



Weightlifting Queensland

March 2012

The Official Journal of the Queensland Weightlifting Association Inc.



Team Cougars

AWF - OWF Interclub Tournament Winners

1st Row (from left): Bonnie Sleeman, Tegan Napper, Tanya Beths, Christine Meier, Melissa Robinson
2nd Row: Ben Turner, Angela Wydall, Darcia Ondrovick, Rob Galsworthy,
3rd Row: Robert Mitchell (AWF President), James Norman, Mike Keelan, Miles Wydall, Linzey Beister, Jon Coy, Luke Gardner, Damon Kelly

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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.

Weightlifting Queensland

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President: Craig Wegert
Vice President: Greg Hobl
Secretary: Deb Oliver
Treasurer: Tim Steele
Committee Member: Miles Wydall
Committee Member: Bowen Stuart

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
Queensland Government – Stadiums Queensland
JME Weightlifting & Fitness Equipment

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.



2012 Events Calendar

April 21 – 22	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
April 28	Qld Senior Championships	Cougars
May 5	Qld Masters Championships	Sunshine Coast
May 11	Toowoomba Open Club Competition	Toowoomba
May 11 – 19	Junior World Championships	Guatemala, GUA
May 26	QWA League Round 2 & Masters League Round 2	Toowoomba
May 26	QWA Annual General Meeting	Toowoomba
June 2 – 3	State Weightlifting / Sports Power Coach Level 2 course	Chandler
June 4 – 9	Oceania Championships	Apia, SAM
June 9	Ironskull Open Club Competition	Sumner Park
June 15 – 17	Australian Masters Championships	Chandler, QLD
June 16	Australian Senior Championships	Chandler, QLD
June 29	JME Qld Club Challenge – Ironskull	Sumner Park
June 29	JME Qld Club Challenge – Toowoomba	Toowoomba
June 30	JME Qld Club Challenge – Cairns North	Cairns
June 30	JME Qld Club Challenge – Cougars	Chandler
June 30	JME Qld Club Challenge – Crossfit Northside	Clontarf
June 30	JME Qld Club Challenge – North Brisbane	Zillmere
June 30	JME Qld Club Challenge – Sunshine Coast	Nambour
July 27 – Aug 12	Olympic Games	London, GBR
July 28	QWA League Round 3 & Masters League Round 3	Zillmere
August 11	Qld U15 & Youth & Junior Championships	Toowoomba

August 18 – 19	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
August 24	JME Qld Club Challenge – Ironskull	Sumner Park
August 24	JME Qld Club Challenge – Toowoomba	Toowoomba
August 25	JME Qld Club Challenge – Cairns North	Cairns
August 25	JME Qld Club Challenge – Cougars	Chandler
August 25	JME Qld Club Challenge – Crossfit Brisbane	Coorparoo
August 25	JME Qld Club Challenge – Crossfit Northside	Clontarf
August 25	JME Qld Club Challenge – North Brisbane	Zillmere
August 25	JME Qld Club Challenge – Sunshine Coast	Nambour
September 1	QWA League Round 4 & Masters League Round 4	Sumner Park
September 15 – 22	IWF World Masters Championships	Lviv, UKR
September 16 – 22	Youth World Championships	Koscice, SVK
September 22	Cairns North Open Club Competition	Cairns
September 22	Sunshine Coast Open Club Competition	Nambour
October 5	Australian Under 15 Tournament	Sydney, NSW
October 6 - 7	Australian Youth & Junior Championships	Sydney, NSW
October 19	JME Qld Club Challenge – Ironskull	Sumner Park
October 19	JME Qld Club Challenge – Toowoomba	Toowoomba
October 20	JME Qld Club Challenge – Cairns North	Cairns
October 20	JME Qld Club Challenge – Cougars	Chandler
October 20	JME Qld Club Challenge – Crossfit Brisbane	Coorparoo
October 20	JME Qld Club Challenge – Crossfit Northside	Clontarf
October 20	JME Qld Club Challenge – North Brisbane	Zillmere
October 20	JME Qld Club Challenge – Sunshine Coast	Nambour
November 3	Qld All Schools Championships	Sunshine Coast
November 5 – 10	World University Championships	Eilat, ISR
November 10 – 11	Club Weightlifting / Sports Power Coach Level 1 course	Chandler
November 24	QWA Grand Final	Cougars

December 1	'Mike Keelan Shield' Competition	Cougars
December 8	Sunshine Coast Open Club Competition	Nambour
December 14	Toowoomba Open Club Competition	Toowoomba
December 15	Cairns North Open Club Competition	Cairns
December 22	North Brisbane Xmas Competition	Zillmere

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 Senior Championships is 13th April 2011 – 13th April 2012.

The minimum standard for entry in the Queensland Senior Championships is **AWF D Grade**.

The qualifying period for the Queensland Junior Championships is 27th July 2011 – 27th July 2012.

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 2012 National Senior Championships, athletes must compete in the 2012 Queensland Senior Championships.

To be eligible to be selected to represent the QWA at the 2012 National U15 & Youth & Junior Championships athletes must compete in the 2012 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 **www.qwa.org** or from the QWA office on request.

Queensland Competition Venues

Venue	Address
Cairns North Weightlifting Association	St Andrew's College Redlynch Intake Rd Redlynch 4870
Cougars Weightlifting Club	The Velodrome Sleeman Sports Complex Cnr Old Cleveland Rd & Tilley Rd Chandler 4155
Crossfit Northside	25 Tubbs Street Clontarf 4019
Ironskull Weightlifting & Fitness	Unit 2 16 Spine Street Sumner Park 4074
Sunshine Coast Weightlifting Club	Crusher Park or Nambour SHS Crusher Drive 1 Carroll St Nambour 4560 Nambour 4560
Toowoomba Weightlifting Association	Toowoomba State High School – Mt Lofty Campus Stuart St Toowoomba 4350
USQ Springfield	The Auditorium University of Southern Queensland Sinnathamby Blvd Springfield 4300
North Brisbane Weightlifting Association	O'Callaghan Park 348 Zillmere Rd Zillmere 4034

From the QWA Office

The beginning of another year has brought some new developments at both State and National level. On the local front, Damon Kelly is now on board as the QWA Recruitment & Development Officer. While Damon's main focus is school-based promotion and recruitment, he will of course work closely with weightlifting clubs to support and assist them as much as possible. The employment of a part time officer in this vital area of recruitment is made possible this year through funding to the tune of \$21,000 provided by the Australian Weightlifting Federation (AWF), to which the QWA has added \$15,000 out of the \$86,500 total funding received from the Queensland Government for 2012.

