

THE ALL-ROUND STRENGTH ATHLETE



THE RETURN OF OUR NEWSLETTER

The long awaited return of the Australian all-round weightlifting newsletter has come. Carrying on from where *The All-Round Strength Athlete* left off *The All-Rounder* aims to provide Australian all-round weightlifters the same quality news that *The All-Round Strength Athlete* provided.

last year was a big year for ARWLWA with the club deciding to no longer remain a member club of the BSRC and the club removed all the equipment out of the BSRC.

2019 will see Peter Phillips host the IAWA Gold Cup which is the second time this prestigious IAWA event has been held in Australia.

All members are reminded to ensure their membership is up to date to ensure they are eligible to compete in this year's meets. 2019 membership forms will be available soon.

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ARWLWA'S NEW HOME

All-Round Weightlifting WA has relocated from the Belmont Sports and Recreation Club (BSRC) to the Lambda Academy in Mundaring.

The move came as a shock to some members as the club has been located at the BSRC for over 20 years. The unfortunate reality was the the club was no longer welcomed at the BSRC who believed the ARWLWA weights room to be under utilised. It had become impossible for us to work with BSRC with the majority of



of our room booking were either cancelled or not hounered by the BSRC, which made it very difficult to run meets. The decision was made to relocate the club to the Lambda Academy. A fantastic facility run by Kat Becker who offered a space for the club to store its equipment and run meets out of the facility.

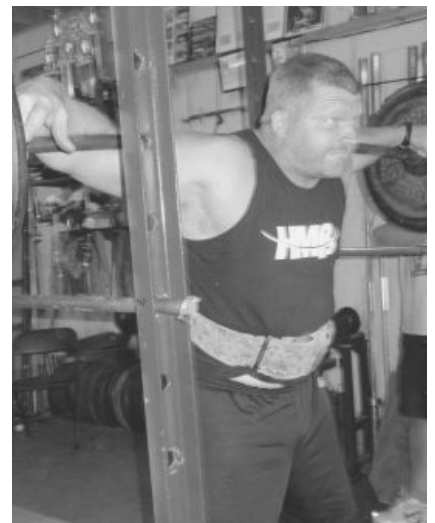
The move to the Lambda Academy has breathed new life into the ARWLWA club. Memberships has grown since the move and the members are finding it refreshing to lift in a facility that has a passion for strength and a fun time. Members of the Lambda Academy have been fantastic in supporting all-round weightlifting with even a few cooking up a few snags on the BBQ.

WE ARE GROWING

All-round weightlifting in Australia is growing with new members joining ARWLWA and the arrival of a new club in Ballina, NSW. In 2017 two lifters from Paul Anderson's proposed Victorian club competed in the World Championships in Perth and there is the possibility of

OTSM WORLD POSTAL

2018 has seen the arrival of a new IAWA event, the Old Time Strongman World Postal. This event is the brain child of Al Myers (USA, IAWA President and founder of OTSM) and John Mahon (Australia). With the OTSM becoming one the more popular events in the Australian and USA all-round calendars the idea of a world postal seemed to be the right choice. The first postal was held in July this year and it was very successful with lifters from Australia, UK and USA competing. This event is set to continue with it being held in July each year at one single venue per participating country



seeing more lifters out of Victoria in the future.

2017 also was the arrival of the new club from NSW the Ballina All-round Weightlifting Association (BWA). The club has a certified ARWLWA referee and has been actively holding meets including participatin in the Australian Postal League.

AUSTRALIAN POSTAL LEAGUE

By John Mahon



THE WA SHIELD

Last year I introduced the Australian Postal League. I decided to introduce this league to give the members from NSW and Victoria meets to compete in. The response from the NSW and WA members has been brilliant.

I do owe those who took part an apology as the postal did fizzle out this year due to personal reasons out of my control.

But the Australian Postal League is back this year and it will consist of 3 rounds. As with last year there will be a leaderboard that will be updated after each round so lifters can see how they are traveling.

I am yet to decide if I will continue with the combined Lynch Points over all rounds scoring system. I will let every one know before the first round

Round 1

Push/Pull - March

Round 2

WA Shield - May

Round 3

IAWA World Postal - August

With ARWLWA relocating to the Lambda Academy the club's iconic event, the BSRC Shield, was re-branded. Now named the WA Shield this event is still held in May annually and the same three lifts are contested. The major change that has brought into the new shield is that it now displays the winners of both the Men's and Women's divisions instead of the over-all winner of the combined Men's and Women's divisions.

The BSRC Shield was presented to Bill Kappell for safe keeping. Bill has dominated the the BSRC Shield since its inception and has kicked off the new era by claiming the WA Shield along with Monica Cook.

