



QWA ANNUAL REPORT 2023

OUR MISSION

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

MANAGEMENT COMMITTEE

President	Jemma Cowper
Vice President	Leanne Knox
Secretary	Sonia Stenhouse
Treasurer	Amie Farmer (Cox)
Members	Bonney Douglas (<i>appointed 19/10/2023</i>), Callum Hannay, Scott Mark (<i>resigned 20/1/2024 position remained unfilled</i>) Fraser Harrison (<i>Athlete Advisory Group</i>)

STAFF

Operations Manager	Debra Keelan (<i>part-time</i>)
Web Support	Angela Wydall
Social Media	Tara Noonan (<i>Star Creative</i>)
Book Keeper	Megan Stevens
Event Live Streaming	Brent Vaughan (<i>Brent Things & Stuff</i>)
Competition First Aid	Peter Lynskey (<i>SMA accredited</i>)

Auditor Mark Sheridan - Adviser Planning Pty Ltd, Capalaba Q

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

INSURERS

SportsCover (AWF)
Gallagher Insurance



SPONSORS

Queensland Government
Physique Science
CC Donut Productions
Amelia Rose (product sponsor)
Boks Pure Bacon (product sponsor)
Dawn Supply Co.

We respectfully acknowledge the traditional owners of the land on which we live, work and play.

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

Dear Members and Supporters,

This year, while our membership numbers saw a modest increase, we've witnessed significant engagement and enthusiasm within our community. Our calendar was filled with successful competitions and events, providing athletes with valuable platforms to showcase their talents and compete at various levels. I extend my sincere gratitude to all involved in organising these events, from volunteers to sponsors, for their unwavering support. Without you these events would not be possible.

Our commitment to coach, athlete, technical official and administration development has led to notable achievements, with Queensland athletes and coaches making their mark on national and international stages. Not only with performance goals in mind we have continued development of our member wellbeing program underscoring our commitment to holistic athlete development. This initiative aims to support our members' physical and mental wellbeing through various resources, workshops, and support networks. Our investment in member welfare reflects our belief that thriving athletes contribute not only to their sport but also to the broader community.

“ A special thanks is also due to our Operations Manager, Debra Keelan, whose dedication and tireless efforts have been instrumental in ensuring the smooth functioning of our association. Debra's contributions have been invaluable, and her commitment to weightlifting is truly commendable. ”

Furthermore, I want to express my appreciation for the hard work of our Management Committee. Their commitment to our sport exemplifies the spirit of community and collaboration that defines the QWA.

As we move forward, let's continue to work together with passion and dedication to progress the sport of weightlifting in Queensland.

White lights,

Jemma Cowper

President - QWA Management Committee



MANAGEMENT COMMITTEE REPORT

The 2023 QWA population comprised:

Age Group	2020	2021	2022	2023
Masters Male 35+	83	110	103	102
Masters Female 35+	84	116	142	141
Senior Male	103	103	109	108
Senior Female	110	109	130	151
U15, Youth, Junior Male	105	121	90	83
U15, Youth, Junior Female	91	96	67	82
TOTALS	576	655	641	667

“ With the age for Masters to drop to 30 in January 2024 we expect some movement between our Senior and Master numbers. ”

In 2023 we saw a large number of QWA athletes and coaches travel to International, national and local events.

Thank you to:

Tara Noonan for her continued work in constantly improving on our social media presence. 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.

The Queensland Weightlifting Association wishes to publicly acknowledge the continuing financial support of the Queensland Government. Queensland Government support has allowed the QWA to deliver Participation & Development activities across several core focus areas in our efforts to grow the sport in Queensland. Principally, Recruitment, Coach and Technical Official Development along with a newly funded area of Member Wellbeing.

Governance & Compliance

All members of both the QWA Management Committee and the Athlete Advisory Group have been assisted to undertake Governance Awareness training. Any spare funding going in to 2024 will be used to give QWA Affiliated Clubs the opportunity for them to send a representative to attend.

To ensure Child Safety the QWA actively promotes and monitors Blue Card compliance.

“ Weightlifting confirmed on the programme of the Olympic Games Los Angeles 2028. ”

Vale Neil Thomson 1949 - 2023.

Other Committee appointments

- Lawrence Townsend Member, IWF Anti-Doping Committee
- Coral Quinell, and Rawena Tairi AWF Board of Directors
- Coral Quinell, President UMWF

QWA Athletes' Commission

2023 Commission members:

- Fraser Harrison (Chair)
- Liam Saxby
- Brayden Williams (Secretary)
- Chelsea Weston
- Jessica Watzek
- Taj Marsh
- Luke Gardner
- Jacquie Honeywood



QWA AC Report

As the Chair of the Queensland Weightlifting Association (QWA) Athlete Advisory Group (AAG), I am pleased to present this report outlining the group's activities, achievements, and contributions over the past year. The AAG serves as a vital bridge between athlete members and the QWA management committee, advocating for athlete needs, providing feedback, and initiating projects to enhance the athlete experience within the sport of weightlifting.

