

# Annual Report

## EXECUTIVE BOARD

President	John Zelenjak
Vice President	Madeline Wu
Treasurer	Alvin Chen
Secretary	Linda Eades

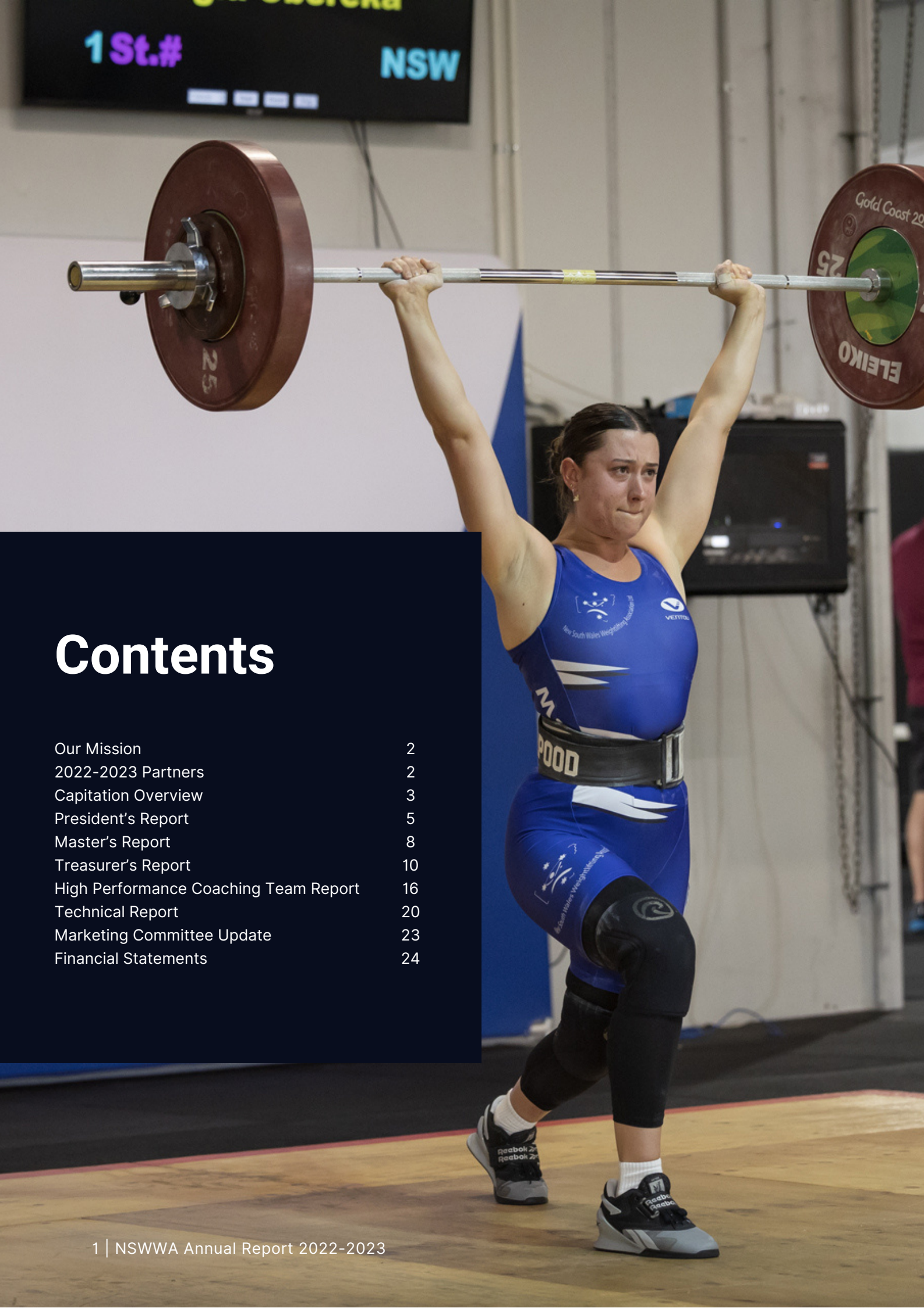
## COMMITTEE

Matt Meddows  
Peter Upham  
Verity Park  
Yannick Mifsud

+61 414 941 219  
[info@nswweightlifting.com.au](mailto:info@nswweightlifting.com.au)  
[www.nswweightlifting.com.au](http://www.nswweightlifting.com.au)

2022-2023





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# Our Mission

NSW Weightlifting Association's mission is to provide a safe environment that will enhance the growth of our community and to pave an individual path of success for all who participate in the sport of weightlifting on a local, state, national and international level.

