



BWL News

News and Views from British Weight Lifting

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Top Performances from GB Athletes in London



RECORDS tumbled and Olympic qualifying standards were met as British weightlifters performed well at the Olympic Test Event at the Excel Arena in London earlier this month.

Commonwealth Games silver medallist Peter Kirkbride marked his comeback from an ankle injury with a total of 320kg in the 94kg category, which meets the Olympic B standard.

makes me want it so much more. I have improved in every competition this year, so it makes me feel it's really achievable."

Valuable

Kirkbride, who missed the World Championships in France last month through his injury, lifted 135kg in the snatch and 185kg in the clean and jerk to become the fourth GB athlete to meet the Olympic B standard.

Swansea's Natasha Perdue (pictured below) surpassed the Olympic B standard for a second time in the 69kg category, with a snatch of 87kg, clean and jerk of 110kg. She came close to 114kg in the clean and jerk, which would've been a personal best.

Brilliant

"It's pure dead brilliant," he said emphatically after his performance. "It's great to be back in action as part of the GB team again, having missed a major championship through injury."

Britain's fourth competitor, Commonwealth Games bronze medallist Zoe Smith, withdrew from the event as a precaution as she continues to recover from a back injury.



In the same category, 17-year-old talent Sonny Webster (pictured above) from Bristol broke British Under-18 and Under-17 records, and set new personal bests in snatch, clean and jerk, and the total.

After the event, British Weight Lifting Performance Manager Fiona Lothian said: "This has been a valuable experience for the whole team, athletes, coaches and support staff have all learned from the event."

He snatched 130kg, lifted 163kg in the clean and jerk for a total of 293kg, and he said afterwards: "I'm happy to keep chipping away at the Olympic B standard. Getting within 15kg being here today

"This event was all about experience rather than totals coming so close to the World Championships, but it was still great to see Sonny breaking more British youth records."



BWL News



2000s: Let the Good Times Roll!



2011 marks 100 years since the formation of the British Amateur Weight Lifting Association in 1911, and to mark the occasion BWL News will be carrying a series of articles chronicling the history and highlights of the sport through the last hundred years.



In 2002, England hosted the Commonwealth Games in Manchester and British representatives won 18 medals in the snatch, clean and jerk and total.

The star of the weightlifting event in the 2002 Games was Delroy McQueen who won three gold medals in the 105kg category and established new Commonwealth records. Giles Greenwood won gold medal in the snatch whilst setting a new Commonwealth record, and then won silver medal in the total and bronze medal in the clean and jerk of the over 105kg category.

Other members of the England team were Stewart Cruickshank who won a bronze medal for the total at 69 kg category; Anthony Arthur who won the silver medals in the snatch and total, and bronze medal in the clean and jerk at 85kg category.

Dave Guest won the silver medals in the snatch and total, and Karl Grant won the bronze medal in the clean and jerk at 94kg category. Gurbinder Cheema won the bronze medal in the snatch at 105 kg category.

David Morgan, representing Wales in his sixth Commonwealth Games, won gold in the clean and jerk and total to win his fifth Commonwealth Games title.

The 2002 Commonwealth Games were the first Games for women taking part in weightlifting. Mary Hancock of Wales was the first women lifter ever to participate in the Games, and Michaela Breeze won the gold medal for the snatch on bodyweight and won silver medals in the clean and jerk and total, only being beaten by Canadian Maryse Turcotte. For Scotland, Tommy Yule (pictured) won bronze in the snatch at 94kg category.

The Games were held in Melbourne in 2006, and the medals were only awarded to the Total only. Michaela Breeze won gold in the 63kg category, this time beating two Canadians Christine Gerard and Miel McGerrigle. Jason Irving won a silver medal in the Elite Athlete Disability event.

The 2010 Commonwealth Games were held in Delhi and



British Weightlifters at the Olympic Games

2000 (Sydney): Thomas Yule.
2004 (Athens): Michaela Breeze, Kamran Panjavi.
2008 (Beijing): Michaela Breeze.



