



# Weightlifting Queensland

March 2009

The Official Journal of the Queensland Weightlifting Association Inc.



Damon Kelly accepts the Overall Club Championship Award for the Cougars Team from AWF President Robert Kabbas

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## Weightlifting Queensland

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President: Craig Wegert  
Vice President: Greg Hobl  
Secretary: Lawrie Townsend  
Treasurer: Vicki Brady  
Executive Officer: Ray Loudon  
Executive Officer: Angela Wydall  
Executive Officer: Lee Hughes

Editor: Kylie Booth

### QWA Mission Statement

"To Promote and develop all aspects of the sport of weightlifting in Queensland"

### Acknowledgement:

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Queensland Government – Sport and Recreation Queensland  
Major Sports Facilities Authority

Photos by Miles Wydall

### Disclaimer

The views represented in this publication do not necessarily reflect those of the editor or of the Officers or the Management Committee of the QWA.



# 2009 Events Calendar

<b>April 18</b>	<b>QWA League Round 2 &amp; Masters League Round 2</b>	<b>Cougars</b>
May 11 – 14	Oceania Championships (Junior & Senior) & Arafura Games	Darwin, AUS
May 16	Sunshine Coast Open Club Competition	Nambour
May 22	Toowoomba Open Club Competition	Toowoomba
May 22	USQ Open Club Competition	USQ Springfield
<b>June 6</b>	<b>Qld Senior Championships</b>	<b>USQ Springfield</b>
June 12 – 21	World Junior Championships	Constanta, ROM
June 20	Gunmaree Open Club Competition	Mount Isa
<b>June 27</b>	<b>QWA League Round 3 &amp; Masters League Round 3</b>	<b>Zillmere</b>
June 27	Cairns North Open Club Competition	Cairns
July 10	Toowoomba Open Club Competition	Toowoomba
July 11	Cougars Open Club Competition	Cougars
July 18	National Senior Championships	Melbourne, VIC
July 19	National Officiating Workshop	TBC
<b>July 25</b>	<b>Qld U16 &amp; Youth &amp; Junior Championships</b>	<b>Cougars</b>
<i>August 8 – 9</i>	<i>Club Weightlifting / Sports Power Coach Level 1 course</i>	<i>Chandler</i>
August 15	Gunmaree Open Club Competition	Mount Isa
August 15	North Brisbane Open Club Competition	Zillmere
August 15	Sunshine Coast Open Club Competition	Nambour
<b>September 12</b>	<b>Qld Masters Championships</b>	<b>Toowoomba</b>
September 18 – 20	National Under 16 & Youth & Junior Championships	Launceston, TAS
September 21 – 25	National Junior Squad Clinic & Coach Development Workshop	TBC

September 26	Cairns North Open Club Competition	Cairns
<b>October 10</b>	<b>Qld All Schools Championships</b>	<b>Toowoomba</b>
October 10 – 18	WMG & IWF World Masters Championships	Sydney, AUS
October 17 – 24	National Squad Camp (Super Squad & Games Squad)	TBC
October 18 – 23	Commonwealth Senior & Junior Championships	Penang, MAL
<i>October 24 – 25</i>	<i>Club Weightlifting / Sports Power Coach Level 1 course</i>	<i>Chandler</i>
<b>October 31</b>	<b>QWA League Round 4 &amp; Masters League Round 4</b>	<b>Cougars</b>
November 7	Gunmaree Open Club Competition	Mount Isa
November 7	USQ Open Club Competition	USQ Springfield
<i>November 7 – 8</i>	<i>State Weightlifting / Sports Power Coach Level 2 course</i>	<i>Chandler</i>
November 17 – 27	World Senior Championships	Goyang City, KOR
November 20	North Brisbane Open Club Competition	Zillmere
November 20	Toowoomba Open Club Competition	Toowoomba
<b>December 5</b>	<b>QWA Grand Final</b>	<b>USQ Springfield</b>
December 12	'Michael Keelan Shield' Competition	Cougars
December 12	Sunshine Coast Open Club Competition	Nambour
December 19	Cairns North Open Club Competition	Cairns
December 19	'Lawrie Townsend' Competition	Zillmere

The closing date for entries for all QWA events is 15 days prior to the competition date.

The closing date for entries for all National events is 28 days prior to the competition date.

The minimum qualifying standard for entry in the Queensland Senior Championships is AWF Youth Standard.

The qualifying period for the Queensland Senior Championships is 22<sup>nd</sup> May 2008 – 22<sup>nd</sup> May 2009.

The minimum qualifying standard for entry in the Queensland Junior Championships is 80% of AWF Youth Standard.

The qualifying period for the Queensland Junior Championships is 10<sup>th</sup> July 2008 – 10<sup>th</sup> July 2009.

There is no minimum qualifying standard for Queensland Under 16, Youth, School, or Masters Championships.

To be eligible to be selected to represent the QWA at the 2009 National U16 & Youth & Junior Championships athletes must compete in the 2009 Queensland U16 & Youth & Junior Championships.

To be eligible to be selected to represent the QWA at the 2009 National Senior Championships, athletes must compete in the 2009 Queensland Senior Championships.

An exemption from these conditions may apply in special circumstances. Refer to Section 2 of the QWA Team Selection Policy. The QWA Team Selection Policy is available on the QWA web site at <http://www.qwa.org/policies/teamssel.asp> or from the QWA office on request.

# **From the QWA Office**

2009 got off to a flying start with a good turn-out at the first round of the QWA League & Masters League, at Toowoomba. This year, as last year, there will be four rounds of the League, with the points from all rounds contributing to the qualification of lifters for the Grand Final in December. The QWA Management Committee has received some suggestions from a QWA member in regard to the format of the League and the Committee will review this in the coming months. If any changes are approved, they will be implemented in 2010. As always, members' comments and ideas are welcome. Suggestions on the QWA League format, or any other QWA activity or program, can be passed on to me or to any of the Management Committee members at anytime.

