



2018 Queensland Masters Championships

24-25 March

Milton Weightlifting Club - Milton Oly Fit - www.molyfit.com - 32 Cribb St Milton.

Competition Timetable – 24-25 March 2018

Session:	Weigh-in Start	Weigh-in Finish
1 (10 lifters) Lift @ 10.00am	8.00am	9.00am
2 (11 lifters) Lift @ 11.30am	9.30am	10.30am
3 (11 lifters) Lift @ 1.30pm	11.30am	12.30pm
4 (10lifters) Lift @ 3.30pm	1.30pm	2.30pm
5 (11 lifters) Lift @ 10.00am	8.00am	9.00am
6 (15 lifters) Lift @ 12.00md	10.00am	11.00am
7 (10 lifters) Lift @ 2.30pm	12.30pm	1.30pm
8 (8 lifters) Lift @ 4.00pm	2.00pm	3.00pm

SESSION 1

Weigh-in: 8.00-9.00am Start 10.00am

48	70-74	F69	Lesley Moyle	North Brisbane	68
111	65-69	F53	Julie Davis	North Brisbane	65
119	60-64	F53	Colleen Duplock	North Brisbane	64
191	60-64	F58	Merryn Hillhouse	Milton	78
252	60-64	F63	Coral Quinell	Milton	84
16	60-64	F69	Stephanie Faulkner	Milton	71
Exempt	60-64	F75	Leandra Miscamble	Gold Coast	88
217	55-59	F53	Maree Davidson	BIMSC	73
129	55-59	F58	Michelle Butler	Unattached	74
244	55-59	F63	Wendy Pakchung	Milton	64
261	55-59	F63	Marie Brett	Milton	90

SESSION 2

Note: Changes to nominated bodyweight categories must be notified prior to **12:00 noon on Friday 23rd March 2018 to Deb Keelan**, by email: qwa@qwa.org ; or phone/text: 0438 031 377 Page 1 of 2

Weigh-in:9.30-10.30am Start 11.30am

Exempt	70- 74	M94	Warren Smith	Gold Coast	110
261	65-69	M85	Lawrie Townsend	North Brisbane	115
223	60-64	M85	Ron Fraser	Unattached	165
146	55-59	M85	Greg Hobl	Toowoomba	165
262	55-59	M94	John Beavers	Ipswich Barbell	105
225	50-54	M85	Dion Walmsley	Unattached	190
237	50-54	M94	John Hanlon	Southside Storm	146
284	50-54	M94	Rob Lugton	Brisbane Barbell	106
204	50-54	M94	James Mildren	Dungeon Barbell	176
257	50-54	M105	Tim Steele	Sunshine Coast	160
270	50-54	M105	Scott Mark	Bounce	155
276	50-54	M105	Tim Redhead	Milton	211

SESSION 3

Weigh-in:11.30-12.30pm Start 1.30pm

86	55-59	F69	Sue Cox	North Brisbane	90
204	55-59	F75	Bronwyn Hitchener	Toowoomba	117
201	50-54	F58	Ellen Willis	Gold Coast	105
104	50-54	F63	Diana Loy	Unattached	131
21	50-54	F63	Fiona Redhead	Milton	116
118	50-54	F69	Linda Skerman	North Brisbane	102
163	50-54	F75	Barbara Buckley	Magnetic	52
162	50-54	F75	Megan Stevens	Toowoomba	83
68	50-54	F90	Liz Cain	Milton	65
11	50-54	F90	Sandra Branson	Stay True	84
88	50-54	F90+	Rawena Tairi	Burleigh	85

SESSION 4

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Weigh-in: 1.30-2.30pm Start 3.30pm

255	65-69	Guest F63	Valerie Silver	Unattached	71
11	45-49	F48	Lisa Souter	Toowoomba	90
127	45-49	F63	Michelle Kinnane	North Brisbane	70
120	45-49	F63	Bridget Roberts	Unattached	100
63	45-49	F69	Katja Jensen	Dungeon Barbell	95
218	45-49	F69	Francine Pehi	Up Lift	148
102	45-49	F75	Althea Mackie	Gold Coast	109
236	45-49	F90	Nicole Swanson	Crossfit CQ Mavericks	85
18	45-49	F90	Kylie Posthumus	Milton	80
17	45-49	F90	Robyn Morgan	Up Lift	139