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medals were won by Peter Kirkbride, Michaela Breeze and Zoe Smith. Peter won silver in the 94kg category and is now training for next Games which will be held in Glasgow. Michaela lifted in the last competition and won the silver medal at 63kg category, and Zoe Smith won bronze in the 58kg category.

In 2000, the Commonwealth Games Federation introduced the Commonwealth Youth Games and three games have been held with the sport of weightlifting. In Edinburgh in 2000 Robert Davies, Inderjit Kheela and Michael Causer of England won silver medals in their respective bodyweight classes. Gary McLean of Scotland won the bronze medal.

In 2004 in Bendigo, Australia, Dane Wilson, James Hartley and Andreas Michaelas (all from Manchester) won gold, silver and bronze medals in their respective classes. Peter Kirkbride of Scotland won gold medal and John Cromi of Northern Ireland won bronze.

The 2004 Games introduced weightlifting for women, and Rebecca Heard and Amy Eastmond for England won gold medals and Jenna O'Neill won bronze for Scotland. In the 2008 edition in Pune, India, Zoe Smith won the gold medal over the favourite from India, setting new Commonwealth Youth Games records.

At the Olympic Games, Great Britain has had minimum representation because of

changes to the qualification procedures. Kamran Panjavi and Michaela Breeze (pictured below) gained qualification to the 2004 Olympic Games in Athens. Michaela finished ninth.

In the 2008 Olympic Games in Beijing Michaela Breeze was provided a special invitation from the International Weightlifting Federation but did not perform well due to injury.

In 1999, BWLA became responsible for the Paralympic Games Powerlifting Team. Our best lifter in this period was Emma Brown who won the Paralympic Games in 2000 and 2004, setting new Games records.

Also in 2000, Anthony Peddle won gold whilst also setting new Paralympic Games record. Nick Slater won a bronze medal.





BWL News



2011 Rankings Released



THE 2011 British weightlifting rankings have been released, with some impressive performances throughout the categories showing how popular the sport is becoming - and how successful the athletes are!

Full-time GB athlete Jack Oliver tops the men's senior rankings with a total of 378.01 on Sinclair Points, while he is also top junior, and GB team-mate Sonny Webster is best youth.

In the women's tables, Zoe Smith dominates all three categories with a total of 253.94 Sinclair Points.

Results included in the rankings are dependent on competition organisers sending them in to British Weight Lifting in a format that can be copied into the master results file, and the data provided by the competition organisers being accurate and complete.

To help in 2012 please check that your name, club and date of birth are correct on the results sheet and that it is the same as you provided for your BWL membership.

For example, if you used James for your BWL membership then please don't use Jim, Jimmy or Jamie for your competition entry!

Full rankings will be posted on the BWL website in early January.



... Senior Men ...

Pos	Name	Sinclair Pts	Club	Wt Cat	Total	Date of total
1	Jack Oliver	378.01	Europa Weightlifting Club	77	300	09/11/2011
2	Zbyszko Kienast	372.5	Genesis Gym	94	326	26/11/2011
3	Peter Kirkbride	371.34	Kilmarnock Amateur	94	325	04/09/2011
4	Halil Zorba	367.62	Crystal Palace	77	290	15/08/2011
5	Gareth Evans	364.28	Holyhead	69	262	04/09/2011
6	Shaun Clegg	361.74	Team Manchester Weightlifting	77	282	04/06/2011
7	Bradley Burrowes	358.84	Empire Sports Club	94	305	03/12/2011
8	Sonny Webster	346.91	Empire Sports Club	94	293	10/12/2011
9	Chris Chea	344.83	Woking Centre of Excellence	77	270	26/11/2011
10	Kivumbi Musoke Mubarak	340.49	Crossfit Manchester	62	235	16/07/2011

... Senior Women ...

