

**Yorkshire & North East Counties  
Amateur Weightlifting Association**  
www.ynecawla.org

Friday 21 August 2009

Dear Y&NE and NWC BWLA Members,

NEWS UPDATE

I hope that everyone is keeping well and enjoying success in their training. There is a lot happening across the region which I hope you will find interesting and want to get involved with. This issue of the newsletter is going to members both in the Yorkshire and North East (Y&NE) and the North West Counties (NWC). The reasons for this will be come much clearer in this newsletter. The Executive Committees for both regions are proposing a potential merger to create a larger northern region and have organised special EGMs for each regions members. The proposal and agenda is outlined below. However there are also lots of other developments to inform you about from across the region:

SECOND REGIONAL SQUAD - SATURDAY 10 OCTOBER AT LEEDS METROPOLITAN UNIVERSITY 10am to 4pm

We held our first Regional Squad training session on Saturday 27<sup>th</sup> June. This was open to anyone to come along to of any age, male and female. The session was run by two of our best regional coaches Eddie Halstead and Suzy Trebillcock. There were seventeen lifters who attended, of all ages including a lifter from North West Counties – which was good to see. It was very successful, great coaching, great facilities, a good cafe and I think everyone got a lot from the day. Eddie's and Suzy's contact details are at the end of this newsletter.

As a result we are now following this with a second regional squad session at the above date and time. It is open to any current BWLA member to attend. Depending on numbers attending clearly the priority has to be given to Y&NE members in the first instance. However if there are lifters from the North West who would like to attend please contact our coaches and we will try to get you a space. If there are too many we will need to restrict to those who first contact us to say they would like to attend. SO BOOK EARLY!

We have also been informed that our Regional Squad sessions are now the regional squad sessions for the Northern region for the Commonwealth English Team. Our coaches will be providing a progress report after each squad session to Keith Morgan the England Commonwealth Team Manager.

If you want to attend you must enrol by contacting either Eddie or Suzy a month before hand so we have an idea as to how many will be coming and to help us structure and plan the day. 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](http://www.leedsmet.ac.uk/visiting/rso/downloads/Full_Maps_1August08_Web.pdf)

If there are other coaches who are interested in getting involved with our regional squads please contact Eddie or Suzy.

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Our thanks go to World Class Lifting for letting the Y&NE use their training facilities for our Regional Squads.

We look forward to seeing you there.

FORTHCOMING EVENTS AND COMPETITIONS 2009
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Please find below a list of the remaining 2009 competitions:

Competition	Date	Weigh in time	Venue
YNE Masters	Sunday 16 August	10am to 11am	Mytholmroyd
YNE Bergson Trophy	Saturday 5 September	10am to 11am	Mytholmroyd
Northern Open	Saturday 21 November	10am to 11am	Mytholmroyd
YNE Schools and Development	Saturday 12 December	10am to 11am	Crosshills

All our members are welcome at our events whether it's to compete or to watch. The competitions start at mid day. There should be some excellent lifting in all the above competitions, not the least of which will be at the Bergson Trophy, which is always a popular Y&NE Club competition. The competition has been dominated by Bradford, however we are expecting some strong entries this year from one or two other clubs. This year's Bergson will also feature some guest lifters from the World Class Lifting (WCL) Squad to help WCL in their final selections and preparations for the World Seniors and Europeans U'23's.

This year is first year we are offering prize money for the best overall male and female lifters at the Northern Open. This competition is open to anyone across the UK who is a BWLA member. As a result we are expecting to attract a lot of good lifters to this competition and this should be another great day.

THE NORTHERN OPEN 2009
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For the first time we are offering prize money at the Northern Open Championship. The aim is to encourage more lifters to get involved both from within and outside of the region. As a result we are offering the following prize money for the best overall male and female lifters in the competition:

- 1st Prize - £200
- 2nd Prize - £100
- 3<sup>rd</sup> 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 can be downloaded from our website, the BWLA website and also please find attached at the back of this newsletter.