## 2023 Partners



# Capitation Overview

## Athlete Capitations 2023



ATHLETES

**319**



FEMALE

**159**



MALE

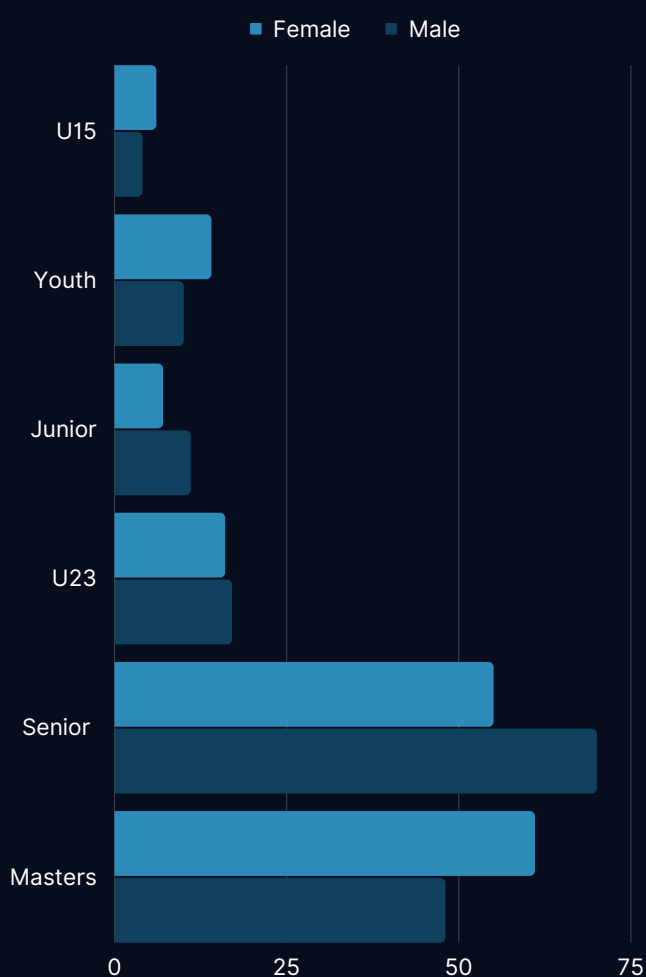
**160**



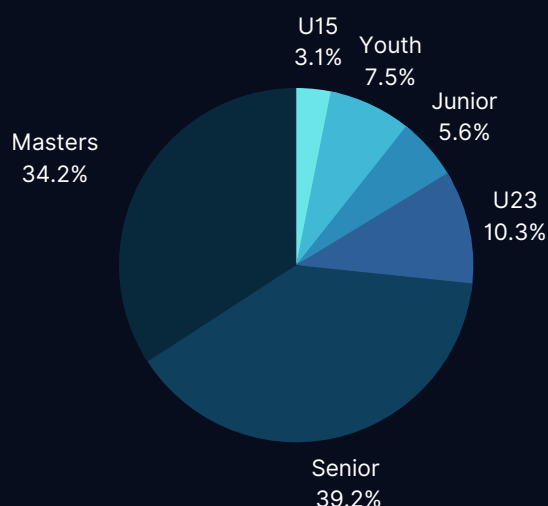
CLUBS

**41**

Athlete Capitations by Age Group



Athlete Distribution by Age Group



Athlete Capitations by Gender

Year	Total	M	F
2021	299	154	145
2022	355	181	174
2023	319	160	159



## Member Capitations 2023



MEMBERS  
**425**



FEMALE  
**46.8%**

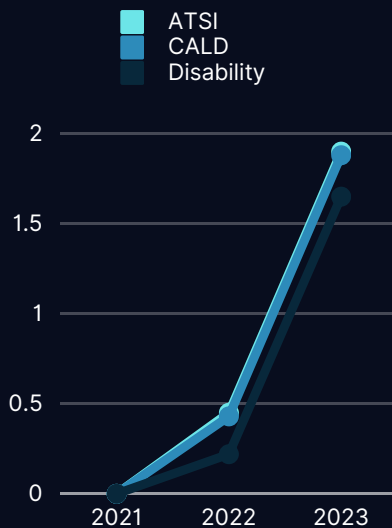


MALE  
**53.2%**

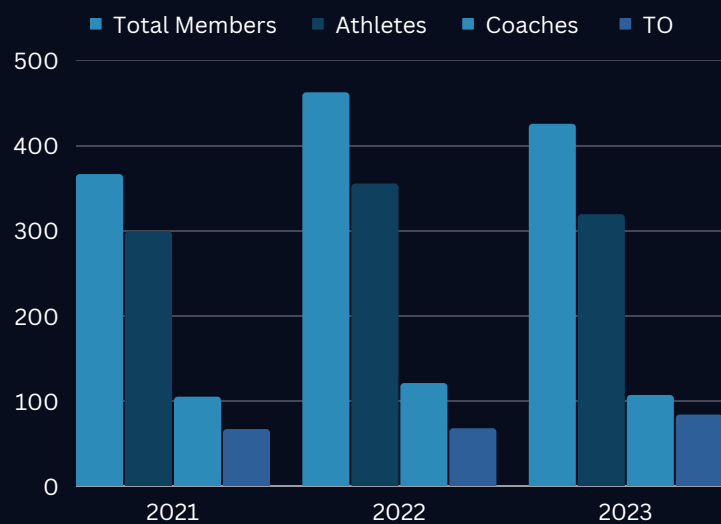


ATHLETES  
**87.5%**

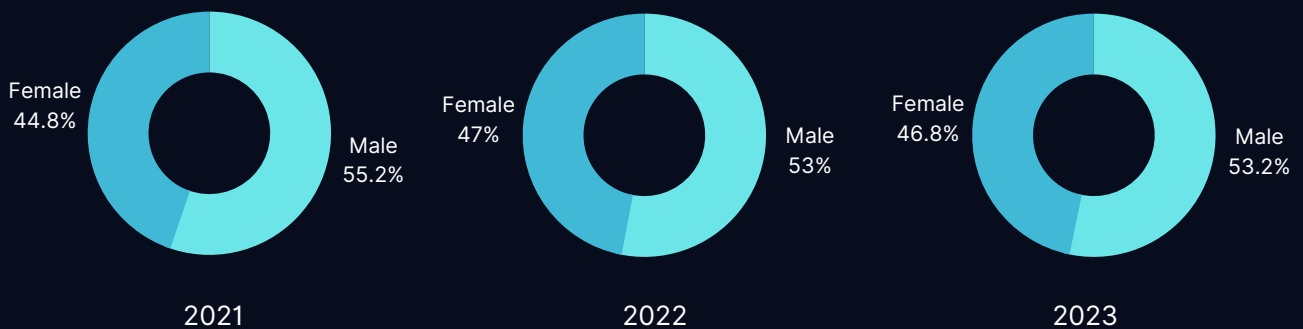
Percentage of Diverse Members



Total Members, Athletes, Coaches & TO



Male vs Female Members



# President's Report

Prepared by John Zelenjak - NSWWA President & CEO

It is an honour to present my first report as the President of the New South Wales Weightlifting Association and I do so paying tribute to my predecessor, Mary Macken, who was the first female president of NSWWA. Mary led our great state with professionalism, distinction, humility and grace and I hope to emulate those attributes during my tenure.

The 2022-2023 year was a chance to consolidate on some great momentum gained off the back of the 2022 Birmingham Commonwealth Games and NSW has showed a breadth of appetite for Weightlifting which bodes well for the future. I would like to congratulate Kyle Bruce from Uplift Gym for his silver medal at the Commonwealth Games and would like to recognise him for not only his amazing performance, but also for his time presenting placings at competitions and being a great ambassador for NSWWA. I must also recognise Ridge Barredo from Aklon Weightlifting Club and Jackson Roberts-Young from Shire Speed and Strength for their performances at the Games, and congratulate Jackson on his AWF National Record clean and jerk of 202kg on his second attempt. Great performance!

We have invested in a new state-of-the-art projector and screen which had its debut at the

2023 AWF Masters Championships in June. Also featuring at this competition was our new modular competition platform and full competition set of bars and plates. NSWWA also purchased a number of women's training bars to be used for competition warm-up. This significant investment led to the 2023 AWF Masters Nationals receiving significant praise from athletes, coaches, officials, spectators and AWF directors. It again reinforces the fact that NSWWA holds world-class competitions, including for dual-platform events.

