

2022 PERFORMANCE REPORT

05/01/2023

Annual summary of
the performances of
BWS for the year
2022

Authors

Isabelle Genot
Michael Verbeken
Mathilde Denayer

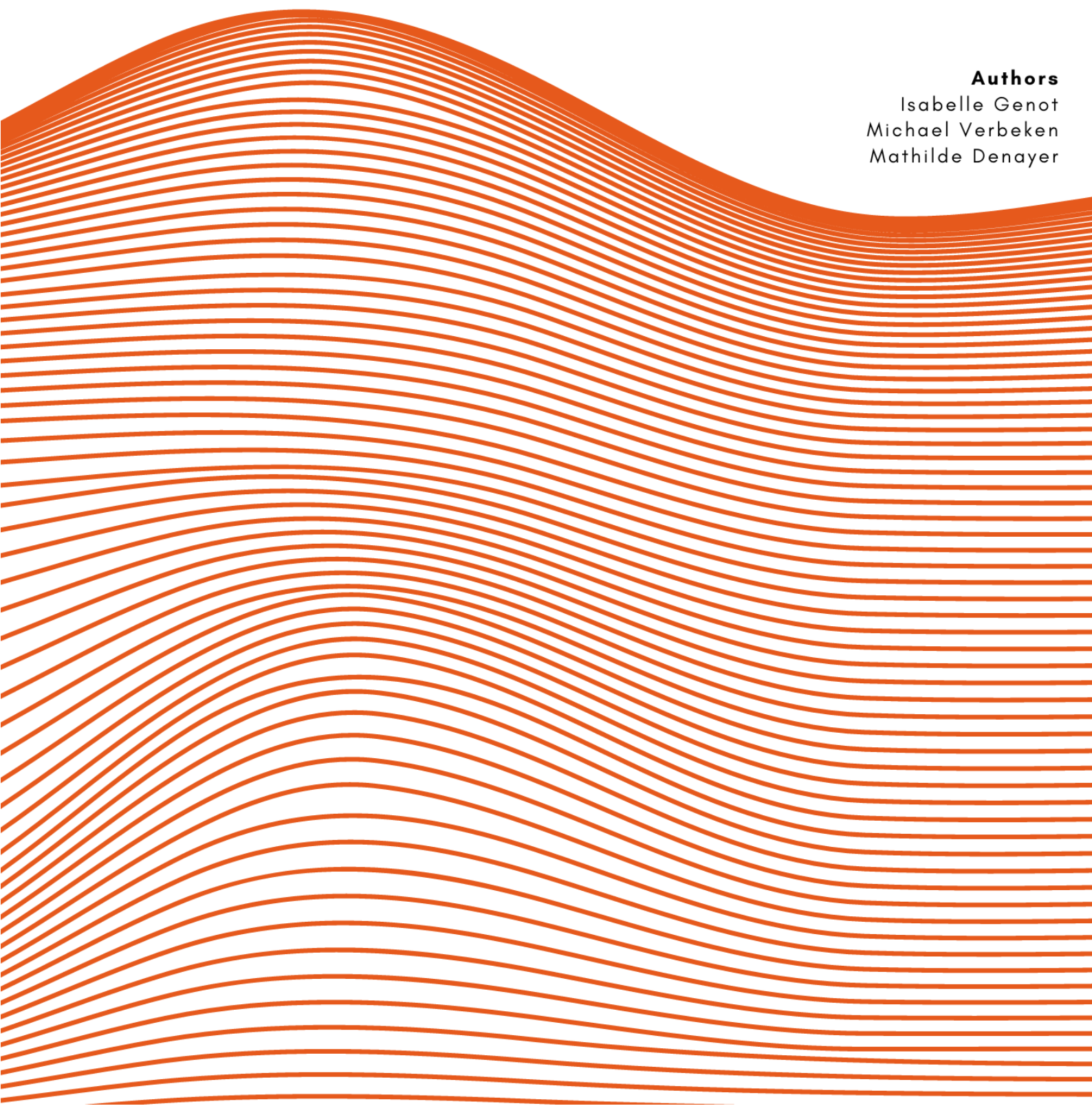


Table of Contents

1. Summary 2022	3
2. Championships	4
2.1 European Championships.....	4
2.1.1 European Juniors 2022.....	4
2.1.2 European Masters 2022	4
2.2 Belgian Championships	5
Belgian Juniors 2022	5
Belgian Seniors 2022	5
Belgian Masters 2022	5
2.3 Finnish Championships.....	6
2.4 French Championships	6
2.5 LFPH League Championships.....	6
3. LFPH Interclubs	7
3.1 Interclub 1	7
3.2 Interclub 2	7
3.3 Interclub 3	8
3.4 Interclub Finals	8
Overall club rankings	9
4. Local Forays	9
4.1 BWS Internal Start/of/the/year Competition	9
4.2 TOP VGPF	10
4.3 Ladies Open Waregem	10
4.4 BWS Open.....	10
4.5 Challenge Jacques Bodart	11
5. International forays	12
5.1 Interclub 2 France St Quentin.....	12
5.2 Interclub 3 France Top 9 Dijon.....	12
5.2 Interclub 1 France La Vaillante	12
5.3 Friendly Competition France Neuilly.....	12
5.4 Test performance Guadeloupe pour CE Junior 2022	13
5.5 Interclub 1 France La Vaillante	13
5.6 Interclub 2 France La Vaillante	13
5.7 Interclub 2 France La Vaillante	13
6. Individual performances	14
6.1 Personal Competition Records in 2022	15
6.2 PR improvements for athletes in 2022:	15
7. BWS Club Performance	16
8. Amount of Members	17

1. SUMMARY 2022

Overview of the performances of the Brussels Weightlifting School in 2022:

The BWS took part in **25** competitions with:

- **35 competing athletes**
 - 3 Juniors
 - 25 Seniors
 - 7 Masters

During those competitions, those athletes made a total of **232 personal records**:

- 64 Snatch PR's
 - 54 Clean & Jerk PR's
 - 60 Total PR's
 - 54 Sinclair PR's
- The BWS teams placed **2nd** and **6th** in the **Belgian Club Championships**
