

2018 CALENDAR OF EVENTS

AUGUST

World Masters*

18–25 August 2018
Barcelona, Spain

SEPTEMBER

Eastern Districts

9 September 2018
Crossfit MXP, Stirling

**British U23, U20, U17 & U15
Weightlifting Championships
2018***

15–16 September 2018
Castleford

**Scottish Under 18's &
Scottish Development
Cup R 3**

22 September 2018
Pitlochry

Please note this competition will be
run on two platforms

OCTOBER

Northern Districts

6 October 2018
Arbroath

Western Districts

Date & Venue TBC

Youth Olympic Games*

6–18 October 2018
Buenos Aires, Argentina

European Juniors*

24–31 October 2018
La Coruna, Spain

**Celtic Nations
Championships**

27 October 2018
Ireland

NOVEMBER

Scottish Open*

3 November 2018
Elysium, Edinburgh

**Scottish Development
Champs
& Scottish Dev. Cup R 4**

17 November 2018
Gladiator WLC

UK Masters Open

24 November 2018
Gladiator WLC

World Seniors*

24 November — 3 December 2018
Lima, Peru

All events that are TBC are in need a
venue and a club to host. If your club
is able to host an event please contact
Alex Phillips for details. a.phillips91@
btinternet.com

MEMBERSHIP AND EVENT REGISTRATION

As of January 2018 registration for Weightlifting Scotland club **affiliation, membership** and **competition** entries will only be done online via the **British Weightlifting website**.

Membership fees (which will increase slightly) include full affiliation or membership for both Weightlifting Scotland and British Weightlifting, and allow access to the BWL online portal to view rankings and results. Furthermore, competition entry and payment will be updated and streamlined through the new system.

This change does not affect current memberships / affiliations - all are still valid until expiration. We recommend checking your status date at this time.

January competitions that have been announced will still be handled through Weightlifting Scotland. Entry forms for January events can be downloaded from **www.weightliftingscotland.com**

2018 WLS Competition Directors Report

Competitions

In 2017 WLS successfully ran 17 competitions in Scotland, including the Celtic Nations at Edinburgh Napier University in October. These competitions were held in 8 venues, with the Gladiator club holding 7 of them. Also, because of the IWF restrictions on qualifying competitions for the Commonwealth Games, the Scottish Seniors was moved from November to March.

Referees

There was a total of 17 referees (10 male and 7 female) that officiated at these competitions. Although that may sound a lot, at a Scottish championships there should be 10 officials per group. 3 referees, 3 members of a jury, a Technical Controller, a Chief Marshal, a Time keeper and a Speaker. This means that some officials have to fill 2 positions and at most competitions there is no jury, technical controller or marshal. If this is to change we need more people to sit referee courses, and we also need the 20 plus qualified referees, who never appear at competitions to step up, and start helping out at these events if this situation is to improve.

Female Ranking Lists

Total number of lifters 101 with 9 over 200 sinclair points. 40 lifters achieved Scottish senior qualifying.

Senior No.1	Evgenia Sergeychuk	226.77 pts.
U-23 No.1	Rowan Morrogh Bernard	203.92 pts.
Junior No.1	Rowan Morrogh Bernard	203.92 pts.
Youth No.1	Rowan Morrogh Bernard	203.92 pts.

Male Ranking Lists

Total number of lifters 143 with 12 over 300 Sinclair points. 39 lifters achieved Scottish Senior qualifying.

Senior No.1	Craig Carfray	346.53 pts.
U-23 No.1	Zach Courtney	342.85 pts.
Junior No.1	Jason Epton	340.75 pts.
Youth No.1	Jason Epton	340.75 pts.

Commonwealth Championships

In September Scottish lifters enjoyed success at the Commonwealth Youth/ Junior championships in the Gold Coast, Australia with medals going to 5 of our lifters. In the

Youths

Daniel Richardson GOLD 94 kg class
Jason Epton SILVER 77 kg class.
Emily McKibbin BRONZE 53 kg class
Rowan Morrogh Bernard BRONZE 58 kg class.

Juniors

Beth McKellar BRONZE 58 kg class.

Notable mention:

Thomas Whelan just missed out on a medal when he finished 4th in the 94 kg class.