A key take-away from that event was the important role the members NSWWA play on competition days, and how important a part they play in hosting a major event. A massive thank you must be made to our technical officials who volunteer their time each and every competition. Without these people, competitions simply cannot take place, so I will just say thank you so very much, I am so sincerely grateful of your time and efforts. Another unsung, yet critical hero, are the competition loaders. Bars don't load themselves, and people that can spend some time before or after their session loading are amazing, as are the people who come in and just load all day. Thank you to all our competition loaders.



New initiatives were implemented and others were developed further during 2022-2023 and now the NSWWA calendar features multiple Women in Weightlifting workshops, a Kids Classic competition, Masters Training Camps, coaches conferences and an increasing number of regional competitions. NSWWA has also announced and commenced funding assistance to our high-performance athletes who represent Australia at international competitions. Already I have received feedback of how appreciative our athletes are knowing that NSWWA members are supporting them when wearing the green and gold. In the coming years we will continue to drive innovation in competitions, training camps, awards nights and other activities so that both participation and enjoyment will increase for all our members.

A large number of these events cannot take place without our partners and sponsors so I would like to thank Sport NSW, The NSW Government Office of Sport, the Australian Weightlifting Federation, Quaycentre, Sydney Olympic Park Authority, The Commonwealth Games Association NSW as well as DKM Blue, Knurly Barbell, Tsar Fitness and Sensei & Co.

In August of 2023 we said goodbye to one of NSW's best weightlifting ambassadors, and an absolute gentleman of a human being in Joe Brent. Joe was a highly decorated weightlifter during his time on the platform and continued his love for the sport by coaching a number of lifters to the highest levels. We were fortunate enough to hear some stories about Joe at the NSWWA Memorial Competition which happened to be shortly after Joe passed. It is fitting for a man such as Joe to leave such a large legacy behind and we look forward to adding Joe Brent to the pantheon of NSWWA greats and celebrating him at the annual Memorial Competition.

In December 2022 a new Board of Directors was elected which includes six new directors

and now the board represents seven different NSW clubs. This wider representation is a direct result of members making their voices heard and it is great to have broader representation, as well as people new to sports governance who can take the sport into the coming decades. In addition to the wonderful contribution from Mary Macken whom I mentioned earlier, the contribution of former Treasurer and CEO Luke Borreggine needs to be acknowledged and his service to weightlifting in NSW for over forty years. Luke has decided to spend more time with his wonderful family and has passed the baton to the current board. Thanks must also be given to Robert Mitchell, a previous office bearer and previous NSW Head Coach.

The coming year has a number of challenges including securing additional funding streams as well as application for existing grants in an ever-tightening funding pool, securing a longer-term lease at Quaycentre, developing regional competitions, hosting more national championship events as well as making sure that all our member clubs and lifters, coaches and technical officials are well looked after. I'm sure you will agree that we will all be kept busy.





I would like to thank the parents, partners and supporters of the athletes who attend competitions to support their loved ones. Our events are what they are because of you, so please keep supporting your lifter and come and enjoy our competitions. Also, to the people most important to the sport of Weightlifting in NSW and those are the members of NSWWA. Thank you for supporting our wonderful sport and being such great ambassadors.

Finally thank you to the current Board of Directors for the tireless work you do volunteering your time to help make Weightlifting an amazing sport.

A special thank you goes to our Secretary, Linda Eades, for all your work in keeping the sport running smoothly. It is because of your professionalism, passion and perseverance that NSW is leading Australia in this sport and we do not thank you enough for that.

White Lights,

John Zelenjak  
NSWWA President and CEO.



We acknowledge the Wangal people as the traditional owners of the land now known as Sydney Olympic Park, and to other traditional owners of country all around New South Wales that we visit whilst enjoying the sport of weightlifting. We pay respects to all peoples and elders past, present and emerging.



# Masters Report

Prepared by Matt Meddows - NSWWA Director

The first part of the year saw Masters hitting the platform both locally and internationally to secure a total to be eligible to compete at the 2023 State and National titles.

The international competitions started in December 2022 with 4 NSW Masters lifters travelling to Florida USA to compete in the IWF World Masters Championships. This was a massive world stage event with over 1200 lifters from all around the world across 7 days of competition.

March 2023 saw a second international event, the Masters World cup held in New Zealand, which combined the Oceania and Commonwealth championships. A large number of NSW lifters attended the event and achieved great results with many obtaining PB's across the lifts.

The first of the major local competitions was the NSW Masters State Titles held in April 2023 at the Quay Centre. Over 100 lifters

took part in this massive weekend which saw over 50 pbs on the platform. We thank all the volunteers that helped across that weekend to make it possible.

In June 2023, NSW Weightlifting hosted the AWF National Masters Championships at the Quay Centre in Homebush where NSWWA teamed up with Tsar Fitness to supply new female barbells and a complete set of plates for each warmup platform. This took hosting Nationals to a new level and set a new standard for Masters Events in Australia. With approximately 1000 lifters from across the country converging on Homebush, running a two-platform competition was a must which resulted in a second platform being purchased by NSWWA.

In addition to several NSW lifters being crowned National Champions, Mary Macken, Andrew Stavroulakis and Matt Meddows also took out the best overall lifter awards for their age groups, and NSW took 2nd place in the male's division.



Poland was host of the 2023 Masters World Championships where two NSW lifters were crowned world champion. Former NSWWA president and HrdKAW lifter Mary Macken winning gold and best lifter with a 6/6 performance, and Atletika lifter Danica Hampton competing under New Zealand also winning Gold. Great effort to all NSW lifters who attended that event, also to HRDKAW's Brian Banez for travelling across to coach most of these athletes.



### **What's still to come from NSW Master's weightlifting?**

September will see the inaugural Masters camp taking place. This is an event specifically designed for Masters lifters to come together, train, socialise and set goals. This year's camp will be held at NXTLVL Functional Movement in Port Macquarie.

October 1st sees Masters qualifying period opened for the 2024 season. The November 12th MM Weightlifting open competition is going to see a number of Masters athletes coming together to show what south west Sydney has to offer.

**2024** – NSW Masters titles date to be confirmed

**2024** – National Championships and World Cup events will be held on the Gold Coast 19-24th June





# Treasurer's Report

Prepared by Alvin Chen - NSWWA Treasurer

This report provides an overview of the financial activities and developments within NSW Weightlifting Association (NSWWA) for the fiscal year, covering the period from 01 July to 31 June.

The report outlines the progress made following the appointment of the new Board of Directors in December 2022, income sources, financial cleanup, process implementations and improvements, and notable funding initiatives aimed at enhancing the organisation's mission and impact to the sport in NSW.

