



20 ANNUAL 22 REPORT

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VISION

Weightlifting; everywhere, every sport, every medal



AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED

ACN 090 469 837

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

Member of Australian Olympic Committee, Commonwealth Games Australia

BOARD OF DIRECTORS

Chair/President

Mr Sam Coffa AM JP

Directors

Mr Lyn Jones
Mr Phil Maunder
Mr Pedro Sanchez
Mrs Angela Wydall
Mr Boris Kayser (APPOINTED)
Ms Coral Quinell (APPOINTED)

Chief Executive Officer

Mr Ian Moir
Australian Weightlifting Federation Limited
The Arena, Sleeman Sports Complex
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MESSAGE FROM AUSTRALIAN SPORTS COMMISSION

Sport has a place for everyone and delivers results that make Australia proud.

This is the Australian Sports Commission's (ASC) vision as we embark on a defining era in Australian sport over the next decade and beyond.

We are setting out to lead, support and provide opportunities for all communities to be involved in sport, while growing elite success and representation, inspiring future generations.

Our role, as the Australian Government agency responsible for supporting and investing in sport at all levels, is to increase involvement in sport and enable continued international sporting success.

We do this through leadership and development of a cohesive and effective sports sector, targeted financial support and the operation of the Australian Institute of Sport (AIS).

We play a unique role in the sport ecosystem and tackle the big challenges and opportunities with and for the sector.

We're proud to do so and through our vision, we aim to bring out the best in everyone involved in sport as we establish Australia as the world's best sporting nation.

The 2022 Birmingham Commonwealth Games provided a perfect launch pad for our athletes to shine.

To finish on top of the medal table with 67 gold and cement our status as the most successful nation in the event's history sets us up brilliantly as we look to host the next Games in Victoria 2026.

These Games, uniquely hosted in regional areas, will be another opportunity to inspire Australians to get involved in sport, and to champion the role sport can play in engaging every Australian.

This is a defining era for Australian sport. We have begun the Green and Gold decade to Brisbane 2032, and we are focused on building sustainable success for decades to come.

The sporting strategies, programs and facilities we deliver now have the capacity to shape Australia's long-term prosperity, well beyond sporting boundaries. A thriving Australian sport system is enormously influential to a thriving Australia.

We will advocate for sport and its positive influence on Australia, promote and support inclusive and diverse sporting environments and drive thought leadership and innovation to inspire world's best practices.

We will build the capability of sport and the people involved through projects like our Sport Volunteer Coalition Action Plan which outlines a new approach to foster positive, safe and fulfilling experiences for sport volunteers, and our Women Leaders in Sport programs which champion equal representation in sport.

It has been great to see the AIS site buzzing with activity again after a challenging few years due to COVID-19. We continue to welcome sports and athletes back to the campus, who are all keen to use our facilities to prepare for major sporting events.

Our aim is for sport in Australia to be world's best so we will optimise our facilities to advance sport and use them to showcase sport at its best.



This is an incredible opportunity to unite and inspire Australia through sport as we capitalise on the calendar of major sporting events on the road to a home Olympic and Paralympic Games.

On behalf of the ASC, thank you to everyone who contributes to Australian sport with the aim of making it better for all.

Josephine Sukkar AM
Chair



**GREEN
GOLD
GREAT**

Commonwealth Games Australia is proud to have supported the **Australian Weightlifting Federation** on the road to the Birmingham 2022 Commonwealth Games.

As a direct legacy of the Gold Coast 2018 Commonwealth Games, Commonwealth Games Australia invested \$13 million across the 21 sports that formed the Australian Team in Birmingham.

The funding was designed to help our Member Sports be **Green2Gold2Great** in Birmingham and assist emerging Team Members to keep Australia as the No. 1 nation in the Commonwealth.

Commonwealth Games Australia congratulates the **Australian Weightlifting Federation** for their continued efforts and our weightlifters for their outstanding performances in Birmingham.

AWF COMMISSIONS

| | |
|---|--|
| High Performance Commission | Lyn Jones (Chair), Luke Borreggine, Greg Haff, Julian Jones, Robert Mitchell, Angela Wydall, Sam Coffa (ex officio), Ian Moir (ex officio) |
| National Selectors | Lyn Jones (Chair), Phil Maunder, Ian Moir |
| Coach Education Commission | Lyn Jones (Chair), Greg Haff, Leo Isaac, Robert Mitchell |
| Finance & Audit Commission | Pedro Sanchez (Chair), Danielle Waller, Ian Moir |
| Technical Commission | Pedro Sanchez (Chair), Sam Coffa, Phil Maunder, Ian Moir |
| National Masters Panel | Coral Quinell (Chair), Linda Eades, Rohan Mason, John Zelanjak, |
| Integrity and Anti-Doping Commission | Boris Kayser (Chair), Robert Mitchell, Mary Macken, Rohan Mason, Ian Moir |
| Company Auditor | Louie Kortesis, MW Lomax |
| Company Secretary | Ian Moir |

STATE MEMBERS

| | | |
|---|--|------------------------------|
| Weightlifting ACT | Grant Haines Mary Pekin | President Secretary |
| New South Wales Weightlifting Association | Mary Macken Luke Borreggine | President Hon. CEO |
| Northern Territory Weightlifting Association | Sean Parkes Jeremy Wong | President Secretary |
| Queensland Weightlifting Association | Michael Keelan Debra Keelan | President General Manager |
| South Australian Weightlifting Association | Arjun Tokhi Jessica Edge | President Secretary |
| Victorian Weightlifting Association | Sofia Kranjec Eliza Brebner Griffin | President Secretary |
| Weightlifting Tasmania | Leo Isaac Jack Saward | President Secretary |
| Weightlifting Western Australia | Andrew Saxton Jay Saxton | President Secretary |



AWF WORKFORCE

In 2022, the Australian Weightlifting Federation employed one full time staff member: the CEO and contracted two Independent Service Suppliers, four State High Performance Coordinators and a Performance Pathway Manager.

Chief Executive Officer

Mr Ian Moir

Manager - Finance

Ms Danielle Waller

Performance Pathway Manager

Mr Gregory Hobl

State High Performance Coordinators

QLD/NT:

Mr Miles Wydall

VIC/TAS:

Mr Harvey Goodman

NSW/ACT:

Mr Luke Borreggine

WA/SA:

Mrs Jay Saxton

Manager – ICT, CEP & Merchandising

Mr Bowen Stuart

In accordance with good governance, the Independent Service Suppliers are managed by the Chief Executive Officer, who in turn reports to the Board of Directors, through the President. The Performance Pathway Manager and State HP Coordinators reported to the High Performance Commission (HPC), through the HPC Chair.

BOARD OF DIRECTORS

The AWF is governed by the Board of Directors, all Directors act in an honorary capacity. As per Article 13 of the AWF Constitution, the Board of Directors is as follows:

DIRECTORS:

- Mr Sam Coffa – Chair, Elected [Rotation concludes 2024 AGM]
- Mr Philip Maunder, Elected [Rotation concludes 2024 AGM]
- Mr Pedro Sanchez, Elected [Rotation concludes 2022 AGM]
- Mr Lyn Jones, Elected [Rotation concludes 2022 AGM]
- Mrs Angela Wydall, Elected [Rotation concludes 2023 AGM]
- Mr Boris Kayser, Appointed [Appointment concludes 2022 AGM]
- Ms Coral Quinell, Appointed [Appointment concludes 2022 AGM]

PRESIDENT'S REPORT

Last year I suggested that we were rid of the curse which had affected not just the sport of Weightlifting, our sport, but our everyday lives. I think we can say with some certainty that we are now back to normal, albeit COVID normal.

Our competitions at all levels are now back to full strength and traveling permits us to gather again with International and Interstate competitions now possible. What a relief!

Following on from the 2020 Olympics, the year 2022 hosted the Birmingham Commonwealth Games and once again our elite performers were at fever pitch. Birmingham 2022 was the first Commonwealth Games for which our lifters were subject to an individual Qualification System and as you can imagine it was a fierce battle to gain slots, but with determination 6 Female and 5 Male reached qualification and were selected.

The team achieved 1 Gold Medal, Eileen Cikamatana, Sarah Cochrane, Silver Medal, Kyle Bruce, Silver Medal, and Charisma Amoe-Tarrant, Bronze Medal. Most of the other Team Members, Brenna Kean, Kiana Elliot, Ebony Gorincu, Brendan Wakeling, Ridge Barredo, Jackson Roberts-Young and Suamili Nanai all tried lifts which could have given us more medals, but it was not to be, however, the result exceeded our expectations, and we are all immensely proud of their performance. The team was assisted by Ian Moir (Manager) and Miles Wydall, Jay Saxton and Paul Coffa as Coaches.

On behalf of the Australian Weightlifting Federation, I want to say congratulations to the team and thanks to the support team for a job well done.

Pedro Sanchez served as President of Jury 1 in Birmingham and Lilly Coffa served on Jury 2. Mary Macken was appointed as a Referee and Bowen Stuart managed the Video Playback System. Congratulations to all. I had the privilege of being the IWF Technical Delegate.

The Weightlifting events were staged in the National Exhibition Centre and in my opinion were enormously successful, the likes of it I have never seen. I congratulated all in my Technical Report to the IWF, CGF, and Organising Committee.

The next edition of the Games will be held in 2026 in our Australian State of Victoria, and already, I have been appointed as the Technical Delegate.

Administration

The past twelve months has seen our Chief Executive Officer, Ian Moir, doing an outstanding job in administering the affairs of the Federation. Ian, despite our encouragement to do otherwise, has worked alone, except for the fiscal assistance from Danielle Waller, and IT Manager, Bowen Stuart. Ian displays enormous sense of reliability and honesty, and his work is excellent. He continues to relate well with all of us and with our Constituents and our Partners, particularly the AIS and ASC.

As has been the case since I was elected President/Chairman of the AWF Ian and I stay connected on a regular basis and our personal relation is, I believe, extremely good.

I want to congratulate Ian and thank him on behalf of us all.

The Board has met as required, as you would expect, and a lot of work has been done despite the travelling problems.

Items which we were not able to bring to fruition this year have included the proposed 75th Anniversary, the formation of the Athletes Commission and an International Women Contest.

The Athlete's Commission is a matter which we will deal with as I believe Athletes should have a direct input in what the Federation does.

Financial

The financial position of the AWF whilst sound will take a hit with the decision of the ASC/AIS to discontinue our elite funding instead just concentrating on podium ready athletes. This will have an immense impact on the High Performance Commission and for that reason and others, I have called for a review of the Commission seeking a change in direction to mitigate this loss of funding.

During the year, the AWF was able to make a grant to States and Territories to assist during the COVID period.

I want to thank Danielle Waller, our Financial Manager, Ian Moir and of course the members of the Financial Commission for their work during what has been a torrid time.

High Performance

The work of the High Performance Commission will be reported on by Chairman, Lyn Jones, and I am sure he will be as concerned as I am about the loss of funding which no doubt is going to have a major impact, however, nothing much we can do but as I suggested we must find a way forward to assist our High Performers or progress will definitely slow down.

We were all disappointed about our top athlete, Eileen Cikamatana, missing the Total Gold medal at the 2021 World Championships, although she did win the Bronze medal in the Snatch. Unfortunately, Eileen suffered a leg injury before the Championships and although she gave everything she had to win Gold in the Total, the strain was just too much for her.

We are all delighted that Eileen won the Gold medal at the 2022 Commonwealth Games and is now fit and ready to tackle the 2022 World Championships in Colombia, which is an Olympic Qualifying Event, and we wish her well.

Eileen is the recipient of Podium Funding for the Paris Olympic Games and she is under strict supervision from her coach, Paul Coffa, as well as having a Support Team to assist her.

Oceania Institute

The Institutes is now well established in Dromana, Victoria, and continues to welcome athletes from Australia and Overseas for short camping visits under the Director/Coach of the Institute, Paul Coffa.

Technical

The sector is in the charge of Pedro Sanchez who continues to give his all towards enhancing the standard of our Referees as well as assisting the IWF Technical Committee, and me in particular, with international matters. Together with Bowen Stuart they have been able to develop and implement the Online Technical system and the Australian Championship which was held online is testament to their innovative rules and regulations which assist all our lifters and in particular the younger ones to compete when face-to-face events are not possible.

Congratulations to all associated with this aspect of online competition, particularly Bowen Stuart, Pedro Sanchez and Ian Moir.

Masters

Coral Quinell is the master of the Masters. This year we conducted the Australian and Oceania Championships, which had guest lifters from Mongolia, Jordan and Singapore. This contest was held on two platforms simultaneously and it was a huge success.

Many congratulations to Coral and her team and to the Victorian Weightlifting Association for a tremendous effort.

Information & Technology

Last year in my report I suggested that we are so fortunate to have a person like Bowen Stuart managing this area. He is doing incredible things in this area and he is appreciated by all of us and now the IWF has taken a liking to Bowen and inviting him to World Championships and other events.

I know Pedro Sanchez and Ian Moir have also been working well with Bowen and I want to applaud them for all the work they do.

Future – Athletes Commission

Again, I said last year that Athletes are our inspirational leaders, our advocate for integrity and agents of change. We cannot, we must not ignore this progress. We will have to commit ourselves to the task of constituting the Athletes Commission in the coming year.

Closure

I close my report by congratulating Australians for achieving high places in the world of the IWF. For a 'small' weightlifting nation, we certainly punch above our weight.

At the last Election we managed to have Sam Coffa elected to the IWF Executive Board; Pedro Sanchez as a member of the Technical Committee; Lyn Jones as a member of the Coach and Research Committee; Damon Kelly as a member of the Athletes Commission; Lawrie Townsend as a member of the Anti-Doping Commission; Charles Quagliata as a member of the Ethics and Disciplinary Commission; and Fiona de Jong as a member of the Legal Commission.

I offer special thanks on behalf of the AWF to all our State and Territory Associations, which have been operating under difficult circumstances. I hope we will now resume normal activity.

My special thanks and appreciation, on behalf of the Board of Directors, are extended to the AIS, our Principal Partner, not just for the funding we receive but importantly for the support and guidance we receive. Our thanks are also offered to Ian Rutledge, Alex Newton, and Kable Kelleway.

Thanks also to our other Partners, Commonwealth Games Australia, and CEO Craig Phillips, and the Australian Olympic Committee and CEO Matt Carroll. Both organisations operate in true partnership with the member sports and their work has a lasting positive effect that goes beyond the quadrennial Games.