 - **1 Gold** and **1 Silver** medals in the **European Master Championships**
 - **1 Gold** in the **Belgian Junior Championships**
 - **1 Gold** and **3 Bronze** medals in the **Belgian Senior Championships**
 - **2 Gold**, **1 Silver** in the **Belgian Master Championships**
 - **1 Gold** in the **Finnish Senior Championships**
 - **3 Gold**, **3 Silver** and **2 Bronze** in the **LFPH Championship**

We're also having strong competitions in the ongoing French Men & Women interclub competitions together with our befriended French La Vaillante club.

2. CHAMPIONSHIPS

No World Championships this year because of bad timing, but next year there will be many athletes qualified as well as the European Championships!

2.1 European Championships

2.1.1 European Juniors 2022

19/10/22 in Tirana (Albany)

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Alissa	64	67	86	153	200.23

2.1.2 European Masters 2022

21/08/22 in Raszyn (Poland)

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Isabelle	81	40	55	95	110.76

2.2 Belgian Championships

Belgian Juniors 2022

02/10/22 in Aalst

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Erik	73	82	100	182	237.42
Nora	64	55	65	120	159.62

Belgian Seniors 2022

12/11/22 in Lochristi

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Pablo	96	106	141	247	284.91
Dirk	96	105	130	235	267.73
Saleh	102	108	131	239	265.12
Martijn	96	99	127	226	257.25
Thomas	73	85	113	198	256.4
Laura	59	67	90	157	214.91
Anna	87	76	101	177	203.17
Cristina	76	64	73	137	162.79
Melissa	71	53	60	113	142.61

Belgian Masters 2022

02/07/2022 in Waregem

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Morgan	81	93	112	205	249.83
Thomas	73	80	107	187	242.45
Michael	102	78	107	185	205.37
François-Xavier	89	80	91	171	203.14