## **New Committee Appointment**

December 2022

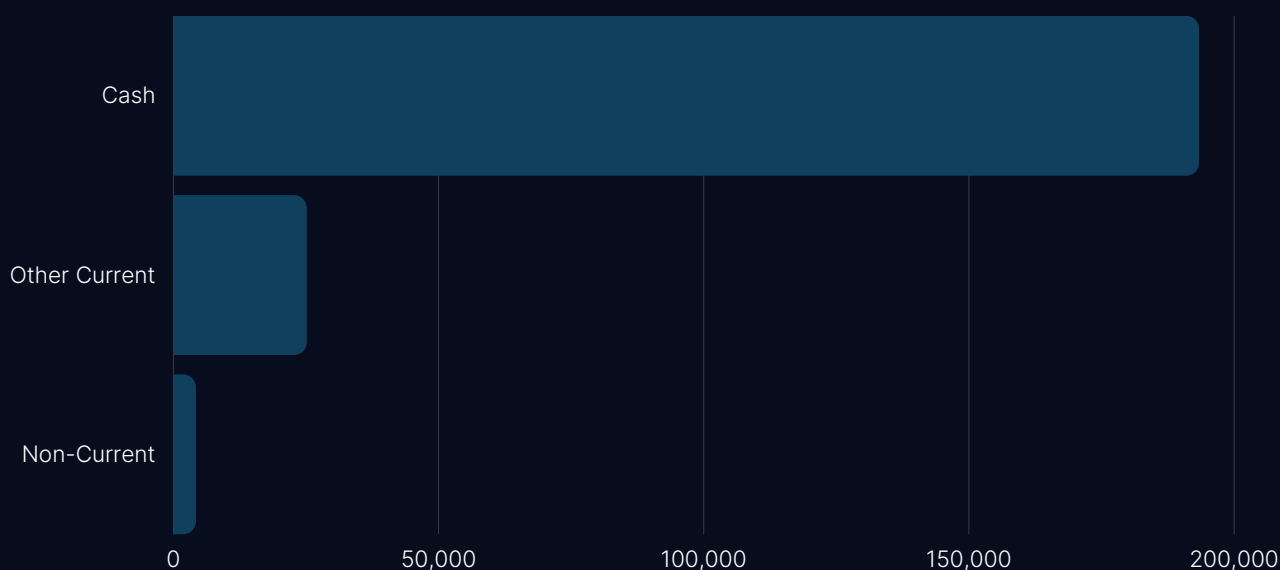
In December 2022, a new committee assumed leadership roles within the organization. This pivotal change marked a crucial juncture in our financial management, as the previous accounts were found to be disorderly and lacking in transparency. The new committee members took immediate action to address these concerns and initiate a path toward financial clarity and accountability.

In addition, a Financial Sub - Committee was established, consisting of 3 Board members. The role of this Sub-Committee is to observe and review the financial management of the accounts and expenditure are substantiable as well as being utilised in a proper manner.



## Current Standings (as of 30 June 2023)

Balance Sheet Summary	
Cash Assets	\$ 193,311.80
Other Current Assets	\$ 25,057.36
Total Current Assets	\$ 218,369.16
Total Non-Current Assets	\$ 4,150.23
<b>NET ASSETS</b>	<b>\$ 225,519.39</b>
Total Current Liabilities	\$ 0.00
Total Non-Current Liabilities	\$ 0.00
<b>NET LIABILITIES</b>	<b>\$ 0.00</b>
<b>TOTAL EQUITY</b>	<b>\$ 225,519.39</b>



## Income Sources

Throughout the fiscal year, the NSWWA derived its income from diverse sources. Predominantly, the revenue came from three difference income categories: Membership fees, competition and other various related income, and a supplementary allocation from the New South Wales (NSW) Government.



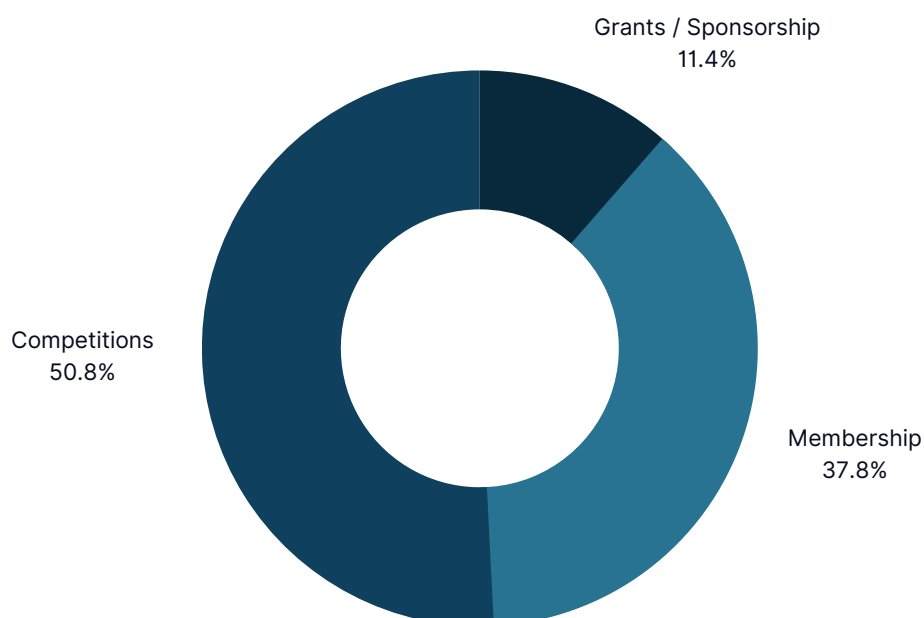
**Membership Fees:** The cornerstone of our financial stability was the consistent flow of revenue from membership fees. This dependable source of income provided essential support for the organization's ongoing activities and initiatives.

**Competition and other various related Income:** Another substantial source of revenue was the fees generated from the participation in various competitions organized by the organization. These competitions attracted both our members and external participants, contributing significantly to our financial health.

**NSW Government Funding:** Additionally, a portion of our income was sourced from funding provided by the NSW Government. While constituting a smaller fraction of our revenue, this funding played a valuable role in bolstering our operations and fulfilling NSWWA's mission and development of various new programs.