The 2009 Annual General Meeting of the QWA was held on March 28<sup>th</sup> and the Management Committee for the twelve months to the next AGM was duly elected. The new Committee consists of Craig Wegert (President); Greg Hohl (Vice President); Lawrie Townsend (Secretary); Vicki Brady (Treasurer); Lee Hughes; Ray Loudon; and Angela Wydall.

The month of March was indeed a busy time, as we got down to the business end of planning and delivering the 2009 AWF National Club Championships. The Club Championships concept, originally proposed by New South Wales' Luke Borreggine a few years ago, is a different kind of weightlifting event, being as it is, a national inter-club competition.

The University of Southern Queensland venue at Springfield was chosen by the QWA for this event for a number of reasons. The USQ Auditorium is a purpose built theatre with modern presentation equipment built in and the University's commitment

of support was nothing short of fantastic. Including set-up time, we 'took over' the auditorium for more than three days, which would have cost many thousands of dollars in hire fees, had the University not provided us with full access at no charge. Additionally, the City of Ipswich sponsored the event in the amount of \$1,000 and this matched other \$1,000 cash injections from the AWF and JME Engineering & Design Drafting. Sunlight Saunas provided a sauna in return for the opportunity to promote their products at the championships; and other providers of equipment and services at no cost included ATF Site Safety & Security and Ipswich Waste Management. With this level of support from event partners, the hosting of the National Club Championships was achieved with a better-than-break-even financial position. Which is not to say that it was a hugely profitable exercise, but rather that we were able to ensure that the event was delivered at the appropriately high standard required of a national championship, without straining the QWA's budget.

Weightlifting will return to the USQ Springfield Auditorium on 6<sup>th</sup> June, with the Queensland Senior Championships. Sixty lifters have qualified to compete at this event, so it should be another great day of weightlifting out at Springfield and the Qld Senior Championships will be broadcast live on the internet. Information for participants and spectators is available on the Qld Senior Championships internet site at [http://www.usqweightlifting.com/index.php?p=3\\_1](http://www.usqweightlifting.com/index.php?p=3_1)

The Australian Weightlifting Federation will hold a High Performance Program Review workshop on 17<sup>th</sup> May and a number of QWA members will be involved with this. The AWF High Performance Manager, Mike Keelan, has provided a 'start list' of topics for discussion, which appears below. Members who wish to have their views on these topics aired, or who wish to raise any other issues relating to the National High Performance Program, can provide their thoughts and comments to me by 10<sup>th</sup> May.

High Performance Program Review Topics:

- Developing and supporting a group of talented and committed athletes
- AWF athlete and coach funding model
- Qualification standards, qualifying events and qualifying periods
- Regular national and international competitions at appropriate levels
- Athlete benchmarking – training and competition plans and projected performances
- Supportive administration which provides maximum support to create an environment which assists athletes and coaches to carry out their tasks effectively
- Athlete and Coach Agreements
- Talent ID and development systems with a network of feeder programs
- Sports science and sports medicine programs
- Adequate training venues and equipment – add to this the ease of access to facilities where athletes live, train, eat, recover and receive medical support

Until next time...

Ian Moir

# President's Message

It is with great honour and pride that I greet all QWA Inc Members as your new President in 2009. I would like to take this opportunity to thank the members and clubs for electing me to this role in which I will strive to carry on the great work done by Lawrie Townsend and the rest of the QWA Inc management committee during 2008.

The year is into full swing and we have seen a number of great contests already played out in the first quarter of the year. Now is a great time to reflect on our success in 2008 and move forward with our plans and goals for the sport of weightlifting in Queensland into and beyond 2009.

As always, we are growing and expanding. With a strong showing from Queensland Club's at the 2009 Australian Weightlifting Federation Club Championships held at USQ Springfield the future is still looking promising for the growth of membership and clubs in 2009.

Engagement with current and new members is of great importance to the QWA Inc Management Committee. We plan to increase involvement of youth members with Talent Identification Programs in targeted areas of the state during 2009. The recruitment of young lifters and the retention of current members is a focus for the QWA as always.

We look forward to seeing our youth lifters develop and grow. We also will be looking for our elite lifters to again rise to the occasion for the upcoming 2010 Commonwealth Games.

The Queensland Weightlifting Association is also striving toward the development of partnerships and corporate sponsorships to aid in the development of our lifters and programs throughout

2009.

In these changing and challenging times for our sport it is important for all members of all levels to get involved in defining the future of Queensland Weightlifting to make us a continued power base for the development of weightlifting in Australia. So I encourage all members to get on board and make it happen to realise your individual goals and to ensure the long term success of our association into the future. After all, it is your association.

Congratulation to all members for a great 2008, now lets all join together and work hard to make another fantastic lifting year for Queensland in 2009.

Kind Regards  
Craig Wegert  
President.



## QWA League & Masters League, Round 1 Toowoomba Weightlifting Association, Toowoomba Qld 14<sup>th</sup> February 2009

Points are calculated as the percentage of World Record Total relative to bodyweight category plus bonus points for equal or new personal best lifts and 6 successful attempts; less penalty points for lifts more than 5kg below personal best.

### Division 1

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Mitch Barnaba	86	Cougars	89.00	114	153	267	17	81.806
Scott Clark	91	Sunshine Coast	61.40	80	110	190	3	61.282
Michelle Kahi	94	Cougars	64.20	65	85	150	7	59.448
Nathan Kahi	92	Cougars	69.60	89	120	209	2	57.438
Melissa Robinson	81	Honeybadgers	56.60	61	80	141	-1	55.175
Bowen Stuart	86	Toowoomba	78.30	96	112	208	1	53.792
Peter Foster	67	Cougars	107.20	110	125	235	-12	37.788

### Division 2

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Kirsten Wu	93	Cougars	51.30	49	62	111	7	56.115
David Hockins	91	Toowoomba	57.10	70	93	163	5	55.000
Paul McClure	72		75.80	87	101	188	5	54.867
Christine Meier	83	Cougars	62.20	54	64	118	7	52.914
Darryl Hockins	88	Toowoomba	66.90	77	100	177	0	49.580
Bianca Sheppard	92	Toowoomba	58.00	61	64	125	-8	41.801