**POTENTIAL MERGER BETWEEN THE YORKSHIRE AND NORTH EAST COUNTIES  
WEIGHTLIFTING ASSOCIATION AND THE NORTH WEST COUNTIES TO FORM A NEW  
NORTHERN WEIGHTLIFTING DIVISION**

**SPECIAL NWC EGM AT 1PM ON SUNDAY 8<sup>TH</sup> NOVEMBER 2009 AT MYTHOLMROYD**

**SPECIAL Y&NE EGM AT 2PM ON SUNDAY 8<sup>TH</sup> NOVEMBER 2009 AT MYTHOLMROYD**

The Executive Committees for the Yorkshire and North East and for the North West Counties are proposing a merger of the two divisions to form a larger northern division of the BWLA.

The main reasons for this proposal are:

Already the two divisions work closely together and the Y&NE and Northern Competitions are supported with lifters from both regions. In fact without the lifters coming from across both regions to compete together the competitions would not be viable and a lack of support has made some of them not worth running. For example we recently postponed the Y&NE Under 13's Development competition because there were only three entries. This competition has now been integrated with the Y&NE Schools Competition on Saturday 12 December at Mytholmroyd.

Integrating the two regions will help to make competitions more exciting to compete in and to watch e.g. the Bergson Trophy. It will mean that we no longer have to run so many competitions which at times can be very poorly attended and we can focus on running Northern Regional competitions which means there will be less but much better attended events. This means we can also focus our time and resources more constructively on running good events and working on the development of the sport in the region at all levels with the BWLA.

The two regions will be able to pool their resources not just financially but also more importantly in terms of volunteer support. There is a lot of work to be done in helping to move weightlifting forward across the region and to see the growth in numbers competing and participating in the sport. By pooling our expertise and volunteers this will help to ensure we have a vibrant and well supported Executive Committee when needed and thus be in a much stronger position.

We also understand that BWLA is encouraging other regions in other areas of the country to do the same. We understand that this is something that UK Sport is encouraging and will help to put the BWLA in a stronger position to attract further financial support.

The following proposal is being taken forward to the above EGM's:

'That the two existing BWLA divisions of the Yorkshire & North East Counties and North West Counties are dissolved for the purpose of uniting to form one new administrative BWLA division to be called the 'Northern Weightlifting Division.' This division will be run by the currently appointed Yorkshire and North East officials until a joint Annual General Meeting is held in January or February 2010 where all the officials posts' will be up for election. At this AGM future officials from the North West Counties and the Yorkshire and

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North East will be invited to be nominated for the above posts and any other posts needed. Once an agreed period of integration has been reached the assets of both the dissolved divisions will be integrated.'

**The EGM AGENDA:**

- Purpose of the meeting
- Discussion about the merger
- Tabling of the above proposal and other proposals received
- Vote on the merger
- Vote on the name of the new northern region. Two options are (Other proposals are welcome):

'The Northern Weightlifting Division'

Or

'The Northern Weightlifting Association'

- If the merger is approved discussion about the proposed appointment of a General Secretary to the new northern region
- Any other business relating to the merger
- Vote on the timescales for the merger

If members have other proposals that you think should be put forward or comments or proposed changes to the proposal then can you please forward these to myself in writing or via email - Bryn Jones, the Chairman, Y&NECALWA by Friday 25 September. My contact details are on the back page of this newsletter.

**BWLA AGM**

For information the BWLA Annual General Meeting will be held at Leeds Metropolitan University on Saturday 26<sup>th</sup> September. The time is yet to be confirmed.

**RESULTS SUMMARY AND UPDATE**

There have been a number of competitions regionally and nationally where our lifters have been involved since the last newsletter in May.

**The Y&NE Under 18's and Under 23's  
13 June 2009 at Mytholmroyd**

This competition only attracted four lifters from the Yorkshire and North East, but also an excellent group of lifters from Team Manchester who brought four guest lifters to compete. As a result we had a small but very good competition.

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Alex Stokes our excellent British Schoolboy champion and great prospect for the future lifted well including setting personal bests and winning the Under 18 Yorkshire and North East title in the 56kg category with a new personal best total of 115kgs.

