



2020 Queensland Masters Championships
in conjunction with Oly in the Outback
14-15 March 2020

Hosted by *Saints Weightlifting Club* at:

Miles High School MPA, Pine Street, Miles.

Session:	Weigh-in Start	Weigh-in Finish	Competition Start
<i>Saturday</i>			
1 Open F (12)	7.00am	8.00am	9.00am
2 Platform 1 Open M (10)	9.00am	10.00am	11.00am
2 Platform 2 Modified competition M & F (9)	10.00am	10.30am	11.00am
3 Masters W (8) 75-79, 70-74, 65-69, 60-65, 55-59 Age groups	11.00am	12.00pm	1.00pm
4 Masters M (6) 70-74, 65-69, 60-64 Age groups	1.00pm	2.00pm	3.00pm
5 Masters W (10) 50-54, 45-49 Age groups	2.30pm	3.30pm	4.30pm
<i>Sunday</i>			
6 Masters M (7) 55-59, 50-54, 45-49 Age groups	7.00am	8.00am	9.00am
7 Masters F (8) 40-44 Age group	9.00am	10.00am	11.00am
8 Masters M (6) 40-44 Age group	11.00am	12.00pm	1.00pm
9 Masters F (7) 35-39 Age group	12.30pm	1.30pm	2.30pm
10 Masters M (7) 35-39 Age group	2.00pm	3.00pm	4.00pm

Please bring your cash for the canteen and purchase of souvenirs.

Reminder: No smoking, no alcohol, & no animals permitted in School grounds.

SESSION 1 Weigh-in 7.00-8.00am Start 9.00am

Lot no.	Name		YOB	Age Group	Club	Entry total
41	Amity Salisbury	F	2003 **	Youth	Saints	102
42	Katie Ward	F	2004 **	Youth	Milton	104
54	Tanya Eames	F	1987	Senior	Toowoomba	125
59	Sophie Bourne	F	2002	Junior	Saints	115
76	Diana Loy	F	1965	Master	Unattached	105
81	Christine Reid	F	1992	Senior	Sunshine Coast	175
114	Chelsea Nicoll	F	1998	Senior	Sunshine Coast	120
185	Kylie Salisbury	F	2002	Junior	Saints	139
189	Siobhaun Hahn	F	2001	Junior	Saints	100
196	Danielle Bentley	F	1986	Senior	Ipswich Weightlifting	100
203	Chloe Kerwick	F	1996	Senior	Saints	173
262	Jessica Ryder	F	1991	Senior	Sunshine Coast	90

SESSION 2 (PLATFORM 1) Weigh-in 9.00-10.00am Start 11.00am

36	John Kuhl	M	1994	Senior	Saints	185
92	Andrew Taylor	M	1988	Senior	Saints	230
121	Mitchell Daniels	M	1997	Senior	Sunshine Coast	244
131	Luke Bidgood	M	2004 **	Youth	Saints	144
231	James Pakchung	M	1993	Senior	Unattached	195
238	Angus Ward	M	2003 **	Youth	Milton	216
239	Jakob Daniels	M	1995	Senior	Sunshine Coast	283
248	Henry Bourne	M	2003 **	Youth	Saints	144
263	Chevy Sukkar	M	1992	Senior	Ipswich Weightlifting	285
297	Liam Hanlon	M	1996	Senior	Southside Storm	135

**** require parent or coach with a current blue card at weigh-in**

SESSION 2 (PLATFORM 2) Weigh-in 10.00-10.30am Start 11.00am Modified competition

113	Nate Thorley	M	2008	U15	Ipswich Weightlifting	50
158	Amelie Graham	F	2008	U15	Ipswich Weightlifting	45
174	Addison Jeffries	F	2008	U15	Ipswich Weightlifting	55
182	Olivia Coker	F	2008	u15	Ipswich Weightlifting	60
244	Summa Salisbury	F	2011	U15	Saints	30
256	Daniel Teece	M	2005	U15	Saints	30
272	Lawson Solofa	M	2013	U15	Ipswich Weightlifting	30
292	Selina Richards	F	2008	U15	Saints	62
302	Helena Hanlon	f	2009	U15	Southside Storm	31