The AWF has recently taken the administration of weightlifting further into the technological age with the launch of a comprehensive on-line membership and results database. Queenslanders have been enjoying the facilities of the QWA website results database for nearly 15 years now, and the instant availability of nation-wide results, records, rankings and performance statistics from the AWF site is set to become a very popular and useful feature.

In addition, the activation by the AWF of a national on-line membership database has streamlined the "capitation" process by enabling all State Member Associations to upload and manage their membership data at anytime.

The national membership and results databases are integrated and this highlights the importance of all lifters being registered with the AWF via their QWA membership, before competing in any official weightlifting event. At the beginning of the year, the QWA Management Committee reviewed the existing options for QWA membership and identified the need to provide some limited coverage for people who wanted to try weightlifting before committing to a full membership. So we now have a one-month membership at the cost of \$25, which can be upgraded before expiry to a

full twelve-month membership by paying the difference between the two rates. All of the details are in the new membership form, available from the QWA website.

2012 is an Olympic year and it won't be long before many of us are wearing bags under our eyes from staying up late to watch the live telecasts from London. But before the opening ceremony on 27th July, the QWA has a lot of work to do as the host of the final Olympic Team Nomination Trials on 16th June.

The Olympic Team Nomination Trials will be one of four events taking place across the weekend of 15th – 17th June in the Chandler Theatre, at the Sleeman Sports Complex. The Oceania Weightlifting Federation Masters Championships and the Olitek AWF Masters Championships will commence early on Friday 15th and run through to Sunday. The AWF National Senior Championships and Olympic Team Nomination Trials will be conducted in the afternoon and evening of Saturday 16th.

So there are more busy times ahead and, as always, the help of many people will be needed to deliver these events of national and international significance. And of course, our regular State competition program will continue to provide opportunities for involvement in a variety of roles throughout the year.

Until next time...

Ian Moir



QWA League & Masters League, Round 1

Cougars Weightlifting Club, Chandler Qld
18th February 2012

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	Yob	Club	Bwt	Sn	C&J	Total	Bonus	Points
Damon Kelly	1983	Cougars	145.80	163	200	363	-15	61.907
Melissa Robinson	1981	Cougars	62.35	70	87	157	0	61.089
Ben Turner	1984	Cougars	76.80	120	160	280	-15	59.074
Christ ian Hopper	1985	North Brisbane	88.25	110	133	243	0	58.981
Scott Clark	1991	Sunshine Coast	64.70	90	115	205	-1	56.263
Luke Gardner	1988	Cougars	108.40	120	165	285	-7	53.381

Division 2

Name	Yob	Club	Bwt	Sn	C&J	Total	Bonus	Points
Linzey Beister	1984	Cougars	96.65	107	137	244	21	76.963
Benjamin Shaw	1991	Cougars	88.40	95	122	217	18	70.670
James Norman	1996	Cougars	54.20	67	91	158	18	69.803
Jonathan Pakchung	1993	Cougars	83.15	95	120	215	7	61.569
Michael Teede	1975	Crossfit Foxes	76.80	75	110	185	10	58.942
Tegan Napper	1986	Cougars	52.20	49	64	113	2	51.130
Nathaniel Wight	1984	Cougars	88.65	85	107	192	1	47.602
Stacy Koh	1985	Cougars	77.15	59	77	136	6	47.463
Lisa Souter	1973	Toowoomba	53.45	50	68	118	0	47.012
Nathaniel Wessling	1992	Cougars	82.40	75	100	175	-1	43.416
Coral Quinell	1957	Milton	55.20	50	58	108	0	43.028
Joshua Wu	1996	Cougars	54.60	65	80	145	-5	42.541
Lamson Nguyen	1982	Ironskull	71.85	75	100	175	-4	42.296
Peter Foster	1967	Cougars	107.00	105	120	225	-13	34.669
Barry Harden	1959	Sunshine Coast	92.40	75	105	180	-11	32.689
Jenny Butler	1973	Morayfield	69.25	53	70	123	-15	26.554
Diana Loy	1965	Milton	60.70	---	---	---	0	0.000
Bonnie Sleeman	1993	Cougars	84.55	70	84	154		Guest

Division 3

Name	Yob	Club	Bwt	Sn	C&J	Total	Bonus	Points
Thomas Rech	1990	Cougars	96.35	90	115	205	15	62.018
Norman Hanna	1981	North Brisbane	77.00	74	106	180	9	56.619
Korey Watson-Watt	1996	Cougars	64.80	66	87	153	9	51.737
Tim Steele	1968	Sunshine Coast	98.80	84	100	184	3	45.202
Tanya Beths	1989	Cougars	60.50	48	65	113	1	44.969
Luke Snabaitis	1985	Pine Rivers	62.30	63	75	138	-4	34.547
Emma Teede	1976	Crossfit Foxes	67.10	38	55	93	-9	23.517
Matt Skinner	1990	Ironskull	102.70	88	---	---	0	0.000

