



QWA ANNUAL REPORT 2022

OUR MISSION

“ To promote and develop all aspects of the sport of weightlifting in Queensland ”

MANAGEMENT COMMITTEE

President	Michael Keelan
Vice President	Leanne Knox
Secretary	Sonia Stenhouse
Treasurer	Rawena Tairi/Amie Cox
Members	Jemma Cowper Callum Hannay Amie Cox/Scott Mark Sarah Cochrane (athlete representative)

STAFF

Operations Manager	Debra Keelan (part-time)
Web Support	Angela Wydall
Social Media	Tara Noonan (Star Creative)
Book Keeper	Megan Stevens
Event Live Streaming	Brent Vaughan

Auditor Mark Sheridan - Adviser Planning Pty Ltd, Capalaba Q

Affiliations Australian Weightlifting Federation
Queensland Olympic Council
QSport - The Sports Federation of Queensland

SPONSORS

Queensland Government Physique Science
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**Queensland
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Physique Science
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We respectfully acknowledge the traditional owners of the land on which we meet.

We pay respect to Elders past, present and emerging.

We acknowledge the contributions of Indigenous Peoples from the past, present and future, and recognise their continuing connection to the land, water and community of this country in which we all live.

May Indigenous Australians and non-Indigenous Australians continue to work together to unite and live in peace on this land we call home, Australia.

PRESIDENT'S REPORT

The QWA continues to operate in a healthy financial position as a result of continued prudent financial management processes. The QWA is indebted to the Queensland Government for the financial assistance we receive towards our planned initiatives, to implement these planned initiatives without Queensland Government investment would be almost impossible.

Membership of the QWA continues to increase and it is comforting to know that this stems from the ever improving profile of weightlifting throughout our wonderful state. This is due in no small way to the impressive results of our athletes, representing all age groups, on international, national and state platforms which have been detailed elsewhere in this Annual Report, the resolve of our only Part-Time employee to get things done, the administrative actions of the QWA Management Committee and of course the fantastic services provided by all QWA affiliated clubs.

An enormous amount of work has been carried out by Deb Keelan, QWA Operations Manager, who has professionally overseen the day-to-day operations of the QWA, liaised closely with club personnel and collaborated closely with the Queensland Government, sponsors and the AWF office. The accomplishments of the QWA are detailed elsewhere in this report for your perusal and comment.

The QWA Management Committee all act in an honorary capacity. Each Management Committee officer brings experience, knowledge and skills to the meeting table which have proved to be extremely valuable when making decisions that lead to the enhancement of our association. I trust you join me in thanking and complimenting each one of these selfless individuals for their enthusiasm, commitment and drive to expand positive opportunities for all QWA members.

“ The QWA is indeed fortunate to have as part of our family many volunteers, club administrators and supporters without whose passion and dedication, weightlifting would indeed be struggling.

On behalf of the QWA Management Committee and Operations Manager,
I THANK ONE AND ALL for the your contributions that you give so willingly.

”

A special thank you is extended to those clubs who have supported the delivery of our 2022 QWA Championships. It is pleasing to recognize that these clubs have all the attributes and confidence to successfully deliver these events to the benefit of athletes, coaches and technical officials. Sunshine Coast Weightlifting Club, Cougars Weightlifting Club, Burleigh Barbell Club, Noosa Weightlifting Club, & Thunder Barbell Club!

Throughout 2022, the QWA seen an increase in positive social and print media articles and hopefully this trend will continue as QWA activities spread further throughout Queensland, Australia and overseas.

Whilst commercial sponsorship support continues to be a major challenge to the QWA, we are genuinely grateful to those companies that have invested in our programs and have been acknowledged within other sections of this Annual Report.

Mike Keelan, QWA President

MANAGEMENT COMMITTEE REPORT

2022 saw us finally break free from COVID 19 restrictions and the very welcome return of face-to-face competitions.

