

2020 QWA Queensland State Senior Championships – Cougars Weightlifting Club, Sleeman Complex, Chandler.	Friday 9 <sup>th</sup> - Sunday 11 <sup>th</sup> October		
Session:	Weigh-in Start	Weigh-in Finish	Competition Start
<b>Friday 9<sup>th</sup> October</b>			
Session 1 M55, 61 (8)	10am	11am	12pm
Session 2 F 49, 55 (9)	11.30am	12.30pm	1.30pm
Session 3 M67, 73 (6)	1pm	2pm	3pm
Session 4 F59 (8)	2.30pm	3.30pm	4.30pm
<b>Saturday 10<sup>th</sup> October</b>			
Session 5 M81 (13)	7.00am	8.00am	9.00am
Session 6 F64 B (8)	9.30am	10.30am	11.30am
Session 7 M89 (12)	11am	12pm	1pm
Session 8 F64 A (6)	1.00pm	2.00pm	3.00pm
Session 9 F71 (11)	2.30pm	3.30pm	4.30pm
<b>Sunday 11<sup>th</sup> October</b>			
Session 10 F76 (7)	7.30am	8.30am	9.30am
Session 11 M96 (11)	9.00am	10.00am	11.00am
Session 12 F81, 87, 87+ (13)	11.00am	12.00pm	1.00pm
Session 13 M102, 109, 109+ (17)	1.00pm	2.00pm	3.00pm

		<b>Weigh-in 10-11am</b>			<b>Start 12pm</b>		
<b>Friday Session 1</b>							
9	M55	Liam Hanlon	M	1996	Southside Storm	145	
184	M55	Fred Buchanan	M	1980	North Brisbane	145	
2	M61	Blake Armitage	M	1995	Ipswich	225	
12	M61	Graham Walker	M	1970	Output Barbell	162	
70	M61	Quyem Nguyen	M	1984	Cougars	173	
130	M61	Joshua Strange	M	2006	North Brisbane	150	
136	M61	David Hockins	M	1991	Toowoomba	185	
138	M61	Jack Gibson	M	2004	BIMSC	167	
<b>Friday Session 2</b>							
		<b>Weigh-in 11.30-12.30pm</b>			<b>Start 1.30pm</b>		
140	F49	Yolandie Weir	F	1986	Cougars	110	
17	F55	Mia Delos	F	1991	Burleigh Barbell	120	
58	F55	Alexis Iacovou	F	1999	Cougars	120	
92	F55	Karli Duesbury	F	1995	Bounce	142	
98	F55	Tara Noonan	F	1980	Cougars	136	
132	F55	Melanie O'Sullivan	F	1994	Cougars	113	
162	F55	Janaya Nikora	F	1990	Cougars	146	
230	F55	Mia Gaudry	F	2000	Cougars	139	
291	F55	Roslyn Mangulabnan	F	1995	Cougars	120	
<b>Friday Session 3</b>							
		<b>Weigh-in 1-2pm</b>			<b>Start 3pm</b>		
45	M67	Harper Manz	M	2004	Burleigh Barbell	172	
68	M67	Brayden Williams	M	1996	Burleigh Barbell	225	
128	M67	Kapil Kumar	M	1992	Cougars	158	
78	M73	David Gilpatrick	M	1988	Thunder Barbell	185	
125	M73	Chris Wilson	M	1993	Cougars	180	
233	M73	Tristan Gibson	M	1999	Ipswich	177	
<b>Friday Session 4</b>							
		<b>Weigh-in 2.30-3.30pm</b>			<b>Start 4.30pm</b>		
72	F59	Shannon Good	F	1984	Dungeon Barbell	126	
94	F59	Dionne Buckley	F	1995	Unattached	135	
112	F59	Tori Gallegos	F	2003	Toowoomba	157	
208	F59	Halle Mifsud	F	2000	Thunder Barbell	160	

209	F59	Lily Strange	F	2004	North Brisbane	148
216	F59	Hayley Ward	F	1997	Cougars	148
267	F59	Jessica North	F	1987	Unattached	109
275	F59	Sarah Hearn	F	1987	Cougars	154

**Saturday Session 5 Weigh-in 7-8am Start 9am**

3	M81	Ryley Porter	M	1995	Cougars	300
22	M81	Bryce Knight	M	1989	Thunder Barbell	250
24	M81	Brodie Sturtridge	M	1997	Cougars	190
30	M81	Leo Lark	M	1996	Milton	294
48	M81	Zac Schwitter	M	1998	Noosa Barbell	228
133	M81	Brendon McCullagh	M	1997	Toowoomba	195
135	M81	Rory Scott	M	1999	Milton	255
190	M81	Kevin Tam	M	2000	Cougars	185
191	M81	Cameron Geraghty	M	1992	Ipswich	201
239	M81	James Norman	M	1996	Cougars	274
257	M81	Keisuke Hisashi	M	1997	Cougars	275
273	M81	Aiden Simkin	M	2002	Thunder Barbell	176
279	M81	Samuel Rankin	M	1994	Cougars	220

**Saturday Session 6 Weigh-in 9.30-10.30am Start 11.30am**

19	F64	Tamara Hageman	F	1990	Burleigh Barbell	118
69	F64	Gabrielle Snowdon	F	1984	Cougars	116
95	F64	Madeline Pyke-Moran	F	1997	Cougars	115
103	F64	Adelaide Utz	F	2004	Ipswich	131
119	F64	Catie Strout	F	2003	Toowoomba	130
123	F64	Katie Knight	F	2005	Cougars	115
149	F64	Rebecca Jakubovsky	F	1983	Thunder Barbell	118
296	F64	Alecha Mahoney-Piva	F	1994	Cougars	126

