

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

Monday, 21 December 2009

Dear BWLA Members,

NEWS UPDATE

I hope everyone is keeping healthy and well. It gives me great pleasure to write the first newsletter of the new Northern Weightlifting Division.

There has been a lot taking place over the last quarter, not least is the merger between the Yorkshire and North East (Y&NE) and North West Counties (NWC) to form what is now a very large division of BWLA called Northern Weightlifting. This was confirmed at two EGMs, the Y&NE EGM took place at Mytholmroyd on Sunday 8th November. The NWC held a short EGM after the recent NWC schools championship on Saturday 5th December.

This provides both opportunities for moving the sport forward across the region but also challenges. The NWL is a very large region to cover and will require the help and support from as many people as possible. It also means that it is now necessary to elect an Executive Committee to run this new division. As a result an Annual General Meeting has been called which will take place on Sunday 31 January 2010 at Mytholmroyd between 1pm and 4pm. Everyone that is a BWLA member is welcome to attend this meeting. The main agenda item will be to elect a new committee where all the roles are open for election. We have included a list of all the roles for election including terms of reference and some new roles which we think we be necessary to help move weightlifting forward across the region.

In the interim period the Executive Committee from the Y&NE have continued in place until the AGM and the new Committee are elected. A list of this interim Executive Committee and their contact details are at the back of this newsletter.

What will be important at the election of officials is to make sure we end up with an EC which represents both the Y&NE and NWC and also if one of our targets is to encourage more women into the sport we should also consider if we can get more women involved in the Executive Committee.

THIRD REGIONAL SQUAD - LEEDS METROPOLITAN UNIVERSITY Saturday 13 February 2010 10am to 4pm (open to BWLA members only)

We held the second Y&NE Regional Squad training session in October 2009. This was very well attended with the numbers rising from 19 at the first squad session to nearly 30 at the second squad. What was good to see was the age mix, with more juniors and school lifters in attendance and some members from NWC, male and female came over to join in.

The first regional squad for Northern Weightlifting is to take place at the above date and at the above venue.

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Anyone wishing to attend will need to contact either Eddie Halstead or Suzy Trebillcock, our two lead coaches at the squad sessions a month before hand so you can be guaranteed a place to get onto the session. When booking your place you will also need to provide your BWLA membership number. Their contact details are at the back of this newsletter.

Bearing in mind the popularity of the second squad when it was mainly aimed at the Y&NE, this session could be very busy as it is open to the whole of the NWL. Therefore I stress again to avoid disappointment please book a place in advance. If numbers look like they are going to exceed a certain limit to be determined by the coaches then we could have a situation unfortunately where on this occasion there might not be enough space.

The facilities at World Class Lifting in Leeds are excellent, where we have 9 platforms etc

BOOK EARLY!

At the moment the sessions are open to all age groups and abilities and for both male and female weightlifters. However depending on the popularity we might have to become more restrictive as to who we can allow to the sessions or we will have to see if we can get more dates from the WCL, which might be difficult with their commitments

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

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

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

We look forward to seeing you there.

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2010 FORTHCOMING EVENTS AND COMPETITIONS CALENDAR

Please find below a list of dates for the 2010 competitions:

Competition	Date	Weigh in time	Venue
Northern Masters	Saturday 6 th February	10am to 11am	Mytholmroyd Community Centre
Northern Juniors	Saturday 27 th February	10am to 11am	Mytholmroyd
Northern Seniors	Saturday 8 th May	10am to 11am	Mytholmroyd
Disabled Comp (Powerlifting)	Saturday 10 th July	10am to 11am	Harrogate
Bergson Trophy (team)	Saturday 10 th July	10am to 11am	Mytholmroyd
Northern U 18/ U23	Saturday 21 August	10am to 11am	Ashington
Northern Masters (Divisional)	Saturday 16 th October	10am to 11am	Mytholmroyd
Northern Open	Saturday 20 th November	10am to 11am	Mytholmroyd
Northern Schools	Sunday 12 th December	9am to 10am	The Oasis Centre, Ellesmere Port

Please note that these dates or the venue may change and it is essential that you regularly check our website for forthcoming events, so you can see any potential changes.