The 2022 QWA population comprised:

Age Group	2019	2020	2021	2022
Masters Male 35+	77	83	110	103
Masters Female 35+	97	84	116	142
Senior Male	140	103	103	109
Senior Female	141	110	109	130
U15, Youth, Junior Male	116	105	121	90
U15, Youth, Junior Female	84	91	96	67
TOTALS	655	576	655	641

Thank you to:

Tara Noonan for the fantastic social media presence she has built for us;

Angela Wydall for her ongoing development and management of the QWA website;

The Board of the Australian Weightlifting Federation, Ian Moir AWF CEO, and Bowen Stuart IT & Communications Manager/Coach Education Program Manager for their continued support and assistance.

A resounding THANK YOU to the coordinators of Queensland's weightlifting clubs; the volunteer coaches and officiators; and the many other people who contributed their time, energy and expertise to the sport throughout 2022. The QWA relies heavily on the volunteers that run our competitions, thus ensuring that costs to members are kept as low as possible. It is through these combined efforts that we have achieved another successful year of operation for the Queensland Weightlifting Association.

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

Most importantly the QWA would like to place on record our thanks and grateful appreciation, of our Principal Partner, the Queensland Government and Office of Sport & Recreation, not only for the funding we receive but also its continued support of our endeavours. Thank you also to QSport for their continued leadership and development activities.

Other Committee appointments

Lawrence Townsend
- Member, IWF Anti-Doping Committee

Angela Wydall, Coral Quinell, and
Rawena Tairi - AWF Board of Directors



QWA Honorary Secretary, Sonia Stenhouse

QWA ATHLETE'S COMMISSION

2022 Commission members:

- Sarah Cochrane (Chair)
- Nathan George (Secretary)
- Hayley Ward
- Darcy Kay
- Luke Gardner
- Liam Saxby



*Members of the 2022 QWA Athletes Commission
Liam Saxby, Hayley Ward, Sarah Cochrane (Chair), Lukas Gardner, Nathan George*

ATHLETE'S COMMISSION CHAIR REPORT

Throughout 2022, the Athlete's Commission completed a lot of background work to get policies and procedures in place to support the integrity of the group for future years. The 'Terms of Reference' was completed in conjunction with the QWA and can be found on the QWA website. This document outlines the election process that supports the formation of a group which includes athletes across all age groups.

The Athlete's Commission worked to brainstorm ways to enhance 'athlete experience' and what it would take to achieve these ideas. This included (but was not limited to) ways to provide a bigger, more professional State Championships event. A survey was conducted to gather data regarding athletes' needs, to ensure the Athlete's Commission focused on areas that were important and highlighted by athletes themselves. Thank you to Amie Cox (QWA Committee member) for her help with the survey and a huge thank you to everyone who took the time to complete the survey. This information will be used to guide future projects.

The chair of the Athlete's Commission sat on the QWA committee throughout the year. It was this representative's job to view all decisions/discussions through the athlete lens, provide feedback provided by athletes to the QWA, ensure athlete voice was kept at the forefront of discussions and take matters back to the group when required, for further exploration.

“ The group was referred to on a number of occasions when it was imperative that the athlete's voice was central to discussion. ”

Direct questions/concerns were also addressed across the year which often led to further discussion with QWA. When required, QWA made inquiries with the AWF or passed on concerns (e.g. date changes).

As chair of the Athlete's Commission, I have been really impressed with the dedication of the team and the quality of their ideas. All members led by example by being present and helping at all QWA events, always lending a hand when needed. They encouraged athletes to compete, volunteer, support each other and share feedback. It has been an honor to work as part of this team and represent our Queensland athletes.

The Athlete's Commission will be renamed The Athlete Advisory Group (AAG) in 2023 and the new team will be officially inducted at the AGM in June.

On behalf of the Athlete's Commission, we would like to thank the QWA for supporting the development of this group and we look forward to seeing the new team bring some of the projects to life in the new year.

