



## Uesaka Barbell Australia

### QWA League & Masters League, Round 1

Cougars Weightlifting Club, Chandler Qld

25-26 February 2017

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	Snatch	Clean & Jerk	Total	Bonus	Points
	<b>Born</b>	<b>Club</b>	<b>BWT</b>	<b>Snatch</b>	<b>Clean &amp; Jerk</b>	<b>Total</b>	<b>Bonus</b>	<b>Points</b>
Keisuke Hisashi	1997	CWC	76.22	100	128	228	20	80.00
Adrienne Karniewicz	1984	CVWC	67.28	75	93	168	20	78.74
Christopher Lai	1998	Bounce	74.96	108	135	252	14	77.95
Morgan Michel	1992	CWC	83.64	105	136	241	15	75.86
Jacinta Carroll	1992	BB	60.22	68	88	156	15	74.54
Christjan Corias	1996	NBWC	76.72	94	125	219	15	72.63
Michael Dunne	1989	Milton	92.66	109	130	239	11	69.01
Tara Noonan	1980	BBC	54.62	58	73	131	13	64.98
Ben Turner	1984	CWC	84.32	112	142	254	0	64.14
Cassie Todd	1991		77.58	69	95	164	5	62.95
Nicholas Morland	1992	GCWC	90.88	106	130	236	4	61.28
Mitchell Eichmann	1996	Milton	73.44	100	125	225	1	60.21
Lincoln Hanson	1980	CWC	68.9	87	113	200	4	59.71
Kris Corrie	1992	NBWC	91.6	115	141	256	-5	57.14
Jakob Daniels	1995	SCWC	84.08	110	149	259	-10	55.40
Colin Schram	1977	Alive	83.98	98	126	224	-2	54.57
Jason Chan	1987	CWC	88	80	110	190	5	51.12
Charisma Amoe-Tarrant	1999	NBWC	122.74	80	111	191	-4	50.89
Melissa Robinson	1981	CWC	60.74	65	83	148	-6	50.49
Tim Holdsworth	1981		83.3	95	125	220	-11	44.56
Robert Davison	1975	ABC	75.9	85	115	200	-14	38.63
Michael Shippley	1992	CWC	79.48	95	116	211	-15	38.28
Andrew Taylor	1988	Saints	96.04	95	120	215	-15	34.20
Mary Barter	1987	CWC	52	47	60	107	-15	30.92

## Division 2

Chris Angel	1985	CWC	90.98	90	125	215	21	73.18
Devon Kitts	1993	NBWC	90.22	80	115	195	21	68.33
Thomas Foster	1993		68.52	82	105	187	15	67.09
Leanne Thomas	1987	GCWC	67.48	63	92	155	12	66.20
Bobby Johnson	1977	SS	90.98	88	112	200	15	63.54
Tim Varitimos	1984		101.98	92	120	212	7	55.51
Noah Ogilvie-Mitchell	1985	TWA	93.14	83	105	188	9	54.63
Christine Reid	1992		66.78	56	76	132	7	53.15
Rachel Nicola	1974	Ipswich	51.72	48	69	117	2	52.21
Jessica Edge	1986	CWC	60.4	58	69	127	2	50.47
Rebecca Jakobovsky	1983	DBC	56.98	55	72	127	0	50.40
Susan Schirmer	1989	TWA	99.28	75	84	159	2	47.69
Malgorzata Soroka	1973		67.86	58	72	130	2	47.45
Deborah Hastings	1979	GCWC	60.84	51	69	120	0	45.80
Ryan Stevenson	1986	BBC	106.46	95	130	225	-3	44.57
Matthew Eichmann	2000	Milton	61.86	75	90	165	-5	44.55
Alana Evans	2003	Milton	65.98	55	68	123	0	43.01
Tanya Eames	1987	TWA	62.14	49	64	113	-1	42.13
Lucas Alvarez	1979	GCWC	83.82	78	103	181	-4	41.71
Rachael Robinson	1974	CWC	67.78	54	72	126	-8	36.06
Callum Hannay	1979	GCWC	76.22	72	95	167	-13	30.95
Bronwyn Hitchener	1962	TWA	74.5	55	68	123	-12	29.55