This will be the first year that we have combined the NWC and YNE events to form the new Northern Weightlifting Competitions. These should all be excellent events to participate in and to watch. The competitions start at mid day, except for the Schools Competition in Ellesmere Port which starts at 11am.

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
Annual General Meeting**

Sunday 31 January 2010
13.00 to 16.00hrs

Mytholmroyd Community Centre
Caldene Avenue
Mytholmroyd
Hebden Bridge
HX7 5DY

The AGENDA:

- Purpose of the meeting–The election of a new Executive Committee
- Discussion and voting for the various roles see the back of this newsletter
- Confirmation of event calendar dates
- Any other business

ANYONE THAT WOULD LIKE TO BE CONSIDERED FOR ANY ROLE ON THE 'NWL EC' HAS TO NOTIFY EDDIE HALSTEAD IN WRITING VIA A LETTER OR VIA AN EMAIL AS TO THE ROLE THEY ARE INTERESTED IN STANDING FOR. EDDIE'S CONTACT DETAILS ARE TOWARDS THE END OF THIS NEWSLETTER

RESULTS SUMMARY AND UPDATE

There have been a number of competitions across the region which have successfully taken place over the last couple of months including:

The Northern Open 2009

The Northern Open took place at Mytholmroyd on Saturday 21 November. Entries to the competition rose by a third this year, which was excellent to see.

The overall winners were:

Position	Name	Club	Bodyweight	Total	Sinclair Points
Mens					
First place	Chris Chea	Woking	68.9kgs	245 kg	328.1
Second place	Sean Glover	Wakefield	85 kg	265 kg	314.3
Third place	Jeff Williams	Adlington	111 kg	247kg	268
Womens					
First place	Fay Collinson	Cross fit - Manchester	69.1 kg	130 kg	145.6
Second place	Bev Pattinson	Cross fit - Manchester	51.2 kg	100 kg	137.3
Third place	Jo McManus	Cross fit - Manchester	51.9 kg	77 kg	104.5

There was a lot of excellent lifting and it was good to see such a range of clubs not only for the YNE but also from NWC including a number of promising lifters from West Wythenshawe, Cross Fit Manchester and the Performance Centre. It was also good to see that we attracted lifters from as far south as Woking and from as far North as Edinburgh

One of the areas highlighted at this competition where we need more focus is on encouraging more women into the sport, Cross fit Manchester have successfully broadened the appeal of weightlifting to include a lot more women. However this is just one club and it is something for us all to think about and to potentially bear in mind at the AGM and how we move forward.

It was also good to have some of our past British champions there to support the competition and who helped in presenting the prizes: Frank Rothwell, Kevin Thorpe and Allan Fairclough.

North West Schools 2009

The feedback that I got about the North West Schools Competition run by Gwilym Parry at Ellesmere Port on Saturday 5th December was that the competition was excellent, attracting 23 lifters. I understand that Gwilym with support from various volunteers has very successfully run this competition for a long time and we hope that this will continue

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now with the future Northern Weightlifting Schools Competition. The Mayor and Mayoress were in attendance to present the trophies. This was the third time that they have done this.

Out of 138 lifts there were only 8 failures, there were some excellent techniques shown in the Under 13's and a great competition between Babalola and Collier with both lifters making 5 from 6 attempts and Collier needing to get his last clean and jerk to win by 1kg. It was also good to hear that athletes from as far away as Ashington in Northumberland competed with Mitch Arkle breaking the YNE Under 14, 45kg snatch record with 41kg, a record previously held by Martyn Riley with 40kg.