I thank and congratulate every member of the Board of Directors: Lyn Jones, Angela Wydall, Phil Maunder, Coral Quinell, Pedro Sanchez, Boris Kayser for their support, their diligence, and their professional approach to duty.

On a personal note, I would like to especially thank Ian Moir, Lyn Jones, Boris Kayser, Pedro Sanchez and in particular Luke Borreggine and Julian Jones for their friendship, support, and their valued contribution.



A handwritten signature in black ink, appearing to read 'S Coffa'.

Sam Coffa AM JP
President/Chairman

CHIEF EXECUTIVE OFFICER REPORT

The Coronavirus pandemic continued to impact the AWF's operations in 2021-22, but conditions eased considerably as the year progressed and after conducting the National Youth and Under 15 Championships online in June, the 2022 AWF National Junior and Under 23 Championships, staged in Perth in August, marked a return to face-to-face competitions on a national scale.

While it's good to be back to normal, we can remember with pride the AWF's role in developing and delivering online weightlifting events, not only for our own members, but for lifters in other parts of the world, including those who relied on a special online event organised by the Commonwealth Weightlifting Federation and heavily supported by AWF personnel, to qualify for the Birmingham 2022 Commonwealth Games.

The AWF continued its participation in the OWF Premiers League and finished in second place to Samoa, collecting \$8,000 in prizemoney from the OWF which was distributed to the participating lifters. The 2022 OWF Premiers League is currently underway and Australia is on track to achieve second place once again.

The Birmingham 2022 Commonwealth Games dominated 2022. The Australian weightlifting team's preparation was well-supported by Commonwealth Games Australia with a grant of \$58,000 to fund a pre-games training camp, plus a further \$38,000 in direct athlete support grants to prospective team members. I would like to thank CGA General Manager Tim Mahon for the tremendous support he gave to the Weightlifting Section of the Australian Commonwealth Games Team prior to and throughout the Games. Tim recently announced his retirement and on behalf of the AWF and especially the B2022 Weightlifting Team, I wish him well.

For me personally, Birmingham provided a Games experience that was different to anything I had known before. Having served as a Technical Official and as a Competition Manager at previous Commonwealth Games, being a member of the Australian Commonwealth Games Team in 2022 brought a whole new perspective. It was an incredibly rewarding and memorable experience and I sincerely thank the AWF and CGA for appointing me to the position of Weightlifting Team Manager for B2022. I also thank my fellow Team Officials Jay Saxton and Miles Wydall, and Paul Coffa, for their camaraderie and hard work and of course, the eleven lifters who represented Australia with courage and distinction.

For a number of years, the Australian Institute of Sport invested in the AWF High Performance program to the tune of \$362,600 per year. This funding was used to provide monthly support payments to Elite Squad and Super Squad athletes and performance bonuses for all AWF Squad athletes; fund national squad camps; fund national team travel and accommodation; fund four State High Performance Coordinator positions; support other High Performance initiatives and provide a portion of the CEO's salary. The AIS has discontinued this type of High Performance funding for weightlifting. Other sources of funding do exist, some of them within the AIS, and the AWF will pursue these avenues to secure financial support for Australian teams and squads. In the meantime, adjustments must be made and many of the previously funded benefits have been suspended.

AIS support for the Performance Pathway Program continues and the AIS provides specific campaign funding for one Australian lifter, Eileen Cikamatana, as an athlete with medal-winning potential at the Paris 2024 Olympic Games. Additionally, the Australian Sports Commission has allocated \$50,000 to weightlifting participation initiatives in the next year. I thank Ian Rutledge, AIS Senior Performance Program Consultant, who continues to work with us on a regular basis.

In the short term, the change to AIS funding arrangements meant that athletes have been asked to contribute to the cost of their participation in international events. This has been the case for the 2021 World Championships, 2022 Oceania Championships & Pacific Mini Games, and the 2022 World Championships. In each of these cases, the AWF still covered the majority of the athletes' costs and fully funded the team officials. Australian teams competing at the Junior World Championships and Youth World Championships in 2022 were fully funded.

With the resumption of overseas travel for AWF Teams, the support of the AWF's travel company Where2Travel and our dedicated travel designer Fiona Provis is once again greatly appreciated. Fiona provides excellent service, is always available to assist and quick to respond when plans change.

The AWF has recently adopted the National Integrity Framework. This is a suite of policies that address issues relating to integrity in sport including Anti-Doping, Child Safeguarding, Member Protection, Competition Manipulation and Sports Wagering, and Complaints, Disputes and Discipline. My thanks go to Melissa Cameron, SIA Sport Engagement Officer, for her guidance and assistance throughout this process. Although Melissa has since moved on to a new role within SIA, the SIA Engagement Team will continue to assist the AWF to inform members about the NIF and implement the policies.

Sport Integrity Australia is also Australia's National Anti-Doping Organisation and SIA works closely with the AWF to keep our sport clean and assist athletes to meet anti-doping obligations such as maintaining their whereabouts information. I thank Leigh Woodbridge and Diane Tucknott for their assistance in this vitally important area.

In previous reports I've highlighted Bowen Stuart's dedication and capabilities that extend far beyond his particular area of expertise in Information Technology. None of that has changed. Bowen continues to support me and the AWF in so many ways.

I thank Bowen for his ongoing support and assistance in many areas, and also Danielle Waller, Finance Manager, for her diligence in attending to the AWF's accounts and financial reporting.

This year we launched a refreshed AWF website designed by Tonic. We are grateful to John Eptaminitakis and his team at Tonic for giving the AWF's online presence a fresh new look.

The past year has seen significant changes in the International Weightlifting Federation. Following an electoral congress that was not without drama, the new IWF Board led by President Mohammed Jalood and General Secretary Antonio Urso and including our own President, Sam Coffa, appears to be bringing stability and respectability back to our International Federation as they work to move the sport forward.

I wish to place on record my sincere thanks to AWF President Sam Coffa for his strong leadership, and to the whole Board of Directors. The ever-changing world in which we now live requires quick decisions and I know that the AWF Board can always be relied upon to give immediate and thoughtful consideration to matters as they arise.

Finally, I thank the State Members for continuing to develop and deliver the sport under difficult conditions once again. The worst of COVID-19 may finally be behind us now and we can look to the future with confidence once again.

Ian Moir

Chief Executive Officer



HIGH PERFORMANCE PROGRAM REPORT

No face-to-face meetings were possible in this period due to COVID-19 travel restrictions, but regular communication was maintained via email and online meetings. A number of squad training camps were cancelled because of COVID-19 and some plans had to be shelved due to the impending reduction in funding.

The 2022 Commonwealth Games in Birmingham dominated the year but COVID-19 threatened the qualification system. Travel to New Zealand for the Oceania Continental Qualification Event wasn't permitted however the situation cleared when it was confirmed that our prospective team members could travel to Singapore and participate in the final Asian qualifier in February. Following the end of qualification and the publication of the IWF Commonwealth Ranking List, the Australian Team of six women and five men were nominated and selected.

Birmingham 2022 Commonwealth Games

Women:

Brenna Kean 59kg – 5th
Sarah Cochrane 64kg – Silver
Kiana Elliot 71kg – 4th
Ebony Gorincu 76kg -
Eileen Cikamatana 87kg - Gold
Charisma Amoe-Tarrant +87kg – Bronze

Men:

Brandan Wakeling 73kg – 5th
Kyle Bruce 81kg – Silver
Ridge Barredo 96kg – 5th
Jackson Roberts-Young 109kg – 5th
Suamili Nanai +109kg – 6th

Coaches: Miles Wydall, Jay Saxton, Paul Coffa
Manager: Ian Moir

2021 World Senior Championships – Tashkent, Uzbekistan

Australian Women's Results:

Sarah Cochrane 64kg – 210kg – 7th
Ebony Gorincu 71kg – 203kg – 19th
Darcy Kay 71kg – 190kg – 23rd
Isabel Lorenzi 76kg – 201kg – 11th
Eileen Cikamatana 81kg – Snatch Bronze Medal – No Total.

Australian Men's Results:

Kyle Bruce 81kg – 316kg – 15th
Beau Garrett 89kg – 301kg – 23rd
Jackson Roberts-Young 109kg – 337kg – 14th

Coaches: Miles Wydall, Paul Coffa
Manager: Lyn Jones

World Junior Championships – Crete, Greece.

Australian Women's Results:

Tori Gallegos 59kg – 180kg – 15th

Maddison Power 71kg – No Total

Australian Men's Results:

Nelson Harris 73kg – 253kg – 18th

Oliver Saxton 89kg – 290kg – 17th

Noah Milford 96kg – 300kg – 12th

Tom Shannon 96kg – No Total

Senior Coach & Manager: Andrew Saxton

Coach: Troy Smith

World Youth Championships – Leon, Mexico:

Australian Women's Results:

Grace Tjerkstra 55k – 158k – 11th

Chloe Perkins 55kg – 140kg – 14th

Tayla Stephens 59kg – 151kg – 13th

Nya Hyman 64kg – 166kg – 12th

Layla Bloom 64kg – 161kg – 14th

Australian Men's Results:

Jacob Tout 81kg – 238kg – 9th

Senior Coach & Manager: Michael Pileggi

Coach: Kate Linford

Paris 2024 Olympic Games

The World Championships taking place in December 2022 in Bogota, Columbia, will be the first qualifying event for the Paris 2024 Olympic Games. Several events next year are compulsory, including the 2023 World Championships. Lifters hoping to qualify for the Paris Olympic Games must participate in at least five of the seven specified events and either achieve a top-10 ranking in the Paris 2024 category or be the highest ranked lifter from all of the continental regions not already represented in the top 10. The Paris 2024 bodyweight categories are:

| Women | | Men | |
|----------|---------------|----------|----------------|
| Category | Weight Range | Category | Weight Range |
| 49kg | Up to 49.00 | 61kg | Up to 61.00 |
| 59kg | 49.01 – 59.00 | 73kg | 61.01 – 73.00 |
| 71kg | 59.01 – 71.00 | 89kg | 73.01 – 89.00 |
| 81kg | 71.01 – 81.00 | 102kg | 89.01 – 102.00 |
| +81kg | Over 81.00 | +102kg | Over 102.00 |

There are many lifters – including our own – already adjusting their bodyweights to accommodate to this new situation. The overall number of competitors in weightlifting at the Paris 2024 Olympic Games has been reduced to 120. This obviously makes qualifying even more difficult.

AWF Squads 2021 – 2022

Elite Squad:

Eileen Cikamatana, Sarah Cochrane, Kyle Bruce, Kiana Elliott

Super Squad:

David James, Suamili Nanai, Ryley Porter, Ridge Barredo, Tori Gallegos, Brandon Wakeling, Brenna Kean, Darcy Kay, Olivia Kelly

National Squad:

Leo Lark, Charisma Amoe-Tarrant, Jackson Roberts-Young, Matthew Lydement, Ebony Gorincu, Halle Mifsud, Michael Lane, Natalie Setiadji, Beau Garrett, Oliver Saxton, Jessica Sewastenko, Alecha Mahoney-Piva

Junior Squad

Tom Shannon, Noah Milford, Nelson Harris, Maddison Power, Grace Tjerkstra, Ryven Ewing, Taj Marsh, Georgia Farrow, Nya Hayman, Tanaya Quinsee, Michael Nides.

Youth Squad

Jacob Tout, Taiamoni Pakoti, Layla Bloom, Tayla Stephens, Lily Strange, Chloe Perkins, Jack Gibson, Chloe Saliba, Grace Davies, Joshua Strange, Lewis Symonds, Celine Huynh, Sophie Prater.

Coach Education Program

The AWF Coach Education Program is going again despite some early COVID-19 disruptions and many courses have been successfully delivered this year, developing more coaches and bringing in much needed funds. I'd like to thank the Lead Presenters Mike Keelan, Rob Mitchell, Greg Haff and Leo Isaac and their assistants, for the sterling work.

The Coach Education Commission is working on re-vamping the Coach Education Program and Leo Isaac is leading this work. The first Level 3 Coaching course to be run in many years will take place in January 2023.

International Scene

I am pleased to report that following the IWF Electoral Congress our President Sam Coffa was re-elected to the IWF Executive Board, Pedro Sanchez to the Technical Committee and yours truly to the Coaching & Research Committee.

I anticipate that following significant changes to the members of all IWF Committees that new directives will be filtering down to influence our activities.

Lyn Jones

HPC Chair



PERFORMANCE PATHWAY REPORT

The Performance Pathway Program was initiated in November 2020 with the help of the Australian Institute of Sport which provided funding for the employment of a Performance Pathway Manager.

The AWF Pathway Manager was responsible for the development of an AWF Performance Pathway Squad as the first step on the AWF High Performance Program, catering for Youth age (under 17) lifters.

With additional funding obtained in 2021 through the Performance Pathways Solutions Grant, the AWF Pathway Program was able to expand in 2022 to encompass

- an extended Performance Pathway Squad Camp program
- international competition experience
- supporting coaching development strategies through the participation of targeted coaches in Performance Pathway Squad training camps and the holding of specialised coach development workshops

Unfortunately, due to the covid restrictions placed on travel in Australia and the limited access to the AIS in Canberra throughout much of 2022, achieving all the program's goals was impossible.

Nevertheless, AWF Pathway Squad No.3 was named for the first 6 months of 2022 and consisted of 13 lifters;

| | |
|-------------------------------|-----------------------|
| Sharni Quinsee (WA) | Deacon Mercieca (NSW) |
| Benjamin La Cunza Watson (WA) | Skye Wilson (QLD) |
| Jaeden Carlyon (WA) | Juliana Ghetto (NSW) |
| Nelson Cheng (NSW) | Levi Deans (QLD) |
| Meg Eichner (WA) | Luke Wells (QLD) |
| Gabrielle McLean (WA) | Bart Steffen (QLD) |
| Sophie Daley (QLD) | |

Unfortunately, this Pathway Squad was unable to attend an squad camp due to the covid restrictions which existed at the AIS in the first half of 2022.

The fourth and current Pathway Squad commenced in July 2022 and is made up of 9 lifters:

| | |
|----------------------|---------------------------|
| Levi Deans (QLD) | Jose Corcio (NSW) |
| Alex Davison (QLD) | Amelia Maile (NSW) |
| Bart Steffen (QLD) | Natalya Ghetto (NSW) |
| Skye Sriratana (VIC) | Kaiya Ngahina Marsh (QLD) |
| Peter Maile (NSW) | |

Happily, this squad was able to participate in an AIS camp from 08-11 September of this year which proved once again to be very successful.