### Division 3

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Zack Tuckey	86	Cougars	80.30	83	103	186	21	68.208
Angus Takahashi	92	Sunshine Coast	92.00	73	95	168	13	53.777
Sam Baumann	92	Cougars	54.80	53	72	125	11	51.984
Bonnie Sleeman	93	Cougars	79.40	53	67	120	13	49.810
Daniel McCallum	92	Toowoomba	72.80	70	83	153	9	49.584
Tim Steele	68	Sunshine Coast	92.60	70	85	155	7	44.621
Kelsey Swift	94	Cougars	59.30	46	58	104	0	40.467
Steven Matthews	54	Toowoomba	75.30	53	82	135	1	36.809
Kim Hanssen	86	Cougars	63.50	45	60	105	0	36.713
Lisa Souter	73	Cougars	52.40	45	64	109	-12	36.230
Bob Henderson	43	Sunshine Coast	74.60	57	77	134	-2	33.544
Alex Maskiell	86	Cougars	85.40	72	95	167	-9	31.534
Lawrie Townsend	51	Honeybadgers	78.40	55	85	140	-9	26.533

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**Division 4**

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Kevin Blake	60	Cougars	107.70	103	132	235	6	55.788
Bronwyn Hitchener	62	Toowoomba	73.10	40	50	90	21	52.469
Mitch Thurlow	92	Cougars	119.10	73	95	168	11	46.593
Laurence Reilly	89	Gold Coast	54.50	58	75	133	0	43.607
Christine Bayne	64	Cougars	76.80	38	50	88	15	41.994
Kirsty Burke	68	Cougars	70.20	32	45	77	12	38.923
Matt Stopel	90	Gold Coast	118.60	77	100	177	0	37.500
Jake Ratcliffe	94	Toowoomba	62.80	46	53	99	6	33.731
Kara Stuart	94	Toowoomba	44.60	30	33	63	4	33.032
Aaron Sym	95	Sunshine Coast	59.70	35	47	82	7	32.153
Emma Hitchener	92	Toowoomba	64.50	30	40	70	6	30.476
Valerie Silver	49	Cougars	62.40	28	40	68	1	27.459
Leandra Miscamble	56	Honeybadgers	62.70	27	43	70	-2	25.237
Vicki Brady	43	Cougars	52.20	26	29	55	0	24.336
Lesley Moyle	45	Honeybadgers	55.90	24	34	58	-4	19.108
Joshua Wu	96	Cougars	37.00	18	21	39	6	18.787
Julie Davis	52	Honeybadgers	47.30	20	34	54	-8	16.885
Sue Cox	61	Honeybadgers	62.00	37	---	---	0	14.397
Justin Bennett	89	Toowoomba	87.00	50	64	114	6	Guest
Ben Quarrell	73	USQ	113.60	90	110	200	0	Guest

Referees: Debra Keelan (Cat I); Greg Hobl (National); Vicki Brady (National); Kathleen Harden (National); Melissa Turnbull (State); Julie Davis (State); Greg Baumann (State); Lee Hughes (Club); Barry Hockins (Club).

Time Keepers: Lee Hughes; Julie Davis; Greg Baumann.

M.C.: Ian Moir; Mike Keelan; Debra Keelan.



**Kevin Blake**

*Weightlifting Queensland*

**Masters League**

Points are calculated as the percentage of World Record Total relative to bodyweight category multiplied by the Malone Meltzer age coefficient, plus 6 Bonus points for six successful attempts

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Score
<b>Men</b>								
Kevin Blake	60	Cougars	107.70	103	132	235	6	67.439
Bob Henderson	43	Sunshine Coast	74.60	57	77	134	0	59.394
Peter Foster	67	Cougars	107.20	110	125	235	0	57.655
Lawrie Townsend	51	Honeybadgers	78.40	55	85	140	6	57.487
Paul McClure	72		75.80	87	101	188	0	54.854
Tim Steele	68	Sunshine Coast	92.60	70	85	155	6	49.152
Steven Matthews	54	Toowoomba	75.30	53	82	135	0	48.342
Ben Quarrell	73	USQ	113.60	90	110	200	0	Guest
<b>Women</b>								
Lisa Souter	73	Cougars	52.40	45	64	109	0	52.426
Vicki Brady	43	Cougars	52.20	26	29	55	6	46.666
Bronwyn Hitchener	62	Toowoomba	73.10	40	50	90	6	44.297
Valerie Silver	49	Cougars	62.40	28	40	68	0	39.927
Lesley Moyle	45	Honeybadgers	55.90	24	34	58	0	37.157
Julie Davis	52	Honeybadgers	47.30	20	34	54	0	35.262
Leandra Miscamble	56	Honeybadgers	62.70	27	43	70	0	35.218
Christine Bayne	64	Cougars	76.80	38	50	88	0	32.258
Kirsty Burke	68	Cougars	70.20	32	45	77	0	30.881
Sue Cox	61	Honeybadgers	62.00	37	Withdrew	---	0	17.651

**Queensland Masters Records**

Name	Cat	Lift	Weight	Age Group
Kevin Blake	+105kg	Snatch	95	45 – 49 years
Kevin Blake	+105kg	Snatch	100	45 – 49 years
Kevin Blake	+105kg	Snatch	103	45 – 49 years
Kevin Blake	+105kg	Cl & Jk	120	45 – 49 years
Kevin Blake	+105kg	Cl & Jk	125	45 – 49 years
Kevin Blake	+105kg	Cl & Jk	132	45 – 49 years
Kevin Blake	+105kg	Total	223	45 – 49 years
Kevin Blake	+105kg	Total	228	45 – 49 years
Kevin Blake	+105kg	Total	235	45 – 49 years
Lisa Souter	53kg	Snatch	45	35 – 39 years
Lisa Souter	53kg	Cl & Jk	58	35 – 39 years
Lisa Souter	53kg	Cl & Jk	62	35 – 39 years
Lisa Souter	53kg	Cl & Jk	64	35 – 39 years
Lisa Souter	53kg	Total	103	35 – 39 years
Lisa Souter	53kg	Total	107	35 – 39 years
Lisa Souter	53kg	Total	109	35 – 39 years