Division 4

Name	Yob	Club	Bwt	Sn	C&J	Total	Bonus	Points
Joseph Reweti	1983	Cougars	73.90	85	105	190	21	71.265
Jonathan Coy	1980	Cougars	94.00	90	110	200	21	69.544
Andrew Russell	1977	Ironskull	102.70	82	118	200	13	58.872
Dan O'Dempsey	1992	North Brisbane	88.55	80	100	180	15	58.689
Samuel Rech	1993	Cougars	108.95	80	95	175	21	58.076
Jeffrey Davie	1974	Ironskull	84.50	72	92	164	15	56.624
Joshua Steel	1989	Morayfield	84.90	73	102	175	7	51.416
Matthew Wakeham	1989	Morayfield	88.50	53	72	125	18	48.340
Hayden White	1996	Sunshine Coast	74.85	50	70	120	11	42.746
Bronwyn Hitchener	1962	Toowoomba	74.45	53	67	120	0	40.541
Jason Loneragan	1971	Cougars	92.75	55	85	140	6	39.981
Sue Cox	1961	North Brisbane	68.60	41	53	94	6	38.867
Meg Emerton	1953	Cougars	61.20	38	48	86	5	38.463
Lisa Weis	1969		63.55	37	51	88	6	36.769
Ben Reyer	1988	Morayfield	77.30	52	69	121	6	36.711
Jordan Wessling	1996	Cougars	62.00	40	50	90	9	36.607
Jessica Gilbert	1989	North Brisbane	82.60	43	56	99	6	36.183
Leandra Miscamble	1956	Cougars	68.25	34	49	83	7	36.021
Colleen Duplock	1954	Cougars	57.90	25	30	55	13	34.912
Luke Reinikka	1981	Morayfield	96.05	55	67	122	6	33.982
Robin Parr	1997	Cougars	40.40	32	37	69	0	31.797
Julie Davis	1952	North Brisbane	53.05	26	36	62	6	30.701
Caitlin Raynor	1980	North Brisbane	73.95	38	50	88	0	29.730
Juergen Baha	1972	Milton	80.35	50	65	115	0	29.188
Keith Penney	1937		63.80	43	57	100	0	27.933
Paula Barber	1974	Cougars	72.40	32	47	79	0	26.689
Beth Tolputt	1996	Sunshine Coast	58.00	30	39	69	-2	25.490
Lesley Moyle	1945	North Brisbane	59.75	28	38	66	-1	24.681
Nikea McHugh	1990	Morayfield	74.55	30	41	71	0	23.986
Marie Brett	1961	Milton	65.70	27	40	67	0	23.427
Bob Henderson	1943	Sunshine Coast	75.25	50	65	115	-9	21.423
Name	Yob	Club	Bwt	Sn	C&J	Total	Bonus	Points

Julian Norman	2000	Cougars	35.25	17	19	36	6	17.803
Lincoln Clapham	2000	Cougars	50.25	17	19	36	6	17.803
Vicki Brady	1943	North Brisbane	51.95	23	26	49	-9	12.304
Joshua Wegert	1996	Ironskull	70.45	47	---	---	0	0.000
James Catlow-Elliott	1998	Cougars	43.10	27	35	62		Guest

Referees: Bob Henderson (Cat I); Shokr Fallah (Cat I); Debra Keelan (Cat I); Vicki Brady (Cat II); Miles Wydall (Cat II); Keith Forbes (National); Alex Croot (State); Ray Loudon (State); Trevor Walz (State); Deb Oliver (State); Melissa Robinson (Club); Bonnie Sleeman (Club); Kirsten Wu (Club).

Time Keepers: Trevor Walz; Wendy Pakchung; Julie Davis; Lesley Moyle; Glen Weston.

M.C: Ian Moir; Craig Wegert.

New Queensland Records

Name	Category	Lift	Weight	Age Group
Robin Parr	44kg	Snatch	32	Youth
Robin Parr	44kg	Snatch	32	Under 15
James Norman	56kg	C&J	91	Youth
James Norman	56kg	Total	158	Youth
Lisa Weis	69kg	Snatch	37	Masters 40-44 years
Lisa Weis	69kg	C&J	51	Masters 40-44 years
Lisa Weis	69kg	Total	88	Masters 40-44 years
Peter Foster	+105kg	Snatch	105	Masters 45-49 years
Bronwyn Hitchener	75kg	Snatch	53	Masters 50-54 years
Bronwyn Hitchener	75kg	C&J	67	Masters 50-54 years
Bronwyn Hitchener	75kg	Total	120	Masters 50-54 years
Coral Quinell	58kg	Snatch	50	Masters 55-59 years
Coral Quinell	58kg	C&J	58	Masters 55-59 years
Coral Quinell	58kg	Total	108	Masters 55-59 years
Meg Emerton	63kg	Snatch	38	Masters 55-59 years
Meg Emerton	63kg	Total	86	Masters 55-59 years
Keith Penney	69kg	Snatch	43	Masters 75-79 years
Keith Penney	69kg	C&J	57	Masters 75-79 years
Keith Penney	69kg	Total	100	Masters 75-79 years

New Australian Records

Name	Category	Lift	Weight	Age Group
James Norman	56kg	C&J	91	Youth
James Norman	56kg	Total	158	Youth
Peter Foster	+105kg	Snatch	105	Masters 45-49 years
Coral Quinell	58kg	Snatch	50	Masters 55-59 years
Coral Quinell	58kg	C&J	58	Masters 55-59 years
Coral Quinell	58kg	Total	108	Masters 55-59 years
Meg Emerton	63kg	Snatch	38	Masters 55-59 years
Meg Emerton	63kg	Total	86	Masters 55-59 years
Keith Penney	69kg	Snatch	43	Masters 75-79 years
Keith Penney	69kg	C&J	57	Masters 75-79 years
Keith Penney	69kg	Total	100	Masters 75-79 years

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.

Name	Born	Club	Bwt	Sn	C&J	Total	Bonus	Score
Men								
Keith Penney	1937		63.80	43	57	100	0	59.832
Peter Foster	1967	Cougars	107.00	105	120	225	0	56.965
Barry Harden	1959	Sunshine Coast	92.40	75	105	180	0	56.490
Bob Henderson	1943	Sunshine Coast	75.25	50	65	115	0	56.466
Michael Teede	1975	Crossfit Foxes	76.80	75	110	185	0	53.836
Tim Steele	1968	Sunshine Coast	98.80	84	100	184	0	49.925
Andrew Russell	1977	Ironskull	102.70	82	118	200	0	49.174
Jeffrey Davie	1974	Ironskull	84.50	72	92	164	0	46.328
Jason Lonergan	1971	Cougars	92.75	55	85	140	6	44.976
Juergen Baha	1972	Milton	80.35	50	65	115	0	33.157
Women								
Coral Quinell	1957	Milton	55.20	50	58	108	0	58.088
Lisa Souter	1973	Toowoomba	53.45	50	68	118	0	52.888
Bronwyn Hitchener	1962	Toowoomba	74.45	53	67	120	0	50.392
Lesley Moyle	1945	North Brisbane	59.75	28	38	66	6	50.146
Name	Born	Club	Bwt	Sn	C&J	Total	Bonus	Score