The athletes undertook a variety of experiences including

- training twice a day in the AIS gym
- use of the AIS Recovery Centre
- AIS staff presentations on topics such as optimising training and goal setting.
- Sport Integrity Australia Anti-Doping Seminars

Importantly, one of the key development areas funded by the Pathway Solutions Grant, 'Enhanced Coaching Support via coach development strategies', was also implemented at this camp. For the first time two personal coaches were selected to attend the camp to further their exposure to the high performance environment. Those coaches were Joshua Wu (NSW) and Nigel Bowers (ACT). This initiative will continue to be funded at future Pathway Squad Camps.

Because of our inability to hold Performance Pathway Program initiatives in the first half of 2022 due to covid restrictions, funding for the Pathway Program will be able to be extended. It is planned to hold more Pathway Squad Camps at the AIS in 2023 and the International Competition experience for the Pathway Squad, originally set down for 2022 is now planned to be held in February 2023. It is hoped that Coaching Workshops, also funded by the Pathway Solutions Grant, originally set down for 2021 and 2022 can be held in 2023.

It is significant to note that one the Pathway Program's main goals, the early identification, development and progression of athletes as part of the AWF High Performance Plan, has already seen success with 11 athletes from the 2022 Pathway Squads progressing to be members of the AWF Youth Squad.

The current Pathway Squad will be revised at the end of 2022 and a new Pathway Squad created, to commence in 2023 for a 6 month period.

It is hoped that with covid restrictions now removed, Pathway Squad athletes will be able to enjoy the full benefits of the program in 2023.

Greg Hobl

Performance Pathway Manager



TECHNICAL COMMISSION REPORT

The main event for us this year was the Commonwealth Games, what a success they were! The Games, thanks to the work of many were a great success. In fact these Games have been lauded by many as a “Game Changer” in terms of how the Sport of Olympic Weightlifting is presented.

Since our last AGM the International Competition Calendar has returned to normal and our Officials actively participated in significant numbers as the appointments below show whether the competitions have been Online or in Person.

The Technical Commission has been working with Bowen Stuart to enhance his Online Competition Software which was developed last year to a point where it is the benchmark software for Olympic Weightlifting Online Competitions, this is demonstrated by the fact that other countries have used parts of his software in their competitions. A big thank you goes to Bowen for the great and innovative work he has done with the Software.

We have not had many Promotion opportunities to International Level this past year as we only had one Face-to-Face National championships which was a very busy competition for promotions resulting in one new IWF Category 1 Referee, two new IWF Category 2 Referees and five new AWF National Referees. We hope to provide more opportunities for examinations in the coming year.

In closing I would like to thank my fellow Technical Commission members, Sam Coffa, Phil Maunder, Ian Moir and Bowen Stuart for their contribution and support throughout the year.

Pedro Sanchez

Technical Commission Chair



NATIONAL MASTERS PANEL REPORT

After the COVID-19 restrictions in 2020 and 2021, it was a great pleasure to be able to host a jam-packed AWF National Masters Championship combined with the Oceania Masters Championship in 2022. Many States experienced increased participation across all Masters age groups leading up to the championships and the event attracted 240 competitors. To manage the competition, it was necessary to run it on two platforms. A total of 137 Masters records were broken. Special thanks to the VWA and Andy Huynh for hosting the event.

The AWF National Masters Panel continues to work hard on promoting participation opportunities for Masters lifters. The panel consists of Linda Eades, Rohan Mason, John Zelenjak and Coral Quinell (Chair). With the willingness of Masters worldwide to compete internationally, there is an opportunity for the AWF to capitalize on this trend.

Coral Quinell

AWF Masters Chair



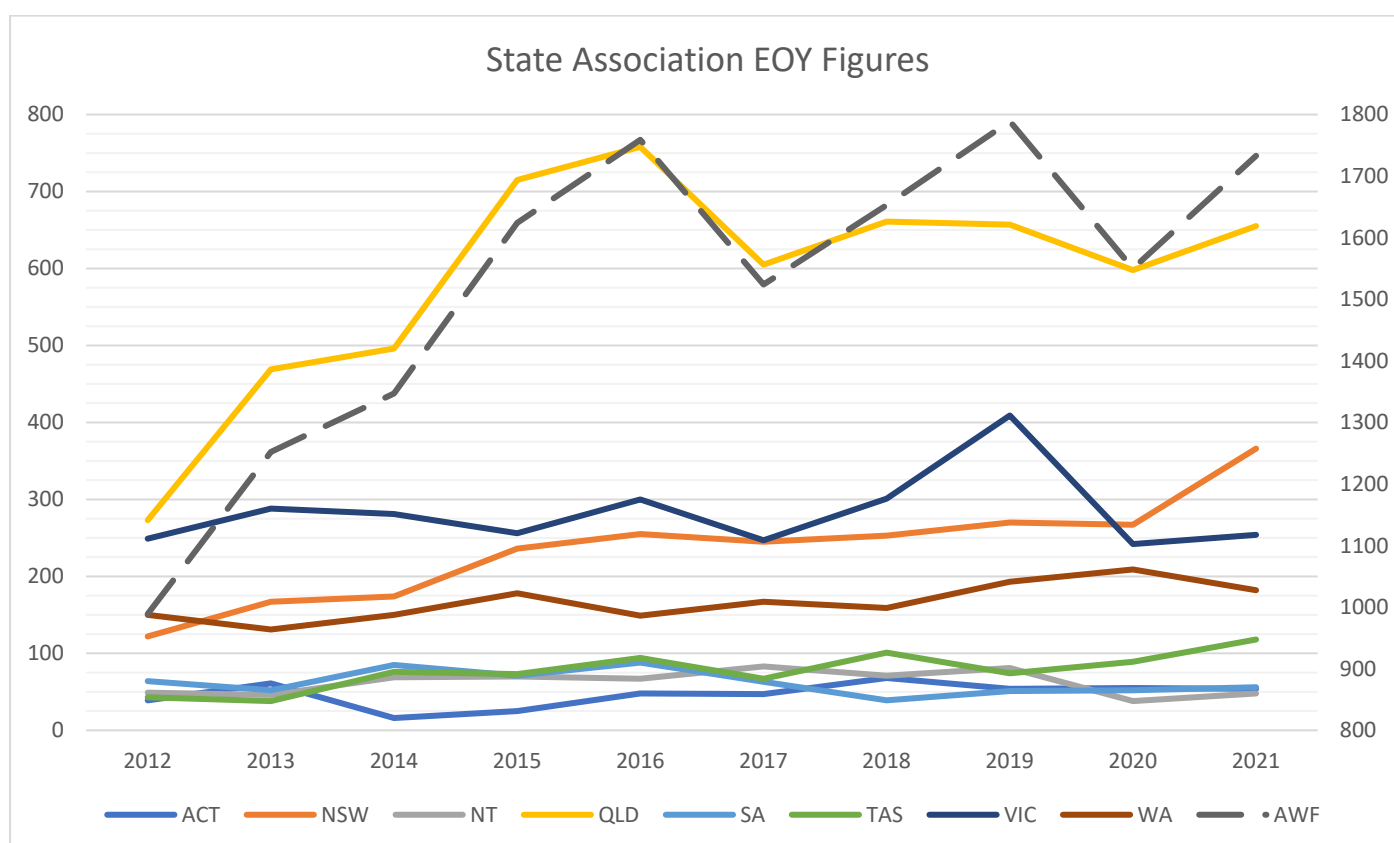
2022 MEMBERSHIP FIGURES

FIGURES ACCURATE AS OF 15:00 MONDAY 25th OCTOBER 2022

FIGURES COMPARED AGAINST DATA AS OF 08:00 MONDAY 8th NOVEMBER 2021

CAPITATION

| | ACT | NSW | NT | QLD | SA | TAS | VIC | WA | Total |
|-----------------|-----|-----|-------|------|-----|-------|-----|-------|-------|
| 2022 | 59 | 411 | 39 | 560 | 51 | 84 | 362 | 149 | 1715 |
| | 9% | 16% | (13%) | (3%) | 21% | (21%) | 45% | (16%) | 7% |
| % of AWF | 3% | 24% | 2% | 33% | 3% | 5% | 21% | 9% | 100% |



CLUBS

| | ACT | NSW | NT | QLD | SA | TAS | VIC | WA | Total |
|--------------------------------|-----|-----|----|-----|----|-------|-----|-------|-------|
| Clubs | 7 | 41 | 6 | 30 | 2 | 9 | 28 | 18 | 136 |
| | 17% | 28% | | 15% | | (47%) | 40% | (28%) | 7% |
| AVERAGE PEOPLE PER CLUB | 8 | 10 | 6 | 19 | 25 | 9 | 13 | 11 | 13 |

TOP 10 BIGGEST CLUBS

| Rank | State | Club | Membership |
|------|-------|-----------------------------|------------|
| 1 | QLD | Cougars Weightlifting Club | 77 |
| 2 | NSW | HrdKAW Weightlifting Club | 58 |
| 3 | QLD | Milton Weightlifting Club | 48 |
| 4 | VIC | Phoenix Weightlifting Club | 43 |
| 5 | VIC | Hawthorn Weightlifting Club | 40 |
| 6 | QLD | Thunder Barbell | 34 |
| 7 | QLD | Burleigh Barbell Club | 34 |
| 9 | VIC | Melbourne West Barbell Club | 33 |
| 9 | WA | The Rev Barbell Club | 31 |
| 10 | VIC | Iron Tribe | 27 |

BIGGEST CLUBS PER STATE MEMBER

| State | Biggest Club |
|-------|--------------------------------------|
| ACT | Strive Weightlifting Club |
| NSW | HrdKAW Weightlifting Club |
| NT | CrossFit Abode |
| QLD | Cougars Weightlifting Club |
| SA | Athletic Compound Weightlifting Club |
| TAS | Weightlifting Academy of Tasmania |
| VIC | Phoenix Weightlifting Club |
| WA | The Rev Barbell Club |

AGE DISTRIBUTION (ATHLETES ONLY)

| | Under 15 | Youth | Junior | U23 | Senior | Masters | Total |
|-------|--------------|------------|------------|------------|------------|-----------|-------------|
| ACT | 1 | 1 | 2 | 2 | 21 | 27 | 54 |
| NSW | 25 | 15 | 13 | 36 | 153 | 123 | 365 |
| NT | 2 | | | | 10 | 20 | 32 |
| QLD | 61 | 32 | 35 | 38 | 154 | 170 | 490 |
| SA | 1 | 1 | 1 | 6 | 19 | 17 | 45 |
| TAS | 6 | 2 | 8 | 8 | 27 | 28 | 79 |
| VIC | 12 | 18 | 8 | 37 | 122 | 124 | 321 |
| WA | 15 | 14 | 11 | 11 | 40 | 37 | 128 |
| Total | 123 (15%) | 83 (6%) | 78 (7%) | 138 21% | 546 30% | 546 3% | 1514 10% |

TECHNICAL OFFICIALS

| | Club | | State | | National | | IWF CAT II | | IWF CAT I | | Grand Total |
|-------------|------|----|-------|----|----------|----|------------|----|-----------|----|-------------|
| | M | F | M | F | M | F | M | F | M | F | |
| ACT | 2 | 1 | 5 | 5 | 1 | 1 | | | | 1 | 16 |
| NSW | 10 | 12 | 14 | 16 | 1 | 3 | 1 | 3 | 2 | | 62 |
| NT | 3 | 4 | 1 | | | | 1 | | | | 9 |
| QLD | 73 | 52 | 26 | 17 | 16 | 9 | 4 | 2 | 5 | 5 | 209 |
| SA | 3 | 5 | 2 | 3 | | 2 | 1 | | | 1 | 17 |
| TAS | 2 | 5 | 5 | 6 | 1 | 3 | | | | | 22 |
| VIC | 11 | 19 | 9 | 9 | 1 | 2 | | 3 | 2 | 7 | 63 |
| WA | 3 | 1 | 8 | 18 | 3 | 1 | 1 | 2 | | | 37 |
| Grand Total | 107 | 99 | 70 | 74 | 23 | 21 | 8 | 10 | 9 | 14 | 435 |

COACHES

| | Club | State | National | National Sports Power | National Intern | Grand Total |
|-------------|------|-------|----------|-----------------------|-----------------|-------------|
| ACT | 16 | 12 | | | | 28 |
| NSW | 113 | 34 | 5 | 1 | 3 | 156 |
| NT | 13 | 2 | | | | 15 |
| QLD | 86 | 21 | 8 | 2 | 3 | 120 |
| SA | 18 | 4 | 2 | | | 24 |
| TAS | 24 | 9 | 1 | | | 34 |
| VIC | 62 | 14 | 3 | | | 79 |
| WA | 46 | 13 | 5 | 3 | | 67 |
| CHN | 1 | | | | | 1 |
| NZL | 3 | 2 | | | | 5 |
| SGP | | 1 | | | | 1 |
| Grand Total | 382 | 112 | 24 | 6 | 6 | 530 |

HONOURS BOARD

2021 IWF Championships

| | | |
|-------------------|-----|---------------------------|
| Eileen Cikamatana | F81 | BRONZE MEDALLIST - SNATCH |
|-------------------|-----|---------------------------|

Singapore Weightlifting International

| | | |
|-----------------------|------|------------------|
| Jess Sewastenko | F55 | SILVER MEDALLIST |
| Brenna Kean | F59 | SILVER MEDALLIST |
| Tori Gallegos | F59 | BRONZE MEDALLIST |
| Kiana Elliott | F71 | GOLD MEDALLIST |
| Ebony Gorincu | F76 | GOLD MEDALLIST |
| Ryley Porter | M81 | SILVER MEDALLIST |
| Ridge Barredo | M96 | SILVER MEDALLIST |
| Jackson Roberts-Young | M102 | GOLD MEDALLIST |

OWF Cup Invitational (Sinclair)

| | |
|----------------|------------------|
| Kiana Elliott | SILVER MEDALLIST |
| Sarah Cochrane | BRONZE MEDALLIST |

Oceania Junior & Youth Championships

| | | |
|------------------|-----|-----------------------------------|
| Celine Huynh | F45 | GOLD MEDALLIST - JUNIOR |
| Grace Tjerckstra | F59 | GOLD MEDALLIST - JUNIOR |
| Tanaya Quinsee | F64 | GOLD MEDALLIST - JUNIOR |
| Nya Hayman | F64 | SILVER MEDALLIST - JUNIOR & YOUTH |
| Layla Bloom | F64 | BRONZE MEDALLIST - YOUTH |
| Michael Nides | M81 | GOLD MEDALLIST - JUNIOR |
| Jacob Tout | M81 | GOLD MEDALLIST - YOUTH |
| Oliver Saxton | M89 | GOLD MEDALLIST - JUNIOR |
| Lewis Symonds | M89 | GOLD MEDALLIST - YOUTH |
| Taj Marsh | M96 | GOLD MEDALLIST - JUNIOR |

