

NWL
Northern Weightlifting
www.northernweightlifting.com
A division of BWLA

Friday, 26 March 2010

Dear BWLA Members,

NEWS UPDATE

I hope everyone is keeping healthy and well. Welcome to the second newsletter of the new Northern Weightlifting Division.

Since the start of 2010 the first AGM of the Northern Weightlifting Division has met and elected a new Executive Committee (EC). Details of the people elected and posts they are fulfilling for the Northern Weightlifting Executive Committee are listed at the end of this newsletter. This EC has held its first meeting to discuss how it will continue the process of developing weightlifting in the region.

The new divisional EC which was elected in January this year have developed a simple vision, objectives and some key tasks for 2010 to help move weightlifting forward in the region. This does not include everything we do for example: we now run regional squads; we have re-established the newsletter and we have developed the new website and we are in the process of updating our records for the new division. However it gives an indication as to the types of things we will be doing. It is worth particularly noting the dates of the additional schools competitions we are running this year at Crosshills and Ashington. There is still also the Northern Schools taking place in Ellesmere Port in December this year.

There is a limit to how much we can achieve especially as we are almost a third of the way through the year and we are a voluntary body, but we will be developing our plans for 2011 before the end of this year so if you have ideas please let us know either in writing, via email, on the phone or when you see us at competitions.

Bryn Jones, NWL Chairman

Northern Weight Lifting Executive Committee Meeting

Saturday 6th March 2010 - Vision and Goal Setting Session

The Northern Weight Lifting Vision

“Working with BWLA we will generate across the region more interest, involvement and understanding of Weightlifting and the benefits the sport can provide for all”

Objective	Process	Personnel	Time Scale
Increase memberships by 10%	Running three courses (Two Level 1s and 1 Level 2) in 2010	Jo, Mel and Sam	All to be arranged at the next Exec meeting
	Running three taster days at Carnegie, Crossfit Manchester and York	Paul, Jo & Sam	
	Posters and literature for comps, courses and clubs	Jo, Mel & Sam	
	All Competitions, Clubs and Taster Days to be advertised on the website	Paul	
Increase presence and role in schools	Advertising and taster days in schools & colleges (same as above)	Jo, Mel and Sam	
		Jo, Mel and Sam	
	Make contact with schools through CSPs		
	Find out which clubs would like more school age members	Mel, Jo and Sam	
	Two more Schools comps in addition to Northern Schools at Ellesmere Port. Crosshills 5 th June and Ashington 25 th September	Mel and Suzy	
Change and improve the perception of weightlifting	Generate three positive press articles and one local radio/media station	Event organisers	
	Invite local press to events and comps	Event organisers or via schools in the case of school events	
	Invite local dignitaries	Event organisers	
	Tri Nations Event (York St Johns TBC).	Bryn and Steve plus Project Team	

Objective	Process	Personnel	Time Scale
Generate revenue	Via course revenue	Jo	
	To develop a merchandising proposal	Mark	
	Where possible and feasible provide catering at competitions	Competition organisers	
	Pricing strategy for competition entry	Paul	
Deliver the best possible service in everything we do	Ensuring that all of our competitions are planned, set up, and run to deliver a great service and entertainment for all our customer groups including: athletes, spectators and the media	Competition organisers	
	Exploring converting Mytholmroyd front hall into a competition venue	Eddie	
	Introduce a customer feedback form at one comp for spectators and athletes in May or November	Sam	
	To ensure all our events are well planned and delivered to the highest standards	Competition organisers	
	The website to be kept up to date, accurate, fully functioning and in keeping with the brand / design at all times'	Paul and Bryn	

FOURTH REGIONAL SQUAD - LEEDS METROPOLITAN UNIVERSITY
 Sunday 18 April 2010
 10am to 4pm
 (open to BWLA members only)

We held the third Regional Squad training session in February 2010. This was very well attended again with another good age mix with juniors and school lifters through to masters lifters and some very impressive lifting under the expert guidance of Eddie Halstead and Suzi Trebillcock.

The next regional squad for Northern Weightlifting is to take place at the above date and at the time of writing places were already almost fully booked. Contact Eddie (edwardholstead@sky.com) or Suzi (suzitrebz@msn.com) to enquire about availability.

