the financial information which the committee of management provided, in compiling the financial statements. Our procedures do not include verification or validation procedures. No audit or review has been performed and accordingly no assurance is expressed.

The special purpose financial statements were compiled exclusively for the benefit of the committee of management. We do not accept responsibility to any other person for the contents of the special purpose financial statements.

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8 October, 2013