Meg Emerton	1953	Cougars	61.20	38	48	86	0	49.525
Sue Cox	1961	North Brisbane	68.60	41	53	94	6	47.248
Jenny Butler	1973	Morayfield	69.25	53	70	123	0	46.748
Leandra Miscamble	1956	Cougars	68.25	34	49	83	6	46.165
Julie Davis	1952	North Brisbane	53.05	26	36	62	6	43.274
Lisa Weis	1969		63.55	37	51	88	6	42.000
Vicki Brady	1943	North Brisbane	51.95	23	26	49	0	39.541
Colleen Duplock	1954	Cougars	57.90	25	30	55	6	37.751
Emma Teede	1976	Crossfit Foxes	67.10	38	55	93	0	35.347
Paula Barber	1974	Cougars	72.40	32	47	79	0	29.705
Marie Brett	1961	Milton	65.70	27	40	67	0	29.400
Diana Loy	1965	Milton	60.70	---	---	---	0	0.000



National Club Tournament

Hawthorn, Victoria
23rd – 25th March 2012

Session 1

Name	Born	Club	B/wt	Sn	C&J	Total	Sinclair
Nathaniel Wessling	1992	Cougars	83.15	81	110	191	229.981
Dylan Oakford	1993	Hobart	90.90	80	100	180	207.793
Toby Cathcart	1990	SAWC	83.65	67	102	169	202.880
Shane Parker	1981	Burwood	76.45	65	95	160	201.456
Shane Bailey	1968	Geelong	80.30	68	85	153	187.565
Dean Pascoe	1956	SAWC	113.15	70	97	167	177.869
Jordan Wessling	1996	Cougars	62.25	50	63	113	161.958
Jack Strudwicke	1990	SAWC	74.05	55	70	125	160.282
Joshua Wegert	1996	Ironskull	65.90	48	62	110	151.657
Oisin Clarke	1998	Phoenix	69.75	50	60	110	146.226
Lachlan Robinson	1999	Geelong	39.70	26	39	65	136.783
Charlie Woodward	1994	Phoenix	76.30	40	45	85	107.142
Julian Norman	2000	Cougars	36.00	17	28	45	104.842
Josh West	1987	Geelong	89.65	---	---	---	---

Session 2

Name	Born	Club	B/wt	Sn	C&J	Total	Sinclair
Nic Scheelings	1986	Phoenix	79.85	100	115	215	264.356
Jonathan Coy	1980	Cougars	93.75	87	114	201	228.963
Matthew Randall	1984	SAWC	93.95	85	110	195	221.929
Kane Costello	1982	Geelong	75.80	75	100	175	221.405
Andrew Russell	1977	Ironskull	101.95	87	112	199	219.339
Rob Webster	1976	Cougars	108.55	85	115	200	215.751
Blake Shadbolt	1998	APA	59.95	62	83	145	213.479
Wade Mosse	1982	Hawthorn	97.55	77	113	190	212.953
Nick Milankovic	1957	Hawthorn	91.20	75	105	180	207.492
Paul Allen	1968	Hawthorn	83.40	73	98	171	205.589
Jared Tyler	1985	Hawthorn	84.40	81	91	172	205.569
Jeffrey Davie	1974	Ironskull	83.30	76	91	167	200.901
Peyman Imani	1994	Hawthorn	86.70	76	93	169	199.373
Josef Ordon	1985	Hawthorn	150.60	80	100	180	181.280

Session 3

Name	Born	Club	B/wt	Sn	C&J	Total	Sinclair
Manueli Tulo	1990	Levuka	57.60	105	135	240	363.954
Lapua Lapua	1991	Levuka	63.75	107	132	239	336.947
Jamie Osborne	1980	Rogue PT	61.85	95	115	210	302.351
Liam Larkins	1993	Phoenix	76.80	105	124	229	287.599
Kieran Hogan	1988	Phoenix	82.75	110	127	237	286.064
David Hockins	1991	Toowoomba	55.95	83	100	183	283.741
Armando Miotti	1962	Hawthorn	93.65	105	138	243	276.930
Greg Kowalski	1984	Hawthorn	76.80	96	123	219	275.040
Alan Vo	1989	Burwood	67.75	85	117	202	273.514
Wei-Jien Tan	1991	Hawthorn	68.45	92	108	200	269.032
Lester Ho	1985	Phoenix	75.50	95	110	205	259.945
Bowen Stuart	1986	Toowoomba	76.75	90	110	200	251.270

Session 4

Name	Born	Club	B/wt	Sn	C&J	Total	Sinclair
John Valentine	1979	Burwood	68.95	90	108	198	265.117
David Bannister	1991	Hobart	62.30	85	100	185	265.004
James Norman	1996	Cougars	54.20	65	94	159	252.749
Boris Elesin	1995	Phoenix	59.00	75	93	168	250.249
Tim Rownes	1988	Burwood	92.45	95	120	215	246.372
Josh Wu	1996	Cougars	54.85	67	88	155	244.078
Dan Dinh	1991	Burwood	62.30	80	90	170	243.517
Jason Gevrekos	1988	Hawthorn	67.90	78	100	178	240.675
Shane Wagner	1996	Toowoomba	68.25	79	97	176	237.189
Josh Woodward	1991	Phoenix	82.50	85	105	190	229.687
Charlie Nissen	1989	Phoenix	82.15	78	105	183	221.705
James Delaney	1996	Hawthorn	49.25	56	70	126	216.812
Martin Hardy	1994	SAWC	96.60	86	106	192	216.034
Korey Watson-Watt	1996	Cougars	64.50	63	85	148	207.000

Session 5

Name	Born	Club	B/wt	Sn	C&J	Total	Sinclair
Luke Stone	1992	Phoenix	84.55	100	139	239	285.396
Linzey Beister	1989	Cougars	96.85	110	135	245	275.383
Chris Hogan	1985	Phoenix	89.70	105	130	235	272.902
Frank Elliott	1991	SAWC	85.55	102	121	223	264.767
Jordan Bender	1992	Phoenix	71.85	90	110	200	261.075
Jonathan Pakchung	1993	Cougars	81.25	96	118	214	260.737
James Parry	1990	Hawthorn	92.75	100	125	225	257.472
Scott Norman	1992	Hawthorn	90.40	100	114	214	247.650

John Cichello	1993	Hawthorn	84.05	88	112	200	239.526
Brendan Kennedy	1968	APA	87.20	88	115	203	238.834
Robert Forte	1986	Phoenix	81.85	95	---	---	---