#### Income Summary

Grants / Sponsorship	\$ 20,000.00
Membership (Club/Athlete/TO/Coach) (excl capitation)	\$ 66,250.46
Competitions and other various income (Including AWF National entry fees)	\$ 89,075.17
<b>TOTAL INCOME</b>	<b>\$ 175,325.63</b>



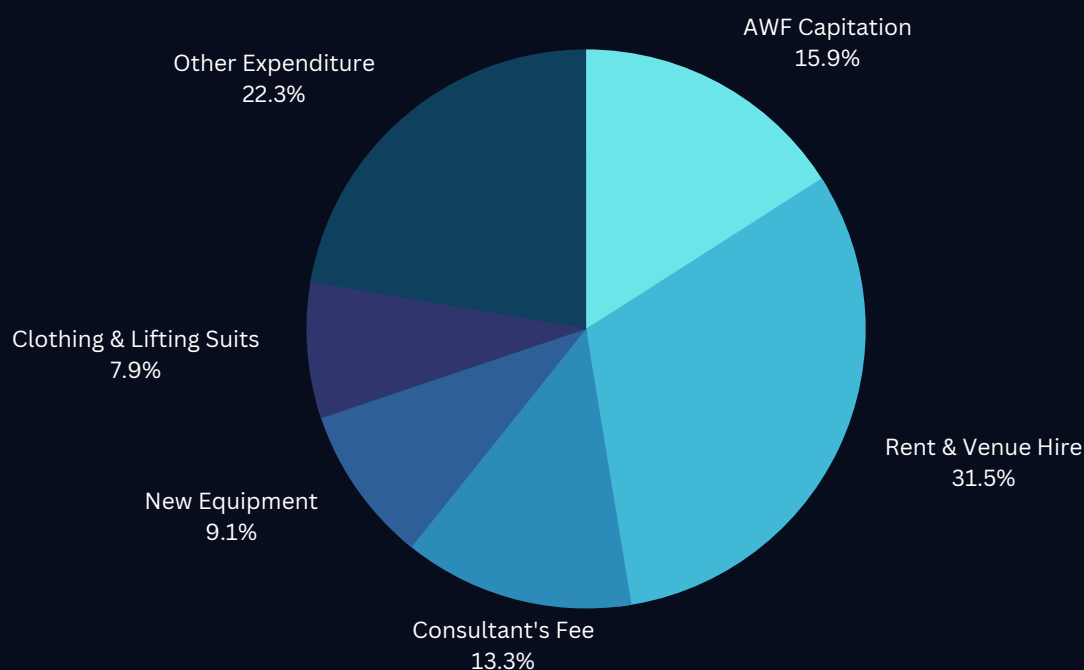
In addition to increase our income stream, the Board are assessing other avenues to generate other revenue to help support future programs for the members and elite athletes.

## Expenditures

The Associations current assets is at a very healthy level, certain projects approved by the pervious Board of Directors was put into action which has shown a slight increase in expenditure. The additional investment was supported by the grant that was provided by the NSW Office of Sport. Project investments includes – NSW Women in Weightlifting and Regional Competition development and promotions.

### Expenditure Summary

AWF Capitation / National Entry Fee	\$ 32,352.94
Quaycentre Gym Rent & Venue Hire	\$ 63,817.15
Consultant's Fee (Wage - ceased in Jan 2023)	\$ 27,054.52
New Weightlifting equipment	\$ 18,435.61
Membership Clothing & Lifting Suit	\$ 15,961.84
Other Various Expenditure	\$ 45,263.45
<b>TOTAL EXPENDITURE</b>	<b>\$ 202,885.51</b>



Following the trend of financial institutions and associations, a decision was made by the committee was to eliminate all cheques and cash transaction and more to digital transaction.



## **Implementation of New Financial Processes:**

The new committee, recognizing the imperative of robust financial management, introduced a series of enhancements to our financial processes. Key measures implemented included:

1

### **Digital Record Keeping:**

A shift from manual record-keeping to digital platforms was undertaken to streamline and optimize our record-keeping practices. This transition was geared toward improving accuracy, accessibility, and efficiency in maintaining financial records.

2

### **Enhanced Reporting Structure:**

The committee revamped our reporting framework, ensuring that financial reports were prepared consistently and transparently. This overhaul enabled better insights into our financial standing and facilitated informed decision-making.

3

### **Transparency and Communication:**

To foster transparency and accountability, the committee established clear communication channels to share financial updates with members. This approach aimed to create a shared understanding of the organization's financial activities.

4

### **Funding Initiatives for Athlete Development:**

In alignment with the organization's mission to nurture athletes' growth, the committee introduced additional funding to NSW High Performance Coaches Team. These coaches would leverage their expertise to guide athletes of all ages in national competitions.

5

### **Financial Cleanup and Enhancement:**

The state of the financial accounts prior to the new committee's appointment necessitated a thorough assessment and resolution of discrepancies. The current committee is undertaking a comprehensive and investigative review of the financial records to ensure accuracy and reliability. The audit is still in a Work in Process and anticipate it will be finalised and reconciled by the end of the next financial year.



As part of this effort, the Financial Sub-Committees have been diligently working to find answers to some of the inconsistencies, document errors, and reconcile accounts. Unfortunately, it has proved to be a complicated and challenging process which has led to a longer than anticipated timeline. These rigorous reviews aimed to establish a solid foundation of trustworthy financial data for effective decision-making and reporting for the future.

Furthermore, a new NSWWA innovative funding program was introduced to support elite athlete participation in international competitions for the 2023 / 2024 period.

NSWWA Head Coach, Peter Upham, presented and propose this initiative, which was unanimously approved by the Board of Directors assisting our athletes onto the global stage. An initial budget was negotiated and accepted. The Financial Committee will have continuous monitoring of this funding to ensure it is a sustainable initiative for the future with the goal of making this a permanent support to NSWWA athletes.

As the fiscal year 2022-2023 draws to a close, our organization stands on a foundation of renewed financial integrity and strategic innovation. With a revamped committee, focused income streams, refined financial processes, and transformative funding initiatives, we are well-equipped to advance our mission and empower athletes of all ages. The commitment to transparency and excellence remains steadfast as we look ahead to a promising future.



# High Performance Coaching Team Report

Prepared by Peter Upham - NSWWA Head Coach & Director

This financial year for the NSW High Performance Coaching Team (HPCT) has seen two Junior/U23 Nationals events, and a Senior Nationals.

The nature of the calendar took the HPCT to Perth and Canberra in 2022, then Townsville in 2023. The HPCT have also been on duty to assist with the AWF Masters Nationals in Melbourne in 2022 and Sydney in 2023.

Our title haul in that time included the Junior, U23 and Senior Men's Shields for 2022, and the Men's and Women's Junior team championships in 2023.

The HPCT now publish event specific accomplishments in the new NSW Newsletter which is emailed to all NSW members – the next issue in December will summarise U15/Youth Nationals when we go to Perth.

In 2023 we have implemented new pre-competition forms to assist with communication and priority goal-setting, as well as trialling post competition surveys with athletes – continuous improvement has been an imperative.

The HPCT will conduct professional development sessions in October and continue to chart performance data over coming campaigns.