Since being nominated and accepted as the second QWA AAG in May 2023, the group has successfully developed the inaugural operations plan, outlining how the group functions and its key responsibilities. This plan serves as a roadmap for our activities, ensuring alignment with the QWA's strategic objectives and operational requirements. I would like to extend my sincere gratitude to the previous AAG, with the leadership of Chair Sarah Cochrane and Management

Committee Member Mike Keelan. Their dedication to developing the terms of reference laid the foundation for the creation of the operations plan.

The operations plan developed by the AAG encompasses a wide range of activities and initiatives aimed at fulfilling our mandate effectively. Some key aspects of the plan include: Monitoring local, national, regional, and international sporting news that may impact athletes' wellbeing, participation, and/or performance. Engaging in regular conversations to identify matters affecting athlete members. Providing feedback on competition formats, training camps, and education sessions. Promoting and contributing to data collection and research processes. Forming project groups to initiate and oversee specific projects aimed at improving athlete experience.

In the past 12-months, the AAG actively contributed to decision-making on policy and processes on matters directly affecting athlete members by providing valuable perspectives from the athlete's point of view. While initially only contributing as an advisor on the Management Committee, this is the second year that the Chair of the AAG has had the capacity to vote on items arising at Management Committee meetings. This change, as a result of previous AAG's efforts, has resulted in direct influence and contribution to Management Committee functions.

As a group, the AAG has met a total of 10 times between AGM 2023 and 2024, where a range of policies, integrity matters, and projects have been discussed. It is through regular formal and informal conversations that we identified and addressed a range of issues, bringing key concerns to the attention of the Operations Manager and/or the Management Committee, ensuring athlete voices are heard and considered in organisational decisions. While the AAG are proud of the contributions that have been made at the state level, some contributions from AAG have gone on to affect national matters. This demonstrating the value of sound and independent athlete representation at any level of sport, and further testament to the QWA's continued efforts to set and hold a standard that other states, and nationally, are yet to meet.

Outside of discussions and decision-making, the AAG has not been a passive body having instigated and contributed to various projects aimed at enhancing the experiences of athletes within the weightlifting community. These projects encompass a wide range of areas, including competition formats, training camps, education sessions, and awareness programs. By actively engaging with athletes and stakeholders, we strive to create meaningful and inclusive initiatives that support athlete wellbeing and performance.

In summary, the Athlete Advisory Group has made significant progress in fulfilling its mandate to represent athlete interests, provide feedback, and initiate projects to enhance the athlete experience within the sport of weightlifting. Through collaborative efforts and proactive engagement, we remain committed to advocating for athlete needs and contributing to the continued growth and success of weightlifting in Queensland.

Thank you for the opportunity to serve in this capacity, and we look forward to continuing our work in the coming year.

Sincerely, Fraser Harrison Chair, Queensland Weightlifting Association Athlete Advisory Group

ACTIVITY REPORT

Queensland's calendar of events continues to be robust giving ample participation opportunities from Club through to State level. Primary reasons for people choosing to obtain a membership with the QWA is their wish to participate in endorsed competitions. Thank you to the AWF for its excellent record keeping system accessible by all members through the AWF website.

The majority of AWF National teams again featured Queenslanders as athletes, coaches, and team managers.

Squad training was delivered across all age-groups for athletes preparing to compete at National Championships, with sessions for all groups organised. Master, U15 & Youth, Junior & U23 and Seniors. All hosted by Cougars Weightlifting Club in Brisbane.

The AWF Pathway squad continues to be valuable in promoting high performance and encouraging retention of our up-and-coming lifters with several Queenslanders attending camps at the AIS and competing at the Battle of the Bridge in NZ

The QWA recognises the importance of having well qualified Technical Officials in sufficient number to support the many events held 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, Julie Davis successfully upgraded to International Category 1 referee.



