



QWA League Round 1 23-24 February 2019 – Cougars Weightlifting Club, Brisbane

COMPETITION INFORMATION

SESSION	WEIGH-IN	START
SATURDAY		
1 (Division 4 W)	8.00-9.00am	10.00am
2 (Division 1 & 4 M)	9.30-10.30am	11.30am
3 (Division 1 W)	11.30-12.30pm	1.30pm
4 (Division 1 M)	1.00-2.00pm	3.00pm
SUNDAY		
5 (Division 2 & 3 W)	8.00-9.00am	10.00am
6 (Division 2& 3 M)	10.00-11.00am	12.00 noon

Lot no	YOB		Club	DIV	Snatch	C & J	Total
SESSION 1							
6	Jacinta	Sherwell	F	2006 Youth	Olypower	4	35 45 79
8	Justine	Winchester	F	1973 Master	North Brisbane	4	28 38 66
27	Julie	Davis	F	1952 Master	North Brisbane	4	28 39 67
72	Colleen	Duplock	F	1954 Master	North Brisbane	4	30 38 66
90	Rebecca	Smith	F	1982 Master	North Brisbane	4	45 53 96
124	Julie-Anne	Redpath	F	1996 Senior	Cougars	4	
249	Alexis	Iacovou	F	1999 Junior	Cougars		





SESSION 2											
9	Lynton	Hargrave	M	1985	Senior	Bounce	1	87	110	196	
34	Chris	Wilson	M	1993	Senior	Cougars	4	44	60	104	
54	Matthew	Logovik	M	1990	Senior	Unattached	1	98	128	226	
97	Brendan	Lam	M	1997	Senior	Cougars	1	95	123	218	
130	Blake	Armitage	M	1995	Senior	Cougars	1	89	122	210	
152	Quyen	Nguyen	M	1984	Senior	Cougars	1	72	98	166	
169	Jake	Jacquin	M	1994	Senior	Ipswich Weightlifting	1	100	130	227	
173	Cameron	Geraghty	M	1992	Senior	Ipswich Weightlifting	1	90	112	200	
260	Daniel	Gehrke	M	1995	Senior	Ipswich Weightlifting	1	85	110	195	
291	Maverick	Meavao	M	2000	Junior	Ipswich Weightlifting	1	97	121	218	
SESSION 3											
38	Claire	Binch	F	1988	Senior	Burleigh Barbell	1	61	85	146	
93	Amy	Siebenhausen	F	1986	Senior	Ipswich Barbell	1	71	93	163	
136	Makayla	Dingle	F	2001	Youth	Ipswich Weightlifting	1	72	91	161	
154	Bronwyn	Dunne	F	2003	Youth	Burleigh Barbell	1	76	95	170	
185	Logan	Poon	F	1982	Master	Ipswich Weightlifting	1	65	75	138	
200	Cassie	Todd	F	1991	Senior	Ipswich Weightlifting	1	74	102	175	
231	Madeleine	Whatman	F	1998	Junior	Burleigh Barbell	1	65	83	148	
276	Robin	Parr	F	1997	Senior	Cougars	1	48	64	112	





SESSION 4										
24	Leo	Lark	M	1996	Senior	Milton Weightlifting	1	135	163	293
50	Jack	Major	M	1995	Senior	Ipswich Weightlifting	1	100	132	232
75	Beau	Garrett	M	1990	Senior	Cougars	1	130	165	295
87	Fraser	Harrison	M	1991	Senior	Redlands Weightlifting	1	110	140	250
115	Chevy	Sukkar	M	1992	Senior	Ipswich Weightlifting	1	121	141	262
116	Jonathan	Pakchung	M	1993	Senior	Cougars	1	116	140	250
188	Michael	Dunne	M	1989	Senior	Milton Weightlifting	1	113	140	253
287	Lawson	Dingle	M	1997	Senior	Toowoomba	1	132	153	283
299	Zachary	Clark	M	1994	Senior	Ipswich Weightlifting	1	110	143	253
301	Raido	Ruven	M	1988	Senior	Burleigh Barbell	1	123	177	300





SESSION 5										
3	Lauren	Hastings	F	2004	Youth	Burleigh Barbell	3	41	52	92
13	Mia	Delos	F	1991	Senior	Burleigh Barbell	2	52	66	116
62	Sharne	Booth-Ford	F	1992	Senior	Burleigh Barbell	2	57	76	131
96	Kelly	Tumata	F	1975	Master	Burleigh Barbell	3	54	70	124
131	Kaelah	Thompson	F	1994	Senior	Cougars	2	49	67	116
199	Tanya	Eames	F	1987	Senior	Toowoomba	2	54	71	122
222	Jemma	Cowper	F	1991	Senior	Stay True	2	42	65	107
232	Althea	Mackie	F	1970	Master	Burleigh Barbell	3	48	63	111
278	Alison	Cranston	F	1991	Senior	Milton	2	60	81	141
SESSION 6										
30	Trevor	Walz	M	1952	Master	Sunshine Coast	3	64	86	150
78	Dion	Walmsley	M	1966	Master	Unattached	2	85	113	193
132	Greg	Oliver	M	1985	Senior	Jimboomba Barbell	2	76	93	166
194	Peter	Thomsen	M	1964	Master	North Brisbane	3	71	95	166
239	Teal	Hildebrand	M	1999	Junior	Toowoomba	3	80	102	182
243	Jonathan	Willey	M	1998	Senior	Ipswich Weightlifting	2	90	110	200
245	Adair	Forsyth	M	1996	Senior	Sunshine Coast	3	64	85	149
273	Callum	Hannay	M	1979	Master	Burleigh Barbell	2	76	100	176
283	Scott	Mark	M	1964	Master	Bounce	3	78	98	176
296	Clint	Winchester	M	1970	Master	North Brisbane	3	64	83	147
297	Mak	Scarlett	M	2001	Junior	North Brisbane	2	85	105	190





COMPETITION INFORMATION:

- Entrants may swap sessions with each other provided that both entrants are the same gender and they notify the QWA office via email of the swap no less than 5 days prior the commencement of the competition
- There is no need to notify the QWA office of any bodyweight changes for this competition
- Photo ID must be presented at Weigh-in
- Starting attempts must be submitted at time of weigh-in

UNIFORM

- Competitors must wear clothing which conforms to the following:
 - may be one-piece or two pieces but must cover the trunk of the competitor;
 - must be close fitting;
 - must be collar-less;
 - may be of any colour;
 - must not cover the elbows;
 - must not cover the knees.
- A T-shirt may be worn under the costume. The sleeves must not cover the elbows. This shirt must be collar-less.
- Close fitting leotard / cycling trunks may be worn under or over the costume. They must not cover the knees.
- An example of an acceptable two-piece costume would be: "Bike pants" which are close fitting and do not cover the knees plus a collarless T shirt or singlet which covers the trunk, is close fitting and does not cover the elbows.
- Entrants will not be permitted to compete in clothing that does not conform to the rules above.

COMPETITORS CAN NOT WEAR:

- 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