**Divison 3**

Sam Hornick	1981	CWC	84.94	80	105	185	21	67.72
Mitchell Levy	1983	NBWC	122.36	81	110	191	21	61.38
Joshua Wood	1978	GCWC	84.26	71	100	171	18	61.18
Iain Blacow	1976	ABC	102.3	82	97	179	17	57.96
Amy Siebenhausen	1986	IBC	88.62	62	78	140	8	57.47
Susan Hornick	1978	CWC	74.6	57	73	130	13	56.92
Joanne Shack	1988	NBWC	62.08	50	68	118	11	56.04
Cooper Ward	2002	Bounce	55.14	55	71	126	11	52.04
Jayne Winter	1999	CWC	61.84	53	63	116	7	51.27
Greg Henwood	1969		79.6	67	86	153	11	49.64
Angela Barnas	1980	SCWC	69.86	54	78	132	3	47.59
Samantha Downs	1984	CWC	68.28	47	64	111	0	38.81
Trevor Walz	1952	SCWC	76.7	61	81	142	0	37.37
Ellen Willis	1965	GCWC	56.64	40	56	96	-2	36.10
Linda Ryan	1966	SCWC	66.84	40	51	91	-8	23.82

**Division 4**

Barbara Bough	1977	GC	61.7	45	55	100	21	59.17
Alex Murphy	1994	CWC	95.3	66	91	157	14	49.93
Jed Rogers	2002		59.4	49	65	114	13	47.23
Michael Abraham	2005	CWC	81.9	50	65	115	15	44.04
Maddie Whatman	1998	GCWC	73.02	54	61	115	3	41.85
Alan McMenamin	1969		118.04	65	88	153	9	41.35
Rebecca Hopf	1984	TWA	84.08	36	49	85	11	41.04
Kim Walker	1977	Alive	49.9	36	51	87	3	40.34
Angus Loft	2003	CWC	107.46	55	80	135	11	39.54
Summer Paulo	2000	GCWC	112.32	45	68	113	3	35.47
Meg Emerton	1953	CWC	63.76	39	50	89	1	32.12
Valerie Silver	1949		60.16	30	43	73	4	31.86
Telia Dennis	1976	STWC	94.32	42	50	92	2	28.44
Phil Summers	1968	NBWC	114.66	58	70	128	1	28.06
Julie Davis	1952	NBWC	52.04	27	38	65	0	27.90
Claire Park	1976	NBWC	81.34	34	43	77	0	27.21
Colleen Duplock	1954	NBWC	52.84	26	36	62	0	26.61
Lesley Moyle	1945	NBWC	62.22	27	40	67	0	25.57
Leandra Miscamble	1956	GCWC	69.8	32	49	81	-4	23.36
Rawena Tairi	1966	GCWC	89.76	37	48	85	-7	23.04
John Hanlon	1966		95.98	55	75	130	-9	20.75

## Masters League

Name	Born	Club	B/Wt	Snatch	C & J	Total	6 out of 6	Score
<b>Women</b>								
Rachel Nicola	1974	Ipswich	51.72	48	69	117	0	59.05
Bronwyn Hitchener	1962	TWA	74.5	55	68	123	0	57.55
Susan Hornick	1978	CWC	74.6	57	73	130	6	55.28
Malgorzata Soroka	1973		67.86	58	72	130	0	54.05
Rachael Robinson	1974	CWC	67.78	54	72	126	0	51.81
Deborah Hastings	1979	GCWC	60.84	51	69	120	0	50.79
Meg Emerton	1953	CWC	63.76	39	50	89	0	50.69
Ellen Willis	1965	GCWC	56.64	40	56	96	0	50.13
Lesley Moyle	1945	NBWC	62.22	27	40	67	0	49.94
Valerie Silver	1949		60.16	30	43	73	0	49.57
Angela Barnas	1980	SCWC	69.86	54	78	132	0	48.88
Julie Davis	1952	NBWC	52.04	27	38	65	0	46.39
Colleen Duplock	1954	NBWC	52.84	26	36	62	0	42.52
Leandra Miscamble	1956	GCWC	69.8	32	49	81	0	42.17
Linda Ryan	1966	SCWC	66.84	40	51	91	0	41.27
Rawena Tairi	1966	GCWC	89.76	37	48	85	0	38.96
Claire Park	1976	NBWC	81.34	34	43	77	0	31.26
Telia Dennis	1976	STWC	94.32	42	50	92	0	30.38
<b>Men</b>								
Trevor Walz	1952	SCWC	76.7	61	81	142	6	68.14
Bobby Johnson	1977	SS	90.98	88	112	200	6	61.10
Tim Holdsworth	1981		83.3	95	125	220	0	60.17
Sam Hornick	1981	CWC	84.94	80	105	185	6	56.59
Joshua Wood	1978	GCWC	84.26	71	100	171	6	54.45
Iain Blacow	1976	ABC	102.3	82	97	179	6	53.06
Lucas Alvarez	1979	GCWC	83.82	78	103	181	0	50.69
Callum Hannay	1979	GCWC	76.22	72	95	167	0	48.74
Greg Henwood	1969		79.6	67	86	153	0	48.22
John Hanlon	1966		95.98	55	75	130	6	44.58
Alan McMenamin	1969		118.04	65	88	153	0	40.37
Phil Summers	1968	NBWC	114.66	58	70	128	0	34.18