Luke Jones was competing in his first competition and did incredibly well achieving personal bests in snatch and clean and jerk and winning the Under 18 Yorkshire and North East Title with a total of 82kg

There was a very close competition in the Under 18's between Hassan Elahi and Michael Baker. Hassan Elahi was behind after the snatch, but won the Under 18 title with a personal best and his last lift in the clean and jerk. Hassan totalled 122kgs.

Michael Baker had also entered the Under 23's so he won the Under 23 Championship with a total of 118kgs. Well done Michael.

Team Manchester provided a strong team of guest lifters including:

- Two lifters who were only 15 and good prospects: Babalola Hakeem totalled 163kg and Alex Collier totalled 150kgs
- David Oakes another very good prospect, in his preparations for the British Seniors 2009 in the 62kg category achieved a 195kg total. It was also good to see Andreas Michaelas lifting, I think after having had some injury problems and he totalled 183kgs

**British Under 11's and Under 13's  
Bristol  
Saturday 27 June 2009**

Two of the regions youngest and brightest prospects from the Ashington Weightlifting Club competed at the above British Championships.

Paul Fender aged 10 years old lifted extremely well and got six out of six lifts to win the British Under 11's 40kg category, using the Biddle, Bancroft and Brown formula (BBB) Paul scored 493.92 points.

Mitchell Arkle who has just turned 13 competing in the 45kg category, again got six out of six lifts and was well ahead of the field. Mitch scored very highly in the points for technique and using the BBB formula scored 620.03.

**Eighth International Fulda Austria Under 20 Tournament  
11 – 14 June 2009**

Mitch Arkle was selected to lift for Britain, was the youngest competitor and competed in the first group of lifters. Competing in the 45kg category Mitch snatched a personal best of 37kgs and a personal best clean and jerk of 50kg, which gave him not only a personal best total of 87kg but also brought the BWLA team its first gold medal in the competition. The BWLA team of 6 lifters won 4 gold and 2 silver. Congratulations to Mitch and all the team.

## **British Senior Championships Saturday 11 July 2009 at Lilleshall**

We had two lifters from the Yorkshire and North East competing in the 'Brits 2009.' Sean Glover and Saun Trebillcock. Sean competing in the 85kg category unfortunately came into the competition having suffered two severe injuries to his back and hip and he had lost 10kgs to make bodyweight. As a result and with a six hour wait to compete he only managed to register his opening snatch of 118kg. However I am sure he will come back stronger from the experience and as long as he stays fit will be much more competitive at the Brits in 2010. Joshua Farghaly one of our countries best prospects and still only 16 years old from the West Wythenshawe Club in Manchester came third in the same weight 85kg category with 245kg total.

Saun Trebillcock, previous winner of the British Championships finished third this year snatching 125kgs and clean and jerking 160kgs for a total of 285kgs. Saun had some tough competition with the eventual winner being Peter Kirkbride from Kilmarnock with a 316kg total beating on body weight Dennis Catana from Atlas into second place.

The North West had a very successful Brits with the Cross Fit Manchester and Team Manchester lifters:

In the 62kg category: Mubarak Musoke Kivumbi from Cross Fit Manchester was in first place with a great 252kg total. Second place went to his training colleague Nicholas Muhanza from Cross Fit with an excellent total of 230kg. David Oakes from Team Manchester also lifted extremely well getting five out of six lifts to come fourth in the same category with a very good 193kg total. Mark Beck from Cross Fit who is new to the sport and already a master! did very well to get a 177kg total

Beverley Pattison, Cross Fit Manchester, could only register a snatch lift and missed her clean and jerks, however Beverley is still new to the sport and competing in her first Brits will come back stronger.

Competing in the 69kg class Fay Collinson, Cross Fit Manchester, did well to get third place and achieved a total of 114kgs.