2.3 Finnish Championships

Our own Finnish champion!
26/02/22 in Finland

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Marianne	64	83	109	192	252.61

2.4 French Championships

11/06/22 in France

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Alissa	64	69	87	156	205.05

2.5 LFPH League Championships

18/09/22 in Fléron

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Pablo	96	101	136	237	272.68
Martijn	96	106	131	237	268.71
Dirk	96	100	130	230	261.87
Saleh	102	105	130	235	259.49
Junior	96	90	120	210	241.34
Erik	73	75	99	174	227.59
Valentin	102	88	113	201	224.57
Philippe	96	70	90	160	181.65
Cristina	76	60	76	136	162.68
Mathilde	55	44	58	102	147.09
Melissa	71	54	62	116	146.74
Lisa	64	39	48	87	117.59

3. LFPH INTERCLUBS

3.1 Interclub 1

20/02/22 in Oupeye

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Saleh	102	105	127	232	256.64
Martijn	102	95	134	229	253.72
Morgan	81	96	110	206	250.79
Erik	73	77	101	178	234.2
Thomas	81	79	105	184	233.72
Hussein	73	79	91	170	219.4
Michael	109	82	106	188	204.53
Cristina	76	58	73	131	159.59
Melissa	71	46	64	110	138.57
Isabelle	81	41	57	98	113.6
Magda	71	40	47	87	108.37

3.2 Interclub 2

26/03/2022 in La Louvière

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Dirk	96	103	136	239	272.79
Morgan	81	97	120	217	263.92
Martijn	102	100	130	230	255.61
Anna	87	101	122	223	253.64
Erik	73	79	106	185	245.18
Junior	96	95	122	217	245.12
Marianne	71	77	100	177	229.19
Thomas	81	80	101	181	228.62
Ka Lok	73	73	98	171	221.79
Michael	102	83	110	193	212.98
Alissa	64	68	84	152	198.56
Philippe	96	63	80	143	165.03
Melissa	71	51	59	110	138.36
Mathilde	59	37	54	91	128.39
Isabelle	81	42	56	98	113.49

3.3 Interclub 3

08/05/22 in Lasne

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Dirk	96	105	135	240	272.92
Martijn	102	105	135	240	267.69
Morgan	89	96	117	213	256.97
Thomas	81	82	108	190	240.12
Ka Lok	81	80	106	186	238.62
Erik	73	75	107	182	237.73
Valentin	102	90	118	208	231.84
Marianne	71	73	95	168	216.31
François-Xavier	89	78	100	178	209.04
Philippe	96	68	86	154	175.87
Melissa	71	52	65	117	145.17
Mathilde	59	41	52	93	130.64

3.4 Interclub Finals

11/06/22 in Seraing

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Dirk	96	101	140	241	274.93
Junior	96	103	129	232	263.96
Martijn	102	102	131	233	260.14
Saleh	102	102	126	228	252.58
Anna	87	98	115	213	242.2
Marianne	71	76	101	177	227.86

Overall club rankings

Team	Club	Points Total	RANKING
KOG 1	Koninklijk Olympic Gent	963,58	1
BWS 1	Brussels Weightlifting School	909,50	2
CFD 1	Crossfit Deinze	815,69	3
La Meute 1	La Meute (Ciney)	815,08	4
PSZ 1	Powersport Zaventem	799,13	5
BWS 2	Brussels Weightlifting School	776,68	6
OM 1	Omni Move Vorselaar	774,51	7
KOG 2	Koninklijk Olympic Gent	769,96	8
Strive 1	Strive Houthalen	766,43	9
TPB 1	BlackSheeps (Namur)	763,36	10