Session 6

Name	Born	Club	B/wt	Sn	C&J	Total	Sinclair
Manuel Minginfel	1978	Micronesia	63.35	120	150	270	382.300
David Katoatau	1984	Micronesia	94.85	140	195	335	379.751
Bronco Deiranauw	1985	Marcus	73.40	128	165	293	377.645
Niusila Opeloge	1980	Samoa	108.90	153	195	348	375.020
Takinibeia Toromon	1992	Micronesia	70.25	120	155	275	363.947
Toafito Perite	1985	Samoa	74.25	120	160	280	358.470
Elson Bretchfield	1994	Marcus	57.85	101	130	231	349.167
Matthew Munns	1993	APA	69.00	103	123	226	302.470
Matthew Pit	1991	Phoenix	80.95	108	134	242	295.420
Paulo Magistrado	1992	Hawthorn	82.15	106	137	243	294.395
Ika Aliklik	1985	Marcus	82.75	130	---	---	---
Joshua Quinn	1991	Hawthorn	104.90	140	---	---	---
Matthew Wragg	1985	Hawthorn	133.10	---	---	---	---

Session 7

Name	Born	Club	B/wt	Sn	C&J	Total	Sinclair
Simplice Ribouem	1982	Phoenix	92.75	150	190	340	389.069
Damon Kelly	1983	Cougars	147.85	170	215	385	388.486
Chris Ciano	1984	Geelong	90.85	150	180	330	381.047
Ben Turner	1984	Cougars	75.10	121	161	282	358.669
Ricky Gulyamov	1989	Burwood	76.15	129	153	282	355.852
Rob Galsworthy	1989	Cougars	104.95	140	170	310	338.191
Daniel Katz	1990	Phoenix	76.70	117	150	267	335.567
Francois Etoundi	1984	Hawthorn	74.25	112	141	253	323.903
Luke Gardner	1988	Cougars	104.80	128	165	293	319.803
Zac Grgurevic	1991	Hobart	93.85	130	---	---	---
Daniel Koum	1985	Geelong	56.65	---	---	---	---

Session 8

Name	Born	Club	B/wt	Sn	C&J	Total	Sinclair
Mary Opeloge	1992	Samoa	74.80	98	125	223	252.104
Seen Lee	1982	Hawthorn	57.70	83	96	179	236.074
Vivian Lee	1978	Hawthorn	47.95	68	85	153	233.890
Deborah Acason	1983	Cougars	90.00	98	115	213	224.053
Socheata Be	1989	Hawthorn	52.55	67	90	157	222.217
Erika Yamasaki	1987	Cougars	55.50	68	86	154	208.954
Christine Meier	1983	Cougars	58.00	68	82	150	197.100
Melissa Robinson	1981	Cougars	62.25	66	85	151	189.158

Jessica Edge	1986	SAWC	55.80	60	75	135	182.438
Bianca Sheppard	1992	Toowoomba	58.00	71	65	136	178.704
Bonnie Sleeman	1993	Cougars	85.45	70	90	160	171.196
Kate Linford	1987	Hawthorn	111.75	73	95	168	169.033
Katharine Johnson	1991	Phoenix	105.80	70	77	147	148.969
Manu Ah Kuoi	Kuoi	1982	Senior	68.40	---	---	---
Maria Katsouranis	1985	Phoenix	83.35	---	---	---	---

Session 9

Name	Born	Club	B/wt	Sn	C&J	Total	Sinclair
Tegan Napper	1986	Cougars	52.25	53	70	123	174.894
Rachel Goodman	1997	Phoenix	63.00	53	74	127	157.883
Coral Quinell	1957	Cougars	55.55	50	61	111	150.508
Tiarna Davis	1999	Launceston	52.70	43	58	101	142.630
Tanya Beths	1989	Cougars	60.10	45	66	111	142.309
Kara Stuart	1994	Toowoomba	51.95	43	53	96	137.138
Sophie Cowen	1997	Launceston	57.20	45	57	102	135.364
Melissa Riccardi	1989	Phoenix	79.95	52	67	119	130.612
Sarah Counter	1994	Toowoomba	81.65	51	63	114	124.066
Leilani Clarken	1994	Phoenix	91.85	52	65	117	122.334
Miranda Hoare	1990	Geelong	67.15	49	53	102	122.020
Darcia Ondrovick	1990	Cougars	63.00	38	58	96	119.344
Alexandra Martin	1997	Geelong	55.65	37	48	85	115.099
Jenni Robinson	1973	Geelong	51.55	33	43	76	109.251
Kirsty Eykelkamp	1989	SAWC	84.90	40	55	95	101.881
Emily Young	1993	Phoenix	74.90	38	43	81	91.513

Results By Team

Senior Men

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Cougars A	Damon Kelly	1983	147.85	170	215	385	388.486
Cougars A	Ben Turner	1984	75.10	121	161	282	358.669
Cougars A	Rob Galsworthy	1989	104.95	140	170	310	338.191
							1085.346

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Phoenix A	Simplice Ribouem	1982	92.75	150	190	340	389.069
Phoenix A	Daniel Katz	1990	76.70	117	150	267	335.567
Phoenix A	Matthew Pit	1991	80.95	108	134	242	295.420
							1020.056

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Burwood A	Ricky Gulyamov	1989	76.15	129	153	282	355.852
Burwood A	Alan Vo	1989	67.75	85	117	202	273.514
Burwood A	Dan Dinh	1991	62.30	80	90	170	243.517
							872.883

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Phoenix B	Kieran Hogan	1988	82.75	110	127	237	286.064
Phoenix B	Chris Hogan	1985	89.70	105	130	235	272.902
Phoenix B	Lester Ho	1985	75.50	95	110	205	259.945
							818.911

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Hawthorn B	Greg Kowalski	1984	76.80	96	123	219	275.040
Hawthorn B	Wei-Jien Tan	1991	68.45	92	108	200	269.032
Hawthorn B	James Parry	1990	92.75	100	125	225	257.472
							801.545

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Toowoomba	David Hockins	1991	55.95	83	100	183	283.741
Toowoomba	Bowen Stuart	1986	76.75	90	110	200	251.270
Toowoomba	Shane Wagner	1996	68.25	79	97	176	237.189
							772.200

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
APA	Matthew Munns	1993	69.00	103	123	226	302.470
APA	Brendan Kennedy	1968	87.20	88	115	203	238.834
APA	Blake Shadbolt	1998	59.95	62	83	145	213.479
							754.783