QWA athletes Nya Hayman, Maddison Power, Taj Marsh & coach Callum Hannay at the 2023 IWF World Junior Championships (Mexico)

INTERNATIONAL EVENTS

Event	Athletes	Team personnel
Battle of the Bridge (NZ)	Zoe Christie Natasha Lynch Kaiya Marsh Alana Castle Levi Deans Jack Lafferty	Greg Hobl
IWF World Youth	Chloe Perkins Chloe Saliba Josh Strange Lachlan Watt	No Queensland personnel
Masters World Cup & Oceania & Commonwealth Championships (NZ)	Celeste Van Coeverden Julie Davis Sarah Hearn Jessica Malone Jacquie Honeywood Meg Emerton Leanne Knox Christine Barber Malgorzata soroka Dale Donaghue Althea Mackie Steven Graham Justin Connor Ignatius Papenga Luke Gardner	No formal appointments made by the AWF
Commonwealth Youth, Junior & Senior Championships (India)	Chloe Perkins Chloe Saliba Nya Hayman Ayrton Risby Lachlan Watt Taj Marsh	Miles Wydall
IWF World Championships (KSA)	Darcy Kay Sarah Cochrane	Angela Wydall Greg Hobl

Oceania Youth, Junior & U23 Championships (Samoa)	Chloe Saliba Briony Challis Nya Hayman Sophie Daley Maddison Power Ella McIntyre Macy Brockhurst Josh Strange Aytron Risby Michael Nides Lachlan Watt Ryven Ewing Taj Marsh Jordan Wilson	Bryce Knight
IWF World Junior Championships (Mexico)	Nya Hayman Maddison Power Tori Gallegos Taj Marsh	Callum Hannay
Pacific Games & Oceania Championships (Solomon Islands)	Darcy Kay Sarah Cochrane Olivia Kelly Rory Scott Matthew Lydement	Angela Wydall Miles Wydall
World Masters (Poland)	Meg Emerton Julie Dais Diana Loy	No formal appointments made by the AWF

The Oceania Weightlifting Federation conducted a training camp for the region's top junior lifters at the Australian Institute of Sport. The camp brought together Junior lifters from many different countries for an intensive training experience.

The Queenslanders who attended the OWF Elite Junior Training Camp at the invitation of the OWF were Tori Gallegos and Maddison Power.

AWF Performance Pathway Squad August 2023–December 2023 boasted a number of Queensland athletes:

- Saige Groves
- Zoe Christie
- Sienna Lambert
- Jack Lafferty
- Alana Castle
- Natasha Lynch
- Kaiya Marsh
- Charlotte Goodwin
- Holly Souter

NATIONAL EVENTS

2023 Australian U15 & Youth Championships, Perth

Category	Name	Place
F55	Olivia Coker	U15 Silver
F59	Georgia Sadler	U15 Gold
F59	Ellie Tuluauau	U15 Silver
F64	Saige Groves	U15 Gold & Youth Silver
F64	Yasmin Aziz	U15 Silver & Youth Bronze
F64	Holly Souter	U15 Bronze
F71	Harper Talbot	U15 Bronze
F71	Kaiya Marsh	Youth Bronze
F76	Jasmine Nicholls	Youth Bronze
F81	Paige Crowell	U15 & Youth Silver
F81	Lilliana Kendall	Youth Bronze
F81+	Addison Jeffries	U15 & Youth Gold
F81+	Abbey Hancock	Youth Silver
F81+	Mackenzie Crowley	U15 Silver

Category	Name	Place
M49	Atticus Manz	U15 & Youth Gold
M55	Tyson Eaborn	U15 Silver
M67	Nate Thorley	U15 Gold & Youth Silver
M67	Kase Dowd	U15 Silver
M67	Levi Deans	Youth Gold
M67	Cooper Lydement	Youth Bronze
M73	Cooper Ward	U15 Bronze
M73	Ethan Van Waveren	Youth Silver
M81	Levi Davidson	U15 Gold & Youth Bronze
M89	Jack Lafferty	Youth Silver
M102+	Hilton Im	Youth Gold



Queensland Team Support Staff:

- Team Leader: Chelsea Weston
- Head Coach: Greg Hobl
- Team Coaches: Miles Wydall, Leanne Knox, Woogie Marsh, Lyatte Peach
- Wellbeing Officer: Fraser Harrison
- Appointed Technical Officials: Rebecca Jakubovsky, Rawena Tairi

U15 Men & Women 1st Place QLD

2023 AUSTRALIAN U15 & YOUTH CHAMPIONSHIPS			
UNDER 15			
MEN		WOMEN	
QLD	200	QLD	254
WA	121	WA	100
NSW	47	NSW	49
VIC	28	VIC	28
TAS	28	ACT	28
SA	25	TAS	23

Men

2nd Place Nate Thorley

Youth Men & Women 1st Place QLD

2023 AUSTRALIAN U15 & YOUTH CHAMPIONSHIPS			
YOUTH			
MEN		WOMEN	
QLD	182	QLD	236
WA	165	NSW	187
NSW	118	WA	171
VIC	53	VIC	162
ACT	28	SA	28
		TAS	19