4. LOCAL FORAYS

4.1 BWS Internal Start/of/the/year Competition

16/01/2022 in BWS

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Morgan	81	95	115	210	258.47
Antoine	96	98	124	222	255.08
Junior	96	93	125	218	247.07
Thomas	81	78	104	182	229.85
Gil	102	80	98	178	198.05
Rens Johan	109	68	100	168	183.16
Marton	>109	65	98	163	173.16
Amber	76	53	82	135	164.44
Melissa	71	50	62	112	141.44
Isabelle	81	42	55	97	111.93
Yasmine	87	39	60	99	111.86

4.2 TOP VGPF

15/04/2022 in Lochristi

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Alissa	64	70	85	155	201.42

4.3 Ladies Open Waregem

02/07/2022 in Waregem

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Melissa	71	55	68	123	155.36
Cristina	76	57	69	126	150.95

4.4 BWS Open

16/07/2022 in BWS

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Danylo	89	115	135	250	300.17
Saleh	102	107	138	245	270.19
Morgan	89	99	112	211	256.05
Thomas	81	83	110	193	246.38
Valentin	96	94	119	213	240.2
Michael	102	77	107	184	203.7
Nora	64	52	67	119	158.03
Melissa	71	51	62	113	142.97
Mathilde	55	43	55	98	140.35
Erik	73	80	0	80	104.07

4.5 Challenge Jacques Bodart

26/11/22 in Seraing

The BWS took the overall Team Gold, Bronze and 6th place, as well as, the individual best women Masters, men Junior, Senior and Master prizes.

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Pablo	96	103	142	245	283.23
Morgan	81	97	117	214	261.29
Thomas	73	84	111	195	251.9
Erik	81	83	101	184	236.05
François-Xavier	89	85	101	186	216.42
Michael	109	75	105	180	196.56
Cristina	76	63	75	138	163.68
Melissa	71	56	68	124	157.16
Mathilde	59	45	58	103	147.28
Claudia	55	43	54	97	144.63
Isabelle	81	40	53	93	108.35

Team	TOTAL	Ranking
The Killers (BWS)	1092.33	1
OuftiTeam	986.32	2
The Ants (BWS)	960.67	3
Blacksheeps	936.48	4
Les Belles et la Bête	832.14	5
The Shrimps (BWS)	831.29	6
Team paillettes	711.47	7
Garage Gym LaMeute	695.24	8
La Belle et les Bêtes	672.73	9
The Walloons	623.83	10
CHFS	449.52	11
aaaoooouu at Work	448.33	12

5. INTERNATIONAL FORAYS

5.1 Interclub 2 France St Quentin

15/01/22 in France

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Marianne	64	82	103	185	241.31
Mélanie	64	50	62	112	148.23

5.2 Interclub 3 France Top 9 Dijon

05/02/2022 in Dijon

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Anna	87	104	126	230	260.84
Mélanie	64	48	64	112	146.93

5.2 Interclub 1 France La Vaillante

19/02/2022 in France

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Dirk	96	105	131	236	268.75

5.3 Friendly Competition France Neuilly

25/06/2022 in Neuilly (France)

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Dirk	96	109	142	251	285.08
Martijn	102	102	133	235	260.58
Junior	96	97	121	218	247.49
Valentin	96	91	116	207	233.13
Cristina	76	58	74	132	159.05
Mathilde	59	42	52	94	133.11

5.4 Test performance Guadeloupe pour CE Junior 2022

15/09/2022 in Guadeloupe (France)

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Alissa	64	71	91	162	211.71

5.5 Interclub 1 France La Vaillante

08/10/2022 in France

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Marianne	71	69	95	164	212.71

5.6 Interclub 2 France La Vaillante

05/11/2022 in France

Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Marianne	64	71	95	166	216.52