Sarah Cochrane, QWA Athlete's Commission Chair

INTERNATIONAL EVENTS

2022 Commonwealth Games - Birmingham, United Kingdom

- Sarah Cochrane - Silver
- Charisma Amoe-Tarrant - Bronze
- Brandon Wakeling - 5th
- Ebony Gorincu - 7th

Head Coach: Miles Wydall

Team Manager: Ian Moir



Brandon Wakeling and Charisma Amoe-Tarrant at the 2022 Commonwealth Games, Birmingham UK



Sarah Cochrane wins Silver at the 2022 Commonwealth Games, Birmingham UK

2022 World Senior Championships - Bogota, Colombia

- Sarah Cochrane - 6th
- Olivia Shelton (nee Kelly) 13th
- Halle Mifsud - 37th/52

Team Coach: Angela Wydall

2022 Oceania Senior Championships & Mini Pacific Games - Saipan, CNMI

- Beau Garrett - Gold
- Darcy Kay - Gold
- Olivia Shelton (nee Kelly) - Gold

Team Coach: Angela Wydall

Technical Officials: Coral Quinell (Cat 1), Debra Keelan (Cat 1), Erika Yamasaki (Cat 2)

2022 Youth World Championships - Leon, Mexico

- Chloe Perkins - 14th
- Tayla Stephens - 13th
- Nya Hayman - 12th

2022 Junior World Championships - Heraklion, Greece

- Nelson Harris - 18th
- Tori Gallegos - 15th
- Maddison Power - NR



Olivia Kelly wins gold at the 2022 Pacific Mini Games and Oceania Championships in Saipan

NATIONAL EVENTS

Significant work done in 2022 to standardise processes and practise around the State team management at events.

2022 Australian U15 & Youth Championships, Online

The Australian U15/Youth Online Championships were held from Friday 3rd to Sunday 5th June, with Queensland having 48 athletes competing over the course of the virtual competition. Our State Competition Hubs were located in Brisbane (Cougars), Townsville (Thunder) and Emerald (Vivid), and Queensland certainly enjoyed a successful Nationals, with many outstanding individual performances and personal bests, a large haul of medals won, and successful teams results. Thank you to Sonia Stenhouse for all the behind the scenes work she put into ensuring this was such a fantastic experience for our lifters.

Our Queensland Teams won 3 out of the possible 4 Team Shields – 1st Place in U15 Mens, U15 Womens, and Youth Mens Teams. Our Qld Youth Women's Team took out 2nd place.

Our congratulations to the following lifters who received placings in Best Lifter Awards:

Best Lifter Awards:		
Category	Lifter	Placing
Youth Female	Chloe Perkins	1st
Youth Female	Chloe Saliba	3rd
U15 Male	Tyson Williams-Allen	1st
U15 Male	Kyle Finch	2nd
Youth Male	Joshua Strange	2nd
Youth Male	Lachlan Watt	3rd



Tyson Williams-Allen Best U15 Male Lifter
NQ Hub – Thunder Barbell (Coached by Leanne Knox)



Chloe Perkins – Best Youth Female Lifter
SEQ Hub – Cougars Weightlifting Club

Medals won by Queensland athletes:

- Sienna Lambert (F40)
U15 Gold & Youth Gold
- Amelie Graham (F45)
U15 Bronze & Youth Bronze
- Holly Souter (F55)
U15 Silver
- Chloe Perkins (F55)
Youth Gold
- Lucy Webb (F55)
Youth Bronze
- Chloe Saliba (F59)
Youth Gold
- Sophie Daley (F59)
U15 Gold & Youth Silver
- Saige Groves (F59)
U15 Silver
- Ella Mcintyre (F64)
Youth Silver
- Ika Ryan (F64)
U15 Bronze
- Natasha Lynch (F71)
Youth Silver
- Harper Talbot (F71)
U15 Silver & Youth Bronze
- Alana Castle (F76)
U15 Gold & Youth Bronze
- Selina Richards (F76)
U15 Bronze
- Manaia Ruka (F87)
Youth Gold
- Addison Jeffries (F87+)
U15 Silver & Youth Bronze
- Zack Oliver (M49)
U15 Silver
- Archer Turner (M55)
U15 Gold
- Jesse Saliba (M55)
U15 Silver
- Kyle Finch (M61)
U15 Gold & Youth Gold
- Samuel Honeywood (M61)
U15 Silver
- Cooper Lydement (M61)
U15 Bronze
- Joshua Strange (M67)
Youth Gold
- Levi Deans (M67)
Youth Bronze
- Tyson Williams-Allen (M67)
U15 Gold
- Lachlan Watt (M73)
Youth Gold
- Rhys Stewart (M73)
Youth Silver
- Tait Stuart (M73)
Youth Bronze
- Ethan Oberem (M73)
U15 Gold
- Connor Hopgood (M73)
U15 Silver
- Jack Lafferty (M81)
Youth Bronze
- Luke Wells (M89)
Youth Gold
- Kyle Munyard (M96)
Youth Gold
- Lachlan Little (M96)
Youth Silver
- Hilton Im (M102)
U15 Gold & Youth Silver