OWF Commonwealth Online Tournament (Sinclair)

| | |
|-------------------|------------------|
| Eileen Cikamatana | SILVER MEDALLIST |
| Sarah Cochrane | BRONZE MEDALLIST |

Pacific Mini Games & Oceania Senior Championships

| | | |
|--------------------------|------------|-----------------------|
| Natalie Setiadji | F59 | GOLD MEDALLIST |
| Darcy Kay | F71 | GOLD MEDALLIST |
| Olivia Kelly | F76 | GOLD MEDALLIST |
| Eileen Cikamatana | F87 | GOLD MEDALLIST |
| Beau Garrett | M89 | GOLD MEDALLIST |

Commonwealth Games

| | | |
|------------------------------|-------------|-------------------------|
| Eileen Cikamatana | F87 | GOLD MEDALLIST |
| Sarah Cochrane | F64 | SILVER MEDALLIST |
| Kyle Bruce | M81 | SILVER MEDALLIST |
| Charisma Amoe-Tarrant | F87+ | BRONZE MEDALLIST |

NATIONAL RECORDS

A total of 200 Australian record claims have been registered on the AWF's result management system during the period 9th November 2021 – 7th November 2022.

| NAME | STATE | BWT | AGE GROUP | LIFT | WEIGHT | DATE |
|-----------------------|-------|-------|------------|--------|--------|------------|
| Alan (Songhwan) Park | QLD | M81 | Mast 35-39 | CJ | 125 | 04.12.2021 |
| Alana Castle | QLD | F76 | Under 15 | CJ | 78 | 18.09.2022 |
| Alana Castle | QLD | F76 | Under 15 | TOTAL | 138 | 18.09.2022 |
| Alana Castle | QLD | F76 | Under 15 | SNATCH | 61 | 23.10.2022 |
| Alana Castle | QLD | F76 | Under 15 | CJ | 79 | 23.10.2022 |
| Alana Castle | QLD | F76 | Under 15 | TOTAL | 140 | 23.10.2022 |
| Andrew Ciancio | VIC | M102 | Mast 40-44 | SNATCH | 125 | 20.08.2022 |
| Andrew Ciancio | VIC | M102 | Mast 40-44 | CJ | 152 | 20.08.2022 |
| Andrew Ciancio | VIC | M102 | Mast 40-44 | TOTAL | 277 | 20.08.2022 |
| Andrew Dodman | SA | M61 | Mast 60-64 | SNATCH | 59 | 22.10.2022 |
| Andrew Dodman | SA | M61 | Mast 60-64 | CJ | 80 | 22.10.2022 |
| Andrew Dodman | SA | M61 | Mast 60-64 | TOTAL | 139 | 22.10.2022 |
| Andrew Mcdowall | WA | M109+ | Mast 40-44 | SNATCH | 121 | 23.10.2022 |
| Andrew Stavroulakis | NSW | M89 | Mast 55-59 | CJ | 115 | 13.05.2022 |
| Angus Ward | QLD | M109 | Junior | CJ | 152 | 09.07.2022 |
| Annabel Thomson | NSW | F87 | Mast 35-39 | SNATCH | 83 | 20.08.2022 |
| Annabel Thomson | NSW | F87 | Mast 35-39 | TOTAL | 185 | 20.08.2022 |
| Anthony Schultz | VIC | M96 | Mast 50-54 | CJ | 126 | 04.12.2021 |
| Anthony Schultz | VIC | M96 | Mast 50-54 | CJ | 127 | 09.09.2022 |
| Ben Collins | VIC | M89 | Mast 35-39 | SNATCH | 118 | 11.09.2022 |
| Ben Collins | VIC | M89 | Mast 35-39 | TOTAL | 254 | 11.09.2022 |
| Ben Mulder | SA | M96 | Mast 40-44 | SNATCH | 125 | 18.12.2021 |
| Ben Mulder | SA | M96 | Mast 40-44 | CJ | 158 | 18.12.2021 |
| Ben Mulder | SA | M96 | Mast 40-44 | TOTAL | 283 | 18.12.2021 |
| Ben Poon | QLD | M67 | Mast 40-44 | SNATCH | 86 | 14.05.2022 |
| Bobby Johnson | QLD | M81 | Mast 45-49 | SNATCH | 89 | 10.09.2022 |
| Bobby Johnson | QLD | M81 | Mast 45-49 | CJ | 115 | 10.09.2022 |
| Bobby Johnson | QLD | M81 | Mast 45-49 | TOTAL | 204 | 10.09.2022 |
| Bonnie Grylls-Graham | VIC | F64 | Mast 40-44 | TOTAL | 163 | 10.09.2022 |
| Brenna Kean | VIC | F59 | Senior | CJ | 108 | 26.11.2021 |
| Bronwyn Hitchener | QLD | F76 | Mast 60-64 | SNATCH | 52 | 14.05.2022 |
| Bronwyn Hitchener | QLD | F76 | Mast 60-64 | CJ | 63 | 14.05.2022 |
| Bronwyn Hitchener | QLD | F76 | Mast 60-64 | TOTAL | 115 | 14.05.2022 |
| Celeste Van Coeverden | QLD | F55 | Mast 35-39 | CJ | 79 | 22.10.2022 |
| Celeste Van Coeverden | QLD | F55 | Mast 35-39 | TOTAL | 142 | 22.10.2022 |
| Celine Huynh | SA | F45 | Under 15 | SNATCH | 51 | 18.12.2021 |
| Celine Huynh | SA | F45 | Youth | SNATCH | 51 | 18.12.2021 |
| Celine Huynh | SA | F45 | Under 15 | CJ | 60 | 18.12.2021 |
| Celine Huynh | SA | F45 | Youth | CJ | 60 | 18.12.2021 |
| Celine Huynh | SA | F45 | Under 15 | TOTAL | 111 | 18.12.2021 |
| Celine Huynh | SA | F45 | Youth | TOTAL | 111 | 18.12.2021 |
| Celine Huynh | SA | F45 | Under 15 | SNATCH | 52 | 21.05.2022 |
| Celine Huynh | SA | F45 | Youth | SNATCH | 52 | 21.05.2022 |
| Celine Huynh | SA | F45 | Under 15 | CJ | 61 | 21.05.2022 |

| NAME | STATE | BWT | AGE GROUP | LIFT | WEIGHT | DATE |
|-------------------------|-------|-------|------------|--------|--------|------------|
| Celine Huynh | SA | F45 | Youth | CJ | 61 | 21.05.2022 |
| Celine Huynh | SA | F45 | Under 15 | TOTAL | 113 | 21.05.2022 |
| Celine Huynh | SA | F45 | Youth | TOTAL | 113 | 21.05.2022 |
| Celine Huynh | SA | F45 | Under 15 | CJ | 62 | 03.06.2022 |
| Celine Huynh | SA | F45 | Youth | CJ | 62 | 03.06.2022 |
| Chloe Perkins | QLD | F55 | Youth | CJ | 80 | 09.04.2022 |
| Chloe Perkins | QLD | F55 | Youth | CJ | 81 | 04.06.2022 |
| Chris Ackland | VIC | M81 | Mast 35-39 | SNATCH | 98 | 26.03.2022 |
| Chris Ackland | VIC | M81 | Mast 35-39 | CJ | 132 | 26.03.2022 |
| Chris Ackland | VIC | M81 | Mast 35-39 | TOTAL | 230 | 26.03.2022 |
| David James | WA | M96 | Senior | CJ | 186 | 27.11.2021 |
| Dimitra Tsiliaskopoulos | NSW | F87+ | Mast 35-39 | CJ | 110 | 30.07.2022 |
| Dimitra Tsiliaskopoulos | NSW | F87+ | Mast 35-39 | TOTAL | 193 | 30.07.2022 |
| Ebony Gorincu | QLD | F76 | Senior | CJ | 118 | 25.02.2022 |
| Ebony Gorincu | QLD | F76 | Senior | CJ | 119 | 30.04.2022 |
| Fiona Redhead | QLD | F64 | Mast 55-59 | SNATCH | 48 | 29.01.2022 |
| Fiona Redhead | QLD | F64 | Mast 55-59 | CJ | 63 | 29.01.2022 |
| Fiona Redhead | QLD | F64 | Mast 55-59 | TOTAL | 111 | 29.01.2022 |
| Grace Tjerkstra | WA | F55 | Youth | SNATCH | 65 | 12.12.2021 |
| Grace Tjerkstra | WA | F55 | Junior | SNATCH | 70 | 09.04.2022 |
| Grace Tjerkstra | WA | F55 | Youth | SNATCH | 70 | 09.04.2022 |
| Grace Tjerkstra | WA | F55 | Junior | CJ | 88 | 13.06.2022 |
| Grace Tjerkstra | WA | F55 | U23 | CJ | 88 | 13.06.2022 |
| Grace Tjerkstra | WA | F55 | Youth | CJ | 88 | 13.06.2022 |
| Grace Tjerkstra | WA | F55 | Junior | TOTAL | 158 | 13.06.2022 |
| Grace Tjerkstra | WA | F55 | U23 | TOTAL | 158 | 13.06.2022 |
| Grace Tjerkstra | WA | F55 | Youth | TOTAL | 158 | 13.06.2022 |
| Grace Tjerkstra | WA | F55 | Junior | SNATCH | 74 | 26.08.2022 |
| Grace Tjerkstra | WA | F55 | Youth | SNATCH | 74 | 26.08.2022 |
| Grace Tjerkstra | WA | F55 | Junior | TOTAL | 161 | 26.08.2022 |
| Grace Tjerkstra | WA | F55 | U23 | TOTAL | 161 | 26.08.2022 |
| Grace Tjerkstra | WA | F55 | Youth | TOTAL | 161 | 26.08.2022 |
| Grant Haines | ACT | M109+ | Mast 35-39 | TOTAL | 265 | 13.08.2022 |
| Halle Mifsud | QLD | F59 | Senior | CJ | 109 | 09.07.2022 |
| Halle Mifsud | QLD | F59 | U23 | CJ | 109 | 09.07.2022 |
| Jackson Roberts-Young | NSW | M109 | Senior | CJ | 202 | 03.08.2022 |
| Jacqueline Nichele | NSW | F71 | U23 | TOTAL | 196 | 02.07.2022 |
| Jacqueline Nichele | NSW | F71 | U23 | CJ | 112 | 26.08.2022 |
| Jacqueline Nichele | NSW | F71 | U23 | TOTAL | 200 | 26.08.2022 |
| Joseph Vitacca | VIC | M102 | Mast 60-64 | CJ | 90 | 09.09.2022 |
| Joseph Vitacca | VIC | M102 | Mast 60-64 | TOTAL | 153 | 09.09.2022 |
| Joshua Strange | QLD | M61 | Junior | CJ | 112 | 29.01.2022 |
| Joshua Strange | QLD | M61 | Youth | CJ | 112 | 29.01.2022 |
| Joshua Strange | QLD | M61 | Junior | TOTAL | 194 | 29.01.2022 |
| Joshua Strange | QLD | M61 | Youth | TOTAL | 194 | 29.01.2022 |
| Katrina Gini | NSW | F71 | Mast 40-44 | CJ | 92 | 05.11.2022 |
| Kiana Elliott | SA | F71 | Senior | SNATCH | 100 | 25.02.2022 |

| NAME | STATE | BWT | AGE GROUP | LIFT | WEIGHT | DATE |
|----------------------|-------|------|------------|--------|--------|------------|
| Kiana Elliott | SA | F71 | Senior | TOTAL | 220 | 25.02.2022 |
| Kiana Elliott | SA | F71 | Senior | CJ | 121 | 28.05.2022 |
| Laura Cruickshank | NSW | F71 | Under 15 | SNATCH | 69 | 23.04.2022 |
| Laura Cruickshank | NSW | F71 | Under 15 | CJ | 81 | 23.04.2022 |
| Laura Cruickshank | NSW | F71 | Under 15 | TOTAL | 150 | 23.04.2022 |
| Laura Cruickshank | NSW | F71 | Under 15 | SNATCH | 70 | 05.06.2022 |
| Laura Cruickshank | NSW | F71 | Under 15 | CJ | 85 | 26.08.2022 |
| Laura Cruickshank | NSW | F71 | Under 15 | TOTAL | 155 | 26.08.2022 |
| Leon Vogeler-Schmid | NSW | M102 | U23 | SNATCH | 130 | 11.12.2021 |
| Leon Vogeler-Schmid | NSW | M102 | U23 | CJ | 161 | 11.12.2021 |
| Leon Vogeler-Schmid | NSW | M102 | U23 | TOTAL | 291 | 11.12.2021 |
| Lesley Moyle | QLD | F71 | Mast 75-79 | SNATCH | 27 | 04.12.2021 |
| Lesley Moyle | QLD | F71 | Mast 75-79 | CJ | 38 | 04.12.2021 |
| Lesley Moyle | QLD | F71 | Mast 75-79 | TOTAL | 65 | 04.12.2021 |
| Lincoln Hanson | NT | M67 | Mast 40-44 | CJ | 109 | 10.09.2022 |
| Lincoln Hanson | NT | M67 | Mast 40-44 | TOTAL | 193 | 10.09.2022 |
| Luke Herdegen | QLD | M81 | Mast 35-39 | SNATCH | 108 | 06.08.2022 |
| Luke Herdegen | QLD | M81 | Mast 35-39 | TOTAL | 231 | 06.08.2022 |
| Mark Henry | QLD | M89 | Mast 40-44 | SNATCH | 105 | 22.10.2022 |
| Mark Henry | QLD | M89 | Mast 40-44 | TOTAL | 239 | 22.10.2022 |
| Matt Meddows | NSW | M96 | Mast 45-49 | TOTAL | 222 | 05.02.2022 |
| Matt Meddows | NSW | M96 | Mast 45-49 | SNATCH | 101 | 13.05.2022 |
| Matt Meddows | NSW | M96 | Mast 45-49 | TOTAL | 223 | 13.05.2022 |
| Matt Meddows | NSW | M96 | Mast 45-49 | CJ | 135 | 19.06.2022 |
| Matt Meddows | NSW | M96 | Mast 45-49 | TOTAL | 231 | 19.06.2022 |
| Meg Eichner | WA | F81 | Youth | CJ | 84 | 12.12.2021 |
| Meg Eichner | WA | F81 | Youth | CJ | 85 | 06.03.2022 |
| Meg Emerton | QLD | F64 | Mast 65-69 | CJ | 50 | 05.03.2022 |
| Meg Emerton | QLD | F64 | Mast 65-69 | TOTAL | 90 | 05.03.2022 |
| Meg Emerton | QLD | F64 | Mast 65-69 | CJ | 51 | 14.05.2022 |
| Meg Emerton | QLD | F64 | Mast 65-69 | TOTAL | 91 | 14.05.2022 |
| Michael Nides | QLD | M81 | Junior | SNATCH | 119 | 22.05.2022 |
| Nathan Beves | NSW | M102 | Mast 40-44 | SNATCH | 116 | 14.05.2022 |
| Nelson Harris | NSW | M73 | Junior | CJ | 146 | 11.12.2021 |
| Nelson Harris | NSW | M73 | Junior | TOTAL | 256 | 11.12.2021 |
| Nicodemus Scheelings | VIC | M96 | Mast 35-39 | SNATCH | 130 | 27.11.2021 |
| Nicodemus Scheelings | VIC | M96 | Mast 35-39 | CJ | 153 | 27.11.2021 |
| Nicodemus Scheelings | VIC | M96 | Mast 35-39 | TOTAL | 283 | 27.11.2021 |
| Noah Milford | NSW | M96 | Youth | SNATCH | 126 | 27.11.2021 |
| Noah Milford | NSW | M96 | Youth | CJ | 168 | 27.11.2021 |
| Noah Milford | NSW | M96 | Youth | TOTAL | 294 | 27.11.2021 |
| Noah Milford | NSW | M96 | Junior | CJ | 175 | 26.08.2022 |
| Noah Milford | NSW | M96 | U23 | CJ | 175 | 26.08.2022 |
| Noah Milford | NSW | M96 | Junior | TOTAL | 307 | 26.08.2022 |
| Noah Milford | NSW | M96 | U23 | TOTAL | 307 | 26.08.2022 |
| Oliver Saxton | WA | M89 | Junior | CJ | 166 | 06.03.2022 |
| Oliver Saxton | WA | M89 | Junior | TOTAL | 301 | 06.03.2022 |

