



# Weightlifting Queensland

June 2011

*The Official Journal of the Queensland Weightlifting Association Inc.*



Competitors at the 2011 Queensland Masters Championships, Cairns

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**Queensland  
Government**

***The Queensland Government is proud to provide funding for the Queensland Weightlifting Association to get more Queenslanders active through sport and recreation.***

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Committee Member: Miles Wydall  
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Editor: Kylie Booth

### **QWA Mission Statement**

"To Promote and develop all aspects of the sport of weightlifting in Queensland"

#### **Acknowledgement:**

The Queensland Weightlifting Association is extremely appreciative of the support provided by the following:

Queensland Government – Sport and Recreation Services  
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### **Disclaimer**

The views represented in this publication do not necessarily reflect those of the editor or of the Officers or the Management Committee of the QWA.



## 2011 Events Calendar

<b>June 30 – July 7</b>	<b>Junior World Championships</b>	<b>Penang, MAS</b>
July 8	Toowoomba Open Club Competition	Toowoomba
<b>July 16</b>	<b>QWA League Round 3 &amp; Masters League Round 3</b>	<b>Zillmere</b>
July 23 – 24	State Weightlifting / Sports Power Coach Level 2 course	Chandler
<b>July 30</b>	<b>Australian Senior Championships</b>	<b>Sydney, NSW</b>
<b>August 12 – 22</b>	<b>World University Championships</b>	<b>Shenzhen, CHN</b>
<b>August 13</b>	<b>Qld U15 &amp; Youth &amp; Junior Championships</b>	<b>Sunshine Coast</b>
August 27	JME Qld Club Challenge – Cougars	Chandler
August 28	JME Qld Club Challenge – North Brisbane	Zillmere
August 26 – 28	JME Qld Club Challenge – Toowoomba	Toowoomba
August 26 – 28	JME Qld Club Challenge – USQ Springfield	Springfield
August 26 – 28	JME Qld Club Challenge – Cairns North	Cairns
August 26 – 28	JME Qld Club Challenge – Sunshine Coast	Nambour
<b>September 10</b>	<b>QWA League Round 4 &amp; Masters League Round 4</b>	<b>USQ Springfield</b>
<b>September 23</b>	<b>Australian Under 15 Tournament</b>	<b>Melbourne, VIC</b>
<b>September 24 - 25</b>	<b>Australian Youth &amp; Junior Championships</b>	<b>Melbourne, VIC</b>
October 8 - 9	Club Weightlifting / Sports Power Coach Level 1 course	Cairns
<b>October 10 – 15</b>	<b>Commonwealth Senior &amp; Junior &amp; Youth Championships</b>	<b>Cape Town, RSA</b>
<b>October 15 – 16</b>	<b>Australian Masters Championships</b>	<b>Adelaide, SA</b>
<b>October 22</b>	<b>Qld All Schools Championships</b>	<b>Cougars</b>
October 29	JME Qld Club Challenge – Cougars	Chandler
October 29	JME Qld Club Challenge – North Brisbane	Zillmere
October 28 - 30	JME Qld Club Challenge – Toowoomba	Toowoomba
October 28 - 30	JME Qld Club Challenge – USQ Springfield	Springfield

October 28 - 30	JME Qld Club Challenge – Cairns North	Cairns
October 28 - 30	JME Qld Club Challenge – Sunshine Coast	Nambour
<b>October 29 – Nov 5</b>	<b>IWF World Masters Championships</b>	<b>Limasol, CYP</b>
November 5 – 6	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
<b>November 10 – 17</b>	<b>World Senior Championships</b>	<b>Paris, FRA</b>
November 19	Cairns North Open Club Competition	Cairns
<b>November 26</b>	<b>QWA Grand Final</b>	<b>USQ Springfield</b>
December 2	Toowoomba Open Club Competition	Toowoomba
December 3	'Mike Keelan Shield' Competition	Cougars
<b>December 3</b>	<b>Pacific Cup Tournament</b>	<b>Mont Dore, NCL</b>
December 17	Cairns North Open Club Competition	Cairns
December 17	North Brisbane Open Club Competition	Zillmere
December 17	Sunshine Coast Open Club Competition	Nambour

The closing date for entries for all QWA events is 15 days prior to the competition date.

The closing date for entries for all National events is 28 days prior to the competition date.

The qualifying period for the Queensland Junior Championships is 29<sup>th</sup> July 2010 – 29<sup>th</sup> July 2011.

The minimum standard for entry in the Queensland Junior Championships is **AWF E Grade**.

There is no minimum qualifying standard for Queensland Under 15, Youth, School, or Masters Championships.

To be eligible to be selected to represent the QWA at the 2011 National U15 & Youth & Junior Championships athletes must compete in the 2011 Queensland U15 & Youth & Junior Championships.

An exemption from these conditions may apply in special circumstances. Refer to Section 2 of the QWA Team Selection Policy. The QWA Team Selection Policy is available on the QWA web site at <http://www.qwa.org/policies/teamsel.asp> or from the QWA office on request.

## ***From the QWA Office***

We could be forgiven for thinking that 2011 is the “Year of Natural Disasters”, given that the year so far has delivered devastating floods in Queensland and Victoria; damaging cyclones in North Queensland and elsewhere in the Pacific; raging bushfires in Western Australia; earthquakes in New Zealand; and the terrible tsunami in Japan.

For many in South East Queensland, the flash flooding of Toowoomba and the Lockyer Valley on 10<sup>th</sup> January brought tragedy close to home, both geographically and emotionally. I, like many thousands of others, spent that day tuned to the continuous news reports providing updates on the progress of the incredible torrent that charged through the streets of Toowoomba and nearby communities, and headed downstream towards the cities of Ipswich and Brisbane. As graphic as those television images were, it was a phone call from Greg Hobl that evening, conveying the sad news that Steve and Sandra Matthews had been taken by flood waters at Murphy’s Creek, which hammered home the terrible human tragedy of the day’s events.

As news of the loss of Steve and Sandra spread throughout the weightlifting community, our thoughts turned towards their children: Daniel, Sarah, Sam and Victoria, who had lost their parents and their family home in one instant. The QWA established an appeal to raise funds to assist the Matthews family and thanks to the kindness and generosity of many people and organizations from across Australia and abroad, \$13,385.00 was raised. In addition, the Toowoomba Weightlifting Association presented a sum of money directly to the Matthews children, and long-standing QWA member Peter Thomsen organized a collection for their benefit at his workplace. In all, the total amount contributed by the members and friends of Weightlifting to ease the financial burden of rebuilding the Matthews children’s lives, was more than \$16,500.00.

Although tinged with sadness, the 2011 Weightlifting Season got off to a good start, with large numbers of QWA members supporting the first round of the QWA League & Masters League; the JME Queensland Club Challenge; and the AWF National Club Championships.

Round 1 of the QWA League was the all-day marathon that we’ve come to expect at League Rounds and while it’s often remarked that these events should be spread over two days, or two venues; doing so would present some additional logistical challenges for

organisers, coaches and officials. That’s not to say that such changes can’t be considered, and the QWA Management Committee is always open to members’ comments and suggestions.

Now in its second year, the JME Queensland Club Challenge is shaping up to be bigger and better. More Clubs and more lifters participated in the first Round for 2011. As the year unfolds, there should be fierce competition between all Clubs for the excellent prizes provided by the QWA’s principal commercial sponsor, JME Weightlifting & Fitness Equipment.

The 2011 AWF National Club Championships, hosted by the QWA at the Cougars Weightlifting Club, held 116 competitors, including 56 Queenslanders. It was certainly a big weekend of lifting which started with an additional special competition on the Friday night for 30 lifters representing CrossFit Clubs. Staging a competition such as the Club Championships, with its open entry format, presents additional challenges because many of our regular competition volunteers were engaged in the event as competitors or coaches, and in some cases both! Nevertheless, QWA members rose to the occasion once again and the event ran reasonably smoothly.

Five Queensland Referees completed the requirements to upgrade their officiating qualifications at the AWF National Club Championships. Vicki Brady, John Hanlon, Craig Wegert and Miles Wydall attained IWF Category 2 Referee status; and Paul Wheeler achieved the level of National Referee.

The QWA continues to move with the times and we are now on Facebook. New friend requests are received daily and at last count, the QWA had 669 Facebook friends. While an organization such as the QWA doesn’t use Facebook in the same way that individuals do, being a part of the global social network does increase our ability to promote events and to let more people know when new information is added to the QWA website.