2022 Australian & Oceania Masters, Melbourne VIC



2022 Australian Masters Championships, Qld Rep Team

Queensland Support Staff:

Team Manager: Rhian Roussos Head Coach: Jemma Cowper

Team Coaches: Luke Gardner, Adrienne Karniewicz

Appointed Technical Officials: Alex Croot (Cat 1), Jodie Marsh (National)

Our Medallists:

- Julie Davis (F55/70)
Gold & Best Female Lifter Award,
70-74 Years
- Leandra Miscamble (F76/65)
Gold
- Wendy Campbell (F71/60)
Gold
- Browyn Hitchener (F76/60)
Gold
- Diana Loy (F59/55)
Gold
- Maryanne Long (F64/55)
Gold



Julie Davis, Best Female Lifter (70-74 Years)

- Sandra Branson (F87/55)
Gold
- Dani Waller (F87+/55)
Silver
- James Mildren (M96/55)
Silver
- Mel Lumb (F71/50)
Gold
- Althea Mackie (F81/50)
Gold
- Charlene Whitton (F76/50)
Silver
- Erin Oberem (F59/50)
Silver
- Meg Soroka (F75/45)
Aus Gold, Oceania Gold
- Telia Tonkin (F87/45)
Aus Gold, Oceania Bronze
- Steve Graham (M73/45)
Gold
- Bobby Johnson (M81/45)
Gold
- Ignatius Papenga (M102/40)
Aus Silver, Oceania Silver
- Penny Tudberry (F71/40)
Gold
- Megan Wellby (F81/40)
Gold
- Louise Burwood (F81/40)
Silver
- Justin Connor (M89/35)
Aus Silver, Oceania Silver
- Sarah Hearn (F59/35)
Gold
- Celeste Van Coeverden (F55/35)
Gold
- Jessica Malone (F59/35)
Aus Silver, Oceania Bronze
- Rach McEwan (F64/35)
Silver
- Gab Snowdon (F71/35)
Bronze

2022 Australian Senior Championships, Canberra ACT

The AWF National Senior Championships were held at the AIS in Canberra over three days of competition 18-20 November, and while Queenslanders laboured along under heatwave conditions back home the athletes and staff made the most of the cool weather in Canberra. 34 athletes travelled from Queensland. Congratulations all on your performances!

Queensland Support Staff:

Team Manager: Sonia Stenhouse

Head Coach: Angela Wydall Team Coaches: Miles Wydall, Jackson Solofa

Assistant Coach: Callum Hannay

Appointed Technical Officials: Lesley Moyle (Cat 1), Scott Mark (National)

Team Captains: Tori Gallegos, Beau Garrett



2022 Australian Senior Championships, Qld Rep Team

Results of Queensland athletes:

- Karli Duesbury (F55) Silver
- Jack Gibson (M73) Bronze
- Janaya Nikora (F55) Bronze
- Brayden Williams (M73) 4th Place
- Dominika Makosova (F55) 5th Place
- Nelson Harris (M73) 8th Place
- Celeste Van Coeverden (F55) 6th Place
- Leo Lark (M81) Gold
- Tori Gallegos (F59) Silver
- Michael Nides (M81) Silver
- Sarah Hearn (F59) 4th Place
- James Norman (M81) Bronze
- Sarah Lorenzo (F64) Silver
- Nathan George (M81) 7th Place
- Rhian Roussos (F64) 6th Place
- Ryven Ewing (M89) Silver
- Hailinn Diola (F64) 8th Place
- Joel Gregson (M89) 5th Place
- Elizabeth Sawyer (F64) 14th Place
- Alasdair Macdonald (M89) 15th Place
- Maddison Power (F71) Silver
- Liam Saxby (M89) No Total
- Candice Lamb (F71) Bronze
- Beau Garrett (M96) Gold
- Aisling Scott (F71) 7th Place
- Jackson Dahlenburg (M96) 5th Place
- Jessica Watzek (F76) Bronze
- Tyler Woolfe (M96) 6th Place
- Chelsea Weston (F76) 4th Place
- Fraser Harrison (M102) Bronze