Women

2nd Place Yasmin Aziz
3rd Place Saige Groves

Best Lifters u15s

2023 Australian Junior & U23 Championships, Townsville (103 athletes)

TEAM CAPTAINS

- Junior: Maddison Power, Jack Gibson
- Under 23: Halle Mifsud, Aiden Simkin

Category	Name	Junior Result	U23 Result
F55	Zoe Christie	SILVER MEDAL	-
F59	Halle Mifsud (no total)	-	
F64	Nya Hayman	GOLD MEDAL	GOLD MEDAL
F64	Sophie Daley	SILVER MEDAL	BRONZE MEDAL
F64	Ika Ryan	BRONZE MEDAL	4TH Place
F64	Saige Groves	5th Place	-
F71	Maddison Power	GOLD MEDAL	SILVER MEDAL
F71	Ella McIntyre	5th Place	7th Place
F71	Bronte Maund	-	9th Place
F71	Larochelle Nell	-	10th Place
F76	Kirra Csurhes	-	SILVER MEDAL
F81	Macy Brockhurst	-	GOLD MEDAL
F81	Imogen Crowell	GOLD MEDAL	SILVER MEDAL
F81	Ella Naidoo-Golledge	SILVER MEDAL	4TH Place



Category	Name	Junior Result	U23 Result
M73	Jack Gibson	GOLD MEDAL	GOLD MEDAL
M81	Joshua Swanepoel	SILVER MEDAL	SILVER MEDAL
M81	Aiden Simkin	-	BRONZE MEDAL
M81	Rhys Stewart	4th Place	6th Place
M81	Alex Davidson	5TH Place	7TH Place
M81	Samuel Cartwright	7TH Place	
M89	Benjamin Thomas	-	4TH Place
M89	Luke Wells	BRONZE MEDAL	-

BEST JUNIOR FEMALE
Nya Hayman, Cougars Weightlifting Club
(Coached by Miles Wydall)

Queensland Team Support Staff:

- Team Leader: Sonia Stenhouse
- Head Coach: Callum Hannay
- Team Coaches: Angela Wydall, Tina Cotter, Jackson Solofa
- Personal/Assistant Coaches: Miles Wydall, Bryce Knight
- Appointed Technical Officials: Lesley Moyle, Amie Cox, Gabrielle Snowdon, John Hanlon, Scott Mark, Rohan Acland



Phil Thompson Shadow Minister for Defense – Herbert electorate presents the U23 Female Team Trophy to Team Captain Halle Mifsud

2023 Australian Senior Championships, Hawthorn VIC

Category	Name	Place
F55	Karli Duesbury-Marek	GOLD MEDAL
F55	Dominika Makosova	6th Place
F59	Kayla Miller-Gorce	GOLD MEDAL
F59	Sarah Hearn	SILVER MEDAL
F64	Alecha Mahoney-Piva	4th Place
F64	Hailinn Diola	8th Place
F64	Sarah Lorenzo	9th Place
F64	Elizabeth Sawyer	10th Place
F71	Olivia Kelly	GOLD MEDAL
F71	Tenaya Yorston	6th Place
F1	Ruby Carwardine	8th Place
F71	Bronte Maund	10th Place
F76	Ebony Gorincu	GOLD MEDAL
F76	Adrienne Karniewicz	7th Place
F81	Macy Brockhurst	GOLD MEDAL
F81	Chelsea Weston	No Total

Category	Name	Place
M67	Ryan Collins	4TH Place
M81	Rory Scott	GOLD MEDAL
M81	James Norman	BRONZE MEDAL
M89	Ajdin Mujanovic	Withdrew - Injury
M89	Ryven Ewing	SILVER MEDAL
M89	Joel Gregson	4TH Place
M89	Alasdair Macdonald	7th Place
M96	Beau Garrett	BRONZE MEDAL
M96	Blayze Sherry	9th Place
M102	Jakob Daniels	GOLD MEDAL
M102	Fraser Harrison	6th Place
M109	Matthew Lydement	SILVER MEDAL
M109+	Luke Gardner	GOLD MEDAL

TEAM TROPHIES

Queensland took out
the Men's Team shield

BEST LIFTER AWARDS:

- Female: Olivia Kelly (2nd)
- Male: Matthew Lydement (3rd)

Queensland Team Support Staff:

- Team Leader: Sonia Stenhouse
- Head Coach: Miles Wydall
- Team Coaches: Angela Wydall, Rhian Roussos
- Assistant Coaches: Callum Hannay, Jackson Solofa
- Appointed Technical Officials: Alexander Croot, Debra Keelan