PETE'S BAREFOOT

Pete's Barefoot competition is back on again this year with meet being held on 17/2/19. This unique concept has become a ARWLWA tradition with the the meet kicking off the ARWLWA calendar year annually. This a fun meet for all involved with Peter putting on a big feed for everyone afterwards. This meet takes raw lifting to a new level with no belts, wraps or shoes allowed. It has been great to see this concept evolve over the years. The first one was held in 2013 which had a variety of events involve such as the caber toss, 1" rod lift, stone deadlift ect. Peter has refined this meet to his favourite lifts he has discovered over the past few years.

THE BIG CHANGE COMING

The ARWLWA 2018 AGM was held on Sunday the 4th November after the Australian All-Round Weightlifting Championships. There was a fair bit discussed at the AGM but the most significant outcome of the meeting was the change the ARWLWA's constitution.

Due to changes made to the Western Australian Clubs Act ARWLWA needed to make amendments to its constitution to comply with changes made to the clubs act. After careful consideration it was decided that it was time for ARWLWA to evolve into the true national Bodie for all-round weightlifting in Australia. This involves the introduction of a new constitution and a change in name. The new constitution and name was voted inunanimously at the AGM and the our new national body is now the All-round Weightlifting Federation of Australia (ARWFA). These changes will be implemented within the coming months.

What these changes mean is that the Australian scene will function much like the USAWA and IAWA(UK) with a national governing body which has clubs and membership. This means the anyone who wishes to compete in all-round weightlifting in Australia will need to pay a membership fee to ARWFA. This annual fee will be the same as the annual ARWLWA fee but will no longer be exclusive to Western Australian lifters. This is the same with any other association in Australia where all competitors are required to hold membership with the governing body of their sport.

Along with the changes will come policies and forms to ensure clarity for all members. The first policies have already been introduce with the 'drug free' and 'reimbursement' policies voted in and signed off on during the AGM.

This is a big change for all-round weightlifting in Australia but is a positive change for our sport and on the back of what was are best national championships yet the future for this great sport looks to be very bright indeed.

2019 GOLD CUP

2019 will see the return of the Gold Cup to Australia. This is the second time ever that the second biggest IAWA event will be hosted on Australian soil. Promotor Peter Phillips is hoping to see a good array of international and Australian lifters hit the platform for this elite records breakers meet. Unlike any of the other IAWA international events, the Gold Cup does have a qualification standard to compete. The qualify for the Gold Cup a lifter must have a current World Record in any of the IAWA lifts. You do not need to hold a World Record for the lift you wish to do at the Gold Cup, just a current World Record in any IAWA lift.

This event will be a special weekend for Australia lifters with the Australian Championships to be held on the Saturday 2nd of November followed by the Gold Cup on the Sunday 3rd of November. The Australian Championships and Gold Cup will held on the same weekend to give lifters outside of WA the opportunity to be able to get to both events.

AUSTRALIAN CHAMPIONSHIPS

We had our first real Australian all-round weightlifting Championships this year with our first interstate lifter making the journey over from Victoria to compete. 12 lifters competed on the day with an even field of both male and female lifters. Both divisions were closely contested where the hand and thigh lift was the deciding lift for both divisions.

Racheal His put in a fantastic performance to claim her first Australian title which was no easy feat for her as she was against quality competition.

The men's division was no different. The men's came down to the last lift with Jay Waller pulling a 500kg hand and thigh lift to clinch the men's and over-all title



INTERNATIONAL NEWS



The international calendar is done and dusted for another year and now we look to the next couple of years of events planned.

The IAWA Worlds and Gold Cup were once again highly competitive meets showcasing the best of the IAWA lifters. The World Postal was a huge success once again and we saw the introduction of the OTSM World Postal. The world council meeting had the proposal of a new lift, which will go to the technical committee to discuss, which is dedicated to the Dinnie Lift.

The big news that most want to know from the council meeting is the locations of the upcoming International events. The 2019 World will be hosted by Al Myres in Abilene, Kansas USA on October 5th&6th, the lifts: **day 1** reverse curl, 2 hand snatch

from hang, 1 hand clean and jerk, 2 hand thumbless deadlift. **Day 2:** pullover and push, continental to belt, straddle deadlift 2" bar.

The 2019 Gold Cup will be hosted by Peter Phillips in Perth, Australia on November 3rd
Bids were accepted for the 2020 Worlds and Gold Cup with the Worlds to be hosted by Denny Habecker in the USA and the Gold Cup to be hosted by Steve Shanks in Ireland.