**Referees:** Sue Cox (State), Angela Wydall (Cat 2), Steve Laird (State), Alex Croot (Cat 2), Ray Loudon (State), Rawena Tairi (State), Coral Quinell (Cat 1), Cameron Arthur (State), Althea Mackie (State), Melissa Robinson (State), Meg Emerton (State), Lesley Moyle (Cat 2), Pat Galligan (State), Mitch Levy (Club), Matthew Ward (Club), Lucas Alvarez (Club), Debbie Smith (Cat 1), Julie Davis (Cat 2), Colleen Duplock (State), Leandra Miscamble (State).

**Marshalls:** Luke Gardner (Nat), Julie Davis (Cat 2), Amie Cox (State), Debra Keelan (Cat 1), Lesley Moyle (Cat 2), Pat Galligan (State).

**Time Keepers:** Debra Keelan (Cat 1), Meg Emerton (State), Ray Loudon (State), Cameron Arthur (State), Mitch Levy (Club), Pat Galligan (State), Matthew Ward (State), Steve Laird (State).

**MC's:** James Norman (State), Debra Keelan (Cat 1), Luke Gardner (Nat), Robert Kennedy (Cat 1), Mike Keelan (Cat 1).









































































































**Division 2**

<b>Name</b>	<b>Born</b>	<b>Club</b>	<b>Bwt</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Bonus</b>	<b>Points</b>
Tim Hiscock	1992	Cougars	88.70	92	120	212	18	68.718
Tessa Milton	1994	Cougars	70.10	73	90	163	9	64.068
Anthony Head	1991	North Brisbane	89.70	95	121	216	9	60.675
Bobby Johnson	1977	Southside Storm	85.55	83	103	186	15	59.498
Andrew Steven	1985	Cougars	96.35	105	125	230	4	56.632
Colin Schram	1977	Alive Barbell	84.65	90	114	204	3	54.646
Kelly Tumata	1975	Gold Coast	73.65	62	82	144	5	53.649
Tom Friedlander	1998	Cougars	70.35	73	100	173	8	53.526
Charisma Amoe-Tarrant	1999	North Brisbane	113.15	68	102	170	4	52.851
Rebecca Jakubovsky	1983	Dungeon	60.35	54	70	124	4	51.510
Amie Cox	1992	Cougars	74.75	65	78	143	3	51.311
Tara Noonan	1980	Brisbane Barbell	52.90	50	65	115	-2	47.356
Jessica Stojnic	1987		62.50	55	65	120	1	46.977
John Brown	1980	Brisbane Barbell	102.80	95	110	205	0	46.911
Jordan Evans	1999	Milton	125.55	111	125	236	-5	44.684
Laila Estreich	1987	Gold Coast	64.85	54	63	117	0	40.909
Dean Callaghan	1988	Berserker	84.90	60	95	155	-3	36.241
Emma Teede	1976	Crossfit Foxes	69.00	55	66	121	-10	32.308
Bronwyn Hitchener	1962	Toowoomba	75.90	55	73	128	-6	30.782

**Division 3**

<b>Name</b>	<b>Born</b>	<b>Club</b>	<b>Bwt</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Bonus</b>	<b>Points</b>
Leanne Thomas	1987	Gold Coast	67.95	56	77	133	21	67.503
Brandon Wakeling	1994	Gold Coast	67.90	85	115	200	11	66.710
Saphire Abraham	2001	Cougars	86.65	76	91	167	18	65.989
Eric Lam	1995	North Brisbane	65.10	76	100	176	15	64.025
Marco Tarumingi	1989	Brisbane Barbell	76.75	82	111	193	9	59.789
Matthew Eichmann	2000	Milton	61.60	70	82	152	12	57.646
Alana Evans	2003	Milton	67.50	52	65	117	13	53.909
Susan Schirmer	1989	Toowoomba	100.70	62	80	142	12	52.805
Tony Lisciandro	1974	Whitsunday	72.80	71	95	166	8	51.684
Adam Brand	1978		94.80	85	110	195	7	51.622
Tanya Eames	1987	Toowoomba	63.40	48	62	110	0	38.462
Alicia Chiesa	1993		58.25	45	65	110	-6	36.146
April Rustichelli	1993	Sanctum Barbell	56.90	41	55	96	-4	34.095
Ellen Willis	1965	Gold Coast	57.20	40	53	93	-3	33.905
Lisa Souter	1973	Toowoomba	51.00	41	53	94	-7	33.343
Rebecca Glenister	1991	North Brisbane	64.15	53	---	---	-5	13.531
Deborah Hastings	1979	Gold Coast	61.70	51	---	---	-8	11.540
Ben Slade	1999	North Brisbane	70.85	65	---	---	-6	11.105