*Queensland won the Men's Team shield and
Matthew Lydement placed third in the
Male Best Lifters*



2023 Australian Senior Championships, Qld Rep Team

2023 Australian Masters, Sydney NSW

Best Lifter Awards:	
Category	
F70-74	Meg Emerton
F55-59	Diana Loy
F45-49	Jacqui Honeywood
F35-39	Tamara Dinsmore

Queensland Team Support Staff:

- Team Manager: Rhian Roussos
- Head Coach: Erika Yamasaki
- Team Coaches: Jemma Cowper, Iain Blacow, Woogie Marsh
- Personal Coaches: Blayze Sherry, Luke Gardner
- Wellbeing Officer: Fraser Harrison
- Appointed Technical Officials: Nicole Swanson

[Full results can be found here](#)



2023 Australian Masters Championships, Qld Rep Team



STATE EVENTS

2023 Qld U13, U15 & Youth Championships, Ipswich

Hosted by Ipswich Weightlifting Club

[Full results can be found here](#)

Product sponsor for the event **By Amelia Rose** provided each age-group winner with a prize of their choice from her range, as well as providing four of the QWA lifter volunteers that assisted significantly in the delivery of a very well-run event with prizes of their choice.

Best Lifter Awards:		
Category	Lifter	Club
Male U13	Lawson Solofa	Ipswich
Female U13	Pippa Harvey	Bribie Island
Male U15	Nate Thorley	Ipswich
Female U15	Yasmin Aziz	Milton
Male Youth	Ayrton Risby	Cougars
Female Youth	Natasha Lynch	North Gold Coast



2023 Qld Junior & U23 Championships, Chandler, Brisbane

Hosted by Cougars Weightlifting Club

[Full results can be found here](#)

As part of the Dawn Supply Co. industry launch they had a pop-up shop operating on the day and supplied the best male and female lifters in both Junior & U23 age-groups with \$100 gift vouchers.

Best Lifter Awards:		
Category	Lifter	Club
Best Junior Female	Maddison Power	Burleigh Barbell
Best Junior Male	Taj Marsh	Noosa Barbell
Most Improved Junior Female	Imogen Crowell	-
Most Improved Junior Male	Tashaun Solofa	Ipswich Weightlifting
Best U23 Female	Halle Mifsud	Thunder Barbell
Best U23 Male	Taj Marsh	Noosa Barbell
Most Improved U23 Female	Aiesha Lewis-Zraika	Ipswich Weighlifting
Most Improved U23 Male	Tashaun Solofa	Ipswich Weightlifting



2023 Queensland Senior Championships, Townsville

Hosted by Thunder Barbell Club

[Full results can be found here](#)

Special thanks to our VIP guests who visited us over the weekend – Mayor of Townsville Jenny Hill and Councilor Maurie Soars.

NQ QWA members made the most of the “home” Championships with 17 lifters from Townsville, Cairns & Whitsundays participating. Athletes, coaches, and Technical officials travelled from the Gold Coast, Ipswich, Miles, and Brisbane to support the event.

Best Lifter Awards:	
Category	Lifter
Best Senior Female	Sarah Cochrane
Best Male Lifter	Rory Scott
Most Improved Senior Female	Alecha Mahoney-Piva
Most Improved Senior Male	Keisuke Hisashi



2023 Qld Masters Championships

Hosted by Saints Weightlifting Club

[Full results can be found here](#)

104 QWA members entered to compete at the 2023 Queensland State Masters championships in conjunction with Oly in the Outback in Miles over the weekend of the 2-3 December.

53 Masters and 38 Oly in the Outback competitors successfully made the trek out to Miles, and on arrival they found a magnificent venue just waiting for all their new competition PB's.

Best Lifter Awards:			
Category	Female	Male	Prize
U13	Eva Acason	-	Condamine Bell Trophy
U15	Holly Souter	Cooper Ward	Condamine Bell trophy & \$100 cash
Junior	Kaiya Marsh	Taj Marsh	Condamine Bell trophy & \$100 cash
Senior	Chloe Kerwick	Jakob Daniels	Condamine Bell trophy & \$100 cash
Masters	Anna Thomson	Ignatius Papenga	Condamine Bell trophy & \$100 cash

Masters Age Group Awards:		
Category	Female	Club
70-74 years	Meg Emerton	Alex Croot
65-69 years	Shirley Makin	-
60-64 years	-	Greg Hobl
55-59 years	Diana Loy	James Mildren
50-54 years	Malgorzata Soroka	Steven Graham
45-49 years	Jo Phillips	Bobby Johnson
40-44 years	Anna Thomson	Ignatius Papenga
35-39 years	Natalie Marshall	Justin Connor