The venue is Carnegie Sports Centre, Headingley Campus, Leeds Metropolitan University, Leeds, LS6 3QS (no 15 on the Headingley Campus Map).

You can get more details at:

http://www.leedsmet.ac.uk/visiting/rso/downloads/Full_Maps_1August08_Web.pdf

Our thanks go to World Class Lifting for letting NWL use their training facilities for our Regional Squads.

We look forward to seeing you there.

2010 FORTHCOMING EVENTS AND COMPETITIONS CALENDAR

Competition	Date	Weigh in Time	Venue
Northern Seniors	Saturday 8 th May	10am to 11am	Mytholmroyd Community Centre
Schools Competition	Saturday 5 th June	10am to 11am	Sport Excellence, Crosshills, Keighley
Disabled Comp (Powerlifting)	Saturday 10 th July	10am to 11am	Mytholmroyd Community Centre
Bergson Trophy (Team)	Saturday 17 th July	10am to 11am	Mytholmroyd Community Centre
Northern U18/U23	Saturday 21 st August	10am to 11am	Ashington
Northern Divisional Masters	Saturday 16 th October	10am to 11am	Mytholmroyd Community Centre
Northern Open	Saturday 20 th November	10am to 11am	Mytholmroyd Community Centre
Northern Schools	Sunday 12 th December	9am to 10am	Oasis Centre, Ellesmere Port

CASH PRIZE COMPETITIONS

After the successful introduction of cash prizes for the Northern Open in 2009 we are extending cash prizes to our **Northern Seniors** competition on 8th May 2010.

The following prize will be awarded for the best overall male and female lifters in the Northern Seniors

1st Prize - £100

Please note, this is not for each category and is for the overall best lifters in the competition based on the Sinclair Formula.

This is not an Open contest therefore only Northern Weightlifting members are eligible. See the entry form at the end of this newsletter.

Building on the success of the Northern Open we will continue to offer the prize money for the first three overall places in the male and female categories at the **2010 Northern Open** i.e.

1st Prize - £200

2nd Prize - £100

3rd Prize - £50

Please note, this is not for each category and is for the overall best lifters in the competition based on the Sinclair Formula.

Competition application forms for all the above competitions can be downloaded from our website and also please find attached at the back of this newsletter.

Northern Weightlifting Courses

We are pleased to announce that Northern Weightlifting will be running the following BWLA Coaching Courses in 2010.

Level One – Assistant Club Coach – Saturday 3rd & Sunday 4th July at Crossfit Manchester

Level Two – Club Coach – Saturday 6th & Sunday 7th November – Part 1
Saturday 4th & Sunday 5th December – Part 2 .
Venue to be announced.

There will also be a further Level One course later in the year.
For further details about these and all other forthcoming BWLA Courses in the Northern Division please contact Jo O'Raw (jooraw@googlemail.com)

TRI-NATIONS COMPETITION

We are proud to announce that the Tri-Nations International Competition will be held in York later this year. As part of the BWLA Centenary Celebrations this promises to be a great event as top international lifters compete prior to their participation in the Commonwealth Games and World Championships. Further details will be announced as soon as they are finalised.

COMPETITION REPORTS

Northern Masters - Saturday 6th February – Mytholmroyd

On a typically cold and foggy Yorkshire day 26 Masters competed at the Northern Masters at Mytholmroyd this year. It was a great day of lifting with Masters Records broken and lifters from the ages of 35 to 73. There were 4 groups of lifters and it all started with the group of 4 women lifters including Valerie Ritchie from Adlington Barbell Club competing in her first official weightlifting competition lifting a total of 105kg. Bev Pattison broke the British Masters Clean and Jerk Record by lifting 61kg for the 53kg class in the 45 – 49 age category and later went on to win “Best female lifter”

Group 2 featured seven lifters in their seventies who were an inspiration for us all. Dave Dargue (one of the younger lifters at 67) broke the Yorkshire and North East Division record for Snatch by lifting 66kg. Of course the YNE Division no longer exists, but Jo McManus is compiling a new merged records register so we'll see if it is a new Northern Record too. In a closely fought age group 8 , weight category 77kg Mike O'Carroll came out on top. With both lifters level after snatching 45kg, Mike lifted a 65kg Jerk on his 2nd lift and Alex Hart lifted 60kg on his 3rd attempt. The youngster of the group Chris Baker lifted a 50 Snatch and 70 Jerk.