Pos	Name	Sinclair Pts	Club	Wt Cat	Total	Date of total
1	Zoe Smith	253.94	Europa Weightlifting Club	63	204	07/11/2011
2	Natasha Perdue	239.74	Unattached (Wales)	69	203	16/07/2011
3	Joanne Calvino	233.72	Crystal Palace	48	153	26/11/2011
4	Helen Jewell	231.05	Ivybridge Weightlifting Academy	63	183	16/07/2011
5	Hannah Powell	228.5	OCOS	48	140	10/10/2011
6	Emily Godley	217.77	Crystal Palace	63	171	26/11/2011
7	Sunny Brar	210.34	Sutton	58	160	26/11/2011
8	Georgina Black	205.43	Kilmarnock Amateur Weightlifting	75	177	27/11/2011
9	Jessica Embacher	196.2	Lochen	63	155	26/11/2011
10	Helena Wong	191.19	Loughborough University	53	136	19/03/2011



BWL News



Power 2 Podium: Update!

THE search for the next generation of Great British weightlifting athletes continued this month when the second phase of the Power 2 Podium scheme was staged by British Weight Lifting at their Leeds base.

The UK Sport scheme aims to unearth new talent through a series of tough tests and trials, and the latest stage saw BWL and UK Sport staff put the hopefuls through their paces.

BWL Performance Officer Dan Wagner said: "The athletes initially went through a battery of physical competency tests in the morning, led by BWL Performance Support Officer Tom Whittaker.

"These consisted of 30-metre sprints and a series of jumps to test their speed and power, the fundamental tests for a identifying a potentially good weightlifter.

"The athletes then took part in a group workshop led by Luke Gupta (UK Sport) which aimed to give the athletes a greater understanding of the journey involved in developing as a World Class performer and to begin to investigate some of the psychosocial barriers to success amongst short listed athletes."

Later in the day the athletes took part in a series weightlifting specific exercises, and there were a number of GB athletes present who helped give technique points to the potential weightlifters.



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BWL News



First CrossFit Open a Big Success!

THE first BWL CrossFit Open took place in Hampshire on Saturday, and proved a big hit with all who were there either competing or watching.

The event hosted by venue future Olympic Alternative Fitness Solutions in weightlifting. Andover - ran very smoothly Competitors had and saw many CrossFit three attempts at members taking part in their the snatch and first ever Olympic weightlifting clean and jerk in competition. the morning



Progress

With the help of BWL referees and Alistair Hancock's DartFish Analysis, competitors were able to get feedback on both good and failed lifts to help them progress both within the competition and with their

to the CrossFit workout in the afternoon.

Congratulations to the overall winner of the men's group Matt Bolton who finished with a combined total of 520.4, and also to Katie McQueen who won the women's group with a combined total of 285.2.

Totals were reached by combining Sinclair points with total reps in the CrossFit competition.

Thanks to everyone who supported the event and made the day run smoothly. Watch this space for the next BWL CrossFit event."



BWL at Athlete Summit

GB weightlifter Ben Watson and powerlifter Ali Jawad (pictured) attended the Team GB Athlete Summit earlier this month, along with representatives of every other Olympic and Paralympic sport.

The athletes heard from London 2012 Games chairman Seb Coe and Baroness Tanni Grey-Thompson about preparations for next year's games, and received a full tour of the Olympic Park as part of plans to make the

athletes feel at home in the surroundings for next year's event.

"The athlete summit was an invaluable experience as it gave me an insight of how the Olympic Park will operate during the games," said Ali, who competed at the Beijing Paralympics four years ago. "I really enjoyed the talks by former Olympic/Paralympic champions which were very motivating and inspirational. I can't wait for the games to finally arrive."

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BWL News



Forthcoming Competitions

BWAD UK Invitational

Cardiff

21st January 2012

Tri-Nations Tournament

Bristol

11th February 2012



BRITISH
WEIGHT LIFTING

STUDENT CHAMPIONSHIPS 2012



BWL STUDENT CHAMPIONSHIPS 2012

Olympic Weightlifting - Saturday 24th March
Unequipped Bench Press - Sunday 25th March

Leeds Met Carnegie Sport Centre
Headingley Campus, Leeds, West Yorkshire LS6 3QS

ENTRY DEADLINE : 24th FEBRUARY 2012

FOR MORE INFORMATION GO TO www.britishweightlifting.org

English Championships

Lilleshall National
Sports Centre

18th February 2012

Welsh Championships

Venue TBC

18th February 2012