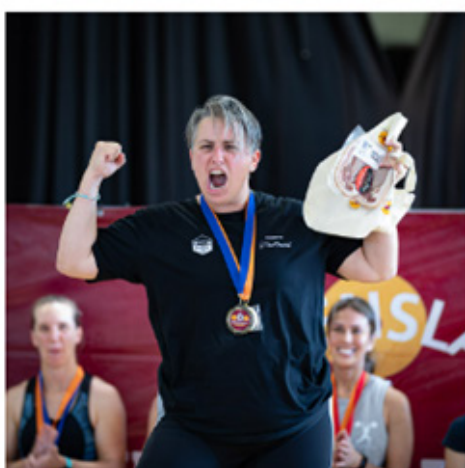
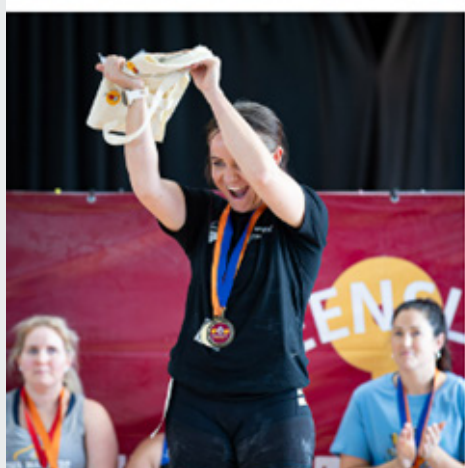
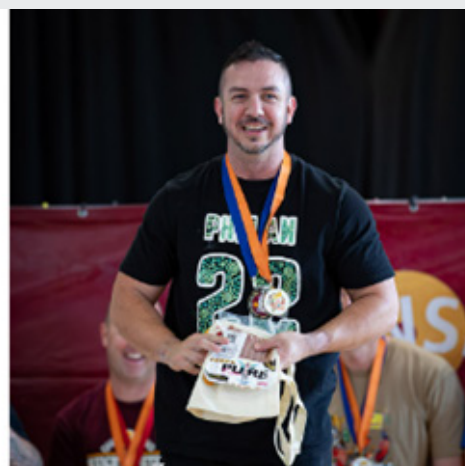
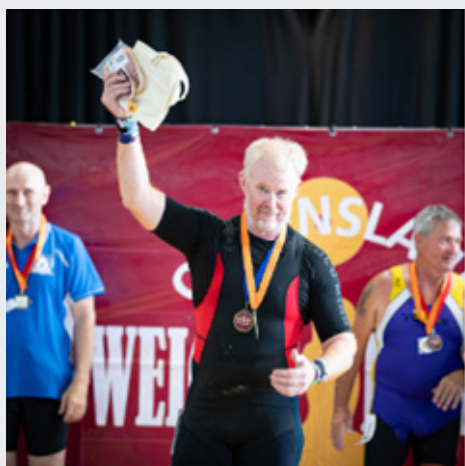
All age-group winners of the Masters event won a Boks Pure Bacon Prize & Condamine bell key ring.

“ A huge thank you from all in the weightlifting community to Sonia Stenhouse and her band of merry helpers. A fantastic event!

Thank you also to Miles SHS for the use of their facility. ”

Thank you to the members of the Western Downs Regional Council who made it along to help with medal ceremonies!

[Competition highlights video can be viewed here](#)



2023 All Schools Championships

Hosted by Burleigh Barbell Club

Full results can be found here

65 athletes competed at the 2023 All Schools Championships at West Tallebudgera on the Gold Coast. Burleigh Barbell Club hosted the event in fine style.

Final running of the event in this format with the perpetual shield to be gifted to the family of Roman Wojcieszuk. In 2024 a new format School Age Championships is set to be run without the emphasis of representing a school.

WINNERS OF THE SCHOOL SHIELDS:

- Females: Miami State High School
- Males: St Andrews Lutheran College

Best Lifter Awards:		
Category	Lifter	Club
U13 Female	Tatiana Nicholls	Barbell 4017
U13 Male	Max Mingin	Burleigh
U15 Female	Saige Groves	Cougars
U15 Male	Connor Hopgood	North Gold Coast
Open Female	Chloe Perkins	-
Open Male	Josh Strange	North Brisbane

2023 Physique Science QWA Club Challenge

A BIG thank you to Physique Science for providing sponsorship to fund the prize money for this series of events. 438 QWA lifters participated across the course of the year.

Ipswich Weightlifting Club was successful in taking out the perpetual team shield for the winning club, and got to take home \$200 in prize money.