The Yorkshire and North East Schools and Development Competition 2009

This competition also went well however there was not the same number of entries as for the North West i.e. we only had 3 lifters in the Under 13's and 7 lifters in the Under 17's

There were also 3 x year 12 lifters i.e. 17 years old and we also allowed a small group of 4 guest lifters to lift as a small exhibition event.

Some of the highlights included:

- Alex Stokes from Bradford who won the age group 10 (14 years old) in the 62kg category with personal bests in the snatch and clean and jerk with a 60kg snatch and 70 kg clean and jerk. Luke Trebillcock from Ashington also lifted very well and finished second and got six out of six lifts.
- Luke Jones from Crosshills also got personal bests in the snatch and clean and jerk with a 47kg snatch and a 64 kg clean and jerk to win year group 11 (15 years old)
- Mitch Arkle from Ashington another of the regions most promising lifters lifted 5 out of 6 lifts to win the Year 9 (13 years old) category.
- In the development competition a very young and very promising lifter called Sam Crowe, from Scarborough, only aged 9, who by all accounts was technically excellent particularly bearing in mind his age. Sam won the Year 4 category with a 33kg total.
- Ben Blackwell from Crosshills a 17 year old in the 105+ kg category continues to make excellent progress getting personal bests snatching 88kg and clean and jerking 100kg

TONY FLOOD

I realise that Tony died sometime ago now, but this is the first newsletter produced since Tony's death and it is only fitting that we pay tribute to Tony. I didn't really know Tony, but I do know that Tony has been a rock for weightlifting in Great Britain and particularly within the region both as a senior and as a master. I do remember seeing Tony still lifting 3

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weeks before he died at a YNE / Northern Masters Competition where he was still setting records!

He had been involved with the YNE EC for along time and probably most noticeably until recently as Chairman. I might not have known Tony but many did and the feedback that I have heard from all those who knew Tony was a reflection of his influence on the sport and how well liked and respected he was as a lifter, an administrator and to many as a friend in the region, nationally and overseas as an ambassador for the sport.

I know we all would like to wish his family the very best and record the YNE's thanks and appreciation to Tony for all his hardwork, commitment and support for the sport in the region over such a long time. I know he is badly missed by many.

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, videos, photographs and including location maps and downloadable competition application forms.

Our website address is:


www.northernweightlifting.com

I wanted to apologise for the new website being down for a couple of weeks recently. This was because we not only created a new website but with the setting up of the new division we have had to change the domain names and this took a couple of weeks to work through the search engines; however the site should have been fine for a while now.

If you have any feedback or ideas to 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 or hopefully at our AGM at the end of January.

Last but not least my best wishes to everyone for Christmas and New Year.

Yours sincerely



Bryn Jones
Interim Chairman
Northern Weightlifting

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The roles for election at the NWL AGM on Sunday 31 January

1. Chairman
2. Divisional Secretary
3. Treasurer
4. Weightlifting Secretary
5. Technical Secretary
6. Schools Development Officer
7. Incentive Schemes Officer
8. Child Protection Officer
9. Records Registrar
10. Drug Education Officer

Proposed new roles:

11. Course Development Officer
12. Club Development Officer
13. PR, Marketing and Sponsorship Officer

To help members think about roles they might be interested in below is an old terms of reference from the YNE. The one role which is no longer included is Membership Secretary. This is no longer needed as all membership enquiries and applications are handled and processed centrally via the BWLA.

Please note in order to help with communication, especially across such a wide geographically spread division it is essential that anyone wanting to be considered for a role on the EC must as a minimum have access to the internet and email and be able to use email. Ideally candidates should also be conversant with information technology and some Microsoft word packages particularly the roles which include producing agendas, minutes of meetings, the newsletter, looking after the website, mail distribution, and desirable but not essential for coaching and presenting.

The **Chairman** will chair meetings and approve agendas and minutes, and, together with the Divisional Secretary, take decisions necessary for the day to day running of the Division and report them to the EC. Policy decisions must be made by the EC.