Best Lifter Awards:

Category	1st	2nd	3rd
Female	Eileen Cikamatana (NSW)	Natalie Setiadji (NSW)	Tori Gallegos (Qld)
Male	Kyle Bruce (NSW)	Jackson Roberts-Young (NSW)	Leo Lark (Qld)
Women's Team	Queensland	NSW	Victoria
Men's Team	NSW	Victoria	Queensland

2022 Australian Junior Championships, Perth WA

Junior Male trophy and the U23 Female trophy. A fantastic result for our young athletes. Best Junior Female lifter was taken out by Maddison Power, with a notable mention to Chloe Perkins in 3rd place.

Queensland Support Staff:

Team Manager: Chelsea Weston

Head Coach: Greg Hobl Team Coaches: Callum Hannay, Jackson Solofa

Appointed Technical Officials: Rawena Tairi (Cat 2), Gab Snowdon (National)



Maddison Power, 2022 Best Junior Female Lifter



2022 Australian Junior & U23 Championships, Qld Rep Team

Medals won by Queensland athletes:

- Maddison Power (F71)
Best Junior Female Award,
Junior Gold & U23 Silver
- Zoe Christie (F49)
Junior Silver
- Chloe Perkins (F55)
Junior & U23 Silver,
3rd place Best Junior Female
- Kayla Miller-Gorce (F59)
U23 Gold
- Sophie Daley (F59)
Junior Bronze
- Kirra Csurhes (F76)
U23 Bronze,
- Rebecca McKay (F81)
U23 Gold
- Kelsey Francis (F81)
Junior Gold & U23 Silver
- Joshua Swanepoel (M73)
Junior Gold
- Harper Manz (M73)
Junior Silver
- Luke Bidgood (M73)
Junior Bronze
- Tristan Gibson (M73)
U23 Bronze
- Michael Nides (M81)
Junior Gold & U23 Bronze
- Alex Davison (M81)
Junior Bronze
- Rory Scott (M81)
U23 Silver
- Taj Marsh (M89)
Junior & U23 Silver
- Tallis Nunn (M89)
Junior & U23 Bronze
- Jordan Wilson (M96)
Junior & U23 Bronze
- Tashaun Solofa (M109+)
Junior Gold

STATE EVENTS

2022 Queensland U13/U15 & Youth Championships

Hosted by Sunshine Coast Weightlifting Club

The QWA State U13/U15 & Youth Championships at Sunshine Coast Weightlifting Club in Nambour was a fantastic first QWA State Event for 2022. With 78 entries from across the State from Townsville down to Burleigh, and west to Toowoomba & Emerald.

Thank you to all the hard-working crew from the Sunshine Coast Weightlifting Club in the set-up and running of the competition. BIG thank you to Brent Vaughan for attending to manage the livestreaming of the event and Chrissy Burton for photographic coverage of the event.

Thank you to those Regional Technical Officials who were able to take up the QWA offer of assistance to attend the event to enhance their skills and learning in this very important area of competition management - Skye Wilson (Emerald) Sonia Stenhouse (Miles).

Best Lifter Awards:		
Category	Lifter	Club
U13 Female	Cassidy Cull	Ipswich
U13 Male	Atticus Manz	Burleigh Barbell
U15 Female	Siena Lambert	Noosa
U15 Male	Nate Thorley	Ipswich
U17 Female	Chloe Perkins	-
U17 Male	Tashaun Solofa	Ipswich



Best U13 Lifters, Atticus Manz and Cassidy Cull



Best Youth Male Lifter, Tashaun Solofa

2022 Queensland Senior Championships

Hosted by Cougars Weightlifting Club

95 entries from athletes having achieved the minimum qualifying standard of AWF I grade in the qualifying period 1/1/2022 - 10/9/2022 saw a very busy weekend of weightlifting at Cougars Weightlifting Club.