## **YNE Masters Sunday 16<sup>th</sup> August 2009 Mytholmroyd**

This was an excellent competition attracting a large crowd and a significant number of lifters both competing in the Masters and as guests. There was a great atmosphere and a lot of audience participation. It was good to see the BWLA Chairman Bill Barton and BWLA Chief Executive Steve Cannon at and supporting the competition. Lifters came from as far a field as Jersey. The North West brought a strong contingent of guests, especially from Cross Fit Manchester. There were 19 lifters in the competition and 16 guest lifters i.e. 35 lifters in total.

Everyone lifted well and registered a lift in the snatch and clean and jerk and all the YNE Masters competitors won a title. Some of the main highlights were:

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Mark Wager won the best overall lifter. Lifting in Men's 2 Group; aged 40 to 45, in the 105 plus bodyweight category, Mark continued his improvement snatching 107kgs and clean and jerking 135 for a 242kg total

Paul Furness lifting in the Men's 2 group in the 62kg category set new Y&NE records for snatch, clean and jerk and total with a 62kg snatch and a 80 clean and jerk for a 142kg total

Wakefield provided some strong lifters with Andreas Lefeith in the Men's 2 Group in the 94kg category snatching 95kg and clean jerking 115kg for a 210kg total and Paul Sheen in Men's 3, 45 to 50 year old age group in the under 105kg category snatching 90kg and clean and jerking 110kg for a 200kg total.

Amongst the guest lifters some of the highlights were:

- Competing after the British Seniors, Sean Glover weighing in at 85.9kgs snatched 125kgs and clean jerked 145kgs
- Luke Jones from Skipton, aged 15 in the 56kg category snatched a personal best of 36 kgs and a clean and jerk personal best of 53kgs to give him a new personal best total of 89 kgs
- Beverley Pattison, Cross Fit Manchester, recovered well from the British seniors getting 6 out of 6 lifts
- Mark Beck, Cross Fit Manchester, had a good competition lifting in the 62kgs category snatching 80kgs and clean and jerking 100kgs
- Peter Johnson, Cross Fit Manchester, lifting in his first ever competition in the 85kg category snatched 80kgs and clean and jerked 105kgs

It was a great day and thanks to everyone who came along and helped but also a big thank you goes to the referees who provided excellent support and to our two loaders all day father and son John and Alex (British Schoolboy Champion) Stokes.

**BARRIE NELSON**

For those that do not already know it is with great regret that Barrie Nelson recently died. His funeral was held on Tuesday 4<sup>th</sup> August in Dewsbury and was well attended by family, friends and from both the powerlifting fraternity and representatives from the Y&NE CAWLA.

Barrie was involved in lifting a very long time making his coaching debut at the Northern Counties Juniors on the 3 July 1965. I did not know Barrie very well and only met him on a couple of occasions after becoming Chairman in January 2009. The first thing we had to resolve was the split between weightlifting and powerlifting. This was resolved at an Executive Committee meeting in April this year. What emerged from this meeting was a very amicable split and one which as a result has moved pretty seamlessly and without any problems for either powerlifting or weightlifting in the region. The meeting required

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everyone's' co-operation and willingness to make this happen. Barrie was an integral part of representing the interests of powerlifting while being mindful of trying to find a way through this which would be acceptable to both parties and enable both sports to move forward. Without his co-operation and support on the day this would have been much more difficult to achieve. Prior to this Barrie was the Treasurer of the Y&NE as I understand it for about eleven years. The fact that the Y&NE is solvent and sustainable in what are difficult times is also testament to Barrie's role. Our condolences go to Barrie's family, friends and colleagues.

**CONCLUSION**

Please remember to keep your eye on our website. It is a good source of information and is updated regularly if there are changes to competitions or events; with the latest competition results, news, including location maps and downloadable competition application forms.

Our website address is:

[www.ynecawla.org.uk](http://www.ynecawla.org.uk)

There are more developments taking place not the least of which will be a new website which we are hoping to launch in the next three months.

If you have any feedback or ideas help us move weightlifting forward at any level in the region or if you would like to help your regional association in some way please do not hesitate to contact me in writing or via email. My contact details are on the back page of this newsletter. I hope to see you at one of our future events or competitions.