So you can now “find us on Facebook”, as well as check the QWA website News page, send an email, make a phone call, or drop in to the office; to keep up to date with weightlifting news and happenings.

Until next time...

Ian Moir



## QWA League & Masters League Round 1

Cougars Weightlifting Club, Chandler Qld  
12<sup>th</sup> February 2011

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	Sn	C & J	Total	Bonus	Points
John Walz	1987	Cougars	90.15	132	162	294	11	82.359
Scott Clark	1991	Sunshine Coast	61.30	94	110	204	4	66.577
Erika Yamasaki	1987		55.00	73	93	166	0	66.135
Christian Hopper	1985	North Brisbane	87.35	110	128	238	4	61.767
Sam Baumann	1992	Cougars	62.95	74	105	179	2	52.000
Bianca Sheppard	1992	Toowoomba	58.00	62	72	134	-3	50.386
Luke Gardner	1988	Cougars	104.35	117	152	269	-14	47.697

### Division 2

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Linzey Beister	1984	Cougars	93.45	95	130	225	21	75.612
Jonathan Pakchung	1993	Cougars	78.75	92	110	202	21	72.269
Steven Eadie	1988	Cougars	83.65	85	110	195	10	59.492
Jake Ratcliffe	1994	Toowoomba	74.65	75	103	178	6	53.090
John Yamasaki	1984		82.25	75	105	180	6	51.685
Rodney Carr	1973	Sunshine Coast	108.30	105	120	225	3	50.669
Jenny Butler	1973	North Brisbane	69.00	62	76	138	0	48.252
Darryl Hockins	1988	Toowoomba	69.00	80	100	180	-11	39.279
Peter Foster	1967	Cougars	106.30	105	122	227	-9	39.093
Bonnie Sleeman	1993	Cougars	79.10	60	76	136	-3	38.718
Lisa Souter	1973	Toowoomba	53.20	47	65	112	-7	37.622
Diana Loy	1965	North Brisbane	60.80	50	72	122	-14	33.471
Barry Harden	1959	Sunshine Coast	92.95	82	100	182	-14	30.175

### Division 3

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Mal Irwin	1953		92.25	84	104	188	13	58.631
Matt Skinner	1990	USQ	102.25	82	106	188	9	52.119
Tegan Napper	1986	Cougars	48.60	40	51	91	12	51.565

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Norman Hanna	1981	North Brisbane	76.05	67	96	163	8	51.122
Korey Watson-Watt	1996	Cougars	54.60	55	60	115	11	48.705
Stacy Koh	1985	Cougars	74.30	56	70	126	3	45.712
John Hanlon	1966	Cougars	93.20	71	95	166	0	40.291
Emma Hitchener	1992	Toowoomba	62.45	38	52	90	0	35.019
Kara Stuart	1994	Toowoomba	52.75	40	51	91	-7	32.565
Trevor Walz	1952	Sunshine Coast	86.50	60	80	140	-3	30.981
Tim Steele	1968	Sunshine Coast	96.00	58	90	148	-5	28.945
Aaron Sym	1995	Sunshine Coast	70.95	55	75	130	-7	27.392

### Division 4

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Erin Haske	1983	Cougars	62.30	42	54	96	19	56.354
Nathan Gill	1994	Sunshine Coast	83.45	70	80	150	15	53.071
Joshua Wu	1996	Cougars	49.35	48	68	116	14	52.033
James Pakchung	1993	Cougars	70.20	55	60	115	21	51.423
Meg Emerton	1953	Cougars	57.75	35	45	80	18	49.873
Alan McMenamin	1969	Cougars	118.80	64	75	139	20	49.449
James Norman	1996	Cougars	48.30	44	64	108	13	48.410
Riley Pollard	1996	Cougars	111.50	71	80	151	15	46.992
Sue Cox	1961	North Brisbane	67.40	42	52	94	11	43.867
Anna Ryan	1975	Cougars	54.75	37	49	86	9	43.263
Tim Hitchener	1997	Toowoomba	75.00	43	55	98	11	36.926
Beth Tolputt	1996	Sunshine Coast	59.05	25	30	55	14	35.401
Nathaniel White	1984	Cougars	82.20	45	65	110	6	33.919
Julie Davis	1952	North Brisbane	52.90	25	36	61	6	32.522
Michael Thomas	1982	Cougars	69.20	40	60	100	6	32.455
Leandra Miscamble	1956	Cougars	68.00	31	47	78	4	31.273
Andrew Adams	1995	Sunshine Coast	75.25	50	60	110	-1	28.101
Ross Brown	1977	North Brisbane	70.65	42	63	105	0	27.778
Caitlyn Feurer	1996	Cougars	51.70	19	26	45	7	26.565
Michelle Kinnane	1971	North Brisbane	62.15	32	46	78	-8	22.350
Bob Henderson	1943	Sunshine Coast	75.20	50	70	120	-11	20.746
Lesley Moyle	1945	North Brisbane	58.25	28	39	67	-6	20.070
Harry Grzes	1956	Cougars	118.35	55	70	125	-10	16.483
Ben Grzes	1950	Cougars	124.30	51	50	101	-8	13.398
Valerie Silver	1949	Cougars	64.15	27	35	62	-11	10.678

### Referees:

Shokr Fallah (Cat I); Ian Moir (Cat I); Kylie Booth (Cat I); Keith Forbes (National); John Hanlon (National); Diana Loy (State); Julie Davis (State); Trevor Walz (Club); Deb Oliver (Club); Alex Croot (Club); Lesley Moyle (Club); Jemmy Butler (Club); Wendy PakChung (Club);

Time Keepers: Kathleen Harden; Lesley Moyle; Keith Forbes; Jenny Butler.

M.C: Mike Keelan; Paul Wheeler; Ian Moir.

#### New Queensland Records

Name	Category	Lift	Weight	Age Group
Erika Yamasaki	58kg	Snatch	73	Open
Erika Yamasaki	58kg	Cl & Jk	93	Open
Erika Yamasaki	58kg	Total	166	Open
John Walz	94kg	Snatch	132	Open
John Walz	94kg	Total	294	Open
Joshua Wu	50kg	Snatch	48	Youth
Joshua Wu	50kg	Cl & Jk	68	Youth
Joshua Wu	50kg	Total	116	Youth
Jake Ratcliffe	77kg	Cl & Jk	103	Youth
Joshua Wu	50kg	Snatch	48	Under 15
Joshua Wu	50kg	Cl & Jk	68	Under 15
Joshua Wu	50kg	Total	116	Under 15
Riley Pollard	+94kg	Snatch	71	Under 15
Riley Pollard	+94kg	Cl & Jk	80	Under 15
Riley Pollard	+94kg	Total	151	Under 15
Sue Cox	69kg	Snatch	42	50 – 54 Years
Sue Cox	69kg	Cl & Jk	52	50 – 54 Years
Sue Cox	69kg	Total	94	50 – 54 Years
Meg Emerton	58kg	Snatch	35	55 – 59 Years
Meg Emerton	58kg	Cl & Jk	45	55 – 59 Years
Meg Emerton	58kg	Total	80	55 – 59 Years
Leandra Miscamble	69kg	Snatch	31	55 – 59 Years
Leandra Miscamble	69kg	Cl & Jk	47	55 – 59 Years
Leandra Miscamble	69kg	Total	78	55 – 59 Years
Lesley Moyle	63kg	Snatch	28	65 – 69 Years
Lesley Moyle	63kg	Cl & Jk	39	65 – 69 Years
Lesley Moyle	63kg	Total	67	65 – 69 Years
Ben Grzes	+105kg	Snatch	51	60 – 64 Years

#### New Australian Records

Name	Category	Lift	Weight	Age Group
Joshua Wu	50kg	Cl & Jk	68	Youth
Joshua Wu	50kg	Total	116	Youth
Joshua Wu	50kg	Snatch	48	Under 15
Joshua Wu	50kg	Cl & Jk	68	Under 15
Joshua Wu	50kg	Total	116	Under 15
Riley Pollard	+94kg	Snatch	71	Under 15