In Group 3 Bryn Jones put the microphone down after starting the day as MC for the first two groups and dashed to warm up himself. After months of injury it was good to see him back lifting and he totalled 220kg to win the 85kg category in age group 3 and went on to win “Best male lifter.” Mark Beck broke the British Masters Clean and Jerk Record lifting 105kg to win the 62kg class in the 40 - 44 age category.

In Group 4 Charles Schofield was back in action and kept us on the edge of our seats as he made his total by getting the white lights only for the last of each lift. The category with most competitors was the age group 4, 105 weight class, Paul Sheen won with a snatch of 80 and a jerk of 105. Jeff Williams who will be representing one of several northern lifters representing Great Britain in the European Masters in Linz, Austria in May won the age group 2, 105+ class with a total of 230kg despite only completing successfully his openers.

A great day and it was only possible with the hard work of Eddie Halstead, Bryn Jones and Bill Barton and the referees who made it all run smoothly. It was also brilliant to see everyone giving a hand to clear away so we all quickly headed off proudly clutching our trophies.

Jo O'Raw – NWL Courses and Schools Development Officer

British Schools Championships – 13th March 2010 - Oldbury

There were over 50 lifters at the 2 platform British schools held at Oldbury near Birmingham last Saturday, the region was well represented from all over the north winning British titles for fun and more being placed 2nd or 3rd.

We had a couple of youngsters in the development under 13s Paul Fender won with 6 from 6 and finished with a PB, with Paul we have Jordan Egerton who also got 6 from 6 and a British title with Jordan Rory Ashworth came in second with a couple of misses on the jerk but enough for the second place. Up to the next bodyweight and in comes Paris Marie Wright who got a second with 6 from 6, but the winner was Niamh O`Neill with 6 from 6 and another British title for the region and then Caleb Elliot wins our next British title with yet another 6 from 6 then George Guest winning his first British title and only dropping a couple of points to win easily. Finally in the younger end Alex Tulley finishes the group with our 5th British title and another 6 from 6 well done to the coaches there.

Conner Dougan started the next group for us with a well earned 2nd place and 6 from 6 lifts, also in this group was Matthew Carr who only missed the one snatch due to time out but did well and won a second place, Alex Stokes had a good fight in the snatch by sneaking ahead by just one kilo but in the clean and jerk hurt his leg and had to retire injured but secured a second place. Luke Trebillcock lifting by himself needed only to make a total and take our next British title and lifting 6 from 6 he made sure of the title. Our other Luke, Luke Jones however had the toughest class for anyone coming 4th from 5 but lifting a PB in the snatch and a PB clean and jerk and almost breaking the 70kg mark just missing the jerk on recovery with 71kg, ahead of Luke was the regions next British champion Alex Collier snatching an easy 85kg to give him a 4kg lead over Josh Cox from the south west then in the clean and jerk Alex missed his opener of 100kg then was successful and attempted 106kg for British record but after a very comfortable clean his drive for the jerk was just little forward and he dropped it.

Next lift was David Watson lifting in a very tough group up against Sonny Webster an international lifter but David did well enough to earn a 3rd position lifting 3 good snatches but only one clean and jerk.

In the last group we had 2 lifters Benedict Wakwarimba and Christos Michealas, Benedict won his class as he was on his own but did lift well and made a very

respectable total then again on his own Christos lifting a very good 6 from 6 to take the title and looked like he lifted well and added some effort for once.

There also a good turnout from the north with as many as 7 referees and there were other referees there who were coaching so the northern region was indeed well represented, well done to all the lifters and to all our referees however we would have had more but for lifters committed elsewhere.

E Halstead, NWL Weightlifting Secretary

NORTHERN WEIGHTLIFTING EXECUTIVE COMMITTEE
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<u>Chairman</u> Bryn Jones Email: brynjones712@btinternet.com	<u>Treasurer</u> Paul Furness Email: paul.furness@barclays.com
<u>Weightlifting Secretary</u> Eddie Halstead Email: edwardholstead@sky.com	<u>Schools Development</u> Mel Barton Email: Melvyn.barton@sky.com
<u>Child Protection Officer</u> Suzy Trebillcock Email: suzitrebz@msn.com	<u>Technical Secretary and Records Registrar</u> Shaun Taylor Email: shaun.taylor18@btinternet.com
<u>General Secretary</u> Mark Beck Email: markjbeck@gmail.com	<u>Schools Development and Courses</u> Jo O'Raw Email: jooraw@googlemail.com
<u>Records Registrar</u> Jo McManus Email: joannemcmanus@aol.com	<u>Vice Chairman</u> Bill Barton Email: wa.barton@talktalk.net
<u>Drug Education Officer</u> Chris Baker Email: jcb.cwlc@hotmail.co.uk	