| NAME | STATE | BWT | AGE GROUP | LIFT | WEIGHT | DATE |
|------------------|-------|-------|------------|--------|--------|------------|
| Oliver Saxton | WA | M89 | Junior | CJ | 170 | 22.05.2022 |
| Oliver Saxton | WA | M89 | Junior | SNATCH | 140 | 10.07.2022 |
| Oliver Saxton | WA | M89 | Junior | TOTAL | 310 | 10.07.2022 |
| Oliver Saxton | WA | M89 | Junior | CJ | 175 | 26.08.2022 |
| Oliver Saxton | WA | M89 | Junior | TOTAL | 315 | 26.08.2022 |
| Olivia Kelly | QLD | F76 | Senior | CJ | 121 | 20.08.2022 |
| Olivia Kelly | QLD | F76 | Senior | CJ | 122 | 23.10.2022 |
| Olivia Kelly | QLD | F76 | Senior | TOTAL | 219 | 23.10.2022 |
| Ridge Barredo | NSW | M96 | Senior | CJ | 187 | 25.02.2022 |
| Ridge Barredo | NSW | M102 | Senior | CJ | 188 | 28.05.2022 |
| Ridge Barredo | NSW | M102 | Senior | TOTAL | 333 | 28.05.2022 |
| Rohan Mason | VIC | M81 | Mast 75-79 | SNATCH | 48 | 04.12.2021 |
| Rohan Mason | VIC | M81 | Mast 75-79 | CJ | 60 | 04.12.2021 |
| Rohan Mason | VIC | M81 | Mast 75-79 | TOTAL | 108 | 04.12.2021 |
| Rohan Mason | VIC | M81 | Mast 75-79 | SNATCH | 49 | 09.09.2022 |
| Rohan Mason | VIC | M81 | Mast 75-79 | CJ | 61 | 09.09.2022 |
| Rohan Mason | VIC | M81 | Mast 75-79 | TOTAL | 110 | 09.09.2022 |
| Russell Golding | SA | M109+ | Mast 40-44 | CJ | 146 | 10.09.2022 |
| Samantha Walker | WA | F64 | Under 15 | SNATCH | 77 | 21.10.2022 |
| Samantha Walker | WA | F64 | Under 15 | TOTAL | 162 | 21.10.2022 |
| Sherilyn Moffitt | VIC | F55 | Mast 55-59 | TOTAL | 95 | 04.12.2021 |
| Sienna Lambert | QLD | F40 | Under 15 | SNATCH | 35 | 29.01.2022 |
| Sienna Lambert | QLD | F40 | Under 15 | CJ | 48 | 29.01.2022 |
| Sienna Lambert | QLD | F40 | Under 15 | TOTAL | 83 | 29.01.2022 |
| Sienna Lambert | QLD | F40 | Under 15 | SNATCH | 38 | 09.04.2022 |
| Sienna Lambert | QLD | F40 | Under 15 | CJ | 51 | 09.04.2022 |
| Sienna Lambert | QLD | F40 | Under 15 | TOTAL | 89 | 09.04.2022 |
| Sienna Lambert | QLD | F40 | Under 15 | SNATCH | 39 | 03.06.2022 |
| Skye Sriratana | VIC | F76 | Under 15 | SNATCH | 60 | 04.12.2021 |
| Skye Sriratana | VIC | F76 | Under 15 | TOTAL | 133 | 04.12.2021 |
| Stephen Craven | NSW | M109+ | Mast 55-59 | SNATCH | 89 | 09.09.2022 |
| Stephen Craven | NSW | M109+ | Mast 55-59 | CJ | 112 | 09.09.2022 |
| Stephen Craven | NSW | M109+ | Mast 55-59 | TOTAL | 201 | 09.09.2022 |
| Stephen Craven | NSW | M109+ | Mast 55-59 | CJ | 115 | 22.10.2022 |
| Steven Graham | QLD | M81 | Mast 45-49 | CJ | 113 | 25.06.2022 |
| Suamili Nanai | WA | M109+ | Senior | SNATCH | 165 | 28.11.2021 |
| Suamili Nanai | WA | M109+ | Senior | CJ | 210 | 28.11.2021 |
| Suamili Nanai | WA | M109+ | Senior | TOTAL | 375 | 28.11.2021 |
| Suamili Nanai | WA | M109+ | Senior | SNATCH | 169 | 06.03.2022 |
| Suamili Nanai | WA | M109+ | Senior | TOTAL | 379 | 06.03.2022 |
| Suamili Nanai | WA | M109+ | Senior | SNATCH | 170 | 01.05.2022 |
| Suamili Nanai | WA | M109+ | Senior | TOTAL | 380 | 01.05.2022 |
| Taiamoni Pakoti | NSW | F64 | Under 15 | TOTAL | 161 | 19.03.2022 |
| Taiamoni Pakoti | NSW | F64 | Under 15 | CJ | 92 | 23.04.2022 |
| Taiamoni Pakoti | NSW | F64 | Under 15 | SNATCH | 71 | 04.06.2022 |
| Tamara Dinsmore | QLD | F76 | Mast 35-39 | SNATCH | 85 | 28.11.2021 |
| Tamara Dinsmore | QLD | F76 | Mast 35-39 | CJ | 115 | 28.11.2021 |

| NAME | STATE | BWT | AGE GROUP | LIFT | WEIGHT | DATE |
|-----------------|-------|-----|------------|--------|--------|------------|
| Tamara Dinsmore | QLD | F76 | Mast 35-39 | TOTAL | 200 | 28.11.2021 |
| Tom Shannon | NSW | M96 | Junior | CJ | 171 | 11.12.2021 |
| Tom Shannon | NSW | M96 | U23 | CJ | 171 | 11.12.2021 |
| Tom Shannon | NSW | M96 | Junior | CJ | 173 | 01.07.2022 |
| Tom Shannon | NSW | M96 | U23 | CJ | 173 | 01.07.2022 |
| Tom Shannon | NSW | M96 | Junior | TOTAL | 311 | 26.08.2022 |
| Tom Shannon | NSW | M96 | U23 | TOTAL | 311 | 26.08.2022 |
| Tori Gallegos | QLD | F64 | Junior | CJ | 106 | 22.10.2022 |
| Tori Gallegos | QLD | F64 | Junior | TOTAL | 187 | 22.10.2022 |
| Troy Roughley | ACT | M73 | Mast 45-49 | SNATCH | 81 | 14.08.2022 |
| Warren Hellisen | VIC | M96 | Mast 55-59 | CJ | 110 | 21.05.2022 |
| Warren Hellisen | VIC | M96 | Mast 55-59 | TOTAL | 195 | 21.05.2022 |
| Warren Hellisen | VIC | M96 | Mast 55-59 | SNATCH | 89 | 09.09.2022 |
| Warren Hellisen | VIC | M96 | Mast 55-59 | CJ | 128 | 09.09.2022 |
| Warren Hellisen | VIC | M96 | Mast 55-59 | TOTAL | 217 | 09.09.2022 |

INTERNATIONAL COMPETITIONS - AUSTRALIAN REPRESENTATIVES

| 2021 IWF WORLD CHAMPIONSHIPS | | | | | |
|------------------------------|------|-----|-----|-------|-------|
| NAME | BWT | SN | CJ | TOTAL | STATE |
| Sarah Cochrane | F64 | 95 | 115 | 210 | QLD |
| Darcy Kay | F71 | 85 | 105 | 190 | QLD |
| Ebony Gorincu | F71 | 85 | 118 | 203 | QLD |
| Isabel Lorenzi | F76 | 93 | 108 | 201 | NSW |
| Eileen Cikamatana | F81 | 108 | 0 | 0 | NSW |
| Kyle Bruce | M81 | 140 | 176 | 316 | NSW |
| Beau Garrett | M89 | 132 | 169 | 301 | QLD |
| Jackson Roberts-Young | M109 | 145 | 192 | 337 | NSW |

| SINGAPORE WEIGHTLIFTING INTERNATIONAL | | | | | |
|---------------------------------------|------|-----|-----|-------|-------|
| NAME | BWT | SN | CJ | TOTAL | STATE |
| Jess Sewastenko | F55 | 77 | 90 | 167 | NSW |
| Tori Gallegos | F59 | 80 | 103 | 183 | QLD |
| Brenna Kean | F59 | 82 | 108 | 190 | VIC |
| Kiana Elliott | F71 | 100 | 120 | 220 | SA |
| Ebony Gorincu | F76 | 91 | 118 | 209 | QLD |
| Ryley Porter | M81 | 144 | 168 | 312 | QLD |
| Ridge Barredo | M96 | 149 | 187 | 336 | NSW |
| Jackson Roberts-Young | M109 | 145 | 194 | 339 | NSW |

| OWF CUP INVITATIONAL | | | | | |
|----------------------|-----|-----|-----|-------|-------|
| NAME | BWT | SN | CJ | TOTAL | STATE |
| Tori Gallegos | F59 | 79 | 100 | 179 | QLD |
| Kiana Elliott | F71 | 98 | 118 | 216 | SA |
| Sarah Cochrane | F71 | 94 | 112 | 206 | QLD |
| Leo Lark | M81 | 123 | 158 | 281 | QLD |
| Ryley Porter | M81 | 130 | 162 | 292 | QLD |
| Michael Lane | M89 | 132 | 160 | 292 | NSW |

| IWF JUNIOR WORLD CHAMPIONSHIPS | | | | | |
|--------------------------------|-----|-----|-----|-------|-------|
| NAME | BWT | SN | CJ | TOTAL | STATE |
| Tori Gallegos | F59 | 80 | 100 | 180 | QLD |
| Maddison Power | F71 | 0 | 97 | 0 | QLD |
| Nelson Harris | M73 | 112 | 141 | 253 | QLD |
| Oliver Saxton | M89 | 130 | 160 | 290 | WA |
| Noah Milford | M96 | 130 | 170 | 300 | NSW |
| Tom Shannon | M96 | 135 | 0 | 0 | NSW |

| OCEANIA YOUTH & JUNIOR CHAMPIONSHIPS | | | | | |
|--------------------------------------|-----|-----|-----|-------|-------|
| NAME | BWT | SN | CJ | TOTAL | STATE |
| Celine Huynh | F45 | 52 | 61 | 113 | SA |
| Grace Tjerkstra | F59 | 70 | 92 | 162 | WA |
| Layla Bloom | F64 | 64 | 85 | 149 | VIC |
| Nya Hayman | F64 | 72 | 90 | 162 | QLD |
| Tanaya Quinsee | F64 | 75 | 89 | 164 | WA |
| Joshua Strange | M67 | 77 | 100 | 177 | QLD |
| Jacob Tout | M81 | 108 | 140 | 248 | VIC |
| Michael Nides | M81 | 119 | 137 | 256 | QLD |
| Lewis Symonds | M89 | 106 | 130 | 236 | QLD |
| Oliver Saxton | M89 | 130 | 170 | 300 | WA |
| Taj Marsh | M96 | 127 | 152 | 279 | QLD |

| OWF COMMONWEALTH ONLINE TOURNAMENT | | | | | |
|------------------------------------|-------|-----|-----|-------|-------|
| NAME | BWT | SN | CJ | TOTAL | STATE |
| Kiana Elliott | F71 | 95 | 121 | 216 | SA |
| Sarah Cochrane | F71 | 100 | 118 | 218 | QLD |
| Eileen Cikamatana | F87 | 110 | 140 | 250 | NSW |
| Charisma Amoe-Tarrant | F87+ | 100 | 135 | 235 | QLD |
| Ridge Barredo | M102 | 145 | 188 | 333 | NSW |
| Jackson Roberts-Young | M109+ | 130 | 190 | 320 | NSW |

| IWF YOUTH WORLD CHAMPIONSHIPS | | | | | |
|-------------------------------|-----|-----|-----|-------|-------|
| NAME | BWT | SN | CJ | TOTAL | STATE |
| Chloe Perkins | F55 | 61 | 79 | 140 | QLD |
| Grace Tjerkstra | F55 | 70 | 88 | 158 | WA |
| Tayla Stephens | F59 | 66 | 85 | 151 | QLD |
| Nya Hayman | F64 | 74 | 92 | 166 | QLD |
| Layla Bloom | F64 | 67 | 94 | 161 | VIC |
| Jacob Tout | M81 | 105 | 133 | 238 | VIC |

| PACIFIC MINI GAMES & OCEANIA SENIOR CHAMPIONSHIPS | | | | | |
|---|-----|-----|-----|-------|-------|
| NAME | BWT | SN | CJ | TOTAL | STATE |
| Natalie Setiadji | F59 | 75 | 96 | 171 | NSW |
| Darcy Kay | F71 | 86 | 110 | 196 | QLD |
| Olivia Kelly | F76 | 93 | 118 | 211 | QLD |
| Eileen Cikamatana | F87 | 110 | 140 | 250 | NSW |
| Beau Garrett | M89 | 130 | 172 | 302 | QLD |

| COMMONWEALTH GAMES | | | | | |
|-----------------------|-------|-----|-----|-------|-------|
| NAME | BWT | SN | CJ | TOTAL | STATE |
| Brenna Kean | F59 | 83 | 106 | 189 | VIC |
| Sarah Cochrane | F64 | 100 | 116 | 216 | QLD |
| Kiana Elliott | F71 | 94 | 110 | 204 | SA |
| Ebony Gorincu | F76 | 93 | 113 | 206 | QLD |
| Eileen Cikamatana | F87 | 110 | 145 | 255 | NSW |
| Charisma Amoe-Tarrant | F87+ | 100 | 139 | 239 | QLD |
| Brandon Wakeling | M73 | 127 | 163 | 290 | QLD |
| Kyle Bruce | M81 | 143 | 180 | 323 | NSW |
| Ridge Barredo | M96 | 136 | 180 | 316 | NSW |
| Jackson Roberts-Young | M109 | 145 | 202 | 347 | NSW |
| Suamili Nanai | M109+ | 160 | 201 | 361 | WA |