My very best wishes

Yours sincerely



Bryn Jones  
Chairman  
Y&NE CAWLA



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YNE CAWLA Executive Committee Contact List August 2009

President – Allan Whitworth	
<u>Chairman</u> Bryn Jones 41 The Square Dringhouses York YO24 1UR Tel: 01904 701737 Email: brynjones712@btinternet.com	<u>Treasurer</u> Paul Furness 28 Mill Carr Hill Road Oakenshawe Bradford West Yorkshire BD12 7EZ Email: fearless@skunkworks.demon.co.uk
<u>Weightlifting Secretary and Drug Education Officer</u> Eddie Halstead 16 Park Road Sowerby Bridge HX6 2BJ Tel: 01422 835795 Email: edwardholstead@sky.com	<u>Schools Development and Incentive Schemes</u> Mel Barton 3 Hirds Yard Skipton BD23 2AF Tel: 01756 701609 Email: <a href="mailto:Melvyn.barton@sky.com">Melvyn.barton@sky.com</a>
<u>Child Protection Officer</u> Suzy Trebillcock 22 Bolsover Street Ashington Northumberland NE63 0HA Tel: 01670 856543 Email: <a href="mailto:suzitrebz@msn.com">suzitrebz@msn.com</a>	<u>Technical Secretary and Records Registrar</u> Shaun Taylor 33 Kimberley Street Featherstone West Yorkshire WF7 6EJ Tel: 01977 799191 Email: shaun.taylor18@btinternet.com
<u>Membership Registrar</u> Gavin Walker 3 Chillingham Road Newton Hall Durham DH1 5NA Tel: 0191 386 9198	

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British  
Weight Lifters'  
Association

NORTHERN OPEN CHAMPIONSHIPS 2009  
ENTRY FORM

MYTHOLMROYD COMMUNITY CENTRE, ELPHABOROUGH HALL,  
STREAMSIDE FOLD, MYTHOLMROYD, HEBDEN BRIDGE, HX7 5DY

BRITISH  
WEIGHTLIFTING



Developing potential!  
Achieving goals!

SATURDAY, 21<sup>ST</sup> NOVEMBER 2009

Weigh-In 10 am – 11 am. Start 12 noon

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 Open 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+

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 **21<sup>st</sup> October 2009**.
- 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 Open Weightlifting Championships                      £ 10.00  
Cheques made payable to 'Y&NECAWLA' and sent to:

All entries to Eddie Halstead, 16 Park Road, Sowerby Bridge, HX6 2BJ  
Mobile:07796 808366  
Email: edwardholstead@sky.com

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

Conditions of Entry to the Northern Open Weightlifting Championships 2009

- 1) That you have continuous residence in the United Kingdom for one year prior to 21<sup>st</sup> January 2009, 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 (01952 604201) for advice.
- 2) That your entry is received by 21<sup>st</sup> October 2009 with the entry fee of £10.00.
- 3) 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 [www.did.co.uk](http://www.did.co.uk). 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 on 01952 604201.

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 English Weightlifting Championships on 21<sup>st</sup> February 2009 and confirm that he / she is physically fit to undertake the sport of weightlifting.
- (2) I consent and agree to my son / daughter complying with anti doping testing, and being bound by all the provisions of the Anti-Doping Rules, and any determinations made in accordance with BWLA Anti-Doping Rules.  
I understand that a refusal to provide a consent may affect the athlete's involvement in BWLA events and activities and BWLA may refuse to allow the athlete to participate in such events.
- (3) My son / daughter is taking / not taking\* a prescribed medication by our doctor or pharmacist (delete where appropriate)  
If your child is taking any medication then contact [lorraine.fleming@bwla.co.uk](mailto:lorraine.fleming@bwla.co.uk) immediately for advice. Medication for asthma may be prohibited by the International Olympic Committee and World Anti Doping Agency, but the BWLA can help you apply for an exemption.
- (4) I consent to photographing and videoing of my child in the weightlifting competition under the stated rules of the BWLA Child Protection Policy.

Signed \_\_\_\_\_

Date \_\_\_\_\_