**Division 4**

<b>Name</b>	<b>Born</b>	<b>Club</b>	<b>Bwt</b>	<b>Snatch</b>	<b>C &amp; J</b>	<b>Total</b>	<b>Bonus</b>	<b>Points</b>
Kacie Reynolds	1991	Gold Coast	73.80	50	65	115	21	59.851
Mathew Laird	2002	Cougars	60.70	57	75	132	19	58.640
Gemma Connolly	1981	Brisbane Barbell	62.30	45	60	105	18	58.230
Jasmine Higgins	1992	Sanctum	61.75	40	56	96	21	57.782
Thomas Foster	1993		68.95	71	91	162	12	57.125
Celeste Carson	1990	Cougars	69.50	52	60	112	17	54.838
Iain Blacow	1976	Alive Barbell	103.25	75	90	165	17	54.757
Noah Ogilvie-Mitchell	1985	Toowoomba	81.00	55	75	130	21	53.911
Lucas Alvarez	1979	Alive Barbell	88.40	70	94	164	12	51.234
Caleb McKeown	2000	Sanctum	64.60	46	60	106	21	50.526
Clint Winchester	1970	North Brisbane	61.60	55	75	130	11	50.039
Mitchell Levy	1983	North Brisbane	111.75	71	91	162	15	49.105
William Hale	1999	Bris Grammar	67.80	56	73	129	11	46.933
Darren Walker	1975	Alive Barbell	87.90	68	86	154	10	46.842
Cooper Ward	2002	Bounce	50.60	45	53	98	14	46.131
Linda Ryan	1966	Sanctum	62.65	38	45	83	8	39.801
Leandra Miscamble	1956	Gold Coast	68.70	34	51	85	6	35.720
Julie Davis	1952	North Brisbane	52.05	28	39	67	6	34.755
Michael Abraham	2005	Cougars	77.80	44	55	99	9	34.063
Sue Cox	1961	Gold Coast	65.10	40	49	89	-4	27.119
Lesley Moyle	1945	North Brisbane	62.75	26	38	64	2	26.521
Rawena Tairi	1966	Gold Coast	91.20	39	52	91	0	26.149
Colleen Duplock	1954	North Brisbane	55.20	26	36	62	0	24.603
Angela Bell	1977	Gold Coast	76.55	42	47	89	-4	21.575
Valerie Silver	1949	Gold Coast	62.95	28	38	66	-5	20.287

Referees: Debra Keelan (Cat I), Coral Quinell (Cat I), Alex Croot (National), Miles Wydall (Cat II), Lesley Moyle (Cat II), Julie Davis (Cat II), Erika Ropati-Frost (National), Greg Hobl (National), Althea Mackie (State), Rawena Tairi (Club), Colleen Duplock (Club), Joe Abraham (Club), Lucas Alvarez (Club), Amie Cox (Club), Steve Laird (Club), Tennille Fisler (Club), Steve Knox (Club), Corey Smith (Club)

Time Keepers: Shane Wilson, Joe Abraham, Melissa Robinson, Amie Cox, Julie Davis, Steve Laird, Tennille Fisler.

M.C: Ian Moir, Debra Keelan, Tennille Fisler.