Valerie Silver	63kg	Snatch	25	60 – 64 years
Valerie Silver	63kg	Snatch	28	60 – 64 years
Valerie Silver	63kg	Cl & Jk	35	60 – 64 years
Valerie Silver	63kg	Cl & Jk	40	60 – 64 years
Valerie Silver	63kg	Total	63	60 – 64 years
Valerie Silver	63kg	Total	68	60 – 64 years
Kirsty Burke	75kg	Snatch	32	40 – 44 years
Kirsty Burke	75kg	Cl & Jk	42	40 – 44 years
Kirsty Burke	75kg	Cl & Jk	45	40 – 44 years
Kirsty Burke	75kg	Total	74	40 – 44 years
Kirsty Burke	75kg	Total	77	40 – 44 years
Bronwyn Hitchener	75kg	Snatch	36	45 – 49 years
Bronwyn Hitchener	75kg	Snatch	40	45 – 49 years
Bronwyn Hitchener	75kg	Cl & Jk	48	45 – 49 years
Bronwyn Hitchener	75kg	Cl & Jk	50	45 – 49 years
Bronwyn Hitchener	75kg	Total	85	45 – 49 years
Bronwyn Hitchener	75kg	Total	88	45 – 49 years
Bronwyn Hitchener	75kg	Total	90	45 – 49 years



**Bronwyn Hitchener**

# 2009 Australian Masters Games & Australian Championships

Geelong  
Saturday 21<sup>st</sup> February 2009

## Women

Name	YOB	State	BWT	SN	C & J	TOTAL	PLACE
<b>Women 35 – 39 Years</b>							
<b>53kg Category</b>							
<b>Lisa Souter</b>	1973	QLD	52.15	51	67	118	1
<b>75kg Category</b>							
Sheree Peck	1972	VIC	72.60	35	50	85	1
<b>Women 40 – 44 Years</b>							
<b>58kg Category</b>							
<b>Diana Loy</b>	1965	QLD	57.80	55	75	130	1
<b>+75kg Category</b>							
<b>Christine Bayne</b>	1964	QLD	77.60	39	53	92	1
<b>Women 45 – 49 Years</b>							
<b>58kg Category</b>							
Katrina Hannan	1962	VIC	57.50	27	37	64	1
<b>63kg Category</b>							
Lina Vukojevic	1961	VIC	62.00	38	50	88	1
<b>69kg Category</b>							
Amanda Foley	1962	WA	67.10	40	51	91	1
<b>Women 50 – 54 Years</b>							
<b>58kg Category</b>							
Coral Quinnell	1957	NT	54.55	50	58	108	1
Bernadette Kinnane	1956	VIC	53.35	34	38	72	2



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Name	YOB	State	BWT	SN	C & J	TOTAL	PLACE
<b>63kg Category</b> Leandra Miscamble	1956	QLD	62.55	27	39	66	1
<b>+75kg Category</b> Deborah Thomas	1956	VIC	90.20	26	31	57	1
<b>Women 55 – 59 Years</b>							
<b>48kg Category</b> Julie Davis	1952	QLD	47.05	23	35	58	1
<b>58kg Category</b> Lesley Moyle	1945	QLD	55.30	28	37	65	1
<b>63kg Category</b> Valerie Silver	1949	QLD	61.80	30	43	73	1
Elaine Janes	1945	VIC	62.85	28	37	65	2
<b>Women +65 Years</b>							
<b>53kg Category</b> Vicki Brady	1943	QLD	51.75	27	30	57	1
<b>69kg Category</b> Shirley Palmer	1937	WA	66.55	21	23	44	1
<b>Men</b>							
<b>Men 35 – 39 Years</b>							
<b>62kg Category</b> Graham Walker	1970	NT	60.10	77	100	177	1
<b>85kg Category</b> Alex Goodyear	1972	NSW	81.35	105	120	225	1
<b>+105kg Category</b> Craig Wegert	1973	QLD	154.15	140	170	310	1
<b>Men 40 – 44 Years</b>							
<b>77kg Category</b> David Holt	1968	VIC	76.90	70	90	160	1
<b>85kg Category</b> Arjun Tokhi	1969	SA	83.25	85	113	198	1

*Weightlifting Queensland*

Name	YOB	State	BWT	SN	C & J	TOTAL	PLACE
<b>94kg Category</b> Warren Hellisen	1966	VIC	93.25	108	145	253	1
Michael Torriero	1966	VIC	90.05	80	95	175	2
Shaun Dangerfield	1969	VIC	93.10	72	95	167	3
<b>Tim Steele</b>	<b>1968</b>	<b>QLD</b>	<b>93.60</b>	<b>72</b>	<b>92</b>	<b>164</b>	<b>4</b>
<b>+105kg Category</b>							
Chris Duthie	1967	SA	106.90	105	138	243	1
<b>Peter Foster</b>	<b>1967</b>	<b>QLD</b>	<b>108.20</b>	<b>110</b>	<b>133</b>	<b>243</b>	<b>2</b>
<b>Men 45 – 49 Years</b>							
<b>77kg Category</b>							
Goran Vukojevic	1962	VIC	75.70	75	100	175	1
<b>105kg Category</b>							
Colin Lewis	1963	WA	96.60	72	96	168	1
<b>+105kg Category</b>							
James Holt	1964	VIC	116.85	65	95	160	1
Graham Anderson	1962	WA	105.15	56	65	121	2
<b>Men 50 – 54 Years</b>							
<b>94kg Category</b>							
Nick Milankovic	1957	VIC	92.00	79	110	189	1
<b>105kg Category</b>							
Bob Pavone	1957	WA	95.45	65	90	155	1
<b>+105kg Category</b>							
Dean Pascoe	1956	SA	111.45	75	106	181	1
<b>Men 55 – 59 Years</b>							
<b>85kg Category</b>							
<b>Lawrie Townsend</b>	<b>1951</b>	<b>QLD</b>	<b>77.45</b>	<b>67</b>	<b>91</b>	<b>158</b>	<b>1</b>
<b>105kg Category</b>							
Robert Parker	1951	VIC	104.65	56	75	131	1
<b>+105kg Category</b>							
Peter Phillips	1953	WA	109.95	77	100	177	1