SUNDAY

SESSION 5

Weigh-in: 8.00-9.00am Start 10.00am

157	45-49	M62	Graham Walker	Milton	170
117	45-49	M77	Steven Graham	Ipswich Barbell	188
46	40-44	M77	Robert Davison	Unattached	210
108	40-44	M85	Michael Brett	Bounce	135
289	40-44	M85	Colin Schram	Gold Coast	236
215	40-44	M94	Blake Repine	Olypower	169
26	40-44	M94	Jeff Davie	Cougars	228
122	40-44	M94	Bobby Johnson	Southside Storm	210
282	40-44	M94	Matt Evans	Milton	120
99	40-44	M105	Jon Mann	Unattached	135
138	40-44	M105	Iain Blacow	Alive Barbell	180

SESSION 6

Weigh-in:10.00-11.00am Start 12.00md

105	40-44	F48	Karuna Hoole	Cougars	103
148	40-44	F53	Kim Walker	Gold Coast	91
247	40-44	F58	Rachel Nicola	Ipswich Barbell	124
139	40-44	F69	Andrea Arnold	Alive Barbell	131
85	40-44	F69	Paige Neal	Jimboomba Barbell	115
31	40-44	F69	Zoe Goodwin	Milton	68
288	40-44	F69	Marianna Toller	Dungeon Barbell	142
302	40-44	F69	Christine Larsen	Cougars	75
181	40-44	F75	Rachael Robinson	Cougars	146
91	40-44	F75	Susan Hornick	Cougars	135
33	40-44	F90	Claire Park	Milton	83
290	40-44	F90	Belinda Lingane	Milton	
66	40-44	F90	Leah Chandler	Milton	92
238	40-44	F90	Lainie Carter	Gold Coast	80
74	40-44	F90	Telia Tonkin	Stay True	94

SESSION 7

Weigh-in:12.30-1.30pm Start 2.30pm

79	35-39	F53	Tara Noonan	Brisbane Barbell	137
Exempt	35-39	F58	Rebecca Jakubovsky	Gold Coast	140
293	35-39	F63	Deborah Hastings	Gold Coast	127
292	35-39	F63	Logan Poon	Ipswich Barbell	136
128	35-39	F69	Bronwyn Graham	Milton	138
156	35-39	F69	Penny Tudberry	Dungeon Barbell	140
44	35-39	F75	Angela Barnas	Sunshine Coast	144
45	35-39	F75	Meagan Wellby	Berserker Barbell	140
197	35-39	F90	Rachel Nolan	Up Lift	120
83	35-39	F69	Debbie Thurlow	Jimboomba Barbell	102
22	35-39	F90	Emily Maher	Toowoomba	85
51	35-39	F90	Rebecca Smith	North Brisbane	85

SESSION 8

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Weigh-in: 2.00-3.00pm Start 4.00pm

189	35-39	M69	Lincoln	Hanson	Cougars	209
186	35-39	M77	Alan	Park	Milton	209
216	35-39	M85	Dale	Finlayson	Alive Barbell	252
113	35-39	M85	Brent	Vaughan	Toowoomba	200
164	35-39	M94	Anthony	Mirandilla	Unattached	188
Exempt	35-39	M94	Malcolm	Wright	Dungeon Barbell	238
192	35-39	M94	Rohan	Cuffe	North Brisbane	256
168	35-39	M94	Sam	Hornick	Cougars	200
298	35-39	M94	Daniel	Sutherland	Cougars	200
Exempt	35-39	M94	Jeb	Wesener	Cougars	265

ALL COMPETITORS MUST WEAR A ONE-PIECE LIFTING SUIT THAT COVERS THE TRUNK.
COMPETITORS MAY ALSO WEAR:

- A collarless T shirt under a one piece lifting suit
- Close-fitting pants under a one-piece lifting suit
- A full body, one-piece unitard under a one-piece lifting suit
- The top of a unitard that covers the elbows under a one-piece lifting suit / or just the bottoms on their own under a one-piece lifting suit

COMPETITORS CAN NOT WEAR:

- Pants and a top instead of a one-piece lifting costume
- Loose fitting clothing
- Anything that covers the elbows (apart from a unitard)
- Any clothing that displays words, slogans, or images other than brand trademarks and/or weightlifting club / team names or logos
- Lifting belts wider than 120mm

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