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Burwood B	John Valentine	1979	68.95	90	108	198	265.117
Burwood B	Tim Rownes	1988	92.45	95	120	215	246.372
Burwood B	Shane Parker	1981	76.45	65	95	160	201.456
							712.945

Weightlifting Queensland

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Geelong B	Chris Ciano	1984	90.85	150	180	330	381.047
Geelong B	Shane Bailey	1968	80.30	68	85	153	187.565
Geelong B	Lachlan Robinson	1999	39.70	26	39	65	136.783
							705.394

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
SAWC A	Frank Elliott	1991	85.55	102	121	223	264.767
SAWC A	Matthew Randell	1984	93.95	85	110	195	221.929
SAWC A	Martin Hardy	1994	96.60	86	106	192	216.034
							702.730

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Hawthorn E	Armando Miotti	1962	93.65	105	138	243	276.930
Hawthorn E	Nick Milankovic	1957	91.20	75	105	180	207.492
Hawthorn E	Paul Allen	1968	83.40	73	98	171	205.589
							690.010

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Cougars C	Nathaniel Wessling	1992	83.15	81	110	191	229.981
Cougars C	Jonathan Coy	1980	93.75	87	114	201	228.963
Cougars C	Rob Webster	1976	108.55	85	115	200	215.751
							674.695

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Hawthorn C	Jason Gevroskos	1988	67.90	78	100	178	240.675
Hawthorn C	James Delaney	1996	49.25	56	70	126	216.812
Hawthorn C	Wade Mosse	1982	97.55	77	113	190	212.953
							670.440

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Cougars B	Luke Gardner	1988	104.80	128	165	293	319.803
Cougars B	Linzey Beister	1989	96.85	110	135	245	275.383
							595.186

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Hawthorn D	Jared Tyler	1985	84.40	81	91	172	205.569
Hawthorn D	Peyman Imani	1994	86.70	76	93	169	199.373
Hawthorn D	Josef Ordon	1985	150.60	80	100	180	181.280
							586.223

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Ironskull	Andrew Russell	1977	101.95	87	112	199	219.339
Ironskull	Jeffrey Davie	1974	83.30	76	91	167	200.901
Ironskull	Joshua Wegert	1996	65.90	48	62	110	151.657
							571.897

Weightlifting Queensland

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
SAWC B	Toby Cathcart	1990	83.65	67	102	169	202.880
SAWC B	Dean Pascoe	1956	113.15	70	97	167	177.869
SAWC B	Jack Strudwicke	1990	74.05	55	70	125	160.282
							541.031

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Hobart	David Bannister	1991	62.30	85	100	185	265.004
Hobart	Dylan Oakford	1993	90.90	80	100	180	207.793
Hobart	Zac Grgurevic	1991	93.85	130	---	---	Withdrew
							472.797

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Phoenix D	Josh Woodward	1991	82.50	85	105	190	229.687
Phoenix D	Charlie Nissen	1989	82.15	78	105	183	221.705
							451.391

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Hawthorn A	Francois Etoundi	1984	74.25	112	141	253	323.903
Hawthorn A	Matthew Wragg	1985	133.10	---	---	---	0.000
Hawthorn A	Joshua Quinn	1991	104.90	140	---	Withdrew	Injured
							323.903

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Phoenix C	Nick Scheelings	1986	79.85	100	115	215	264.356
Phoenix C	Robert Forte	1986	81.85	95	---	---	Withdrew
							264.356

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Geelong A	Kane Costello	1982	75.80	75	100	175	221.405
Geelong A	Daniel Koum	1985	56.65	---	---	---	0.000
Geelong A	Joshua West	1987	89.65	---	---	---	0.000
							221.405

Junior Men

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Phoenix A	Liam Larkins	1993	76.80	105	124	229	287.599
Phoenix A	Luke Stone	1992	84.55	100	139	239	285.396
Phoenix A	Jordan Bender	1992	71.85	90	110	200	261.075
							834.071

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Hawthorn	Paulo Magistrado	1992	82.15	106	137	243	294.395
Hawthorn	Scott Norman	1992	90.40	100	114	214	247.650
Hawthorn	John Cichello	1993	84.05	88	112	200	239.526
							781.570

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Cougars A	Jonathan Pakchung	1993	81.25	96	118	214	260.737
Cougars A	James Norman	1996	54.20	65	94	159	252.749
Cougars A	Josh Wu	1996	54.85	67	88	155	244.078
							757.564

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Phoenix B	Boris Elesin	1995	59.00	75	93	168	250.249
Phoenix B	Oisin Clarken	1998	69.75	50	60	110	146.226
Phoenix B	Charlie Woodward	1994	76.30	40	45	85	107.142
							503.616

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Cougars B	Korey Watson-Watt	1996	64.50	63	85	148	207.000
Cougars B	Jordan Wessling	1996	62.25	50	63	113	161.958
Cougars B	Julian Norman	2000	36.00	17	28	45	104.842
							473.801

Senior Women

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Hawthorn	Seen Lee	1982	57.70	83	96	179	236.074
Hawthorn	Socheata Be	1989	52.55	67	90	157	222.217
Hawthorn	Kate Linford	1987	111.75	73	95	168	169.033
							627.323

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Cougars A	Deborah Aason	1983	90.00	98	115	213	224.053
Cougars A	Erika Yamasaki	1987	55.50	68	86	154	208.954
Cougars A	Melissa Robinson	1981	62.25	66	85	151	189.158
							622.165

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Cougars B	Christine Meier	1983	58.00	68	82	150	197.100
Cougars B	Tegan Napper	1986	52.25	53	70	123	174.894
Cougars B	Bonnie Sleeman	1993	85.45	70	90	160	171.196
							543.189

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Cougars C	Coral Quinell	1957	55.55	50	61	111	150.508
Cougars C	Tanya Beths	1989	60.10	45	66	111	142.309
Cougars C	Darcia Ondrovicik	1990	63.00	38	58	96	119.344
							412.162

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Geelong	Miranda Hoare	1990	67.15	49	53	102	122.020
Geelong	Alexandra Martin	1997	55.65	37	48	85	115.099
Geelong	Jenni Robinson	1973	51.55	33	43	76	109.251
							346.370

