

UNITED MASTERS WEIGHTLIFTING FEDERATION

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December 2023 Newsletter

THE ULTIMATE EVENT

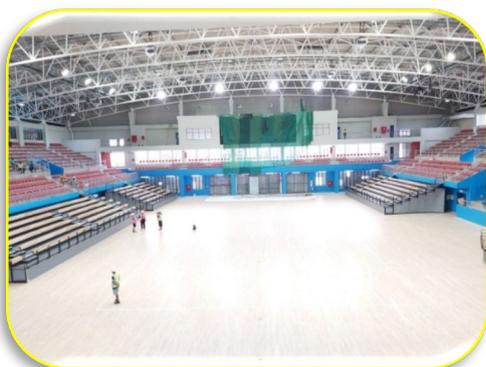
The 2024 UMWF World Masters Weightlifting Championships – Fiji !

The 2024 UMWF Masters World Weightlifting Championships has created much interest throughout the masters fraternity, world wide. The fact that Masters lifters are able to compete as individuals has attracted an enormous amount of followers. Thousands of masters have become a member of this new Federation. No longer, do Masters have to be part of national teams, to compete at the international level. They are now free to compete as individuals when and where they want to. We believe that Suva-Fiji, on the 23rd to 29th September, 2024, will attract between 1,000 to 1,500 masters lifters competing. Fiji is preparing for this.



A visit will be made by the President of the UMWF, Coral Quinnell, and the Development Officer, Paul Coffa, in the first two weeks of January to Fiji – to finalize all details regarding the World Championships. At this stage, it looks like the championships may finish up with three competition platforms running concurrently at the Vodafone Arena in Suva – the venue for this event.

Over 24 platforms will be installed for the warm up areas. With the training area having 30 platforms, situated within the Vodafone Arena stadium.



We are negotiating presently with television and in the month of February, every individual member will be given details of accommodation in Suva. We will provide all details regarding the championships in early February.

FURTHERMORE, an online portal will be opened in the first few days of February for Masters to register their preliminary entries. This portal will remain opened for four months. With the final entries to be on June 1st. The reason for the final entries closing so early, is to give the Organising Committee time to finalize the competition program, which is expected to last seven full days.

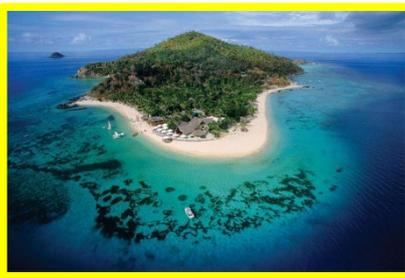
ON THE SOCIAL SIDE, Fiji, as everyone knows, is the jewel of the Pacific Islands. Master lifters have the opportunity to stay back after the event and enjoy the beautiful crystal clear blue warm waters of the 330 Fijian islands. The weather in September is possibly the best time to visit this wonderful pacific island nation.

THESE are some of the exciting islands where masters lifters could experience how Tom Hanks lived on the beautiful island of **Castaway**. Or where the film **Anacondas second film** was made. And for the those master lifters who remember the film **The Blue Lagoon** which starred Brooke Shields, can visit the island of Nanuya Levu in the Yasava Islands.

And of course you have so many other islands to pick and choose where you can lay on the golden sands, relaxing with a coconut drink and let the hours just slip by.

CASTAWAY ISLAND

For the Masters lifters who wish to enjoy a few days rest in Fiji they can choose so many islands including the famous Castaway Island. A reminiscent of a traditional Fijian village, nestled amongst lush tropical gardens with individual thatched roofed “bure” accommodation. Ocean View or Beach bures each feature one king size bed and most include two additional single beds in their configuration, with those bures comfortably sleeping up to four persons – for those masters who wish to take their families with them. Four dining venues provide delicious menu alternatives suited to the tropical environment, including all day a la carte dining at the Water’s Edge restaurant, gourmet wood fired pizzas in the Sundowner bar. At night a canopy of stars, a balmy breeze, moonlit ocean and the melodies of the “Castaway Islanders” provide a perfect accompaniment to outstanding Pacific island cuisine.