Best Lifter Awards:		
Category	Lifter	Club
Senior Female	Olivia Kelly	Ipswich
Senior Male	Beau Garrett	Cougars
Most Improved Female	Hailinn Diola	Ipswich
Move Improved Male	Ryven Ewing	Bounce



Best Senior Female Lifter, Olivia Kelly



Best Senior Male Lifter, Beau Garrett

The Top 3 Sinclair Male and Female lifters were awarded with \$100 vouchers thanks to our product sponsor, By Amelia Rose.

1. Beau Garrett (Cougars)
2. Ryven Ewing (Bounce)
3. Liam Saxby (Milton)

1. Olivia Kelly (Ipswich)
2. Tori Gallegos (Toowoomba)
3. Halle Mifsud (Thunder Barbell)

2022 Queensland Junior & U23 Championships

Hosted by Thunder Barbell Club/Crossfit Townsville

With 40 entries received for the State Junior & U23 Championships the QWA went into organisation mode for a weekend of Weightlifting in sunny Townsville in July 2022.

A big thank you to Thunder Barbell Club & CrossFit Townsville for hosting another great competition at their fabulous facility.

Best Lifter Awards:		
Category	Lifter	Club
Junior Female	Maddison Power	Burleigh Barbell
Junior Male	Tallis Nunn	Cougars
Most Improved Junior Female	Eden Gorrel	Cougars
Most Improved Junior Male	Joshua Swanepoel	Cougars
U23 Female	Halle Mifsud	Thunder Barbell
U23 Male	Tallis Nunn	Cougars
Most Improved U23 Female	Rebecca McKay	Cougars
Most Improved U23 Male	Joshua Swanepoel	Cougars



Best Junior Male & Best U23 Male, Tallis Nunn

2022 Queensland Masters Championships

Hosted by Noosa Weightlifting Club/Crossfit Noosa

The QWA State Masters Championships had 79 entries with our oldest athlete being 76 year old Lesley Moyle from Cougars, down to the 35 year old baby Masters – proof that weightlifting is a sport for all ages.

Athletes came from Mackay, Emerald, Toowoomba, Sunshine Coast, Wide Bay, Brisbane and its surrounds. The show went on with challenges not just from COVID this time round, but also extremely wet weather as well.

A big thank you to Colin Macfarlan and all the crew at Noosa Weightlifting Club for hosting yet another successful event at their venue.

Age-Group Awards:		
Category	Lifter	Club
75-79 Female	Lesley Moyle	Cougars
70-74 Female	Julie Davis	NBWA
65-69 Female	Meg Emerton	Cougars
60-64 Female	Bronwyn Hitchener	Toowoomba
55-59 Female	Diana Loy	
50-54 Female	Marian Wright	Cougars
45-49 Female	Anna Thomson	NBWA
40-44 Female	Logan Poon	Ipswich
35-39 Female	Sarah Hearn	Cougars
50-54 Male	Gerard Nelson	Southside Storm
45-49 Male	Steven Graham IWC	Ipswich
40-44 Male	Ignatius Papenga	Southside Storm
35-39 Male	Justin Connor Burleigh	Burleigh Barbell

Age-group winners each received a prize pack thanks to our product sponsor, Boks Bacon.

2022 QWA All Schools Championships

Hosted by St. Andrews Lutheran College/Burleigh Barbell Club

69 entries made for a busy couple of days of competition. Thank you to St Andrews Lutheran College and Burleigh Barbell Club for hosting this years All Schools Championships.

Athletes travelled from the Whitsundays in the north, and out west to Toowoomba. Numerous new personal bests were set throughout the duration of the event.

Of note 4 of the athletes who competed had just returned from the AWF Pathway Development Squad training at the Australian Institute of Sport led by Coach Greg Hobl. Sophie Daley, Levi Deans, Bart Steffen and Kaiya Marsh.

The 2022 Male team shield winner was St Andrews Lutheran College.



Best U13 Male Atticus Manz, with coach Cal Hannay



Best U15 Male Tyson Williams-Allen



Best Open Female Ella McIntyre



Best Open Male Joshua Strange, presented by Olympian Brandon Wakeling

2022 Physique Science QWA Club Challenge

A BIG thank you to Physique Science for providing sponsorship to fund the prize money for this event. Once again the best results were from clubs and individuals who competed in 2 or more rounds of the 3 round event. Thunder Barbell retained the perpetual team shield for the winning club, and took home \$200 in prize money.