In the same timeframe, our national representative athletes have been to a Commonwealth Games, Senior and Youth World Championships, Commonwealth

Championships and the 'Battle of the Bridge' in New Zealand – that's five countries!

The stand-out performances were the Commonwealth Medals to Eileen Cikamatana (Gold) in the 87kg class and Kyle Bruce (Silver) in the 81kg class. Cikamatana also won Two Bronze and a Silver medal in the 87kg class at the 2022 IWF Senior Worlds in Colombia.

I have to thank the members of the HPCT for their service in 2023, and to the rest of the NSW Board for their support throughout this financial year.

White lights,

Peter Upham  
Head Coach



In the year to date NSW lifters have broken:



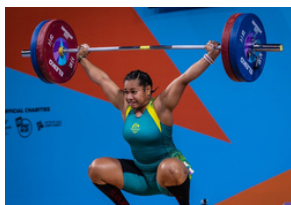
150 STATE RECORDS



30 NATIONAL RECORDS

### National Representative Athletes 2022 - 2023

The following NSW athletes have been selected to National Teams in the 2022-2023 financial year.



**Eileen Cikamatana**  
Commonwealth Games, IWF Senior Worlds



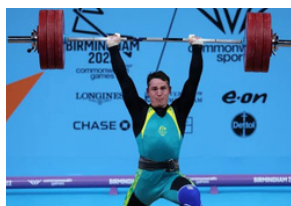
**Grace Robinson**  
Battle of the Bridge



**Jackson Roberts-Young**  
Commonwealth Games, IWF Senior World Championships



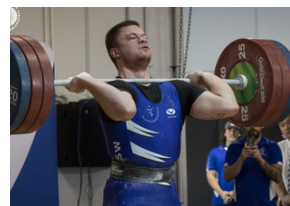
**Jacqueline Nichele**  
Senior Commonwealth Championships



**Kyle Bruce**  
Commonwealth Games, IWF Grand prix Cuba



**Laura Cruikshank**  
IWF Youth Worlds



**Leon Vogler-Schmid**  
Senior Commonwealth Championships



**Natalie Setiadji**  
Senior Commonwealth Championships.



**Natalya Ghetto**  
Youth Commonwealth Championships



**Peta Maile**  
Battle of the Bridge



**Ridge Barredo**  
Commonwealth Games



**Taimoni Pakoti**  
IWF Youth Worlds, Youth Commonwealth Championships

## Masters National Representative Athletes 2022 - 2023

The following NSW Masters athletes have competed internationally in the 2022-2023 financial year.

### Mary Macken

Australian & Oceania Masters Championships,  
IMWA World Masters Championship

### Bouachanh Thongvilu

Australian & Oceania Masters Championships,  
Masters World Cup and Oceania &  
Commonwealth Masters, IMWA World Masters  
Championship

### Claire Wilson

IMWA World Masters Championship

### Alexandra Maszcnik

Australian & Oceania Masters Championships,  
IMWA World Masters Championship

### Natalie Grant

Masters World Cup and Oceania &  
Commonwealth Masters, IMWA World Masters

### Danica Hampton

Australian & Oceania Masters Championships,  
IMWA World Masters

### Bonne Valdecanas

Masters World Cup and Oceania &  
Commonwealth Masters

### Paula Barros Figueiredo

Australian & Oceania Masters Championships,  
Masters World Cup and Oceania &  
Commonwealth Masters

### Carolyn Perry

Masters World Cup and Oceania &  
Commonwealth Masters

### Loren Bartley

Australian & Oceania Masters Championships,  
Masters World Cup and Oceania &  
Commonwealth Masters

### Elena Macnamara

Australian & Oceania Masters Championships,  
Masters World Cup and Oceania &  
Commonwealth Masters

### Georgina Hibberd

Masters World Cup and Oceania &  
Commonwealth Masters

### Leonardo Borges Barbosa

Masters World Cup and Oceania &  
Commonwealth Masters

### Mark Livingston

Masters World Cup and Oceania &  
Commonwealth Masters

### Brian Banez

Australian & Oceania Masters Championships,  
Masters World Cup and Oceania &  
Commonwealth Masters

### Gustav Nest

Australian & Oceania Masters Championships,  
Masters World Cup and Oceania &  
Commonwealth Masters

### Stephen Craven

Australian & Oceania Masters Championships,  
Masters World Cup and Oceania &  
Commonwealth Masters



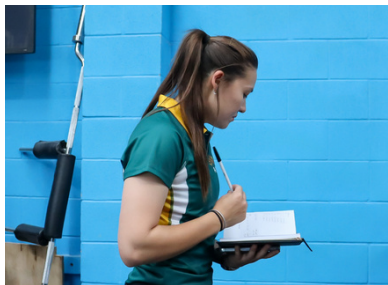


## National Representative Coaches 2022 - 2023

The following NSW coaches have been selected to National Teams in 2022-2023 financial year.



**Vanessa Kerr**  
AWF Pathway Battle of the Bridge Team



**Madeline Wu**  
AWF Pathway Battle of the Bridge Team, IWF Youth World Championships Albania, Commonwealth Championships India.



**Troy Smith**  
IWF Youth World Championships Albania







# Technical Report

Prepared by Linda Eades - NSWWA Technical Coordinator and Secretary

Firstly, it is a great privilege to be able to attend high level competitions and we commend Mary Macken on her nomination and selection as a Technical Official at the following international events:

- XXII Commonwealth Games held in Birmingham from 30 July - 3 August 2022
- IWF Senior World Championships held in Columbia from 5 -16 December 2022

It was a busy 12 months with the first national event being the AWF Masters and Oceania Masters Championships in Melbourne from 9-11 September 2022. With two competition platforms plenty of referees were needed and the NSW technical officials that assisted with the running of this event included Mary Macken, Linda Eades, Sukhwant Singh, David Cheung, John Zelenjak, Leanne Springer, and Coral Fernandez.

The next national event was the AWF Senior Championships which were held at the AIS in Canberra from 18-20 November 2022. This somewhat 'local' event saw many of our NSW technical officials attend. Some taking advantage of the opportunity to stay on site and make use of the AIS Dining Hall. Those who assisted included Katie Yilmaz, Robert McIntosh, Sukhwant Singh, Leanne Springer, Linda Eades, Margaret Yue, David Cheung, and John Zelenjak.

The IWF regularly review the Technical Regulations and it is pleasing to see one recent rule change linked to the athlete weigh-in process. The new rule introduced in December 2022 required athletes to wear undergarments at weigh-in. Additionally, the rule around touching the bar with your foot was clarified to assist with minimising good lifts being ruled 'no lift' due to the lifter inadvertently touching the bar at the end of the lift.