Club	Points
Ipswich Weightlifting Club	2139.593
Sunshine Coast Weightlifting Club	2057.104
Cougars Weightlifting Club	1975.235
Burleigh Barbell Club	1918.017
Milton Weightlifting Club	1846.108

Best Lifter Awards:			
Category	Lifter	Club	Prize
Senior Female	Charjae Cracknell	Burleigh	\$250
Senior Male	Jakob Daniels	SCWC	\$250
U23 Female	Marika Danaher	NBWA	\$200
U23 Male	Ahrie Jerred	Cougars	\$200
Junior Female	Ella Naidoo-Golledge	Burleigh	\$200
Junior Male	Luke Wells	Berserker	\$200
Youth Female	Chloe Saliba	SCWC	\$100
Youth Male	Zach Oliver	Jimboomba	\$100
U15 Female	Amelia Simkin	Thunder	\$50
U15 Male	Jesse Saliba	SCWC	\$50
Masters Female	Meg Welby	Berserker	\$100
Masters Male	Malcolm Wright	Dungeon	\$100

REGIONAL EVENTS

2023 NQ Open

Hosted by Berserker Barbell Club

Going forward the NQ Open will be run every second year in conjunction with the NQ Games. In 2024 it will be hosted by Dungeon Barbell Club in Cairns.

CLUB DEVELOPMENT

2023 QWA Affiliated Clubs	Location
Athletica	Walkuraka
Barbell 4017	Sandgate
Berserker Barbell Club	North Mackay
Bribie Island Weightlifting club	Bribie Island
Body Express Barbell Club	Helensvale
Bounce Weightlifting Club	Arundel
Bundaberg Weightlifting Club	Bundaberg
Burleigh Barbell Club	Burleigh Heads
Cougars Weightlifting Club Inc.	Chandler
Dungeon Barbell Club	Manunda
Dux Weightlifting Club	Kelvin Grove
Fraser Coast Weightlifting Club	Pialba
Hero Weightlifting	Peregian
Ipswich Weightlifting Club	Ipswich
Jimboomba Weightlifting Club	Jimboomba
Mettle Barbell Club	East Brisbane
Milton Weightlifting Club Inc.	Bowen Hills
Noosa Barbell Club Inc.	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
Southside Weightlifting club	Meadowbrook
Stay True Weightlifting Club	Glanmire
Sunshine Coast Weightlifting Club Inc.	Nambour
Thunder Barbell Club	Condon
Toowoomba Weightlifting Association Inc.	Toowoomba
Ultra Weightlifting Club	Milton
Whitsundays Weightlifting Club Inc.	Mount Marlow

Club Development Workshop in conjunction with 2023 AGM

The QWA using funds from the Queensland Government successfully ran a Club Development Workshop in the Function room of the Anna Meares Velodrome at Chandler in Brisbane on June 3rd 2023.

22 Club representatives attended from all over Queensland, spreading from Dungeon Barbell in the north, Burleigh Barbell in the south and out to Saints Weightlifting Club in the West.

Thank you to Star Creative for the work down on developing artwork for merchandise and digital resources to encompass our “Growing Stronger Clubs “ theme for the day’s proceedings .

The days program covered strategic areas of Wellbeing (Fraser Harrison), Volunteer development (Donna Little - “waytobe”), Insurance Archie Smith (Gallagher insurance), Incorporation (Nick Radge Noosa Barbell Club President) and allowed for very beneficial networking amongst club representatives.



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 complying with the Queensland Blue Card system.

Active QWA member Technical Officials - Male	2019	2020	2021	2022	2023
Club	51	34	49	62	81
State	19	27	22	22	16
National	13	12	13	14	11
Category 2	1	1	2	2	1
Category 1	8	8	7	7	6
TOTALS	92	82	93	107	115

Active QWA Member Technical Officials - Female	2019	2020	2021	2022	2023
Club	49	66	61	73	88
State	16	25	34	41	28
National	19	17	17	16	17
Category 2	5	5	5	3	6
Category 1	3	3	3	5	5
TOTALS	92	116	120	138	144

New International Cat 2 Referees:

Althea Mackie, Rebecca Jakubovsky

New National Referees:

Nicole Swanson, Rohan Acland, James Mildren



COACHING DEVELOPMENT

In 2023, the Australian Weightlifting Federation (AWF) continued to conduct Club Weightlifting / Sports Power Coach Level 1 courses and one State Weightlifting / Sports Power Coach Level 2 course. We thank the AWF for the 4 subsidised course spots they granted us for use across the year.

QWA coaches with 5 or more QWA registered athletes are entitled to a discounted yearly membership rate. 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.