SESSION 3 Masters Championships Weigh-in 11.00-12.00pm Start 1.00pm

F71	105	Lesley Moyle	F	1945	Master	75-79	Cougars	64	
		Valerie Silver	F	1949	Master	70-74	Unattached	55	Exemption
F55	24	Julie Davis	F	1952	Master	65-69	North Brisbane	62	
F59	65	Colleen Duplock	F	1954	Master	65-69	North Brisbane	65	
		Merryn Hillhouse	F	1955	Master	65-69	Milton	79	Exemption
		Meg Emerton	F	1953	Master	65-69	Cougars	96	Exemption
F71	298	Margaret Lees	F	1952	Master	65-69	Unattached	40	Exemption
F59	139	Maree Davidson	F	1960	Master	60-64	BIMSC	76	
		Coral Quinell	F	1957	Master	60-64	Milton	86	Exemption
F76	169	Leandra Miscamble	F	1956	Master	60-64	Burleigh Barbell	82	
F64	3	Ellen Willis	F	1965	Master	55-59	Burleigh Barbell	98	
F71	30	Sue Cox	F	1961	Master	55-59	North Brisbane	90	-
F71	282	Linda Skerman	F	1965	Master	55-59	North Brisbane	109	
F81	223	Bronwyn	F	1962	Master	55-	Toowoomba	120	

		Hitchener				59			
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SESSION 4 Weigh-in 1.00-2.00pm Start 3.00pm

M81	100	Ludek Prokes		M	1949	Master	70-74	Unattached	70
M81	227	Don Taylor		M	1950	Master	70-74	Saints	30
M81	261	Ron Fraser		M	1954	Master	65-69	Burleigh Barbell	170
M81	16	Greg Hobl		M	1960	Master	60-64	Toowoomba	150
M89	279	Barry Harden		M	1959	Master	60-64	Sunshine Coast	140
M102	166	Stephen Johnstone		M	1958	Master	60-64	Unattached	165
M109	201	Barry Dolan		M	1959	Master	60-64	Saints	112

SESSION 5 Weigh-in 2.30-3.30pm Start 4.30pm

F59		Katja Jensen	F	1970	Master	50-54	Dungeon Barbell	107	Exemption
F59		Lisa Steffe	F	1966	Master	50-54	Dungeon		exemption
F64		Fiona Redhead	F	1967	Master	50-54	Milton	115	Exemption
F81	101	Nicole Swanson	F	1970	Master	50-54	Olypower	111	
F81	274	Sandra Branson	F	1967	Master	50-54	Stay True	96	
F59	234	Sonia Stenhouse	F	1971	Master	45-49	Saints	90	
F64	21	Paige Neal	F	1975	Master	45-49	Jimboomba Barbell	120	
F64	102	Bernadette Porter	F	1975	Master	45-49	Whitsunday	96	Exemption
F64	156	Michelle Kinnane	F	1971	Master	45-49	North Brisbane	81	
F71	110	Rachel Munyard	F	1971	Master	45-49	BIMSC	72	
F71	138	Leanne Knox	F	1972	Master	45-49	Whitsunday	100	Exemption
F71	253	Rachael Robinson	F	1974	Master	45-49	Cougars	155	Exemption
F76	130	Malgorzata Soroka	F	1973	Master	45-49	Stack City	126	
F81	26	Robyn Morgan	F	1973	Master	45-49	Up Lift	141	
F81	60	Claylia Ward	F	1973	Master	45-49	Milton	60	
F81	119	Olivia Walker	F	1972	Master	45-49	Unattached	120	Exemption

F87	27	Stephanie Kirk	F	1974	Master	45-49	Townsville Barbell	106	Exemption
F87+	49	Tania Lindsay	F	1971	Master	45-49	Jimboomba Barbell	95	