Name	YOB	State	BWT	SN	C & J	TOTAL	PLACE
<b>Men 60 – 64 Years</b>							
<b>77kg Category</b>							
Ray Louden	1945	QLD	75.70	60	77	137	1
Ludek Prokes	1949	NSW	76.25	60	70	130	2
<b>85kg Category</b>							
John Clow	1949	VIC	82.85	67	86	153	1
<b>94kg Category</b>							
George Hardiman	1945	ACT	85.95	57	80	137	1
Warren Smith	1948	VIC	92.05	52	62	114	2
<b>+105kg Category</b>							
David Wescombe-Down	1946	SA	106.55	60	90	150	1
<b>Men 65 – 69 Years</b>							
<b>94kg Category</b>							
Milos Trnka	1943	VIC	85.65	55	75	130	1
Frank Parsons	1941	VIC	93.05	50	60	110	2
<b>105kg Category</b>							
John Reynolds	1944	VIC	101.45	55	75	130	1
<b>Men 70 – 74 Years</b>							
<b>69kg Category</b>							
John Preston	1938	ACT	67.45	33	45	78	1
<b>85kg Category</b>							
Chris Holt	1936	VIC	79.50	55	65	120	1
<b>105kg Category</b>							
Barry Reilly	1937	VIC	102.90	62	77	139	1
<b>Men 75 – 79 Years</b>							
<b>94kg Category</b>							
Alan Lewis	1933	WA	87.30	31	35	66	1

**MASTERS CHAMPIONSHIPS 2009****GEELONG – VICTORIA  
FEBRUARY 20**

By Barry Harden

Five men and eight women travelled to Geelong to represent Queensland at the National Masters Championships, which was held as part of the Australian Masters Games.

As is the norm with the Australian Masters Games, the younger age groups lifted first. The men 35-39 & 40-44 made up the first session. We were represented by Craig Wegert, 105+, 35-39, Tim Steele, 94, and Peter Foster, 105+, 40-44.

Tim had the first of many lift-for-lift struggles of the day. After the snatches, he was only behind third place on body weight but unfortunately, even with a 7 kg PB total, finished three kilos out of a place.

Possibly the biggest battle of the competition was between Peter Foster and Chris Duthie from SA. Peter was 5kg in front after the Snatch, which left Chris to play catch up. We really thought we might have had his measure after Peter was successful with a hard fought 133kg final Clean & Jerk and Chris really struggled with the 138kg Clean. But Chris has an unbelievable Jerk and he won the contest on body weight.

Craig, although suffering a back spasm, still managed a 140kg Snatch and 170kg Clean & Jerk which ultimately was enough to win the best lifter award.

Queensland was represented in the second session by Lisa Souter 53, 35-39, Diana Loy, 58kg, 40-44 and Christine Bayne, 75+, 40-44.

It was Christine's first major competition and she handled the occasion very well, managing personal bests in both lifts. Lisa was on the come back path after having a baby and showed she has lost none of her

excellent technique and is not that far off her personal best. It was good to see Diana enjoying her lifting again after an injury plagued 2008. She finished the day with six out of six lifts and the best lifter award – again.

Lawrie Townsend, 85kg, 55-59, was Queensland representative in session three. Lawrie is always his greatest critic and although his technique might not be what he wants it to be, the results indicate he is lifting well with six out of six lifts and a SMM score high than anyone else in his session.

Session four was my busiest session, with five Qld ladies competing: Leandra Miscamble 63kg, 50-54, Julia Davis, 48kg, 55-59, Lesley Moyle, 58kg, 60-64, Valerie Silver, 63kg, 60-64 and Vicky Brady, 53kg, 65+.

Julie had to make a quick adjustment to her warm up when we remembered that the International rule on minimum starting weights would be enforced, but it proved not to be a problem. There is not a lot I can say about Julie and Vicki. They are very professional the way they go about their lifting. It's as if they have been doing it all their lives and consequently their results are very consistent and of a good standard. Lesley continues to surprise me with her competitive nature. She would put some younger lifters to shame in the way that she displays an obvious 'hunger' for improvement. I think that 'No Limits' could apply to Masters as much as to any age group. Leandra has a better technique than many relatively new Masters lifters I have seen and although her total was still very good, I believe that if she could carry her best technique out on to the platform, she would be unbeatable.

I have seen bodies in the morgue with more colour in the face than Valerie had in her face when she turned up in Geelong. She looked so ill that I thought there was no way she was going to lift. But she had other ideas. We all suspected that Valerie was crazy, but she proved it on this day. We planned to start very light to make sure of a total and then 'nurse' her through the competition. But Valerie had opposition in the form of Elaine Janes, VIC, the current National record holder and Plan A went out the window as Valerie decided that she wanted a crack at winning. It turned out to be a very good contest, as the winner

had to break all of the National records to do it. Valerie finished with personal bests, the National records and 1<sup>st</sup> place. She even mustered enough energy for her customary celebratory yell, which was probably heard back in Queensland, but the illness which had been put on suspension by the thrill of competing quickly returned and it was straight to bed afterwards, for a well-earned and much-needed rest.

Ray Loudon, 77kg, 60-64, was our last competitor. Ray was against Ludek Prokes, NSW, and although we expected that the Snatches would be tight, which was the case with both lifters finishing on 60kg, we found ourselves in a back room battle in the Clean & Jerks. Ray was fairly sure that he could out Clean & Jerk Ludek, but Ludek was choosing weights that challenged this confidence. In the end there can be only so many weight changes and the lifters have to face reality. And the reality was that Ray finished in front.

Queensland put up a good fight with some outstanding lifting but for the second year in a row we were relegated to 2<sup>nd</sup> place by Victoria. Goran Vukojevic made sure we were painfully aware of this fact, but of course, the winners are entitled to the bragging rights. Goran did say that he would like the opportunity to make it conclusive by defeating us on our home soil and it would be nice if Goran and Victoria had the opportunity to try to defeat Queensland for the third year in a row, on our home soil. The 2010 National Masters is still up for grabs, so maybe it'll come to Queensland next year.