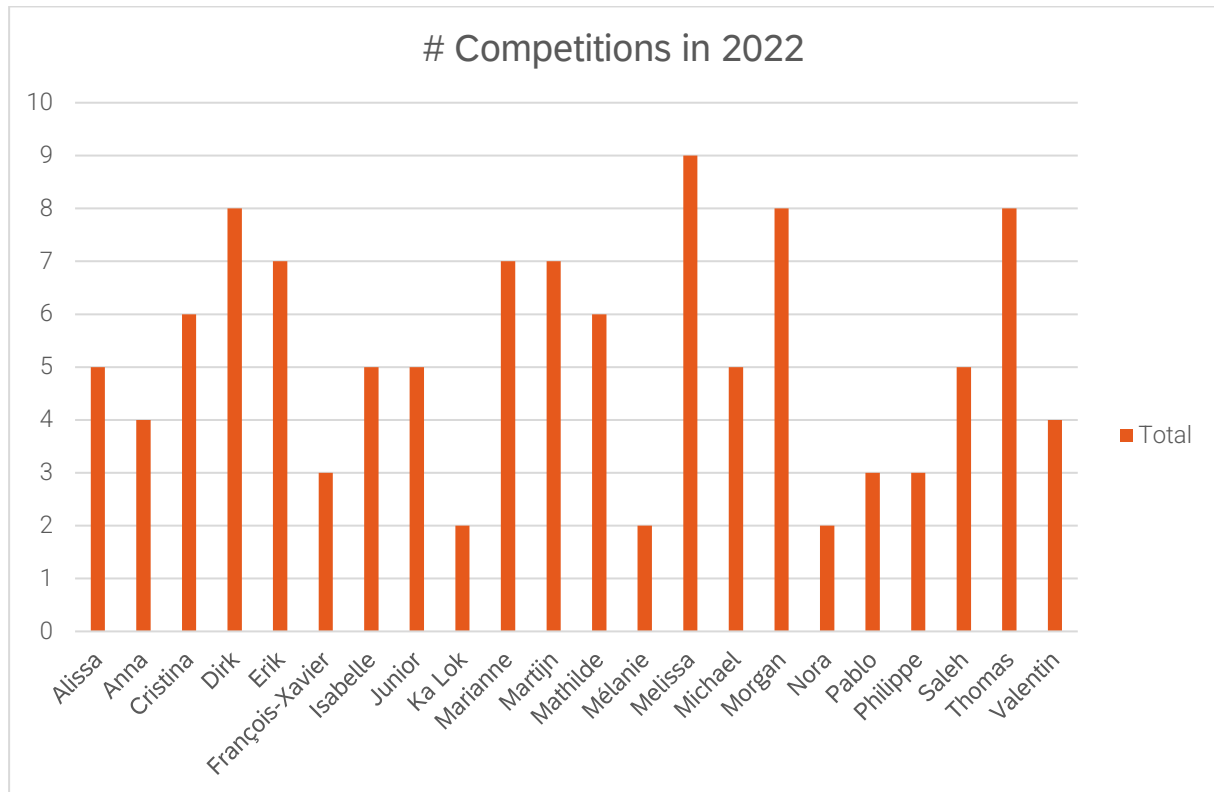
5.7 Interclub 2 France La Vaillante

10/12/2022 in France

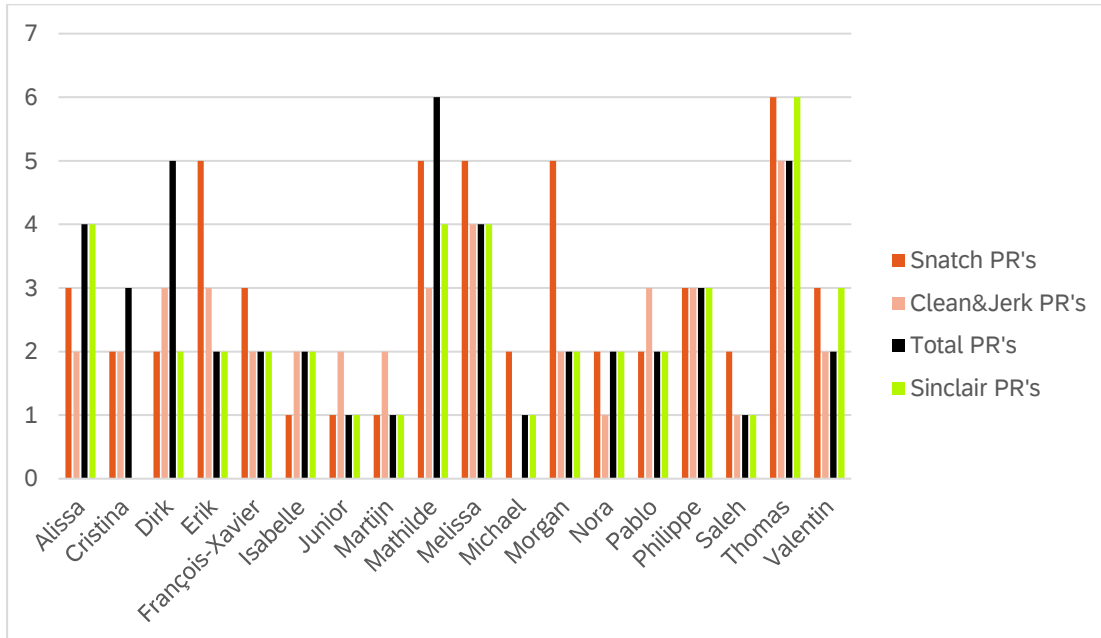
Athlete	BW	Snatch	Clean & Jerk	Total	Sinclair
Dirk	96	105	138	243	276.48