With the AWF Masters Championships being run by NSWWA at the Quaycentre from 15 - 18 June 2023 as a two platform event many of our technical officials stepped up knowing that it was going to take a lot of volunteers to bring it all together. Technical Officials who volunteered their time included Linda Eades, Margaret Yue, Sukhwant Singh, Leanne Springer, Mary Macken, David Cheung, Cathy Mason, Danica Hampton, Peter Upham, Hui-Hsien (Alvin) Chen, John Zelenjak, Peter Ticehurst, Vanessa Kerr, Nicholas Reissis, Brent Taylor and Jessica Greacen.

With a significant increase in members over the last couple years we have increased the number of competitions on the calendar but also the number of lifters entered has risen so that means more sessions at each competition too. To cope with this increase we need Clubs to encourage members to complete the training and assist as Technical Officials. The AWF Technical Official Learning Modules have been available online for a while now, however, by far the format that most people prefer is a face-to-face course. So, bearing that in mind the plan moving forward is to hold regular in person Club Technical Official Courses at the Quaycentre and at regional venues.

Also, at the start of 2023 the newly elected NSWWA Board agreed to reduce the membership fee for Technical Officials from \$130.00 to \$50.00 (which includes a \$35

capitation fee to the AWF). This change was facilitated to acknowledge that this group of volunteers are fundamental to our capacity to hold events within NSW.

Finally, the NSWWA extends its appreciation to all our Technical Officials who volunteer their time to assist with the running of competitions. Without this generous group of individuals, we would not be able to host the many open competitions and state/national championship events on the NSWWA calendar each year.

As always it has been a pleasure looking after the technical needs for the NSWWA especially during such a busy time.

Linda Eades

NSWWA Technical Coordinator and Secretary





## Technical Official Upgrades 2022 - 2023

Congratulations go to three of our technical officials who successfully upgraded from State Level Technical Official to National Level Technical Official at the AWF Senior Championships 2022:

**Katie Yilmaz**  
**Sukhwant Singh**  
**David Cheung**

Well done to the following technical officials who upgraded in April 2023 from Club Level Technical Official to State Level Technical Official having completed the AWF State Level Online Learning Modules and having fulfilled the relevant practical criteria:

**Nicholas Reissis**  
**Hui-Hsien (Alvin) Chen**  
**Stephen Craven**  
**Matt Meddows**





# Marketing Committee Update

Prepared by Verity Park

The NSWWA Marketing Committee has been actively trying to expand our reach on social media. Our aim is to use the NSWWA social media pages for informative posts on upcoming competitions, events and triumphs as well as a tool to connect the NSWWA community through the sharing of training content & tagged posts and stories. Here are some of the following statistics from the NSWWA instagram account showing our growth over the past 3 months.

## Engagement: accounts that have interacted with our content

Followers Breakdown			
Audience locations	46.1%	Sydney	
	6.2%	Melbourne	
	2.2%	Brisbane	
	2.1%	Newcastle	
	2%	Canberra	
Age Ranges	2.2%	13-17	
	12.9%	18-24	
	35.2%	25-34	
	30.9%	35-44	
	12.6%	45-54	
	4%	55-64	
Gender	1.8%	65+	
	52.5%	Men	
	47.5%	Women	

Engagement Breakdown			
Audience locations	63.5%	Sydney	
	3.2%	Melbourne	
	1.8%	Canberra	
	1.8%	Perth	
Age Ranges	18.3%	18-24	
	37%	25-34	
	21.8%	35-44	
	10.5%	45-54	
Gender	44.2%	Men	
	55.8%	Women	

## Reach: accounts that have seen our content at least once.

Reach Breakdown			
Audience locations	44.7%	Sydney	
	4.6%	Melbourne	
	2.6%	Brisbane	
	1.9%	Perth	
Age Ranges	22.3%	18-24	
	37.9%	25-34	
	21.3%	35-44	
	9.4%	45-54	
Gender	50.2%	Men	
	49.8%	Women	

Followers are up **3.6%**

**15.6%** of our reach is from Non-followers

**47.9%** of accounts engaged are from Non-Followers

Overall content interaction (Like, Share, Comments) is up **11.4%**

Post interaction is up **4.1%**

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**NSW WEIGHTLIFTING ASSOCIATION LIMITED ABN 96 001 556 163**

Financial Statements  
For the year ended 30 June 2023

PREPAREDBY  
SATTOUT ACCOUNTING SERVICES PTY LTD  
PO BOX 404  
SYDNEY MARKETS 2129

Phone: 02 97423553  
Email: [sam@sattouts.com.au](mailto:sam@sattouts.com.au)

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# NSW WEIGHTLIFTING ASSOCIATION LIMITED ABN 96 001 556 163

## Trading Account

For the year ended 30 June 2023

	2023 \$	2022 \$
<b>Trading Income</b>		
Income - Grants/Sponsorships	20,000.00	105,818.18
Income - Membership/Club	66,250.46	27,656.37
Income - Entry Fees	40,645.37	74,858.53
Hosting Nationals	476.78	-
AWF - HP	1,765.15	24,559.07
Entry Fees - AWF	16,737.19	-
Refund - AWF	731.45	-
AWF - Accomodation	2,256.37	-
<b>Total Trading Income</b>	<b>148,862.77</b>	<b>232,892.15</b>
<b>Gross Profit from Trading</b>	<b>148,862.77</b>	<b>232,892.15</b>

These financial statements are unaudited. They must be read in conjunction with the attached Accountant's Compilation Report and Notes which form part of these financial statements.

**NSW WEIGHTLIFTING ASSOCIATION LIMITED ABN 96 001 556 163****Detailed Profit and Loss Statement****For the year ended 30 June 2023**

	2023 \$	2022 \$
<b>Income</b>		
Trading profit	148,862.77	232,892.15
Interest received	82.30	11.31
Other income	1,571.47	-
Income - Clothing	8,790.91	2,600.00
Rebates and refunds	-	(1,038.69)
Gym Rent	16,018.18	18,404.52
Total income	175,325.63	252,869.29
<b>Expenses</b>		
Accountancy	1,200.00	1,000.00
Affiliation Fees	859.78	-
Athlete's Grant Funding	1,363.64	-
Bank Fees And Charges	2.50	-
AWF - Capitation/Entry fees	21,481.87	19,449.99
Catering Expenses	6,235.71	4,627.47
Consultants fees	27,054.52	45,000.00
Computer Expenses/MYOB	3,367.39	2,118.39
Depreciation - plant	408.00	583.00
Donations	1,045.45	200.00
Entry Fees/AWF	10,871.07	4,740.64
Filing Fees	-	308.60
Hire/rent of Venue	19,477.73	-
HP - AWF	10,666.67	17,662.93
Legal fees	3,050.00	7,280.54
M/V other - Other	1,877.93	488.26
Office Expenses	317.27	969.41
Petty Cash Expense	154.55	-
Printing & stationery	971.83	212.66
Prizes/Trophies	2,893.01	1,228.19
Reimbursements	4,585.94	-
Rent - GYM	44,339.42	23,364.53
Sundry expenses/COVID	5,385.45	27,716.09
Telephone/Internet	568.19	6,107.21
Travel, accom & conference	1,310.14	3,597.91
Weightlifting Clothing/Supplements	15,961.84	13,066.83
Weightlifting Equipment	18,435.61	-