### Masters League

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

#### Men

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Score
Mal Irwin	1953		92.25	84	104	188	6	72.119
Peter Foster	1967	Cougars	106.30	105	122	227	6	62.894
Bob Henderson	1943	Sunshine Coast	75.20	50	70	120	0	56.571
Trevor Walz	1952	Sunshine Coast	86.50	60	80	140	6	56.291
Barry Harden	1959	Sunshine Coast	92.95	82	100	182	0	55.439
Rodney carr	1973	Sunshine Coast	108.30	105	120	225	0	53.056
John Hanlon	1966	Cougars	93.20	71	95	166	0	48.148
Tim Steele	1968	Sunshine Coast	96.00	58	90	148	6	45.716
Alan McMenamin	1969	Cougars	118.80	64	75	139	6	40.102
Harry Grzes	1956	Cougars	118.35	55	70	125	0	35.752
Ben Grzes	1950	Cougars	124.30	51	50	101	0	32.868

#### Women

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Score
Diana Loy	1965	North Brisbane	60.80	50	72	122	0	57.297
Jenny Butler	1973	North Brisbane	69.00	62	76	138	0	53.704
Meg Emerton	1953	Cougars	57.75	35	45	80	6	52.183
Lisa Souter	1973	Toowoomba	53.20	47	65	112	0	49.664
Sue Cox	1961	North Brisbane	67.40	42	52	94	6	46.854
Julie Davis	1952	North Brisbane	52.90	25	36	61	6	45.252
Lesley Moyle	1945	North Brisbane	58.25	28	39	67	0	43.563
Leandra Miscamble	1956	Cougars	68.00	31	47	78	6	42.818
Anna Ryan	1975	Cougars	54.75	37	49	86	0	37.244
Michelle Kinnane	1971	North Brisbane	62.15	32	46	78	0	34.478
Valerie Silver	1949	Cougars	64.15	27	35	62	0	33.840



2011 Australian Club Championships  
Chandler, Qld  
26<sup>th</sup> – 27<sup>th</sup> March 2011

RESULTS BY SESSION - MEN

Name	Born	Club	Team Cat	B/Wt	Snatch	C & J	Total	Sinclair Points
Damon Kelly	1983	Cougars	Senior	144.70	155	195	350	354.070
Daniel Katz	1990	Phoenix	Senior	76.35	105	142	247	311.227
Patrick Inglis	1989	SAWC	Senior	70.70	105	128	233	307.152
Akashdeep Singh Gill	1989	Phoenix	Senior	75.95	100	135	235	296.984
Luke Gardner	1988	Cougars	Senior	103.55	115	155	270	295.937
Vikas Kumar	1989	SAWC	Senior	83.35	115	130	245	294.646
Milo McFarland	1991	Burwood	Senior	83.35	105	134	239	287.430
Matthew Pit	1991	Phoenix	Junior	75.55	99	127	226	286.466
Adam Kabbas	1983	Phoenix	Senior	85.35	105	124	229	272.200
Paulo Magistrado	1992	Hawthorn	Junior	83.80	101	125	226	271.065
Glenn McElfresh	1990	Burwood	Senior	91.95	100	133	233	267.626
Alex Goodyear	1972	Burwood	Senior	76.75	102	110	212	266.346
James Parry	1990	Hawthorn	Senior	91.70	97	131	228	262.193
Peter Foster	1967	Cougars	Senior	109.40	110	124	234	251.802
Stuart Wagner	1972	Toowoomba	Senior	92.05	90	125	215	246.834
Linzey Beister	1984	Cougars	Senior	92.30	92	121	213	244.251
Jacques Chester	1980	Time Out	Senior	136.00	107	131	238	242.967
Christian Hopper	1985	North Brisbane	Senior	87.60	109	---	---	0.000
Steve McConnell	1991	Hawthorn	Junior	74.60	---	---	---	0.000

Referees: Phil Maunder (SA); Craig Wegert (QLD); Alex Croot (QLD)  
Time Keeper: John Hanlon (QLD)  
Technical Controller: Mary Macken (NSW)  
Announcer: Michael Keelan (QLD)  
Jury: Lyn Jones (NSW); Boris Kayser (VIC); Debra Keelan (QLD)

Name	Born	Club	Team Cat	B/Wt	Snatch	C & J	Total	Sinclair Points
Shane Wagner	1996	Toowoomba	Junior	61.15	64	85	149	216.263
Heng Kan	1989	Burwood	Senior	82.65	81	98	179	216.189
James Norman	1996	Cougars	Junior	49.00	50	69	119	205.667
Boris Elesin	1995	Phoenix	Junior	47.80	50	66	116	204.864
Joshua Wu	1996	Cougars	Junior	48.80	48	70	118	204.661
Korey Watson-Watt	1996	Cougars	Junior	55.90	53	66	119	184.637
Leo Isaac	1954	North Brisbane	Senior	64.40	60	71	131	183.416
Eric Lee	1981	Hawthorn	Senior	68.80	60	71	131	175.647
James Kidd	1993	SAWC	Junior	90.60	66	82	148	171.103
Jamie Fortune	1989	SAWC	Senior	75.10	60	70	130	165.344
Martin Hardy	1994	SAWC	Junior	93.70	70	75	145	165.209
Andrew Adams	1995	Sunshine Coast	Senior	76.15	45	66	111	140.069
Ray Loudon	1945	Sunshine Coast	Senior	79.25	50	60	110	135.797
James Pakchung	1993	Cougars	Junior	68.35	58	40	98	131.948
Anthony Halkitis	1994	Time Out	Junior	101.65	---	---	---	0.000

Referees: Phil Maunder (SA); Paul Wheeler (QLD); Deb Oliver (QLD)  
Time Keeper: John Hanlon (QLD)  
Technical Controller: Danielle Waller (WA)  
Announcer: Michael Keelan (QLD)  
Jury: Lyn Jones (NSW); Shokr Fallah (QLD); Ian Moir (QLD)

Name	Born	Club	Team Cat	B/Wt	Snatch	C & J	Total	Sinclair Points
Matthew Munns	1993	Wesley	Guest	68.70	93	112	205	275.120
David Hockins	1991	Toowoomba	Junior	56.00	76	97	173	268.051
Sam Baumann	1992	Cougars	Junior	63.50	78	110	188	265.762
John Yamasaki	1984	Cougars	Senior	83.25	90	115	205	246.689
Lamson Nguyen	1982	USQ	Senior	69.15	80	98	178	237.903
Jake Ratcliffe	1994	Toowoomba	Junior	76.60	82	105	187	235.194
Aleksi Raymont	1989	SAWC	Senior	62.05	70	88	158	226.967
John Cichello	1993	Hawthorn	Junior	83.75	79	110	189	226.755
Norman Hanna	1981	North Brisbane	Senior	75.30	67	100	167	212.081
Jakob Daniels	1995	Sunshine Coast	Junior	70.55	70	90	160	211.196
Andrew Hay	1983	Tunbridge	Senior	65.10	65	82	147	204.324
Rohan Eckardt	1968	Hawthorn	Senior	102.75	72	93	165	181.351
Tim Steele	1968	Sunshine Coast	Senior	96.35	65	96	161	181.342
John Hanlon	1966	Cougars	Guest	96.85	70	90	160	179.842

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Nathan Gill	1994	Sunshine Coast	Junior	83.40	65	81	146	175.532
Riley Pollard	1996	Cougars	Guest	113.15	67	80	147	156.567
Julio Melo	1995	Hawthorn	Junior	93.45	---	---	---	0.000

**Referees:** Phil Maunder (SA); Deb Oliver (QLD); Paul Wheeler (QLD)  
**Time Keeper:** Danielle Waller (WA)  
**Technical Controller:** Vicki Brady (QLD)  
**Announcer:** Michael Keelan (QLD)  
**Jury:** Boris Kayser (VIC); Lyn Jones (NSW); Kylie Booth (QLD)