COMMONWEALTH GAMES AUSTRALIA TEAM SUPPORT PERSONNEL APPOINTMENTS

BIRMINGHAM 2022 COMMONWEALTH GAMES

| | | |
|-----------------|-------------------|-----------|
| Coach: | Jay Saxton | WA |
| Coach: | Miles Wydall | QLD |
| Coach: | Paul Coffa | VIC |
| Manager: | Ian Moir | QLD |

AWF HALL OF FAME MEMBERS

INDUCTED 2010

- | | |
|--------------------------------------|-----|
| • Verdi (Vern) BARBERIS † | VIC |
| • Mr Nick CIANCIO | VIC |
| • Joseph (Joe) HENSEL † | NSW |
| • Dinko (Dean) LUKIN | SA |
| • Harold MacBAIN † | VIC |
| • Mr Leslie (Les) MARTYN MBE, KCSJ † | VIC |

INDUCTED 2013

- | | |
|-----------------------------------|-----|
| • Mrs Deborah ACASON (nee Lovely) | QLD |
| • Mr Salvatore (Sam) COFFA AM | VIC |
| • Mr George VASILIADES | NSW |

INDUCTED 2015

- | | |
|--------------------------|-----|
| • Ms Debra KEELAN | QLD |
| • Mr Robert (Bob) TAYLOR | NSW |



AWF LIFE MEMBERS

- | | |
|-----------------------------------|-----|
| • Verdi (Vern) BARBERIS † | VIC |
| • Luke BORREGGIE | NSW |
| • Ralph CASHMAN | NSW |
| • Paolo (Paul) COFFA MBE | VIC |
| • Salvatore (Sam) COFFA AM | VIC |
| • Darryl COHEN † | VIC |
| • Alby DUTTON † | VIC |
| • Larry GARTENSTEIN | NSW |
| • Edward (Ted) HANLON † | VIC |
| • Joseph (Joe) HENSEL † | NSW |
| • Lynden (Lyn) JONES | NSW |
| • Walter Francis (Frank) LAMP † | WA |
| • Dinko (Dean) LUKIN | SA |
| • Harold MacBAIN † | VIC |
| • Bryan MARSDEN † | NSW |
| • Leslie (Les) MARTYN MBE, KCSJ † | VIC |
| • Max RYAN | VIC |
| • Ernest (Ern) SANDGREN † | NSW |
| • Thomas (Tom) WIGLEY † | SA |

STATE REPORTS

AUSTRALIAN CAPITAL TERRITORY

WACT has seen a growth in the number of athletes entering our competitions in 2022 and a corresponding increase in the work done by our volunteers. We have regularly had 30 – 50 athletes at each competition, and enthusiasm for our sport is at an all time high. We are excited that we have such a high level of commitment and participation in our sport.

Weightlifting ACT has held two novice competitions in 2022 and at the October event we had eighteen novice entries enjoying their first competition. Our ACT State titles were held in September over two days to accommodate the number of competitive lifters.

During 2022 Weightlifting ACT conducted six competitions, at two venues in the ACT, Crossfit SFS and Crossfit 2600, and we acknowledge the continued support these gyms give to weightlifting the in the ACT.

We are pleased to report that the number of members volunteering to assist at events is growing, and our Technical Official pool has been well supported by Committee members. WACT is continuously working to improve the skill level of athletes, Technical Officials and volunteers.

This year we developed a stronger social media presence thanks to our volunteers efforts. In 2022 we undertook an update of our brand and logo, with leadership and support from the WACT Committee. We are about to launch a new-look website to make it easier for our members to access information and participate in WACT and AWF activities.

WACT is supported by seven lifting clubs in the ACT: RealFITT Strength and Conditioning, Crossfit 2600, Strive Weightlifting Canberra, Three Flow Weightlifting Canberra, H&T Training Canberra, CFCBR Barbell Canberra, and we welcomed new club to the ACT, Asylum Barbell Canberra.

Weightlifting ACT is proud to have athletes enter AWF National competitions in the Youth, Under 23, Senior and Master's competitions, and the IWF Masters competition. Three young lifters, Monique Hilborn, Saskia Van Leeuwen and Ella Naidoo-Golledge travelled to Perth and had outstanding results in the Youth and Under 23 National competitions. We had eleven athletes competing in Melbourne for the National Masters events where our men's team gained second place. We have five athletes competing in the National Senior championships.

Weightlifting ACT is honoured to be hosting the AWF National Seniors Competition in November. Once again, the Australian Institute of Sport is the venue and 125 elite athletes from around Australia will converge on the ACT for a highlight of the year in our sport.

The WACT Committee are looking forward to building on its record of success over the last 12 months and will continue to focus on athlete and coach development, development and support of our Technical Officer group and volunteers, production of high-quality competitions, improving communication with our members, and ensuring a high quality of governance supports our association.

NEW SOUTH WALES

In delivering the NSWWA report for 2021-2022, I must say that we are now starting to get back to some form of normality. Especially since once again we missed out on hosting the National Senior Championship at Olympic Park for the second time due to Covid.

At this moment, the NSWWA High Performance Centre in Olympic Park is our major centre of excellence, where we have the ability to host State and National Championships in the centre's Hall of Legends and have hosted major events including international event since 1985.

The association is currently in negotiation to sign a new 5-year lease with the Sydney Olympic Park Authority.

On the competition stage, NSW was successful in April at the National U15 and Youth Championships which includes:

- 2nd U15 Youth in Women
- 1st Youth Women and Men 3rd.

At the National Master Championship, NSW won the men's competition and came third in the women's section.

Going forward and looking towards the next 12 months, we will be hosting the OWF Electoral Congress on 28th October at the Quaycentre, Olympic Park. 15 Oceania Member Federation Presidents will be in attendance, and also the IWF President, Mr. Mohamed Jalood and IWF General Secretary, Dr. Antonio Urso.

In 2023, we are hoping to host one or two AWF national events although we were recently informed that NSW will again not host the National Senior Championship in December 2022 (3rd consecutive time) so I hope the AWF will be consider this and let NSW host two National Championship in 2023.

NSWWA currently has over 30 registered club with over 330 members and growing on a yearly base of 5-10 percent.

I would like to take the opportunity to thank all NSW sponsors and the AWF Board of Directors under President Sam Coffa, and Ian Moir for his great work and support of NSWWA.

Luke Borreggine
Director

NORTHERN TERRITORY

In a year that saw us picking up the pieces from Covid and competition restrictions, it was interesting to try and regain some of the momentum that my predecessors had developed.

The Northern Territory, specifically Darwin hosts around 65,000 people, many transient in nature. Often short memories are the result of restrictions. So it was with great surprise and pleasure to see the first competition in the NT a huge success.

The Australia Day Competition represents a new beginning for the year and the enthusiasm was fantastic. With more than 90 spectators and 20 athletes, it was amazing to see.

We moved into organising an AWF Weightlifting Coaching course presented by Leo Isaac that was well received, thanks to a combined effort from the AWF and some local volunteers.

Without a dedicated training facility in the NT, the committee was able to broker an arrangement with a local strength gym. The committee funded the installation of some training platforms and rented some time for Technical Sessions at the gym. This endeavour was also well received with a 7% increase in membership, some new faces and a couple of youth lifters, we felt things were moving in a good direction.

The next two competitions showed a lack lustre turn out from athletes. It's interesting to address things that didn't go so well. Was it the time of year, or a lack of support outside the organisation, it's hard to put a finger on. Admittedly, the middle of the year in Darwin is often spent celebrating the fact that the weather is your friend and not a fierce dragon you are constantly running from.

Most of the enthusiasm in Darwin comes from Master's athletes. The Australian and Oceania Master's in Melbourne allowed the NT to showcase some of the talent we have. The committee backed the athlete's where possible and they performed well.

The committee mustered the enthusiasm for all competitions and events through the course of the year. I'd like to thank them for their support in my first year as President. I hope all the states enjoyed promoting and participating in weightlifting competitions as much as I did.

Happy Lifting

Sean Parkes
NTWA President

QUEENSLAND

The Queensland Weightlifting Association wishes to publicly acknowledge the financial support of the Queensland Government. Queensland Government support ensures the viability of all our programs and initiatives throughout Queensland.

Once again, a very productive team served the QWA Community on the 2022 Management Committee:

Mike Keelan (President), Leanne Knox (Vice-President), Sonia Stenhouse (Secretary), Rawena Tairi (Treasurer), Sarah Cochrane (AAG chair), Jemma Cowper, Callum Hannay, and Amie Cox.

Events:

We would like to sincerely thank all our coaches, volunteers, and officials for their continued enthusiasm and support of weightlifting here in Queensland. All these efforts contributed towards a very successful competition year.

Our members have certainly responded enthusiastically to the return of face-to-face competitions. Online derivatives certainly helped keep the members involved throughout the COVID lockdown periods, but nothing compares with the electric atmosphere of getting together face-to-face.

The delayed Olympics that ran in 2021 saw Queenslanders feature prominently. Erika Yamasaki, Charisma Amoe-Tarrant, Brandon Wakeling, Matthew Lydement, and Coach Angela Wydall assisted by Greg Hobl.

The Birmingham Commonwealth Games saw Queenslanders again feature in the line-up. Sarah Cochrane (silver), Charisma Amoe-Tarrant (bronze), Ebony Gorincu, Brandon Wakeling, Coach Miles Wydall, and Team Manager Ian Moir.

Oceania Senior Championships and Mini Pacific Games in Saipan: Beau Garrett (Gold & lifted the heaviest weight of the whole event), Darcy Kay (Gold), Olivia Kelly (Gold). Coach Angela Wydall. Technical Officials Coral Quinell (Cat 1), Debra Keelan (Cat 1), and Erika Yamasaki (Cat 2).

To ensure all newcomers and existing members of the sport have opportunities to begin and continue with their athlete pathway we actively assist with the running of competitions outside the Brisbane region, and ensure many competition opportunities to suit beginners through to elite athletes. The State Junior & U23's was held in Townsville (Thunder Barbell Club); 2021 All Schools at Bribie Island, State U13, U15 & Youth Championships in Nambour (Sunshine Coast Weightlifting Club) and the State Masters at Noosaville (Noosa Weightlifting Club).

The NQ Open was run in conjunction with the NQ Games (a multisport event) in Townsville, once again hosted very professionally by Thunder Barbell Club. A large contingent of Brisbane based lifters made the most of the opportunity to be involved in an away competition making for a very exciting event with several Commonwealth Games team members featuring.

Brent Things & Stuff provided live-streaming so that all our members could enjoy the spectacle of watching our State Age-group Championships.

Thank you to Dr David Pakchung for providing medical cover for our events.

Squad training was able to be reintroduced this year for athletes preparing to compete at National Championships, with sessions for all groups organised. Master, U15 & Youth, Junior & U23 and Seniors. Thank you to Jemma Cowper & Miles Wydall for their work in this area.

The AWF Pathway squad has had a very real impact on encouraging our up-and-coming athletes to strive for places within the program, delivered under the leadership of Pathway coordinator Greg Hobl.

The QWA Club Challenge competition program ran again in 2022 with sponsorship from Physique Science. Prize money going to top male & female athletes in all age-groups, and the perpetual trophy and prize money going to the Club winner and runners up.

Thank you once again to our returning product sponsor at the State Masters Championships: Boks Pure Bacon.

Initiatives:

The scope of the Athlete Commission continues to be molded with the group now set to be renamed the Athlete Advisory Group. The onboarding of the QWA Wellbeing project led by Fraser Harrison will dovetail in with the mission & activities of the AAG.

AAG members: Sarah Cochrane (Chair), Nathan George, Darcy Kay, Hayley Ward, Liam Saxby, and Luke Gardner.

The online Queensland Coaching Certificate Course with insurance secured through Gallagher Insurance has had a soft rollout. Its aim to boost numbers of coaches on the ground particularly in regional Queensland has been successful. Thank you to Leanne Knox for her work in this area in North Queensland.

The QWA recognises the importance of having well qualified Technical Officials in sufficient number to support many events in Queensland. A strong motivation for people taking up the sport is the element of competition. Without a robust, active TO workforce, competitions would not be possible. The QWA invests significant finances to maintain and grow the TO workforce. Of note, Rawena Tairi successfully upgraded to International Category 1 referee.

Our commitment to ensuring Child Safety sees us actively promoting, and belonging to the Queensland Blue Card system.

The Indigenous project in Townsville saw 15 attendees from the Clontarf Foundation program running at Kirwan State High School attend weightlifting activities at Thunder Barbell Club.

Sonia Stenhouse was successful in gaining a spot on the National Women's Sport Leaders program run through the AIS.