**These financial statements are unaudited. They must be read in conjunction with the attached Accountant's Compilation Report and Notes which form part of these financial statements.**

**NSW WEIGHTLIFTING ASSOCIATION LIMITED ABN 96 001 556 163****Detailed Profit and Loss Statement****For the year ended 30 June 2023**

	2023 \$	2022 \$
Total expenses	203,885.51	179,722.65
<b>Profit (Loss) from Ordinary Activities before income tax</b>	<b>(28,559.88)</b>	<b>73,146.64</b>

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**These financial statements are unaudited. They must be read in conjunction with the attached Accountant's Compilation Report and Notes which form part of these financial statements.**



# NSW WEIGHTLIFTING ASSOCIATION LIMITED ABN 96 001 556 163

## Profit and Loss Statement For the year ended 30 June 2023

	2023 \$	2022 \$
Operating profit (deficit) before income tax	(28,559.88)	73,146.64
Income tax (credit) attributable to operating profit (loss)	-	-
<b>Operating profit (deficit) after income tax</b>	<b>(28,559.88)</b>	<b>73,146.64</b>
Retained profits at the beginning of the financial year	272,471.76	199,325.12
Total available for appropriation	243,911.88	272,471.76
<b>Retained profits at the end of the financial year</b>	<b>243,911.88</b>	<b>272,471.76</b>

**These financial statements are unaudited. They must be read in conjunction with the attached Accountant's Compilation Report and Notes which form part of these financial statements.**

**NSW WEIGHTLIFTING ASSOCIATION LIMITED ABN 96 001 556 163**  
**Detailed Balance Sheet as at 30 June 2023**

	Note	2023 \$	2022 \$
<b>Current Assets</b>			
<b>Cash Assets</b>			
Cash At Bank		186,786.01	237,812.42
Cash at Bank - Business 10410257		6,525.79	-
Cash on hand		-	7,678.05
		193,311.80	245,490.47
<b>Current Tax Assets</b>			
GST payable control account		(4,159.00)	(6,558.00)
Input tax credit control account		6,434.00	6,281.00
		2,275.00	(277.00)
<b>Other</b>			
Short term deposits		22,782.36	22,700.06
		22,782.36	22,700.06
<b>Total Current Assets</b>		<b>218,369.16</b>	<b>267,913.53</b>
<b>Non-Current Assets</b>			
<b>Property, Plant and Equipment</b>			
Plant & equipment - at cost		168,637.04	168,637.04
Less: Accumulated depreciation		(167,801.37)	(167,443.37)
Office equipment		13,518.77	13,518.77
Less: Accumulated amortisation		(13,518.77)	(13,518.77)
Furniture & Fittings		3,137.00	3,137.00
Less: Accumulated depreciation		(3,020.00)	(2,970.00)
Other assets		3,197.56	3,197.56
		4,150.23	4,558.23
<b>Total Non-Current Assets</b>		<b>4,150.23</b>	<b>4,558.23</b>
<b>Total Assets</b>		<b>222,519.39</b>	<b>272,471.76</b>
<b>Net Assets</b>		<b>222,519.39</b>	<b>272,471.76</b>

These financial statements are unaudited. They must be read in conjunction with the attached Accountant's Compilation Report and Notes which form part of these financial statements.

**NSW WEIGHTLIFTING ASSOCIATION LIMITED ABN 96 001 556 163**  
**Detailed Balance Sheet as at 30 June 2023**

	Note	2023	2022
		\$	\$
<hr/>			
<b>Equity</b>			
<b>Reserves</b>			
General reserve		(21,392.49)	-
Retained profits / (accumulated losses)		243,911.88	272,471.76
<b>Total Equity</b>		<u><u>222,519.39</u></u>	<u><u>272,471.76</u></u>

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These financial statements are unaudited. They must be read in conjunction with the attached Accountant's  
 Compilation Report and Notes which form part of these financial statements.

**NSW WEIGHTLIFTING ASSOCIATION LIMITED ABN 96 001 556 163**  
**Compilation Report to NSW WEIGHTLIFTING ASSOCIATION LIMITED**

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We have compiled the accompanying general purpose financial statements of NSW WEIGHTLIFTING ASSOCIATION LIMITED, which comprise the Statement of Profit or Loss and Other Comprehensive Income, Statement of Changes in Equity, Statement of Cash Flows and Statement of Financial Position as at 30 June 2023, a summary of significant accounting policies and other explanatory notes. These have been prepared in accordance with the financial reporting framework described in Note 1 to the financial statements.

*The Responsibility of the Director*

The director of NSW WEIGHTLIFTING ASSOCIATION LIMITED is solely responsible for the information contained in the general purpose financial statements and the reliability, accuracy and completeness of the information.

*Our Responsibility*

On the basis of information provided by the director, we have compiled the accompanying general purpose financial statements in accordance with the financial reporting framework and APES 315 Compilation of Financial Information.

We have applied our expertise in accounting and financial reporting to compile these financial statements in accordance with Australian Accounting Standards. We have complied with the relevant ethical requirements of APES 110 Code of Ethics for Professional Accountants (including Independence Standards).

*Assurance Disclaimer*

Since a compilation engagement is not an assurance engagement, we are not required to verify the reliability, accuracy or completeness of the information provided to us by management to compile these financial statements. Accordingly, we do not express an audit opinion or a review conclusion on these financial statements.

The general purpose financial statements were compiled for the benefit of the director who is responsible for the reliability, accuracy and completeness of the information used to compile them. We do not accept responsibility for the contents of the general purpose financial statements.

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SATTOUT ACCOUNTING SERVICES PTY LTD  
PO BOX 404  
SYDNEY MARKETS

11 September, 2023



# Thank You



Phone Number  
**+61 414 941 219**



Email Address  
**info@nswweightlifting.com.au**



Website  
**www.nswweightlifting.com.au**