Name	Born	Club	Team Cat	B/Wt	Snatch	C & J	Total	Sinclair Points
Scott Clark	1991	Sunshine Coast	Junior	60.90	90	115	205	298.414
Greg Kowalski	1984	Hawthorn	Senior	76.45	95	122	217	273.225
Liam Larkins	1993	Phoenix	Junior	75.35	93	116	209	265.318
Bowen Stuart	1986	Toowoomba	Senior	79.25	98	115	213	262.952
Ryan Keaney	1989	Phoenix	Senior	89.70	100	125	225	261.289
Derek Hui	1986	Burwood	Guest	58.85	75	100	175	261.166
Alan Vo	1989	Burwood	Senior	69.00	87	108	195	260.980
Toby Ferrucci	1990	Phoenix	Senior	78.75	93	112	205	253.940
Jon Pakchung	1993	Cougars	Junior	78.85	90	111	201	248.814
Brendan Kennedy	1968	Wesley	Guest	85.95	88	120	208	246.403
Darryl Hockins	1988	Toowoomba	Senior	68.20	75	107	182	245.390
Jack Rau	1993	Time Out	Senior	62.00	75	95	170	244.343
Steven Eadie	1988	Cougars	Senior	83.50	86	105	191	229.496
Frank Elliott	1991	SAWC	Junior	81.65	83	105	188	228.477
Michael Winn	1994	USQ	Senior	71.15	75	90	165	216.669
Matt Skinner	1990	USQ	Senior	104.85	78	107	185	201.890
Dean Pascoe	1956	SAWC	Senior	110.40	70	103	173	185.632
Wei Jien Tan	1991	Hawthorn	Junior	68.10	---	---	---	0.000

**Referees:** Danielle Waller (WA); Deb Oliver (QLD); John Hanlon (QLD)  
**Time Keeper:** Trevor Walz (QLD)  
**Technical Controller:** Lawrence Townsend (QLD)  
**Announcer:** Lyn Jones (NSW)  
**Jury:** Boris Kayser (VIC); Debra Keelan (QLD); Kylie Booth (QLD)

Name	Born	Club	Team Cat	B/Wt	Snatch	C & J	Total	Sinclair Points
Simplice Ribouem	1982	Phoenix	Senior	91.75	150	190	340	390.897
Ricky Gulyamov	1989	Burwood	Senior	80.80	135	160	295	360.468
Ben Turner	1984	Cougars	Senior	82.75	125	168	293	353.657

*Weightlifting Queensland*

Rob Galsworthy	1989	Cougars	Senior	104.95	143	175	318	346.919
Ali Gulyamov	1985	Burwood	Senior	104.85	145	170	315	343.759
John Walz	1987	Cougars	Senior	90.40	123	170	293	339.072
Zac Grgurevic	1991	Tunbridge	Senior	93.45	130	160	290	330.792
Scott Taylor	1989	Tunbridge	Senior	92.65	115	137	252	288.503
Matthew Wragg	1985	Hawthorn	Senior	126.55	117	155	272	281.550
Josh Quinn	1991	Hawthorn	Junior	103.80	110	145	255	279.259

**Referees:** Barry Harden (QLD); John Hanlon (QLD); Trevor Walz (QLD)  
**Time Keeper:** Vicki Brady (QLD)  
**Technical Controller:** Ian Moir (QLD)  
**Announcer:** Craig Wegert (QLD)  
**Jury:** Shokr Fallah (QLD); Karekin Simonian (NSW); Kylie Booth (QLD)

**RESULTS BY SESSION - WOMEN**

Name	Born	Club	Team Cat	B/Wt	Snatch	C & J	Total	Sinclair Points
Tegan Napper	1986	Cougars	Senior	48.40	41	58	99	150.104
Tiarna Davis	1999	Launceston	Junior	46.60	38	51	89	139.579
Nakieta Davis	1997	Launceston	Junior	41.80	34	45	79	137.505
Kara Stuart	1994	Toowoomba	Junior	52.70	43	53	96	135.569
Sophie Cowen	1997	Launceston	Junior	52.85	38	57	95	133.854
Erin Haske	1983	Cougars	Senior	61.45	41	55	96	121.273
Sarah Counter	1994	Toowoomba	Junior	72.75	44	56	100	114.592
Sue Cox	1961	North Brisbane	Senior	68.00	43	52	95	112.837
Meg Emerton	1953	Cougars	Senior	57.50	35	45	80	105.770
Emma Hitchener	1992	Toowoomba	Junior	61.80	37	47	84	105.722
Francesca Veenstra	1996	Toowoomba	Junior	66.90	35	50	85	101.901
Lesley Moyle	1945	North Brisbane	Senior	57.90	30	39	69	90.777
Georgina Rathmell	1994	Toowoomba	Junior	58.45	30	38	68	88.867
Valerie Silver	1949	Cougars	Guest	62.70	28	40	68	84.792
Bridie Taylor	1997	Tunbridge	Senior	40.75	33	---	---	0.000

**Referees:** Barry Harden (QLD); Miles Wydall (QLD); Vicki Brady (QLD)  
**Time Keeper:** Deb Oliver (QLD)  
**Technical Controller:** Danielle Waller (WA)  
**Announcer:** Lyn Jones (NSW)  
**Jury:** Debra Keelan (QLD); Karekin Simonian (NSW); Kylie Booth (QLD)



Name	Born	Club	Team Cat	B/Wt	Snatch	C & J	Total	Sinclair Points
Andrea Mullins	1994	Time Out	Senior	56.50	55	75	130	174.073
Lisa Souter	1973	Toowoomba	Senior	52.90	49	67	116	163.321
Diana Loy	1965	North Brisbane	Senior	60.30	51	76	127	162.458
Reachny Be	1994	Hawthorn	Senior	57.55	55	60	115	151.950
Coral Quinell	1957	Time Out	Senior	56.90	49	60	109	145.205
Kelly Gilbin	1975	Time Out	Senior	60.95	45	58	103	130.818
Bronwyn Hitchener	1962	Toowoomba	Senior	73.65	49	64	113	128.705
Katharine Johnson	1991	Phoenix	Junior	102.30	57	60	117	119.254
Raelene Eckardt	1995	Galaxie	Guest	100.55	50	63	113	115.566
Leilani Clarken	1994	Phoenix	Junior	96.15	46	55	101	104.331
Stefanie Fernandez	1987	USQ	Guest	65.85	---	---	---	0.000

**Referees:** Mary Macken (NSW); Vicki Brady (QLD); Alex Croot (QLD)  
**Time Keeper:** Deb Oliver (QLD)  
**Technical Controller:** Shokr Fallah (QLD)  
**Announcer:** Michael Keelan (QLD)  
**Jury:** Boris Kayser (VIC); Debra Keelan (QLD); Karekin Simonian (NSW)

Name	Born	Club	Team Cat	B/Wt	Snatch	C & J	Total	Sinclair Points
Erika Yamasaki	1987	Cougars	Senior	55.45	72	95	167	226.745
Socheata Be	1989	Hawthorn	Senior	52.35	70	86	156	221.476
Michelle Kahi	1994	Cougars	Junior	67.10	75	92	167	199.863
Melissa Robinson	1981	Cougars	Senior	61.20	66	86	152	192.531
Kaitlyn Fassina	1990	Tunbridge	Senior	88.30	81	98	179	189.418
Jessica Edge	1986	SAWC	Guest	56.25	61	76	137	184.044
Kate Linford	1987	Hawthorn	Senior	106.25	78	98	176	178.241
Bianca Sheppard	1992	Toowoomba	Junior	60.20	64	72	136	174.166
Kirsten Wu	1993	Cougars	Junior	57.20	57	74	131	173.850
Bonnie Sleeman	1993	Cougars	Junior	79.80	64	80	144	158.175
Stacy Koh	1985	Cougars	Senior	77.65	57	76	133	147.808

**Referees:** Barry Harden (QLD); Miles Wydall (QLD); Trevor Walz (QLD)  
**Time Keeper:** Lesley Moyle (QLD)  
**Technical Controller:** Boris Kayser (VIC)  
**Announcer:** Lyn Jones (NSW)  
**Jury:** Debra Keelan (QLD); Karekin Simonian (NSW); Kylie Booth (QLD)

**TEAM CLASSIFICATION: 'A' TEAM POINTS – ALL CATEGORIES**

Club	Points
Cougars	2875.150
Toowoomba	2182.166
Phoenix	1979.341
Hawthorn	1918.959
SAWC	1393.554
Sunshine Coast	1142.350
Tunbridge	1013.036
Burwood	991.656
Time Out	937.406
North Brisbane	761.568
USQ	656.462
Launceston	410.938



**Erika Yamasaki**



# Anti-Doping Update

## General Information on Supplements.

The contents of supplements can vary from batch to batch and may intentionally or unintentionally contain prohibited substances. Athletes who take supplements are, therefore, at risk of committing an inadvertent anti-doping rule violation.

There have been cases where both Australian and international athletes have been sanctioned after they have used supplements that they thought were okay, but which were actually contaminated with prohibited substances.

The presence of a prohibited substance may result in an anti-doping rule violation, whether its use was intentional or unintentional.