**Saturday Session 7 Weigh-in 11am-12pm Start 1pm**

47	M89	Justin Connor	M	1985	Burleigh Barbell	205
66	M89	David Bock	M	1990	Milton	211
74	M89	Joel Gregson	M	1993	Cougars	290
96	M89	Lachlan Irvine-Brown	M	1991	Cougars	272
107	M89	Josh Sargeant	M	2004	Cougars	228
139	M89	Max Toller	M	2003	Dungeon Barbell	218
147	M89	Liam Saxby	M	1997	Unattached	279
156	M89	Christopher Moore	M	1982	Noosa	189
163	M89	Nathan George	M	1996	Cougars	260
189	M89	Hunter Levien	M	1997	North Brisbane	160

196	M89	Charlie Hargreaves	M	2001	Ipswich	230
240	M89	Zac Aldiss	M	1998	Cougars	196

**Saturday Session 8**      **Weigh-in 1pm-2.00pm**      **Start 3.00pm**

20	F64	Pieta Hansen	F	2001	Cougars	145
53	F64	Ally Humphris	F	1995	Cougars	154
86	F64	Briony Challis	F	2000	Cougars	155
131	F64	Sarah Cochran	F	1989	Thunder Barbell	206
227	F64	Penny Tudberry	F	1981	Dungeon Barbell	150
246	F64	Kirra Csurhes	F	2000	Unattached	150

**Saturday Session 9**      **Weigh-in 2.30-3.30pm**      **Start 4.30pm**

76	F71	Chelsea Weston	F	1993	Unattached	145
97	F71	Grea Effeney	F	1998	Cougars	145
108	F71	Olivia Kelly	F	1993	Ipswich	190
157	F71	Monica Huddleston	F	1999	Toowoomba	129
161	F71	Darcy Kay	F	1993	Cougars	196
192	F71	Sophie Wann	F	2002	Unattached	126
214	F71	Lydia Olsen	F	1997	Cougars	168
243	F71	Tessa Milton	F	1994	Cougars	170
259	F71	Courtney Haley	F	1994	Cougars	179
271	F71	Aisling Scott	F	1992	Milton	128
286	F71	Maddison Power	F	2003	Burleigh Barbell	170

**Sunday Session 10**      **Weigh-in 7.30-8.30am**      **Start 9.30am**

32	F76	Louise Burns	F	1989	Cougars	126
121	F76	Catherine Bettiens	F	1985	Olypower	153
177	F76	Emily de Rooy	F	2000	Thunder Barbell	162
204	F76	Ebony Gorincu	F	1989	Cougars	200
247	F76	Tina Cotter	F	1980	Unattached	127
292	F76	Rachael Robinson	F	1974	Cougars	159
293	F76	Adrienne Karniewicz	F	1984	Cougars	175

**Sunday Session 11**      **Weigh-in 9.00-10am**      **Start 11am**

25	M96	Bank Chotrueng	M	2001	Cougars	202
67	M96	Henry Carlile	M	1997	Noosa	235
73	M96	Matthew Horrocks	M	1985	Cougars	225
85	M96	Jackson Dahlenburg	M	1997	Cougars	265
114	M96	Darren Webb	M	1973	Cougars	205
118	M96	Beau Garrett	M	1990	Cougars	296
224	M96	Sam Thorne	M	1996	North Brisbane	276

232	M96	Mark Henry	M	1981	Thunder Barbell	229
256	M96	Braydan Fender	M	1998	Ipswich	275
290	M96	Brock Dignan	M	1997	Cougars	220
295	M96	Allan Ember	M	1972	Noosa	204

**Sunday Session 12 Weigh-in 11am-12pm Start 1pm**

39	F81	Kelsey Francis	F	2002	Toowoomba	149
40	F81	Tamara Dinsmore	F	1986	Cougars	150
104	F81	Amie Cox	F	1992	Cougars	155
142	F81	Claire Binch	F	1988	Burleigh Barbell	179
199	F81	Cassie Todd	F	1991	Ipswich	184
206	F81	Erica Hamilton	F	2001	Cougars	156
215	F81	Te Koria Watene	F	2004	Ipswich	140

93	F87	Amy Siebenhausen	F	1986	Ipswich	169
117	F87	Angela Barnas	F	1980	Sunshine Coast	144

159	F87+	Makayla Dingle	F	2001	Ipswich	169
194	F87+	Hayley Dingle	F	2004	Ipswich	142
220	F87+	Tamika Solofa	F	2002	Ipswich	142
254	F87+	Charisma Amoe-Tarrant	F	1999	Cougars	250

**Sunday Session 13 Weigh-in 1-2pm Start 3pm**

34	M102	Andrew Kelly	M	1993	Cougars	288
35	M102	William Findlay	M	1995	Cougars	250
151	M102	Jakob Daniels	M	1995	Sunshine Coast	290
175	M102	Chris Partridge	M	1979	Cougars	220
237	M102	Ahrie Jerred	M	2000	Cougars	190
285	M102	Fraser Harrison	M	1991	Cougars	257

52	M109	Ryan Stevenson	M	1986	Unattached	244
61	M109	Kelly Weatherstone	M	1986	Thunder Barbell	280
178	M109	Matthew Lydement	M	1994	Cougars	340
182	M109	Tashaun Solofa	M	2005	Ipswich	201
400	M109	Sotiri Karageorgiou	M	1990	Cougars	200

124	M109+	Artemio Pocio	M	1998	Cougars	280
231	M109+	Craig Edwards	M	1994	Cougars	243
241	M109+	Jackson Solofa	M	1982	Ipswich	300
249	M109+	Lukas Gardner	M	1989	Cougars	125
265	M109+	Alex Murphy	M	1994	Cougars	215
401	M109+	Angus Ward	M	2003	Milton	223