Individual Athlete Results:

(for those that competed in a minimum of 2 Club Challenge rounds):

Senior Female: Aisling Scott

Senior Male: Leo Lark

U23 Male: Rory Scott

Junior Female: Piper McSorley

Junior Male: Aiden Simkin

Youth Female: Jessica Brouff

Youth Male: Luke Wells

U15 Female: Ika Ryan

U15 Male: Archer Turner

Masters Female: Penny Tudberry

Masters Male: James Mildren

Top 5 Clubs:

1. Thunder Barbell
2. Cougars Weightlifting Club
3. Berserker Barbell Club
4. Milton Weightlifting Club
5. North Brisbane Weightlifting Association



TWA and Saints lifters at Physique Science QWA Club Challenge, Toowoomba

REGIONAL EVENTS

2022 NQ Open (incorporated with the NQ Games)

Hosted by Thunder Barbell Club/Crossfit Townsville

The NQ Games provided a fantastic opportunity for the QWA to piggy back the annual QWA NQ Open to the event, at Thunder Barbell Club in Townsville on the 30th April. A big thank you to Thunder Barbell & Dan and Aimee Strickland of CrossFit Townsville for all the hard work they put into ensuring this event was such a success.

Sarah Cochrane of Thunder Barbell Club represented Weightlifting at the Opening Ceremony of the NQ Games.

In all there were 60 entries that competed over a very busy day of competition.

With athletes travelling in from Brisbane and Victoria it ensured a hyped-up atmosphere, with locals getting to see lots of high-level athletes lifting, setting numerous PB's & records, and athletes qualifying for State & National events later in the year.

Best Lifter Awards:		
Category	Lifter	Club
Senior Female	Sarah Cochrane	Thunder Barbell
Senior Male	Joel Gregson	Cougars
U23 Female	Mia Gaudry	Cougars
U23 Male	Dylan Tran	Cougars
Junior Female	Tallis Nunn	Cougars
Junior Male	Eden Gorrel	Cougars
Youth Female	Layla Bloom	Victoria
Youth Male	Lachlan Watt	Thunder Barbell
Masters Female	Penny Tudberry	Dungeon
Masters Male	Mark Henry	Thunder Barbell

CLUB DEVELOPMENT

2022 QWA Affiliated Clubs	Location
6 from Six	Pialba
Barbell 4017	Sandgate
Base51 Barbell Club	Cannonvale
Berserker Barbell Club	North Mackay
BIMSC Inc.	Bribie Island
Body Express Barbell Club	Helensvale
Bounce Weightlifting Club	Arundel
Burleigh Barbell Club	Burleigh Heads
Cougars Weightlifting Club Inc.	Chandler
Dungeon Barbell Club	Manunda
Dux Weightlifting Club	Kelvin Grove
Hero Weightlifting	Peregian
Ipswich Weightlifting Club	Ipswich
Jimboomba Weightlifting Club	Jimboomba
Magnetic Weightlifting Club	Upper Mt Gravatt
Milton Weightlifting Club Inc.	Bowen Hills
Noosa Barbell Club Inc.	Noosaville
Noosa Weightlifting Club	Noosaville
North Brisbane Weightlifting Association Inc.	Zillmere
North Gold Coast Weightlifting Club	Helensvale
PandaUnit Weightlifting Club	Geebung
Saints Weightlifting Club	Miles
Southside Storm Weightlifting Club Inc.	Coopers Plains
Stay True Weightlifting Club	Glanmire
Sunshine Coast Weightlifting Club Inc.	Nambour
Thunder Barbell Club	Condon
Tin Shed Weightlifting Club	Everton Hills
Toowoomba Weightlifting Association Inc.	Toowoomba
Vivid Barbell Club	Emerald
Whitsundays Weightlifting Club Inc.	Mount Marlow
Whitsunday Weightlifting Club Inc. – Cannonvale	WWC

Visits by senior Technical Officials to club events aided considerably in our ability to upgrade the skills of our Technical Officials.

OFFICIATING DEVELOPMENT

Our grass roots development continued. Referee mentoring opportunities were organised for as many of the QWA competitions as possible throughout the year.

