



Minutes of the NTF Congress at Vigrestad, Norway, October 11 2019

The congress took place at Hotel Jæren in Vigrestad at 20:00. 28 persons participated.

1. Opening of the congress and election of secretary

NTF's President Tryggve Duun welcomed the delegates and declared the congress for opened. He also emphasized that the local organizer was the club of departed NTF Honorary Member Per Mattingsdal.

Trond Kvilhaug was elected as secretary for the congress.

Entitled to vote on behalf of their national federations were:

- DEN: Erling Johansen
- FIN: Karoliina Lundahl
- ISL: Ingi Gunnar Olafsson
- NOR: Stian Grimseth
- SWE: Patrik Helgesson

2. Approval of the agenda

On proposal from Tryggve Duun it was decided to review the item concerning these championships as the next one, so the coaches could bring information to their teams as soon as possible. The agenda was then approved without any other changes.

3. Nordic Senior Championships 2019 (Vigrestad)

3.1 Statement of the organizing committee

The organizer's chairman Hans Hagenes initially informed the congress about the transport schedule. Sauna facilities and weigh-in takes place at the venue. Due to the IWF Bronze level status weigh-in will be arranged for each group. First weigh-in was decided to start at 08:00 on Saturday and at 07:30 on Sunday.

3.2 Confirmation of the starting list

Trond Kvilhaug read the corrections of athletes' weight categories and totals. Seven groups in total were decided, four groups were scheduled for Saturday and three groups for Sunday. Due to the IWF Bronze level status the 20 kg rule will be in force at the competitions.

3.3 Examination of referees

No proposals were received.

3.4 Appointment of Technical Officials

Jury composition: Benny Johansson (SWE), Dorthe Rasmussen (DEN) and Trond Kvilhaug (NOR). Benny Johansson, Trond Kvilhaug and Competition Secretary Arne Pedersen were appointed to organize the remaining technical officials (TO).

4. Adjustment of the protocol from Copenhagen, October 12 2018

The protocol was approved without any adjustments.



5. Confirmation of the NTF Activity Report 2018, including financial and auditor's report

President Tryggve Duun presented the Activity Report 2018 and asked for comments.

General Secretary Trond Kvilhaug presented the Financial Report and emphasised Auditor Esa Lomma's statement: A net profit of NOK 50 037 in 2018 is connected to a contribution from IWF of NOK 56 576 (financial support to NTF's referee conference in Copenhagen).

No comments were put forward and the congress approved the Activity Report unanimously.

6. Elections

The working period will be for 2 years, i.e. to the NTF Congress at the Nordic Senior championships in 2021. The following results were obtained:

6.1 President: Two candidates were nominated by their national federation before the congress and vote by ballot was arranged. Results:

- Karoliina Lundahl: 3 votes - and elected as new president.
- Patrik Helgesson: 2 votes - subsequently unanimously elected as new vice president.

6.2 General Secretary: Trond Kvilhaug (unanimously re-elected).

6.3 Executive board: The presidents of the member federations. As per now:

- DEN: Erling Johansen
- FIN: Tarmo Kuusisto
- ISL: Asgeir Bjarnason
- NOR: Stian Grimseth
- SWE: Joakim Eriksson

6.4 Auditor: Esa Lomma (unanimously re-elected).

7. Issues decided by email

Tryggve Duun informed the congress about the following decisions made by email by NTF's board:

7.1 New Nordic records for Youth Girls and Boys for the weight categories as per 1 November 2018
NTFs member federations have different approaches regarding their national records for Youths in the current weight categories. The highest national record – or national standard - in each category has been selected as the Nordic record / standard - and in a few cases adjusted to be minimum 80% of the corresponding Nordic junior record.

7.2 Requirements for the Nordic Elite pin for the weight categories as per 1 November 2018

The original proposal by the working group in 2018 (Patrik Helgesson and Anders Bendix Nilsen) was finally approved.

8. Proposals to the congress

8.1 NTF Annual membership fee

The annual fee as per today is 600 Euros per national federation. Due to the last years' profit it was unanimously decided to keep the annual fee unchanged.



8.2 Revision of NTF's rules – update as per October 11 2019

A working group consisting of Tryggve Duun, Karoliina Lundahl and Trond Kvilhaug have updated NTF's Rules and Regulations. The changes consisted mainly of updates of weight categories etc. and references to IWF Rules and Regulations, which resulted in halving of paragraph 8 and independence of future changes in weight- and age categories. No major changes in the paragraphs' content were carried out.

9. NTF Honorary Medal and Elite Pin proposals – orientation to the congress

No proposals were received.

10. Nordic Junior- and U17 Championships 2019; Sundsvall, Sweden November 16 - 17

The deadline of final entries had not passed yet. According to the invitation Junior Men will compete on Sunday 17 November, the other age groups on Saturday 16 November.

11. IWF Level 1&2 coaching courses 2019 directed by NTF – orientation to the congress

Course responsible and instructor Karoliina Lundahl gave an orientation. IWF development fundings finance the two courses. Six participants, two from each of Iceland, Norway and Sweden completed the Level 1 course on 9 – 10 August. The Level 2 course with the same participants will take place on 9 - 10 November. Karoliina was acknowledged for her efforts as course instructor as well as for the application for development fundings to IWF.

12. Nordic Championships 2020

Denmark will arrange the Senior Championships in 2020 in Copenhagen at the same venue as for the Nordic Youth & Junior in 2018. Tentative dates are 27 – 29 November. David Havmand (DVF) gave an orientation and included a proposal of new time schedule for the Nordics: Congress on Thursday and competitions on Friday – Saturday, ending up with the traditional banquet on Saturday evening. An argument for such a time frame will be a more social and including event for all. The proposal will be discussed at the next NTF - congress in Sundsvall in November.

Norway will arrange the Youth and Junior Championships in 2020, place and date not decided yet.

13. Any other business

13.1 New Nordic records

A few records were known after the last publication of Nordic records as per 5 October. The new records were set by Omed Alam in 89 kg Junior Men and Eero Retulainen in 89 kg Senior Men.

13.2 Training camp for youths

Jarno Tiainen (FIN) had informed NTF about the next Weightlifting Training Camp and Carneval open for Nordic youths, which will be held on 27 – 31 July 2020. Invitation will be sent early next year.

13.3 Number of Technical Officials (TOs) at Nordic Championships

DVF President Erling Johansen proposed that each member federation should consider to enter two Technical Officials each for future Nordic championships.

No further issues were presented. Tryggve Duun finally thanked the delegates for interesting discussions. He also gave thanks to the Nordic weightlifting community for a nice time during his second period as NTF – president and gave the floor to the newly elected president.



Karoliina Lundahl acknowledged the congress for giving her the trust to the post as president. She expressed both happiness and humility for following important persons as Tryggve Duun and Benny Johansson, and also looked forward to future Nordic cooperation with the new vice president and general secretary, which vice president Patrik Helgesson also agreed upon in his subsequent speech. The congress was closed by a delegate pointing out that NTF now had got it's first female president ever.

Karoliina Lundahl
President Nordic WF (NTF)

Trond Kvilhaug
General Secretary Nordic WF (NTF)