New set up with BWL

Because of the new agreement between BWL and WLS all competitions in Scotland must be registered on the BWL – Sport 80 website.

Anyone wishing to hold a competition in Scotland must inform the WLS Competition Director, Alex Phillips. Then register it on the Sport 80 website and pay the registration fee of £25. Entries for this competition will not become active until this fee is paid. If there are any problems entering competitions, the entrant must contact the BWL office, as only they can sort it out.

2017 WLS Secretary's Report

2017/2018 developments

- Membership and the areas members come from continues to develop.
- We are having to increase the number of competitions in order to limit the size of matches.
- 2017 saw the first ever Northern District in a generation.
- The Scottish Open had a qualifying standard, and this will be increased for 2019.
- All Coaches and Officials now require PVG certificate.
- The board are now working on rebranding the company.

Relationship with BWL and the home nations.

- The structure with BWL has now been signed off.
- Members now join BWL, with WLS being a subsidiary organisation.
- The BARS/Sport 80 is now in place (there have been a number of teething issues though).
- When entering a competition, this is now done through the BARS system.
- The Celtic Nations will continue as normal and we are working on holding a home nations in the future.

Funding background.

- All our funding is now self generated.
- This comes from two main sources:
- Membership (both individual and club) as part of the agreement with BWL.
- Competitions, WLS receives a fee from all clubs holding senior competitions.
- We have other sources (clothing, sponsorship, etc. all of which we are trying to develop.
- We do need more variety in our funding base in order to improve the stability of the company.

Commonwealth Games/Championships.

- We have been through another Commonwealth Games. Some members of the board have now seen several Commonwealth Games.
- Last year we were concerned at whether we would have any lifters at the games.
- We were delighted to get four athletes selected, but another games has passed without a medal.
- Raymond will give you more information on the 2018 squad and performances.

Coaching Development & Technical Official Development.

- We are still very short of fully qualified Coaches and Technical Officials.
- Every competition is larger and there are more competitions. There are more clubs and these are also getting larger. We need more Coaches and Officials.
- To coach, you need to have a Level 2 BWL coaching Certificate. To officiate, you need to have passed the Referees Exam.
- You also need to have a PVG in place through Weightlifting Scotland.
- If you don't have these in place, you should not be coaching or refereeing, and will be prevented from Coaching/ Officiating at competitions.

2018 and into the future.

- Again, the Business continues to grow.
- We need some new faces to get involved at all levels. Don't wait to be asked. We can always find work for you.
- New marketing methods are being used to attract members.
- More coaches and officials are necessary to support the clubs and competitions.
- We need more and bigger venues. Competitions can now have 100+ entries, so entries are being restricted through use of Qualifying Standards or limited entries to matches.
- To make competitions more accessible, we are now looking at County or Regional Championships.

New Districts Breakdown

Introduction

Up until last year, we have only had the Eastern and Western Districts. Effectively, if you lifted on the west side of the country, you lifted in the Westerns, for the east side it was the Easterns. In 2017, for the first time in years, we held a Northern Districts.

How do We Decide on the Regions

- Previously, if you lived in the west of the country, you lifted in the Westerns. In the east, was the Easterns.
- We took a pragmatic approach. As the Easterns have traditionally been smaller, people from the “central regions” lifted in the Easterns.
- With the Northern now up and running, and all three areas having well developed clubs, we have decided to formalise the regions.

So how does it work.

- The region you LIVE in will decide where you live. This can mean you lift in a Regional different from the area your club is based in.
- Your region will be based on post code. This will make it easy to work out what region you are allocated to.
- It does give some complications as post code regions like Perth, stretch from the Tay to the West Coast.
- The break down is as follows:

Northern

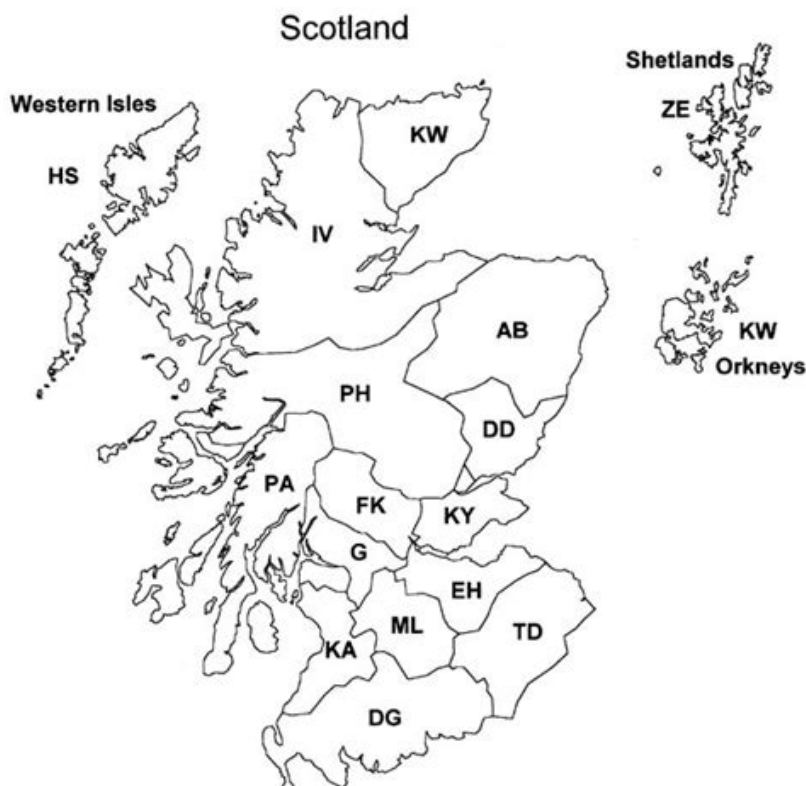
- Shetlands (ZE)
- Orkneys (KW)
- Western Isles (HS)
- Inverness (IV)
- Aberdeen (AB)
- Dundee (DD)

Eastern

- Perth (PH)
- Falkirk (FK)
- Kirkcaldy (KY)
- Edinburgh (EH)
- Borders (TD)

Western

- Paisley (PA)
- Glasgow (G)
- Motherwell (ML)
- Kilmarnock & Ayrshire (KA)
- Dumfries & Galloway (DG)



2017 Team Manager's Report – Commonwealth Games 2018

Results

- All lifters finished in the top 10
- Placings were 7th 8th & 9th
- One lifter was ill for all but a few days after arrival (Grumbling appendix) which led to appendix being removed shortly after return to Scotland.

Sunshine Coast Team Camp

- Arrived in Sunshine Coast on 23rd March.
- Time spent in the training camp was approx. 9 days to acclimatise and train before going to CGV.
- Training venue was in a local club 15 mins drive away with unlimited access.
- Training was difficult on occasion due to the humidity at times but the lifters trained hard and well, achieving pretty much everything on their programmes.
- There was plenty of R&R for the lifters with access to a car if they wanted to go sightseeing or to watch fellow team members in practise.
- Access to the medical team, physio, massage and nutritionist was very good and used extensively.
- 3 of 4 lifters needed to make weight and did so comfortably on their competition day.

Games Village

- Arrived in the games village on 31st March to avoid Easter weekend travel.
- Rest day on arrival as had to attend welcoming ceremonies etc.
- First training session was on Sunday 1st April and the bus trip time was approx. 20 mins.
- Training venue was excellent.
- Training times varied each day on a rota system with the other countries.

Lifter Order of competition

- Lisa Tobias – 48kg class 139kg total and 8th Place and 2kg below best total. New Scottish record C&J and went 3/6 lifts.
- Jodey Hughes – 58kg class 160kg total and 9th Place and 2kg below best total in 58kg and went 2/6 lifts.
- Scott Wilson – 94kg class 311kg total 7th Place and 2kg below best total in 94kg and got a new PB C&J by 1kg and went 4/6 lifts.
- Zach Courtney – TM pulled Zach Courtney from competition before C&J due to illness.
- 2 lifters achieved a PB in Either Snatch or C&J and all within 3kg of best totals in their respective Bwt Class.

Games Village

- The living quarters were good, the food was good and varied
- Never had any transport issues
- Good reports/comments back from CGS for Weightlifting and Wrestling

Conclusion

- We did well to get all lifters to place in the top 10.