SESSION 6 Weigh-in 7.00-8.00am Start 9.00am

M96	77	Peter Thomsen	M	1964	Master	55-59	North Brisbane	170	
M96	143	John Beavers	M	1961	Master	55-59	BIMSC	126	Exemption
M96	145	Edward Stenhouse	M	1964	Master	55-59	Saints	110	
M109	19	Scott Mark	M	1964	Master	55-59	Sunshine Coast	140	
M109		Tim Redhead	M	1965	Master	55-59	Milton	200	Exemption
M81	85	Gary Thompson	M	1967	Master	50-54	Unattached	140	Exemption
M67		Graham Walker	M		Master	50-54		164	Exemption
M96	137	John Hanlon	M	1966	Master	50-54	Southside Storm	135	
M96	9	James Mildren	M	1967	Master	50-54	Dungeon Barbell	178	Exemption
M102	75	Ross Murray	M	1969	Master	50-54	Milton	200	
M109	52	Peter Foster	M	1967	Master	50-54	Southside Storm	175	
M73	132	Steven Graham	M	1973	Master	45-49	Ipswich Weightlifting	195	
M73	240	Fony Lisciandro	M	1974	Master	45-49	Whitsunday	168	Exemption
M89	246	Jeff Gilbert	M	1974	Master	45-49	Thunder Barbell	150	Exemption
M102	37	Michael Bennett	M	1975	Master	45-49	Stay True	120	

SESSION 7 9.00-10.00am Start 11.00am

F55	220	Kim Walker	F	1977	Master	40-44	Burleigh	90	
F59		Jade Sharp	F	1980	Master	40-44	BIMSC	90	Exemption
F64	115	Deborah Hastings	F	1979	Master	40-44	Burleigh Barbell	106	
F64	168	Elsa Lim	F	1978	Master	40-44	Scorpion Barbell	100	Exemption
F64	199	Rebecca Kane	F	1979	Master	40-44	Cougars	125	
F64	221	Marianna Toller	F	1977	Master	40-44	Dungeon Barbell	151	Exemption
F71	88	Tina Cotter	F	1980	Master	40-44	Unattached	125	
F71	164	Bronwyn Graham	F	1979	Master	40-44	North Brisbane	146	
F76	104	Tarryn Vine	f	1978	Master	40-44	Cougars	134	
F76	250	Susan	F	1978	Master	40-	Cougars	150	Exemption

		Hornick				44			
F87	278	Angela Barnas	F	1980	Master	40-44	Sunshine Coast	145	
F87+	160	Telia Tonkin	F	1976	Master	40-44	Milton	85	
F87+	266	Patricia Crowe	F	1979	Master	40-44	Unattached	90	Exemption
F87+	293	Leah Chandler	F	1978	Master	40-44	Milton	107	Exemption

SESSION 8 11.00-12.00pm Start 1.00pm

M67	6	Rodney Hill	M	1979	Master	40-44	Unattached	180	
M81	10	Brant Petruszewski	M	1976	Master	40-44	Dungeon Barbell	180	Exemption
M81	197	Callum Hannay	M	1979	Master	40-44	Burleigh Barbell	160	
M89	29	Colin Schram	M	1977	Master	40-44	Burleigh Barbell	233	
M89	31	Chris Bannon	M	1978	Master	40-44	Unattached	210	Exemption
M89	55	Tavis Watson	M	1977	Master	40-44	Tin Shed	195	
M89	142	Aaron Gordon	M	1978	Master	40-44	Dungeon Barbell	157.5	Exemption
M89	198	Bobby Johnson	M	1977	Master	40-44	Southside Storm	200	
M102	140	Ignatius Papenga	M	1980	Master	40-44	Stack City	240	
M109	33	Adrian Lamond	M	1979	Master	40-44	Ipswich Weightlifting	256	Exemption

SESSION 9 Weigh-in 12.30-1.30pm Start 2.30pm

F55	206	Shannon Good	F	1984	Master	35-39	Dungeon Barbell	125	Exemption
F59	47	Gabrielle Snowden	F	1984	Master	35-39	Cougars	110	Exemption
F64	39	Penny Tudberry	F	1981	Master	35-39	Dungeon Barbell	158	Exemption
F64	213	Daniela Schwarz	F	1985	Master	35-39	Sunshine Coast	90	
F64	254	Rachel McEwan	F	1983	Master	35-39	Unattached	106	Exemption
F71	128	Debbie Thurlow	F	1983	Master	35-39	Jimboomba Barbell	110	
F71	184	Rebecca Jakubovsky	F	1983	Master	35-39	Thunder Barbell	100	
F76	211	Meagan Wellby	F	1981	Master	35-39	Berserker Barbell	145	
F87	222	Jacquie	F	1983	Master	35-	Stay True	60	