Morgan	89	101	112	213	257.18

6.INDIVIDUAL PERFORMANCES

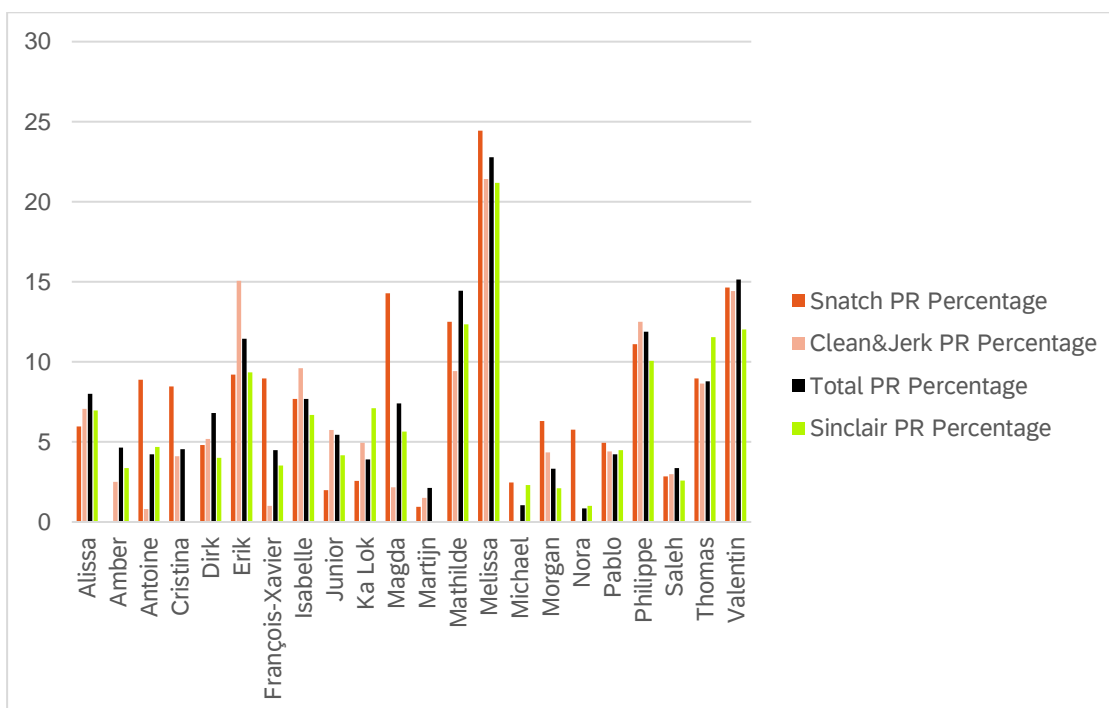
In this chapter, only people who competed at least twice in the chart period are counted.