From my point of view the Championships in Geelong were well run and I'd like to thank the organisers and the hard working volunteers who made it all come together on the day. I know that some long hours went in to have the venue set up the night before.

It was good to see the increasing standard of Masters competition. Not so long ago, just about everyone who turned up took away a Gold Medal without any competition from other lifters. This year's championship continued the encouraging trend of more lifters having to fight for the honours.

I would like to thank the Queensland team for their support, as we could not have achieved so much success without everyone's involvement.

And special thanks to:

Craig for driving me around; Ray for assistance in coaching session four; Tim for updating the computer; the girls for ensuring that I was fed (most important) and for "shouting" me to the function. Without going into detail or mentioning names, thanks also for the survival pack. Apart from being useful, it also added a nice touch of humour to the day.

## Australian Weightlifting Federation National Club Championships

28 – 29 March 2009  
Ipswich • Queensland

### RESULTS BY TEAM – JUNIOR MEN

Name	Born	Club/Team	Team Cat	BWT	Sn	C & J	Total	Sinclair Points
Stephen McConnell	1991	Hawthorn A	Junior	71.30	105	127	232	304.259
Adam Kok	1990	Hawthorn A	Junior	114.90	112	150	262	277.821
Joshua Quinn	1991	Hawthorn A	Junior	101.55	97	120	217	239.523
								821.603

Daniel Katz	1990	Phoenix A	Junior	74.75	97	131	228	290.767
Akashdeep Singh Gill	1989	Phoenix A	Junior	67.60	87	113	200	271.192
Liam Larkins	1993	Phoenix A	Junior	69.25	75	90	165	220.328
								782.287

Nathan Kahi	1992	Cougars A	Junior	68.05	92	120	212	286.242
Sam Baumann	1992	Cougars A	Junior	54.75	54	75	129	203.428
Mitch Thurlow	1992	Cougars A	Junior	122.85	75	100	175	182.369
								672.039

David Hockins	1991	Toowoomba A	Junior	57.65	64	88	152	230.354
Daniel McCallum	1992	Toowoomba A	Junior	73.20	71	83	154	198.808
Jake Ratcliffe	1994	Toowoomba A	Junior	62.80	48	60	108	153.845
								583.007

Ricky Gulyamov	1989	Burwood A	Junior	75.85	120	145	265	335.146
Milo McFarland	1991	Burwood A	Junior	75.80	83	110	193	244.179
								579.325

### RESULTS BY TEAM – SENIOR MEN

Name	Born	Club/Team	Team Cat	BWT	Sn	C & J	Total	Sinclair Points
Simplice Ribouem	1982	Hawthorn A	Senior	84.20	135	188	323	386.493
Francois Etoundi	1984	Hawthorn A	Senior	68.90	125	150	275	368.386
Corran Hocking	1980	Hawthorn A	Senior	151.60	170	195	365	367.363
								1122.242

Daniel Koum	1985	Hawthorn B	Senior	61.65	110	140	250	360.765
David Sarkisian	1986	Hawthorn B	Senior	73.90	120	155	275	353.038
Vannara Be	1988	Hawthorn B	Senior	55.65	98	125	223	347.205
								1061.008

Damon Kelly	1983	Cougars A	Senior	147.50	152	213	365	368.403
Troy Hawkins	1986	Cougars A	Senior	84.60	130	161	291	347.390
Kevin Blake	1960	Cougars A	Senior	107.90	97	135	232	250.758
								966.551

Ali Gulyamov	1985	Burwood A	Senior	104.85	135	160	295	321.933
Mitchil Mann	1987	Burwood A	Senior	104.95	125	159	284	309.827
Alex Goodyear	1972	Burwood A	Senior	83.15	112	125	237	285.369
								917.129

Matthew Williams	1980	Phoenix A	Senior	84.40	128	150	278	332.258
Gordon Laurie	1986	Phoenix A	Senior	96.95	118	140	258	289.876
Andrew Ciancio	1978	Phoenix A	Senior	89.25	115	130	245	285.164
								907.298

*Weightlifting Queensland*

Matthew Falcone	1988	Hawthorn C	Senior	162.70	140	185	325	325.496
Simon McCoy	1983	Hawthorn C	Senior	93.60	110	150	260	296.371
Mark Holloway	1988	Hawthorn C	Senior	68.35	95	110	205	276.014
								897.881

Max Dalsanto	1985	Kidman Park A	Senior	92.10	142	177	319	366.147
Patrick Inglis	1989	Kidman Park A	Senior	68.90	98	119	217	290.690
Dean Pascoe	1956	Kidman Park A	Senior	110.60	70	105	175	187.673
								844.510

David de Rose	1982	HoneyBadgers A	Senior	71.90	110	140	250	326.207
Christian Hopper	1985	HoneyBadgers A	Senior	85.70	100	120	220	260.984
Benjamin Paris	1981	HoneyBadgers A	Senior	66.45	78	92	170	233.099
								820.290

Sam Katz	1983	Phoenix B	Senior	68.65	90	112	202	271.219
Gurpreet Singh	1985	Phoenix B	Senior	77.65	90	110	200	249.653
Luke Sword	1989	Phoenix B	Senior	100.60	70	100	170	188.299
								709.171

Bowen Stuart	1986	Toowoomba A	Senior	76.05	90	105	195	246.250
Darryl Hockins	1988	Toowoomba A	Senior	65.90	80	97	177	244.030
Steve Matthews	1954	Toowoomba A	Senior	74.65	58	83	141	179.955
								670.235

Ben Quarrell	1973	USQ A	Senior	116.55	85	107	192	202.789
Lamson Nguyen	1982	USQ A	Senior	64.00	64	75	139	195.442
Michael Winn	1994	USQ A	Senior	59.65	50	55	105	155.154
								553.385

Zack Tuckey	1986	Cougars B	Senior	82.50	85	105	190	229.687
Peter Foster	1967	Cougars B	Senior	103.65	105	---	DNF	0.000
								229.687