		Kendall				39			
F87+	299	Rebecca Smith	F	1982	Master	35-39	Milton	95	

SESSION 10 Weigh-in 2.00-3.00pm Start 4.00pm

M61	163	Lynton Hargrave	M	1985	Master	35-39	Bounce	203	Exemption
M73	180	Greg Oliver	M	1985	Master	35-39	Jimboomba Barbell	168	
M73	280	David De Rose	M	1982	Master	35-39	Cairns Green-Ants	200	Exemption
M81	146	Tarrant Green	M	1985	Master	35-39	Dungeon Barbell	172	Exemption
M81	170	Patrick Reiter	M	1985	Master	35-39	Sunshine Coast	218	
M89	44	Malcolm Wright	M	1983	Master	35-39	Dungeon Barbell	235	Exemption
M89	154	Alan (Songhwan) park	M	1983	Master	35-39	North Brisbane	200	
M96	103	Nathan Mortensen	M	1984	Master	35-39	Unattached	236	
M96	252	Matthew Horrocks	M	1985	Master	35-39	Cougars	210	
M96	286	Samual Hornick	M	1981	Master	35-39	Cougars	210	Exemption
M102	125	Rohan Cuffe	M	1983	Master	35-39	Milton	220	
M109+	73	Jackson Solofa	M	1982	Master/ Guest	35-39	Ipswich Weightlifting	GUEST	

COMPETITION INFORMATION

Photo ID to be presented at Weigh-in

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 **non-patterned unitard** under a one-piece lifting suit
- The top of a non-patterned 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

Rules of competition for Session 2 (Platform 2)

AWF Competition Regulations for Participants Under the Age of 13 Years

The Australian Weightlifting Federation (AWF) prescribes the following modified competition regulations to promote safe and enjoyable participation in weightlifting for children who are aged 12 and under at 31 December in the current calendar year (“Child Participants”). These modified regulations apply to weightlifting competitions conducted by the AWF, AWF State Members and affiliated Weightlifting Clubs.

The AWF, AWF State Members, affiliated Weightlifting Clubs, and individual members of any of the above who contribute to the organisation and/or delivery of weightlifting competitions have an obligation to take all reasonable precautions to avoid the risk of injury to participants, especially children.

Regulations for Open Competitions and Championships – Modified Rules Child Participants must not participate in the same competition sessions as older participants. Exclusive sessions must be conducted for Child Participants only. These sessions may be adjudicated by one Referee.

Child Participants must always be supervised and instructed by an accredited AWF Licenced Weightlifting Coach while engaged in weightlifting activities, including competitions.

Child Participants must wear clothing that is age appropriate, i.e. not too revealing or suggestive. For example, a T-shirt or singlet that completely covers the torso, and sport shorts, would be an acceptable outfit. They are not required to wear a one-piece weightlifting costume but may do so if they choose. They must wear closed-in shoes that provide protection, grip and stability.

Modified barbells, e.g. aluminium bars, plastic discs, plastic collars, etc., may be used by Child Participants in competition.

There are no Bodyweight Categories and no Records for Child Participants. Children are encouraged to participate in weightlifting for their enjoyment, and to develop and practice skills. Child Participants are weighed for the purpose of consistency in results management.

Weigh-in Procedure for Child Participants • The weigh-in commences one hour before the start of the competition session and lasts for 30 minutes. • The weigh-in is conducted in an open area, or in a room which is open to public view, i.e. the door must remain open when there is a child in the room. • Child Participants may remove their shoes and socks, but otherwise they remain clothed and are weighed in the

presence of two adults. • It is strongly recommended that the child's parent/guardian be present at the weigh-in whenever possible.

Results: While the focus of the participation of children should be on enjoyment and learning, it is still useful to record results for their own interest and to track their progress. The results of Child Participant sessions should be uploaded to the AWF website along with all other competition sessions. The AWF results system will separate the Child Participants' sessions from the main competition, in the presentation of results on the website.