CASTARWAY ISLAND

If you wish to visit the Nanuya Levu Islands where the film **THE BLUE LAGOON** was made starring Brook Shield you are welcome to do so. The majority of the scenes were shot on Nanuya Levu, in the Yasawa Group of islands situated in the Western part of Fiji. Nanuya Levu's unparalleled beauty creating an enchanting atmosphere of untouched nature and wide beaches bordered by crystal-clear lagoons.



YASAWA GROUP OF ISLANDS



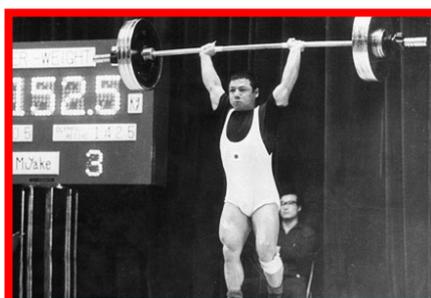
Or if you wish to see where this famous US horror film **ANACONDAS** was shot in Fiji in 2003, you are welcome to visit the Navua River. Situated in the main island of Viti Levu between Pacific Harbour and the Navua River, the centrally located rainforest locations provided a safe work environment for the cast and crew. Pacific Harbour is located on the coral coast, a 45 minute car drive from the capital Suva.

There is so much to do in Fiji, and the choice is all yours. The World Championships in Fiji, will give you a lifetime of good memories.

OBVIOUSLY, THIS IS ONE OF THE MAJOR EVENTS ON THE UMWF CALENDAR FOR 2024.

A few months ago, when we established United Masters Weightlifting Federation we promised that 2024 would be a year to remember for the Masters lifters. So let me give you what we have in place prior to the World Championships.

ON JANUARY 14TH IN THE CITY OF YOKOHAMA IN JAPAN,



the International Diversity Friendship Competition will be held between Australia/New Zealand/ Japan (Keio). A total of 40 athletes will be included with teams of 5 men and 5 women selected from their respective countries. This competition is in commemoration of the 75th Anniversary of the KEIO Weightlifting Club.

One of the highlights of this event will be the participation of the greatest weightlifters of Japan, Yoshinobo Miyake, 1964 Tokyo and 1968 Mexico City Olympic Gold Medallist. What a great event this will be.

THE SECOND EVENT for the year will be held in Auckland, New Zealand.

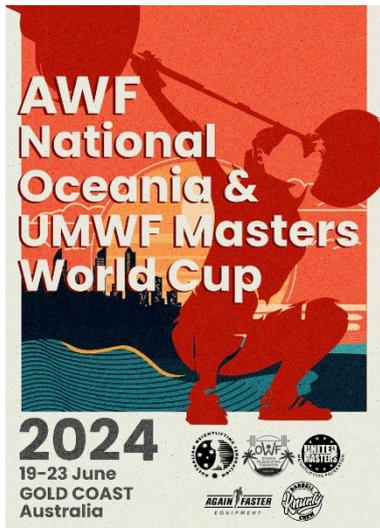


This International event will be held on February 20th 2024. It is a Tri Nations event between Australia/New Zealand/ and a combined Pacific nations team. It will be held during the weightlifting festival hosted by Weightlifting New Zealand.

The event will be held the day before the Oceania Weightlifting Championships which is an Olympic Qualification event.

ON JUNE 19th – 23rd, AT THE GOLD COAST -AUSTRALIA THE UMWF WORLD CUP WILL BE HELD.

This event will be run in conjunction with the Australian Masters and the Oceania Masters Championships. You could not ask for a better place in the world than the Gold Coast in Australia. The Gold Coast has everything that anyone could wish for. Golden beaches stretching for miles, shopping galore, hinterland experiences, a true international variety of cuisine, and a laid back lifestyle. An experience not to be missed. Registration is open for this event at www.awf.com.au/registration/



LATEST NEWS

The UMWF has attracted an enormous amount of enthusiasm throughout the Masters community. Thousands of individuals have registered with this new Federation. And it is also with great pleasure to welcome the USA Masters lifters on board. We eagerly look forward to see hundreds of USA master lifters participating in the first UMWF World Master Championships in Suva-Fiji. One of the highlights of the event will be the introduction of the 30 to 34 years age group, where we are sure to witness world records and world class results.

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

**ALL THE VERY BEST FOR THE FESTIVE SEASON AND
A HAPPY 2024 NEW YEAR**

**FROM THE
UNITED MASTERS WEIGHTLIFTING FEDERATION**