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

Thank you to Rawena Tairi for her assistance with the Volunteer rosters!

Active QWA member Technical Officials - Male	2018	2019	2020	2021	2022
Club	44	51	34	49	62
State	14	19	27	22	22
National	11	13	12	13	14
Category 2	2	1	1	2	2
Category 1	8	8	8	7	7
TOTALS	79	92	82	93	107

Active QWA Member Technical Officials - Female	2018	2019	2020	2021	2022
Club	44	49	66	61	73
State	16	16	25	34	41
National	19	19	17	17	16
Category 2	4	5	5	5	3
Category 1	5	3	3	3	5
TOTALS	88	92	116	120	138

New International Cat 1 Referees:

Julie Davis

New National Referees:

Scott Mark, Jakob Daniels, Malgorzata Soroka,
Jodie Marsh, Gabrielle Snowdon

New State Level Referees:

Halle Mifsud, Deborah Mildren, Tori Gallegos



COACHING DEVELOPMENT

In 2022, the Australian Weightlifting Federation (AWF) conducted Club Weightlifting / Sports Power Coach Level 1 courses in Toowoomba, Brisbane & Townsville, and one State Weightlifting / Sports Power Coach Level 2 course. Non QWA members who are Queensland residents that attend AWF Level 1 courses are offered a 12 month QWA membership for the discounted amount of a one month membership.

The QWA's online entry level online coaching course also attracted candidates from all over the State. 22 QWA members completed the online course in 2022.

Thank you to Leanne Knox from North Queensland for her work in this space.

Insurance for this program is with Gallagher Insurance.

Active QWA member Coaches - Male	2021	2022
Level 1	16	14
Level 2	11	17
Level 3 Intern	2	0
Level 3	5	8
TOTALS	34	39

Active QWA Member Coaches - Female	2021	2022
Level 1	16	19
Level 2	7	7
Level 3 Intern	3	3
Level 3	1	2
TOTALS	27	31

Junior AWF Accredited coaches were assisted to attend Intrastate events to gain more experience in the coaching field - Brayden Williams from Burleigh, and Chelsea Weston from Ipswich.

ATHLETE RECRUITMENT & DEVELOPMENT

Squad training for athletes pre-Nationals was able to be reintroduced this year. Thank you to the hosts – Stay True Weightlifting Club, Noosa Barbell Club, Cougars Weightlifting Club & Sports Integrity Australia for attending to deliver education sessions in the area of Anti-doping.

With funding from the Queensland Government school visits were able to be run in the regional areas of Townsville, Helensvale and Whitsundays.

QWA Affiliated Clubs were able to utilise 4 free new Youth/Junior QWA memberships to assist their athletes to compete in QWA events.

The High Performance Program of the AWF suffered severe budget cut backs, placing additional burdens on our representative members that qualified for International teams. However the National Pathway program continued strongly under the lead of Greg Hobl.

ANTI-DOPING

Queensland's weightlifters can be tested for the use of prohibited substances at State, National and International events, and also at anytime outside of competition. All testing is planned, managed and conducted by the **Sport Integrity Australia**.

PROMOTION, MARKETING AND SPONSORSHIP

The QWA's commercial sponsor: **Physique Science** provided prize money for the QWA Club Challenge competition.

QWA Affiliated Clubs were gifted a QWA banner to acknowledge their status as QWA Affiliated Clubs.

The QWA Shop continued in business, particularly busy around the time of events. Thank you to **Lesley Moyle** for her assistance in this area. Its always great to see QWA members posting photos of themselves in their QWA gear.

Tara Noonan (Star Creative) continued with her great work managing our social media presence and brand management.

Brent Vaughan of Brent Things & Stuff provided livestreaming of our state Age-group Championships.

Weightlifting Things provided video and photographic coverage at the Queensland State Senior Championships.

By Amelia Rose provided product sponsorship for the State Senior Championships.

Boks Bacon once again provided product sponsorship for the State Masters championships.



QUEENSLAND GOVERNMENT SUPPORT

The QWA was supported financially by the Queensland Government through the State Sport and Recreation Office.

The Queensland Government is proud to provide funding for the Queensland Weightlifting Association to get more Queenslanders active through sport and recreation.



**Queensland
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