Under the World Anti-Doping Code strict liability principle, athletes are ultimately responsible for any substance found in their body, regardless of how it got there.

The Australian Sports Anti-Doping Authority (ASADA) is not in a position to provide information or advice to athletes about the status of supplements in sport. ASADA can neither give advice to athletes about sports supplements, nor advise if they contain prohibited substances.

## Warning: Methylhexaneamine

The Australian Sports Anti-Doping Authority (ASADA) is advising all Australian athletes subject to in-competition doping control to carefully consider their use of supplements and products containing methylhexaneamine.

This substance is classed as an S6 stimulant on the Prohibited List and is prohibited in-competition. Bans involving this substance can range up to two-years.

Over the past two years, there has been increasing evidence that methylhexaneamine is present in supplements and other products.

This year methylhexaneamine has been the subject of a number of reported doping cases involving Indian and Nigerian athletes, as well as a US swimmer receiving a suspension.

Last year Jamaican athletes Yohan Blake, Marvin Anderson, Allodin Fothergill and Lansford Spence were suspended for three-months after each returned positive tests for methylhexaneamine from samples taken during the Jamaica National Track and Field Championships.

ASADA is also investigating a number of positive test results to methylhexaneamine by Australian athletes.

Athletes need to be very careful not to use any supplement or product that contains any of the following identifiers on the label:

Methylhexaneamine	Forthan	2-hexanamine, 4-methyl-
Methylhexanamine	Floradrene	2-hexanamine, 4-methyl- (9CI)
DMAA	4-methyl-2-hexanamine	1,3-dimethylamylamine
Geranamine	4-Methylhexan-2-amine	1,3-dimethylpentylamine
Forthane	2-amino-4-methylhexane	Pentylamine, 1, 3-dimethyl-



## QWA League & Masters League, Round 2

### Toowoomba Weightlifting Association, Toowoomba Qld

9<sup>th</sup> April 2011

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	Sn	C & J	Total	Bonus	Points
Melissa Robinson	1981	Cougars	61.70	66	86	152	-2	57.144
David Hockins	1991	Toowoomba	58.10	75	100	175	3	56.681
Bianca Sheppard	1992	Toowoomba	60.00	67	70	137	-7	46.307

#### Division 2

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
John Yamasaki	1984	Cougars	83.50	92	117	209	17	70.046
Jonathan Pakchung	1993	Cougars	79.10	100	110	210	10	63.299
Jake Ratcliffe	1994	Toowoomba	75.90	84	107	191	11	61.529
Linzey Beister	1984	Cougars	95.70	96	131	227	5	57.064
Steven Eadie	1988	Cougars	83.50	85	112	197	6	56.000
Diana Loy	1965	North Brisbane	60.40	57	75	132	-4	47.362
Lisa Souter	1973	Toowoomba	53.60	51	67	118	0	47.012
Rodney Carr	1973	Sunshine Coast	107.00	100	120	220	0	46.610
Jenny Butler	1973	North Brisbane	68.60	60	73	133	-7	39.503
Darryl Hockins	1988	Toowoomba	68.40	80	100	180	-11	39.279
Michael Winn	1994	USQ	72.20	---	94	---	0	0.000

#### Division 3

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Matt Skinner	1990	USQ	103.50	80	110	190	7	50.578
Korey Watson-Watt	1996	Cougars	59.00	56	70	126	11	49.650
Tim Steele	1968	Sunshine Coast	96.30	76	100	176	9	49.367
Jakob Daniels	1995	Sunshine Coast	71.30	71	95	166	5	48.915
Mal Irwin	1953		92.40	81	106	187	3	48.388
Stacy Koh	1985	Cougars	77.30	57	75	132	7	47.491
Norman Hanna	1981	North Brisbane	75.70	66	97	163	0	43.122
Bronwyn Hitchener	1962	Toowoomba	74.40	50	65	115	2	40.983
John Hanlon	1966	Cougars	97.50	71	98	169	1	39.761
Kara Stuart	1994	Toowoomba	54.00	42	56	98	0	39.044
Emma Hitchener	1992	Toowoomba	61.70	39	53	92	1	36.798

#### Division 4

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Points
Stefanie Fernandez	1987	USQ	64.70	57	70	127	13	57.406
Joshua Wu	1996	Cougars	50.50	52	72	124	15	55.656
James Pakchung	1993	Cougars	68.80	65	77	142	15	54.665
Micah Martin	1976	CrossFit Bris	71.10	75	100	175	6	52.296
Nathaniel Wight	1984	Cougars	86.30	57	80	137	15	48.252
Hayley Ward	1997	Sunshine Coast	45.50	25	32	57	21	47.267
Meg Emerton	1953	Cougars	58.20	36	46	82	13	44.907
James Norman	1996	Cougars	48.70	49	71	120	5	44.344
Alan McMenamin	1969	Cougars	119.80	65	80	145	12	42.720
Tim Hitchener	1997	Toowoomba	71.50	46	57	103	15	42.249
Nathaniel Wessling	1992	Cougars	85.30	60	70	130	6	37.553
Riley Pollard	1996	Cougars	114.50	69	82	151	4	35.992
Sue Cox	1961	North Brisbane	67.20	43	52	95	2	35.217
Leandra Miscamble	1956	Cougars	68.10	33	48	81	6	34.322
Lesley Moyle	1945	North Brisbane	58.50	30	41	71	6	33.626
Robin Parr	1997	Cougars	39.20	18	26	44	11	31.276
Julie Davis	1952	North Brisbane	52.70	26	37	63	1	28.391
Beth Tolputt	1996	Sunshine Coast	59.20	32	32	64	1	25.903
Jayden Lovegrove	1997	Cougars	46.80	20	25	45	6	20.754
Harry Grzes	1956	Cougars	119.40	57	72	129	-7	20.331
Colleen Duplock	1954	Cougars	66.10	17	23	40	0	13.986
Ben Grzes	1950	Cougars	125.50	52	50	102	-8	13.610
Vicki Brady	1943	Cougars	50.60	23	24	47	-10	10.435

Referees: Angela Wydall (Cat II); Miles Wydall (Cat II); Vicky Brady (Cat II); Craig Wegert (Cat II); Keith Forbes (National); Julie Davis (State); Trevor Walz (State); Deb Oliver (State); Lesley Moyle (Club); Jenny Butler (Club); Wendy Pakchung (Club); Darryl Hockins (Club)

Time Keepers: Emma Hitchener; Lesley Moyle; Jenny Butler; Julie Davis; Chris Walsh

M.C.: Ian Moir, Craig Wegert, Mike Keelan; Paul Wheeler.

#### New Queensland Records

Name	Category	Lift	Weight	Age Group
Robin Parr	44kg	Cl & Jk	26	Youth
Robin Parr	40kg	Cl & Jk	26	Under 15
Hayley Ward	48kg	Snatch	25	Under 15
Hayley Ward	48kg	Cl & Jk	32	Under 15
Hayley Ward	48kg	Total	57	Under 15
James Norman	50kg	Cl & Jk	71	Youth
James Norman	50kg	Cl & Jk	71	Under 15
Joshua Wu	56kg	Cl & Jk	72	Under 15

Joshua Wu	56kg	Total	124	Under 15
Jake Ratcliffe	77kg	Cl & Jk	107	Youth
Jake Ratcliffe	77kg	Total	191	Youth
Riley Pollard	+94kg	Cl & Jk	82	Under 15

#### New Australian Records

Name	Category	Lift	Weight	Age Group
James Norman	50kg	Cl & Jk	71	Youth
James Norman	50kg	Cl & Jk	71	Under 15

#### Masters League

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

##### Men

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Score
Mal Irwin	1953		92.40	81	106	187	0	65.768
Rodney Carr	1973	Sunshine Coast	107.00	100	120	220	0	51.877
Tim Steele	1968	Sunshine Coast	96.30	76	100	176	0	47.229
John Hanlon	1966	Cougars	97.50	71	98	169	0	46.320
Harry Grzes	1956	Cougars	119.40	57	72	129	0	36.896
Alan McMenamin	1969	Cougars	119.80	65	80	145	0	35.574
Ben Grzes	1950	Cougars	125.50	52	50	102	0	33.193