*Weightlifting Queensland*

**RESULTS BY TEAM – JUNIOR WOMEN**

Name	Born	Club/Team	Team Cat	BWT	Sn	C & J	Total	Sinclair Points
Davina Hughes	1989	Toowoomba A	Junior	53.00	64	78	142	199.628
Bianca Sheppard	1992	Toowoomba A	Junior	57.35	62	72	134	177.497
Kara Stuart	1994	Toowoomba A	Junior	45.05	30	41	71	114.886
								492.011

Michelle Kahi	1994	Cougars A	Junior	62.05	65	78	143	179.508
Kirsten Wu	1993	Cougars A	Junior	51.40	51	65	116	167.150
Kelsey Swift	1994	Cougars A	Junior	59.20	48	63	111	143.782
								490.440

Reachney Be	1994	Hawthorn A	Junior	52.10	34	40	74	105.464
Socheata Be	1989	Hawthorn A	Junior	52.30	---	70	---	0.000
								105.464

**RESULTS BY TEAM – SENIOR WOMEN**

Name	Born	Club/Team	Team Cat	BWT	Sn	C & J	Total	Sinclair Points
Jenna Myers	1986	Tassie Twin A	Senior	73.65	85	106	191	217.545
Camilla Fogagnolo	1986	Tassie Twin A	Senior	68.95	75	100	175	206.261
Sophie Cowen	1997	Tassie Twin A	Senior	46.85	31	39	70	109.250
								533.056

Melissa Robinson	1981	Cougars A	Senior	57.40	64	78	142	187.976
Holly Collyer	1988	Cougars A	Senior	64.20	66	85	151	185.524
Lisa Souter	1973	Cougars A	Senior	52.15	49	62	111	158.074
								531.574

Seen Lee	1982	Hawthorn A	Senior	59.50	90	105	195	251.714
Jacque White	1982	Hawthorn A	Senior	62.90	80	98	178	221.507
Belinda van Tienen	1986	Hawthorn A	Senior	74.90	---	DNF	---	0.000
								473.221

Christine Meier	1983	Cougars B	Senior	61.80	55	73	128	161.100
Bonnie Sleeman	1993	Cougars B	Senior	78.15	56	70	126	139.637
Kim Hanssen	1986	Cougars B	Senior	64.15	45	63	108	132.756
								433.493

Julie Davis	1952	Cougars D	Senior	47.60	22	33	55	84.626
Leandra Miscamble	1956	Cougars D	Senior	65.00	27	41	68	82.919
Vicky Brady	1943	Cougars D	Senior	51.35	27	30	57	82.200
								249.745

Liana Lambert	1988	Cougars C	Senior	66.65	56	65	121	145.374
Valerie Silver	1949	Cougars C	Senior	61.55	29	35	64	80.763
								226.137

**TEAM CLASSIFICATION: 'A' TEAM POINTS – ALL CATEGORIES**

Club	Points
Cougars	2660.603
Hawthorn	2522.531
Toowoomba	1745.254
Phoenix	1689.584
Burwood	1496.453
Kidman Park	844.510
Honey Badgers	820.291
USQ Springfield	553.385
Tassie Twin Towners	533.056

Referees: Kylie Booth (QLD); Shokr Fallah (QLD); Bob Henderson (QLD); Debra Keelan (QLD); Lawrence Townsend (QLD); Victoria Brady (QLD); Kevin White (VIC); Kathleen (QLD); Tanya Harden (QLD).

Time Keepers: Barry Harden (QLD); Keith Forbes (QLD); Tanya Harden (QLD); Lee-Ann Hughes (QLD).

Technical Controllers: Kylie Booth (QLD); Shokr Fallah (QLD); Debra Keelan (QLD); Ian Moir (QLD); Lawrence Townsend (QLD); Craig Wegert (QLD).

Announcers: Michael Keelan (QLD); Ian Moir (QLD).

## 2009 AWF National Club Championships

The 2009 AWF National Club Championships were hosted by the QWA at the University of Southern Queensland's Springfield campus on the last weekend of March. Going by the number of competitors at previous National Club Championships, our early planning was based on an expectation of 40 to 50 entrants and the possibility of a one-day event. This thinking changed quickly when word came down from the AWF to expect a large field, due to the Club Championships being designated as a major qualifying event for National Team selection in 2009. As it turned out, more than 90 entries were received and 79 competitors eventually took to the platform.

This event was contested by teams of up to three lifters competing in one of four categories – Senior Men; Senior Women; Junior Men; Junior Women. Placings were determined by the Sinclair points scored by all team members and there was also an overall award for the club which accumulated the most points from its 'A' Teams in each of the gender and age categories. In addition to the Australian clubs represented, guest lifter Yukio Peter from the Republic of Nauru added international flavour. Weighing less than 77kg, Yukio came oh-so-close to jerking a Commonwealth Record of 200kg.

Hosting national events always brings the motivation to try new things and upgrade existing competition systems. Inspired by the excellent facilities at the University of Southern Queensland's Auditorium, we approached the delivery of the National Club Championships with a focus on presentation and innovation. The QWA has built up a good stock of competition 'hardware' over the years and this was expanded to include additional electronic 'gadgets' to enable the display of an automated attempt board in the warm-up area, made possible by weightlifting competition management software created and

generously supplied by Michael Noonan.

With Craig Wegert taking the reins as Competition Director, a website was created to provide a single port of call for event information including entry forms, accommodation options, venue details, competition schedules, results and photographs. Craig also provided the equipment and know-how to ensure that the 2009 Club Championships achieved another first for weightlifting in Australia – a live event broadcast on the internet.

The USQ Springfield venue provided an excellent environment for participants and spectators and the generous support of the University and other event partners and sponsors, including the AWF; JME Engineering & Design Drafting; the City of Ipswich; Sunlight Saunas; ATF Site Safety & Security; and the Queensland Times; underpinned a great weekend of weightlifting.