Active QWA member Coaches - Male	2021	2022	2023
Level 1	16	14	29
Level 2	11	17	20
Level 3 Intern	2	0	0
Level 3	5	8	8
TOTALS	34	39	57

Active QWA Member Coaches - Female	2021	2022	2023
Level 1	16	19	36
Level 2	7	7	13
Level 3 Intern	3	3	4
Level 3	1	2	1
TOTALS	27	31	54

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 run successfully throughout the year. Thank you to the hosts – Cougars Weightlifting Club & Sports Integrity Australia for attending to deliver education sessions in the area of Anti-doping.

Online Mindset training workshops were organised by Leanne Knox from Whitsunday Weightlifting Club.

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.

With the severe budget cut backs made to the High Performance Program of the AWF ongoing we saw our athletes having the additional burden of fundraising added to their already busy training, work and home lives as they sought to make their weightlifting dreams a reality.

WELLBEING PROJECT REPORT

Fraser Harrison has completed surveying the athletes and coaches of our QLD representative squads of all ages, on their skills, knowledge and attitude toward wellbeing and mental illness, and their perceived impact on performance. Survey and conversation results have been utilised to develop an organisational definition of wellbeing, and the dimensions of a practical wellbeing model. A strategic and operational outline for the implementation and realisation of the wellbeing model has been laid out in a comprehensive Wellbeing Blueprint. The blueprint describes the guiding philosophical and theoretical principles which underpin the proposed initiatives and changes necessary to develop and promote a wellbeing system, through the provision of education, resources, and support to enhance the character, connection, capability, contribution and commitment of the athletes, coaches, volunteers, clubs, and families that make up our membership.

“ Our wellbeing definition: Wellbeing is a state of flourishing; of feeling good and functioning well, through developing the character, connection, and capability necessary to commit to values-aligned goals and contribute to the wellbeing of others. ”

Implementing such a system, shifts the lens of development and performance to a human-first approach. To do so, means recognising and meeting the basic human needs that influence training and performance aspirations. This is a necessary shift, since continued and consistent high-performance is predicated on the readiness of the individual. Individuals who are pre-occupied, overwhelmed or under prepared because of competing demands and/or low resources to cope, have a higher likelihood of under-performing and not being able flourish in high-pressure situations. By preparing individuals to navigate inevitable challenges, we foster resilience and wellbeing – through sports, for life – as well as optimise the potential for high performance.

Such a system relies on key inputs to generate desired outcomes. Our key inputs are: shared language, effective leadership, and conducive environments. Defining each of these, within the Wellbeing Blueprint, is necessary to generate resources and establish standards of expectations to foster desired outcomes. Additionally, a broad network of strategic partnerships enhances our organisation capability and capacity to affect positive impact. Primarily, partnerships can improve accessibility, education, and resources. Accessibility, in the sense that members may readily access the support and services they require, regardless of their location or circumstances. Education opportunities can range from training and

certification to seminars and workshops - improving knowledge and skills to empower individuals to make informed decisions about their health, training, and recovery. Resources may be material, financial, or in-kind services which can enhance the scope and availability of wellbeing initiatives. Some such partnerships are already established, beginning with the Queensland State Government's Department of Sports and Tourism, who's workforce development grants have been strategic allocated to make possible for 11 of our leading Coaches, Team Staff, and Technical Officials to complete Mental Health First Aid training. And, our Mental Health partner, White Cloud Foundation, has seen all QWA members and their families now have access to a state-wide, free, multi-disciplinary mental healthcare service. Additionally, White Cloud Foundation will be supporting the members of our state teams by providing educational presentations at our national training camps. With the progress that has already been achieved, and now the Blueprint being finalised, it is exciting to move onto the next stages of the Wellbeing Blueprint implementation. This includes, the publishing and distribution of the Wellbeing Model (Wellbeing White Lights), the development and piloting of wellbeing workshops, and developing meaningful and convenient pathways for individuals to contribute to the sport of weightlifting.

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.

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.

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

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

Dawn Supply Co. provided gift vouchers to the best lifters at the State Junior & U23 Championships.

SOCIAL MEDIA

Statistics 1 July 2022 - 30 June 2023

- Facebook page visits were up 4,800% largely due to the State Championships live streaming provided by **Brent Things and Stuff**.
- Instagram profile visits increased by 1,000% on the previous year.
- Both Instagram and Facebook reach improved by over 1,100%.
- Facebook content reactions were up 1,100% on the previous year. Data not available for IG.

	Facebook		Instagram	
	2022	2023	2022	2023
Profile Visits	648	31.8K	1.7K	19.3K
Total Reach (including ads)	8,680	126,528	11,768	143,946
Content Interactions	2.2K	27.1K	N/A	N/A

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
Government**



Physique Science
Measure it, manage it