##### Women

Name	Born	Club	Bwt	Sn	C & J	Total	Bonus	Score
Diana Loy	1965	North Brisbane	60.40	57	75	132	0	61.994
Lisa Souter	1973	Toowoomba	53.60	51	67	118	0	52.324
Meg Emerton	1953	Cougars	58.20	36	46	82	6	52.233
Lesley Moyle	1945	North Brisbane	58.50	30	41	71	6	52.164
Jenny Butler	1973	North Brisbane	68.60	60	73	133	0	51.758
Bronwyn Hitchener	1962	Toowoomba	74.40	50	65	115	0	48.105
Leandra Miscamble	1956	Cougars	68.10	33	48	81	6	44.234
Sue Cox	1961	North Brisbane	67.20	43	52	95	0	41.288
Julie Davis	1952	North Brisbane	52.70	26	37	63	0	40.539
Vicki Brady	1943	Cougars	50.60	23	24	47	0	36.415
Colleen Duplock	1954	Cougars	66.10	17	23	40	0	19.818

#### New Queensland Masters Records

Name	Category	Lift	Weight	Age Group
Ben Grzes	+105kg	Snatch	52	60 – 64 years
Lesley Moyle	63kg	Cl & Jk	41	65 – 69 years
Lesley Moyle	63kg	Total	71	65 – 69 years
Meg Emerton	63kg	Snatch	36	55 – 59 years
Meg Emerton	63kg	Cl & Jk	46	55 – 59 years
Meg Emerton	63kg	Total	82	55 – 59 years
Leandra Miscamble	69kg	Total	81	55 – 59 years



Sue Cox

# 2011 Oceania Championships & Arafura Games

Darwin, Northern Territory, Australia

11 – 13<sup>th</sup> May 2011

## WOMEN

### 48 Kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	ULLY Sari	1997	IND	47.26	65	85	150
2	LEE Vivian	1978	AUS	47.88	62	79	141
3	HARE Kathleen	1988	PNG	46.56	58	75	133
4	DESI Rahayu	1996	IND	46.40	55	72	127
5	LISA Indriyani	1996	IND	41.30	50	55	105
6	DAVIS Tiarna	1999	AUS	46.80	37	52	89
7	DAVIS Nakieta	1997	AUS	42.08	33	47	80

### 53kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	BE Socheata	1989	AUS	52.28	66	83	149
2	DOGODO Hitolo	1992	PNG	52.44	58	75	133
3	GLORIA Kimbu	1986	PNG	51.96	57	71	128
4	ANNISA NUR PERMATA Sari	1997	KAL	50.62	55	63	118
5	COWEN Sophie	1997	AUS	52.14	41	58	99
6	STUART Kara	1994	AUS	52.50	40	53	93

### 58kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	LEE Seen	1982	AUS	57.88	78	98	176
2	YAMASAKI Erika	1987	AUS	54.64	77	96	173
3	LIKU Maria	1990	FIJ	57.02	65	87	152
4	DIAH AYU Pecmatasari	1995	INA	56.68	65	80	145
5	SHEPPARD Bianca	1992	AUS	57.90	70	70	140
6	KASSMAN Monalisa	1992	PNG	57.02	58	75	133
7	MULLINS Andrea	1994	AUS	55.04	56	75	131
8	MEDLAMEN Amelia	1994	INA	57.32	55	75	130
9	WU Kirsten	1993	AUS	57.76	54	72	126
10	BE Reachny	1994	AUS	57.34	53	63	116
11	TILMAN Agostinha	1984	TLS	56.80	35	45	80

### 63kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	KARI Rita	1989	PNG	61.90	78	100	178
2	TOGAGAE Faitoa	1989	SAM	62.40	71	92	163
3	DWI MAYLASSAH Lestari	1997	INA	62.40	72	90	162

4	KAMBI Eden	1994	PNG	61.95	55	73	128
5	DAURE Tau	1993	PNG	62.40	38	48	86
---	URIMA Teryll	1992	SAM	62.15	---	---	---

### 69kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	KLANKHLAW Yupawan	1994	THA	66.25	91	120	211
2	HALE Guba	1986	PNG	67.40	77	95	172
3	APOLONIA Vaivai	1991	FIJ	68.45	70	86	156
4	KAHI Michelle	1994	AUS	66.50	68	82	150
5	WOMSIWOR Hermilina	1990	WP	67.30	61	80	141
6	MISO Edlynne	1988	PNG	64.15	60	80	140
7	BARANSANO Heidi Dorce	1992	WP	64.70	50	70	120
8	CHESED KARO Mula	1996	PNG	67.45	50	60	110
---	LUI Vanessa	1991	SAM	68.30	73	---	---

### 75kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	OPELOGE Mary	1992	SAM	73.75	94	120	214
2	DETANAMO Michaela	1992	NRU	74.40	91	115	206
3	AKO Sandra	1994	PNG	71.10	65	85	150

### +75kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	OPELOGE Ele	1985	SAM	123.95	120	155	275
2	CHEN Yingyi	1994	CHN	80.80	95	116	211
3	IUNIARA Simanu	1993	SAM	98.20	88	115	203
4	ISO Matilda	1986	PNG	80.55	75	90	165
5	HARRY Lorraine	1996	PNG	80.60	55	70	125

## MEN

### 56kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	TULO Manuelo	1990	FIJ	55.68	95	123	218
2	BRECHTEFIELD Elson	1994	NRU	55.64	97	120	217
3	BAGUS DANU Sputra	1995	INA	55.94	92	115	207
4	HOCKINS David	1991	AUS	55.68	78	100	178
5	RAYGORI Lolo	1984	PNG	55.38	70	104	174
6	OALA Fred	1996	PNG	54.64	70	97	167
7	RANA Bassel	1996	AUS	53.80	56	72	128
8	NORMAN James	1996	AUS	48.72	52	72	124

9	WU Joshu	1992	AUS	48.92	55	68	123
10	ELESIN Boris	1995	AUS	50.90	53	70	123
11	MOSS Cameron	1997	NZL	44.48	48	60	108
---	ARFAN Poretoka	1995	WP	55.44	90	---	---

### 62kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	ZHONGSHUANG Wu	1991	CHN	60.15	114	145	259
2	MINGINFEL Manuel	1978	FSM	61.80	110	144	254
3	BE Vannara	1988	AUS	60.95	113	140	253
4	LAPUA Lapua	1991	TUV	61.40	105	125	230
5	BARU Morea	1990	PNG	60.65	95	130	225
6	HAUMILI Ioane	1988	TUV	61.30	95	128	223
7	TIKODELAIMATUKU TUIMOCE Fuluna	1987	FIJ	61.65	95	125	220
8	STEPANUS Lakka	1992	INA	60.75	95	122	217
9	VILLALON Vester	1991	NZL	61.40	95	121	216
10	CLARK Scott	1991	AUS	60.95	95	108	203
11	WALKER Graham	1970	NT	59.18	75	95	170
12	BOYD Iravo	1985	PNG	60.90	65	90	155
13	WAGNER Shane	1996	AUS	61.45	66	83	149

### 69kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	TOROMON Takenibieia	1992	KIR	68.70	120	145	265
2	PESALELI Bob	1992	SAM	68.25	98	137	235
3	NAZARUDIN Nazarudin	1992	INA	68.85	100	133	233
4	TOUA Udia	1992	PNG	67.85	95	130	225
5	STONE Mitchel	1994	NZL	68.80	85	113	198
6	MUNNS Matthew	1993	AUS	69.00	90	108	198
7	SAKARIAS Leo	1977	PNG	66.90	90	105	195
8	MOKE Phillip	1992	PNG	68.60	80	102	182

### 77kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	PETER Yukio	1984	NRU	76.90	157	190	347
2	MADSEN Mathew	1991	NZL	75.95	102	150	252
3	McCONNELL Steve	1991	AUS	74.80	110	130	240
4	PIT Mathew	1991	AUS	75.95	101	131	232
5	GROX Soho	1985	PNG	70.40	88	108	196
6	RATCLIFFE Jake	1994	AUS	75.85	82	105	187
7	UDU Heni	1974	PNG	70.95	75	105	180
8	MAIMU Peter	1976	PNG	74.15	80	100	180
9	DANIELS Jakob	1995	AUS	72.60	75	100	175
10	BARROS Jacitinito	1979	TLS	72.20	70	100	170

### 85kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	KARI Steven	1993	PNG	83.65	130	182	312
2	TURNER Ben	1984	AUS	83.30	123	167	290
3	BANYAT Tawnok	1994	THA	77.65	128	161	289
4	YOSHIDA Jonathan	1982	SAM	84.20	120	150	270
5	OPELOGE Petuna	1994	SAM	84.00	110	145	255
6	MACFARLAND Emilio	1991	AUS	84.05	97	130	227
7	HWEE Ang	1980	SIN	82.60	90	130	220
---	VUETI Josefa Atekini	1979	FIJ	84.60	---	---	---