Despite some small hiccups in dealing with some of the new technology, which we'll call 'valuable learning experiences'; and Troy Hewkins finding a weak spot in the platform and cracking it (TWICE!), the competition went very well. Good venues and equipment can set the scene, but the success of any event depends on people. As always, Queensland's weightlifting volunteers carried the day, putting in many hours of work to make the 2009 National Club Championships the latest in a long line of weightlifting events successfully delivered in Queensland.



**Troy Hewkins**

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## Club News

# ***Cougars Weightlifting Club***

Just a short summary of what's been going on in the Cougars Club:

The National Club Championships held at Springfield was a great success for the Cougars Team, which boasted 8 of our men and 14 of our women:

Sam Baumann, Kevin Blake, Peter Foster (DNF due to sickness), Troy Hewkins, Nathan Kahi, Damon Kelly, Mitch Thurlow, Zach Tuckey, Vicki Brady, Holly Collyer, Julie Davis, Kim Hanssen, Michelle Kahi, Liana Lambert, Christine Meier, Leandra Miscamble, Melissa Robinson, Valerie Silver, Bonnie Sleeman, Lisa Souter, Kelsey Swift, and Kirsten Wu.

All lifters are congratulated on their efforts as Cougars won the overall club championships trophy. A great effort by all of our Club's lifters and coaches!

At the Cougars AGM held on 23<sup>rd</sup> March, 2009 a new committee was elected. The new members are:

President	-	Deborah Aason
Vice President	-	Kevin Blake
Secretary	-	Victoria Brady
Treasurer	-	Kylie Booth
Ordinary Member	-	Paul Wheeler
Ordinary Member	-	Valerie Silver
Ordinary Member	-	Liana Lambert

A very big thank you to our 2008 President Angela Wydall; and to Miles Wydall for stepping in while the VP was away.

Congratulations to Deborah Aason who was awarded Life Membership of the Cougars Weightlifting Club at the AGM.

We also await news of the arrival of the smallest Cougars member, Paul and Alison's baby, due any day.

We welcome our new members for 2009 and we hope that the coming year will be a great one.

Deborah Acason (nee Lovely)  
President

## **North Brisbane Weightlifting Association**

February, 2009 saw the 12th Australian Masters Games held in Geelong. Weightlifting was held on the first Saturday of competition and Queenslanders representing were Christine Bayne, Vicki Brady, Julie Davis, Diana Loy, Leandra Miscamble, Lesley Moyle, Valerie Silver, Lisa Souter, Peter Foster, Ray Louden, Tim Steele, Lawrie Townsend, Craig Wegert and Coach Barry Harden. What a great job Barry did for us all, and the end result was a good second to Victoria...

The competition was well organised and referees and jury were in place. The dinner was held on the Saturday night and well attended by "The Queenslanders". With the World Masters' qualifying totals being reduced, the competition in Sydney in October should have larger numbers of representatives from "HoneyBadgers" and we encourage all our Master lifters to seriously think about joining us.

The HoneyBadgers were successful with our Queensland Government Gambling Community Benefit Fund application in the second round, receiving a \$30,000.00 grant to upgrade gym equipment, weightlifting equipment, signage, scales and whiteboard. The Committee is now carefully ordering the required items within budget and we're looking forward to the "new look" Badger den.

Our numbers are pretty stable now with 15 circuit members and 21 weightlifters, including a couple of young German back packers who will be training with us for three months.

Ben Paris, Christian Hopper and David De Rose flew the Honeybadger flag at the recent Australian National Club Championships at Springfield, all lifting respectable weights. It was a great opportunity to catch up with Dave and hear how well he is doing with his new career in Cairns. Thank you to Leo (our most recent asset in the coaching pool) for his attendance and support at the competition. Well done to Craig Wegert for the organising of the competition! Even though the ladies entered under the Cougars banner Leandra, Vicki and Julie – (aka "HoneyBadgers") were also seen lifting at the Australian National Club Championships. Thanks to Coral and Christian for their coaching expertise.

Congratulations to the new committee of the QWA. I know how hard it is to fill some of these positions and its promising to see the calibre of people who are willing to do the hard yards.

June 27<sup>th</sup> will see the third league round at the HoneyBadgers so please mark it in your social calendar. No doubt we will have yummy food and raffles for you to spend your money on again. Happy Easter to you all – may it be a safe and enjoyable time with your families.

Julie Davis  
Secretary



### **WEIGHTLIFTING CLUB INC.**

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The Sunshine Coast Club is currently an all-male gym. I thought that we might be going back to the old days of a testosterone-charged atmosphere, but as they say, you can never go back. The expectations of behaviour have change forever and



somewhere along the line we guys must have become civilised. I believe that what has happened is, instead of women adapting to a male sport, the sport has adapted to the involvement of women.

Our numbers on the platform are slowly increasing with several new additions to our club and five new recruits under 14. It is my hope that Nambour High may be able to put a team into the All Schools Championships this year, which would be the first time in many years.

Our club had five lifters competing in the first League Round with Aaron Sym on the platform for the first time. This number should grow as the year progresses.

Ray Loudon and Tim Steele competed in the National Masters in February in Geelong. Tim finished with a huge 7kg PB. Ray lifted well, winning after a hard fought battle.

Tim, Ray and Bob Henderson are training hard for the World Masters Games in October this year. Ray and Bob have already qualified and with the adjustment to the qualifying total, Tim should also be competing.

Our Club has had a change of personnel on the QWA committee. Tanya Harden brought the Sunshine Coast perspective to the QWA boardroom for several years but due to work commitments, Tanya did not seek nomination this year. Thank you to Tanya for all her hard work for the Club and State. Ray Loudon now takes on a State role with the full support of our club.

Barry Harden



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*The Queensland Weightlifting Association (QWA) strives to promote weightlifting as a healthy and enjoyable sport for all.*

*Through its system of clubs around the state of Queensland, Australia, the QWA provides quality coaching for beginners to elite athletes, and offers an organised program of events for men and women aged from their 'teen years through to the Masters categories.*

*The QWA also offers training for coaches and officials and, as an affiliated member of the Australian Weightlifting Federation, opportunities to participate in national and international events.*