

ALL IRELAND KETTLEBELL LIFTING FEDERATION



The return of the newsletter 2022 with a
round up of 2021!

It's been a busy time for the AIKLF despite the ongoing global pandemic. A new committee was elected in July 2020 and will be serving for 3 years. The AIKLF are working very hard behind the scenes, with meetings online every month.



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We set up a new Instagram @aiklf_ireland and we updated our website <http://www.aiklf.com/>. Thanks to Jamie Davis for the time and effort that went into compiling our National Records. These can be found on our website. We ran a feature across our social media on all the Kettlebell Sport Clubs in Ireland. These are also on our website. We updated our Child Protection, GDPR and Covid19 Policies.

2020/21 through a spanner in the works for sports and competitions but we prevailed by successfully running competitions online. March 2021 we held a 7 minute competition online with many athletes taking to make shift platforms at home. The competition was held virtually on our private online group. We were unsure if it would work, but we made it work!

7 minute online competition March 2021



The Cup of Ireland was held online in April 2021. From new lifters to more experienced lifters, we had athletes who achieved rank, national records broken, goals achieved and personal bests smashed, all on make-shift platforms at home, in the middle of a global pandemic!



Throughout 2021, we held free mobility and kettlebell training sessions online with some very accomplished coaches.

All past and present AIKLF members were welcome to attend.

We held a very successful 5 minute online competition towards the end of May 2021.



On July, we took to the platforms again with a 7 minute competition, held online. Our online competitions wouldn't have been so successful if it weren't for the AIKLF members who took the time to judge the competitions. Thank you very much judges!



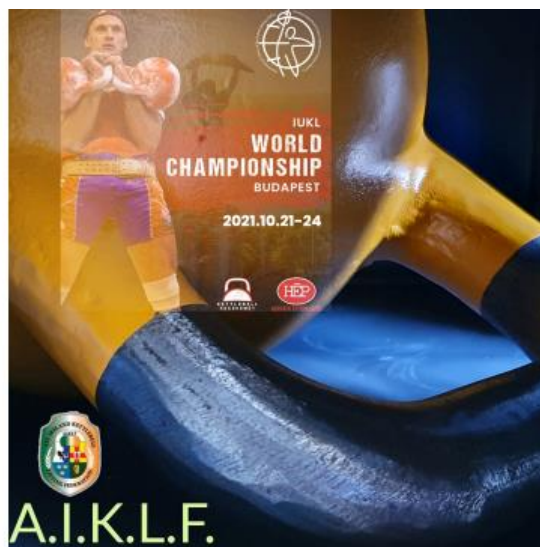
The AIKLF Nationals were held in September 2021 in Portumna! A very successful weekend was had by all.



**Thank you to Portumna for hosting!
Goals were smashed and it was marvellous to see
everyone back on the platforms after a difficult 2
years.**



In October 2021, we headed off to Budapest for the IUKL World Championships. Team Ireland were amongst 40 countries that competed. Ireland had 15 athletes who took to the platforms and represented our country with pride. The competition was covered extensively on our Facebook Page with special thanks to Marie O Donovan.





A huge well done to all athletes who travelled and represented Ireland on the international stage. Your determination and perseverance paid off with an incredible amount of medals brought back to Ireland. Well done to all athletes, coaches and clubs. The results are as follows:

- 👉 Mark Finn: Bronze in Biathlon and Gold in Long Cycle Relay.
- 👉 Mick Kelly: Gold in Long Cycle relay and 4th in Long Cycle.
- 👉 Ciara Osborne: Gold in Two Arm Long-Cycle, Gold in One Arm Long-Cycle and Gold in Biathlon.
- 👉 Morgan Claffey: Bronze in Biathlon, Bronze in Long-Cycle and Gold in Relay.
- 👉 Anne Desmond: Gold in One Arm Long-Cycle, Silver in Snatch and Gold in Biathlon.
- 👉 Corina Lonergan: Gold in Biathlon, Gold in One Arm Long-Cycle, Bronze in Snatch and Gold in Relay.
- 👉 Andy Larkin: Gold Biathlon and Silver in Long Cycle.
- 👉 Mary Corey-Dunican: Silver in Snatch and Bronze in One Arm Long-Cycle.
- 👉 Paul Kelly: Gold in Relay.
- 👉 Yvonne Claffey: Silver in Biathlon and Gold in the Relay.
- 👉 Irene Gaffey: Gold in Biathlon Open, Gold in Biathlon Veteran and Gold in the Relay.
- 👉 Abby O Donovan: Gold in One Arm Long-Cycle, Gold in Two Arm Long-Cycle and Gold in the Relay.
- 👉 Marie O Donovan: Gold in Jerk, Silver in Biathlon and Gold in the Relay.

Sadly, in November, the AIKLF extended our deepest sympathies to the family of Catherine Roche.

Catherine was the President of the very first AIKLF committee and part of the first Irish team to compete internationally. She was well known and respected by the kettlebell community in Ireland and beyond. Ar dheis Dé go raibh a hanam.



The last competition of the year was hosted by Rebels Kettlebell Club, Cork.

Than you to Rebels for hosting both an in-person and online competition. It was great to see everyone lifting bells again.



Competition Calendar 2022.

All Ireland Kettlebell Lifting Federation Competition Calendar 2022

AIKLF Cup of Ireland

12th - 13th February

Location TBD

Qualifier for European Championships

7 Minute Competition

16th April

Hosted by: Portumna

IUKL European Championships

19th - 23rd May

Tallinn, Estonia

IUKL World Youth Championships (U-16 and U-18)

Open European Cup (adults)

30th June - 4th July

Prague, Czech Republic

5 Minute Competition

16th July

Location TBD

AIKLF National Championships

3rd - 4th September

Location TBD

Qualifier for World Championships

IUKL World Championships

Oct/Nov – exact dates TBD

St. Petersburg, Russia

5 Minute Competition

10th December

Location TBD

Please note that due to the uncertain nature of future government guidelines, competition locations may need to be adjusted or moved to an online platform.

There are also several open competitions hosted by the IUKL – please see IUKL competition calendar for dates and locations.

AIKLF MEMBERS' EVENTS

IUKL KETTLEBELL INSTRUCTOR COURSE

The IUKL KETTLEBELL INSTRUCTOR Level 1 Certificate was hosted by Rebels Kettlebell Club, Cork on the 26th March 2022 at 1pm. It was an excellent day of training and learning. All attendees passed the IUKL standardised examination and qualified for the completion of the certification.

The cost of the course was 199 euro.

We will issue another
newsletter at the end of
May 2022!

Please email any pictures/information
that you wish to be included in the
next newsletter to

info.aiklf@gmail.com