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
SAWC	Jessica Edge	1986	55.80	60	75	135	182.438
SAWC	Kirsty Eykelkamp	1989	84.90	40	55	95	101.881
							284.320

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Phoenix	Katharine Johnson	1991	105.80	70	77	147	148.969
Phoenix	Melissa Riccardi	1989	79.95	52	67	119	130.612
Phoenix	Maria Katsouranis	1985	83.35	---	---	---	0.000
							279.581

Junior Women

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Toowoomba	Bianca Sheppard	1992	58.00	71	65	136	178.704
Toowoomba	Kara Stuart	1994	51.95	43	53	96	137.138
Toowoomba	Sarah Counter	1994	81.65	51	63	114	124.066
							439.907

Club/Team	Name	Born	Bwt	Sn	C & J	Total	Sinclair
Phoenix	Rachel Goodman	1997	63.00	53	74	127	157.883
Phoenix	Leilani Clarken	1994	91.85	52	65	117	122.334
Phoenix	Emily Young	1993	74.90	38	43	81	91.513
							371.730

Jury: Lyn Jones (ACT), Boris Kayser (VIC), Pedro Sanchez (VIC), Laurie Townsend (QLD)

Referees: Vicki Brady (QLD), Lyn Jones (ACT), Mike Keelan (QLD), Mary Macken (NSW), Phil Maunder (VIC), Tony O'Malley (TAS), Deb Oliver (QLD), Coral Quinell (QLD), Jenny Sanchez (VIC), Pedro Sanchez (VIC), Milos Trmka (VIC), Tony Villanti (VIC), Danielle Waller (WA), Trevor Walz (QLD)

Technical Controllers: Graeme Harper (VIC), Phil Maunder (VIC), Deb Oliver (QLD),
Pedro Sanchez (VIC), Milos Trnka (VIC), Danielle Waller (WA),
Kevin White (VIC)

Time Keepers: Vicki Brady (QLD), Phil Maunder (VIC), Deb Oliver (QLD),
Tony Villanti (VIC), Kevin White (VIC)

Announcers: Mike Keelan (QLD), Martin Leach (VIC), Steve McConnell (VIC),
Jacquie White (VIC)

AWF TEAM CLASSIFICATION: 'A' TEAM POINTS - ALL CATEGORIES

CLUB	POINTS
PHOENIX	2505.438
COUGARS	2465.074
HAWTHORN	1732.796
TOOWOOMBA	1212.107
SAWC	987.050
BURWOOD	872.883
APA	754.783
IRONSKULL	571.897
GEELONG	472.797

OWF TEAM CLASSIFICATION: 'A' TEAM POINTS - SENIOR CATEGORIES

CLUB	POINTS
COUGARS	1707.511
PHOENIX	1299.637
MICRONESIA	1125.998
SAWC	987.050
MANU SAMOA	985.594
HAWTHORN	951.226
BURWOOD	872.883
APA	754.783
MARCUS	726.812
LEVUKA	700.9018
IRONSKULL	571.897
GEELONG	567.7757
HOBART	472.7971



AWF Club Tournament Junior Women's Team winners from the Toowoomba Club – Kara Stuart, Sarah Counter & Bianca Sheppard

New QWA Membership Options

The QWA has introduced an option for membership which may be attractive to potential new members. This option provides a one-month period of membership which can be upgraded to a full 12-month membership prior to expiry for a total cost which is no more than the cost of a 12-month membership.

The QWA Management Committee envisages that this new option will suit people who would like to experience a weightlifting competition before deciding on the extent of their future involvement in the sport. Until now, for a person to try competitive weightlifting for the first time, he or she would have been required to buy a full twelve-month membership at up to \$80.00, on top of the competition entry fee. The introduction of this one-month membership for \$25, which provides AWF registration and insurance cover, can make it easier for people to try weightlifting at least once. And if, as we would hope, they enjoy the experience, they can pay the difference to purchase the rest of a full-term membership. In this case, the \$25 they've already paid becomes a part payment of the normal 12-month membership fee.

Membership periods and fees

There are three membership options:

1. **Yearly** – membership for twelve (12) consecutive months, commencing at the date of payment of the applicable fee and expiring at the same date in the following year.
2. **Monthly** – membership for one (1) month, commencing at the date of payment of the applicable fee and expiring at the same date in the following month.
3. **Upgrading from Monthly to Yearly membership.** Prior to the expiration of a Monthly membership, the member may upgrade to a Yearly membership by paying an additional fee which is \$25 less than the normal Yearly membership fee. An upgraded membership is considered to have commenced at the date of payment of the original Monthly membership fee and will expire at the same date in the following year.

Important Note: a Monthly membership can only be upgraded **BEFORE** the current period of membership expires. An application for any category of membership received after the expiration of a previous membership period will incur the full applicable fees.

All membership fees include the Australian Weightlifting Federation capitation fee.

The membership fees for competitors include a Sports Injury insurance premium.

All membership fees include GST.

Schedule of Fees

Yearly Membership

SENIOR (21 years and over) \$80.00 (competitor) or \$70.00 (non competitor)

JUNIOR (20 years and under) \$60.00 (competitor) or \$55.00 (non competitor)

YOUTH (17 years and under) \$41.00 (competitor) or \$39.00 (non competitor)

Monthly Membership

All age categories \$25.00

Upgrading from Monthly to Yearly Membership before the date of expiry

SENIOR (21 years and over) \$55.00 (competitor) or \$45.00 (non competitor)

JUNIOR (20 years and under) \$35.00 (competitor) or \$30.00 (non competitor)

YOUTH (17 years and under) \$16.00 (competitor) or \$14.00 (non competitor)

