

# UNITED MASTERS WEIGHTLIFTING FEDERATION

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## **A GREAT FUTURE FOR THE MASTERS**

In four months, with the full recognition of the United Masters Weightlifting Federation, the first international event will be held on January 14<sup>th</sup> 2024 in Yokohama City, Japan. The International Friendship Competition which will be the commemoration of the 75<sup>th</sup> Anniversary of the Keio Weightlifting Club (Japan oldest weightlifting club) will see a friendly tournament between Australia/New Zealand/Japan/ Keio Weightlifting Club. A total of 40 athletes will include 5 men and 5 women each selected from the respective countries. This will be the first event on the U.M.W.F. calendar. The new age categories will be introduced at this event.



**Nihon e yōkoso (welcome to Japan)**



**Auckland – New Zealand**

One month later, in February 2024, the **Tri-Nations Masters** between Australia, New Zealand and a combined Pacific Team will take place in Auckland, New Zealand.

The event will take place on day one of the 2024 Weightlifting Festival hosted by Weightlifting New Zealand. This will be the first time that a masters team from the Pacific Islands will take part in an international masters event.



At the end of April, a world wide International Online Club Tournament will be held where where all clubs associated with the UMWF will be able to perform their best results and register those results online. An event which will give all Masters lifters the opportunity to compete against each other at no cost and without leaving their country.

This will be followed by the UMWF **WORLD CUP** on the **GOLD COAST**, Australia on June 19<sup>th</sup> to June 24<sup>th</sup>, 2024. The **GOLD COAST** is absolutely lovely. There is a huge number of hotels at a range of prices to suit every lifters budget, an enormous selection of food outlets and cafes and restaurants, shopping, tourist sites, and of course our golden beaches which stretch for miles. Add to this an easy laid back lifestyle and some masters lifters may never wish to leave.



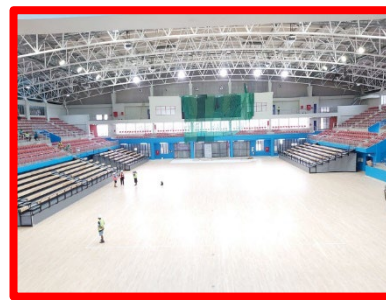
**Welcome  
to Australia**

**Welcome to the  
Gold coast**



This will be followed then by the **UMWF WORLD CHAMPIONSHIPS** in Fiji from September 23<sup>rd</sup> to 28<sup>th</sup>. The World Championships in Suva, Fiji, will not only be a festival of weightlifting but the Masters Lifters will experience the unique friendly Pacific culture which is immediately evident as you disembark the plane. Again hotels at a range of prices to suit every lifter. Easy flight pathways to Fiji.

And when the masters lifters finish lifting and should they wish to stay on, they will be spoiled for choice as to the many islands they can go to either as day trips or longer stay. Blue, crystal clean, warm waters of the Pacific. Imagine relaxing in a hammock strung between two coconut trees, listening to the ocean. Smiles galore from the friendly Fijians for everyone and the wonderful greeting of 'BULA' will create long lasting memories.



*Suva – Fiji the country where the first inaugural world masters championships under the auspices of the newly formed U.M.W.F. will be held.*

The United Masters Weightlifting Federation was specifically formed in order to provide an opportunity for Masters lifters from all countries to continue competing at an international level in a friendly atmosphere of inclusivity and comradeship whilst each lifter strives to be the best they can.

- Hundreds of individual masters lifters have already joined the UMWF, including numerous and countries.
- The membership to the UMWF is free of charge.
- The establishment of standard records are almost completed and will be published in the next newsletter.
- The introduction of the 30 years to 34 years age group has been received with great delight amongst those who have recently entered this age bracket. It will certainly give a boost to the Masters fraternity.

**These are three of the UMWF Executive Board members**



**President  
Coral Quinell**



**General Secretary  
Lilly Coffa**



**Treasurer  
Rohan Mason**

**The Executive Committee of the UMWF:**

- **President:** Coral Quinell (Australia)
- **Senior Vice President:** Sam Coffa (Australia)
- **Vice President :** Simon Kent (New Zealand)
- **Vice President :** Tom Liaw (Singapore)
- **Vice President:** Trent Dabwido ( Nauru)
- **General Secretary:** Lilly Coffa (Australia)
- **Treasurer:** Rohan Mason (Australia)
- **Statistician:** Michael Noonan (Australia)
- **Anti Doping:** Lawrie Townsend (Australia)
- **Development Officer:** Paul Coffa (Australia)



**Paul Coffa MBE  
Development Officer**