The **Divisional Secretary** is responsible for the day to day running of the Division; for general correspondence, scheduling and calendars; arranging meetings and producing agendas and minutes (subject to chairman's approval); for rapidly passing on items to the relevant officers with devolved responsibility; and for dealing with items not covered elsewhere. The DS will provide operational leadership and will represent the Division on the BAWLA Central Council.

The **Newsletter Editor** is responsible for getting the newsletter out on time to the set specification; soliciting and arranging contributions, reports and advertisements; and maintaining lists of subscribers. **THIS IS A PART OF THE ROLE OF THE DIVISIONAL SECRETARY including the distribution of the newsletter.**

The **Treasurer** will keep the Division's accounts and present regular current statements to the EC; present audited annual accounts for the year ended and annual estimates for

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the year ahead; propose devolved budgets for officers for EC approval; oversee budgetary management and ensure all monies received are promptly banked and approved bills and expenses are promptly met; and propose financial regulations for EC approval. CURRENTLY THIS ROLE ALSO INCLUDES BEING RESPONSIBLE FOR THE NWL WEBSITE, IT'S DEVELOPMENT AND DEALING WITH ALL WEB BASED ENQUIRIES. THIS ROLE WAS PREVIOUSLY THE RESPONSIBILITY OF THE DIVISIONAL SECRETARY AND THIS MIGHT WELL REVERT BACK TO THE DIVISIONAL SECRETARY OR POTENITALLY TO THE NEW MARKETING ROLE SHOULD A SUITABLE CANDIDATE COME FORWARD

The **Records Registrar** will keep all lifting records, register new ones and issue certificates; promote and operate lifting incentive schemes; and provide statistical reports. This role will include ensuring accurate and up to date records are maintained on the NWL website

The **Courses Organiser** is responsible for all leaders/instructors/coaches' courses; developing a team of tutors to deliver courses; promoting and arranging courses to meet demand; development of course materials and publicity; liaison with host colleges and centres; coordinating fee collection, exam marking, BAWLA returns and issue of awards; keeping a register of past students and promoting follow-up contact.

The **Weightlifting Secretary** is responsible for arranging and overseeing all (PL or WL) championships in the Division; making sure that every aspect is run to the highest of standards; developing teams to organise events; securing venues and facilities; reporting results and financial returns.

The **Weightlifting Technical Secretary** is responsible for developing a team of referees; appointing referees and technical officers to championships; monitoring referees' activities; arranging referees' courses; ensuring that all NWL competitions are run to the highest of standards, dealing with drug control procedures and all technical matters and queries relating to lifting rules. Detailed duties of referees and Technical Officers for WL competitions are set out in the BAWLA rules sections 4.33-4.37 (Handbook pages 46-48a).

The **Drugs Education Officer** will promote awareness of drugs policy; liaise with the Sports Council; and answer members' enquiries.

The **Schools Development Officer** will recruit and lead a team to promote development and achieve targets in the sector and liaise with clubs and external bodies.

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Interim Northern Weightlifting Executive Committee Contact List December 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: Melvyn.barton@sky.com
<u>Child Protection Officer</u> Suzy Trebillcock 22 Bolsover Street Ashington Northumberland NE63 0HA Tel: 01670 856543 Email: suzitrebz@msn.com	<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	

NWL Competition Entry Form

Competition Name:					
Club:					
Name	Body Weight Class	Date of Birth	Gender	Membership	Entry Fee Paid
<p>Entry Fees are £10 for Seniors or Masters contests, £5 for Juniors (U20's) and £1 for Under 16's</p> <p>All entries and fees MUST be received 4 weeks prior to the competition</p> <p>Please send all entries to Ed Halstead, 16 Park Road, Sowerby Bridge, HX6 2BJ (07796 808366) edwardholstead@sky.com</p> <p>Please make all cheques payable to Northern Weightlifting</p>					