## Records Broken

Lifter	Bwt Cat	Age Group	Record Level	Record Type	New Record
Alana Evans	F69	Under 15	QLD	SNATCH	52kg
Alana Evans	F69	Under 15	QLD	CJ	65kg
Alana Evans	F69	Under 15	QLD	TOTAL	117kg
Benjamin Shaw	M94	Senior	QLD	TOTAL	300kg
Charisma Amoe-Tarrant	F69+	Youth	AWF	CJ	102kg
Charisma Amoe-Tarrant	F69+	Youth	QLD	CJ	102kg
Charisma Amoe-Tarrant	F69+	Youth	AWF	TOTAL	170kg
Clint Winchester	M62	Mast 45-49	QLD	SNATCH	55kg
Clint Winchester	M62	Mast 45-49	QLD	CJ	75kg
Clint Winchester	M62	Mast 45-49	QLD	TOTAL	130kg
Kelly Tumata	F75	Mast 40-44	AWF	CJ	82kg
Kelly Tumata	F75	Mast 40-44	QLD	CJ	82kg
Leandra Miscamble	F69	Mast 60-64	AWF	CJ	51kg
Leandra Miscamble	F69	Mast 60-64	QLD	CJ	51kg
Saphire Abraham	F69+	Under 15	AWF	SNATCH	76kg
Saphire Abraham	F69+	Youth	AWF	SNATCH	76kg
Saphire Abraham	F69+	Under 15	QLD	SNATCH	76kg
Saphire Abraham	F69+	Youth	QLD	SNATCH	76kg
Saphire Abraham	F69+	Under 15	AWF	CJ	91kg
Saphire Abraham	F69+	Youth	AWF	CJ	91kg
Saphire Abraham	F69+	Under 15	QLD	CJ	91kg
Saphire Abraham	F69+	Under 15	AWF	TOTAL	167kg
Saphire Abraham	F69+	Youth	AWF	TOTAL	167kg
Saphire Abraham	F69+	Under 15	QLD	TOTAL	167kg
Sue Cox	F69	Mast 55-59	QLD	SNATCH	40kg

## Masters League

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

### Men

<b>Name</b>	<b>Born</b>	<b>Club</b>	<b>Bwt</b>	<b>Sn</b>	<b>C&amp; J</b>	<b>Total</b>	<b>Bonus</b>	<b>Score</b>
Colin Schram	1977	Alive Barbell	84.65	90	114	204	0	57.946
Bobby Johnson	1977	Southside Storm	85.55	83	103	186	6	55.926
Norman Hanna	1981	Toowoomba	76.60	81	110	191	0	53.882
John Brown	1980	Brisbane Barbell	102.80	95	110	205	0	50.804
Tony Lisciandro	1974	Whitsunday	72.80	71	95	166	0	50.761
Adam Brand	1978		94.80	85	110	195	0	49.486
Iain Blacow	1976	Alive Barbell	103.25	75	90	165	6	48.855
Clint Winchester	1970	North Brisbane	61.60	55	75	130	0	47.550
Lucas Alvarez	1979	Alive Barbell	88.40	70	94	164	0	43.001
Darren Walker	1975	Alive Barbell	87.90	68	86	154	0	42.332
Robert Davison	1975	Alive Barbell	76.90	---	---	---	0	0.000

### Women

<b>Name</b>	<b>Born</b>	<b>Club</b>	<b>Bwt</b>	<b>Sn</b>	<b>C&amp; J</b>	<b>Total</b>	<b>Bonus</b>	<b>Score</b>
Leanne Knox	1972	Whitsunday	65.00	67	86	153	0	63.607
Kelly Tumata	1975	Gold Coast	73.65	62	82	144	0	55.897
Tara Noonan	1980	Brisbane Barbell	52.90	50	65	115	0	53.453
Julie Davis	1952	North Brisbane	52.05	28	39	67	6	52.842
Lesley Moyle	1945	North Brisbane	62.75	26	38	64	6	52.835
Leandra Miscamble	1956	Gold Coast	68.70	34	51	85	6	50.997
Bronwyn Hitchener	1962	Toowoomba	75.90	55	73	128	0	50.060
Gemma Connolly	1981	Brisbane Barbell	62.30	45	60	105	6	49.126
Emma Teede	1976	Crossfit Foxes	69.00	55	66	121	0	48.019
Ellen Willis	1965	Gold Coast	57.20	40	53	93	0	47.865
Lisa Souter	1973	Toowoomba	51.00	41	53	94	0	47.444
Valerie Silver	1949	Gold Coast	62.95	28	38	66	0	43.949
Sue Cox	1961	Gold Coast	65.10	40	49	89	0	43.100
Linda Ryan	1966	Sanctum	62.65	38	45	83	0	40.673
Colleen Duplock	1954	North Brisbane	55.20	26	36	62	0	38.578
Angela Bell	1977	Gold Coast	76.55	42	47	89	6	34.695
Rawena Tairi	1966	Gold Coast	91.20	39	52	91	0	33.445
Deborah Hastings	1979	Gold Coast	61.70	51	---	---	0	21.416