### 94kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	RIBOUEM Simplicie	1982	AUS	91.10	153	181	334
2	FAAULIULI Faavae	1983	SAM	93.50	137	183	320
3	KAKOATAU David	1984	KIR	93.30	135	180	315
4	GRGUREVIC Zac	1991	AUS	93.10	130	170	300
5	KORIATA Petelo	1991	SAM	91.65	120	154	274

### 105kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	OPELOGE Niusila	1980	SAM	104.55	140	181	321
2	GALSWORTHY Robert	1989	AUS	104.90	140	180	320
3	OPELOGE Tovia	1991	SAM	104.20	135	177	312
4	GULYAMOV Ali	1985	AUS	104.89	135	160	295
5	QUINN Joshua	1991	AUS	104.10	121	162	283
6	BARAKAUSKAS Andrew	1992	NZL	97.70	115	130	245
7	HALKITIS Anthony	1994	NT	95.55	60	90	150

### +105kg Category

RANK	NAME	YOB	CLUB	BWT	SN	C&J	TOTAL
1	DETANAMO Itte	1986	NRU	151.20	184	229	413
2	KELLY Damon	1983	AUS	148.90	165	210	375
3	NEMANI Danny	1981	NIU	135.55	143	177	320
4	CHESTER Jacques	1980	NT	133.75	80	105	185
---	LEWIS CHUA Yong Hwee	1991	SIN	122.80	123	---	---



2011 Queensland Masters Championships  
Andrew's Catholic College, Redlynch, Cairns Qld  
28th May 2011

## MEN

NAME	BORN	CLUB	BWT	SN	C&J	TOTAL	MMS
<b>60-64 Years</b>							
<b>85kg Category</b>							
Ludek Prokes	1949	Bowen	79.95	55	66	121	232.087
<b>+105kg Category</b>							
Ben Grzes	1950	Cougars	129.05	53	61	114	180.508
<b>55-59 Years</b>							
<b>94kg Category</b>							
Harry Grzes	1956	Cougars	120.90	57	73	130	183.601
<b>50-54 Years</b>							
<b>85kg Category</b>							
Tony De Rose	1960	Cairns North	82.25	40	57	97	147.390
<b>45-49 Years</b>							
<b>105kg Category</b>							
John Hanlon	1966	Cougars	97.85	70	90	160	214.040
<b>40-44 Years</b>							
<b>105kg Category</b>							
Tim Steele	1968	Sunshine Coast	97.85	79	100	179	234.447
<b>+105kg Category</b>							
Peter Foster	1967	Cougars	111.50	116	125	241	304.991
<b>35-39 Years</b>							
<b>94kg Category</b>							
Kerrod Agnew	1972	Cairns North	88.50	67	90	157	206.376
<b>+105kg Category</b>							
Stuart Allaburton	1972	Cairns North	111.60	85	111	196	235.818

## WOMEN

NAME	BORN	CLUB	BWT	SN	C&J	TOTAL	MMS
<b>65-69 Years</b>							
<b>63kg Category</b>							
Lesley Moyle	1945	North Brisbane	59.00	30	42	72	156.209
<b>60-64 Years</b>							
<b>63kg Category</b>							
Valerie Silver	1949	Cougars	63.00	31	42	73	141.663
<b>55-59 Years</b>							
<b>53kg Category</b>							
Julie Davis	1952	North Brisbane	51.80	26	38	64	135.627
<b>63kg Category</b>							
Meg Emerton	1953	Cougars	59.30	37	46	83	155.605
<b>69kg Category</b>							
Leandra Miscamble	1956	Cougars	67.90	34	49	83	133.198
Colleen Duplock	1954	Cougars	64.90	21	27	48	83.016
<b>+75kg Category</b>							
Margaret Lees	1952	Cairns North	77.70	25	30	55	90.438
<b>50-54 Years</b>							
<b>69kg Category</b>							
Sue Cox	1961	North Brisbane	67.15	41	54	95	141.262
<b>45-49 Years</b>							
<b>63kg Category</b>							
Diana Loy	1965	North Brisbane	59.55	48	75	123	191.530
<b>40-44 Years</b>							
<b>63kg Category</b>							
Cheryl Downer	1971	Cairns North	61.00	30	40	70	100.942
<b>35-39 Years</b>							
<b>53kg Category</b>							
Lisa Souter	1973	Toowoomba	52.90	51	67	118	184.910
Kylie Giordimaina	1973	Cairns North	51.55	20	32	52	83.198
<b>69kg Category</b>							
Jenny Butler	1973	North Brisbane	67.70	62	75	137	181.563
<b>+75kg Category</b>							
Meg Soroka	1973	Mount Isa	76.80	53	65	118	146.674

Referees: Lawrie Townsend (Cat I); Vicki Brady (Cat II); Kathleen Harden (National);  
 Deb Oliver (State); Lesley Moyle (Club); John Mangano (Club)  
 Time Keeper: Ian Moir  
 M.C: Ian Moir

### Best Lifter Awards

Male:	Peter Foster	304.991	MMS points
Female:	Diana Loy	191.530	MMS points

### Men's Masters Records

Name	Cat	Lift	Weight	Age Group
Ben Grzes	+105kg	Snatch	53	60-64
Ben Grzes	+105kg	C & J	61	60-64
Ben Grzes	+105kg	Total	114	60-64
Peter Foster	+105kg	Snatch	116	40-44

### Women's Masters Records

Name	Cat	Lift	Weight	Age Group
Lesley Moye	63kg	C&J	42	65-69
Lesley Moyle	63kg	Total	72	65-69
Julie Davis	53kg	Total	64	55-59
Meg Emerton	63kg	Snatch	37	55-59
Meg Emerton	63kg	Total	83	55-59
Leandra Miscamble	69kg	Snatch	34	55-59
Leandra Miscamble	69kg	Total	83	55-59
Sue Cox	69kg	C&J	54	50-54
Meg Soroka	+75kg	Snatch	53	35-39
Meg Soroka	+75kg	C&J	65	35-39
Meg Soroka	+75kg	Total	118	35-39



## 2011 Queensland Senior Championships Toowoomba Weightlifting Association, Toowoomba Qld 18th June 2011

### WOMEN

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place
<b>53kg Category</b>									
Lisa Souter	1973	Toowoomba	53.00	48	67	115	161.67	161.67	1
Tegan Napper	1986	Cougars	51.60	45	56	101	145.07	145.07	2
Kara Stuart	1994	Toowoomba	53.00	44	52	96	134.96	134.96	3
<b>58kg Category</b>									
Erika Yamasaki	1987	Cougars	55.60	78	97	175	237.13	237.13	1
Bianca Sheppard	1992	Toowoomba	58.00	66	70	136	178.70	178.70	2
Coral Quinell	1957	Guest (NT)	56.20	47	56	103	138.46		Guest
<b>63kg Category</b>									
Melissa Robinson	1981	Cougars	61.90	70	85	155	194.88	194.88	1
Diana Loy	1965	North Brisbane	60.70	48	76	124	157.92	157.92	2
Tanya Beths	1989	Guest (GBR)	63.00	45	60	105	130.53		Guest
<b>69kg Category</b>									
Michelle Kahi	1994	Cougars	69.00	65	80	145	170.83	170.83	1
Jenny Butler	1973	North Brisbane	68.00	61	80	141	167.47	167.47	2
Stefanie Fernandez	1987	USQ	67.10	57	69	126	150.79	150.79	3
<b>75kg Category</b>									
Stacy Koh	1985	Cougars	74.40	57	77	134	151.88	617.91	1
Bronwyn Hitchener	1962	Toowoomba	74.60	51	65	116	131.31	131.31	2
<b>+75kg Category</b>									
Bonnie Sleeman	1993	Cougars	83.20	65	83	148	159.90	159.90	1