6.1 Personal Competition Records in 2022

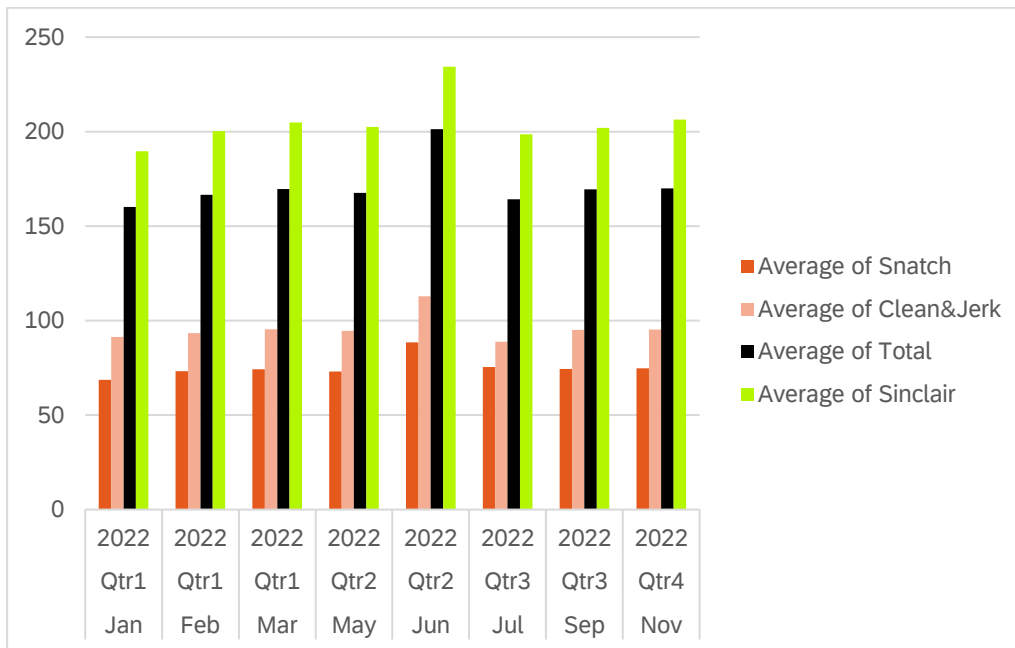


6.2 PR improvements for athletes in 2022

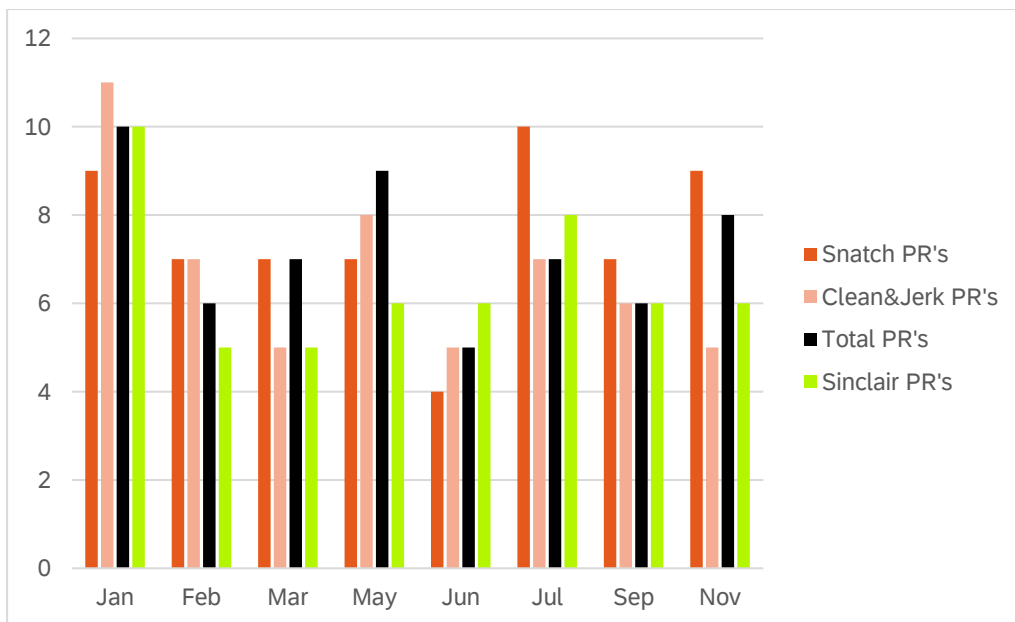


7. BWS CLUB PERFORMANCE

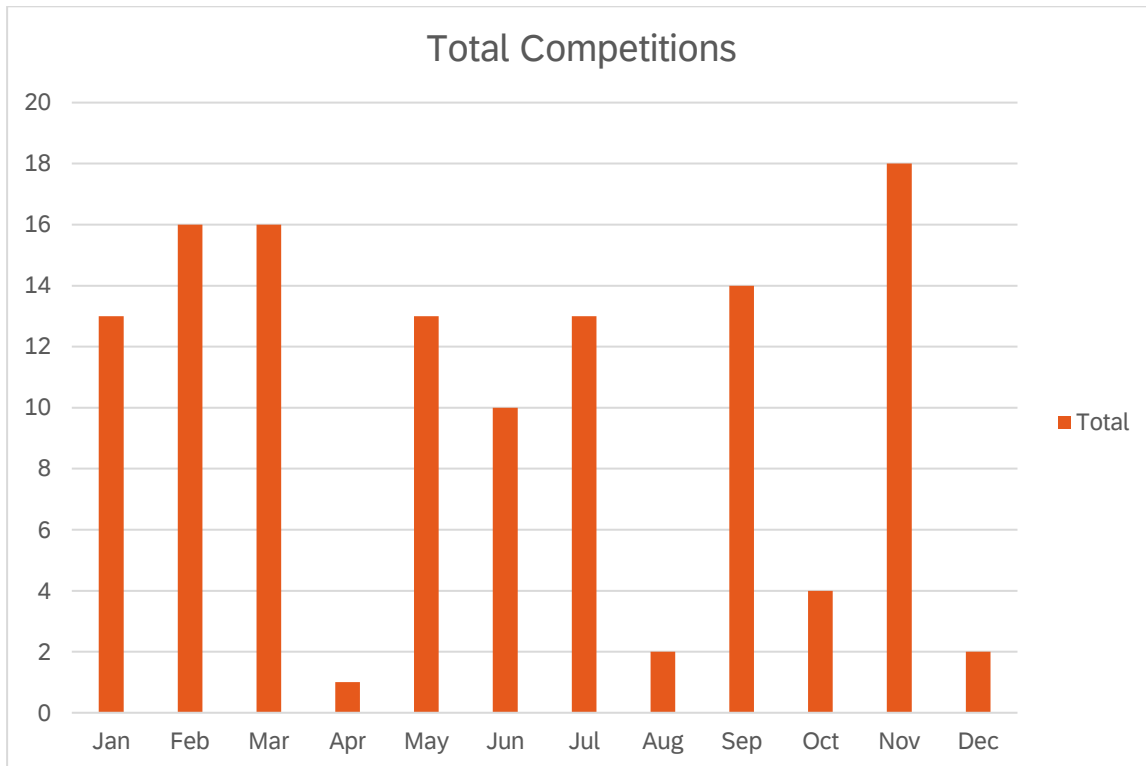
Performance averaged over all BWS athletes. If we ignore the great performance peak in June, the averages are going up slowly but steadily.



This is also visible in the overall personal (competition) records:



Number of athletes who competed in each month of the year. The coaches were busy for certain competitions.



8. AMOUNT OF MEMBERS