Sincere thanks to Tara Noonan from By Star Creative for managing our socials in such a professional manner; and Angela Wydall for her behind the scenes work on the QWA website and its functionalities.

TASMANIA

Overall

Weightlifting Tasmania is a little down on membership and event participation as compared with our all-time high year of 2021. However, the sport continues to flourish in all three major regions of Tasmania (north-west, north, and south). At the time of writing this report, there are seven centres of operation where Weightlifting training takes place under the control of accredited coaches. Due to ongoing efforts in coach education, many clubs have a second accredited coach.

However, there are some issues that are persistent and concerning. These issues include the lack of recruitment of youth athletes, the difficulty of upgrading referees, and the dependence of participation on commercial gyms for space. The latter was not a significant problem in 2021, but recent hikes in the rental market is putting commercial gyms under pressure. Inevitably, some will fold or be sold on to new owners who may not see a business reason to keep Weightlifting.

Representative Athletes

It is concerning that, in recent years, Tasmania has lost ground in providing participants for National Championship and developing athletes for national teams. A probable cause is our lack of recruitment of youth and junior athletes, and this will be a key focus for us in 2023.

Officiating

At the time of writing this report, Weightlifting Tasmania had 5 national referees, 9 state referees and 12 club referees active. It is a serious concern to continue recruiting, training, and upgrading referees as there is always turnover of members. On too many occasions, successful lifts that would have created state records were not claimable due to the accreditation levels of referees. Similarly, a small number of national records were unclaimable.

Coaching

Weightlifting Tasmania's steady growth in participation over the last 10 years has been very much due to increase in number of coaches. We continue to work on recruiting, developing, and retaining coaches. However, it takes many years for new coaches to acquire the knowledge and experience to produce high-performance athletes and this is a reason for our lacklustre performance in developing athletes for national championships and higher events.

Management of the Association in General

In 2022, the Members of the Board worked cohesively and in good spirit. We are aware that in sporting organisations, cohesion is not always guaranteed and any lack generally has a devastating effect. The Weightlifting Tasmania board has an excellent mix of talent, and consists of 5 men and 3 women, with an average age below 50 years.

Looking Forward

As we look to the future of the sport in Tasmania and more broadly, there is a growing need to be innovative in the way the sport is promoted, competitions are held, and athletes are coached. There is always a tendency in any sport organisation to keep doing what we have always done. However, as demonstrated by the AWF in its ability to conduct virtual competitions in real time, evolving technology provides new opportunities. The goal is always to show the world that Olympic Weightlifting is a sport for all and provides long-lasting benefits to participants. The question is how we can, here in Tasmania, improve the running of the sport bearing in mind the very limited amount of funding at our disposal.

Leo Isaac
President

2022 INTERNATIONAL TECHNICAL OFFICIAL APPOINTMENTS

SINGAPORE WEIGHTLIFTING INTERNATIONAL

Mary Macken
Danielle Waller

COMMONWEALTH GAMES ONLINE QUALIFIER

Bowen Stuart – Competition Director
Pedro Sanchez
Sam Coffa
Ian Moir
Lilly Coffa
Rohan Mason
Coral Quinell
Leanne Springer
Lawrie Townsend

OWF CUP INVITATIONAL

Bowen Stuart – Competition Director
Pedro Sanchez
Ian Moir
Lilly Coffa
Coral Quinell
Leanne Springer

IWF JUNIOR WORLD CHAMPIONSHIPS

Sam Coffa – Technical Delegate
Coral Quinell

OCEANIA YOUTH & JUNIOR ONLINE CHAMPIONSHIPS

Bowen Stuart – Competition Director
Pedro Sanchez
Ian Moir
Rohan Mason
Coral Quinell
Jenny Sanchez
Leanne Springer
Lawrie Townsend

OWF COMMONWEALTH ONLINE TOURNAMENT

Bowen Stuart – Competition Director
Pedro Sanchez
Ian Moir
Lilly Coffa
Coral Quinell
Lawrie Townsend

IWF YOUTH WORLD CHAMPIONSHIPS

Sam Coffa – Technical Delegate
Danielle Waller
Leo Ryan

PACIFIC MINI GAMES & OCEANIA CHAMPIONSHIPS

Lilly Coffa
Simon Grace
Debra Keelan
Mary Macken
Rohan Mason
Michael Noonan
Coral Quinell
Erika Yamasaki

COMMONWEALTH GAMES

Sam Coffa – Technical Delegate
Lilly Coffa – Jury Member
Mary Macken – Referee
Pedro Sanchez – Jury President
Bowen Stuart – Video Playback System

INTERNATIONAL POSITIONS

INTERNATIONAL WEIGHTLIFTING FEDERATION (2022-2024)

Paul Coffa

Member, Intercontinental Committee

Sam Coffa

Board Member, IWF Executive

Chair, IWF Technical Committee

IWF Liaison to the Commonwealth Games Federation

IWF Technical Delegate for the Victoria 2026 Commonwealth Games

Lyn Jones

Member, IWF Coaching & Research Committee

Damon Kelly

Member, IWF Athletes Commission

Charles Quagliata

Member, Ethics & Disciplinary Commission

Pedro Sanchez

Member, IWF Technical Committee

Lawrence Townsend

Member, IWF Anti-Doping Commission

COMMONWEALTH WEIGHTLIFTING FEDERATION (2022 – 2026)

Paul Coffa MBE

CWF General Secretary

Coral Quinell

Member, Executive Board

Michael Noonan

Statistician & Record Keeper

OCEANIA WEIGHTLIFTING FEDERATION (2022 – 2024)

Paul Coffa MBE

OWF General Secretary

Lilly Coffa

OWF Assistant Secretary

Sam Coffa

Technical Chairperson

Coral Quinell

Masters Committee Chair

ACKNOWLEDGEMENTS AND THANKS

The AWF Board of Directors recognises and thanks the members, supporters, partners and sponsors who have made significant contributions to the growth and development of the AWF in 2022:

- **Sport Australia & Australian Institute of Sport** – Principal Partner funding AWF programs and high performance.
- **Commonwealth Games Australia** – supporting our athletes to prepare and compete at the Birmingham 2022 Commonwealth Games.
- **Australian Olympic Committee** – supporting the Australian Olympic Team for the Tokyo 2020 Olympic Games.
- **Sports Integrity Australia** – partners in the protection of integrity in sport.
- **International Weightlifting Federation** – creating opportunities for our athletes and coaches to compete on the world stage; and providing the AWF with development funding.
- **Oceania Weightlifting Federation** – giving opportunities for our athletes and coaches to remain engaged in weightlifting during the pandemic through online competitions and email tournaments. And staging a successful return to face-to-face events with the 2022 Oceania Championships and Pacific Mini Games.
- **Tonic (John Eptaminakis)** – sponsor of the AWF’s commercial initiatives
- **Where2Travel** – meeting all the AWF representative team travel needs
- **Sylvia P** – suppliers of representative team lifting suits
- **Telstra** – keeping the AWF connected through its Network
- **Again Faster** – equipment supplier for the 2021 Australian Masters Championships
- **State Associations & Clubs** – in appreciation of all your contributions and passion in supporting members’ needs throughout Australia
- **Coaches, Officials and Administrators** - for your investment in the sport and dedication and commitment to others.
- **Athletes** – for your love of weightlifting and striving to realise your athletic potential and become role models for others to follow
- **Mr Louie Kortesis of MW Lomax** - for reliable financial advice and services





AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED

ACN 090 469 837

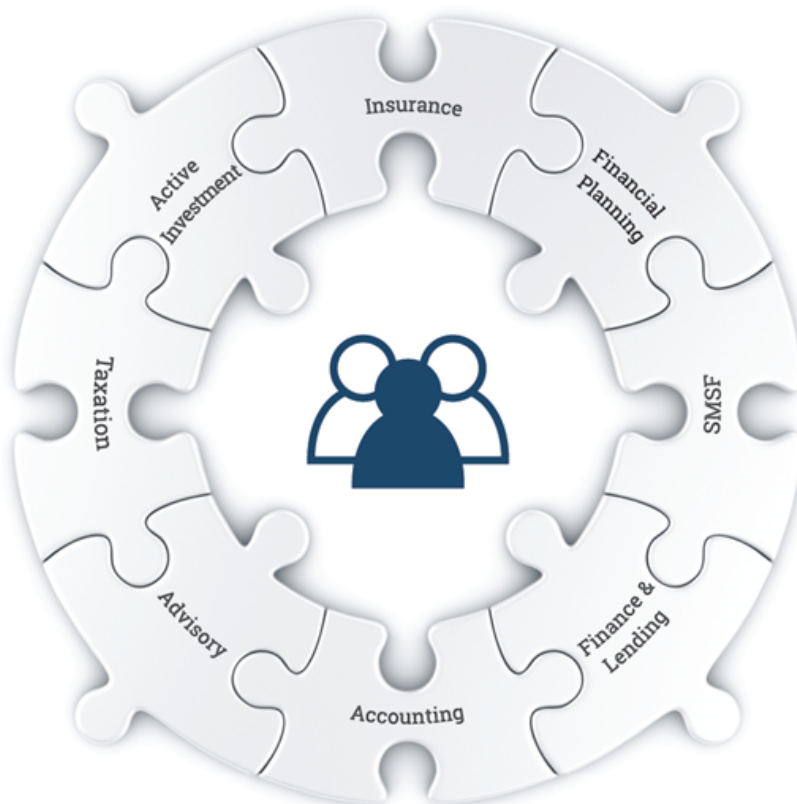
MEMBER FEDERATION OF THE INTERNATIONAL WEIGHTLIFTING FEDERATION,
COMMONWEALTH WEIGHTLIFTING FEDERATION, AND OCEANIA WEIGHTLIFTING FEDERATION

MEMBER SPORT OF THE AUSTRALIAN OLYMPIC COMMITTEE, AND COMMONWEALTH GAMES AUSTRALIA



AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED

FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2022



Own your success

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED
ABN 65 090 469 837

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AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED
ABN 65 090 469 837

DIRECTOR'S DECLARATION

The directors have that the company is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

In accordance with a resolution of the directors of Australian Weightlifting Federation Limited, the chairperson of the company declares that:

1. The financial statements and notes as set out on pages 5 to 13 presents fairly the company's financial position as at 30 June 2022 and its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements;
2. In the director's opinion there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

Director



Dated:

10/9/2022

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED
ABN 65 090 469 837

DIRECTOR'S REPORT

The directors present the report on the company for the financial year ended 30 June 2022.

Directors

The names of the Directors and Alternate Directors in office at anytime during or since the end of the year are:

Directors

Angela Wydall

Lyn Jones

Pedro Sanchez

Sam Coffa (Chairman)

Phil Maunder

Boris Kayser

Coral Quinell

Chief Executive Officer

Ian Moir

The directors have been in office since the start of the financial year to the date of this report unless otherwise stated.

Review of Operations

The profit/(Loss) of the company for the financial year after providing for income tax amounted to (\$55,999).

A review of the operations of the company during the financial year and the results of those operations are as follows:

Significant Changes in the State of Affairs

No significant changes in the company's state of affairs occurred during the financial year.

Principal Activities

The principal activities include the conduct, encouragement, promotion, control and management of all levels of weightlifting in Australia interdependently with members and others. There are no significant changes in the nature of these activities occurring during the financial year

Events Subsequent to the End of the Reporting Period

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations, or the state of affairs of the company in future financial years.

Likely Developments and Expected Results of Operations

Likely developments in the operations of the company and the expected results of those operations in future financial years have not been included in this report as the inclusion of such information is likely to result in unreasonable prejudice to the company.

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED
ABN 65 090 469 837

DIRECTOR'S REPORT

Environmental Regulation

The company's operations are not regulated by any significant environmental regulation under a law of the Commonwealth or of a state or territory.

Dividends

No dividends have been paid or declared since the start of the financial year.

Options

No options over issued shares or interests in the company were granted during or since the end of the financial year and there were no options outstanding at the date of this report.

Indemnification of Officers

No indemnities have been given or insurance premiums paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of the company.

Proceedings on Behalf of Company

No person has applied for leave of court to bring proceedings on behalf of the company or intervene in any proceedings to which the company is a party for the purpose of taking responsibility on behalf of the company for all or part of those proceedings.

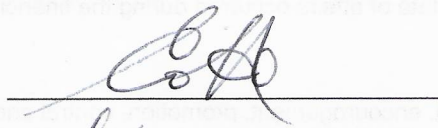
The company was not a party to any such proceedings during the year.

Reviewer's Independence Declaration

A copy of the reviewer's independence declaration as required under the ACNC Act is attached to this financial report.

This director's report is signed in accordance with a resolution of the directors:

Chairperson



Dated:

10/9/2022

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED
ABN 65 090 469 837

**REVIEWER'S INDEPENDENCE DECLARATION UNDER
THE ACNC ACT**

**TO THE DIRECTOR OF
AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED**

In accordance with the ACNC ACT, I am pleased to provide the following declaration of independence to the directors of Australian Weightlifting Federation Limited. As the lead partner for the review of the financial report of Australian Weightlifting Federation Limited for the year ended 30 June 2022, I declare that, to the best of my knowledge and belief, there have been no contraventions of:

- i. the reviewer independence requirements as set out in the ACNC Act in relation to the review; and
- ii. any applicable code of professional conduct in relation to the review.

Louie Kortesis
Institute of Public Accountants
Level 1, 574 St Kilda Road
MELBOURNE, VIC, 3004



MELBOURNE

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED

ABN 65 090 469 837

**STATEMENT OF PROFIT OR LOSS
FOR THE YEAR ENDED 30 JUNE 2022**

| | Note | 2022 \$ | 2021 \$ |
|---|------|------------------|------------------|
| Revenue | | 862,548 | 884,394 |
| Consumables used | | (167) | 43 |
| Employee benefits expense | | (145,080) | (146,994) |
| Impairment losses from financial assets | | (10,705) | (9,575) |
| Depreciation and amortisation expenses | | (2,923) | (10,117) |
| Other expenses | | <u>(759,672)</u> | <u>(629,217)</u> |
| Profit (loss) before income tax | | (55,999) | 88,534 |
| Income tax expense | | <u>-</u> | <u>-</u> |
| Profit (loss) for the year | | <u>(55,999)</u> | <u>88,534</u> |
| Profit (loss) attributable to member of the company | | <u>(55,999)</u> | <u>88,534</u> |

The accompanying notes form part of these financial statements.