### Men

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place
<b>56kg Category</b>									
Joshua Wu	1996	Cougars	53.00	56	78	134	216.87	865.37	1
James Norman	1996	Cougars	50.50	55	74	129	217.29	415.43	2
<b>62kg Category</b>									
Scott Clark	1991	Sunshine Coast	61.30	90	110	200	289.78	289.78	1
David Hockins	1991	Toowoomba	58.20	80	102	182	273.86	273.86	2
<b>69kg Category</b>									
Darryl Hockins	1988	Toowoomba	66.80	72	90	162	221.37	221.37	1
Shane Wagner	1996	Toowoomba	65.20	70	85	155	215.22	215.22	2
<b>77kg Category</b>									
Jakob Daniels	1995	Sunshine Coast	73.30	80	102	182	234.77	1817.68	1
Micah Martin	1976	CrossFit Bris	72.10	76	95	171	222.75	222.75	2
<b>85kg Category</b>									
Bowen Stuart	1986	Toowoomba	80.60	96	118	214	261.83	261.83	1
Jonathan Pakchung	1993	Cougars	81.00	100	113	213	259.93	259.93	2



Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place
<b>94kg Category</b>									
John Walz	1987	Cougars	91.20	115	145	260	299.71	299.71	1
<b>105kg Category</b>									
Robert Galsworthy	1989	Cougars	104.60	146	185	331	361.52	862.55	1
Linzey Beister	1984	Cougars	97.20	93	132	225	252.54	252.54	2
<b>+105kg Category</b>									
Damon Kelly	1983	Cougars	145.70	162	200	362	365.90	365.90	1

**Referees:** Bob Henderson (Cat I); Miles Wydall (Cat II); Stuart Wagner (State); Trevor Walz (State); Deb Oliver (State); Brian Walsh (State); Barry Hockins (Club).  
**Time Keeper:** Craig Wegert; Brian Walsh; Barry Hockins.  
**M.C:** Ian Moir; Craig Wegert.

## Best Lifter Awards

	Name	Sinclair Points
Male	Damon Kelly	365.90
Female	Erika Yamasaki	237.13

## William Faulkner Performance Awards

	Name	Forbes Points
Male	Jakob Daniels	1817.68
Female	Stacy Koh	617.91

## Records

Name	Cat	Lift	Weight	Age Group	Level
Erika Yamasaki	58kg	Snatch	78	Open	QLD
Erika Yamasaki	58kg	C&J	97	Open	QLD
Erika Yamasaki	58kg	Total	175	Open	QLD
Jenny Butler	69kg	C&J	80	Masters (35-39)	QLD
Joshua Wu	56kg	Snatch	56	Under 15	QLD
Joshua Wu	56kg	C&J	78	Under 15	QLD, AUS
Joshua Wu	56kg	Total	134	Under 15	QLD, AUS
Shane Wagner	69kg	Snatch	70	Under 15	QLD, AUS
Robert Galsworthy	105kg	C&J	185	Open	QLD
Robert Galsworthy	105kg	Total	331	Open	QLD



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# Technically Speaking

## TECHNICAL CONTROLLERS

Technical Controllers are appointed to assist the Competition Secretary / Competition Director in the supervision of the running of the competition. They attend to their duties with the Referees appointed for the competition.

### THE DUTIES OF THE TECHNICAL CONTROLLERS ARE AS FOLLOWS:

Check the competition platform, the barbell, the scales, the electronic Referee light system, the timing clock, the warm-up area and the other facilities of the competition.

Ensure that the Referees wear the correct uniform.

Before the competition, place their international Referee card on the Jury table in front of the President and collect it at the end of the competition.

Before the competition, inspect the outfits of the competitors and enforce the rules when necessary. When a correction has to be made on the athlete's outfit or a lubricant has to be removed and the athlete has already been called, rule 2.3.6 applies:

#### Rule 2.3.6.

The use of grease, oil, water, talcum or any similar lubricant on the thighs is forbidden. Lifters are not permitted to have any substance on their thighs when arriving in the competition area. A lifter who uses any lubricant is ordered to remove it. During the removal the clock goes on.

During the course of the competition ensure that only the accredited number of officials accompany the athletes in the competition and warm-up areas.

Ensure that while the athlete is on the stage, nobody, including the Technical Controller is seen in that area (in view of the audience and / or TV cameras).

During the course of the competition check the information of the scoreboard (correct lifter, attempt, weight, time, records) and allow lifters to go on stage once the announcements are complete.

Control the cleaning of the bar and the platform.

Assist the Anti-Doping Commission and the Weigh-in team, if requested.

Monitor and enforce Rule 6.5.7.

#### Rule 6.5.7.

The aggregate weight of the starting attempts in the Snatch and the Clean and Jerk cannot be less than twenty (20) kg below the announced Entry Total for the male competition, and less than fifteen (15) kg below the announced Entry Total for the female competition. The monitoring and implementation of this rule is the responsibility of the Competition Secretary and the Referees at the weigh-in; and of the Chief Marshal, the Technical Controllers and the Jury during the competition. This rule shall apply unless otherwise stated.



## North Brisbane Weightlifting Association

The Honey Badger girls travelled to Cairns in May for the Masters State Titles. It was a great opportunity to catch up with King Honey Badger Dave who was responsible for getting us interested in this sport of weightlifting. The Green Ants Club did a fabulous job of hosting the competition which ran smoothly, efficiently and professionally. For a newly formed club the support and enthusiasm was evident and great to see another De Rose male on the platform in Dave's uncle. Congratulations to you all. We are hoping to see some of these masters lifters in Adelaide for the Masters Games where some of our members are already nominated.

The next League Round in July will be at the Badgers and we hope to see you all lifting there. Be nice to have some of our Badger Boys on the platform for this competition. Our JME club comp was quite small, but luckily we had the required 3 lifters and was an opportunity for Ross, one of our newer lifters, to take part in a club comp.

We wish Jenny and Diana good luck in the Seniors competition in Toowoomba on 18<sup>th</sup> June.

The Badger Den has been decked out with new carpet and is looking a lot better. Years of dust, dirt and football boot imprints were gratefully taken away when the old carpet was rolled up.

Training on a Tuesday, Thursday and Saturday with our coach Leo Isaac is still being well attended and some nights we wish we had bigger premises!

Great interview on Weekend Sunrise last week with Vicki Brady talking on the benefits of weightlifting for "older" people. Well done Vicki.

Keep training hard and enjoying your weightlifting.

Julie Davis  
Secretary



## Cairns North Community Weightlifting & Athletics Association Inc.

### Green Ants

It's been a busy couple of months for the Cairns Green Ants, staging the Queensland Masters Championships and Round 2 of the JME Club Challenge.

Hosting the Queensland Masters Championships was a particularly significant event for the Green Ants, as it was the first state level weightlifting competition of its kind to be held in Cairns.

Six local lifters were joined in competition by 17 other athletes from all corners of the state, to make up one of the largest contingents of masters competitors at a state championship to date.

All Green Ants did their club proud on the day, with five of the six athletes involved making their competition debut in front of a large, parochial crowd.

A special mention just go out to all of the wonderful volunteer support the club received throughout the event, which ensured the competition ran to plan. An extra thankyou must be extended to QWA General Manager Ian Moir for offering his expertise to help run the competition, as well as conduct a referee's course the evening prior.

The Green Ants had little time to relax after the Masters Championships, with Round 2 of the JME Club Challenge scheduled one week later. In a somewhat more low-key affair, all club lifters involved performed exceptionally to increase their former personal best totals on the competition platform. This effort has inspired the Green Ants' tilt toward regaining its JME title, with the club now looming just below the top three contenders on points.

There is plenty to look forward to for the Green Ants in the second half of 2011, firstly with Round 3 of the JME Club Challenge scheduled at the end of August.

The Green Ants are also on a crusade to spread the weightlifting word south to Townsville, by moving one of their club competitions down there in September to help launch a new club and promote the sport. The Green Ants are looking forward to working closely with its friends in Townsville to grow and develop another strong North Queensland based weightlifting hub in the future.

In the meantime our local athletes will continue to train for the various state and national competitions remaining on the 2011 weightlifting calendar, where we hope to catch up with the rest of you in the Queensland weightlifting community at some stage this year.

**David De Rose**  
**President - Cairns Green Ants Weightlifting Club**



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*The Queensland Weightlifting Association (QWA) strives to promote weightlifting as a healthy and enjoyable sport for all.*

*Through its system of clubs around the state of Queensland, Australia, the QWA provides quality coaching for beginners to elite athletes, and offers an organised program of events for men and women aged from their 'teen years through to the Masters categories.*

*The QWA also offers training for coaches and officials and, as an affiliated member of the Australian Weightlifting Federation, opportunities to participate in national and international events.*