Technically Speaking

IWF TECHNICAL AND COMPETITION RULES

4 OUTFIT OF THE ATHLETES

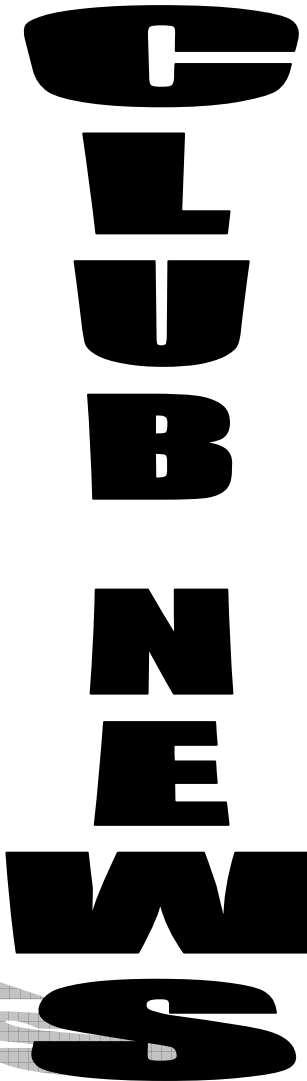
4.1 COSTUME

- 4.1.1 Athletes must wear a weightlifting costume which is clean, designed and worn so as to comply with the following criteria:
 - must be one-piece
 - must be collar-less
 - may be of any colour
 - must not cover the elbows
 - must not cover the knees
- 4.1.2 A unitard may be worn under the costume. The unitard must comply with the following criteria:
 - must be one-piece
 - must be tight-fitting
 - must be collar-less
 - may cover the elbows and knees
 - may be of any colour
 - no pattern or design permitted
- 4.1.3 A T-shirt may be worn under the costume. The T-shirt must comply with the following criteria:
 - must be collar-less
 - must not cover the elbows
 - may be of any colour
- 4.1.4 Shorts may be worn under or over the costume. Shorts must comply with the following criteria:
 - must be tight-fitting
 - must not cover the knees
 - may be of any colour
 - may be worn under or over the costume
- 4.1.5 A T-shirt and shorts cannot be worn instead of the costume.
- 4.1.6 Hair and any items worn on the head are considered to be part of the head.
- 4.1.7 At competitions, the athletes participate in the uniform clothing issued / approved by their Federation. For this purpose, the Victory Ceremony is considered part of the competition.
- 4.1.8 Socks may be worn, but they must not go higher than below the knees and must not

cover any bandages on forbidden areas.

4.4 BANDAGES, TAPES AND PLASTERS

- 4.4.1 Bandages, tapes or plasters may be worn on the wrists, the knees and the hands. Tape or plasters may be worn on the fingers or the thumbs. All bandages, tapes or plasters must be visible and must not be covered or worn under the costume or the unitard.
- 4.4.2 The bandages may be made of gauze, medical crepe or leather. A one-piece elastic bandage or rubberised kneecap, which allows free movement, may be worn over the knees. This latter piece of equipment cannot be reinforced in any way.
- 4.4.3 On the wrists, the bandages must not cover more than 100 mm.
- 4.4.4 On the knees, the bandages must not cover more than 300 mm.
- 4.4.5 There is no limit to the length of the bandages.
- 4.4.6 The use of plasters or bandages on both the inner and outer surface of the hands is allowed. These plasters tapes or bandages may be attached to the wrist but not to the bar.
- 4.4.7 Plasters on the fingers are allowed but must not protrude in front of the fingertips.
- 4.4.8 In order to protect the palm of the hands, wearing special fingerless gloves is allowed e.g. gymnastic palm guards, cycling gloves. Gloves can only cover the first phalanx (i.e. to first knuckle) of the fingers. If plasters are worn on the fingers, there must be a visible separation between the plasters and the palm guard or glove.
- 4.4.9 No bandages or substitutes are allowed on the following parts of the body:
a) elbows
b) trunk
c) thighs
d) shins
e) arms
- In the event of an injury, the Doctor on Duty may apply plasters on any bleeding part of the body.
- 4.4.10 Only one type of bandage may be worn on any part of the body.





It has been a busy start to the year for Cougars Weightlifting Club. We hosted two of the biggest events I have seen at this club for a while, the Hardn'up Challenge and the QWA League Round 1. With those two competitions running on consecutive weekends we saw a few hundred spectators along with over 100 competitors come in and out of the club. It would not have been possible without all the volunteers from the club who helped make both competitions run smoothly (especially the canteen workers, thanks Valerie and Leandra).

The AWF National Club Tournament was held in March at the Victorian Weightlifting Stadium, Hawthorn. Cougars fielded one of the biggest teams (with the help of Fortuna Workout Centre) at the tournament with 8 teams entered consisting of 23 lifters. It turned out to be a successful competition for Cougars were we won the Senior Men's competition as well as the OWF-AWF Interclub Tournament. All of our lifters lifted extremely well at the competition especially those who were competing at their first National event.

The Cougars will have big representation at the upcoming Oceania Senior, Junior and Youth Championships in Apia, Samoa 4-9 June. We have the following lifters selected for the Championships:

YOUTH

James Norman
Joshua Wu

SENIOR

Christine Meier
Melissa Robinson
Deborah Acason
Ben Turner
Robert Galsworthy
Luke Gardner
Damon Kelly

Congratulations to those lifters and their coaches Miles Wydall and Mike Keelan.



North Brisbane Weightlifting Association

2012 is proving to be a challenge for the Honeybadgers. We lost our coach, our President, our Vice President but not our badger determination and love of the sport of weightlifting. Our core group of lifters have kept us afloat and now we have two coaches Vicki Brady and Ben Turner offering their time and expertise. We really appreciate you both taking on the coaching roles. The positives are the new faces we see in the gym and Ben building up his coaching sessions. Christian did a great job before he left for his overseas trip with some of our newer lifters who made their debut at the JME Club comp or QWA League Round and obviously intend to keep lifting. We welcome you all.

Our other asset to the Honeybadger Club is Erich who is doing a very professional job with our circuit members who are obviously enjoying the classes he takes.

The May long weekend will see the Masters travel to Nambour and compete in the State Titles. After the lifting is over on Saturday the Badger girls will make their way to Mooloolaba, along with a few Cougars, to relax and rejuvenate the body ready for the Nationals in June.

We wish everyone good lifting for those travelling to Samoa and also the Olympic trials. Three of our power lifters are competing at the Brisbane Cup Power Lifting and Bench Press competition in June – Good Luck.

Our new web page should be up and running soon and another member has offered to get the Honeybadgers on facebook. Check it out!

Julie Davis
Secretary



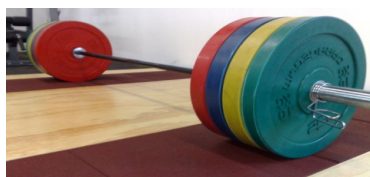
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The Queensland Weightlifting Association (QWA) strives to promote weightlifting as a healthy and enjoyable sport for all.

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.

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