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED
ABN 65 090 469 837

STATEMENT OF COMPREHENSIVE INCOME
FOR THE YEAR ENDED 30 JUNE 2022

| | Note | 2022 \$ | 2021 \$ |
|--|------|-----------------|---------------|
| Profit (loss) for the year | | (55,999) | 88,534 |
| Other comprehensive income: | | | |
| Total other comprehensive income for the year | | - | - |
| Total comprehensive income (expense) for the year | | <u>(55,999)</u> | <u>88,534</u> |
| Total comprehensive income (expense) attributable to member of the company | | <u>(55,999)</u> | <u>88,534</u> |

The accompanying notes form part of these financial statements.

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED**ABN 65 090 469 837****STATEMENT OF FINANCIAL POSITION****AS AT 30 JUNE 2022**

| | Note | 2022 \$ | 2021 \$ |
|----------------------------------|------|----------------|----------------|
| ASSETS | | | |
| CURRENT ASSETS | | | |
| Cash and cash equivalents | 2 | 780,383 | 783,329 |
| Trade and other receivables | 3 | 29,190 | 7,295 |
| Other assets | 4 | 74,777 | 36,348 |
| TOTAL CURRENT ASSETS | | 884,350 | 826,972 |
| NON-CURRENT ASSETS | | | |
| Property, plant and equipment | 5 | 6,151 | 6,713 |
| TOTAL NON-CURRENT ASSETS | | 6,151 | 6,713 |
| TOTAL ASSETS | | 890,501 | 833,685 |
| LIABILITIES | | | |
| CURRENT LIABILITIES | | | |
| Trade and other payables | 6 | 30,004 | 3,876 |
| Borrowings | 7 | 206,300 | 125,000 |
| Provisions | 8 | 9,581 | 4,194 |
| TOTAL CURRENT LIABILITIES | | 245,885 | 133,070 |
| TOTAL LIABILITIES | | 245,885 | 133,070 |
| NET ASSETS | | 644,616 | 700,615 |
| EQUITY | | | |
| Retained earnings | | 644,616 | 700,615 |
| TOTAL EQUITY | | 644,616 | 700,615 |

The accompanying notes form part of these financial statements.

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED

ABN 65 090 469 837

**STATEMENT OF CHANGES IN EQUITY
FOR THE YEAR ENDED 30 JUNE 2022**

| | Retained Earnings \$ | Total \$ |
|--|---------------------------------|---------------------|
| Balance at 1 July 2020 | 612,081 | 612,081 |
| Comprehensive income | | |
| Profit for the year | <u>88,534[‡]</u> | <u>88,534</u> |
| Total comprehensive income for the year attributable to the member of the company | <u>88,534</u> | <u>88,534</u> |
| Balance at 30 June 2021 | <u>700,615</u> | <u>700,615</u> |
| Balance at 1 July 2021 | 700,615 | 700,615 |
| Comprehensive income | | |
| Profit (loss) for the year | <u>(55,999)[‡]</u> | <u>(55,999)</u> |
| Total comprehensive income for the year attributable to the member of the company | <u>(55,999)</u> | <u>(55,999)</u> |
| Balance at 30 June 2022 | <u>644,616</u> | <u>644,616</u> |

The accompanying notes form part of these financial statements.

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED

ABN 65 090 469 837

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 JUNE 2022

| | Note | 2022 \$ | 2021 \$ |
|--|----------|-----------------|------------------|
| Cash flows from operating activities | | | |
| Income from Operating Activities | | 864,638 | 882,708 |
| Expenses from Operating Activities | | (918,493) | (785,744) |
| Net cash provided by (used in) operating activities | 9 | (53,855) | 96,964 |
| Cash flows from investing activities | | | |
| Interest received | | 780 | 1,686 |
| Net cash provided by investing activities | | 780 | 1,686 |
| Cash flows from financing activities | | | |
| (Increase)/Decrease in debtors | | (21,895) | 40,588 |
| (Increase)/Decrease in financing assets | | (38,429) | 3,638 |
| (Increase)/Decrease in fixed assets | | (2,362) | - |
| Increase/(Decrease) in creditors | | 26,128 | (35,966) |
| Increase/(Decrease) in provisions | | 5,387 | 2,707 |
| Increase/(Decrease) in deferred revenue | | 81,300 | (175,000) |
| Net cash provided by (used in) financing activities | | 50,129 | (164,033) |
| Net increase/(decrease) in cash held | | (2,946) | (65,383) |
| Cash and cash equivalents at beginning of financial year | | 783,329 | 848,712 |
| Cash and cash equivalents at end of financial year | 9 | 780,383 | 783,329 |

The accompanying notes form part of these financial statements.

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED

ABN 65 090 469 837

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2022

1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The director has prepared the financial statements on the basis that the company is a non-reporting entity because there are no users dependent on general purpose financial statements. The financial statements are therefore special purpose financial statements that have been prepared in order to meet the needs of the member.

The financial statements have been prepared in accordance with the significant accounting policies disclosed below, which the director has determined are appropriate to meet the needs of the member. Such accounting policies are consistent with the previous period unless stated otherwise.

The financial statements have been prepared on a cash basis and are based on historical costs unless stated otherwise in the notes. The accounting policies that have been adopted in the preparation of the financial statements are as follows:

(a) Income Tax

The entity is not liable for income tax.

(b) Property, Plant and Equipment

All property, plant and equipment except for freehold land and buildings are initially measured at cost and are depreciated over their useful lives to the company.

The carrying amount of plant and equipment is reviewed annually by the directors to ensure it is not in excess of the recoverable amount. The recoverable amount is assessed on the basis of expected net cash flows that will be received from the asset's employment and subsequent disposal. The expected net cash flows have been discounted to present values in determining recoverable amounts.

Freehold land and buildings are carried at their recoverable amounts, based on periodic, but at least triennial, valuations by the directors.

Depreciation

The depreciable amount of all fixed assets, including buildings and capitalised lease assets but excluding freehold land, is depreciated over the asset's useful life to the company commencing from the time the asset is held ready for use.

(c) Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Taxation Office (ATO).

Receivables and payables are stated inclusive of the amount of GST receivable or payable. The net amount of GST recoverable from, or payable to, the ATO is included with other receivables or payables in the statement of financial position.

(d) Committee Reporting

The committee recognises that it is a Tier 2 reporting organisation.

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED

ABN 65 090 469 837

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2022

(e) Revenue and other income

The core principle of AASB 15 is that revenue is recognised on a basis that reflects the transfer of promised goods or services to customers at an amount that reflects the consideration the Organisation expects to receive in exchange for those goods or services. Revenue is recognised by applying a five- step model as follows:

1. Identify the contract with the customer
2. Identify the performance obligations
3. Determine the transaction price
4. Allocate the transaction price to the performance obligations
5. Recognise revenue as and when control of the performance obligations is transferred

The revenue recognition policies for the principal revenue streams of the Organisation are affiliation fees, coaching accreditation fees, sponsorship, competition, games revenue and merchandise sales. These amounts are recognised as revenue when control of the performance obligation have been transferred.

(f) Financial instruments

Financial instruments are recognised initially on the date that the Organisation becomes party to the contractual provisions of the instrument.

On initial recognition, all financial instruments are measured at fair value plus transaction costs (except for instruments measured at fair value through profit or loss where transaction costs are expensed as incurred).

Financial assets

All recognised financial assets are subsequently measured in their entirety at either amortised cost or fair value, depending on the classification of the financial assets.

Amortised cost

Assets measured at amortised cost are financial assets where:

- the business model is to hold assets to collect contractual cash flows; and
- the contractual terms give rise on specified dates to cash flows are solely payments of principal and interest on the principal amount outstanding.

The Organisation's financial assets measured at amortised cost comprise trade and other receivables and cash and cash equivalents in the statement of financial position.

Subsequent to initial recognition, these assets are carried at amortised cost using the effective interest rate method less provision for impairment.

Interest income, foreign exchange gains or losses and impairment are recognised in profit or loss. Gain or loss on derecognition is recognised in profit or loss.

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED

ABN 65 090 469 837

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2022

| | 2022 | 2021 |
|--|----------------|----------------|
| | \$ | \$ |
| 2. CASH AND CASH EQUIVALENTS | | |
| Deposits with savings banks | 502,356 | 501,576 |
| CBA Cheque account #9089 | - | 16,975 |
| Qantas cash - DW | - | 2,354 |
| Qantas cash - BS | 1,595 | 3,032 |
| Qantas cash - IM | 3,136 | 3,389 |
| Westpac Business One | 273,296 | 256,003 |
| | <u>780,383</u> | <u>783,329</u> |
| 3. TRADE AND OTHER RECEIVABLES | | |
| CURRENT | | |
| Trade debtors | 25,373 | 3,478 |
| Sundry debtors | - | - |
| | <u>25,373</u> | <u>3,478</u> |
| SAWLA funds in holding | 3,817 | 3,817 |
| | <u>29,190</u> | <u>7,295</u> |
| 4. OTHER ASSETS | | |
| CURRENT | | |
| Prepayments | 20,149 | 18,914 |
| Stock | 54,628 | 17,434 |
| | <u>74,777</u> | <u>36,348</u> |
| 5. PROPERTY, PLANT AND EQUIPMENT | | |
| Plant and equipment | 63,146 | 60,784 |
| Less accumulated depreciation | (56,995) | (54,071) |
| Total property, plant and equipment | <u>6,151</u> | <u>6,713</u> |
| 6. TRADE AND OTHER PAYABLES | | |
| CURRENT | | |
| Good and services tax | 27,309 | 1,590 |
| Trade creditors | - | - |
| Other creditors | - | - |
| Withholding taxes payable | 2,286 | 2,286 |
| Superannuation payable | 409 | - |
| | <u>30,004</u> | <u>3,876</u> |

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED

ABN 65 090 469 837

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2022

| | 2022 | 2021 |
|--|-----------------|----------------|
| | \$ | \$ |
| 7. BORROWINGS | | |
| CURRENT | | |
| Prepaid Revenue | <u>206,300</u> | <u>125,000</u> |
| 8. PROVISIONS | | |
| CURRENT | | |
| Provision for employee entitlements | <u>9,581</u> | <u>4,194</u> |
| | | 2022 |
| | | \$ |
| Provision for employee entitlements: | | |
| Opening balance at 1 July 2021 | | 4,194 |
| Additional provisions raised | | <u>5,387</u> |
| Balance at 30 June 2022 | | <u>9,581</u> |
| 9. CASH FLOW INFORMATION | | |
| (a) Reconciliation of cash | | |
| Cash at the end of financial year as included in the statement of cash flows is reconciled to the related items in the statement of financial position as follows: | | |
| Cheque Account | - | 16,975 |
| Westpac Business One | 273,296 | 256,003 |
| Investment account | - | - |
| Qantas cash - DW | - | 2,354 |
| Qantas cash - IM | 3,136 | 3,032 |
| Qantas cash - BS | 1,596 | 3,389 |
| Term deposit | <u>502,355</u> | <u>501,576</u> |
| | <u>780,383</u> | <u>783,329</u> |
| (b) Reconciliation of cash flow from operations with profit after income tax | | |
| Profit after income tax | (55,999) | 88,534 |
| Non-cash flows in profit: | | |
| Depreciation | 2,923 | 10,116 |
| Net cash provided by operating activities | <u>(53,076)</u> | <u>98,650</u> |

10. Capital Management Policies and Procedures

The Organisation monitors capital on the basis of the carrying amount of equity, less cash and cash equivalents as presented on the face of the statement of financial position and cash flow recognised in other comprehensive income. Management assess the organisation's capital requirements in order to maintain an efficient overall financing structure while avoiding excessive leverage. This takes into account the level of the Organisation's various classes of debt. The Organisation manages the capital structure and make adjustments to it in the light of changes in economic conditions and the risk characteristics of the underlying assets.

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED
ABN 65 090 469 837

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2022

11. Capital Management Policies and Procedures

The Organisation monitors capital on the basis of the carrying amount of equity, less cash and cash equivalents as presented on the face of the statement of financial position and cash flow recognised in other comprehensive income. Management assess the organisation's capital requirements in order to maintain an efficient overall financing structure while avoiding excessive leverage. This takes into account the level of the Organisation's various classes of debt. The Organisation manages the capital structure and make adjustments to it in the light of changes in economic conditions and the risk characteristics of the underlying assets.

12. Contingencies

In the opinion of the Directors, the Organisation did not have any contingencies at 30 June 2022 (30 June 2021: None).

13. Events Occurring After the Reporting Date

The financial report was authorised for issue on 1st September 2022 by the board of directors.

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affected the operations of the Organisation, the results of those operations, or the state of affairs of the Organisation in future financial years.

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED
ABN 65 090 469 837

**INDEPENDENT REVIEWER'S REPORT
TO THE MEMBER OF
AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED**

Report on the Review of the Financial Report

We have reviewed the accompanying financial report of the Australian Weightlifting Federation which comprises the statement of financial position as at 30 June 2022, the statement of profit or loss and statement of changes in equity for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information and the directors' declaration.

Management's Responsibility for the Financial Report

Management is responsible for the preparation and fair presentation of the financial report, in accordance with accounting policies described in Note 1 to the financial statements and for such internal control as management determines is necessary to enable the preparation and fair presentation of a financial report that is free from material misstatement, whether due to fraud or error.

Reviewer's Responsibility

Our responsibility is to report a conclusion on the financial report based on our review. We conducted our review in accordance with Australian Auditing Standards. Those standards require that we comply with relevant ethical requirements relating to review engagements and plan and perform the review to obtain limited assurance about whether the financial report is free from material misstatement.

A review involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgment, including the assessment of the risks or 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 company's preparation and fair presentation of the financial report that gives a true and fair view, in order to design review procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

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

Independence

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

Reviewer's Conclusion

Based on our review, nothing has come to our attention that causes us to believe that these financial statements do not present fairly, in all material aspects, the financial position of the Australian Weightlifting Federation as at 30 June 2022, and its financial performance and cash flows for the year then ended, in accordance with the International Financial Reporting Standards.

AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED
ABN 65 090 469 837

INDEPENDENT REVIEWER'S REPORT
TO THE MEMBER OF
AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED

Basis of Accounting

We draw attention to Note 1 of the financial report which describes the basis of accounting. The financial report has been prepared by management to satisfy the requirements of the company's constitution and to meet the needs of member. As a result, the financial report may not be suitable for another purpose.

Louie Kortesis
Institute of Public Accountants
Level 1, 574 St Kilda Road
MELBOURNE, VIC, 3004



MELBOURNE