**NORTHERN
SENIORS**

WEIGHTLIFTING

**BRITISH
WEIGHTLIFTING**



**British
Weight
Lifters'
Association**

ENTRY FORM

**MYTHOLMROYD COMMUNITY CENTRE
Mytholmroyd, Hebden Bridge, HX7 5DY**

**Developing potential!
Achieving goals!**

SATURDAY, 8th May 2010

Weigh-In 10 – 11am, Start 12pm.

Please complete this form fully and in **BLOCK CAPITALS**

Name			
Address			
	Post Code:		
Date of Birth	/	/	Gender
Contact Phone No.	E-mail		

BWLA Division		BWLA Membership No.	
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Northern Weightlifting Championships																
BWT Class	Please circle (or shade) the correct value															
Schools	40	45	50	56	62	69	77	77+		40	44	48	53	58	63	63+
U13	30	35	40	45	50	56	62	62+		35	40	44	48	53	58	58+

Northern Weightlifting Championships Senior and Junior Weightlifting Championships																
BWT Class	Please circle (or shade) the correct value															
Men:	56	62	69	77	85	94	105	105+	Women:	48	53	58	63	69	75	75+
Senior																
Junior																

Total Achieved		
Current Age	Years:	Months:

I realise I may be tested by the UK Sports Council at the championships and agree to comply with the instructions of the relevant Sports Council & BWLA Officials. I will not leave the venue until given permission to do so by the relevant officials of the Sports Council or Designation Authority.

For competitors under the age of 18, please ensure the parental/guardian consent section is completed.

- You should note that the closing date for entries is the **8th April 2010**.
- Your BWLA Membership Book must be collected at the Weigh-In for the duration of the competition.
- Competitors will be notified of any changes to the above details, e.g. weigh in time.
- With this entry form you must enclose the following:

Entry Fees Northern Weightlifting Senior Entry Fee **£ 10.00**
 All cheques must be made payable to
Northern Weightlifting

Ed Halstead, 16 Park Road,
 Sowerby Bridge, HX6 2BJ (07796 808366)
 edwardholstead@sky.com

Data Protection Act 1984: Information supplied on this form may be held on computer.

Conditions of Entry to the Northern Weightlifting Seniors Championships 2010

- 1) That you have continuous residence in the United Kingdom for one year prior to 8th May 2010, and that you have not competed for another National Federation of Weightlifting affiliated to the International Weightlifting Federation. If you have then contact the BWLA office for advice.
- 2) There are no qualifying totals for these Championships.
- 3) That your entry is received by 8th April 2010 with the entry fee.
- 4) That, if you are taking any medication whatsoever you have checked whether it is prohibited or not prohibited on the UK Sport Drug Information Database <http://www.wada-ama.org/> If the medication you are taking is prohibited (such as ventolin, salbutamol etc) then you must obtain a Therapeutic Use Exemption (TUE). If you need advice on how to get a TUE then contact the BWLA office.
 If you are subjected to an anti doping test the results of which show a medication (such as an asthma medication) not backed by a TUE then, under the rules of strict liability, you will be banned for two (2) years.

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BRITISH WEIGHT LIFTERS' ASSOCIATION (BWLA)
UNDER 18 PARENTAL CONSENT AGREEMENT FORM

ANTI DOPING AND DISCIPLINARY REGULATIONS

I _____ (name)

of _____

_____ (address)

Confirm that I have parental / guardian authority for

_____ (athlete's name)

I confirm that:

- (1) I give permission for my son / daughter to compete in the Northern Weightlifting Seniors Championships on 8th May 2010 and confirm that he / she is physically fit to undertake the sport of Weightlifting.
- (2) I consent to photographing and videoing of my child in the Weightlifting competition under the stated rules of the BWLA Child Protection Policy. See www.bwla.co.uk

Signed _____

Date _____